

# Kerby News

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Kerby Centre

for the **55** plus

2016  
September  
Volume 32 #9



Al Muirhead is one cool cat and was nominated for a Juno at age 80. Read more on page 6.

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5 September Labour Day

11 September Grandparents Day

22, September, First Day of Fall

28 September OAS/ CPP Payment Date



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**President's Report**  
Zane Novak

# Working with Alberta's new Seniors' Advocate

We hope you had a safe and active summer. As we enter autumn, we are looking forward to a busy time for events, programs, and assisting Alberta's older adults community.

On behalf of the Kerby Centre, I would like to congratulate Alberta's new Seniors Advocate, Sheree Kwong See, PhD, on her appointment.

The Seniors Advocate assists in dealing with concerns about government programs and services including housing, income and health benefit support programs, health and home care services and continuing care.

The Seniors Advocate's office supports and engages with seniors and their families in regards of issues that are important to them. It also provides education about elder abuse, aging in place, age-friendly communities, older workers and ageism.

It also refers seniors and their families to appropriate programs, services, and government or community resources and reports to the Minister of Seniors and Housing on the Seniors Advocate's activities and issues that concern seniors.

Sheree T. Kwong See is considered one of the foremost Canadian experts on the psychology of aging. She is currently a tenured professor of psychology at the University of Alberta. Kwong See holds bachelor degrees of arts and social sciences from the University

of Ottawa and a doctorate in experimental psychology from McMaster University. She has conducted substantial research on aging, including the development and impact of age stereotyping and ageism in contexts such as health care, and long-term care as a factor in elder abuse.

In addition, Kwong See has considerable senior management experience gained

through leadership posts at the University of Alberta, including director of the Centre for Teaching and Learning, associate dean of teaching and learning, associate dean of student programs and associate chair of undergraduate programs.

The Kerby Centre looks forward to working with Dr. Kwong See to best serve older adults in Calgary and Alberta. □

**SEPTEMBER 2016**

Front page photo courtesy of Al Muirhead

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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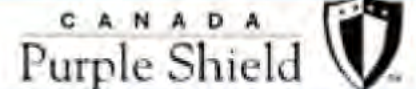
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In celebration of Canada's 150th birthday, Kerby Centre is planning a year-long virtual walk or run across Canada in 2017 - the Maple Leaf Quest. Join us for all provinces, or just your favourites! Walk one month or all twelve. You can walk in your community, walk in a mall, or join us for expeditions on the Trans Canada Trail.

**MAPLE LEAF QUEST LAUNCH**

Walk from Coast to Coast to Coast as a special Canada 150 project.

Tuesday, Sept. 27<sup>th</sup> 2016  
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Call 403-705-3233 to register for the event and book a spot on the bus.

**ACTIVITIES INCLUDE:**

- instructor led warm up
- stride test
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Starting in September 2016, the Kerby Centre will be contracting parking enforcement responsibilities to the Endeavor Parking Corp.

This change is in response to an increased amount of

unauthorized parking in both of the Kerby Centre's parking lots. The Endeavour Parking Corp will have the ability to ticket, place wheel locks, and tow unauthorized vehicles 24 hours a day, 7 days a week.

## The Kerby Centre parking's 'Need to Knows':

- Parking in the Kerby Centre lots is only allowed when the person parking the vehicle is entering the Kerby Centre building. Parking and going anywhere except the Kerby Centre is considered unauthorized. This is monitored on a constant basis.
- The Kerby Centre will be eliminating the hanging blue parking passes for member's vehicle mirrors and will be switching to electronic record keeping of all authorized parkers by license plate.
- All members who currently pay for parking privileges will be automatically updated into the new computer based system. Memberships /parking passes not renewed by December 31 will be considered expired and unauthorized on January 1.
- Any changes to vehicle permits (license plate changes, adding a second vehicle, etc.) must be notified to the Kerby Centre immediately to avoid enforcement.
- Visitors/guests/renters coming to the Kerby Centre are still welcome to park in the Kerby Centre lots when accessing the building. However, all license plate numbers MUST be signed in at the Reception desk or the Gymnasium entrance upon arrival. Sign-in will be done electronically through mounted computers. This sign-in will be required 24 hours per day, 7 days per week. Any vehicles with no electronic membership parking privileges and who are not signed in may be ticketed or towed.

The Kerby Centre is committed to providing accessible parking for all those who use the facility. We are confident that our new enforcement strategies and partnership with the Endeavour Parking Corp will ensure availability of parking stalls when required.

Please contact Chad Geiger, Senior Manager of Facilities at 403-705-3248 or chadg@kerbycentre.com if you have any further questions or concerns.

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# Nominated for a Juno at 80

By Judy Millar and Tina Amini

“Music has been my life since I was very young. I have never known anything else. It has been a normal part of my existence. It’s just what I do and what I love to do.” So says 80-year-old Al Muirhead, whose first album, *It’s About Time*, was nominated for the Juno Awards’ 2016 Jazz Album of the Year. The Junos are presented annually to Canadian artists in recognition of their musical achievements.

Although he did not win, the recognition was a pleasant surprise for Muirhead. After over 60 years in the music industry, Muirhead explains, attending the Juno awards ceremony was a great way to celebrate music.

“It was a total surprise to me — a lovely surprise. It was nice to see how the whole music industry works together to create and show music,” he says, adding the reaction of the audience and fans was fun to watch. And, he says, the nomination gave him a great feeling of accomplishment and pride. “It was nice to know that I’m on the same level as some of the best musicians

in Canada.”

Muirhead had no plans to record an album until 2014 when his friend and fellow musician, Kodi Hutchinson, owner of Chronograph Records, approached him about recording an album in his own name, suggesting it was “about time.”

“I had been on lots of recordings with bands and other artists but never in my own name,” says Muirhead. So they put together an album on the Chronograph Records label. “I didn’t know that the album had been submitted to the Junos until I was called and told that I had been nominated,” says Muirhead, who shared with me the song *Ida Mae*, a song he wrote for his wife, on which he sang the vocals himself. “I am not a singer, but I’m a musician so I got away with it,” he says.

Muirhead was introduced to music at an early age. The fact that his brother Kal was an avid bandmaster afforded Muirhead the luxury of having most of the brass instruments around the house while he was growing up. By the age of seven, Muirhead was exploring such diverse instruments as the tuba, euphonium, the baritone, alto and French

horns, trumpet, and cornet. “I played the instruments with no instruction, just finding out on my own about them.” Muirhead eventually focussed on the tuba, then found his heart lay with the cornet, a brass instrument similar to the trumpet. Nowadays, he mostly plays trumpet and cornet.

In 1966, Muirhead moved to Calgary from Regina to open the fourth branch of Arcade Music, a store he had developed already in three locations through Saskatchewan and Alberta. The business was Muirhead’s main source of income to sustain a large family — seven children and his wife. Being a musician could be expensive, Muirhead explains. “Most of the money goes to expenses of travelling and recording. The music store gave me the opportunity to have a house and provide for my family.” As a musician, he provided not only sustenance but also a love of music to those family members, including 15 grandchildren.

Throughout the years, he has filled halls, played numerous gigs and concerts and continues to do so. He is active in the Calgary Jazz Orchestra and teaches private-



ly as well. And he recently released a CD called *Oop!*

At 80, Muirhead has no intention of quitting. Although he wears many hats as father, musician, instructor, band member, and recording artist, Muirhead says his main passion is still making jazz music. “Being a musician has given me the chance to

see the whole world. I have been to Japan, Australia, Spain, all over Europe and a few places in the U. S. as well as all of Canada,” said Muirhead. “At 80, to be as active as I am, is a great thing. Why not keep going? I don’t have anything holding me back. I am going to keep playing until I can’t anymore.” □

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# The best retirement gift is the gift of music

By Rita McGillivray

Several years ago my young niece came by our house to show off her latest purchase, a used flute that her dad purchased for her so that she could join the school band that September.

I had never seen a real flute up close before and when she opened the little case to show it to me I was amazed by how it made me feel. I can still remember the little flutter in my heart when I gazed at this elegant, gleaming instrument nestled in its little compartments lined with blue crushed velvet. It was as though the Pied Piper himself had cast a spell on me.

The years went by and on occasion I would ask her dad if she still played in the school band, but what I really wanted to know was if that lovely flute might be languishing in the back of a

closet, waiting to be rescued. Nope. Maggie loves her flute. OK, so it was a good purchase.

Fast forward to June 2014. While enjoying my morning coffee and the Calgary Herald, I came upon an article introducing the Mount Royal University Adult Beginner Band, which would be playing a free concert the following evening in the Leacock Theatre. This band had been started by one of the Mount Royal staff, Gina Allen, specifically to encourage adults to try their hand at learning to play an instrument and have fun with like-minded people.

No experience necessary. Just come and have fun in a safe and welcoming environment.

Could this really be true?

I dragged my husband off to the Leacock Theatre the following night and I was



enthralled. The concert pieces were simple but engaging, and the energy and pride of the little group of musicians was palpable. I wanted to be a part of that energy. I signed up for the band the following day.

*Continued on page 10*

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**Continued from page 9**

Then I bought a used flute the day after that. I found the flute on the Kijiji website.

It was an old Selmer Bundy flute that had belonged

to an elderly former teacher from Ottawa. I purchased it from his son who informed me that it hadn't been played in years, and since neither he nor I had a clue how to play it, I can say that

I bought it without any knowledge of its condition. I thought it was beautiful.

I couldn't wait until the band started in September, so I began my study, where else but via the internet. My

first informal lesson was never buy a used flute without having it tested and evaluated for playability!

My second do-it-yourself lesson involved learning how to assemble the three pieces of the flute, followed by two weeks of blowing hopelessly into the head joint and accomplishing nothing except light-headedness.

Like many older adults and retirees, I played the piano for several years in my youth, but decades have passed since I've done anything but dust the keyboard every so often.

My husband and I travel frequently in our retirement, and there was simply no practical way to resume study of the piano if I couldn't be home to practice. Hence the flute became my entry back into the world of music. It travels with me. My husband Rolf tucks it safely into his backpack and it fits easily into the overhead bins on every airplane.

Since that exciting morning when I learned about the adult band, I cannot count the hours I have spent studying, practicing, playing and simply loving my flute and my experience as a band member and music student.

Many of the band members are retired, so I am in good company. Some have resumed playing instruments they left behind as children, while others have picked up a musical instrument for the first time in their lives and some like me have made a switch in later life to a different instrument after decades of not playing. It doesn't matter, everyone is welcome and nobody cares why we joined. What is important is that we joined and that we come together once a week to make music and to learn and stretch ourselves a bit further every time.

At our first year-end recital, I found myself as nervous as a young girl once again, dealing with stage fright and self-doubt. What if I flub it, or lose my place?

It was halfway through our first piece when I realized how good we sounded and how far we'd come. I felt a lump forming in my throat, overcome with the pride and joy of it all.

