

# Kerby News

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2017  
March

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Linda Rainey hiking in Dingle Bay, Ireland. Story and photos Pages 18-19.

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12 March, daylight savings time  
(change your clock 1 hour forward)  
 17 March, St. Patrick's Day



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## Spring at Kerby Centre

I am sure that we all have our perceptions of what the Kerby Centre is. It might be where we meet friends, have a coffee or lunch. Maybe we come once a year to get our taxes done. Maybe it is the programs that we enjoy. For some of us it the volunteer work we do there.

Is it a job to you, a comfortable place away from home? There are many functions and facets to the Kerby, so much so, that we tend to

just call it “The Kerby”, like it is its own organism, life source. To have that essence it takes many, almost countless, moving parts to come together. Just like our bodies that are connected head to toe, so is the Kerby. The old saying is, we are the strength of our parts and those parts may seem at first glance at the Kerby, obvious.

But we are more than that. We are one of, if not the most connected adult-oriented facility in the province. We have count-

less connections to our whole community, from our next door neighbours, to clear across the province. Our senior management staff sits on dozens of committees and boards. This helps Kerby Centre in many areas.

It keeps our organization informed on changes and advances in all the areas that affect aging adults, and in many cases, it allows us to give input on the direction the municipal and provincial agencies are headed. Kerby Centre being

such a well respected leader in the aging adult community, we find many other groups turning to our organization and staff for direction, guidance, and mentoring.

The next time one of the staff members greets you and you say hi to them, take a moment to remember that their role in our community may be far larger than you or I ever realized when we just look at that surface.

The Kerby and its staff, really are helping to shape the future of our community. □

### President's Report Zane Novak

## MARCH 2017

Front page: Photo by News Canada

Design by Winifred Ribeiro

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

## Kerby News

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(403) 265-0661 • Fax (403) 705-3212

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e-mail: [editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Co-Publishers:** Keith Callbeck and Luanne Whitmarsh  
**Editor:** Barry Whitehead, Dylan Reardon  
**Production Manager:** Winifred Ribeiro  
**Sales Consultants & Distribution:** Jerry Jonasson (403) 705-3238  
David Young (403) 705-3240  
**Classified Ads:** (403) 705-3249 Fax (403) 705-3212

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**Editorial Assistants:** Margaret McGruther, Judy Milllar  
**Typesetters:** Montanna Clark,  
**Proofing:** Anita Dennis, Mansoor Ladha

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### CEO's Message Luanne Whitmarsh

March brings about the change in seasons. Cold blustery days filled with snow and winter jackets change into lighter apparel, lots of sunshine, and opportunities to get outdoors again. Time to move our bodies!

Weather is only one change – what other changes are happening in your life? With the increased sunshine does it make you think of gardening – and if you can't garden where you live, there are community gardens to join! Many older adults spent countless hours gardening – keeping your craft alive is very important.

March is St. Patrick's day celebrations! But, I think we make our own luck. So, what will you do to change your luck or add to your already good life? This is your month to shine!

Also, March is Women's History Month. This is a

perfect time to read a history book, OR is it finally the time to write your own? Your life story is precious and one that should be written and savored by you. If others find the story of your life interesting – all the better!

So, as you read this please remember you are important. The seasons change, our bodies change – but what does not change is our accountability for our own life story. If your story is not one that brings you peace and smiles – it's your story, so change it!

Be well and Happy Spring to you all. □



**Walk, roll, jog, or run with Team Kerby Centre at the Scotiabank Charity Challenge May 28th!**

Help us reach our fundraising goal of \$25,000!



Registering is easy  
Contact [MichaelaG@kerbycentre.com](mailto:MichaelaG@kerbycentre.com)  
or register online at  
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and select Kerby Centre from the list of charities.

  
Kerby Centre

All funds will go to improving the quality of life for older adults in Calgary




## Kerby Assembly Annual General Meeting

### Healthy Aging

With guest speaker

## Jim Gray

Philanthropist



Open to Kerby Centre members & stakeholders

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April 18 - Kerby Centre Gymnasium  
Entertainment & light refreshments at 9:00 am  
AGM begins at 10:00 am



### News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

As we find ourselves settling into 2017, there's no denying that Calgary has experienced a dramatic shift. In less than two years, we've gone from the fastest growing city in North America, with a projected growth of 40,000 people per year, to experiencing a significant economic downturn with massive layoffs, a 40%

## Dollars and Sense

downtown office vacancy and almost no growth. The ripple effects of this significant downturn have been felt by every industry and community in Calgary. My office and I have been hearing from concerned residents who have been asking important questions on subjects like taxes, infrastructure, spending and the economy. These conversations have led my office to propose business tax relief, continued investment in infrastructure for neighbourhoods that are continuing to take on density, and to host a summit on innovative solutions for downtown office vacancies. While our city's economic landscape may have shifted, Calgarians' spirit for inno-

vation, exploration and prosperity remains.

In January, as property assessments were mailed out, hundreds of businesses in Ward 8 found themselves saddled with a drastic increase in their property value. The drop in downtown office vacancy meant that the City saw a loss of nearly \$2 billion in assessed value so that the tax base had to be widened to include non-residential properties city-wide. Thankfully, as a result of my 2016 Business Tax Relief notice of motion Council and Administration were able to bring forth a successful \$45 million municipal non-residential Phased Tax Program (PTP) to help ease the burden. This means that nearly 6,000 busi-

nesses – many of which reside in the Beltline, will see their non-residential property taxes capped at an increase of 5%. To learn more or to see if you qualify, visit [www.calgary.ca/assessment](http://www.calgary.ca/assessment).

While the PTP is only valid for 2017, I'm working closely with the Chamber of Commerce and Calgary Economic Development to continue to explore ways to diversify our economy. In partnership with Councillor Druh Farrell, our Downtown Economic Summit in February helped to illuminate new possibilities and opportunities for our downtown core. In terms of diversification, the City and Calgary Economic Development are actively seeking global businesses

to establish headquarters in Calgary and to capitalize on the ever-growing technology-focused start-up industry.

I've always said and will continue to say to anyone who asks: Calgary is an incredible city to live in. Every month I'm blown away by community members volunteering their time to make their neighbourhoods even better, by the steady stream of new local businesses taking the leap and opening their doors, and by a city filled with people who are here to support them. If you ever have any questions, concerns or ideas my office is here to help. You can reach us by email at [ward08@calgary.ca](mailto:ward08@calgary.ca) or by phone at 403-268-2431. □



### This month in Edmonton

KATHLEEN GANLEY

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

With the end of winter almost in sight, the legislature reconvenes for spring session on March 2nd, 2017. We continue to work

## Energy Efficiency Initiative

to diversify and strengthen Alberta's economy, and are seeing the effects of the many economic policies introduced last year. The small business tax rate was cut from 3% to 2% and a 30% investor tax credit was introduced to draw business to our province. Oil prices appear to have leveled out, but much work remains to be done to bring back jobs to Calgary. With the Kinder Morgan Pipeline expansion approved, our main export now has a path to Canadian tidewater and global markets. As stated by the federal government, Alberta's pipeline approvals could not have happened without

the Climate Leadership Plan. Kinder Morgan and Line 3 prove that Alberta can be both an energy producer and a world leader on climate action.

The province recently rolled out Energy Efficiency Alberta - a new agency that will provide programs and services to help protect pocketbooks and lower carbon footprints. Until now, Alberta was the only province or territory without consumer energy efficiency programs. Energy efficiency is widely recognized as one of the most effective ways to reduce greenhouse gas emissions while saving consumers money.

Energy Efficiency Alberta will be funded by carbon levy revenue, all revenue will be reinvested within the province. The Residential No-Cost Energy Savings Program will provide no-charge installation of residential efficiency products such as lighting elements, smart power bars, water fixtures and programmable thermostats in homes and multi-unit residential housing across the province. Free or low-cost LED lightbulbs and low-flow showerheads will be made available for household use. The Residential Retail Products Program will offer point-of-sale rebates on ener-

gy saving appliances, lighting and insulation for homes. The Business, Non-Profit and Institutional Energy Savings Program will offer incentives for increased high-efficiency product usage.

Energy efficiency programs will create jobs in construction and energy services and have the potential to grow future-ready industries such as solar generation. Energy Efficiency Alberta aims to save families and institutions money, and chart a long-term vision for efficiency in our province. I welcome your comments and feedback about this program, and all others, 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

Budget 2017 is about investing in the middle class and working toward a more innovative economy. By investing directly in Canadians and their families we are putting our country in a better situation to face the future.

## Budget 2017

At the tail end of 2016, after consulting with Canadians, our government approved two major pipelines. We built up an environmental consensus on the carbon price, and created a balance between the environment and industry. By doing this, we are building the framework to create long-term prosperity for Alberta and all of Canada.

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

our government has invested some \$3 billion into Alberta infrastructure, more than in all of the last five years of the previous government combined. This work continues in Budget 2017.

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

Our second commitment was a middle class tax cut.

One of our first acts as a government was to cut taxes for nearly nine million Canadians by reducing the second personal income tax rate, and delivering tax relief to Albertans.

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

20 weeks, up to a maximum of 70 weeks, and further to this, we doubled the maximum of work-sharing agreements to 76 weeks.

Budget 2017 is a continuation of our work as a government. It is actively concerned with supporting the middle class and working toward a better future for all. For more details please visit our website at [budget.gc.ca](http://budget.gc.ca).

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 Avenue 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). □

### 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.*

# Giving back to the community

By Kathleen Burke

Some people might take things easy after dealing with three bouts of cancer, but not Tove Engebretsen. She tells me that she continues “to have treatments every three weeks,” but retiring from work and living through surgery and chemotherapy have given her an impetus to become more involved in the community. In fact, her community involvement surpasses the best efforts of many of us.

Originally from Norway, but a long time resident of Calgary, Engebretsen is a past Board member of the Community Wise Resource Centre in the old YMCA building on 12th Ave in the S.W. She volunteers once a week at the Calgary Women's Centre: a place for women to provide and receive support and connect with others. Almost half the women who use the centre, or who volunteer, are living in poverty, and Engebretsen says her work there “helps my attitude a lot.” By that she means she has become more understanding of those who, for some reason, find themselves without employment or housing. She has also become involved with Women Together Ending Poverty, whose members take action on the root causes of poverty, and who are currently campaigning for a livable minimum wage and who battle against misogyny and racism.

Several times a year she meets with other members of the Calgary Transit Customer Advisory Group, who provide Calgary Transit with “input and advice to enhance the customer experience on the transit system.” The Group's aim of “making citizens' lives better every day” is well in line with Engebretsen's own goals.

Engebretsen is concerned about how to make life better for everyone: she is interested in indigenous affairs; she volunteered during 2015's federal election campaign; and is a long-time member of, and volunteers, with the Unitarian Church where, she says “I nominated Chantal Stormsong Chagnon and Cheryle Greyeyes Chagnon for the Unitarian Church 2016 William Irvine Social Justice Award.”

**“Our downtown indoor network can definitely be thought of as a neighbourhood, with its own history and collection of people who use it daily.”**

Perhaps her favorite project is the Elder Service Corps. She is presently a board member at the Elder Service Corps Association, which consists of alumni of the Elder Service project: a 28-week programme of talks and discussions on the topics of aging, social justice and community development. The programme was the first of its kind in Canada, and includes hands-on community involvement for adults aged 65+ who would like to use their life skills and experience in a productive way. Participants are encouraged to draw on their own skills and interests by developing new community projects. During her time in the programme, Engebretsen helped to start Imagine: An Art Project, where participants meet once a month to socialize while sharing their skills in painting, collage, basket making, scrapbooking and more. Other projects from

this community-minded group have included Better than Chocolate – a community discussion group, with the Unitarian Church as the site partner, centering on older adults' relationships and sexuality, and Cyber Cafe, an online forum where seniors who have mobility or transportation problems can go online and interact with others. Although not involved with the Cyber Cafe, Engebretsen is a frequent Facebook user, which she sees “as a community where I interact with old and new friends locally and all over the world.”

We chatted as we walked through part of Calgary's +15 network, and I learned that the Elder Service Corps Association is presently putting together a proposal for a Jane's Walk in May, which will take place in the +15. Though normally held outdoors, these informative and sociable walks focus on neighbourhoods—and as Engebretsen points out, “our downtown indoor network can definitely be



CommunityWise Resource Centre volunteers, from left to right: Safura Jussab, Jamie Bri, Tove Engebretsen, and Erin McFarlane. Photo courtesy of Tove Engebretsen.

thought of as a neighbourhood, with its own history and collection of people who use it daily.” In addition, it's easy walking for older adults, with plenty of places to sit along the way - and nobody has to worry about the weather.

Organizing such projects, attending meetings, drum circles, talks and protests—involved with

both the local and international community—this woman seems too busy to worry about her health. But she still finds time for her family, and appreciates their support. “My kids have seen me through surgeries and difficult times,” she says. And in return, she is helping others through their own difficult times. □

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# Spring into action: Protect your home

The flowers are blooming, the birds are singing and our homes have a bad case of the winter blues. ‘Spring cleaning’ is a tradition that serves a very useful purpose: it rids your home and exterior property of build-up left from the winter months.

“The winter season brings a lot more headaches than just bitter cold weather and snow,” says Glenn Cooper of Aviva

Insurance. “Many side-effects of winter are noticed when spring comes along. It’s important to take care of those problems before they lead to serious property damage.”

Cooper offers four simple tips to help make exterior spring cleaning a breeze this year:

**1. Inspect your property:** Frozen ground can cause shifts in your landscaping

and patios. If left unattended, it can result in costly repairs and injuries. Be sure to inspect your walkways and driveways for cracks.

**2. Remove debris from your gutters:** Ensure that leaves and dirt are removed from your gutters to prevent water blockage. If water accumulates and is not drained properly, it could lead to water damage to your home.

**3. Repair damage to your roof:** Replace any missing or damaged shingles to prevent leaking roofs.

**4. Examine fences around your property and pool:** Ensure fences are still sturdy and secured properly to prevent injury and intruders from entering your yard.

Courtesy of News Canada ☐

## IN MEMORIAM



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

Andre, Winandus (Winand) Fisher, Michael Howard Grant, Maud Lange, Paul Arthur Lee, Cameron Lyle MacCrimmon, Constance Ursula Nemeth, Miklos (Miki) Tait, Donald Joseph Tolppanen, Leo Tymkiw, Mary Ann

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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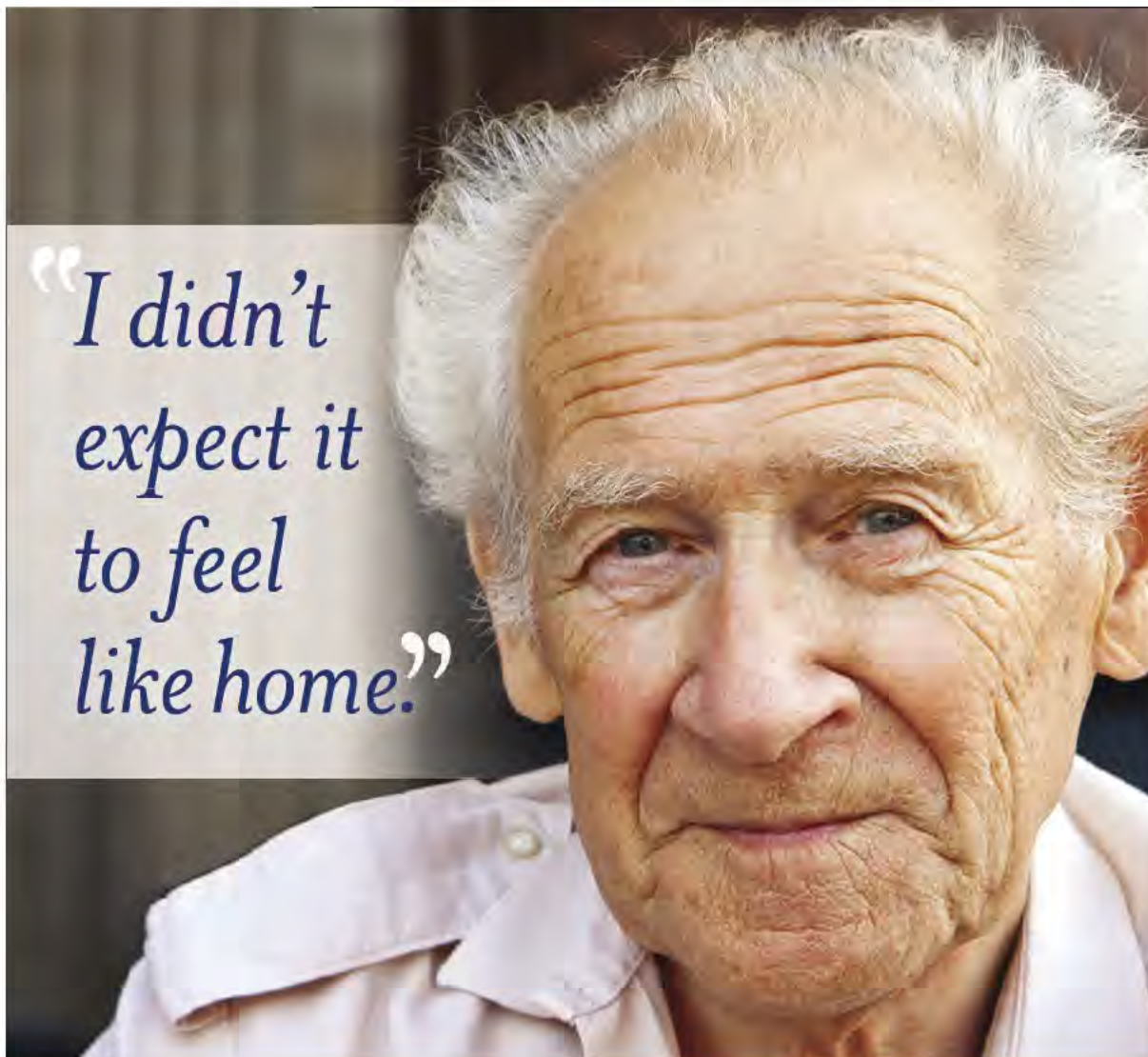
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“I didn’t expect it to feel like home.”

