

# Kerby News

Published by  
Kerby Centre

for the 55 plus


2017  
July

Volume 33 #7



## Inside

- Calgary-Banff weekend bus service starts rolling ..... **Page 9**
- The ways Calgarians get around the city are in the  
midst of a paradigm shift ..... **Page 10**
- Head-Smashed-In Buffalo Jump: A historical gold mine  
in our own backyard ..... **Page 14**



Saturday 1 July, Canada Day  
Tuesday, 11 July, 2017 |  
FREE all day for seniors 65+

1133 - 7th Ave. S.W.  
Calgary AB T2P 1B2  
403-265-0661  
www.kerbycentre.com

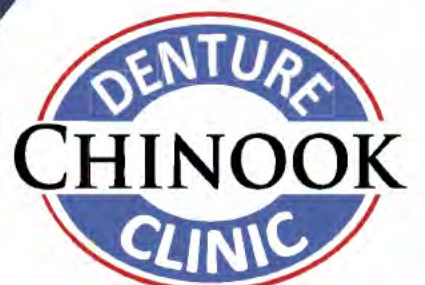
Kerby Centre

PO # 0040064604

## FREE DOOR-TO-DOOR SHUTTLE SERVICE!



- COMFORT FIT
- GENTLE IMPLANT SOLUTIONS
- 1 HOUR REPAIRS / 4 HOUR RELINES
- FINANCING AS LOW AS \$65 PER MONTH o.a.c



www.cdenture.com

### OPEN SATURDAYS!

CALGARY NORTH 403.289.4323  
936 NORTH MOUNT DRIVE NW

CALGARY SOUTH 403.253.9050  
700 CHINOOK CENTRE PROF. TOWER

# THE MANOR VILLAGE LIFE CENTERS

*Elegant Senior Living*



THE MANOR VILLAGE  
**LIFE  
CENTERS**



- Spacious 1 & 2 bedroom suites available
- 24 hour onsite care teams
- Flexible meal plans
- Fitness & exercise programs
- Daily activities and entertainment
- Physician and wellness programs onsite

INDEPENDENT LIVING

ASSISTED LIVING

MEMORY CARE

WWW.THEMANORVILLAGE.COM

**GARRISON WOODS**  
2400 Sorrel Mews SW  
403-240-3636

**STAYWELL MANOR**  
174 Ypres Green SW  
403-242-4688

**SIGNATURE PARK**  
1858 Sirocco Drive SW  
403-249-7113

**FISH CREEK PARK\***  
22 Shawnee Hill SW  
403-918-2127

**ROCKY RIDGE**  
450 Rocky Vista Gardens NW  
403-239-6400

**HUNTINGTON HILLS**  
6700 Hunterview Drive NW  
403-275-5667

**THE GROVES OF VARSITY\***  
40 Varsity Estates Circle NW  
403-249-7113

\*Coming Soon!!!

The Community with Heart♥

**CALL TO BOOK YOUR TOUR &  
COMPLIMENTARY LUNCH**



# Calgary's beauty in full bloom

## President's Report Zane Novak

The beauty of summer in Calgary is upon us. With that comes all the activities that our dynamic city holds. Certainly, one of the most noted and iconic symbols of Calgary would be the Calgary Stampede from July 7th through to the 16th. There is no other time period in Calgary during the course of the

year that is busier than Stampede.

Every day brings new activities to enjoy; on the grounds there is the midway with an abundance of activities and food, the Rodeo and of course our world famous Chuckwagon Races and Grandstand show every night. Did you know that the first Stampede Rodeo was held on those same grounds in 1912? They did not have a rodeo in 1913 but started again in 1914 and have never missed another year. The first official Chuckwagon race was held in 1928 on the piece of land where it still races today. A truly Western Canadian tradition.

But you do not have to travel the whole way to the grounds to enjoy the festive Stampede spirit. Many events occur in our individual communities and PLEASE do not forget about our equally famous Kerby Centre Pancake Breakfast on Friday July 14th, I hope to see you there.

Right after Stampede is Folk Fest that showcases some of the most talented local and international artists to be found anywhere in the world.

Coupled with all of this is the ongoing celebration of Canada's 150th birthday. Our city has many activities going on to embrace this

once in a lifetime anniversary, from things as bold as the giant Snakes and Ladders game that will be played out in our downtown, to the equally entertaining but maybe not quite so grandiose celebrations that can be found at our own Kerby Centre.

Please look through this edition of the Kerby News or better yet, go to [www.kerbycentre.com](http://www.kerbycentre.com) for a complete detailed listing of our activities.

So here is looking at a beautiful busy Calgary style summer. I'm sure that I will run into all of you at our Stampede Pancake Breakfast. □

### JULY 2017

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.

### Kerby Centre Board of Directors 2017 - 2018

1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

#### EXECUTIVE

**President:** Zane Novak  
**1st Vice President:** Richard Parker  
**Treasurer:** Ken Lin  
**Secretary:** Tara Weber  
**Past President:** Hank Heerema

#### Directors

Marion Narum, Richard Hehr, Philip Dack

### Kerby News

Published monthly by Kerby Centre  
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2  
(403) 265-0661 • Fax (403) 705-3212

**Kerby Centre Website:** [www.kerbycentre.com](http://www.kerbycentre.com)  
e-mail: [editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Co-Publishers:** Keith Callbeck and Luanne Whitmarsh  
**Editor:** Dylan Reardon

[editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Production Manager:** Winifred Ribeiro  
**Sales Consultants:** Jerry Jonasson (403) 705-3238  
[jerryj@kerbycentre.com](mailto:jerryj@kerbycentre.com)

**& Distribution:** David Young (403) 705-3240  
[davidy@kerbycentre.com](mailto:davidy@kerbycentre.com)

**Classified Ads:** (403) 705-3249 Fax (403) 705-3212  
[generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)

The following volunteers assist our professional staff in the production and distribution of Kerby News each month. We are indebted to them for their help:

**Editorial Assistants:** Margaret McGruther  
**Typesetters:** Montanna Clark, Adel Khan (Volunteer)  
**Contributors:** Rita McGillivray, Mansoor Ladha  
**Proofing:** Anita Dennis,  
**Mailing:** Don Sharpe, Murray Beck, Ellen Hansell, John Lamb, Wayne Orp, Margaret Walker, Peter Meyer, Anita St. Lawrence, Lolita Kiemele, Shirley Evaskevich

Kerby News is the official publication of Kerby Centre. Of the 30,000 copies printed monthly, 3,200 copies are mailed to its members. In addition, 26,800 copies are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.

Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:

1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Material published in the editorial columns of the Kerby News is protected by the Canada Copyright Act and may not be copied or reproduced by any means without the written consent of the Publisher.

Although every precaution is taken to monitor advertising placed in the Kerby News; claims made by advertisers are theirs and are not necessarily endorsed by Kerby Centre. Kerby Centre reserves the right to refuse any advertising materials submitted.

**NOTE:** Display advertising is accepted on the condition that, in the event of a typographical error made by Kerby News, the advertiser will be issued a credit toward future advertising. If the advertisement is for a one-time event or limited time sale, the advertiser will be refunded.



### CEO's Message Luanne Whitmarsh

How remarkable to live in this year of celebration.

I personally like celebrating birthdays – mine and yours too. Every year I feel excited to reflect back on

## Happy birthday, Canada!

the past year and set goals for the upcoming one.

How do you celebrate or acknowledge your birthday? Do you have a huge year-long party like Canada? Or, do you prefer a smaller gathering with loved ones?

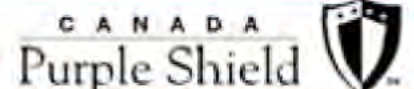
No matter your preference, being one year older is truly remarkable and should be acknowledged. Here are some suggestions for you: a) have a special breakfast (make it yourself if you need to), b) take some time to enjoy the

outdoors, c) take yourself on a date, d) eat whatever you want that night, e) have dessert or f) read that book you have been waiting to find the time for. Celebrate YOU!

Happy Birthday Canada and to everyone all year long!

Remember to come to Kerby on July 14th from 8 – 10 and help us celebrate Stampede at our breakfast! We'll have pancakes, live country music, and tons of fun. See you all here – YAHOO! □

### Who will pay for your funeral expenses?



- ✓ Pays immediate CASH at time of need! Up to \$15,000.
- ✓ Protects against inflation!
- ✓ Plans increase in value.
- ✓ Accepted by funeral directors everywhere.

- ✓ No medical required!
- ✓ Travel plan assistance.
- ✓ Low monthly premium rates to fit any budget
- ✓ Plans available to age 85
- ✓ Serving Canadians since 1963.

**Call (403) 257-2279 for more information**  
or visit our website at [www.purpleshieldplan.com](http://www.purpleshieldplan.com)



A+ rating

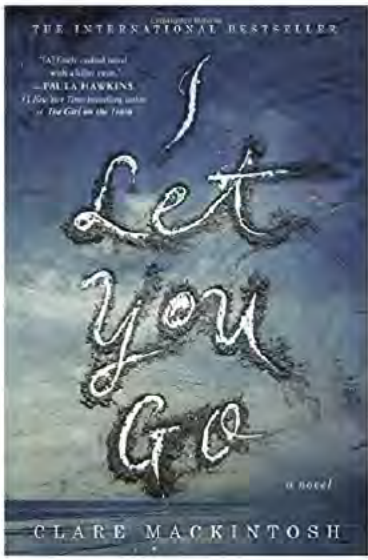
**Kerby Centre's  
25<sup>th</sup> Annual**

# STAMPEDE BREAKFAST

**Friday July 14th, 2017**  
**Kerby Centre Auditorium**  
**1133 7th Ave SW Calgary**  
**8AM-11AM**  
**FREE**

**Featuring**  
**The Gordie West Band**

Sponsored by:



**Book Review**

**“I Let You Go”**

by Clare Mackintosh

\$21.60 CAD | \$11.08 USD  
 Paperback: 384 pages  
 Publisher: Berkley (2016)  
 Reviewed by Janet Patterson

*I Let You Go* is a smart and addictively clever psychological thriller from newcomer author Clare Mackintosh.

On an unassuming rainy afternoon, the life of Jenna Gray changes in a split second by the hit-and-run of five-year-old Jacob Jordan. The story traces Gray as she tries to escape the cascading nightmare resulting from the incident, while dealing with her painful past.

Desperate to get away, she moves to a small Welsh village to start her life over, and just as she thinks she has escaped the horrors of the incident and can see a future for herself, her past catches up with her and the nightmare continues.

Detective Inspectors Ray Stevens and Kate Evans work tirelessly to solve the hit-and-run but are faced with many cold leads and roadblocks. Many clues disappear, but when it looks like the hit-and-run will become a cold case, a new lead appears.

*I Let You Go* isn't an easy book to emotionally digest, but Mackintosh has crafted

an immensely gripping story that doesn't let you go. Many twists and turns are expertly incorporated by Mackintosh, with surprises around every corner.

The story is cleverly written from the points of view of Jenna Gray; the lead detective, Stevens; and a man named Ian —and throughout the book, Mackintosh captures the emotions of each of the characters as she takes us through the turmoil of their lives and the emotions that are running high throughout the novel.

Mackintosh offers us a disturbing insight into the effects of domestic abuse and violence, and the toll it can take on everyone involved.

*I Let You Go* is one of the better thrillers to come along, and an extremely impressive debut novel. If it's a genre you enjoy, you can't miss this thriller: the book will leave you hungry for more.

**Canada releases the world's first glow-in-the-dark coin**

By Dylan Reardon

The Royal Canadian Mint has unveiled the world's first glow-in-the-dark coin in circulation to mark Canada's 150th anniversary.

The specially designed toonie features two people paddling in a canoe as the northern lights, vivid in green and blue, dance in the sky above them. When the coin is put in the dark, the aurora borealis glows softly, thanks to a special ink that contains luminescent material.

According to the mint, and estimated three million of these coins have already

entered circulation, and while there have been coins produced that glow in the dark before, this is the first time the technology has entered circulation.

Approximately one-in-10 Canadians are expected to come across the glow-in-the-dark coin. The rest will have settle for the option of purchasing it as part of a Canada 150 coin set through the mint.



**Protect your senior parents online**

The so-called sandwich generation faces a tough time, juggling care and responsibilities of aging parents and young children.

But while you're likely very aware of the dangers the internet pose for your kids, did you know seniors are also vulnerable?

While they may not have grown up with the internet, like everyone else they use it to stay connected, organize things and make their lives more convenient. As they become increasingly active online, you can help them stay safe with these three tips:

- 1. Password security.** Because seniors are a frequent target of cybercrime, it is important to explain the importance of using strong passwords. Suggest mixing up characters, numbers, letters, and cases, and using different passwords for different accounts. A password manager app that securely helps them keep track of all their passwords using only one login credential, like Last Pass, is a great idea.
- 2. A backup never hurts.** Ask your parents to share their passwords with you so they need not worry about misplacing important information like banking details and social media accounts. If you ever need to access an account on their behalf, you'll have everything you need.
- 3. Ask a professional.** “Today, the online tools designed specifically for seniors are incredibly versatile and include everything from electronic medical records to digital estate planners. As these require personal information, make sure your parents choose reputable ones,” recommends Shelly Smith, director of Telus Wise (Wise Internet and Smartphone Education).

As always, make sure they only download them from trusted sources. This will ensure that sensitive personal information stays secure and is only accessible to trusted professionals.

**Our Aging In Place Philosophy Means You Can Enjoy Life In a Friendly and Compassionate Environment With Your Spouse or Partner.**

When it is time to make a choice, consider Private Choice Care at Wentworth Manor.

Our Aging in Place accommodations and personalized care services are suited for those looking for Independent Living, Assisted Living, or Long-Term Care.

Wentworth Manor provides compassionate, professional services in a home-like setting.

Accommodations now available.

- Delicious meals daily, prepared by certified chefs
- Individualized care plans
- Compassionate and trained health care staff
- Licensed Practical Nurses and Health Care Aides 24/7
- Registered Nurses during business hours and on-call for off hours
- Housekeeping and Laundry
- Daily social and recreational programs
- On site services including hair salon, chapel, walking paths and more.

Contact Us Today to Book a Tour and Learn More About Private Choice Care.

**Respite Care Space Available Now**

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

403.242.5005

[www.straffordfoundation.org](http://www.straffordfoundation.org)

5717 – 14<sup>th</sup> Avenue SW. Calgary, Alberta.

Preservation of Dignity and Pursuit of Happiness

Charitable Registration No.105198873RR0001

# Protect your retirement: Be fraud aware

By Rachel DePass

When it comes to investment fraud, anyone can become a victim; however seniors are especially at risk. Results from the Alberta Securities Commission's 2017 Investor Study reported that of the one-in-four Albertans who believe they have been approached with a fraudulent investment, 37% were men over the age of 55 and 19% were women over the age of 55.

While you might be aware and more mindful of the risks, knowing where you might be approached with a fraudulent investment opportunity and being aware of the red flags will help you avoid falling for a scam.

**Online:** The internet is an easy way for scam artists to find potential victims. Of the same one-in-four Albertans who believed they were approached with a fraudulent investment, 40 per cent claimed the opportunity was promoted through spam emails. These types of emails can range from being poorly written and riddled with spelling errors, to appearing convincingly professional and sincere. The most effective way to deal with these emails is to delete them. A response, even a request to unsubscribe, alerts the scammer that your email

address is valid, which prompts additional emails.

**By phone:** Many investment scams begin with a phone call from an unfamiliar caller. These calls are usually made by cold callers who falsify information about their identity and company to try to pressure you into a bad investment. Don't do business over the phone, unless you've made the call yourself and you know the company and phone number are legitimate.

**Through people you know:** Affinity fraud exploits the trust and friendship that exists in groups of people who have something in common, such as religious or ethnic communities and social or professional groups. Scammers frequently are — or pretend to be — members of the group. They build relationships with leaders to gain acceptance and endorsement. Be suspicious of investments described as "exclusive" or only offered to your particular group. Also, don't assume that because an investment opportunity worked out for a family member or friend that it will also be the right fit for you.

**Investment seminars:** Seniors may be invited to educational investment seminars, which advertise a free lunch. Often they are

promoted through TV, radio, online or print advertisements. These seminars usually turn into high-pressure sales pitches about an investment opportunity. Look carefully at what exactly the opportunity is offering — a "once in a lifetime" opportunity, a "get rich quick" claim, or investment returns higher than the banks. If you hear anything like this, or feel pressured to invest, walk away and don't feel bad about receiving the free meal.

No matter where you are pitched an investment opportunity, the golden rule is: "if it sounds too good to be true, it is too good to be true." If you're unsure about an investment oppor-

tunity, before you make a decision call the ASC for free, unbiased information and investor education.

For more information contact the Alberta Securities Commission Public Inquiries

Office by phone at 1-877-355-4488 or by email: [inquiries@asc.ca](mailto:inquiries@asc.ca) or find out more information on their website at [www.albertasecurities.com](http://www.albertasecurities.com) or [www.checkfirst.ca/seniors](http://www.checkfirst.ca/seniors). □

## Become a member today!

### Kerby Centre for the 55 plus

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:

- 10% discount on red-tag items at the Wise-Owl Boutique
- Voucher for one FREE beverage in the dining room
- \$5 discount off a one month 'FIT Room' membership
- One FREE Drop-in activity
- \$5 discount off a hiking trip booked with the Travel Desk
- One FREE grocery delivery for qualified THRIVE applicants
- 20% discount at Blooms on 9th
- One FREE 50 minute coaching session with a Life Coach



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](http://www.kerbycentre.com)
- Mail this form with a cheque for payment and we will follow up by phone

Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Email \_\_\_\_\_ License Plate \_\_\_\_\_

Membership for 2017 is \$22.00 plus \$3.00 for an annual parking tag

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



MEMBERSHIPS ARE NON-REFUNDABLE

Kerby Centre

## IN MEMORIAM



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

- Alma Sanders
- Anne Rose Buckley
- Annemarie Martha Krause
- Arthur C. J. Stienke
- Brian Ronald (Ron) Bandcroft
- Ella (Judy) Elizabeth Jepp
- Fabian W Hugh
- Geta Annete Renne
- Glen Douglas Hallman
- Grant Hastie
- John (Johannes) Fercho,
- Joseph Charles McCullagh
- June Flewelling
- Marvin Lloyd Morey
- Patricia Mary Ann Scully
- Piroska Biro
- Rodney Touche
- Shirley Carmichael
- Vila Sherwood Bishop
- Werner Hans Huthmann



## By-Your-Side Probate Services



Since 2008, saving  
Executor's time & money  
when wrapping up a loved  
one's estate in Alberta

Carolyn Lawrence, President 403-293-5488

Request a free Executor's Guide today!