In the two years that have passed since I first picked up the old flute, I am delighted that the study of music has returned to my life, and that it holds a secure spot in my daily routine. In addition to being a band member I have found a wonderful private instructor, a brilliant flautist, Lucie Jones, who coached me to purchase an even more beautiful solid silver flute that is sure to grow with me over the years. I have played the flute on the beach in New Zealand, in South Africa, in Europe and even in our SUV driving down the highway. (My old flute served me well that first year, but alas it now languishes in my closet waiting to be rescued.)

I believe there are many health and wellness benefits to studying music as a senior. My brain is juggling many balls in the air at the same time while I play. I must read the notes, translate them into correct fingering, calibrate and retain the right amount of airflow, understand the time signature and rhythm of the composition, pay attention to the conductor's baton, and keep in time with my bandmates. This does not feel new to my brain, so surely I must be laying down new neural pathways or strengthening old dusty ones somehow! □



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by liberty forrest

Throughout my life, both personally and professionally, I've heard countless people tell me of their troubles. As a friend, counsellor, homeopath, hypnotherapist, psychic and medium, I've done my best to lend a sympathetic ear, been as supportive as I can, offered some thoughts that might be helpful, or remained silent and just listened when it was appropriate.

I've helped with problem-solving, with re-building shattered self-esteem, with restoring a sense of self-worth. I've taught people how to respect themselves, to honour their feelings, to speak up and be assertive.

I've taught them about having clear boundaries, understanding what is their responsibility and what isn't. I've showed them how to let other people be responsible for their own feelings, and how to stop taking the blame for other people's choices.

I'm always happy to help wherever possible, to lend a shoulder or an ear and to support people through the changes they make in their lives.

But what bugs me is when people keep coming to me and saying the same things over and over again. When they're in the same mess that they were in a year ago, or two years ago, or three or five or ten years ago, with no signs of progress. When they're still battling with the same abusive or unhealthy relationships, still stuck in careers they hate, still engaging in the same destructive behaviours, but complaining about how miserable they are.

It drives me nuts to see the wasted time, the wasted energy — theirs and mine, too, when year after year, they're still on the hamster wheel of unhappiness and refusing to get off. Yes, it's scary to leave a job you've had for ages. Yes, it's hard to leave a painful relationship. And it's awful to leave someone you still love, and you don't know how you're going to live without him/her. But you do. I've done that, too.

I've left unhealthy rela-

# Don't just gripe about what's wrong

tionships more times than I care to think about so it's not like I don't understand and I've done it at times with zero money, no job, a bunch of kids to support, serious ill health, and a very frightening and uncertain future in front of me. But it was the right thing to do, whether it was scary or not, whether I had money or not. It was never easy. But it had to be done.

I enrolled in full-time college at 30 years old, a single mum of just three kids at that time, living on student loans and part-time work, with an insane personal life going on at the time (soap opera stuff). I kept looking for happiness, kept meeting challenges head on, and refused to settle for misery. I've changed careers, changed religions, changed my name. I have reinvented myself numerous times — and am

in the process of doing it again. Or still.

So I understand about change. I understand how scary it can be, but I also understand that if you're stuck in a miserable situation, or if, in some way, your life is not what you want it to be, you have the ability, the right, and in fact the obligation to do whatever you can to make it right — that is, you have the obligation, if you have any desire to be happy.

So I listen to people tell me again and again about the same mess, the same idiot boyfriend or ex-wife or hateful boss, and the stories never really change. Well, except for getting worse, with irritations piled upon frustrations until these people are choking on toxic waste dumps of resentment.

And again, I will say to them what I've always said.

I'll offer the same words, the same affirmations, and the same insights. And still nothing changes.

This is not about me. It's no skin off my nose if people want to stay stuck in their misery. The point I'm trying to make is this: If you've been unhappy in a situation for a long time, change it. That might mean changing the way you respond to the situation but as long as you keep doing what you're doing, you'll keep getting what you've got. There's no sense in complaining about it; that won't make it any better. You'll still be stuck in the same place, being just as miserable as ever. Wishing it were better won't get you there. You have to do something to make it happen.

When problems arise, talking about them is good. Leaning on friends is great.

Looking for support and some answers, also fab ideas. But eventually, there comes a time when you have to accept that you're on that hamster wheel, going round and round, stuck in the same unhappy mess you've been in for years. Yes, it is painful sometimes to rip off the plaster in one go; it hurts like hell, but then healing can begin.

Your feelings are a wonderful gauge to use when trying to figure out if you're on the right path or not. And if you are consistently unhappy, or downright miserable much of the time or about a particular situation and it just never gets any better, then clearly, it's not good for you.

But going on and on at length about how miserable you are will not make you happy (or anyone around you). Changing the situation will. □



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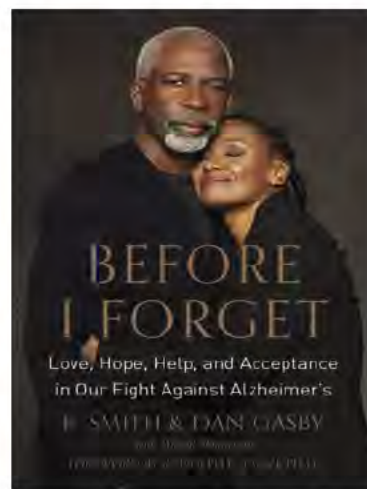
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**Book Review**



**“Before I Forget”**

*By B. Smith & Dan Gasby  
with Michael Shnayerson  
foreword by Rudolph Tanzi,  
PhD*

c.2016, Harmony Books  
\$25.00 U.S. /  
\$33.00 Canada  
322 pages

Reviewed by the  
Bookworm

You can't remember what you came into the room for. That happens with disturbing frequency. Forgetting your glasses, losing your keys, it really bothers you because you're not sure if it's a normal part of aging or something else. And in the new book “Before I Forget” by B. Smith & Dan Gasby with Michael Shnayerson, the worry isn't yours alone.

For most of her life, B. Smith was a whirlwind of activity. She was a model, and had her own line of household goods, TV shows, and restaurants she co-owned with her husband, Dan Gasby. She was known for her sense of style and her elegance.

And then, a few years ago, something uncharacteristic began to happen: the woman who was put together, inside and out, began to display emotional outbursts, use inappropriate language, and her fashion sense faltered. Her memory faded until it frightened the couple and they sought help.

Smith, as it turned out, had mild-stage Alzheimer's.

A take-charge kind of guy, Gasby did his research.

“Some 5.2 million

Americans are living with Alzheimer's,” he says; half a million people die of it every year. Perhaps due to higher rates of diabetes and heart disease, it hits the black community the hardest: by age 85, “half of all African Americans have it.”

Knowing the facts can be empowering, but they don't make dealing with the disease any easier. Smith lost things constantly; “hoarded” clothing, to Gasby's irritation; and, though she was previously fastidious, ignored sloppiness. She shut family out physically and friends, emotionally. Long-ago recollections were sharp, but her short-term memory was all but lost.

When things got worse and Smith was inadvertently put in a dangerous situation, the family found expert advice, only to learn that there was little they could do. Alzheimer's has no cure. It can barely be “managed.” They would just have to deal with the day-to-day challenges and learn to cope...

Of his wife, and their plans one day, author Dan Gasby says, “She sits...at the breakfast table, the love of my life, waiting quietly for me to tell her what to do.”

Is there a sentence more heartbreaking than that? I don't think so, and you'd be likewise hard-pressed to find a book that will affect you more than “Before I Forget.”

Would you blame anyone if you saw a pity-party in this book? Probably not, but there's no whining in Gasby's words, nor will you find “poor me” in what B. Smith contributes (with Michael Shnayerson). Instead, there's resignation here; a we'll-get-through-this wrapped in a love story that gets more and more poignant as the story progresses. Gasby, who is fierce about Alzheimer's education, also offers up-to-date information and advice on what worked for him and Smith, and what doesn't.

Without being a spoiler, there is no happy ending to this book, save but the sheer love that makes it soar. If you're an Alzheimer's caregiver, or are facing the disease yourself, you absolutely will want this memoir. “Before I Forget” is a book you never will... □

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Detour sign in Kyushi, Japan: stop, drive sideways.



## Where would Calgary's Civic Symphony be without boomers?

By Rita McGillivray

If you are out for a walk along the storied streets of Inglewood on a Monday evening between September and June your ears might perk up to the strains of orchestral music wafting from the Alexandra Centre on 9th Avenue.

A peek into the gymnasium there would reveal 65 accomplished musicians, with their fine instruments, hard at work rehearsing for an upcoming concert.

The Calgary Civic Symphony (Civic) is our very own community orchestra composed of volunteer amateur musicians who, with dedication and passion for their art, deliver five Sunday afternoon concert performances at the Jack Singer Concert Hall every year for the enjoyment of all Calgarians.

"We always have people who come up to us after a performance, and say that they never knew that we existed. But we've been here for 40 years!" remarked Manon Mitchell, Executive Director and Violinist for the Symphony, recently over a cup of coffee.

"People tend to confuse us with the professional orchestra in Calgary, in the same way that they forget that we have not one, but two, top-notch entertaining hockey teams in Calgary too!"

The Civic was born in 1976 through the efforts of University of Calgary Professor, Ken Nielsen, who recognized that there were many highly skilled and professional caliber musicians who needed a creative outlet to come together and play with other musicians.

These musicians were for the most part employed in various professions or otherwise engaged in the daytime and there was no organized way for them to get together after hours to play, to grow in their range of expertise, and share their passion and joy for their craft.

In the 40 years that have passed, the orchestra has grown from about 30 original members to 65 core members with 30 extras. Four of the original members are still playing with the group today. The average age of the musicians is 51.

"Continuing to be a musician is critical to me, because playing is real brain work and I want to keep my mind sharp as I grow old," says Manon.

Manon, herself a violinist, joined the Civic 23 years ago when she and her husband



Calgary Civic Symphony in performance.

first moved to Calgary. Her passion extends beyond musicianship to the administration and logistical needs of the organization. She holds the role of Executive Director while continuing to perform with the Symphony.

The Civic operates under the direction of The Orchestra Society of Calgary, a registered non-profit organization created specifically to govern the Symphony.

The primary guiding principle of the Civic is to ensure that concerts are affordable to everyone. In addition to providing low ticket prices, (\$25 for adult, \$18 for seniors and youth, children under 6 are free), the Civic also participates in the Sun Life Financial Arts and Culture pass which provides free admission to low income Calgarians through the Calgary Public Library.

In addition, season ticket

subscriptions are available at a very reasonable price — \$80 for seniors.

"We currently have a subscriber base of 333 and we would love to see that grow to 500," says Manon.

While seniors are a long-time mainstay of the audience, the Civic is working hard to engage Calgarians of all ages and walks of life to share in a wonderful musical experience. There are five concerts per year, always held on a Sunday afternoon, perfect for family outings. The season opener on October 30 will feature a fun costume party to celebrate an outer space themed concert, which will include music from the latest Star Wars epic.

Prior to that the symphony will play on October 2 as part of Alberta Culture Days.

Each year the Civic invites the best young classical musicians, all under the age

of 18 to perform with the Symphony at their spring concert — a great way to showcase this promising talent.

