

Kerby News

Published by Kerby Centre for the 55 plus

2017
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Busy bees in a field of canola in southern Alberta.

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7 August, Father's Day



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Explore Canada with Kerby Centre

President's Report Zane Novak

August is always the quietest time around Kerby Centre, as it is at most indoor activity centres throughout the city.

Like many Canadians, Calgarians treasure the warm days we get in our too-short summers.

As we continue to cele-

brate Canada's 150th birthday, I hope you are able to take advantage of the opportunities to explore our country through the free park pass program. I think it is a fantastic idea to open our national parks and encourage all Canadians to explore and appreciate the

remarkable landscape we are privileged enough to call our home.

Kerby Centre frequently offers day trips and events that can enable you to get out of the city for a low cost and enjoy the company of other older adults. I encourage you to check this and

past issues of the Kerby News for information on such trips.

Our country has such amazing beauty and I hope all Canadians get the opportunity to see just a bit more of it this year.

□

AUGUST 2017

Design by Winifred Ribeiro
Front cover photo by Ian Sane

KERBY CENTRE'S MISSION:
To assist older people to live as well as possible for as long as possible as residents in the community.

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CEO's Message Luanne Whitmarsh

You still have time! August is a beautiful month, filled with blooming flowers,

There's still time to enjoy summer

many activities to enjoy, and new places to discover.

Most places for you to walk to are accessible, so that means no excuses! Soon it will be winter and most will stay indoors to avoid the snow, ice, and frigid temperatures. Don't miss the opportunity to engage with your surroundings and communities.

Meet a new friend or contact an existing friend you have not talked to in a while. Learn to appreciate

each other and discover each other's strengths and support areas.

Perhaps today is the day you stay to yourself, "Today is the first day of the rest of my life" and really live it.

I encourage you to move more, feel more, cry more, laugh more, try more, and be more than you were yesterday.

Kerby Centre is here to help you with your goals. We are here for you and with you as you grow.

Be well, all!

□

Maximize today's digital tools for better health

Many of us are eager to take advantage of today's digital tools to manage our health. We want to book doctor appointments, check test results online, renew prescriptions electronically and access more telehealth services. Fortunately, health organizations are working towards making care more convenient and accessible.

With today's technological advances, the opportunities are endless to help people navigate the various health care options. Green Shield Canada, a not-for-profit that strives to improve access to health care for all Canadians, partners with various organizations across the country that share their same commitment to accessible treatment.

Two of the organizations are 211 and Maryvale. 211 offers one-stop access through a telephone helpline and a comprehensive website that connects users to various health, community and social services. Maryvale is a children's mental health treatment centre in Ontario that uses text messaging for appointments and incorporates various social media apps to support their clients' treatment and recovery.

"Technology is moving so fast and we need to stay cur-

rent to engage our clients," explains Connie Martin, their executive director.

With technological tools becoming more entrenched in all aspects of our lives, Canadians are gaining more

access to the health supports we need.

Find more information online at www.greenshield.ca.

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News from City Hall

EVAN WOOLLEY
Calgary Councillor for Ward 8

Embrace everything the city has to offer this summer

Summer is here! I love Calgary at this time of year. It's a great chance to get outside and connect with old friends, enjoy new restaurants and patios, float down the river, or just enjoy all our great city has to offer in the warmer months.

If you're looking for things to do with the family or with friends visiting from out of town, The City

of Calgary offers numerous fun, free, and community-based programs and services for children, youth, and families all over Calgary each summer.

Some of these programs include Paint in The Park (check it out in Bankview and in The Beltline) Park n' Play, Stay n' Play, Community Camps, Youth Days, and Lawn Chair Theatres. You can visit

www.calgary.ca/cns to check out what's happening in your area.

If you're planning on taking advantage of the great weather to do yard improvements make sure that before you buy materials and start getting your hands dirty, you save yourself a headache and visit www.calgary.ca/homeimprovement or get in touch with the City at 403-268-

5311 to check what work requires a permit.

I plan to be out in the neighbourhoods this summer, stopping in at Stampede breakfasts and barbecues, and a number of other community events. I look forward to seeing you all there. In the meantime, take some time off, connect with your friends and family, try something new, and enjoy the summer! □



This month in Edmonton

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

Improving quality of life for Albertans through investment

As your MLA, I understand that a stable and secure home is essential to better health, financial, and social outcomes in our community.

Earlier this summer, the provincial government introduced Alberta's Affordable Housing Strategy which outlines tools and policies to make life better for everyday people. The Strategy includes changes to income and asset levels so more people qualify for affordable housing.

We will be investing \$1.2 billion over five years to build, renovate and modernize affordable housing across the province. Coupled with long-overdue investment, this strategy will help as

many as 4,000 low-income Albertan families' find stable housing, allowing them to move forward and achieve financial stability.

In July, I was proud to join members of City Council and the Calgary Housing Company to announce \$1 million in provincial funding to renovate 27 affordable housing units in the Mission area. This provincially owned building will receive much needed exterior upgrades, new insulation to increase energy efficiency, and work to prolong the overall lifespan of the building.

Also in July, the Minister of Seniors and Housing—my colleague Lori Sigurdson—announced 24

new affordable housing units in Bridgeland. In total, \$5.25 million was invested in this new building.

Just before Stampede, our government announced an investment of \$1.53 billion over eight years to build the new Green Line LRT. Funding for Stage 1 of the Green Line will come from revenues from Alberta's carbon levy. In total, it is estimated this project will create 12,000 new, high-quality jobs in Calgary.

The Green Line will also significantly reduce greenhouse gas emissions and lead to 6,000 fewer vehicles on the road once it's in operation.

Our government understands the need for affordable, accessible, and struc-

turally-sound transportation and funding the Green Line LRT is a step forward in reviving our economy in a sustainable manner.

I wanted to thank everyone at the Kerby Centre for providing me the opportunity to contribute to their 25th annual Stampede Breakfast. It was a pleasure to chat with so many of you and I hope to remain connected in the future.

My office doors are always open to hear what you have to say. Please do not hesitate to contact my constituency office at Calgary.buffalo@assembly.ab.ca if you have any questions or ideas on how we can make our province better together. □



This month in Ottawa

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

The federal government is committed to improving Calgary's infrastructure

Before I get into this month's newsletter I wanted to make sure you received an invitation to my annual BBQ on September 10th – which will be held at Sunalta Hall (1627 10 Ave SW).

We'll be there from 11 a.m. to 1 p.m., flipping burgers and saying hello to our neighbours. If you're interested we also have an RSVP page online on my website at www.KentHehrMP.ca which will give us a heads up if you're attending so my team can plan on how many burgers to prepare.

WHAT: MP – Kent Hehr's Summer BBQ

WHERE: Sunalta Hall –

1627–10 Ave SW

WHEN: 11 A.M. to 1 P.M.

Next, I wanted to talk for a moment today on the subject of infrastructure investment. Our government is committed to investing in flood mitigation, affordable housing, public transportation, and places where communities come together (like community centres or hockey rinks). We were elected on a commitment to invest in infrastructure and these long-term economic generators for communities.

Just as one example, Infrastructure Canada funding to Alberta has received more funds for projects in

the last year and a half (a total of \$4.3 billion). This is larger than the last five years combined.

You can see all of the projects invested in by Infrastructure Canada online here:

<http://www.infrastructure.gc.ca/map-carte/ab-eng.html>

By investing in green infrastructure we get people home to their families faster, cleaner communities, and more inclusive, affordable cities.

And by investing in affordable housing we can begin to take on the issue of homelessness and poverty – a conversation that the federal government has been noticeable absent in the last ten years.

With our new National Housing Strategy, the \$11.2 billion highlighted in Budget 2017, and the important work we are doing to cut homelessness in half, and take 500,000 families out of housing need, we are well on our way to creating more inclusive communities.

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. □

Disclaimer:

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Calgary news briefing

City sells seven development sites to affordable housing providers

The Calgary Housing Company (CHC) announced

plans to sell seven plots of land to local non-profit organizations in an attempt to increase the amount of affordable housing available in the city.

The sites, located in the neighbourhoods of Albert Park, Hillhurst, Saddleridge, Forest Lawn, Radisson Heights, and downtown, are expected to eventually house 350 new affordable housing units within the next few years.

“This is the most significant city-owned land sale for affordable housing providers in the city of Calgary in our full history,” says Sarah Woodgate, director of CHC.

The lots range in price (and size) from a \$42,000 plot in Hillhurst currently housing a parking lot, to a \$554,000 property situated next to the Saddle Towne LRT Station. In total, the prices listed for the seven lots total \$1.8 million.

The city decided to sell the land below value due to a shortage of affordable hous-

ing in the city, and to increase the ability of non-profit organizations to increase their housing supply. According to Doug Cassidy, director of real estate and development services with the city, non-profit groups have until October to submit applications and proposals to the city.

Bridgeland affordable homes project opens

24 homes were added to the city’s inventory last month, all located in the northeast neighbourhood of Bridgeland. The townhouse project consists of four studio-sized units, eight one-bedroom, four two-bedroom, and eight three-bedroom units.

“The Bridgeland development is a beautifully designed building in a well-established area that will

provide safe and stable homes for individuals and families,” Mayor Naheed Nenshi said in a press release.

“This development is one of many steps we’re taking to address the critical need for affordable housing in our community.” This newest affordable-housing project is a townhouse development at 816 McDougall Road N.E.

Calgary Zoo introduces Madagascar lemurs

In July, the Calgary Zoo unveiled its newest interactive exhibit, the Land of Lemurs.

The \$8 million exhibit situated in a half-hectare enclosure at the Zoo, allows visitors to get up close to the three species of lemur, native to Madagascar: ring-tailed, red-ruffed and black-and-white ruffed lemurs.

“We are so excited to open this unique experience for our visitors; it combines our expertise in conservation and visitor engagement,” said Clement Lanthier, president and CEO of the Calgary Zoo.

The exhibit houses seven ring-tailed lemurs, four red-ruffed lemurs, and a pair of black-and-white ruffed lemurs, the most critically endangered species.

The lemur exhibit is the zoo’s first major exhibit since the Penguin Plunge was introduced in 2012.

Work is underway to complete the Panda Passage enclosure before a pair of adult giant pandas arrive in May 2018.

Alberta Government pledges \$1.53 billion for Green Line LRT

The Alberta government will provide \$1.53 billion over eight years to help fund Calgary’s new Green Line LRT, Premier Rachel Notley announced Thursday.

“The financial pledge is the single largest infrastructure investment in the history of Alberta,” Mayor Naheed Nenshi said as he, Premier Notley, and Infrastructure Minister Brian Mason made the announcement at a downtown C-Train station on July 6.

“This incredible piece of infrastructure is going to serve the entire city,” said Nenshi.

The Green Line LRT will span 46-kilometres from Calgary’s southeast to the far north, and will cost \$4.6 billion to complete. The federal government has pledged a similar dollar amount, and city council



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Continued on page 7

Calgary news briefing

Continued from page 6

has already set aside \$1.5 billion in funding.

The money is tied to the new provincial carbon levy, which Wildrose leader Brian Jean and Progressive Conservative leader Jason Kenney have both vowed to eliminate should they take office in the next election in 2019.

Stage 1 of the Green Line is expected to be completed by 2026.

Grace Hospital site redevelopment proposa

A development application has been filed for the former Grace Hospital site, which sits next to Riley Park and down the hill from the Southern Alberta Jubilee Auditorium.

The proposal would nearly double the medical and commercial space and increase the building height to six storeys.

The Hillhurst/Sunnyside Community Association has concerns with a number of aspects of the proposal, including the construction of a 70 metre tower that will house 800 residential units, dwarfing everything in the area.

“Traffic is already at capacity,” says area resident Paula Jacobs. Jacobs worries the city will widen 12th street to accommodate the increased traffic.

The former Grace Hospital closed in 1996 and is now home to a private health clinic.

Glenmore Trail and Ogden Road interchange opens

The new \$90 million interchange at Ogden Road and Glenmore Trail in the city’s southeast is now open, after two years of construction..

Although work continues

on the road project, the new interchange means there are no longer any traffic lights on Glenmore between Sarcee Trail and Barlow Trail.

It also eliminates a rail crossing by elevating traffic over the tracks, which also took into consideration the future Green Line LRT

The road handles more than 40,000 vehicles per day, according to the city.

Stampede Attendance

More than 1.2 million visitors attended the ‘Greatest Outdoor Show on Earth’ last month, according to numbers released by the Calgary Stampede.

Aided by hot, dry weather and steep ticket discounts, total attendance for the 10-day event was pegged at 1,214,972—up 10.4 per cent from 2016.

According to Calgary Stampede CEO Warren Connell, cheaper entry made the Stampede more accessible to those who normally can’t afford to go to the grounds, as well as encouraging people to visit on multiple days.

2016’s Calgary Stampede saw 1,082,000 visitors stream through the gates, the lowest turnout in 22 years.

New census data shows Calgary has grown by 11,166 people

In a press conference last month, Mayor Naheed Nenshi said results from Calgary’s most recent census give him hope that the city is coming out of an economic slump.

Data shows that the city currently has a population of 1,246,337, an increase over the past year of 0.90 percent, or 11,166 people.

The data is in contrast to 2016, when Calgary saw a negative net migration, losing about 6,500 residents.

The city says that’s mostly due to Calgarians having more than enough babies to balance out deaths.

Results indicate 974 people moved to Calgary between April 2016 and April 2017.

“In the past, we were used to these giant, giant numbers,” Nenshi said, referring to census results from years past when the economy was

booming.

The biggest contributing factor to the population increase was 10,192 more births than deaths.

Auburn Bay in the southeast was the fastest growing

neighbourhood. Its population increased by 1,870 people. The neighbourhoods of Evanston (north-west) and Legacy (south-east) had the next largest population increases. □

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The inside-out approach to positivity:

Five ways to face challenges without giving them the power to define you

By Jon Gordon

In a world dominated by negativity, how do you build a life around optimism and hope? After all, pessimism comes at us from all angles, from social media to the news to "naysaying" colleagues, friends, and family members.

It's all too easy to get preoccupied with challenges involving work, health, family, and other problem areas. But author and positivity expert Jon Gordon says no matter what outside forces seem to be shaping your fate, you have the ultimate control over your thoughts and actions—and realizing this simple fact can transform your life.

"People think success and happiness descends on them from the outside, but that's not true," says Gordon, author of *The Power of Positive Leadership: How and Why Positive Leaders Transform Teams and Organizations and Change the World*.