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# The Healthy Geezer

BY FRED CICETTI

**Q.** Whenever I drink a little too much wine, I find that I wake up at night and my heart seems to race for a while. Can wine do that?

**A.** The short answer is yes. But, first, it sounds like you haven't told a doctor about this. And you should—immediately. What you're describing could be atrial fibrillation. The risk of atrial fibrillation increases with age, particularly after age 60.

Atrial fibrillation—also called AF or AFib—is the most common form of irregular heartbeat. It is an abnormal heart rhythm originating in the atria, the upper chambers of the heart. The rate of impulses through the atria can range from 300 to 600 beats per minute.

Because the atria are beating rapidly and irregularly, blood does not flow through them as quickly. This makes the blood more likely to clot. If a clot is pumped out of the heart, it can travel to the brain causing a stroke.

People with atrial fibrillation are five to seven times more likely to have a stroke than the general population.

Infrequent and brief episodes of atrial fibrillation can be triggered by overindulgence in alcohol, caffeine and food. Doctors sometimes call AF “holiday heart.”

However, some of the most common causes of AF are high blood pressure, a variety of heart problems such as coronary artery disease, chronic lung disease and pulmonary embolism, which is a condition that occurs when an artery in your lung becomes blocked.

In at least 10 percent of AF cases, no underlying heart disease is found. In these cases, AF may be related to alcohol or excessive caffeine use, stress, certain drugs, electrolyte or metabolic imbalances, or severe infections. In some cases, no cause can be found.

Among the commonly used tools to diagnose atrial fibrillation are the electrocardiogram (ECG); a Holter monitor, a small external recorder usually worn for one to three days, and a portable event monitor that enables a patient to record an AF.

Many people live for years problem-free with atrial fibrillation. However, chronic atrial fibrillation can cause problems. Besides stroke, there is the danger that clots can travel to other parts of the body (kidneys, heart, intestines), causing damage. AF can decrease the heart's pumping ability by as much as 20 to 25 percent. AF combined with a fast heart rate over a long period of time can cause heart failure.

AF symptoms include a racing or fluttering heart, fatigue, dizziness, feeling faint, chest discomfort, and shortness of breath. However, you can have atrial fibrillation without symptoms.

Initially, medications are used to treat atrial fibrillation. There are also medications to prevent blood clots. In addition to taking medications, there are lifestyle changes you can make. These include: quitting smoking, limiting alcohol and caffeine, avoiding activities that seem related to your irregular heart rhythm.

When initial remedies don't correct or control AF, a procedure such as electrical cardioversion may be necessary. In this procedure, an

electrical shock is delivered to your chest wall to restore a normal rhythm.

Then there are devices such as an implantable atrial defibrillator that delivers low-dose therapy to convert AF to a normal heart rhythm.

Patients with chronic AF not relieved by medication

or procedures are candidates for surgical treatment. Many of these approaches can be performed with minimally invasive (endoscopic or “keyhole”) surgical techniques.

If you would like to ask a question, write to [fred@healthygeezers.com](mailto:fred@healthygeezers.com). □

## Want to ‘go green?’

Helping the earth and your wallet at the same time is completely doable. These tips from TD Friends of the Environment Foundation show you how.

1. Use your window shades to your advantage. Open them up on sunny days to draw warmth, and close them at night to keep your home warm and cozy.

2. Make it a game — get the kids involved by creating an earth drill, where everyone goes around the house turning off unused lights and appliances. Whoever finds the most things to turn off gets to pick what board game to play.

3. Use a programmable thermostat and keep the temperature a few degrees lower in the winter. Reducing the temperature by one degree can cut two to three per cent off heating bills on average.

4. Watch the clock and only run appliances like

dishwashers and laundry machines, when the cost of electricity is at its lowest.

5. Make your own DIY cleaning products at home and use reusable rags and old towels when cleaning.

6. Opt for energy-efficient appliances and unplug small appliances and electronics when not in use.

7. Check for drafts and insulate doors, windows and any other areas where you feel cold air coming in.

8. Install a ceiling fan to better circulate warm air throughout the home.

9. About 90 per cent of the energy a washing machine uses goes toward heating the water. Wait until you have a full load of laundry and wash clothes in cold water.

10. Install efficient toilets and shower heads throughout your home to save on water consumption. New low-flow toilets can use six or less litres of water per flush com-

pared to older toilets that use 13 to 20 litres.

Courtesy of News Canada □

## Murder Mystery Dinner Theatre

Kerby Players present:



## The Shooting of Dan McGrew

April 28th, 6:00 pm

Member Price: \$30

Non-Member Price: \$35

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**Are you 71?  
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**71?**

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# Alzheimer's: Do you know the warning signs?

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Many families dealing with dementia often reflect back after a family member is diagnosed, noting they observed some warning signs several months earlier, but ignored or simply dismissed them as signs of normal aging. Approximately 16,000 Canadians diagnosed with dementia are below the age of 65. Therefore, dementia is not just an 'old-timer's' disease. It's common for symptoms of dementia to be overlooked, so it's important to be aware of the warning signs in order to take action, seek further

explanation, and get connected to support. The following symptoms are not always a normal part of the aging process, but it's also important to point out that having any one of these signs does not necessarily mean that a person has dementia. However, it is wise to seek medical advice and investigate the cause of the symptoms.

**The most common sign of dementia is memory loss.** While it is considered normal for an aging person to forget names or appointments on occasion (and then remember them later), a person with dementia will frequently forget recent events and conversations altogether. They may forget information they normally would have remembered, such as their grandchild's name. Instead of forgetting where they parked their vehicle at the shopping centre, they may forget that they drove their vehicle at all, and choose to take transit home.

Another warning sign of dementia is **having difficulty with familiar tasks.** A healthy aged person may occasionally need help with settings on a microwave or recording a television program. A person with dementia would experience difficulty driving to a familiar location,

playing a favourite game, or cooking a familiar recipe.

As we age, we are likely to **misplace things** from time to time. While a healthy older person is able to retrace their steps and retrieve the misplaced items, a person with dementia would be unable to retrace their steps and may be frequently losing things.

It is normal to have difficulty finding the right word at times, and experience that 'tip of the tongue' state, as we age. A person with dementia could be **unable to follow or join in a conversation**, could use incorrect words, or might stop in the middle of a sentence, not knowing how to proceed.

It is normal for an older person to get confused about the day of the week and remember it later. A person with dementia might have **difficulty figuring out where they are and how they got there.** They can also get lost in a familiar place.

Other common symptoms include **mood and behaviour changes.** A person with dementia could get overly anxious, frustrated, angry, or become very suspicious. A healthy older person might get upset when a familiar pattern or routine is changed.

Though the signs of dementia may resemble the

signs of healthy aging at a superficial level, they are more severe in intensity, more frequent and often affect the person's ability in daily life. When this is the case, they warrant consultation with a physician.

If you see dementia symptoms in a family member, or if you are experiencing these symptoms yourself, it is advisable to consult your physician in a timely manner. Early diagnosis and management enables the person and their family to cope more effectively and have a better quality of life regardless of the disease.

Currently, there are about 10% of Calgary seniors living with a type of dementia. Alzheimer's disease is the most common type, primarily affecting memory, but many types of dementia exist. Of the 564,000 Canadians living with dementia, about 43,000 of them are Albertans. There are approximately 25,000 new cases diagnosed every year in Canada, and these numbers are expected to double by 2030, and triple by 2050.

For support and resources, please contact the Alzheimer Society of Calgary at 403-290-0110 or visit [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca).

By The Alzheimer Society of Calgary

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

MEMBERSHIPS ARE NON-REFUNDABLE



## RRRoll Up the Rim to Win a huge success

By Sylvain Charlebois  
 Courtesy of Troy Media

In its 31st year, Tim Hortons' RRRoll Up the Rim to Win still attracts more business and more attention than any other campaign in the Canadian food industry.

It's one of the few campaigns that transcends generations. And people have even attempted to steal boxes of Tim Hortons cups just to get their hands on a prize.

And after a few years of ownership, American giant

3G Capital and Berkshire Hathaway clearly thinks RRRoll Up is worth keeping.

But why does the promotion work?

The odds are against it: Non-paying customers stay longer in the restaurants while paying ones desperately try to find a spot to drink and eat. Some don't even bother rolling up their rim to see if they've won, so the sustainable value is questionable. Paper cup haters have expressed concerns about how environ-

mentally-unfriendly the campaign is. And anyone showing up at the restaurant with a reusable travel cup is automatically excluded.

The campaign lengthens lines and the restaurants are full of patrons in the middle of winter. Research suggests Canadians are attracted to lineups and busy restaurants. That's just the way we are. Car lineups at the drive-throughs speak for themselves.

Since the 2014 takeover of Tim Hortons by 3G Capital and Berkshire Hathaway, people have wondered if the campaign would survive. But this is Tim's third campaign since the acquisition. The new owners remain committed to the highly profitable mid-winter classic campaign. Many things have changed at Tim Hortons since the acquisition, but not RRRoll Up. That speaks volumes about the success of the campaign.

RRRoll Up works for a few reasons.

Timing is everything. While most competitors run promotions during the holiday season, Tim Hortons holds its promotion after. In 1986, when the first campaign



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Continued on page 9



# How food banks help our communities

When we think about food banks, we might be under the misconception that they're mostly used by regular clients stopping by for a weekly hamper pickup, but the reality couldn't be more different. Katharine Schmidt, executive director, Food Banks Canada, shares insights into the services that modern food banks provide to help their clients meet their own long-term needs.

Community kitchens. Many food banks across Canada operate community kitchen programs. Community kitchens bring together community members to host workshops to teach participants how to start their own community kitchen, provide food safety training and certification,

and teach vital cooking skills to clients and volunteers.

Kids programs. According to Food Banks Canada, approximately one third of those helped by food banks are children. Good nutrition during infancy and early childhood years is vital to long-term growth and health. That's why food banks often provide special hampers for families with infants and small children. Local food banks will also point their clients to community programs to help to educate parents and children on proper nutrition.

Fresh food recovery. Surplus food is an essential part of the food bank ecosystem. Food banks typically support local agencies like shelters and community centres with these items, which

they pick up from local grocery stores, restaurants, hotels and cafeterias. In addition to feeding our communities, food recovery programs also help to reduce food waste.

Food hampers. Food hampers remain one of the most valuable tools in our efforts to help people in need to fight against hunger. And contrary to popular belief, most clients couldn't be considered regulars. According to a 2016 report from the Mississauga Food Bank, only 11 per cent of clients visited the location on multiple occasions, once or more per month. Food hampers help to provide recipients with essential food items, augmenting existing food supplies at home when times get tough.

Community programs, nutritional education and sup-

port from other community organizations help to relieve food insecurity issues. But they could not operate without the help of volunteers and a steady stream of donations. This spring, local food banks

across Canada are partnering with stores like Sobeys, Safeway, and Real Canadian Superstore to collect donations and help to feed our communities.

*Courtesy of News Canada* □

**Continued from page 8**

began, it filled a wintery void of nothingness. RRRoll UP now owns the February-March space and no competitor has capitalized on the winter months in the same way. In 2011, McDonald's Restaurants tried to increase morning traffic by giving away coffee during RRRoll Up. The promotion affected Tim's success, but only for the one year.

The campaign name is self-descriptive and easy to remember. While the French version of the slogan is less obvious, it nevertheless has positioned itself favourably in Quebec over the years.

The use of social media has also helped reach several markets.

But most importantly, simplicity is the key. With RRRoll Up, you know if you've won without looking at papers or online for winning numbers. Other than winning instantly while buying something you would normally buy, nothing else is required. The intrigue while you finish your drink makes the campaign tick.

The campaign is as simple for customers to understand as it is for Tim Hortons to run. Other than a few tweaks at the store level, the campaign is a straight-forward management challenge.

Over the years, RRRoll Up has had several winners, but the biggest is undoubtedly Tim's. It promotes Tim's products to hook new coffee customers once the campaign is over. And it builds customer loyalty.

It's surprising that other Canadian brands have never been able to match the effectiveness of RRRoll Up.

But coffee wars are heating up in Canada. Chains such as Starbucks, McDonald's and others are vying for more coffee business and Tim Hortons will need all the help it can get

from RRRoll Up to keep its customers and gain new ones. Sylvain Charlebois is dean of the Faculty of Management

and a professor in the Faculty of Agriculture at Dalhousie University. □

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# Education & Recreation SPRING SEMESTER 2017

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

**For the latest information on upcoming workshops and events, add our Education & Recreation Blog [www.kerbycentre.com/ed&rec](http://www.kerbycentre.com/ed&rec) to your weekly reading list!**

## HOW TO REGISTER

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



### Don't Miss Out!

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

### Methods of Payment

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

### Refund Policy

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

### MAUNDER'S MCNEIL PROGRAM

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

**SPRING SEMESTER 2017**  
**MAIL TO: Kerby Centre, 1133 7<sup>th</sup> Avenue S. W., Calgary AB T2P 1B2**  
**PHONE: (403) 705-3233/705-3232**



Name: \_\_\_\_\_ Kerby Membership #: \_\_\_\_\_  
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Courses you wish to register for:

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

Method of Payment:  
 Cash: \_\_\_\_\_ (In person)                      Cheque: \_\_\_\_\_ (In person/mail-in)

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

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

# Active Living Courses

No classes on Monday May 22, 2017  
Kerby Centre is closed for Victoria Day.