[probatecoach@gmail.com](mailto:probatecoach@gmail.com) [www.probatecoach.ca](http://www.probatecoach.ca)

## Kerby Centre Department Directory

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

<b>Main Switchboard</b> 403-265-0661		Fund Development <i>Work with members and community to provide funding for Kerby Centre's vital programs</i> 403-705-3235 <a href="mailto:funddev@kerbycentre.com">funddev@kerbycentre.com</a>	Kerby News Editor 403-705-3229 <a href="mailto:editor@kerbycentre.com">editor@kerbycentre.com</a>
<a href="http://www.kerbycentre.com">www.kerbycentre.com</a>		General Office 403-705-3249 <a href="mailto:generaloffice@kerbycentre.com">generaloffice@kerbycentre.com</a>	Kerby News Sales 403-705-3238 <a href="mailto:advertising@kerbycentre.com">advertising@kerbycentre.com</a> or 403-705-3240 <a href="mailto:sales@kerbycentre.com">sales@kerbycentre.com</a>
Accounting 403-705-3215	Adult Day Program 403-705-3214 <i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i> <a href="mailto:adp@kerbycentre.com">adp@kerbycentre.com</a>	Thrive 403-234-6571 <i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i> <a href="mailto:thrive@kerbycentre.com">thrive@kerbycentre.com</a>	Kerby Rotary House 403-705-3250 (24 hour) <i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i> <a href="mailto:shelter@kerbycentre.com">shelter@kerbycentre.com</a>
Diana James Wellness Centre 403-234-6566 <i>Health services including footcare</i> <a href="mailto:wellness@kerbycentre.com">wellness@kerbycentre.com</a>	Dining Room 403-705-3225 <i>Serving nutritious meals to everyone</i> <a href="mailto:kitchen@kerbycentre.com">kitchen@kerbycentre.com</a>	Housing 403-705-3231 <i>Assists older adults in finding appropriate housing</i> <a href="mailto:housing@kerbycentre.com">housing@kerbycentre.com</a>	Options 45 403-705-3217 <a href="mailto:optlons45@kerbycentre.com">optlons45@kerbycentre.com</a>
Education & Recreation 403-705-3233 <i>Information source for programs at Kerby Centre</i> <a href="mailto:program@kerbycentre.com">program@kerbycentre.com</a>	Event Planner 403-705-3178 <a href="mailto:events@kerbycentre.com">events@kerbycentre.com</a>	Information / Resources 403-705-3246 <i>The all in one older adult information source</i> <a href="mailto:info@kerbycentre.com">info@kerbycentre.com</a>	Volunteer Department 403-234-6570 <i>Volunteers are the heart of Kerby Centre</i> <a href="mailto:volunteer@kerbycentre.com">volunteer@kerbycentre.com</a>
		Kerby <sup>2</sup> East Village 403-470-6300	Room Rentals 403-705-3177
		Kerby News Classified Ads 403-705-3249	President Zane Novak 403-705-3253 <a href="mailto:president@kerbycentre.com">president@kerbycentre.com</a>
			CEO Luanne Whitmarsh 403-705-3251 <a href="mailto:luannew@kerbycentre.com">luannew@kerbycentre.com</a>

# Calgary launches Banff weekend transit



The City has launched a new Calgary/Banff bus service, which is slated to run to Sept. 4. A return ticket costs \$20, and can be purchased online. Photo by Richard White.

By Richard White

Highway #1 west of Banff is expected to be busier than ever this summer, with Parks Canada's 150th birthday gift of free park passes to all Canadians. And parking will be at a premium – especially on weekends and holidays.

Fear not! Leave the driving to the new **Canada 150 Calgary/Banff bus service**

being piloted this summer from June 17 to September 4. It is part of the Calgary Regional Partnership's vision of an integrated regional transit system called On-It that will ultimately link the 11 municipalities that comprise the Calgary region.

For just \$10/each way (\$20 return, no seniors discount, but kids under five travel free) travel to Banff can be hassle-

free: sit back, relax, and enjoy the majestic scenery as you make your way to the mountains. You can catch up on what has been happening in the lives of visiting family and friends. Treat the young grandkids to a day in Banff, or have a snooze after a fun filled day on the way back.

Passengers will enjoy a comfy ride on a 54-seat luxury air-conditioned coach bus (with washroom,) being dropped off at the centrally located Banff High School, convenient for exploring the town of Banff on foot. Or transfer onto Banff's Roam transit system or Parks Canada shuttles to Lake Louise, Lake

Minnewanka, Cave and Basin National Historic Site, Tunnel Mountain, and other popular park destinations at no extra cost.

**There are two On-It Calgary/Banff routes:**

Calgary/Banff Express running between Calgary's Crowfoot LRT station and Banff

Calgary/Banff Regional with additional stops in Okotoks, Somerset-Bridlewood LRT station, Cochrane and Canmore.

Tickets for reserved seats (don't worry they don't over book) can be purchased online at [www.onitregion.altransit.ca](http://www.onitregion.altransit.ca) where you will also find detailed information on routes, maps and schedules. You can use Visa or MasterCard to purchase E-tickets, which can be downloaded to a smartphone or printed and then scanned on the bus. Tickets are also available from the bus driver using credit cards – they do not accept cash.

There are 10 morning departures from Calgary to Banff and 13 late afternoon and evening departures back from Banff so you will have lots of time to explore the park, the town, and have time to enjoy lunch, dinner, or happy hour on a patio.

Why take the chance, reserve your seat today!

Leave the driving to On-It! **Backstory**

In October 2016, Calgary Regional Partnership (CRP) launched its first regional transit pilot with On-It weekday bus service connecting Calgary, High River, Okotoks, Black Diamond, and Turner Valley on weekdays. CRP's next step was to consider the feasibility of providing regional transit services connecting Calgary, Chestermere, and Strathmore.

The Calgary Regional Partnership is a collaborative network of 11 municipalities in the Calgary Region who work together to ensure growth occurs in a sustainable manner. CRP is the only voluntary regional organization of municipalities in Canada. Collectively the partnership represents more than 1.2 million people and is preparing for an increase of 1.8 million people over the next 60 years.

*Richard White is a freelance writer specializing in urban living, design, and development. Calgary is his adopted home, where he is a passionate about making his community a better place to live, play, and work. Visit him on the Internet at: [www.everydaytourist.ca](http://www.everydaytourist.ca) or find him on Twitter: @everydaytourist*

## Volunteer Spotlight



**Al Calvez**

Al is a friendly and kind person. He started volunteering at Kerby Centre 3 years ago after retiring from his last job of 13 years. His experience in retail helped him to deal with people. Al is one of the volunteers for our Wellness Foot Care Clinic Reception. He also volunteers for our special events. He enjoys volunteering at Kerby Centre because he can make good use of his spare time, make new friends, exercise and socialize.

He said "Employees of Kerby Centre are like a second family to me." Beside volunteering he spends his time reading, walking 25000-30000 steps per week, hiking traveling and he also likes watching sports. Al has already contributed over 963.5 hours to Kerby Centre.

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

## Calgary's ubiquitous stampede breakfast tradition

By Frank Castle

The city changes during the 10-day-long Calgary Stampede.

Suit-wearing business types dawn their jeans, belt buckles, and spurs. Women put on their western skirts and tasselled boots. You won't get far without bumping into somebody wearing

a cowboy hat—and the same can be said for the city's traditional stampede breakfasts that pop up all around the city.

The stampede breakfast—also commonly known as the pancake breakfast—is a unique tradition that Calgarians and out of towners line up by the tens of thousands for every day.

Some, such as Chinook Centre's annual stampede breakfast attract upwards of 60,000 people: a veritable stampede.

Who doesn't want a free breakfast?

Pancakes, eggs, bacon, and sausage are the staples typically served at these breakfasts, cooked right on the sidewalk, and usually served for free or for a nominal donation in support of a charity.

Businesses, politicians, charities, communities, and neighbours down the street host them. People of all ages, from grandparents and grandchildren, to Prince William and Princess Kate attend. It's a tradition that brings the city together, and one that lends to the festive spirit engendered throughout the city.

According to the Calgary Stampede Historical Committee, the first Stampede Breakfast was served in 1923 just outside the Canadian Pacific Railway station downtown: a chuck wagon driver named Jack Morton invited his family, friends, and strangers to eat free pancakes at the rail camp.

And so the tradition began. □

## New plans. No surprises.

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

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

**403-294-4032 • [www.ab.bluecross.ca](http://www.ab.bluecross.ca)**

ABC 83620 2017/01

## Calgary news briefing

### New Legion opens its doors

The newly built Kensington Legion opened on June 20.

Six years ago, the North Calgary Branch No. 264 Legion was facing cash shortfalls, declining membership, and closure, but the group leveraged the value of their land to strike a deal that allowed them to build Canada's first economically sustainable Legion with a triple-revenue stream generating revenue through memberships, office leasing, and a new first-floor restaurant.

The Legion was built on the same land as the old location.

### New cancer centre at Foothills

The Province has announced the new Calgary Cancer Centre will begin construction later this year at the Foothills Medical Centre.

At a cost of \$1.4 billion, the one million square foot cancer centre will sit on the northeast corner of the Foothills campus, including an additional 1,650 stall underground parking garage.

According to Alberta Health Services, the centre will house 160 inpatient beds, 12 radiation vaults, over 100 exam rooms, and 100 chemotherapy chairs.

The new centre is slated to open in 2023.

### Food Waste Olympic Plaza

In an effort to raise the awareness of food waste, the Recycle Council of Alberta hosted a Feeding the 5,000 event in Calgary on June 15.

The free lunch for 5,000 Calgarians at Olympic Plaza was made from food that would have otherwise been sent to the landfill by grocery stores due to passing the expiration date or because it wasn't appealing to the eye.

One-third of all food produced globally is thrown out annually, rather than being eaten, according to the Recycle Council of Alberta—food that is perfectly fine for human consumption.

In 2016, France passed a law requiring grocery stores to donate unsold food to charities or to make it available for animal feed, rather than sending it to the landfill.

The Alex Community Food Centre gets a garden Calgarians have access to a new community garden in Forest Lawn, after the opening of a communal garden at the Alex

Community Food Centre on International Avenue.

The Food Centre, the first of its kind in Western Canada, first opened in the fall of 2016, taking over 5,300 square feet of a former restaurant in Forrest Lawn. So far, the centre has served over 8,000 nutritious meals, and offered over 200 cooking and food education programs.

"The garden is a big part of the programming that we do here," says Tasha Egan, Capital Campaign Manager with the Alex Community Food Centre.

The Alex was successful in reaching their \$3.9 million goal in raising money for the community garden, in-part from a \$1.1 million grant from the Calgary Foundation.

### Beltline One-way roads

14th and 15th Avenues in the Beltline have switched to one-way roads as the City works to revitalize 17th Ave over the next three years.

According to Jessica Bell with the City's transportation department, the changes will happen in two phases.

"This year we're going to be going from Macleod Trail S.E. to Eighth Street S.W. and

turning those into one-ways," says Bell. "Next Year we'll do the remainder, between Eighth and 14 Streets."

Construction will go on hold during Stampede to limit disruptions. □

Compiled by Dylan Reardon

Units Now Available in Olds & Sundre



### Life Lease Suites for Independent Seniors Enjoy an Ideal Blend of Security & Freedom

Sharing many amenities with the attached Lodge, our unique Life Lease Suites include one and two-bedroom suites that are larger than the lodge units and include full kitchens equipped with 5 appliances and storage room.

Mountain View Seniors' Housing Life Lease Suites provide all the comforts of home—and then some. These suites are specifically designed for independent seniors who want the flexibility and freedom to come and go as they please, with the security and comfort of knowing individual needs will be met as their lifestyle and health needs change over time.



Only 10% deposit to hold with the balance on occupancy. To find out more about Life Lease suite options, please contact:

Niki Luft, Manager of Housing & Admissions  
Mountain View Seniors' Housing  
Phone: 403-556-2957 ext. 731  
Cell: 403-507-9847  
E-mail: niki.luft@mvsh.ca

www.mvsh.ca



With over 10 years as Calgary's premier assisted living residence, Millrise Place has experience and knowledge to make this an easy decision.

TO BOOK YOUR  
FREE LUNCH & TOUR,  
PLEASE CALL  
**403 888 6540**

*So nice to come home to*

Seniors Assisted Living Residence  
14911-5th Street SW, Calgary, AB



**MILLRISE  
PLACE**

• A Retirement Concepts Community

1 844 603 HOME (4663)

www.retirementconcepts.com

“I knew that Mom needed more help than I could give her. I didn’t know where to start and then I found Origin.”

# MORNINGSTAR HOUSE

Memory Care... *The Origin Way*

Memory Care Suites at  
Origin at Spring Creek



**Southern Alberta's Best Value in Memory Care –  
Exceptional Care, Exceptional Value**

**ASK US ABOUT OUR RELOCATION SPECIAL!**



**403-678-2288**

808 Spring Creek Drive, Canmore

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





# 150 Canadian songs to celebrate Canada's 150th



By Richard Hehr

Everybody should have a Canada 150 project — a project that is fun. As a lover of music, I have put together a list of the top 150 Canadian songs of my lifetime.

I may not be an expert in music, but I do know what I like. So take a look at this, agree or disagree all you want, or come up with your own list. The big thing is: enjoy!

1. **Diana**  
by Paul Anka
2. **Hallelujah**  
by Leonard Cohen
3. **My Way**  
by Frank Sinatra
4. **It's Only Make Believe**  
by Conway Twitty
5. **My Heart Will Go On**  
by Celine Dion
- 6.) **In the Early Morning Rain**  
by Gordon Lightfoot
7. **Heart of Gold**  
by Neil Young
8. **Four Strong Winds**  
by Ian & Sylvia Tyson
9. **Working Man**  
by Rita MacNeil
10. **The First Cut Is The Deepest**  
by Keith Hampshire
11. **Snowbird**  
by Anne Murray
12. **I've Been Everywhere**  
by Hank Snow
13. **Little Darlin'**  
by The Diamonds
14. **Ahead By A Century**  
by The Tragically Hip
15. **Summer of '69**  
by Bryan Adams
16. **The Hockey Song**  
by Stompin' Tom Connors
17. **Any Man of Mine**  
by Shania Twain
18. **Both Sides, Now**  
by Joni Mitchell
19. **Crying**  
by k.d. lang
20. **Hotline Bling**  
by Drake
21. **Coldest Night of the Year**  
by Bruce Cockburn
22. **California Girl**  
by Chilliwack
23. **High School Confidential**  
by Rough Trade
24. **Sometimes When We Touch**  
by Dan Hill
25. **Marina del Rey**  
by Mark Jordon
26. **The Unicorn**  
by The Irish Rovers
27. **Fire in the Water**  
by Feist
28. **Canadian Railroad Trilogy**  
by Gordon Lightfoot
29. **The Weight**  
by The Band
30. **These Eyes**  
by The Guess Who
31. **Angel**  
by Sarah McLachlan
32. **All Good Things**  
(Come to an End)  
by Nelly Furtado
33. **Black Velvet**  
by Alannah Myles
34. **Photograph**  
by Nickelback

