

# Kerby News

Published by Kerby Centre for the 55 plus

2016  
October

Volume 32 #10



The good life behind the former Iron Curtain. Find out more in our travel feature on pages 16 and 17.

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Happy Thanksgiving

1 October, International Day of Older People  
10 October, Thanksgiving  
31 October, Halloween

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# Kerby Centre is a welcoming place

## President's Report Zane Novak

And fall is upon us. How quickly the summer has passed. I recently returned from a business trip to Montana. The trip was great, and I truly love traveling as I feel it always

broadens one's horizons and views. But there is something very consoling about driving across that border, back into Canada. It is almost a subconscious sigh of relief, warmth, and comfort.

Seeing the first hints of fall colours in the trees caused me to reflect on the year, where we are, what we have accomplished and what the future will bring. It has been a year of new experiences and challenges. I think most Calgarians have felt the effect of our changing economy and the impact it has had on us as individuals, and as a community. Being involved in the community, in business, and as the President of the Board of Kerby Centre allows me to see many different aspects of our community and our economy. We face many problems, especially as individuals.

That being said, organizations such as Kerby Centre play an even more important role in our community and in our lives.

Every year Kerby Centre grows and evolves. This year we had the Prime Minister of Canada conduct meetings in our board room. We have had various Provincial and Federal Ministers tour our facilities and service areas. Her Honour, Lois E. Mitchell, Lieutenant Governor of Alberta, spent an entire morning with us participating in our programs.

In speaking personally with most of these distinguished individuals I received similar comments from all of them. Visiting Kerby Centre was more like visiting a welcoming home with friends, not just an institutional building.

Like my driving across the border back into Canada

and all the associated feelings of warmth, security and protection that provides me, so too is Kerby Centre for so many people. It is truly a place of protection, comfort, growth, and opportunity for so many.

Speaking of opportunity and growth, we at Kerby Centre are embracing our new fall of 2016 programs. While summer has drawn to a close, this is a chance to get back into our regular routines, and to plan our short- and long-term goals.

We look forward to seeing our building bursting at the seams with activity. After all, it is the people who make Kerby Centre what it is. Just like driving across that border, the trees are the same on both sides, so are the colours, but it is the knowledge of who and what awaits you that brings happiness. Kerby Centre is always there waiting for us. □

### OCTOBER 2016

Front page: Photo by Jerry Cvach

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

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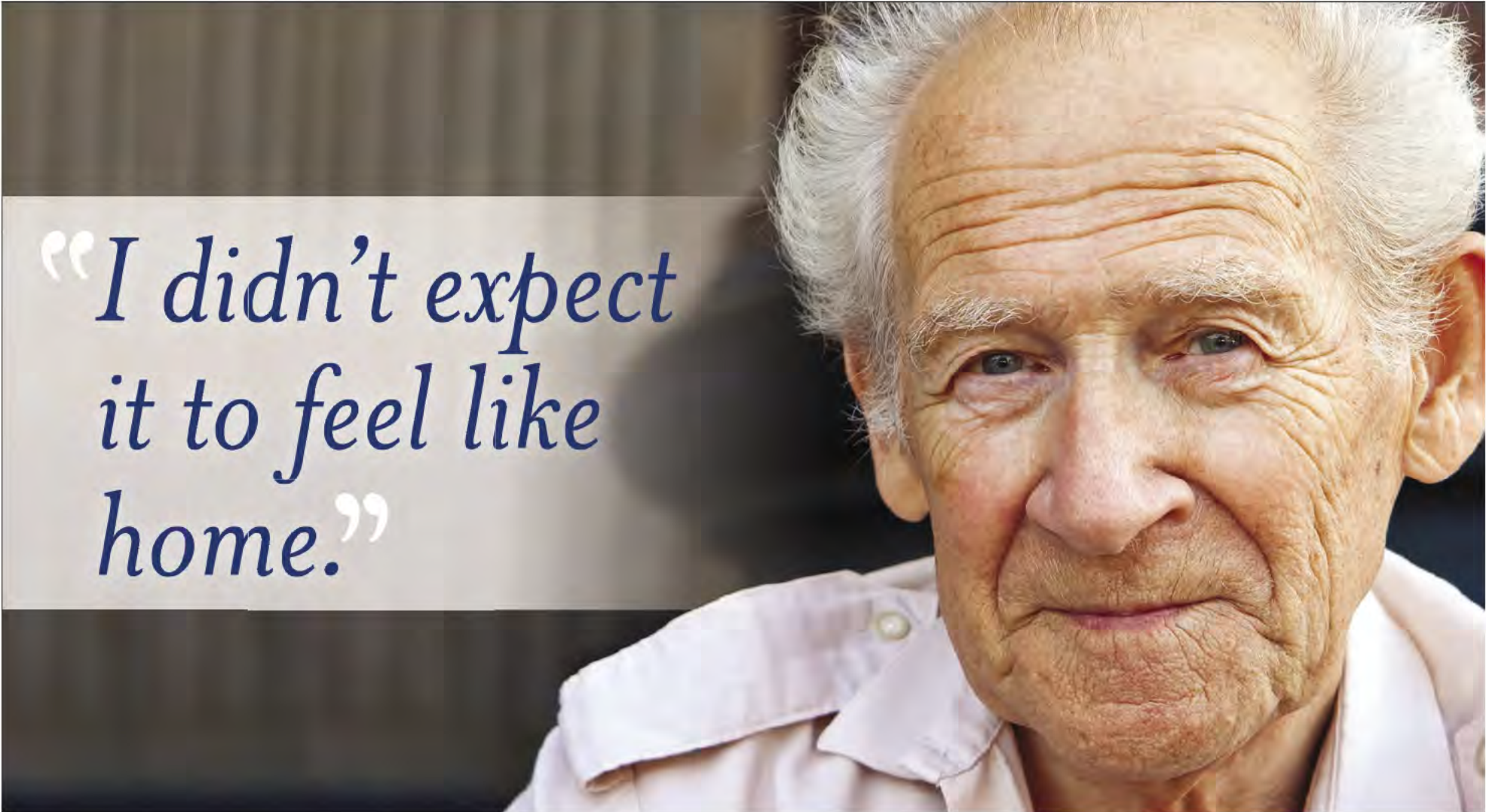


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# Pay It Forward Gang rides Calgary's Plus-15 to the rescue

A handful of heroes are riding selflessly to the rescue of oil and gas folks in distress in downtown Calgary and beyond.

By Bill Whitelaw

They're the handful of heroes riding selflessly to the rescue of oil and gas folks in distress in downtown Calgary and beyond. And while the allusion to a good-deed-doing gang of the Old West may be good-naturedly stretching things a bit, what motivates their efforts is no less commendable.

These folks don't tote badges or sport white Stetsons but they do inspire and engage. Indeed, the Pay It Forward Gang is doing its bit — and best — to help Canada's battered oil and gas sector one coffee at a time.

Who is a Pay It Forward member? The typical gang member is in his or her late 40s to early 60s. They have impressive CVs. They've tackled tough rocks and recalcitrant reservoirs. They've ridden the crests of some significant technology waves. They've ridden downturns down and upturns up. They belong to technical groups and other organizations and share their experiences at the podium and on panels. They've laboured for the big players and they've sweated for the small guys.

In short, they're the kind of folks who end up in the Canadian Petroleum Hall of Fame because they've served the industry that has served them. They've done that well, and successfully survived, because they're networked - and their passion for the sector transcends their careers.

And now they're giving back, one coffee meeting at a time.

Yet the one thing they don't have in excess is time. A paradox of downturns is that time proves itself inelastic, in that fewer people are doing the work previously done by many. Gang members are still working because they remain highly valued by their companies and organizations. The pressure on their hours and talent is intense.

Still, gang members seem to make time for their mission. Here's the essence of the gang's good works: helping our industry remain viable through outreach.

Companies have carved out, often dramatically and deeply, tons of geosciences,

engineering and business talent in the last 18 months. Young men and women with defined career tracks have found their aspirations abruptly derailed, often without warning. It can be a profoundly isolating experience; cut off from the comfort of the "mother ship" in an industry whose future is

**"The simple sharing of insights, experiences, and inspirations over a latte with young up-and-comers is a critical first step toward their own network building."**

anyone's guess. It's especially unnerving if you're without a network.

Take Calgary's Plus-15 as a symbol. It can be a lonely place without a network. The Plus-15, of course, means many things beyond its physical linking of downtown buildings. It's a useful metaphor for the value of "the network" in particular and social capital building in general. In a way, the Plus-15 is the industry's circulatory system, linking important nodes of influence and connectivity through the people who pace its corridors.

The Pay It Forward Gang roams the Plus-15 on its mission. Its members always make time for a coffee.

You can spot them at the Starbucks, Second Cups and Good Earths.

It's the "old guy or gal" holding court with someone a generation younger. The Gang's efforts as mentors, guides and confidantes are especially important because they're providing critical continuity. By making the time for a coffee — or two, or three — with those young industry professionals in transition, they're helping to keep the talent pool that this industry will so desperately need "on the other side." Without their efforts and encouraging words, this displaced generation could become a talent diaspora that would cripple an already hurting sector. The simple sharing of insights, experiences and inspirations over a latte with young up-and-comers is a critical first step toward their own network building. It could be about a job, or connecting to another industry professional, or a project or volunteer role. It can be as intangible as sharing insights or a little coaching.

You all know a Pay It Forward Gang member. Next time you spot one on the Plus-15, tip your hat to them.

*Bill Whitelaw is president and CEO at June Warren-Nickle's Energy Group.*

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**News from City Hall**

EVAN WOOLLEY

Calgary Councillor for Ward 8

I want to hear from you and let's have conversation

As Councillor for Ward 8, my first job is to listen. All the work I do — be it reading a report, sitting in a committee meeting, advocating in the media or speaking out for my ward in Council — is totally dependent on hearing your voices. The ways in which I stay connected are about as diverse as Ward 8 itself: Emails, phone calls, letters,

**Let's have a conversation**

newsletters, Facebook, Twitter, Instagram, and community associations, to name just a few. Of course, nothing beats meeting someone in person, looking them in the eye, and hearing what they have to say. It's important that I continue this dialogue with you throughout my term in office. I want to hear your thoughts about our Ward 8 neighbourhoods and our growing city. Here are a few subjects to start off our conversation.

**Green Cart composting**

Sustainable and thoughtful development is critical for our city's future. By this time next year, all single-family homes in Calgary will be provided a Green Cart for composting. While composting might be new to some, the impact it can and will have on our landfills is really significant. Organic

waste from Calgarians can be turned into compost and can help our city in many ways. It can go towards bettering our parks, helping small urban farming initiatives like The Alex's Community Food Centre or even offering options for renewable energy.

**Affordable housing**

Not only must we accommodate the enormous pressures of growth that Calgary faces, but I believe that our greater community is only as good as it gives to those less fortunate. Therefore, affordable housing is a critical part of my work as a city councillor. I'm proud that the Council recently approved the Rosedale affordable housing project but that's a small step along a very long path. Some of the most important work we can do as citizens is increasing our capacity for empathy and

understanding. Calgary currently has 56,000 people who are one paycheck or one rent increase away from housing instability. So, when you picture someone who is at risk of being homeless, the reality is that it could be someone much closer to you than you think.

**Safety in the inner city**

Most of the communities in Ward 8 are within Calgary's inner city. So many of these neighbourhoods are growing and our services have kept up very well with the changes. Our infrastructure needs to adapt as well, and this is why I am pushing hard, for example, to upgrade the underpasses across the CP Rail tracks to make them safer, more convenient and more pedestrian-friendly. We've had some great successes as the 1st Street SW underpass

is nearly complete and we've secured funding to start the renovation of the 4th Street SW underpass. We'll continue to work to make walking in the inner city safer and more enjoyable for all Calgarians.

In addition to the above matters, I have found the Calgary's 55-plus community crucial to our city's success in creating our shared future. I want to envision and build this future together with you, and to do that I need to hear your voice. You can get in touch with my office by email ([ward08@calgary.ca](mailto:ward08@calgary.ca)), by phone (403-268-2430) or by writing a letter (Historic City Hall, PO Box 2100, Stn. M, #8001B, Calgary, T2P 2M5). And, if you catch me walking on the other side of the street, I hope you'll cross over and say hi. That's what I'm here for. □



**This month in Edmonton**

KATHLEEN GANLEY

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

**Improving wages in Alberta's economic climate**

This month marks the first stage of the minimum wage increase in Alberta. From October 1st on, the minimum wage in our province will be \$12.20 per hour. By 2018, the government plans to implement a minimum wage of \$15 per hour, which is a move towards a living wage for hardworking Albertans. Working families are the backbone of Alberta's economy, and we must ensure the minimum wage is set to a level that benefits them.

The government promised to improve the income of

those who work at a minimum wage. Increasing the minimum wage will mean that fewer families have to visit the food bank to make ends meet. Every Albertan who works full-time deserves to earn enough to provide the basics for their families, as well as to be able to afford housing and transportation.

While Alberta is currently facing a decline in the price of oil, the government has taken steps to see families and businesses through the current economic climate and the transition to a \$15 per hour

minimum wage. For small businesses, the small business corporate income tax rates have been reduced from three per cent to two per cent. Additionally, the government has created the Capital Investment Tax Credit and the Alberta Investor Tax Credit, and has continued to support economic diversification and lending to small and medium-sized businesses through a \$1.5 billion program with Alberta Treasury Branches. For vulnerable families, the new Alberta Child Benefit provides up to \$2,750 per year.

There is a growing trend to support a minimum wage rate that can help provide a better standard of living. Alberta is the first jurisdiction in Canada to commit to implementing a minimum wage of \$15 per hour. If you would like to discuss the increase of the minimum wage further, please do not hesitate to contact me or my staff at the Calgary-Buffalo constituency office. We can be reached at [calgary.buffalo@assembly.ab.ca](mailto:calgary.buffalo@assembly.ab.ca) or by calling 403-244-7737. □



**This month in Ottawa**

KENT HEHR

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

Restoring OAS and GIS eligibility age for seniors

Time sure flies. It has been one year since I was elected to be Calgary Centre's representative in our nation's capital. I had the pleasure of running on an aggressive platform for the middle class and we are well on the way to implementing the changes

**Implementing promises to seniors**

that we were elected to do. Let me give you an update on some of the projects that we've been working on as a government.

In Budget 2016 our government brought into force the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of Albertan families, and give Calgarians more money to save, invest, and grow the economy. Nine out of ten families will see more money and on the whole this policy change will raise some 300,000 children out of poverty.

As for our commitments to seniors — we moved the chains of justice forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income

Supplement (GIS) to 65; and introduced a Seniors Price index to keep OAS and GIS at pace with the rising costs faced by seniors each year. Further to this we increased the Guaranteed Income Supplement for single, low income seniors by 10%, improving the financial security of about 900,000 single seniors across Canada.

