

# Kerby News

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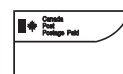


*Supertrain: where the young at heart share their love of trains. Story and photos inside.*

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*Happy  
Father's Day*



18 June, Father's Day  
20 June, Summer Solstice  
21 June, National Aboriginal Day



Kerby Centre

1133 - 7th Ave. S.W.  
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# Kerby Centre: a warm place to bring your friends this summer

## President's Report Zane Novak

Spring is finally here, and before long we will be showered in a steady stream of sunshine.

Last winter felt long to me, taunting us with moments of warmth amidst a torrent of cold, grey skies, rain, and more snow than I care to enjoy.

But Calgary is a city that lives for those moments of warmth; a city that embraces the sunshine, the emerald hues of grass and leaves as they come out of hibernation, and the explosion of colours that bloom in the spring. Because our summers are at times fleeting, I believe we truly appreciate our warm days more than almost any other city.

With the passing of the snow and cold, it makes getting out of our homes

easier, which means coming to the Kerby Centre is easier than ever. Throughout the spring and summer, we continue all of our drop-in activities. Take a look at our activities page and consider coming by and trying out a new activity.

Our groups are always welcome to newcomers, so bring a friend. You and your friends might discover a new hobby or interest that will lead to your enjoying

that activity year-round. I am quite sure that the more you involve yourself and others within the Kerby Centre, the more friends you will make.

Don't forget to mark Friday, July 14th on your calendar. This is the day that Kerby Centre will be having our Annual Stampede Breakfast. It is one of our most-attended and celebrated events. I look forward to seeing all of you there. □

### JUNE 2017

Front page: Photo by Dylan Reardon

Design by Winifred Ribeiro

#### KERBY CENTRE'S MISSION:

To assist older people to live as well as possible for as long as possible as residents in the community.

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#### Kerby News

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## CEO's Message Luanne Whitmarsh

I absolutely love walking the many pathways and communities in Calgary to see the flowers bloom! I also love watching people digging in the dirt, pruning trees and bushes, pinching buds on flowers and then it gives me great pleasure to watch how those folks stand

## June showers bring July flowers, or at least that's my story

back and admire the fruits of their labor. We live in a challenging climate — a short growing season comparatively — but, having the flowers and gardens flourish is such a pleasure.

So much to do and see — and mostly for free! The message this month is 'just do it'... walk, ride, be pushed, or glide through our communities. And, grab a friend to share the experience!

I sincerely wish Kerby Centre had green space that we could offer, but it is definitely planned for our

new location. We know the value of nature, flowers, and vegetable gardens and to have touch-down spaces to ponder life and to meet up with existing or new friends. It would be lovely to have a space for the staff to sit during breaks and have meetings outside too — what a wonderful thought!

This is YOUR opportunity to get outdoors, walk, ride, run or push and experience beauty wherever you live.

Be well — and be good to yourself. □

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# Kerby Centre's 25th Annual Stampede Breakfast

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FREE**





### News from City Hall

EVAN WOOLLEY  
Calgary Councillor for Ward 8

## Strengthening communities through Neighbour Day

One of my biggest goals when running for office was to build, nurture and grow diverse and activated neighbourhoods. While all of our communities might look different, the thing that makes Calgary so great are the people who live here. Passionate and engaged Calgarians are found in every corner of our city, and it's been awesome to meet so many of them in my role as your City Councillor so far.

Our inner city and established communities are not

only diverse in age, gender, income, and ethnicity, but also in what they value in a city. These different perspectives are a big part of the constant dialogue surrounding how we make our neighbourhoods better. Personally, I think the best way to increase and improve our city is to get to know each other.

Neighbour Day is held every year on the third Saturday of June and is an opportunity for neighbours to come together. The idea is to meet your neighbours,

make new friends, have fun, and maybe work together on a project that benefits the entire community. Whether you're having a front yard barbecue, a garden party, a street clean-up or setting up some games in a local park, I encourage you to be a part of the neighbourhood you want.

For every other day of the year, The City of Calgary offers a wide variety of community-based programs and special events for children, youth, families,

adults, and seniors across Calgary. There's a range of opportunities to take advantage of to help build strong and inclusive neighbourhoods where citizens are empowered, connected, and involved.

Make Saturday, June 17th the day you get to know your neighbours! Visit [www.calgary.ca/neighbour-day](http://www.calgary.ca/neighbour-day) for ideas to help you celebrate or contact my office at 403-268-2431 or [ward08@calgary.ca](mailto:ward08@calgary.ca) for more information. □



### This month in Edmonton

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

## Making life affordable for Albertans

My focus is on making Alberta the best province it can be, and that includes ensuring all Albertans have access to services that make life affordable. I have been working with my MLA colleagues to ensure everyone is supported as we surface from the recession, securing a strong and healthy future for Albertans and their families.

The foundation for a strong and healthy community starts with a childhood that supports children for future success as independent, stable and productive adults. Our government remains committed to moving forward on quality, affordable, and accessible childcare, which was a part of our platform. Twenty-two pilot Early Learning and Child Care Centres (ELCC)

were launched May 1st, many of them opening throughout the summer. The ELCC is based on a maximum of \$25/day child care. Currently, child care in Alberta costs an average of \$1,000 per month, or \$50/day. ELCC Centres will create 1,296 licensed child care spaces, 119 new child care jobs, and will support 357 Albertans in entering the workforce. Five of these centres will be based in Calgary with a total of 320 spots. ELCC will respond to a number of gaps in the existing child care system, including affordability, diverse needs of children and flexible hours for parents.

Our government is also responding to the need of affordable housing. Calgary

has an average residential housing price of almost \$500,000, with rental rates averaging around \$1,300/month. As part of the Alberta Jobs Plan's \$1.2 billion investment, government expects to renew and build more than 6,000 affordable housing units over the next five years. In March, \$5.7 million in funding was approved to support the planning of 14 affordable housing projects throughout the province. Five of these projects are in Calgary, with one just outside the Calgary-Buffalo constituency.

A large part of ensuring living affordability is meaningful employment. In partnership with the Government of Canada, the provincial government has launched the

Employer Liaison Service pilot program in April. This service will help workers find new opportunities with employers across the province who are looking to fill highly-skilled positions. We have an exceptional pool of talented, well-trained and motivated workers in Alberta and our government is working with federal government to ensure these Calgarians are first in line for available jobs. This two-year pilot project will provide valuable insight to help us develop strategies to respond to labour challenges across various sectors and regions in Alberta.

As always, if you ever have any questions, you may contact my constituency office at [Calgary.buffalo@assembly.ab.ca](mailto:Calgary.buffalo@assembly.ab.ca). □



### This month in Ottawa

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

## Improving Alberta's justice system

to fill vacancies on the bench," Kaufmann, Calgary Herald, Sept. 28, 2016).

In 2016 one judge in particular – Court of Queen's Bench Chief Justice Neil Wittmann – was blunt in his assessment. Of the previous federal government's treatment of Alberta's justice system he said this:

"The previous federal government wouldn't even authorize the appointment of the number of judges that the Alberta government had, by statute, said they require. In my opinion that is constitutionally impermissible." ("Alberta judge shortage at 'breaking point'", Grant, CBC News, Oct. 26 2016)

In some cases a trial would have a wait time of one or two years before it was even seen by a judge. It's this undermining of a legal sys-

tem by starving it of resources that underserves Albertans and Calgarians, and has ensuing costs to commerce, jobs, and justice for Canadians.

That's why in 2017 our government is creating 28 new federally-appointed judicial positions, to help address demographic pressures in regions like Alberta and ensure that Canadians have timely access to justice in Canada – through an investment of \$55.1 million over five years and \$15.1 million per year thereafter, as well as legislative amendments.

This is in addition to the good work that provincial Justice Minister Kathleen Ganley is doing with a recently announced boost in funding, adding new judges to provincial courts, and hiring 50 new Crown prosecutors (and 30 support staff).

All Canadians — no matter

their means – should have the right to a fair trial and access to a modern, efficient justice system. We are committed to ensuring that our justice system is fair, relevant and accessible to all Canadians by helping economically disadvantaged people in obtaining legal assistance and representation.

In Budget 2016, we committed to an additional \$88 million over five years for legal aid funding partnerships with the provinces and territories, and today we have announced an additional \$30 million per year in ongoing funding. These new funds will make more legal aid available for those who need it and will support new ways of delivering services. Performance measurement will also be added to make sure legal aid funding is doing what it needs to do.

Our 2015 platform was built for Alberta – by immediately working to ease EI rules for those hit by the commodity downturn, investing in carbon pricing to create a consensus to approve (and to soon build) four pipelines to foreign markets, and by working with international partners to open up new markets. I take my role as the cabinet minister from Calgary seriously, in supporting veterans as Minister of Veterans' Affairs, and work every day to make sure that we can continue to build this city.

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

When Judges are in the news condemning policies and demanding action it's typically a bad sign ("Top Alberta judges condemn trial delays, demanding Parliament acts

### Disclaimer:

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

# 4 stress management tips for seniors

Retirement should be your golden years — a time to relax, play golf and connect with loved ones. However, not everyone makes the transition smoothly, especially if living with a health condition like diabetes.

“For all seniors, it's important to know how to reduce stress and manage health conditions. But for those living with diabetes, it can be even more complicated,” says Toronto endocrinologist Harpreet S. Bajaj, MD, MPH. “It's important to know what lifestyle changes can help you feel your best or what technology is available to make your life even simpler.”

## Canada's wetlands important home for many native species

Did you know that wetlands offer essential habitat for as many as 600 species of wildlife in Canada?

“Preserving wetlands and the biodiversity within them is so important to maintain those species. But at the same time, our population continues to grow and feeding people is a challenge because there's only so much available land,” explains Paul Thoroughgood, a regional agrologist with Ducks Unlimited Canada, an organization that conserves, restores and manages wetlands and associated habitats for waterfowl.

Farmers have access to the very best plant science technologies that help them overcome this challenge. Technologies like pesticides and plant biotechnology allow farmers to grow more food on the country's very best farmland, which saves natural habitat areas from being turned into farmland.

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Here are few tips to help you reduce stress and enjoy your golden years.

**1. Get outside:** Fresh air is a simple remedy that provides restorative health benefits. Explore the outdoors, read on a bench, or grab a coffee with a good friend. It's important to value physical and mental health, and discovering the great outdoors benefits both.

**2. Find a furry friend:** Pets can help provide soothing comfort and improve overall well-being. Known to reduce stress, animals can be loving companions with positive lifestyle effects. Cuddle with your cat or walk a dog and experience their fun-loving nature.


**3. Stay on top of your health:** A disease like dia-

betes can be difficult to manage, but new technology and mobile apps are making it easier. The Contour Next One meter and its app make it easy for people with diabetes to use their smartphones to manage the condition. The system features an easy-to-use wireless smart meter that connects to the app to store and analyze patient blood sugar levels. Patients have a greater sense of independence and less anxiety over maintaining optimal blood glucose levels. The new meter also uses coloured lights to quickly indicate if a reading is too high, too low, or within target range, making results simple to understand.

**4. Breathing exercises:** Taking a moment to focus on breathing is important. Breathing exercises are a convenient and effective stress reliever that can be easily incorporated into your daily routine. Inhaling

deeply and taking controlled breaths will help diminish anxiety and leave you in a state of calm and self-awareness.

