

Kerby News

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Kerby Centre

for the **55** plus

2017
December

Volume 33 #12



The CP Holiday Train will be making its way through Alberta from Dec. 5 – 17. Find out what other events are going on in Southern Alberta this month on page 22.

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Thursday 21 December, 2017, Winter Solstice
 Monday 25 December, 2017, Christmas Day
 Tuesday, 26 December, 2017 Boxing Day



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Christmas Crisis Fund

Charles Dickens wrote that the holiday season “is a time, of all others, when Want is keenly felt, and Abundance rejoices.”

The team at Kerby Centre sees both of these every day as they work for the betterment of older adults in our city.

The staff and volunteers work tirelessly year-round

for older adults of all walks of life. From those facing struggle to those who have the good fortune to be able to reach beyond the day-to-day to continue to challenge themselves and engage.

If you are privileged enough to be rejoicing in abundance, I ask that you consider making a donation

to Kerby Centre’s Practically Christmas campaign.

Each year we collect donations of gift cards, gift certificates, and cash to help with the very practical challenges faced by an older adult on fixed income or government support.

The funds and gift certificates donated go to be able to continue Kerby Centre’s

Crisis Fund, a program through which we give small, interest-free funds for older adults experiencing a temporary financial issue. This program helps older adults who do not have a financial cushion when their cash flow runs into turbulence.

□

President’s Report Zane Novak

DECEMBER 2017

Front page: Photo Courtesy of: CP Rail
Design by Winifred Ribeiro

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

December is a month with many expectations. According to the movies and media it is a beautiful time spent with loved ones – opening gifts, drinking hot cider and eating delicious food. If this is your experience – you are blessed, and please enjoy.

I would like to ask a favor of you. Could you please use this December as the start of being with others not as fortunate as you and share yourself (and your family)?

The rewards are impactful

The spirit of Christmas can be found in helping those in need

for you and for those you reach out to. Sharing can take many forms.... Sharing of food, spaces and time, words of encouragement and support, financial, or many others. Being kind costs nothing and the rewards are plenty.

If your life experience means that you are not with loved ones and you don’t have gifts and excess amounts of food – please REACH OUT! There are organizations and people out there who want to help, they really do. Calling out for support is a STRENGTH that you have control over.

I often hear people say they dread December because of the expectations....And then December ends up being just

like every other month and there is sadness. Please don’t let this December be sad for you – there are many reasons for you to REACH OUT –for your own well-being.

Also, please prepare for the days where you will be alone and more isolated – have a book to read, ask a friend to visit, go for a walk, make soup, or whatever it is that would help you feel like the days are not so alone or bleak.

So my message to you is: make every day count! Engage, REACH OUT, call out and be responsible to surround yourself with what nurtures you! However you celebrate December (or any month), do it well and with passion!

□

Kerby Centre East Village update



Google map, street view of K2-EV.

Kerby Centre’s K2: East Village (K2-EV) programs in the East Village will end Dec. 31, 2017. Kerby Centre will continue to serve East Village older adults through the Thrive program.

On behalf of Kerby Centre, I want to thank the CMLC, Salvation Army,

Councillor Druh Farrell, and the East Village Association for working with us to bring vital programs and services to the East Village following the closure of the Golden Age Club in May of 2015.

I also want to thank all the volunteers and Kerby Centre staff who worked so

hard to make K2-EV a success. Through their efforts, they have made the East Village a better place to live and work.

Beginning in 2018, Carya will be taking a lead in East Village programs and services.

Luanne Whitmarsh,
Kerby Centre CEO

□



Spread the cheer this holiday season

News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

I've always loved the holidays. It's not just because of the family dinners, or the

chance to get out to the Rockies to ski or snowboard, or even the gathering of presents under the Christmas tree.

It's because of the kind and generous attitude with which Calgarians approach the season and their neighbours. We are a warm and giving people, but during the holiday season we always seem to one-up ourselves. You can see it every-

where – on the faces of kids in the corner store and in the kind smiles of Calgarians bundled up behind countless layers of clothing – and it makes me immensely proud to be from and live in this wonderful place.

As lights and decorations find their way onto neighbouring businesses and homes, I hope that all Calgarians will consider taking the time to spread the joy

of the season through their own acts of public service. This can mean volunteering your time at a local soup kitchen, helping to shovel a neighbour's sidewalk, or donating gently-used winter clothing to those in need. The options to give back and support your community are endless. If you have questions about how you can get involved in your community, contact your local

Community Association or our office through email (ward08@calgary.ca) or phone (403-268-2431), we'd love to hear from you. From the Ward 8 office, we wish you a very happy holidays and a joyful New Year!

I wish you all the very best this holiday season and through the winter. Stay warm, keep safe on the roads, and have fun. 2018 is going to be a great year! □



Wrapping up 2017, and preparing for the future

This month in Edmonton

KATHLEEN GANLEY

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

As this year draws to a close, I am inspired to do a little year-in-review of what the Alberta Government has done to make life better for Albertans in 2017.

I know employment is very much on the minds of

Albertans in our recovering economy. We have passed legislation to help Albertans secure and retain good jobs in workplaces that are fair, modern, and family friendly. Following extensive consultation, Alberta's Employment Standards and Labour Relations Code were changed, and bring us into line with standards in other provinces. In October, our government also brought in the second of three increases to minimum wage, raising general minimum wage in Alberta to \$13.60 per hour – the highest in the country.

Energy Efficiency Alberta was created to promote simple, cost-cutting technolo-

gies to reduce emissions in homes, businesses, and communities. If you need to replace an outdated refrigerator, washing machine, or thermostat, you can receive a rebate. To see how your household, business or organization can benefit, visit efficiencyalberta.ca

We're also thinking hard about the lives of seniors, because we know that in the next 10 years, the number of seniors is going to increase by more than 50%. By 2031, it is projected that there will be more than 923,000 Alberta seniors – meaning about 1 in 5 Albertans will be a senior. We are addressing the shortage of quality senior lodges

in rural Alberta, and this year got 29 senior lodge projects underway.

The Alberta Government has also developed a joint project with the Federal Government to provide funding for significant repairs and upgrades in community housing and seniors' housing in rural Alberta. This means upgrades to furnaces, roofs, hot water tanks, and windows. Especially with winter at our doorstep, I am pleased to know that many seniors will be comfortable and secure, thanks to these projects.

Alberta's economy continues to gain strength. The Conference Board of Canada

reports that Alberta's economy is currently the fastest-growing provincial economy in the country, and ATB Financial reports that in the year that ended on Aug. 31, 35,000 Albertans assumed new full-time jobs. There is certainly more work to be done, but our government's economic policies aimed at recovery are working, and more Albertans are working, which is cause for cheer.

My husband and I look forward to spending the holidays with the newest member of our family. From our home to yours, I extend warmest wishes for happy holidays. □



Help for those working hard to join the middle class

This month in Ottawa

KENT HEHR

Member of Parliament for Calgary Centre and the Minister Sports and Persons with Disabilities

First, I'd like to invite you to join me at my Holiday Open House on Saturday,

December 16 from 11 a.m. to 2 p.m. at the Kerby Centre (1133 7 Ave. S.W.). You can RSVP at www.KentHehrMP.ca.

Second, I'd like to highlight a couple of programs that are helping our friends and neighbours to meet their basic needs and re-invest in the local economy. When middle class and low income Calgarians have more money in their pockets, it's quickly used to pay for things like healthy food, skating lessons and warm winter clothes.

Canada Child Benefit

Our government is going a step further to help lift children out of poverty, by increasing Canada Child Benefit payments to keep pace with inflation.

- 3.3 million families receive Canada Child Benefit payments, providing \$6,800 on average per family per year.
- 90% of families receive more through the Canada Child Benefit than they did under the previous government's programs.
- For a single parent with

two kids making \$35,000, the increase will mean an additional \$560 next year, tax free.

Working Income Tax Benefit

By letting low-income workers take home more money while they work, the Working Income Tax Benefit offers real help to Calgarians and encourages more people to join the workforce.

- In 2016, 1.4 million low-income workers received an average of \$785 per year.

Starting in 2019, we are enhancing the benefit by an additional \$500 million per year.

For families, the Working Income Tax Benefit and the Canada Child Benefit combine to provide more money to help with the costs of raising a family.

Get in touch: To contact me, please email kent.hehr@parl.gc.ca or call 403-244-1880. You can subscribe to email updates at www.KentHehrMP.ca/email-updates. □

Disclaimer:

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

Coming in 2018: A Celebration of Diversity



means ‘dedication,’ and is thus named because it celebrates the rededication of the Holy Temple?

The festival is a time for Jewish people to remember their victory in a battle against the Greeks over 2,000 years ago to practice their religion without restriction. The Greeks had put a stop to all religious practices for the Jews, and King Antiochus tried to make Jewish people bow down before a statue of him that had been placed in the Jewish temple, praying to Greek gods.

However, they refused, as the Ten Commandments forbid Jews to worship statues or idols. A small group called the Maccabees fought against it, and after a three-year war, they were able to recapture Jerusalem from the Syrians. However, the Jewish temple was destroyed in the process.

After cleaning and repairing it, they celebrated their victory by lighting an oil lamp, or Menorah, which symbolised God’s presence. Although there was only enough oil to burn the candle in the temple for one

day, it somehow managed to keep going for eight days. The Menorah is one of the oldest symbols in Judaism.

The date Hanukkah is celebrated changes each year, depending on the Western

calendar, but it usually falls in November or December. In 2017, Hanukkah begins on Dec. 12 and ends Dec. 20.

Look out for the Did You Know? series beginning January 2018.

By Kerby Center Diversity Committee

Next year, the Kerby Centre Diversity Committee will be publishing a monthly ‘Did You Know?’ series that celebrates the differences that make us stronger. Be it religious, cultural, language, sexual orientation, or physical or mental infirmities, the month-

ly piece will explore the customs, traditions, challenges, and the people that come from every walk of life.

For example, did you know **Hanukkah**—the Jewish eight-day, winter-time festival of lights celebrated with a nightly menorah lighting, special prayers, and fried foods—literally

Kerby Centre Gift Ideas

‘Tis the season to be giving gifts of all kinds, and Kerby Centre has many great gift ideas for the older adult on your shopping list.

Education & Recreation courses: It is said that the best gifts are experiences. Enroll a friend or family member in an active aging course, or maybe an introduction to a new language they have wanted to learn.

Walking poles: Help someone’s balance while walking by giving them a set of walking poles. You

can buy them in Kerby Centre’s Education & Recreation department

Wise Owl Boutique: The Wise Owl has one-of-a-kind items for anyone on your list. Hand-made gifts fill up the Wise Owl! From socks to pot holders, ornaments to wood crafts.

Canadian Sights Adult Colouring Books: Available in the Wise Owl Boutique, these adult colouring books will get you relaxed and learning a bit more about our great country.

Membership: What better way to encourage the older adult in your life to take part in what Kerby Centre has to offer? Check the ad in this month’s issue for information on benefits and how to purchase a membership.

Donation to Kerby Centre: Donations to Kerby Centre help to keep vital programs and services available for Alberta’s older adult community. Make a donation in a friend’s name and show your support today.

Become a member today!



Membership with Kerby Centre provides a number of benefits, including:

- Kerby News mailed directly to your home each month
- \$3 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Priority registration & member rates for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre events
- Special advanced ticket purchases & reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

One-time coupons* for:

- Voucher for one **FREE** beverage in the dining room
- **\$5 discount** off a one month ‘FIT Room’ membership (for first-time registers FIT Room users)
- One **FREE** Drop-in activity
- **\$5 discount** off a day trip booked with the Travel Desk
- \$10 discount off a first-time foot care assessment

*conditions may apply




To purchase a membership:

- Visit our membership desk Monday to Friday 9 - 3
- Phone 403-265-0661, ext 256
- On our website at www.kerbycentre.com
- Mail this form with a cheque for payment and we will follow up by phone

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Membership for 2018 is \$22.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2018).


Kerby Centre

MEMBERSHIPS ARE NON-REFUNDABLE

Kerby Centre Department Directory

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

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Our twelve days of Christmas

By Jeannine Wilson

Far and away, the best Christmas tradition my family adopted was doing away with Christmas gifts, and focusing on time with family and friends during the holidays.

My husband Rick and I don't need anything. We're in our 70s, and we have a life-

time of 'stuff' we have to find something to do with as it is, as it's getting in the way of our plans to downsize.

Our kids don't really need 'stuff.' Our son and daughter are both married and make enough money to buy the trappings they or their family desire.

And Lord knows our six grandkids have enough 'stuff'.

My husband and I estimate our entire family used to spend on average a combined \$2500 on Christmas gifts on each other. Every year. And why, we asked ourselves, because society tells us that's what we should do – buy more 'stuff'?

Seven years ago (and I remember the year, because my youngest grandchild was born that Christmas) we said "enough!" and told our kids we didn't want anything for Christmas. My husband and I still bought gifts for our children and grandchildren that year, but we were clear we didn't want anything. "Spend time with us," we told them. "That is the best gift of all" – especially in a world seemingly disconnected more and more every day.

Do you know what happened?

They spent time with us, and it was one of the best Christmas' we had ever spent together as a family.

That year, even though we still gave gifts, we tried to

"That Charlie Brown kid was on to something."

focus on activities, or events, not toys and new clothes. My husband took our son and son-in-law to a hockey game. I took my daughter and daughter-in-law to get manicures and

pedicures. We took our grandkids to Zoo Lights and got them gift certificates to the cinema.

All of those events produced more happy memories than any gift from Toys R Us or The Bay would have.

The following year, we decided as a family, no Christmas gifts! We instead vowed to spend 12 days throughout December doing family activities together.

That Charlie Brown kid was on to something.

They weren't extravagant activities; some cost us nothing at all. But that wasn't necessarily the point (it was more of an added benefit.) The point was to strip as much of the commercialism away from Christmas as we could.

The point was to remove as much of the stress as possible away from Christmas, and grow closer as a family, to change the focus from 'stuff' to memories and family bonding.