Budget 2016 invests \$2.3 billion over two years to give Canadians greater access to more affordable housing. Our Government has already started to engage provinces and territories, indigenous and other communities, and key stakeholders to develop a National Housing Strategy. This marks a return for the Government of Canada

back to the table to play a leadership role in supporting affordable housing.

With regards to my portfolio of Veterans Affairs — my ministry is reopening the nine Veterans Affairs offices closed by the previous Conservative government, along with opening an extra one to continue our commitment to doing more for our veterans. This is in addition to increasing disability benefits, hiring hundreds more frontline staff, and delivering the care, compassion, and respect veterans and their families deserve.

Finally, the energy file this past year has been a focus of this new government with a combined effort by my cabinet colleagues. It is in this whole-

of-government approach that we are reforming our regulatory framework, growing Canadians' trust in building energy projects, and working to getting our product to tidewater. By investing in indigenous communities, putting billions into the environment work we do at home and abroad, and improving the process, progress is being made.

As always, you can contact my office by email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or by phone at 403.244.1880. My office is located at 950 — 6th Ave SW and my door is always open to you. You can follow my work in Parliament online at [www.KentHehrMP.ca](http://www.KentHehrMP.ca) where you can watch clips of yours truly in question period and sign up for my e-newsletter. □

**Disclaimer:**

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



# Rough seas may be ahead for Canadian seniors during flu season



(NC) When NormaJean Eberle was diagnosed with kidney disease, she never imagined that the seasonal flu would irreversibly change the course of her disease.

While on a cruise in the Caribbean, NormaJean experienced such brutal symptoms of the flu that she initially believed it was seasickness. Once she arrived home feeling worse than before, her husband took her to the hospital.

“The doctor told me that my kidney function had been severely impaired due to the influenza virus. I was down to 7 per cent functionality. It was very scary — especially since I had already received the regular flu shot that season.”

Having been diagnosed with kidney disease fifteen years before, NormaJean

and her doctor had been closely monitoring her illness and preparing for the eventual need for dialysis, a treatment that would require her to be connected to a machine every night for the rest of her life. NormaJean vowed to make every day count.

In the months since getting influenza, NormaJean’s kidney function has only returned to 13 per cent, and she has unfortunately now begun dialysis, almost two years earlier than expected.

Daily life has also changed for NormaJean. Since contracting the flu, she is no longer able to enjoy many of the foods and beverages she once did.

“I can’t have coffee, any alcohol or pop. I can’t eat chocolate, nuts or consume much sodium. We don’t go out very often because of how limited I am.”

### Influenza vaccinations for seniors

Seniors are vulnerable to health complications since aging decreases the body’s immune response to influenza

vaccines. Having chronic conditions, such as diabetes, renal disease, COPD or cardiac disorders can also increase the risk of contracting influenza. In turn, contracting influenza can also make existing chronic conditions worse. However, there is a flu vaccine available with a higher amount of antigen specifically made for seniors. Research has shown that this high-dose vaccine induces a better immune response in seniors and improves protection against influenza compared to the regular flu vaccine. This vaccine is only available to seniors if they pay for it as the cost is not yet covered by the provinces. Talk to your healthcare provider to see if this vaccine is right for you.

Find more information and help ensure this new flu vaccine developed for seniors is publicly funded at [www.CARP.ca](http://www.CARP.ca).

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



## Letters to the Editor

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

## Special needs are special

Dear Editor,

Re your article in Kerby News, July 2016

This article is informative and relevant to the evacuation of Fort McMurray due to the wildfires. Persons with special needs create problems during an evacuation. In addition to the necessities required by everyone at such a time, the extra equipment required

by such persons takes up extra space whether in private automobiles or in public transportation.

Authorities who arrange mass evacuations must provide special vehicles, such as HANDIBUS, as special needs riders cannot travel in regular transit vehicles. Imagine a wheelchair user riding a Calgary transit bus.

H.D. Green

### Medical Terms

- Labour Pain – Getting hurt at work
- Medical Staff – A doctor’s cane
- Morbid – A higher offer
- Nitrate – Cheaper than the day rate
- Node – Was aware of
- Outpatient – A person who has fainted
- Pelvis – Cousin to Elvis
- Post-operative – A letter carrier
- Protein – In favour of young people

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**BUSINESS PROFILE – VIKKI BENNER**

Vikki Benner and her team know the demands on your life well. Her clients are a diverse profile of our aging population and her mission is to provide compassionate care to those who require a helping hand.

Vikki welcomes all challenges, big and small. From running errands, meals, putting the groceries away, light cleaning and gardening, to pet care and dogs to be walked. She will make the doctors’ appointments and ensure they attend in her care and fill the prescriptions on the way back. Maybe your loved one requires additional companionship in the nursing home by way of a daily/weekly walk, viewing family photos or reading their favourite story or Hello magazine to them. She will coordinate the packing and moving from the family home to a nursing home, retirement village or extended care facility and contract the appropriate realtor for the family to list and sell the property. Would retrofitting the home make it more comfortable and safe for your loved one? Vikki will also assist the executor in closing out an estate by notifying family and beneficiaries of the date and time to view precious belongings and coordinate all the associated logistics appropriately.

For Vikki Benner, senior concierge service is a personal calling. She is kind, caring and passionate about seniors and takes extreme satisfaction in partnering with her clients and their families to meet their unique challenges in their own home or in assisted living and help them live their quality, happy life with ease.

**CONTACT VIKKI, YOUR SENIORS SUPER HERO TODAY!**

Mobile: 403-969-9432  
Email: [vikki@vikkibenner.com](mailto:vikki@vikkibenner.com)  
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# Swan Evergreen Village by Origin is Getting Ready to Welcome its First Residents

*The time has almost come! Origin Active Lifestyle Communities is putting the finishing touches on its state-of-the-art seniors residence in southwest Calgary, Swan Evergreen Village, as it prepares to open its doors to its first residents later this fall.*

Origin's only business is caring for seniors and its passion for enhancing the lives of its residents is evident through its philosophy of fostering and cultivating a community "The Origin Way."



What makes Origin truly unique in the seniors housing industry is Origin's team of dedicated professionals with a passion for caring like no other. They call this the Origin DNA and you can see it in the smiles of the team and the exceptional service they provide. Origin is known for creating its communities with the goal of enriching the lives of residents every day. This includes an array of Life Enrichment programs and services which support a healthy and active lifestyle.

A big part of living and feeling healthy is eating well, and the residents at Swan Evergreen Village get the most out of the gourmet dining that Origin provides. Origin invests in the highest quality foods and develops menu choices that are both healthy and delicious. Origin's Executive Chefs are passionate about providing residents and their guests with great meals using scratch cooking methods.

Origin always strives to find out what makes



residents happy and fulfilled, at whatever stage of life they are in. Daily physical activities are highly tuned to promoting balance, strength and well-being all led by talented, enthusiastic and highly trained Origin staff who embrace the latest research and best-practices of activity and aging from around the globe. Origin offers a range of creative and robust social, recreational and physical activities at each of its communities.

Residents will also be provided with many opportunities to enjoy community interaction with access to:

- a theatre and games room
- a music room
- hair care services
- an arts and crafts room
- landscaped grounds with common patios
- a contemporary craft kitchen for baking and family style cooking
- a library with computers with access to internet
- a movement studio with fitness equipment
- transportation services to local shopping centres, grocery stores, doctor appointments and church

Origin has a proven track record of designing, developing and operating innovative, industry-leading active lifestyle communities across Canada. Swan Evergreen Village is the third assisted living community built by Swan Development Group and the second community operated by Origin Active Lifestyle Communities in Calgary.

Origin has been operating Whitehorn Village Retirement Community in northeast Calgary for 15 years and has recently opened the first seniors community in the Bow Valley with Origin at Spring Creek in Canmore.

Swan Evergreen Village has 196 suites available for lease on a month-to-month basis, with choice of studios starting at \$2,900, one-bedrooms starting at \$3,500 and two-bedroom layouts starting at \$4,600 per month. Twenty memory care suites will be located in a secure area on the ground floor with a secure private patio.

All suites provide maximum privacy, comfort and convenience. They come equipped with tea kitchens, Romeo and Juliet balconies or walkout patios, 24-hour personal emergency response system with pendant included for each resident, an emergency pull cord in individual suites, cable, phone line for local calls and weekly housekeeping services.

The southwest community of Evergreen is the ideal location for a new seniors residence. It has more green space than any other residential area in Calgary. It is home to lush parks, including Fish Creek Provincial Park with its extensive trail network. Shopping centres and supermarkets are nearby, in addition to a movie theatre, a recreational centre and Shawnessy YMCA.

"Everyone who has collaborated on this project has been working to make sure that everything is just right when we open our doors to our first residents," says Neil Prashad, president and CEO of Origin Active Lifestyle Communities.

Anyone interested in leasing at Swan Evergreen Village by Origin should call Felicia Ford at 587.433.2622 or submit an inquiry at [www.originway.ca](http://www.originway.ca)





# Support for those with prostate cancer is close at hand

Calgary is part of Prostate Cancer Canada Network (PCCN) which consists of over 70 similar organizations across Canada. It offers information, peer-to-peer mutual help, and advocates for men and their families during their journeys with prostate cancer. It does not offer medical advice. The objective is to assist and support patients, families and friends by informing, empathizing, and reassuring men living with prostate cancer. When each person shares his own experience with the disease, spirits are lifted and a resolve is generated to fight for quality of life and a cure. Prostaïd Calgary also advocates with provincial authorities in matters relating to prostate cancer.

A prostate cancer diagnosis is often one of the most stressful experiences in a man's life. Prostaïd Calgary utilizes education to maximize awareness in the community. Prostaïd Calgary achieves its objectives in several ways: the monthly meetings (hosted at Kerby Centre); a monthly publication The Digital Examiner; Prostaïd Calgary website: [www.ProstaïdCalgary.org](http://www.ProstaïdCalgary.org); Prostaïd Calgary awareness events; Prostaïd Calgary's Speakers Bureau; and Prostaïd Calgary-sponsored conferences and seminars.

Prostaïd Calgary's monthly meetings are hosted on the second Tuesday of every month at Kerby Centre and include a General Meeting and three support group meetings. Our General Meetings run from 7:30 p.m. to 9 p.m. and feature guest speaker presentations on healthcare, medicine, and health and wellness. Prostaïd Calgary invites physicians and researchers, as well as lifestyle and motivational experts from a variety of fields. We understand that not everyone can make each and every meeting, so all of our General Meetings are archived online in video format for anyone to explore. Our video archive contains a wealth of prostate cancer information and can be accessed at [www.prostaïdcalgary.org/v\\_archive.php](http://www.prostaïdcalgary.org/v_archive.php).

The organization also hosts three support group meetings, prior to the general meeting, from 6:30 p.m. to 7:25 p.m. each month. Support groups include Warriors – men who have had prostate cancer return after primary treatment; Active Surveillance/Newly

Diagnosed – for men newly diagnosed and those who are dealing with the disease on a program of well-defined active surveillance; and Wives, Partners, and Caregivers – for individuals who provide support for men with prostate cancer.

Our meetings are free and require no advance registration. There is always time for questions and for sharing experiences with others. New attendees will be warmly welcomed.

The Digital Examiner is Prostaïd Calgary's monthly publication that contains information about current research on prostate cancer, and highlights related community events and activities. It is sent by email to over 1300 Prostaïd Calgary members and professionals.

Signing up is easy! To receive a monthly copy of The Digital Examiner just email Kelly at [info@prostaïdcalgary.org](mailto:info@prostaïdcalgary.org) or call her at 403-455-1916. She keeps a record of names and email addresses.

The Prostaïd Calgary web site is content-rich with information and easy to navigate: [www.ProstaïdCalgary.org](http://www.ProstaïdCalgary.org) or [www.PccnCalgary.org](http://www.PccnCalgary.org). Prostaïd Calgary is also represented on YouTube, Facebook, Twitter, and LinkedIn to connect with patients and their support networks.

Prostaïd Calgary Awareness Events are community-focused and provide information about Prostaïd Calgary and prostate cancer. Past events include: car exhibits, health care exhibits, and the

2015 Cancer Survivorship Symposium.

Prostaïd Calgary's Speaker's Bureau offers informative presentations about the organization and about prostate cancer. Presentations are given to organizations and service clubs who are interested in knowing more about prostate cancer and the services that Prostaïd Calgary offers. Presentations use PowerPoint slides that can be adapted in both content and duration to suit the needs of any audience. Presentations are offered in either English and/or Cantonese and describe Prostaïd Calgary as well as prostate cancer, its detection, and treatment options. Presenters are usually prostate cancer survivors who are familiar

with the topic and willing to discuss their history and background. While presentations are offered at no charge, we are grateful for any donations to Prostaïd Calgary that help the work to continue.

Prostaïd Calgary provides full or partial funding for members and their partners to attend the annual Prostate Cancer Research Institute Conference in Los Angeles. Those members make presentations on the conference at later Calgary meetings.

For further information about Prostaïd Calgary please call 403-455-1916 or visit [info@prostaïdcalgary.org](mailto:info@prostaïdcalgary.org).

*Courtesy of Prostaïd Calgary*

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QOLA



# Exercise helps beat prostate cancer

By Greg Harris

No one has to tell Colin Cantlie about the benefits of staying physically

active in the face of a prostate cancer diagnosis. The 74-year-old Calgary man, who underwent surgery to remove his prostate gland two years

ago, says his recovery wouldn't have been as smooth without exercise.

"I'm not an athlete by any means but I've always been one to enjoy exercise," says Cantlie. "If I hadn't been physically active after surgery, I think my attitude would have gone downhill and my recovery would have been more difficult. You need to

exercise after surgery to help your body recover."

Now, researchers with Alberta Health Services (AHS) have shown that men with prostate cancer who are physically active survive longer than men who are inactive.

Spanning 17 years and tracking more than 800 patients, the study is one of the first large-scale epi-

demiological investigations of the effects of physical activity in prostate cancer patients.

"Our goal was to see how physical activity done before and after diagnosis was related to survival," says Dr. Christine Friedenreich, AHS Scientific Leader, Cancer Epidemiology and Prevention Research.

Friedenreich has also extensively researched the impact of increased exercise in breast cancer prevention and survival.

"When I started looking at this topic in the 1990s there was still a lot of hesitation about recommending exercise to patients, but the evidence has definitely accumulated since then," she says.

"Physical activity is a modifiable lifestyle risk factor; it's something that everyone can control and incorporate into their lives."

The findings show that men who actively participate in recreational activities after diagnosis are at significantly lower risk of dying from prostate cancer, or from any other cause, than are inactive men. Researchers also found that men who are physically active prior to a prostate cancer diagnosis also survive longer.