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<b>www.kerbycentre.com</b>		Fund Development	403-705-3235 Work with members and community to provide funding for Kerby Centre's vital programs funddev@kerbycentre.com	Kerby News Editor	403-705-3229 editor@kerbycentre.com
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Adult Day Program	403-705-3214 Socializing and health monitoring program for physically and/or mentally challenged older adults adp@kerbycentre.com	Thrive	403-234-6571 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. thrive@kerbycentre.com	Kerby Rotary House	403-705-3250 (24 hour) Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness. shelter@kerbycentre.com
Diana James Wellness Centre	403-234-6566 Health services including footcare wellness@kerbycentre.com	Housing	403-705-3231 Assists older adults in finding appropriate housing housing@kerbycentre.com	Volunteer Department	403-234-6570 Volunteers are the heart of Kerby Centre volunteer@kerbycentre.com
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				CEO Luanne Whitmarsh	403-705-3251 luannew@kerbycentre.com

# Protecting your nest egg and yourself from elder financial abuse

By Nicole Tuncay

## June 15 marks World Elder Abuse Awareness Day

Elder abuse can take many different forms, including physical, emotional, neglect, and financial abuse. Financial abuse

is one of the most frequently identified and reported types of elder abuse in Canada—yet, it goes underreported, making it difficult to understand the scope of the problem.

Seniors who have been victimized by a family or friend may not want to

believe that someone they trust could harm them. They may also fear losing their financial independence if they report being a victim, or that family may try to take control of their finances to protect them.

It is an issue that will unfortunately continue to grow, as the last of the baby boomers are expected to retire in 2031. When this happens, one in five Albertans will be a senior.

The impact of financial abuse goes well beyond losing money, as financial health affects overall health.

Below are some tips to help seniors protect themselves from financial abuse:

Don't give in to pressure tactics, and don't make investing decisions on the spot. Many people who grew up in the 1940s, 50s, or 60s were raised to be very polite, but don't be a victim of your manners. Even if a friend or family member is recommending an investment, take the time to do independent research and don't give in to pressure to make a quick decision. Don't know where to start? Call the Alberta Securities Commission (ASC), which offers free resources to help you get started.

Check the registration of the person or company offering you the investment. Finding out if someone selling an investment is registered to do so is an easy first step to making an informed decision. If they are not registered, it is a red flag. You

can check registration for free at [www.aretheyregistered.ca](http://www.aretheyregistered.ca) or call the ASC for assistance.

Don't give out personal information to just anyone. If a person offering you an investment requests copies of personal information such as your driver's licence, social insurance, or credit card, be sure you understand why they need it and what they are using it for.

Ask questions before you invest and check the answers. The person or company offering you the opportunity should be able to clearly explain it. If you can't understand, don't invest. Write down the answers and check them for accuracy.

Don't invest based on professional-looking websites and fancy marketing materials. A fraudster's job is to make their investment look legitimate so you will hand over your money. Good looks and a comforting voice can be deceiving, and have no bearing on the soundness of an investment opportunity.

Monitor your investments and ask tough questions. When you receive financial statements, review them carefully. Don't let unopened mail pile up. If there is account activity that you don't recognize, be sure to ask questions.

Become an informed investor. Educating yourself about investing is a great way to help protect your money. Knowledge is

power and you can find free information about investing on the ASC's website, [www.checkfirst.ca](http://www.checkfirst.ca).

For more information contact the ASC's Public Inquiries Office at 1-877-355-4488 or by email at [inquiries@asc.ca](mailto:inquiries@asc.ca)



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## Volunteer Spotlight



**Neera Gandhi**

Neera is a friendly and helpful person. She's been volunteering for more than 30 years. She started volunteering at the Kerby Centre as a Special Event Volunteer 3 years ago. She volunteers in the Wise Owl Boutique once a week and in the Tax Clinic every year. Neera has also volunteered with the Adult Day Program and the Information Department. She enjoys volunteering because it gives her the opportunity to make new friends and she likes to be a part of Kerby Centre. Beside volunteering she spends her time playing Crossroads, Sudoku and doing Mental Aerobics. Neera has already contributed over 538.0 hours to Kerby Centre.

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

Between the 1960s and 1980s, 20,000 aboriginal children were removed from their homes to be adopted or placed in foster care. It is called "The 60s Scoop."

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## How to manage body pain as you age

Our bodies change as we age. And as much as we'd like to steer clear of long-lasting muscle, joint, back and arthritis pain, we may be unable to dodge these symptoms as time marches on.

So why does this happen? With age, muscle fibres shrink and weaken, which can contribute to fatigue and limit physical activity. At the same time, joints may stiffen and lose flexibility, resulting in pain, inflammation and, in some cases, arthritis.

Long-lasting body pain may be more common as we get older, but it shouldn't stop us from enjoying life and accomplishing all we want to. Research has found that a combination of treatment methods, including physiotherapy, massage therapy and medications, show the best results when managing body pain.

"When we leave our 30s and enter our 40s and 50s, pain can become a regular part of life. Some of my patients complain that they have to rely on taking multiple doses of pain relievers in a day to cope," says Dr. Jeff Habert. "Advil 12 Hour offers an option where just one pill keeps working for up to 12 hours."

If you're looking for an additional way to help get some relief, try applying icepacks to reduce inflammation and ease pain, or a warm bath to relieve aching muscles. As always, consult your health care provider with any health concerns.

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## Calgary news briefing

### Calgary Stampede offering SuperPass

For the first time, the Calgary Stampede is offering unlimited gate admission to the 10-day event in the form of a SuperPass. For \$39, plus GST, the SuperPass is only available to purchase from May 22 to June 12, and is designed for use on mobile devices.

"It's a great option for those who don't want to limit their Stampede experience to just a couple of days," says Paul Rosenberg, chief operating officer of the Calgary Stampede.

The SuperPass can be purchased at the Calgary Stampede's website at [www.CalgaryStampede.com/SuperPass](http://www.CalgaryStampede.com/SuperPass).

### First bison calves born in Banff in 140 years

According to Parks Canada, three bison calves have been born in Banff National Park for the first time in more than 140 years.

This is the first phase of a five-year pilot project to reintroduce wild bison to Banff's eastern slopes, Bill Hunt, Resource Conservation Manager with Parks Canada says.

"It's a huge milestone in this project," says Hunt. "This will help tie the cows to that site and for the calves born this spring; Banff will be the only home they've ever known."

On Feb. 1, 16 Plains bison were transferred from Elk Island National Park, east of Edmonton, to the Panther Valley in Banff National Park. In addition to the newly born calves, there are ten pregnant females in the back country, along with six males.

### City outlines LRT Green Line recommendations

City administration unveiled the recommended first phase of construction for Calgary's Green Line LRT Thursday, but a lack of funds has forced the city to scale back initial plans that would have seen the entire line built in one shot.

The Stage 1 plan will see the line extend from 16th Avenue and Centre Street N., underground through downtown, then on to 126th Ave. S.E. The project comes with an estimated cost of \$4.65 billion.

The Green Line was originally to stretch from Stoney Trail in the north past the South Health Campus in the south-east. When completed the line is expected to carry 60,000 people daily across 14 stations.

Despite the project being scaled back, Calgary Mayor Naheed Nenshi said it is still the biggest project in the city's history.

"Council has to make a decision: build more of it earlier or take it underground downtown – and that's the decision. So far council has been pretty clear that underground downtown is the way they would go," Nenshi said.

Construction of the Green Line is slated to begin in 2020.

### Weed-eating goats return to Confluence Park

The City has brought in about 200 goats to graze this summer at Confluence Park (also known as West Nose Creek) in the city's northeast.

Beginning as a pilot project in 2016 to help control the park's noxious weed problem without the use of herbicides, the project was viewed as a great success, according to Chris Manderson, Urban Conservation Lead with the City of Calgary.

"We tried it last year really just to see the logistics of can we bring grazing animals in to do some weed

control. It worked really well," says Manderson.

According to the City of Calgary, the focus of this ongoing pilot is to determine if goat grazing is a viable land management tool for managing noxious weed species in City parks, of which there are approximately 20.

"If it works out to be better or a little cheaper than the conventional method, then that's a good thing as far as we're concerned."

The goats are 'managed' 24 hours per day by a professional shepherd and a sheep dog.

More information can be found at [www.calgary.ca/goats](http://www.calgary.ca/goats).

### Construction begins on 17th Ave.

Construction is underway on a major project to revitalize Calgary's 17th Avenue S.W. in the city's Beltline district.

The city is spending \$44 million to replace underground

utilities, replace sidewalks and remove utility poles along the stretch between Stampede grounds and 14th Street S.W., during which time the city says it is making effort to minimize the disruption by only doing construction a block or two at a time.

The city has set up a construction office on the street to help business owners and concerned citizens deal with any construction-related issues that arise.

"We have an open-door policy," says project manager Logan Tolsma. "If there are questions or concerns, people can come to us and we have a team that's set up to help handle a lot of these issues."

The revitalization project is expected to take three to four years to complete.

### Canmore hospital undergoing \$1.8 million in upgrades

The Canmore General

Hospital is currently implementing a series of upgrades to the tune of \$1.8 million.

Upgrades include a modernized admissions desk, a new acute care nurse stations, and a new lobby with additional washrooms.

Money for the upgrades was set aside in Alberta's 2017 budget, which earmarked \$143.5 million on maintenance and renovation of health care facilities across Alberta in the coming year.

In a news release, the government said the nursing station and medication room in the acute care ward are being moved to allow for easier interaction between staff and patients, while the new admitting desk provides better patient flow and increased privacy. Renovations to the lobby will give maintenance staff better access to mechanical and electrical systems.

Renovations are expected to be completed in 2018. □



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## Volunteer work can reduce the risk of dementia

University of Calgary psychology professor leads five-year study among volunteering and non-volunteering retirees

By Dylan Reardon

Retirees now have more incentive than ever for doing volunteer work in their retirement years in light of a new study that shows volunteering can substantially reduce the development of dementia.

The study, led by University of Calgary psychology professor Yannick Griep tracked 1,001 Swedish citizens, all of whom retired in 2010, over a five-year period, monitoring them for the development of cognitive problems.

The retirees were divided into three groups based on their engagement in volunteer work.

One group is made up of individuals who consistently volunteered in their respective communities for at least one hour per week. The second group consists of those who sporadically engaged in volunteering. In the third group are retired workers who never engaged in volunteering.

“We found that the people who did volunteer work for at least one hour a week on a regular basis were 2.44 times less likely to develop dementia than the seniors who didn’t volunteer,” says Griep.

Volunteer work in the study is defined as an activity done out of free will for no monetary compensation.

“The activity has to benefit others who are not your core family,” says Griep. “Helping out a church, a school, a library a homeless shelter, or some sort of charity organization.”

According to Griep, his team found that the middle group—those retirees who only volunteered sporadically—did not receive any benefits to their cognitive health.

“We discovered that for this group there are no differences than with the group that never volunteered,” he says.

At this stage, Griep can only speculate why there are no cognitive health benefits for the sporadic volunteer camp, but he believes it’s because they don’t receive “the latent benefits of work,” as do the regular volunteers. “Work has many benefits

beyond just a paycheque,” he says.

“It brings a structure to the day, like when we need to be up at seven and at the office for 8:30. It offers social contact with people outside of our family. It brings us the social status we get with a job title. It makes us feel like we’re making a meaningful contribution to society. And there’s a physical aspect as well, even if it’s just walking from your house to the spot where you do your volunteer work.”

“If you volunteer regularly, it starts to feel like a regular job and you get these benefits of work,” Griep explains. The underlying assumption, he says, is that those in the regular volunteering camp stay sharper cognitively because they are continuing to engage their minds in these key ways.

For Marion Jones, 66, who retired from teaching over a decade ago, volunteering has been a way to keep her mind sharp, while keeping busy on her terms.

“When I went into retirement, I told myself I was done working for good,” says Jones. “But within a year, I was scratching at the walls. I didn’t just want to

do something to stay busy, but wanted a challenge, to grow and learn, and feel good about what I was doing,” she says.

After humming and hawing for a few weeks, trying to decide what she wanted to do, Jones says she opted to volunteer with the Calgary Library, delivering books to homebound readers.

“I told myself I didn’t want to go back to work, but delivering books to those who can’t make it to the library has become a big focus of my week,” says Jones. “It isn’t work at all. It’s social.”

Jones volunteers three days a week, and says seeing someone light-up, the comfort of giving someone that social connection makes it all worth it.