In the forthcoming season, the Civic will launch an ambitious performance, combining forces with 300 performers from Mount Royal Kantorei, Cum Vino Cantus, the Ukrainian Male Chorus of Edmonton and members of the University of Calgary and Calgary Youth Orchestra, to deliver Brahms' Alto Rhapsody and Mahler's Resurrection Symphony No. 2.

"What is so cool is, when I look at the complex music that I am playing, I could never have imagined playing this music in my lifetime," Manon reflected on the upcoming Mahler piece.

"The whole symphony experience is so creative, I feel that I am playing in the most complicated team

sport there is. It's a very collaborative activity. Each section has to play their part at the right time, at their very best, and when it comes together it provides so much satisfaction."

The Civic is performing under the baton of Artistic Director and Conductor Rolf Bertsch, and Manon is quick to point out that he has helped the group immensely by programming music that connects to the human experience; it goes beyond the technical aspects of the music by provoking expression and feelings both for the musicians and the audience.

"His knowledge of the repertoire and what the audience will be like, and so choosing music that is approachable by the audience while stretching the musicians, has led to an amazing evolution of the Symphony."

An organization like the Civic cannot possibly fulfill its mission without musicians who are willing to dedicate themselves to the music, nor can it succeed without an audience willing to be open to the feelings inspired by the music, even music they might not have heard before. Who knows, maybe the music may linger and add a bit of spring to one's step.

"You are never too old to learn to play an instrument, and you are never too old to experience and learn to enjoy a new type of music. Age disappears when we all come together," says Manon.

For more information about upcoming performances, events and ticket sales visit [www.calgarycivicsymphony.ca](http://www.calgarycivicsymphony.ca). □

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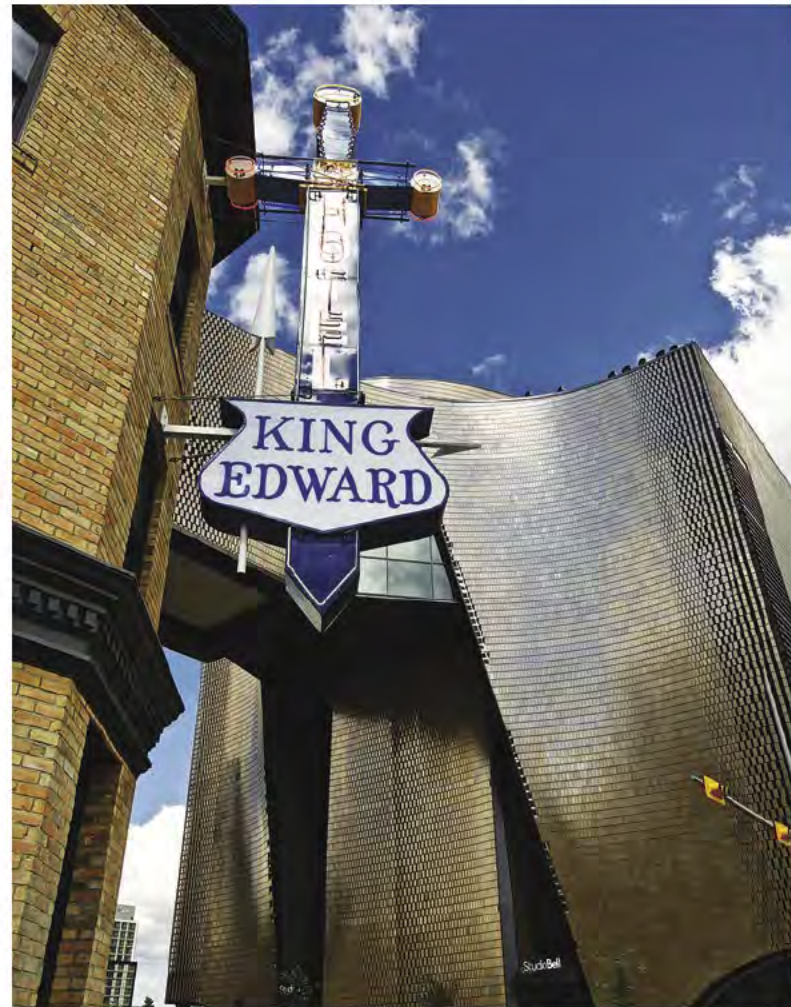
# Musical memories on view at Studio Bell home of the National Music Centre

Story and photographs by Tim Johnston.

Page design and layout by Winifred Ribeiro.



Ninth Avenue view of Studio Bell, the National Music Centre.



The King Eddy's fully restored neon marquee.



Shirley Masan and Victor Basok of High River sample one of the many pianos available to visitors.



Studio Bell, home of Canada's National Music Centre, swung wide its doors on July 1, welcoming a daylong flow of the first visitors to this magnificent jewel of a building. That was stage one of a phased-in opening that will see the Centre fully operational as of October 1.

Situated on the north side of 9 Avenue SE and spanning 4 Street SE with its East Village Skybridge, the building glows in its coating of terra cotta tiles, nearly 250,000 of them, and adds a spectacular façade to the regenerating East Village community. Tucked under the Skybridge on the west side of 4 Street is the reconstructed King Edward Hotel, the "largest artifact in the Centre's collection," according to Julijana Capone, the National Music Centre's publicity coordinator. Julijana recently walked me through the five floors of the east towers of the building and provided me with an insider's perspective on working in such a unique and motivating space.

Twin staircases lead up to the second floor where Julijana showed me around the 300-seat performance hall and its side galleries, one of which recognizes the talent and diversity of some of Canada's premier



An early keyboard synthesizer.

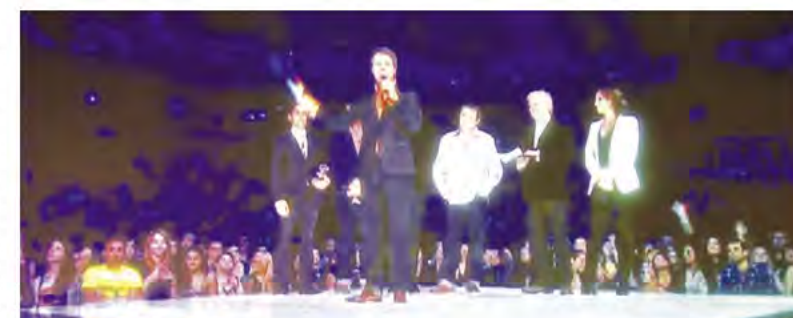


Reception area with the main performance theatre on second level above

musical performers. Because the design of the east building allows an open flow of space, light and sound throughout all levels, she explained that the hall could be closed off with moveable walls to provide an intimate theatre experience or the walls could stay retracted to allow the music of a performance to permeate the entire building. As we walked up to the third floor, I was intrigued by the vistas offered by enormous window spaces on the north and south sides of the towers.

Of the Centre's vast collection of over 2,000 musical artifacts, about 20 percent will be cycled through on display at any given time. One hundred items will be featured in exhibitions and approximately 300 will be available for use by artists-in-residence. The bulk of the Centre's collection is stored at an off-site location. In the centre of the third floor dwells the magnificent Kimball theatre organ. This Rube Goldbergian contraption covers a vast display space with its collection of metal and wooden pipes, drums of all sizes, chimes, triangles and a variety of additional

sound-making devices. In its day, it providing everything a 1920's theatre-going audience needed to hear to experience silent movies to the fullest. The organ's penultimate owner was a church organist in St. Albert, Alberta, who had the beast installed in the basement of her home. Going full tilt, I'm sure the big Kimball well and truly "rocked the house". Hearing the organ being played in its



Interactive display of Canadian music awards featuring videos of many of the recognized artists.

new home is an aural experience not to be missed.

We rode one of the rapid elevators to the fourth floor, on Julijana's suggestion. As I was carrying my entire photography kit I was happy for the indulgence.

Level four is where visitors get to try their hand at making music, everything from recording a song in a soundproof booth to picking out a tune on an electric guitar; from drumming up a storm to playing on a number of keyboards. Backing all of this up are displays about the science of musical instruments and recognition of some of Canada's foremost music technology innovators. This floor houses "TONT0", an enormous analog synthesizer, used by Stevie Wonder and the Isley Brothers in the 1970's.

Reaching the fifth and final level, Julijana guided me through the Canadian halls of musical fame. While the collection of instruments, costumes and memorabilia that the Centre has collected over the course of 20 years is at the heart of a visitor's experience, so too is recognition of the achievements of Canada's musicians, performers, writers and technical innovators. For the first time, Studio Bell, home of the National Music Centre, provides the physical space for the Canadian Music Hall of Fame, the Canadian Country Music Hall of Fame and the Canadian Songwriters Hall of Fame. Julijana quickly led me to a large photograph of Canadian



Console for the magnificent Kimball Theatre Organ

rocker Burton Cummings. "He's from Winnipeg, you know, and so am I. I'm a huge fan of his."

In the centre of the fifth level is a quiet lounge, illuminated by clerestory windows, where visitors can pause and contemplate all they have seen, heard and experienced on their tour of the five levels. This is where Julijana and I parted company, she to return to her administrative duties and I to start my tour over again, only this time with a view through my camera.

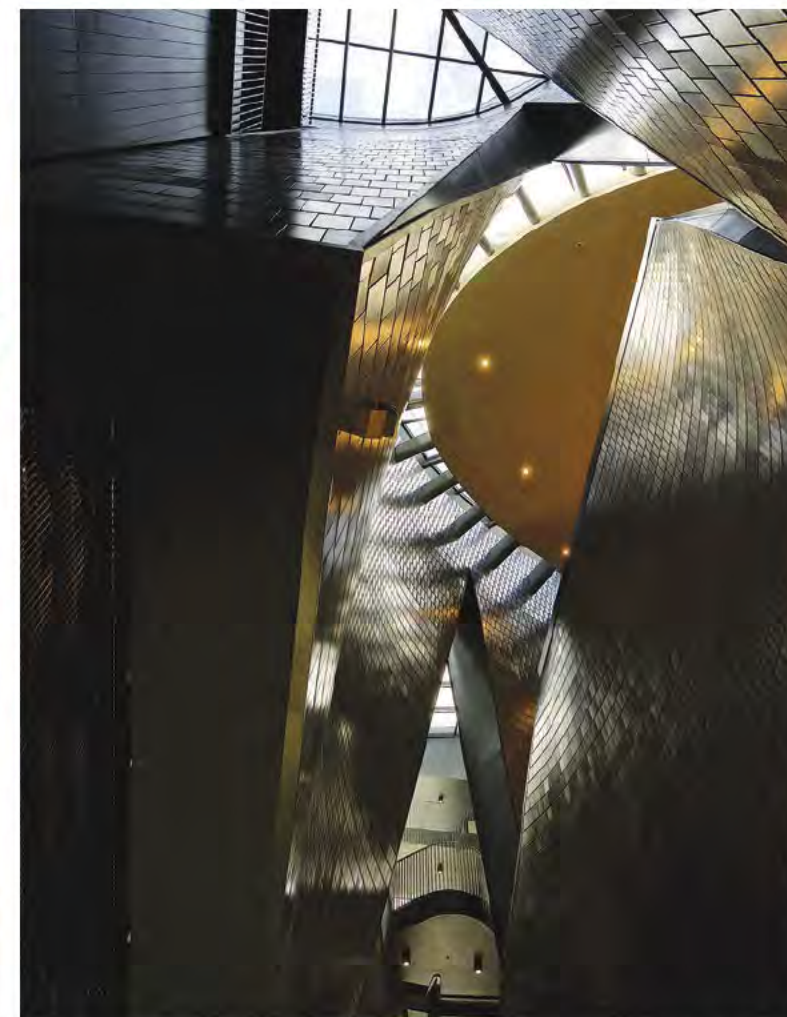
What is now the National Music Centre started out as the Chinook Keyboard Centre in 1996. It was meant to collect keyboard instruments and pianos. The Keyboard Centre then became the Cantos Music Foundation, expanding the collection to electronic musical instruments and synthetic sound generating equipment. Cantos became the National Music Centre in 2012. Throughout those years, both the eclectic collection and the staff to restore, maintain, operate and play the Centre's pieces have expanded. Now, with the opening of Studio Bell, a new era begins for the National Music Centre in which this remarkable and ever-growing collection can be viewed, listened to and experienced by everyone. A derived benefit will allow visiting artists-in-residence to have at hand a remarkably diverse

collection of musical devices with which to study once-current music technology and, by applying it, create and perform new works.