"All types of physical activity are important, not just vigorous exercise or sports, says Friedenreich. "Even going for a brisk 30-minute walk three times a week has measurable benefits."

About 2,200 men in Alberta are diagnosed with prostate cancer every year. It's the most common cancer for men, followed by lung and colon cancer, and the third most-deadly cancer after colorectal and lung cancer. Treatment can include radiation, chemotherapy or surgery.

Friedenreich expects her study will help lay the groundwork for future research where exercise is studied as an intervention in helping men with prostate cancer improve their recovery from treatment and their survival.

"The next step is trying to understand what the appropriate dose and type of physical activity is needed to reduce risks after being diagnosed with prostate cancer," she says.

In Calgary, men with prostate cancer can access nutrition and exercise programs through the Prostate Cancer Centre at Rockyview Hospital and other wellness organizations.



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# Bladder problems: frank talk about a private problem

By Naomi Wolfman

- Do you:
- limit your social activities due to bladder problems?
  - feel increasingly anxious about bladder accidents?
  - always have skin rashes due to wetting or washing?
  - have yet another bladder infection?
  - get up more than twice a night to use the bathroom?
  - use the bathroom more than eight times in 24 hours?

If you notice these symptoms, you may have a bladder control issue. They can signal a urinary infection, or an established urinary incontinence (lack of control).

Bladder control is something we take for granted. Once it becomes a problem, it can affect every aspect of your life. Fortunately, you can take action to improve it.

Urinary incontinence means that you cannot control when you lose or leak urine. The problem is more common than you might think. Nearly 10 per cent of Canadians have this issue – 20 per cent are men and 80 per cent are women. More people may experience these problems than statistics report.

Those who have problems with bladder control already know that it affects both confidence and daily activities. Extra clothing must be packed before an outing. Visiting an unfamiliar place may be out of the question because of concerns about bathroom access. Apart from the associated anxiety, the

cost of laundry and pads can become a financial concern.

Incontinence is not a condition in itself. It signals an underlying issue. Something else is going on, and the body is signalling that it needs help.

**If you have incontinence concerns, what can you do?**

- Clear the air by understanding the myths and habits that surround incontinence.
- Believe that you are in the best possible position to learn, increase your awareness, and access your own body's resources.
- Address the subject with your family doctor.
- Make an appointment with a nurse continence advisor (NCA) or a pelvic floor physiotherapist.
- Bring up the subject with a health care provider rather than waiting for questions to be asked.
- Learn more about pelvic floor function. Resources are available at some community centre programs, in group talks or workshops on the subject, and in health magazines. Reputable websites are also a great source of information.

Make an appointment to discuss your problems. Your doctor will ask questions (take a history), do a physical examination, and have your urine tested (urinalysis). You may require other tests or procedures. Keeping a diary for a few days can provide a record of how much urine you pass, whether you have leakage, and how much fluid you have taken in. Adjustments to your lifestyle and diet

may be recommended, along with exercises for your pelvic floor muscles.

If lifestyle and behaviour changes do not help, the next step is to involve a health care team consisting of many disciplines. This group of specialists can look deeper into the causes and correction of involuntary bladder spasms or at organs that are in unusual positions. Health care providers who explore, understand and treat the pelvic floor include gynecologists, nurse continence advisors, pelvic floor physiotherapists, urologists and urogynecologists, gastrointestinal and colorectal specialists.

**Myths and habits that affect bladder control**

Myths about incontinence have been around for a long time. Unraveling the truth behind your assumptions allows you to take charge and best support your own pelvic floor health.

**Nothing can be done about incontinence. It is just part of aging.**

No, age does not cause incontinence.

It can be a factor, and can make symptoms worse. An older adult experiences some normal changes, including:

- smaller bladder capacity
  - shifts in hormones
  - lack of thirst
  - less mobility, flexibility and muscle strength
  - delayed bladder signals and responses.
- It is a tall order to react to your body's signals, use the bathroom on time, and drink enough water, while staying mindful of chronic conditions. Incontinence is not limited to older adults.
- In children, the urinary and genital systems are still developing. Up to 20 per cent of children over five years old still have issues with bladder control.
  - A 2012 study showed that women aged 20 to 45 experienced an almost 40 per cent increase in stress urinary incontinence when doing high impact activity.
  - Pregnancy and delivery play a role in urge urinary incontinence, even when a caesarean delivery is done.
  - Ten years after being diagnosed with prostate cancer, 48 per cent of men under age 75 had at least one occurrence of urinary incontinence per day.

**Strategy:** Learn the facts about incontinence to prevent worsening symptoms, or avoid symptoms altogether.


**Since I already have issues with bladder control, drinking more water will make it worse.**


Contrary to popular belief, limiting the amount of water you drink will not solve incontinence problems. Instead, you risk dehydration. Dehydration creates bladder spasms, which are interpreted as urgency (needing to pee right away). You will make as many bathroom trips but pee smaller amounts.

Dehydration can also cause constipation. Large amount of stool in the bowel can push on the bladder, giving a signal of urgency. Certain fluids and foods that irritate the bladder also dehydrate the body. Caffeine and alcohol are good examples. Even decaffeinated tea has a small amount of caffeine. While alcohol may help you to fall asleep, it will not help with staying asleep. Drink healthy fluids, especially water.

**Strategy:** Unless your doctor advises you to restrict fluid, drink some water each hour during the day. Make water your first choice of fluid. Stop drinking a couple of hours before bedtime.

*Continued on page 12*





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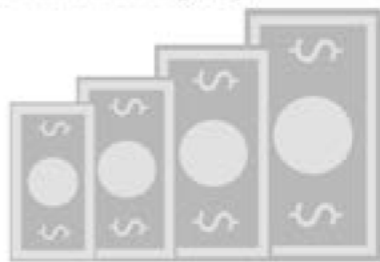
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# Frank talk

Continued from page 11

**I put off visiting the bathroom until I get home, so I can avoid using a public toilet.**

When waiting for over four hours to use the bathroom becomes a habit, the delay can stretch the bladder and damage the nerves to the tissues. This causes two problems. The urge to pee will not be felt as readily. As well, the bladder will not contract as effectively as it empties. Some urine will remain in the bladder, putting you at risk for urgency and recurrent urinary system infections. The bladder will also reach capacity much faster, leading to overflow incontinence.

**Strategy:** Answer the call of nature when it happens, about every three to four hours during the day.

**I never touch the toilet seat.** Many people feel this way, especially girls in their twenties. However, hovering above the toilet to pee makes your pelvic muscles contract. This habit tenses, shortens, and weakens the very muscles you need to relax to pee effectively.

**Strategy:** Relax fully while on the toilet seat.

**I cannot exercise those muscles.**

Most people learn to use the toilet by age three or four, and believe that training should last the rest of their lives. No one even thought of exercising the pelvic floor muscles until the 1940s. Dr. Arnold

Kegel, an obstetrician and gynecologist, recognized the advantages. He showed that when women who were pregnant or just had a baby contracted their pelvic floor muscles on a schedule, they toned these muscles. They had better bladder control and delivered their babies more easily.

Men who learn how to engage their pelvic floor muscles and do regular Kegel exercises have an easier time regaining continence after prostate-related surgery.

**Strategy:** Pelvic floor muscles can be toned, strengthened and relaxed, much as you would work any other muscle.

**The best way to do pelvic floor muscle contractions is to stop peeing midstream.**

Always stopping your urine stream to find the pelvic floor muscles or to do contractions can interfere with normal bladder nerve signals. If these signals are ineffective, urine may not be fully emptied from the bladder, resulting in urinary retention. Stopping the flow midstream should not become a regular habit.

**Strategy:** If you choose to find the muscles you use while you pee, be sure you only do it once in a while. This means once every four to six months only, just as a check.

**I have to do 300 to 800 Kegel exercises each day.**

Pelvic floor exercises are not a competition!

When you first start doing the exercises, it is normal to tire easily.

**Strategy:** Doing 50 contractions each day is a good start.

**About pelvic floor muscle exercises**

The pelvic floor is a band of muscles between the pubic bone (at the front of your pelvis) and the coccyx (tailbone) in the back. For women, this band of muscles has three openings – the urethra, vaginal canal, and anal opening). Men have two, the urethra and anal opening. Continence depends largely on whether this band of muscles is toned. During a pelvic floor exercise, you contract these muscles.

To find these muscles, first empty your bladder. Lie down with your knees up. Practice contracting the back opening (anus) just as you would when you stop passing gas. Both men and women contract using the same muscles. When contractions are done correctly, men notice and feel a slight lift in the groin area. Women mostly need awareness to feel this action without a visual aid.

• Do 10 contractions at one time. Start by holding each contraction for three seconds. Progress every week until you can hold each one for 10 seconds. Relax fully after each contraction. Three times per day is a good start.

• Contract the pelvic floor muscles ten times quickly (one to two second contractions), relaxing fully after each contraction.

While doing these exercises, remember to breathe. Do not use any other muscles for the contraction. It is possible that you may feel tension or pain when contracting. This is a sign that your pelvic floor muscles need to be fully relaxed before doing any Kegel exercises.

We all are different, with unique tissue make-up and abilities. It takes about three to four months for a muscle fibre to grow, so be patient with yourself!

**Changes you can make**

- Learn how to do and practice pelvic floor exercises.
- If you have problems finding the right muscles, a pelvic floor biofeedback specialist may be able to help.
- Learn good bladder habits. Establish a goal to pee up to eight times in 24 hours. Relax your muscles when you are sitting on the toilet seat.
- Prevent constipation. Eat a variety of soluble and insoluble fibre, along with drinking water.
- If you consume food or drink that irritates your bladder, change your diet. Include water as a first choice of fluid.
- Walk at least 20 minutes per day.

Continence is like a finished puzzle. Each puzzle piece can help prevent or reduce symptoms. Place the pieces in the right spot, review the puzzle daily, clear the space around it, and focus on what other connections are possible. You will make steady progress, and enjoy the process and the finished picture in no time.

As you strive for continence, you focus on your own resources. Pay attention to your body and become aware of your daily habits. Social confidence, dignity, and an improved quality of life will be your reward. □

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Naomi Wolfman, GNC(C), NCA, BScN, is a registered nurse holding post-graduate specialities as a Nurse Continence Advisor and in Gerontology Nursing. She is the founder of Embrace Continence Solutions Ltd. (<http://www.embrace-cs.ca>) which focusses on prevention and treatment of incontinence.

Courtesy of Family Health Fall/ Winter 2015



# How to make your home energy sustainable

Canada's most significant residential energy uses – transportation, space heating, electricity and hot water – can be minimized

By Coral Bliss Taylor

Most concerns about Canadian energy use focus on industrial activities such as oilsands development. But we can be more sustainable on an individual basis, starting in our homes.

A friend recently asked what could be done to make his new house more sustainable. It's a good question because there's a lot to learn about household sustainability.

Canada's most significant residential energy uses are transportation, followed by space heating, then electricity and hot water. But there are three critical ways to combat energy use: conservation, replacement with renewables and efficiency.

**“One of the next biggest energy users is the dryer, but air-drying is an alternative for some people (and it makes your clothes last longer).”**

To increase household energy sustainability, here are your smartest moves, in order of effectiveness:

Curb vehicle use. If you can live with just one household vehicle, that's terrific. Having more efficient vehicles is important, but curbing vehicle use overall is the priority. Reducing transportation energy use also reduces other environmental pollutants. And any alternative transportation, even transit, involves more exercise, so this also increases health. And reducing vehicle pollutants improves air quality, contributing to everyone's well-being.

Living in a walkable inner-city neighbourhood close to services is a good strategy. Many houses in these areas are infills - redevelopments – that have a smaller impact on the environment than homes in new areas. Creating new neighbourhoods causes significant disturbances to the land and environment, through stripping, grading and loss of habitat and agricultural capacity.

Try to buy local, and fewer, goods. This reduces transportation energy and pollution from shipping, as

well as the environmental costs of manufacturing the things we didn't buy. It also reduces waste products. Focus your buying power on things you need rather than want, and focus your energy on great things to do rather than things to have.

Don't buy a house with space you'll never need but is costly to heat. And draft-proof your home. Ensure you have sufficient insulation. Wear a sweater and slippers. If possible, use radiant heating rather than forced-air heating. Ideally, this radiant heating would be in-floor heating, using solar hot water panels (solar thermal panels) or geothermal. If a furnace is the only option, then higher-efficiency is definitely better.

Solar hot water panels can also be used to heat water. These panels are more efficient and a lot more cost-effective than solar electric panels (also called solar PV panels).

Refrigerators are a critical variable. The largest household draw on electricity comes from the refrigerator because it cycles on so frequently. The fridge should be just big enough to hold the food you want. If you're going to have only one high-efficiency appliance, this is the one.

One of the next biggest energy users is the dryer, but air-drying is an alternative for some people (and it makes your clothes last longer).

Power bars also reduce energy, as do efficient light-bulbs. And electricity use can be replaced or offset by

solar PV panels, or by buying wind power. Services such as Bullfrog Power let you pay a little extra for electricity to ensure your use is covered by wind power in the provincial grid.

Reduce hot water use. Wash clothes in cold water, have energy-and-water-efficient laundry and dish washers, and have low-flow faucets and showers. If possible, heat water with the sun through hot water pan-

els or have on-demand hot water heaters. In general, we need to cut back on water consumption, not just our hot water use.

On the residential energy front alone, there is much you do.

But getting it done on a large scale requires legal and regulatory changes - for example, new rules aimed at minimizing the conversion of agricultural land to new suburbs and at producing a far greater supply of

compact and centrally-located housing.

As always, there are political dimensions to the quest for sustainability and a low-carbon future. We can look after sustainability in our homes and make our voices heard in the community. □

*Coral Bliss Taylor is secretary of the Green Party of Alberta and in 2015 was the party's candidate in Chestermere-Rockyview.*



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# ••• Community Events •••

## Fish Creek

On Thursday, October 27, the Fish Creek Speaker Series presents *Exploring the Native Grassland Elements of Fish Creek Provincial Park* by Ian Macdonald, professional Biologist and Botanist who has spent time surveying the north slopes of Fish Creek and recording and reporting on his findings of the native grassland elements. The talk will take place from 7:00 p.m. to 8:00 p.m. at the Fish Creek Environmental Learning Centre at Shannon Terrace, 13931 Woodpath Road SW, access via 130 Avenue SW and 37 Street SW. To register or for more information visit: [friendsoffishcreek.org/event/grassland](http://friendsoffishcreek.org/event/grassland).

## Ghosts in Fish Creek

takes place on Wednesday, October 26 from 6:30 p.m. to 7:30 p.m. in the historic Bow Valley Ranch area of Fish Creek Provincial Park. Tickets cost \$7 and registration is required. For more information about this and other programs, please visit: [www.friendsoffishcreek.org/programs/other-tours](http://www.friendsoffishcreek.org/programs/other-tours).

