

Kerby News

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Spring brings new beginnings, new growth and is also a time for rebirth, rejuvenation and renewal.

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Friday April 14, Good Friday
Sunday April 16, Easter Sunday



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The heart of Kerby Centre

The heart of Kerby Centre is our membership: membership connects people with our organization and shows a clear support for our services and programs.

Though Kerby Centre serves about 25,000 people each year, only about 3,000 of those become members. I am always grateful to the people who become members, because of the vote of

confidence that membership implies.

But we know that becoming a member works both ways, and while members find the opportunity to volunteer, learn, and play, and time they give back to us is equally important. Member benefits include reduced program costs, voting at our annual general meeting and just knowing that you belong to the largest seniors' organization in Alberta!

Many people tell us they

love meeting friends here, the classes and clubs are appreciated and having the variety of services under one roof makes life much easier. A previous Federal Senior's Minister called Kerby Centre the 'flagship' for all senior centres — and we honestly agree! We have yet to find a comparable senior centre — and for that we are very proud!

As you may know, all those who sit on the board must be members as well.

We take great pride in our responsibility to represent the other members and help guide this great organization forward.

I would encourage you to become a member if you are not currently, and join us for our Annual General Meeting on April 18.

It is through the strength of our membership that Kerby Centre will move forward into a future that sees a healthy and engaged older adult community. □

President's Report Zane Novak

APRIL 2017

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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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The Rotary Club of Calgary South donated \$4,000 to Kerby News for a new design and production computer. This donation will enable our designers to continue to bring our 60,000 readers a high quality paper every month. Kerby Centre thanks the Rotary Club for their continued support of our programs and services.



CEO's Message Luanne Whitmarsh

In this issue I thought I would highlight the openness that makes Kerby Centre unique and amazing.

Kerby is for all people, no matter the person's origin of birth, financial status, sexual preference, physical, mental or psychiatric needs, and all diagnoses (including dementia.)

At any given time we have programs, services, and

Inclusiveness, time, and the importance of an 'authentic life'

activities for older adults that fit into all these areas.

Your life experience does not define you: how you live within your life does. We all know people who 'have everything' who are depressed, and we also know people who 'have lots of challenges' who are the most delightful people to know.

My message this month is to encourage you to live your best authentic life with whatever life has handed you. You are the Chairperson of your life – you conduct the meetings and decide the action plans.

As I age, I understand more about time. In the past I have

been reckless with my time and now I am paying more attention. I encourage each of you to use your precious time with all the gentleness you can. I know this is hard – I am living proof of that! But let's go on this journey together – living our best lives well, with boundaries so we protect our bodies and minds — but with enough people and activities that it makes us happy to awake each morning!

Next time you are at Kerby, stop by (or drop me a letter) and let me know what you are doing to live your best authentic life!

Be well everyone! □



Kerby Centre

Kerby Assembly Annual General Meeting

Healthy Aging




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April 18 - Kerby Centre Gymnasium
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AGM begins at 10:00 am



News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

When we choose to cast our votes in any election, we are not only choosing

Your voice matters, make it heard!

the voice we want representing us municipally, provincially or federally, we are also bearing out our country's historic democratic tradition. The first step to continue to participate in this tradition is to make sure we (and our friends and family) are registered to vote.

Both your voter and census registration will be showing up in the mail at the same time from April 1 to 21 and you'll be able to complete your census and voter registration

online at Calgary.ca/census. The census data collected every year is necessary to make sure the city's programs and services are serving the needs of Calgarians. If you've never completed the census before, it takes a handful of minutes and gives the City the information we need to make our neighbourhoods better. If you are unable to complete your census online, door-to-door census and voter registration collection will begin April 22, 2017.

One last way to participate in city dialogue is to join the more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions. As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

We hope to attract more

than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements. Calgarians 18 years and older can sign-up for the Citizens' View at www.citizensview.ca. If you have questions or concerns feel free to contact my office at ward08@calgary.ca or 403-268-2431. □



This month in Edmonton

KATHLEEN GANLEY

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

Times are tough, but Alberta is on track

I was out and about at the end of March for Constituency Week, connecting with constituents and local businesses to hear their concerns and discuss what they would like to see in government. Pounding the pavement with my office staff, I was able to speak with many of you face to face. Things have felt a little empty downtown with the recent economy, but I know that Calgary-Buffalo is a resilient community.

We are slowly adding jobs back to the Alberta economy as our deficit has kept steady and investment grows again in our province. Alberta is predicted to have the highest economic activity of all Canadian provinces throughout 2017 and 2018!

The announcement of Budget 2017-2018 has created a clear path for our province over the next year. We are keeping government spending in check while ensuring that Albertans are receiving the quality services they need; so, spending will remain conservative, despite the optimism. The government announced it will be cutting salaries and eliminating bonuses for the highest paid top executives of agencies, boards, and commissions to bring their pay in line with public sector equivalents. This came into effect last month and these changes to compensation are expected to save nearly \$16 million a year, without having any effect

on services received by Albertans. Finance Minister Joe Ceci integrated a large amount of constituent feedback and consultation into the development of the new budget, and I am sure it will serve our province well.

The Energy Efficiency Office will be launching this month, as I mentioned in the March newsletter. There are many new programs being launched to help Albertans reduce their energy consumption and save on the carbon levy. These programs also include a recently announced Residential and Commercial Solar rebate of up to 30% of your costs. Check out <https://www.encyalberta.ca/> for more information.

With session now under-

way, the Alberta government has agreed to include age into Sections 4 and 5 of the Alberta Human Rights Act. Our government supports Albertans of all ages and believes no one should be discriminated against because of their age. This issue was recently before the courts and was also brought to our attention by the Elder Advocates of Alberta Society and other stakeholders.

I am always open to receiving feedback from Albertans on important issues like this one, and will consider it as the government evaluates its options. You can connect with my constituency office at Calgary. buffalo@assembly.ab.ca or 403-244-1880. □



This month in Ottawa

KENT HEHR

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

Our government has focused on investing in the middle class and working toward a more innovative economy. By directly investing in Canadians and families we are putting our country in a better position with a firmer foot forward into the future.

At the tail end of 2016 our

Looking back at Budget 2016 and forward to 2017

government approved two major pipelines after consulting with Canadians, building an environmental consensus with the carbon levy, and creating a balance between the environment and industry. By doing this work we are building the framework to create long-term prosperity for Alberta and all of Canada.

On the subject of building long-term prosperity for our country — my colleague in cabinet and fellow Alberta Liberal Member of Parliament, Infrastructure Minister Amarjeet Sohi, is continuing his work to invest in projects such as the Green Line LRT, flood mitigation projects, and more for our city. Since the 2015 election our government has

invested some \$3 billion into Alberta infrastructure: more than the last five years of the previous government combined.

Looking back at Budget 2016 we went forward with three of our main platform planks. First among them was the Canada Child Benefit which gave simpler, tax-free, more generous, and better targeted help to families. nine out of 10 Canadians families benefit from higher payments under our newly implemented system, which is now on the way to lifting hundreds of thousands of children out of poverty.

Our second commitment was a middle class tax cut. One of our first acts as a

government was to cut taxes for nearly nine million Canadians by reducing the second personal income tax rate, and delivering tax relief to Albertans.

Thirdly — we created a \$2.7 billion reform package of Employment Insurance to support Albertans and Canadians during the commodity price downturn. By reducing wait-times (from two weeks to one week), and specifically working with Albertans to access more benefits, these changes will support those impacted by the decrease in oil prices. For an example, we extended benefits up to 50 weeks for hurting Albertans, with long-tenured workers able to receive an additional 20

weeks up to a maximum of 70 weeks. Further to this — we doubled the maximum of the work-sharing agreements to 76 weeks.

Budget 2017 will be a continuation of our work as a government. We are actively concerned with supporting the middle class and working toward a better future for all. More details will be available at budget.gc.ca.

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

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

Canada's seniors can keep on smiling

Losing your teeth is not a normal part of aging. Thanks to healthier lifestyles, advances in oral and medical care, and a growing awareness of the importance of dental hygiene, seniors can expect to keep most, if not all, of their teeth as they age.

But keeping those natural teeth healthy can be a challenge. Many medications taken by older adults can cause dry mouth, a condition that can contribute to cavities and other oral health problems. Seniors also develop more cavities

on the roots of their teeth than younger adults.

Dental hygienists encourage all older adults to brush their teeth twice a day with fluoride toothpaste and clean in between their teeth at least once a day. They

also advise anyone with dentures (full or partial) and their caregivers to clean and soak dentures daily, and brush and massage the gums either with a soft toothbrush or a warm, damp cloth.

Whether you're at home

or in a long-term care residence, good oral hygiene coupled with professional oral care from a dental hygienist can help to prevent more serious health problems and keep you smiling. □

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Making your home grandchild friendly

Spring is the perfect time to refresh your home and give it an updated look. While you're at it, why not decorate the child's room and the spaces they use in a way that supports their independence, creativity and exploration? Registered early childhood educators have some simple tips you can try at home.

Invite their input. Ask the child to help decorate and make some decisions about their room. Providing the kids with choices reduces power struggles. It is also empowering and nurtures their independence. Ask them to choose items that are easy to change up but that are also meaningful to them, such as

artwork, drawings, pictures of friends or toys they love.

Keep them interested. Children learn through play and they play with what they are interested in. Give them items that don't necessarily have an obvious purpose, such as items from nature, baskets and craft supplies. Consider opportunities for

sensory play using sand, water, playdough and finger paints. Remember to rotate toys and switch books regularly to help children stay interested and engaged in the toys they already own!

Height matters. Items at a child's height and eye level support their growing independence and auton-

omy. If it's safe, toys and play materials should be easy to access. It's easier for the child to play naturally if they don't always need your help.

Find more information about registered early childhood educators at www.college-ece.ca. □

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Could a malaria drug slow down Parkinson's disease?

For the last 70 years, Chloroquine has become known as one of the world's most successful drugs for effective treatment of malaria and rheumatoid arthritis. Now, researchers are investigating its potential to slow the development of Parkinson's disease.

Dr. Jonathan Brotchie, a senior scientist at Toronto Western Hospital, has high hopes for chloroquine. It has demonstrated an ability to interact with one of the brain's primary growth factors — a protein responsible for the health of the cells in this complex organ.

Preliminary work with laboratory mice has shown that chloroquine could stave off the biochemical damage Parkinson's inflicts on the brain. Hypothetically, this should also mitigate effects like declining motor control, Brotchie says.

Chloroquine is widely available in a generic form, however, there is little

incentive for any pharmaceutical company to assume the risk and expense of exploring the potential of a product that could as easily benefit its competitors.

With the recent Porridge for Parkinson's (Toronto) Pilot Project Grant from Parkinson Canada, Brotchie can conduct the preliminary research that could encourage one of these firms to adapt the drug to fight Parkinson's. For this, he is grateful.

"If I can demonstrate that

chloroquine works, then that's going to de-risk Parkinson's disease," he says.

It is possible that chloroquine might not be the only drug that can produce the same results in the brain, but it might be the only one available now, Brotchie says. Plus, it has already been shown to be safe.

What Brotchie and his colleagues learn from working with chloroquine will lay the foundation for future research into even better medications.

"We want to do everything we can to be responsible for the development of the treatments of tomor-

row," he says.

Find more information at www.parkinson.ca. □

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STAR TREK EXHIBIT APPEALS TO ALL GENERATIONS



“The Star Trek franchise is celebrating its 50th Anniversary, during which time the show has struck a chord with multiple generations” Photo courtesy of Paramount Pictures

By Adalin Zimmerman

Some of you may have heard of Star Trek. The franchise has been a science fiction staple for 50 years on both the big and small screen, and TELUS Spark is hosting an interactive exhibit to mark the occasion.

Dubbed Star Trek: The Academy Experience, the exhibit hosts an array of authentic props, uniforms and set pieces for visitors to view, and includes different activities from performing a medical scan of a Klingon, to phaser (basically a laser) training. And of course, the famed Kobayashi Maru

test—an unbeatable space simulation that only Captain James T. Kirk, first played by William Shatner, and later Chris Pine, ever beat.

As the Star Trek franchise celebrates its 50th anniversary, the series has managed to transcend the generational gap that separates the letter-writers of yesteryear to the modern day phone texters, and in some cases bring families together.

Carl Brown, 64, visited the exhibit along with his son, Lee, and daughter-in-law Karen, as well as his seven-year-old granddaughter, Ava. The four spent the morning at the exhibit, and

according to Brown, Star Trek is something both he and Lee watched together as his son was growing up.

“Whether we knew it at the time or not, we bonded over Star Trek,” says Brown. “Just sitting together for an hour, making small talk, laughing: it was time we spent together.”

Brown, a retired biology teacher, says every family has something that brings them together—sports, politics, religion—but their family had Star Trek.

According to Lee, 34, it was his father’s influence that got him hooked on Trek when he was a kid.

“My mom hated Star Trek,” Lee laughs. “I’m not sure what it was that turned her off, but it was this thing that my dad and I shared.”

Brown and Lee both agree that it’s the sense of wonder and amazement that drew them to Star Trek, and the hopeful outlook the show offered audiences.

“When I was a kid, the original Star Trek (1966-1969) was something totally new,” says Brown. “It was inspiring, exciting, and, I mean, come on, Captain Kirk was so damn cool.”

For Lee, it was Star Trek: The Next Generation (1987-1994) that captivated him.

“I’m pretty sure watching Star Trek was the first time I realized the universe is this huge, massive place, and we don’t know what’s out there,” says Lee. “My parents bought me a telescope, I had grand plans at the age of nine to be an astronaut, and I credit Star Trek for those ambitions, and for fuelling my imagination at a young age.”

“Then somehow you became an accountant,” interjects his wife, Karen, with a laugh.

Karen, 33, is “not really” into Star Trek, but appreciates that her husband and father-in-law can share their love of the franchise.

Meanwhile, Ava, the smallest member of the

Brown crew, hasn’t really made up her mind whether she likes Star Trek or not.

“Some of the aliens look pretty cool, but I only saw a few of the movies,” says Ava.

Among guests who’ve visited the Star Trek exhibit were sibling Trekkies Arthur and Heather Cunningham, who explained why they thought Star Trek managed to captivate people of differing age groups for decades.

“I always found it interesting that most science fiction work is dystopian,” says Heather. “Star Trek is bright.” Indeed, the premise of the shows centre around a spaceship that travels around the galaxy on a mission of peace in order to discover and learn all that they can, as opposed to conquest and destruction.

According to TELUS Spark’s marketing and communications coordinator, Kelsey Marklund, the Star Trek exhibit is a great way to introduce people to science.