"Let's take traffic, for example," says Gordon. "One day traffic really bothers you. Another day you are listening to a great song, you're in a great mood, and the traffic doesn't bother you. Is it the circumstance—the traffic—or your state of mind that is producing how you feel? If it were the circumstance, your response would be the same, 100 percent of the time. So it's not the challenge you are facing. It's always your state of mind and your thinking that produce how you feel and respond."

Gordon offers the following tips:

Don't look outside, look inside. The choice is yours: You can look at the stock market, the job market, the negativity on social media, and listen to what the world says, or you can look inside to your heart, soul, spirit, purpose, and passion, and listen to what your heart says.

"The world is filled with pessimism, naysayers, and critics, but pessimists don't change the world," says

Gordon. "Naysayers talk about problems but don't solve them. Critics write words, but they don't write the future. It's the positive leaders, the dreamers, the doers, and those with the passion and purpose inside them who create the world outside them."

Love it, don't fear it. "I know a kicker in the NFL who was struggling during his second year," says Gordon. "There was talk in the media that he might get cut, so I reached out to him and asked what was going on. He said he was thinking too much."

It's a simple, powerful lesson for you as well. When you fill up with love, fear dissipates. If you love it, you won't fear it.

Don't believe the lies. It's essential to understand that your fear and negative thoughts are not coming from you. After all, who would ever choose to have a negative thought? Your fear and negative thoughts come from consciousness. They just pop in, often at the worst times. But here's

the deal: Just because you have a negative thought doesn't mean you have to believe it.

"Recognize that fear is a liar," says Gordon. "Your negative thoughts are lies. Don't believe the lies. The truth is you have everything you need inside you to be successful. The truth is that no matter how you feel or what thoughts pop into your head, you are capable of doing something great."

Look at your challenges as opportunities. A recent Gallup study shows that the worst event of our lives often leads to the best if we stay positive and keep moving forward. Gordon's advice: Believe that the best is yet to come.

"Even when Clemson lost the national championship in the 2015 season, coach Dabo Swinney believed they would return the following year and kept pointing his football team toward a positive future," says Gordon. "He didn't see the loss as a challenge. He saw an opportunity to come

back and win it the following year—and that's what they did."

Just be you. Gordon says to remember that your power lies in your individuality. No one can offer the world the same talents and abilities that you bring to it. An original is much more valuable than a replica. Being you—doing what you love and living from your heart and soul—is the way to live with power.

"Even in a pessimistic world, you can overcome any challenge and create your joy from the inside-out. External circumstances are just that—external. They can't really hurt you. Adopting an inside-out approach is the key to living optimistically. And when you say goodbye to any and all negativity, you can truly focus on what you want in life. From there, anything is possible."

Jon Gordon is a graduate of Cornell University and holds a master's in teaching from Emory University.

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Go back in time at Flett's Blacksmith Shop at Heritage Park



Dave poses with the Auburn cabriolet in Gasoline Alley.



Details of some of the shop's 1920's production tools.

Story and photographs by
Tim Johnston

Sitting on a bench along the inside wall of Flett's Blacksmith Shop in Calgary's iconic Heritage Park, I listen to the stories being told to visitors by the blacksmith and his apprentice.

I learn a little about horse-shoeing and the important place the blacksmith held in early communities by keeping the motive power and the implements of prairie sodbusters in good condition. The 'smithy' shows

examples of metal work produced in the shop while the apprentice works the fan on the forge and heats metal to a malleable state.

Five visitors from New Zealand enter the shop: a grandmother, two daughters, and three granddaughters. Thumbs hooked in the bib of his denim overalls, the blacksmith speaks with them as though he is truly living in his shop in Airdrie 100 years ago.

"I've got this wonderful comb that would do wonders for your hair," the

blacksmith says. He holds up a small metal garden rake made in the shop, and asks, "Know why the shoes had to be nailed onto the hooves of horses? Cause horses don't know how to tie shoe laces." Gentle laughter from the visitors.

More people enter the premises and soak up the ambience of the place. Some have questions about the metal work and others just want to look at the extraordinary collection of period tools contained in the shop.

Their first encounter is with the forge, usually with the apprentice turning the fan that blows oxygen into the glowing coals. Then come the anvils, one very large one in particular, donated by the Canadian Pacific Railway from one of its shops.

A single cylinder naphtha-fueled antique engine spins a flywheel to which is attached a heavy woven belt driving a steel shaft overhead. The shaft, in turn, spins pulleys that power

grinders, drills, presses and trip hammers, all of which helped early blacksmiths and machinists repair or produce a wide range of agricultural implements.

More people arrive. Four young folk, two of whom plan to get married in a couple of years. From a wooden box on his bench, the smith picks out what he calls an "Alberta Diamond Ring" and passes it to the young man.

"If a fellow of your age couldn't afford a real diamond back in the day, he might have come to the blacksmith for one of these," says the smith. The fellow slips the ring onto his girlfriend's finger and her face mirrors her delight. The ring, of course, is a horseshoe nail that has been formed by the smith to resemble a diamond ring, with the head of the nail bent up to form the 'rock.'

I introduce myself to the blacksmith, Dave Richards,

and explain my mission. In turn, he introduces me to his apprentice, Amy Nagle.

Amy attends the University of Alberta where she is studying paleontology, a subject rather remote from the blacksmithing she is learning as a summer student at Heritage Park. While she is just starting out on a professional career, Richards has completed one as a manufacturing engineer. He earned his engineering degree at Utah State University and has worked for firms in Calgary ever since, most recently as an inspector for the International Organization for Standards (ISO).

Now retired, Richards volunteers as a docent in the blacksmith shop every Wednesday during the summer months, and in the Gasoline Alley Automobile Museum one day a week throughout the year.

Why the blacksmith shop, I ask. Richards explains that his career had him figuring out how to manufacture goods in the modern age.

"I kind of liked the idea of 'reverse engineering' that took me back to the way machines were invented and applied in the time of blacksmiths." He said he also very much enjoys the casual interactions with visitors that the blacksmith shop seems to encourage.

We left the shop and walked down the hill to see the cars and trucks in Gasoline Alley. Richards spoke of his enjoyment of cars, how he had modified his Jaguar saloon by drop-



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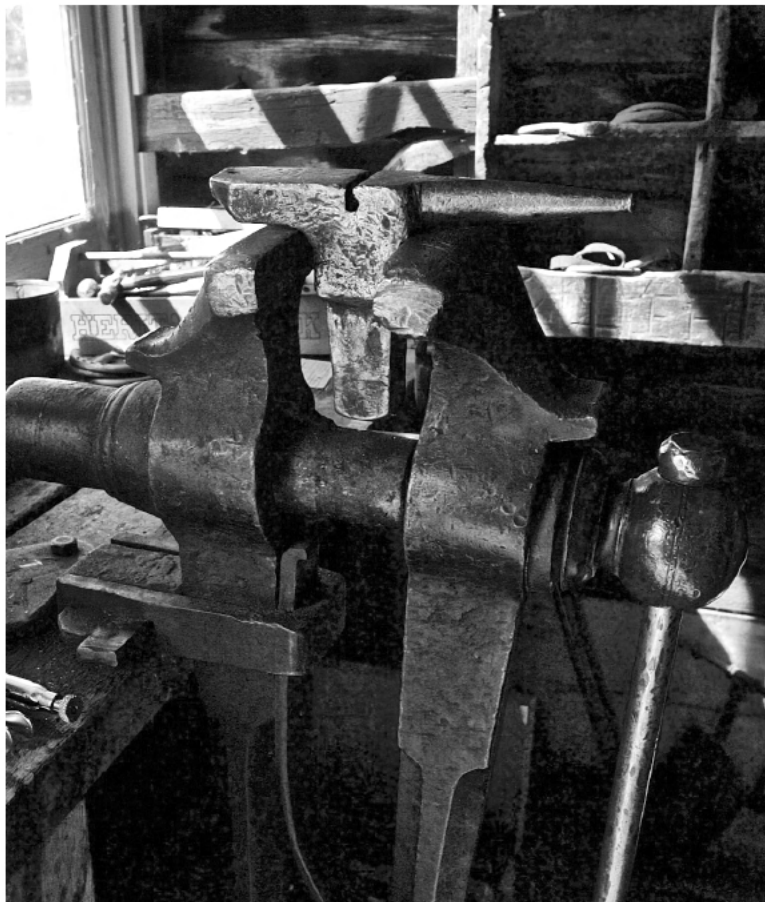
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Continued on page 11



More of the shops 1920's production tools.



Amy and Dave working (wroughting) hot iron.

Continued from page 10

ping in a Chevrolet V-8 engine and how he enjoyed off-roading with his Jeep YJ. Then he took out his cellphone to show me a short video of another of his vehicles.

“Know what this is?” he asked. I may have gained some “cred” from Richards by identifying the vehicle as a World War II Bren Gun Carrier. He told me the old military tracked vehicle had sat on a friend’s farm in southern Alberta for years and “Had a tree growing right up through the bottom.”

He brought it to Calgary where he overhauled the transmission and tracks and installed—what else—yet another Chevrolet V8 engine. The movie clip on Dave’s phone showed the little armored vehicle charging around some farmland, happily driven by the man who rescued it from oblivion. Kind of an ultimate sport utility vehicle, I thought.

The Ron Carey automobile collection in Gasoline Alley is like a little piece of heaven for car folk. Dave walked me past some of his favorite vehicles, posing with Old Scruffy, a 1930 Nash that had been completely restored mechani-

cally but with the body left in its original dilapidated condition.

“It’s the sort of car that Saskatchewan farm families might have used to flee the province during the dust bowl of the Great Depression,” he said. I sensed that Richards appreciated how the old car displays its life of hard use in a way the pristine restored cars in the collection, while beautiful to behold, do not.

We walked back up the hill to the village and Flett’s Blacksmith Shop. Across the street the Club Café beckoned and Richards and I sat down for some refreshment. Afterward, an orange soda found its way over to the blacksmith shop and to Amy, who had kept the forge fire burning in Dave’s absence. I expected she might open the bot-

tle with a shop-crafted opener but I was a little disappointed when she just twisted off the cap. Note to Amy: stay in period character.

It was a grand visit to a superb Calgary facility in the company of a gentleman who, while formally retired, is fully employed in a life of experiences and activities that he completely enjoys.

Richards and Amy make quite a team. It was a lot of fun spending the afternoon in their company. I recommend a visit to see them and the other volunteers and staff that bring their own personalities and characteristics to their roles as interpreters at Calgary’s Heritage Park. I welcome your comments. Contact me at bcatp@hotmail.com.



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MUSICAL RECORDERS GROUP (Rm 313) 1 - 3pm	OPTIONS 45 - Employment Workshops (Lounge) 1:30 - 3pm	BRIDGE (Dining Room) 1 - 3pm	ARTIST GROUP (Rm 313) 10am - 3pm Cost \$1.50 half day	SPANISH CONVERSATION GROUP (Rm 311) 10am - 12pm
CRIBBAGE (Dining Room) 1 - 3:30pm		DANCE (Lecture Rm 205) Resumes in September	BINGO (Rm 205) 11am - 3pm	BADMINTON & PING PONG (Gym) 10:30am - 1pm
WRITING GROUP (Rm 301) 1:30 - 3:30pm		GENERAL CRAFT GROUP Resumes in September	PICKLEBALL (Gym) 3:30 - 5pm	KRAZY KARVERS WOOD-CARVING Club (Woodshop Rm 102) Resumes in September
PICKLEBALL (Gym) 3:30 - 5pm		SUMMER CRAFT GROUP (Dining Room) 9am - 12pm FREE	KERBY TOUR (Dining Room) 10:30 - 11:30am	
MAHJONG (Rm 308) Resumes in September		KUBB (Rm 305) Jul 19-Aug 30 11:30am		
KNITTING FOR A CAUSE —Resumes in September				

Dates to Remember

K2 East Village

CHOW & PUTTER MINI GOLF
8 Mini Golf Platforms with fun "topper" obstacles putters and balls provided
Wed Aug 9, 1:00-3:00pm

PLAY WITH CLAY WORKSHOP
Wed Aug 2 & Wed Aug 30
1:00 - 3:00pm

GENTLE FITNESS
Mondays, 11:15am - 12:15pm

ART'S 'N ENDS
Every Tues & Thurs, 12:30 - 3:30pm
Aug 24 moved to Aug 25, this week only

DROPS OF PEACE (MEDITATION)
Thurs Aug 17, 10:30 -11:30am

ZUMBA GOLD
Fridays, 10:30 - 11:30am

CHAIR YOGA
Fridays, 12:00 - 1:00pm
Cancelled Aug 25, Resumes Sept 8

REHEARSING & PERFORMING SHAKESPEARE
A discussion & interactive workshop with Haysam Kadri
Thurs, Aug 24, 12:30 - 2:30pm

Kerby Centre

MAPLE LEAF QUEST
North Glenmore Park Walk
Contact Education & Recreation for details.
Tuesday, August 22

MONTHLY MOVIE
Passengers
Friday, August 25

Kerby Centre and K2 East Village are closed
Monday, August 7

Kerby Travel Day Trips

ARROWWOOD HUTTERITE COLONY
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Wednesday, August 9 or 16 (book by August 2)

MAPLE LEAF QUEST
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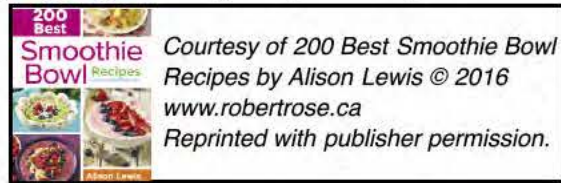


Irresistible and healthy smoothie bowls

Page design & layout by Winifred Ribeiro

Smoothie Bowls, the latest popular healthy breakfast and snack trend has finally made it to the North America. Birmingham author, Alison Lewis, has just released her third internationally published cookbook, *200 Best Smoothie Bowl Recipes*.

“Smoothie Bowls are a healthy and filling way to get your ‘five a day,’” says Lewis. “Smoothie Bowls are made thicker to serve in bowl rather in a glass and are loaded with healthy toppings to sink your spoon and palate into. They are filled with health benefits, fun to make, beautiful and offer an easy time-friendly solution for those trying to eat healthier,” says Lewis.