35. **California Dreamin'**  
by The Mamas & the Papas
36. **Sh-Boom**  
by The Crew Cuts
37. **If I Had \$1,000,000**  
by Barenaked Ladies
38. **Boyfriend**  
by Justin Bieber
39. **My Heart Has a History**  
by Paul Brandt
40. **Big League**  
by Tom Cochrane & Red Rider
41. **Red Flag**  
by Billy Talent
42. **Music Box Dancer**  
by Frank Mills
43. **Insensitive**  
by Jann Arden
44. **You Could Have Been a Lady**  
by April Wine
45. **Harvest Moon**  
by Neil Young
46. **One Tin Soldier**  
by The Original Caste
47. **Farmer's Song**  
by Murray McLauchlan
48. **Shakin' All Over**  
by Chad Allen & the Expressions
49. **Tom Sawyer**  
by Rush
50. **Working for the Weekend**  
by Loverboy
51. **Walkin' with my Angel**  
by Bobby Curtola
52. **Sweet City Woman**  
by The Stampeders
53. **Navajo Rug**  
by Ian Tyson
54. **Someday Soon**  
by Judy Collins
55. **Spaceman**  
by Bif Naked
56. **Rise Up**  
by The Parachute Club
57. **Baby I Love You**  
by Andy Kim
58. **Superman's Song**  
by Crash Test Dummies
59. **Wake Up**  
by Arcade Fire
60. **Spinning Wheel**  
by Blood, Sweat & Tears
61. **Daydream Believer**  
by Anne Murray
62. **We're Here For A Good Time**  
by Trooper
63. **I'm Your Man**  
by Leonard Cohen
64. **Put Your Head On My Shoulder**  
by Paul Anka
65. **Ironic**  
by Alanis Morissette
66. **Painted Ladies**  
by Ian Thomas
67. **Blue Canadian Rockies**  
by Wilf Carter
68. **Travellin' Man**  
by Tommy Hunter
69. **Complicated**  
by Avril Lavigne
70. **One Fine Morning**  
by Lighthouse
71. **Stereo**  
by The Watchmen
72. **Could I Have This Dance**  
by Anne Murray
73. **I'll Never Do Better Than You**  
by George Canyon
74. **Save The Last Dance For Me**  
by Michael Bublé
75. **Black Cars**  
by Gino Vannelli
76. **Conquistador**  
by Procul Harem & the Edmonton Symphony Orchestra
77. **The Beer Barrel Polka**  
by Guy Lombardo
78. **Born to be Wild**  
by Steppenwolf
79. **Sudbury Saturday Night**  
by Stompin' Tom Connors
80. **Northwest Passage**  
by Stan Rogers
81. **Higher Ground**  
by Geoff Berner
82. **Universal Soldier**  
by Buffy Sainte-Marie
83. **Just Like Tom Thumb's Blues**  
by Gordon Lightfoot
84. **New Orleans is Sinking**  
by The Tragically Hip
85. **The Night They Drove Old Dixie Down**  
by The Band
86. **Alberta Bound**  
by Paul Brandt
87. **Ukrainian Butterfly**  
by Al Cherney
88. **Signs**  
by Five Man Electrical Band
89. **When I Was A Young Girl**  
by Feist
90. **Rock and Roll Song**  
by Valdy
91. **Takin' Care of Business**  
by Bachman-Turner Overdrive
92. **Raise a Little Hell**  
by Trooper
93. **I Go Blind**  
by 54-40
94. **If I Had A Rocket Launcher**  
by Bruce Cockburn
95. **You Oughta Know**  
by Alanis Morissette
96. **As Long as You Love Me**  
by Justin Bieber
97. **Fifty Mission Cap**  
by The Tragically Hip
98. **Whispering Rain**  
by Murray McLauchlan
99. **Flying On Your Own**  
by Rita MacNeil
100. **American Woman**  
by The Guess Who
101. **Sunglasses at Night**  
by Corey Hart
102. **I Will Remember You**  
by Sarah McLachlan
103. **Whose Bed Have Your Boots Been Under?**  
by Shania Twain
104. **Three Rows Over**  
by Bobby Curtola
105. **Jolie Jacqueline**  
by Gisele Mackenzie
106. **Minstrel Gypsy**  
by The Stampeders
107. **Poor Poor Pitiful Me**  
by Terri Clark
108. **Constant Craving**  
by k.d. lang
109. **Canadian Pacific**  
by Ray Griff
110. **Seasons in the Sun**  
by Terry Jacks
111. **"Quand Le Soleil Dit Bonjour Aux Montagnes"**  
(The French Song)  
by Lucille Starr
112. **Could I Be Your Girl**  
by Jann Arden
113. **Stand Tall**  
by Burton Cummings
114. **5 Days in May**  
by Blue Rodeo
115. **Clap Your Hands**  
by The Beau Marks
116. **Fly Me To The Moon**  
by Diana Krall
117. **Who Knows How To Make Love Stay**  
by Doug and the Slugs
118. **How You Remind Me**  
by Nickelback
119. **A Light in the Window**  
by Ray Griff
120. **St. Anne's Reel**  
by Don Messer
121. **The Power of Love**  
by Celine Dion
122. **Big Yellow Taxi**  
by Joni Mitchell
123. **C-A-N-A-D-A**  
by Raffi
124. **Sweet Jane**  
by Cowboy Junkies
125. **The Mary Ellen Carter**  
by Stan Rogers
126. **A Criminal Mind**  
by Lawrence Gowan
127. **Life is a Highway**  
by Tom Cochrane & Red Rider
128. **See the Light**  
by The Jeff Healey Band
129. **Barrett's Privateers**  
by Stan Rogers
130. **Lonely Boy**  
by Paul Anka
131. **Can't Help Falling In Love**  
by Corey Hart
132. **Ohio**  
by Crosby, Stills, Nash & Young
133. **Too Bad**  
by Doug and the Slugs
134. **She's Called Nova Scotia**  
by Rita MacNeil
135. **(Everything I Do) I Do It For You**  
by Bryan Adams
136. **Bud the Spud**  
by Stompin' Tom Connors
137. **Wasn't That A Party**  
by The Rovers
138. **Daytime Nighttime**  
by Keith Hampshire
139. **Man! I Feel Like A Woman!**  
by Shania Twain
140. **Broken Arrow**  
by Rod Stewart
141. **Maneater**  
by Nelly Furtado
142. **Emotional Girl**  
by Terri Clark
143. **St. Elmo's Fire (Man in Motion)**  
by John Parr
144. **One Dance**  
by Drake
145. **Big Time Operator**  
by Keith Hampshire
146. **Rockstar**  
by Nickelback
147. **Runnin' Back to Saskatoon**  
by The Guess Who
148. **The Last Song**  
by Edward Bear
149. **Closing Time**  
by Leonard Cohen
150. **Auld Lang Syne**  
by Guy Lombardo



By this point, I imagine you're questioning the Canadian connection to some of these songs. Nonetheless, I can assure you, there is a connection.

If you would like to have some fun and discuss my list, or perhaps yours, I would like to invite you to join me on Wednesday, August 2nd at 2 p.m. in the Kerby Centre cafeteria to discuss this issue. Yours truly will be buying.

In the meantime:  
*Happy Canadian 150th!* □

## BL Braden Denture Clinic

### FULL DENTURE SERVICE

Wheelchair Accessible

**609 - 14 St. NW  
OFFICE NO. 168  
GROUND FLOOR**

**SENIORS** may qualify for  
special health care assistance

**403 283-1134**

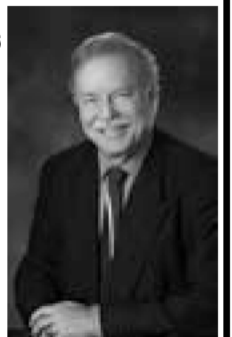
## STEMP & COMPANY

403-777-1122 • 1-800-665-4447 • www.stemp.com

William R Stemp

BARRISTERS, SOLICITORS, TRADEMARK & PATENT AGENTS

Wills, Probate Applications, Power of Attorney  
Legal volunteer at Kerby Centre  
offering 10% reduction to Kerby Centre clients.  
Our service is prompt and reasonably priced  
*We have your best interest in mind*  
Suite 233, 1100 - 8 Avenue S.W., Calgary  
(adjacent to Kerby Centre)  
• email: Teresa@Stemp.com  
• Fax: 403-777-1124



### SUBSTANTIALLY-DISCOUNTED PRICES FOR FUNERAL SERVICES

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

www.calgarymemorial.com or 403-248-2044



# Kerby Centre's Activities, Programs, & Services

### Dates to Remember—Kerby Centre

**CANADA DAY CLOSURE**.....July 3rd

**PARADE DAY CLOSURE** .....July 7th

**STAMPEDE BREAKFAST**.....July 14th 8-11 am

**MAPLE LEAF QUEST:**  
St Patrick's Island Walk.....Tuesday, July 18  
Contact Education & Recreation for details.

**MONTHLY MOVIE:**  
Jurassic World.....Friday, July 28

### Shop at Kerby Centre

<b>Wise Owl Boutique</b> (Rm 214) Mon-Fri 10am - 3pm	<b>Next-to-New</b> (Rm 203) Mon-Fri 10am - 2:30pm	<b>Nordic Walking Poles</b> Visit Education and Recreation to learn more!	<b>Woodshop</b> (Rm 102) Mon-Fri 9am - 12pm & 1 - 3pm
---	--	--	---

### Fit Room (Rm 108)

403-705-3233

Monthly and yearly memberships available!

Mon—Fri  
7:30am—7:30pm

### Next to New

**Hours: Mon – Fri 10:00 – 2:30**

This shop offers a variety of gently used clothing for women and men at reasonable prices. Check out the regular Bag Sales for even better bargains!

### FREE HEALTH PRESENTATIONS

Health presentations resume September 18.

### Maple Leaf Quest

Pigeon Lake Hiking Trip

September 12-13, 2017

Contact Ed & Rec for more details at 403-705-3233

### KUBB

Learn to play a new summer outdoor game!

Wednesday July 19, 10:00-11:30 am

Contact Education & Recreation for details and registration!

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Musical Recorders Group</b> (Rm 313) 1 - 3 pm	<b>Adult Colouring Book Tuesdays</b> (Rm 307) 1 - 3 pm Cost: \$2.00	<b>Bridge</b> (Rm 307) 1 - 3 pm \$2.00	<b>KUBB</b> (Rm 305) July 19-August 30 11:30 \$2	<b>Spanish Conversation Group</b> (Rm 311) 10 am - 12 pm
<b>Cribbage</b> (Rm 307) 1 - 3:30 pm	<b>Options 45 - Employment Workshops</b> (Lounge) 1:30 - 3 pm Cost: \$2.00	<b>Dance</b> (Lecture Rm 205) Resumes in September	<b>Artist Group</b> (Rm 313) 10am - 3pm Cost \$1.50 half day	<b>Badminton &amp; Ping Pong</b> (Gym) 10:30am - 1 pm Cost:\$2.00
<b>Writing Group</b> (Rm 301) 1:30 - 3:30 pm		<b>General Craft Group</b> Resumes in September	<b>Bingo</b> (Rm 205) 11 am - 3 pm	<b>Krazy Karvers Woodcarving Club</b> (Woodshop Rm 102) Resumes in September
<b>Pickleball</b> (Gym) 3:30 - 5 pm		<b>Summer Craft Group</b> (Rm 311) 9-12 FREE	<b>Pickleball</b> (Gym) 3:30 - 5 pm Cost: \$2.00	
<b>Mahjong</b> (Rm 307) Resumes in September			<b>Kerby Tour</b> (Dining Room) 10:30 - 11:30 am	
<b>Knitting for a Cause</b> — Resumes in September				

### Dates to Remember—K2-East Village

CHOW & PUTTER - MINI GOLF. 8 Mini Golf Platforms with fun "topper" obstacles  
putters and balls provided.....Wed July 19, 11:00am-3:00pm

Play with Clay Workshop.....Wed July 5 & Mon July 24, 1:00-3:00pm

Gentle Fitness.....Mondays, 11:15am-12:15pm

Art's 'N Ends.....Every Tues & Thurs, 12:30-3:30pm

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

Drops of Peace (Meditation).....Thurs July 20, 10:30-11:30am

Theatre Calgary Performance—Victors, Villians, and Vixens.....Fri July 21, 2:00-3:30pm

Zumba Gold.....Fridays, 10:30pm-11:30pm

Chair Yoga.....Fridays, 12:00pm-1:00pm

### Kerby Travel Day Trips

**Chinook Honey Farm**  
Members- \$48 Non-Member- \$53  
Wednesday, July 19th  
(book by July 5)

**Arrowwood Hutterite Colony**  
Members- \$53 Non-Members- \$58  
Wednesday August 9 or 16  
(book by August 2)

**Nahahi Creek Trail Hike**  
Members- \$50 Non-Members- \$55  
Thursday August 17  
(book by August 2)

Contact Kerby Travel for more information at 403-705-3237

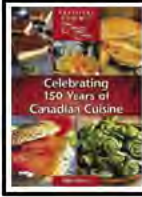
travel@kerbycentre.com



# In celebration of Canada's 150th anniversary

Page design & layout by Winifred Ribeiro

Canadian Classics with Innovative Twists. Canadian cooking is defined by its diversity. It recognizes that the country's geography is as diverse as its people, and close to 9000 kilometres makes for a lot of diversity! Canadian food is a celebration of Old World dishes and methods enhanced by New World ingredients — recipes that have been passed on through the generations from Canada's first settlers but incorporate today's fresh, exciting ingredients creating innovative twists. Recipes that enable you to experiment and enjoy First Nations cuisine. These tasty dishes will please the palate as they reconnect you to your family's and the nation's roots. So celebrate Canada's 150th birthday with this collection of recipes because each dish is a celebration of the country and its heritage.



Excerpted from *Celebrating 150 Years of Canadian Cuisine* by Jennifer Ogle, James Darcy  
 Companys Coming Publishing Ltd©  
 www.companyscoming.com  
 Reprinted with publisher permission.



## Sweet Corn Bisque ©

Corn, often called maize, is believed to have been developed from a native grass in Mexico over 7000 years ago. It grows well in rough soil and is far more reliable than crops such as wheat. Corn was vital to early indigenous peoples throughout the Americas. They made porridge and unleavened breads such as johnnycake, ate corn on the cob and even enjoyed popcorn. Introduced to corn prior to 1000 BC, First Nations living near the Great Lakes and the St. Lawrence learned to grow it and began to trade it for skins and meat. When he visited Hochelaga (now the site of Montréal) in 1535, Jacques Cartier found widespread cornfields, and Samuel de Champlain found the crop under cultivation near Georgian Bay 80 years later. Corn was also instrumental to the survival of the first explorers and settlers. It became important to the fur trade when intermediaries such as the Algonquins traded corn for pelts from more distant tribes.

**Serves:** 6

**8 cups (2 L) corn kernels, fresh from the cob or frozen; reserve 2 cups (500 mL) for garnish**  
**1/4 cup (60 mL) butter, plus 1Tbsp (15 mL) sea salt and freshly ground pepper to taste**  
**2 cups (500 mL) chopped yellow onion**  
**1 clove garlic, minced**  
**3 stalks celery, diced**  
**2 medium carrots, diced**  
**2 sprigs fresh thyme, minced**  
**6 cups (1.5 L) stock**  
**1cup (250 mL) heavy cream (32%)**  
**Tabasco to taste**  
**tarragon sprigs and thinly sliced red pepper for garnish**

In a pot, sauté reserved corn in 1 Tbsp (15 mL) of butter until cooked, about 5 minutes. Season with salt and pepper and set aside. In same pot, sauté onion in 1/4 cup (60 mL) of butter until translucent. Add garlic, celery and carrots and sauté for 5 minutes. Add remaining corn and thyme, cover with stock and simmer for 20 minutes. Purée in batches in blender to make a smooth soup and return to heat. Stir in cream, and season with salt, pepper and Tabasco. Garnish each bowl with reserved corn, tarragon and red pepper. Serve hot.

## Corn Bread ©

**2 cups (500 mL) flour**  
**1 Tbsp (15 mL) baking powder**  
**1 tsp (5 mL) sea salt**  
**2 cups (500 mL) cornmeal**  
**1 1/4 cups (310 mL) butter**  
**1/3 cup (75 mL) sugar**  
**3 eggs**  
**2 cups (500 mL) buttermilk**

Preheat oven to 400° F (200°C). Sift together flour, baking powder and salt. Stir in cornmeal. In a separate bowl, cream butter and sugar together, then beat in eggs, one at a time. Stir in buttermilk, then lightly fold wet and dry mixtures together, being sure not to over mix. Bake in 2 buttered 1-pound (1 L) loaf pans for 30 to 35 minutes or until tester comes out clean.

**Tip:**

For a great Canadian version of this corn bread, use maple sugar for the sugar.



## Cedar-planked Salmon with Orange Pistachio Crust ©

Abundant year-round and easily harvested along spawning routes, salmon were traditionally a key resource for West Coast First Nations. Equally abundant and important were the cedar trees on the coast. It made sense for the indigenous peoples to cook their freshly caught salmon on easily split cedar planks. They filleted the salmon and cooked it skin-side down, secured to the plank with saplings. The Natives then propped the plank at an angle above the fire, thus perfuming the meat with a delicate, smoky flavour. The traditional preparation would have simply included the salmon and the cedar, perhaps with some wild herbs. We have added a crust that adds depth of flavour without overpowering the delicate salmon. Wild-caught salmon, if you can get it, is recommended. The same method can be used with other kinds of fish, such as arctic char, and with aromatic hardwoods, such as maple, but never use treated wood.

**Serves:** 4

**1 cup (250 mL) unsalted, shelled pistachios, chopped**  
**2/3 cup (150 mL) panko bread crumbs**  
**2 Tbsp (30 mL) olive oil**  
**1 Tbsp (15 mL) chopped fresh dill**  
**2 tsp (10 mL) Dijon mustard**  
**zest from 1 orange**  
**1/4 cup (60 mL) orange juice**  
**4 x 8 oz (250 g) skin-on salmon fillets**  
**2 cedar planks (see Tip)**  
**sea salt and pepper to taste**

→ Panko is a Japanese-style breadcrumb that is now popular enough to be widely available in most supermarkets (or visit an Asian specialty grocer or supermarket). It is an ultra-white extra-coarse breadcrumb that stays particularly crispy when fried.

Preheat grill to medium-high. Mix pistachios and panko together—it works especially well to pulse them together in a food processor. Place on a plate and set aside.

Mix oil, dill, mustard, zest and orange juice to form a paste. Spread paste evenly on flesh side of each salmon fillet, then dip in pistachio and panko mixture. As they are crusted, lay the fillets skin-side down on prepared planks. Season crust with sea salt and freshly ground pepper. Place planks on grill, close lid and cook 12 to 15 minutes.

**Tip:**

Purchase untreated cedar planks, 1 inch (2.5 cm) thick, 8 inches (20 cm) wide and 12 inches (30 cm) long, from your local lumberyard or gourmet shop or barbecue supply store. The planks must be soaked in water for a minimum of 1 hour, but 4 to 6 hours is best. Drain and pat dry; brush with oil before using. Experiment with the crust mixture for this recipe or for use with other fish, chicken or meats. A blend of fresh chopped herbs works especially well, or you can add dried, chopped fruit such as apricots or cranberries. For added crunchiness, substitute cornmeal for some of the breadcrumbs.