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

## Tai Chi Monday

Instructor: Adrian Buczek

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

A01 Monday Apr 17 – Jun 26 9:00 – 10:00 am Gymnasium Member: \$48 Non Member: \$68  
No Class May 22

## Monday Fitness

Instructor: Dan Leung

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

A02 Monday Apr 17 – Jun 26 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76  
No Class May 22

## Everyday Functional Fitness

Instructor: Elena Bratishchenko

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

A03 Monday Apr 17 – Jun 26 11:15 – 12:15 pm Gymnasium Member: \$48 Non Member: \$68  
No Class May 22

## Building Blocks for Balance (Mauder's McNeil)

Instructor: Joyce Slone

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

A04 Monday Apr 24 – Jun 19 1:00 – 2:00 pm Room 205 Member: \$32 Non Member: \$52  
No Class May 22

## Salsa Workout

Instructor: Bonnie Field

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

A05 Monday Apr 17 – Jun 26 2:00 – 3:00 pm Gymnasium Member: \$48 Non Member: \$68  
No Class May 22

## 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.

A06 Monday May 8 – Jun 26 2:30 – 3:30 pm Room 205 Member: \$48 Non Member: \$68  
No Class May 22

## Pilates Fusion

Instructor: Cathy Morrison

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

A07 Monday May 8 – Jun 26 3:40 – 4:40 pm Room 205 Member: \$68 Non Member: \$88  
No Class May 22

## Belly Dancing

Instructor: Angela Grell

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

A08 Tuesday Apr 25 – Jun 13 12:30 – 1:45 pm Room 205 Member: \$55 Non Member: \$75

## Zumba Gold Chair (Mauder's McNeil)

Instructor: Maaiké Seaward

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

A09 Tuesday May 2 – Jun 20 2:15 – 3:00 pm Room 308 Member: \$32 Non Member: \$52

## Indoor Cycling

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

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

A10 Tuesday May 2 – Jun 20 10:30 – 11:15 am Member: \$65 Non Member: \$85

<b>Yoga for You Level I</b> Instructor: Angie Friesen
<b>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>
<b>A11</b> Wednesday Apr 19 – Jun 28 9:30 – 10:30 am Room 205 Member: \$56 Non Member: \$76
<b>Wednesday Fitness</b> Instructor: Dan Leung
<b>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>
<b>A12</b> Wednesday Apr 19 – Jun 28 10:05 – 11:00 am Gymnasium Member: \$56 Non Member: \$76
<b>Yoga for You Level II</b> Instructor: Angie Friesen
<b>Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.</b>
<b>A13</b> Wednesday Apr 19 – Jun 28 11:00 – 12:00 pm Room 205 Member: \$56 Non Member: \$76
<b>Gentle Seated Yoga</b> Instructor: Angie Friesen
<b>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>
<b>A14</b> Wednesday Apr 19 – Jun 28 1:00 – 2:00 pm Room 308 Member: \$45 Non Member: \$65
<b>Tai Chi Wednesday</b> Instructor: Adrian Buczek
<b>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>
<b>A15</b> Wednesday Apr 19 – Jun 28 1:00 – 2:00 pm Lounge Member: \$48 Non Member: \$68
<b>A16</b> Wednesday Apr 19 – Jun 28 2:00 – 3:00 pm Lounge Member: \$48 Non Member: \$68
<b>Zumba Gold</b> Instructor: Maaike Seaward
<b>Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!</b>
<b>A17</b> Thursday Apr 20 – Jun 29 10:00 – 11:00 am Gymnasium Member: \$48 Non Member: \$68 <i>No Class June 1</i>
<b>Fitness for Life</b> Instructor: Elena Bratishchenko
<b>An expansion of our Everyday Functional Fitness class, Fitness for Life continues to focus on maintaining strength, improving mobility and balance, range of motion and coordination.</b>
<b>A18</b> Thursday Apr 20 – Jun 29 11:15 – 12:15 pm Gymnasium Member: \$48 Non Member: \$68
<b>Line Dancing</b> Instructor: Bonnie Field
<b>No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.</b>
<b>A19</b> Thursday Apr 20 – Jun 29 1:00 – 2:00 pm Gymnasium Member: \$48 Non Member: \$68
<b>Friday Yoga for You Level II</b> Instructor: Angie Friesen
<b>Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.</b>
<b>A20</b> Friday Apr 21 – Jun 30 9:30 – 10:30 am Room 205 Member: \$56 Non Member: \$76 <i>No Class April 28</i>
<b>Muscle Strength &amp; Core Balance</b> Instructor: Dan Leung
<b>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>
<b>A21</b> Friday Apr 28 – Jun 30 9:30 – 10:20 am Gymnasium Member: \$56 Non Member: \$76
<b>Functional Strength</b> Instructor: Joyce Slone
<b>Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. Will also work on balance and agility.</b>
<b>A22</b> Friday Apr 21 – Jun 16 12:30 – 1:30 pm Room 205 Member: \$42 Non Member: \$62

# Academic Classes

No classes on Monday May 22, 2017  
Kerby Centre is closed for Victoria Day.

## Calligraphy, A Potpourri!

Instructor: Renate Worthington

No experience necessary! Everyone is welcome to come experience the fun of calligraphy by trying something new each week. We will be paper marbling, creating artist trading cards, learning a Celtic Knot and much more.



**B01** Monday Apr 17 – May 15 10:00 – 12:00 pm Room 301 Member: \$65 Non Member: \$85

## Clay Days

Instructor: Darlene Swan

Do you remember those long summer days as a child when you would sneak off and make Mud Pies? Do you ever long for those moments of sheer joy? Well, now is your chance to get back into the mud and let your mind and spirit revisit those joyous moments! You will be taught some basic hand building skills using clay and your creations will be fired and glazed. All materials are nontoxic and food safe. Enjoy the moment, enjoy the class. Price includes all supplies and two firings.

**B02** Tuesday May 23 – June 6 10:00 – 12:15 pm Room 308 Member: \$139 Non Member: \$159  
 Tuesday June 20 10:00 – 1:15 pm Room 308  
 Tuesday Jun 27 Class 10:00 – 11:00 am Room 308  
 No Class June 13

## Coffee, Crafts & Conversation

Instructor: Janice Mather & Carol Marasco

No experience, no worries, our arts & crafts parties are designed to bring out the artist within! Over coffee and conversation, the amazing artists from hypercreativeART will lead you in a step by step process to create fun and imaginative artwork. This spring we are creating two pieces: the first is a unique painting using sand and beautiful bright coloured paints and the second is a decoupage terra cotta pot, using dried flowers, fun embellishments, vintage wallpaper and distressed paint. Coffee, muffin & supplies are included in this introductory price!



**B03** Tuesday April 25 10:00 – 12:00 pm Room 313 Member: \$29 Non Member: \$49  
**B04** Tuesday May 30 10:00 – 12:00 pm Room 313 Member: \$29 Non Member: \$49

## Computer Courses

Instructor: Pat Seifert

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

**Level One Basics** Starts at "where's the ON button?" to creating, saving, and retrieving your files. Learn parts of a computer, description of the 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.

**B05** Mon/Wed May 31 – Jun 14 10:00 – 11:30 pm Room 312 Member: \$115 Non Member: \$135

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

**B06** Mon/Wed Apr 17 – May 1 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$135

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

**B07** Mon/Wed Apr 17 – May 1 10:00 – 11:30 am Room 312 Member: \$115 Non Member: \$135

**How to Use Your Laptop Windows 10 Level II** A continuation of Level I

**B08** Mon/Wed May 8 - 24 10:00 – 11:30 am Room 312 Member: \$115 Non Member: \$135  
 No Class May 22

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

**B09** Mon/Wed May 8 - 24 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$135  
 No Class May 22

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

**B10** Wednesday May 3 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$64  
**B11** Monday June 19 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$64

### Computer Workshops

Courses run from 12:30pm – 3:30pm in Room 312 & the price per workshop is Member: \$44 Non Member: \$64

#### Internet Exploration

**B12**

Wednesday June 21

Looking for information on health, hobbies and the weather? In this workshop you will learn how to find out all about things that interest you!

#### Excel-ent

**B13**

Monday June 26

Excel is much more than just a number cruncher! In addition to doing a simple budget, we will learn to create lists, such as do to lists or recipe lists, which help to keep track of information that is important to you.

#### Intro to Social Media

**B14**

Monday May 29

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

### French

Instructor: Georgette Pare

*Note: Registered Level I students may, with permission, audit Level II classes and vice versa. Conditions apply. Please inquire.*

**French Level I** What comes after "Parlez-vous français?" ... "Oui, oui, oui!" This course is going to sharpen your listening skills, sharpen your memory and improve your French all at once! Level I French is a beginner's class driven by the first skill required for improved conversations in any language: Listening! Listening to recreate the basic sound(s) of French conversation will freshen your mind and improve your memory while building confidence and spontaneity in friendly dialogue.

**B15** Tuesday Apr 25 – Jun 27 9:00 – 10:30 am Room 301 Member: \$85 Non Member: \$105  
No Class May 23

**French Level II** Builds on the language skills learned in level I: Listening to improve confidence and spontaneity in friendly conversations. Each week our lessons will focus on travel topics and destinations where French is spoken.

**B16** Tuesday Apr 25 – Jun 27 10:45 – 12:15 pm Room 301 Member: \$85 Non Member: \$105  
No Class May 23

### Mahjong

Instructor: Swee Wong

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

**B17** Monday May 1 - 15 10:30 – 12:30 pm Room 308 Member: \$15 Non Member: \$25

### Painting: Acrylic & Watercolour

Instructor: Katy Morris

*Note: The cost of supplies is not included in the course price. A full list of recommended supplies can be obtained in Room 305.*

**Acrylic: Fundamentals for Beginners** New to painting? Come learn the basics of acrylic in this introductory course. We will be learning the when, where and why of how to use the supplies and creating a simple painting. Supplies not included; however, an introductory kit will be available for purchase from the instructor.

**B18** Monday May 1 – Jun 12 10:00 – 12:00 pm Room 313 Member: \$75 Non Member: \$95  
No Class May 22

**Seascapes: Acrylic** Expanding on our knowledge of textural surfaces, we will be painting boats, harbours, and crashing waves. Our focus will be on how to vary a horizontal plane and create a vertical image as well as creating distance through the process of layering glazes.

**B19** Wednesday Apr 26 – Jun 7 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129  
No Class May 17

**Mountains: Watercolour** Mountains of the West. We will be concentrating on advanced layering: how to build a watercolour from foreground to background.

**B20** Friday May 5 – Jun 9 10:00 – 3:00 pm Room 313 Member: \$109 Non Member: \$129

### Photography

Instructor: Patrick Kornak

**Make Your Photography Zing** This course will cover different aspects in camera operations and artistic expression. Take your photography from snapshot to spectacular. Open to all levels of experience and all camera types. Instructor Patrick Kornak has over 40 years of experience and teaches photography at SAIT continuing education. Note: we will be taking outdoor photographs in local areas.

**B21** Thursday May 11 – Jun 15 1:00 – 3:00 pm Room 301 Member: \$75 Non Member: \$95

**Discover Photoshop** This workshop will introduce you to the basic workings of Photoshop and how it can be used to enhance your photographs. Participants are encouraged to bring in 1 or 2 images on a memory stick that the instructor can use for demonstration.

**B22** Thursday Jun 22 – 29 1:00 – 3:00 pm Room 301 Member: \$29 Non Member: \$49

### Singing Circle

Instructor: Barry Luft

Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we don't use song books or lyric sheets of any kind. We're then free to produce the real magic of community singing! "And the skies are not cloudy all day."

**B23** Thursday Apr 20 – Jun 29 10:30 – 11:30 am Room 308 Member: \$45 Non Member: \$65

### Spanish

Instructor: Norah Hutchinson

*The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson.*

**Beginner Spanish Grammar** A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.

**B24** Monday Apr 17 – Jul 3 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$119  
No Class May 22

**Intermediate Spanish Grammar** A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 4-6 will be covered.

**B25** Tuesday Apr 18 – Jun 27 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119

**Advanced Spanish Grammar I** For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.

**B26** Tuesday Apr 18 – Jun 27 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$119

### Spanish Continued...

**Advanced Spanish Grammar II** A continuation of the Advanced Spanish Grammar I, this course will cover Chapters 10-12.  
**B27** Thursday April 20 – Jun 29 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119

**Advanced Spanish Grammar III** A continuation of Advanced Spanish Grammar II, this course will cover Chapters 13-14 and review previously covered material.  
**B28** Wednesday Apr 19 – June 28 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119

**Spanish Conversation:** Designed for 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. Prerequisite: Advanced Spanish Grammar I.

**B29** Monday Apr 17 – Jul 3 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$119  
*No Class May 22*

### Swords & Shakespeare

Instructor: Gail Whiteford

Have you always wanted to wield a sword like Errol Flynn or Johnny Depp? Join this class and learn the art of swordplay (not swordfighting) which is a choreographed fight technique used in movies, tv and plays. This workshop combines the art of swordplay with the words of the Bard. Learn the basic moves, with complete safety, then how to choreograph those moves into a scene from Macbeth or Hamlet. Not to be confused with fencing, swordplay is just that...play. And the Shakespeare is short and pithy, perhaps a bit creatively insulting! Go at your own pace.

**B30** Tuesday May 23 – Jun 27 2:15 – 3:30pm Room 205 Member: \$80 Non Member: \$100

### Telling Your Stories

Instructor: Ed Britton

The greatest legacy to leave your family is your stories. Learn practical approaches to preserving the priceless stories of your own and your family life to pass on to your children, grandchildren and down the generations. While stories usually last only three generations then fade away, Ed Britton can help you learn to preserve your stories forever. This workshop will focus on creating oral histories, and will also introduce photo biographies and illustrated family children's stories.

**B31** Monday Jun 5 10:30 – 11:30 am Room 301 Member: \$5 Non Member: \$15

### Ukulele

Instructor: Barry Luft

**Ukulele Magic! Introductory** This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing and playing. If you already have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. If you do not own a ukulele, please contact the Education & Recreation department at 403-705-3233 for purchasing information.

**B32** Wednesday Apr 19 – Jun 28 11:00 – 12:00pm Room 308 Member: \$70 Non Member: \$90

**Ukulele – Playing by Ear - Intermediate** Free at last! Yes, it's time to lose your dependence on "the page" in order for your music to take on new life. Hearing chord changes will be the focus of this class. Note that this course is for those who feel "hopeless" in accompanying 3-chord (I, IV, V) songs without visual help. Ability to sing or hum in tune is also a pre-requisite. Never again will you panic when someone says, "Bring your uke, and let's jam!"

**B33** Wednesday Apr 19 – Jun 28 9:45 – 10:45 pm Room 308 Member: \$70 Non Member: \$90

## Kerby 2 St. Andrew's Courses

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

### Computer Courses

Instructor: Pat Seifert

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

**S01** Tuesday May 2 - 23 11:00 – 1:00 pm Member: \$135 Non Member: \$155

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

**S02** Tuesday May 30 – June 20 11:00 – 1:00 pm Member: \$135 Non Member: \$155

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

**S03** Tuesday Apr 25 11:00 – 2:00 pm Member: \$44 Non Member: \$64

**S04** Tuesday June 27 11:00 – 2:00 pm Member: \$44 Non Member: \$64

### Spanish

Instructor: Norah Hutchinson

*The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson.*

**Beginner Spanish Grammar** A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.

**S05** Wednesday Apr 19 – Jun 28 10:00 – 12:00 pm Member: \$109 Non Member: \$129

### 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.

**S06** Thursday Apr 20 – Jun 29 9:00 – 10:00 am Member: \$85 Non Member: \$105

# China painters embrace an ancient art form

Story and photos by  
Dylan Reardon

For students currently enrolled in Confederation Park 55+ Activity Centre's china painting class, getting out and meeting people, and socializing with their artistically like-minded classmates are some of the reasons they're there. But the fun students have in class, and the feeling of achievement and satisfaction that comes from completing a work of art are common reason for returning week after week.

Originating in China during the 8th century, china painting is the decoration of glazed porcelain objects such as plates, bowls, tiles, and vases.

According to instructor Glenda Lenz, it was originally called mineral painting, "because that's what it is—it's paint that's made with earth minerals," says Lenz.

"If it's not something that's dug out of the ground, it won't fire into the glazes. Reds are made out of iron, blues cobalt, yellows are made from silver, ruby and purples are made from gold, and greens are copper and chromium."

Lenz explains that the colours, or pigments, come in powder form, and are then mixed with mineral oil before being applied to a glazed porcelain surface. The oil holds the pigment in a state of suspended animation, and when the piece is placed in a kiln and fired at

temperatures ranging from 1350 to 1500-degrees, the oil burns away during the first 15 minutes, and the glazed porcelain "opens" ever so slightly allowing the pigment to settle in, essentially becoming part of the porcelain after the piece has cooled and the glaze 'closes.'

Lenz, now 69, has been teaching china painting for 43 years, 40 of those at Confederation Park. Teaching began for her as a means to supplement her family's income when her husband fell ill: the flexible hours afforded her the time and flexibility to care for him as he began dialysis, and it gave her the opportunity to get out of the house.