“The whole centre uses enquiry based and hands-on learning,” said Marklund. “There are five exhibits here at the SPARK. These include the Earth & Sky, Human, Creative Kids, Energy & Nature, and the Open Studio exhibit.”

The exhibit runs at TELUS Spark until it jumps to warp on June 4.

Women's heart health: Simple habits to protect your ticker

Many Canadians do not consider their heart health until they are older. According to the Heart and Stroke Foundation, two out of three Canadian women have one or more major health factors that elevate their risk for heart disease, like diabetes or menopause. No matter your age, it is always a good time to start managing your heart health.

There are many small changes you can make to improve your heart health. Between regular physical activity and smart meal planning, here are a few ways to keep your heart health on track.

Good fats vs. bad fats. A great way to manage your

heart health is to consider both the amount and type of fat you eat. Substitute bad saturated and trans fats in your diet with good fats like polyunsaturated and monounsaturated fats, which can help lower cholesterol levels. Polyunsaturated fats are naturally found in vegetable oils, soft margarines and nuts and seeds. Canada’s Food Guide recommends including a small amount — 30 to 45 mL or two to three tablespoons — of unsaturated fat each day. This could include soft, non-hydrogenated margarine made from plant-based oils.

Get up and get moving: Living an active lifestyle is

beneficial to heart health. The Heart and Stroke Foundation suggests getting 150 minutes of moderate to vigorous physical activity per week.

Getting back into the kitchen: A great way to ensure you have heart-healthy foods available to you each meal is to prepare them yourself. Some prepared foods can be

high in calories, sodium, sugar or bad fats, but by preparing them at home, you can make simple substitutions to feel good about what you are eating. Cooking and baking with a soft, non-hydrogenated margarine, like Becel, is a great place to start. In fact, soft, non-hydrogenated margarine has 80 per cent

less saturated fat than butter and can be portioned the same as butter.

Living with heart does not have to mean making drastic life changes — rather, it is about making smaller, more manageable changes, with food choices being one of the easiest.

© News Canada



Kerby Centre CEO, Luanne Whitmarsh, accepting a cheque from the Calgary Foundation. Students from Strathcona-Tweedsmuir School presented to Calgary Foundation representatives on behalf of various non-profit agencies. The most successful presentations, including the one done about Kerby Centre, resulted in a donation to the organization the students researched. Well done to all the students and thanks to the school for their innovative teaching. Also, thank you to the Calgary Foundation for supporting this program.

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Calgary news briefing

Alberta budget allocates money for new long-term care centre in Calgary

A new \$131 million continuing care facility is to be built in northeast community of Bridgeland over the next four years, according to the Alberta government.

“In Calgary, we will get to work on a new and much-needed long-term-care facility,” said Minister Joe Ceci as he addressed the legislature. “[It] will have 200 beds and be designed to make sure people with complex care needs—such as Alzheimer’s and dementia—get the safest, best care possible.”

City begins offering \$5 transit passes for low-income Calgarians

In 2016, city council voted unanimously in favour of introducing a sliding scale for low-income transit pass holders, set to begin in April 2017.

The new sliding scale means Calgarians who earn half of the poverty line—equalling less than \$12,000 annually—will pay just \$5.15 to ride the bus and train every month, a steep drop from the previous all-encompassing low-income transit pass that was offered for \$44.

Calgary Transit’s new sliding scale fare structure will adjust the cost of a low-income transit pass based on total household income; low-income Calgarians who make more than the bare minimum will now pay between \$35.35 and \$51.50 for a monthly pass.

Devonian Gardens begins to reopen in phases

The City of Calgary has begun reopening Devonian Gardens in phases, starting with the playground, which opened on March 8.

Located in downtown’s Core, the popular indoor botanical park was closed last July when leaky planter beds were discovered. After businesses below the two-and-a-half acre park began seeing

repeated leaks and moisture damage, the City decided closing the gardens to perform key repairs made the most sense from a logistical standpoint, and for public safety.

Repairs are expected to be complete later this summer, with the park set to reopen in July 2017. According to the City, all costs associated with the leaks are covered by warranty.

Zoo Bridge closes for good

Inglewood’s ‘Zoo Bridge’ bridge that connects St. George’s Island to the south bank of the Bow River closed permanently in March.

The iconic steel truss bridge, which was constructed in 1908, has received considerable rust damage on its underside during its 100-plus year history.

While the bridge has been closed to vehicle traffic since last November, it remained

open for pedestrians to use while a \$26 million replacement bridge began construction just west of the Zoo Bridge’s current location.

The new bridge is slated to open in late 2017.

Have your say: Olympic bid committee website seeks citizen input

The Calgary Bid Exploration Committee (CBEC) launched a website called ‘Should Calgary Bid?’ designed to both update and provide an avenue for citizens to give their input on the city’s potential plans to bid for the 2016 Winter Olympic and Paralympic Games.

“Understanding what people in Calgary and the surrounding area think about a potential bid is an important part of our exploration process,” said general manager of CBEC Brian Hahn, in a press release.

council this summer. Visit www.ShouldCalgaryBid.com for more information.

Curated by Dylan Reardon



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Older workers' toughest goal: selling themselves

Picture yourself walking out of a revolving door then walking back in with a new attitude and a new take on life

career world as it exists today before they are ready to pitch themselves to employers. Your goal is to convince employers that you're not a vestige of a bygone work era, but a high-energy chameleon who quickly adapts to any

environment. Picture yourself walking out of a revolving door then walking back in with a new attitude and a new take on life.

Here's what organizations, particularly technology companies, are looking for: **Recyclable workers.**

Just as you'd recalibrate, redesign or rebuild a machine to produce new and improved widgets, companies want workers who can wear many hats. Employers want to know you can spin on a dime to do whatever is demanded of you.

Clutch players

Companies have discovered creative ways not to make long-term commitments. The new thinking is, "Why put anyone on the payroll if we don't have to – or unless we have no choice." Hence, the term just-in-time hiring. In the past, companies stockpiled workers. They hired more than they actually needed so that the work could

be spread out. Now, it's wait until the critical last moment and hire a Terminator clone who can do the work for a dozen people. Other employers are opting for short-term relationships, which are either project-based or contractual arrangements.

It's as simple as hiring people for a clearly defined task and then showing them the door when they're finished. Cyclical and seasonal companies do this all the time. Clothing and toy manufacturers and department stores require more bodies around the busy Christmas season to make, package, ship and sell their good. If they are lucky, at the end of the season, these people will be reassigned to other areas where their skills can be tapped.

Don't be put off by the temporary nature of the work. There are no guarantees and you could be back on the street in three months. But it's

also an opportunity to learn and make contacts. Even if it doesn't materialize into a long-term job, you're head of the game because you have more skills to market.

New take on job hoppers

Remember when job hoppers were considered rootless, itinerant screw-ups who couldn't hold down a job if their life depended upon it? The prejudice against job hoppers was part of the old work ethic. Companies searched for stalwart workers who had only two or three jobs throughout their entire career. Let's not forget about IBM and a slew of other Fortune 500 companies that promoted the concept of lifetime employment and then abandoned it when the going got rough. What they withheld from their troops until the last grueling minute was that profits were more important than people. But give them a big round of applause for removing the stigma against job hopping – today's ultimate survival tactic.

Package experience

Don't apologize because you've had five jobs over the last 15 years. See it as a strong selling point. Tie the experiences together to make a compelling case for your consideration. The point is to make each job into an opportunity to learn and grow. Each one took you farther along the vast career highway. Security isn't the thing; it's improvement and self-fulfillment. In other words, you're a better person for each job. Even career changers can take this tack by finding a common skill to sell from two totally different industries.

A recommended exercise is making a list of all the jobs you've had and then writing out the good and bad points of each one. Uppermost, jot down what you learned from each. This painless exercise will help you to sell yourself better when you are asked about prior jobs.

Now you're ready to explore avenues you've never considered – or even known about. □
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A WWII coincidence that came to light in Calgary eight decades later

By Vic Jay

The Lancaster taxied to the end of the runway and turned into the wind. The green steeple of St Helena's Church in Kirmington village was visible on the horizon, a welcome landmark for the returning bomber crews of No. 166 Squadron. As we waited, I thought of the 178 crews for whom this view of the steeple would be their last.

That paragraph, which was written in August 2014, describes preparing to take off in a Mynarski Memorial Lancaster during its visit to the U.K., and was part of the latest post in my blog, Bob Jay's War, which covers my investigation into my father's experiences with that iconic aircraft.

Although his crew was composed entirely of airmen from the U.K. and New Zealand, the flight was the latest in a series of links to Canada that emerged during an incredible four and a half year journey, during which time I discovered a series of tragedies that left me incredulous.

My dad, Bob Jay, a motor fitter from Grimsby, UK had died in 1974 at the age of just 55, and all I had was his log book and the name of the pilot who flew that ship: Bill Mallon.

Mallon and his two brothers, Jack and Tom, had developed a passion for flying during the 1930s, watching Gipsy Moths at their local airfield in New Zealand. Jack was particularly keen and applied successfully for a commission in the R.A.F., arriving in Britain just before the declaration of war.

After taking part in operations against the German army, which included providing support for the evacuation of the British Expeditionary Force at Dunkirk, Jack was killed when his Bristol Blenheim aircraft was shot down in northern France in October 1940. The circumstances of his death would haunt Mallon for the rest of his life.

Despite the tragic news,

Mallon and his brother were more determined than ever to become pilots. Like thousands of other Kiwis, they completed their training in Canada: Tom at R.C.A.F. Station Uplands in Ottawa, and Bill at No. 5 Service Flying Training School in Brantford, Ontario.

With their freshly-awarded 'wings,' Tom was posted to No. 488 (NZ) Squadron just in time to support the D-Day landings, whilst Bill commenced a frustrating twelve months of ground duties in the south of England. He was initially billeted in the Grand Hotel, in Brighton, which yielded yet another tragic story.

Further research established that the soldier seated at the gun was Trooper Donald James McMartin, of the 17th Duke of York's Royal Canadian Hussars, R.C.A.C., who was killed shortly after the picture was taken. He and ten of his comrades died on the 23rd May, 1943, when several German Fw-190 aircraft bombed Hastings, one of them scoring a direct hit on the Albany Hotel used at the time to billet Canadian troops.

Mallon was eventually given the task of assembling a bomber crew, and soon discovered he wasn't the only member of the crew to have suffered a loss. The brother of his bomb aimer (the crew member who was responsible for targeting aerial bombs,) had been killed in northern France, close to the site of Jack's death, in January 1944.

Mallon's crew was posted to No. 75 (NZ) Squadron on the 6th March, 1945. A week later, Mallon received the devastating news that his eldest brother, Tom, had been killed when his Mosquito aircraft had crashed shortly after take-off in the Netherlands. A possible cause of the crash came to light over seventy years later, and caused yet more anguish for the family.

The day before the crew's final operation in late April 1945, Alban Chipling—an experienced pilot who had completed a tour with the

R.C.A.F. and who was the one responsible for giving my dad his first taste of flying four months earlier—was killed when his aircraft crashed during a routine training flight.

Remarkably, just recently, a final Canadian link was confirmed in Calgary. Here, in a retirement home, lives Bob Peterson, formerly a Lancaster rear gunner with No. 100 Squadron, and now a good friend of one of my relatives. And where was No. 100 Squadron based? In Grimsby – my dad's home town.

It is a small world.

Vic Jay is a retired biology teacher from Grimsby, and author of the book *The Mallon Crew*, which chronicles the heart-

breaking stories of the crew of the Lancaster Bomber that his father served with during WWII.



The wreckage of the Bristol Blenheim aircraft Jack Mallon died piloting in 1940. Photo supplied by Vic Jay

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Phyllis Fix



By Jessica Babb

Phyllis Fix always dreamed of becoming a nurse, and

while she never was able to realize that dream, she still found other ways to show people she cared.

Growing up, she lived in the east end of London, where she would spend family vacations down at the seashore, or time golfing with her father. It was 1956 when she arrived in Canada where she settled in Vancouver with her aunt and uncle.

“Vancouver was very similar to England weather wise,” she laughed. “I was used to the rain.”

After her arrival in Canada, Phyllis started a job with the Vancouver General Hospital doing clerical work, working in emergency admittance. She saw some interesting people during her time there but, always maintained a peaceful approach.

“I actually enjoyed it,” she says. “I would have all kinds of people coming in, and I’d have to be very calm with them.”

Phyllis liked being able to show people that someone cared about them, recalling a time when a very pregnant woman came in during her shift. “I had to take her up in the elevator. I was very calming with her, and was ready to deliver the baby if I had to. She got up there ok though” she smiled.

After her time there, Phyllis wanted to discover Canada on her own so she took the train to Banff where she remained

for a year.

“I was quite busy. I was willing to do just about anything” she said.

During her stay she worked at the Banff School of Fine Arts for room and board, as well as for temporary agencies, fitting in visits to church between her jobs. As time went on she wanted to travel some more, and soon decided to move on to Calgary. To get to the city Phyllis decided to hitch-hike her way there; along the way she had to talk herself out of some “touchy situations,” as she puts it. Laughing, she said that next time she would take the bus.

Upon arrival, Phyllis ended up working for a lawyer in Calgary, which is where she met her husband. She was married to him at the age of 30, and they had two children together.

Phyllis’s life has not always been stress free, but she maintains a positive outlook on how to live life.

“It’s easy to hang on to things. As a person, what I’m finding as I’m getting older is ‘hurts’ can mean a lot, but it’s so much easier to let ‘em go and go on with your life” she said. “People . . . sometimes they want to hurt others on purpose, emotionally or otherwise, but it’s not worth

holding onto those things. I think that we’re given life to help others.”

She tries to keep the peace where she can, and there have been times when she has inserted herself into arguments to split them up, such as the time when two girls were arguing at a bus stop in front of her.

“I like to let them know they’re cared about” she says.

Even as she ages, Phyllis continues to care for people. She currently volunteers at the Kerby Centre at the membership desk, and looks forward to her role as it allows her to care for others, in a sense. It’s a fulfilling position which she has embraced wholeheartedly, one that also allows her to communicate with people of all sorts—another benefit.

“Give them a smile, and let them know life’s worthwhile.”