Our 12 days of Christmas don't happen 12 days in a row, nor are they strictly related to Christmas, per se; and not everybody participates in every activity if they don't have the inclination. But the focus has been directed away from gifts, and that is something worthy of celebration.

That first year, as the song goes:

On the first day of Christmas, during the first week of December, my husband and son took all the grandkids west of Calgary to cut down a Christmas tree. It seems like something straight out of 1940, but to this day, the kids talk about it being their favourite Christmas tradition.

On the second day of Christmas, myself, daughter and daughter-in-law and some of the kids spent a weekend baking, decorating, packaging, and eating cookies, tarts, and squares of every shape and colour.

On the third day of Christmas, the whole family went to Heritage Park. This has become one of my personal favourite traditions. That year the snow had just fallen, and the ambiance was magical. I will never forget it.

On the fourth day of Christmas, we opened our home to extended family, friends and neighbours for a Christmas Wine and Cheese get-together. We have continued this tradition every year since.

On the fifth day of Christmas, we divided into teams and held our own

Continued on page 7

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Continued from page 6

Gingerbread House decorating competition. I baked and assembled the houses, and my husband Rick and I judged. Well, Rick did more snacking than judging. Everybody ‘won’ that year, but as my grandchildren have become older in the years since, the competition has grown more fierce.

On the sixth day of Christmas, my children said to me, “Let’s go see *The Nutcracker*.” It was the first time I had ever been to a ballet, and a memory I will cherish. I’ve seen it twice since our first 12 days of Christmas.

On the seventh day of Christmas, the family curled up on the boat-sized couch in my daughter’s basement and watched classic Christmas television specials, with a roaring fireplace in the background and a cup of hot apple cider in hand. The really bad Christmas specials from the 60s are my personal favourite.

On the eighth day of Christmas, the family went tobogganing at Confederation Park. We even brought the dogs, who kept me company as I took pictures from the safety of the bench, refusing to slide down a hill of ice at 120 km/hr.

On the ninth day of Christmas, it was Christmas



File photo

Eve. We shared a glorious meal as a family, then loaded presents for the needy onto Calgary Transit buses, where they would be distributed to less fortunate individuals. Seeing first hand how the generosity of Calgarians can make such a tremendous difference was humbling and inspiring.

On the 10th day of Christmas, it was Christmas Day. Our family had brunch together. Well, it was more like ‘Linner’ as I don’t think we sat down to eat until about 3 p.m. Grand kids are still grand kids, and they of course still received gifts from others, so I imagine getting them settled down and

packed up to go to grandma and grandpa’s house was a momentous chore.

The 11th day of Christmas fell between Christmas and New Year’s. It’s a slow time, and it can feel lonely as the holidays start to wind down, but my husband and I took our grandkids to a movie, giving our children and spouses a bit of a reprieve.

And On the 12th day of Christmas, we had our very first—and last—New Year’s Eve as an entire family. As my grandkids age, they prefer to spend time with their friends on New Year’s Eve doing whatever teens and 20-somethings do, and sometimes we watch the

younger ones while our kids spend time with their spouses—alone—but my husband and I still include this every year, even if it’s just the two of us falling asleep in front of the TV at 8:30 p.m.

Moving away from gifts, and putting the focus on togetherness has made the season a month truly worth celebrating.

□



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Applications are also on our website: www.mvsh.ca.

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Please Join Us For Our Annual



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Member Appreciation
& Holiday Luncheon

Tuesday, December 5th

Kerby Gym at 1133 7th Ave SW
 Doors Open at 11:30 am
 Holiday Luncheon at Noon

Kick off the season with a festive Holiday meal, musical entertainment and fun

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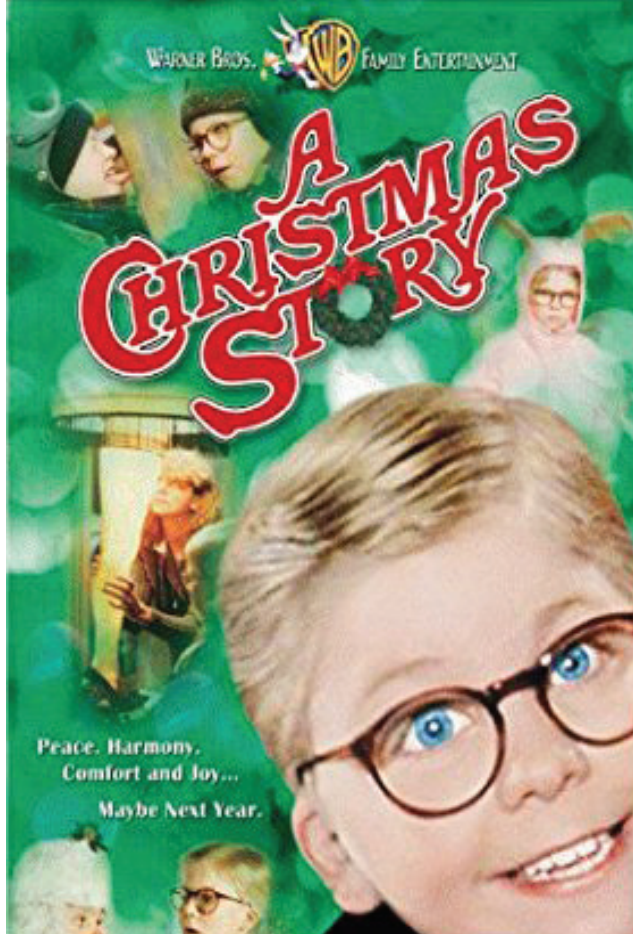
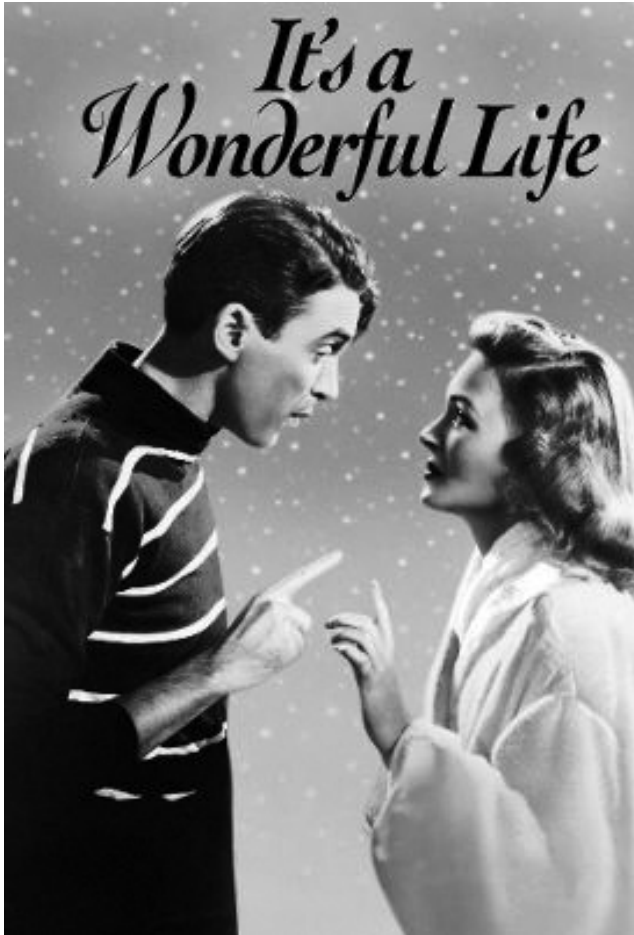
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THE TOP 10 HOLIDAY MOVIES



By Thomas Hale

'Tis the season to avoid the insane crowds at the mall, sub-zero temperatures and slippery roads, and cuddle up with the wife and cats and watch those holiday classics for the 57th time. Here are the top 10 holiday picks.

It's A Wonderful Life (1946) If there's a more classic, iconic Christmas story than that of an angel who is sent from Heaven to help a desperately frustrated businessman named George Bailey by showing him what life would have been like if he had never existed, then I will eat a slice of fruitcake.

A Christmas Story (1983) Ah, the 1940s – what a time to be alive. Actually, I wouldn't know, due to the unfortunate circumstance of my being born on Jan. 3, 1950. The movie revolves around the central character named Ralphie, who attempts to convince his parents, his teacher, and Santa to get him a Red Ryder B.B. gun for Christmas. This movie is bursting with charm.

Christmas Vacation (1991) Apparently my wife doesn't appreciate it when I tell her who all the characters in the movie remind me of in our families as we watch this year after year. You know who you are, Cousin Eddie.

Miracle on 34th Street (1947) It is very important that you don't accidentally watch one of the many inferior remakes. When a nice old man who claims to be Santa Claus is institutionalized as insane, a young hotshot lawyer defends him in court by arguing that he is the real Santa.

Scrooged (1988) My theory surrounding this film is that you either love it or hate it, there is no in-between. In this take on Charles Dickens' *A Christmas Carol*—one of two adaptations on this list—Bill Murray plays a television executive whose cold ambition and curmudgeonly nature has driven away the love of his life. But after firing a staff member on Christmas Eve, he is visited by a series of ghosts who give him a chance to re-evaluate his actions and right the wrongs of his past.

Elf (2003) After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity. Will Farrell isn't everybody's cup of tea, and he certainly isn't mine, but *Elf* surprisingly hits the mark.

One Magic Christmas (1985) If you can make it through the first act without curling into a ball and sobbing uncontrollably, you're sure to be charmed by Harry Dean Stanton, who plays guardian angel to Mary Steenburgen's working class woman who loses her faith

(Ok, "Christmas spirit") after a tragedy. And with the help of Santa, (because it's a Disney movie, after all) she gets it back and everybody lives happily ever after. It's so cloy, your fillings will hurt.

The Muppet Christmas Carol (1992) Seldom does a movie come together as wonderfully as the Muppet adaptation of *A Christmas Carol*. Many will dismiss it as giant puppets masquerading as art, yet the film deserves to be praised as a *tour de force* dissection of humanity headlined by Sir Michael Caine and Kermit the Frog in their magnum opus.

Meet Me In St. Louis (1944) Neat fact: Judy Garland debuted the song *Have Yourself a Merry Little Christmas* in this romantic musical. Weak plot aside, Garland is dazzling in the musical numbers – and that's what really counts.

The Polar Express (2004) A young boy, lying awake one Christmas Eve, is welcomed aboard a magical train headed to the North Pole . . . Despite soulless-looking characters who look like walking, talking department store mannequins, *Polar Express* is a

whirlwind of imagination. The artwork based on illus-

Allsburg's 1985 book of the same name gives the movie a glowing appearance. □



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Boost your winter metabolism

When temperatures dip, our body adjusts by storing fat to keep warm and switching our brain into hibernation mode. But this can hamper our healthy goals and lower our energy. Fortunately, you

can use these three tips to improve your winter metabolism and keep your energy levels going through the cold Canadian weather.

Get outside or to the gym. The cold isn't an excuse to lie

in bed all day. Being active through the winter is the easiest way to stay in shape and ensure your metabolism works through the season. If you feel lethargic, it's because the lower temperatures can cause your body to become slightly insulin resistant. As a result, your muscles don't respond as well to glucose, which is essentially their fuel. Combat this with regular endurance or weight-training exercises to help boost insulin response, burn energy and get your metabolism going.

Stay hydrated. It's easy to remember to stay hydrated in the summer, since we drink more water to cool down. In the winter, however, you may not realize how dehydrated



your body is, or why it's important to drink enough fluids. Studies have found that dehydration can slow down your metabolism, resulting in fewer calories burned per day compared to when you're sufficiently hydrated.

The general rule is eight glasses of water per day, but this varies depending on

your own individual health factors. To make sure you're properly hydrated, check your urine — it should be a clear to light-yellow colour. If it's dark yellow, drink up.

Supplement. When our metabolism is down, it may be easier to succumb to the winter blues. Fortunately, supplementing with omega-3 fatty acids has been shown to help prevent seasonal affective disorder (SAD), and when coupled with proper, regular exercise, can help boost the enzymes in our system that break down fat.

Vitamin D is another essential nutrient that many Canadians don't get enough of in the winter, and deficiency has been linked to obesity and even metabolic syndrome. As the sun's rays aren't strong enough this season for our bodies to produce sufficient amounts naturally, consider supplementing.

When purchasing natural health products, always look for the eight-digit Natural Product Number (NPN). This certifies that Health Canada has reviewed and approved the product for safety, efficacy and quality.

Find more healthy winter tips online at www.chfa.ca. © News Canada

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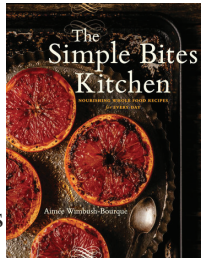
Page design & layout by Winifred Ribeiro

The *Simple Bites Kitchen* cookbook offers a selection of delicious, wholesome family-friendly recipes for all seasons from Aimée Wimbush-Bourquette the creator of the award-winning, Simple Bites blog, www.simplebites.net.

Featuring nourishing breakfasts, lunchbox inspiration, supper solutions and healthy snack options that are nutritious, fairly simple to make, and delicious.

Provides ample inspiration for fast, fresh and family-friendly dinners. This book also covers canning recipes, essential pantry staples, vegetarian ideas, cooking tips and simple tutorials.

You will want to add this cookbook to your library.



Excerpted from *The Simple Bites Kitchen: Nourishing Whole Food Recipes for Every Day*. Copyright © 2017 by Aimée Wimbush-Bourquette. Photos copyright © Tim and Angela Chin. Published by Penguin, an imprint of Penguin Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.