## Rosebud Theatre

Rosebud Theatre presents *An Inspector Calls*, a classic mystery by J.B. Priestly, until October 29. Travel time from Calgary to Rosebud is about 90 minutes. Matinee performances take place on Wednesdays, Thursdays and Saturdays, and evening performances are on Fridays and Saturdays. For matinee performances, meal seating is from 11 a.m. to noon, the performance is at 1:30 p.m. For evening performances, meal seating is from 5:30 p.m. to 6:30 p.m., and the performance is at 8:00 p.m. For more information or for ticket prices, please call (toll free) 1-800-267-7553 or visit [rosebudtheatre.com](http://rosebudtheatre.com).

## Heritage Park

Gasoline Alley Museum at Heritage Park will host a presentation *Prince of Calgary* on Thursday, October 20 at 2:00 p.m. Peter Anthony Prince was one of early Calgary's most influential citizens. His historic home is now one of Heritage Park's most popular exhibits. Local historian and author Irene DeBoni will share

stories of Peter Prince, his home and family. The presentation is free with admission to Gasoline Alley, which is \$8.50 plus GST for seniors. Heritage Park is located at 1900 Heritage Drive SW. For more information please visit [www.heritagepark.ca/planyourvisit/event-calendar/speaking-of-the-past.html](http://www.heritagepark.ca/planyourvisit/event-calendar/speaking-of-the-past.html).

## Seniors United Now

Seniors United Now (SUN) will present a talk on *Personal Directives* with a speaker from Alberta Health Services on Thursday, October 13, at 1:00 p.m. at Scarborough United Church, 134 Scarborough Avenue SW. Meeting registration will take place at 12:30 p.m. Members and non-members are welcome. For more information call toll-free 1-855-786-8669 or visit [seniorsunitednow.com](http://seniorsunitednow.com).

## Light up teal for Trigeminal

On October 7, Calgary will be participating in the 2016 "Light Up Teal", the 4th International Trigeminal Neuralgia Awareness Day. The Langevin Bridge and TELUS Spark will be lit in this beautiful combination

of blue and green, joining many other cities across Canada and around the world. The Calgary Tower will light up on October 6. This year's focus is on awareness for "Research 4 a CURE: TN and Facial Pain Disorders!" Trigeminal Neuralgia (TN) is a facial nerve disorder that causes sudden excruciating stabbing or severe electrical shock-like pains to the face. TN is considered to be one of the most painful afflictions known to medical practice. The pain episodes last from a few seconds to as long as two minutes. These attacks can occur in quick succession lasting for an extended period of time. This rare disorder affects people of any age but mostly people over the age of 55. The Calgary TN Support Group meets regularly to provide an opportunity for members to share experiences and learn more about this disorder. The next meetings will be on Tuesday, October 18, and November 15, 2016 at 1:00 p.m. at the Confederation Park Seniors Centre, 2212 - 13 Street NW.

## Germans from Russia

A society formed for the purpose of preserving the heritage of ancestors who moved from Germany to Russia, will host a Harvest Supper on October 22 from 3:00 p.m. to 7:30 p.m. The library will be open. The meal and entertainment will cost \$20. Meetings are held at Ascension Lutheran Church, 1432 19 Street NE. Guests are welcome. All meetings are held in English. For more information please call 403-273-8178 or visit <http://calgarychapterahsgr.ca>.

## CNIB holds concert

CNIB invites Calgarians to attend a Concert in the Dark on Wednesday, October 5 at the SAIT Orpheus Theatre. Local artists who experience the world with vision impairment will be featured. Doors open at 7:00 p.m., concert begins at 7:30 p.m. SAIT Orpheus Theatre is located at 1301 16 Avenue NW. Cost is \$25 on line or \$30 at the door. For more information please call 403-261-7227 or 403-473-6164.

Compiled by Margaret McGruther



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# • • • Seniors Scene • • •

## Social Dance Club

Formerly at Kerby Centre, the Social Dance Club has moved their dances to Southview Community Hall, 2020 33 Street SE.

On October 8 the band will be Interlude, and on October 22 there will be a dance lesson, Double Shuffle, followed by the dance with Stan Foster. Singles and couples are welcome. Doors open at 5:30 p.m. only for those taking the dance lesson. Doors open at 7:00 p.m., and the dance is from 8:00 p.m. to 11:30 p.m. Cost for members is \$12, guests \$14. For more information please call Sharon and John at 403-242-6957 or visit the website: <http://socialdanceclubcalgary.com>.

## Open Door Seniors

A Country Style Thanksgiving Dinner will be held on October 6 at 5:30 p.m. Tickets are \$20. A Christmas Treasure Chest Sale will take place on Saturday, October 15, from 9:00 a.m. to 3:00 p.m. Gifts, decorations, glassware, collectibles, books, and treasures of all kinds will be available. Open Door Seniors is located at 1311 4 Street

SW. For more information please call 403-269-7900.

## Ogden House

The Ogden House TGIF Dinner is held on the third Friday of each month, consisting of a catered three-course meal with entertainment at a cost of \$14. Reservation is required. On Wednesdays from 12:00 p.m. to 12:45 p.m. there is the weekly potluck lunch. Bring a couple of sandwiches to share or pay \$3. Carpet bowling follows lunch. Millican Ogden Works (M.O.W.) is a community-based project developed with Ogden House with a view to assisting 50+ seniors and disabled people in the community with their basic yard work. Call to book your appointment. The outreach program *Filling the Gap*, beginning in 2013, addresses the needs of isolated low-income seniors in the Ogden community. It offers four key services designed to reduce social isolation, connect seniors to supports and resources, and enhance the quality of life through improved physical and emotional health. The four key

services are community outreach, community kitchen, community garden, and peer phone support. Ogden House Activity Centre is located at 2102 69 Avenue SE. For more information on these and other programs, please call 403-279-2003 or visit [www.ogden50plus.org](http://www.ogden50plus.org).

## Silver Threads

On Thursday, October 20, Silver Threads will be going to the Deerfoot Inn Casino for a buffet lunch. Silver Threads is located at 1311 9 Avenue SE. For more information about this and other programs please call 403-264-1006 or visit [ingewoodsilverthreads@hotmail.com](mailto:ingewoodsilverthreads@hotmail.com).

## Confederation Park 55+

Saturday Dances will be held at Confederation Park 55+ Activity Centre on October 8, with Badlanders, and October 22 with Pure Country. Doors open at 6:30 p.m., dance at 7:30 p.m. Tickets cost \$12. A mini Health Fair and Flu Clinic will be held on October 20 from 11:30 a.m. to 3:30 p.m. The clinic is free for all Alberta seniors, who must show their Alberta

Health Care Card. For more information about these and other programs, call 403-289-4780, visit [yycseniors.com](http://yycseniors.com), or call at the Centre at 2212 13 Street NW.

## Good Companions

A Lunch Bunch with a presentation (to be announced), will be held on October 5 at a cost of \$6. The TGIF Birthday Party celebrating October members will be on October 7 from 1:30 p.m. to 3:30 p.m. The cost is \$6. On October 13 there will be an outing to Glenbow Museum with an estimated cost of \$20. Tea and Conversation will take place on October 14 and 28 from 1:00 p.m. to 3:00 p.m. On October 14 Val's Jam will take place at 7:00 p.m. with a cost of \$2. On October 18 there will be a Social Supper with a Thanksgiving Theme. A fundraiser will take place on October 29 with a fashion show, wine and cheese, and entertainment, from 2:00 p.m. to 5:00 p.m. There will be an open bar, 50-25-25 draw, and draw prizes. Tickets cost \$15. Good Companions are located at 2609 19 Avenue SW.

For more information about these and other programs call 403-242-3799, visit [www.gc50plus](http://www.gc50plus) or visit on Facebook.

## Greater Forest Lawn

Greater Forest Lawn 55+ Society will host dances on October 1, Jeske's and Verna; October 15, with Pure Country (Octoberfest); and October 29 with For Olde Tyme Sake (Halloween). Doors open at 6:30 p.m., dance is at 7:30 p.m. Cost to members is \$12, non-members \$13. There are also two Sunday dances on October 9 and October 23 from 1:00 p.m. to 4:00 p.m. Coffee and snacks are available. Cost is \$5. Greater Forest Lawn 55+ Society is located at 3425 26 Avenue SE. Five Star Bingo will be on October 6 and October 20 at 12:15 p.m. The Bingo is located at 4980 25 Street SE, telephone 403-248-8334, on the bus Circle Route #72 or #73. For more information about these and other programs please call 403-272-4661 or visit [www.gfls.org](http://www.gfls.org).

*Compiled by Margaret McGruther and Faye Wu*

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# From both sides now: Berlin and East Germany revisited

Story and photos by Jerry Cvach  
Page design and layout by Winifred Ribeiro



Berlin - Six crosses with the new German Federal Government buildings in the background.

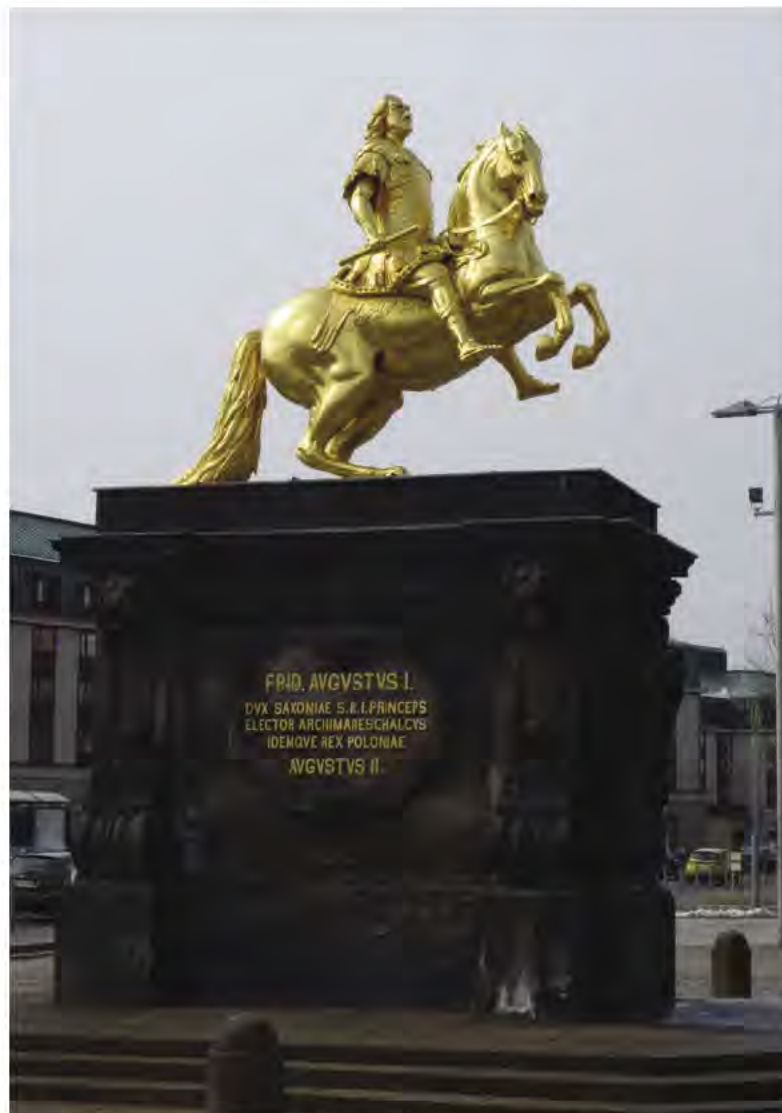
Have you heard the one about two monkeys in a cage? After gazing out at the people going by, one turns to the other and says, "It must be terrible living their whole lives behind bars!" As Czech citizens behind the Iron Curtain in 1967, we were on the outside while visiting East Berlin. Our German friends, Erika and Walter, were showing us around. The notorious Berlin Wall was six years old and it was as rumoured. In the city centre, it might run erratically down the middle of a street; or straight across a street, deadheading it; or even form the fronts or backs of houses, bricking in their doors or windows. Nowhere else in the postwar Europe was the race between west versus east, capitalism and communism, as apparent as it was right here at the foot of this forbidding wall! On this side of it, the message was clear: *Lasciate ogni speranza*,

*voi ch'entrate!* (Abandon all hope, you who enter here!) The main east-west artery of Berlin is straight as an arrow and hosts a succession of names: the Kaiserdamm, Bismarckstrasse, Strasse des 17. Juni and Unter den Linden. The Berlin Wall crossed it at the Brandenburg Gate where Unter den Linden begins. Ten blocks south it continued parallel with Unter den Linden, along the Zimmerstrasse. At its intersection with the Friedrichstrasse stood the famous Checkpoint Charlie. For us then this was, of course, no crossing, only for visiting Westerners—and exchanged spies. From Brandenburg Gate, the Wall continued north behind the then-shell of the Reichstag, until it came to the Spree River, ran along its left bank to a bridge, across the bridge and then turned west again. For a short distance, the river between the banks was in West Berlin. So tempting! Six crosses are fastened to the rails today to commemorate

those who dared to jump in but were shot dead. Back in 1967 we weren't allowed to get close to or photograph this site. My movie camera was nearly confiscated, but I think the officer could see that I had no zoom and the wall on film would have been just a pencil-thin line. I escaped with a warning. The monkey cage moment came when we noticed watchtowers at choice vantage points on the west side, not for the guards but for Western tourists to look down on us. They were craning their necks, pointing fingers, taking pictures and having a great time. In the small enclave of West Berlin, within vast East Germany, they were free, while it was indeed terrible to be on our side! I don't think there is a precedent in history for a city to be divided and in competition with itself the way Berlin was. The result was two of everything, governments, sports clubs, different cultures and certainly different standards of living.



Dresden - Zwinger.



Equestrian Statue of Friedrich Augustus I in Dresden.

There were even two major opera houses. Both still perform today—one positive outcome. Only a year after our East Berlin visit, our moment came when the Russians invaded my country of Czechoslovakia. In the subsequent confusion we were able to leave and eventually became Canadian. Twenty-one years later, the Wall came down, and in the early nineties we visited the now unified Berlin. Berlin is like New York City in the sense that it is an independent, unique entity inside its parent country. This shows itself not just architecturally but also in art, industry and attitude. The city is wide open, somewhat redesigned by Second World War bombing, and is easy to navigate. It is even possible to find parking spots! Average Germans are pleasant, accommodating, orderly and efficient people and the Berliners are all that plus much more easygoing, fun loving and quite bohemian. Today the Unter den Linden continues unimpeded through the Brandenburg Gate into the Tiergarten Park and further west. It is again the main avenue, straight and wide. The Reichstag was gutted and rebuilt from the inside by the famous English architect Sir Norman Foster, its roof accessible to tourists. The hyper-modern German federal government buildings are across the Spree

and bringing us the Cold War. Sanssouci Park is the people destination, with a midway, food and souvenir stands and picnic areas. Originally Frederick the Great designed and built a terraced garden to cultivate plums, figs and wine on this hill near Potsdam in 1744. But once he saw how exceptionally beautiful was the view from that spot, he changed his mind and had a large summer residence erected above the terraces instead. New Palace and the picture gallery were constructed in subsequent years, while the slopes of the castle are now flower gardens.