## Wild Rice Pilaf ©

The only cereal native to Canada, wild rice is the seed of aquatic grasses (*Zizania spp.*) rather than a member of the rice family. Eaten by people since prehistoric times, it has been harvested by canoe for centuries throughout the Great Lakes region and the Prairies. Its importance is evident in the name it was given by the Algonquins and related First Nations: *manomin* (or *minomin*) means "the good seed" or "the good berry." Difficulties in cultivating and harvesting wild rice, as well as its limited supply, have made it one of the most expensive and desired varieties of rice in the world. Saskatchewan supplies nearly 70% of the annual harvest, which typically ranges from 850 to 2700 metric tonnes.

**Serves:** 4

**1 cup (250mL) diced slab bacon**  
**1 large onion, diced**  
**2 cups (500mL) sliced mushrooms, preferably wild**  
**1 clove garlic, minced**  
**1cup (250mL) canned Italian Roma tomatoes**  
**1 Tbsp (15mL) chopped fresh thyme**  
**3 cups (750mL) cooked wild rice (see below)**  
**2/3 cup (150mL) heavy cream (32%)**  
**salt and pepper to taste**  
**1/3 cup (75mL) grated pecorino cheese**

Preheat oven to 350° F (175° C). In a large skillet, fry bacon until starting to crisp and some fat has been rendered. Set bacon aside and drain all but 3 Tbsp (45 mL) of fat from skillet. Fry onion and mushrooms in skillet until both begin to caramelize and liquid from mushrooms has evaporated. Add bacon, garlic, tomatoes, thyme and rice to skillet and simmer for 5 minutes. Pour in cream, heat through and season with salt and pepper. Pour into a buttered baking dish and top with cheese. Bake until golden, about 15 minutes.

## Simple Wild Rice ©

**1 cup (250mL) wild rice, rinsed and drained**  
**boiling water to cover**  
**1 Tbsp (15mL) sea salt**  
**butter and fresh herbs such as thyme, sage and parsley (optional)**

Cover wild rice with boiling water and let sit 5 minutes. Drain, repeat soaking and drain again to tame any strong weedy flavours. Cover rice with fresh cold water, add sea salt, bring to a boil and simmer for 30 to 45 minutes, until tender. Drain. At this point you can add rice to your favourite recipe or serve it with butter and freshly chopped herbs.

# Can Calgary's love affair with the car continue?



As congestion, pollution, and maintenance of transportation infrastructure soars, the City of Calgary has been promoting alternative forms of transportation in the past few years, notably with the installation of on-street cycling lanes and the extension of the LRT into the west, and soon, the deep south with the Green Line. Additionally, carpooling and car-sharing services such as car2go and Uber have seen a significant jump, with nearly 24,000 people choosing to commute daily as either a passenger or driver according to 2016 civic census data. Photo by Cameron Tennant.

By Rita McGillivray

For many older Canadians, learning to drive our first car was a defining moment in our lives. It meant we had come of age, independence was ours at last. Getting the keys to Dad's sedan for a Saturday night date at the drive-in movies was a rite of passage indeed.

Fast forward to today, and after decades of adult life spent driving a multitude of cars and likely more than a million kilometres, our love of the car holds steadfast and true.

Or might it be better described as a love-hate relationship today?

Ask any Calgarian forced to sit through four red lights at any busy Calgary intersection any day of the week. Or ask again after we've driven circles around downtown looking desperately for a parking spot that doesn't cost a king's ransom. If that's not daunting enough, take a rush hour run up Deerfoot Trail for a white-knuckle ride to the airport.

After all, according to statistics published by the Alberta Transportation Office of Traffic Safety, as of March 31, 2016 there were over one million motorized vehicles registered in Calgary.

If the stress that comes

from gridlock on the city's overburdened roads, the thousands of engines idling and spewing pollution into the air, or the ever-escalating cost of a litre of gasoline doesn't give pause to consider, then there is the cost of car ownership weighing down available discretionary spending. According to data from the Canadian Automobile Association and Globe Drive Research, the average annual cost to own and operate a vehicle is \$10,456 a year.

It is interesting that we pay handsomely for an activity that can cause such stress nowadays.

While seniors are aging well, remaining fit and nimble well into their 80s or 90s and can expect to drive themselves long into their future, the very hint that one day it might be time to hang up the keys causes the average senior to recoil in horror.

Maybe now is a good time to reframe our thinking about cars and consider how we might choose to act pre-emptively and get on board with the new rising hipster move-

ment of going 'carless,' which is being championed by the younger millennials.

After all, making one's own decision in our own way to reduce our reliance on car ownership has a cool vibe these days.

"Most people don't realize that it takes a very small number of bicycles to replace vehicles, perhaps 5%, in order for traffic on a road to be improved by a level on the scale."

84-year old cyclist Colin Campbell has been riding his bicycle as a means of transportation for at least 40 years in Calgary.

"I use my bicycle to ride downtown 100% of the time. I always try to avoid taking my car out," says the long-time structural engineer.

"When I visit my clients, I

tell them that I won't be charging for mileage and parking expenses, and I only include the average amount of time I would have spent had I driven a car to their site."

In recent years, Calgary has been making gradual progress toward developing a more liveable city, one that moves us further along the continuum of sustainability, and affords those who do not rely on vehicle ownership—or who don't want to rely on vehicle ownership—more options.

Most recently, improvements have been made to promote cycling as a viable means of transportation, notably with the creation of dedicated on-street bicycle lanes on Calgary roads. While drivers and riders are still learning how to navigate the new cycling lanes and how to happily co-exist with drivers, there are now more safe options for cyclists to forego the car and ride to work or to run errands. It has become more than just a recreational pursuit as people transition to cycling as transportation.

"I love the new bike lanes and I think they work very well," says Campbell. "It is a great endorphin rush to ride my bike and I feel exhilarated when I have been on a ride. I feel alive, and I feel thankful for this."

Campbell has heard his share of drivers complain about roads being trimmed down to make room for cycle lanes, but thinks a lot of those gripes are psychological.

"A few years ago I took a transportation planning course at the University of Calgary where we learned about the five levels of traffic mobility, with an 'A' level indicating free flowing traffic and an 'F' level a fail: gridlock, says Campbell.

"Most people don't realize that it takes a very small number of bicycles to replace vehicles, perhaps 5%, in order for traffic on a road to be improved by a level on the scale."

Calgary's ever-enlarging multi-use pathway system connecting neighborhoods, parks and amenity centres, mixed with on-road cycling lanes, and tied together with landmark features such as the new Peace Bridge or the new pedestrian way under development between Chinook Shopping Centre and the nearby LRT station are examples of efforts the City has been making to create a more pedestrian-friendly city.

Continued on page 12

**Aanu Manor**  
"a place to call home"

## OPEN HOUSE

Sunday, July 23rd — 1 to 4 PM

Come and get a peek at Calgary's newest independent seniors community.

- 2 bedroom & 2 bathroom apartments
- Heated underground parking
- Full kitchen with granite counter tops
- Infloor heating & gas fire place
- 2 meals per day & snacks
- Free LifeLine service
- Weekly housekeeping
- Weekly outings and activities
- Pet friendly and much more

Starting at only \$4200/month Single occupancy

7018 24 Street SE, Calgary AB T2C 4X1  
Tel: (403) 250-1662:

Come Join Us At Calgary's Friendliest Casino

**cash**  
**casino**

**Best Bar None Casino Category Winner 2 years in a row**

♥ Hot Slots ♣ Las Vegas Themed Table Games

♦ 24 Hour Poker Room ♦

**New Senior's Menu**

\*Great Food \*\$4.50 Breakfast

**403-287-1635**

4040 Blackfoot Trail SE Calgary, AB

**Continued from page 13**

There is nothing new about reminding all of us of the excellent health and fitness benefits we can achieve by incorporating cycling and walking into our daily regimen. And it's all free for the taking.

And choosing to reduce our dependence on the car or foregoing car ownership entirely doesn't have to mean never driving again.

The emergence of so-called car-sharing services, such as the ubiquitous car2go, makes it relatively easy and inexpensive to borrow a car when we need to get a little further, faster, or to carry cargo. This is an increasingly popular service for those who live inside the designated service area, which is gradually being extended in Calgary.

Driving services are also becoming more prevalent and competitively priced with the emergence of ride-sharing services like Uber. With Uber, riders can connect with drivers simply by using the app on their smart phone, and can monitor the arrival of the car through the interactive map on their phone. It's an alternative to calling a taxi cab, especially in a city like Calgary where that can be a vexing experience at peak times.

The City of Calgary continues to invest in its LRT network, with aggressive plans to extend the service deep into Calgary's southeast, and eventually into the far north, connecting even the farthest reaches of the city.

Seniors can take advantage of inexpensive annual transit passes for unlimited riding, and technological advances make it possible for them to use their smart phone to find out exactly when the next feeder bus will be going by their street, so that they can plan exactly when to leave the comfort of home to head for the bus stop.

The key for cities that provide the best access for public transit is density—especially when it comes to cost-effectiveness—and this is something that Calgary, with its huge suburban sprawl, is a long way from. This can present an obstacle for those who might be thinking of transitioning away from so much driving.

The faculty of Environmental Design at the University of Calgary is in the early stages of study on how to build effective neighborhoods for aging in place. According to Dr. Beverly Sandalack, Associate Dean, the work is yet unpublished and they

have only begun to scratch the surface.

“Choosing somewhere to live that has a mix of uses would likely create more of an opportunity to walk to services and amenities. There is more of an emphasis lately on the quality of the public realm, which makes for better walking conditions and places to walk to,” says Dr. Sandalack.

“Denser environments also provide more opportunities for social interactions. This is important for all ages. They are also likely to have better public transportation, since a certain population threshold is

required to operate a bus or LRT system. Calgary is trying to encourage more density near these routes, so that locating near one of the transportation corridors is going to provide a greater range of services and amenities and likely be more walkable.”

New walkable, more pedestrian-friendly communities with higher density housing and extensive amenities and services are under development in Calgary now, and this will undoubtedly present more choices and options for seniors to consider. One needs only to look at the East Village, Currie, the newly

announced University City, and Mahogany communities as current examples already in the making.

Living in communities that allow us to walk to cafes, the library, grocer, doctor, and LRT can make it easier for us to get out of the car, improve our cardiovascular fitness, and mental health, and allow us to do our part to stave off climate change and meet our fellow citizens all at the same time.

Thinking about how alternative transportation options can fit into our life can be a good first step toward maintaining independence.

□



*Avid cyclist Colin Campbell, 84, has been peddling around the City for more than 40 years, and continues to commute via bicycle from his southwest Calgary home to the downtown core where he works as a structural engineer. Photo by Rita McGillivray.*



*“I didn't expect to bring Bella with me.”*

At Amica you can always feel at home. Expect premium amenities and personalized service with a range of care options. You can even bring your pet.

Independent Living • Assisted Living

*Expect More.™*

**Join us for our Strawberry Shortcake Social!**  
**Tuesday, August 1 at 2:30pm**  
**Call 403-240-4404 to RSVP**



**Amica at Aspen Woods**  
 10 Aspenshire Drive SW, Calgary  
 403-240-4404  
 amica.ca/aspenwoods  
 South of Bow Trail SW  
 off 85th Street SW

# HEAD-SMASHED-IN BUFFALO JUMP

## A cultural treasure in our own backyard

Story and photos by Dylan Reardon

Page design and layout by Winifred Ribeiro



The highest cliffs at Head-Smashed-In Buffalo Jump. Over the centuries, the cliffs have deteriorated: where once the highest cliff had a height of over 27 metres, the cliffs now range from 10 to 18 metres.

Nestled in the rolling Porcupine Hills of southern Alberta, sits the cultural and historically significant Head-Smashed-In Buffalo Jump.

Designated a UNESCO World Heritage site in 1981, Head-Smashed-In Buffalo Jump (or estipah-skikikini-kots in Blackfoot) is one of the oldest, most extensive, and best preserved sites in the world that illustrates the way of life of Plains people who subsisted on the vast herds of bison that roamed the prairies.

Our day trip to Head-Smashed-In Buffalo Jump began with a two-hour drive from Calgary, where the expansive prairies transform into a more rugged terrain characterized by rolling hills, rough sandstone

slopes, and scattered Douglas-fir and pine trees that dot the hills: hence where the region, which separates the prairies from the foothills of the Rocky Mountains, gets its name: the Porcupine Hills.

When we arrived at the site, we spotted the inconspicuous structure built into the side of a hill that makes up the interpretive centre. The sandstone-coloured structure, which opened in 1987, blends in with the surrounding environment, and sits directly south of the site of the cliffs used by Plains people to hunt.

The interpretive centre is unassuming at first sight, but really becomes imposing once you get up close. Upon entering, visitors can spot a host of taxidermy animals from the region while being greeted by friendly and knowledgeable staff who seem to take great pride in imparting the history and traditions of the Plains people.

According to our insightful tour guide, Conrad Little Leaf, bison provided the indigenous peoples of North America's Great Plains with many of life's requirements: meat for food, hides for clothing and shelter, bone and horns for tools, and dung for fires.

As we learned from Little Leaf and by making our way through the five-story museum which thankfully is equipped

with elevators), the primary means of killing large numbers of bison was the buffalo jump, where herds were stampeded over cliffs and butchered at the bottom.

Beginning around 5,700 years ago and continuing until the middle of the 19th century, countless thousands of bison were herded over the edge of the numerous cliffs, with drops ranging from 10 to 18 metres.

After making our way through the interpretive centre we reached the top of the cliff, where visitors can take a 10-minute walk to the buffalo jumps. The area atop the cliff has a wide stretch of prime grazing land where buffalo had access to food and fresh water.

A system of more than 500 stone cairns—used to direct the bison into drive lanes approaching the cliffs—begins 10 kilometres west of the cliff. Elite hunters, known as buffalo runners, were selected among the fastest and fittest to maneuver the buffalo into the cairns. Dressed in wolf skins and buffalo robes, the hunters corralled and funnelled the buffalo, until a stampede was in full effect. Other Plains people waved blankets and created noise at the edge of the cairn system to keep the buffalo inside the drive lane until the animals ran over the cliff.

The museum houses an 80-seat auditorium where guests can view a much more in-depth 15-minute video that depicts the buffalo hunt in sobering detail.

At the base of the cliffs today lie thousands of years' worth of skeletal remains—in some places 11 metres deep. In the 20th century—and in particular during WWII—the bone pits were mined by the Canadian military for their rich source of phosphorus, an agent used in the manufacture of bullets.

A short hike away is the site of the butchering camp: a kilometre-wide expanse packed with the remnants of tipis, meat caches, and cooking pits, and itself situated atop a metre of bison bones in some places.



Head-Smashed-In Buffalo Jump's interpretive centre opened in 1987, six years after the site was designated a UNESCO World Heritage Site.



Conrad Little Leaf is one of the interpretive centre's greatest treasures: a former teacher, he's a fountain of cultural and historical information, and extremely passionate about the Great Plains People—their past, and where they're going.



The views from atop the interpretive centre are breathtaking. On a clear day, the Rocky Mountains can be seen on the horizon.



(Left, top and right photos). The museum houses many exhibits and displays, with informative information that helps paint a picture of the site and its archaeological and culturally rich history for guests.

### Head-Smashed-In Buffalo Interpretive Centre

Located 18 kilometres (15 minutes) north and west of Fort Macleod on secondary Highway #785 (paved).

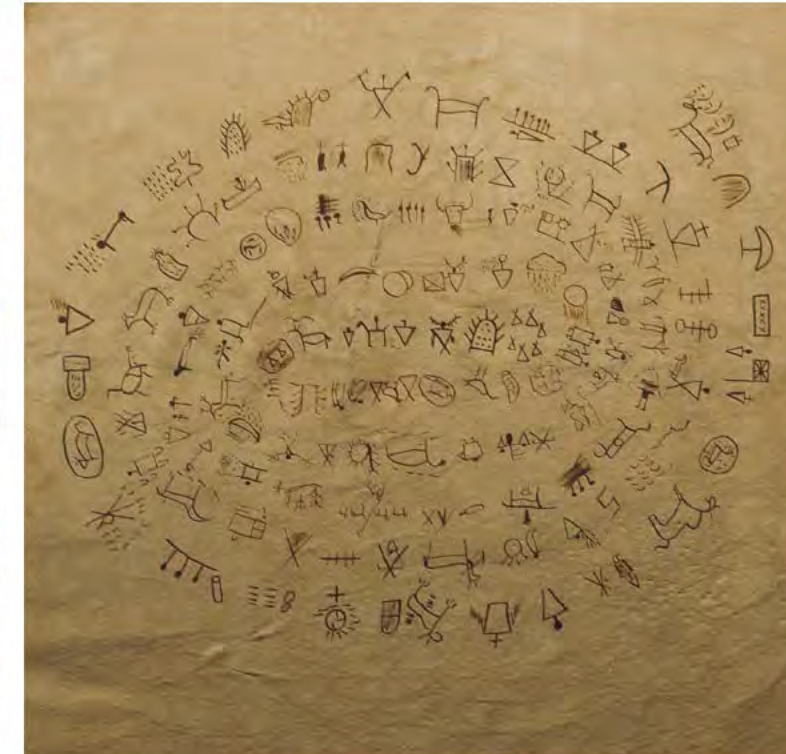
Phone: 1 (403) 553-2731



Taxidermy buffalo, and other animals, populate the interpretive centre.



For over 5,700 years, countless thousands of buffalo were herded off the cliffs. In some places, the bone remains are 11 metres deep.



Buffalo robes were used to record important events, including numbers of buffalo. This robe on display at Head-Smashed-In is a Piegan Indian winter count robe, and covers the years 1764-1879. Symbols on the robe indicate things like an outbreak of small pox and the end of the buffalo hunt.



Young men dressed in animal hides imitated the sounds of animals such as wolves or coyotes. It was the buffalo's instinct to flee these predators, and the Plains people used that in herding buffalo.