"In those days, there were not too many bosses, where

you could go and say, 'I need three months off to walk my husband back to health.'" The same year her husband fell ill, a close family friend gave Lenz and her husband a kiln, and within a year she was instructing over 100 students.

At the time, receiving that kiln was a blessing, says Lenz.

"I could be my own boss, and meet the needs of my family."

The number of students Lenz currently teaches every week sits at around 35, but that's "more than enough," Lenz laughs.

"Now that I'm supposedly retired."

While china painting might seem daunting to the artistically challenged, or to those

looking to finish a painting in a few hours, Lenz's class is populated by of a good mix of experienced and non-experienced painters.

New painter Susan Bradford signed up for the current semester's china painting class with the intention of meeting people, and because she believes painting is "good for the mind." She is excited about her progress on her first piece—a porcelain tile featuring a scene of a boathouse, this semester's class project—but it wasn't easy for Bradford to find an accessible class to begin with.

Bradford, who previously worked in SAIT's library,

**Continued on page 17**



Bobbie Currie and Alan Hinch watch intently as class instructor, Glenda Lenz, demonstrates a china painting technique to make water look more realistic.



A retired geophysicist, Alan Hinch delicately touches up a scene of a boathouse—the current semester's class project. Hinch has been working on this scene for several weeks.



Bobbie Currie works on a scene depicting her husband, John, and granddaughter, Brittany. Currie expects this piece to take the entire semester to complete—all 10 classes.



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## China Painting Continued...

*Continued from page 16*

sought Red Deer, Lethbridge, and of course Calgary for art classes that were targeted to retirees, and says she was dismayed at the lack of offerings—particularly in communities further out.

“Valley Ridge,” for example, “has no community centre,” says Bradford. “Other community centres have no parking,” referring to downtown.

The biggest challenge Lenz sees with china painting, and perhaps why it’s not as popular as other art forms, is the time commitment. It can take a number of fires to complete a project, some, such as a four-sided cachepot—or decorative container for a potted plant—Lenz painted and presented to dignitaries in honour of the 100th anniversary of Vimy Ridge, have taken as many as 40 to get the deep, rich colours, and the level of detail she was after.

Over the years, Lenz has taught a diverse range of people, ranging from kids to the elderly. Although she says she does on occasion teach people who lead busy lives, the majority of china painters, all across Canada, are older.

“I’ve had a lot of students who are younger, but they’re working, or semi-retired, and the time frame doesn’t always work for them. The problem is that some people want instant art, and to be done in a few hours, or in one sitting,” explains Lenz.

“China Painting doesn’t fall into that realm. We build layers, fire that, and then add more layers, and fire each to get that incredible translucent depth that china painting has, and there’s a lot of thinking involved.”

While Lenz wonders if it’s more a sign of the times, where people want to sit down and complete a painting and be done, she says there are speedier forms of china painting, such as making use of decals, but they don’t offer the same depth and detail.

The time commitment doesn’t have to be a large one, however.

These days, 20-year painting veteran, Bobbie Currie, only finds the time to paint in-class one day a week. Although her preference is to paint birds, she’s taken to painting scenes from the lives of her family, and her children’s families.

“This piece will take 10 firings,” says Currie, showing a tile featuring her husband and granddaughter standing at a lake. “All 10 classes,” or the entire semester.

While she only paints in class once a week, Currie offers a warning to those

thinking of dipping their toes in the paint:

“It’s addictive once you get started.”

That is a sentiment shared by Currie’s classmate, Marion Hinch, who has been china painting for just as long.

20 years ago was when she got started, recalls Hinch.

“I saw a lady painting a Santa at a craft fair, I liked it, and I said, ‘I want to paint that!’”

Save for drawing stick men, Hinch had “zero” experience in art before getting into china painting. She now produces dozens of pieces every year, has since purchased two kilns, and her hobby has taken her to seminars and conventions all over the world, including Montreal, Las Vegas, Montana, and Australia, to name a few.

Having not been into china painting as long, it is a similar story for Alan Hinch. Watching his wife of 46 years, Marion, paint, and “playing tourist,” at conven-

tions and seminars, Alan realized three years ago if he was ever going to take up art, it was going to be porcelain art. He now attends classes alongside his wife every week, and according to Marion, he’s “taken over” her studio in their home.

Though Alan didn’t have any experience in art before taking up china painting, he says his career as a geophysicist was certainly an advantage.

“My job gave me a lot of drawing skills,” he says, noting that china painting involves a lot of fine pen work and a steady hand.

“And there’s definitely a sense of achievement in making a better painting than the last one,” he says, emphasizing that he takes great pleasure in creating something, and losing himself in what he’s trying to achieve.

Other students in the class, such as Joan Irvin, arrived with strong artistic backgrounds. Irvin currently works at the Alberta College



*Kathy McCombie, 81, adds fine detail to a porcelain mug during the day’s china painting class at Confederation Park 55+ Activity Centre. According to class instructor Glenda Lenz, a mug like the mug McCombie is painting here can take as few as one firing in a kiln, to a dozen, depending on the style of painting and level of detail the artist is after.*

of Art and Design—ACAD—as a jewellery instructor, and decided to take a china painting course after experimenting with painting on enamel.

“My first degree was in ceramics, but I didn’t do anything like this,” says Irvin. “I used to do a lot of handbuilding and throwing

on the wheel [ceramic pottery making], but that was more about the form than it was about the decoration of the forms.”

When Irvin began working with jewellery, and working with vitreous enamel—which, like porcelain, has to

*Continued on page 31*



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# The Dingle Way, their way

## Walking is the way to go on southwest Ireland's scenic peninsula

Story and photos Linda Rainey Page design and layout by Winifred Ribeiro



Eagle Mountain, with spectacular views toward the Blasket Islands.

National Geographic named The Dingle Way in southwest Ireland one of the most beautiful places in the world because of the Emerald Isle's spectacular scenery and rocky coastlines. My husband Mike and I decided to find out for ourselves. Not ones to simply lie on the beach at an all-inclusive resort, we like to be active, stay fit and get off the beaten track when travelling. A walking tour seemed a perfect fit.

We planned our trip six months in advance, booking the "self-guided" option through Camino Ways/Greenlife Tours of Dublin, who provided guidebooks, maps, porter services for luggage, bed and breakfast accommodation (booked for us)

and emergency support, if needed. The rest was up to us.

The guidebook instructed us to watch for the little yellow hiker and an arrow painted on marker posts along the way. And the B & Bs, which invariably offered a full Irish breakfast (fresh fruit, cereal, juice, tea and coffee, followed by eggs, bacon, sausage, toast and traditional blood pudding!) were to prove a great way to get to know the locals and meet other travellers from all over the world. You can, of course, plan everything yourself, but be sure to pay close attention to detail!

We trained for the 25- to 30-km daily distances by walking the pathways and sidewalks of

Calgary. This helped toughen up our feet and ensure our footwear was suited to what lay ahead. We purchased top quality Gore-Tex raingear and packed other items we would need such as water bladders, gaiters and retractable hiking poles.

In September 2016, we flew from Calgary to London Heathrow and on to Shannon, where we transferred by ground to Tralee in County Kerry. For the next seven days, we would be hiking from seven to eight hours a day from one small village to another.

**Day One: Camp to Annascaul — 18 km**

Our walk started in the village of Camp. We felt reassured when we spotted the yellow hiker trail marker with an arrow pointing us in the direction of travel. We walked through the valleys and farmland of the Slieve Mish Mountains, following minor farm roads and trails, crossing a saddle between the peaks of Corrin and Knockbrack along a mountain ridge. When we descended to Inch Strand, the winds were howling, while surfers struggled to stay with their boards. The boggy narrow path continued and we crossed our first stile, which is a small ladder-like method of crossing a farmer's fence without opening the gate. The local farmers don't



The Yellow Hiker Signpost to lead the way.

mind you walking through their fields as long as you don't let their cattle out. It was raining heavily by the time we reached the town of Annascaul, which is renowned for The South Pole Inn, named after famous Irish explorer, Tom Crean. The pub has memorabilia of Crean's expeditions to Antarctica. We chatted with other hikers who told us of the poor trail conditions they experienced that day coming from the opposite direction and the risk of blowdowns from the ridge due to the high winds and rain. We wondered what tomorrow would bring.

**Day Two: Annascaul to Dingle — 22 km**

It had rained all night with no sign of letting up. At breakfast, we debated whether to strike out walking in the rain or wait it out for a while, which would set us back on the schedule. The proprietor of our B & B advised against hiking in the downpour, packed us a delicious bag lunch and offered us a ride to Dingle town. When we arrived, the weather in the sheltered Dingle Harbour had cleared, so we backtracked on the hiking path to complete most of the section we had missed. On our way back, we stopped at the Dingle Brewery for a pint and were fortunate to get tickets for a Celtic concert at a local church that night. Dingle is a bustling tourist town with a beautiful harbour and quay, lots of tour buses, pubs and shops. It would have been nice to spend another day there, but alas, we had a schedule to keep.



Gargoyle with attitude, adorning an Irish cottage in Feohanagh.

**Day Three: Dingle to Dun Chaoin — 25 km**

What a gorgeous sunny day, with beautiful views of the Iveragh peninsula, the Blasket Islands, and Brandon and Slieve Mish mountains. The first part of our walk was on narrow roadways without shoulders and lots of fast moving vehicle traffic. There were several muddy boreens (country lanes) and paths between tall overgrown hedgerows so the walking sticks came in handy. We beach walked along Ventry Harbour and rock hopped across streams. After a steep climb we traversed Eagle Mountain, through fields of grazing sheep, marked with a spot of blue spray paint on their backs. This is the owner's way of identifying his flock. In the distance we saw the archeological remains of the beehive huts built in circular layers by early settlers. This was a very long day of walking. All that training we did was paying off. Otherwise we would probably have shin splints and blisters by then!

**Day Four: Dunquin to Feonagh — 24 km**

The day's walk started with an uphill gravel path crossing moorland and streams. Once again we were thankful we'd brought our hiking poles. We walked along Clogher Beach and climbed high up to the cliffs which gave us even more spectacular views than we had already seen. The powerful waves were crashing against the black volcanic rock. Fishermen's traps and tangled nets were scattered along the beach just waiting to

be cast out for the big catch when the time was right. In the distance we saw The Three Sisters Mountains and thought about our own Three Sisters in Canmore. Another satisfying walking day completed with no mishaps.

**Day Five: Feonagh to Cloghane — 21 km**

This day, we thought, would surely be the highlight of our journey. We love mountain hiking and couldn't wait to get started. On our way to the trailhead at Brandon Mountain, we walked for about five kilometers through pristine farmland and past some beautiful seaside cottages. One of them had a "for let" sign in the window. We took note of the number just in case we are able to come back another time and rent the charming Irish stone cottage by the sea. It was a long, steady climb to the shoulder of Brandon Mountain. When we started our ascent, the sheep were contentedly grazing, and the sun was shining. By the time we reached the ridge, the winds were picking up and dark storm clouds were rolling in, so we didn't linger much longer than it took to eat our sandwiches and take a few choice pictures.

At the top of saddle, the Ogham Stone displayed what looked like a Gaelic alphabet cut into it. Some carvings and notches suggested the stone may have been a memorial. We took one last look at the breathtaking view of the mountains and sea before starting our descent. Through the drizzle we saw a rainbow and hoped that meant it

was going to be an uneventful hike down. Or maybe the rainbow would lead us to the pot of gold! No such luck. The boggy muck was deep, the kind you sink into up to your knees as soon as you step into it. The fog was rolling in and all we wanted to do was get safely to the bottom. It took a bit longer than expected as there was no defined route and we had to evaluate every step. Eventually we came out at the bottom of the mountain onto an old farmer's road, which led us down to Brandon village. There we had a well-deserved pint in the pub and chatted with the locals. We left the pier and walked another six kilometres to O'Connor's Guesthouse. Lots of interesting aircraft memorabilia in the pub, and the Irish barman shared his stories and the history of German plane crashes in the area during the Second World War. We had no trouble sleeping that night after an exhilarating, albeit exhausting, day hiking in the fresh country air on Brandon Mountain.

**Day Six: Cloghane to Castlegregory — 30 km**

The day's route incorporated a lot of varied terrain: roads, fields, rocks, beach and bogs. We followed the road inland to Fermoy Beach, Ireland's longest at 12.5 km. The beach was immaculate, no driftwood, no garbage, no bird droppings. Sand dunes along the beach are covered in marram grass, which feels sharp on your skin when you brush past. The grasses are deep, making it difficult to see where you are placing your feet. In the distance are the Maharee Islands. This gorgeous walk led us to Scraggane Point, Scraggane being one of the last places where traditional leather boats called Naomhogs are still made. The weather was intermittent and unpredictable, and we put on and took off our rain gear at least six times! We left the beach and walked through pastures where the neighborhood horses and dogs casually followed along behind us. Thank goodness they were friendly. This day, our last, felt like we were on the never ending path to nowhere. We were exhausted when we finally reached Castlegregory, the end of our Dingle Walk. A hot shower, pub grub in the local Ashes Pub and as usual, a pint, completed the trek. Except for the first day's rain, the weather had been perfect. We reminisced about the memorable highlights of our trip on foot and agreed



Beehive Huts, Clochans, built in circular layers, each with a smaller diameter than the one below.

that we could not have experienced the tranquility and solitude of the Irish countryside any other way.

**By Day 7: Castlegregory to Tralee**

We had walked 140 km give or take and were ready to relax. So we hopped on the local transit bus with all our gear and headed to the B & B booked for us in Tralee. Sure beat walking!

In Tralee, the capital of County Kerry, we spent some time at "The Green," a famous 35-acre public town park containing 5000 rose bushes of every variety. Appropriately named "The Garden of the Senses," the park is the site of The Rose of Tralee Beauty Pageant held every August. The Blennerville Windmill, as well as a beautiful nature preserve along the canal path, old ruins and some well-preserved churches are further highlights of Tralee.

**On to Killarney!**

Killarney is a modern city with many amenities. There are endless pubs and shops and hotels, and the streets are packed with tourists! After being so close to nature for the past week, it was a bit of a culture shock, but it was the bit of fun we craved. We wine and dined and shopped. We walked through the national park in the centre of the city and toured the Ross Castle, built in the fifteenth century. You could take a boat ride on the Lakes of Killarney to Innisfallen Island, or a horse and carriage ride through the park if you so desired. We didn't and chose to just walk around town and see the sights—by now you know how much we love to walk. Hopefully we have inspired you to do the same. The Dingle Way might be the one for you! □



Peat Bundles, stacked and ready to use for heating houses.



Dun Chaoin, a small village at the western tip of the Dingle Peninsula.



Excellent beach walking on firm sand, with some rock hopping over streams.



Approach to Ventry Bay Beach, 6.5 km of beautiful seaside beach walk.



Brandon Mountain Stile, for easier crossings through farmers pastures.



Crossing over a stream using a narrow bridge.



Ross Castle, Killarney National Park.



O'Sullivan's Pub, Dingle, Ireland, featuring nightly music and great craic!



Mucky boots after a steep descent from Brandon Mountain in blustery weather.

# Soup, sides and more

Page design & layout by Winifred Ribeiro

Soup is a universal staple, thanks to its versatility and ability to be prepared in seemingly endless variations. *Soup Nights* features one hundred soups and sides from veteran teacher and cookbook author Betty Rosbottom that makes soup the centerpiece of any meal. All recipes have been developed to provide ease of preparation, accessibility of ingredients, and the ability to double recipes) while also featuring fresh combinations of ingredients and garnishes. Also included are recipes for sandwiches, salads, and desserts, as well as sample menus that show readers how to make soup the start of endless memorable meals.



Courtesy of Soup Nights ©  
by Betty Rosbottom  
www.penguinrandomhouse.ca ©  
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## "MELT IN YOUR MOUTH" LEMON ROSEMARY COOKIES ©

Without fail, people love the assertive lemon flavor of these buttery cookies, which comes from the zest in the cookie dough and the lemon juice in the glaze. An herbal accent of fresh rosemary is more subtle, but is just as pleasing since it gently complements the citrus. These cookies are especially delicious when served with a bowl of fresh berries, peaches, or cherries.