Outside of Berlin, on the way to the pleasant hills of Thuringia, we stopped in Dresden. The city was grievously bombed at the very end of the war and the damage was devastating. When we passed through it in 1967, it resembled a subdivision under development. In 22 years, the inept communist regime had only managed to remove the rubble, fix the streets and sidewalks and erect signposts with the street names. Since the unification of Germany, the city has really started to recover. The centre was rebuilt, including the baroque castle Zwinger and the Church of Our Lady, both famous well beyond Dresden's borders.

East Germany had been known for its auto industry, which supplied the communist block. They built "people's cars." By Canadian standards, their Wartburg was at best a middle-of-the-road vehicle, while the Trabant, the "Trabi," was something else again! It had a two-stroke engine that emitted motorcycle-like noises, and its body was constructed of plastic. I believe they were pioneers in that respect! The Trabi was light, but moved slowly and worse, the plastic was soon eaten by mice. Like the Volkswagen Beetle in the west, the Trabi was the signature vehicle of that era in the east. With the fall of the Berlin Wall and the exodus of East Germans in 1987, this little car wound up playing a big role. "Trabi on Legs," a sculpture erected in Prague, plays with this image and symbolizes the beginning of the end for the communist regimes of Eastern Europe. Incidentally, it was quite a treat to see one of these toy cars converted into a stretch limousine taking tourists around Dresden! Whether it kept its original two-stroke engine, I don't know.

Hilly Thuringia is exceptionally well-suited to hiking with seemingly every trail ending on a lookout boasting a small pub or castle on top. There are several little gems to be found. One of them is Weimar where, following the First World War, the German constitutional assembly drew up a new constitution, which remained in force until 1933. Historically, Weimar had attracted an impressive number of prominent literary and musical giants. It was home to Goethe, who owned the Wohnhaus in town as well as the summer Gartenhaus, located in a huge park then outside the city. Schiller and Liszt lived there as



Berlin - The Dome.

well and their houses can be visited. The Bauhaus, an influential avant-garde group of artists founded by Walter Gropius, was headquartered in Weimar from 1900 to 1930 and there is a small museum to commemorate the artists and their movement. Even here in gentle Thuringia, the Nazi past is not easy to escape. If it isn't the bombing evidenced by the mixture of modern and medieval buildings, it's the presence of a concentration camp, Buchenwald. To their credit, the Germans have confronted their past and don't hide it. Buchenwald was not an extermination camp, yet many lost their lives here. We approached it in very bad weather, black clouds setting the tone for our visit—a very emotional experience.

Many European countries contain hidden treasures not mentioned in guidebooks. We were travelling along the ridge drive known as Thüringer Hochstrasse, when a billboard at an intersection attracted us to Schmalkalden, a beautiful old town dating back to the ninth century. The main square is surrounded by timbered houses, Wilhelmsburg Castle sits on the hill above and, to complement the cultural delights, foot-long bratwursts served on buns with beer can be had from numerous street vendors!

Although our trip was basically conceived to discover how the former East Germany has been transformed since unification, we couldn't resist stopping in Bamberg, formerly in West Germany. With a history beginning in 902 AD, the town is peppered with noble names, such as the Holy Roman Emperor Henry II and his wife Kunigunde, who made the city their home. Other church elite made their mark too, most notably Pope John XVIII, who established Bamberg diocese in 1008, and Pope Benedict VIII,



Schmalkalden, the home of the foot-long bratwurst.

who visited in 1020. The city's history is rather convoluted and evidently very important, but what matters the most to the casual tourist is that the Slavs, then the Saxons, later the nobles and then church dignitaries, left behind a remarkable array of edifices. Bamberg is one of those towns where the best advice is to walk the streets without any special destination in mind. Every street, every square and bridge, the river and the canals are equally interesting. Only the old palace, the cathedral and City Hall stand out above the rest.

And because it's Germany, the city's prestige wouldn't be complete without at least one notable writer in residence. That role falls to E.T.A. Hoffmann, whose stories skillfully combined wild imagination with convincing examinations of human character and psychology. His use of fantasy inspired several operatic composers. Richard Wagner drew on stories from Die Serapionsbrüder for Die Meistersinger von Nürnberg (1868), and Jacques Offenbach for Tales of Hoffmann (1881), in which Hoffmann himself is the central figure. The ballet Coppélia (1870), by Léo Delibes, is also based on a Hoffmann story, as is Pyotr Ilyich Tchaikovsky's ballet suite, The Nutcracker (1892). Not just a writer but also a critic, musician and caricaturist, Hoffmann was also a conductor and theatrical musical director when he lived here in Bamberg from 1809 to 1813 in a small house, now a museum. Hoffman was a true visionary, whose work lives on in the art it inspired.

In spite of all the damage suffered in the last war, exacerbated by a division lasting 44 years, Berlin and environs are endlessly interesting, with so many historical towns and buildings and a rich culture to enjoy. □



Berlin - Reichstag.



Berlin - Brandenburg Gate.



Dresden - Trabi limousine.



Orientation on hikes in Thuringia is easy.





by Alicia Gerrior

# Fall programs worth falling for

Ah fall, the leaves change colour, the weather gets chillier, kids go back to school, and an overwhelming number of new and returning TV shows suddenly pop up across our channels. According to *TV Line* there are 20 new shows premiering this fall alone, and more than 400 scripted series on TV in total. It can be daunting to try to sort through the new series, while figuring out when your old favourites will return.

That's why I'm here to help by breaking down this fall's must-see-TV.

TV shows have premiered in the fall since televisions have existed. According to Slate, the original TV networks based their schedules on the radio industry, which used to take summers off. Launching shows in autumn also makes sense because people watch more TV in the fall months as opposed to summer.

While undeniably still an event, the busy premier weeks of fall aren't met with quite the same excitement as in former times. One reason the enthusiasm may have died down is because more and more TV networks are rolling out shows at all times of the

year instead of limiting it to one. According to *Maclean's* magazine they're experiencing massive success with that model. HBO's Emmy winning drama, *Game of Thrones*, premiered in April, and Fox's record-breaking series *Empire* premiered in January. Another reason for the lackluster reception could be the introduction of streaming services such as Netflix, Shomi, and Crave. These services usually release entire seasons of TV shows at one time, allowing users to "binge" on episodes at their own pace. I've become so used to this method of watching shows that sometimes I'll wait a few extra months until the show has wrapped up on TV and becomes available on the streaming platforms to watch it.

There are two major trends that stand out among this fall's 2016 freshman class: reboots and time travel. *MacGyver*, the 1985 classic, about a government agent with an incredible knack for solving problems in unconventional ways, returned to our screens in September. Another blast from the past is *Lethal Weapon*, based on the hit 80s and 90s action films of the same name. Also making a splash on TV this fall are time travel series. There's *Timeless*, a drama about criminals who try to change American history, and *Time After Time* which follows sci-fi author H.G. Wells as he

transports himself to current-day New York to hunt down Jack the Ripper.

There are plenty of shows to get excited about this fall. Here are my best picks:

## New Releases

*This Is Us*, Tuesdays 9 p.m. CTV  
One of the most anticipated shows this season, *This is Us* follows the lives of several 36 year-olds who share the same birthday and whose lives "intertwine in curious ways" (TVLine). According to *Entertainment Weekly*, the show's trailer was watched a record-breaking 17 million times in three days on YouTube.

*Westworld*, Sundays 9 p.m. HBO  
Critics are calling it the new *Game of Thrones*. *Westworld* takes place in a futuristic theme park where robots and humans collide. It's a "dark odyssey of artificial consciousness and the future of sin." You may remember the movie which this series is based on and which featured the charismatic Yul Brynner, a man who helped make bald sexy.

*The Good Place*, Thursdays 8:30 p.m. NBC  
You can never go wrong with a good sitcom, and *The Good Place* promises to be just that. Starring Kirsten Bell and *Cheers'* Ted Danson, the series follows a cold-hearted woman who dies and acci-

dently ends up in heaven. **Returning Favourites**

*NCIS*, Tuesdays 8 p.m. Global  
According to Mashable, this compelling military drama, now in its 14th season, earned the title of world's most watched show in 2015. *Dancing with the Stars*, Mondays and Tuesdays 8 p.m. CTV 2  
Glitzy gowns and D-list celebrities who lack rhythm always make for great entertainment.

*The Walking Dead*, Sundays 9 p.m. AMC  
According to, this zombie apocalypse drama is the most popular program on TV. Season seven will premiere on Oct. 23.

## Coming Soon

*Dark Angel*, PBS 2017  
Joanne Froggatte, who starred as Anna in *Downton Abbey*, plays Britain's first female serial killer in this two-part PBS series, set to air in 2017.

*Victoria*, PBS 2017  
In what some are calling the next *Downton Abbey*, *Victoria* is an eight-part series that chronicles the life of the Queen from her teenage years onward.

*Taken*, NBC 2017  
This prequel is based on the hit Liam Neeson action movies of the same title, and is set to air in mid-2017. □

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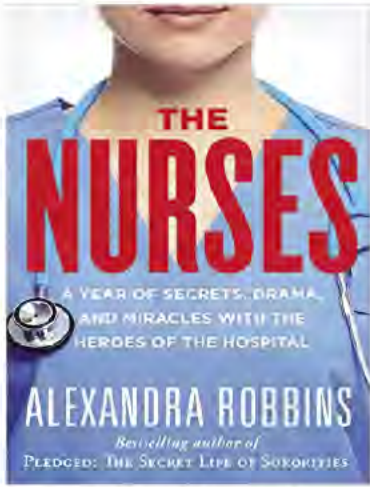
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Applications are also on our website: [www.mvsh.ca](http://www.mvsh.ca).

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



## Book Review



### “The Nurses”

By Alexandra Robbins

c.2015, Workman  
\$24.95 U.S. /  
\$33.95 Canada  
360 pages  
Reviewed by the  
Bookworm

Your favorite medical drama just did the unthinkable.

They killed off the character everyone loved best, and you almost feel betrayed. You enjoyed watching what happened every week, loved seeing drama unfold and getting immersed in the story line. Not anymore.

Still, TV’s not always reality, you know. He might not be “dead,” and hospitals don’t run like that anyhow, as you’ll see in “The Nurses” by Alexandra Robbins.

Imagine a job where lifting “approximately 1.8 tons” in an 8-hour shift is a requirement, where squabbles and sexual harassment are common, and appreciation is often rare. You might work all day without eating and without restroom breaks, and your life could be in some degree of danger at all times.

Welcome to nursing.

With this description in mind and wanting to know more about the medical personnel who know you better than your doctor does, Alexandra Robbins “interviewed hundreds of nurses” in North America and overseas. She also shadowed four nurses work-

ing at various hospitals in an unnamed “major American city.”

There was soft-spoken Molly, who understood that nurses sometimes get the short shrift in hospital budgets, an issue that irked her at a time when she had more important things on her mind. Sam, a first-year nurse, needed every ounce of self-confidence to fight undeserved gossip from peers who didn’t understand her quiet personality or her focus. Juliette hated the lack of support and acceptance within her workplace, and when she learned of a

supervisor’s unprofessionalism, she realized that it was time to make a move. And there was Lara, who gave in to workplace temptation and subsequently battled drug addiction. Few colleagues knew of her past or of her recovery, but when an injury required surgery and pain-killers, Lara wasn’t sure she had the strength to fight her demons again.

In following these four women at work, Robbins learned of “egotism,” violence, and bullying they endure from patients and co-workers. She also examines why nurses get “crisp.” Yes,

her interviewees admitted, medical personnel talk about patients, but it’s not personal. Yes, there are things that nurses wish they could tell you. And no, it’s not easy work but most “truly love nursing.”

Those of you who are (or are related to) nurses are nodding your heads, aren’t you? Yep, you know the truth. Author Alexandra Robbins’ subjects don’t gloss over anything here; in fact, “The Nurses” is exciting and honest, from admission to release.

But personal stories aren’t the entire reason to read this book: Robbins also busts

myths, shows the inner workings of Emergency Rooms, offers golden advice, and she explains behind-the-scenes events and why nurses deserve way more kudos than they get. That nicely balances the inherent drama in the four personal stories, though it might make patients outraged.

I can see this book for nurses, definitely, but it’s also something to read if you’re thinking of nursing school or if you might need medical care anytime soon. “The Nurses” contains good stories, but it’s also helpful. In short, it’s a reader’s McDream. □



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# Seven reasons to book an inaugural cruise

Cruise lovers are in the midst of lively discussions about the ships premiering in 2016 and beyond and the most popular topic of conversation seems to be “Which inaugural have you booked?” That’s because veteran cruisers have an insider’s knowledge of these very special voyages and often profess that these historical sailings are among their favorites. Want in on this well-kept cruising secret? CruiseCompete has compiled a list of seven reasons book-

ing an inaugural cruise is a great idea!

**1. The inauguration ceremony and sailing of a ship often becomes a local or international event.** Depending on the significance, the pomp-and-circumstance inaugural ceremony can be a large and well-orchestrated ceremony with honored guests from all over the world. As an example, Royal Caribbean’s reception of its newest ship, Harmony of the Seas, was celebrated with a traditional delivery and flag changing

ceremony in Saint Nazaire, and the ship officially launched her inaugural summer season with the first of 34 seven-night western Mediterranean sailings on June 7. After visiting some of Europe’s most beautiful locations, Harmony arrived at her homeport of Port Everglades, Fort Lauderdale, Fla., where she offered seven-night eastern and western Caribbean sailings.

**2. Bragging rights and glamour.** There’s something to be said for being part of a new ship’s history, a member of the “elite” group present for the very first sailing. How marvelous is it to be able to say, “Oh, yes, I was on the maiden voyage of that beautiful ship”? And you may literally bump into royalty... Regent Seven Seas Cruises recently invited H.S.H. Princess Charlene of Monaco to serve as Godmother of the Regent Seven Seas Explorer

at a gala christening event in Monte Carlo, Monaco, in July 2016.

**3. Amenities galore.** The cruise lines know that positive word-of-mouth is an excellent marketing tool. The better the buzz, the better the bookings will be on future voyages. The line may take this opportunity to impress passengers on a maiden voyage with extra special food, entertainment and activities. For example, the very first IMAX Theatre at sea? Nowhere else but the Carnival Vista, which launched in April. The ship also features nearly 30 dining and bar venues.

