

Kerby News

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Take a tour behind the scenes with Calgary Opera — page 8. Photo by Alain Dupere Courtesy Calgary Opera.

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Kerby's commitment to the future

President's Report Zane Novak

Kerby Centre held its Annual General Meeting in April, and I wanted to share a few thoughts from my report to the membership.

Kerby Centre celebrated another year of encouraging and supporting older adults as they seek growth, social engagement, and health.

It was an honour to take over as Board President in 2016 and help lead this

remarkable organization through its next phase of changes, challenges, and opportunities.

In 2016 the Board of Directors approved Kerby Centre's new three-year strategic plan. The plan creates a guide for how Kerby Centre will grow in four key areas — Quality, Sustainability, Accessibility, and Adaptability.

Each of these four areas form Kerby Centre's core mission of assisting older adults to live well as residents in the community.

Kerby Centre has seen a growing interest in social events and opportunities among the people using the Centre. Our events and Expo are better attended every year, and drop-in activities through our Education and Recreation department continue to expand and multiply.

We take great pride in creating this space and atmos-

phere for Calgarians of all backgrounds to join together in social activities. Our community is stronger when we create bridges and shared experiences.

From those joining Spanish language conversation groups, to those taking ukulele, to the groups who meet for a coffee before their classes, Kerby Centre is a home for new friendships and shared interests. It is a place filled with laughter, learning, and living your best life.

Kerby Centre has grown and evolved throughout its storied history. As our community has grown and embraced change so have we. The year 2017, we are certain, will be extremely exciting for all who are involved with this amazing organization. We fully anticipate that growth and looking to how we can best serve and fulfill the needs of our changing adult commu-

nity will put Kerby Centre at the forefront of not only Calgary, but the entire province. I know that 2017 and beyond will be one of the most exciting periods in Kerby Centre history. The Board and staff are dedicated to the growth, challenges and changes that lay ahead.

This is a partnership that is built on the strength of many, not just a few. We look to our staff, our members, our volunteers, and our ever-expanding community to achieve success in the Kerby Centre continuing to lead the way in supporting our adult community.

On behalf of the Board of Directors, thank you for being part of Kerby Centre's community. We look forward to you including us in your plans for an active and healthy lifestyle.

I invite you to visit www.kerbycentre.com/annualreport and read our Annual Report for 2016. □

MAY 2017

Front page: Photo by Alain Dupere

Design by Winifred Ribeiro

KERBY CENTRE'S MISSION:

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

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Kerby News

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CEO's Message Luanne Whitmarsh

Older adults continue to choose Kerby Centre as their destination to learn, exercise, be creative, participate, laugh, and seek support and safety.

The approximately 25,000 unique older adults who visited in 2016 tell us that we help, we support, we make safety plans, we help them smile, and we make a difference in their lives. For this we are grateful to be there, day in and day out!

In May 2016, Kerby Centre began a partnership with Alberta Health Services — Geriatric Mental Health. Ten older adults who are transitioning from acute

care back to the community have the opportunity to transition to Kerby's 'Pathways' program.

In Pathways, the older adults are supported to regain their confidence for community living — this has been a very positive partnership and the older adults who choose this support are reporting that their transition is more successful!

We continued to work towards our goal to relocate Kerby Centre this year. We have completed many of the due diligence projects while continuing to evaluate many properties for appropriateness.

We are evaluating a potential property and more information will come out as we come closer to presenting the model to everyone! □

At this time I would like to thank all of the contributors to this project — we would not be as far along as we are without you all!

The theme of 'wellness' is a significant focus for us all. Kerby Centre is a proud partner in your wellness — physical, mental, social, intellectual, emotional and occupational. We are working every day to provide you the opportunity to move more, eat right, stress less, breathe easy, and live well.

Additionally, we are always open to hear from you what programs, services and events you would like us to consider to enhance your life. Contact me anytime — my door is always open.

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News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

Election season is right around the corner and there are a few things you should know about how

Making Democracy More Accessible for Calgarians

everything will go down this year. We need to tackle the challenge of declining voter turnout at the municipal level and encourage everyone to participate in democracy. I put forward a Notice of Motion this past November to look at ways that Election Day can be as easy and accessible as possible which has resulted in some great new initiatives for the upcoming Municipal election. Starting this year,

everyone will receive a brochure in the mail which will have a free transit pass for Election Day! Not only that, but the Advance Polling Bus will be making a lot more rounds this year to help those who may have accessibility issues. The reality is that not everyone lives or works close to a voting booth, so doing what we can to make the polling stations as accessible as possible is the least

we can do to encourage democratic engagement by Calgarians. Another initiative that the City of Calgary is undertaking is creating a candidate profile page on its website. It'll be a one stop shop for information on all candidates in both the Councillor and Mayoral races.