Courtesy of *200 Best Smoothie Bowl Recipes* by Alison Lewis © 2016
www.robertrose.ca
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Green Coconut Bowl

A great budget-saver to make your own

Makes: 1 serving

1/4 cup / 60 mL unsweetened coconut milk beverage

1/2 frozen banana, cut into pieces if necessary

1/3 cup / 75 mL frozen chopped mango

1 cup / 250 mL trimmed kale leaves

2 tbsp / 30 mL unsweetened shredded or flaked coconut

Ice cubes (optional)

Suggested Toppings

Sliced banana

Blueberries

Raspberries

Unsweetened shredded or flaked coconut

Chia seeds

1. In blender, combine coconut milk, banana, mango, kale and coconut. Secure lid and blend (from low to high if using a variable-speed blender) until smooth. If a thicker consistency is desired, add ice, one cube at a time, and blend until smooth.

2. Pour into a bowl and top with any of the suggested toppings, as desired.

Tip: Use leftover coconut milk in soup recipes, Thai recipes, hot chocolate and breakfast cereal.

If you prefer, you can use store-bought granola to top your smoothie bowl.



Upside-Down Apple Pie

Apples are the star in this recipe. This is apple pie turned upside down in a smoothie bowl creation.

Serves: 6

Tips Use a Gala or Fuji apple for the sweetest apple taste.

You can use any kind of granola to top your smoothie bowl.

1 apple, peeled and cut into wedges

1/4 cup / 60 mL apple juice

1 tsp / 5 mL granulated sugar

1/2 tsp / 2 mL ground cinnamon

1/4 cup / 60 mL milk

1 cup / 250 mL vanilla-flavored frozen yogurt

4 graham crackers

4 ice cubes

Suggested Toppings

Ground cinnamon

Sliced peach

Granola

Crushed graham crackers

Spiced pecans

Caramel Sauce

1. In a large skillet, combine apple and apple juice. Bring to a simmer over medium heat, then simmer for 5 minutes. Stir in sugar and cinnamon; simmer, stirring gently, for 3 minutes or until apples are softened. Drain and let cool completely.

2. In blender, combine milk, frozen yogurt, cooked apples, graham crackers and ice. Secure lid and blend (from low to high if using a variable-speed blender) until smooth.

3. Pour into a bowl and top with any of the suggested toppings, as desired.

Chilled Tiramisu

This smoothie bowl tastes so good it could be dessert.

Makes: 1 serving

Tip: Store chocolate hazelnut spread in a cool, dry place. It does not need to be refrigerated after opening.

Omit the graham crackers or lady fingers from the smoothie and just crumble them on top if you like a less crunchy smoothie texture.

1/3 cup / 75 mL strong brewed coffee, chilled
1 1/2 cups / 375 mL vanilla-flavored frozen yogurt
2 tsp / 10 mL unsweetened cocoa powder
2 graham cracker squares or lady fingers
2 tsp / 10 mL chocolate hazelnut spread
Ice cubes (optional)

Suggested Toppings

Unsweetened cocoa powder

Ground cinnamon

Crushed graham crackers

Chocolate shavings

1. In blender, combine coffee, frozen yogurt, cocoa, graham crackers and chocolate hazelnut spread. Secure lid and blend (from low to high if using a variable-speed blender) until smooth. If a thicker consistency is desired, add ice, one cube at a time, and blend until smooth.

2. Pour into a bowl and top with any of the suggested toppings, as desired.



Pomegranate Tea Bowl

Pomegranate juice, tea and strawberries all contain antioxidants, so this smoothie bowl is healthy as well as delicious!

Tip: If you can't find pomegranate-flavored tea, you can substitute any berry-flavored tea.

1/4 cup / 60 mL brewed pomegranate-flavored tea, chilled

1/4 cup / 60 mL unsweetened pomegranate juice

1 tbsp / 15 mL liquid honey

1 1/2 cups / 375 mL frozen strawberries

Ice cubes (optional)

Suggested Toppings

Sliced strawberries

Pomegranate seeds

Goji berries

Muesli

Chia seeds

1. In blender, combine tea, pomegranate juice, honey and strawberries. Secure lid and blend (from low to high if using a variable-speed blender) until smooth. If a thicker consistency is desired, add ice, one cube at a time, and blend until smooth.

2. Pour into a bowl or bowls and top with any of the suggested toppings, as desired.

Ismailis mark Aga Khan's Diamond Jubilee



The Aga Khan and PM Stephen Harper tour the terrace of the Aga Khan Museum building after the opening ceremonies.



A rare copy of the Quran on display at the Aga Khan Museum.

By Mansoor Ladha

On June 11, 2017, Ismailis all around the world celebrated 60 years since the Aga Khan succeeded his grandfather as the imam of the Shia Muslim community. The Diamond Jubilee highlighted the Aga Khan's tireless work around the globe and his vision to steer the Ismaili community during the last 60 years.

Canada's close, strong, and successful association with the Aga Khan began more than five decades ago with the arrival of thousands of Ismailis who were forced to flee from Ugandan dictator Idi Amin's anti-Asian regime. This relationship with Canada has been strengthened with several joint ventures between the Canadian government and the Aga Khan's internation-

al development agency, the Aga Khan Development Network (AKDN).

AKDN is involved in 30 countries around the world, employing 80,000 people, the majority of whom are based in developing countries in Africa and Asia. Its projects include hospitals, universities, schools, media outlets, hydroelectric projects, factories, hotels, etc. – all aimed at benefitting the local populations.

The Aga Khan has several times publicly thanked Canada for its generosity in accepting and opening its doors to Ismailis. However, his admiration for Canada

goes beyond that. He has described Canada as "a model for the world." It was therefore befitting that the Aga Khan and the Canadian Governor General David Johnson this year opened the Global Centre for Pluralism in Ottawa as a sign of their longstanding partnership.

The Global Centre for Pluralism is an independent, not-for-profit international research and education centre. Inspired by the example of Canada's inclusive approach to citizenship, Ottawa was chosen as a site for the centre, committed to advance respect for diversi-

ty internationally and "believing that openness and understanding towards the cultures, social structures, values and faiths of other peoples are essential to the survival of an interdependent world."

At the opening ceremony, Mr. Johnson said, "In a diverse, globalized, high-tech world, nothing could be more pragmatic than an inclusive, pluralistic society. Diversity helps us to enrich our society, to better understand other countries and to forge connections with people around the planet."

But the focal point of all the Aga Khan projects in Canada has been the Aga Khan Museum and Ismaili Centre in Toronto, which is dedicated to portraying artistic, intellectual and scientific contributions that Muslim civilisations have made to world heritage. The museum and its surrounding park—which sits majestically on Wynford Drive—has not only become a major educational and tourist attraction, but it also provides a remarkable environment of relaxation and contemplation for local residents. The museum and the Ismaili centre have become a place that commands the respect of all those who have visited them.

The third major and notable Ismaili institution in Canada is the Ottawa-based Delegation of Ismaili Imamat, which represents

Continued on page 15

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Continued from page 14

the Imam institutions and its non-denominational, philanthropic and development agencies such as the Aga Khan Development Network. The Delegation also has an ambassadorial role with a resident ambassador whose responsibilities are to maintain and foster external relations. With all these high-profile projects, Canada can proudly regard itself as the Ismaili headquarters of the world.

The Aga Khan is one of the six foreigners accorded honorary Canadian citizenship in 2010, and was invited to address the Canadian parliament in 2014, an honour usually accorded to heads of state. He has also been awarded several honorary degrees by universities all around the world, and national honours have been bestowed by numerous countries in recognition of his humanitarian activities.

This charismatic and dynamic imam of the Ismailis, a minority sect among the world's 20 million Shia Muslims, ascended to the throne of Imamat on July 11, 1957, on the demise of his grandfather, Sir Sultan Mohammed Shah, at the age of 21 while still a student at Harvard University. He was chosen, as his grandfather said in his will, because he wanted to be succeeded by "a young man who has been brought up and developed during recent years and in the midst of the new age and who brings new outlook to life in his office as Imam."

In his speech to the Canadian parliament, the Aga Khan outlined his role: "The role of the Ismaili Imam is a spiritual one; his authority is that of religious interpretation. It is not a political role. I do not govern any land. At the same time, Islam believes fundamentally that the spiritual and material worlds are inextricably connected. Faith does not remove Muslims — or their Imams — from daily, practical matters in family life, in business, in community affairs.

"Faith, rather, is a force that should deepen our concern for our worldly habitat, for embracing its challenges, and for improving the quality of human life. This Muslim belief in the fusion of Faith and World is why much of my attention has been committed to the work of the Aga Khan Development Network."

Although he refrains from making comments on political issues, governments and

heads of state have sought his advice and counsel. He has been a regular delegate at international conferences on Syria and other world trouble spots, and recently was in Moscow to discuss Afghanistan and other world issues with the Russian Foreign Minister Sergei Lavrov.

During his Diamond Jubilee, Ismailis from around the world will pledge to volunteer to donate their time and knowledge, a program initiated during his Golden Jubilee in 2007 — whereby an immense pool of expertise involving tens of thousands of volunteers have been enlisted, which includes doctors, accountants, teachers, nurses and other professionals. Many of these Ismaili professionals—one third of whom are Canadians—will travel to developing countries as part of this outpouring of service in the name of their Imam.

During his Imamate, the Ismailis have progressed educationally and prospered economically, becoming a successful model community, which has been the envy of the world. Ismailis have participated enthusiastically in major cities of Canada as volunteers and have contributed in civic, provincial and national institutions. As we look into the future, it is fair to predict that the community will progress on the solid foundations laid by the Aga Khan for years to come.

Mansoor Ladha is a Calgary-based journalist, travel writer and author of A Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims (Detselig) and Memoirs of a Muhindi (University of Regina Press).



A scenic view of the Aga Khan Museum and Ismaili Centre, Toronto.

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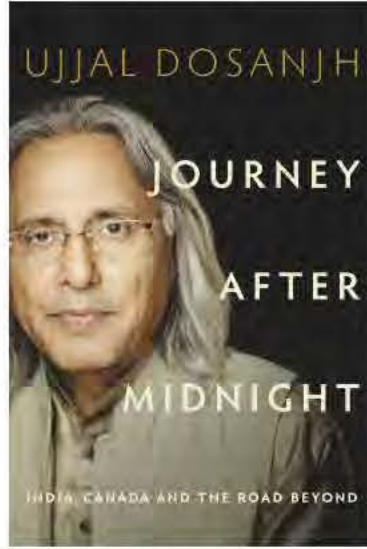
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| BANJO | DIDGERIDOO | MARACAS | TRIANGLE |
| BASS | DRUM | MELODICA | TROMBONE |
| BODHRAN | EUPHONIUM | MIZMAR | UKULELE |
| CABASAS | FLUTE | OBOE | VEENA |
| CELLO | FRENCH HORN | LOUD | VIBRAPHONE |
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| CITTERN | HARP | PICCOLO | XUN |
| CLARINET | | | |

Book Review



“Journey After Midnight: India, Canada and the Road Beyond”

By Ujjal Dosanjh

c.2016, Figure.1 Publishing
 \$32.32 CDN.
 \$20.79 CDN. (Kindle Edit)

“Never let an immigrant tell you he does not miss the land of his birth. We have fled our countries in search of a better life, and we carry that pain in our hearts.” So reads a passage from Ujjal Dosanjh’s memoir, *Journey After Midnight: India, Canada and the Road Beyond*.

A midnight’s child of poor rural India, the death of his mother from blood poisoning

when he was seven years old, changed his family’s life forever and taught him “that the collective is important; sharing makes us stronger.”

Ujjal Dosanjh emigrated to the United Kingdom in 1964 at the age of eighteen, and spent nearly four years making crayons, car parts and shunting trains while he attended night school and learned English by listening to BBC Radio. Realizing he would not achieve his dream in the UK, he emigrated to Canada in 1968, to the west coast, where he pulled lumber in a sawmill for a few years, coping with a serious work-related injury while eventually earning a B.A from Simon Fraser University in 1973 and then his law degree from the University of British Columbia three years later.

He practiced law for many years, and was a social justice advocate who fought for the rights of farm and domestic workers. At the same time while practising law, he was also fighting against “unhealthy tensions” within the Indo-Canadian community, in particular, the separatist activities of the 1970’s and 1980’s in the Lower Mainland that paralleled political events in India, including the assassination of Indira Gandhi.

As a major player in these

events, it was his strong belief that it is “criminal to remain silent on matters of fundamental good” and his public stand against extremism and despotism within that community resulted in his receiving countless death threats, and in the attempt on his life in 1985, which resulted in serious injuries.

The latter part of the book is given over to Dosanjh’s tenure as a British Columbia MLA and then as Attorney-General under Mike Harcourt’s NDP government and, in particular, his role in the Glen Clark conflict-of-interest scandal, which saw Clark resign as Premier in 2000.

After many years as a Member of the Legislative Assembly he became Attorney General and then Premier of British Columbia, the first person of Indian descent to hold these offices anywhere in the country.