**4. Tangible memories.** The lines frequently offer special inaugural events and keepsake tokens as part of the maiden voyage. When Cunard’s Queen Mary 2 launched, she offered “Limited Edition” QM2 maiden-voyage commemorative items, including t-shirts, playing cards, cups

and saucers, stamps, baseball caps and key chains... and even painted ostrich eggs! These tokens are a great way to remember your voyage.

**5. Fantastic fares.** In order to generate interest in the ship, some maiden voyages offer “introductory pricing,” which can be significantly lower than future sailings. This is, after all, the ship’s introduction to the consumer. Public opinion has not yet been formed and the cruise lines are eager to put their best foot forward, which sometimes translates to a steal on cruise fares.

**6. Tailored-to-suit services.** Because the shipboard routine has not been established and the ship’s staff is still finding out what guests want and need, they tend to be quite flexible with things like on-board activities, menus and seating arrangements. Veterans generally say there are small glitches, but they love the fact that the staff is more accommodating as they work into their new routines.

**7. Pristine and brand new.** There’s a certain appeal to being on board a brand new ship.... to experience accommodations that have no wear and tear, no sign of passengers who have come before. Every part of the ship is in immaculate condition — the rooms are sparkling, the carpets spotless, and every dish, sheet and towel has never been used. Plus, you get to enjoy all this cleanliness... without having lifted a finger. What’s not to love?

To research upcoming maiden voyages, please visit the Inaugural Cruises section on CruiseCompete.

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• Check the promoter's background. Contact the Alberta Securities Commission to determine if the salesperson is registered to sell securities or if they've ever had enforcement action against them.

• Learn about other red flags: Find out more about investment fraud at [www.checkfirst.ca](http://www.checkfirst.ca).

Many people who fall victim to affinity fraud fail to report it because they feel ashamed, embarrassed or want to protect their friend or loved one who recommended the investment. This enables other people to fall victim to the same scam and makes prevention difficult. If you suspect you have been approached with a potentially fraudulent investment scheme, contact the Alberta Securities Commission at 1-877-355-4488 or e-mail: [inquiries@asc.ca](mailto:inquiries@asc.ca). All information provided is confidential. [www.newscanada.com](http://www.newscanada.com)

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Cut-off Date: Monday, November 14, 2016

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Cut-off Date: Tuesday, November 29, 2016

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**How to recognize and avoid affinity fraud amongst your friends**

(NC) Affinity fraud is a common form of investment fraud. It almost always involves either a fake investment or one where the scammer lies about the critical details, such as the risk of losing money, past investment results, or information about the people running the scheme.

Unfortunately, many Albertans are approached with fraudulent investment opportunities through friends and family who are considered trusted sources. While sometimes these sources are fully aware of their intent to deceive, other times they are unknowingly involved in a fraudulent deal. It is critical, therefore, that you know how to protect yourself from investment fraud no matter how confident you are in the source.

Those involved in organized groups such as community clubs, church groups, immigrant communities, seniors homes and on-line chat forums are at risk because these groups are often targeted by scam artists. If Mary from church, for example, just invested with someone who promised a large return on her money, chances are good that she will tell others in her church and social

groups about this opportunity. Because Mary's friends trust her, they are likely to invest blindly without asking a lot of questions.

This type of fraud is identifiable and avoidable. By following this checklist, you could help to save yourself or a loved one, time, money and heartache:

- Never rely solely on referrals from friends and family members. If they have failed to do their own research and invested in a scam, they may unknowingly lead you down the same path.
- If it sounds too good to be true, it probably is. Don't be drawn in by promises of spectacular returns and low risk; these are classic warning signs of fraud.
- Don't be pressured into making a decision. Just because your uncle has made good returns on his investment in a "once in a lifetime opportunity" doesn't mean it is safe. Take your time to understand the business and the risks involved.
- Be wary of investments that are not put in writing. If you are being offered an investment and the promoter "doesn't have time" to provide details, this could be a sign of fraud. You should also be suspicious if you are told to keep the opportunity confidential.

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# Expert advice on how to beat the flu

(NC) The flu is a common ailment that can have very serious consequences. Every year roughly 12,200 people are hospitalized and 3,500 die from complications of the flu, according to Health Canada. Fortunately, there are a number of simple precautions you can take to help maintain good immune and overall health during flu season.

For advice on how to make sure the flu doesn't get the best of you this winter, we spoke to Hans Epp, pharmacist and owner of a Shoppers Drug Mart, and Mélanie Légaré, registered dietitian at Loblaws. **How important is it to get vaccinated? How effective are flu vaccines?**

"Depending on how well the vaccine is matched to this year's common viruses, 70 to 90 per cent of flu cases can be averted through vaccination," explains Epp. "These days, you can get vaccinated by an injection-certified pharmacist without an appointment at your local Shoppers Drug Mart — just walk-in."

**In addition to getting vaccinated, what are some preventative measure people can take?**

"Getting between seven and eight hours of sleep each night, drinking plenty of fluids, eating healthy foods, and staying active will go a long way in staying healthy throughout the cold and flu season," says Epp. "But perhaps the most effective means of avoiding the flu is as easy as practicing good hygiene and washing your hands regularly with soap and water."

**What should we be eating during flu season?**

"Citrus fruits, beans and legumes, nuts and seeds, garlic, and seafood should be staples on everyone's grocery list," recommends Légaré. "These items contain vitamins and nutrients that are important to maintaining good health and immune function."

**Are there specific vitamins people should be looking for?**

"Knowing which vitamins are found in which foods will help you make the right food choices. For example, while it may be common knowledge that citrus fruits are high in vitamin C, many people may not be aware that nuts and seeds contain vitamin E, or that beans and legumes are rich in zinc," says Légaré. "All these vitamins and minerals are essential for maintaining good health and immune function, which is especially important during flu season."

**Any additional advice you'd like to share?**

"Although we all feel the effects of the flu, young children and the elderly are the most vulnerable," says Epp. "I think we all share a duty to these vulnerable populations to do everything within our power to stop the spread of influenza. At my pharmacy, I'm seeing a growing awareness of flu prevention techniques and I'm confident we can move the needle even further on flu prevention this year."

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| <p><b>ACROSS</b></p> <p>1 Dull hurt</p> <p>5 Language of Islamabad</p> <p>9 Thorny plant</p> <p>13 Series start</p> <p>19 Hurdle</p> <p>20 Really smell</p> <p>21 Very eager</p> <p>22 Chlorine or fluorine compound</p> <p>23 "A Clockwork Orange" novelist</p> <p>26 Steeped in salty water</p> <p>27 Ridden horse</p> <p>28 Tree bearing catkins</p> <p>29 "Take that!"</p> <p>30 Derivations</p> <p>33 Commotion</p> <p>36 "Modern Family" co-star</p> <p>39 Popeye creator</p> <p>40 Get the idea</p> <p>41 "Boys" co-star</p> <p>42 Not a weather</p> <p>43 Arizona tree</p> <p>44 Pen choice</p> <p>47 Sharp tool</p> <p>48 Shifty</p> | <p>49 He played Radar on "M*A*S*H"</p> <p>54 Many mini-maps</p> <p>56 Golf target</p> <p>58 Not trite</p> <p>59 Irving of 101-Down</p> <p>60 Let go of</p> <p>64 Festive</p> <p>65 Stretch, with "out"</p> <p>66 BBs, e.g.</p> <p>68 No light load</p> <p>70 Notion</p> <p>71 KO counter</p> <p>72 "Not impressed"</p> <p>73 Freedom from germs</p> <p>74 Commotion</p> <p>75 Big name in tires</p> <p>78 Takeoff guess, briefly</p> <p>79 Cheap flicks</p> <p>82 Lean patty option</p> <p>86 Just-painted</p> <p>87 Meadow</p> <p>88 Go — rampage</p> <p>89 Totally spoil</p> <p>90 Pentagon</p> <p>92 Galley tools</p> <p>93 Bit of an oval</p> <p>96 Complaints, informally</p> | <p>97 Preppy-boho fashion label</p> <p>99 Line of fruity Cheerios cereals</p> <p>103 Unit of dew</p> <p>104 Further on</p> <p>105 Danish toast</p> <p>107 Flooded (in)</p> <p>111 Shiny fabrics</p> <p>112 Singer of the 1960 hit "You're Sixteen"</p> <p>116 Happenings</p> <p>117 Balm additive</p> <p>118 Make simpler</p> <p>119 Slightly</p> <p>120 Fix, as a shoe bottom</p> <p>121 Look awed</p> <p>122 Colorless</p> <p>123 Red color hidden backward in nine answers in this puzzle</p> | <p>7 Utter failure</p> <p>8 Island guitar</p> <p>9 Angry display</p> <p>10 Listen to incidentally</p> <p>11 Bro's sibling</p> <p>12 Pub. house workers</p> <p>13 "Yippee!"</p> <p>14 Second of two sections</p> <p>15 Yale's Yale</p> <p>16 S.F. NFL team</p> <p>17 Swimmer Gertrude</p> <p>18 Flight leaving late at night</p> <p>24 Scent</p> <p>25 Hwys., e.g.</p> <p>29 Camera type, in brief</p> <p>31 Eurasian mountains</p> <p>32 Depend (on)</p> <p>34 Unattractive</p> <p>35 Exceptionally tough guy</p> <p>36 Some spicy cuisine</p> <p>37 [Boring!]</p> <p>38 Common yule tree</p> <p>39 Hot tub locale</p> <p>44 Wilson of the Beach Boys</p> | <p>45 Punk rock's — Pop</p> <p>46 Phi-psi linkup</p> <p>48 Pigs' place</p> <p>49 Slaty colours</p> <p>50 Compels</p> <p>51 100 cents</p> <p>52 Counterfeit</p> <p>53 Tiny parasite</p> <p>55 Punk variant</p> <p>56 Stew veggie</p> <p>57 Thomas — Edison</p> <p>60 "Get clean" program</p> <p>61 '60s prez</p> <p>62 "Fantastic!"</p> <p>63 Once, formerly</p> <p>66 In — (trapped)</p> <p>67 Bistro card</p> <p>68 #1 OutKast hit of 2003</p> <p>69 Completed</p> <p>70 Tyrant Amin</p> <p>72 Brand of faucets</p> <p>74 Back, at sea</p> <p>76 "The Thing" studio</p> <p>77 Tempting one</p> <p>79 Emerald, e.g.</p> <p>80 Former Ford div.</p> <p>81 Obi, for one</p> | <p>83 Regrets</p> <p>84 Store selling souvenirs</p> <p>85 Naval off.</p> <p>86 Get skewed</p> <p>90 Left the fold</p> <p>91 Strip of computer icons</p> <p>92 Last longer than</p> <p>93 Bully, e.g.</p> <p>94 Put new asphalt on</p> <p>95 Jalopies</p> <p>96 Amigo</p> <p>98 Bit of coffee</p> <p>100 Safari animal</p> <p>101 Streisand film of 1983</p> <p>102 — -Terre (capital of Guadeloupe)</p> <p>103 Singer Ho</p> <p>106 Leg midpoint</p> <p>108 Outermost Aleutian island</p> <p>109 Blind guess of old Hollywood</p> <p>112 Cut unevenly</p> <p>113 Ending for schnozz</p> <p>114 Yank's land</p> <p>115 Yank's rival</p> |
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**Solution on page 28**



## THE FINEST HOURS

Released January 2016 (1 hour & 57 minutes) Rated G  
Action/Drama/History

Friday October 28, 2016  
at 1:00 PM in the  
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Price includes snack and a drink!

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# Cooking for one can be easy and fun

Page design &amp; layout by Winifred Ribeiro

In 2015 Statistics Canada registered 14,245,619 adults as single. It can be hard to get motivated when cooking a meal for just one. Klancy Miller is here to show that cooking for one is something to embrace. While making single servings from other cookbooks means scaling down ingredients, adjusting cooking times, or being stuck with leftovers, *Cooking Solo* gives readers just what they need to make a delicious meal — all for themselves. 100 attractive recipes like Tahitian Noodle Sandwich, Smoked Duck Breast Salad, Spicy Pork Burger with Coconut, and Mackerel with Lemon and Capers make meals for yourself with style, sophistication, and the occasional indulgence. Miller also includes a chapter on entertaining at home, because being single still means having fun with friends. A few recipes are for two servings, and we chose to include a recipe for Tarragon-Roasted Chicken as Thanksgiving is around the corner when you make want to include friends.



Excerpted from *COOKING SOLO*, © 2016 by Klancy Miller.

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## Tarragon-Roasted Chicken©

What makes this recipe special is the combination of sage, rosemary, lemon, and tarragon stuffed into the bird's cavity. It smells divine while roasting, and the meat acquires a lush citrus-herb flavor. Roasted Vegetables with Tahini Vinaigrette would be great on the side. You will need a meat thermometer to make sure the chicken is properly cooked. If yours is instant-read rather than traditional, pull the bird out of the oven after 45 minutes and check the temperature in the thickest part of the thigh, avoiding the bone.

**Makes:** 4 servings (a week's worth of meals: tacos on Tuesday, chicken salad on Wednesday, and a sandwich on Thursday. Soup stock out of the carcass).

1 (2 1/2- to 3-pound) whole chicken (preferably organic and free-range)  
2 lemons, halved  
Salt  
6 sprigs fresh tarragon, coarsely torn  
4 fresh sage leaves, coarsely torn  
2 or 3 fresh rosemary sprigs  
3 tablespoons extra-virgin olive oil  
Freshly ground black pepper

- 1 Preheat the oven to 400°F.
- 2 Rinse the chicken inside and out under cold running water. Pat it dry with paper towels.
- 3 Set the chicken in a roasting pan and squeeze the juice of 1 lemon over it, inside and out. Generously season the chicken with salt, inside and out. Push half the remaining lemon all the way into the cavity, stuff in the tarragon, sage, and rosemary, and add the remaining lemon half, like a cap for the cavity. Drizzle the olive oil over the chicken, rubbing to coat the bird well, and grind pepper all over it.
- 4 Position a meat thermometer in the thickest part of the thigh, avoiding the bone. Place the roasting pan in the oven and roast the chicken for 45 to 50 minutes, until the skin is golden brown and the temperature reaches 165°F. Let it rest for about 10 minutes before carving and serving.

## Photogenic Shaved Zucchini Salad (Made for Instagram)©

A PHOTO OF FINELY cut vegetables inspired this dish. It turns out that when you thinly slice a zucchini lengthwise, it's a total beauty—like a wide ribbon or vegetal pappardelle pasta. You don't need a mandoline to achieve the effect; a vegetable peeler does the job.



## Rustic Strawberry Shortcake©

THIS TWIST ON A CLASSIC starts with a large cupcake for one and builds—up or out, as you prefer. The whipped cream adds a fluffy lightness and helps keep the layers stacked. It's almost too pretty to eat.