“It’s a privilege to bring that kind of joy to someone.”

And it’s a win-win, according to Jones. “Not

only can I provide a service to someone who needs it, but I get out of the house, doing something that makes me feel good. We need to keep busy in our lives, have a reason to wake up each day.”

Based on the findings of the University of Calgary study, Griep and his team strongly recommend that retired seniors do volunteer work at least once a week.

“This is an important issue,” says Griep. “As a senior, your risk of dementia goes up substantially every year. Anything you can do that’s low cost and easy to implement that will reduce the likelihood of developing dementia is invaluable. It’s not only beneficial for the health care system but also for those individuals who might develop dementia, as well as the family members who wind up caring for them. □

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## AN ABUNDANCE OF ACTIVITIES AVAILABLE FOR MILLRISE PLACE RESIDENTS



Resident Agnes Lougheed showcases the grandfather clock her husband built.

For Agnes Lougheed, a long time resident of Millrise Place, the abundance of activities and entertainment options offered by the facility keeps her on her toes.

“There are enough activities to keep anyone busy,” said Agnes. “You can keep busy all day.”

“We have a movie night every Friday. We also have a happy hour every second Wednesday where we have dancing and a band comes to play,” added Agnes.

Located near the beautiful Fish Creek Provincial Park in Southwest Calgary, Millrise Place offers Independent Living, Assisted Living and Complex Care options to its

residents. Nearby neighbourhood amenities include numerous stores and restaurants. Weekly spiritual services are offered and the facility has two certified recreation therapists and an attending physician on-site.

Residents at Millrise Place can expect a wide variety of entertainment and recreation options such as community outings, music therapy, luncheons, exercise and walking groups, crafts, baking and games.

One of Agnes’ favourite activities is playing trivia and other mind games.

“They keep us young,” explained Agnes. “My worst subject is probably geography!”

Kitchen staff at Millrise Place also provide nutritious, dietician-balanced meals that are prepared on site. Agnes said she particularly enjoys the themed buffets that happen on the occasion.

“It’s a great variety and if you don’t like what’s on the menu, they have an a la carte,” said Agnes. Agnes said kitchen staff are also mindful of dietary restrictions and take care to ensure that everyone’s dietary needs are met.

Residents also have plenty of opportunities to get out and enjoy what the community has to offer through various bus trips. Shopping and restaurant trips, as well as country drives to sightsee are all part of life at Millrise Place.

“Lots of us don’t have cars anymore and our families are working so it’s nice that we have the opportunity to do those things,” said Agnes.

Getting outside to enjoy nature is another activity Agnes is fond of.

“We have a very nice garden and a walkway all through the courtyard and I enjoy that very much,” said Agnes.

Gardening activities are available for those wishing to participate.

Offering studios as well as one and two bedroom suites, Millrise Place provides residents with 24-hour nursing care and services such as housekeeping, laundry service, occupational therapy and podiatry. Millrise Place is a pet-friendly community and guest suites are available for visiting family and friends.

“I have a lovely room. I came here with my husband who passed away two years ago. I have a sitting area and a kitchen and a bedroom,” said Agnes.

Agnes is also very happy with the spectacular views the location offers. “There are a lot of trees and in the morning, I can see the sunrise, which is beautiful.”

Staff members at Millrise Place take pride in ensuring their residents can expect the same level of comfort and care they would expect from their previous residences.

“I think the staff is excellent – they’re always happy, very willing to help you at any time you need help and they can’t do enough for you,” said Agnes.

Agnes has called Millrise Place home for the past seven years and she said both she and her late husband, Robert, enjoyed living there together.

“I’m very glad I’m here, especially after my husband passed away. It means more to me because I’m never alone and the staff are wonderful, so I do enjoy my time here,” said Agnes.

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► A Retirement Concepts Community

# A workout for the body and brain

Kathleen Burke

It's Monday morning at Willow Park Retirement Community in Bridgeland, and some of the residents are gathering to give their bodies and minds a workout.

To start class off, there is half an hour of gentle exercise to get bodies in tune. Then it's time for Brain Gym. Facilitator, Patricia Elford, has been in the teaching field for 40 years, and twenty years ago she

was introduced to Educational Kinesiology or 'brain gym,' which aims to integrate body and brain.

When Elford first tried this technique with her students, she was so impressed with results that she gave up school teaching and decided to teach the techniques as a full time occupation. She now works with a variety of clients, holds company seminars for employees, works in school classrooms, with sports teams, aging adults,

and helps to treat children with learning problems.

Using learning-readiness qualities known briefly as P.A.C.E. these exercises help to enhance the brain's effectiveness. There's no mystery about them.

The first is to drink plenty of water for Energy (that's the 'E').

The second is to facilitate Clear thinking, by stimulating the "brain buttons" located just below the collarbone.

Third, it's time to be Active – bringing the right and left sides of the brain together by cross-over exercises that also help with balance, for example, standing on one leg and touching one hand to the opposite (raised) knee. I found that this requires more balance than I thought!

Finally, there are "hook-ups" for Positive thinking – a quieter and more meditative exercise which uses a cross-over technique using crossed ankles and wrists, this time

for calming and relaxing. All the movements, however, are targeted at waking up the body and brain by integrating both brain hemispheres.

Can I say my brain is working better after my session at the gym? I won't know for certain until I've had more practice. However, I'm definitely more mindful of how my brain and body can work more effectively together – and that's a good start. □

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## The surprisingly spicy history of salt

Referred to as "white gold" in the Middle Ages due to its high trading value, salt has enjoyed a colourful world history. Here in Canada, the discovery of the great Michigan salt bed 150 years ago has made salt a

staple of Canadian dinner tables since Confederation. As the only rock that humans consume, and must consume to live, salt is the unsung historical hero of the spice world. Here are some more salt facts:

Your salary has salty roots. Roman soldiers were sometimes paid in salt, which led to their compensation being referred to as a "salary." The word salary is derived from the Latin word sal, meaning "salt." Additionally, it spawned the phrase "worth your weight in salt" and was the official currency of Ethiopia (then called Abyssinia) in the 18th and 19th centuries.

Salt was discovered in Canada by accident. When entrepreneur Samuel Platt was drilling for oil in Goderich, Ontario, 150 years ago, the last thing he expected to find was salt. Platt and his Goderich Petroleum Company were on the hunt for oil when they made a remarkable discovery. Once they reached a depth of 964 feet – just 36 feet short of their goal – they hit the great Michigan salt bed. The company was quickly renamed The Goderich Salt Works and they began salt panning operations in 1867, the same year as Confederation. The company that would later become Sifto still stands today and is celebrating its 150th anniversary in 2017.

Salt helped shape human history and civilization. In Canada and around the world, salt allowed humans to break dependency on fresh food and allowed for foods to be shipped across long distances due to its preserving qualities. Additionally, salt acted as an antiseptic, antibacterial, and antidote against poisons.

Salt saved lives. The phrase "to take with a grain of salt" refers to the antidote used regularly to protect against poisons where a grain of salt was one of the ingredients. Threats of poison were taken less seriously because they were "taken with a grain of salt." □

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# Community Events

## Western Region Prostate Cancer Canada

On June 16, the Friday before Father's Day, workplaces across Canada will gear up to wear Plaid For Dad in support of the one in eight Canadian men and their families who will face a prostate cancer diagnosis in their lifetime. Once registered online at [www.plaidfordad.ca](http://www.plaidfordad.ca), designated workplace captains will engage their team in the development of their own event and fundraising, which will often include family, friends, and business networks.

## Seniors United Now

The next meeting of Seniors United Now will be

held on Thursday, June 15, at the Nicholl's Family Library, located at the Westbrook C-Train Station, 1421—33 Street S.W. The topic will be Travel for Seniors, and the guest speaker will be from the Alberta Motor Association. For more information please call Alanna at 403-669-3793.

## Dying with Dignity

Dying with Dignity, Calgary Chapter will hold a meeting from 1:30 p.m. to 4 p.m. on Saturday, June 17 on the first year anniversary of Bill C 14, which legalized medical assistance in dying. There will be a presentation. The meeting will be held at the Central Memorial Library, 1221 2 Street S.W.

For more information visit the Dying with Dignity website or telephone June at 403-730-2480.

## Fish Creek Provincial Park

The Friends of Fish Creek offer an eight-week program for those experiencing grief and loss, Good Grief - Nature Walking through Grief and Loss, in partnership with Mount Royal University and Alberta Parks, giving participants the opportunity to walk, chat, enjoy the fresh air and the natural world. Registration is required at [www.friendsoffishcreek.org/event/good-grief](http://www.friendsoffishcreek.org/event/good-grief).

The Fish Creek Capture Nature – Photography Contest continues until July 31. Landscape, macro, wildlife,

and black and white photos are accepted. See [www.friendsoffishcreek.org/capturenature](http://www.friendsoffishcreek.org/capturenature).

## +55 Connections Social Club

+55 Connections is a group for singles to meet for activities and friendship, not a matchmaking service. Activities include pot luck dinners, games nights, lunches, and picnics in the summer. They meet for coffee on Thursday mornings at 10:30 a.m. For more information call Lois at 403-286-3869, George at 403-286-7398, or Joan at 403-242-7793.

## Social Dance Club Calgary

Social Dance Club dance on June 3 will take place with music by Joel Spire,

and on June 17 the music will be provided by Stuck in the Middle. The Saturday night dances take place to a live band. Doors open at 7 p.m., the dance is from 8 p.m. to 11:30 p.m. Singles and couples are welcome. The cost is \$12 for members (must show membership card), guests \$14. A snack is included. There will be 50-50 draws. Call Sharon and John at 403-242-6957 (a recording) before coming to a dance, in case of changes. Saturday night dances take place at Southview Community Hall, 2020 33 Street SE

Compiled by Margaret McGruther

## Three traditional Canadian foods to try on National Aboriginal Day

As the school year comes to a close and summer vacation is near, many schools will be participating at National Aboriginal Day events across Canada on June 21st. Why not take part in the festivities in the most delicious way possible? Learning about and cooking food is a great way to bring everyone across cultures and age groups together. Here are some foods that are part of Indigenous peoples' history and contemporary culture. Not just for National Aboriginal Day, they're also great for celebrating National Aboriginal Month all

throughout June and Canada Day in July.

Three sisters soup. Part of the meal in celebrations, ceremonies, feasts and gathering, this soup features the three main agricultural crops — corn, squash and beans. Grown together, they benefit from each other, with the corn providing a structure for the beans to climb, the beans infusing the soil with nitrogen needed by the other plants, and the squash spreading out to block sunlight and prevent weed growth.

Akutaq. This is a popular food in Northern Canada

often eaten by the Inuit. A Yup'ik word meaning "something mixed," akutaq is also known as wild ice cream. The treat is made of whipped fat mixed with berries like cranberries, blueberries or salmonberries. Like many Inuit foods, it's very nutritious and rich in vitamins A, C, D and E.

Bannock. Some say this type of bread was introduced to Indigenous peoples across Canada by the fur traders, while others maintain it was produced here before contact with outsiders. Similar to the Scottish scone, bannock is

usually made with flour, baking powder, sugar, lard and water or milk. Sometimes spices or dried fruits are used. It can be baked or twisted onto a stick and cooked over hot coals or a grill flame. For more information about

Indigenous foods and recipes visit [www.indigenous-foodsystems.org](http://www.indigenous-foodsystems.org).

Find more information about National Aboriginal Day visit [www.nad.gc.ca](http://www.nad.gc.ca).

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## Well-maintained urban spaces make for happy faces

Urban places that include healthy green spaces make for happier, healthier environments

Studies show that not only are people more likely to enjoy communities that are nicely landscaped, they are also more likely to be physically active and feel safe.

Some other benefits of healthy green spaces in urban environments include increased community pride, maintaining biodiversity by providing food and habitat for wildlife, reducing the warming effect of hard surfaces like concrete and

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tion, and reducing noise.