Coriander-Crusted Salmon with Parsnip Fries ©

Fish is an important part of a healthy diet. I also aim for a nutritious meal by using parsnips for the baked fries, although you could use a combination of both parsnip and potato. Cutting the parsnips and mixing the spice blend ahead of time makes for an easy meal at dinnertime. Look for wild-caught or organic farmed salmon when you shop, and don't be shy about asking your fishmonger about the source and the freshness of the product

SERVES: 4

1 pound (450 g) parsnips, peeled
2 tablespoons (30 mL) extra-virgin olive oil, divided
1 tablespoon (15 mL) coriander seeds, crushed
1/2 teaspoon (2 mL) freshly ground black pepper
1 teaspoon (5 mL) fine sea salt
1 tablespoon (15 mL) grainy mustard
1 tablespoon (15 mL) liquid honey
4 medium skin-on wild sockeye salmon fillets

1. Position oven racks in the upper and lower thirds of the oven and preheat oven to 425°F (220°C).
2. Cut the parsnips lengthwise into strips 1/2 inch (1 cm) thick and then cut into french fry shapes. Don't worry if they are not uniform. Tumble parsnips into a large bowl and drizzle with 1 tablespoon of the olive oil. Toss them with a pair of tongs until they are completely coated in oil; this helps them to get crispy.
3. In a small bowl, stir together the crushed coriander seeds, pepper and salt. Sprinkle half the spice mix over the parsnips and toss to coat. Spread parsnips in a single layer on a rimmed baking sheet. Roast on the upper rack, stirring and turning once, for 15 to 20 minutes until golden and crispy on the edges.
4. Meanwhile, stir together the mustard and honey. Brush on the tops of the salmon fillets (not the skin side). Crust the salmon with the remaining spice mix.
5. Heat the remaining 1 tablespoon (15 mL) of olive oil in a large oven-safe skillet over medium-high heat. Sear salmon, spice side down, for 2 minutes. Gently turn the fish. Transfer the pan to the oven, below the fries, and roast for 7 to 9 minutes, until fish feels firm to the touch and is a light pink throughout.
6. Delicately transfer the salmon to plates or a platter and heap the parsnip fries around the fish. Finish the fries with a sprinkling of salt and serve immediately.

Slow Cooker Root Vegetable Cider Stew ©

This stew combines many ingredients I keep on hand, such as canned chickpeas, tomato sauce, onions and spices, along with root vegetables, into a comforting vegetarian stew. Cubes of turnip and parsnip simmer slowly in a sauce spiced with garam masala and turn into buttery bites that hold their shape nicely. Golden raisins plump up to become almost as big as the creamy chickpeas. Nearly a pint of fresh-pressed apple cider adds both acidity and sweetness to the dish, and a sprinkling of pistachios completes the stew. Serve it up as is or with a wedge of crusty bread, and add a dollop of yogurt for good measure. It's even better on the second day, after the flavours have had an opportunity to mingle.

serves 4 to 6 **requires time for prep**



Overnight Spiced Stollen Swirl Buns ©

In recent years, I've been revisiting the comforts of stollen over the winter holidays, but in swirl bun form. A lightly spiced dough, studded with dried cranberries, almonds and a hint of candied orange peel—it's heaven on Christmas morning. I've developed these to be overnight rolls, but you can always do the second rise right after the shaping and bake them right away. Just be sure to enjoy them warm from the oven.

Makes 12 buns **Requires time for prep**
2/3 cup (150 mL) 2% milk
2 teaspoons (10 mL) active dry yeast
3 1/4 cups (810 mL) all-purpose flour, divided
1/2 cup (125 mL) unsweetened dried cranberries
3 tablespoons (45 mL) candied orange peel
1 tablespoon (15 mL) rum
3/4 cup (175 mL) unsalted butter, softened, divided
3/4 cup (175 mL) raw cane sugar, divided
2 large eggs
1/2 teaspoon (2 mL) fine sea salt
1/2 teaspoon (2 mL) ground cardamom
1 teaspoon (5 mL) ground cinnamon
1/2 teaspoon (2 mL) ground allspice
1/2 cup (125 mL) slivered almonds
Powdered sugar, for dusting

1. Heat the milk in a small saucepan over medium-high heat until scalded, then cool to wrist warm or around 110°F (43°C). Pour into a medium bowl and whisk in the yeast. Let stand for 5 minutes to activate the yeast. Beat in 1/2 cup (125 mL) of the flour, then cover the bowl with a tea towel and let stand in a warm place while you prepare the rest of the ingredients.
2. In the same saucepan, combine dried cranberries, candied orange peel and rum. Warm gently, then turn off heat and let soak.
3. In the bowl of a stand mixer fitted with the paddle attachment, cream 1/2 cup (125 mL) of the soft butter with 1/2 cup (125 mL) of the sugar until light and fluffy. Beat in the eggs, one at a time, followed by the salt and cardamom. Tip in the yeast sponge and add 1/2 cup (125 mL) of the flour. Mix on low speed until the dough comes together.
4. Switch to the dough hook and add the remaining 2 1/4 cups (550 mL) flour, 1/2 cup (125 mL) at a time, mixing on low speed until a soft dough forms. Knead on low speed for 5 minutes. Remove the dough hook, cover the dough with a tea towel and let rise in a warm place for 1 hour or until doubled in size.
5. On a lightly floured counter, roll out dough to a 12 × 16 inch (30 × 40 cm) rectangle. Spread the remaining 1/4 cup (60 mL) soft butter in an even layer over the dough, going right to the edges. Mix the remaining 1/4 cup (60 mL) sugar with cinnamon and allspice, then sprinkle evenly over the butter. Evenly scatter slivered almonds and soaked fruit over the buttered dough. Starting from a short end, tightly roll the dough into a log. Using a sharp knife, cut the dough into 12 buns, each 1 inch (2.5 cm) thick. Gently reshape them into rounds if they get overly squashed.
6. Butter two 13 × 18 inch (32 × 40 cm) rimmed baking sheets. Place 6 buns on each sheet and cover loosely with plastic wrap. Refrigerate overnight.
7. In the morning, allow the buns to rise in a warm place for about 1 1/2 hours or until doubled in size. You can do this step in the oven, with the oven turned off but the oven light turned on. If you do this, make sure to remove them before preheating the oven.
8. Preheat oven to 350°F (180°C) and position oven racks in the upper and lower thirds of the oven. Remove plastic wrap and bake buns for 22 to 24 minutes, rotating once, until golden brown. Dust with powdered sugar and serve warm.

2 medium turnips (about 1/2 pound / 225 g)
2 large parsnips
2 teaspoons (10 mL) ghee (clarified butter) or unsalted butter, divided
1 medium sweet onion, diced
2 cloves garlic, minced
1 teaspoon (5 mL) garam masala
1 teaspoon (5 mL) sea salt, divided
1 can (19 ounces / 540 mL) chickpeas, rinsed and drained
1 1/2 cups (375 mL) fresh-pressed apple cider (unfiltered raw apple juice)
1 cup (250 mL) tomato sauce
1/2 cup (125 mL) golden raisins
Chopped pistachios, for garnish
Full-fat plain organic yogurt, for topping (optional)

1. Peel the turnip and cut into 1/2-inch (1 cm) cubes. Peel the parsnips and cut them slightly larger. In a medium saucepan, melt 1 teaspoon (5 mL) of ghee over medium heat. Slide in the onion, then stir and cook for 5 minutes, until softened. Sprinkle in the garlic and garam masala and cook for an additional minute.
2. Push the onions to the side of the pan and melt the remaining 1 teaspoon (5 mL) ghee. Tumble in the turnips and parsnips and stir to coat with the ghee. Toss in a pinch of salt and cook, stirring frequently, for 5 minutes.
3. Transfer the vegetables to a slow cooker. Add the chickpeas, cider, tomato sauce, raisins and remaining salt. Stir well. Cover with the lid and cook on low for 5 hours. Slow cookers vary, so check the stew after about 4 hours. The stew is ready when the turnip is tender but not mushy. Serve with a sprinkling of chopped pistachios and a spoonful of yogurt if you wish.

Open the door to more affordable housing in Calgary

Calgary's new city council must encourage secondary suites, remove parking requirements and streamline the housing permit process

By Steve Lafleur and Josef Filipowicz
The Fraser Institute

Calgary Mayor Naheed Nenshi won a third term in October, giving him four more years to address the city's most pressing issues, including housing.

Many Calgarians – like many Vancouverites, Torontonians and other Canadians – worry about housing affordability as the city continues to grow.

Among the policy choices available to the mayor and council, three in particular would boost the housing supply.

First, it's time to deal with secondary suites – rental units built into existing homes (such as basement suites).

The issue has dogged city council for years, as arcane

regulations have forced homeowners to beg city council for permission to build secondary suites.

While some level of housing safety regulations is obviously important, it's unclear why someone should be prohibited from building a secondary suite to house an aging family member or earn some extra income to help pay their mortgage.

Moreover, since secondary suites can cost less than a new apartment unit, they can be valuable sources of low-cost housing for city residents.

For years, Nenshi and some city councillors have tried to streamline the approval process for rental units in homes, but the issue has divided city council. It's time for the legislative gridlock to end.

Second, the city can relax minimum parking requirements.

Calgary, like most North American cities, requires developers to provide a minimum number of parking spaces for each new housing unit. This can add thousands – or even tens of thousands – of dollars to the cost of building

a single new apartment unit. This is especially perverse in neighbourhoods where many residents don't need (or can't afford) to own cars.

Fortunately, Nenshi and council can look to the N3 building in Calgary's East Village, which was exempted entirely from providing parking for residents, for a success story to copy.

Third, and most challenging, city hall can shorten approval timelines for building permits.

According to Fraser Institute research, it takes 13.5 months on average for Calgary homebuilders to obtain permits – five months more than in neighbouring Cochrane and six months more than in nearby Airdrie.

Relatively high levels of uncertainty about exactly how long it will take to obtain permits aggravate these timelines. In fact, according to a survey of homebuilders operating in the Calgary-Edmonton corridor, timeline uncertainty for building permit approval is far stronger in Calgary than in Edmonton, where no meaningful uncertainty is reported.

Unlike the first two proposals, which are easy wins, shortening approval timelines and reducing uncertainty will likely require more challenging and nuanced reforms.

But Calgary can learn from other municipalities in the Calgary-Edmonton corridor and in the rest of the country. Identifying and implementing best practices from other municipalities can help reduce the uncertainty and duration of the permitting process.

Much remains to be done to meaningfully boost the housing supply in Calgary. But city hall has tools at its disposal.

With a fresh mandate and a demonstrated need to accommodate persistent population growth, Nenshi and council can fast-track secondary suite approvals, reduce or remove minimum parking requirements, and streamline building permit approval timelines to increase housing affordability for Calgarians.

Steve Lafleur and Josef Filipowicz are analysts at the Fraser Institute.
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Kerby Centre recipient of Western Legacy Award



Kerby Centre was recognized with the Western Legacy Award for Sustained Contribution by a Group last month.

CEO, Luanne Whitmarsh, and Board of Directors President, Zane Novak, accepted the award on behalf of the board, staff, and volunteers of the Kerby Centre in a celebration held on Nov. 15 at the BMO Centre.

The Awards are given out by the Calgary Stampede to honour outstanding individuals and organizations for their work in the community.

“Community is at the core of everything we do, and these individuals and groups have shown what true and inspiring leaders

they are through the generous contributions they make,” said David Sibbald, President and Chairman of the board of the Calgary Stampede.

According to Luanne Whitmarsh, the spirit of the award highlights what the Kerby Centre is all about.

“To me, western legacy means ‘we are all in this together,’” says Whitmarsh. “We are not all alike nor have we all had common life experiences. We have common values like respect and honor, and we live the motto ‘it takes a village’. A handshake is worth gold, a smile is valued and a comforting hug is often all that is needed.”

One only needs to attend the Kerby Centre Stampede Breakfast to discover how the Centre welcomes everyone. This year, 1,580 people attended the event which is open to everyone. Hospitality abounds and everyone has a wonderful time.

The award itself, a sterling silver belt buckle, will be displayed at Kerby Centre.

As part of being awarded the Western Legacy Award, Kerby Centre will be added to the Legacy Wall located on the south side of the BMO Centre. Installed in 2013, this wall serves as a reminder of the individuals and organizations that make our community great.

Festive feasts don't have to cost a fortune

The holidays can be expensive, especially when it comes to feeding your family. Whether prepping for large celebratory gatherings or baking gingerbread cookies with the kids, the grocery list can quickly feel endless. Save this season with these simple tips:

Ask guests to bring a dish. If you're hosting a big dinner, one great way to cut costs is to have each guest bring a dish, potluck style. Choose a specific course for each guest or family to contribute ahead of time so you can build your menu accordingly. From savoury sides to sweet treats, this will also help you save time.

Set a budget and stick to it. It can be easy to go overboard during the holidays, especially when you're hosting. As a first step, decide in advance how much you're willing to spend on food and entertainment. Another great way to stay within budget is to use points-based reward cards. Kathy Buckworth, lifestyle expert and finance writer, says it's all about saving up points for those big shops. “The PC Financial World Elite Mastercard is a great option because for every \$1 you spend you can earn up to 30 PC points. Points can be redeemed toward free food at participating local Loblaws, Real Canadian Superstore and Provigo so you're really maximizing your spending and seeing that return.”

Plan your menu in advance. Planning meals ahead of time can be a huge

cost-saver. In the weeks leading up to the holidays, write out your menu for each meal including everything from drinks and appetizers to baking ingredients. Not only will this help you stay organized during your shopping trips, it

will also help you determine if it all fits within your budget. For even more savings, try incorporating items that are in season, especially when it comes to fruits and vegetables.

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Every person you meet is like an unwrapped present, even if you don't see it at the time, even if it's a one-time meeting, and even if you bristle.

Everyone with whom you interact will reveal something about yourself, if you pay attention, and the gift of self-awareness allows you to be more fulfilled and ultimately to live a happier life.

Some people may appear to touch you more than others. Something connects your soul and theirs in a way that is inexplicable. Familiar, certain, strong, frightening, wonderful, exciting; you don't need words but there is no denying what has happened.

But whether it is perceived as a positive meeting or a negative one, with just one reaction from you, you have inadvertently created a chain of events that ties you together, suspending that moment in your history forever. This is how powerful you are.

Even if you do nothing at all, you can connect with the energy of other people. You may simply walk down the street and it happens as you pass them, glance at them, or smile at them. Or if you don't.