In honour of Canada’s 150th anniversary, the Kerby Centre will be featuring a series of interviews throughout the year with inspiring older adults, written by Jessica Babb, a second-year broadcasting student at Mount Royal University. Visit: www.KerbyCentre.com/Canada150

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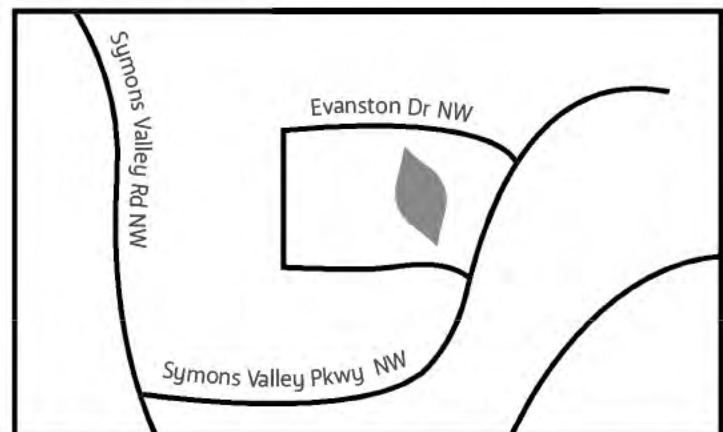
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Team Kerby is off to the races

By Dylan Reardon

Employees, volunteers, and members of the Kerby Centre will be participating in the Scotia Bank Calgary Marathon run and walk on May 28, to raise money for the Diana James Wellness Clinic.

This is the fifth year Team Kerby has participated in the Scotia Bank Marathon, and team captain, Kari Stone, says it's their goal to raise \$25,000 this year.

Stone, who is manager of the Education & Recreation department at

the Kerby Centre, has been in her role for 18 months, and says she was inspired to run for Team Kerby because she understands and appreciates what the Centre does for older adults.

"I absolutely love working here, I think it's an amazing place," says Stone. "I've seen the benefits people receive, and I've heard it firsthand from our members. I'm proud to be a part of this."

Last year, two members of Team Kerby were awarded trophies for placing first in their age group. Kerby member, Cathy Chung, who finished in first place in her age group, and fellow Kerby member, Dorothy Aukland, who also placed first in her age group.

If you're on the fence about joining Team Kerby to either run or walk in this year's marathon, Stone has some words of encouragement.

"Participating in the



Team captain, Kari Stone, (left), and Kerby Centre member, Cathy Chung, (right) during the 2016 Scotia Bank Marathon.

charity challenge is such a fun and memorable experience. You'll be motivated and encouraged by our team, and enjoy the thrill and excitement of crossing the finish line."

And, of course, you can make a financial contribution to the team's fundraising efforts, Stone adds.

Regardless of how you support Team Kerby, Stone says "you will feel great knowing you are supporting vital programs and

services at Kerby Centre."

To join or sponsor Team Kerby, visit www.KerbyCentre.com/marathon.

About the Diana James Wellness Clinic

The Diana James Wellness Clinic offers an array of vital services for 55-plus people, including blood pressure checks, health information, access to health practitioners, and a foot clinic. For more information, contact the clinic at 403-234-6566.

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Kerby Centre

Are we witnessing the slow death of cooking?

By Sylvain Charlebois

Canadians are cooking less and eating faster – and our obesity rates are at worrying levels.

An increasing number of consumers are taking ownership of food systems, but taking control of our food systems can't be fully achieved unless some cooking is involved.

Humans are the only species on Earth that cooks. But are we witnessing the slow death of cooking?

Home economics courses have almost completely disappeared from curriculum across the country and we may have lost at least one generation of cooks.

Although some reports suggest that more people are

eating at home, restaurant revenues were up more than three per cent in 2016, a sign of growth in the industry.

As the food service industry prospers, food retailing is almost at a stalemate. Canadian food retail sales were up minuscule 0.7 per cent in 2016.

What we eat is changing – and how and where we eat is also rapidly changing. Technology has a lot to do with it as it alters the concepts of going out and eating in. Consumer choices have never been so abundant: fast food, fine dining, food trucks, ready-to-eat products by traditional retailers and so much more. Eating at home can be equally confusing. You can 'dine out' at home and you can cook a meal that's been

ordered in.

Yet much of society is obsessed with cooking shows and celebrity chefs.

Cooking programs have been on air for more than 60 years, initially as women's programming. In the early years, viewers could watch a handful of hours a week of shows from experts like Julia Child or Jacques Pepin.

Now, Canadians have access to hundreds of hours of food-related shows a week. Shows on food have gone mainstream, attracting a new generation of viewers and sponsors. Cooking shows range from reality competitions to saving restaurants from going out of business.

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Wholesome — with all the pleasure

Page design and layout by Winifred Ribeiro

In *Better Baking* Genevieve Ko, a seasoned baker, offers secrets for making desserts that are healthy but put taste first. Using flavorful whole grains, nuts, seeds, vegetables, and fruit with the right balance of butter, oil, and sugar. Ko was determined to create treats that were just as indulgent as their original counterparts, as well as more full flavored and nourishing. Healthful oils used prove superior to butter, while refined white sugar pales beside concentrated sweeteners like pure maple syrup, brown sugar, and molasses in muffins and granola. Nubby flours with personality—(whole wheat, spelt, rye, buckwheat, graham flour, and almond flour) bring richness to desserts while pureed fruits and vegetables keep desserts extra moist. Gluten free, dairy-free, and vegan options are clearly defined.

Better Baking is a must-have cookbook for your home library and would also make a much appreciated gift to a friend.



Text excerpted from
BETTER BAKING © 2016
by Genevieve Ko.

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Candied ginger carrot cakelets © • DAIRY-FREE • NO NUTS

A simple batter of blended carrots results in rich cakes so moist they taste like cake that's been soaked with syrup. Warm ginger and barley flour add more natural sweetness. The final topping of candied ginger turns these into pretty little desserts, ideal for entertaining. If you have very small fluted tartlet pans, you can use them here to make the cakes look especially elegant.

Tips:

- The more flavorful your carrots, the tastier the cakes. Splurge on the freshest ones you can find at your local farmers' market.
- A Vitamix blender works wonders here. Its powerful motor releases heat, which brings out the carrots' sweetness. You can use a regular blender to puree them, but the resulting cakes won't be quite as full flavored.

Makes: 3 dozen

- 1/2 cup (71 g) unbleached all-purpose flour
- 1/2 cup (69 g) barley flour
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 12 ounces (340 g) carrots, trimmed, peeled, and cut into chunks
- 2 large eggs, at room temperature
- 1/3 cup (75 g) grapeseed or other neutral oil
- 3/4 cup (156 g) sugar
- 1 teaspoon ground ginger
- 1/2 cup (81 g) candied ginger, cut into slivers



1. Position a rack in the center of the oven and preheat to 350°F. Coat 36 mini muffin cups with nonstick cooking spray.
2. Whisk both flours, the baking powder, and salt in a large bowl. Combine the carrots, eggs, oil, sugar, and ground ginger in a blender and puree on high speed until very smooth, scraping the jar occasionally. You don't want any bits of carrot left. Make a well in the dry ingredients and pour in the carrot mixture. Slowly and gently stir with a whisk, dragging in the flour from the edges, until the dry ingredients are fully incorporated and the mixture is smooth. Divide the batter among the muffin cups. Top with the candied ginger slivers.
3. Bake for 5 minutes. Reduce the oven temperature to 325°F and bake until a toothpick inserted in the center of a center cake comes out clean, 20 to 25 minutes more. The cakes will rise but not dome.
4. Cool in the pans on wire racks for 10 minutes, then slide a small offset spatula or knife between each cake and the pan to pop them out. Cool on the racks until warm or at room temperature.

Make ahead: The cakes taste best the day they're made but will keep at room temperature for up to 2 days or in the freezer for up to 1 month.

Chocolate sunflower oat lace cookies © • GLUTEN-FREE • NO NUTS

Lace cookies, which are intricate webs of toffee, look more complicated than they are and these are far easier than many other recipes. Oats don't require the resting that flour does to produce the cookie's signature crispness, and the sunflower seeds in the batter make it spread easily since they're chopped into bits. When these ingredients are cooked in the melted butter, they develop a toasty depth. The only problem with these cookies is how irresistible they are.

Makes: about 5 dozen

Pastry dough

- 1/4 cup (24 g) old-fashioned rolled gluten-free oats
- 1/4 cup (37 g) raw sunflower seeds
- 4 tablespoons (56 g) unsalted butter
- 1/3 cup (69 g) sugar
- 1/4 teaspoon salt
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- 2 ounces white chocolate, melted
- 2 ounces bittersweet chocolate, melted



Coconut Mochi ©

• GLUTEN-FREE • DAIRY-FREE • NO NUTS

These Asian desserts made with sweet rice flour have the pillowy softness of marshmallows and a chewiness similar to salt water taffy. The baking technique here is much easier than the traditional stovetop method and yields a pound cake-like tenderness. The floral sweetness of rice flour pairs perfectly with coconut and turmeric, which lends a sunflower hue..

Tips: This makes a lot because it gets gobbled up quickly and it's easiest to dump a whole box of rice flour into a bowl rather than trying to measure the superfine powder. That being said, you can halve the quantities at left and bake in an 8-inch square or round cake pan for 1 hour..

Makes: 48

- 1 (1-pound; 453-g) box sweet rice flour, such as Mochiko (3 cups)
- 2 teaspoons baking powder
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon salt
- 4 large eggs, at room temperature
- 2 cups (416 g) sugar
- 2 (13.5-ounce; 382-g) cans unsweetened coconut milk (3 1/2 cups)
- 1/4 cup (56 g) grapeseed or other neutral oil
- 1 tablespoon pure vanilla extract
- 1/2 cup (50 g) unsweetened finely shredded coconut

1. Position a rack in the center of the oven and preheat to 350°F.
2. Whisk the sweet rice flour, baking powder, turmeric, and salt in a large bowl. Beat the eggs and sugar in another large bowl with an electric mixer on medium-high speed until pale yellow. Reduce the speed to medium and gradually pour in the coconut milk, then the oil and vanilla. Scrape down the bowl. Reduce the speed to low and gradually add the dry ingredients, beating just until incorporated. Scrape down the bowl, then beat on high speed for 30 seconds to make sure the batter is smooth. Pour the batter into an ungreased 9-by-13-inch baking pan. Sprinkle the coconut evenly on top.
3. Bake until the coconut on top is golden brown and the edges are just starting to pull away from the sides of the pan, about 1 1/2 hours.
4. Cool completely in the pan on a wire rack. Cut into sixths crosswise and eighths lengthwise to form 48 (1 1/2 inch) cubes.

Make ahead: These are best the day they're made, but they will keep at room temperature for up to 3 days.

1. Position a rack in the center of the oven and preheat to 350°F. Line a half sheet pan with a nonstick baking mat or parchment paper. If you have more pans and mats, prepare them too.
2. Pulse the oats and sunflower seeds in a food processor until the oats are finely chopped. Most of the seeds will be chopped too.
3. Melt the butter in a large saucepan over medium heat. Add the oat-seed mixture and cook, stirring, until the oats and seeds are a shade closer to golden, 1 to 2 minutes. Add the sugar and salt, stirring until the sugar almost dissolves. Remove from the heat and stir to cool slightly.
4. Stirring vigorously, add the egg to the pan. (Stir fast: You don't want the egg to scramble.) Stir in the vanilla. Using a 1/2-teaspoon measure, scoop 1/2-teaspoons of batter onto the prepared pan, spacing them 2 inches apart.
5. Bake until the batter spreads into flat, lacy golden-brown disks, 7 to 9 minutes. So that you can reuse the pans, as each batch comes out, carefully slide the baking mat with the cookies onto a wire rack, run the pan under cold water to cool quickly, and wipe it dry. Then transfer the cookies to the wire rack with a thin spatula to cool completely and place the mat back on the pan. Repeat with the remaining batter.
6. Drizzle the chocolates over the cookies. Let stand until set.

Make ahead: The batter will keep in the refrigerator for up to 1 week. The cookies will keep for up to 1 week if it's cool and dry. (They become sticky and soft in humid weather.)

For those suffering hearing loss, help and support is available

By Kylie Bradbury

Hearing loss is one of the fastest growing chronic conditions facing Canadians, and affects all age groups.

2013 Stats Canada numbers show that seven percent of people aged 19-39, 16 percent of people aged 40-59 and 47 percent of people aged 60-79 experience some form of hearing loss.

Hearing loss can be sudden or gradual and sometimes we may not know we are experiencing a hearing loss. There are many causes ranging from excess noise, illness, aging, genetic factors and pharmaceuticals.

Some signs of hearing loss include:

- Difficulty with conversa-

tions in noisy environments

- Being able to hear people's voices but not understand the words spoken
- Needing the TV louder than the rest of your family
- Trouble hearing from a distance or another room
- Trouble understanding women's and children's voices
- Experiencing dizziness, pain, ringing or buzzing in the ears – even if it goes away

If you are experiencing any or some of these symptoms, it is important to discuss this with your doctor to see if you need a hearing test.

On average, it can take up to seven years for someone to acknowledge and act on hearing loss. There are a variety of reasons that might impact why a person

may or may not acknowledge this, be it lack of awareness, feelings of embarrassment, shame, or denial. The latest research suggests that the longer a hearing loss goes unmanaged the harder it is to learn to manage the change.

An important factor is the change that happens in our brains. Brains are relatively 'plastic' and as our hearing decreases, important brain functions don't get exercised and we lose them. Use or lose it. The good news is we can retrain our brain.

Research has shown that those with untreated hearing loss are more likely to report depression, anxiety, and are less likely to participate in organized social

activities. However, hearing loss does not need to mean living less. There is support out there.

Mentoring programs are one type of support that can alleviate the social impact of hearing loss. People with shared experiences are matched together and work on building skills and strategies to help manage day to day challenges. This is commonly known as mentoring. Programs like these can make a positive impact, as it has been shown that participants experience significant improvement of quality of life. No one has to go it alone.

Peer-to-Hear at Deaf & Hear Alberta provides this support. They have pro-

grams where adults dealing with hearing loss are matched with someone who has walked a similar path and now wants to offer support.

Learning to manage hearing loss can be a challenging journey. Sometimes all it takes is some friendly support from someone who understands and has had similar experiences. Hearing loss does not need be a barrier to fully participating in one's community.

For more information about peer mentoring for those living with hearing loss, please contact Deaf & Hear Alberta at 403-284-6200 or info@deafandhearalberta.ca



Madeline's Decision

As the conversation on assisted suicide in Canada advances, one woman shares a personal account into her own family's ordeal

By Rita McGillvray

I was attending the first day of a six-week course covering the many aspects associated with the ending of one's own life, or assisted-suicide.

We met in a small meeting room in a church basement in downtown Calgary. Each person spent a couple of minutes introducing themselves, and explained why

they had chosen to attend the facilitated program about such a sensitive, perhaps even taboo topic.