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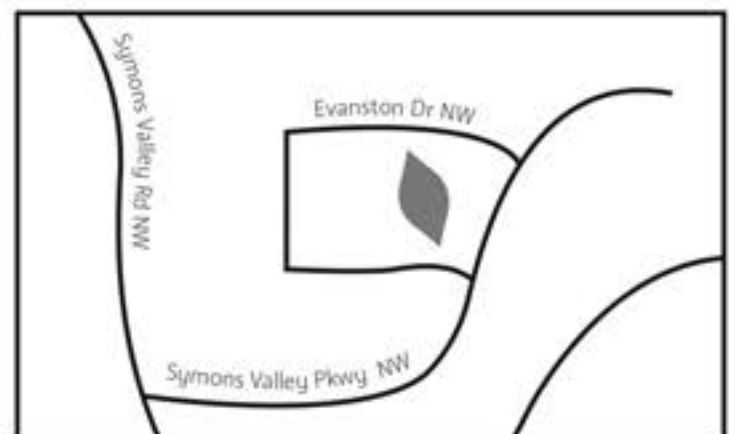
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## Good Companions 50 Plus Club

Good Companions 50 Plus Club will celebrate June and July birthday members from 1:30 p.m. to 3:30 p.m. on June 2. The cost is \$6.

A luncheon to celebrate Seniors' Week will be held on June 7 at Alexander Ferguson Elementary School. There will be a Canada 150 presentation by Grades 3 and 4. The

speaker will be Jeff D'Silva of Propellus. The cost is \$5.

Tea and Conversation Programs will take place on June 9 and 16 at 1 p.m. at a cost of \$2.

The theme on June 9 is Games, and on June 16 there will be a picnic and sing-a-long.

## Open Door Seniors

Open Door Seniors will host a Spring Treasure Chest Sale

on Saturday, June 10 from 9 a.m. to 3 p.m.

In June private tutoring sessions may be booked for help with iPhone, iPad, tablet or laptop, at any level, beginner to advanced.

The bridge Club is now open for new members on Fridays from 12 noon to 3 p.m.

Open Door Seniors is located at 1311 4 Street SW. For information call 403-269-7900.

## Inglewood Silver Threads Association

Inglewood Silver Threads Association is located at 1311 9 Avenue SE. It hosts group activities for seniors, including crafts, games, exercise programs and bingo. There is a \$2 Tea and Chat lunch and a monthly potluck.

On Thursday, June 2, there will be a rehearsal of the Calgary Philharmonic

Orchestra. Cost to members is \$10.

On Saturday, July 1, Silver Threads will celebrate Canada Day with a craft and bake sale. The first 150 purchasers will receive a free edible maple leaf.

For more information about these and other programs please call 403-264-1006. □

Compiled by Margaret McGruther

## Learn how the Canadian Rangers protect Canada's North

Ever wonder how the coldest, most northern parts of our country are safeguarded? Located in 200 remote, isolated and coastal communities across the country, Canadian Rangers are the military's eyes and ears in the north. Their motto is Vigilans, which means "The Watchers."

Canadian Rangers have been around since 1942, when they were known as the Pacific Coast Militia Rangers and protected the coast of British Columbia from possible Japanese invasion.

Today they are part-time reservists who provide local assistance to search and rescue activities and

offer support in moments of crisis, like during natural or man-made disasters and humanitarian operations. For example, they've helped with the avalanche at Kangiqsualujjuaq in northern Québec and the drinking water crisis in Kashechewan, Ontario.

As part of the Canadian Armed Forces, Rangers have an important role in protecting national sovereignty. They conduct North Warning Site patrols, report suspicious and unusual activities, and collect local data of military significance.

National Aboriginal Day and National Aboriginal History Month are perfect

opportunities to learn more about Indigenous people's contributions to Canada. Many Canadian Rangers are Indigenous peoples, which include three distinct groups: First Nations, Inuit and Métis. Many of today's Rangers are part of a long history of Indigenous peoples making significant contributions to our military, including during both world wars as well as on peace keeping missions.

Rangers support and participate in many events in their local communities, like Remembrance Day, National Aboriginal Day which takes place June 21st, and Canada Day. They're

also positive role models and educators in the Junior Canadian Rangers, a program that works with youth in isolated areas to improve their quality of life. For more information about the

Canadian Rangers, visit [www.forces.gc.ca](http://www.forces.gc.ca).

Find more information about National Aboriginal Day visit [www.nad.gc.ca](http://www.nad.gc.ca). □

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# Joe & Cecilia Hollman

By Jessica Babb

Arduous travel, secret missions, and no means by which to communicate with one another across vast distances made up the early part of Joe and Cecilia's life together.

Enlisting in the Canadian Forces at age 19, Joe chose to specialize in radar technology. Shortly after completing his training he was stationed in P.E.I., where he first met Cecilia—and 50

years of marriage later, the couple have three daughters and a wealth of memories to share.

But life has had its share of challenges for the couple.

Finances were tight: while Joe and Cecilia were living in Nova Scotia, Cecilia would sew for the military to help supplement their income.

"The money came in very handy, because [Canadian Forces] wages were almost

non-existent," said Joe, noting that two-thirds of their income would go towards rent and utilities alone.

"There wasn't much left over, but we got by, adds Cecilia. "You learn . . . real fast."

It would have been easy to ask his parents for money, says Joe, but they didn't. They lived off their income, sure to buy only what they could afford.

In the early years of the Hollman's marriage, friends and neighbours socialized and entertained each other, because there was no extra money for entertainment—and this set the foundation for many lifelong friendships, friendships that survived the constant travel and military placements over the years.

Joe's military career took him all over Canada and abroad. He visited Yellowknife, Churchill, and even whizzed past the North Pole. "[Cecilia] couldn't go, because a lot of our missions were secret," said Joe. "The queen once arrived a mere hour after we did."



Joe's remote placements to areas like the Artic meant communication with Cecilia was non-existent. During assignments in Iceland, Joe couldn't reveal to his wife where he was going, and often times he would be given only an hour or two's notice before a mission was set to embark.

Cecilia talks about how he would always have a partially packed bag ready to go, tossing in only a few remaining items at the last minute.

For Cecilia's part, the missions, time apart from her husband, and anxiety stemming from being in the dark grew weary.

"I'd have no idea where he was, or when he was coming back," she says. "It was hard in that respect."

Cecilia says after a while you would learn to go with the flow, and cherished the time with her husband when he was home.

The occasions Cecilia could accompany her husband on his travels, brought many fond memories, such as a trip to Belgium.

"There were only a few wives and families that went," she recalls. "We camped, and were treated like royalty; we were escorted right to the front of the line during celebrations, there were gifts, and a lot of the guys asked us to dance. It was a real fun night."

She says it taught her that people from different nationalities know how to have fun together, and they certainly did. Everyone came together to have a good time.

The Hollman's have been to 35 different countries during their time together, 2016's trip to China being the latest. Abroad, they are still making new friends, and have recently been invited to Ontario to visit friends they met in China—an offer they plan to accept when they drive across the country later this year.

For all they've been through together—the travel and the separation, the good and the bad—the couple is positive about life and the future.

"Every place has 'good,' every place has 'bad,'" says Joe. "The bad we just brush aside, and work on the good."

In honour of Canada's 150th anniversary, the Kerby Centre will be featuring a series of interviews throughout the year with inspiring older adults, written by Jessica Babb, a second-year broadcasting student at Mount Royal University. Visit: [www.KerbyCentre.com/Cana da150](http://www.KerbyCentre.com/Cana da150)

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By Dr. Carrie Scarff

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# Monthly Book Review



## Fixing Dad: How to transform the health of someone you love

By Jen Whittington, a fitness trainer and therapist, who was instrumental in devising and planning the healthy lifestyle changes that saw the subject of the book—her father-in-law, Geoff Whittington—turn back the clock and find a new outlook on life.

c.2017, Guardian  
\$27.95 US / \$32.95 CAN  
ISBN: 9781780722917

Reviewed by Winifred Ribeiro

Three years ago, Geoff Whittington, at 62, was overweight at 127 kg (20 stone), overworked, and resigned to a premature death from a catalogue of health conditions.

Having been diagnosed with Type 2 diabetes 10 years previously, his blood sugar levels continued to rise. Complications such as painful ulcers, Charcot foot, high blood pressure, and atrial fibrillation (abnormal heart rhythm), resulted in a warning from his doctor: there was a very real possibility his foot may need to be amputated.

Depression set in for Geoff, and with the realization that time was running out as the average lifespan after amputation for a diabetic is two years, his sons Anthony and Ian decided to put their careers on hold and they chose to embark on a mission to restore their dad's health and enjoyment of life.

They soon discovered there were no quick fixes, however. They were battling decades of ingrained destructive habits, all of which had contributed to the obesity-related illness, not to mention Geoff's stubbornness, negativity, and withdrawal. And despite knowing his life needed to change, Geoff wasn't the most engaged patient, especially as his sons first attempted to introduce him to new, healthier food.

"There was lots of resistance. Dad is extremely stubborn," Anthony says in the book.

The two sons stuck with it, documenting their attempt to restore their father's health and wellbeing. And in the six months after getting their father on the right track, Geoff lost 19 kg (3 stone). He went from being an obese, barely mobile night-time security guard, to a fighting-fit endurance cyclist. But more importantly, he found a renewed sense of enthusiasm and motivation for life.

Just as Geoff seemed to turn the corner, the family learned he had kidney cancer. The good news was, as it was caught at an early stage, it was treatable with an optimistic outcome. And with depression setting in once again, Anthony and Ian showed their father how to be a motivational speaker. The three of them began to give talks to corporate groups, at medical conferences, and diabetes clinics hoping to enable and inspire those in similar circumstances how to get on the right track and, ultimately,

save their life, or that of someone close to them.

As the entire Whittington family participated in the lifestyle changes, all of them began to benefit from improved health and fitness. Geoff's wife Marilyn lost 19 kg (3 stone) and both Anthony and Ian lost 32 kg (5 stone) between them. And Geoff soon learned he was diabetes-free.

Both Anthony and Ian have a background in film and documentary making, they wished to impart their story to more people. They wrote a book and created a short documentary called Fixing Dad: How to transform the health of someone you love. In it Anthony and Ian tell how they did it, sharing their simple diet and fitness plan to enable people to encourage those they love to do it, too.

The book contains a carefully devised three-part life plan, focusing on Diet, Fitness, and Mindset, and is easy to follow, replete with itemized shopping lists,

recipes, and meal plans—all of which involve minimum preparation and cleanup..

Motivational tips and advice based on the brothers' experience of having to keep up their dad's spirits are also included.

"To families everywhere we'd like to say: if there's someone you love who is in a bad way, don't put it off, act now to help them. Don't have regrets later," Anthony says in the book.

"However busy you are,

there's no one formulae; just do something different, remind them how much they mean to you, give them goals and regular contact, and above all be positive that you can beat it and enjoy life together."

Lastly, says Anthony being completely honest, "we felt guilty, that for so long our own careers, ambitions, and our own family pressures had stopped us from really knowing the man who made us who we are today." □

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The rugged hills surrounding Amorgos frame the crystal blue ocean, with the Aegiali Hotel and Spa in the foreground.



Whitewashed homes in a section of a village near Amorgos.



The inviting seaside of the five-star family-owned Aegiali Hotel and Spa.



A front porch of a Greek home with flowers decorating the entrance.



Beautifully coloured Orthodox church on Amorgos island.

# Touring Amorgos

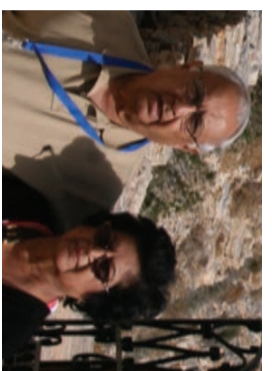
Story and photos by  
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Winfried Ribeiro  
Author pictured with  
his wife, Anar.