**Makes:** 16-18 cookies

**Make ahead:** Yes **Prep time:** 10 minutes

**Start-to-finish:** 1 hour, 30 minutes

### Cookies:

1 cup (2 sticks) unsalted butter, softened  
1/2 cup confectioners' sugar  
1/2 Tsp vanilla  
4 Tsp lemon zest  
4 Tsp fresh rosemary, minced  
1/4 Tsp salt  
2 cups sifted cake flour (see cooking tip below)  
1/4 cup yellow cornmeal

### Glaze:

3/4 cup confectioners' sugar  
2 Tbsp lemon juice  
Small rosemary sprigs for garnishing

Arrange racks in the center and upper thirds of the oven and preheat the oven to 350°F. Line two baking sheets with parchment paper.

In the bowl of an electric mixer, cream the butter on medium speed until it is smooth, 1 to 2 minutes. Add sugar and vanilla and beat until completely incorporated, stopping the machine to scrape down the sides of the bowl as needed, about 2 minutes.

Reduce the speed to low and add the lemon zest, rosemary, salt, flour, and cornmeal. Beat until completely incorporated, stopping the machine to scrape down the sides as needed. The mixture should be smooth and resemble soft pie dough.

Refrigerate the dough in the bowl until it is chilled and firm, about 30 minutes. Then, scoop out scant 2-tablespoon-size portions and pat them into 1/4-inch thick disks. Place them 2 inches apart on the baking sheets.

Bake until the cookies are beginning to brown around the edges, 12 to 14 minutes, switching the baking sheets from top to bottom after 6 minutes. Remove the cookies from the oven and carefully transfer to racks to cool.

Set aside the baking sheets with parchment to use later.

For the glaze, in a medium shallow bowl, whisk confectioners' sugar with the lemon juice until the mixture is smooth.

Place the racks with the cooled cookies back on the parchment-lined baking sheets. Dip the top of each cookie into the glaze and swirl so that it covers the top, letting excess drip back into the bowl. Place the cookies, glazed side up, on the racks. Press a small rosemary sprig into the center of each cookie. Let stand until glaze is set. (Store the cookies in an airtight container at room temperature. Cookies can be prepared two days ahead.)

**Cooking tip:** Be sure to use cake flour, which will give these cookies an extra tender bite, and measure the flour by sifting it into the measuring cup, then leveling with a table knife.

## CAULIFLOWER SOUP WITH CRISPY CHORIZO, LIME & CILANTRO ©

Although my mother served countless vegetables when I was growing up, she never cooked cauliflower. I, on the other hand, continue to marvel at the inventive ways a cook can use this vegetable. I've tossed the florets into pastas, incorporated them into creamy gratins, and used them imaginatively in soups like this one. For this spicy version, florets are simmered and then turned into a smooth puree. Lime-scented sour cream adds a cooling note and some pan-fried chorizo a bit of heat.

**Serves:** 6 **Make ahead:** Yes **Prep time:** 20 minutes **Start-to-finish:** 1 hour,



## BLACK BEAN SOUP WITH LIME-PICKLED RED ONIONS ©

A hearty bean soup that stands on its own without the addition of any meat. A generous mix of spices, including an unexpected hint of sweetness from cinnamon sticks, punches up the flavor, but it's the garnish that makes this dish memorable. Crunchy lime-pickled red onions paired with avocado cubes float atop each serving.



**Serves:** 4-5

**Make ahead:** Partially **Prep time:** 20 minutes **Start-to-finish:** 1 hour, 20 minutes

3 Tbsp olive oil  
2 cups chopped onion  
3/4 cup diced celery  
2 1/2 Tsp finely chopped garlic  
2 1/2 Tsp ground cumin  
1 1/4 Tsp oregano  
3/8 Tsp chipotle chili powder  
plus more for a spicier taste  
Kosher salt  
4 15-oz cans black beans,  
rinsed well and drained  
5 cups chicken broth or stock  
(can use vegetable stock as well), plus more if needed  
2 cinnamon sticks, broken in half

### Lime-pickled red onions and avocado garnish

1 large red onion  
1/4 cup lime juice  
Kosher salt  
1/2 Tsp sugar  
1 Tbsp chopped cilantro,  
plus 2 Tsp more for garnish  
2 ripe avocados,  
cut into 1/2-inch cubes

In a large, heavy pot over medium heat, heat the oil until hot. Add the onion and celery and cook, stirring often, 4 minutes. Add the garlic and stir 1 minute more. Stir in the cumin, oregano, 3/8 teaspoon chipotle chili powder, and 1/2 teaspoon salt and stir 1 minute more. Add the black beans, chicken broth or vegetable stock, and cinnamon sticks.

Bring the mixture to a simmer. Reduce the heat to low, and simmer until the soup has reduced by about a third (to about 8 cups) and has thickened, 40 to 45 minutes. Season the soup with salt to taste, and with 1/8 teaspoon chipotle chili powder if you'd like more heat. Remove and discard the cinnamon sticks. (Soup can be prepared one day ahead. Cook to this stage; cool, cover, and refrigerate. Reheat over medium heat, stirring often. If the soup is too thick, thin with more broth.)

For the lime-pickled onions, peel, then halve the onion through the root end. Cut each half crosswise into very thin slices to yield 1 1/2 cups. Transfer onions to a medium non-reactive bowl and toss well with the lime juice, salt, sugar, and 1 tablespoon cilantro. Marinate onions for 30 minutes; they will still be crisp. (Onions can be prepared 2 hours ahead. Keep covered and refrigerated. Bring to room temperature 30 minutes before using.)

Ladle soup into bowls. Garnish each serving with pickled onions (spooning a little of the marinating liquids along with them), diced avocado and a sprinkle of cilantro. Pass extra onions in a bowl.

1 Tbsp olive oil  
6-oz chorizo, cut into 1/4-inch dice (use Spanish-style chorizo in casing, not loose Mexican-style chorizo)  
2 cups (2 - 3 medium) chopped leeks, white and light green parts only  
2 Tsp chopped garlic  
8 cups (about 1 1/2 lb or use packaged florets) cauliflower florets  
5 cups chicken broth or stock  
Kosher salt  
1/2 cup sour cream  
1/2 Tsp grated lime zest  
Freshly ground black pepper  
Toasted breadcrumbs  
1/4 cup chopped cilantro

In a heavy pot over medium-high heat, heat the olive oil until hot. Add the chorizo and cook, stirring, until slightly crisp, 4 to 5 minutes. Remove with a slotted spoon and drain on paper towels. Set aside. Reduce the heat to medium and add the leeks to the drippings in the pan. Cook, stirring often until softened, about 2 minutes. Add the garlic and cook, stirring, 1 minute more. Add the cauliflower, broth, and 1 teaspoon salt.

Bring the mixture to a simmer and cook until the cauliflower is very tender, 20 to 25 minutes. Purée the soup in batches in a food processor, blender, or food mill. (Or use an immersion blender to purée the soup in the pot.)

Whisk together the sour cream and the lime zest and stir half the mixture into the soup. Season the soup with more salt if needed and with 1/4 teaspoon or more black pepper. (Soup can be prepared two days ahead. Cook to this stage, then cool, cover, and refrigerate the sautéed chorizo and the sour cream separately. Reheat the soup over medium heat, stirring often.)

Ladle the soup into bowls. Garnish each serving with a dollop of the remaining sour cream. Serve with small bowls of chorizo, toasted breadcrumbs, and cilantro for sprinkling.

# After a long winter, follow these five steps for spring cleaning

(NC) After a long winter of hibernating inside, follow these five steps for cleaning your spaces and welcoming spring:

- 1. Work from top to bottom.** It may seem obvious, but when starting from the ceiling down, dirt is forced downward and reduces the need for you to clean the same space twice. Remove cobwebs from lights and ceiling fans, clean your furniture, and only then clean your floor.
- 2. Clean your windows on the outside.** Bring out the garden hose and a sponge and work out the spots and

smudges that have accumulated over the winter from snow and dust. If you wash your windows on a cloudy day, the sun won't dry the cleanser before you're finished washing. Keep yourself comfortable and agile by wearing jeans.

- 3. Move appliances, clean and vacuum under them.** While you're in the kitchen, clean the outside of appliances, clear out the fridge, and wipe off any buildup that has accumulated on the outside of cabinets.
- 4. Organize your closet.** Get rid of unused clothes and accessories and organ-

ize things according to occasion — work, casual and formal. Make sure you have pieces that are easy to wear and pair well together.

- 5. Wash your walls, cabinets and trim.** Even though your floor may look as if it picks up the most dirt, don't forget about your walls. Use a wet sponge to wash your vertical surfaces in sections. If you have particularly tough spots, use a very gentle cleanser diluted with water. Ensure you spot test inconspicuously prior to washing the entire wall to confirm that paint is not affected.

Courtesy of News Canada □




# Four ways to save money on your prescription medications

Canadians pay some of the highest prices for prescription drugs in the developed world, thanks to a patchwork system that undermines our collective clout

By Kathleen O'Grady  
Courtesy of Troy Media

Canada's health-care system has a fundamental flaw: lack of a publicly-funded pharmacare program. But there are ways to manage your prescription medication costs.

Our universal health-care system provides publicly-funded essential doctor and

hospital care based on need rather than an ability to pay. But Canada is the only industrialized country in the world that has a universal health care system without a publicly-funded program to cover prescription medication costs outside of hospitals, so most Canadians pay for their prescriptions through private insurance programs or out-of-pocket.

Canadians also pay some of the highest prices for prescription drugs in the developed world, thanks to a patchwork system of negotiating drug prices that undermines our collective clout. The result? As many as one in five Canadians can't afford the medications their doctors prescribe, according to a national poll – and some even skip them altogether, with possible catastrophic health consequences.

So saving even a few bucks per prescription could add up to big savings over time, and ensure better health for millions of Canadians. Here are four ways you could save on your prescription medication:

### Ask your doctor if you should (still) be on the medication

Never stop a prescribed medication without consulting your doctor. Reducing or stopping a medication could have serious health consequences. However, it's worth asking your doctor if you need to be on the medication. Campaigns such as Choosing Wisely Canada, in partnership with the Canadian Medical Association, have suggestions to help avoid unnecessary medical tests and treatments that evidence shows don't enhance care. For example, taking antibiotics for a viral

infection is ineffective. Other organizations, such as the Deprescribing Network, warn against over-medicalization, particularly for seniors. Often, medications that were once useful are no longer needed and may cause unnecessary harm.

### Review your medications regularly with your doctor to make sure you're on the lowest dosage required, and to consider if you need the medication at all

Ask your pharmacist or doctor for a generic instead of a brand-name medication. Cheaper generic drugs have identical medicinal ingredients as their brand-name counterparts. This means the generic drug has the same benefits, risks and side-effects as the brand name, and has gone through the same government testing. The only differences may be in the non-medicinal ingredients and, of course, the price, which can be substantial. Newer medications typically won't have generic equivalents – because of drug patent protections – but most health conditions can be treated with cheaper generic drugs. **Shop for less expensive dispensing fees, and price check medication costs**

You're charged a professional dispensing fee each time you buy your medication at the pharmacy. The fee can vary widely between pharmacies – by several dollars – so it can add up quickly. Compare dispensing fees for local pharmacies. Additionally, in some provinces, even the price consumers pay for medications can vary by pharmacy, so price check for the best deal. If you've taken a drug for a long time and your physician indi-

cates you'll continue to take it, getting it filled less frequently can save money on repeat dispensing fees. When price checking, keep in mind that you can find pharmacies in many locations: inside medical centres, in grocery stores, and even in big box stores. Pharmacists can be good sources of information, so if you find one that takes the time to provide consultation and advice, weigh the quality of care you receive with the dispensing fee.

### Check for subsidized programs

Each province, and some federal programs, offers subsidized or partially-subsidized coverage of medicines for certain people, such as those with disabilities, those under certain income levels, seniors, natives and refugees. Check to see if you're eligible. New guidelines for physicians in Ontario, Manitoba, B.C., and other provinces help connect patients with government programs, including prescription drug coverage. Ask your doctor. Non-profit organizations, such as those focusing on a specific disorder or disease, or those for seniors, can often connect patients with government programs.

If you're still unsure, ask your member of Parliament or the provincial legislature for help. You may also want to ask them why Canada doesn't have a national pharmacare program while you are at it.

*Kathleen O'Grady is the managing editor of EvidenceNetwork.ca and a research associate at the Simone de Beauvoir Institute at Concordia University.*

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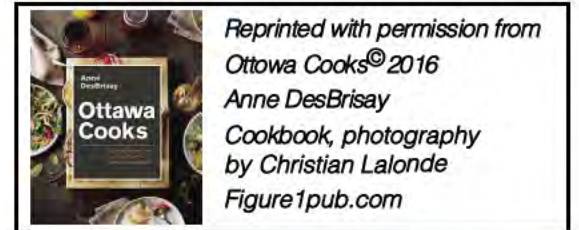
# Celebrating the best chefs in Ottawa

Ottawa is not your typical national capital. It straddles two provinces, bridges three founding cultures, and may be better known for its Hill and canal than for its cooking. Ottawa Cooks changes that.

Award-winning food writer Anne DesBrisay brings together recipes from forty-one of the capital region's most inspiring cooks. From fine restaurants, food trucks and farmhouse kitchens, here are signature dishes, favourite staff meals and traditional family recipes that assert what people in Ottawa already know: for more than twenty years, this capital has been quietly and steadily growing one of the most interesting and diverse food cultures in the country.

Ottawa Cooks showcases more than eighty recipes featuring the best of the region's local products with globally inspired flavours—and the gifted chefs who create them. Enjoy some of the finest recipes from the top chefs in Canada's capital city.

Page design and layout  
by Winifred Ribeiro



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Ottawa Cooks© 2016  
Anne DesBrisay  
Cookbook, photography  
by Christian Lalonde  
Figure1pub.com



## Shrimp Moilee © Serves: 4

**Chef says:** Moilee is an authentic dish from Kerala, a mild ginger and coconut curry traditionally cooked with seafood and served with appam—a traditional thin and lacey rice flour pancake—or with Kerala rice. You can find red Kerala, or matta rice, in South Indian or Sri Lankan grocery stores or serve with steamed basmati rice instead. Start marinating the shrimp at least six hours before serving the moilee.

- 2 tsp salt, divided
- 3 Tbsp freshly squeezed lime juice, divided
- 2 lb fresh shrimp (16/21 count), peeled and deveined, tails on
- 1/2 cup coconut oil
- 1 Tbsp green cardamom seeds, cracked
- 1/4 cup finely sliced (julienned) peeled fresh ginger
- 1/4 cup finely sliced (julienned) garlic
- 2 to 4 Thai green chilies, cut in half lengthwise, with seeds or without (to taste)
- 2 sprigs fresh curry leaves, washed
- 2 onions, each cut into 4 wedges
- 1/2 Tbsp ground turmeric
- 1 cup cold water
- 2 cups coconut milk (preferably freshly made or organic)
- 1 tomato, cut into wedges
- 1 green bell pepper, cut into wedges

In a medium bowl, combine 1 tsp of the salt and 1 Tbsp of the lime juice. Stir in the shrimp, cover and refrigerate for 6 hours.

In a large frying pan over medium heat, heat coconut oil. Add cardamom and cook for about 1 minute to infuse the oil with its flavour. Stir in ginger, garlic, chilies and curry leaves and, when slightly browned, add onions and cook until softened, about 5 minutes. Stir in turmeric until the raw smell disappears, about 30 seconds. Add shrimp and water and cook just until the shrimp begin to turn pink, about 2 minutes. Pour in coconut milk and simmer for 2 minutes. Season with remaining 1 tsp of salt (or to taste) and remaining 2 Tbsp of lime juice. Add tomatoes and bell peppers and stir to combine. Arrange on a serving platter and serve family-style.

## Four Seed Bread Salad © Serves: 4

**Chef says:** This is one of our favourite uses for yesterday's Four Seed Bread: a fresh, tasty salad that allows lots of room for improvisation. Play around with the ingredients, using seasonal vegetables and herbs, making the bread and vinaigrette the constants.