# YEEHAW!!! Kerby Centre's annual Stampede Breakfast is July 14



*Come on down to Kerby Centre's 25th annual Stampede Breakfast on Friday, July 14 from 8 to 11 a.m.*

*There will be pancakes, pork sausage (with beef for those who request it,) and watermelon.*

*Juice, coffee, and water will also be available.*

*Entertainment will be provided by the Gordie West Band, with fun and games for people of all ages.*

*So put on your western garb, bring along your appetite, and come party Stampede-style with Kerby Centre.*

*Everyone is welcome! Our address is 1133 7th Ave. S.W. □*

## Slow down. It's called retirement

By Heidi Thomson

Karen wakes up to the morning sunshine and has a cup of water. She watches the children get on the bus for school outside her apartment window, mothers waving goodbye to excited kids looking forward to the school day. Karen goes back to her couch and puts on some music. Her thoughts drift in and out and she stops her wandering mind by having some popcorn mid-morning. Some days Karen has laundry to

do, or the grocery shopping. Her son takes her over to his place for a quick lunch on his work break.

The afternoon is spent drinking water and pop and listening to music. She pauses to talk with her daughter. That daughter is me.

At around 4 p.m. she goes down to the social room in her mostly seniors building and talks to other residents who know the informal, regular time to chat. Karen goes back upstairs at 5 p.m., waits for her son to call to

check on her and then she eats the dinner he saved for her from last night's supper with his family.

Around 6 p.m. Karen chats again with her daughter and other son and enjoys more music until seven 7 p.m. when she talks to the friend whom she made out west, on the phone. Around 8 p.m. she takes her medication and goes to bed, often getting up in the middle of the night.

Believe it: Karen is happy even though she has been through a bout of cancer.

What is it that motivates Karen? What makes her tick? Is she alone in such a day's events or is it typical?

After hearing of others, I would say Karen has it pretty good for a senior. Yet, from my vantage point as middle aged, working age, solitary person with some family around, Karen's life seems more interesting and more boring than my own. I often question my mother as to how she can go for such long periods only listening to music. Yet, as you can see, there are many things that break up Karen's day.

What about the divorcee or solitary person who does not have a job? What about the senior who has no family around? What about the international student who is alone in a city for school and knows no one on campus? How can these people keep engaged and happy?

Some people enjoy television and music. Some don't. Many cannot afford basics and some cannot afford even these. They are worried about putting food on the table and paying their hydro bill. There are even people in Karen's apartment building who can't afford a telephone. Without subsidized housing, a basic senior's low income barely covers rent.

It is time to ask our federal and provincial governments to step up and recognize the realities of low-income seniors and those with disabilities.

Even the unemployed need better coverage. It is not something I want to look forward to, so why is it that we leave the elderly

and disabled in the margins of society while we sit back and enjoy our dinners out and movies at the theatre? Not only do most people have busy lives, they stay even busier with distractions such as these. If our society can afford such extravagances, wouldn't some of that money be better spent on a senior's telephone or coffee budget? And don't forget about the senior care that many of us could volunteer to do, filling our time up.

Many changes can be made, but one thing we can do is become better neighbours. Break out of your comfort zone and invite a senior for tea. Donate some bus tickets to the underemployed or disabled. Stay connected with family and don't forget about them. You could make their day, if not their life.

It is all a matter of perspective. Slowing down and settling is one of the keys to a successful retirement. We don't all have to work to be happy.

Most of us wish we could retire, but a bout of unemployment may change your mind. Save your retirement days for a time when you can't get around. Enjoy your youth while you can. Set up good relationships in advance, and then you won't be afraid to be alone when you are old. It is all in the planning.

After all, knowing you are taken care of in old age is one of the keys to a successful, happy life today. □

**Cooking for one is a lot of work. Now I can easily order balanced meals with free delivery!**



Made for Seniors

**Get delicious, frozen meals, soups and desserts delivered directly to your home.**



**Free Delivery\*. No Obligation. Delicious Choices.**

**Request your FREE Menu Catalogue Today!**  
1-844-431-2800  
HeartToHomeMeals.ca

**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

\*some conditions may apply.

# Yukio and Barbara Kitagawa: Honouring Canada's 150th Anniversary

By Jessica Babb

Yukio and Barbara Kitagawa have been volunteering since their teens. Now in their older years they continue to dedicate their time to worthy causes in any way they can. Most recently the couple has been lending their helping hands to the Vauxhall Baseball Academy.

"We've been raising money for them for 10 years, and [for] the 'Pennies for K's' for the last two years. That was something we thought we could do to generate more income for them" said Barbara. This is where the dynamic duo put their heads together and Yukio decided he would ride his bike 100,000 Kilometers in 10 years.

Since childhood, Yukio has been a determined individual. His family was interned during the war and were placed on a sugar beet farm in Diamond City.

"December 7, 1941 was pretty interesting, because from that point, and for the next seven years, that would be my fate. That whatever happens, whether it was the war measures act, the evacuation of all Japanese on the west coast—the internment—and the emancipa-

tion in 1948 . . . that's the way it's going to be for me," says Yukio.

He would complete tasks like bringing water from the well back to the family's home. At the age of six, he would walk with two buckets attached to a rod balanced on his back as he transported water.

Yukio's family then relocated in 1948 and settled in Lethbridge. This is where Yukio met not only his wife Barbara, but a mentor named Reno Lizzi.

"I used to sell newspapers on the street in Lethbridge. I would buy them two for a nickel, and sell them for five cents each," said Yukio.

"He came out of his haberdasher, bought a new paper from me, and befriended me, and then he mentored me as we went forward." The two grew close and when Lizzi passed away in 2005, they named a scholarship to honour him.

Yukio's cycling goal commenced on September 1, 2014, and since then Yukio has already ridden 40,075 kms, or to put it another way: the circumference of the earth.

Yukio's persistence was almost for not when he was

in a cycling accident early in that first year.

Barbara recalls the incident: "a cyclist took him out on April 21: he had a broken collar bone and fractured ribs," she says, noting the setback only cost them two weeks. "He got on the stationary bike at home and he just kept cycling."

Yukio wasted no time getting back out onto the road, having only cycled an estimated 2500 kms on the indoor bike.

"When he's outside riding, he might be out for about four or five hours. When he's doing that 80 kilometres in the house, it was condensed to about 3 hours so you're really pushing it" Barbara says.

Yukio adds, "You're dead tired, honestly."

On his 100,000 km journey, Yukio has battled not only the elements, but animals on his road.

"One day he hit a beaver," says Barbara, while Yukio laughs. "Yukio didn't see it, he said he thought he'd hit a rock."

When asked what keeps him motivated to keep persevering, Yukio says that seeing students graduate and go on to college is what inspires him.



"Remember, when we pass away were not going to know it, but hope that what we do somehow influences a young boy who's gone off to college, who's now become successful" he said.

The couple hopes these graduates will be inspired to give back to their communities.

"I like to say that in our 'portfolio' we don't get dividends back from what we spend on these kids. Our dividends are seeing them leave the academy as really great, young leaders of society, and I think a lot of the boys that leave the baseball academy really will be great leaders of tomorrow," says Barbara.

Vauxhall Academy has dedicated its weight room to Yukio and Barbara, naming it the Kitagawa Fitness Center, but Yukio remains a humble man: he continues to make great progress in the completion of his goal, cycling around 80 kms

every day, saying he styled his routine after Olympian, Clara Hughes, who cycled to raise awareness for mental health in her campaign with Bell Media.

"I thought, 'well gee, I could do something like that.' So I chose 100,000 kms, and let me tell you this: that's huge!" Yukio says, laughing.

With such determination and spirit it's no wonder Yukio is ahead of schedule. The couple say that they think Yukio will complete his goal in approximately five years, and not the 10 he had originally planned on.

*In honour of Canada's 150th, the Kerby Centre will be featuring a series of interviews throughout the year with inspiring older adults, written by Jessica Babb, a second-year broadcasting student at Mount Royal University. Visit: [www.kerbycentre.com/Canada150](http://www.kerbycentre.com/Canada150)* □

You've always wanted to explore this side of yourself. Why not now?

Consider Retirement Living at Revera in Calgary.

Come on in. Look around and stay for a meal. It's on us.

1-855-573-8372

reveraliving.com/JoinUs2017

- Chateau Renoir** 9229 16th St, SW.
- McKenzie Towne** 20 Promenade Park, SE.
- Scenic Acres** 150 Scotia Landing, NW.
- Evergreen** 2220-162nd Ave, SW.
- The Heartland** 47 Riverside Gate.
- The Edgemont** 80 Edenwold Dr, NW.



# ••• Community Events •••

## Saturday Night Dance Club Calgary

Saturday Night Dance Club Calgary has scheduled a "Howdy Partner" Stampede Dance to the music of Siera, for July 15. Participants are asked to dress Western. The music for the dance on July 29 will be by Joel Spire. Dances will take place at the Southview Community Hall, 2020 33 Street SE from 8 p.m. to 11:30 p.m. Doors open at 7 p.m. Cost for members is \$12, guests \$14. Singles and couples are welcome. A snack is included

and 50/50 draws. Please call 403-242-6957 before coming to a dance in case of changes. For more information visit [socialdanceclubcalgary.com](http://socialdanceclubcalgary.com)

## PROSTAID Calgary

On Sunday, July 2, PROSTAID Calgary will host an event from 10 a.m. to 3 p.m. at the Military Museums, 4520 Crowchild Trail. The Man Van will be on location offering free PSA tests to men 40+. Volunteers are needed to hand out PROSTAID Calgary promotional mate-

rials and brochures and also to sell 50/50 raffle tickets. For more information contact Kelly at 403-455-1916 or visit [info@prostaidecalgary.org](mailto:info@prostaidecalgary.org)

## The Epilepsy Association of Calgary

The Epilepsy Association of Calgary in partnership with the Easter Seal Camp Horizon will hold Camp Fireworks from Aug. 6 to 11 for kids and teens who live with epilepsy. This is an overnight camp filled with new adventures and friends, in a safe, medically supported environment. For more information call Gina Beasley at the Epilepsy Association of Calgary at 403-230-2764, or visit [epilepsycalgary.com](http://epilepsycalgary.com).

## Fish Creek Provincial Park

Fish Creek Provincial Park has a program to return the Park to its original natural wild state by planting

native streambank vegetation along the banks of Fish Creek. New trees and other vegetation will be planted to build riverside forests and habitat for wildlife, with the help of volunteers and donations. For more information on how to support this project.

Parks Day and Creekfest will be held on Saturday, July 15, from 11 a.m. to 4 p.m. at Bow Valley Ranch, at the south end of Bow Bottom Trail, to celebrate the 25th anniversary of the Friends of Fish Creek. The theme will be World Environment Day. There will be performances by Peter Puffin's Whale Tales, local musician Jennie Harluk, Alberta Parks' "Riddle of the Wetlands", a presentation by the Calgary Wildlife Rehabilitation Society, an interactive Yo-Qi Wellness Experience, guided walks,

hands-on activities and educational experiences. Food will be available for purchase, and there will be draws for prizes. For more information visit [www.facebook.com/creekfestinfishcreek](http://www.facebook.com/creekfestinfishcreek)

Wellness in Fish Creek will include Yoga, Spring Forest Qi-Gong, Full Moon Guided Meditations, and Painting Courses, all held outdoors. For more information.

Some basics of photography will be taught by Bob Bakker. The course will involve touring Fish Park in an open-air minibus, with stops along the way to take photos, try out techniques, and discussion. Participants need to bring a camera and the camera manual.

The Fish Creek Capture Nature Photography Contest will end on July 31.

For more information on any of these programs, visit [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org) □

## ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

### EXPERT UPDATE:

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

**DON'T DELAY GETTING HELP WITH YOUR HEARING!**

### RESEARCH SHOWS:

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

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

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



Mission Location: 202-320 23rd Ave. S.W., Calgary 403-252-4722  
Glenbrook Plaza 226-3715 51st St. S.W., Calgary 403-802-6022

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



## Corbett's Orbit:

### What the world needs now are smiles

By Bill Corbett

What is needed now is fellowship throughout this shrinking globe. And if Western democracies are truly humanitarian and peace-motivated, then they must lead the way. Muslims should be encouraged to set the right example for all Muslims. I am thinking first of Ayaan Hirsi Ali, who has emphasized in her books that the hard-line Muslims should be condemned, not simply excused, by all intelligent Muslims.

The second is Omar Saif Ghobash. Ghobash is the author of Letters to a Young

Muslim, and I highly recommend this book. The premise is that he is writing a letter to his son: he encourages him to be strong in his religion but to consistently apply his own intellect in realizing his individual faith. He must recognize that the core of Islamism actually permits one to modify its practice so that it is in tune with today's world. Just as with Christianity and Judaism, adaptation is essential. Ghobash writes in a father-friendly manner that could be a model for any effective dad-to-son message. Furthermore, this book is a must-read especially for someone needing

an understanding of the Muslim culture.

In my ESL teaching, I have encountered two Muslim women from Iran. The first one seemed to know little of Iran's history (i.e. that the country's original name was Persia.) In trying to become acquainted with her and her background, I found her fairly shy and passive. The second woman, a career woman, shrugged off my question about being hurt by the anti-Muslim backlash resulting from recent terrorist events. However, they each individually seemed determined to make a new life in Canada.

In his recreational-dancing circle, my middle son made a friend of one Muslim woman, a career woman. Then we became acquainted with her. Recently in a phone conversation with my terminally-ill wife, this woman was genuinely distressed. Sympathy and empathy are traits evident in all facets of society.

What can I, a lowly peon, do to promote global harmony? Before answering that, I am reminded of that glowing smile directed at me by that young woman in Morocco (see "Corbett's Orbit" column in the Dec, 2011 issue of the Kerby News.)

Or how about this for a start: the next time you are in a check-out line served by someone of a different culture, just give them your best smile. □

## THE MANOR VILLAGE AT ROCKY RIDGE

MOVE IN



THE MANOR VILLAGE

LIFE CENTERS

- Spacious 1 & 2 bedroom suites
- 24 hour onsite care teams
- Flexible meal plans
- Transportation services
- Fitness and exercise programs
- Daily activities and entertainment
- Physician and wellness programs

The Community with Heart♥

TODAY!

BOOK YOUR COMPLIMENTARY LUNCH & TOUR!

403-239-6400 450 ROCKY VISTA GARDENS NW, CALGARY

# Etzikom: Your stop between Writing-on-Stone and Cypress Hills



The Canadian National Historic Wind Power Centre in Etzikom, Alberta houses the largest collection of windmills in the world. Photo courtesy of Wikipedia.

By Jordan Lewans

Well-known in southern Alberta is Cypress Hills Provincial Park, named for the French voyageurs of the 18th century who erroneously called the place “les montagnes des cypress,” mistaking the jack pines for cypress trees; the area offers ample space for camping, fishing, and hiking.

Also well-known is Writing-on-Stone Provincial Park, for its indigenous petroglyphs and pictographs, as well its unusual nature experiences that afford visitors the opportunity to hike and climb through hoodoos.

Less well-known, however, is the Canadian National Historic Wind Power Centre, located in the unassuming hamlet of Etzikom.

Outside Etzikom’s former school, sit nearly twenty windmills donated from around Canada and the U.S. It may sound like a small number, but it is the largest collection of windmills of any museum in the world. One of these was originally located in Martha’s Vineyard, Mass.: a Dutch-style windmill, and a relic of exceptional rarity in North America.

Taking shelter from the prairie wind inside the

former school building, visitors can see century-old pianos with ornate finishes, fossilised shellfish, dolls dressed as exquisitely as royalty, and what a puma looks like face-to-face.

The Etzikom Museum and Historic Windmill Centre is open Monday through Saturday, 10 a.m. to 5 p.m., and on Sunday from 12 p.m. to 6 p.m.

Jordan Lewans is a History graduate from the University of Regina and assistant curator at the Etzikom Museum & Historical Windmill Centre.

## Prep your car for summer road trips celebrating Canada's 150th

Warmer weather means picking a spot on the map and gathering friends or family for an old fashioned road trip. And with Canada's 150th anniversary, this summer is the perfect time to hit the road and discover Canadian sights. Here's how you can get your vehicle ready for a long drive.

**Pack an entertainment kit.** This tip is especially important if you have kids.

Fill a backpack with fun things to do while you're on the road, like crossword and puzzles, books and magazines. Prepare a playlist with music everyone likes that can chill you out or amp you up, depending on what the situation calls for. If your passengers are planning on watching movies or shows, download them to your tablet or laptop in advance so you

don't use up all your cell-phone data.

**Stay safe.** Safety is a number one priority on every road trip, so make sure your car is up to date with its scheduled maintenance. Confirm that your auto insurance is in place and that you have everything you need to change a tire in case you get a flat. Don't forget to map out your route — including stops —

before leaving, and double check if any hazardous weather is expected.

**Make the interior clean and comfy.** Did you know outside air filled with road dust, pollen and odours can enter through your car's air conditioning system? These particles can make people cough, wheeze and be short of breath. So keep your air fresh with a cabin air filter that cleans the air entering the

vehicle's interior. The FRAM Fresh Breeze cabin air filter can remove up to 98 per cent of dirt, dust and allergens from the incoming air. It is the only cabin air filter that uses the natural deodorizing qualities of Arm & Hammer baking soda and activated carbon to absorb and eliminate odours.

© News Canada

## Tips to help seniors take flight

Travelling by air in the busy summer season can be challenging, especially for seniors with limited mobility or specific medical needs. Here, the Canadian Air Transport Security Authority shares their top tips and information that can make the passage through security a little easier.

Most liquids, aerosols and gels in carry-on baggage must be in containers of 100 millilitres or less, but this rule doesn't apply to prescription and over-the-counter medications. To assist screening officers, leave these items in the original manufacturer's packaging or with

pharmaceutical labels intact so they can be easily identified.

While passengers are often limited to one or two carry-on bags, medical supplies, equipment and mobility aids don't count toward that limit.