A Christian nun.



Musicians with violins and lutes play live traditional Amorgian songs.



## Tiny Greek island offers visitors a natural and cultural feast.

She was just a 16-year-old high school student from the Greek island of Amorgos when she married a 25-year-old man from the same island. The young adventurous couple left their home for New Jersey, U.S., to start their new life. After doing odd jobs, they were able to start a small business renting rooms. "My father used to do that on the island so I had a good idea of what is involved," Irene explained.

They were doing well in the U.S., but the urge to merge with their island home was too strong. They wanted to be with their friends, relatives, and family. In 1991, after ten years in the U.S., they returned to Amorgos. While touring the island one day, they came across a moun-

tain top with a splendid view overlooking the magnificent Bay of Aegiali. They bought the land and built their dream hotel. The only five-star family-owned hotel around, Aegialis Hotel & Spa now attracts tourists summer and winter, with particular interest for groups interested in yoga, hiking, painting, photography, cooking and culture. Irene, a member of the Municipal Council and active in women's organizations, has been aggressively promoting the island, which has outstanding natural beauty and numerous traditional and religious features that appeal to tourists. It has even inspired French filmmaker Luc Besson, who shot some scenes for his movie Big Blue in the clear blue waters of the island.

Amorgos Island, population 2,000, is one of the most charming of the Cyclades island group. It boasts two ports, Katapola and Aegialis, and is a popular summer destination, swelling the island's population three times. The island is a paradise of whitewashed houses, secluded beaches, clear waters and imposing mountain backdrops — and, it wanted, total privacy.

While several tiny villages are scattered around the island, the capital is Chora, a medieval mountain village surrounded by windmills 400 metres above the sea. A walk through it and other local villages reveals the narrow winding alleys, whitewashed houses, charming squares and beautiful churches typical of coastal Greece. Tourists also have a choice of cozy taverns, cafes and shops. Many residents follow Greek Orthodox customs. Sitting atop a 300-metre cliff, the impressive monastery of Panagia Hozoviotissa is an important island feature. It is visited by thousands of pilgrims throughout the year. Some of us in my group were not brave enough to venture up the 300 steps to reach the monastery, but those who did praised the splendid architecture and view from the top.

I met one of the outsiders who has made Amorgos home, festivals organized by local residents. Wornack also likes to buy fresh vegetables and fish brought in daily by fishermen. With Britain leaving the European Union, she hopes her status in Amorgos won't change. "I think it would be fine to stay and I won't be thrown out or told to leave because I feel I am contributing something by paying taxes."

Amorgos is one of only 227 inhabited islands of the 6,000 islands and islets scattered in the Aegean and Ionian Seas, all of which form a principal characteristic of Greece's morphology and an integral part of the country's culture and tradition. The Greek archipelago makes up 7,500 km of the country's total 16,000-km coastline.

Mansoor Laitha is a Calgary-based journalist, travel writer and author of *A Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims*. He has recently published a new book, *Memories of a Mithiani*.



The most important religious and cultural monument of Amorgos is the Monastery of Hozoviotissa. Built in 1088 AD by Emperor Alexios the First of the Komnenos kin, it was constructed on the slopes of a rock clinging to the peninsula 300m above the Aegean, the monastery offers breathtaking views.



Ancient ruins situated in Ayia Triada.



Tourists have a choice of cozy taverns, cafes, and shops amongst the many winding, sloping "streets."



A local man leads a donkey down winding paths of numerous sloping stairs.



A Greek woman demonstrates how to grind flour in the traditional way.



The inside from entrance of an Orthodox church.





The scene of a US/Mexico border crossing. Dickinson says many model roaders have a sense of humour, and find ways to incorporate that into their layouts.

# Model railroad enthusiasts roll into town

By Dylan Reardon

Canada's largest model train show, Supertrain, made a stop in Calgary last month, where more than 60 exhibitors from near and far touted their displays to people of all

ages. Over 12,000 visitors walked through the doors during the two-day event, says spokesman Rob Badminton, and the show offers something for everybody.

"This is our 23rd year," says Badminton, noting the event has grown to span 60,000 sq. ft. "Supertrain has operating model railroad displays, Lego trains, live demonstrations, a children's play area, and much more."

Among the more than 60 exhibits at this year's show was Larry Dickinson of Moose Jaw, Sask.

The story of how Dickinson, 57, got into model trains is a familiar one at Supertrain. When Dickinson was a kid, he and his brother received a Tri-ang Railway set for

Christmas, which sparked his interest in the hobby. 45-plus years later, his Mexicali Grande display has won numerous awards at model train shows across Canada, including being named winner in the 'Scale' category at this year's Supertrain.

Dickinson's layout is inspired by his frequent vacations in Mexico, where he takes notes about everything from the landscape, the people, and the architecture to implement in his O-scale miniature display. The result is a remarkably authentic layout replete with a US/Mexico border crossing scene depicting a shootout between border agents and illegal crossers, to a semi-arid, rocky desert landscape populated with die-cast cars, hand-painted miniature people, vegetation that Dickinson created himself from scratch, and of course trains.

"The hobby can be as expensive as you want to make it," says Dickinson, explaining how he makes the convincing, life-like shrubs, mesquite, and cacti scattered across the desert landscape.

"For trees and shrubs, you first take a weed, then spray it with 3M glue," says Dickinson. "Then you dip the weed in ground foam, and that's it—it's really quite simple."

For cacti, the process is similar. "I form the basic shape with copper wire, spray them with glue, then coat them with a product called static grass, common among all model railroad setups." The process is repeated a few times to get an authentic-looking cactus.

Many of the buildings and structures on Dickinson's Mexicali Grande display are constructed and fashioned by Dickinson himself out of foam core, which he then paints with considerable detail.

"Railroaders can gain and practice a host of skills to perfect their hobby. Whether its mechanics, construction, electronics, geology, history, or art—there's something that may appeal to everybody," says Dickinson.

### Trains for a new generation

Dickinson admits there is a lot of competition out there when it comes to attracting a younger generation to the hobby, but is inspired by the throngs of



Larry Dickinson tinkers with a train on his Mexicali Grande train display at Supertrain 2017.

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PROUDLY CANADIAN



Continued on page 19

**Continued from page 18**

children attending this year's Supertrain.

"Kids are on their phones, and they like their video games, but every show like this I attend, kids are fascinated by trains," says Dickinson.

Judging by the number of children in attendance, kids are interested in trains. Many of them gravitate towards displays aimed at a younger generation, such as the Lego or Thomas the Tank Engine layouts.

Mark Evans, 36, brought his seven-year-old son Kyle to Supertrain, and says he is

particularly fond of the Lego display created by the Calgary Lego Train Club (this year's winner in the 'Fun' category.)

"We poked around for a

few hours, but kept ending up back at the Lego diorama," says Evans. "Trains are not something he sees very often, so it's a novel experience."

Next year's Supertrain will take place on the weekend of April 14 and 15, 2018.



*The hobby can be as expensive as you want it to be, says Dickinson. This Shell gas station was constructed out of foam core, and decorated with decals and paint.*



*It initially took Dickinson a year to get his Mexicali Grande display built. Every year he tries to add something new.*  
All photos by Dylan Reardon



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"Wetlands sequester green-

house gases, they're hot spots for biodiversity, they mitigate flooding and they're the first and last line of defense for unintended runoff from agricultural operations," he explains. "Preserving those wetlands and the biodiversity within them while at the same time feeding people is a challenge because there's only so much available land."

Plant science technologies help farmers use the best land, meaning natural habitats are preserved to protect biodiversity. In fact, without pesticides and plant biotechnology, Canada would need an additional 35 million acres of land to grow the same amount of food it does today — that's more than the total area of Nova Scotia, New Brunswick and Prince

Edward Island combined.

"Pesticides and biotech crops give agriculture tools to increase productivity and profitability without draining wetlands or breaking grasslands and forested areas," says Thoroughgood. "Meeting increased demand for food through expansion of cropped acres could be catastrophic."

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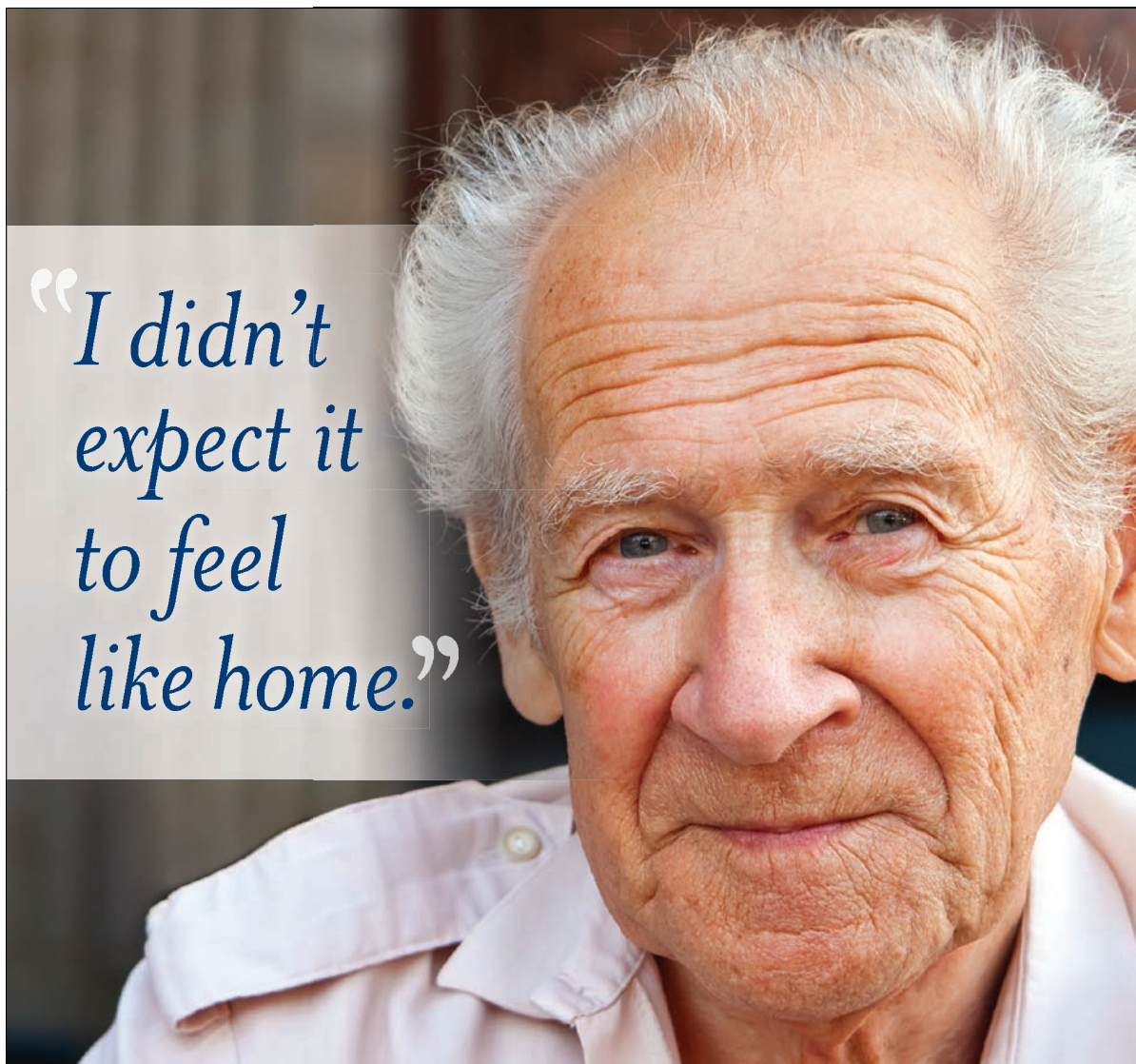
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**Courses you wish to register for:**