### Bread salad:

- 1/4 cup unsalted butter
- 1 large clove garlic, minced
- 1/2 loaf day-old Four Seed Bread, cut into 1-inch slices
- 1 pint cherry tomatoes, halved
- 1 medium shallot, minced
- 1 bunch of fresh mint, leaves picked and thinly sliced
- 1/2 bunch of fresh flat-leaf (Italian) parsley, leaves only
- Kosher salt
- Freshly cracked black pepper
- 1 ball Burrata cheese
- Extra-virgin olive oil
- Maldon sea salt  
(or other finishing salt)



## Sugar Pie © Serves: 8 to 10 (Makes one 9-inch pie)

**Chef says:** I've heard that sugar pie used to be made by stirring brown sugar, cream and flour with your finger right in the pie shell. That's something I like about traditional desserts; they tend to be homely and unsophisticated. In our family, we would make a similar filling, sucre à la crème, to pour over whatever dessert happened to be on the table. This recipe makes more dough than you would typically need for a lidless pie, but I like to make a double-thick bottom crust. The cookie-like crust is the perfect pairing for the rich, creamy filling. Serve with a dollop of whipped cream.

### Pastry dough

- 2 cups all-purpose flour
- 1/4 cup white sugar
- A little less than 1/2 lb cold butter (about 7/8 cup)
- 1 egg
- Tiny pinch of salt

### Pastry dough

Have ready a 9-inch pie plate. In a medium bowl, combine flour and sugar. Add butter and, using your hands or a pastry blender, crumble it into the dry ingredients. Add egg and knead the dough (still in the bowl or on a clean work surface) until it forms a ball. Wrap the dough in plastic wrap and refrigerate for 10 to 15 minutes. Lightly dust a clean work surface with flour. With a rolling pin, roll out the dough in a circle until it is 1/4 inch thick. Carefully place the rolled dough into the pie plate (there will be an excess of dough, so just fold it back into the pie for a thicker crust). Set aside while you prepare the filling.

**Sugar filling:** In a medium pot, combine brown sugar and cream and cook, stirring, over low heat until it reaches a simmer. Let bubble gently, without stirring, for 3 to 4 minutes to dissolve the sugar, reduce slightly and concentrate the flavour.

In a small bowl, make a slurry of cornstarch and water and add it to the pot. Increase the heat to medium-high and whisk continuously until the mixture starts to boil. Remove it from the heat, whisking for a few seconds more, then let cool for about 5 minutes (do not allow it to cool completely).

**Finish pie:** Preheat the oven to 400°F. Pour the filling into the pie shell. Bake for about 20 minutes or until the crust is golden. Let cool completely at room temperature before slicing.

### Lime Vinaigrette

- Zest of 1 lime
- Juice of 2 limes
- 2 Tbsp rice wine vinegar
- 2 Tbsp liquid honey

- 3/4 cup extra-virgin olive oil
- Kosher salt
- Freshly cracked black pepper

Lime vinaigrette: In a medium bowl, whisk together lime zest and juice, vinegar and honey. Whisking continuously, slowly add olive oil and whisk until it has emulsified. Season with salt and pepper to taste. Set aside. (This recipe makes more than you need: refrigerate leftover vinaigrette in an airtight container and use it to dress other salads, to marinate meat or to toss with roasted vegetables.)

Bread salad: Preheat a barbecue or stovetop grill to medium heat. In a small saucepan, melt butter over low heat. Add garlic and cook for 5 minutes, then remove from the heat.

Brush the bread slices on both sides with the garlic butter. Grill bread on one side until grill marks appear, then flip over and grill the other side until grill marks appear. Let cool for 10 minutes, then cut into bite-size cubes. Set aside.

In a large bowl, combine tomatoes, shallots, mint and parsley. Toss with lime vinaigrette. Add the grilled bread cubes and toss until all of the ingredients are well combined and evenly distributed. Season with salt and pepper to taste.

**To serve:** Transfer the salad to a serving bowl or four individual salad plates. Cut or gently tear the Burrata into 1-inch pieces and disperse them across the top of the salad. Drizzle with olive oil and season with Maldon salt.

# It can happen to anyone: 10 tips to avoid scams

Believing you're immune to becoming a target of fraud is one of the biggest money mistakes you can make. Victims come from all walks of life and fraud-

sters are increasingly sophisticated, creating tricky new scams online, over the phone, and in person.

Canadians lose millions of dollars every year from these kinds of attacks. But fortunately, there are steps you can take to avoid this.

"By recognizing, rejecting and reporting scams, consumers can protect themselves and assist in the fight against fraud," explains John Pecman, the Commissioner of Competition with the Competition Bureau of Canada. "During Fraud Prevention Month and throughout the year, the Competition Bureau works with its partners to help Canadians combat fraudulent activity."

The Competition Bureau recommends keeping these tips in mind:

1. Beware of offers that seem "too good to be true."
2. Be vigilant when evaluating ads offered online, over the phone or in print — whether it's for a job, product or service. For example, if you see an ad for a job where you need to use your bank account to receive and pass on payments from a foreign company, or a promise that you will receive

a percentage commission for each payment you pass on, it's probably a scam.

3. Be wary of unsolicited phone calls, emails, text messages or letters from unknown sources.

4. Don't provide your information in response to unsolicited pop-ups.

5. When it comes to door-to-door sales, don't be rushed. Research the company, the individuals, the product or the offer, and verify any contact and company details. You do not have to give them an answer at your door.

6. Be sure that you understand all terms and conditions of an offer of service or product before sending money or giving credit card or bank account details. Find the terms and conditions of any "free" trial offer that requires your credit card number. Often these can lead to charges that you didn't expect. Inform yourself about renewal and cancellation requirements. If this information is difficult to find, think twice before signing up.

7. Shred unneeded documents like receipts, bank statements, old tax returns, and even junk mail contain-

ing your address, such as credit card preapprovals. All of these documents contain personal information and should be destroyed before they hit the recycling bin.

8. Know that trustworthy businesses almost never contact you or visit your home unannounced to ask for personal details, banking or financial information. They do not do so by email, phone or text message, either.

9. Testimonials can appear quite believable by using so-called satisfied customers, celebrities, or experts. Be aware that these can be fake.

10. Report suspected scams to the Competition Bureau to help keep others from falling victim.

Find more information at [www.competitionbureau.gc.ca/fraud](http://www.competitionbureau.gc.ca/fraud).

Courtesy of News Canada ☐

## ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

### EXPERT UPDATE:

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

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

### RESEARCH SHOWS:

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

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

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## Travel tips: how to pack liquids

(NC) According to the Canadian Air Transport Security Authority, the most common hold-up at pre-board screening involves passengers who bring liquids, aerosols, and gels over the 100 mL limit. If you're planning a trip this winter, following these tips can help make your security screening quicker and easier.

**1. Basic rules.** Containers must be 100 mL or less. All containers must fit into one clear, resealable 1L plastic bag — one per passenger. Take your plastic bag out of your carry-on baggage and place it in a bin. Any containers over

100 mL can be placed in your checked baggage. Examples of liquids, aerosols, and gels include: bottled water, maple syrup, liquid and gel-based cosmetics, creams, lotions, shampoo, toothpaste, jam, peanut butter, and icepacks.

**2. Exceptions.** Some items are exempted from the rule and can be brought in quantities greater than 100 mL. However, they must be presented to the screening officer for inspection. Exceptions include baby food, milk, formula, water, and juice for infants under two years of age; breast milk (applies to passengers flying with or without

their child); prescription and essential non-prescription medicines; liquids/gels for medical purposes, such as icepacks for injuries, baby food/beverages, juice for diabetics, distilled water for CPAP devices.

**3. Duty-free purchases:** Duty-free liquids, aerosols, and gels purchased from any airline or airport retailer that are properly sealed in official security bags and accompanied by an itemized receipt are accepted in carry-on baggage.

Find more tips to help you breeze through security online at [catsa.gc.ca](http://catsa.gc.ca).  
[www.newscanada.com](http://www.newscanada.com) □

## Have you been scammed?

Fraudsters are creating increasingly sophisticated tactics to obtain our personal information and money. Email phishing, credit card scams and identity theft are just some of the scams out there, so it's important to know how to protect yourself. It's also important to know what to do if you've been scammed.

It can be hard to bring scammers to justice, as they often cover their tracks by using fake or stolen identities, made-up email addresses and disposable phone numbers. But you should always report a scam if you or someone you know falls victim to one.

Here are some tips to help you recover after you've become the victim of a scam:

**1. Report it to a law enforcement agency.** Less than five per cent of fraud victims report their experiences to law enforcement agencies. Many don't report because they feel embarrassed, but reporting helps keep others from experiencing the same thing. The best law enforce-

ment agency to contact depends on where you live and the type of fraud you've experienced. If you're not sure where to report, contact the Canadian Anti-Fraud Centre, and they will guide you.

**2. Look for The Little Black Book of Scams.** This handy book outlines widespread scams, offers tips on how to protect yourself and your hard-earned cash, and suggests ways to report a scam.

**3. File a police report.** Just as you would call the police if you were robbed on the street, if a criminal uses the internet to steal your money, it's not any less of a crime. File a police report as soon as you can, but remember to call the non-emergency number for your local police department and ask for the fraud or computer-related crimes division.

**4. Contact your bank or credit card company.** If you've fallen victim to a scam involving money, be sure to contact your bank or credit card company as soon as possible so that they can freeze your cards and prevent any further

charges. Credit card companies may also be able to reverse the transaction if they believe that your credit card was billed fraudulently. Banks also have policies that protect you from online losses, provided you've met certain requirements for safeguarding your information.

**5. Update your anti-virus software.** If you open up a suspicious email, the scammers who sent it may have embedded links within the message that could infect your computer. If this occurs, run a full system check on your computer with reliable software.

Find more information at [www.competitionbureau.gc.ca/fraud](http://www.competitionbureau.gc.ca/fraud).

Courtesy of News Canada □



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<p><b>Bonnars Ferry May 28 - 31</b> \$344.00 pp/dbl - Inn, \$314.00 pp/ dbl - Lodge Transp, 4 days/3 Nts, duty free stops, Cdn 5 on CDN Slot Machines</p>	<p><b>Cranbrook St. Eugene May 28 - 31</b> \$359.00 pp / dbl Transp, 4 days / 3 Nts, Casino Package,</p>
<p><b>River Cree Mar 12 - 14</b> \$259.00 pp / dbl Transp, 3 days/2 Nts Accom, 2 full b/fasts, \$10.00 play, fun on the bus, Lethbridge departure, pickups enroute</p>	<p><b>Camrose Resort &amp; Casino</b> June 11 - 13 \$229.00 pp / dbl Transp, 3 days/2 Nts \$20.00 food/bev card, \$5 Tito ticket, Lethbridge depart, pickups enroute</p>
<p><b>Wendover Nevada</b> Sept 10 - 15 \$425.00 pp / dbl Transp, 6 days/5 Nts 3 nts- Wendover, 2 nt-Helena, Casino Package</p>	<p><b>Coeur D' Alene Casino &amp; Resort</b> Oct. 20 - 23. \$325.00 pp / dbl Dec. 5 - 8 \$315.00 pp / dbl duty free stops, Spokane shopping Transp, 4 days/3 Nts Accom,</p>

**Moose Jaw Apr 18 - 21 Full Call for Wait list or Details on Next Trip**

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# Kerby Centre's Activities, Programs, & Services

## Dates to Remember Kerby Centre

MAPLE LEAF QUEST :  
Saddledome Walk ..... Tuesday, March 14

MONTHLY MOVIE :  
Hello, My Name Is Doris ..... Friday, March 31

## FREE HEALTH PRESENTATION

**Getting the most out of your medication!**  
Monday March 20, 10:30 am to 11:30 am  
Room 205  
Free. No registration required.

## Shop at Kerby Centre

Wise Owl Boutique (Rm 214) Mon-Fri 10am - 3pm	Next-to-New (Rm 203) Mon-Fri 10am - 2:30pm	Nordic Walking Poles  Visit Education and Recreation to learn more!	Woodshop (Rm 102) Mon-Fri 9am - 12pm & 1 - 3pm
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### Fit Room (Rm 108)

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

### Next to New

Donations of Fall and Winter items greatly appreciated.  
**Wise Owl Boutique**  
Donations of Yarn, Crochet Cotton and Material greatly appreciated.

### Next to New \$3.00 Bag Sale!

Mon, March 6th,  
10:00am-2:30 pm

### Craft Group ½ Price Sale!

Don't miss this great opportunity to save 50% on home-made crocheted/knitted items made by our Craft Group.  
All proceeds go to Kerby Centre.  
Wednesday March 8th, 10 am – 1 pm Kerby Dining Room

## 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 <b>Dance</b> (Lecture Rm 205) 1 - 3pm Cost: \$2.00  <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

Money Mentors ..Thurs Mar 2, 10:30-11:45am  
 Mon Mar 6, 1:15-2:30pm

Calligraphy for Fun Workshop.....Mon Mar 13, 1:00-3:00pm

Drops of Peace (Meditation).....Thurs Mar 9, 10:30-11:30am

Frog Racing (NEW).....Tues Mar 7,14,21,28, 10:00-11:30am

Nia Dance Fitness .....Wed Mar 1, 1:30-3:30pm

Play with Clay Workshop .....Wed Mar 29, 1:30-3:30pm

Mindful Monday .....Mon Mar 20, 1:30-3:30pm

Develop Your Intuition.....Mar 27, 1:30:3:30pm



**Kerby Centre**

**Kerby 2 St. Andrews  
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Visit our website  
([www.kerbycentre.com](http://www.kerbycentre.com)) for more information on courses and resources offered

**For information on our monthly calendar events please contact K2—  
East Village at 403-470-6300 or email at [geoffl@kerbycentre.com](mailto:geoffl@kerbycentre.com)**

## Women's Day and the fight for equality

International Women's Day is rooted in the struggle for gender equality. Celebrated on March 8, this international event is affiliated with the United Nations, which began recognizing the day in 1970. Its rich history shows just how much women have accomplished — but the battle is not yet over.

Girls and women still experience inequality in many areas, especially when it comes to access to education.

Over 30 million girls of secondary school age were out of school in 2013. That's 30 million girls who did not have the chance to go to school past grade nine because of poverty and discrimination.

Education has the power to change lives and improve the livelihoods of entire communities. But when girls are denied access to schooling, their chance for a better life significantly decreases. Young women who

do not finish secondary school are often forced into early marriage, teen pregnancy, sexual exploitation, and/or manual labour. But according to the United Nations, if all girls in sub-Saharan Africa and South/West Asia had a secondary school education, the rate of child marriage would fall by 64 per cent.

Although enrolment for primary school education has gone up in the past decade, the number of women

enrolled in post-secondary is still low. Yet a college or university degree is needed more than ever to succeed in the job market. When a young woman is able to continue her education past secondary school, she is better equipped with the skills to find safe and sustainable employment, allowing her to choose her own path in life to lift herself and her family out of poverty.

This is why Toronto-based Beautiful World

Canada focuses on providing college and university scholarships to women in Uganda, Rwanda and Sierra Leone. Women can graduate with a better chance of finding employment, helping them better themselves, their community, and their country.

Find more information at [www.beautifulworldcanada.org](http://www.beautifulworldcanada.org).

Courtesy of News Canada □

## Canada's health-care system crucial to our nation – but needs help

By Danielle Martin  
Courtesy of Troy Media

There's nothing like an American health-care debate to make Canadians feel lucky.

Donald Trump's first act as president was to sign an executive order taking the first step to repeal the Affordable Care Act. With the stroke of a pen, 20 million Americans may soon find themselves without health insurance.

Not that long ago, many Canadians faced the same challenge.

My grandparents Jacques and Sarah arrived in Montreal in 1951, having left behind everything and everyone they knew in Egypt. The burden of building a new life in this new country fell heavily on Jacques' shoulders. It was a role he assumed dutifully. Until, a year later, when he suffered a heart attack and was hospitalized for nine weeks.

The ordeal diminished him — physically and otherwise. Respiratory symptoms and other complications lingered. The cost of drugs and visits to the doctor were as crippling as the pain in his legs and he was barely able to work. For my grandmother, the twin pressures of caring for an ailing husband and holding the family together became overwhelming.

It was, to say the least, a grinding existence.

The story ends with my grandfather's death at the age of 54 in 1966 — the same year Parliament passed legislation to create medicare. Had it been in place, how different might my grandparents' lives have been?