**MAKES:** 1 serving

**FOR THE MINI CAKE:**

2 tablespoons butter, melted, plus  
1 teaspoon for the ramekin  
1/4 cup plus 1 teaspoon all-purpose flour  
1 large egg white  
2 tablespoons light brown sugar  
1 1/2 tablespoons whole milk  
1/4 teaspoon vanilla extract  
1/4 teaspoon baking powder

**FOR THE WHIPPED CREAM:**

1/3 cup heavy whipping cream  
1 1/2 teaspoons confectioners' sugar, plus more as needed  
6 to 8 fresh strawberries, hulled and sliced

1 **FOR THE MINI CAKE:** Preheat the oven to 350°F. Use 1 teaspoon of the butter to grease the inside of a 4-inch ramekin. Add 1 teaspoon of the flour, rotating the ramekin to coat it evenly, and shake out the excess.

2 In a small bowl, whisk the egg white with the brown sugar until the sugar dissolves. Stir in the remaining 1/4 cup flour and 2 tablespoons butter, the milk, vanilla, and baking powder, and beat until smooth.

3 Pour the batter into the prepared ramekin, set it on a baking sheet, and place it in the oven. Bake for 24 to 26 minutes, until the cake is golden on top and a toothpick inserted in the center comes out clean. Set it aside on a rack to cool completely, about 30 minutes.

4 **FOR THE WHIPPED CREAM:** In a medium bowl, whisk the cream until soft peaks form. Add the confectioners' sugar and whisk gently to combine. Taste and add more confectioners' sugar, if desired.

5 Remove the cake from the ramekin and cut it horizontally into two disks of cake of equal size. Place one disk on a dessert plate and top with half of the whipped cream and half of the strawberry slices. Stack the second disk on top and layer it with the remaining whipped cream and strawberries. Serve immediately.

**MAKES:** 1 serving

2 large zucchini  
1 cup halved cherry tomatoes  
1/3 cup pitted and chopped Kalamata olives  
1/4 cup diced feta cheese  
1 tablespoon pine nuts, toasted (see Note)  
3 tablespoons extra-virgin olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon balsamic vinegar  
1 garlic clove, minced  
1/4 teaspoon freshly ground black pepper  
Salt

1 Trim the ends from the zucchini. Over a large bowl, shave them lengthwise into ribbons using a vegetable peeler. Add the tomatoes, olives, feta, and pine nuts, and set aside.

2 In a small jar with a tight-fitting lid, combine the oil, vinegars, garlic, pepper, and a pinch of salt. Shake vigorously until emulsified, about 1 minute.

3 Pour the dressing over the vegetables and cheese and toss with your hands to coat. Transfer to a plate and serve.

**NOTE:** To toast the pine nuts, place them in a dry skillet over medium heat and stir the nuts continuously until they are slightly golden and release a faint, toasty aroma, 2 to 3 minutes.



# The Healthy Geezer

BY FRED CICETTI

**Q** A friend who uses a lot of psychobabble described a new woman in our retirement community as having a “personality disorder.” I would call this woman a pain in the neck. What’s the difference between a personality disorder and just a lousy personality?

**A** People with a personality disorder are more than just pains in the neck. They have serious trouble getting along with others. They are usually rigid and unable to adapt to

the changes life presents to all of us. They simply don’t function well in society.

People with personality disorders are more likely to commit homicide and suicide, and suffer from social isolation, alcohol and drug addiction, depression, anxiety, eating disorders, and self-destructive behavior such as excessive gambling.

About one in seven adults has at least one personality disorder, and many have more than one. Personality disorders are usually first noticed around the teen years. However, personality disorders can surface at any time, including old age. About one in ten older adults living at home may

have a personality disorder. This figure is even higher among adults living in nursing homes.

Childhood experiences and your genes play major roles in personality disorders. However, personality changes can be brought on in older adults if they have trouble handling the losses of family and friends, other major life changes or their own medical problems.

Mental health professionals place personality disorders in three categories or clusters. People in Cluster A exhibit eccentric behavior. Those in Cluster B are dramatic, emotional or erratic. And those in Cluster C are fearful.

The following are some examples. The descriptions are very brief because of space requirements. You could write pages to describe each disorder.

In Cluster A are schizoid, paranoid and schizotypal personality disorders. Schizoid personalities are introverted daydreamers who fear intimacy with others. Paranoid personalities don’t trust people and see them as deceitful or worse. Schizotypal personalities are eccentrics who act inappropriately and often claim they have supernatural gifts.

In Cluster B are antisocial, borderline and narcissistic personality disorders. Antisocial personalities are belligerent rule-breakers who often get into legal difficulties and fall into substance abuse. Borderline personalities are unpredictable, self-destructive and often see things in black and white. Narcissistic personalities overstate their own importance and need constant attention.

In Cluster C are avoidant,

dependent and obsessive-compulsive personality disorders.

Avoidant personalities can’t handle rejection well and may have no close relationships outside of their family. Dependent personalities lack self-confidence and rely on others to make decisions for them. Obsessive-compulsive personalities are unsatisfied perfectionists who are so detail-oriented that they have trouble making decisions.

The symptoms of Cluster A and Cluster B personality disorders may diminish with age. Those with Cluster C personality disorders often experience worsening symptoms as they get older.

There’s no cure for these conditions, but psychotherapy and medication for symptoms such as anxiety and depression can help. The symptoms of some personality disorders also may improve with age. □

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

## Fewer retirees having a great time

Recent data show that, across the board, fewer American retirees say they are “very satisfied” with their retirements, while a growing number of retirees report that they are “not at all satisfied” with their retirements.

Based on a 15-year period of research from 1998 to 2012 using data from the University of Michigan’s Health and Retirement Study (HRS), the most comprehensive national survey of older Americans, results show that a shift is occurring from “very satisfied” retirees to “moderately satisfied” and “not at all satisfied” retirees.

The drop in the number of “very satisfied” retirees is not limited to any particular economic group. This is clearly a more general trend. According to Sudipto Banerjee, EBRI research associate and author of the study, “What is not yet clear is exactly what is happening.”

Specifically, the new EBRI study finds that the share of HRS survey respondents reporting “very satisfying” retirements dropped from 60.5 percent in 1998 to 48 percent in 2012. On the other hand, the shares of respondents reporting “moderately satisfying” and “not at all satisfying” retirements increase from 31.7 percent to 40.9 percent and from 7.9 percent to 10.5 percent respectively.

In contrast to the findings of early studies, the EBRI analysis shows that as people get older, a small share of them remain “very satisfied” with retirement. This is shown by tracking the retirement satisfaction levels of a fixed group of people as they age over the study period, instead of looking for differences in satisfaction levels across different age groups in cross-sectional data.

EBRI notes that these trends are not limited to particular economic groups: both the highest- and the lowest-asset quartiles show similar trends. Also people with and without pension income show similar trends in retirement satisfaction levels. There is no significant difference in retirement satisfaction levels between men and women.

Banerjee notes that, as might be expected, net worth and health status continue to be strongly correlated with retirement satisfaction: higher net worth is associated with higher levels of satisfaction and poorer health is associated with lower levels of satisfaction.

The results of the study, “Trends in Retirement Satisfaction in the United States: Fewer Having a Great Time”, are published in the April 2016 EBRI Notes (No. 4), online at www.ebri.org. □





**Life and liberty**  
by liberty forrest

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

There are lots of ways to waste precious time. Two of the best ways to waste it (or rather, the worst ways to use it) are feeling regretful and guilty about the past, and worrying about the future. It's surprising how many people spend loads of time looking

# Focus on the present to avoid wasting time

back with "if onlys" and "I should haves", or looking forward with trepidation. There is absolutely no point in either of those options. There is nothing to be done about the past, apart from learning from it, accepting it and moving on. And the future hasn't happened yet, so we can only do our best to avoid those things we don't want, and then focus on making things turn out as we hope.

There is absolutely nothing to be gained by dwelling on what cannot be changed, or going over several possible scenarios for something that has not yet happened. All that is accomplished is that the present is ruined and completely wasted.

When you spend your precious time looking back or looking ahead, you lose your "right here and right now". You get to the end of the day

and can't really remember much about it because you were so busy thinking about the mistakes you made or worrying about the ones you might make down the road. You've been distracted and preoccupied, a whole day's worth of present moments lost in the past and the future, swallowed up by events that cannot be changed or may never happen.

You've eaten meals you didn't really taste or enjoy, because whilst you were eating, you were thinking of the past or worrying about the future. You've driven to and from work or to and from shopping, and you don't really remember the drive as you were on autopilot, lost in the past or the future. You gave minimal attention to family and friends who spoke to you, your mind wandering to these futile thoughts and emotions about the past or the future.

You know you can't go back and change the past so when it pops into your head and upsets you, you've got to deliberately change your thoughts. Tell yourself the lessons you've learned from the experience. Send loving thoughts to others who were involved, especially if there were painful feelings left hanging between you and them. Focus on the learning, any positives just long enough to stop feeling awful and get back to the present.

As for worrying about the future – most of those worries won't come to pass anyway, so it's a monumental waste of time. And as for unpleasant events that you know are coming up (a Court date, a surgery, a dental appointment), they are not happening in this moment, so there is no point dreading them now because all you're doing is ruining now. That makes no sense at all. Those events will come when it's time, and you

don't know how they will turn out; they might be much less miserable than you expect and you'll have wasted precious moments, hours, days that you can never get back.

Your present moments are the future of your past. Think about that... These are the moments you were worrying about last week, two years ago, three decades ago. Back then, were you looking at this future time and imagining that you'd be wasting it on regret and worry? Were you fearing that it would be tragic or awful or unpleasant? If you are busy being anxious and miserable, then I guess you got exactly what you expected. A self-fulfilling prophecy, and whose choice was that?

These moments — right now — will become your past. Do you want to look back on them with more regret about wasted time? Do you want to think about how you were so anxious for such a long time? Is that something worth reflecting on and remembering? — a life that was filled with anxiety, dread and worry?


Treasure every one of the moments in your life. Treasure every little gift of 'now'. Leave the past where it lies, and do your best to make plans for your future. Then let it unfold as it must, while you focus on right here, right now, one moment at a time. If you fill them up with regret and worry, you will never find peace or happiness. □

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**Richard Lawson**  
Richard is originally from Calgary. He started volunteering at Kerby Centre 5 years ago because he was looking for something close to home to keep him busy. Richard is a man of many talents. His first volunteer role was assisting in the Kitchen. From there, he moved to the Maintenance department, where he started as a volunteer and moved into a part-time staff position. For the last couple of years his main role has been with the Volunteer department, assisting with statistics and data collection. Richard is always ready and willing to help out when asked and where needed. Richard has already contributed over 2589 hours to Kerby Centre.  
Thank you Richard, for all that you do for the Kerby Centre!

**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?*


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



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### 33 Wanted

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**Continued on page 28**



## IN MEMORIAM

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

- |                         |                              |
|-------------------------|------------------------------|
| Isabelle Parker Breakey | Glen Murray                  |
| Joe Cernak              | Irmengard (irma)             |
| Marguerite Elise Dimmer | Elfriede Pfenghanssl         |
| Evelyn Dragojevich      | Robert James Howard Phillips |
| Leonard Eugene Harding  | Rita Plourde                 |
| Linda D Kane            | Ann Rempel                   |
| Lorna Kennie            | Phyllis Roy                  |
| Joan Mahon              | Shirley Steadman             |
| Elidio Mascherin        | Allan Arthur Stodalka        |
| Meta McCullagh          | Maurice Ritchie              |
|                         | "Woody" Woodland             |

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.

### Continued from page 27

#### 45 For Rent

House for sharing in Mission (NS). Approx 2800 sf incl finished basement. House has 6 bdrms, 3 W/D, living & dining rm, 2 renovated kitchens & 1 upgraded kitchen. Parking for 3 cars. Ground flr is wheelchair accessible. Close to bus, shops & restaurants on 4 St, Elbow River walks & Talisman Ctr rec facilities. Suitable for 6 seniors sharing or can be divided into 3 self contained apts \$550 per person, utils incl. Contact Anna 403-453-6232

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## Don't forget your renewals

In April of this year, the Government of Alberta started a "modernizing" project to switch to electronic reminders for registration, licence, and identification card renewals.

Albertans will no longer be mailed renewal reminders. This, unfortunately, has led to fines for some people who missed their renewals.

You can set up an email reminder at [www.e-registry.ca](http://www.e-registry.ca) or [www.eservices.alberta.ca/notify](http://www.eservices.alberta.ca/notify).

Pre-printed forms are not required to renew. Drivers can renew their vehicle registrations at any Alberta registry agent office or online.

If you do not have access to email, Service Alberta

recommends that you check the expiry dates on your licence plate, driver's licence, or identification card and mark them on your calendar.

Albertans with disabilities will continue to receive their reminders in the mail. Those over the age of 70 will continue to receive mailed reminders until April 1, 2017.

Service Alberta estimates \$3 million in savings by switching from printed notices.

### More Medical Terms

- Cat scan – What dogs do when they enter your yard
- Cauterize – Made eye contact with the nurse
- Colic – A sheep dog
- Coma – A punctuation mark
- Congenital – Friendly
- D&C – Where Washington is located
- Dilate – To live along
- Enema – not a friend
- GI Series – Baseball between teams of soldiers
- Grippe – A suitcase
- Hangnail – A coat hook
- Impotent – Distinguished, well known

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

### Crossword Solution

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

### Puzzle on page 22

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# Managing your money: The cottage hand-off

The hand-off. It's the simplest play in a football coach's playbook. But as any sports fan knows, even the simplest play can go wrong for any number of reasons. The same could be true of your family cottage hand-off.

It has been in your hands for years and years of fun times with the people you love. But, the day will come – maybe sooner, maybe later – when you will want to hand off your cottage to others, probably to your adult children. To help you avoid potential obstacles like excessive taxation and maybe even some surprising opposition, here's how to perform a cottage hand-off that ensures it will stay in your family's hands for a long time.

### Call the right play:

A successful hand-off starts with everyone on your "team" being on side. Yes, your adult children have always enjoyed the cottage – but will they enjoy it in the future when you are no longer around? Talk to your children now, and if there are those who do not want ownership responsibilities, you can help them to avoid future family squabbles by ensuring that they are treated fairly in your will.

### Elude potential blockers:

Plan now to manage potential tax liabilities when you make the hand-off. Unless you're passing assets to a spouse or common-law partner, when you die you're deemed to have disposed of your capital assets at fair market value – meaning that

if your cottage property has appreciated, your heirs could face significant tax on capital gains realized.

### A less-taxing hand-off:

Transfer the property to your kids while you are alive, either as an outright gift or by selling it to them at fair market value (selling for less can result in double taxation.) If you sell the cottage for fair market value, make the payments receivable over a five year period and claim the capital gains reserve, so that only 20% of the capital gain is taxable in any one year. Regardless of whether you gift or sell, consider whether the principal residence exemption should be claimed for all or a portion of the years the cottage has been owned.