<b>Course #</b> _____	<b>Course Name:</b> _____	<b>Course #</b> _____	<b>Course Name:</b> _____
<b>Course #</b> _____	<b>Course Name:</b> _____	<b>Course #</b> _____	<b>Course Name:</b> _____
<b>Course #</b> _____	<b>Course Name:</b> _____	<b>Course #</b> _____	<b>Course Name:</b> _____

**Method of Payment:**

**Cash:** \_\_\_\_\_ (In person)                      **Cheque:** \_\_\_\_\_ (In person/mail-in)

**MasterCard #:** \_\_\_\_\_ **Expiry Date:** \_\_\_\_\_ (In person/Telephone/Mail-in)

**Visa #:** \_\_\_\_\_ **Expiry Date:** \_\_\_\_\_ (In person/Telephone/Mail-in)

## **Active Living Courses**

**Summer is the perfect time to try something new! Our shorter courses in July and August provide an excellent opportunity to sample our fitness courses and discover how great you can feel!**

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

### **Tai Chi Monday**

Instructor: Adrian Buczek

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

<b>A01</b>	Monday Jul 17 – 31	9:00 – 10:00 am	Gymnasium	Member: \$20	Non Member: \$40
<b>A02</b>	Monday Aug 14 - 28	9:00 – 10:00 am	Gymnasium	Member: \$20	Non Member: \$44

### **Monday Fitness**

Instructor: Dan Leung

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

<b>A03</b>	Monday Jul 17 – 31	10:05 – 11:00 am	Gymnasium	Member: \$20	Non Member: \$40
<b>A04</b>	Monday Aug 14 - 28	10:05 – 11:00 am	Gymnasium	Member: \$20	Non Member: \$40

### **Everyday Functional Fitness**

Instructor: Elena Bratishchenko

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

<b>A05</b>	Monday Jul 17 – 31	11:15 – 12:15 pm	Gymnasium	Member: \$20	Non Member: \$40
<b>A06</b>	Monday Aug 14 - 28	11:15 – 12:15 pm	Gymnasium	Member: \$20	Non Member: \$40

**Salsa Workout**

Instructor: Bonnie Field

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

<b>A07</b>	Monday Jul 17 – 31	1:00 – 2:00 pm	Gymnasium	Member: \$20	Non Member: \$40
<b>A08</b>	Monday Aug 14 - 28	1:00 – 2:00 pm	Gymnasium	Member: \$20	Non Member: \$40

**Monday Yoga**

Instructor: Cathy Morrison

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

<b>A09</b>	Monday Jul 31 – Aug 28	2:30 – 3:30 pm	Room 205	Member: \$30	Non Member: \$50
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*No Class August 7*

**Tai Chi Wednesday**

Instructor: Adrian Buczek

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

<b>A10</b>	Wednesday Jul 12 – Aug 2	1:30 – 2:30 pm	Lounge	Member: \$24	Non Member: \$44
<b>A11</b>	Wednesday Aug 9 - 30	1:30 – 2:30 pm	Lounge	Member: \$24	Non Member: \$44

**Wednesday Fitness**

Instructor: Dan Leung

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

<b>A12</b>	Wednesday Jul 12 – Aug 2	10:05 – 11:00 am	Gymnasium	Member: \$26	Non Member: \$46
<b>A13</b>	Wednesday Aug 9 - 30	10:05 – 11:00 am	Gymnasium	Member: \$26	Non Member: \$46

**Yoga for You Multilevel**

Instructor: Angie Friesen

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

<b>A14</b>	Wednesday Jul 12 – Aug 2	11:00 – 12:00 pm	Room 205	Member: \$26	Non Member: \$46
<b>A15</b>	Wednesday Aug 9 - 30	11:00 – 12:00 pm	Room 205	Member: \$26	Non Member: \$46

**Gentle Seated Yoga**

Instructor: Angie Friesen

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

<b>A16</b>	Wednesday Jul 12 – Aug 2	1:00 – 2:00 pm	Room 308	Member: \$24	Non Member: \$44
<b>A17</b>	Wednesday Aug 9 - 30	1:00 – 2:00 pm	Room 308	Member: \$24	Non Member: \$44

**Line Dancing**

Instructor: Bonnie Field

**No one to dance with? Need exercise? This class will teach you the basics of line dance in a fun and educational setting.**

<b>A18</b>	Thursday Jul 13 – Aug 3	1:00 – 2:00 pm	Gymnasium	Member: \$24	Non Member: \$44
<b>A19</b>	Thursday Aug 10 – 31	1:00 – 2:00 pm	Gymnasium	Member: \$24	Non Member: \$44

**Muscle Strength & Core Balance**

Instructor: Dan Leung

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

<b>A20</b>	Friday Jul 21 – Aug 4	9:30 – 10:20 am	Gymnasium	Member: \$20	Non Member: \$40
<b>A21</b>	Friday Aug 11 – Sep 1	9:30 – 10:20 am	Gymnasium	Member: \$26	Non Member: \$46

**Yoga for You Multilevel Friday**

Instructor: Angie Friesen

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

<b>A22</b>	Friday Jul 14 – Aug 4	9:30 – 10:30 am	Room 205	Member: \$26	Non Member: \$46
<b>A23</b>	Friday Aug 11 - Sep 1	9:30 – 10:30 am	Room 205	Member: \$26	Non Member: \$46

**Gentle Seated Yoga Friday**

Instructor: Angie Friesen

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

<b>A24</b>	Friday Jul 14 – Aug 4	10:45 – 11:45 am	Room 308	Member: \$24	Non Member: \$44
<b>A25</b>	Friday Aug 11 – Sep 1	10:45 – 11:45 pm	Room 308	Member: \$24	Non Member: \$44

## Academic Courses

**Computer: Level One Basics**

Instructor: Pat Seifert

*Note: A USB memory stick is required to take home homework, please bring one to your first class.***Starts at “where’s the ON button” to creating, saving, and retrieving your files. Learn parts of a computer, description of keyboard, how to use a mouse and the setup of your desktop. Also learn the difference between hardware and software. Time is given to review tasks and practice work.**

<b>B01</b>	Mon/Wed Jul 17 - 31	10:00 – 11:30 am	Room 312	Member: \$115	Non Member: \$135
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**Language Arts: Spanish Conversation Beginner - Intermediate**

Instructor: Norah Hutchinson

Designed for beginner to intermediate students to provide them with an opportunity to practice the language through discussion of selected material and topics of interest with a focus on pronunciation, listening and building vocabulary.

**B02** Thursday Jul 20 – Aug 17 10:00 – 12:00 pm Room 311 Member: \$60 Non Member: \$80

**Language Arts: Spanish Conversation Advanced**

Instructor: Norah Hutchinson

Designed for advanced students to provide them with an opportunity to practice the language through discussion of selected material and topics of interest with a focus on pronunciation, listening and building vocabulary.

**B03** Thursday Jul 20 – Aug 17 1:00 – 3:00 pm Room 311 Member: \$60 Non Member: \$80

**Fine Arts: Drawing**

Instructor: Tayebe Joodaki

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

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

**B04** Monday Jul 17 – Aug 28 10:00 – 12:00 pm Room 313 Member: \$80 Non Member: \$100

*No Class Aug 7*

**Fine Arts: Chalk Pastel**

Instructor: Tayebe Joodaki

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

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

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

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

**B05** Tuesday Jul 18 – Aug 29 1:00 – 3:00 pm Room 313 Member: \$80 Non Member: \$100

*No Class Aug 8*

**Fine Arts: Canadian Flowers & Landscapes, Canadian Wildlife**

Instructor: Katy Morris

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

This acrylic and watercolour course is focussed on Canadian influences and themes. Using multiple images, we will develop our transformative techniques in order to create a cohesive and balanced painting.

**B06** Wednesday Jul 12 – Aug 2 9:30 – 12:30 pm Room 313 Member: \$80 Non Member: \$100

**B07** Wednesday Aug 9 - 30 9:30 – 12:30 pm Room 313 Member: \$80 Non Member: \$100

## Summer Workshops

**Traditional Food and Medicine Plants – Plant Walk**

Instructor: Latifa Pelletier-Ahmed MSc

Enjoy a guided plant walk while learning about some of the incredible wild plants that grow around us. Use simple botanical tools to help you identify different plants. Learn about how many of the plants around us have been used for millennia as food and medicine.

**B08** Tuesday July 18 10:00 – 12:00 pm Member: \$10 Non Member: \$20

*Kerby Centre - Prince's Island*

**Edible and Medicinal Plants of Alberta Workshop**

Instructor: Latifa Pelletier-Ahmed MSc

Gain an in-depth understanding of five native plants in Alberta. Learn about how these plants have traditionally been used by the First Nations and early settlers. Gain an understanding of their unique botanical features and interconnected ecology. Wild plant tea will be served.

**B09** Wednesday July 26 1:00 – 4:00 pm Room 301 Member: \$18 Non Member: \$28

**Traditional Food and Medicine Plants – Plant Walk**

Instructor: Latifa Pelletier-Ahmed MSc

Enjoy a guided plant walk while learning about some of the incredible wild plants that grow around us. Use simple botanical tools to help you identify different plants. Learn about how many of the plants around us have been used for millennia as food and medicine.

**B10** Wednesday August 16 10:00 – 12:00 pm Member: \$10 Non Member: \$20

*Kerby Centre - Prince's Island*

**Bath Bombs and Hand Scrubs**

Instructor: Laura Barrett

Has gardening taken a toll on your skin? Using essential oil and natural ingredients, we will be making our own hand scrub designed to smooth and exfoliate your hands and feet. And for when it's time to relax at the end of the day, we'll create homemade bath bombs that are sure to do the trick! Supplies included.

**B11** Monday July 17 10:00 – 11:30 am Room 308 Member: \$20 Non Member: \$30

## Kerby 2 St. Andrew's Courses

St. Andrew's Centre 1 – 10601 Southport Road SW Calgary, AB T2W 3M5

**Yoga for You**

Instructor: Angie Friesen

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

**S01** Thursday Jul 13 – Aug 3 9:00 – 10:00 am Member: \$30 Non Member: \$50

**S02** Thursday Aug 10 - 31 9:00 – 10:00 am Member: \$30 Non Member: \$50

# How memorable are our ‘golden memories’?

By Ron Carter

A young doctor, wanting to be thorough, asks their senior patient, “Do you and your wife have intercourse?”

The patient, opened the door to the reception room, and in a loud voice asks his wife, “Mabel, do we have intercourse?”

She replies, “How many times do I have to tell you, we have Visa and Master Card.”

Sometimes, in order to wake up our ‘golden memories,’ our current memory needs a prompt.

Perhaps you’ve played a game of horseshoes, where someone announced, “old buggers can throw your horseshoes two steps ahead of the box.”

If you’ve ever curled, you’d know not to ‘bend while you’re in the hack,’ and to ‘slide the stone to the hog line.’

Or maybe the cashier at Safeway no longer asks you on Tuesday, “Are you a senior?”

More disturbing, there’s the old saying: “Friday night is bath night, to get you ready

for Saturday night.”

Now I’ve forgotten what we did on Saturday night.

There is a 300 year-old form of Japanese poetry called a Haiku, Senryu, or Tanka, and what makes this writing style unique is they’re written on three or five short lines with few syllables. This Haiku provides for a moment of reflection of life.

*Pathways  
A dropped glove points  
In all directions*

*Family reunion  
Everyone’s nose  
The same shape*

Family traditions have become a part of us. In the past, families displayed brand loyalty to certain car manufacturers. Your family was either committed to driving a Ford, GM, or a Chrysler; doctors often drove Buicks, while successful business people preferred Oldsmobiles.

Back then, families as a whole were either liberal or

conservative—and voting was a family tradition.

Family holidays were long hours in the car, singing and bonding. After singing 99 Bottles of Beer on the Wall from 99 to 0, the conversation could turn towards debates; my family’s favourite was ‘should Dr. Gimble, the gifted eye surgeon, be paid a million dollars a year—the same money Wayne Gretzky received for playing hockey?’