The next milestones for Studio Bell and the National Music Centre will be the completion of the King Edward building's studio and performance spaces. CKUA Radio will have a broadcast studio in the building, once famous for the blues bands that played at the venue for many years. The completed west towers will house administrative offices, studios for artists in residence and shop spaces for the restoration and maintenance of the Centre's artifacts. It will also provide space for the Rolling Stones Mobile Recording Studio, a large British truck with a custom-made van and appointments. Led Zeppelin and Deep Purple, in addition to the Rolling Stones, used the van to record some of their albums.

This building, and the collections and the history it unfolds, has to be seen up close and in person. The combination of dazzling architecture and musical apparatus, some pieces of which date back over 400 years, is now a Calgary treasure and available for all to experience.

Plan a visit and while there, ask about the Centre's need for volunteers. What you hear will be music to your ears. □



Looking up from the entry area toward the fifth level Halls of Fame and quiet lounge.



Part of the Kimball Organ's forest of pipes.



Photographs of Joni Mitchell and Robbie Robertson in the Canadian Songwriters Hall of Fame.



Canadian Music Hall of Fame inductee Burton Cummings of Winnipeg.



The Body and Brain exhibit helps you explore the science of our emotional relationship with music.



# • • • Seniors Scene • • •

## Ogden House

The Ogden House TGIF Dinner is held on the third Friday of every month. This consists of a catered three-course meal with entertainment at a cost of \$14. Reservations are required. On Wednesdays from 12:00 p.m. to 12:45 p.m. there is the weekly pot luck lunch. Bring a couple of sandwiches to share or pay \$3. Carpet bowling follows lunch. Everyone is welcome to

Ogden House 50+ Activity Centre. For further information on these and other programs call 404-279-2003 or visit the website: [www.ogden50plus.org](http://www.ogden50plus.org).

## Social Dance Club

Formerly at the Kerby Centre, the Social Dance Club has moved their dances to Southview Community Hall, 2020-33rd Street Southeast, starting September 24 with Joel

Spire. The lesson will be a Fox Trot. The lesson is free with paid admission. Cost for members is \$12, and \$14 for guests. Doors are open at 5:30 p.m. only for those who are taking the dance lesson. For the dance, doors open at 7:00 p.m., dance from 8:00 p.m. to 11:30 p.m. For more information please call Sharon at 403-567-7009

## Greater Forest Lawn

Greater Forest Lawn will be holding Five Star Bingo at 12:15 p.m. on September 1 and 15. The Bingo is located at 4980 25 Street SE, on the Bus Circle Routes #72 and #73. For more information please phone 403-248-8334.

Dances will be held on September 3 with The Black Jacks and September 17 with For Olde Tyme Sake. Doors open at 6:30 p.m. and dance starts at 7:30 p.m. The cost is \$12 for members, and \$13 for non-members. For information about these and other programs please call 403-272-4661, or visit the website: [www.gfls.org](http://www.gfls.org).

## Confederation Park

There will be Saturday dances on September 10 and September 24, to the music by For Old Tymes Sake and Black Velvet respectively. Doors open at 6:30 p.m. and dance begins at 7:30 p.m. The ticket is \$12. To learn more, please call (403) 289-4780, visit [yycseniors.com](http://yycseniors.com), or drop by the Confederation Park 55+ Activity Centre at 2212 – 13th Street NW.

## Good Companions

Good Companions' Lunch Bunch will meet on September 7, 14, and 28. On September 14 there will also be a yoga presentation, Laughter Yoga, at a cost of \$6. On September 28 there will be a Foot Clinic and Blood Pressure Clinic. On September 9 the T.G.I.F. Birthday Party will celebrate members with birthdays in August and

September. The party is held from 2:00 to 3:30 p.m., and the cost is \$6.

On September 16 Tea and Conversation resumes with a planning session. Also on September 16 there will be an Acoustic Jam Session at 6:45 p.m., with a cost of \$2. For more information about these and other programs please call 403-242-3799, or visit the website: [www.gc50plus.org](http://www.gc50plus.org).

Compiled by Margaret McGruther and Faye Wu



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## Medical Terms?

- Artery** - the study of paintings.
- Bacteria** - back door to the cafeteria.
- Benign** - what you will be after you be eight.
- Caesarean Section** - a neighbourhood near Rome.
- Cat Scan** - what dog's do when they enter your yard.

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# The Healthy Geezer

By Fred Cicetti

**Q** I suffer from hemorrhoids and I suspect a lot of other people do, too, because I see a lot of remedies in drug stores. But this is not a topic you bring up at parties. How many people have hemorrhoids, anyway?

**A** By the age of 50, about half the population—both men and women. However, not everyone suffers from the nasty symptoms hemorrhoids can inflict.

Hemorrhoids are inflamed and swollen veins around the anus (external) or in the lower rectum (internal). Sometimes referred to as “piles,” hemorrhoids are caused by straining when defecating, aging, pregnancy, sitting or standing for a long time, obesity and heavy lifting. Hemorrhoids can run in families. Blood may pool in an external hemorrhoid and form a clot that causes pain. Internal hemorrhoids don’t usually hurt because surrounding membranes don’t contain pain-sensitive nerve fibers. However, internal hemorrhoids tend to bleed. Sometimes, an internal hemorrhoid will protrude

out of the anal opening causing discomfort.

Hemorrhoids usually are not a serious problem. Hemorrhoid symptoms, which can also include burning and itching, will go away within a few days. However, if you are bleeding from the anus, you must go to a doctor to have it checked. This can be a symptom of cancer. You can treat the symptoms of hemorrhoids yourself with over-the-counter medications that come in ointments and suppositories. Pads soaked with witch hazel help. And there are topical anti-inflammatory agents containing hydrocortisone. Warm water from a bath, bidet or removable shower head works, too. In addition, avoid dry toilet paper. Instead, use moist towelettes after a bowel movement.

A doctor can remove or shrink hemorrhoids. These techniques include: rubberbanding that cuts off circulation and makes the hemorrhoid atrophy, an injection of a chemical that shrinks the hemorrhoid, burning hemorrhoidal tissue with an infrared device, and hemorrhoidectomy — surgical removal.

Avoiding constipation is critical to preventing hemorrhoids. Doctors recommend increasing fiber and fluids in your diet to develop softer stools that don’t

lead to straining. So, it’s important to eat whole grains, vegetables and fruit. Taking a fiber supplement each day helps, too. Drink liquids. Exercise.

A few other pointers:

- \* If you have to sit or stand for a long time, take breaks often.
- \* Don't sit on doughnut cushions because they can

increase the pressure on the veins in the anus.

\* Don't hold your breath when trying to defecate; this creates greater pressure in the veins in the lower rectum.

\* Go to the bathroom as soon as you feel the need. Waiting can make your stool dry and harder to void.

\* Avoid laxatives that can lead to diarrhea.

- \* Keep the anal area clean.
- \* Apply ice packs or cold compresses on the anus to relieve swelling.
- \* Over-the-counter pain-relievers such as acetaminophen, aspirin or ibuprofen can relieve discomfort. □

If you would like to ask a question, write to [fred@healthygeezer.com](mailto:fred@healthygeezer.com)



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# ••• Community Events •••

## A taste of autumn

The Friends of Fish Creek invites you to experience the third annual A Taste of Autumn — Wine and Beer Tasting and Silent Auction Fundraiser on Friday, September 16 at the Meadow Muse Pavilion, Bow Valley Ranch (south end of Bow Bottom Trail, SE). Local ecologist and writer Chris Fisher will be the event's keynote speaker, giving a presentation on birds in Fish Creek Provincial Park.

The ticket is \$75 and you (who must be 18 years of age or over) will receive a tax receipt for \$35. All proceeds from this important fundraiser will directly support the Friends of Fish Creek's environmental conservation initiatives.

Fish Creek offers restorative sessions, painting in acrylic media, facilitated by local artists.

On September 14, from 5:00 p.m. to 7:30 p.m., Painting in the Autumn Breeze will be instructed by Sylvia Prochownik, and on September 24, from 10 a.m. to 2:00 p.m., Paint What You See will be instructed by Jim Pescott. For more information on these, or to register for other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, please visit: [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics).

On Thursday, September 22, Geology on your Doorstep: Exposed Rocks and Fossils within an Hour's Drive from Calgary will be presented by Jon Noad, Geological Consultant. He is an exploration geologist

with 18 years of experience in the oil industry. For more information or to register please visit [www.friendsoffishcreek.org/event/geology](http://www.friendsoffishcreek.org/event/geology).

## Wild Rose Ball Dance Competition

DanceSport Alberta presents the Wild Rose Ball Dance Competition on September 24 at Park Community Centre, 6021 Madigan Drive NE. Enjoy outstanding performances by amateur Ballroom and Latin dancers competing in waltz, tango, foxtrot, quickstep, Viennese waltz, cha cha, rumba, samba, jive and paso doble.

Dancers are at all levels, from youth to seniors. During intermissions the audience is welcome to join in the dancing. The ballroom opens at 12:00 p.m., competition runs from 1:00 p.m. to 7:00 p.m. Tickets cost \$20. For more information about DanceSport Alberta visit [www.dancesportalberta.org](http://www.dancesportalberta.org), or telephone Gene at (403) 251-9054 or Monika at (403) 239-5279.

## Alberta 55+ Fun Games

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

to two guests. To register or for further information phone Norm Thomas at (403) 246-2756.

## North American Festival of Wales

The North American Festival of Wales which runs in Calgary from September 1 to 4 at the Westin Hotel will include seminars, displays, informal singing, Cinema Wales, Market-place and tearoom, banquets, and Noson Lawen (open mike for poetry and songs).