But that exchange, no matter how brief, gives both you and the other person an opportunity to learn something about yourselves. It may be strength, it may be

fear, but seeing you can trigger something within them that could lead to a major transformation and you will never know anything about it.

And that works both ways. No matter how weak you think you are, it is your power, and not your powerlessness, that is what can really frighten you. Once you understand and accept this, you have the key to tapping into your power and creating ripples and waves that benefit you and everyone you meet. It's like tapping into the energy of all other people, connecting everyone all together, and leading all of us in the direction of growth and fulfillment.

We are not separate from each other, but rather, we are particles of energy that collide and affect each piece of solid matter that they hit.

Your energy has the potential to affect everyone you walk past, everyone with whom you speak or interact, even briefly. In one way or another, you have the power to initiate great change and transformation in others, whether you know it or not.

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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?

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The holidays often bring a lot of shopping angst. Whether it's the "I-don't-need-anything-friend" or

the family member who already has everything, it can be hard to shop for all the people on your list. Here are some inexpensive ideas everyone will love.

- 1. Food.** Meals and treats bring a smile to even the Scroogiest gift receiver. Whether it's coffee, exotic cheeses or a cheap-as-chips (literally) bag of their favourite guilty pleasure, yummy things usually don't get wasted.
- 2. DIY.** Homemade options are endless if you use a little imagination and a lot of Pinterest. Pinecone ornaments, a hand-painted mug or a fun card can add a personal touch to the usual holiday offerings.
- 3. Donations.** Making a charitable donation will not only bring the giver and receiver joy, but will be appreciated by someone in need as well. World Vision's gift catalogue is a great place to find unique gifts



Joy doesn't always have to come in a box.

- that make a lasting impact. From goats to school supplies and bicycle repair kits, each gift will make a difference and there's something for everyone on your list.
- 4. Time.** Whether it's spending an afternoon building a snowman with your kids or taking a friend out for lunch, setting aside some time for a loved one could be the best gift you give this season. The key is giving them your undi-

- 5. Service.** Providing a service can be a big help for those in your life who never take time for themselves. You could dog-sit for a friend, give a busy mom a day at the spa or clean your dad's car. Showing someone you care in an active way is a gift they won't forget.

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Kerby Centre's Activities, Programs & Services




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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUSICAL RECORDERS GROUP (Rm 313) 1:00pm - 2:30pm CRIBBAGE (Rm 318) 1 - 3:30pm WRITING GROUP (Rm 301) 1:30pm - 3:30pm PICKLEBALL (Gym) 3:30pm - 5:00pm MAHJONG (Rm 308) 10:30 am - 12:30 pm KNITTING FOR A CAUSE (Dining Room) 10:00 am-12:00 pm 2nd & 4th Monday each month FREE	OPTIONS 45 - Employment Workshops (Lounge) 1:30 - 3:00pm Indoor Floor Curling (RM 308) 12:30 - 2:00 pm	BRIDGE (Rm 318) 1:00pm- 3:00pm DANCE (Lecture Rm 205) 1:00pm- 3:00pm GENERAL CRAFT GROUP (Rm 311) 9:00am -12:00pm FREE ENGLISH CONVERSATION (Rm 301) 10:30am-12:00pm	ARTIST GROUP (Rm 313) 10am - 3pm \$1.50 half day BINGO (Rm 205) 11:00am - 3:00pm PICKLEBALL (Gym) 3:30pm - 5:00pm KERBY TOUR (Dining Room) 10:30 am- 11:30am FREE	SPANISH CONVERSATION GROUP (Rm 311) 10:00am - 12pm BADMINTON & PING PONG (Gym) 10:30am - 12:45pm KRAZY KARVERS WOOD-CARVING Club (Woodshop Rm 102) 10:00am-3:00pm \$1.25 per hr

FIT ROOM (Rm 108) Mon - Fri, 7:30am - 7:30pm - Monthly & yearly memberships available! Phone 403-705-3233

Dates to Remember



Gentle Fitness Mondays, 11:15 am-12:15 pm	Chair Yoga (no class Dec 22) Fridays, 12:00 pm-1:00 pm
Art's 'N Ends (Painting) Every Tues 12:30 - 3:30 pm	Chow and Chatter Wed Dec 13th, 12:00-1:30 pm
Art's 'N Ends (Drawing) Every Thurs 12:30 - 3:30 pm	Games 'n More Every Wed, 10:30-12:00 noon
Calligraphy for Fun Workshop Mon Dec 11, 1:00 - 3:00 pm	<i>Please note that the Kerby 2 East Village location will close permanently, effective Dec 22nd, 2017. Please see page 3 of this issue of Kerby News for further detail.</i>
Zumba Gold Fridays, 10:30 am -11:30 am	

Mark Your Calendars

Please Contact Special Events At 403 705-3178 For Further Info.



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Christmas Craft Sale December 6th 10:00 am - 2:00 PM	Santa Walk at Chinook Centre 9:00 am December 12th Register at Ed & Rec Rm 305
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For more information, to book your trip, or ask about World Travel, contact Kerby Travel at 403-705-3237 or travel@kerbycentre.com

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For more call 403 705-3177 or email lauren@kerbycentre.com

Older pedestrians in winter



Submitted by Robert Dewar

Winter in Calgary presents a number of problems for older pedestrians.

Ice patches, piles of snow and slush on sidewalks and roads make walking particularly dangerous for seniors. Physical challenges to older pedestrians include: walking more slowly because of unsure footing and increased chance of

falling, poor balance and reduced ability to catch themselves if they slip and start to fall, physical difficulty walking due to arthritis and other physical limitations, reduced agility for those who use canes, and the encumbering effects of heavy footwear and clothing.

A major concern among the elderly is failing vision. The old eye has lower acuity, is more susceptible to glare, and has more difficulty detecting some

objects in the roadway environment. The presence of snow also makes curbs, uneven surfaces and debris difficult to detect, increasing the probability of a trip or fall. Because of the need to step carefully, older pedestrians crossing the road are more likely to be looking down at the road surface at the expense of noticing approaching or turning vehicles.

Reduced vision increases the difficulty of seeing at night. Darkness presents problems not only of seeing vehicles and the road environment, but also of being seen by drivers. Pedestrians are much less conspicuous to drivers, as many wear dark clothing and there are

more hours of darkness in winter. In addition, pedestrians typically think they can be seen at night from double the distance they can actually be detected by drivers.

Problems contributing to accidents among older pedestrians include: misjudging the distances of and intervals between vehicles, stepping off the sidewalk when distracted, watching the traffic lights instead of the traffic, misinterpreting the movement of vehicles, assuming that drivers will yield to them, and impatiently crossing after waiting. All of these problems can be worse under winter conditions.

An additional concern for many seniors is hearing loss. Pedestrians rely on sound (e.g., traffic noise, horns) to detect the presence of vehicles as well as to judge their speed and distance.

This is especially important where there are vehicles turning right at red lights, and in parking lots where cars often back out suddenly into the path of a pedestrian. Vehicle sounds may be reduced when there is a layer of snow on the ground.

Many older people are not able to walk fast enough to cross the street at signalized intersections in the time allowed by the WALK signal. The assumed walking speed of 1.2 metres per second used by traffic engineers to

determine timing of pedestrian signals is too fast for many older pedestrians. This problem is worse under many winter conditions, as walking speeds are reduced when the street is covered with snow or ice.

Pedestrians who have certain physical difficulties walk more slowly. Longer walk time intervals are needed at many signalized intersections, especially in winter or when there are large numbers of older pedestrians using the intersection.

In view of the potential difficulties encountered by older pedestrians in winter, it would be advisable for older people to increase and maintain their fitness, especially the ability to keep their balance when walking.

Some of the ways to make walking safer in winter are:

- Wear boots or shoes with soles that will grip on snow and ice.
- Wear sunglasses to reduce glare on sunny days when the ground is snow-covered
- Avoid wearing dark clothing at night.
- Watch the traffic carefully, as drivers often fail to yield to pedestrians who have the right of way.
- Beware of backing and turning vehicles in parking lots.
- Practice judging the speed and distance of approaching vehicles to see if there is enough time to cross the street at unsignalized intersections.
- Be patient and wait for a safe gap in traffic if there is no WALK signal.
- Use ice grips on canes and crutches when appropriate.
- Increase and maintain physical fitness, especially the ability to keep your balance when walking. □

Volunteer Spotlight



Debbie Neville

Debbie is a friendly and hard working volunteer. She has been volunteering at Kerby Centre since February 2017. She was here for a Kerby tour and decided to volunteer because she liked our facility. She volunteers in our Food Service Department as a Food Prep and always helps us in our Special Events. Debbie works 3 days a week and She enjoys being in the kitchen and wants to gain new experience as well. She enjoys volunteering at Kerby Centre because employees are nice and friendly, clients are very generous and its a good place to find new friends as well. Apart from volunteering she spends her time watching movies, going for walks, doing puzzles and hanging out with friends. Debbie has already contributed over 745.5 hours to Kerby Centre.

Thank you Debbie, for all that you do for the Kerby Centre.

December 2017

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Can't we just talk politely about climate change?

By Gerry Bowler
Frontier Centre for Public Policy

Cheap shots from both sides won't get us closer to solutions about managing our planet's future – and the potential impact on billions of lives

“Blatherskite.” “Trained seal.” “Dim-witted saboteur.” “Climate Barbie.”

All these terms have been deemed “unparliamentary language” in Canada; use of them, and 102 other specified pieces of verbal abuse, may result in penalties levied by the Speaker of the House of Commons upon members of Parliament.

To this list we must now add “climate Barbie,” a phrase so steeped in vile-ness that both the offending MP and the leader of the Opposition were forced to apologize.

To suggest that the federal minister of the Environment was possessed of no more scientific insight than a child's toy was, indeed, a low blow. But that minister,

Catherine McKenna, has also been disrespectful in her speech. She has referred to some of her opponents as “climate-change deniers,” a far more insidious charge and one much more corrosive of democratic values. By using the word ‘denier,’ she's engaging in several kinds of linguistic nastiness.

First, those who are contrarians or skeptics about the climate consensus do not deny that long-term weather patterns are subject to change, so McKenna, who is a smart lawyer and surely knows this, seems to be engaging in a deliberate misrepresentation of the views of Canadians who disagree with her.

A good rule for public debate is to state your opponent's arguments as clearly as possible, in a way that the person who holds this position would accept as fair.

Politicians seldom do this but it's not unfair to hold a federal minister to this standard, especially when she has complained about being slurred.

But what's worse is that the term “denier” seems slyly meant to associate

skeptics with genocide or insanity. To be a Holocaust denier is to contradict the evidence of mass murder by Nazis. And so, by insinuation, to be doubtful of the effects of atmospheric carbon dioxide is to be ‘climate Hitler.’

It's a neat linguistic trick and surely not accidental.

Furthermore, to be in denial is to maintain an alternate reality, at odds with the facts. ‘In denial’ is a phrase used in psychiatry to describe an irrationality, a defence mechanism to guard the psyche against disturbing facts and ideas. So if one states that temperatures today are no higher than during the Medieval Warm Period, do we suffer from ‘climate insanity’?

The debate about the future of our climate is enormously important, with billions of dollars and (perhaps) billions of lives at issue.

Pipelines, hurricanes, mass migrations, jobs, hydro projects, drought, education, taxation, investment – scarcely any aspect of modern life is free from possible effects.

Name calling doesn't help a democracy come to the right conclusions. Attributing bad motives to an opponent doesn't make the issues any clearer. Banning opposing viewpoints from journals or academic posts only engenders ill will.

This topic is too important for cheap shots from ministers or their opposition.

Gerry Bowler is a Winnipeg historian and a senior fellow at the think-tank Frontier Centre for Public Policy. □

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Quebec's legendary alpacas

the focus of 'agri-tourism' in the provinck

Story and photos By Mansoor Ladhia
Page design and layout by Winifred Ribeiro



Jaini owner of the alpaca farm, Lise, (left) helps to deliver an alpaca baby.

During a recent visit to an alpaca farm in Quebec, I was presented with a pair of socks, made from alpaca fibre. Since such socks are not available in stores, this was a unique present.



The new-born alpaca is carried to its mother by a staff member of the farm.

Who are the alpacas, was my question? Alpacas are domesticated species of South America, resembling a small llama in appearance, belonging to the camel family — the difference being that while llamas are used as pack animals, alpacas are raised mainly for their soft wool. There are no wild llamas or alpacas.

I was able to enrich my knowledge of alpacas during a recent visit to Les Alpages ferme Nord, an alpaca farm operated by the husband and wife team, Lise and Normand Poirlander, in Quebec's eastern townships a few hours driving from Quebec City. The couple whose passion has always been agriculture and animals resulted in their specializing in alpaca breeding and manufacturing products from their fine quality fibres.

"During an agricultural exhibition in 2000, I saw for the first time, an alpaca. I immediately fell in love with these little animals, as much for the softness of their character as the quality of their fiber," remembers Lise. The couple, who is also staunch pet lovers and fourth-generation farmers, have over 100 different types of alpacas.

While touring the farm, Lise mentioned in passing that one of their female alpacas in her 100-herd may deliver a baby while we were touring the farm. The news was received with a lot of excitement among the group, especially photo



Beekeeper-owner Jacques displays a beehive where bees live in natural habitat.

journalists, for whom this would be once in a life time opportunity.

We continued touring the farm and taking pictures of groups of alpacas wandering around eating grass and involved in various other activities. The farm also has a boutique where different merchandise made from alpaca hair is displayed and offered for sale to the public.

"The boutique offers knitting yarn from our alpacas, spun directly from the farm in our spinning mill as well as knitwear for the whole family made by us and our knitters," Lise proudly explained. For the home, one can buy beautiful rugs, bedspreads and cushions or gifts of scarfs or caps for the family.

Alpaca wool has unique characteristics as it is five times warmer and lighter than sheep's wool, and is considered a luxury fiber. Its quality even surpasses that of the Kashmir and its fiber comes in over 22 natural colors which can be can be produced by mixing these fibres.