Dosanjh’s deeply personal and thoughtful memoir is very much the story of the immigrant experience of Dosanjh’s journey from his beloved India to the upper echelons of Canadian politics. It is a story about a man passionate about social justice and democratic process and his unwavering commitment to what his beliefs. It provides useful historical insights about the difficulty of assimilation into a new country in that era. □

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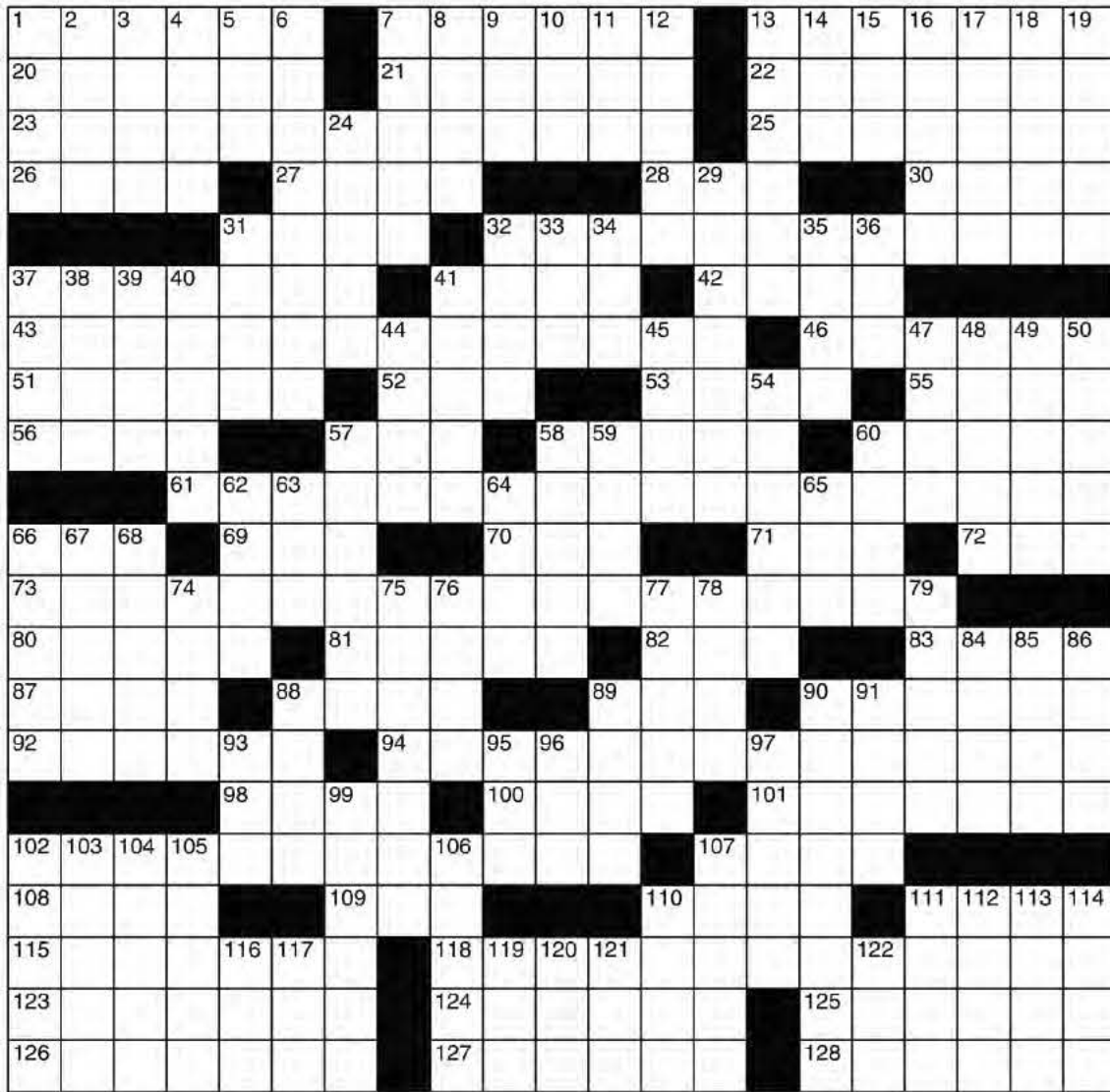
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Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

THIS IS REALLY BIG

- | | | | | | |
|----------------------------------|---------------------------------|-----------------------------|-------------------------------|---------------------------------------|------------------------------------|
| ACROSS | 55 Gutter place | 109 Yank's home | 16 Former state secretary | 54 Infrequently seen thing | 88 Fan blade |
| 1 He drew "Li'l Abner" | 56 Work over | 110 Nativity scene trio | Root | 57 Coulomb per second | 89 Hectically |
| 7 Stands up to | 58 Trump's wife after Ivana | 111 Gulf country | 17 Secant, e.g. | 58 Big wall painting | 90 Skillet alloy |
| 13 Disdainful lip-curler | 60 One laying down asphalt | 115 Facial looks | 18 1985 Kate Nelligan drama | 59 Deep blue dye | 91 Apart from that |
| 20 Roving vacuum cleaner | 61 Big project | 118 Big home loan | 19 Worshiper of Jah, in brief | 60 El —, Texas | 93 Squealer |
| 21 Delphi diviner | 66 "I've got it!" | 123 Hillary's peak | 24 "Two and — Men" | 62 Big continent | 95 Opposite of old, in Ulm |
| 22 Lifting song syllables | 69 Motor oil brand | 126 Snuggles | 29 Church part | 63 "Scream" network | 96 Pop's bro |
| 23 Big mollusk of Antarctic seas | 70 Actress Meyers | 127 Robbing jobs | 31 Q7 carmaker | 64 Totally dislike | 97 Dance that "takes two" |
| 25 Birds such as emus | 71 W-2 org. | 128 Requisite | 32 "Friday the 13th" staple | 65 Prefix with oxide | 99 Believes (in) |
| 26 Box gently | 72 Boise-to-Las Vegas dir. | DOWN | 33 Eisenhower, informally | 66 Heap up | 102 Master |
| 27 Golf stroke | 73 Big military counterstrike | 1 Pop-up paths | 34 Objectivist Rand | 67 Capital northeast of Vientiane | 103 Antipasto bit |
| 28 Ending for enzymes | 80 Author Loos | 2 Lariat end | 35 Unhurried | 68 Parenthetical remark | 104 Snouts, e.g. |
| 30 Cue or clue | 81 Revolt | 3 Coke, e.g. | 36 "— Sera, Sera" | 74 Symbol on many flags | 105 Opening |
| 31 From quite a distance | 82 Cloud setting | 4 Love, in Peru | 37 State firmly | 75 Gives off again | 106 Kingly Indian |
| 32 Big tree of California | 83 Jazzy singer — James | 5 "NewsHour" network | 38 Unaltered | 76 River in Spain | 107 Willie of "Charles in Charge" |
| 37 Per routine | 87 Coke, e.g. | 6 Two-choice grading system | 39 Well-trodden | 77 Rizzoli's TV partner | 110 Over half |
| 41 Super-slow | 88 Deviate | 7 Melancholy | 40 Thurmond of politics | 78 Similar (to) | 111 Stare at rudely |
| 42 Red-haired biblical twin | 89 Boxing legend | 8 Once, in the past | 41 Ross of politics | 79 "Nifty!" | 112 — of honor |
| 43 Big dissimilarity | 90 Knocks off | 9 E-help sheet | 44 Classic canine name | 84 Russian ruler of yore | 113 "A Death in the Family" writer |
| 46 Rarely | 92 — Nevadas | 10 Hosp. section | 45 Power strip attachment | 85 PSAT part | 114 Uncool type |
| 51 "Bam!" chef Lagasse | 94 Big job | 11 Drug mogul Lilly | 47 Plumbing problem | 86 With 108-Across, demands much (of) | 116 Salon stuff |
| 52 Cholera | 98 "Nay" caller | 12 Biggish car | 48 Bette of film | | 117 Suffix of dialects |
| 53 Nashville's Grand Ole — | 100 Slaughter of baseball | 13 PTSD part | 49 Cakes bake in them | | 119 Ending with script |
| | 101 Categorizes | 14 Big D.C. lobby | 50 Form a union | | 120 Me, to Fifi |
| | 102 Big pickup in an exhibition | 15 Dig into | | | 121 Greyhound fleet unit |
| | 107 Pot builder | | | | 122 Game draw |
| | 108 See 86-Down | | | | |



Solution on page 34

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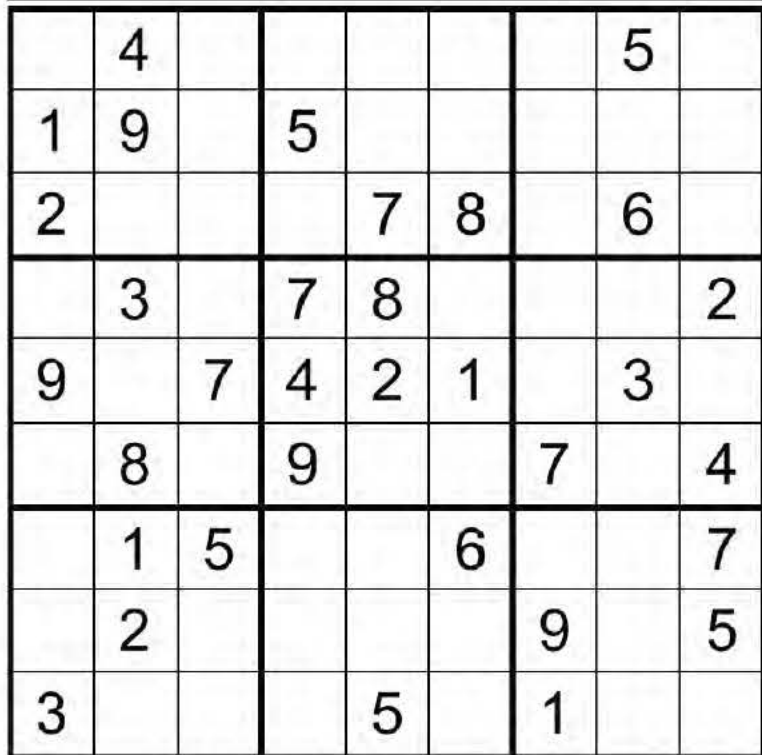
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Sudoku Puzzle



Solution on page 34



by Roddy Thorleifson no rights reserved

Visiting Japan

And coming full circle with our martial arts past

Story and photos By Mary Chalupka

Page design and layout by Winifred Ribeiro



Gazebo on the Island of Enoshima in the garden.

In May of this year, the dream my husband Norbert and I shared of visiting Japan became a reality.

We had a number of reasons for wanting to visit the country, chief among them our history with the Japanese culture through over 30 years of involvement in Calgary's martial arts community. Norbert and I both attained the rank of black belt and were members of the Japan Karate Association in Calgary, through which we trained and taught, and long had a desire to see where the headquarters of the Shotokan Karate dojo of Tokyo was located: we wanted to see firsthand how the students trained.

Since the Karate dojo was in Tokyo, we planned our trip to stay within a 320 km range of the city. While planning and researching our trip, we learned about a local Japanese company called Green Tomatoes that offers a shared shuttle from Narita

Airport to the hotel, and this appealed to us. When we arrived, a representative was waiting with a sign that made us feel very welcome.

At the Shotokan dojo, we were warmly received and were invited to view a class and meet some of the students. The training was very precise and it brought back a flood of emotion from our own experiences. When we walked into this dojo, it felt as though we had come full circle on our journey through martial arts.

Mount Fuji and the historical Mountain area of Nikko were 'must-see' landmarks for us. We booked two day excursions with guided tours, which this left us 12 days on our own with an open itinerary to decide what we wanted to see and do, and on our own schedule.

Being on our own was wonderful as we could take our time to really see Japan in its splendour. It's a remarkably safe country, and we felt at ease



Buddha in Kamakura it stands 13.35 meters.



Kyu Shiba Rikyu Gardens in Minato.

place where locals visited the shrines and grottos to pray for a bountiful catch when fishing. On the top of the island is a lighthouse called the Sea Candle, and the view it offers of Mount Fuji on a clear day is spectacular.

The island has a beautiful garden and many caves: upon entry, guests are given a candle to experience the setting in its natural beauty.

Scattered about the island were small local shops selling a variety of food and Japanese items. We met a merchant who was extremely pleasant and genuinely happy to show us his store with no pressure for us to buy. We found the people to be so respectful and courteous, and we tried to learn their customs of bowing and simple phrases of greeting and thank you, which I think was appreciated.

Our next stop was Kamakura. We dedicated a full day to spend at this location, as it has one of the largest Buddha statues in Japan—and the size and magnitude of it is truly amazing when you're up close. Kamakura and Enoshima are both on the coast, and we spent time walking along the beach. The smell of the ocean was intense, and we could spot the locals digging for mussels. We bought local fruit and enjoyed a quiet picnic on the beach.

Throughout the small coastal city are shrines and grottos. Kamakura is rich in history as it was used as the capital for the Shogun from the years 1192 to 1333, and home to the Minamoto clan. The area reminded me of



Tokyo tower at night.



Entrance to Edo Wonderland

scenes from the movie Shogun, when the European explorers arrived at the Japanese islands for the first time.

Our daily excursions brought us next to a historical location north of Tokyo called Kawagoe, also known as Little Edo, famous for its black-walled merchant houses dating back to the 18th century. Kawagoe also houses the transported remains of the Edo Castle. This city shows what Japan looked like before all the modernization that took place after World War II.

Our first guided day tour was a bus to Mount Fuji. The tour guide was friendly and incredibly informative about local history. One benefit of guided tours is learning interesting facts about the area as you see them with your own eyes. It rained the day we went to Mount Fuji, but that did not spoil the moment. The highlight was a cable car up the mountain to see a bird's eye view of the area including Hakone Lake. Upon our descent back down the mountain, we boarded a small boat for a cruise on Hakone.

Our other guided tour was to the mountain region of Nikko, where we saw the Tosh-gu shrine, followed by an afternoon experiencing Edo wonderland—a beautiful park with buildings from the Edo period. Locals were dressed in authentic clothes depicting the Samurai and Geisha period, with many



Natural Caves on Enoshima Island.

museums and exhibits dedicated to the era. To cap it off, we had a pleasant afternoon enjoying the garden walkways, taking in the serenity.

Back in Tokyo, we found many wonderful gardens and shrines, and every day we made it a point to visit a local garden. Our favorite happened to be a small garden a short 10-minute walk from our hotel, called Kyu Shiba-rikyu — which was a former Imperial Garden surviving from the Edo period. The ponds housed a variety of fauna from turtle to various fish, lending to the overall tranquillity. On one of our visits to this garden, we spotted a Japanese couple dressed in traditional clothing enjoying a walk in the park.

One of our more memorable places to visit in Tokyo was the district of Asakusa. On our first visit to Asakusa, we arrived by a short cruise on the Sumida River. The second visit was via the subway. Upon arrival we saw the Asakusa street festival, where locals parade through the streets in traditional clothing, and carry various shrines to the temple. There was music and dancing and lots of people both watching and participating.

To really get an appreciation for the size and magnitude of Tokyo, we visited the Tokyo Tower. We went in the early evening and watched the sun go down from the observation deck, which offered exquisite sights of the cityscape as it transitioned from daytime to night.

Viewing the city from the tower, it was evident that every-day life in Tokyo is both modern



Kyu Shiba Rikyu Gardens in Minato.

and traditional. From the sites we saw and the people we met, we observed that the Japanese take great pride in their city. The locals are most gracious hosts.

We dined in local restaurants ordering from Japanese menus, and enjoyed the surprise of not really knowing what we were getting; and the food was always delicious. The locals seemed appreciative of our willingness to try their food, and with the language barrier, did their best to help us with selection. We ate in many small restaurants that only had a few tables, which offered us a unique experience, far from the 80-seat restaurants found at home.

Our two-week trip gave us a greater appreciation for Japanese culture, and we have an enriched understanding of martial arts and the Japanese people.