For those with mobility issues, CATSA has ceramic

canes available to traverse the walk through the metal detectors. Passengers in wheelchairs or with implanted medical devices — such as pacemakers, ostomies or joint replacements — have additional options and should communicate their needs clearly with screening officers. A

private search is available on request.

Find more air-travel tips on CATSA's website. Agents will also take questions toll-free at 1-888-294-2202 during regular business hours.

© News Canada

## Healthy eating starts at the grocery store

Warmer weather is here and many of us are looking to kick-start healthy eating plans. Here are some tips to get you on the right track.

1. Nutritional specialists say the first step to kicking those bad eating habits is to purge your fridge of unhealthy options and guilty pleasure temptations like ice cream, sugary drinks and processed, packaged foods.
2. Once you've removed the clutter and junk, organize your fridge and stock it with healthy options like fruit, veggies, nuts and cheese. For easy snacking, pre-cut your vegetables or make a fruit bowl, then place at eye level. When nutritious snacks are visible as soon as you open your fridge, you are more likely to make a healthier choice when hunger strikes.
3. An expert tip on packing produce is to make sure your refrigerator has enough storage space. Wholesome foods stay fresher for longer periods when your fridge is organized

and tidy. If you are in the market for a new fridge, look for one that has ample storage space like the LG InstaView Door-in-Door refrigerator. This fridge has more usable space than the average with the ice system located on the door. 4. For beverages, keep a water jug front-and-centre. Need some flavour? Infuse water with lemon, strawberries and cucumber, or make homemade iced teas. Learn to stay hydrated without the sugar or calories found in soft drinks and juices. 5. Finally, to avoid those nagging temptations, store your indulgences in an opaque stor-

age container and push to the back of your fridge. Out of sight, out of mind.

© News Canada

**Escorted Motorcoach Tours**

**BRITISH COLUMBIA SKEENA TRAIN**  
Inside Passage Cruise and train ride!  
8 days, July 16 and August 13 **guaranteed**

**YELLOWSTONE & MT. RUSHMORE**  
with Medora Musical & Pitchfork Fondue Dinner!  
8 days July 29 **guaranteed**

**CALIFORNIA WINE COUNTRY**  
Includes Napa Valley Wine Train!  
13 days, September 12 **guaranteed**

**MINOT NORSK HOSTFEST**  
Includes five entertainment shows!  
7 days, September 26 **guaranteed**

**NAGEL TOURS**  
www.nageltours.com

**40 YEARS OF SERVICE**

**403-717-9999 or 1-800-562-9999**

**Travel Insurance**  
**DON'T PACK WITHOUT IT!**

Wherever you plan to travel Canada? The world? it is wise to obtain emergency travel coverage.

**Manulife Financial Travel Insurance.**

For a free quote and to find out more call:  
**Lawrence Gerritsen**  
**403-804-4460 in Calgary or 1-888-804-4460 Toll Free**  
**email: lgerritsen@telus.net**

**Life Time Highs** Slots of Fun 2017-18  
"Traveling Together" **587-223-0203**  
cathymunro@lifetimehighs.club www.lifetimehighs.club

<b>WENDOVER Nevada</b> Sept 10-16 \$425.00 pp/dbl	<b>MOOSE JAW - Temple Gardens &amp; Casino</b> Sept 24-27 April 15-18 2018 \$399.00 pp/dbl
<b>COEUR D' ALENE CASINO &amp; RESORT</b> Oct 20-23 \$325.00 pp/dbl, 2 Days Shopping	Spokane Shopping Option Included Dec 5-8 \$315.00 pp/dbl, 1 day shopping
<b>Kananaskis - Stoney Nakoda</b> 2017: Oct TBA, Nov TBA, 2018: Feb 20 - 21, Call for Details	
<b>Bonniers Ferry, Idaho</b> 2017: Sept, 2017 Call for Details, 2018 Feb 3-6, June 3 - 6	<b>EDMONTON - RIVER CREE</b> Jan. 14 - 16 2018 \$269.00 pp / dbl
<b>Medicine Hat</b> March 2018 Date & Price TBD	<b>Camrose</b> May 6-8 2018 Price TBD
<b>Day Trips:</b> Rosebud Theater - Sept. 29, Nov. 28 Passion Play - July 23 Ask for Others!	
SERVING SOUTHERN ALBERTA - Calgary, Lethbridge, Pincher Creek and MORE	

<p style="text-align: center;"><b>MYSTERY TOUR #3</b> 4 Days - Departs Aug 21, 2017 - \$639.00 3 nights accommodations, 2 breakfasts, 1 lunch, 1 supper and entrance to 4 attractions</p> <p style="text-align: center;"><b>HISTORIC DEADWOOD</b> 7 Days - Departs Sept 2, 2017 - \$719.00 Great Falls and Mineral Palace Deadwood All breakfasts included Mount Rushmore and Crazy Horse Memorial</p> <p style="text-align: center;"><b>KOOTENAY - OKANAGAN TOUR</b> 6 Days - Departs Sept 17, 2017 - \$859.00 3 Hot Breakfasts and Steak BBQ Dinner Radium, Roseland, Vernon, Three Valley Gap Hot Springs, Okanagan Boat Cruise, Winery Tasting, Orchard Tour and much more....</p> <p style="text-align: center;"><b>HISTORICAL CITIES TOUR</b> (Quebec City, Montreal, and Ottawa) 8 days - Departs Sept 19, 2017 - \$2999.00 Return air flights from Edmonton/Calgary 7 nights Superior Accommodations, 7 Breakfasts, 3 Suppers, Guided City Tours, Boat Cruise, Parliament tour, Notre-Dame Basilica and more....</p>	<p style="text-align: center;"><b>CASINO AND WINE TOUR</b> 6 Days - Departs Sept 24, 2017 - \$819.00 5 nights accommodations, 3 winery tours and tastings, boat cruise, SS Sicomous museum, Gatzke Orchard and Davison's Orchard tours.</p> <p style="text-align: center;"><b>BONNERS FERRY GAMBLING &amp; SHOPPING TOUR</b> 4 Days - Departs Oct 15, 2017 - \$344.00 3 nights accommodations at Kootenai River Inn Day trip to Spokane for shopping</p> <p style="text-align: center;"><b>HARRISON HOT SPRINGS &amp; VICTORIA FALL TOUR</b> 9 Days - Departs Oct 18, 2017 - \$1179.00 8 nights accommodations - 2 Salmon Arm, 2 Harrison Hot Springs, 4 Victoria, 2 breakfasts, 1 supper City tour of Victoria, Butterfly Gardens, Butchart Gardens, Kilby Historic Site and more.....</p> <p style="text-align: center;"><b>Toll Free :</b> <b>1-866-460-0777</b> www.promotiontours.ca</p>
<p>Prices based on per person double sharing + GST on Cdn. portion</p> <p><b>Full Trip Details can be found in our 2017 Brochure and Website</b></p>	

# Airlines to be grounded by public outcry



By Mansoor Ladha

I was nervously sitting at Calgary airport waiting to board my flight. Would I be bumped? And if I board the flight, would they drag me physically from my seat to give it to one of the airline's employees?

These kinds of pertinent questions started cropping up in my mind. I even started rehearsing my response in the event such a thing would happen to me. Times have changed; a ticket paying passenger it appears has no rights. He/she can be bumped any time in preference to an airline employee.

As travel writer, I have to travel to various parts of the world on assignments. Hence, I was natu-

rally depressed when I saw the incident on United Airlines in April when a passenger was physically removed from the aircraft because the airline was overbooked and apparently needed a seat for one of its crew members.

I cannot believe that in the United States where there is fierce competition between airlines that United staff can be that senseless as to give priority to their staff in preference to a fare paying passenger. Common sense should have dictated to them that it's the passenger who is paying their salaries and the bills for the airline's operation and not the staff. I am not working for an airline so I am unaware of this overbooking practice but my question is why would they deliberately overbook in any case?

Another incident of airline insensitiveness was recorded later when an American Airline employee was involved fighting with a woman over a stroller, forcing another passenger to intervene and making the woman cry.

Who do these airline employees think they are?

In a third recent incident, a woman in Canada was bumped with the result that she missed her holiday flight worth \$10,000. American Airlines has suspended an employee after a video showed an altercation on one of its planes involving crew, several passengers and a crying woman carrying a young child.

I remember being at Chicago's O'Hare Airport once when an announcement was made that they were overbooked and were asking for someone to volunteer to give up the seat in exchange for another free ticket or something to that effect. Someone was enticed with the offer and that was the end of it.

If the airlines are making it their habit to overbook, then maybe the public should ask before making the booking whether they are overbooked or not before booking the flight because you don't want to board a plane and then go through the process of being dragged between the aisles

and treated like a criminal. In the United incident, the passenger happened to be a doctor and not a vagabond from the street. One can understand how demeaned he would have felt at the treatment given to him by United staff.

The aftermath of the incident revealed another sordid airline episode; United CEO Oscar Munoz had the audacity in his first interview to say that he supported his staff who followed the procedure. If an airline's procedure is to drag a passenger between the aisles, then I wonder why they call themselves the friendly skies? I don't see the treatment as friendly at all.

United's CEO apologized and said it will never happen again after the outcry from the public in the social media. As expected, the passenger, Dr. Dao, has sued the airline for being mistreated. A settlement has been reached and I hope the good doctor, who suffered a broken nose, got a few million to compensate for the suffering, humiliation and loss of respect.

The federal government has finally decided to act by proposing an air passenger Bill of Rights which would establish clear, minimum requirements for compensation when flights are overbooked or luggage lost.

As an aside, the United incident has provided a field day on social media. Several people have coined phrases as a joke suggesting different motto for the airline. to get back at United. Below are selected versions that I liked. "Drag and Drop;" "We put the hospital in hospitality;" "Board as a doctor, leave as a patient;" "Our prices can't be beaten, but our passengers can;" "We have First Class, Business Class and No Class;" "Not enough seating, prepare for a beating" and "We treat you like we treat your luggage."

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

# Team Kerby raises \$12,400 in Calgary Marathon



Olga Belke, 92, of Calgary participated in the Calgary Marathon on May 28, in support of the Diana James Wellness Clinic. Belke, who does approximately three of these Marathons annually, takes part in the general craft group at Kerby Centre. Photo by Kari Stone.

Funds raised to go to Diana James Wellness Clinic

By Dylan Reardon

Staff, volunteers, members, friends, and family of the Kerby Centre who participated in the Calgary Marathon on May 28, raised a whopping \$12,400. All funds raised will go to the Diana James Wellness Clinic.

Among the Team Kerby participants was Olga Belke of Calgary, who, at 92, completed the 5 km marathon in 1:06:45.

Belke, who participated in the Calgary Marathon with daughters Marion and

Norma, is a seasoned pro when it comes to marathons, performing on average three 5 km marathons per year for the past number of years.

"I train on Monday and Wednesday at the Renfrew exercise room, and on Tuesday, Thursday, and Friday I walk by myself around my condo for at least 30 minutes," says Belke.

The Diana James Wellness Clinic is a vital resource for Calgary's aging population, and offers a variety of services: clients can drop-in to have blood pressure, blood glucose, and weight checks; the clinic has information on a host of different health-related topics, from

weight control, proper use of medications, home supports, disabilities, and health practitioners.

The clinic also offers a foot clinic, where both basic and advanced foot care is provided by appointment. This service helps people with vision problems, arthritis, diabetes, and other medical conditions to look after and maintain proper foot health.

Over 400 clients use the Diana James Wellness Clinic each year. The clinic is located on the third floor of the Kerby Centre. For more information or to make an appointment, phone 403-234-6566. □



Team Kerby, from left to right: Meaghan LeBlanc, Aditi Sharma, Lauren Riley, Geoff Cleaveley, Barbara James, Michaela Gagne, Ellen Johnson, Marion Belke, Olga Belke, Norma Cinq-Mars, Matthew Murphy, Cathy Chung, Christine Duffy, and Kari Stone. Missing: Brigitte Abresch and Dorothy Aukland. Photo by Ted Tian

Real Estate	Over 30 years experience
Mortgages	Ph: 403-297-9850
Wills & Estates	Fax: 403-297-9855
Powers of Attorney	<b>GORDON W. MURRAY</b>
Personal Directives (Living wills)	BA., LLB.
Notary Public	• Barrister • Solicitor • Notary
Corporations	#104, 2003 - 14th St. N.W.
	Calgary, Alberta T2M 3N4
	gmurray@murraylaw.ca



**Life and liberty**  
by liberty forrest

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

You want to give up. Okay. I can relate to that. But first, be very clear about one thing: there's a big difference between 'giving up', and accepting that a situation will not be improved by your further efforts. And sometimes, to continue might even be to your detriment. The trick is in figuring out which is which.

If you do give up, what will happen? Or what won't happen? And can you live with whatever that is in either case? Will it keep you stuck and not allow you to move forward?

If you're thinking about giving up, I'll bet you're really tired. But is that the reason you want to give up? Being tired can distort your perception of things. It can make everything seem bigger, worse, heavier, more. So if you think that's a big part of why you want to give up, perhaps you could just take a rest instead.

Maybe you're feeling like one of those big, inflatable clowns that kids punch in the face so it falls over, but then it springs back up. Maybe you've been punched so often, you're deflated, flattened, and you think you can't get back up yet again.

Yeah, I can relate to that, too.

So haul out the repair kit, patch up the tear, and get up again. I'm well aware

# So...you want to give up. And then what?

that in doing so, you're essentially saying to the Universe, "Okay! Bring it on! Slam me again!"

But even if all you get is flattened one more time, you can still pop back up again. And again. And again. You just have to decide to do it. Yeah, I know you might have reached a point where you really don't want to get up one more time, and you're asking me, why do you have to decide to do it?

It's quite simple, really. Life sucks if you just stay there, deflated and miserable on the floor. If you get back up and try again, there is always the chance for improvement. If you don't, there isn't. Yes, you might get knocked down again but so what? It sucks, I know, but is that a good reason to stop trying? To accept that it sucks and sit there and complain about how miserable things are?

I guess that's your choice, but if you want to feel better, then you have to keep trying until you are quite clearly shown that it's time to stop and do something else instead.

Sooner or later, the Universe will get bored with your refusal to give up. Or you'll learn to brace yourself for the punches and not get knocked down and then you'll be punching the air and yelling, "Checkmate!"

But at the minute, your king's in peril. Your pawns are almost gone. And you've lost a bishop and a rook. Yet you've still got your queen.

Do you expect life to be easy? Okay, so maybe you're thinking it didn't have to be this hard. Well, I have no answers about why it is. I can speculate, but it doesn't really mean anything in the grand scheme of things. Whatever possible reasons there might be as to why life has to be so impossibly miserable sometimes are really just our helpless

human ramblings, our feeble attempts at making ourselves feel better.

We don't know whether it's all 'meant to be' or random, meaningless misery without a point. We don't know whether we choose this stuff before we get here or whether it's dumped on us by some Supreme Being who has decided it for us. We don't know if it's fate or free will or a little of both. We can guess, we can believe, but we do not really know.

And even if we did, would it change anything? Your life would still unfold as it's going to unfold, whatever that means, and however it happens. Hating it because it's hard, or being fed up and tired because it's nothing but struggle — none of that will change even if you get some Big Brilliant Flash of Awareness with a personal memo from the Divine Source of All.

You're still going to have to put one foot in front of the other and get through your life, one day at a time. Or one minute at a time, when it gets really bumpy.

So what are you going to do with those days? Those minutes? Do you really think that giving up on the harder parts of life will make the rest of it any better? Do you really think that if you look at your challenges and say, "I can't! I quit!" that whatever comes after it will be better than it is now?

I rather doubt it. Because I'll bet that whatever it is you're trying to do, whatever it is that you want to give up on was designed to make the rest of your life better in some way. It would enhance, improve, or lead to something. Whether it's big or small, you wouldn't have been bothering if there wasn't going to be some benefit for you.

So why would you throw that away, unless you're absolutely certain that you've done all you can do, and that it is really and truly time to accept that you cannot do any more?

The bottom line is this: If accepting the situation and stopping is best for you, if continuing means you're flogging a dead horse which will only prevent you from moving forward (and may, in fact, be detrimental to you), then do it. But if you just can't be bothered to try again, or if you're just tired, slow down. Take a rest.

Look at the situation. Forget the pieces you've lost and remember your remaining bishop, your rook, and those few pawns. Remember your queen and how much power she wields. Then plot her next move.

And don't stop until it's the right thing to do. □

## Swan Village at Eversyde Avenue – Calgary's Best New Active Lifestyle Retirement Community

RESERVE  
BY JULY 31<sup>ST</sup>  
& RECEIVE  
\$150/MONTH OFF  
RENT FOR A YEAR

Mosey on down for some Calgary Stampede fun at our

### STAMPEDE BREAKFAST

Enjoy live entertainment, a petting zoo  
and stampede games & activities.

**Friday, July 7<sup>TH</sup>, 2017**  
**8:00 AM – 12:00 PM**

**CALL TODAY TO BOOK YOUR TOUR**  
Well Appointed Suites, Assisted Living & Memory Care

2635 Eversyde Avenue SW, Calgary  
**587-433-2622**  
Open Daily: 10AM – 5PM  
[www.originswanevergreen.ca](http://www.originswanevergreen.ca)

\*Credit will be reflected on monthly statement for 1 year after 60 days. Limited time offer. Based on availability. Not to be combined with any other offer. Must reserve suite by July 1st, 2017 with move-in between June 1st and September 15th, 2017. E. & O.E.