Our tour was interrupted when a staff member came running to inform us that the pregnant alpaca was ready to deliver. We all scrambled to secure a good vantage point to mark the occasion. Lise, accompanied by three staff, at her 100-herd may deliver the expected baby while we were touring the mother, forming a maternity team.

Birth of a child is an occasion for celebration and meritment. It's also considered a good omen. To my utter amazement, I found out that even some animals celebrate a birth the same as human beings do.

As the group watched with eagerness and excitement, we could see the baby's feet first coming out from the mother's body and within minutes the baby's head cropped up, clearly seen to all onlookers. There was a sigh of jubilation and words of encouragement for the mom alpaca from the group, until the baby's complete body was on the ground. The baby lay mercifully on the ground and tried to get up several times, but failed.

The mother sniffed the newborn, who was surrounded by other alpacas as a sign of acceptance and welcome to their community. An incredible and amazing experience, but unfortunately not celebrated with cigars.

Lise explained that the alpaca fiber is elastic, resistant and thermal, making it perfect for different climates. "An item of alpaca wool clothing will maintain its corporal temperature in any type of environment. Its natural shine and its smoothness produces high quality wool, especially as alpaca blankets," she said.

Excited by the unique experience, we continued our tour of nature by visiting a captivating guided tour focussing on the life of bees and honey production. The Mielerie Lune de Miel, located just five minutes from Sherbrook, offers tours of the fascinating world of bees and honey. Here, one can watch bees in action and listen to a professional beekeeper

unravel the mysterious behaviour of bees and explain honey extraction process.

"Beekeeping at Lune de Miel has not changed. Our philosophy has remained the same since the beginning—which is the use of hives and frames made of natural wood and the freedom given to bees to completely fabricate their cells by producing their own wax, just as in their natural habitat," explained the beekeeper-owner Jacques.

Despite suffering from diabetes, I couldn't resist tasting 15 varieties of honey. One can find a variety of wrappings, candles, royal, jelly, pollen, beauty products, and many souvenirs at their gift boutique. It's definitely a fun place to visit for the entire family.

Quebec's Eastern Townships, are full of breathtaking scenery, picturesque villages and towns offering a warm welcome to visitors. Their tourist attractions and activities would fill your days, providing cozy accommodation and unique gourmet experiences. Tourists are bound to take with them precious memories home.

There's so much to discover and learn about Quebec products, that you'll need to take to the road and make the acquaintance of the farmers and artisans who shape and transform the Quebec with such passion. Today there are so many vineyards, wineries, cheese makers, maple groves and sugar shacks, farms, honey producers, microbreweries and more, which fills the province's grocery stores and boutiques with tasty Quebec products. Also, farmers and artisans who process goat's milk, lavender,



A couple relax in the outdoor hot tub at Hotel Rippletown.

emu oil, mohair and alpaca wool into heavy products or fabrics and warm clothing deserve to be mentioned.

Depending on the location selected, visit a Farm Shop, a Farm Exploration or a sugar shack — it's fun to watch animals up close and feed them, enjoy a sweet snack, sample good wines, ciders, ice ciders, ice wines, local cheeses, or visit a U-pick for strawberries, blueberries, raspberries or apples. In brief, you can plan outings based around food and take advantage of the many products from Quebec.

Moreover, agritourism is an authentic, original way to tour Quebec. When you stop at a Farm Shop, a Farm Exploration or a sugar shack, you'll be amazed at the diversity of regional products and the originality of the tours and activities offered.

Tourists can enhance their vacation by visiting an agritourism farm in Quebec and discover the know-how of Quebec's growers and producers. One is bound to meet cheesemakers, winemakers, vegetable growers and ranchers!

Mansoor Ladhia is a Calgary-based journalist, travel writer and author of *Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims (Persting) and Members of a Multinational* (University of Regina Press).



A burning fire and tranquil atmosphere is offered at Auberge Rippletown, a hotel located on shores of Lake Massawippi.



A burning fire and tranquil atmosphere is offered at Auberge Rippletown, a hotel located on shores of Lake Massawippi.



The lake is also very popular among water sport enthusiasts and boaters.



Lake Massawippi provides an ideal vacation spot for Quebec City residents who own cottages on the lake.

Time to bury niqab nonsense

By Mansoor Ladha



As a Muslim, I would be expected not to applaud Quebec's Bill 62 which has banned Muslim women from receiving public services when their faces are covered by burka or niqab. This means no niqab on the bus or transit, on university campuses, police stations or other public places.

For the first time this law has provoked a sympathetic outpouring of support from the public in Quebec. Politicians of every stripe, civil rights groups and Muslim leaders have spoken against the legislation, branding it as "racist." Alberta Premier Rachel Notley said: "the passage of the bill was a sad day for Canada."

Quebec Premier Philippe Couillard explained the legislation was necessary because of communication, identification and security. "We are just saying that for reasons linked to communication, identification and safety, public services should be given and received with an open face," said Premier Couillard.

Let's not be emotional about this. Religion is a very personal and emotional issue but we have to analyze the motives behind the law and place it in its true perspective.

Wearing niqab or burka has nothing to do with Islam or religion or the Quran. Muslim scholars and imams have confirmed this several times yet some Muslim women have the audacity to mention that it's their religious belief.

It's also a fallacy that niqab and burka wearers are forced to do so by their husbands or other male relatives. Educated, professional Muslim women, some of them born in Canada, have chosen to wear them without any coercion from anyone. It's an individual choice. Several Muslim women have confirmed this in media interviews.

Britain's Ramadhan Foundation chief executive Mohammed Shafiq is reported to have said: "It's very much a personal decision for women who choose to wear it. It's not something forced upon them by family members. Equally I know women who have chosen not to wear it. It's about individual liberty and free choice."

Premier Couillard's rationale for introducing the law was based on communication, identification and security. When people communicate with each other, they

have to show their faces, not just their eyes. Eye contact is important when communicating with anyone. In whatever capacity the encounters take place, dialogue and identity of a person can only be ascertained when one's face is exposed. When confronted with niqab, one is never sure who is behind the black attire.

Quebec's third reason for this law was security. It's important that we give priority to it, especially at a time when the world is filled with fears of terrorism. How would these Muslims, men and women, feel when a terrorist, dressed in a niqab, carrying a bomb, denotes it in a mosque filled with worshippers? I am surprised that the Taliban, suicide bombers and other terrorist groups haven't adopted this method because it's a perfect disguise for them. It would be very simple for them to dress up in a niqab, mingle with the crowd, plant the bomb and disappear.

Several incidents have already happened in Canada and elsewhere where criminals have used the niqab as a disguise to conduct bank robberies and commit other crimes. These female garments have been used to commit crimes and if we allow them to continue doing so, then we could be accused of being accessories to the crime.

Several countries, including some of the Muslim nations, have banned burka and niqab. They include Germany, France, Belgium, Bulgaria, Egypt, Switzerland, Chad and Italy. According to Wikipedia, Kosovo, Azerbaijan, Tunisia and Turkey are the only Muslim-majority countries which have banned the hijab in public school, universities and government buildings while Syria banned face veils in universities in 2010. In Egypt lawmakers have argued that full face veils are actually un-Islamic and even go against what the Quran advocates.

Wearing hijabs—headscarves which cover the head and neck but leaves

the face visible—can be acceptable, but I believe that the burqa – the most concealing of all Islamic veils, a one-piece veil that covers the face and body, often leaving just a mesh screen to see through – is definitely inappropriate attire for any society.

People who say women should not be told what to wear or not to wear are forgetting that women are not told what to wear or not wear; they are told to wear appropriately in accordance with the rules, regulations and code of conduct prevalent in the country. We won't accept people running naked on our main streets, at the same time we are uncomfortable when some women go around disguised in attires unsuitable for a modern society.

There is a tremendous responsibility on Muslim leadership to educate their communities about the impact of their attire on society. It won't be an easy task but a beginning has to be made to educate their female members. If the Muslim religion doesn't expect you to do it, then why would you want to do it?

This is the 21st century and these attires are considered unsuitable for a modern society. Canada is a multicultural country, a welcoming society for people of all colours and ethnic groups. Niqab-wearers have to embrace the rules and code of conduct outlined by the majority in their adopted country.

Our Muslim sisters have to put emotions aside and try to understand that this is for their and the whole community's benefit. No one cares whether they wear blue jeans or brown, but one's attire should be acceptable and suitable to society at large.

Mansoor Ladha is a Calgary-based columnist, travel writer and author of Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims and Memoirs of a Muhindi: Fleeing East Africa for the West.

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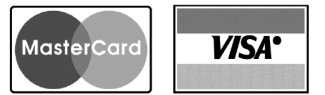
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Classified deadline for January issue must be received and paid by December 4.



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- 11 Foot Care
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- 13 Mobility Aids
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- 30 For Sale
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10 Health

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30 For Sale

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Wanted Antique jewelry, collectibles, license plates, china, silver, glass, unusual items. Call Kevin 403-660-0483

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48 Real Estate

NE 1 lg bdrm main floor, underground parking, over 60 yrs req'd laundry, lots of amenities only \$139,900 Call Sue 403-818-6124

Continued on page 27

THINGS TO DO IN DECEMBER

Airdrie Festival of Lights
Dec. 1 – 31.
www.airdriefestivaloflights.com

Airdrie Santa Claus Parade
Dec. 2
www.airdrieparades.com

Alberta Ballet
The Nutcracker. Dec 15 – Dec 24.
www.albertaballet.com

Alberta Theatre Projects
Charlotte's Web.
Nov. 21 – Dec. 31.
www.atplive.com
www.artsccommons.ca

Aspen Crossing's Polar Express
Until Dec. 24.
www.aspencrossing.org

Balboa Blues n' Booze
Dec. 10.
www.flyrightswing.com

Beso de Tango New Year's Eve Dinner Dance
Dec. 31.
www.besodetango.com

Calgary Nativity Pageant
Dec. 19 – 24.
www.facebook.com/calgarynativitypageant

Calgary Opera
Christmas at the Opera.
Dec. 1 – 3.
www.calgaryopera.com

Calgary Philharmonic Orchestra

A Traditional Christmas.
Dec. 1 – 2.
Handel's Messiah. Dec. 1 – 2.
Sing-Along Messiah. Dec. 3.
Yo-Yo Ma in Concert.
Dec 7 – 8.
A Swinging Little Christmas with Tony Desare. Dec. 8 – 9.
A Jann Arden Christmas.
Dec. 13 – 14.
www.calgaryphil.com

Christmas at the Hive
Dec. 2 – 9.
www.chinookhoney.com

Christmas Market Hosted by Foothills Alliance Women's Ministry
Dec. 7.
www.foothillswomen.ca

Christmas Sounds of Light and Joy
Dec. 10.
www.firstbaptistcalgary.net/events

Cirque du Flip Presents The Night Before Christmas
Dec. 10.
www.flip-factory.com

A Celebration of Bartok III
Dec. 7.
scpa.ucalgary.ca

Cochrane Santa Claus Parade
Dec. 9.
www.cochranesantaclaus.ca

A Cowtown Christmas
Dec. 9.
www.cowtownoperacompany.com

CP Holiday Train
Various location in Alberta from Dec. 5 – 17.
www.cpr.ca/holiday-train/schedule-canada

Curated Holiday Market
Nov. 24 – Dec. 17.
www.bycurated.com

Dave Kelly Live – Home: A Calgary Christmas
Dec. 9.
www.davekellylive.com

Festival of Crafts
Dec. 7 – 10.
www.festivalofcrafts.ca

Lions' Festival of Lights
Dec. 2 – Jan. 8.
www.lionsfestivaloflights.ca

Fort Calgary
Murder at Mistletoe Hall.
Dec. 14.
Have Yourself a Merry Little Murder. Dec. 20 – 22.
Murder at the Masquerade.
Dec. 31.

Glenbow Museum
Higher States: Lawren Harris and His American Contemporaries. Until Jan. 7.
The Black Goad Tapestry. Until May 21.
Eye of the Needle. Until May 13.
Eye of the Needle. Until May 13.
Jennifer Warner: Second Nature: Until Jan 14.
One New Work - DaveandJenn: The Wellspring. Until Jan 7.
www.glenbow.org

International Christmas Market
Dec 1 – 3.
www.sprucemeadows.com

An Intimate Evening with Sarah McLachlan
Dec. 1.
www.owenhartfoundation.org

Jubilations Dinner Theatre
Downton Abbey Road
Songs of the Beatles.
Until Feb. 4.
Beauty and the Grinch.
Until Jan. 20.
www.jubilations.ca

Lions Centennial Gala – a benefit concert for Stars and Hull Services
Dec. 2.
403-440-7770
tickets.mru.ca

Loose Moose Theatre
The Best of Christmoose Carol. Dec. 7 – 22.
www.loosemoose.com

Lunchbox Theatre
The Santaland Diaries.
Nov. 27 – Dec. 23.
www.lunchboxtheatre.com

Metamorphoses
Nov. 24 – Dec. 2.
scpa.ucalgary.ca

Morpheus Theatre
Beauty and the Beast.
Dec. 8 – 16.
www.morpheustheatre.com

Nate Waters' Quintet
Dec. 4
scpa.ucalgary.ca

Once Upon A Christmas at Heritage Park
Weekends beginning
Nov. 24 – Dec. 23
www.heritagepark.ca

Readers Theatre – Sundre
A Christmas Carol.
Dec. 13.
sundre.prl.ab.ca

Rosebud Theatre
Cariboo Magi.
Nov. 10 – Dec. 23.
www.rosebudtheatre.com

Santa Claus Parade/Christmas in High River
Dec. 1.
www.highriver.ca/christmas

Santa Shuffle
5km Fun Run and 1km Elf Walk
Dec. 2
www.santashuffle.ca

Seeds of Enrichment Annual Christmas Market
Dec. 9 – 10.
www.seedsofenrichment.ca

Stage West
I love You, You're Perfect, Now Change. Sept. 8 – Nov. 12.
PURE '90s. Nov. 17 – Feb. 4.
www.stagewestcalgary.com

StoryBook Theatre
The Wizard of Oz.
Nov. 24 – Dec 30.
www.storybooktheatre.org

Theatre Calgary
A Christmas Carol.
Nov. 23 – Dec. 24.
www.theatrecalgary.com

Urbi et Orbi Fine Art Christmas Market
Dec. 9.
Meadowland Park Community Association

Vertigo Theatre
The 39 Steps.
Nov. 11 – Dec 16.
A Charlie Brown Christmas.
Nov. 30 – Dec. 17.
www.vertigotheatre.com

Winter Wonderland – Okotoks
Dec. 15 – 16.
www.spectacleblue.com

Zoolights
Nov. 24 – Jan. 6.
www.calgaryzoo.com

To have your event considered for publication in the Kerby News, email a brief summary to editor@kerby-centre.com.