At the end of our trip and on the way to the airport, our shuttle driver bowed, and although

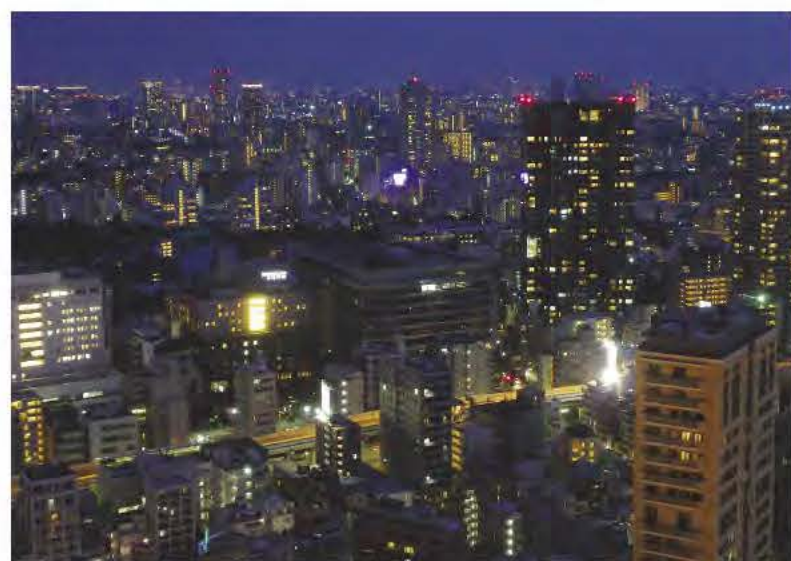
he did not speak English, said to us, "Please return to Japan." We could see by his demeanour that he was sincere. If given the opportunity again, we would definitely revisit the country and explore some more. □



Sea Candle on the top of Enoshima Island)



Mount Fuji.



View from the Tokyo tower.



Tosh-gu shrine, Nikko.



Norbert and Mary Chalupka at the Japan Karate Association in Tokyo.



Pathway to the top of Enoshima Island.



Shrine that is carried in the streets.



Black walled Merchant house Kawagoe.



My dog ate my homework

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“I’d love to help out but I have to go to this Thing...”

“I wish I could but I’ve got a prior commitment.”

“I’ve been meaning to do that but I’ve just been so busy.”

And the least imaginative (i.e. the laziest excuse) of all, “I can’t. I have to wash my hair.”

The list goes on and on. We can all be really good at making excuses when it suits us. But what exactly does that mean? Why would it ‘suit us’ to make excuses?

That’s easy. We’re afraid of something.

“Oh, no,” you might be thinking. “Not every excuse is about fear!”

Oh, yes. It is. Every single one of them will be about a fear of something.

There are the excuses we make when someone asks us to go to some event or other and we have absolutely no interest. But we’re afraid we’ll offend them, or they might not like us, or they’ll be angry or insulted. We don’t dare just say “No, thanks.”

There are the excuses we make when we’re dating but discover behaviours or attitudes that we just don’t like in the people we’ve been seeing, and we decide we don’t want to see them any more. They suggest get-

ting together and we avoid their phone calls, or tell them repeatedly, “I can’t, I’m busy that night,” until they finally figure it out and quit asking.

Or we might go so far as to tell them as gently as possible that “...it’s just not working out.” But when they ask what we mean, we say “It’s not you...it’s me,” when we know perfectly well that’s not at all how we really feel.

But we are afraid to be honest, afraid to hurt their feelings, afraid to stand up for ourselves.

Then there are the Mothers of all Excuses. The ones we tell ourselves about why we can’t do something that benefits us. Why we can’t pursue our goals. Why we don’t take chances, let opportunities slide past us, walk away from our dreams.

We tell ourselves we’ve just been too busy lately or it would cost too much or it would upset someone if we

got this or achieved that. We’re loaded with excuses that we sugar coat as “reasons” so we can cram them down our own throats, foolishly thinking that others can’t see the truth about our cowardice.

The worst of it is that most of what we fear won’t happen anyway. And it’s usually just based on self-destructive and inaccurate beliefs such as, “I’m a failure; I’ll fail at this, too.” Or “Nothing good could happen to me. I know it won’t work out so I’ll save myself the disappointment.”

Excuses are always dishonest. They’re a feeble attempt to hide – or at least ignore – the truth. And the truth of excuses is that they are always about fear.

When we make decisions based on fear, there will never be a good outcome. It restricts growth and learning. We stay stuck in the same place, thinking the same thoughts, having

the same experiences, fearing the same things as we’ve always done.

We cannot move ahead if we don’t take risks, be honest, face the truth about who we are, how we feel, what we want and need for our lives.

And that is a terrible waste.

The next time you hear yourself about to offer an excuse to anyone for anything – including and especially if it’s to yourself – stop and think about what it is that’s keeping you from speaking the truth. Try to determine why you’re doing your level best to shoot yourself in the foot. Examine the fear that has twisted itself into an attempted justification for the excuse you are about to make.

It is only when you face that fear and address it that you will be able to continue on the journey toward being all you’re meant to be. □

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Celebrating Canada's 150th anniversary: Adolfo Woo



By Jessica Babb

Philippines, and moved to Hong Kong when he was a young boy. He started his schooling early in Hong Kong at the same time as his older brother.

"I always follow him," says Woo. "What he does, I do the same" so the kindergarten that took his older brother accepted Woo as well, and he started attending classes.

Early on during his education, Woo was forced to relocate to the Chinese countryside when the Japanese occupation occurred in Hong Kong.

"The education goes on," says Woo, adding that it was a challenge because he had to read in a language, differing from Cantonese, which was spoken in Hong Kong.

Adolfo Woo hasn't lived in Calgary for his entire life: he didn't arrive here until he retired at the age of 62.

Woo was originally born in Zamboanga City in the

"We stayed there for three years because of the occupation. It's a hard life there," he says.

When it came to immigrating to Canada, Woo's children were the motivating force, as they had immigrated to the country before his arrival.

"[Our children] came here for education, then married and had children," says Woo.

When one of his children requested if Woo's wife would help with the baby, he said, "why not?" and sent her to Canada before his arrival. In 1988 he bought a home for her to live in.

"I came to see the house warming, and wow! 'This is the house that I want,' I told my wife."

It wasn't until the age of 62 when Woo retired that he himself fully immigrated to Canada. Originally, he went back to Hong Kong and continued to work while his wife and children remained in Canada, noting it was easier that way instead of

coming here and having to find a job.

"Coming over for me was easy, because I spoke the language and we had bought a house," noting that the only thing that wasn't easy was forgetting Hong Kong.

Woo found retirement difficult initially. He took his wife back to Hong Kong for a month because he couldn't quite get used to Canada. Following that, they returned back to Calgary where they settled down, where he would spend his time at the Calgary Chinese Elderly Association singing songs after their morning drills.

When it comes to music Woo says, "you have to start when you are a small child."

Woo began singing when he was in the church choir with his two siblings back in China, and is glad to be doing that again in his adopted country.

In honour of Canada's 150th, 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

October Civic Election Workers Needed

The City of Calgary is looking to hire approximately 3,000 temporary workers (Deputy Returning Officers) for the City's municipal election this fall.

Election workers are paid positions, with the amount of pay varying depending on the position and type of voting station. Interested applicants will be required to complete online training and attend a two-hour

training session in September, and must be able to work during the Advance Vote and on Election Day.

Applicants must be eligible to work in Canada; however they do not have to hold Canadian citizen to apply.


Advance voting runs from Oct. 4 – 11, and Election Day takes place on Oct. 16, 2017.

For more information, visit www.calgary.ca/election.

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BREAD — one of the oldest staple foods

Page design & layout by Winifred Ribeiro

Canada has a rich and delicious tradition of bread-making, going back to the early Native peoples. Successive waves of settlers brought their bread-baking traditions to the country as well, so we have breads with roots in France, Britain, Italy, Eastern Europe, Russia and beyond. Breads of all shapes and textures, dinner buns, doughnuts, naan—all 65 recipes have step by step photos showing exactly how the bread is made. Plus a comprehensive intro showing the steps of assembling the ingredients, kneading, rising techniques, and so on. Includes a smattering of tasty quickbreads. Nothing says home baked comfort food goodness like a perfectly baked crusty loaf of homemade bread.



Excerpted from *Canadian Heritage Breads* by Jean Pare, Wendy Pirk & James Darcy. All rights reserved. Company's Coming Publishing Limited© www.companyscoming.com Reprinted with publisher permission.



Pets de Soeur

It was Samuel de Champlain who brought the Roman Catholic Church to New France. The French clergy and aristocracy supported the establishment of various orders, including the Jesuits, to create schools and hospitals in the St. Lawrence Valley and beyond. In the early days of the French Canadian habitants, the Catholic Church formed the backbone of the community, providing structure and support; the church was also a strong, overbearing and often-feared influence. This situation created somewhat of a love-hate relationship between the church and the parishioners, and many derogatory phrases sprang from this time. Thankfully, these little cinnamon pastries taste nothing like their name; *pets de soeur* literally translates as “nun’s farts.” They will keep for up to 2 weeks in a sealed container.

Makes: 24 pastries

All-purpose flour	3 cups	750 mL
Baking powder	2 tsp.	10 mL
Sea salt	1 tsp.	5 mL
Chilled butter	1/2 cup	125 mL
Milk	1 cup	250 mL
Butter, softened	1/4 cup	60 mL
Brown sugar	1 cup	250 mL
Ground cinnamon	1 tsp.	5 mL

Combine first 3 ingredients in a large bowl. Using a fork, cut in butter until mixture resembles coarse meal. Stir in milk to form a dough. Cover and let rest for 15 minutes.

Roll dough out as thin as you would for a pie crust. Spread dough with softened butter and sprinkle evenly with brown sugar and cinnamon. Roll dough up like a jelly roll and cut into 1/4 inch (0.5 cm) slices. Bake in 375°F (175°C) oven for 15 to 20 minutes or until golden brown.

1 pastry: 150 Calories; 6 g Total Fat (1.5 g Mono, 0 g Poly, 3.5 g Sat); 15 mg Cholesterol; 22 g Carbohydrate (0 g Fibre, 9 g Sugar); 2 g Protein; 125 mg Sodium

Zucchini Bread

Zucchini is native to the Americas, but the variety that most people are familiar with comes from Italy and was most likely brought back to the Americas by early European immigrants. The plant became a garden favourite because it is so easy to grow, but because it is so prolific, come harvest time farmers had a squash surplus. One can heap only so much zucchini onto unsuspecting neighbours, so farm wives had to think of clever ways to use it up. Hence the birth of zucchini bread. Based on the sweet vegetable puddings that were popular in Europe in the Middle Ages, zucchini bread was (and still is) an excellent way to eat zucchini without really realizing that it is there



Beaver Tails

Beaver tails are a true Canadian success story. For those not in the know, a beaver tail is dough that has been hand stretched into the shape of a beaver’s tail, then deep-fried and traditionally sprinkled with cinnamon sugar. Grant and Pamela Hooker first started selling these treats, made from a recipe that was handed down from Grant’s grandmother, at their community fair in Killaloe in the late 1970s. In 1980, they opened their first stand in Ottawa’s ByWard Market. Today, the BeaverTail franchise has locations from BC to PEI and a few international stores, as well. Beaver tails gained international fame in 2009 when Barack Obama picked one up at the ByWard Market location on his visit to Ottawa

Makes: 25 beaver tails.

Sugar	1 tsp.	15 mL
Warm water	1/2 cup	125 mL
Active dry yeast	1 1/2 tbsp.	22 mL
Sugar	1/3 cup	75 mL
Warm milk	1 cup	250 mL
Vanilla	1 tsp.	5 mL
Large eggs	2	
Oil	1/3 cup	75 mL
Salt	1 tbsp.	15 mL
Baking soda	5 tsp.	25 mL
All-purpose flour	5 cups	1.25 L
Vegetable oil	3 cups	750 mL
Cinnamon sugar	2 tbsp.	30 mL
Sugar	1/3 cup	75 mL

Stir first amount of sugar into warm water in a large bowl. Sprinkle yeast over top. Let stand 10 minutes. Stir to dissolve yeast.

Add second amount of sugar, milk, vanilla, eggs, oil, salt, baking soda and 4 1/2 cups (1.1 L) flour. Stir to form a soft dough. Knead 5 to 8 minutes, adding remaining flour as needed until a firm, smooth, elastic dough has formed. Place dough in a greased bowl, turning once to coat top and cover with plastic wrap. Let stand in oven with light on and door closed for 30 to 40 minutes. Gently punch down dough. Break off golf ball-sized pieces and roll into ovals. Shape each oval into a 5 inch (12 cm) beaver-tail shape, keeping rest of dough pieces covered with plastic wrap to prevent drying. Heat oil in a fryer or wok to 350°F (175°C). Add dough pieces 1 or 2 at a time. Watch them carefully, turn when deep brown and remove with tongs to drain on paper towels.

(continued on next page)

Combine cinnamon and remaining sugar in a large shallow dish. Toss hot pastries with cinnamon sugar and shake off excess.

1 beaver tail: 180 Calories; 7 g Total Fat (3.5 g Mono, 1.5 g Poly, 0.5 g Sat); 15 mg Cholesterol; 27 g Carbohydrate (1 g Fibre, 7 g Sugar); 4 g Protein; 470 mg Sodium

Large eggs	2	2
Cooking oil	1/2 cup	125 mL
Sugar	1 cup	250 mL
Grated zucchini, unpeeled	1 cup	250 mL
Vanilla	1 tsp.	5 mL
All-purpose flour	2 cups	500 mL
Baking powder	1 tsp.	5 mL
Baking soda	1 tsp.	5 mL
Salt	1/2 tsp.	2 mL
Cinnamon	1 tsp.	5 mL

Beat eggs until frothy. Beat in cooking oil and sugar. Add zucchini. Stir in vanilla.

Combine remaining 5 ingredients in a separate bowl. Stir well and pour into zucchini mixture. Stir just to moisten. Pour mixture into greased 9 x 5 x 3 inch (23 x 12.5 x 7.5 cm) loaf pan. Bake for 50 to 60 minutes in 350°F (180°C) oven until a toothpick inserted in centre comes out clean. Let stand 10 minutes, then remove from pan and transfer to a wire rack to cool. Makes 1 loaf. Cuts into 16 slices.

1 slice: 180 Calories; 8 g Total Fat (4.5 g Mono, 2 g Poly, 0.5 g Sat); 25 mg Cholesterol; 25 g Carbohydrate (trace Fibre, 13 g Sugar); 2 g Protein; 180 mg Sodium

Fostering can be a rewarding experience for those not looking for long-term pet commitment



File photo

By Dylan Reardon

Owning a pet is a big obligation.