Alternatively, transfer the property to a trust, with your kids as beneficiaries. This transfer option will also trigger an immediate capital gain but future capital gains on the property will accrue to your children and are not payable until they sell the property.

### Insure your hand-off

Cover cottage capital gains – and other estate debts – with permanent life insurance. Death benefits are usually tax-free and can provide an essential source of cash to pay taxes resulting on death so that your family won't be forced to sell assets, such as your cottage.

Of course, your cottage hand-off should be an essential part of your overall financial and estate plan, so talk to your coaches –

your professional and legal advisors – about what's best for your game plan.

### Something to consider:

Your philanthropic gift is always important, no matter the amount of your assets or the size of your income – but to make the best use of your contributions, to preserve your legacy, and to minimize taxes and/or estate fees, a sound charitable giving plan is the way to go. One of the many strategies available is to name a charity as beneficiary.

In your will, leave a bequest of money or gift in kind (securities or artwork, for

example) to a recognized charity (like the Kerby Center) 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.*

## Avoid the worst places for keeping a will

Creating a will and powers of attorney can create valuable peace of mind for you and your loved ones.

But once you've had these important life documents prepared, where should you keep them?

Among the worst options is one that may surprise you – a safety deposit box at a bank. Although this option offers high physical security, heirs may need a court order to access the contents, a process that adds cost and

inconvenience during an already stressful time.

Another poor option lies at the opposite end of the security spectrum – storing your life documents among your general possessions, such as in a nightstand drawer. This kind of storage can leave your documents vulnerable to spills, fires, and even tampering. And be mindful that digital-only versions of life documents are a bad idea, as the law currently requires paper

copies of wills and powers of attorney.

Better options include a well-organized, lockable filing cabinet or a home safe. In both of these cases, it's important to be sure that a trusted individual, such as your executor, has access to the combination or key.

Others opt to leave the original copies with the lawyer who prepared them. Many law firms have special storage for important

**Continued on page 31**

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**ROOM:** Kerby Centre Lounge  
**DATE:** Saturday, October 29, 2016  
**TIME:** 10:00 am – 11:30 am

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**Presenters:**  
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# Simplify everyday cooking

Page design and layout by Winifred Ribeiro

With Thanksgiving, Christmas and New Year coming up, if you are looking for delicious healthy make-ahead meals, take a look at Ellie Krieger's new cookbook *You Have it Made*. Her recipes—which include breakfast bakes, soups, salads, casseroles, and more—can all be prepared ahead of time, making it that much easier to put good food on the table. Each recipe includes instructions for refrigerating and/or freezing as well as storing and reheating directions. You'll be able to have meals ready days in advance. *You Have It Made* helps you to turn your fridge and freezer into treasure chests of satisfying, good-for-you everyday meals, or for entertaining.

*Text excerpted from YOU HAVE IT MADE, © 2016 by ELLIE KRIEGER. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved. Author/Recipe photo © QUENTIN BACON*



## Spinach and Pesto Lasagna Roll-Ups<sup>©</sup>

*These lasagna wheels are classically stuffed with creamy ricotta and doused in zesty marina, but they have an added punch of herbal flavor and color from a spread of basil pesto, and another green hit from spinach that is stirred into the cheese mix. Making lasagna roll-up style makes it easy to bake and store them in individual portions, so they are easy to have on hand to serve as many or as few as you need to, whenever you need to.*

**MAKES:** 6 servings

12 WHOLE-WHEAT LASAGNA NOODLES (ABOUT ¾ POUND)  
ONE 15-OUNCE CONTAINER PART-SKIM RICOTTA CHEESE  
ONE 10-OUNCE PACKAGE FROZEN CHOPPED SPINACH,  
THAWED AND SQUEEZED DRY

1 EGG, LIGHTLY BEATEN  
¼ CUP GRATED PARMESAN CHEESE  
½ CUP BASIL PESTO, OR STORE-BOUGHT PESTO, DIVIDED  
¼ TEASPOON SALT  
¼ TEASPOON FRESHLY GROUND BLACK PEPPER  
2 CUPS SIMPLE MARINARA SAUCE, OR  
STORE-BOUGHT MARINARA, DIVIDED  
¾ CUP SHREDDED PART-SKIM MOZZARELLA CHEESE

1. Cook the noodles according to the directions on the package. Drain and lay out on wax paper to cool so they don't stick together.
2. In a medium bowl, combine the ricotta cheese, spinach, egg, Parmesan, 2 tablespoons of the pesto, salt, and pepper.
3. Spread about ¾ cup of the marinara sauce on the bottom of a 9 × 13 inch baking dish, or to make individual portions, spread 2 tablespoons on the bottom of each of 6 oven and freezer-safe ceramic or glass dishes.
4. Spread 2 heaping tablespoons of the ricotta mixture onto a lasagna noodle, then roll it up and place it in the dish seam side down. Repeat with the remaining noodles, placing two in each individual dish if using. Top with the remaining marinara sauce, remaining pesto, and shredded cheese. The lasagna roll-ups may be refrigerated or frozen at this stage.
5. To continue, preheat the oven to 350°F. Cover the dish(es) loosely with foil and bake for 30 minutes. Uncover and bake for 10 minutes more. Let rest for 5 minutes before serving.

**TO REFRIGERATE AND SERVE:** Cover the unbaked dish(es) tightly and refrigerate for up to 4 days. To heat, allow to sit at room temperature as the oven preheats to 350°F, cover loosely with foil, and bake for 45 minutes, then uncover and bake for 10 to 15 minutes more. You may also use this method to reheat leftover, already baked roll-ups.



## Harvest Breakfast Cookies<sup>©</sup>

*My friend Cindy gifted me with a batch of big, soft, whole-grain, treats that were like a cross between a muffin and a cookie, positively brimming with apples, cranberries, and pecans. I couldn't stop thinking about how delicious they were, so I decided to come up with my own version. Thanks, Cindy, for the inspiration. These have become a staple in my home as an on-the-go breakfast or afternoon snack.*

**MAKES:** 8 servings **PREP TIME:** 15 minutes **COOK TIME:** 28 minutes

1 CUP PECAN PIECES  
1 CUP WHOLE-WHEAT FLOUR  
1 TEASPOON BAKING POWDER  
1 TEASPOON GROUND CINNAMON  
¼ TEASPOON SALT  
½ CUP PURE MAPLE SYRUP  
⅓ CUP CANOLA OIL, OR OTHER NEUTRAL TASTING OIL  
1 LARGE EGG  
1 TEASPOON PURE VANILLA EXTRACT  
1 CUP ROLLED OATS  
1 MEDIUM GOLDEN DELICIOUS APPLE, UNPEELED,  
DICED INTO ¼-INCH PIECES  
1 CUP FRESH CRANBERRIES, OR FROZEN UNTHAWED, HALVED  
¼ CUP DRIED CRANBERRIES

1. Preheat the oven to 350°F
2. Place the pecans on a baking sheet and toast until fragrant, 8 minutes. Set aside to cool.
3. Meanwhile, in a medium bowl, whisk together the flour, baking powder, cinnamon, and salt. In a large bowl, beat together the maple syrup, canola oil, egg, and vanilla, until well incorporated.
4. Pour the dry ingredients into the wet ingredients and mix to combine. Add the oats, apple, fresh and dried cranberries, and pecans and stir to distribute evenly.
5. Line a baking sheet with parchment paper. Using a ½-cup measure or large ice cream scoop, scoop the batter into 8 large balls (a scant ½ cup each) and drop onto the parchment-lined baking sheet. Bake until set and lightly browned on the bottom, 20 to 25 minutes. Transfer to a cooling rack to cool

**TO REFRIGERATE AND REHEAT:** Allow the cookies to cool completely at room temperature, then place in an airtight container and refrigerate for up to 1 week. Allow to come to room temperature before eating, or warm in a 325°F oven, uncovered, on a baking tray, for 8 minutes. Or warm in the microwave on high, uncovered, for 15 seconds for one cookie.

**TO FREEZE AND REHEAT:** Allow the cookies to cool completely at room temperature, then wrap individually in foil or plastic wrap and place in a sealable plastic freezer bag for up to 3 months. There is no need to thaw before reheating; just place frozen cookie(s) uncovered on a baking tray in a cold oven and set to 325°F. Once the oven comes to temperature, continue to heat for 12 to 15 minutes. Alternatively, place frozen cookie(s) on a microwave-safe plate, uncovered, and microwave on high for 25 to 30 seconds for one serving. Also, the cookies will thaw at room temperature in 2 hours and may be eaten at room temperature.

## Spinach Salad with Roasted Squash, Pumpkin Seeds, and Pomegranate<sup>©</sup>

*This salad is a true celebration of the tastes and colors of the fall-winter season, with chunks of sweet, orange squash contrasting the juicy, tart crunch of pomegranate and nutty, toasted pumpkin seeds, all atop fresh leafy greens dressed in a maple-sweetened vinaigrette. It is a stunning way to start a holiday meal or to make an everyday dinner feel special. Add some roasted chicken, pork, or beans to make it a main course.*

**MAKES:** 4 servings

4 CUPS (½-INCH CUBES) BUTTERNUT SQUASH  
(ABOUT 1 POUND)  
¼ CUP EXTRA-VIRGIN OLIVE OIL, DIVIDED  
1 TABLESPOON PLUS 2 TEASPOONS PURE  
MAPLE SYRUP, DIVIDED  
½ TEASPOON SALT, DIVIDED  
⅓ CUP HULLED PUMPKIN SEEDS  
2 TABLESPOONS CIDER VINEGAR  
1½ TEASPOONS DIJON MUSTARD  
⅛ TEASPOON FRESHLY GROUND BLACK PEPPER  
5 CUPS LIGHTLY PACKED BABY SPINACH, OR  
BABY KALE  
½ CUP POMEGRANATE ARILS  
(the seed pod inside a pomegranate)

1. Preheat the oven to 400°F.
2. Toss the squash with 1 tablespoon of the oil, 2 teaspoons of the maple syrup, and ¼ teaspoon of the salt and place in a single layer on a baking tray. Roast, stirring once, until tender and browned, 35 to 40 minutes. Set aside to cool.
3. Spread the pumpkin seeds out on another baking tray and place in the oven until fragrant and toasted, 6 minutes. Set aside to cool.
4. In a small bowl, whisk together the remaining 3 tablespoons olive oil, the cider vinegar, the remaining 1 tablespoon maple syrup, the mustard, the remaining ¼ teaspoon of salt, and the pepper. The salad may be made ahead up to this point.
5. To serve, toss the spinach with the dressing, put about 1¼ cups on each serving plate, then top each with about ⅓ cup roasted squash, a heaping tablespoon of the pumpkin seeds, and 2 tablespoons of the pomegranate arils.

**TO REFRIGERATE:** Store the roasted squash, toasted nuts, dressing, and washed and dried spinach separately in the refrigerator for up to 4 days. Allow the dressing to come to room temperature before serving.

To make an individual serving, toss 1 tablespoon of the dressing with 1¼ cups spinach, then proceed with the remaining "to serve" directions.





## Busting bladder leak myths

(NC) Adult incontinence among women is common and affects one in three women between 18 and 75. We can be squeamish and embarrassed about bodily functions, and so the topic can be difficult to discuss openly, which means many myths abound. But being shy about bladder leaks can negatively affect us: 15 per cent of women who experience urinary incontinence say it affects their work or daily activities moderately or a lot,

and six in 10 feel like they're living with a secret. Education is so important," says Barbara Hannah Grufferman, a positive aging expert and best-selling author of *The Best of Everything After 50*. "By demystifying adult incontinence and getting people talking, women will learn that they're not alone and will be more confident in managing bladder leaks." So let's start that conversation by tackling some of these myths.

**Myth 1:** Only elderly people experience urinary incontinence. While the risk for incontinence increases as you age, one in three women over the age of 18 experiences bladder weakness. This can happen after childbirth, at the onset of menopause, due to medical conditions and for a number of other reasons. Talking to a friend or healthcare professional can help those who experience leaks feel less

alone and more confident in finding a solution that works for them. **Myth 2:** Everyone will know you're wearing a "diaper." Urinary incontinence products have come a long way. Always Discreet offers a full range of products to suit a variety of needs, from liners to underwear. They absorb up to two times more than you might think you need and are 40% thinner than another leading brand.

**Myth 3:** You should drink as little as possible. While caffeinated beverages can stress your bladder, it's important to drink water. Get into the habit of sipping water between meals because proper hydration can help reduce odours in your urine and will keep you hydrated. Find more information, tips and a free sample at [www.alwaysdiscreet.ca](http://www.alwaysdiscreet.ca). [www.newscanada.com](http://www.newscanada.com)

## Three steps to improve bladder health

(NC) Many women experience bladder leaks, which can lead to missed social opportunities because of anxiety and embarrassment. To help put a stop to LBL altogether, women can work on firming up "down there" in three easy steps: Step one: Find your pelvic floor muscles by trying to stop your urination mid-

stream. If you succeed, you've found them. Step two: Empty your bladder in the restroom and then lie on your back somewhere comfortable with your knees bent. Tighten your pelvic floor muscles, hold for at least four seconds, and then relax. Repeat this four or five times. Work toward keeping the muscles contracted for 10

seconds at a time, relaxing for 10 seconds between contractions. Make sure you control your abs and glutes to minimize movement. Step three: Repeat. Aim to do at least three sets of 10 repetitions a day. This exercise is discreet, so you can make it a part of your daily routine. Next time you are sitting at a comput-

er, enjoying a mani/pedi or just waiting in line, practice, practice, practice. Firm glutes also help to strengthen your pelvic floor. Exercises like squats and hip thrusts are easy to add into your existing workout routine and can really make a difference. Living with light bladder leakage (LBL) can feel like

no big deal thanks to improvements in adult incontinence products like Always Discreet, which help neutralize urine odours and contain bladder leaks in a discreet, comfortable way. More information is available at [www.alwaysdiscreet.ca](http://www.alwaysdiscreet.ca). [www.newscanada.com](http://www.newscanada.com)

### Continued from page 29

client documents; storing them there will also ensure that only authorized individuals have access. The main downside to this choice is that heirs may not know who your lawyer is. The other concern is that the

firm could relocate or even close if your will is stored for many years. However, lawyers generally make efforts to return documents to clients if this happens. Whichever option you choose, discuss the documents' location and general

contents with your executor in order to minimize confusion when they're needed. You should review your documents every two years and after significant life events like marriage, divorce, the birth of a child, death of a family

member, or — if you should be so lucky — that

big lottery win. [www.newscanada.com](http://www.newscanada.com)

# Thank you...

Thank you to everyone who made the Kerby Expo such a success. Planning is already beginning for 2017!

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