IN MEMORIAM



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

Ellen Elizabeth Blair
Robert L Blount
Frances Helena Bruce
Maud Elizabeth Bund
Veronica (Verna) Rose Herchak
Bethie Hessel
Sheila Margaret Matthews
Peter Runcie Patrick
Mary Wilma (nee Fibke) Schultz
Edward (Ed) John Swetitch
Evelyn Rose Wear

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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- games room and lounge
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● ● ● Community Events ● ● ●

Greater Forest Lawn 55+ Society

New Year's Eve Dance and Buffet – Live music "For Olde Tyme Sake", Dec 31. Cocktails: 6 p.m. Cold Supper: 7 p.m. Dance: 8 p.m. Reserved seating.

Outreach worker Angela Fisher from Calgary Seniors Resource Society will be on hand on the first Wednesday of each month from 1 – 4 p.m. Contact GFLS at 403-272-4661 or CSRC at 403-266-6200.

For more information on any of our programs, visit www.gfls.org.

First Baptist Calgary

Christmas Sounds of Light and Joy: Enjoy Christmas favourites with family and friends in the historic 1912 sanctuary of First Baptist Church filled with glorious sounds of the sanctuary choir, Casavant Frères pipe organ, and the fun-to-watch Acclamation handbell choir. A freewill offering will be accepted in support of The Seed. First Baptist, 1301 4 St S.W., 7 p.m. Wheelchair accessible. 403-263-5911. www.first-baptistcalgary.net.

Good Companions 50 Plus Club

Fall Bridge Tournament, Dec. 2 from 9 a.m. – 3 p.m. \$30 entry fee. Maximum 60 players.

Annual Christmas Dinner, Dec. 5. Tickets: \$20, Non-members: \$22.

Last Lunch Brunch 'Til 2018 – Folk Music Singers Christmas Sing-A-Long, Dec. 11.

For more information on these programs or more, visit www.gc50plus.org, email us at gc50plus@gmail.com, or phone 403-249-6991 or 403-242-3799.

Dementia Network Calgary

Dementia Friendly Get-Together at the Legion, Tuesday, Dec. 12, from 2 – 4 p.m. Please join us for friendly conversation in a dementia-friendly atmosphere. Location: Kensington Legion (1918 Kensington Road N.W.) Register at www.dementianetworkcalgary.ca/get-togethers.

Unitarian Church of Calgary

Join the mixed-voice community choir Vocal Latitudes for a concert of uplifting vocal music on Dec. 16 at 2 p.m. at the Unitarian Church of Calgary. For this concert, dubbed LET IT SHINE, Vocal Latitudes will sing everything from Renaissance music to gospel, as well as contemporary pop and African songs. Highlights include a great gospel arrangement of This Little Light of Mine, the Chilean classic Gracias A la Vida an original arrangement of Coco Love Alcorn's Tiny Lights. With special guests Robin Tufts (percussion) and Quintessential Singers. See www.vocalatitudes.org or email frackow@vocalatitudes.org for more details.

Silver Threads

Join us Saturday, Dec. 2 for our annual Christmas in Inglewood Bake and Craft Sale. Do all your Christmas baking and shopping the easy way! Our home made goodies and one of a kind hand-made crafts make great gifts. We will also be serving a hot lunch, still only \$5.

This year with any lunch or purchase over \$5, you will receive a personalized gingerbread boy or girl for free while quantities last.

Lesbian Seniors Group

The Lesbian Seniors group continues to meet once a month in the Kerby Centre cafeteria at 12:30 p.m., where members continue to meet in order to honour the friendships amongst ourselves. We welcome new members, so come join us as we celebrate aging and being ourselves! Please call 403-253-5832 for the date of our December meeting.

Friends of Fish Creek

12 Week Winter Birding Course Starts Monday, Jan. 8, 2018 Learn about the variety

of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. Registration Required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult.

25th Anniversary Legacy Brick Pathway. 2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek, and we will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. There are less than 160 bricks available.

For more information, visit www.friendsoffishcreek.org.

Calgary JCC

Jewish Book Festival, Celebrating Canada's 150th anniversary: Dec. 6 – 10. Free.

Your place to explore a world of stories! Stimulating conversations, Jewish and non-Jewish authors. To register or for more information, contact Shula Banchik, Cultural Arts Manager at shula@cjcc.ca or 403-537-8596.

Community Klezmer Band. Explore the world of Jewish music and more with conductor, Frank Rackow. All instruments and ages welcome. Intermediate level musical ability required. Concerts and presentations city-wide. To register or for more information, contact Shula Banchik, Cultural Arts Manager at shula@cjcc.ca or 403-537-8596.

Challah Baking. Enjoy the wonderful aroma of freshly

baked bread. Proceeds support a variety of seniors programs. Fridays around 7:45am until sold out. \$6.50/Large \$3.50/Small.

Voices Choir. Join our seniors choir for a fun time of singing and socialization, with leader, Karina Szulc. A program in collaboration with Jewish Family Service Calgary. Every Wednesday, 3:30 - 5:30 p.m. Free.

For more information visit www.calgaryjcc.com.

Bow Cliff Centre for 50+

Christmas Lunch. Come out and enjoy an afternoon of food and fun on Wednesday, Dec. 13 at 11:45 a.m. Turkey with all the fixins. Pie and ice cream. \$12 for members, \$15 for non-members. Everyone is welcome.

For more information, contact us at 403-246-0390 or by email at info@bowcliffseniors.org, or visit our website: www.bowcliffseniors.org.

Confederation Park 55+ Activity Centre

Coming up: Saturday Dances: Dec. 9 – For Olde Tyme Sake. Tickets \$12/person (includes a light lunch.) Everyone is welcome. Doors open at 6:30 p.m. – dance starts at 7:30 p.m. Door prizes and 50/50 draw.

Lunch & Silver Star Revue: Monday, Dec. 11.

The 3rd Annual Burns Night: Friday, Jan. 19, 2018 from 5:30 – 11p.m. – Tickets: \$35/members. \$45/non-members, includes dinner, silent auction and Ceilidh dancing. There will be a cash bar.

Want to try a class before registering for 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-members.

To learn more give us a call at 403-289-4780, visit www.yycseniors.com or drop by the Centre at 2212 13 Street N.W.

PROSTAIID Calgary

PROSTAIID Calgary Pathfinder's Award Celebration will be held on Tuesday, Dec. 10 at Kerby Centre, 1133 7th Ave SW., Lecture Room, Room 205. Join us on Tuesday, Dec. 10 as we celebrate Dr. Dean Ruether and his achievements and contributions to the prostate cancer community. Agenda: 6:30 p.m. - 7:30 p.m. Meet & Greet. 7:30 p.m. – 7:45 p.m. Opening/Welcoming remarks by Dave Lunn 7:45 p.m. - 8:15 p.m. Award Ceremony 8:15 p.m. - 8:20 p.m. Closing remarks by Dave Lunn 8:20 p.m. – 9 p.m. Wine and appetisers. The Pathfinder's Award Celebration is open to the public and there is no cost to attend.

For more information, visit www.prostaidcalgary.org.

Germans From Russia

Library held on the second Monday of each month from 2 – 7 p.m.

Dec 2- Christmas party, members/guests bring dessert, bake/craft table, singing, etc. For more info call 403-273-8178 or visit www.calgarychapterahsgr.ca.

To have your events considered for listing in our Community Events section, please email editor@kerbycentre.com. ☐

SUBSTANTIALLY-DISCOUNTED PRICES FOR FUNERAL SERVICES

A lifetime membership is \$40
Calgary Co-operative Memorial Society

www.calgarymemorial.com or 403-248-2044



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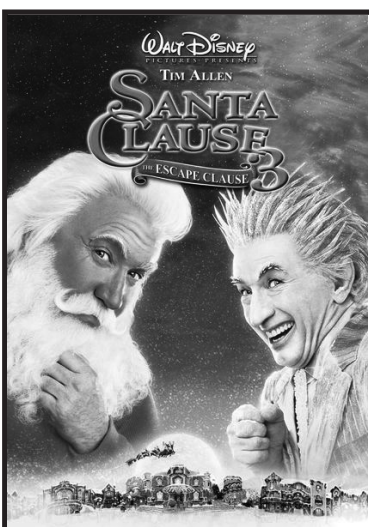
Released November 2006
Rated G Adventure/Comedy/Family
Friday, December 15th, 2017
at 1:00 PM in the

Kerby Centre Lounge

Tickets are \$1.00 from the
Education and Recreation Department, Room 305

Price includes snack and a drink!

Sponsored by Prince of Peace



WORDSEARCH

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Monthly Book Review



“The Cottingley Secret”

By Hazel Gaynor

\$12.71 CAD

Paperback: 416 pages

Publisher: Harper Collins

(2017)

Reviewed by Jan Patterson

Do you believe in fairies? Hazel Gaynor delivers an enchanting story reliving the true events of the Cottingley fairies of 1917, and incorporates it into the life of her fictitious modern day character in *The Cottingley Secret*.

The year is 1917, and nine-year-old Francis Griffiths and her mother leave South Africa for Cottingley, England to stay with family while her father fights in World War I. It is there that she meets her cousin, Elsie Wright, 16,

and the two fast become friends, getting into all sorts of mischief.

Photographs the duo take of real fairies at the bottom of the garden behind their house create quite a stir in the adult world – even gaining the attention of author Sir Arthur Conan Doyle. And the book details how the two young girls manage to convince the world that magic does exist. This is of course all true, historical happenings and the two girls were very real people.

While Gaynor retells the true events in her novel, she incorporates the fictional story of Oliva Kavanagh, who is trying to find her way in life today. Kavanagh’s beloved grandfather has died, leaving her

a dusty old bookstore in Ireland, where she discovers the pictures along with a manuscript that belong to her failing grandmother.

Kavanagh not only discovers the secret to her past and the connection between the young girls in that manuscript, pictures, and family, but she finds herself questioning what it is that she really wants from life. She must decide what her life is to be – a cosmopolitan life in London married to her fiancée, or as a small town, secondhand book shop owner.

It is a novel with dual storylines that are equally gripping. The characters are well drawn, and both timelines intertwine perfectly, taking the reader back and forth.

The book contains magical lines, such as one from Francis where she said “I think the books come alive at night when the shop is closed and the lights are turned out, I think they open their covers and fan out their pages like wings and start to fly. Imagine it. Hundreds of books, flapping their pages, soaring and swooping because they’re so alive with stories they can’t possibly sit still on the shelf.”

The Cottingley Secret is a magical book that awakens the fantasies in all of us. Both whimsical and lyrical, it was a pure delight to read. I knew nothing of *The Cottingley fairies*, and it is a captivating story: I fell into it just like Alice fell into the rabbit hole. □

Sandra G. Sebree Lawyer

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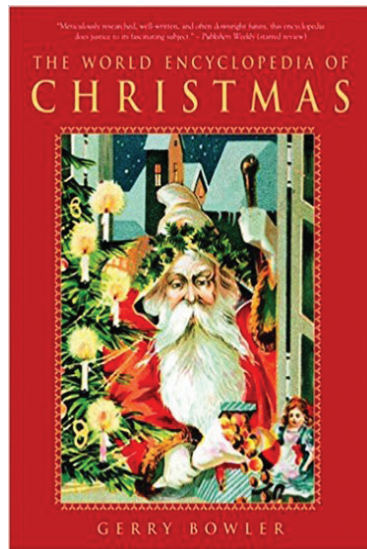


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The World Encyclopedia of Christmas

By Dylan Reardon

In 2000, Canadian writer Gerry Bowler published the first edition of *The World Encyclopedia of Christmas*, a book that highlights history, traditions, sayings, and everything in-between – all to do with Christmas and how it’s observed around the world.

Every Dec. 1, my family places *The World Encyclopedia of Christmas* on the coffee table, and sure enough, it has become a conversation piece in and of itself. Every year the

book is referenced and sparked conversation and discussion – something that seems to have gotten lost in our family.

The book is rich with more than 1,000 entries that cover a wide range of subjects, everything from where the phrase “Merry Christmas” comes from (replete with how to say the phrase in 85 different languages,) to carols and songs and their lyrics, and many passages of prose and poetry from Christmas-related literary works. But entries focusing on history, ancient traditions, and foreign countries are by far the strong points of this book.

Bowler has a Ph.D. in history, and it’s clear he put an incredible amount of research and thought into the book, and readers will be astonished at the breadth and depth of coverage of Christmas and the many customs which are associated with it from all around the world.