As introductions made their way through the group, it came time for me to speak: I explained that my 93-year-old mother in law, Madeleine, had decided—just earlier that same day at her home in Switzerland, in fact—that she did not want to awaken from her afternoon nap.

We knew she was going to leave us that November day, because she had informed us so when we called to wish her a happy birthday a week

prior. Her intentions were clear-cut and specific: there were to be no family members present; she would be attended by her local pastor and an official authorized to administer the 'cocktail' that would end her life, it would be done in the comfort of her own bed, in the home she had lived in since 1945.

After hearing of her plan, I sought desperately for a way to organize the thoughts and feelings that were crashing around inside my head like logs tumbling chaotically over one another. Somehow I needed help pulling these thoughts out of the jumble, one by one, and make sense out of the senseless.

My Catholic pro-life upbringing lurched to the foreground. God's will be done, the courage and valour in suffering, the sanctity of life right to the final moment, together with my own personal idea of what constitutes a good death (one surrounded by the

caressing hands and voices of loved ones) kept colliding with other ideas and points of view about the reasons for and against assisted suicide.

Madeleine was not 'terminally ill.' Although she had onset Parkinson's disease, she was not in any real physical pain; she did not have dementia. She still lived in the family home, and could walk to the village to attend church or do some shopping.

So why couldn't we get her into the assisted living facility in the next village? The one she dutifully visited every week by bus where her brother, her sister in law, and finally her husband lived out their final years?

Surely her physician might have recognized depression and prescribed a 'miracle drug' to restore her spirits. How could she do this to her family? Why would someone in relatively good health for their age want to die? I had so many questions.

She chose to leave because she was free to do so and that is what she wanted.

Assisted suicide has long been legal in Switzerland. After making an application, paying the requisite fees, and undergoing a requisite psychiatric evaluation process, the path is cleared for an individual to shuffle off their mortal coil.

Madeleine had lived too long already, she had said. Her father was gone, her life-long friends had died, and she felt she no longer had any reason to live, and felt increasingly frail and at risk for a stroke, or debilitating fall, or some other calamity.

She was one small step away from losing the legal ability to control her own destiny, and that mortified her.

She had been contemplating taking matters into her own hands as she continued to recognize more birthdays, and finally, she decided she would end her life when we made our annual trip home that summer.

We were advised by telephone to plan on attending her funeral during our vacation, and that she wanted us to continue with a planned river cruise and that the service would be held upon our return from the ship.

This put a cloud over the excitement of the European holiday, I can tell you. We placed our formal funereal clothing deep into the bottom of our suitcase, as though if we hid it deep enough we might not need it. Then my husband and I made a vow that we would talk her out of this when we arrived.

That is exactly what happened.

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We seized on a hint of indecision and exacted a promise from her that she would take more time to think this through and hold off, perhaps wait to see how her life would unfold on its own.

We went about our lives, enjoyed visiting Switzerland, visiting with Madeleine and the family; we cruised the Danube River, and after having our last cup of coffee and ritual farewell hug from mom, we returned to Calgary.

Within days of returning home we called her to wish her a happy birthday and she informed us of her decision to

die the following Monday.

In accordance with her wishes she didn't have anyone but her pastor and an authorized official present as she died, but unbeknownst to her, what she thought would happen with typical Swiss discretion, immediately became very public. The coroner, police, and other town officials were all required to present themselves to the scene, file reports, and family members were summoned as witnesses to identify their mother's body; the circumstances of her death needed to be duly documented.

In the 10 months that have

since passed, I have thought about Madeleine's death often. While I wished for a different outcome, I admit that it would have been an outcome that fit my view, not hers. But I understand that she was increasingly worried about losing control over her own failing body and life, and that she wanted to leave the world on her own terms.

In hindsight, I feel regret that we didn't have the courage during our vacation to openly support her plans, with our minds and hearts open. I'm sad that we didn't try to convince her to let us be with her and to hold her as she made her final journey. I

feel empathy for my sisters in law who lived daily with the on-again, off-again uncertainty of their mother's plans for over a year.

Whose interests would have been served by willing her to live on, and perhaps celebrate her centennial birthday? What were we willing to change in our own lives, in order to have her feel excited to wake up each day? What benevolent God will turn his back on one of his flock who has become too tired to wait any longer for eternal rest?

While the debate for Canada's right to die legislation builds steam, I hope we

can also give voice to ideas about how to work harder to promote programs that make palliative care fully accessible to all who need it, and how we can be innovative in keeping the elderly meaningfully engaged and sharing in our communities.

I think that Madeleine displayed a tremendous amount of courage in carrying out her intentions, but I also believe it takes courage and open minds on everyone's part to embrace the challenges that ends of life issues bear, not just to the people involved, but to all of us.

It's a conversation our society needs to keep having. □

How to knock out invasive species from your yard

Invasive plant species can be devastating, havoc-wreaking terrors to plants, biodiversity, wetlands, and farmers' fields.

Invasive species are more than a nuisance to gardeners and farmers — they can crowd out the surrounding native vegetation, wipe out important natural habitat areas, and choke out wildlife. The plants compete with native flowers and crops for sunlight, moisture and nutrients.

According to the Canadian Food Inspection Agency, invasive plants in crops and pastures cost an estimated

\$2.2 billion each year. This is because they contribute to reducing crop yields and quality, while increasing costs of weed control and harvesting.

Japanese knotweed looks innocent and resembles flowering bamboo. The plant was brought from Japan to Europe in the 1800s and was well loved for its ability to take root easily and grow anywhere. Now, that's one of the most challenging things about it. Though it was once favoured for its lush leaves and pretty, white flowers, knotweed is an invasive species you do not

want growing in your garden.

Japanese knotweed spreads rapidly through its roots. The plant's long root rhizomes help it resist removal by digging or mowing. The hardy, seemingly indestructible plant can grow to heights of five metres or more, and its roots can extend three metres deep and 20 metres across. It can grow through concrete, house foundations and roads. It's able to cause destruction wherever it goes, ruining infrastructure, properties and farmers' fields.

Because of these concerns, it's imperative to eradicate invasive species immediately. Cutting the plant without using an herbicide may do little more than stimulate the growth of the plant and damage the

surrounding ecosystem.

Herbicides are the best way to tackle invasive species. Unlike other removal methods, herbicides get to the root of the problem, literally, effectively killing the entire plant.

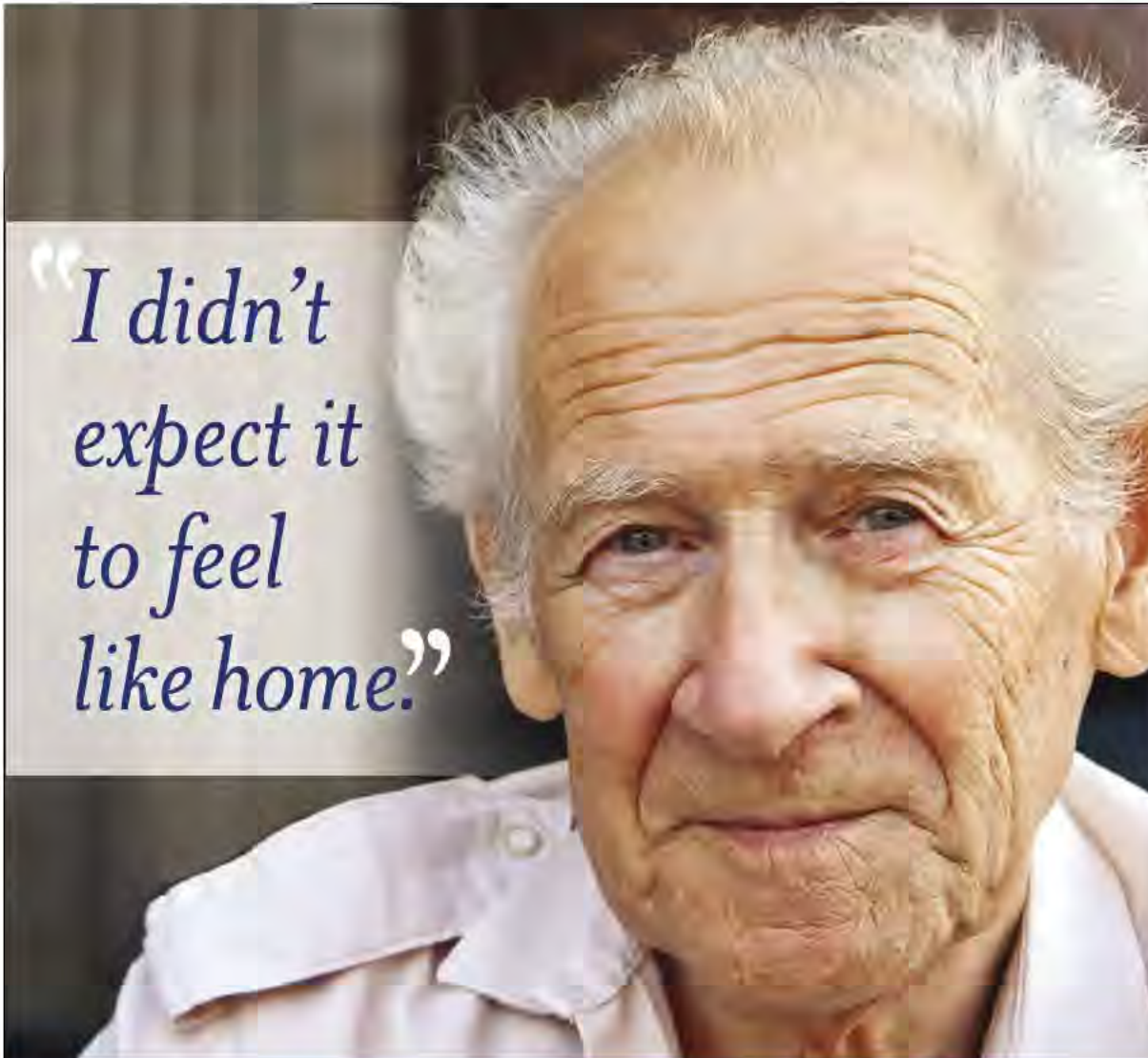
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Life Carved in Stone: Travels in the Iberian borderlands

Story and photos by Jerry Cvach

Page design and layout by Winifred Ribeiro



Saint Cirq Lapopie is a UNESCO World Heritage Site.

I arrived in Toulouse, France by way of Porto, Portugal where I had spent a week vacationing on the border with Spain. I had come to visit Santiago de Compostela, the famous terminus of the pilgrimage route known as the “Camino de Santiago.” Neither spiritual, penitent or

religious, I was simply curious. My curiosity now satisfied, I was looking forward to three weeks in France’s Midi-Pyrénées region, also bordering Spain—a land of wine, walnuts, sunflowers, tobacco-growing and tourists. I was attracted by the old European adage that the British

are expert in finding beautiful, unspoiled places. Though somewhat simplistic—with the increase in tourism in recent decades, much has changed—the saying still rings true. Two major valley systems in the region’s northern hills have been carved out by the

Dordogne and Lot rivers and their tributaries. Both rivers traverse limestone karsts, and the landscape is spectacular. Owing to the temperate climate, fertile soil, plenty of caves providing shelter and, as it turns out, opportunities for stone paintings, it was populated as far back as the Stone Age.

I didn’t travel alone. My wife and I stayed in “gites,” apartments rented out by the week, similar to “ferienwohnungen” in Germany or apartments in Italy. As long as one has a car to reach them in what are often remote locations, these are the most economical way to travel. One can cook one’s own meals, attractive even in France. Sadly the days of the old chef preparing delicious dinners on a wood stove for 20 French francs are long gone.

Payrac lies in the heart of the limestone and, it turned out, also foie gras country. We rented a gite from Madame Maryse, who was the most perfect landlord. Her gite is a converted barn, but with all the modern amenities, located on the same property that at one time was a small farm on the edge of town. Old even by French standards, the house was already old when her forbearers bought it around the time of the French revolution. The huge walk-in fireplace is still used. Sitting on the benches inside was one of the pleasures of medieval living, akin to having a bonfire indoors. The big water tank, carved from solid rock, was once filled by a servant from the nearby well every morning. Having servants no more, Madame Maryse is glad for indoor plumbing!

In the Middle Ages, the area’s high cliffs offered opportunities for building fortified castles and cities that guarded the trade routes and Camino de Santiago pilgrimage trails. Yes, the same Camino I had just left for good in Spain! I should have known how enduring was this millennia-old tradition and therefore not been surprised that 1,200 km to the east I would be back in the legend of St. James, the martyred apostle of Christ, all over again.

In the deep south of France one runs into the Camino at every turn. Its many trails are spread over a huge area because the pilgrimage doesn’t have one starting point; it starts “at your front door.” Camino trail maps resemble a big river basin with a multitude of little creeks merging and forming bigger ones, then rivers, eventually becoming a mighty river, the main trail, which crosses the Pyrenees into Spain. You know you’re at one of its branches when you begin to see hikers with walking staffs, scallop shells hanging from their backpacks. The shell denotes that one is a pilgrim.



Upcountry’s broad expanse of rolling pastures and fertile farmlands with Haleakala Crater road.



Reignac kitchen.

The shell symbol is everywhere, on posts and embedded in the pavement, guiding pilgrims along the way. Its origin is part of James’s legend. Disciples shipped his body from Jerusalem to the Iberian Peninsula, where he had preached the gospel, in order for him to be buried in the place now known as Santiago. Off the coast of Spain, a heavy storm hit the ship, and the body was lost to the ocean. After some time, however, it washed ashore undamaged, covered in scallops.

The Way of St. James trek was originally strictly religious, but has become much commercialized in recent years. You are much more likely to meet the pilgrims in a bar, coffee shop or Carrefour food market than in the church. Walking the pilgrimage trail is a growing fad and a big tourist business. The hostels and chambres d’hôtes are not shy to invoke its name for advertising, and well into September I saw many of these even as the season was coming to an end. The wealth created provides for the maintenance of otherwise dying towns. Stops are many and they are still the old pilgrimage gathering stations and their cathedrals. The towns in a 100-km radius around Payrac can be divided into two categories, the famous and the unknown. Both are equally nice.

Towns like Sarlat, Domme, Estaing and villages Cabrerets, Carennac, Laubressac, Pujols and others are beautiful, but La Roque Gageac and St. Cirq Lapopie are must see. In many places the houses are clinging to the rock faces reminding one of swallows’ nests. Inhabitants’ living quarters are caves behind



Fortified bridge over River Lot in Cahors.

facades like the fortress Reignac or are simply hewn out of the rock, as in Cabrerets or Rocamadour.