Further to that, a full week of advance polls will be happening at Mount Royal University, University of Calgary, and SAIT.

Students have busy schedules and Election Day falls right around mid-term time, so this is another way to ensure that polling stations are as easy to access as possible. If you or someone you know attends one of these post secondary institutions, make sure that you take advantage of the advance polls!

If you have questions or concerns feel free to contact my office at ward08@calgary.ca or 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

I've been working hard in the Legislature to make your life better, help create jobs, and pro-

Investing in Alberta's future

tect the services that you count on. Families have been top of mind for me, as the Calgary-Buffalo constituency has many young families as part of its community. I have been busy ensuring that those families, and all of my constituents, have a bright future ahead of them through the work I'm doing at the Legislature.

Introduced in March, Bill 1, An Act to Reduce School Fees, will eliminate school boards' ability to levy fees for instructional materials or supplies, or transportation fees for eligible students. Overall, it's projected that Alberta families will save \$54 million in the 2017/2018 school year.

These hard-earned savings can be used for other important things, such as paying for groceries, mortgages, or extra-curricular activities. The Calgary Board of Education and the Calgary Catholic School Board will receive funding to offset the loss of fee revenues, to ensure that education programming is maintained and even increased for students.

There are also many seniors living in and around Calgary-Buffalo. I am very happy to see an increase of \$200 million in funding for provincial home and community care – this means older Albertans can age in place and wait times for

facility-based services will be reduced. Albertans of all ages who are living with illness, limited mobility or mental health challenges will benefit from this funding increase.

Budget 2017 is about making lives better for Albertans. We have put in a tough couple of years, but I am working to ensure your government is there to support you and your family. This year's budget focuses on investing in long-overdue repairs and modernizations of our schools and hospitals, critical improvements to our roads and highways and creating and protecting jobs. Albertans' lives are remaining affordable as we keep taxes in

Alberta the lowest in the country, with an increase in the tax advantage to \$8.7 billion over Saskatchewan. We are bringing the provincial deficit down thoughtfully and prudently, taking into account the effect of government debt on future generations, without making drastic cuts to education and health-care. While we are all concerned with the present, we must also think of the future – the 2017 budget balances these focuses.

If you ever have questions or concerns, you can always reach out to my constituency office at 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 putting people first and delivers the programs that Albertans – and all Canadians – can benefit from today, not a decade from now. It is an essential step to restore prosperity to the middle class and support Alberta.

As one of the youngest and most innovative and dynamic

Federal budget aimed at strengthening communities

provinces, Alberta is at the forefront of those who can most benefit from investment and support for young families. With an average median age of 36.1 years old (according to Statistics Canada), Alberta has the highest proportion of working-age persons of any province (70.6%) and is characterized by a high birth rate and immigration from other provinces.

With these realities in mind, Budget 2017 positively impacts our city, province, and country directly with our commitment to middle class families.

Let's take a look at some of the key points for Alberta.

There is a strong connection between child care and the economic security of families. To support Canada's

families, Budget 2017 proposes measures that will increase support for early learning and child care, so that more parents here in Alberta can pursue new opportunities to learn and to work. To make sure Canadian children get the best start in life, and to better support Canadian families, #Budget2017 invests \$7 billion over 10 years, to support and create more high-quality, affordable child care spaces across the country.

Being a working parent is hard. That's why we're committing \$152 million over five years and \$27.5 million per year thereafter to help working parents navigate the challenges that come with a growing family by allowing them to choose to receive EI

parental benefits over an extended period of up to 18 months at a lower benefit rate. And, for expecting parents, \$43.1 million over five years and \$9.2 million per year thereafter to allow expectant mothers to claim EI maternity benefits up to 12 weeks before their due date—expanded from the current standard of 8 weeks—if they so choose.

For too many families, the lack of affordable, high-quality child care means difficult choices—some parents may have to sacrifice retirement savings to pay for child care, while others may leave their careers because child care is unavailable or unaffordable. These choices are especially hard for single parents – we

all know single parents who are making incredible sacrifices for their children, and how a lack of affordable, high quality childcare places even more stress on them and their children.

It's why I ran for office and that's what I'm promoting in Ottawa every day I am there: help for families and the middle class, along with those we are helping to join them.

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

□

Disclaimer:

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.