**Are you 71?  
Happy Birthday!**

If you turn 71 this year your RRSP will become a RRIF by December 31st.  
Do you understand this change?  
Do you have a plan?  
For a clear explanation please call or e-mail [lgerritsen@telus.net](mailto:lgerritsen@telus.net)

**Lawrence Gerritsen**  
at 403-804-4460

**Portfolio Strategies Corporation**

# punched-up popsicles

Page design and layout by Winifred Ribeiro



Excerpted from *Glow Pops* by Liz Moody. Copyright © 2017 Liz Moody. Photography copyright © 2017 Lauren Volo. Published by Clarkson Potter Publishers, an imprint of the Crown Publishing Group, a division of Random House LLC, a Penguin Random House Company, New York. Reproduced by arrangement with the Publisher. All right reserved.

If you like smoothies, you'll love *Glow Pops*. Blogger Liz Moody takes your favorite treat to the next level with 35 nutrient-filled recipes that will make you glow from the inside out. They're fast, flexible, and packed with superfoods to boost your brain power, clear your skin, rev your metabolism, and much more. Whether you like the classics—think Chocolate Fudge, Cookie Dough,

and Neopolitan—or prefer more adventurous combinations like Turmeric Golden Milk, Avocado Chile Lime, and Strawberry Cardamom Rose Lassi, *Glow Pops* has a pop for every palate. It's as easy as a whiz in the blender and a pour into molds. The hardest part is waiting for the pops to freeze!. These tasty and inviting frozen treats make healthy living easy and fun.



## CARDAMOM CINNAMON SWEET POTATO<sup>©</sup>

Kids go nuts for these sweet and creamy pops. Cardamom has a citrusy, spicy-sweet flavor, and is commonly found in Middle Eastern and Scandinavian cooking in both savory dishes and desserts. While it's packed with vitamins and minerals, particularly iron, potassium, and manganese (one teaspoon contains 150 percent of your daily requirement), many of its health benefits are thanks to its essential volatile oils, which work in the body in a more potent, medicinal way. Recent studies have shown that consumption of cardamom reduces the incidence of colorectal cancer, and helps to treat it as well. It also controls hypertension, lowers cholesterol, and aids in digestion. Sweet potatoes are no health slouch either, with each of these pops boasting 100 percent of your recommended daily vitamin A, a potent antioxidant that boosts your immune system and helps with eye health. The only sugar in this recipe comes from the fiber-packed sweet potatoes and dates, making it a great light breakfast or hearty snack.

### MAKES 5 OR 6 (3-OUNCE) POPS

Roasting a sweet potato helps caramelize its sugars and bring out its innate sweetness. My approach, described below, is super simple—I don't even wash the sweet potato first, as I'll be discarding the skin. I love to eat leftover sweet potato mash with a pat of butter or ghee, a dash of vanilla, and a generous shake of cinnamon—it is a great, filling snack.

- 1 large sweet potato
- 3/4 cup canned coconut milk or homemade milk of choice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 4 Medjool dates, pitted, soaked in boiling water for 10 minutes, and drained
- 1 teaspoon pure vanilla extract

- 1 Preheat the oven to 400°F. Place the sweet potato on a parchment paper-lined baking sheet and roast for 45 to 60 minutes, or until very soft. Remove and let cool completely.
- 2 Halve the sweet potato and scoop the flesh into a blender, discarding the skin. Add the remaining ingredients and blend until very smooth.
- 3 Pour the mixture into pop molds and freeze for 1 hour, then insert sticks and freeze for at least 4 hours more, or until solid.



## WHITE CHOCOLATE CHIA STRAWBERRY<sup>©</sup>

This pop is one of my favorite summer breakfasts—the good fats and fiber in the chia seeds and strawberries offer more than enough substance to power me through to lunch. Cacao butter, the pressed oil of the cacao bean, creates the white chocolate flavor. Like cacao powder and nibs, both long recognized as superfoods, the butter is rich in antioxidants; oleic acid, which has been shown to reduce the risk of heart disease; and theobromine, which raises energy and alertness levels.

### MAKES 5 OR 6 (3-OUNCE) POPS

You can use cocoa butter in place of the cacao butter if you prefer. They're essentially the same thing, but cocoa butter has been processed at higher temperatures, causing it to lose some of its antioxidants.

- 2 tablespoons cacao butter
- 4 Medjool dates, pitted, soaked in boiling water for 10 minutes, and drained
- 1 cup canned coconut milk or homemade milk of choice
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt
- 3 tablespoons chia seeds
- 2 cups hulled fresh strawberries
- 1/4 cup water

- 1 In a small saucepan, melt the cacao butter over low heat, stirring frequently. Transfer to a blender; add the dates, milk, vanilla, and salt; and blend until very smooth.
- 2 Place the chia seeds in a large glass jar or container, then pour the milk mixture over them. Stir thoroughly, then let sit for 30 minutes until set into a gel. Meanwhile, puree the strawberries in a blender until smooth, adding water 1 tablespoon at a time as necessary to reach the desired texture.
- 3 In alternating layers, fill the molds with the chia mixture and strawberry puree. Freeze for 1 hour, then insert sticks and freeze for at least 4 hours more, or until solid.

## SPICY ARUGULA JALAPEÑO PINEAPPLE<sup>©</sup>

Attention, spicy food fans: This pop is for you. A play on a salsa from one of my favorite Mexican restaurants, this pop is a sweet and spicy dream. The pineapple cuts through the fiery jalapeño, and the arugula, which has a peppery, earthy flavor, acts as a spicy complement. These are amazing if you feel yourself coming down with a cold, as one jalapeño contains 18 percent of the recommended daily vitamin C, and its spiciness can help clear mucus from your nose and throat. Like all hot peppers, jalapeños contain capsaicin, which has been shown to help with weight loss, especially in the stubborn belly fat area, in addition to offering protection from cancer and heart disease. Be careful to remove the seeds and all the white membrane from your pepper before blending, though, or your tongue might get a bit more heat than it's ready for!

### MAKES 5 OR 6 (3-OUNCE) POPS

- Zest and juice of 1 lime
- 1/2 banana
- 1 cup arugula
- 1 cup fresh or frozen cubed pineapple
- 1 jalapeño, stemmed, seeded, and deveined
- 3/4 cup coconut water
- 1/8 teaspoon salt
- 1/2 teaspoon pure vanilla extract

- 1 Blend together all the ingredients until very smooth.
- 2 Pour the mixture into pop molds and freeze for 1 hour, then insert sticks and freeze for at least 4 hours more, or until solid.

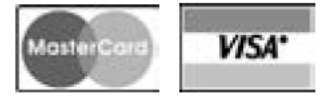


# Classified Ads

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

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

**Classified Rates**  
Starting at \$18.50\* (50 characters 2 lines)  
Classified deadline for August issue must be received and paid by July 6.



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

**10 Health**

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

**11 Foot Care**

**All About Seniors** is now offering quality Footcare services. Provided by a certified professional foot care specialist with a caring approach and a gentle touch.  
403-730-4070  
[www.allaboutsensors.ca](http://www.allaboutsensors.ca)

Fabulous Foot Care by Rose  
Specializing in seniors with high risk and at risk feet.  
Contact Rose 403-971-8379

Putting a "spring" back into your step!  
We are more than foot care.  
[www.albertasmobilefootcare.ca](http://www.albertasmobilefootcare.ca)  
Call now 403-512-2429

**Special promotion for new clients.** Call Becky @ 403-472-8885 for details.  
Advanced foot care nurse, specialized in Diabetic foot, fungal, ingrown nails, corns and callouses.

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

**Who Else Wants To Have BEAUTIFUL FEET This Summer?** Your feet can look and feel better this summer than they have in YEARS! Certified Pedicurist, Marion Smith-Olson treats athlete's foot ... persistent fungus issues ... cracked, flaking, and misshapen toenails ... as well as other foot ailments. LOVE your feet, and show them off, this summer! Call Toes On The Go Footcare at 403-620-7851 today for more information.

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

**12 Home Care**

**BLISSFULNATURE.NET**  
Certified Holistic Nutritional Consultant, at your service! Home cooked meals, grocery shopping, meal planning, companionship, and light housekeeping. Please call Meriah 403-827-1253

Caring For You YYC:  
All inclusive seniors care services. 25% off your first service. Contact Rose: 403-971-8379

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

**just4familyservices.com**  
housekeeping/meal prep, In/out of home companionship. Accompany appts shopping. Corinne, Kathy 403-590-2122  
[just4familyservices@shaw.ca](mailto:just4familyservices@shaw.ca)

Respite at my house on weekends or weekdays with lots of experience.  
Call 403-251-2767

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

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

**13 Mobility Aids**

You Deserve Your Independence  
Call for your **FREE MOBILITY & ACCESSIBILITY CONSULTATION**  
Advantage Home Health Solutions 403-460-5438  
AADL Vendor

**20 Home Maintenance**

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

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

Handyman Services by the hr painting small drywall work ceramic tile int finishing & almost any type of handyman work Ph or text Bob 587-580-7705  
Classic Home Inspections & Handyman Services

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

Stair Lift  
Wheelchair Lift  
**MAINTENANCE.**  
**ADVANTAGE HOME HEALTH SOLUTIONS**  
403-460-5438  
AADL Vendor

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

**Millennium Contracting Ltd**  
For all your exterior home repairs/replacements. Roofing, siding, soffit, fascia eaves troughs, etc. Pls check full details on our website [millenniumcontracting.ca](http://millenniumcontracting.ca) or ph Shawn at 403-703-9132. I am a Kerby Centre member and a general contractor in Calgary for over 25 yrs.

**Quality Painting**  
Responsible & senior friendly over 25 yrs exp on residential paint. Senior Disc. Reliable, Personal Service, Reasonable rates. Free Est. Call Les 403-863-0212

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

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

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

**24 Landscaping**

**Action Lawn Care**  
eaves trough cleaning, hedge trimming. Karl/Frank 403-651-3900

Gardening, Landscaping Handyman  
No job too small  
Window Washing, Art Work  
Call Brian 403-230-7729

**"THE YARDIST LTD" TREE & SPRAY SERVICE**  
Tree pruning/tree removal/fertilizing/insect & disease control. Certified arborist. Licensed. Insured. Sr Discount. Ph: 403-242-3332

Local Lawn Company offering excellent service Catering to NE/SE Calgary for 17 years. Weekly / Bi-weekly & Holiday Lawn Care /Deep Core Aeration / Edging/ Hedge Trimming / Eaves Cleaning  
**A Plus Lawn & Snow**  
403-248-0357

**26 Services**

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

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

**Corinne's Home Hair Care**  
In the comfort of your own home. Perms, cuts, & styling. Pls ph: 403-589-2069.

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

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

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

**GEEK COMPUTER**  
PC Repair  
Setup TV / Netflix  
Serving Canada over 25 years  
Senior Discount Available  
403-560-2601

**Home Residential Services**  
House cleaning, wkly, biweekly, monthly. Decluttering, organizing, house/pet sitting. 30 yrs exp bonded & insured. Pls leave msg or text for Liz 403-519-3004

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

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

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

The Garbage Hauler 1 piece or whole bunch of garbage. Also carpet cleaning available, call now. Call Don @ 403-383-9864

Was Grandad in WWI or WWII? Join historian, author **Susan Raby-Dunne** and follow their footsteps. Taking small, customized tours of the Canadian battlefields in Europe. Intimate and unforgettable. Includes a keepsake booklet specific to your family. Contact: **Canadian War History Tours** 403-689-3990 [cdnwarhistory@icloud.com](http://cdnwarhistory@icloud.com)

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

**30 For Sale**

2 Grave sites Mtview Cemetery Garden of Apostles \$1500 ea or both for \$2500 + transfer fee. Leave message 403-242-4781

Large gray, powerlift chair, purchased Fall 2015, excellent cond was \$3000 asking \$1500 Ph: 403-251-4096

New Platinum Complete power lift recliner, beige, \$750. Ph 403-280-7329

Niche for 2 Mtview Gdns cremation fee, opening/closing fee 403-285-2695

On suite for rent in exchange for senior assistance. 403-282-9855

Rare S X S plots in desirable Gdn of Serenity, each plot accommodates 1 casket/2 urns. Value \$7200 ea. \$ negotiable. Ph 403-660-2416

Two Acorn chairlifts for sale, each has 7 steps. \$1,000. 403-272-1404

Walking sticks  
Custom made. Starting at \$40.00 Ph 587-356-2719

**Continued on page 25**

# Reverse Mortgages: the myths and facts

Reverse mortgages have evolved from a needs-based product to a product many financial planners recommend as an important component of a comprehensive retirement plan

**Myth:** The bank owns the home.

**Fact:** The homeowner always maintains title ownership and control of their home, and they have the freedom to decide when and if

they'd like to move or sell.

**Myth:** Those with a reverse mortgage will owe more than their house is worth.

**Fact:** HomEquity Bank's conservative lending practices allow clients to take a maximum of 55% (33% on average) of the home's appraised value. In fact, 99% of HomEquity Bank's clients have equity remaining in the home when the loan is repaid.

**Myth:** Reverse Mortgages are too expensive because the rates are high.

**Fact:** HomEquity Bank rates are modestly higher than regular mortgages because there are no payments required. HomEquity Bank offers rates as low as prime +1.25%\*.

**Myth:** A reverse mortgage is a solution of last resort.

**Fact:** Many financial professionals recommend a reverse mortgage because it's a great way to provide financial flexibility. Since it's tax-free money, it

allows retirement savings to last longer.

**Myth:** A Home Equity Line of Credit (HELOC) is a better option.

**Fact:** HELOCs are a good short-term borrowing option for people who can pay the interest and loan in the near future. However, HELOCs are callable loans and there exists significant risk of non-renewal or cancellation.

In comparison, a reverse mortgage is a long-term financial solution that won't be called based on economic changes such as interest rates increasing, property values decreasing, or a change in the homeowner's income. Also, money from a reverse mortgage provides the ability to prolong retirement savings.

**Myth:** Surviving spouses are stuck paying the loan after the homeowner passes away.

**Fact:** Surviving spouses can choose to remain in the home without having to make a payment unless they

choose to sell the home.

**Myth:** The bank can force the homeowner to sell or foreclose at any time.

**Fact:** A reverse mortgage is a lifetime product, and as long as property taxes and insurance are in good standing, the property remains in good condition, and the homeowner is living in the home, the loan won't be called even if the house decreases in value. Reverse mortgages provide peace-of-mind that the homeowner can stay in their home as long as they'd like.

**Myth:** The homeowner cannot get a reverse mortgage if they have an existing mortgage.

**Fact:** Many of our clients use a reverse mortgage to pay off their existing mortgage and debts, freeing up cash flow for other things.


For any additional questions, contact Paul Brick by phone at 403-271-6474 or by email at paul.brick@shaw.ca. □

## FINANCIAL PLANNING TODAY

### Topic: Reverse Mortgages and Understanding CPP and OAS benefits

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

**LOCATION:** Kerby Centre -1133 7th Ave SW  
**ROOM:** Kerby Centre Dining Room  
**DATE:** Wednesday, August 9, 2017  
**TIME:** 9:00 am – 11:00 am  
**COST:** Free Presentation

  
 Kerby Centre

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

Please **RSVP** to Rob Locke  
Director of Fund Development  
**403-705-3235** or  
[robl@kerbycentre.com](mailto:robl@kerbycentre.com)

## How to conquer gardening pain

The long, sunny days of summer are returning, and that means it's time to dust off those gardening tools. But if you experience long-lasting

body pain, yard work might be easier said than done.

Gardening and weeding involve a wide range of motions, including kneeling, squatting, twisting and lifting, engaging many muscles and joints. These movements can exacerbate existing pain, including arthritis pain, if not done right.

Try these tips to minimize pain when gardening:

**Limber up:** Tend to yourself before tending to those precious flowers. Stretch your arms, back, wrists and hamstrings prior to planting — your joints and muscles will thank you.

**The right gear:** Choose tools that help ease the burden on your body. Use a wheelbarrow to carry bags of soil and other heavy materials across the yard and wear knee pads to reduce the strain on those joints.

**Relieve your pain:** A non-prescription pain reliever can help you focus on your gardening tasks without your pain holding you back, and also relieve pain after a grueling day in the soil. For those tired of taking multiple doses of pain relievers in a day, just one Advil 12 Hour pill provides effective pain relief and keeps working for up to 12 hours — visit Advil.ca for more information.

**Proper technique:** Proper technique and positioning reduces strain on muscles and joints. Bend your knees when lifting heavy objects and alternate between heavy and light activities to avoid repetitive-motion injuries.

These tips are suggestions. As always, consult your health care provider with any health concerns. □


© News Canada

### Leave a Legacy of Inspiration

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


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

- Anonymous donor

  
 Kerby Centre

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

Please choose to make a difference today.



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

For Information please contact Rob Locke at [robl@kerbycentre.com](mailto:robl@kerbycentre.com) (403) 705-3235

**YES, I wish to make a contribution in support of Kerby Centre**

Amount Enclosed \$ \_\_\_\_\_


Monthly Pledge \$ \_\_\_\_\_

Payment by:

Cheque  Visa  Mastercard

Credit Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_

  
 Kerby Centre

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

Please choose to make a difference today.

Please send tax receipt to (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2  
Contact us at 403-705-3235 or email to [funddev@kerbycentre.com](mailto:funddev@kerbycentre.com) Charitable Registration #11897-9947-RR0001

Continued from page 23

**33 Wanted**

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

Dog sitter needed for sweet, small, clean, 8 yr old dog. To stay in our home - Douglasdale or yours, odd weekends here and there + 3 weeks in Jan 18 call Rosemary 403-271-1700

**Wanted**  
**Radio controlled airplanes. Have you quit the hobby? I would be interested in buying planes, parts, kits, radios, and etc. Phone Reg 403-271-1119**

**45 For Rent**

Basement apt avail July 1. Interviews now. 5 mins to SAIT, buses/train. 1000 sq ft. Suitable for sr male or sr couple. Partly furn, clean, safe, quiet, no pets, NS, 1 yr lease. Owner upstairs. \$900. Ph: 403-289-2271 email: cdjones1408@shaw.ca

**Sooke BC Pacific Coast**  
Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl. \$1000/mth. 403-720-8609  
No pets, no smoking.