Castles are many and they range from ruined to still lived in, small to large and ostentatious. And the bridges! They are invariably ridiculously old and still in use. Some are long with multiple bays, others just high arches defying gravity. Notable bridges are in Cahors, Villeneuve and Albi, but there is one by every town of decent size that straddles the river.

An altogether different attraction are the limestone caves with incredibly rich stalactite and stalagmite displays. There are many in the region. Gouffre de Padirac boasts an underground river—with boats! Grottes de Cougnac and Pech Merle are known for prehistoric wall paintings. Sadly the very best and most ancient caves in France are closed to the public as apparently we the people emanate destructive heat and vapours. Still, what is open to the public is impressive enough.

In the centre of Midi-Pyrénées the lively rivers slow down on their way to Garrone and the country is flat. Lacking stone, these cities, their castles, cathedrals and bridges were built in the thirteenth to fifteenth centuries from bare brick, completely changing their appearance from brooding grey to gay pink. These enormous medieval edifices are matched in scale only in Italy’s wide Po River valley.

The cathedral in Albi was begun in 1282 and completed two hundred years later. It is the largest pile of bricks I have ever seen and resembles a fort rather than a church—not truly beautiful, but certainly impressive. But the best of Albi is the Musée Toulouse-Lautrec, a celebration of its native son, containing an extraordinary collection of his paintings, lithographs and posters.

St. Sernin Cathedral in Toulouse, on a more human scale, is still a brick building of enormous size with a five-aisled nave and three-aisled transepts. A magnificent pilgrimage church on one of the roads to Santiago, it is one of the finest of all Romanesque churches.

For our third week my wife and I stayed by Auch because of its proximity to the Pyrenees and the Atlantic coast at Aquitaine, a long day trip. One day doesn’t do it justice, but we managed to visit the spa city of Biarritz, the world famous playground of the rich. Biarritz is a turn of the century Victorian era seaside resort like



Pleasure craft port in Biarritz, on Atlantic coast.



Medieval fortified residence Reignac.

Brighton in England or Monte Carlo, but with a colder sea.

Not being super-rich we enjoyed St-John de Luz much better. This former fishing and commercial port lies so far down south that if you make a wrong turn you are in Spain. Bypassed by the huge container ships it is no longer a large port, but so much the better for visitors for it has retained its character. You are now in French Basque country, berets and all. Basques on this side of the border have no violent history; on the contrary, they’re very friendly. Espellete, a few kilometers inland, is the home of red peppers, as evidenced by strings of them hanging and drying on the facades of the town buildings.

In the Pyrenees the building material of choice is stone again, but not quarried in big blocks, just collected—surface stones, flat and irregular. This gives the countryside a different look again. Many buildings in the high mountains are piled rocks with no evidence of mortar between them. One wonders how they stay together. Gravity, I guess. The Pyrenees are most famous for skiing, hiking and the Tour de France. The mountains are high, but not as rocky as the Alps. On the French side the grass runs all the way up to the ridges, even the mountain tops, and is inhabited by cows, a few farmers and their 4WDs. Winding, steep and dangerous roads are perfect for torturing cyclists, and the Tour de France’s winners are usually decided on the cols just south-east of Lourdes, most commonly the Col de Tourmalet.

I have to admit that I hesitated going to France

because of all the terrorist attacks in recent months. But here in the Midi-Pyrénées, there was no evidence of any of that. Life goes on, simple and tranquil, in unlocked houses and behind open gates.

On the first morning in Payrac, as I always do when in Europe, I went to the baker across the street. I apologized for my limited French, and the

clerk replied in a perfect English that left me open mouthed. “Where did you learn English so well?” I asked. “In the U.K. where I was born and raised,” she replied. There is a lot to be said for globalization sometimes.

By the way, this bakery makes the best bread I ever tasted. It’s the one next to the bus stop on the main street. □



Castle yard in Albi. The city is the birthday place of the painter Toulouse Lautrec



River excursions are very popular by La Roque Gagnac.



Sculpture commemorating the Tour de France in the Pyrenees.

Book Review



Do Not Say We Have Nothing

By Madeleine Thien
2016
Hardcover US \$35.00
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eBook \$14.99
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Winner of the 2016 Scotiabank Giller Prize and the Governor General's Literary Award for Fiction, shortlisted for the Man Booker Prize, and longlisted for the 2017 Andrew Carnegie Medal for Excellence in Fiction, this extraordinary novel tells the story of three musicians in China before, during and after the Tiananmen Square protests of 1989.

Madeleine Thien's new novel is breathtaking in scope and ambition even as it is hauntingly intimate. With the ease and skill of a master storyteller, Thien takes us inside an extended family in China, showing us the lives of two successive generations—those who lived through Mao's Cultural Revolution in the mid-twentieth century; and the

children of the survivors, who became the students protesting in Tiananmen Square in 1989, in one of the most important political moments of the past century. With exquisite writing sharpened by a surprising vein of wit and sly humour, Thien has crafted unforgettable characters who are by turns flinty and headstrong, dreamy and tender, foolish and wise.

At the centre of this epic tale, as capacious and mysterious as life itself, are enigmatic Sparrow, a genius composer who wishes desperately to create music yet can find truth only in silence; his mother and aunt, Big Mother Knife and Swirl, survivors with captivating singing voices and an unbreakable bond; Sparrow's ethereal cousin

Zhuli, daughter of Swirl and storyteller Wen the Dreamer, who as a child witnesses the denunciation of her parents and as a young woman becomes the target of denunciations herself; and headstrong, talented Kai, best friend of Sparrow and Zhuli, and a determinedly successful musician who is a virtuoso at masking his true self until the day he can hide no longer. Here, too, is Kai's daughter, the ever-questioning mathematician Marie, who pieces together the tale of her fractured family in present-day Vancouver, seeking a fragile meaning in the layers of their collective story.

With maturity and sophistication, humour and beauty, a huge heart and impressive under-

standing, Thien has crafted a novel that is at once beautifully intimate and grandly political, rooted in the details of daily life inside China, yet transcendent in its universality.

"*Madeleine Thien's Do Not Say We Have Nothing* is an elegant, nuanced and perfectly realized novel that, fugue-like, presents the lives of individuals, collectives, and generations caught in the complexities of history. Tracing the intertwined lives of two families, moving from Revolutionary China to Canada, this ambitious work explores the persistence of past and the power of art, raising meaningful questions for our times."

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Working through chronic disease

At 50 years of age, Blake Bell was diagnosed with Parkinson's disease. At first he reacted like many — experiencing denial and withdrawal. He also suffered from depression, a common symptom of the degenerative brain disease.

That was a decade ago.

Over the last 10 years he has rebuilt his life living with Parkinson's. Bell started a construction estimating company and went back to work part-time. He also revived his social life. Bell even began exercising, taking up boxing with others. He says it helps to

relieve his symptoms and provides him with peer support. He also has speech therapy sessions.

"I can hardly hold a screwdriver now, where before I used to swing a hammer like it was nothing," Bell says of the impact of Parkinson's on his life. "It's hard to multi-task; your brain doesn't work that way anymore."

Fearing the stigma of the disease, Bell had a hard time explaining to people why he was shaking, or why he might be slower and unable to do the things he used to do so easily. It took years before he decided to share his diagnosis widely with others.

"It's something that's very personal, sharing that information," Bell says. But two years ago, he decided to let everyone know. "It's hard to explain, I just knew it was time — it felt right."

Bell posted his news on Facebook in 2015 and was joined by 25 friends to support him in Parkinson SuperWalk, the largest annual fundraiser for Parkinson Canada. He attributes part of his healing to the walk.

In 2016, Bell became the event's first "National Hero." He cried when he read some of his nomination letters.

"You don't realize the impact you can have, just by being yourself," he says.

Until there is a cure, he asks for understanding from everyone, for anyone dealing with a chronic disease or disability.

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Parliament debating legislation to curb genetic discrimination

While genome analysis can alter the very practice of medicine, there is a fear it can be used to discriminate on the ground of genetic characteristics

By Paul Boucher and Juliet Guichon

Doctors are frequently demoralized when they believe their patient has a treatable disease or condition but the patient won't take the diagnostic test.

For example, patients suspected of being HIV positive have refused the diagnostic blood test because they feared being discriminated against.

In the much broader context of genetics, this problem arises daily as people refuse genetic tests because

of fear of discrimination. In Canada, an insurance company, an employer or someone else can demand to see your genetic test results and then use that information against you. No federal or provincial law exists to prevent that.

All other G7 countries have enacted protection against genetic discrimination: France in 2002, Italy in 2004, the United States in 2008, Germany in 2009, the United Kingdom in 2010 and Japan in 2015.

Canada's proposed legislation will come before Parliament again this week. Bill S-201, The Genetic Non-Discrimination Act, would make it an offence to require people to undergo a genetic test or to disclose the results of a genetic test as a condition of providing

goods or services, or entering into a contract.

The bill would also amend the Canada Labour Code to protect employees in federally-regulated workplaces from being forced to have or to disclose genetic testing. And it would amend the Canadian Human Rights Act to prohibit discrimination on the ground of genetic characteristics.

Canadians should encourage members of Parliament to vote in favour of the bill.

This legislation promises to remove the major barriers to genetic testing at a time when the field is experiencing rapid growth. In 2003, approximately 100 genetic tests were available to identify particular diseases. When Bill S-201 was first proposed in April 2013, there were 2,000 tests, last

year there were 32,600 and today there are 49,064.

Such growth will sharply reduce the costs of medical care. Genome analysis has moved from research to clinical care. Its presence has begun to permit treatment and drugs to be tailored to individuals. And it is now possible to screen people to prevent disease. Genetics now has the potential to alter the very practice of medicine.

The insurance industry claims that the bill is not within the power of the federal government because it attempts to regulate industry.

Quebec, Manitoba and British Columbia all argue that the bill relates to matters within provincial jurisdiction.

But concerns that the bill might be unconstitutional have been addressed by three

experts called by the Commons justice committee, including Peter Hogg, a leading constitutional expert.

Hogg told the committee that the bill falls within the federal government's criminal law power because it has the necessary elements: a prohibition, a penalty and a criminal purpose, which is to prohibit and prevent what Parliament regards as the evil of genetic discrimination.

Hogg noted that a federal law to prohibit genetic discrimination offers the distinct advantage of a nationwide rule. Although no province or territory believes in genetic discrimination, each has its own legislative priorities and has not acted on the issue, and might not have plans to do so.

The objections of the insurance industry and of some provinces are important but not determinative. Just as when other forms of discrimination became illegal, industries and employers will adjust. If some provinces seek to challenge the legislation in court, then the federal government can meet them there.

This is a defining moment for this government. By helping people to access genetic testing, the government will advance diagnosis, treatment and prevention, and make Canada a hospitable environment for genomic research. Genomic medicine will prove at least as great an advance as the discovery of vaccines and antibiotics.

The Genetic Non-Discrimination Act will herald a new era of medical research and practice in Canada.

Paul Boucher is a critical care physician and Juliet Guichon is a legal scholar. They teach in the Cumming School of Medicine, University of Calgary. □

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* some conditions may apply at certain locations.

Correction notice:

On page 5 of March's Kerby News, the photo and caption attached to Kathleen Burke's Giving Back to the Community story were both incorrect. We apologize for the error and any confusion.

Kerby Centre's Activities, Programs, & Services

Dates to Remember Kerby Centre

MAPLE LEAF QUEST :
Chinook MallTuesday, April 11
KERBY CENTRE CLOSED :
Good FridayFriday, April 14
MONTHLY MOVIE :
BanditsFriday, April 28

FREE HEALTH PRESENTATIONS

Elder Abuse

Are you or someone you know being affected by elder abuse?

Monday April 17, 10:00 am to 11:30 am

Room 205 Free. No registration required.

Mental Health Week Seminar

Cognitive & neuro-psychiatric screening for early dementia detection

Monday May 1, 10:00 am to 11:30 am

Room 205 Free. No registration required.

Shop at Kerby Centre

Wise Owl Boutique
(Rm 214)
Mon-Fri
10am - 3pm

Next-to-New
(Rm 203)
Mon-Fri
10am - 2:30pm

Nordic Walking Poles
Visit Education and
Recreation to learn
more!

Woodshop
(Rm 102)
Mon-Fri
9am - 12pm &
1 - 3pm

Fit Room (Rm 108)

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

Do not dwell in the past,
do not dream of the future,
concentrate the mind
on the present moment.

Buddha

Next to New BOGO Sale!

Tuesday, April 18th
10am – 2:30pm
Everything in the store is buy one get one free
(of equal or lesser value)

Craft Group Items For Sale!

Come see the awesome assortment of homemade
crocheted/knitted items the Craft Group has for sale.

All proceeds go to the Kerby Centre.

Wednesdays 9 am-12 pm– Room 311

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

Monday	Tuesday	Wednesday	Thursday	Friday
Musical Recorders Group (Rm 313) 1 - 2:30pm Cribbage (Rm 307) 1 - 3:30pm Writing Group (Rm 301) 1:30 - 3:30pm Pickleball (Gym) 3:30 - 5pm Mahjong (Rm 307) 10:30am - 12:30pm Cost: \$2.00 Knitting for a Cause— 2nd and 4th Mondays only (Dining Rm) 10am - 12pm Cost: Free	Adult Colouring Book Tues- days (Rm 307) 1 - 3pm Cost: \$2.00 Options 45 - Employment Workshops (Lounge) 1:30 - 3pm Cost: \$2.00	Bridge (Rm 307) 1 - 3pm Dance (Lecture Rm 205) 1 - 3pm Cost: \$2.00 General Craft Group - (Rm 311) 9am-12pm Cost: Free	Artist Group (Rm 313) 10am - 3pm Cost \$1.50 half day Bingo (Rm 205) 11am - 3pm Pickleball (Gym) 3:30 - 5pm Cost: \$2.00 Kerby Tour (Dining Room) 10:30 - 11:30am	Spanish Conversation Group (Rm 311) 10am - 12pm Badminton & Ping Pong (Gym) 10:30am - 1pm Cost:\$2.00 Krazy Karvers Woodcarving Club (Woodshop Rm 102) 10am - 3pm Cost: \$1.25 per hour

Dates to Remember K2-East Village

Spring 'Scooter' Maintenance and Tune-up Event

Two Technicians on-site providing free tune-ups & minor repairs to all makes of Walkers, Electric Scooters, Manual & Power Wheelchairs.....Thurs Apr 27, 10:00-12:00pm

Frog RacingTues Apr 4,11,18,25 10:00-11:30am

Nia Dance FitnessWed Apr 5, 1:30-3:30pm

Drops of Peace (Meditation).....Thurs Apr 6, 10:30-11:30am

Calligraphy for Fun Workshop.....Mon Apr 10, 1:00-3:00pm

Mindful MondayMon Apr 17, 1:30-3:30pm

Homecare presentation with Chow & Chatter.....Wed Apr 19, 12:00-1:30pm

Develop Your IntuitionMon Apr 24, 1:30-3:30pm

Play with Clay Workshop.....Wed Apr 26, 1:30-3:30pm

Kerby 2 St. Andrews

1-10601 Southport Road SW

403-705-3233

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



Kerby Centre

For information on our monthly calendar events
please contact K2– East Village at 403-470-6300
or email at geoffl@kerbycentre.com

Happy Easter!