Tips for transitioning to a new home or condo for retirement

Although many of us dream of the leisurely days of retirement, the transition from a busy working life to days of unscheduled free time can be daunting. If your retirement plans involve leaving an urban centre and starting fresh in a small community, the transition can feel overwhelming.

“Today’s hot city real estate market makes leaving urban centres and retiring in a small town a sound financial choice, but there is unquestionably an adjustment,” explains Mariah Hamilton, regional director at Millborne Real Estate in

Kingston, Ontario.

Hamilton specializes in helping retirees find new homes in eastern Ontario. She says there are some simple steps to make the transition smooth.

Hamilton recommends making multiple visits to the town to make sure it has the stores, services and activities you like. Is there a local library, a bakery, a good selection of restaurants? Linger at the local coffee shop and get a feel for the locals. Are they chatty and welcoming, or closed off to strangers? If you enjoy the arts, is there an opportunity to get involved

with the local theatre? If you’re a boater, are there spectacular waterways to explore?

Retiring and downsizing is a big psychological shift and the process can be daunting. These expert tips will help:

1. Start planning several years before you want to retire, as many people realize too late they should have downsized sooner. Assess your financial situation and explore all of your options. Do you want to remain near friends and family?

2. If you know you want a condo, you will get a better property at a significantly better price if you make a down payment during pre-

construction and you’ll be able to customize your suite. The property will be ready when you are set to retire.

3. Retirement brings a different lifestyle and a different home, so allow yourself plenty of time to adjust. If

possible, gradually ease your working hours and practice slowing down. Spend as much time as possible in the community where you plan to move. □

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Should you retire to a small town?

As city property prices continue to skyrocket, many empty nesters are considering taking advantage of the market and retiring to the country. But is selling and moving away the right strategy for retirement?

“Leaving the city for your golden years has many benefits, but it is important to carefully consider your individual situation and lifestyle before putting up a for sale sign,” recommends Mariah Hamilton, regional director at Millborne Real Estate in Kingston, Ontario.

Hamilton has helped dozens of empty nesters relocate from cities and tells clients to consider all their options before selecting a retirement property.

“A rambling, century farmhouse in the country may appear idyllic, but it comes with hidden costs and challenges, including having to drive everywhere. Living in a new property in town is often a better choice for people who have spent much of

their lives surrounded by neighbours, who like the option of walking to conveniences and don’t want to be surprised by unexpected expenses.”

Hamilton says new retirees often underestimate the importance of having a range of leisure options available to them.

“When people are working, they dream about having hours of down time. But unless they have a time-intensive hobby, they can get bored very quickly. City retirees are often hap-

piest in communities that offer a range of activities like boating, biking and walking and that have a variety of places to socialize including a library, clubs, restaurants and coffee shops. If there is a theatre or playhouse it is an added bonus.”

Hamilton recommends that people considering moving away from the city look for communities relatively nearby so they can keep up with friends and family. □

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What medicines do we really need in Canada?

By Nav Persaud

Canadians often express pride in our universal health system, which provides publicly-funded doctor and hospital services. We don't have to worry about filing for bankruptcy to get care when we need it.

But when it comes to prescription medications, our health system comes up short.

That's because most medications outside of the hospital setting aren't covered by the health system. Canadians must rely on private drug insurance or pay for sometimes costly medications themselves. Some

provinces offer prescription drug coverage to certain populations – low income citizens or seniors, for example – but still one in five Canadians report that a member of their household can't afford medications.

That means many Canadians aren't getting the medicine they need - and the consequences can be devastating.

So how can we make sure Canadians have better access to prescription medications?

We could improve the health of Canadians by facilitating access to a carefully selected set of essential medicines.

The World Health Organization (WHO) has developed a model list of essential medicines designed to meet the core needs of people. It recommends that each nation adapt the list to local circumstances and facilitate access to the medications.

In a recent article in the Canadian Medical Association Journal Open, my colleagues and I adapt the WHO's list based on Canadian guidelines and input from Canadian clinicians.

Hundreds of countries have essential medicines lists and we can learn from their successes and challenges. These include high-income countries like Sweden, which has more than a decade of good experience with its Wise List, middle-income countries like India and low income countries from Armenia to Zimbabwe.

In addition to providing patients with critical medications when they need them, an

essential medicines list helps make sure patients are getting the right medicine.

How?

More than 10,000 pharmaceutical products are approved for sale in Canada, and public formularies, which determine which medicines to fund for some groups (welfare recipients, people with disabilities and older adults), contain 3,000 to 5,000 medicines. That's a lot of information to track.