Also part of the festival: Iona, America's Pan-Celtic Band on Thursday at 8:30 p.m. at the Westin Hotel; Cor Meibion Colwyn, Welsh Male Voice Choir, on Saturday at Knox United Church; and Gymanfa Ganu — participate in 4-part harmony, traditional hymn singing (up to 700 voices) at 2:00 p.m. and/or 7:00 p.m., on Sunday at Knox United Church.

For more program details go to [www.nafow.org](http://www.nafow.org) or check [outcalgarywelshsociety.com](http://outcalgarywelshsociety.com)

## Germans from Russia

A Volga German Seminar will be held on September 17 at the Ascension Lutheran Church from 9:00 a.m. to 3:00 p.m.

It will include Genealogy Resources for Volga Germans, Jagodnaya Polyana, and culinary traditions of Volga Germans. There will be a potluck lunch, with a meat dish provided, and attendees will bring salad, buns and dessert.

The cost is \$10 per person and preregistration is required, with a limit of 65. The Society was formed to preserve the heritage and history of Germans who settled in Russia during the 1800s. The Ascension

Lutheran Church is located at 1432 19 Street NE. For more information contact Mabel at (403) 238-4275 or visit the website: [www.calgarychapterahsgr.ca](http://www.calgarychapterahsgr.ca).

## Face to face

Do you want to meet others who understand your experience with epilepsy? Do you want to enhance your coping skills through sharing? Would you like to connect with others and receive support? The Epilepsy Association of Calgary provides information, answers, support, encouragement and hope.

Come to join the next Face to Face meeting on Saturday, September 24, from 11:00 a.m. to 1:00 p.m. at 4112 — 4th Street NW. For more information, please email Gina Beasley, support coordinator, [atgina@epilepsycalgary.com](mailto:atgina@epilepsycalgary.com).

## Murder's a mystery

The Confederation Theatre Society will present a murder mystery written and directed by Alan LeBoeuf on September 9, September 10 (Saturday), and September 14-17 (Saturday) at the Pumphouse Theatre. There will be matinees on each Saturday. Evening shows start at 7:30 p.m. and Saturday matinees at 2:30 p.m. Tickets are \$25 for general audience and \$20 for seniors and students. Matinees tickets are \$20. To buy tickets, please email [ctstickets@yahoo.ca](mailto:ctstickets@yahoo.ca) or call (587) 577-3669.

## Run for your wife

Ray Cooney's hilarious British farce Run for Your Wife will run from September 23 through October 1, with Saturday matinees on September 25

and October 1. The show starts at 7:30 p.m. and matinees at 2:00 p.m.

A summary of the plot here: John Smith is a man with a schedule and a secret. The schedule is not just to keep him on time in his job driving a taxi, but also to keep his life — his lives, rather — organized in its place. It is important to be organized when one has two of everything. Yes, everything. Two separate lives in two different houses in two different areas of London, with two different wives! When John is mugged, he finds himself coming home from the hospital surrounded by wives and policemen, all asking for an explanation. This play ran successfully in London's West End for over nine years.

The location of the show in Calgary will be the Pumphouse Theatre, 2140 Pumphouse Avenue SW. For tickets, visit [www.morpheus-theatre.ca](http://www.morpheus-theatre.ca), email [tickets@morpheus-theatre.ca](mailto:tickets@morpheus-theatre.ca), or call the box office at (403) 246-2999.

## Annual Clothing and Jewelry Sale

A Clothing and Jewelry Sale will be held at Bow Cliff Seniors Centre, 3375 Spruce Drive SW, Calgary, phone 403-246-0390.

The pre-sale is on the week days from August 29 to September 2 from 9.00 a.m. to 3.00 p.m.

The final sale is on Saturday, September 3 from 8.00 a.m. to noon.

Compiled by Margaret McGruther and Faye Wu

We do not remember days, we remember moments.

Cesare Pavese

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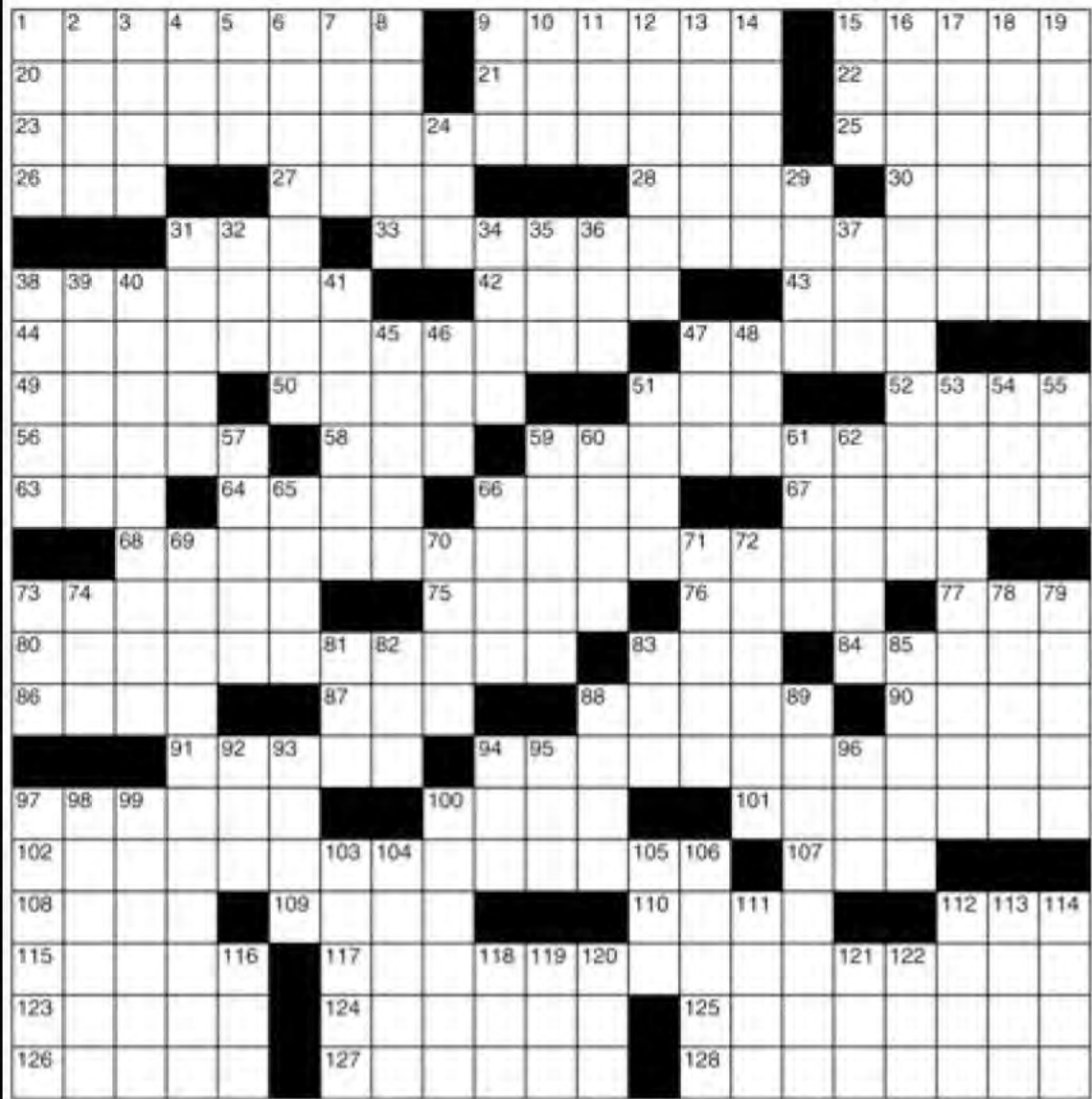
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- |   |  |  |                                       |                                    |                             |
|---|--|--|---------------------------------------|------------------------------------|-----------------------------|
| <b>ACROSS</b>   | 47 Gospel group  | 94 Legendary hockey player who's a native New Zealander?           | 4 "Six-pack" on a bodybuilder         | 45 Gave succor                     | 82 Scratch (out)            |
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| 15 Abounds  | 51 "Eureka!"   | 101 Consulate  | 7 To be, to Proust                    | 48 Laugh half                      | 88 Received                 |
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| 21 Salt with element #53                                      | 56 Enumerates  | 107 Gp. that lobbies   | 9 With 120-Down, Wrigley's gum brand  | 53 Elucidates                      | 92 French for "a"           |
| 22 Dot in the drink   | 58 Campaign creations                                  | 108 Comic Buzzi  | 11 U. URL end                         | 54 Sound from a souse              | 93 Brand of spongy balls    |
| 23 French president who never wore color-coordinated clothes? | 59 "Die Hard" star dicing vegetables?                  | 109 Dunaway of "Network"   | 12 "I'm on it"                        | 55 Seattle-to-Reno dir.            | 94 Sch. in Cambridge        |
| 25 Being tried, in law  | 63 Avenues: Abbr.                                      | 110 Class book   | 13 Ran in park                        | 57 More achy                       | 95 Org. on a toothpaste box |
| 26 Ship wood  | 64 Exude slowly  | 112 That woman   | 14 Pop singer — Marie                 | 59 Carbon copy                     | 96 Dubya's deg.             |
| 27 Not e'en a single time                                     | 66 Pure delight  | 115 Wading bird  | 15 — Maria                            | 60 180s on the road                | 97 From the top             |
| 28 Advanced   | 67 Tie together  | 117 1954 Literature Nobel  | 16 She played the mom on "Good Times" | 61 Fly traps                       | 98 Stumper (Var.)           |
| 30 Whet   | 68 Issued an alert to a knighted composer of musicals? | 123 Stock unit   | 17 Arm joints                         | 62 On the outs (with)              | 99 High-heel feature        |
| 31 Director Van Sant  | 73 Evening bash  | 124 Salad plant  | 18 Nasty sort                         | 65 Blood type, for short           | 100 Nasty sorts             |
| 33 Caught a three-time Best Actor red-handed?                 | 75 Hankerings  | 125 Revere   | 19 Underscore                         | 66 Hidden valley                   | 103 Desert rarity           |
| 38 Purplish red   | 76 Italian for "I"                                     | 126 Talked up  | 24 Bit of history                     | 69 "Hello, hello?"                 | 104 Spotted scavenger       |
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| 44 Frequent co-star of Humphrey Bogart who was fantastic?     | 83 Tolkien terror                                      | <b>DOWN</b>  | 32 N.A. nation                        | 72 Musical run with four sharps    | 111 Comic book mutants      |
|   | 84 Put on hold   | 1 "Behold!" to Cicero  | 34 Author Dinesen                     | 73 Utah's capital, for short       | 112 Pirates' loot           |
|   | 86 Last name of Buffalo Bill                           | 2 It needs grist   | 35 IM guffaw                          | 74 Hugs, on cards                  | 113 Not like a bit          |
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|   |  |  | 41 Flaming                            |                                    | 121 Con opener?             |
|   |  |  |                                       |                                    | 122 Dog's threat            |



**SOLUTION ON PAGE 24**



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# Seven ways music therapy can benefit seniors

By Shana Epstein

A famous European orchestra conductor once said, “Music comes from heaven. You just have to pull it down.”