There are some very obvious markers that tell society ‘I’m a senior.’ For males, it’s buying your first Tilley hat, with the secret hidden pocket inside for concealing money when traveling.

Women accept maturity by announcing, “I’m no longer going to dye my hair” – the faux blonds, brunettes and red heads have disappeared, replaced by stunning shades of grey.

Author, Joanne Morcon, wrote the following poems, which brought a tear to my eye.

*Crash, bang, boom  
goes the midnight thunder  
I snuggle closer to you  
and then remember  
you don’t live here  
anymore*

*Half empty bottle  
I start to write  
Then stop  
For another glass of  
inspiration*

My favorite memory to ponder is parking with a ‘sweetie’ in -30 degree weather in the family car. There were some great girls in the 50s who could sure fog up the windows. But that’s a story for another time. We love to hear from you!

□



## Letters to the Editor

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

### Re: Madeline’s Decision (April 2017)

Please tell Ms. Rita McGillivray her brave story on her mother in law’s assisted suicide hits home with more seniors than people realize.

Aging to the point where you lose control of your mind or body is a terrifying thought. I am 75, my husband is 79 and neither of us wants to reach the point where we’re “just

waiting to die.” We’re living our life to its fullest – indulging in foods that I’m sure aren’t good for us, drinking too much wine in the evenings, traveling where we want, buying what we want, doing what we want and living NOW. Because we know the day is coming when we will be able to enjoy life in the way we want no longer.

– Donna S., Calgary

We love to hear from you!  
Please send your letters to [editor@kerbycentre.com](mailto:editor@kerbycentre.com)

## Calgary's Best Active Lifestyle Retirement Community is Now Open!

Experience Origin at one of our upcoming events –

<b>CHAIR FITNESS CLASS</b>	<b>MOTHER'S DAY MARKET</b>
<b>Wednesday, May 10<sup>th</sup>   11:00 AM</b> Followed by a light lunch. Please RSVP as space is limited.	<b>Saturday, May 13<sup>th</sup></b> <b>11:00 AM – 2:00 PM</b> All are welcome.
<b>CALGARY PHILHARMONIC DUO</b>	<b>ROYAL TEA OPEN HOUSE</b>
<b>Tuesday, May 16<sup>th</sup></b> <b>2:00 PM</b> Please RSVP. Refreshments will be served.	<b>Saturday, May 27<sup>th</sup></b> <b>2:00 PM – 4:00 PM</b> Refreshments will be served.

For more information or to R.S.V.P., contact –

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 • Fax: 403-777-1124

## All About Seniors

1997 20 years 2017

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CONTINUITY OF CARE PHILOSOPHY

<p><b>Companion Services</b></p> <ul style="list-style-type: none"> <li>Appointments</li> <li>Socializing</li> <li>Cognitive Stimulation</li> <li>Community Outings</li> <li>Meal Preparation</li> </ul>	<p><b>Home Care Services</b></p> <ul style="list-style-type: none"> <li>Supported by a Registered Nurse 24/7</li> <li>Personal Hygiene/Care</li> <li>Medication Assistance</li> <li>Compression Stocking Use</li> </ul>
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www.allaboutseneiors.ca

## Crossword Puzzle

### PREMIER CROSSWORD/ By Frank A. Longo HAVING A FLING

- |   |                                  |                               |  |                                      |                                 |
|---|----------------------------------|-------------------------------|--|--------------------------------------|---------------------------------|
| <b>ACROSS</b>                           | 41 Sticky, chewy candy           | 84 Reply to "Am so!"          | 125 Tram rock                          | 34 Desert rodent                     | 80 Be sporadic                  |
| 1 Not rough                             | 42 Shelters for backpackers      | 85 More chancy                | 126 Beat back                          | 35 Cpl. or sgt.                      | 81 Explore a reef, maybe        |
| 7 Small digital images expressing ideas | 45 Sash for Cio-Cio-San          | 86 Mauna —                    | 127 Luanda's country                   | 36 Ecol., e.g.                       | 82 High RRs                     |
| 13 Bus schedule abbr.                   | 47 Texter's "As I see it ..."    | 87 Prefix with angle or fold  | <b>DOWN</b>                            | 37 Sam- —                            | 83 See                          |
| 16 Bouquet-bringing co.                 | 48 Election day, often: Abbr.    | 90 "Not impressed"            | 1 Mr. Kotler                           | 39 Gets, as profits                  | 71-Across                       |
| 19 Oahu greetings                       | 49 Hold fast (to)                | 92 Thrown-away items          | 2 Jack of old Westerns                 | 43 "No kiddin'!"                     | 87 Become                       |
| 20 Extreme eccentricity                 | 52 "Pieces of Me" singer Simpson | 95 Tricky pool shot           | 3 Spaceship in "Alien"                 | 44 Declaration while pointing        | 88 Rustic mail abbr.            |
| 21 Ivy — (Yalie, e.g.)                  | 57 They often include spiels     | 99 Kosovo native              | 4 2004-15 sarcastic recap series on E! | 46 Bleated                           | 89 What- — (conjectures)        |
| 23 Diamond events                       | 60 LuPone who played Evita       | 102 Norse god of battle       | 5 R&D room                             | 50 Car of the early 1900s            | 91 '48 electee                  |
| 25 Any of 13 Catholic leaders           | 63 Bygone autocrat               | 103 PC-sent holiday greetings | 6 Sofia's "that"                       | 51 Memory trace                      | 93 Tending to wear down         |
| 26 Experts at CPR                       | 64 Grimm bully                   | 104 Some paved arteries       | 7 "E.T." boy                           | 53 People in concealment             | 94 Adorning tawdrily, with "up" |
| 27 Prefix with gauge                    | 65 "Dash it all!"                | 107 "Phooey!"                 | 8 Steins, e.g.                         | 54 Poet Federico Garcia —            | 95 Singer Johnny                |
| 28 On — streak (winning big)            | 66 The "A" of ACLU: Abbr.        | 109 Capital of Albania        | 9 Bump — log                           | 55 Sign into law                     | 96 Mongolians, e.g.             |
| 30 Was in need of restocking            | 67 Mu — beef                     | 110 New attempt               | 10 Actor Malcolm- — Warner             | 56 Lauder of perfume                 | 97 Elish one                    |
| 31 Strong Italian cheese                | 69 Some NFL linemen              | 111 Palmtop device, for short | 11 Places to store frozen blocks       | 57 Virus variety                     | 98 Allotment                    |
| 34 They're over gables                  | 71 With 83-Down, like Rudolph    | 112 "— yellow ribbon ..."     | 12 B-board runners                     | 58 Half-witted                       | 100 Require a                   |
| 36 Lakota's language family             | 72 "Behold!" in Latin            | 115 Salon colorant            | 13 Skiing peak                         | 59 Half of sei                       | 110-Across, maybe               |
| 38 Lifting syllable                     | 73 Dirt-dishing Barrett          | 117 Theme of this puzzle      | 14 Co. shuffling                       | 60 City ENE of 22-Down               | 101 Movie critic Richard        |
| 40 Parris Island mil. branch            | 74 Dear old dad                  | 121 Whole number, e.g.        | 15 Hip-hop performer                   | 61 Love, to Luc                      | 105 Onion part                  |
|   | 76 "— dog's life"                | 122 Writer Waugh              | 16 Rife with                           | 62 Wrought up                        | 106 Is a little too fond        |
|   | 78 Super-angry                   | 123 Tackled energetically     | 17 Drive, in golf                      | 67 Sudden rush                       | 108 "I've — it!"                |
|   | 79 Orchestral array              | 124 Niger-to-Zambia dir.      | 18 Half-asleep                         | 68 Actor Sparks                      | 111 — ed (gym)                  |
|   |                                  |                               | 22 Largest port in Italy               | 70 Curb locales                      | 113 The same, in France         |
|   |                                  |                               | 24 K-O middle                          | 75 "Shy" singer DiFranco             | 114 "The Thin Man" dog          |
|   |                                  |                               | 29 Cook with Apple                     | 77 Ill-tempered                      | 116 Afore                       |
|   |                                  |                               | 32 Luau cocktail                       | 78 Lake — (Mississippi River source) | 118 151, to Nero                |
|   |                                  |                               | 33 Make invalid                        |                                      | 119 Old rival of Pan Am         |
|   |                                  |                               |  |                                      | 120 She cackles                 |

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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115						116			117		118				119	120			
121										122								123	
124																			127

Solution on page 28

## Sudoku Puzzle

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

Solution on page 29



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## Pre-Canada Day Celebration



June 30, 2017  
 10 am - 4 pm



Buffet Lunch \$9  
 Free Slot Tournament  
 Dress in Red and White



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## JULIE & JULIA

Released August 2009 (1 hour & 58 minutes) Rated PG  
 Biography/Drama/Romance

Friday June 30, 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 Lake Bonavista



# Kerby Centre's Activities, Programs, & Services

**Dates to Remember—Kerby Centre**

**MAPLE LEAF QUEST:**  
Bowness Park Walk .....Tuesday, June 20  
Contact Education & Recreation for details.

**MONTHLY MOVIE:**  
Julie & Julia .....Friday, June 30

**SENIORS' WEEK** .....June 5 to June 9  
Sports Day, workshops and fun activities for all!

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

**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**

Understanding Dementia and Strategies to Improve Brain Health

Monday June 5th, 9:30 am to 11:30 am

Room 205 Free. No registration required.

**Maple Leaf Quest**

**Pigeon Lake Hiking Trip**

September 12-13, 2017

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

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

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

**Dates to Remember—K2-East Village**

**Spring 'Scooter' Maintenance and Tune-up Event**.....Mon Jun 26, 12:30-3:30pm

**Gentle Fitness** .....Mon Jun 5,12,19,26 11:15-12:15am

**Play with Clay Workshops** .....Wed Jun 7 & 28, 1:00-3:00pm

**Drops of Peace (Meditation)** .....Thurs Jun 8, 10:30-11:30am

**Chair Yoga** .....Fri Jun 9, 16, 23, 12:00-1:00pm

**Calligraphy for Fun Workshop** .....Mon Jun 12, 1:00-3:00pm

**Nia Dance Fitness**.....Mon Jun 5 & 19, 1:00-2:00pm

**Intuitive Card Readings**.....Mon Jun 5 & 19, 2:00-3:00pm

**Chow & Chatter**.....Wed Jun 21, 12:00-1:30pm

**Kerby Travel Day Trips**

- Ribbon Creek Hike— Members- \$41 Non-Member- \$46**  
Thursday, June 15th, 2017
  - William Watson Lodge— Members- \$80 Non-Member- \$85**  
Tuesday, June 27th, 2017
  - Chinook Honey Farm— Members- \$48 Non-Member- \$53**  
Wednesday, July 19th, 2017
- Contact Kerby Travel for more information at 403-705-3237

**Kerby Travel Presentation**

**June 22nd, at 10:30 am in board room 318**

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**\$2 for Refreshments**



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

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Classified Rates  
Starting at \$18.50\* (50 characters 2 lines)  
Classified deadline for July issue must be received and paid by June 8.



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

## 10 Health

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## 11 Foot Care

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Mtview plot in Everlasting Life Plot + 2 Cremations 403-256-5159/403-617-2949

*Calgary and surround reads Kerby News monthly*

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Continued from page 27

**33 Wanted**

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

**Wanted**

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*Kerby News is the official publication of Kerby Centre*

Interested in photography? Get in contact with the Kerby News to discuss exciting volunteer opportunities. 403-705-3229 or editor@kerbycentre.com

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**Crossword Solution**

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

Puzzle on page 25

**WANT THIS SPACE? KERBY NEWS CLASSIFIEDS CALL 403-705-3249**

**IN MEMORIAM**



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

- Patricia E Allen,
- Josephine (jo) E. Lewis
- Caresse M. Rutledge
- Mary (Doreen) Gillan
- Jeannette E. Hamilton
- Ada Jones

Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the forthcoming issue of the Kerby News.