Dogs and cats can live upwards of 15 years; many people don't drive the same vehicle for that long.

Animals need to be fed, groomed, trained, kenneled, stimulated, and can require veterinary care – all of which can add up financially, on top of the multi-year time commitment.

While bringing an animal into the home can be a rewarding, enriching experience, the long-term commitment is not for everyone: Work schedules, vacations, health or mobility issues, and even how late one plans to stay out at night all need to factor in the four-legged companion waiting at home to be fed or let out outside.

According to the Humane Society, the number of animals surrendered by pet owners ill prepared or unable to care for the animal(s) is staggering.

In 2016, the Humane Society took-in 5,379 animals, and say the most common reason people surrender their pets is due to the inability to afford caring for the animal, or moving into “no-pet” housing.

Many of those surrendered animals need to be rehomed, and some that the Humane Society takes in require a little extra care before that happens, be it because they're too young, ill, injured, or have behavioural issues. Those animals often go to foster homes to grow, recover, and learn.

Philip Fulton, Community Outreach Manager with the Calgary Humane Society, says many of their foster volunteers find the experience to be a rewarding one:

people who either do not want, or who are unable to take on a full-time pet but want to experience the benefits of animal companionship and giving support to an animal in need.

“This may be a younger family wishing to gain experience with different types of animals in their home prior to committing to one, someone unable to take on the financial obligations of pet ownership—we provide the medical care, food, etc. to our foster animals—or someone who has had pets their whole life and now simply prefers to care for an animal in the short-term rather than the long term,” says Fulton.

There are number of agencies in the city that works to pair animals with ‘forever homes.’

John Smiley has been fostering dogs with Oops-A-Dazy Animal Rescue for

three years. Fostering suits Smiley, who has a fulltime career which involves travel, and fostering an animal affords him the flexibility of ‘pet ownership,’ even though he says he doesn't view the dogs he fosters as his dogs.

For Smiley, owning a dog while spending one-fifth of the year on the road is simply unreasonable for him, “and it's unfair to the dog.”

His current foster dog—a seven-year-old German Shepherd-Corgi cross named Zoe—has been a work in progress. Zoe was untrained and had some behavioural issues when she arrived, and Smiley has been working diligently on correcting her behaviour.

“I get what I want while performing a service,” he says. “It gets me out of the house, out for walks, prevents me from sitting in front of the computer for

hours at a time – and it turns out I love to train dogs.”

Dogs he has fostered before Zoe have been in his care for as little as three weeks to as long as six months before moving on to their forever home.

One of the struggles animal adoption agencies encounter, says Smiley, is that many foster homes end up adopting the animal they are fostering, and are lost as foster homes. Smiley is adamant that won't happen in his case, however.

“My purpose is to deliver a better dog than the one I received.”

While it's often a “happy coincidence” when a foster volunteer adopts the animal they are looking after, it means the Humane Society has to constantly recruit and train new foster volunteers.

“As an open-admission shelter we see all types of animals from all types of circumstances, and some are in need of very specific care either medically or behaviourally,” says Fulton.

“In such circumstances it can be challenging finding available foster homes suited to such special needs and setting up the foster volunteer with realistic expectations.”

For older adults looking for pet companionship but who are unsure whether owning a pet is feasible, fostering is one option.

Dr. Joe Waldman, a veterinarian at Animal Clinic Calgary, says there are things older adults often don't consider when bringing a pet into the home for the long haul.

“For instance, who will exercise the dog if mobility issues arise,” says Waldman.

“Some of our older clients are on fixed incomes and can't afford advanced veterinary care. And what happens to the animal if it outlives the client—is there someone in place to take custody? People need to take these points into consideration and really think about what's best for them and the animal.” □

Volunteer Spotlight



Valerie Moulding

Valerie is a friendly and very helpful person. She started volunteering at Kerby Centre 4 months ago after retiring from her last job of 30 years. Her experience in retail makes her comfortable volunteering at our Next to New Shop. Valerie also volunteers for our Switchboard Reception once a week. She enjoys volunteering at Kerby Centre because she finds people are very generous and friendly here and also she can keep herself busy, make new friends, and socialize.

Beside volunteering she spends her time reading, and taking deep water classes. Valerie has already contributed over 99.00 hours to Kerby Centre.

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

New plans. No surprises.

If you're 65 or older, our new plan options provide you with affordable peace of mind. Complement your government-sponsored coverage with enhanced benefit and coverage levels.

Call us today to discuss plan options to meet your needs—and your budget.

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ALBERTA BLUE CROSS

ABC 83620 2017/01

●●● Community Events ●●●

Friends of Fish Creek Park

Autumn is one of the best times of year for birding, during which you can see, hear and learn about more than 150 bird species. In Calgary we are fortunate to have an abundance of natural areas and waterways where birds congregate. All birding course sessions are held in the great outdoors – in Fish Creek Provincial Park and other natural areas. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world – and other experienced instructors. Course starts September 4. Registration required and fees apply.

Wellness in Fish Creek. Experience Yoga, Spring Forest Qi-Gong, Full Moon Guided Meditations, and Painting Courses, all held outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity.

Photography Minibus Course with Bob Bakker.

Learn some of the basics of Photography. Tour Fish Creek Provincial Park in the open-air minibus, while making a few stops along the way. Take some photos, try out technique, and ask questions.

Bring your camera, camera manual, and enthusiasm.

25th Anniversary Brick Program

Celebrate the 25th anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today!

For more information visit www.friendsoffishcreek.org

Social Dance Club Calgary

Saturday Night Dance Classes with a live band.

Social Dance is located at Southwood Community Hall (2020—33rd St. S.E.) Bands: High Mileage, Aug. 12; Interlude, Aug. 26. Singles and Couples welcome! Doors open at 7 p.m. Dance from 8 p.m. – 11:30 p.m. Members: \$12. Guests:

\$14. Snack included, 50/50 draws.

Note: The Social Dance Club Calgary will be closing its doors after the Dec. 2, 2017 Christmas Dance Party, so purchase your tickets early. No tickets will be available at the door on Dec 2. Tickets: \$15 per person. Door prizes, 50/50 draw, spot dances, plenty of food and snacks the entire night.

Phone Sharon or John at 403-242-6957 for more information.

Confederation Park 55+ Activity Centre

Saturday Dances: September 9 – For Olde Tyme Sake, September 23 – Badlanders Tickets \$12/person (Includes a snack) Everyone is welcome. Doors open at 6:30 p.m., dance starts at 7:30 p.m.

Memberships for the Sept. 1, 2017 to Aug. 21, 2018 year can be purchased (\$30/person) starting Monday, Aug. 21 from 9 a.m. to 3 p.m. Registration for fall classes will start Monday, Aug. 21.

Want to try a class before registering in the entire session? Drop in and give a

class a try (some restrictions apply) for just \$9/member, \$11/non-member or purchase an Access Card (10 drop-in sessions) for \$85/member, \$105/non-member.



For more information on any of these programs or activities, give us a call at 403-289-4780 or visit www.yycseniors.com. We are located at 2212, 13 Street NW.

Silver Threads

Inglewood Silver Threads is a 55 plus activity centre focused on group activities for seniors. We are located at 1311 9 Ave SE, Calgary. Members can enjoy, monthly potluck, stretch, and aerobic classes, bingo, games day, tea, and chat and two exercise classes weekly at minimal or no cost. As well, subsidised monthly trips in and around Calgary.

Join us Saturday August 5 for our annual Sunfest Bake and Craft sale, this year gluten free items are available. Doors open at 9 a.m. All proceeds go directly to help keep seniors socially active.

Lunch and shopping at Bragg Creek, Thursday, Aug. 17.

Jubilations lunch theatre, date and time TBA.

For more information call Wendy at 403-264-1006

PROSTAID Calgary

Cash Casino Volunteers

Volunteers still needed for PROSTAID's Cash Casino fundraiser on Aug. 19 and 20. Location: 4040 Blackfoot Trail S.E.

Down Under Wine Tasting Festival

Location: Willow Park Wines and Spirits 10801 Bonaventure Drive S.E. Time: 7 p.m. - 9 p.m. Tickets are \$50 each and can be purchased by credit card.

Please contact Kelly for more information 403-455-1916.

Communities thrive when you support local businesses

Minimum wage increases have everyone worrying about how small businesses are going to survive. However you can make a

difference with your everyday decisions about where to spend your money. From the coffee shop in the morning, to the

landscaper for your garden or the restaurants and the retail stores you go to, you can choose to support a local spot.

To make your community a vibrant one, consider spending your dollars locally. Here are three reasons why it pays to support small businesses where you live.

1. Uniqueness. When you're asked to name your favourite restaurant or café in your neighbourhood, it's often a unique local business. A one-of-a-kind store is able to capture the flavour of your community

and cater to its distinctive tastes and needs — something impossible for a big box retailer to do.

2. Better service. When you connect with a business owner directly, you can feel the difference. They are more invested in your happiness and work to personalize your experience. It doesn't take long to think of an example of a business that knows you by name and remembers what you like. Plus, most small businesses will special order items for you to keep you coming back.

3. Stimulate the local economy. When you support local businesses, you keep dollars within your community and an abundance of job opportunities are created. It can also attract a range of other local businesses and residents to the area. Mobile payment company, Square, helps people participate in their local economy by making it easy and affordable for small businesses to accept a range of payments.

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ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

EXPERT UPDATE:

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

DON'T DELAY GETTING HELP WITH YOUR HEARING!

RESEARCH SHOWS:

It is important to identify and treat hearing loss as EARLY as possible in order:

- to prevent cognitive decline after age 50 (2015).
- for the auditory system to have better success at adapting to hearing aids and making sense of sounds
- to prevent people from withdrawing from the activities you like due to trouble hearing what is going on

If you would like HELP with your hearing loss, CALL our office, the leading experts in the field to find out more.



Mission Location:
202-320 23rd Ave. S.W., Calgary
403-252-4722

Glenbrook Plaza
226-3715 51st St. S.W., Calgary
403-802-6022

www.audiologyinnovations.ca



Over 1,500 people attended Kerby Centre's 25th annual Stampede Breakfast in July. Thank you to the many volunteers, staff, and friends of Kerby Centre who made it happen. See you next year!

Education & Recreation LEARNING 2017 – FALL SEMESTER

Registration opens August 1st, 2017 at 9:00am for members and August 15th, 2017 at 9:00 am for non-members.

HOW TO REGISTER

- ❖ In person at the Kerby Centre in Room 305.
- ❖ By telephone at (403) 705-3233 or (403) 705-3232.
- ❖ Online at www.kerbycentre.com
- ❖ By mail to:
Kerby Centre
1133 - 7th Avenue S.W.
Calgary AB, T2P 1B2
Attn: Education & Recreation
- ❖ **Please ensure you have your 2017 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403-705-3224**
- ❖ 2017 Kerby membership does NOT guarantee course availability.
- ❖ Non-members must be 55 years of age. Proof of age may be requested.
- ❖ Non-members pay a non-refundable surcharge on each course/workshop and do not have parking privileges.
- ❖ Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education & Recreation, may make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.
- ❖ If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at (403) 705-3232.



Don't Miss Out!

- ❖ Waiting to the last minute to register means missing out on great opportunities.
- ❖ **We will cancel under subscribed courses one week prior to first day of class.**
- ❖ **Please be sure to register early!!!**

Methods of Payment

- ❖ Cash/Cheque
- ❖ Debit
- ❖ VISA/MasterCard
- ❖ PayPal
- ❖ Payment is required at the time of registration; however, if the cost of courses is a concern, please contact the Manager of Education & Recreation at (403) 705-3232 to discuss options.

Refund Policy

- ❖ Request for a refund must be made before the start of the second class.
- ❖ All refunds are subject to an administration fee.
- ❖ Computer Courses/Workshops are non-refundable.
- ❖ Please contact the Education & Recreation Department with any refund inquiries.

MAUNDER'S MCNEIL PROGRAM

- This is a group of courses partially funded by the Maunder's McNeil Grant.
- These programs are targeted to those living with challenges as a result of illness, stroke, arthritis, cardiovascular disease or other physical and mental health challenges.
- Programs are for those who enjoy a slower pace environment and the camaraderie of others in a relaxed atmosphere with a definite purpose in mind.

LEARNING 2017 – FALL
MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2
PHONE: (403) 705-3233/705-3232



Name: _____
 Telephone #: _____

Kerby Membership #: _____

Courses you wish to register for:

Course # _____ Course Name: _____
 Course # _____ Course Name: _____
 Course # _____ Course Name: _____

Course # _____ Course Name: _____
 Course # _____ Course Name: _____
 Course # _____ Course Name: _____

Method of Payment:

Cash: _____ (In person)

Cheque: _____ (In person/mail-in)

MasterCard #: _____

Expiry Date: _____ (In person/Telephone/Mail-in)

VISA #: _____

Expiry Date: _____ (In person/Telephone/Mail-in)

Please note: MasterCard and VISA numbers are four groups of four numbers.

Active Living Courses

No classes on Monday October 9th 2017—Kerby Centre is closed for Thanksgiving Day.
Please note: there may be other cancellations in individual rooms due to other activities at Kerby Centre.

Appropriate workout attire and footwear are required for all fitness classes.

Tai Chi Monday

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A01 Monday Sep 11 – Dec 11 9:00 – 10:00 am Gymnasium Member: \$48 Non Member: \$68

No Class Oct 9, 16 & Nov 13

Monday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A02 Monday Sep 11 – Dec 11 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76

No Class Oct 9, 16 & Nov 13

Restorative Yoga

Instructor: Angie Friesen

Looking to rest and rejuvenate? Restorative Yoga consists of a variety of several gentle, slower paced, longer held supported poses using a variety of props, to maximize full relaxation. This class is perfect for anyone needing some extra TLC and no previous experience in yoga is necessary. Please bring a yoga mat, pillow and blanket.

A03 Monday Oct 16 – Dec 11 11:00 – 12:00 pm Room 308 Member: \$48 Non Member: \$68

Everyday Functional Fitness

Instructor: Elena Bratishchenko

Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, as well as improve mobility and balance, range of motion and coordination.

A04 Monday Sep 11 – Dec 11 11:15 – 12:15 pm Gymnasium Member: \$48 Non Member: \$68

No Class Oct 9, 16 & Nov 13

Building Blocks for Balance (Mauder's McNeil)

Instructor: Joyce Slone

Having good balance and strong support muscles are key in fall prevention. This class will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent.