Canada can build its economy without outside help

By Joe Batty

Over the past few weeks, both Alberta Premier Rachel Notley and Canadian Prime Minister Justin Trudeau have travelled to the United States to drum up interest in the energy industry and promote investment in the Canada.

Conventional wisdom says Wall Street (and, to a lesser degree, Bay Street) controls all the investment capital in North America. The premier and prime minister are simply following standard protocol: if you want money, go where the money is.

What's wrong with this picture?

For starters, it's humiliating. Notley stands cap in hand in a room full of titans of the oil industry. She sings Alberta's praises for frontier investment. She points out some facts to show that money invested in Alberta is relatively safe and will provide investors with substantial returns.

In fact, there's plenty of money in Alberta that could and should be used to develop the province. Alberta's public sector institutions and Albertans' savings accounts and RRSPs/TFSAs hold massive amounts of money for investment.

Consider that between AIMCo. (Alberta Investment Management Corp.), ATRF (Alberta Teachers' Retirement Fund), the City of Edmonton Legacy Fund and Albertans' TFSA and RRSP accounts alone, there's about a quarter of a trillion dollars. Yet almost all these savings circulate through Toronto and/or New York to be invested around the world. Virtually none of this money is invested in or directed to the Alberta economy.

On the federal side, the numbers are even greater. In funds such as the Canada

Pension Plan, the federal government pension plans, and Canadian TSFA and RRSP savings, over \$1.5 trillion of investment capital languishes in low-return investment accounts.

Why are Canadian politicians going to the United States to raise investment capital when Canadians have plenty of savings?

Clearly, we Canadians need to get our heads out of the sand. If there are investment opportunities in Canada and Alberta, surely the first people who should get the right to invest in them should be Canadians and Albertans.

To do that, we need to rid ourselves of some outdated thinking. Canadians (and particularly politicians) have accepted an unsustainable status quo when it comes to finance. We seem to think people from afar should be in charge of our capital and that they're more able to recognize a good investment strategy than we can.

Surely after 150 years Canadians have enough

firepower and experience to control our own destiny.

But maybe Canadians need to be reminded of the social responsibility of money. Consider these words from Saker Nusseibeh, a member of the prestigious 300 Club and CEO of Hermes Investment Corporation of London:

"I would like to suggest that the reason we 'invest' our savings goes beyond the simple quest for the accumulation of wealth. If we accept this assertion, then we arrive at two main reasons as to 'why' we invest. The first is the straightforward accumulation of wealth, by trying to plug into economic growth. But the second, and I would suggest equally important reason, has to do with the shaping of our social economy."

What's missing today is the self-confidence of Canadians to take charge of their own destiny, and the infrastructure to direct Canadian's savings to appropriate investments in Canada. □

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Iceland & Greenland

June 14-June 24, 2017 (11 days)
From \$9835. Including air (plus taxes)
Includes most breakfast-and dinners

BC Hot Springs & Nelson Stay Awhile

April 23 (7 days)
From Dbl. pp \$1028, Sgl \$1417
Features 4 nights in Nelson

New York City tour

May 1, Jun 15 departures (5 days)
From Dbl. pp.\$2579.00 (Land price only)
Includes 3 breakfasts, 2 dinners, 2 Broadway shows
Stay at Sheraton New York Times Square or Grand Hyatt New York

Ireland Rural & Cultural Tour

June 10, June 20, 2017 departures (13 days)
From Dbl. pp.\$3419.00 (Land price only)
Includes 12 breakfasts, 4 dinners, city and farm visits

Newfoundland and Labrador tour

June 23 to Jul 5, 2017 (13 days)
From Dbl. pp \$3573 (Land price only)
Includes accommodations, tours and meals

Alaska and the Yukon Full Circle

21 days (deluxe motor-coach tour)
June 6, July 18 or Aug. 29/2017
From \$6745. Plus GST.
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- Don't see the tour you want? Please call us. Remember! When you book with us, you help yourself and Kerby.



SAIT Highwood Restaurant and Tour

Wednesday, April 19, 2017.
Members \$45.00
Non-Members \$50.00
Cut Off Date:
March 29, 2017

Black Diamond Discovery

May 31, 2017.
Members \$24.00
Non-Members \$29.00
Cut Off Date:
May 17, 2017

Trips are subject to change. Please book early. Trips will be cancelled if the minimum number of people are not booked by the cut-off date.

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BONNERS FERRY May 28-31 \$344.00 pp/dbl - Inn, \$314.00 pp/dbl - Lodge	CRANBROOK ST. EUGENE May 28-31 \$359.00 pp/dbl
WENDOVER Nevada Sept 10-15 \$425.00 pp/dbl	CAMROSE RESORT & CASINO June 11-13 \$229.00 pp/dbl
COEUR D' ALENE Casino & Resort Oct 20-23 \$325.00 pp/dbl, 2 Days Shopping Dec 5-8 \$315.00 pp/dbl, 1 day shopping	

Day Trips: Stoney Nakoda, Rosebud Theater - Apr 5, Sept 29, Nov 28
Passion Play-July 23, Great Canadian Barn Dance-June 30 Call for More
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<p>POLSON, MT – FLATHEAD LAKE CASINO TOUR 4 Days – Departs April 18, 2017 - \$349 Polson, MT KwaTaqNuk Resort & Casino Day Trip to Gray Wolf Peak Casino</p>	<p>HISTORIC DEADWOOD 7 Days – Departs Sept 2, 2017 - \$719.00 Great Falls and Mineral Palace Deadwood Breakfast Buffet included in Deadwood Mount Rushmore and Crazy Horse Memorial</p>
<p>WATERTON NATIONAL PARK 4 Days – Departs May 24, 2017 - \$629.00 3 Nights at Bayshore Inn Frank Slide, Bar U Ranch, Lundbreck Falls, Boat Cruise, Red Rock Canyon, Remington Carriage Museum....</p>	<p>KOOTENAY – OKANAGAN TOUR 6 Days – Departs Sept 17, 2017 - \$859.00 3 Hot Breakfasts and Steak BBQ Dinner Radium, Rossland, Vernon, Three Valley Gap Hot Springs, Okanagon Boat Cruise, Winery Tasting, Orchard Tour and much more....</p>
<p>ROCKY MOUNTAIN TOUR 4 Days – Departs May 29, 2017 - \$569.00 1 night Banff, 2 nights Jasper, 3 Hot Breakfasts Sunwapta/Athabasca Falls, Maligne Lake Cruise and Miette Hot Springs</p>	<p>HISTORICAL CITIES TOUR (Quebec City, Montreal, and Ottawa) 8 days – Departs Sept 19, 2017 - \$2999.000 Return air flights from Edmonton/Calgary 7 nights Superior Accommodations, 7 Breakfasts, 3 Suppers, Guided City Tours, Boat Cruise, Parliament tour, Notre-Dame Basilica and so much more.....</p>
<p>Toll Free : 1-866-460-0777 www.promotiontours.ca</p>	
<p>Full Trip Details can be found in our 2017 Brochure and Website</p>	

Kerby Centre's East Coast Celebration!

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Let's celebrate Canada's east coast!

Members: \$15.00
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Tuesday, May 16th, 2017
11:00 am–2:00 pm
Kerby Centre Gym
1133 7th Ave SW, Calgary

Tickets available in the Education and Recreation Department
(403) 705- 3233

Also available online:
www.kerbycentre.com

Kerby Centre



Life and liberty
by liberty forrest

I was talking with someone recently. Like so many others, her life is in turmoil. She knows things have to change but she's having trouble identifying just what she wants. She knows change is coming, whether or not she wants it, whether or not she likes it. In a way, this gives her some measure of peace because she wants out of this nightmare as soon as possible.

But without knowing what's on the other side of it, she's reluctant to take steps to get there, even though "here" is not a very happy place to be.

As I've told her, the only constant in life is change. Wherever "there" is, that's where she'll be at some point – because time keeps rolling along, whether or not we wish it would just stand still for a while.

I asked if she knows what she wants. She said she didn't

The only constant is change – whether we like (or want) it or not

know how to verbalize it. All she could tell me was what she doesn't want. But of course, focusing on what she doesn't want makes it all the more likely that that's exactly what she'll get.

After all, worry is simply a prayer for the negative.

She wasn't able to be specific about just how she wants things to turn out. The only thing she knows for sure is how she wants to feel. So I told her to focus on that. Just connect with that feeling, and tune into it as many times a day as she wants and in time, the other bits will fall into place.

She doesn't have a lot of control over the external parts of her life right now, but she has loads of control over her inner world. So I gave her some homework that will help her connect with it and begin to make some necessary – and very empowering – changes.

She has to stop worrying about all the "what ifs" and "what abouts" for her future, and focus on two things: One, the present moment, and only the present moment, and two, how she wants to feel because that's the only thing she can control. The future is a huge unknown for all of us.

But somehow, when we have a plan, we forget the fact

that the Universe could wipe it out by delivering one swift blow, leaving us just as vulnerable and bewildered as my friend has been of late.

What keeps us from being knocked off balance in our difficulties is the knowledge that we're okay, no matter what. When we have a firm belief in ourselves, when we trust that we will handle whatever comes our way, and when we know we're making the best decisions possible for ourselves, it helps to keep us on an even keel when things go awry. There is always more strength and a deeper sense of control than we know we've got until we're pushed to acknowledge it.

And when we do that, it's the spirit inside each of us that drives us forward, encouraging us to find happiness and joy, to do what is right and best for us, whether or not we want to make certain changes. That little spirit will tell you very quickly if you're doing a good thing or not. And if you are, well done! If you're not, ask yourself why. Ask yourself if it's really better to live with unhappiness and discontent than to do what you know to be right, and give yourself the opportunity to have a better life.

We've always got choices to make. We couldn't choose things that happened to us when we were young or before we were aware that we had it right. But you know it now.

Embrace changes that you know to be in your best

interests. You don't have to like them. But if you know they are right, then you must welcome them into your life, whatever else you might feel about them.

And in the meantime, please know that you're not alone. □

OBAD
The Organization for Bipolar Affective Disorder

MENTAL HEALTH WEEK SEMINAR

Monday, May 1, 2017
10:00 - 11:30 am

Cognitive & Neuropsychiatric Screening for Early Dementia Detection

Introduction: **Kaj Korvela**
Executive Director of Organization for Bipolar Affective Disorders

Keynote Speaker: **Dr. Ismail MD FRCP**
Associate Professor of Psychiatry & Neurology
Hotchkiss Brain Institute, University of Calgary

Co-presented by Kerby Centre and OBAD

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Happy Living begins with a seamless transition into one of the many well-equipped facilities located throughout the region. Designed with different needs and lifestyles in mind, each facility offers slightly different options but they all have one detail in common – the residents know their happiness is what matters most.

Happy Living in Retirement Concepts' independent living facilities means residents are in control of how they manage their schedules, and that they can maintain the same calendars they had when living in their former homes.

Retirement Concepts knows Happy Living must be a part of any lifestyle whether it's assisted living or one that involves complex care, that is why our residents and their families are involved in decisions every step of the way.

Studies have shown seniors enter their golden years with priorities decided and a happy social agenda in place. At Retirement Concepts, residents and their families are encouraged to tell us what's important to them. We know that our resident-focused philosophy is what makes for Happy Living.

When it's a happy home, it's Happy Living. Come find your happiness at Retirement Concepts.



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• A Retirement Concepts Community

• A Retirement Concepts Community

●●● Community Events ●●●

Social Dance Club Calgary

In April there will be two dances at Social Dance Club Calgary, located at Southview Community Hall, 2020 33 Street SE. On April 8 the band will be Lindberg Express, and on April 22 the music will be provided by Joel Spire. Doors open at 7:00 p.m., the dance is from 8:00 p.m. to 11:30 p.m., singles and couples are welcome. Cost for members \$12, guests \$14, snack included. In case of changes please phone Sharon and John before coming, at 403-242-6957. For more information check www.socialdanceclubcalgary.com.

Fish Creek

Star Night is a free family event, no registration needed, on April 1 from 7:00 p.m. to 10:00 p.m. at the Fish Creek Environmental Learning Centre. Participants are invited to view the night sky through telescopes, take part in guided night walks, enjoy indoor activities and displays, and learn about local night creatures. For more information please call 403-297-7926 or visit FishCreek.Education@gov.ab.ca

Capture Nature – is the Third Annual Friends of Fish

Creek Photography Contest. Submit up to 10 of your best Park pictures in four different categories: Wildlife, Macro, Landscape, or Black and White. For more information: www.friendsoffishcreek.org/programs/capturenature.

Discover Calgary's Best Walks with author Lori Beattie is a presentation in the Fish Creek Speaker Series on April 20 from 7:00 p.m. to 8:00 p.m. It will be held at the Fish Creek Environmental Learning Centre, and will be free for members, \$5 for non-members. To register or for more information visit: www.friendsoffishcreek.org/event/walks.

For more information, check with Mandi.Parkin@prospectnow.ca.

Alzheimer Society of Calgary

The Alzheimer Society of Calgary will host a free community presentation titled Understanding Dementia and Brain Health on Thursday, April 6 at Glenbrook Community Association from 6:30 p.m. to 8:30 p.m. Topics covered will be: Types of Dementia, Behavior Changes in

Dementia, Reducing Risk of Developing Dementia, and Resources Available through the Alzheimer Society of Calgary. Attendance is free, but prior registration is required. Registration can be done on line through www.alzheimercalgary.ca or via telephone at 403-290-0110.

Dying with Dignity (medical assistance in dying)

In mid-April, Dying with Dignity will host a presentation on Advance Care Planning and MAID (medical assistance in dying), date to be announced. For date and information see www.dyingwithdignity.ca/events/calgary or call 1-800-495-6156.