If you’re a senior living at home alone, and you have access to a radio, tape player, television, DVD player or even an old record player, you can pull some down! Then, you’ll discover many benefits of music therapy for seniors.

Music has a way of easing mental strain and can alter a person’s mood. Rhythm and melody are at the core of music’s beneficial magic.

Music therapy can promote better physical and mental health in a variety of ways by:

1. Relieving boredom
2. Motivating movement
3. Rekindling positive memories
4. Shifting negative thinking patterns
5. Calming nervousness
6. Encouraging happy thoughts
7. Promoting social interaction

## 1. Relieving Boredom

As seniors become less physically active, they can become lost in the silence of their minds from day to day. For some, impaired hearing can contribute to a sense of social disconnection, loneliness and boredom.

For seniors with a hearing loss, the music volume may need to be louder. In some cases, headphones may be the appropriate method to make it possible for them to enjoy the benefits of music. Adjusting bass and treble sounds can make a difference in what they are able to hear. Listening to music will add variety to the day.

## 2. Motivating Movement

It has been found that even such minimal movement as tapping a foot or clapping hands is enough activity to release pent-up mental and physical stress, and bring a little joy into the room. For many seniors who are able, dancing to music is a wonderful way to exercise. Being swept into the rhythm of music can lower blood pressure and stimulate organs in the body. Whatever level of physical activity a senior is comfortable with can be

paired with a musical motivator. From a slow and steady waltz to a happy jitterbug, most seniors will be motivated to activity on some level.

## 3. Rekindling Positive Memories

Music speaks to our emotions and seniors know the emotional language of music from their day and time. The sounds of Lawrence Welk, for example, can bring back bubbling champagne memories from the big band era or the storytelling cadence of old-time country music.

## 4. Shifting Negative Thinking Patterns

Hearing music is a stimulus that can shift a senior’s negative thinking pattern. As a daily therapy, listening to music can begin to form a more positive thinking cycle by shifting the senior’s attention.

## 5. Calming Nervousness

Just as singing a lullaby to a baby can work magic, music can calm a nervous senior. Select music that is slow and peaceful, music that evokes a sense of beauty and well-being. A fragile nervous system

requires delicate sensitivity to avoid overload, and music therapy is a good vitamin for that ailment!

## 6. Encouraging Happy Thoughts

Happy music promotes happy thoughts. Happy music has a way of lingering in a person’s mind. Upbeat and light music can be like a shot of vitamin C each day and make the sun shine when skies are grey.

## 7. Promoting Social Interaction

Whether the music is listened to with headphones or

enjoyed in a group, it will lift the spirits and promote a greater sense of life and living.

Music therapy is like food for the soul. It can bring joy to the heart and fresh air to the lungs. Singing songs and letting rhythm move both body and mind to better health and happiness is a therapy that is free!

*Courtesy of Retire-at-Home Services*

If music be the food of love, play on.  
William Shakespeare



**John Gagnon**

John started volunteering at Kerby Centre two years ago after retiring from his last job of 23 years as a cabinet maker. John is one of the Volunteer Monitors in the Woodworking shop where he can be seen making various items from picture frames to bird houses to sell at a reasonable price. As well, he helps to maintain some of the wooden furniture at Kerby Centre. John enjoys guiding and teaching others his craft and volunteers in the community. Recently, he made hearts cut from wood for Wildwood School to paint so they can sell for charity. Volunteering and helping others provides John with a sense of satisfaction because he’s helping others. John continues to volunteer at Kerby Centre because of the friendly staff and volunteers. John has already contributed over 1063.5 hours to Kerby Centre.

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Includes 7 nights in Palm Springs

- We have details on all-inclusive trips to any destination.

Unescorted or escorted.

- Please call us with your destination request.

We will help you arrange your tour

- Cruises & River Cruises to any destination

Tell us your destination/date. We can help

- Don't see the tour you want? Please call us.

Remember! When you book with us, you help yourself and support Kerby!

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



**Telus Spark Science Centre**

Date: Thursday, October 27, 2016

Cost: Members - \$29.00  
Non-Members - \$34.00

Includes transportation and admission to the Science Centre. Dome Theatre admission \$4 extra.

Cut-off Date: Thursday, October 13, 2016

**Spruce Meadows Christmas**

Date: Friday, November 25, 2016

Cost: Members - \$23.00  
Non-Members - \$28.00

Includes transportation. Lunch is not included. Watch for further details.

Cut-off Date: Monday, November 14, 2016

Market  
If you have an idea for a day trip, please contact the Kerby Travel Desk at 403-705-3237.

**Escorted Motorcoach Tours**

**MINOT NORSK HOSTFEST**  
With FIVE Celebrity Concerts!  
7 days, September 27 *guaranteed*

**OKANAGAN THANKSGIVING**  
4 nites Kelowna & unique side trips!  
7 days, October 9 *guaranteed*

**NASHVILLE and BRANSON**  
Two *guaranteed* October tours to choose from!

**RENO REUNION**  
4 nites at Circus Circus Reno!  
9 days, November 5 *guaranteed*

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**LIFETIME HIGHS CORP.**

**SLOTS OF FUN (CASINO ADVENTURES)**

Kootenai River Inn & Casino: 2016: Sept 13-16, Oct 30-Nov 2 Dec 4-7  
2017: Feb 4-7 (Super Bowl), Mar 15-18 (St. Paddy's), May 28-31

Cranbrook Casino of the Rockies: 2016: Sept 13-16, Oct 30-Nov 2, Dec 4-7  
2017: Feb 4-7, Mar 15-18, May 28-31

Moose Jaw, Saskatchewan: 2016: Sept 27-29 (Dates dependent on numbers)

River Cree Resort & Casino(Edmonton): 2016: Oct 16-17

Stoney Nakoda - Overnighter: 2016: - Overnighter: 2016: Nov. 21-22  
2017: Jan 16-17

Stoney Nakoda - Day Trips: 2016: Sept 22 North Calgary Pickup, Oct 3 & Nov. 7  
South Calgary Pickup

**Call for Details on our NEW OVERNIGHT TRIP: AMAZING PRICE**

**LOTS OF FUN DAY TRIPS (NO CASINO)**

Rosebud Matinee – AN INSPECTOR CALLS – October 14

High River Theater – Neil Simon's "RUMORS" - November (Date to be determined)

Rosebud Matinee – MIRACLE ON 34th STREET - December 1

We can arrange transportation for any size group. Please contact us.

**INTERNATIONAL ADVENTURES AND CANADIAN TOURS**

\*\*Polar Bears – 2016 One Day Adventure – Late Oct 28, Nov 4, Nov 5

For more information on any of our trips, please contact the friendly Lifetime Highs staff.

**GIFT CERTIFICATES AVAILABLE**

To register or for more information visit our website or contact us:  
**LIFETIME HIGHS CORP. ph: 587-223-0203**  
**e-mail: cathymunro@lifetimehighs.club**  
**www.lifetimehighs.club**

**Let us show you the world we travel**

<b>CASINOS AND WINE TOUR</b> 6 days departing Sept 28th \$789.00 2 Nights Stoney Nakoda resort, 3 nights Lakeside Resort and Casino Penticon, 2 Wine tours and tastings, boat cruise, Davison Orchards, and so much more. <i>Guaranteed</i>	<b>GREAT FALLS BLACK FRIDAY SHOPPING EXTRAVAGANZA</b> 4 days 3 nights, departing Nov 24th \$419.00 accommodation at Fairfield Inn right across from the mall, Shuttle to most stores. Book fast!
<b>LAS VEGAS</b> 9 days departing Oct 8, March 18 2017 \$749.00, 2 nights Great Falls, 2 nights Jackpot, 4 nights Las Vegas Shopping at Fashion outlet mall, Hoover Dam	<b>CHRISTMAS IN VEGAS</b> 10 days departing Dec 21st \$949.00 2 nights Great Falls, 2 Nights Cactus Petes Jackpot, 5 nights at Gold Nugget in Las Vegas, 2 breakfasts, Wine and Pizza party, Casino packages that include Fun coupons, Meal credits, beverages and gaming tokens.
<b>CALIFORNIA WINE</b> 14 days departing Oct 11th \$2219.00 Portland dinner cruise, Alcatraz, Cable car ride and city tour, 3 winery tours and tastings, Redwood forest, Oregon Coast, Tillamook cheese factory, Casino packages and much much more.	<b>MESA/PALM SPRINGS</b> 20 days \$2659.00 2 nights Great Falls, 2 nights Salt Lake city, 1 night Lake Powell, 2 nights Mesquite, 7 nights in Mesa and 5 Nights in Palm Springs. Tons of included attractions check website or call for brochure.
<b>BONNERS FERRY GAMBLING AND SHOPPING TOUR</b> 4 days departing Oct 16th \$344.00 Join us for our very first 4 day tour to Bonner's Ferry, Idaho. The Casino is happy to announce that they are featuring <b>GAMING MACHINES THAT PLAY CANADIAN &amp; PAY CANADIAN....</b> so there is absolutely no need to exchange Canadian money for gaming. Day trip to Coeur d'Alene for some shopping <i>Guaranteed</i>	<b>HARRISON HOT SPRINGS &amp; VICTORIA</b> 9 days departing April 26 2017, \$1179.00 1 night Salmon Arm, 2 nights Harrison Hot Springs, 4 nights Victoria, 1 night 3 Valley Gap, Butchart & Butterfly Gardens, City Tour of Victoria, Kilby Historic Farm & lunch, ferry crossings, BBQ dinner, Steveston
<b>LAUGHLIN ECONOMY TRIP</b> 10 days departing Oct 21, March 3rd 2017, \$719.00 2 nights Great Falls, 2 nights Jackpot, 5 nights Laughlin. Laughlin fun book, Casino package	
<b>LAUGHLIN &amp; GRAND CANYON</b> 12 days departing Nov 5, April 1 2017, \$949.00 2 nights Great Falls, 2 nights Jackpot, 7 nights Laughlin, Laughlin Fun book Day trip to Oatman, Day trip to Grand Canyon	Prices based on per person double sharing + GST on Cdn. portion

**Toll Free 1-866-460-0777 www.promotiontours.ca**

RSVP TO [UCalgary@MeritTravel.com](mailto:UCalgary@MeritTravel.com)

2016 MERIT TRAVEL CALGARY

**TRAVEL EXPO**  
September 24<sup>TH</sup>, 2016 | 10:30 AM

WHERE: Symons Valley Ranch,  
14555 Symons Valley Rd NW, T3K 2A8

**FREE to attend and FREE parking is available on site.**

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**Leave a Legacy of Inspiration**

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

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

- Anonymous donor

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

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

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

Please choose to make a difference today.