A05 Monday Sep 18 – Dec 4 1:00 – 2:00 pm Room 205 Member: \$35 Non Member: \$55

No Class Sep 25 & Oct 9

Nordic Poling

Instructor: Bonnie Field

Nordic Poling is a full body workout designed to improve core strength, reduce impact to the knee and hips, aid in balance training, address postural alignment reduce pain and increase flexibility as well as mobility. Proper pole height, Nordic Poling technique, alignment, and different terrain will prepare the client for an invigorating, motivating, and fun-filled activity!

A06 Monday Sep 11 – Dec 11 1:00 – 1:50 pm Gymnasium Member: \$48 Non Member: \$68

No Class Oct 9, 16 & Nov 13

Salsa Workout

Instructor: Bonnie Field

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

A07 Monday Sep 11 – Dec 11 2:00 – 3:00 pm Gymnasium Member: \$48 Non Member: \$68

No Class Oct 9, 16 & Nov 13

Monday Yoga

Instructor: Cathy Morrison

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

A08 Monday Sep 18 – Dec 4 2:30 – 3:30 pm Room 205 Member: \$56 Non Member: \$76

No Class Sep 25 & Oct 9, 30

Pilates Fusion

Instructor: Cathy Morrison

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.

A09 Monday Sep 18 – Dec 4 3:40 – 4:40 pm Room 205 Member: \$69 Non Member: \$89

No Class Sep 25 & Oct 9, 30

Indoor Cycling

Classes held at Peloton Cycling # 109 1053 10th Street SW (8 Minute Walk from Kerby Centre or free parking is available)

Are you looking for a new, low impact way to raise your heart rate, build muscle and have some fun? Join this energetic Spin class tailored just for you! The passionate instructors at Peloton Cycling will have you burning calories and stress, all while cycling around the virtual world with amazing video footage on a 7' HD wide screen.

A10 Tuesday Sep 26 – Nov 14 10:30 – 11:15 am Member: \$65 Non Member: \$85

Belly Dancing

Instructor: Angela Grell

Take this fun opportunity to learn some elementary hip liberating moves. Learn to move and sway your hips and shoulders to middle eastern music.

A11 Tuesday Oct 3 – Dec 5 12:30 – 1:45 pm Room 205 Member: \$56 Non Member: \$76

No Class Oct 17

Zumba Gold Chair (Maunder's McNeil)

Instructor: Maaike Seaward

Zumba Gold Chair brings the joy of Latin dance moves and rhythms of Zumba to be done in a chair. It has been designed for participants with medical issues, physical limitations, are in a wheelchair, have limited mobility or anyone who may not be able to stand up for long periods of time while exercising. It will help improve physical and mental health and most of all quality of life! It will provide safe, slow progressions and teach participants to listen to their body! It's great for the mind, body and soul but most of all IT IS FUN!

A12 Tuesday Sep 26 – Nov 28 2:15 – 3:00 pm Room 308 Member: \$35 Non Member: \$55
No Class Oct 10

Yoga for You Level II

Instructor: Angie Friesen

Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.

A13 Wednesday Sep 20 – Dec 6 11:00 – 12:00 pm Room 205 Member: \$56 Non Member: \$76
No Class Oct 11

Wednesday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A14 Wednesday Sep 20 – Dec 6 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76

Gentle Seated Yoga

Instructor: Angie Friesen

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

A15 Wednesday Sep 20 – Dec 6 1:00 – 2:00 pm Room 308 Member: \$45 Non Member: \$65
No Class Oct 11

Tai Chi Wednesday

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A16 Wednesday Sep 20 – Dec 6 1:00 – 1:55 pm Lounge Member: \$48 Non Member: \$68
A17 Wednesday Sep 20 – Dec 6 2:05 – 3:00 pm Lounge Member: \$48 Non Member: \$68

Pilates Fusion

Instructor: Cathy Morrison

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.

A18 Wednesday Sep 20 – Dec 6 3:30 – 4:30 pm Room 205 Member: \$69 Non Member: \$89
No Class Oct 11 & Nov 1

Zumba Gold

Instructor: Maaike Seaward

Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!

A19 Thursday Sep 21 – Dec 7 10:00 – 11:00 am Gymnasium Member: \$48 Non Member: \$68
No Class Oct 12

Fitness For Life

Instructor: Elena Bratishchenko

An expansion of our Everyday Functional Fitness class, Fitness for Life continues to focus on maintaining strength, improving mobility and balance, range of motion and coordination.

A20 Thursday Sep 21 – Dec 7 11:15 – 12:15 pm Gymnasium Member: \$48 Non Member: \$68
No Class Oct 12

Line Dancing

Instructor: Bonnie Field

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills!

A21 Thursday Sep 21 – Dec 7 1:00 – 2:00 pm Gymnasium Member: \$48 Non Member: \$68
No Class Oct 12

Yoga for You Level I

Instructor: Angie Friesen

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

A22 Friday Sep 15 – Dec 1 9:30 – 10:30 am Room 205 Member: \$56 Non Member: \$76
No Class Sep 22

Muscle Strength & Core Balance

Instructor: Dan Leung

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living.

A23 Friday Sep 15 – Dec 8 9:30 – 10:20 am Gymnasium Member: \$56 Non Member: \$76
No Class Sep 22

Gentle Seated Yoga

Instructor: Angie Friesen

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

A24 Friday Sep 15 – Dec 1 10:45 – 11:45 am Room 308 Member: \$45 Non Member: \$65
No Class Sep 22

Functional Strength

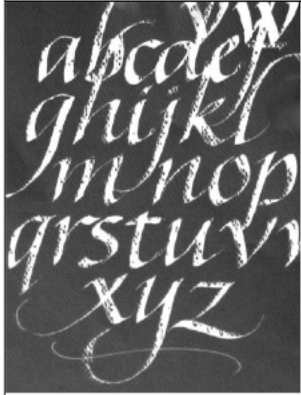
Instructor: Joyce Slone

Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. Will also work on balance and agility.

A25 Friday Sep 29 – Dec 1 12:30 – 1:30 pm Room 205 Member: \$42 Non Member: \$62

Academic Courses

No classes on Monday October 9th, 2017—Kerby Centre is closed for Thanksgiving Day.
Please note: there may be other cancellations in individual rooms due to other activities at Kerby Centre.



Calligraphy: Italic Letters—From Marker to Nib

Instructor: Renate Worthington

Everyone loves this elegant alphabet. We'll learn how different pen sizes change the letters – beginning with markers for new students, venturing into pen, nibs and ink for more expression. We'll make some cards and write out our favourite quotations or poems to share with friends.

Pens will be available to purchase if you are new to calligraphy, or you can “try before you buy”. You will need a pencil, ruler, and eraser for the first class.

B01 Thursday Oct 5 – Nov 9 10:00 – 12:00 pm Room 311 Member: \$65 Non Member: \$85

Chalk Pastel

Instructor: Tayebe Joodaki

Note: The cost of supplies is not included in the course price.

Would you like to transform your previously developed drawing skills into a new art technique? This workshop introduces you to the beautiful and fun art form of chalk pastel. Our newest instructor Tayebe Joodaki will teach you how to use your fingers to create a beautiful painting on special paper that you will be proud to display. This course requires previous drawing experience. Upon successful completion of this course, participants will:

Understand the basics of chalk pastel & paint mixing
Understand paper & paint preparation

Use basic pastel techniques
Paint a final project using a combination of techniques

B02 Thursday Sep 21 – Oct 26 1:00 – 3:00 pm Room 308 Member: \$80 Non Member: \$100
B03 Thursday Nov 9 – Dec 14 1:00 – 3:00 pm Room 308 Member: \$80 Non Member: \$100

Clay: The Basics

Instructor: Darlene Swan

Have you ever been curious about clay & glazing and are wondering just how that piece was made? Now is your chance to get a glimpse into that wonderful medium! You will be taught the handbuilding skills to create a pinch pot, coil pot & slab pot, as well as how to glaze your pieces. This course is designed for both the absolute beginner as well as those who have taken our previous courses, all are welcome! Come be creative and have a lot of fun!

Course includes materials, firings, and food safe glazes.

B04 Friday Oct 6 – Oct 20 12:30 – 2:45 pm Room 308 Member: \$115 Non Member: \$135
Friday Nov 3 12:30 – 3:45 pm Room 308
Friday Nov 10 12:30 – 1:30 pm Room 308

Coffee & Crafts

Instructor: Janice Mather & Carol Marasco

No experience, no worries, our arts & crafts parties are designed to bring out the artist within! Over coffee and conversation, the amazing artists from hypercreativeART will lead you in a step by step process to create fun and imaginative artwork. Our projects are: Welcome Fall, Honour & Sacrifice: A Field of Poppies, and Rudolph With Your Nose So Bright.



B05 Tuesday Sep 19 10:00 – 12:00 pm Room 301 Member: \$29 Non Member: \$49
B06 Tuesday Oct 17 10:00 – 12:00 pm Room 301 Member: \$29 Non Member: \$49
B07 Tuesday Nov 28 10:00 – 12:00 pm Room 301 Member: \$29 Non Member: \$49

Computer Courses

Instructor: Pat Seifert

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

Beginner Basics Starts at “where’s the ON button”, the keyboard and mouse. From there, we will be creating, saving, and retrieving files and exploring the picture library. As well, time will be spent exploring the internet and learning how to use your email. Time is given to review tasks and practice work.

B08 Mon/Wed Sep 18 – Oct 23 10:00 – 11:30 am Room 312 Member: \$165 Non Member: \$185
No Class Oct 9

Computer Courses Continued...

Level One Windows 10 Already familiar with the basics? This class will teach you the ins and outs of Windows 10.

B09 Mon/Wed Nov 6 – 20 10:00 – 11:30 am Room 312 Member: \$115 Non Member: \$135

How to Use Your Laptop Windows 10 Bring your own laptop to class with Windows 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.

B10 Mon/Wed Sep 18 – Oct 2 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$135

Facebook Mastery Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address.

B11 Mon/Wed Oct 4 - 23 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$135
No Class October 9

Computer Workshops

Instructor: Pat Seifert

Setting Up and Basic Functions of Your iPad Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WiFi. Find and install apps such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on iTunes.

B12 Monday Oct 30 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$64

Internet Exploration Are you looking for information on health, hobbies or the weather? In this workshop you will learn to search the internet and discover what interests you!

B13 Wed Nov 1 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$64

Intro to Social Media Wondering what the kids mean by tags, tweets and likes? This workshop will take an introductory look at Facebook, Twitter and Pinterest.

B14 Wed Nov 22 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$64

Drama: Through the Five Senses

Instructor: Gail Whiteford

Discover the joy of drama through the use of our 5 senses as a starting point to improvisation, voice, character, and movement. No public performance involved—just fun and exploration! We will be stretching our creative muscles with the aid of exercises, games, costume pieces, props and sound. Come see how much fun it is to unleash your creative side!

B15 Tuesday Sep 19 – Nov 21 2:15 – 3:30pm Room 205 Member: \$85 Non Member: \$105

Drawing

Instructor: Tayebe Joodaki

Note: The cost of supplies is not included in the course price.

Have you always been interested in drawing, but never really knew how to get started? If so, then this is definitely the class for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be!

B16 Tuesday Sep 19 – Oct 24 10:00 – 12:00 pm Room 313 Member: \$80 Non Member: \$100
B17 Tuesday Nov 7 – Dec 12 10:00 – 12:00 pm Room 313 Member: \$80 Non Member: \$100

Live Well, Be Well

Instructor: Angie Friesen

Invest time and love in yourself learning various methods of Self Care. We will cover ways to manage stress and how you can optimize your physical and mental health. Topics will include meditation, connecting with nature, journaling, decluttering, the power of laughter, and so much more!

B18 Monday Oct 16 – Dec 4 10:00 – 12:00 pm Room 311 Member: \$48 Non Member: \$68

Mahjong

Instructor: Swee Wong

Have you always been interested in mahjong but didn't know where to start? Our three week introductory workshop will teach you the basics and prepare you to join our ongoing Monday drop in group.

B19 Monday Sep 18 – Oct 2 10:30 – 12:30 pm Room 308 Member: \$15 Non Member: \$20

Model Railroad Workshop

Presented by Calgary Model Railway Society

Are you looking for a new hobby or pastime which combines learning new skills, artistry, craftsmanship, fellowship, challenges, and above all, fun? The fascinating hobby of model railroading encompasses all these, and much more. There are many facets to this hobby and you can pursue whatever interests you, by yourself, or with others. It is a great family activity, often joining multiple generations on common projects.

Come enjoy a coffee while the Members of the Calgary Model Railway Society show you the basics, answer all your questions and help you get started. Examples of what you can easily achieve yourself will be on display.