Seniors United Now

The Annual General Meeting of Seniors United Now will be held on Thursday, April 6, at the Nose Hill Library program room, located at 1530 Northmount Drive NW. Meeting registration is at 12:30 p.m. Guest speaker: Alzheimer Society of Calgary. For more information phone 403-669-3793.

Good Companions

There will be a Lunch Bunch presentation at Good Companions 50 Plus Club on April 12. The Club will host an Easter Social Supper on April 18. Jammers Night is on April 21, and Val's Jam and Sing-a-Long is on April 28. The Annual Rummage Sale will be on April 29. Good Companions is located at 2609 19 Avenue SW. For more information about these and other programs, please phone 403-249-6991 or visit www.gc50plus.org.

American Historical Society of Germans from Russia

At the American Historical Society of Germans from Russia on April 1 from 10:00 a.m. to 3:00 p.m. there will be a show and tell of our heritage. There will be a cold pot luck and the library will be open. For more information please email happydogs3@shaw.ca.

Compiled by Margaret McGruther

Sudoku Puzzle

1		3					7	
4	9	8		7				
7	6	5	4	2	3	8		
6	5	4		3				7
			9			5		
	7		6		5			
	8	7				1	2	9
							6	
	4	6	5	1		7		

Sudoku Answers on Page 31

Ageless Spirit of Music.



We're celebrating everyone's love of life & music at our National Open House. Drop by to listen to some great music and enjoy light refreshments prepared by our amazing in-house chefs.

Our friendly staff and residents would be happy to show you around and answer any questions you have about retirement living.

Sunday, April 30, from 1-4pm

reveraliving.com/openhouse

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McKenzie Towne 20 Promenade Park SE • 403-257-9331

Scenic Acres 150 Scotia Landing NW • 403-208-0338

The Edgemont 80 Edenwold Dr NW • 403-241-8990

The Heartland 47 Riverside Gate • 403-938-4448

Don't let seniors' care in Canada become a private equity money maker

The pressure to make a profit in seniors homes often leads to cost-cutting measures such as reduced staffing that undermine the quality of care

By Margaret McGregor and Lisa Ronald

Late last year, the large trans-national insurance company Anbang announced its intention to purchase a majority interest in Retirement Concepts, a Canadian for-profit nursing home chain.

Retirement Concepts receives funding from a number of provincial governments to provide nursing home care, and is the highest billing provider of assisted-living and residential care services in British Columbia.

The sale, approved by the federal government in mid-February, is concerning for a number of reasons.

The transaction appears to be part of a trend for private investment companies to purchase properties that generate profits by leasing the property back to a second private for-profit operator. In this case, it's likely that Anbang will lease the property back to Retirement Concepts, the previous private for-profit owner, which will continue to provide the services.

Why do this?

Research shows that the typical business model for such arrangements is associated with offering a high return on capital and maximizing cash extraction. The property assets owned by the private equity firm are separated from the daily operations of providing resident care. The former builds in high shareholder returns through a number of strategies, including requiring the daily operating business to make debt and rent payments.

Some companies have gone bankrupt as a result, leaving residents and families in the lurch.

Obscure relationships among multiple companies can make it very difficult to pin down responsibility when things go wrong.

In the U.K., such a lease arrangement became so

costly that when the government refused a request from the operator to help pay for increasing costs, the Southern Cross chain of 750 publicly-funded for-profit homes declared bankruptcy. This left residents and families with great uncertainty and governments facing public scandal.

Allowing the growth of a private equity service delivery model in Canada will undermine the federal government's stated priority of building a high-quality sustainable system of community-based care for seniors.

Under these large corporate structures, it's often difficult to identify the entity ultimately responsible for the care of this vulnerable population. If patients and families have complaints or governments have quality concerns, the lines of accountability in such large corporate structures are often poorly defined.

The size and complex corporate structure of these large corporations make it extremely difficult to enforce financial accountability and report on how public resources are spent. It's also difficult to create and enforce regulations that require facilities to spend a defined amount of public

funds on staffing or to limit spending on administration.

Once large companies own nursing home property, governments become increasingly dependent on these chains for services and are less able to terminate contracts, remove residents from poorly-performing facilities, ensure standards are maintained or control the costs of care.

When such ownership is transnational in nature, the introduction of government regulations requiring facilities to spend a defined amount of public funds on staffing or to limit spending on administration may be contested under international trade agreements.

There's a substantial amount of research demonstrating that the quality of care contracted by governments to private for-profit nursing home is inferior when compared to care delivered in public and non-profit facilities. This is more often the case with large for-profit chains where there is even greater pressure to deliver a return on investment.

The pressure to make a profit often leads to cost-cutting measures such as reduced staffing that undermine the quality of seniors'

care. The 10 largest publicly-funded private for-profit nursing home chains in the U.S. have been found to have lower nurse staffing hours, for example, compared to government facilities. Publicly-funded private for-profit chain facilities in Ontario have also been found to provide fewer hours of care.

The evidence is clear: large-scale private equity investments in nursing home facilities too often jeopardize

the quality of care and put seniors' health at risk.

What can be done now? Innovation, Science and Economic Development Minister Navdeep Bains and Health Minister Jane Philpott should commission a panel on how governments can address the challenges of privatization and marketization of nursing home chains across the country.

Our seniors deserve no less.



Options 45

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Would you hire you?

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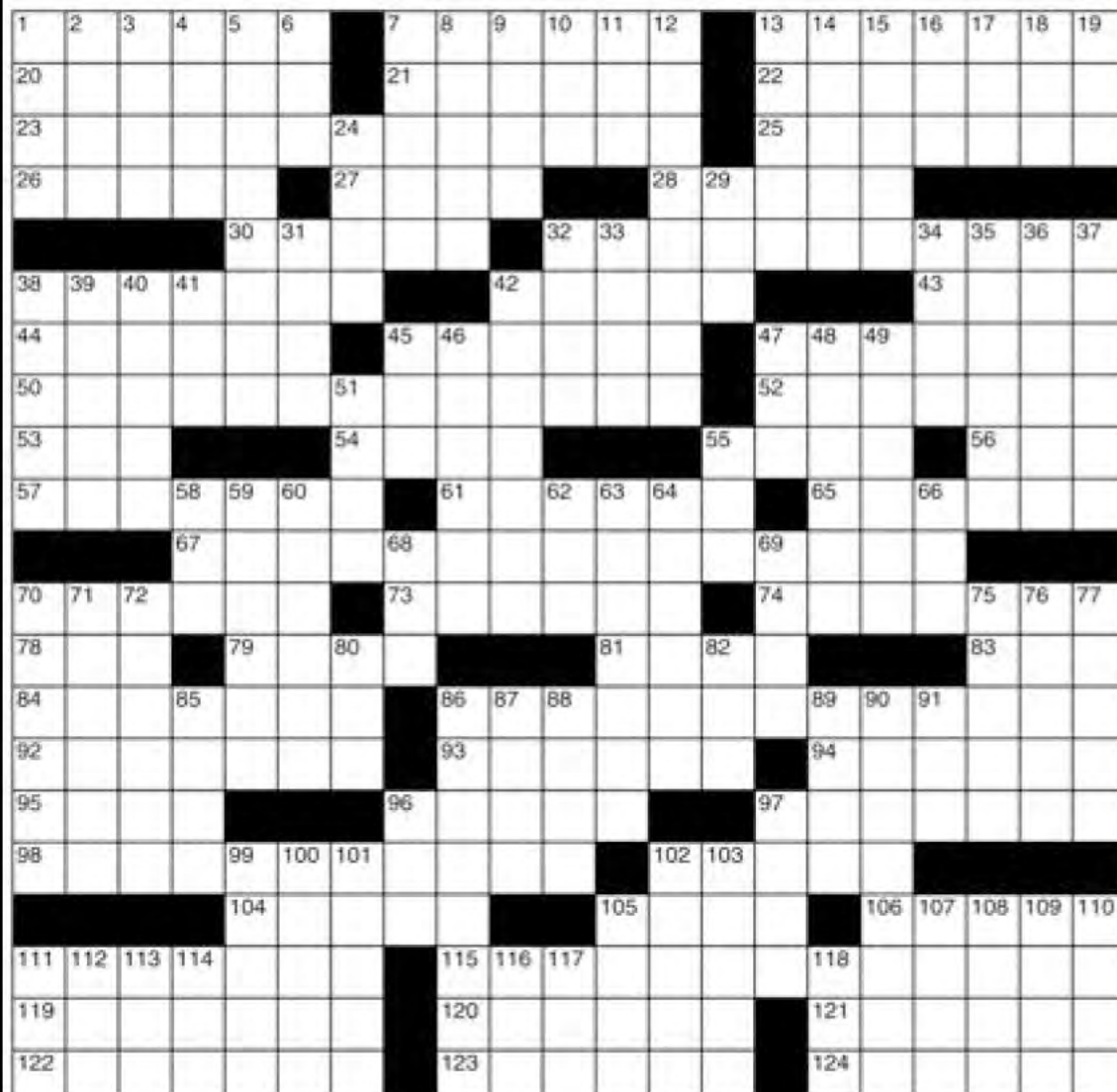
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Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

SEEING THINGS

- | | | | | | |
|---|-------------------------------------|---|-----------------------------|----------------------------------|-----------------------------|
| ACROSS | 45 Give out, as a task | 92 Faux names | DOWN | 39 Elevated | 85 Its capital is Vientiane |
| 1 Brand of taco shells | 47 Helps out | 93 Puts up, as an edifice | 1 Sea menace | 40 Sports data | 86 Puts on a new course |
| 7 Scrapes, e.g. | 50 Withholding corporal | 94 Arrive at a choice | 3 Take care of | 41 Knightly title | 87 Actor Close |
| 13 Holders of strike signs | 52 Baja naps | 95 City near Lake Tahoe | 4 Sword sort | 42 Mao of China | 88 Cal — |
| 20 Film critic Richard | 53 Holiday in Hanoi | 96 Watson's partner | 5 1936-52 British king | 45 Had food | 89 Big star, say |
| 21 Social outcast | 54 Oven output | 97 Popping-up appliance | 6 "Wooff" kin | 46 One forming something | 90 Picture of an ocean view |
| 22 Be given via will | 55 Limited | 98 "Under the Net" novelist | 7 Mace, e.g. | 47 Cleo's cobra | 91 Mac rivals |
| 23 "Get Smart" device for a secret conversation | 56 Top pitcher | 102 Shovel go-withs | 8 Recital sites | 48 Kitchen tools | 96 String after B |
| 25 All excited | 57 Mag revenue source | 104 "Cheerio!" | 9 Locale | 49 Car types | 97 Track beams |
| 26 One using a plus sign | 61 Get bloated | 105 High wind | 10 Finish at #1 | 51 Indian butter | 99 — Polo |
| 27 Rose Bowl sch. | 65 Leaps over | 106 Private stash | 11 Body of eau | 55 Liable | 100 Cow's milk source |
| 28 Mario Lanza, for one | 67 PBS series featuring documentary | 111 Provides | 12 Kind of pony or sheepdog | 58 Indy area | 101 Gets higher |
| 30 Hands over | 70 — tank | 115 Punny statement about six key words in this puzzle | 13 Keyboard instrument | 59 Licorice-like flavorers | 102 Wage recipient |
| 32 Classmate | 73 Keyboard instruments | 119 Soon-to-be bride | 14 Being pulled | 60 Music box? | 103 At the ready |
| 38 People swearing | 74 Avers | 120 Salary maker | 15 Bird's sound | 62 Agcy. OK'ing medicines | 105 Unit of heredity |
| 42 Actress Reid and skater Lipinski | 78 Gardner of the screen | 121 Artemis' twin | 16 Actor Wahl | 63 "Dudley Do-Right" damsel Nell | 107 State boldly |
| 43 Barrett of gossip columns | 79 Biblical king before David | 122 Stretching muscles | 17 Unit of work | 64 Not mailed, say | 108 Old Briton |
| 44 1990s IBM computer | 81 Join closely | 123 With 32-Down, event with a funnel cake stand, often | 18 "Shop — you drop" | 66 Exercise | 109 Hawaii County seat |
| | 83 Historic time | | 19 — Jeanne d'Arc; Abbr. | 68 D.C. figure | 110 Rival school of Harrow |
| | 84 Like some snakelike fish | | 24 RAV4s, e.g. | 69 Alan of film | 111 Not fore |
| | 86 High-definition iPad feature | | 29 Golf's Ernie | 70 African hunt | 112 "Bah!" |
| | | | 31 Persia, now | 71 More sinful | 113 Groupie, e.g. |
| | | | 32 See 123-Across | 72 Some Italian sandwiches | 114 Come- — (skills) |
| | | | 33 As a result | 75 Kindled again | 116 Sombrero, for example |
| | | | 34 "Mila 18" author Leon | 76 Vocation | 117 Be wrong |
| | | | 35 USPS part | 77 Singer Leo | 118 Sci-fi's Solo |
| | | | 36 Unbroken | 80 Sub inits. | |
| | | | 37 Damsels | 82 — Cruces | |
| | | | 38 — pall over | | |



Solution on page 28

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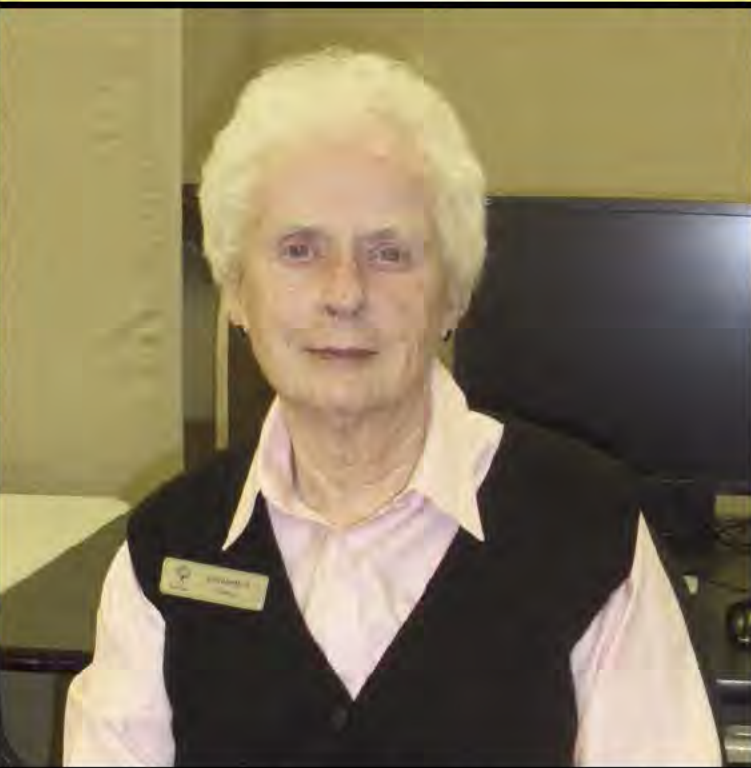
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Volunteer Spotlight



ELIZABETH FREEBORN

Elizabeth's connection with the Kerby Centre began in the spring of 1994, when she and her husband volunteered through the Information Department to prepare tax returns for low-income seniors—a program jointly sponsored by the Kerby Centre and Canada Revenue Agency.