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





# Staring wistfully at closed doors prevents you from seeing the open ones

**Life and liberty**  
by liberty forrest

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

They say that when one door closes, another opens.

It's true, of course; the ending of one thing automatically means the beginning of another.

It is human nature to want things to stay the same, or at least to have them remain within a comfort zone. For many of us, change is not a welcome part of life. Fear prevents us from taking bold steps forward, from taking chances or trying something too new or too big because it might threaten our security, and therefore, our survival. It is instinctive to want to protect

ourselves from anything that might cause us harm.

And so we cling to what we know, to what is familiar. We cling to the past, to what is comfortable, even if it is painful, even if it causes unhappiness. At least we know what it is, what it looks like, how it feels, and how to live in it. Better the devil you know than the one you don't, right?

On the other hand, that big scary new thing — well, it's a huge unknown and without any assurance of how it will turn out, we prefer our comfortable discomfort because at least we know what to expect. We've learned how to live with the discomfort, the arguments, the unhappiness or the dissatisfaction. It may not be pleasant but heck, we're used to it and we just keep plodding along one day after the next.

But what if that new thing is wonderful? What if it expands your mind, your life and your joy? What if it stops the pain and the unhappiness? What if it allows new growth and discovery that excite you?

As long as you cling to what you know, you'll never know what you don't know.

And it might just be truly amazing.

Staying stuck in familiarity does not automatically guar-

antee that things will never change. Nothing can guarantee that because change is inevitable. Whatever your situation is right now, at some point it will be different. Or at least, the world around you will be different and you won't fit into it in the same way you do now. This can leave you feeling as though you have no control over your life.

Clinging to the past just makes it harder to accept the changes that will occur naturally, because they will occur whether or not you want them, and whether or not you like them. This leaves you feeling like you have no control over your life and it only gets worse the more you resist change.

Taking the bull by the horns, seeing what isn't working, thinking about what you would like to improve, or how you could be happier, and then being proactive about making it happen is far better than staying stuck. As long as you stare at the door that is closed on what was and refuse to accept what is, you will never discover what might be. Changes will then happen to you, not because of you. This increases the likelihood that they will be changes you do not like or want because you didn't decide any of them for yourself.

You cannot return to the past. If whatever was back there was meant to continue, it would not have ended. But it did so that's it; it is over. Accepting that fact and welcoming what comes next is the best way to find happiness and a big part of making that happen is by having a hand in making the decisions that affect your life.

I know there are some losses that are harder to bear than others. I understand what it is to lose someone you love, or be forced to leave a home you adore, or to have your dreams blown to smithereens. I don't mean to trivialize any of that by saying, oh, just accept it and carry on. I understand how challenging that can be.

Equally, I know that it is possible to come to a place of healing and peace. Of course, you must first honour what was — the joy you experienced before the painful loss. But I know, too, that looking ahead to what might come next and choosing to believe in a happy future and in possibility makes it easier to cope with what hurts.

Stop staring at that closed door behind you. Turn around and walk through the open door that's waiting for you straight ahead. □

## Sudoku Answers

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

Puzzle on page 25

**dd**  
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**Business and Professional Directory**

**Calgary Philatelic Society**

General Monthly Meetings with auction  
1st Wednesday of the month start at 6:30 pm

Mid Month Auctions  
3rd Wednesday of the month start at 6:30 pm

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# Healthy, flavourful, full meal salads

Page design and layout by Winifred Ribeiro

Savage Salads is about taste as well as health. It's about filling up, being satisfied, enjoying what you are eating and knowing it is good for you. Kristina (from Sweden) and Davide (from Italy)



Savage Salads: Fierce flavours, Filling power-ups © 2017 by Kristina Gustafsson (Author), Davide Del Gatto (Author), Kim Lightbody (Photographer) Reproduced by permission of Gibbs Smith. All rights reserved.

understand how to create punchy flavours and satisfying textures, all topped with meat, chicken and fish. Nourishing, delicious and packed with protein, the 50 recipes in this cookbook are healthy and flavourful dishes for anyone interested in good food and there are choices for both vegetarians and meat or seafood lovers.

## GRILLED RUMP STEAK, ASIAN RADISH, CARROTS, WATERCRESS, SESAME SEEDS, SESAME OIL ©

**Serves:** 4

4 rump steaks (9–10 1/2 oz each)  
olive oil, for cooking  
salt and freshly ground black pepper  
2 large carrots  
1 Asian radish  
5 1/2 oz watercress  
1/4 cup sesame seeds  
juice of 1 lemon  
splash of sesame oil

Heat a nonstick skillet until smoking hot. Season the steaks with salt, black pepper, and a drizzle of olive oil, then place the steaks in the pan and cook on one side (without moving them) until brown.

Turn the steaks over and cook for another 2 minutes. Remove the pan from the heat and leave the steaks to rest. Peel the carrots and Asian radish, then use a mandolin to cut them into julienne strips. Place them in a bowl and add

the watercress, sesame seeds, lemon juice, and sesame oil, then mix together.

Arrange the salad on serving plates. Slice the beef and place on top of the salad

**Dressing Suggestion:**

**WATERCRESS MAYONNAISE**

Coconut yogurt  
Approx 4 servings  
5 tbsp coconut milk  
1 cup / 9 oz Greek yogurt  
1 tbsp extra virgin olive oil  
salt

Watercress has one of the strongest flavors of any salad leaf and delivers a welcome peppery edge here.

Put the egg yolks and mustard in a bowl together with a few drops of the oil and beat. Then, very slowly at first, whisk the remaining oil into the emulsion until you are halfway through the oil. Add the white wine vinegar and continue whisking in the oil until it is used up. Set aside. Blanch the watercress in a pan of boiling water for 10 seconds, then drain and add to the mayonnaise. Transfer the mayonnaise to a food processor and process until it is puréed.

Season to taste.

Leave to infuse for at least 30 minutes before serving.



## GRILLED SHRIMP, ZUCCHINI RIBBONS, MANGO, CHILLI, GRILLED PITA ©

**Serves:** 4

1 large zucchini  
extra virgin olive oil  
mild red chilli, deseeded  
and finely chopped  
1 large, ripe mango  
16 shrimp, peeled, deveined,  
heads removed and tails still intact  
4 pita breads (white or wholemeal)  
grated zest and juice of  
1 lemon  
salt and freshly ground black pepper

Preheat a chargrill pan or barbecue.

Top and tail the zucchini and slice lengthwise quite finely. Season with salt and pepper and add a drizzle of olive oil. Put 3 tablespoons of olive oil into a small saucepan and heat over very low heat. Add the chopped chilli and cook very gently for about 3 minutes. Set aside to allow the oil to infuse with some of the heat of the chilli.

Slice the mango around the pit, remove the skin, and chop roughly. Set aside.

Place the shrimp in a dish, drizzle a little olive oil over them, season with salt and pepper, and place on the hot chargrill or barbecue (you can use skewers if easier). Cook, turning them a couple of times, for 4 to 6 minutes, or until they change color and firm up a little. Remove and cook the zucchini slices in the same way for 3 minutes. Remove the zucchini and place the pitas on the grill to warm up. When warm, roughly chop them into pieces.

Put the zucchini and mango together in a bowl and dress with the warm chilli oil. Season with salt and pepper.

Arrange the salad on serving plates, adding the shrimp on top. Squeeze some lemon juice over, divide the pita pieces among the plates, sprinkle with the lemon zest, and serve.

**Dressing Suggestion:**

Coconut yogurt

Approx 4 servings

5 tbsp coconut milk  
1 cup / 9 oz Greek yogurt  
1 tbsp extra virgin olive oil  
salt

Whisk all the ingredients together in a bowl until combined.

Season to taste with salt.

## GRILLED APRICOTS AND PEACHES, COUSCOUS, MINT, SERRANO HAM, PINE NUTS



**Serves:** 4

1/4 cup/2 1/4 oz pine nuts  
1 cup giant couscous  
8 ripe apricots  
8 ripe peaches  
vegetable oil,  
for rubbing  
juice of 1/2 lemon  
splash of extra virgin  
olive oil  
splash of balsamic  
vinegar  
5 1/2 oz thinly sliced  
serrano ham  
salt  
mint leaves, to garnish

Toast the pine nuts in a nonstick skillet over low heat for 5 to 7 minutes, tossing occasionally, until golden-brown. Remove from the heat and set aside.

Bring to a boil plenty of water in a large pot, with a pinch of salt. Add the couscous and cook for 9 to 10 minutes, until soft. Drain the couscous and rinse under cold running water.

Cut the apricots and peaches into quarters. Put your stove on maximum heat and place a grill pan or griddle on top. Make sure the pan is smoking hot before you start grilling the fruit.

Rub the peaches and apricots with a little bit of vegetable oil to keep them from sticking to the grill. Put the fruit on the grill and leave for about 5 minutes, until they do not stick to the grill any more.

Once all the fruit is grilled and cooled, put it in a bowl together with the couscous and pine nuts. Squeeze in the lemon juice and dress with a splash of extra virgin olive oil and balsamic vinegar. Mix together well.

Place everything on a plate and serve with the sliced serrano ham and fresh mint leaves on top

**Dressing Suggestion:**

Splash of balsamic vinegar

# Bucket list or inheritance or both

Are you expecting an inheritance from your parents? Well, your parents may have different ideas. According to a survey, although 62% of those aged 30-44 anticipate receiving an inheritance, 45% of Canadians aged 60 and over are concerned that their savings will be depleted during their retirement and they will not have money to leave behind, and 25% are not willing to make any personal sacrifices in order to leave others an inheritance.\*

Seniors intend to enjoy their retirement years – and as people live longer and have higher expectations for their retirement, younger generations may have to adjust their own expectations about the anticipated transfer of wealth.

For seniors expecting a long and active retirement, knowing how much you have and will need to pay for the lifestyle you want, along with the additional medical and other expenses that inevitably come along with ageing, is a vital ingredient of a financially comfortable retirement – and that takes

careful financial planning. And if you are concerned about leaving an inheritance to your adult children (or others) that takes careful estate planning, as well.

For adult children, the amount of your inheritance will have an impact on your financial planning so it's important to know what you can expect – and family dialogue is a good place to start.

Broaching the sensitive topics of wills and estate details with loved ones can be daunting but having “the talk” early on can provide security for planning and make the process easier when the time comes. In fact, your parents may be waiting for an opportunity to have “the talk” and you can help facilitate it in your role as a supporter and information gatherer.

Here's what you should include in the discussion:

- Sources of income.
- Registered and other investments.
- Expenses now and as they are likely to escalate with age.
- Insurance – what coverage do they have or need?

- Existing wills.
- Enduring powers of attorney for property (in Québec, mandates in anticipation of incapacity).
- Powers of attorney for personal care, living wills, health care directives.
- Location – know where wills and other legal papers are kept; know the location and content of their bank accounts and safety deposit boxes.

Are you leaving an inheritance? Are you expecting an inheritance? Have “the talk” and find out. And to be sure you are taking full advantage of the many financial and estate planning strategies available to parents and their adult children, having “the talk” with your professional advisor is also a very good idea.

For professional advice call Joanne, Kirk, or Darryl at Investors Group at 403-253-4840. They would love to help you out. An introductory meeting is complimentary and there is no obligation to you.

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

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## FINANCIAL PLANNING TODAY

### Topic: Wills and Estate Planning

**PRESENTERS:** Jonathan Ng, Estate Lawyer  
Underwood Gilholme

**LOCATION:** Kerby Centre -1133 7th Ave SW

**ROOM:** Kerby Centre Dining Room

**DATE:** Thursday, June 15, 2017

**TIME:** 9:00 am – 11:00 am

**COST:** Free Presentation



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Join us for coffee and cookies while learning how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives.

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- Anonymous donor



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



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