In the age of Google where all the collective knowledge of the world is just a click away, an encyclopedia such as this may seem redundant, but there’s something about having the research in one place, being able to hold it, and go back to it time and again. And as for me, I have gone back to the book time and time again, always finding something new. □

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Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

ACROSS
 1 One-sixth of a fl. oz.
 4 Fess (up)
 7 Hikers' trails
 12 — Lankan
 15 Suffix with 83-Down
 18 Alternative to a barrette
 20 Moral code
 21 One getting toasted, e.g.
 23 Waldorf — (New York hotel)
 24 1970s TV spinoff
 25 Clingy mollusk
 26 Start of a riddle
 29 RSVP card encl.
 30 Saudi export
 31 Sup in style
 32 Farrow of "Alice"
 34 Indian kings
 38 Buy and sell
 41 Nonstandard contraction
 42 Riddle, part 2
 47 Casino stake
 48 Claimed psychic gift
 49 Engraving tool
 50 Germany's Merkel
 51 Clothing

53 Skylights?
 55 Vigor, muscially
 56 Riddle, part 3
 60 Tachometer inits.
 63 Cuts down with an ax
 64 Furiousness
 65 Stein quaff
 66 Giga- times 1,000
 67 Eon division
 68 Riddle, part 4
 75 Rationalist Descartes
 76 Render blank
 77 Japanese condiment
 78 Eye in awe
 81 Comic actress Oteri
 83 Devour
 84 Grassy tract
 85 End of the riddle
 90 Ever so slightly
 91 Directed (at)
 92 Pasta tube
 93 Yang go-with
 94 White bird
 96 Really good bud, in brief
 97 Zeus' mother
 101 Riddle's answer
 109 Like the Dalai Lama

110 Filch
 111 Babka nuts
 112 Shoulder bone
 113 Bitterly pungent
 114 Rider not in a seat
 115 Always, in verse
 116 Submitted texts: Abbr.
 117 Rotor noises
 118 Chicken — (varicella)
 119 Carders' requests

DOWN
 1 Becomes liquid
 2 Younger Obama daughter
 3 "For — sake ..." (start of an urgent appeal)
 4 Other, in Zaragoza
 5 Nintendo console released in 2012
 6 Patricia of "Hud"
 7 Not let up
 8 Playwright — Fugard
 9 — McAn shoes
 10 Camouflage

11 Healing sign
 12 Blocking more sunlight
 13 Actress Lively or musician Hitchcock
 14 Dumbstruck
 15 Nickname for boxer Tyson
 16 Watchman
 17 Golf ball prop
 19 Regatta athletes
 22 Ending for Motor or Rock
 27 Capital of Qatar
 28 More quirky
 33 "— girl!"
 35 "No man is — to his valet"
 36 Composer Franz — Haydn
 37 Extra for an iPhone
 38 Pre-1917 despots
 39 Word after ballet or charlotte
 40 Big primate
 41 2012 film set in Iran
 42 Canine chain

43 Canada's capital
 44 "What a shame"
 45 Actress Kate or Rooney
 46 Blue dye from a plant
 47 Wash oneself
 52 "— in there!"
 53 Vassal of old
 54 Beech, e.g.
 55 Certain sib, in dialect
 57 Marcher's flute
 58 Big tanks
 59 River in Germany
 60 Junk dealer's transaction
 61 Takes a close look at
 62 Group in "GoodFellas"
 66 QBs' stats
 68 Numb
 69 Misfires from QBs: Abbr.
 70 Actor Christopher
 71 Made a misplay, say
 72 Hammering target
 73 Pulitzer, e.g.
 74 Related to birth
 75 Marsh stalk
 78 Aussie "Hi"

CURRENT OPTIONS

79 Clever trick
 80 Lounge featuring ivory-ticklers
 81 "Hear ye!" shouter
 82 That dude
 83 Swelled head
 86 Cigars from Cuba
 87 Wraps around
 88 Tip, as a cap
 89 Human being
 94 Piece of information
 95 Flattened circles
 96 Via a flight
 98 Language akin to Urdu
 99 Finished up
 100 Obstinate equines
 102 Agent, informally
 103 "— Mommy kissing ..."
 104 Cut with acid
 105 Garr of "Tootsie"
 106 Scraping tool
 107 Choir part
 108 Big-screen film format
 109 China's Mao — -tung

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Solution on page 34

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FRIDAY DECEMBER 21
 LOTTO THURSDAY
 MAGIC OF CHRISTMAS SLOT TOURNAMENT
 HOT SEAT DRAWS



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Sudoku Puzzle

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

Solution on page 34



Weekend gatherings with food, family and friends

Page design and layout
by Winifred Ribeiro

The popular series *Best of Bridge* was created in Calgary by a group of fun, food-loving women in the 1970s and went on to sell more than four million copies. The *Best of Bridge* women have now ‘passed the baton’ to a new generation. New ladies are carrying on the traditions of good food and friendship that those original bridge players began with a modern flare.

Sunday evenings are the perfect time to enjoy good food and conversation as a way to set the stage for a new week. Sunday suppers mean so much to so many people, with families often gathering together. Quick meals are always popular especially during a hectic work-week, but sometimes it’s wonderful to take your time, put a meal together with extra care and sit around the table with family and friends to savor both the food and the company. Hence, the concept of *Sunday Suppers* — dinners that inspire talking and laughing with the people who are most important to us.

Best of Bridge has always been about home entertaining, inviting people in and feeding them well. It doesn’t have to be extravagant — it could be pizza or taco night.

Whether you love to spend the day creating in the kitchen or need some simple ideas that will bring family back around the table, this collection of recipes celebrates what’s on the table and who’s around it.



Cumin-Roasted Brussels Sprouts[©]

Sprouts are the new cool thing on restaurant menus everywhere. If you have a fancy flaky salt in the house, the extra crunch goes beautifully here (but no need to go buy some — table salt is just fine too).

Serves 6 to 8.

•Preheat oven to 425°F (220°C)

•Rimmed baking sheet, lined with aluminum foil

•Food processor

2 tsp / 0 mL cumin seeds

2 lbs / 1 kg Brussels sprouts

3 large shallots, cut in half and thinly sliced

2 garlic cloves, minced

1/4 cup / 60 mL vegetable oil (approx.)

Salt and black pepper to taste

Preheat oven to 425°F (220°C). In a small saucepan, toast cumin seeds over medium heat for 3 to 5 minutes or until fragrant. Spread seeds out on a plate and let cool, then lightly crush in a mortar and pestle (see tip).

Trim sprouts and cut in half through the stem end. Place in a large bowl and add crushed cumin seeds, shallots, garlic, oil, salt and pepper. Toss until sprouts are well coated, adding a little more oil if needed. Spread sprouts out in a single layer on a rimmed baking sheet lined with parchment paper. Roast, stirring once or twice, for 25 to 30 minutes or until tender and well browned in places.

Tip: If you don’t have a mortar and pestle, place the toasted cumin seeds between two layers of parchment paper on a cutting board and roll over them with a rolling pin or even a straight-sided wine bottle. (The parchment will ensure that your next pastry won’t be cumin-flavored!)



Sheet Pan Chicken with Pistachios and Honey[©]

This is a variation of a slightly more exotic chicken dish created by Yotam Ottolenghi. We loved the idea of roasting chicken pieces with honey and nuts, but wanted to simplify the ingredients to reflect what’s usually in our own pantries. The result is just as delicious. Serve over rice

Preheat oven to 200°F (100°C)

Stand mixer fitted with wire whisk attachment

Pastry bag

2 rimmed baking sheets, lined with parchment paper

Serves: 4 to 6.

1 onion, chopped

1 tsp / 5 mL ground ginger

1 tsp / 5 mL ground cinnamon

Pinch saffron

1/4 cup / 60 mL olive oil

Juice of 1 lemon

Salt and black pepper to taste

2 lbs / 1 kg assorted bone-in skin-on chicken pieces

3 tbsp / 45 mL liquid honey

1/2 tsp / 2 mL vanilla

1 tbsp / 15 mL warm water (approx.)

3/4 cup / 175 mL shelled pistachios, roughly chopped

In a small bowl, combine onion, ginger, cinnamon, saffron, oil, lemon juice, salt and pepper. Place chicken in a shallow dish (or sealable plastic bag) and cover with marinade. Cover and refrigerate for a couple of hours or overnight.

Preheat oven to 400°F (200°C). Remove chicken from marinade and arrange on a rimmed baking sheet, then pour marinade over top. Roast for 35 minutes.

Meanwhile, in another small bowl, combine honey and vanilla. Stir in warm water to form a paste (start with a little water and add more until you get a workable consistency). Stir in pistachios. Remove chicken from oven and spread paste evenly on top of chicken. Bake for 5 to 10 minutes or until juices run clear when chicken is pierced.

Tips: Any combination of bone-in skin-on chicken pieces is fine in this recipe, and the same amount of marinade will work for a slightly larger quantity. If you are comfortable with dismantling a whole chicken (or have a butcher who will do it for you), that will work. For ease, we also like buying a couple of packages of chicken thighs and legs.

Browned Butter Blondies[©]

A pan of blondies can be stirred together in 5 minutes and slid into a warm oven as everyone sits down to eat; when it’s time for dessert, it’s ready. If you like, bake them in a 9-inch (23 cm) round cake pan and serve in slightly fancier wedges, with a scoop of ice cream.

Serves: 9

1 1/2 cup / 125 mL butter

1 cup / 250 mL packed brown sugar

1 large egg, beaten

1 tsp / 5 mL vanilla

1 cup / 250 mL all-purpose flour

1/2 tsp / 2 mL baking soda

1/4 tsp / 1 mL salt

1/2 cup / 125 mL chopped dark or white chocolate, chocolate chips or chopped nuts

Preheat oven to 350°F (180°C). In a small saucepan, melt butter over medium-high heat. Heat, swirling the pan occasionally, until the foam starts turning golden and the mixture smells nutty. Pour into a medium bowl and stir in brown sugar, then egg and vanilla. Stir in flour, baking soda and salt until almost combined. Stir in chocolate and/or nuts (or whatever additions you like) until just blended. Spread into an 8-inch (20 cm) square baking pan lined with parchment paper. Bake for 20 to 25 minutes or until golden and set around the edges. Serve warm or let cool in pan on a wire rack.

Continued from page 21

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Letters to the Editor

Re; November 2017, Volume 33 #10, Page 16.

I have reason to believe that the band described is not an RCMP band but that of the Royal 22e Régiment (the Vandoos), who reside next door at La Citadelle.

Viewing the hat badge confirms my finding. I have been aware of the band for some years, it's Canada-famous. I worked directly with members of the Royal 22e Régiment (R22R), for two years, during a stint in the military (where I retired after 30 years.)

There's the hat badge, which you'll agree is very similar to that in the photo.

La Fanfare du Royal 22e Régiment wears bearskin hats and all band personnel (unlike the guard in Ottawa composed of summer students), are members of the Regular Force.

Every day, even in winter, they parade twice a day in front of their barracks at La Citadelle for the Changing of the Guard (open to the public) and this an occasion



Letters to the Editor

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

where they paraded on the Dufferin Terrace next door. The bulk of the regiment is stationed at Valcartier and it's not my purpose to go into details here.

– Massey J., Calgary □



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Calgary AB, T2P 1B2
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- ❖ If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at (403) 705-3232.

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- ❖ Waiting to the last minute to register means missing out on great opportunities.
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- ❖ All refunds are subject to an administration fee.
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- ❖ Please contact the Education & Recreation Department with any refund inquiries.

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

Course # _____ Course Name: _____
Course # _____ Course Name: _____
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Active Living Courses

No classes on Monday February 19, 2018—Kerby Centre is closed for Family 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 Jan 8 – Mar 26 9:00 – 10:00 am Gymnasium Member: \$49 Non Member: \$69
No Class Feb 19

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 Jan 8 – Mar 26 10:05 – 11:00 am Gymnasium Member: \$58 Non Member: \$78
No Class Feb 19

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 Jan 8 – Mar 26 11:15 – 12:15 pm Gymnasium Member: \$49 Non Member: \$69
No Class Feb 19

Building Blocks for Balance (Maunder'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 Jan 15 – Mar 19 1:00 – 2:00 pm Room 205 Member: \$40 Non Member: \$60
No Class Feb 19

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! Please bring own poles.

A06 Monday Jan 8 – Mar 26 1:00 – 1:50 pm Gymnasium Member: \$49 Non Member: \$69
No Class Feb 19

Salsa Workout

Instructor: Bonnie Field

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

A07 Monday Jan 8 – Mar 26 2:00 – 3:00 pm Gymnasium Member: \$49 Non Member: \$69
No Class Feb 19

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 Jan 8 – Mar 26 3:30 – 4:30 pm Room 205 Member: \$58 Non Member: \$78
No Class Feb 12 & 19

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.

A09 Tuesday Jan 23 – Mar 13 10:30 – 11:15 am Member: \$68 Non Member: \$88

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!

A10 Tuesday Jan 23 – Mar 27 2:15 – 3:00 pm Room 308 Member: \$40 Non Member: \$60
No Class Feb 20

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.

A11 Wednesday Jan 17 – Mar 28 11:00 – 12:00 pm Room 205 Member: \$58 Non Member: \$78

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.**A12** Wednesday Jan 10 – Mar 28 10:05 – 11:00 am Gymnasium Member: \$58 Non Member: \$78**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.**A13** Wednesday Jan 17 – Mar 21 1:00 – 2:00 pm Room 308 Member: \$49 Non Member: \$69**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.**A14** Wednesday Jan 17 – Mar 28 1:00 – 1:55 pm Lounge/318 Member: \$49 Non Member: \$69**A15** Wednesday Jan 17 – Mar 28 2:05 – 3:00 pm Lounge/318 Member: \$49 Non Member: \$69*No Class Mar 21***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.**A16** Wednesday Jan 17 – Mar 21 3:30 – 4:30 pm Room 205 Member: \$70 Non Member: \$90*No Class Feb 7***Zumba Gold**

Instructor: Maaïke 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!**A17** Thursday Jan 11 – Mar 29 10:00 – 11:00 am Gymnasium Member: \$49 Non Member: \$69**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.**A18** Thursday Jan 18 – Mar 29 11:15 – 12:15 pm Gymnasium Member: \$49 Non Member: \$69**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!**A19** Thursday Jan 18 – Mar 29 1:00 – 2:00 pm Gymnasium Member: \$49 Non Member: \$69**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.**A20** Friday Jan 12 – Mar 23 9:30 – 10:30 am Room 205 Member: \$58 Non Member: \$78**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.**A21** Friday Jan 12 – Mar 23 9:30 – 10:20 am Gymnasium Member: \$58 Non Member: \$78*No Class Mar 2***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.**A22** Friday Jan 19 – Mar 23 10:45 – 11:45 am Room 308 Member: \$48 Non Member: \$68**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.**A23** Friday Jan 19 – Mar 23 12:30 – 1:30 pm Room 205 Member: \$45 Non Member: \$65*No Class Mar 2*

Academic Courses

No classes on Monday February 19, 2018—Kerby Centre is closed for Family Day.
Please note: there may be other cancellations in individual rooms due to other activities at Kerby Centre.