Our system of health care is about more than money and medicine. It's about the values that define us as a society — are we there for one another when we're at our most vulnerable? Do we place well-being above wealth? Do we believe that good health leads to good outcomes — like a stronger economy, more cohesive communities and more fulfilling lives?

Framed by the debates taking place south of the border, we should never take the answers for granted.

But let's be honest — there are a variety of problems with Canada's health-care system.

People struggle to find a family doctor. They wait too long for specialist consultations and elective surgeries. Service could be better. Outcomes should be boosted. Spending must be sufficient but it must also be sustainable.

We need, in a word, to make health care in Canada better.

So it's time to shift the debate. Let's quit bickering over *whether* we can sustain public health care in Canada. Let's focus on *how* to sustain it.

The solutions are neither magical nor beyond our grasp. And most of them don't actually require more money — in fact, some of them will produce savings.

In my book, *Better Now*, I highlight six ideas that, if implemented, could produce important and wide-ranging transformation. For example, there's no reason we can't ensure that every Canadian has access to a family doctor with whom they enjoy a trusting relationship. In fact, by working in teams with nurses, physiotherapists and pharmacists, we could deliver true patient-centred care.

Wait times for surgeries could be brought down by

pooling lists among specialists. We can do a better job of protecting patients from adverse effects and outright harm by reducing unnecessary tests and procedures. And if we were to bring prescription medicines into medicare by creating a national pharmacare system, we could save money and provide everyone with access to life-saving drugs.

Ideas like these could unleash dramatic improvements in Canadian health care right away. All that's required is the political and popular will. And, perhaps even more fundamentally, a commitment to maintaining the principle of universal access that underpins our system and which is once again under fire in the United States.

Our system of universal health care is a fundamental expression of our values and a testament to Canadians' com-

mitment to fairness. It's built on the principle that care should be based upon need, not ability to pay. That's not a value that goes out of style.

Danielle Martin is a family physician and vice-president Medical Affairs and Health System Solutions at Women's College Hospital in Toronto. □



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# Where to find credible nutritious eating advice

If you listen long enough to conversations about food, you're bound to hear some contradictions. A wealth of studies put ingredients like sugar, fat and sodium on a sliding scale between unhealthy and not-so-bad, and unless you're keeping up-to-date on the latest research, knowing what's good for you can seem like a lot of work. Fortunately, there are some trusted places you can turn to for advice on making nutritious choices.

Online resources. Government-funded websites like Alberta Health's Eat Healthy and Eat Right Ontario provide guidance to residents from registered dietitians. They feature recipes, resources for edu-

cators, menu plans, and articles on topics like childhood nutrition and smart shopping. Other websites and blogs can be great places to obtain nutritional advice, but it's a good idea to ensure that the contributor is a credible source such as a doctor or registered dietitian.

Nutritional labels. In Canada, packaged food must have nutrition fact tables so that consumers can learn more about the vitamins and minerals contained in products they're consuming. But nutrition fact tables aren't limited to packaged goods alone. Many restaurant chains post nutrition fact tables online or will provide them upon request, and regulations in places like Ontario

already require calories to be posted on food service menus. The federal government's Healthy Canadians website has an excellent guide to help you interpret nutrition fact tables.

Registered dietitians. Registered dietitians are accredited health professionals who are trained to use the results of medical and nutritional research to

help you to make good food choices. Dietitians may be available through your public health service provider or a private practice. Some grocery stores, like Superstore, have registered dietitians on staff who provide one-on-one consultations, store tours, field trips and cooking classes.

Canada's food guide. Although changes may be

in store to update Canada's Food Guide in the coming years, it remains a valuable tool for helping to structure your diet. The food guide was created in 2002 based on a range of nutritional research, and was last revised in 2007 to incorporate new research and testing.

Courtesy of News Canada □



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



## Crossword Puzzle

**PREMIER CROSSWORD/ By Frank A. Longo**

**ACROSS**

1 Roman god with a bow

5 Knotting craft

12 Move like a kangaroo

15 Overquick

19 Be a wanderer

20 Moral

21 Actress Gasteyer

22 Comical Kett

23 Jack London novel

26 Dumbfound

27 Flynn of films

28 Prone (to)

29 Big name in credit cards

30 Cake coater

31 Writer Verne

33 Easy targets to attack

36 Lacking a musical key

38 Writer Bellow with a Nobel

40 Mystery novelist — Stanley Gardner

41 Relative of soul

46 Infuse with oxygen

50 Sphagnum, e.g.

51 Cookie with a "Thins" line

**DOWN**

1 Johnson of "Laugh-In"

2 Comic actor Jay

3 Elates

4 Tells in detail

5 Ex-Giant Ott

6 Gazetteer shellmate

7 Hew

8 Falling-out

9 Masquerade

10 — jongg

11 Chosen few

12 Papa Doc's place

13 See 66-Across

14 Inflate falsely

15 Hero, often

16 Top-floor storage site

17 Reeked

18 With 56-Down, surfs like a pro

24 God, in Islam

25 Clever type

30 Most lazy

32 "St. — Fire" (1985 film)

33 Hero in a deli

34 Fluish, say

35 Shown with explicit detail

36 It has biceps

37 However, informally

38 Golf's Sam

39 — of one's own medicine

42 Dog cry

43 Naval vessel abbr.

**STICKING TO THE GOAL**

44 Fitzgerald of song

45 Loam, e.g.

47 Key of "Für Elise"

48 Mouth organ

49 Lawn care tools

53 Eye creepily

55 — Baba

56 See 18-Down

57 "... woman who lived in —"

58 Evening, casually

59 Rear-ending car, e.g.

60 Arise

61 Natural legume case

62 Cube maker

67 Peninsula northeast of Boston

68 Brother in Genesis

70 Pre-O trio

72 Mil. missions

75 Bric-a —

76 Yiddish writer Sholem

78 Actress Samantha

79 Italian for "new"

82 Summary

83 16th letter

84 "Don't make — habit"

85 Nick of "Warrior"

89 Potato chip topping

90 Singer Helen or actor Jerry

91 Univ. award

92 Envision

94 Wise

96 22nd letter

97 "Indubitably"

98 "Grease" actress Eve

100 Erase

103 Gain entry

104 Drab color

105 Forelimb bones

106 Close-by

107 "Exodus" protagonist

108 Don's group

109 Cuts down, as a tree

112 Refer to

113 Tech support seeker

115 Bear, celestially

116 "By Jove!"

118 Adolescent leader?

119 Taxing org.

120 Beret, e.g.

121 Senate vote

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- 13 Mobility Aids
- 20 Home Maintenance
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*Continued on page 30*

Continued from page 29

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"The CPP continues to grow, helping provide workers with part of their retirement income well into the foreseeable future," explains Dan Madge, senior manager of public affairs and communications for the Canada Pension Plan Investment Board, which is

responsible for investing the contributions. "Contributors and beneficiaries should take comfort in the fact that the fund is sustainable for multiple generations."

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**Puzzle on page 28**

Dear Reader,

The *Kerby News* would like to offer a heartfelt 'thank you' to the many volunteers—past and present—who've dedicated their time and effort towards helping make the *Kerby News* what it is.

Putting together a newspaper with a monthly circulation of 30,000 is a challenging undertaking, requiring the coordinated efforts of many departments. From proofreading to copyediting, writing to photography; layout, graphic design, advertising, distribution, and everything in-between, the wealth of experience and knowledge volunteers bring, and their willingness to roll up their sleeves and get to work, have been instrumental in helping us put out the best paper we can every month. So again, thank you.

We are always eager to hear from our readers, good or bad. Those wishing to get ahold of us need only stop-in the newsroom and say hello, or if it's preferable, contact us by letter, email, or telephone. Additionally, those interested in volunteering at the *Kerby News* may contact us by any of the same means. Whatever the reason, our door is always open.

Cordially,

The *Kerby News* team  
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**China Painting Continued...  
Continued from page 17**

be fired in a kiln for the paint to fuse into the object being painted—she wondered if she could apply china painting methods to paint the enamel in her jewellery.

“Some things translate well, and work well, and some don’t,” says Irvin, but by taking this class, she hopes to gain a better idea of

what she’s doing, learn new application techniques, and the nuances of china painting, “And I love the group.”

After a piece of porcelain has been painted and fired (and in some cases painted and fired, and painted and fired again) what do these artists do with their creations? Many, like classmates Nancy Beamish and Kathy McCombie, give their completed pieces of

china away as gifts to family and friends, or donate them to charity fundraisers and/or silent auctions.

“Someone suggested I paint Star Wars for my grandkids,” says McCombie. “But I have to see what that is.”

Alan Hinch jokes that his pieces all get piled on a shelf when completed, although he did just recently give away his first piece.

“It was a fossil I painted of the Burgess Shale, for a friend whose specialty is fossils.” Alan, who immigrated to Canada from Australia in 1966, is particularly drawn toward fossils, along with marine subjects.

Others, like Currie, place sentimental value on some of their art.

“Years ago, when I first started, I did the crest of the clan Macleod,” recalls Currie, adding she still has the dish set bearing the family crest. It was a surprise for her husband, who showed an affinity for his mother’s hobby.

Today there are roughly 200 or-so members registered with Porcelain Artists of Canada, a national organization dedicated to supporting and promoting the porcelain artist community in Canada and internationally. After 43 years teaching aspiring china painters, Lenz is in no hurry to retire. A large part of why she still teaches is because of the closeness she’s developed with her fellow painters.

“To me, china painters are a community of people I get together with. We encourage one another, and we

enjoy one other’s company,” says Lenz. And while teaching keeps her busy and gives her something to do, Lenz hasn’t mastered everything, and jumps at the challenge of learning to paint something new when the opportunity arises.

“Students will sometimes request I teach how to paint a certain subject, and if it’s something I haven’t done, then that becomes my new challenge. I first need to see if I can paint the subject they want to paint, so I can lead them into painting it.” □

**Book Review**



**“They Left Us Everything”**

By Plum Johnson

c.2016, Putnam  
\$26.00 U.S. /  
\$33.98 Canada  
279 pages

Reviewed by the Bookworm

Your grandmother’s jewelry will be yours someday.

You’ve known that since you were small, and were caught playing with them. Someday, you were told, you’d be the proud owner of a necklace, pins, rings and other pretties bequeathed. But in the new memoir “They Left Us Everything” by Plum Johnson, some things are simply not treasured.

“Nineteen years, one month, and twenty-six days...”

That was exactly how long Plum Johnson had been taking care of her elderly parents when it finally “brought me to my knees.” At 93, her Mum was forgetful and needy, and the daily trip alone was daunting: Johnson lived forty-five minutes away from the family home – too close for her, too far for Mum.

Her parents purchased the 4,000-square-foot house in 1952 and they’d done almost nothing to it; aside from added storage areas and some bookcases, it was nearly the same as it had been at the turn of the century. To Johnson’s chagrin though, the house filled over the years with forgotten sports gear, keepsakes, Christmas-future gifts, clothes, ancient books, and five decades of family bric-a-brac.

Yes, she’d tried to clean up the mess once or twice but it was a huge task, both physically and emotionally. Her late father, an intense war hero, had a “dark side” and

kept every reminder of his military service. Johnson’s Mum was breezy and devil-may-care, a sometimes-vindictive person who “didn’t give a [darn]” but who cared enough to voice criticism of Johnson’s life. How did it happen that two people who were so different would fall in love and stay together for the rest of their days?

There were so many questions – even more, after Johnson’s Mum died. The answers, Johnson hoped, might lie somewhere in the 23-room mess, the cleanup for which there was the gift of time. Johnson, the only sibling with few obligations, moved back to her childhood home and started sorting.

Tucked away amidst junk were old love letters and ancient magazines, expired food, “pocket litter,” and receipts from 1953. Clothes jammed the closets; her brothers claimed paintings and other small memorabilia. And there, in the house of her childhood, Johnson learned that inheritances aren’t always found in a box...

You got your grandma’s jewelry. Your mother’s favorite sweater is now yours. Your dad gave you his watch. And “They Left Us Everything” will give you goosebumps.

It’s the rare Baby Boomer, I think, who won’t see herself inside author Plum Johnson’s story. First of all, it’s the quintessential mother-daughter-strife story, complete with old criticisms that don’t make sense and new awakenings that come too late. It’s also about that parenting-our-parents thing that so many Boomers do now, and what makes that bearable is that Johnson is able to say what we’re thinking: it’s hard, irritating, funny, rewarding, and we can’t stop aching from it.

This book will touch a nerve like no other, especially if you’re a Boomer with an elderly parent in need of care. Bring tissues, and bring your heart. “They Left Us Everything” is a jewel.

*The Bookworm is Terri Schlichenmeyer. She lives on a hill in Wisconsin with two dogs and 12,000 books. For more information, visit [bookwormsez@gmail.com](mailto:bookwormsez@gmail.com)*



Toni Velazquez shows a vase she has been china painting, making use of portrait painting techniques she’s learned.

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# Change the way we view exercise for frail and critically ill patients

By Michelle Kho  
Courtesy of Troy Media

Frail and critically ill patients can safely bike in the intensive care unit, even early in their stay. These exciting findings come from an in-bed cycle program that aims to get hospital patients – even in ICU – pedalling as soon as possible, so that they're functioning better by the time they leave hospital.

Why add a fitness plan for patients who already have many critical medical issues? Because patients who are stuck in bed need in-bed cycling the most.

Anyone who's tried hitting the gym or recovered from injury knows that muscles can take weeks to strengthen. But did you know that muscles only take days to quickly deteriorate?

After only seven days in a critical care bed, one study noted that patients' muscle strength was four times weaker than it was in healthy controls. After 10 days of critical care with mechanical ventilation,

patients' leg muscles decreased in size by almost 18 per cent. In fact, many previously active patients are unable to walk when they are discharged from critical care due to profound muscle weakness.

In new research, my colleagues and I show how we start to think of rehabilitation very early in a patient's ICU stay to help prevent or minimize this weakness.

### What's in-bed cycling?

The specialized in-bed cycle rolls over a patient's bed. The cycle has a motor and can move a patient's legs, or the patient can cycle on their own. The patient stays on their back and their lower legs and feet are secured into slings and pedals. When attached, their legs move in a cycling motion. The cycle has a video screen to help motivate more alert patients with animation of their virtual ride. In-bed cycling is an especially promising early exercise intervention because it targets the legs, particularly hip flexors,

which are most vulnerable to muscle atrophy and weakness during bed rest. Cycle therapy can also safely begin right after resuscitation, while patients are still attached to life support, whether patients are awake or sedated.

We recently conducted a study with frail and critically-ill patients who were connected to machines that help them breathe to see if they could start cycling very early in their ICU stay. We found cycle therapy safe because there were very few times where patients stopped cycling early due to medical concerns. And more than 90 per cent of patients or substitute decision-makers agreed to participate in the study.

So far, our team has trained eight ICU facilities and more than 45 physiotherapists across Ontario to provide in-bed cycling as part of our research.

The rest of the country is still waiting for cycle therapy. But hospitals across the country should review and expand their approach to

rehabilitation. Patients in critical care are rigged up to all sorts of specialized equipment, including machines to support breathing, medication pumps and monitors. Despite all this investment, few critically-ill patients receive exercise, which is key to their recovery.

ICU studies show that exercise is more effective than changes in nutrition or different methods of mechanical ventilation for improving long-term physical function in critically ill adults. But critically ill and frail patients are often perceived as too sick for physiotherapy. Rehabilitation in the ICU can be infrequent and, when provided, may occur late in a patient's ICU stay. Without rehabilitation, physical strength quickly deteriorates and patients wind up leaving ICU with new weaknesses. This can result in longer hospital stays, higher mortality risks and more health-care costs.

Canada's population is aging and Canadians older than 65 account for 78 per cent of the three most expen-

sive types of hospitals stays: cardio-pulmonary disease, pneumonia and heart failure without angiogram. These conditions all require time in ICU. Yet we've recently witnessed cutbacks to physiotherapy services in acute care hospitals.

It's time to change the way we view exercise for frail and critically-ill patients. As soon as we resuscitate, we need to think of starting rehabilitation to optimize recovery. Early in-bed cycling is one creative approach for critically-ill patients, for our aging population and to provide significant savings down the road.

Michelle Kho is an assistant professor in the School of Rehabilitation Science at McMaster University, physiotherapist at St. Joseph's Healthcare Hamilton, and Network Investigator with Canadian Frailty Network. She holds a Canada Research Chair in Critical Care Rehabilitation and Knowledge Translation.