**Kerby Centre**



### Dates to Remember Kerby Centre

LABOUR DAY (Kerby Closed).....Mon, Sep 5

MONTHLY MOVIE  
"The Walk ".....Fri, Sep 23

LAUNCH OF MAPLE LEAF QUEST.....Tue, Sep 27

KERBY EXPO 2016 - see the ad in this paper

### Shop at Kerby Centre

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

### Fit Room (Rm 108)

403-705-3233

Monthly and yearly memberships available!

Mon—Fri  
7:30am—7:30pm

### Weekly Clubs and Events

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

### Colourful Travels: Sights of Canada Book Launch

September 12, 1:30 PM (Free)


Do you like to colour? Barbara Janman has created a series of Canadian Province colouring books, with the Alberta edition coming out in September. The books feature scenes, animals, insects, flowers, birds & more!

### Internet Drop-in (Rm 305)

Mon—Fri  
9am—2pm

### HEALTH PRESENTATION 'Keeping your Teeth'

Mon, Sep 19, 11am - 12pm  
Room 205



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Musical Recorders Group</b> (Rm 313) 1 - 2:30pm <b>Cribbage</b> (Rm 307) 1:00 - 3:30pm <b>Writing Group</b> (Rm 301) 1:30 - 3:30pm <b>Pickleball</b> (Gym) 3:30 - 5pm Cost: \$1.25  <b>Knitting for a Cause—</b> <b>Back Sep 12</b> (Dining Rm) 10am - 12pm Cost: Free	<b>Canasta</b> (Rm 307) 10:30am - 12:30pm Cost: \$1.25  <b>Options 45 - Employment Workshops</b> (Lounge) 1:30 - 3pm Cost: \$2.00	<b>Bridge</b> (Rm 307) 1 - 3pm <b>Dance - Back Sep 7</b> (Lecture Rm) 1 - 3pm Cost: \$1.25  <b>General Craft Group -</b> <b>Back Sep 14</b> (Rm 311) 9am-12pm Cost: Free	<b>Artist Group</b> (Rm 313) 10am - 3pm Cost \$1.25 half day  <b>Latin American Club</b> (Rm 119) 10am - 12pm <b>Bingo</b> (Rm 205) 11am - 3pm <b>Pickleball</b> (Gym) 3:30 - 5pm Cost: \$1.25  <b>Kerby Tour</b> (Dining Room) 10:30 - 11:30am	<b>Spanish Conversation Group</b> (Rm 311) 10am - 12pm <b>Badminton &amp; Ping Pong</b> (Gym) 10:30am - 1pm Cost: \$1.25  <b>Krazy Karvers Woodcarving Club</b> (Woodshop Rm 102) 10am - 3pm Cost: \$1.00 per hour

### Dates to Remember K2-East Village

LABOUR DAY (K2EV Closed).....Mon, Sep 5

DROPS OF PEACE.....Fri, Sep 9, 10:30 - 11:30am

ZUMBA CHAIR.....Fri, Sep 23, 10:15 - 11am

MONTHLY MOVIE  
"The Walk".....Thu Sep 29, 11am -1pm



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

Visit our website ([www.kerbycentre.com](http://www.kerbycentre.com)) for more information on courses and resources offered

## K2-EV 428 9<sup>th</sup> AVE SE, 403-470-6300

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

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



# Classified Ads

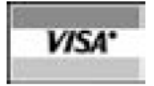
To place your ad call: 403-705-3249, Fax: 403-705-3211, e-mail: [generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)

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

## Classified Rates

Starting at \$18.50\* (50 characters 2 lines)

Classified deadline for October issue must be received and paid by **September 8.**



## Classified Ad Categories

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

## 10 Health

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

**CERAGEM Calgary Sales Service Parts**  
403-455-9727

## 11 Foot Care

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

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

**“My Feet LOOK And FEEL Better Than Ever!”** That’s what you’ll be BRAGGING to your friends once you’ve experienced PROFESSIONAL foot care from Certified Podologist Marion Smith-Olson. Whether you suffer from ingrown nails, athlete’s foot, corns, skin and nail fungus infections, or other common foot ailments ... help is just a phone call away. Dial 403-620-7851 today for more information, or visit <http://www.solesifting.com>

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

*Kerby News for 55 +*

## 12 Home Care

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

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

**just4ufamilyservices.com**  
housekeeping/meal prep, In/out of home companionship. Accompany appts Shopping. Corinne, Kathy 403-590-2122  
[just4ufamilyservices@shaw.ca](mailto:just4ufamilyservices@shaw.ca)

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

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

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

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

## 13 Mobility Aids

Wheel chair lift for sale... fairly new....was \$5000.00 asking \$2500.00 OBO Ph: Charmaine 587-998-2176

## 20 Home Maintenance

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

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

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

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

## GLOBAL HOME ELECTRIC

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

## Home Repairs

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

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

## The Scottish Painter and Sons

Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Ph 403-284-5154 403-875-8077 Refs avail. [www.thescottishpainter.ca](http://www.thescottishpainter.ca)

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

## 24 Landscaping

### Action Lawn Care Seasonal Clean Up

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

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

## 26 Services

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

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

**ELECTRONICS AND COMPUTER REPAIRS:**  
Circuit Boards, Laptop and Desktop Computers. Phone: 403-242-6263 [www.gyanelcorp.ca](http://www.gyanelcorp.ca)

## GEEK COMPUTER

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

## !!! Great Haircuts!!!

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

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

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

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

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

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

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

## PLUMBER

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

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

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

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

*Kerby Centre classifieds can be viewed online [www.kerbycentre.com](http://www.kerbycentre.com)*

## 30 For Sale

**FOR RENT OR SALE**  
Recycled and New Healthcare Equipment  
Stair Lifts, Porch Lifts, Scooters, Power Wheelchairs, Hospital Beds, Portable Showers, Ramps ...  
**ADVANTAGE HOME HEALTH SOLUTIONS**  
403-460-5438  
AADL Vendor

One electrical hospital bed complete \$400, also matching night table, chest of drawers \$300, one taupe elec lift chair \$699, one Jr lift chair \$350 403 274-5206

Single plot in Mtview Memorial Gdns Everlasting Life \$1500. 403 289-9348

*Kerby Centre’s Programs & Services help keep older people in their community*  
*Follow Kerby on Facebook, Twitter or LinkedIn*

## 33 Wanted

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

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

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

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

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

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

*Your membership fee helps support Kerby Centre programs & services*

## 45 For Rent

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

**Continued on page 24**



continued from page 23

**48 Real Estate**

**ADULT ONLY CONDOS**  
ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS

www.CalgaryAdultCondos.com  
**No Hassle. No Obligation**  
Debra & Peter Molzan  
RE/MAX House of Real Estate  
403-605-3774

FOR SALE spacious 1 bedroom condo in +55 bldg in Somerset, very open plan, great view & many amenities. Call Russ Davies (403) 804-1961 to view. MLS# c4064190 (Licensed through Grand Realty)

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

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

**50 Relocation Services**

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

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

**A-SAV-ON MOVING**  
Serving Kerby clients for over 10 years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**  
Downsizing and relocation services. Insured and bonded. BBB accredited  
Five Star Seniors Relocators  
403-233-7212.

**BUYING OR SELLING KERBY NEWS CLASSIFIEDS CALL 403-705-3249**

Don't send me flowers when I'm dead. If you like me, send them while I'm alive.  
Brian Clough

**ADVERTISERS' INDEX**

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

**IN MEMORIAM**

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

- |                        |                         |
|------------------------|-------------------------|
| Bruce Elyot Arrell     | Dr. Judy Grace Harrower |
| Beverly Joan Bishop    | Mary Mudry              |
| Robert Whitfield Reagh | Mary Helen Doherty      |
| Craswell               | Rouane                  |
| Oswald L De Grace      | Gilles Michael Simard   |
| Nellie May Forster     | Ruth Van Zweeden        |

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.

**Crossword Solution**



Puzzle on page 19

**Kerby Centre Department Directory**

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

**Main Switchboard**  
403-265-0661

www.kerbycentre.com

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

Fund Development	403-705-3235
<i>Work with members and community to provide funding for Kerby Centre's vital programs</i>	
	funddev@kerbycentre.com
General Office	403-705-3249
	generaloffice@kerbycentre.com
Thrive	403-234-6571
<i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i>	
	thrive@kerbycentre.com
Housing	403-705-3231
<i>Assists seniors in finding appropriate housing</i>	
	housing@kerbycentre.com
Information / Resources	403-705-3246
<i>The all in one seniors' information source</i>	
	info@kerbycentre.com
Kerby <sup>2</sup> East Village	403-470-6300
Kerby News Classified Ads	403-705-3249

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# Managing your money: give while you live

As a father, mother or grandparent who has done well in life, you have probably considered giving financial gifts to your adult children or grandchildren while you are still alive instead of (or in addition to) providing an inheritance to them when you are gone. There are certainly benefits to doing that — for your beneficiaries and for you.

**For your family:** You'll be giving them money when they most need it — to pay down a mortgage, to buy a larger house for a growing family, to pay for a wedding, to fund a post-secondary education, or to do hundreds of other good things. Your gift may also reduce your family's annual tax load. If you are in a top marginal tax bracket, and you give money to your adult children who are in a lower tax bracket, any income that gift generates will be taxable to the children at their lower rate.

**For you:** There are no tax restrictions on gifts to children (or others) while you are still alive, so you can see your beneficiaries enjoy your gifts and gain insights from how they use them. This may help you firm up an estate plan for future gifting.

There are other financial advantages to giving while living. Although there is no inheritance tax in Canada, the financial gifts you give to your children may lower

the value of your estate, and also reduce or eliminate capital gains taxes on your property deemed disposed immediately prior to your death. Any capital gain on the gifted property will be realized and taxable to you at the time of the gift; however, in many cases your marginal tax rate will be lower in retirement than in the year of your death.

**For your estate:** It's not a universally good idea to avoid probate (the formal validation of your will and of the person who will act as executor of your estate) but gifting while living can reduce probate fees on your estate which can be high, depending on the province in which you live -- for example, Ontario probate fees (called an Estate Administration Tax) top out at 1.5% of an estate's value.

**Considerations:** Look carefully at all the aspects of giving while living, including:

- Your current net worth and lifestyle requirements as they are now and as they may be in the future.
- Future factors such as health risks that may strain your financial resources.
- Ensuring your "early inheri-

tance" of money or property go to the right person(s) (especially important in blended families).

You want to give while you live and you want to have sufficient financial resources to last for your lifetime. That takes careful planning — so before putting a bow on your gift(s), talk to your professional advisor.

**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 (such as the Kerby Centre) and your estate will receive a charitable donation tax receipt that could reduce or eliminate the income tax on your final return and possibly on the immediately preceding return, as well. There are many other

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

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

*This column, written by the Investors Group Financial Services Inc. (in Québec – a Financial Services Firm), and the 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. □*

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**ROOM:** Kerby Centre Lounge

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## ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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



**EXPERT UPDATE:**

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

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- for the auditory system to have better success at adapting to hearing aids and making sense of sounds
- to prevent people from withdrawing from the activities you like due to trouble hearing what is going on

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# Cooking and eating well in a rush

Page design and layout by Winifred Ribeiro

Family cooking is about three essential things: nutrition, taste, and getting your food on the table! Rose Reisman is a master of simple, delicious family cooking, and *Rush Hour Meals* skimps on nothing, demonstrating how absolutely anyone can make great tasting, healthy meals for their whole family, all in 30 minutes or less! No one wants to sacrifice quality when they're in a rush to get supper on the table.