**48 Real Estate**

**ADULT ONLY CONDOS**  
ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS  
www.CalgaryAdultCondos.com  
**No Hassle. No Obligation**  
Debra & Peter Molzan  
RE/MAX House of Real Estate  
403-605-3774

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

Don't forget about Kerby Centre's Annual Stampede Breakfast on Friday, July 14th from 8:00am until 11:00am  
Everyone is Welcome!

**\* SW Adult Only Condo \***  
2 Bdrm—full kitchen & In suite laundry  
Price Just Reduced  
XXXXXXXXXXXXXXXXX  
**\* Harvest Hills Villa \***  
2 Bdrm, 2 1/2 Bath  
Fully developed walk out bsmt, attached garage, Excellent location, close to bus, shopping etc.  
Call: Debra or Peter Molzan  
Re/Max House of Real Estate  
403-605-3774  
[www.TheMolzanTeam.com](http://www.TheMolzanTeam.com)

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

*Kerby Centre Classifieds get read!*

**Want your ad here?**  
**Book a spot for next month's Kerby Classifieds today**  
**Call 403-705-3249**

**50 Relocation Services**

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

ABC MOVING specializes in relocating seniors from one place to another.  
\$\$ low low rates \$\$  
Call Don at 403-383-9864  
[www.abcmoving.ca](http://www.abcmoving.ca)

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

**Looking for ten good men**

U of C study looks to understand how cardiovascular fitness in males affects longevity and quality of life

By Rita McGillivray

We hear it everywhere these days: there are now more people over the age of 65 living in Canada than there are people under the age of 15. As baby boomers born between 1946 and 1965 have now arrived firmly in the phase of life we fondly refer to as the senior years, we should not be surprised that this stage of life is now moving front and centre of social, cultural, political, artistic, financial, and scientific thought these days.

Shaping a new 'elder culture' of powerful, healthy, and happy senior citizens must in part come from knowledge gained through scientific study and discernment about how the body ages, and attempting to discover the possibilities available to us with regard to how we age physically.

At the University of Calgary, the Human Performance Lab in the Faculty of Kinesiology is conducting ongoing research to better understand how physical activity levels impact cardiovascular fitness and its effect on longevity and independent living.

The process of aging is typically linked to a decline in cardiovascular function. This decline in function can be evaluated in different ways, but the school of thought is that aging and cardiovascular impairments are synonymous.

What if this is not necessarily true?

University of Calgary Masters student, Mitchell George, and Professor Juan Murias are delving into this very question right now.

"Some of our previous work has shown that the decline in cardiovascular function is not always related to aging per se, but to the fitness level of the participants," says George.

"Given that cardiovascular fitness is the strongest independent predictor of function and independence in the elderly, understanding how and to what extent being in a higher fitness level bracket can help decrease the decline in

cardiovascular function and thus prolong independent living in the senior population is very important."

The study has been working with 50 male participants both young and old with varying levels of physical fitness training in their lives, and the search is on now to find the final 10 men aged 65-75 willing to join the study and help complete the data collection for the project.

"Currently, we are looking for our last 10 participants and we need to bring to the laboratory some less physically active individuals between 60 and 75 years of age.

To be clear, being less physically active does not mean being completely sedentary, according to George, "but it implies not being regularly involved in long periods of exercise/physical activity.

"For example, if you go for a 45-60 minute brisk walk four to five times a week, then you would be considered very active. However, if you live independently but do not

commit to too much exercise, you would be the type of person that we need to complete our study."

Baby boomers have been making waves from the very beginning and now have a chance to inform science, shape policy, and take actions that might be the next game changer for living longer, better lives.

"These findings would inform the public about the benefits of being physically active/fit. One of the long-term goals of our research is not only to reach out to the individuals, but also to policy makers so that strategies for keeping seniors highly active and fit are implemented."

If you want to be a part of this field of study, you can email or call the Faculty of Kinesiology, or Mitchell George [mitchell.george@ucalgary.ca](mailto:mitchell.george@ucalgary.ca) or 902-870-4481.

George hopes to have the study wrapped up late this summer, with findings expected to be made public at a later date. □



**Personalized High Quality Dentures from the Denturist who Cares!**

- New Complete & Partial Dentures
- Implant Dentures on your implants
- Relines — same day hard acrylic or soft base
- Repairs & Adjustments
- Consultations & referrals



**Call to Book Your Appointment: 403-251-1522**  
[www.oakridgedenture.com](http://www.oakridgedenture.com)

**At the Oakridge Co-Op mall**  
**Ample free parking!**  
**See us at Suite 49, 2580 Southland Drive SW**

Charles Gulley, DD, F.C.A.D.  
Denturist - Denture Specialist






## Crossword Puzzle

**PREMIER CROSSWORD/** By Frank A. Longo **BEFORE THE BRITISH INVASION**

- ACROSS**
- 1 "Glinda of Oz" author
  - 5 — de deux
  - 8 Finking sort
  - 11 Award for excellence
  - 19 "Give that — cigar!"
  - 20 Milky and iridescent
  - 22 Orchestral introduction
  - 23 Start of a riddle
  - 25 Fishel of "Boy Meets World"
  - 26 Dice, e.g.
  - 27 "Yoo- —!"
  - 28 Zodiac sign before Virgo
  - 30 Relaxed
  - 31 Riddle, part 2
  - 37 Boating tool
  - 38 Suffix with butyl
  - 39 Jewish round dance
  - 40 Slalom curve
  - 41 Old Dodge models
  - 43 Foreigner
  - 46 Glove worn at first base
  - 48 Logging tools
  - 52 Riddle, part 3
  - 56 Facet
- DOWN**
- 1 Audi rival
  - 2 "Yeah, that's the spot!"
  - 3 Mythical beast
  - 4 — Picchu (Inca site)
- ACROSS**
- 59 Preminger of cinema
  - 60 Thereabouts
  - 61 With
  - 62-Across, student's grade booster
  - 62 See
  - 61-Across
  - 64 Siberian dog
  - 67 Catering hall receptacle
  - 69 Feeling sick
  - 70 Infomercial host Popoil
  - 71 Riddle, part 4
  - 75 The Great Lakes' —
  - Locks
  - 76 Start for cycle
  - 77 Big NYSE event
  - 78 Name of Amazon Echo's personal assistant
  - 79 Buzzing (with)
  - 81 — nova
  - 83 Feedback fill
  - 86 Gel in a lab
  - 88 Extra details
  - 89 Riddle, part 5
  - 94 Has an itch
  - 95 Towed-away car, maybe
  - 96 Wren dens?
- DOWN**
- 97 Actress Pfeiffer
  - 101 Hosp. zones
  - 102 Bar brew, in Berlin
  - 104 "— already said ..."
  - 106 Vain sort's problem
  - 107 End of the riddle
  - 115 Uproar
  - 116 "— a go"
  - 117 Tart's cousin
  - 118 Golf's McIlroy
  - 119 Journeyed
  - 122 Riddle's answer
  - 127 Nephew, e.g.
  - 128 Non-piercing bit of jewelry
  - 129 Nephew of Abel
  - 130 Appraises
  - 131 Big insurance company, for short
  - 132 Bro's counterpart
  - 133 Look at leeringly
- ACROSS**
- 5 Woolen ball on a hat
  - 6 Kwik-E-Mart proprietor
  - 7 Younger Obama girl
  - 8 Glancing rebound
  - 9 Actress Ortiz
  - 10 Part of ATM
  - 11 Beckett's "Waiting for —"
  - 12 Some gametes
  - 13 Football's Dawson
  - 14 Moisture-removing additives
  - 15 Geyser stuff
  - 16 City on the Arkansas
  - 17 "Stormy Weather" composer
  - Harold
  - 18 Like some marshes
  - 21 Maned beast
  - 24 "Fingers crossed!"
  - 29 Beguile
  - 31 Yucky stuff
  - 32 Slam into
  - 33 Large meal
  - 34 Skye of the screen
  - 35 Is leaked
  - 36 Villa d'—
  - 42 Covered with frosting
- DOWN**
- 44 Thin and graceful
  - 45 "A Mighty Fortress — God"
  - 47 They're uncertain
  - 48 Female, e.g.
  - 49 Craftsperson
  - 50 Military commander
  - 51 "Giant" skiing events
  - 53 Still sleeping
  - 54 Arthur Conan —
  - 55 Sells from a cart, say
  - 56 Covered with brushwood
  - 57 Smelted stuff
  - 58 University in Granville, Ohio
  - 63 Basketball's — Thomas
  - 65 Stockpile
  - 66 — Kan (old brand of dog food)
  - 68 Raises
  - 72 Most needy
  - 73 Tests
  - 74 Bedevil
  - 80 Walk across a creek
  - 82 Rte. parts
  - 84 Nile biter
  - 85 Second-rate
  - 87 Very, to Verdi
  - 90 Screws up
- DOWN**
- 91 Rare blood type, for short
  - 92 Lima-based flag carrier of 1973-99
  - 93 Tesla rival
  - 98 Rejecting
  - 99 Custard ingredient
  - 100 Greek dawn goddess
  - 101 Swamp birds
  - 103 Foot or shoe part
  - 105 Sharpening belts
  - 107 SAG- (labor union)
  - 108 Angler's aids
  - 109 Spoken tests
  - 110 Star bursts
  - 111 Pokes fun at
  - 112 Of financial matters: Abbr.
  - 113 Gets better
  - 114 "— ed Euridice" (Gluck opera)
  - 120 Fleur-de- (royal emblem)
  - 121 Eden dweller
  - 123 Laugh syllable
  - 124 12, to Nero
  - 125 Loudness: Abbr.
  - 126 WNW's reverse

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
19				20			21				22										
23				24							25										
	26					27				28	29			30							
31	32				33				34			35	36								
37			38				39				40										
41		42		43	44	45				46	47			48	49	50	51				
			52		53					54				55							
56	57	58			59					60				61							
62			63			64		65	66			67	68			69					
70				71	72					73	74					75					
76				77								79		80							
81		82			83	84	85			86		87			88						
89					90					91	92				93						
94					95					96					97	98	99	100			
				101						102	103				104	105		106			
107	108	109	110							111					112	113		114			
115										116						117		118			
119																					
										120	121				122	123		124		125	126
																128				129	
										131						132					133

Solution on page 27



Elite 55 Club and Cowboys Casino Present:

# LATINO FIESTA

Thursday August 3 | 11AM - 4PM

*Mexican Buffet \$8*

Free Slot Tournaments Prizes & Giveaways

Lunch reservations are required - please contact Jane at jmitton@cowboyscasino.ca or call 403.514.0900 ext. 7076

www.cowboyscasino.ca

## Sandra G. Sebree

Lawyer

*Serving our community for over 20 years*

1909 17 Ave SW  
Calgary, AB T2T 0E9

Ph. 403 • 228 • 8108  
Fax. 403 • 228 • 8109

Wills & Estates  
Real Estate  
Free House Calls Available



Proud supporter of the Royal Canadian Legion  
email:sandrasedree@sebreeclaw.ca www.sebreeclaw.ca



### NORTH HILL DENTURE CLINIC

STEVE SAILER DD

DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.

Full Cosmetic Denture Services For A Personalized Smile, Implant Retained Dentures — The New Standard Of Care.

Free Consultations • All Dental Plans Accepted

- Same Day Service On Repairs/Relines
- Alberta Health Care Program For Seniors

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre

**403-282-6126**

## Sudoku Puzzle


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

Solution on page 27



## JURASSIC WORLD

Released June 2015 (2 hours & 4 minutes) Rated PG  
Action/Adventure/Sci-Fi

Friday July 28, 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 The Lodge at Valley Ridge

# Letters to the editor

## Re: The Legacy of Kerby Centre Founder Patricia Allen (May 2017)

I wish to say “thank you” for the excellent article in the May issue of the Kerby News entitled The Legacy of Kerby Centre Founder Patricia Allen.

I think it is very important that the story of Kerby Centre, and how it started, be told. I was one of the many volunteers who, inspired by Patricia’s vision and determination, worked from 1973 until 2008, to make Kerby Centre a reality. Planning and fund-raising for the Adult Day Program and Kerby Rotary House for abused seniors were two of the larger and more innovative projects in which I was involved.

As you are aware, Patricia received the first Master of Social Work degree from the Faculty of Social Work at the University of Calgary when it started in 1969. In order to keep her vision alive, I have initiated the Patricia Allen Memorial Graduate Scholarship at the University of Calgary. This will financially assist graduate social work students studying or researching in the field of gerontology and/or senior care.

Thank you again for an accurate and timely tribute to my wife of 68 years, Patricia Allen.

—Grant Allen, Calgary

## Lack of affordable dental care in Alberta

Seniors are entitled to dental coverage through Alberta Health and various seniors’ benefits offered by the province, and for many that is enough. But some require more dental care than that, many through no

fault of their own.

Once you venture into major restorative procedures, the prices you’re quoted can reach upwards of \$20,000.

Granted, minor surgeries such as root canals are covered, but the coverage is never enough. For other procedures it’s simply not a viable option for the majority, let alone those on fixed incomes.

It’s asinine to think that in one of the richest countries in the world, one has to choose between having teeth extracted, or paying electricity or buying groceries. Why do we, who worked and paid taxes for 50-plus years in this province, have to make that choice simply because we were blessed with bad teeth? Many medical procedures are extraordinarily

expensive, and yet [society] provides those. and yet, dental is not. Why?

Dental care is health care. If “universal health care” is our right as Canadians, dental care should be as well. It should be regulated and wrapped into the health system, and dentists should be treated the same as other specialist providers.

—Joan C., Calgary



## Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB  
403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager

## Answers

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

Both puzzles on page 26



## CBI HOME HEALTH

### Regular, Advanced and Diabetic Foot Care

We treat all types of foot and ankle conditions

Healthy feet are crucial to overall good health. Early detection, intervention and education of any problems with your feet can help you maintain your mobility and independence.

- Toenail trimming and filing • Reduction of thickened nails
- Fungal nails and nail bed • Ingrown and involuted nails
- Corns and calluses • Foot fungus • Diabetic foot

Our Foot Care services are offered in your home or in one of our Foot Care Clinics

Book an appointment today  
1.888.288.1243  
footcare@cbi.ca  
CBI.ca/HomeHealth



# Business and Professional Directory

**HANDY HELPERS**  
Need help with tasks around the house? We can help you! Some of our common requests are: Home building maintenance, minor plumbing repairs, painting, cleaning, gutter cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, and on more technical work, & much more.  
Call Jim at 403-992-9274  
E-mail: HandyHelpersCalgary@gmail.com  
Website: www.HandyHelpersCalgary.com

**CBC Foot Products Ltd.**  
Seniors helping seniors  
**SENIORS PROMO**  
FREE orthotics & lift chair  
FREE foot assessment FREE mobile service  
Call now to see if you qualify  
202, 203- 7475 Flint Road SE  
403-259-2474

**NATIONAL PHILATELIC SHOW**  
**BNAPEX 2017 CALTAPEX**  
Exhibition, Bourse and Auction  
Sept 1-3, 2017  
\$2 off at Dealers with this coupon  
**Hyatt Regency**  
700 Centre Street SE, Calgary, Alberta  
www.bnaps.org/bnapex

**SENIOR'S DISCOUNT**  
**Rob's Roofing Solutions**  
403-700-0600  
Roofing / Siding,  
Soffit / Fascia,  
Gutters' / Downspouts  
robroofingsolutions.ca  
Licenced Insured WCB 403-700-0600

**HOME RENOVATIONS AND REPAIRS**  
Alberta Government Seniors Home Adaptation and Repair Program will cover most repairs, renovations and adaptations in and around your home up to \$40,000 with home equity loan.  
No payments until you move or your home is sold.  
You must be at least 65 and have more than 25% equity in your home.  
Call Erwin 403-863-8513 for help and reputable contractor referral.

**The Estate Lady**  
Wills, Powers of Attorney, Personal Directives  
Estate Probate/Administration Applications  
**Kimberly Wallace**  
Paralegal, Commissioner for Oaths  
25+ Years' Experience  
Phone: (403) 870-7923  
Email: kimmieann@telus.net

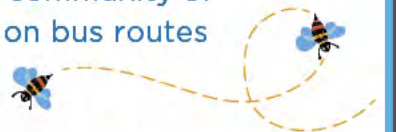


# RIVERVIEW VILLAGE

## AFFORDABLE HOUSING

### Rental Incentives on Select Suites

**RIVERVIEW VILLAGE** is made up of three buildings and offers affordable, comfortable rental accommodation for independent seniors and others, in a well-maintained park-like setting. Located in the southeast community of Dover in Calgary, Riverview Village is conveniently located on bus routes and close to shopping.



**KANERVA HOUSE** is one of the buildings that make up Riverview Village offering one-bedroom suites for adults, ages 60+.

**2945 26 Ave SE,  
Calgary, AB T2B 2N5  
Call: 403.272.8615**

## OPEN HOUSE at Kanerva Wednesdays 11am-3pm



Embark on the journey of a worry-free style of living

### SUNDANCE ON THE GREEN

A CARING COMMUNITY BY BETHANY

Starting from the **\$200's**



**1 & 2 Bedroom Suites are NOW available!**

**OPEN HOUSE**  
**Wednesday**  
**July 5, 12 & 19**  
**11am-3pm**



- A 99-suite life lease adult community for seniors to live actively & independently
- Life lease holder has full control of the length of leasing agreement
- Guaranteed buy back at fair market value
- Well maintained property and grounds
- A pet-friendly building with common areas for activities
- Spacious open-concept suites

**3 Sunmills Green SE Calgary, AB T2X 3N9**  
**sundance@bethanyseniors.com www.bethanyseniors.com**

403.210.4600  
or 1.888.410.4679

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