In those early days there were only two computers available for this service, so most tax returns were prepared by hand. Now, however, everything is computerized. Preparers enjoy this opportunity to help others, and clients often express their appreciation for this free service.

Before moving to Calgary, Elizabeth was a high school Latin teacher in New Brunswick and Ontario. Here in Calgary, she previously volunteered as a driver for Meals on Wheels for about 30 years, and is currently involved with the choir and on several committees at her local church.

Elizabeth has contributed 3021 volunteer hours to the Kerby Centre.



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Continued on page 28

Continued from page 27

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Puzzle on page 26

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Fuss-free one pan meals

Page design & layout by Winifred Ribeiro

In *One Pan & Done*, Molly Gilbert shows you how to use your oven to your advantage, letting it do most of the work to turn out juicy, crispy roasts, succulent vegetables, rich stews, flaky fish, and, of course, sweet treats. Easy recipes are simple enough for weeknights and special enough for guests. Think of it as fast slow-cooking, easy and delicious recipes but with the benefits of baking, roasting, and broiling using dutch ovens, skillets, casserole baking dishes and more, creating concentrated, intense flavor every time. The best part is that with Molly's simple, hands-off recipes, you'll have time to savor your meal and enjoy your company. Everyone deserves food that's big on flavor, but simple on steps. With Molly's recipes, you get in the kitchen, and you get out. Kick the oven door shut as you walk away—your meal is *One Pan & Done*.



Excerpted from *One Pan & Done: Hassle-Free Meals from the Oven to Your Table* by Molly Gilbert. Copyright © 2017 Molly Gilbert. Photographs copyright © 2017 Aran Goyoaga. Published by Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, a division of Random House LLC, New York. Reproduced by arrangement with the Publisher. All right reserved.



Red curry squash bowls with chickpeas ©

Sweet roasted squash filled with warmly spiced chickpeas feels like one of the heartiest (and healthiest!) vegetarian options around. Aside from the red curry paste, which you may need to seek out in the Asian foods section of your local supermarket, we make good use of common pantry ingredients here. If you have the foresight to roast the squash ahead of time, such as the day before serving, the whole thing comes together in a snap.

Serves: 4

- 2 small butternut squash, halved lengthwise and seeded
- 4 tablespoons extra virgin olive oil
- Kosher salt
- 2 tablespoons Thai red curry paste
- 1 (13.5-ounce) can coconut milk
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 small red bell pepper, chopped
- 4 scallions, white and light green parts only, chopped
- 1/4 cup chopped fresh cilantro

1 Preheat the oven to 400°F, with a rack in the center position. Line a sheet pan with foil and mist with cooking spray.

2 Place the squash halves on the prepared sheet pan, brush each with 1 tablespoon of the olive oil, and sprinkle each with a pinch of salt. Turn the squash cut-side down, transfer to the oven, and roast until the skins are beginning to brown and wrinkle, and the flesh is fork-tender, about 40 minutes. Remove from the oven and set aside to cool slightly. (Leave the oven on.)

3 While the squash cooks, place the curry paste in a medium bowl and slowly whisk in the coconut milk until smooth. Add the chickpeas, bell pepper, and scallions and stir to combine.

4 When the squash halves are cool enough to handle, flip them over and scoop out most of the flesh to form "bowls." Combine the scooped-out flesh with the chickpeas and fill the squash bowls with the chickpea mixture, mounding each one high. Return the pan to the oven and bake until warmed through, about 15 minutes.

5 Top the curry squash bowls with the cilantro and serve warm.

How to work with coconut milk: Before opening a can of coconut milk, be sure to shake it vigorously. This helps homogenize the milk, which often separates (the thick cream rising to the top, the thinner water collecting at the bottom) when the can is left to sit on the shelf.



Cashew chicken & veggies ©

My husband inherited his love of cashew chicken (that deliciously greasy Chinese food take-out staple) from his father, so for the sake of these two men, I felt it my duty to perfect a (healthier!) one pan, hands-off version. It turns out that cashew chicken is pretty simple fare— a quick pantry sauce, some sliced veggies, a few thin-cut chicken breasts; give it a turn under the broiler and boom! Cashew chicken for all (and a husband and father-in-law who love you).

Serves 4

- 1/2 cup less-sodium soy sauce
- 1/4 cup vegetable oil
- 2 tablespoons oyster sauce
- 2 tablespoons toasted sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon packed dark brown sugar
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 red bell pepper, cut into 1/2-inch squares
- 2 large carrots, peeled and cut into very thin (1/4-inch) rounds
- 1 (8-ounce) can sliced water chestnuts, drained
- 4 to 6 thin-cut boneless skinless chicken breasts (1 to 1 1/2 pounds total)
- 1/2 cup roasted salted cashews
- 3 scallions, white and light green parts only, thinly sliced
- 2 tablespoons chopped fresh cilantro

1 Preheat the oven to broil, with a rack 4 inches from the heat. Line a sheet pan with foil or mist with cooking spray.

2 In a small bowl, whisk together the soy sauce, vegetable oil, oyster sauce, sesame oil, rice vinegar, brown sugar, ginger, and garlic until well combined.

3 Toss the bell pepper, carrots, and water chestnuts on the prepared pan with half of the sauce, spreading everything out evenly.

4 Place the chicken cutlets among the vegetables and drizzle with the remaining sauce, turning to coat. Transfer the pan to the oven and broil until the chicken is just cooked through and the vegetables are well charred, 10 to 12 minutes, flipping the chicken halfway through. Keep a close eye on the pan to prevent burning. In the last 30 seconds of cooking, toss the cashews onto the pan just to warm up and brown further.

5 Serve the cashew chicken hot from the oven, sprinkled generously with the scallions and cilantro.

Roasted Shrimp & Chickpea Salad ©

A quick salad with texture and flavor. The shrimp, chickpeas, and red onion roast together on a sheet pan with a quickly-made lemony vinaigrette. Stir in some crisp celery and fresh dill to add coolness and crunch. It's an unexpectedly fun and healthy treat, whether dished up for dinner or boxed up and toted to work as a "not sad desk lunch." Serve with a few slices of crusty baguette.

Serves: 2 to 4

- 1 pound peeled and deveined large shrimp, tails removed
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 small red onion, thinly sliced
- 1/4 cup fresh lemon juice, plus more for serving
- 2 tablespoons capers, drained
- 1/4 cup extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 4 stalks celery, chopped (about 2 cups)
- 2 tablespoons chopped fresh dill
- 1/2 cup chopped fresh flat-leaf parsley

1 Preheat the oven to 400°F, with a rack in the center position.

2 Toss the shrimp, chickpeas, onion, lemon juice, capers, olive oil, salt, and pepper together on a sheet pan. Roast until the shrimp are pink and opaque, about 10 minutes.

3 Remove the pan from the oven. Add the celery, dill, and parsley and stir to combine.

4 Serve the shrimp salad warm or at room temperature, with an extra squeeze of lemon on top.



Retirement: myths and realities

Whether your retirement is just around the corner or way down the road, you probably think about it – the shape of it, the quality of it – and perhaps worry about it, too. That's why you plan for retirement – to eliminate as many unknowns as possible and to chart the right retirement course for you. But every solid plan needs a solid foundation. The good news is that in this electronic age, there's lots of information out there. The bad news is there's also a lot of misinformation out there. So to give your plan the solid foundation it needs, let's dispel some myths and look at some basic realities of retirement.

Myth: Financial health is most important

Reality: Sure, having money definitely provides

additional choices in retirement but the reality is that people tend to 'right-size' their retirement lifestyle in line with their financial resources.

As well, many people enjoy fulfilling and meaningful retirements without having lots of money – by volunteering, through part-time work, or other appropriate lifestyle choices.

The biggest issue is your health – poor physical or mental health removes choices whether you have money or not. So your plan should include maintaining and improving your health and knowing how health issues will be handled before they happen.

Myth: The biggest risk to your retirement income is the stock market

Reality: Yes, poor investment returns early in retirement can have an impact,

but avoiding the stock market by sheltering your investments in low-return vehicles such as Guaranteed Investment Certificates (GICs) may not be the answer. Unlike GICs, equity investments can provide the opportunity for the level of growth over the long term that can offset the effects of inflation. So, your plan should include strategies for accessing market growth while still protecting your income from the impact of a short term market turnaround.

Myth: You'll have plenty of spare time.

Reality: Experienced retirees will tell you that they have little spare time. Life tends to expand to fill up time so your plan should ensure your time fills up with things that are meaningful to you.

Myth: People work in retirement because of financial need.

Reality: Some people do work in retirement for financial reasons but many seek part-time, occasional or flexible work that provides social interaction, allows them to feel challenged, or provides a sense of accomplishment. So plan

to talk to 'working retirees' about why they work and how they fit their retirement around it.

To eliminate all the retirement myths from your retirement realities, talk to your professional advisor about the best retirement plan for you.

For professional advice call Joanne Kirk or Daryl Standish at Investors Group (403)-253-4840. They would love to help you out. Our introductory meeting is complimentary and there is no obligation to you.

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IN MEMORIAM



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

Adella Ann Corbiell
Arthur Howe
Frances (Lee) Strocher (Gerda) Geertje Wykhuizen
Gordon McLaughlan Pearson
Harvey Weimer
Helen Duthie
Helen Irene Desreux
June Annabell Tarves
Manoutcher Bagherpour
Margaret Loeppky
Martha Mary Daigneault
Michael Senetza
Norma Dickey
Norman Wesley Cuming
Pauline Hamill
Peter Stephen Sarkozy
Robert Charles Arthur Forman
Robert Charles Laurens
Valerie Doreen King

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.



FINANCIAL PLANNING TODAY

Topic: The 12 Minute Retirement Plan

PRESENTERS: Daryl Standish and Joanne Kirk – Investors Group Calgary South

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

DATE: Saturday, April 22, 2017

TIME: 10:00 am – 11:30 am

COST: Free Presentation



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by Mansoor Ladha

Isn't it shameful that six innocent people had to die before we could get an outpouring of support and solidarity for Muslims across the country? Do we have to have incidents like the Quebec City mosque massacre to understand the value and contributions of minorities?

These are pertinent and significant questions that not only average Canadians, but especially policy-makers and leaders of every stripe should be asking themselves.

The pro-Muslim protests are welcome, and the tremendous show of support all over Canada that followed the shooting is comforting and reassuring, but the fact still remains as to why things have to go that far, leading to the loss of six innocent lives?

Quebec has been a province where Muslims have always been targeted by online intimidation and Islamophobic vandalism. Local researchers have conducted studies indicating that the place of Muslims has been a constant theme of Quebec's political debate, and despite warnings, nothing has been done to redress the situation.

This is a wake-up call that shouldn't be ignored. The lessons of the mosque massacre are too important to be overlooked.

Every citizen, every media outlet, every school board, principal, teacher and every elected representative has a role to play and a responsibility to initiate policies against racism and anti-Muslim sentiments. The initiative should also start with every one of us -- ordinary citizens -- to get to know our Muslim neighbours, office

Vital lessons of Quebec Muslim massacre

workers and colleagues. A start should be made even at "coffee breaks" to acquaint ourselves with the other 'religions' and ways of life.

Muslims may look distinct, may pray differently and may not eat the same food as the majority in the community, but underneath they are the same as anyone else. They are the doctors and taxi drivers, computer specialists, lawyers and cleaners. They should be accepted and welcomed because they are also Canadians. And it is this diversity that is Canada's greatest strength.

"We are blessed to be living in a country which thrives on multiculturalism"

In keeping with the country's policy of multiculturalism and pluralism, local school boards should launch curriculums in schools that teach about different religions, their philosophies and culture. Our Prime Minister and other leaders may preach the benefits of pluralism and diversity, but what good is it if younger generations have not been imbued with the basic knowledge and principles of various cultures?

Muslim leaders themselves should be the greatest contributors to this bridge-building exercise. The onus is on the imams and other religious leaders to take the lead in having inter-faith meetings and public debates about issues facing the community, and to encourage their congregations to hold inter-racial events.

Muslim leaders should also

take the initiative to hold periodic open houses in their mosques so as to encourage non-Muslims to attend their services and to explain to them their rituals and the philosophy of their religion.

I applaud some Muslim communities of Calgary and elsewhere who have been holding Canada Day breakfasts for years. Such events give people of different religions and race the opportunity to mingle informally and to learn about each other's culture. More and more of such events should be held to focus on Canada's diverse population.

Muslims everywhere have repeatedly deplored terrorism, extremism and radicalism propounded and practised by a small group of terrorists in the name of religion. Why are Muslims being penalized for things over which they have no control? We don't see Catholics blamed for offensives launched by the Irish Republican Army when they have used guerrilla tactics and carried out bombing campaigns?

We are blessed to be living in a country which thrives on multiculturalism and pluralism. We accept those fleeing from poverty, autocratic governments, diseases, famine etc. A few isolated incidents such as the Quebec killings should not tarnish our international reputation and discourage us from going forward. The aftermath of the killings should result in positive recommendations.

Let us hope for a time when hijab-wearing Muslim women will be able to travel in a bus or subway without harassment and name-calling. Let us wish for a day when children

in school will cease name-calling coloured kids and accept them as fellow students. The integration process concerns all members of society and therefore it is important that everyone should adopt it as their responsibility and work hard to redress the situation.

While the U.S. is busy planning to build walls, Canada is well known for building bridges among people of different nationalities and countries. □

Sudoku Answers

1	2	3	8	5	9	6	7	4
4	9	8	1	7	6	2	5	2
7	6	5	4	2	3	8	9	1
6	5	4	2	3	1	9	8	7
2	3	1	9	8	7	5	4	6
8	7	9	6	4	5	2	1	3
5	8	7	3	6	4	1	2	9
3	1	2	7	9	8	4	6	5
9	4	6	5	1	2	7	3	8

Puzzle on Page 24

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ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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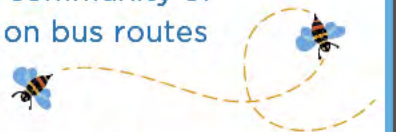


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