With expert health advice (and tips for keeping fussy eaters happy), *Rush Hour Meals* contains 112 fantastic recipes your family will love — fun appetizers all-day breakfast options, main meals and desserts. In *Rush Hour Meals* Rose Reisman proves there's no need to cut corners when you're preparing meals. Quick and easy is just the beginning! Good cooking doesn't have to take a lot of time.

Excerpted from Rose Reisman's *Rush Hour Meals*  
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## MEXICAN CHICKEN LASAGNA©

I decided to give the lasagna a Tex-Mex twist by substituting the small soft corn tortillas I found in my supermarket for the lasagne noodles. The result is exceptional and is suitable for gluten intolerant individuals. If you can't find corn tortillas, use the flour ones.

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

- 2 tsp (10 mL) vegetable oil
- 1 cup (250 mL) diced onion
- 3/4 cup (185 mL) diced red bell pepper
- 1 tsp (5 mL) minced garlic
- 1 small jalapeño pepper, seeded and minced
- 2 tsp (10 mL) chili powder
- 1/2 tsp (2 mL) ground cumin
- 1 lb (500 g) ground chicken
- 3/4 cup (185 mL) canned black beans, rinsed and drained
- 1 cup (250 mL) tomato sauce (store bought or homemade)
- 1/2 cup (125 mL) reduced-sodium chicken stock
- 1/2 cup (125 mL) medium salsa
- 1 1/2 cups (375 mL) light ricotta cheese
- 2 cups (500 mL) shredded light sharp (old) cheddar cheese, divided
- 1/3 cup (80 mL) freshly grated Parmesan cheese
- 1 egg
- 1/4 cup (60 mL) 2% milk
- Salt and pepper
- 6 small (6 inches/15 cm) corn or flour tortillas

### GARNISH (OPTIONAL)

- 1/2 cup (125 mL) diced seeded tomatoes
- 1 cup (250 mL) shredded romaine lettuce

1. Preheat the oven to 375°F (190°C). Lightly spray a 9- x 13-inch (23 x 33 cm) baking dish with vegetable oil.
  2. In a large skillet over medium-high heat, heat the oil. Add the onion, bell pepper, garlic, jalapeño, chili and cumin and cook, stirring occasionally, for about 8 minutes. Add the chicken and cook, stirring occasionally for about 5 minutes.
  3. Stir in the beans, tomato sauce, stock and salsa. Cover, reduce the heat and simmer for about 5 minutes, until slightly thickened.
  4. In a bowl, combine the ricotta, 1 cup (250 mL) of cheddar, Parmesan, egg, milk, and salt and pepper.
  5. Cut each tortilla into 4 wedges. Arrange 8 wedges evenly over the bottom of dish. Spread half the chicken mixture over top, followed by half of the cheese mixture. Cover with another 8 tortilla wedges.
- Repeat layers of the remaining chicken and cheese mixtures. End with a final layer of the remaining tortilla wedges. Sprinkle with the remaining 1 cup (250 mL) cheddar cheese. Bake for 20 minutes.
- Sprinkle with garnishes.

**Note:** Poultry contains an essential amino acid called tryptophan, which helps some people relax and stay calm.

**Nutrition tip:** Corn tortillas are healthier than flour tortillas. They are lower in fat and contain double the fibre and three times the magnesium.

**Nutritional information per serving:** Calories 384, Carbohydrates 24 g, Fibre 4 g, Protein 28 mg, Fat 21 g, Saturated Fat 6 g, Cholesterol 98 mg Sodium 680 mg.



## NO-BAKE CRANBERRY NUT BUTTER OATMEAL SQUARES©

I love a granola oatmeal square recipe that I don't have to bake. The peanut butter can be swapped out for any other nut butter or even soy butter if nut allergies are a concern. You can also use any variety of puffed cereal you like, such as puffed quinoa.

**MAKES:** 12 servings **PREP TIME:** 10 minutes **COOK TIME:** 3 minutes

- 1/4 cup (60 mL) liquid honey
- 1/4 cup (60 mL) smooth peanut butter
- 2 Tbsp (30 mL) brown sugar
- 1 Tbsp (15 mL) pure maple syrup
- 1 1/2 tsp (7 mL) vegetable oil
- 1/8 tsp (0.5 mL) ground cinnamon
- 1/2 tsp (2 mL) pure vanilla extract
- 1 cup (250 mL) large-flake rolled oats
- 1 cup (250 mL) puffed rice cereal
- 1/4 cup (60 mL) chopped almonds, toasted
- 1/2 cup (125 mL) unsweetened dried cranberries

1. In a saucepan over medium heat, combine the honey, peanut butter, sugar, maple syrup, oil and cinnamon. Bring to a boil, then reduce the heat and simmer, stirring occasionally, for 3 minutes, until the sugar has completely dissolved. Stir in the vanilla.
2. Meanwhile, in large bowl, combine the oats, cereal, almonds and cranberries. Add the peanut butter mixture and stir until well combined.
3. Pat the mixture into an 8- x 8-inch (20 x 20 cm) baking pan lightly sprayed with vegetable oil. Cover and refrigerate for about 30 minutes, just until firm. Cut into 12 even squares. Squares will keep in an airtight container for up to 3 days.

**NUTRITION TIP:** Oil contains more calories and fat than butter but virtually no saturated fat or cholesterol.

**NUTRITIONAL INFORMATION PER SERVING — 1 BAR:** Calories 70, Carbohydrates 17 g, Fibre 0.8 g, Protein 3.5 g, Fat 5.8 g, Saturated Fat 0.8 g, Cholesterol 0 mg, Sodium 40 mg.

## HOISIN SALMON WITH GINGER SLAW©

Asian flavours are a classic match for salmon. In this dish, a simple hoisin glaze brushed on the tender fish is perfectly paired with a crunchy ginger-flavoured coleslaw. To make this dish even easier to pull together, use pre-chopped packaged coleslaw mix, or find brands that contain Asian vegetables, including bok choy, snow peas and broccoli. If you've got a little more time, you can always julienne your own selection of fresh vegetables. Serve with seasoned couscous.

**MAKES:** 4 servings **PREP TIME:** 10 minutes **COOK TIME:** 10 minutes

### SLAW

- 1/4 cup (60 mL) orange juice
- 1 Tbsp (15 mL) rice wine vinegar
- 4 tsp (20 mL) hoisin sauce
- 2 tsp (10 mL) sesame oil
- 2 tsp (10 mL) minced peeled fresh ginger
- 1 tsp (5 mL) liquid honey
- 1 1/2 tsp (7 mL) Sriracha or your favourite hot sauce
- 1/4 cup (60 mL) chopped fresh cilantro leaves
- 4 cups (1 L) pre-packaged coleslaw

### SALMON

- 4 salmon fillets (skinless; 6 oz/175 g each)
- 2 Tbsp (30 mL) hoisin sauce
- 2 tsp (10 mL) toasted sesame seeds

1. Preheat the oven to 425°F (220°C).
2. Make the coleslaw: In a large bowl, whisk together the orange juice, vinegar, hoisin, sesame oil, ginger, honey, Sriracha and cilantro. Add the coleslaw and toss until well coated. Set aside.
3. Make the salmon: Place the salmon on a baking dish lightly sprayed with vegetable oil. Brush the hoisin sauce over top. Bake in the preheated oven for 10 minutes per inch of thickness, until the salmon flakes easily with fork. To determine how long to cook fish, a good rule of thumb is to measure the thickest part of the fillet and then cook at 425°F (220°C) for 10 minutes per inch. You will know the fish is ready when the flesh flakes easily with a fork or the internal temperature reaches 130°F (54°C).
4. To serve, divide the prepared slaw among serving plates. Arrange a piece of salmon on top of each serving and sprinkle with sesame seeds.

**NUTRITION TIP:** Sesame oil and sesame seeds have been shown to help lower blood pressure and levels of sodium in the blood.

**OPTIONAL:** If you are not a fan of coleslaw, try serving the salmon over a bed of grated carrots instead.

**NUTRITIONAL INFORMATION PER SERVING: 1 BAR:** Calories 363, Carbohydrates 13.9 g, Fibre 2.4 g, Protein 40.2 g, Fat 15.8 g, Saturated Fat 2.4 g, Cholesterol 108 mg, Sodium 351 mg.





# Museum of Fashion winding down

In July 1974 when Kerby Centre's Social Committee hosted a Strawberry Tea, the gymnasium was filled to capacity. The audience enjoyed a fashion show of vintage fashion outfits, followed by tea and strawberry shortcake. Within the audience were well-known Kerby personalities, Clara Amalia Smith and Lilian Anderson. At a critique following the event, Clara and Lilian remarked that they felt that they could do better than the fashion show they had just seen. They would collect vintage clothes and accessories from anyone who would donate, and they did. Thus the Museum of Fashion was born.

Some of the donations were in terrible condition. Clara would take them home and carefully wash, clean and repair them — whatever was needed. It took nine years to collect the first 200 costumes. A curator was hired to research and catalogue the donations. The curator also helped Clara and Lilian to set up a Fashion Show using some of the less fragile clothes in the museum. Soon an enthusiastic group of seniors was involved in modelling vintage outfits for the benefit of a variety of audiences. The show would be taken to long term care facilities in and around Calgary, and to local hotels where business conferences were being held, for the wives' programs. An honorarium was paid for each show.

As the show became more popular, invitations came from many Southern Alberta locations, and so transportation was needed. Clara managed to acquire the gift of a van — which she then drove to show locations. Museum of Fashion became a non-profit agency in its own right. The name was later changed to The Clara Smith Museum of Fashion. The Museum raised many thousands of dollars for Kerby Centre.

Some wonderful items were donated to the museum, such as:

- A frat-boy raccoon coat from the 1920s
- Some hats from Mrs. Grant McEwan
- Men's woolen bathing suits and red "long-johns"
- Bloomers with beautiful lace or crochet work
- Fur collars
- Military and nursing uniforms

Clara lived to be one hundred and one years old and was probably instrumental in raising more money than any other person involved

in Kerby Centre. She was a Board Member on Kerby's first board, and was involved in the start-up of many new programs, such as: General Crafts, Bingo and Nevada, Rummage Sales, The Market, Social Committee, Wednesday Noon Discussion, and the Museum of Fashion.

Sadly, Clara and Lillian

have departed this world. Time has marched on. Kerby Centre is no longer able to maintain the Museum of Fashion and must find good homes for its collection. Of course, anybody who wishes to reclaim donations may do so. We will make arrangement to verify donors by appointment. Otherwise

items will be donated to other Museums and collections in Calgary, such as the Military Museums, Loughheed House, Glenbow Museum, or University collections. □



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