Arts in the Afternoon

Instructor: Lorrie Warkentin

Photographs can provide an overwhelming amount of detail for beginning artists. Learn to breakdown reference photos into simple shapes to complete a finished painting each week. This course will utilize both oil pastel & acrylic—all supplies are included. We will discuss techniques for pastels—paper surfaces, as well as color theory and framing options. As well, you will learn basic and advanced techniques for painting in acrylics—colour mixing, mediums and glazes, mixed media and underpainting.

B01 Wednesday Jan 10 – Feb 14 1:00 – 3:30pm Room 313 Member: \$95 Non Member: \$115
B02 Wednesday Feb 21 – Mar 28 1:00 – 3:30pm Room 313 Member: \$95 Non Member: \$115

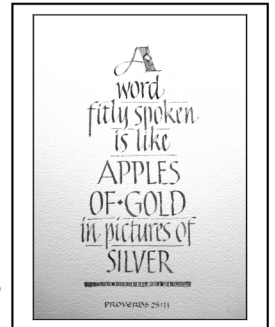
Calligraphy: Italic Plus

Instructor: Renate Worthington

Refresh your skills and be more confident with Italic letters. Combine them with casual Capitals, learn about layouts, and complete several small projects. Handouts and instruction in Italic and Capitals will be suitable for all levels.

Calligraphic markers or pens or nib and ink may be used. Supplies not included.

B03 Thursday Jan 25 – Mar 8 10:00 – 12:00 pm Room 311 Member: \$65 Non Member: \$85
No Class on Feb 15



Clay Days

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 Feb 23 – Mar 9 12:30 – 2:45 pm Room 308 Member: \$115 Non Member: \$135
Friday Mar 23 12:30 – 3:45 pm Room 308
Friday Apr 6 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: Cheers to The New Year, Sunset Walk, and Painting Birdhouses. Supplies Included!



B05 Tuesday Jan 23 1:00 – 3:00 pm Room 318 Member: \$29 Non Member: \$49
B06 Tuesday Feb 13 1:00 – 3:00 pm Room 318 Member: \$29 Non Member: \$49
B07 Tuesday Mar 13 1:00 – 3:00 pm Room 318 Member: \$29 Non Member: \$49

Computer Courses

Instructor: Pat Seifert

Introduction to Computers Level I 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 Jan 15 – Feb 14 10:00 – 11:30 am Room 312 Member: \$165 Non Member: \$185

Introduction to Computers Level II A continuation of Level I, this course will expand on document and file maintenance, internet exploration and email.

B09 Mon/Wed Feb 26 – Mar 12 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 Jan 15 – Jan 29 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$135

Pinterest This is a fun website that helps you discover and save creative ideas. Learn to upload, save and manage pins onto your own virtual bulletin boards. You can create your own travel, recipe, or craft boards and will discover new ideas by following other fun and interesting boards.

B11 Mon Mar 12 12:30 – 3:30 pm Room 312 Member: \$45 Non Member: \$65

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 Mon Mar 5 12:30 – 3:30 pm Room 312 Member: \$45 Non Member: \$65

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.

B13 Mon/Wed Jan 31 – Feb 14 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$13

Discover Your Creativity Through the Five Senses

Instructor: Gail Whiteford

Using sound, colour, visualization and voice you will stretch your creative muscles! Through exercises, games and group work come see how much fun it is to unleash your creative side! No public performances, just fun and exploration.

B14 Tuesday Feb 6 – Mar 27 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 or how to advance your technique? If so, then this is definitely the place for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be!

Beginner Drawing

B15 Tuesday Jan 23 – Mar 20 10:00 – 12:00pm Room 313 Member: \$90 Non Member: \$110
No Class Feb 20

Advanced Drawing

B16 Thursday Jan 25 – Mar 22 10:00 – 12:00pm Room 318 Member: \$90 Non Member: \$110
No Class Feb 22

Healthy Aging Workshops

Presented by Dr. Petty, Dr. Scarff & Dr. Nowlan

The first step to healthy aging is education. This series of free workshops is dedicated to providing information on vision, hearing and dental health. Come learn from professionals in each field about the latest research, innovation and treatment practices.

Dental Health and Aging with Dr. Trey Petty

B17 Tuesday Jan 30 10:00 – 11:00am Room 318

Hearing Health and Hearing Loss with Dr. Carrie Scarff

B18 Tuesday Feb 27 10:00 – 11:00am Room 318

Eye Health and Aging with Dr. Regan Nowlan

B19 Tuesday Mar 27 10:00 – 11:00am Room 318

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!

B20 Monday Jan 29 – Mar 26 11:00 – 12:00 pm Room 318 Member: \$49 Non Member: \$69
No Class Feb 19

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.

B21 Monday Jan 8 – Jan 22 10:30 – 12:30 pm Room 308 Member: \$15 Non Member: \$20

Painting: Watercolour

Instructor: Katy Morris

Note: The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

Watercolour: Basics This course is designed to teach you the basics of water ratio & saturation, brush strokes and technique and colour mixing.

Simple Objects

B22 Wednesday Jan 10 – Feb 14 10:00 – 12:00pm Room 313 Member: \$75 Non Member: \$95

Simple Scenes

B23 Wednesday Feb 21 – Mar 28 10:00 – 12:00pm Room 313 Member: \$75 Non Member: \$95

Watercolour: Advanced Through a greater development of techniques, we will be focusing on fine detail, expressive colour, form and structure, negative painting, and watercolour sketching.

Wildcats & Birds

B24 Friday Jan 12 – Feb 16 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129

Water & Waterfalls

B25 Friday Feb 23 – Apr 6 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129
No Class March 30

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.

B26 Thursday Jan 25 – Mar 15 1:00 – 3:00 pm Room 301 Member: \$75 Non Member: \$95
No Class March 1

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.

B27 Thursday Mar 22 – Mar 29 1:00 – 3:00 pm Room 301 Member: \$29 Non Member: \$49

Planning Your Active Living Year

Presented by Calgary Recreation

Are you ...

- wanting a change and looking for new things to do?
- starting to consider what you want to do after work?
- ready to challenge yourself?
- needing to change your activities because of life circumstances?

Then this workshop is for you! Having an active living plan and reviewing it regularly is one way to help you live the life you want. In this workshop you will have the opportunity to think about recreation activities in a meaningful way. As a group we will explore what you are doing now, what you like about those activities, what you want to change and how to plan for where you want to be. Join us for this workshop and start your year right!

Please note: this complimentary workshop is still in development and will include time for valuable feedback.

B28 Thursday Jan 25 12:30 – 3:30pm Room 318

Print Media Art

Instructor: Karen Kryzan

Come discover the creative world of printmaking! Through a series of workshops, you will be introduced to three unique printmaking techniques: monoprint, lino cut & plexiglass etching. As well, you will learn about the history of the first printing press, moveable print & various artists and artistic styles. All supplies included!

B29	Monday Jan 22 & 29 Monoprint	9:30am – 12:30 pm Room 313	Member: \$18 Non Member: \$38
B30	Monday Feb 26 & Mar 5 Lino Cut	9:30am – 12:30 pm Room 313	Member: \$18 Non Member: \$38
B31	Monday Mar 19 & 26 Plexiglass Etching	9:30am – 12:30 pm Room 313	Member: \$18 Non Member: \$38

Ribbon Easter Eggs

Instructor: Pat Seifert

Fun to make and great for gifts, come learn the artistry of creating ribbon Easter eggs. Supplies Included.

B32	Wednesday Mar 14	1:00 – 2:00 pm Room 301	Member: \$12 Non Member: \$22
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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."

B33	Thursday Jan 18 – Mar 29	10:30 – 11:30 am Room 308	Member: \$45 Non Member: \$65
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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.

B34	Monday Jan 15 – Mar 26	10:00 – 12:00 pm Room 311	Member: \$99 Non Member: \$119
<i>No Class Feb 19</i>			

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.

B35	Tuesday Jan 16 – Mar 27	1:00 – 3:00 pm Room 311	Member: \$99 Non Member: \$119
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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.

B36	Tuesday Jan 16 – Mar 27	10:00 – 12:00 pm Room 311	Member: \$99 Non Member: \$119
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Advanced Spanish Grammar II A continuation of the above course. Chapters 10-12 will be covered.

B37	Thursday Jan 18 – Mar 29	1:00 – 3:00 pm Room 311	Member: \$99 Non Member: \$119
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Beginner 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

B38	Monday Jan 15 – Mar 26	1:00 – 3:00 pm Room 311	Member: \$99 Non Member: \$119
<i>No Class Feb 19</i>			

Advanced Spanish Conversation A continuation of Advanced Spanish Grammar II, this course will cover Chapters 12-14 and review previously covered material.

B39	Wednesday Jan 17 – Mar 28	1:00 – 3:00 pm Room 311	Member: \$99 Non Member: \$119
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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.

B40	Wednesday Jan 17 – Mar 28	11:00 – 12:00pm Room 308	Member: \$70 Non Member: \$90
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Ukulele Magic!: Intermediate This uke course will be a direct follow up from the introductory level class and will include a healthy review of basics and lots of strumming and singing. New keys and chords will be explored in order to add color to your playing. Alumni are always welcome to register in order to brush up skills and to keep their playing going. Pre-requisite: an introductory course or equivalent.

B41	Wednesday Jan 17 – Mar 28	9:45 – 10:45 am Room 308	Member: \$70 Non Member: \$90
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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.

Beginner Level I

B42 Thursday Jan 18 – Mar 29 1:00 – 2:00pm Room 308 Member: \$60 Non Member: \$80

Beginner Level II

B43 Thursday Jan 18 – Mar 29 2:15 – 3:15pm Room 308 Member: \$60 Non Member: \$80

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.

Bouncing Back – The Art of Renewing your Resilience: Learn practical techniques for handling stress and for renewing your resilience. Discover how to create your own courageous story.

B44 Tuesday Jan 23 1:00 – 2:00pm Room 318

Thriving in Your Second Act: Find Fire and Fulfillment after 50. Connecting with your wisdom and the spirituality that life experience brings.

B45 Thursday Mar 22 1:00 – 2:00pm Room 318

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 Jan 16 – Feb 6 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 Feb 27 – Mar 20 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 Mar 27 11:00 – 2:00 pm Member: \$45 Non Member: \$65

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!

S04 Monday Jan 29 – Mar 12 9:00 – 10:00 am Member: \$49 Non Member: \$69
No Class Feb 19

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.

S05 Thursday Jan 18 – Mar 29 9:00 – 10:00 am Member: \$85 Non Member: \$105

Tax season is approaching, and it's time to start thinking about filing. If you need assistance, visit the Information Department at Kerby Centre to learn more.

Sudoku Solution

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

Puzzle on page 25

Crossword Solution

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

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

FINANCIAL PLANNING TODAY

Topic: Following through on your New Year's Resolutions.

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

Saturday, Saturday, January 20, 2018
10:00 am – 11:30 am

COST: Free Presentation

Learn the 5 Golden Rules to be successful in fulfilling your New Year's Resolutions! We will focus on two popular New Year's Resolutions improving your health and securing your financial well-being. Join us for coffee and cookies to learn some helpful information in making 2018 a wonderful year!

PRESENTERS: Cody Bertsch
– Redstone Athletic Nutrition
Daryl Standish and Joanne Kirk
– Investors Group

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

403-705-3235 or
robl@kerbycentre.com



Financial Planning:

Not everyone wants to leave an inheritance

Until recently, passing down an inheritance was something to be expected. Parents would save enough money so their kids would receive some sort of windfall that they could then put toward their own retirements.

But several studies over the last few years have shown that some boomers plan to spend what they have instead of passing it on. While Canadian data on this subject is sparse, a recent Australian study* found that one-fifth of baby boomers plan on dipping into their kids' inheritance to take trips.

A 2016 U.K. study** found that one-sixth of people between 50 and 70 plan to spend all of their money before they die, while a 2014 report*** indicated that 66% of people between 50 and 65 would rather spend their money than pass it on to their children.

Vice President of

Tax&Estate planning at Investor's Group, Christine Van Cauwenberghe, says that, in her experience, most boomers still want to pass down something to their children but many will likely end up spending a much larger chunk of their savings in retirement than their parents would have. "When boomers do a financial plan, it might become clear that they'll need the majority of their assets to support themselves, especially as they age and the need for costly medical care escalates.

"People may need to use the money they've saved, but still want to leave something to their children. Insurance is one way to do both."

If boomers buy life insurance, and if they continue making payments throughout their life, their children will receive the policy benefits upon the parents' death. The parents can then spend more of their money during their lifetime.

Another option is for boomers to hang on to their house until they die or until they have to move into an assisted living facility. The children can then sell the home and take the proceeds as an inheritance. This option can become difficult when the boomer parents have their retirement money tied up in their house -- meaning they'll have to sell to access those funds. Whether to spend what they have now or pass some of it down is a decision that should be made through frank discussions between boomer parents and their kids. "Everyone should know what's happening," says Van Cauwenberghe.

"Explain your motivations and be sure your true legacy is not just about money, but support for everyone's plans for the future."

Your professional advisor can help you make the financial and legacy decisions that are best for you.

*<https://www.seniors.com.au/news-insights/seniors-abroad-the-australian-seniors-series>

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[http://www.dailymail.co.uk/news/article-3818803/The-baby-boomers-spending-kids-inheritance-One-six-50-70-](http://www.dailymail.co.uk/news/article-3818803/The-baby-boomers-spending-kids-inheritance-One-six-50-70-year-olds-say-plan-use-money-die.html)

<https://www.ft.com/content/9b4a7bfe-5933-11e4-9546-00144feab7de>

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

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