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## Kerby Centre Department Directory Kerby Centre 1133 - 7th Ave S.W. Calgary

<b>Main Switchboard</b> 403-265-0661 www.kerbycentre.com	Fund Development Work with members and community to provide funding for Kerby Centre's vital programs 403-705-3235 funddev@kerbycentre.com	Kerby News Editor 403-705-3229 editor@kerbycentre.com
Accounting 403-705-3215	General Office 403-705-3249 generaloffice@kerbycentre.com	Kerby News Sales 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com
Adult Day Program Socializing and health monitoring program for physically and/or mentally challenged seniors 403-705-3214 adp@Kerbycentre.com	Thrive 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. 403-234-6571 thrive@kerbycentre.com	Kerby Rotary House Providing refuge for those over 55 fleeing family abuse, seniors in crisis and homeless seniors. 403-705-3250 (24 hour) shelter@kerbycentre.com
Diana James Wellness Centre Health services including footcare 403-234-6566 wellness@kerbycentre.com	Housing Assists seniors in finding appropriate housing 403-705-3231 housing@kerbycentre.com	Volunteer Department Volunteers are the heart of Kerby Centre 403-705-3218 volunteer@kerbycentre.com
Dining Room Serving nutritious meals to everyone 403-705-3225 kitchen@kerbycentre.com	Information / Resources The all in one seniors' information source 403-705-3246 info@kerbycentre.com	Room Rentals 403-705-3177
Education & Recreation Information source for programs at Kerby Centre 403-705-3232 program@kerbycentre.com	Kerby 2 East Village 403-470-6300	President Zane Novak 403-705-3253 president@kerbycentre.com
	Kerby News Classified Ads 403-705-3249	CEO Luanne Whitmarsh 403-705-3251 luannew@kerbycentre.com



**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)*

Some of us are like ostriches. We prefer not to know things that will be painful or frightening. We'd rather stick our heads in the sand and pretend it's not happening, or continue to hope it isn't, rather than find out that it is.

Or maybe we're really lucky and we're blissfully unaware that our lives are about to explode. We've really got no idea that anything dark and nasty is lurking just round the corner. And then suddenly, there it is, in your face and reeking of disaster.

When explosive situations arise and our lives are turned upside down, often we will say we had no idea. We didn't see it coming. But the truth is there are usually signs we chose not to notice. Or we made decisions that were really not brilliant. And here it is, some weeks, months or perhaps even years later, and now we have to clean up the fallout from those choices.

As a psychic and medium, throughout my life I've heard people tell me they're afraid to have a reading because of what they might find out. They don't understand that if the potential for a problem is "in the cards", it gives them the opportunity to prevent it or at the very least, to be prepared for it so that they can minimize the difficult bits.

It's like going to a counselor. Whether it's in having a psychic reading or a counselling session, it's about discovering the potential for problems that can only be reduced or eliminated if you're willing to see that they're coming. Otherwise, without prior knowledge, you get slammed in the head with a bag of bricks and your ability to deal with the problem is compromised.

For example, how many times do we hear about people who have worrying symptoms, but they refuse to get them checked out? We say, "If you catch it early enough, your chances of treatment or cure are so much better than if you

# It's what you don't know that will hurt you.

leave it!" But still they refuse to go. And sometimes, this is a life-threatening decision.

Sometimes, they're talking about something like cancer. Sure, it may turn out to be nothing (or something a lot less serious), in which case they can stop worrying! What a relief that would be.

But there are times when they were right. Jade Goody is a prime example. Using her "UK Big Brother celebrity" to raise awareness about cervical cancer, she was a young woman who didn't get checked and by the time it was discovered, it was too late. In a television "diary" of sorts, her journey was documented until she died at the age of 27, leaving two young boys on UK Mother's Day 2009.

As with many types of cancer and other diseases, early diagnosis improves the chance of a cure. We can look at many problems in our lives as cancerous, problems that are insidious, such as financial troubles, secrets kept by partners, issues with work or relationship, anything that we sweep under the proverbial carpet because we don't want to face the ugly truth and deal with it.

Being blissfully unaware isn't all it's cracked up to be. Eventually, the truth comes out and slams you upside the head. Better to be vigilant about the facts of your life – your life! – consider-

ing and contemplating options and consequences, and daring to look at what's really going on. Ignoring or avoiding the truth will only give you less time to figure out a way to fix the bits that aren't working well, or are a complete disaster.

When you don't know what you're facing - or you fear what you might be facing but you refuse to find out – it's easy to become nervous or anxious. There's an uneasiness that settles into your bones. It's distracting. It wastes energy. It hampers your ability to be productive. You waste time wondering about all the "what-ifs" and sometimes it can be so bad, it affects physical and mental health.

Of course, some things just leave themselves as surprises, no matter how diligent and "on top of things" we might be. We can't always know what's coming, but that's not what I'm talking about. I'm talking about people who live in denial, those who stick their heads in the sand and refuse to acknowledge what's really happening around them. The ones who don't dare check out what needs checking out, the ones who don't "take care of business" because they can't be bothered, or because they're afraid of what they'll hear.

Well, not hearing about it isn't gonna make it go away. Not finding out if you have an illness or if your finances

are a disaster will not make you or your bank account any healthier. Telling yourself that your relationship is okay when it's painfully obvious that both of you are utterly miserable will not make either of you any happier.

The facts of your life won't change just because you're playing "Let's pretend." You'll just shoot yourself in the foot and have a nasty shock when you reach the point of having to face the truth.

Best to make yourself aware of the realities of your life and circumstances in all areas. Stay on top of them. Dare to be honest about the harsh realities about unhealthy relationships, whether they're with a partner, a sibling, a child - anyone. Be brave and look at the state of everything in your life. It's the only way to see what needs fixing. It's the only way you have a chance to find your way to happiness. □

## International Women's Day

Observed on March 8—is a global day celebrating the social, economic, cultural, and political achievements of women from around the world. The date has been observed since in the early 1900s, a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of gender equality.

## Volunteer Spotlight



**Allan Cooper**

Allan's first visit to Kerby Centre was with his grandmother when he was a teenager. He started volunteering at the Kerby Centre 6 years ago. He volunteers at the Information desk for a half day on Wednesday and Thursdays. Allan has also helped with many special events and wherever else help is needed. He enjoys volunteering because it gives him opportunity to make new friends, to learn new community resources and he likes to help others. Allan continues to volunteer at the Kerby Centre because the atmosphere is very pleasant to come back to each day and the staff are nice and cool. He is here to help whoever needs it. Beside volunteering he spends his time watching sports, writing, reading and playing tennis. Allan has already contributed over 1891 hours to Kerby Centre.

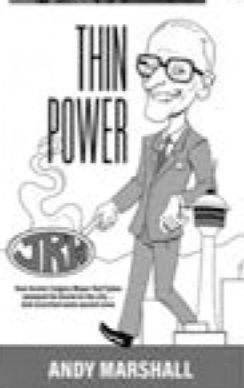
Thank you Allan, for all that you do for the Kerby Centre!

## Kerby Writers Series



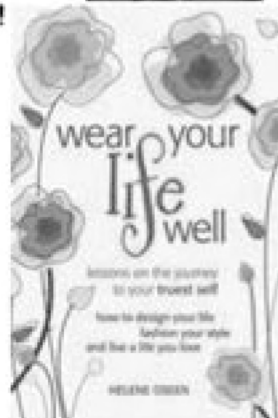
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# ••• Community Events •••

## Friends of Fish Creek

Friends of Fish Creek will celebrate the 25th anniversary of the founding of the Friends of Fish Creek by replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. For more information contact the Friends of Fish Creek or visit [www.friendsoffishcreek.org/brick](http://www.friendsoffishcreek.org/brick). On March 23 there

will be a presentation by Graeme and Lois Connell A Photographic Wildflower and Book Evening based on the novel *Uncharted* by Graeme Connell. To learn more about this presentation, or to register, please visit [www.friendsoffishcreek.org/event/uncharted](http://www.friendsoffishcreek.org/event/uncharted). On March 11 from 1:00 p.m. to 2:30 p.m., Wayne Meikle, a dedicated volunteer, retired park planner, and founding member of the Friends of Fish

Creek, will lead Wayne's Wonderful Winter Walk along the banks of Fish Creek. To register or for more information visit [www.friendsoffishcreek.org/programs/other-tours](http://www.friendsoffishcreek.org/programs/other-tours). A Spring Birding Course will begin on Monday, April 3. This course will help newcomers and birders of all levels to identify newly arriving migrant birds. It will be led by naturalist Gus Yaki and other experienced instructors. Registration is required and fees apply. To register and for

course times visit [friendsoffishcreek.org/programs/birding-course](http://friendsoffishcreek.org/programs/birding-course).

## Social Dance Club Calgary

At Social Dance Club Calgary there will be dances on March 11, with Joel Spire, and March 25 with Interlude. The Annual General Meeting on March 25 is for members only. On March 11 wear polka dots and stripes, and there will be prize(s) for the best dressed. Dances are held at Southview Community Hall, 2020 33 Street SE.

Doors open at 7:00 p.m., the dance is from 8:00 p.m. to 11:30 p.m. Singles and couples are welcome. Cost for members is \$12 (must show membership card), and for non-members \$14. A snack is included, and there are 50/50 draws. Telephone Sharon and John at 403-242-6957 (a recording. Call before coming to a dance in case of any changes, or visit [www.socialdanceclubcalgary.com](http://www.socialdanceclubcalgary.com).

Compiled by Margaret McGruther

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# ••• Seniors Scene •••

## Good Companions 50 Plus Club

Good Companions' Tea and Conversation program will run on March 10 and 24 at 1:00 p.m. at a cost of \$2. The presentation on March 10 will be on the AMA, and on March 24 the presentation will be the Grocery Program. Val's Jam and Sing-along will be on March 10 from 7:00 p.m. to 9:00 p.m. Folk Music Singers will be on March 13 and 27 at 10:00 a.m. There will be a Social Supper on March 21, happy hour at 4:30 p.m., supper at 5:30 p.m. and featuring Children's Joy Foundation. Cost is \$15 for members and \$18 for non-members. Jammers' Night will be on March 24, by donation, and snacks welcomed. Two new

programs will start up: Magic of Watercolors on March 23 and the Book Club on March 25. Good Companions 50 Plus Club is located at 2609 19 Avenue SW. For more information please visit [www.gc50plus.org](http://www.gc50plus.org) or Facebook, or call 403-242-3799.

## Open Door Seniors

New programs at Open Door Seniors are the Stitching Post on Thursdays at 10:30 a.m., and Memory Improvement Games on Fridays at 10:00 a.m. Call 403-269-7900 for dinner tickets for March 3, or drop in to the monthly Soup and Bun Lunch at 11:30 a.m. on March 17. Open Door Seniors is located at 1311 4 Street SW. For more information about these and other programs, call the number above, or visit [opendoorseniors@gmail.com](mailto:opendoorseniors@gmail.com).

## Greater Forest Lawn 55+ Society

Five Star Bingo at Greater Forest Lawn 55+ Society will be held on March 2 and 16 at 12:15 p.m. at 4980 25 Street SE, on the Bus Circle Route

#72 or #73. Dances will be held on March 4, with For Olde Tyme Sake, and March 18 (St Patrick's Day dance) with Pure Country, doors open at 6:30 p.m., dance at 7:30 p.m. Cost for members is \$12, for non-members \$13. Sunday dances will be held from 1:00 p.m. to 4:00 p.m. at a cost of \$5. Coffee and snacks will be provided. On March 31 "55 After Dark" will take place. Doors open at 7:00 p.m. dance is at 7:30 p.m. The cost is \$5. The concession will be open. Dance to the music of the 60's, 70's and 80's. There will be a cash bingo on March 11 at 11:00 a.m., Pre Call will be at 12:15 p.m., Early Bird at 12:30 p.m. The concession will be open. Participants must be 18 years of age (Alberta Gaming Commission). Greater Forest Lawn 55+ Society is located at 3425 26 Avenue SE. For more information about these and other programs please call 403-272-4661 or visit [www.gfls.org](http://www.gfls.org).

Compiled by Margaret McGruther

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# John Kwan



By Jessica Babbs

Immigrating to a new country is hard at the best of times, but what if you waited until you were retired to do so? This is what John Kwan did back in 2002.

Kwan is originally from Hong Kong, and was only a small child during the Japanese occupation. While he doesn't remember much, he does recall evacuating when the Japanese arrived.

"We all fled to Guangxi, a province next to Guangdong," says Kwan. His father took them north, and when the Japanese invasion ended, they returned to Guangzhou, a city in the Guangdong province. "Once everything was over, we came back to Hong Kong," he says. He believes the occupation impacted his parents and grandparents the most.

"After the invasion, it was terrible everywhere in China."

Kwan can recall the celebrations that followed after the Japanese left. "There were lots of people, a parade in the city of Guangzhou, and lots of people playing their gongs. Kwan would eventually settle in Hong Kong where he spent the remainder of his rest of his childhood. It was in 1994 that he set his sights on Canada.

"My wife—and also myself, of course—found it was very congested," he says of Hong Kong. Kwan and his wife had young children at the time, and wanted to go somewhere where they would be able to improve their English.

"Finally my wife decided to stay in Canada" he says, making the decision at the time to avoid larger cities like Vancouver and Toronto, and instead settling in smaller-sized Calgary.

Due to the Canadian job market Kwan was unable to leave his position in Hong Kong and obtain a transfer with his company to

Calgary. And so, while Kwan's wife and kids immigrated to Canada, he remained in Hong Kong.

"I finally retired in Hong Kong before I settled here," he says. While his kids' adjustment period was relatively quick and painless, he found getting used to his new environment more difficult when he arrived.

Since his retirement, Kwan has been involved with volunteering.

"We try to make use of ourselves. There's a saying: 'the service to humanity is the best walk of life.'"

John dedicates his time to senior centres and will gladly offer information and help to whomever he can. He has been volunteering since 2005 at both the Calgary Chinese Elderly Association and the Chinese Cultural Centre.

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

# Prevent carbon monoxide poisoning at home

While most people equate the risk of carbon monoxide (CO) poisoning with cold winter months when furnaces and fireplaces are in peak demand, this silent killer is a threat year-round.

Carbon monoxide, a by-product of burning fossil fuels such as wood, gas, oil and propane, is dubbed a silent killer because it's colourless, odourless and tasteless. The only safe way for humans to detect its presence is with an approved carbon monoxide alarm.

But despite on-going educational efforts by safety organizations, there have already been cases this year of lives that have nearly been lost due to CO exposure in several provinces. Even as warmer weather arrives, the risk remains.

Retired Ontario fire fighter John Gignac knows first hand the deadly consequences of carbon monoxide. In late 2008 he lost his niece, her husband and their two children to CO poisoning due to a blocked chimney vent. The family didn't have a carbon monoxide alarm. Gignac established a national charitable foundation in their memory.

"People need to take this threat seriously and realize that it comes from sources beyond just furnaces and fireplaces. Year-round we use gas stoves and water heaters and park vehicles in garages and attached carports. Never let down your guard," advises Gignac.

While the average home has several potential sources of the deadly gas, studies show that many don't have a CO alarm installed.

"People think they don't need a carbon monoxide alarm because they have electric heat and no fireplace," Gignac says. "But when I ask them if they have a gas stove or water heater, or attached garage or carport, they realize their

families have been at risk for years."

Protect your home and family by having a licensed inspector check heating systems and other fuel-burning appliances annually. At minimum, install one CO alarm outside all sleeping areas if your home has any fuel-burning devices.

Finally, be sure to replace CO alarms according to manufacturer instructions, whether battery powered, plug-in or hardwired. Like

smoke alarms, they do not last forever.

Find more safety tips at [www.endthesilence.ca](http://www.endthesilence.ca).

Courtesy of News Canada □

## THERE'S A REASON FOR SHAMROCKS

How did the shamrock become associated with St. Patrick's Day? According to Irish legend, Saint Patrick himself used the three-leaved plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

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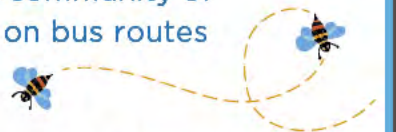


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