B20 Tuesday Oct 10 10:00 – 12:00 pm Member: \$2 Non Member: \$3
Coffee Included



Painting: Acrylic & Watercolour

Instructor: Katy Morris

*Note: The cost of supplies is not included in the course price. A full list of recommended supplies can be obtained in Room 305.***Acrylic: A World of Colour** This course will explore both colour mixing and colour theory, with an emphasis on greens, grays, oranges, reds and purples. Keeping this palate in mind, you are encouraged to bring an image that interests you! Additional images will be provided.**B21** Wednesday Sep 13 - Oct 25 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129*No Class Sep 27***Watercolour: A Potpourri** Using both still life flowers and potted flower arrangements, you will learn to extract the important elements of the scene and focus on simplicity. Please bring images of flowers.**B22** Friday Sep 15 – Oct 27 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129*No Class Sep 29***Acrylic: Winter Wonderland** The hardest thing to learn and execute in acrylics is the world of white. By turning summer scenes into winter ones, you will learn to transform previously dead whites into glowing whites.**B23** Wednesday Nov 8 – Dec 13 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129**Watercolour: All Seasons of Trees** As the seasons change, so do the colours! With this in mind, we will be learning colour theory, colour mixing, composition and aerial perspective of colour. As well, new brush techniques will be explored.**B24** Friday Nov 10 – Dec 15 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129**Photography**

Instructor: Patrick Kornak

Make Your Photography Zing This course will cover different aspects in camera operations and artistic expression. Take your photography from snapshot to spectacular. Open to all levels of experience and all camera types. Instructor Patrick Kornak has over 40 years of experience and teaches photography at SAIT continuing education. Note: we will be taking outdoor photographs in local areas.**B25** Thursday Sep 28 – Nov 16 1:00 – 3:00 pm Room 301 Member: \$75 Non Member: \$95**Discover Photoshop** This workshop will introduce you to the basic workings of Photoshop and how it can be used to enhance your photographs. Participants are encouraged to bring in 1 or 2 images on a memory stick that the instructor can use for demonstration.**B26** Thursday Nov 30 – Dec 7 1:00 – 3:00 pm Room 301 Member: \$29 Non Member: \$49**Singing Circle**

Instructor: Barry Luft

Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we don't use song books or lyric sheets of any kind. We're then free to produce the real magic of community singing! "And the skies are not cloudy all day."**B27** Thursday Sep 14 – Dec 7 10:30 – 11:30 am Room 308 Member: \$45 Non Member: \$65*No Class Sep 28***Spanish**

Instructor: Norah Hutchinson

*The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson.***Beginner Spanish Grammar** A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.**B28** Monday Sep 18 – Dec 4 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$119*No Class Oct 9***Intermediate Spanish Grammar** A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 4-6 will be covered.**B29** Tuesday Sep 19 – Dec 5 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119**Advanced Spanish Grammar I** For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.**B30** Tuesday Sep 19 – Dec 5 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$119**Advanced Spanish Grammar II** A continuation of the above course. Chapters 10-12 will be covered.**B31** Thursday Sep 21 – Dec 7 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119**Advanced Spanish Grammar III** A continuation of Advanced Spanish Grammar II, this course will cover Chapters 12-14 and review previously covered material.**B32** Wednesday Sep 20 – Dec 6 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119**Spanish Conversation** Are you looking to put your knowledge of grammar into practice? This course is designed for beginner/intermediate conversational Spanish students to provide them with an opportunity to practice the language through discussion of selected material and topics of interest. There will be a focus on pronunciation, listening and building vocabulary, with the addition of weekly grammar topics. Prerequisite: Advanced Spanish Grammar I**B33** Monday Sep 18 – Dec 4 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119*No Class Oct 9***Ukulele Magic**

Instructor: Barry Luft

Ukulele Magic! Introductory This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing and playing. If you already have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. If you do not own a ukulele, please contact the Education & Recreation department at 403-705-3233 for purchasing information.**B34** Wednesday Sep 13 – Dec 6 11:00 – 12:00pm Room 308 Member: \$70 Non Member: \$90*No Class Sep 27***Ukulele: Intermediate Magic!** This class will focus on different topics according to the flow of the class and whims of the instructor! We will cover things like better song accompaniment, playing in all 12 keys, ear training, finger picking, reading tab, jamming skills, and other subjects too fierce to mention! Good fun for sure. Note: alumni are always welcome to register. Pre-requisite: an introductory course or equivalent.**B35** Wednesday Sep 13 – Dec 6 9:45 – 10:45 am Room 308 Member: \$70 Non Member: \$90*No Class Sep 27*

Ukulele in the Classroom

Instructor: Judy Henderson

Based on James Hill's Ukulele in the Classroom, this program focuses on single note picking, rather than the more traditional concentration of the ukulele as an instrument to accompany the voice through strumming. The aim is to provide the opportunity for students to experience and create harmonies through picking different parts together at the early stages of musical development. This sequential approach features creative exercises and prepared arrangements of traditional, classical and popular songs, each reinforcing the expanding skill set. Required Textbook: Ukulele in the Classroom Book 1.

B36 Tuesday Sep 19– Dec 5 10:30 – 11:30am Room 308 Member: \$60 Non Member: \$80
No Class Oct 3

Transforming the Self Workshops

Instructor: Helga Bender

This dynamic series of workshops are focused on self-care, creating community, and highlighting everyday joys and graces. Presented by life coach and speaker, Helga Bender, MThS. Helga provides seminars and individual coaching specializing in life challenges, stress relief and for rebuilding for an inspired life.

Workshops run Tuesdays from 1:00pm – 2:00pm in Room 313

Creating an Extraordinary Quality of Life

B37

September 26

Feel happier and more energized everyday by using ordinary but powerful graces to live life more fully, right where you are.

Bouncing Back: The Art of Resilience for an Unexpected Life

B38

October 24

Sooner or later, we all face extreme stress from unexpected challenges. Understand the process and learn practical techniques for renewing your resilience and energy. Discover how to create your own hopeful life even in difficult times.

Stress-buster: Powerful De-Stressing Tools for Everyone

B39

November 21

Who doesn't face stress, whether from the "monkey mind" to the extreme stress of life challenges. Join us for practical tools that anyone can learn to more effectively cope with the inevitable ups and downs of life.

Kerby 2 St. Andrew's Courses

St. Andrew's Centre 1 – 10601 Southport Road SW Calgary, AB T2W 3M6

Computer Courses

Instructor: Pat Seifert

How to Use Your Laptop Windows 10 Bring your own laptop to class with Windows 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.

S01 Tuesday Sep 19 – Oct 10 10:00 – 12:00 pm Member: \$135 Non Member: \$155

Facebook Mastery Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address and own laptop.

S02 Tuesday Nov 7 - 28 10:00 – 12:00 pm Member: \$135 Non Member: \$155

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

S03 Tuesday Dec 5 11:00 – 2:00 pm Member: \$44 Non Member: \$64

Yoga for You

Instructor: Angie Friesen

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

S04 Thursday Sep 21 – Dec 7 9:00 – 10:00 am Member: \$85 Non Member: \$105

Business and Professional Directory

Size: 3 1/4" x 2" Cost: \$160

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Seniors' Discounts

Canada Pension Plan And Old Age Security Overview

By Victor Lough

There are two main government programs for retirees and pre-retirees to think about. They each come with their own characteristics and considerations for when you should begin taking the income from them and how to maximize it once you begin.

First, we'll start with the Canada Pension Plan (CPP). The CPP is a pension that you pay into as you work. There are three main factors to consider when taking your CPP: how long you will work, how long you will live, and the actual amount of the monthly income that you will receive. At age 65 you receive your "full" CPP allotment. If you begin receiving this early at age 60 it is reduced by 0.6% per month (7.2%/year). Likewise, if you opt to delay receipt until age 70 it increases by 0.7% per month (8.4%/year).

Under the current rules, taking your CPP beginning at age 65 would mean an

income of \$1114.17/month (based on the current maximum). Beginning this at age 60 means the income is reduced by 36%, to \$713.07/month. At age 70 this income is increased to \$1582.12/month, which is a 42% increase.

The decision isn't just based on income though. Because life expectancy is impossible to predict, we can help make this decision with the breakeven time. This is how long you need to live to receive the same amount of money. If you collect CPP at age 60, you would collect \$42,784.20 by age 65 (based on the current maximum). You would need to collect CPP for about 8.9 years after that time to breakeven, or about 107 months. In making the decision of when to take your CPP entitlements you would do that math and consider when your breakeven period is, as well as factor in how long you will work. Bearing this in mind will help you make the best decision.

Old Age Security (OAS) is a different program. Here you can elect to receive the benefit after age 65 and it will increase by 0.6% per month up to age 70 if you do so. The program is subject to a 15% "clawback" if your income exceeds \$73,756 and you receive no benefit at \$119,615 (based on 2016

figures). The most common question people have regarding OAS is how to reduce this clawback, or as the government calls this, the OAS recovery. There are several simple strategies and several more complex ones to consider aside from these as well:

Income Splitting: Because you are receiving the benefit after age 65 you could have the option to split your income. This can reduce your personal taxable income and eliminate the OAS clawback.

Consider the source: Different income is subject to different tax ramifications. Capital Gains are more tax efficient than interest income. Dividends are as well, but be sure that the gross-up is considered as this can result in more of a clawback!

Base decisions on time: This can include things like spending RRSPs prior to age 65, deferring OAS until after 70 or similar strategies.

There are a few considerations when it comes to receiving these income streams. Make sure that you do the math and use them as effectively as possible when the opportunity arises.

For any additional questions, contact Victor Lough BA, CFP at 403-230-3909 or by email at victor.lough@manulifesecurities.ca

To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.

Douglas Adams

FINANCIAL PLANNING TODAY Topic: Reverse Mortgages and Understanding CPP and OAS benefits

PRESENTERS:

Paul Brick, CA, AMP – The Mortgage Centre
Victor Lough, BA, CFP – Manulife Securities

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Dining Room

DATE: Wednesday, August 9, 2017

TIME: 9:30 am – 11:00 am

COST: Free Presentation



Kerby Centre

Join us for coffee and cookies while learning about reverse mortgages and why people consider reverse mortgages. We will also discuss considerations for when you should take CPP and how to reduce the OAS clawback.

Please **RSVP** to Rob Locke
Director of Fund Development

403-705-3235 or
robl@kerbycentre.com

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For Information please contact Rob Locke at **robl@kerbycentre.com**
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Classified Ad Categories

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

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Continued on page 34

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Continued from page 33

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

Puzzle on page 17

Crossword Solution

A	L	C	A	P	P	D	E	F	I	E	S	S	N	E	E	R	E	R	
R	O	O	M	B	A	O	R	A	C	L	E	T	R	A	L	A	L	A	
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N	E	S	T	L	E	S	H	E	I	S	T	S	N	E	E	D	E	D	

Puzzle on page 17

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5	8	2	9	6	3	7	1	4
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R	O	O	M	B	A	O	R	A	C	L	E	T	R	A	L	A	L	A			
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Families are key members of patients' hospital care teams

Wards are staffed based on caring for a sick but otherwise self-sufficient patient population. The reality is patients need family caregivers in the hospital

By Donna Thomson

Family care is a key part of hospital care, so let's start talking about it that way.

When a loved one is admitted to hospital, family caregivers want to offer comfort and support at the bedside. But in order to perform our healing role, we need to be recognized as key members of the hospital treatment team.

We're keepers of our loved one's medical history and we're experts in their experience of illness, as well as in their personal tastes and preferences. We represent the whole, well person to medical professionals who may only see an ill patient.

Natural caregivers perform a vital role in hospital and as care managers in the transition to home after discharge. Just because family care is borne of love and is unpaid, it shouldn't be seen or repre-

sented by health-care bodies as arbitrary and outside the patient treatment plan.

Family caregivers are an essential conduit between the patient and all hospital professionals. And we perform a good deal of personal care. We're the purveyors of comfort and we're personal valets. We deliver glasses of ice water, extra blankets and lots of gentle hugs.

The problem is that hospital administrators and clinical staff don't often admit freely to the vital role that families play as partners in care. In fact, the messaging on hospital websites invites the public to believe families simply provide an antidote to the stress of acute illness and being away from home.

Here's what one adult hospital wrote about visitors on its website: "We encourage you to visit your loved one at any time because we know that having family and friends nearby helps reduce anxiety and isolation."

Even though nurses rely on families to provide assistance to patients, especially for frail seniors and people with disabilities or chronic illness, hospitals still charge anywhere between \$14 and

\$25 per day for visitor parking – a cost that galls family members working at their loved one's bedside all day, every day.

Dr. Samir Sinha, director of geriatrics at Mount Sinai Hospital in Toronto and expert lead of Ontario's Seniors Strategy, is a passionate champion of seniors and their families as partners in care.

"Family caregivers are essential 'must-haves' for frail elders who find themselves either hospitalized or in an emergency department," he reflects. "The absence of a family member to provide context about the patient can sometimes lead to misperceptions that encourage premature institutionalization or the risk of a poorly planned discharge home."

At children's hospitals, parents are encouraged to take part in their child's care. This is the way one major pediatric hospital phrases the parental role on its website: "Parents are encouraged to take part in their child's care. You may stay overnight and sleep on the sofa in your child's room for the duration of their stay."

The message is that parents are more than welcome to move in with their sick child. That shows just how central parents are in their child's care while in hospital. The reality of pediatric care today is that nurses, doctors and therapists perform assessments and procedures, but it's parents who soothe, monitor, distract and report on their child to staff, all day, every day.

Assistance with nearly all activities of daily living is up to families. This is particularly true for young children, and patients with disabilities or chronic impairments of any kind. Today's wards are staffed based on caring for a sick but otherwise self-sufficient patient population. The reality is that the more dependent the patient, the more he or she needs a family caregiver in the hospital.

None of this is the fault of our country's highly-trained and compassionate medical professionals. It's simply an uncomfortable stage in the evolution of Canadian health care – caught between the old model of paternalistic systems and the contemporary reality of

a population that's living longer, but with more illness and earlier hospital discharges – all with families as the backstop.

Inviting family members to contribute to hospital charts, providing us with comfortable in-hospital accommodation including access to kitchen and shower facilities, and free hospital parking when our loved ones are patients are just a few ways hospitals can support the critical role of families in patients' circle of care.

Donna Thomson is a caregiver, author and activist. She wrote The Four Walls of My Freedom: Lessons I've Learned From a Life of Caregiving (2014) and blogs at The Caregivers' Living Room (www.donnathomson.com). She is a board director of the Kids Brain Health Network and advises from a family perspective on numerous health research projects. She also teaches families how to advocate for care at The Advocacy School and The Caregiver Network.

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Ask healthcare professionals questions, it's your right

Health care professionals like registered dietitians have an obligation to get your consent for any treatment they propose. Before you accept any nutrition treatment from a dietitian, make sure you understand why you need it. As a client of health services in Ontario, you have a right to participate in the decision-making about your health and nutrition.

Ask questions — participate in decisions about your health care. Registered dietitians are highly-trained experts in nutrition health and they are qualified to help you eat better for improved health. They can also help treat nutrition-related diseases like hypertension, diabetes or celiac disease.

Still, you are the expert for your own body and have final say when it comes to accepting recommendations from a

dietitian. This means you have the right to accept or refuse any nutrition treatment they recommend for you or a family member. So, ask questions and make sure you clarify all your concerns.

What should you ask about? To give knowledgeable and informed consent, ask questions like: What is the treatment plan? Are there possible alternatives? How long will it take? Are there any risks or possible side effects? Will someone else on the healthcare team be involved?

Registered dietitians are trained to listen to their clients, answer their questions and give them the details they need to make informed decisions before they proceed with any nutrition treatment. They are also trained to make sure that you always give

informed consent for any nutrition care you receive.

Giving your informed consent means agreeing to a nutrition treatment plan with a full understanding of what is involved. This allows you

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IN MEMORIAM



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- Charles (Chuck) Newcomebe
- Clara Linea Spry
- Dona Becker
- Dorothy May Lamont
- Gail Kathleen More
- Henry Beverly Stewart Boone
- Joan Xauen Wieser
- Marjorie Gibson
- Mavis Joy Best
- Michael George Molden
- Peter Paul Hires
- Ralph Merle Pannenbecker
- Roy Onslow
- Stella Perrott
- Susanne (Susie) Crum

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.



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