With a short list of essential medicines, there's less likelihood of error and confusion because patients, doctors and pharmacists only need to know about a small number of medicines.

Critics might argue that an essential medicines list could limit choice and access to important new prescription medications. But we may not have as many choices as we think.

Are we offered choice when there's such an overwhelming list of products that health practitioners can't possibly keep up? Prescribing decisions are too often based on the beliefs and habits of the health practitioner holding the pen – which might be based on the best available evidence but is often based on messages in pharmaceutical marketing campaigns.

When was the last time a doctor explained the pros and cons of each of the 11 ACE inhibitor blood pressure medicines and asked the patient which they would like to

take? What would the doctor even say given that there are no important differences between the medicines?

Governments often have a tough time saying no to drug companies that have made a product similar to a previously-approved drug because they might be asked, "Why did you approve that company's product but not ours?" So these me-too products proliferate and we end up with a large number of medications that do the same thing.

The people who can't afford medicines now are forced to make different choices. Nobody should have to decide whether to pay the rent or buy food, or take a life-saving medication for high blood pressure, diabetes or HIV-AIDS. And that's happening in Canada.

How can our governments afford to pay for essential medicines?

A short list of elite medicines could actually help us save money by focusing competition on fewer products, which we could purchase in larger quantities. Less could mean more bargaining power.

Prescription medicines only have their intended benefits when they're accessible and prescribed appropriately. Developing a list of essential medicines in Canada and publicly funding them could promote progress on both fronts. □

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Volunteer Spotlight



Carol Astop

Carol is a friendly and helpful person. She started volunteering at the Kerby Centre 9 years ago. She volunteers with the Volunteer Department once a week. Carol has also volunteered with Information, Membership and the Education and Recreation department. She has also volunteered in the Next to New shop and Wise Owl Boutique. She enjoys volunteering because it gives her the opportunity to make new friends. Carol continues to volunteer at the Kerby Centre because the staff are friendly and cooperative. Carol was in a Sorority (Beta Sigma Phi) for 30 years as a recording secretary and Chapter President. Beside volunteering she spends her time going to the French club, opera and theatre and she likes painting. Carol has already contributed over 660.5 hours to Kerby Centre.

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

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 • advocacy
 • education
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How to keep your air conditioner running efficiently

Rising temperatures mean air conditioners across the province are firing up for the first time this season. Here are some tips to ensure your AC unit is in top shape and keeps you cool during the

sizzling summer months.

- Schedule a tune-up — annual servicing can reduce cooling costs by up to 10 per cent.
- Change or clean filters according to the owner's manual.

- Clear debris from your outdoor condenser to allow the air to circulate freely.
- Prune foliage at least 24 cm back from your condenser. □

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Scotiabank CALGARY MARATHON

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
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 or register online at www.calgarymarathon.com/charity-challenge.html
 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

Calgary news briefing

Drayton Valley ends photo radar program

Less than two years after being implemented, Drayton Valley residents voted to cancel the town's photo radar program after a plebiscite found 72 per cent of voters wanted to end photo radar tickets for speeding and 75 per cent wanted to end tickets for red-light violations.

Three hours northwest of Calgary, the town with a population of 7,200 first introduced the photo radar program in May 2015, which has been a divisive issue among the community since.

Highland Park Golf Course redevelopment plan given the green light

City council has given the green light to build up to 2,070 residential units on a former inner-city golf course, to the dismay of area residents who have fought the redevelopment plan citing water drainage issues.

Vancouver-based developer Maple Projects Inc.'s plan for a mixed residential and commercial development passed final reading at city hall last month.

Highland Park Golf Course sits south of McKnight Blvd. at Centre St. North, and ceased operating five years ago; the land was put up for sale a year after that.

Government fees going up

The Liberal government has introduced a bill that would significantly increase the fees Canadians pay for an array of federal services, such as passports, fishing licences, and campsites.

Slated to go in effect April 1,

2018, the new Service Fees Act would automatically hike hundreds of fees to match inflation every year, and would make it easier for departments to apply for fee increases to better match the cost of providing services to individual and businesses in Canada.

According to latest figures, the federal government collects \$2 billion in fees annually but estimates the cost for delivering those services to be in the neighbourhood of \$3.4 billion.

Measles case confirmed in Calgary

A case of measles has been confirmed in Calgary, and Alberta Health Services (AHS) has warned more people might have been exposed to the contagious disease.

The potential exposure happened at the Shoppers Drug Mart on Silver Springs Blvd. northwest on April 2 between noon and 2:30 p.m. Anyone who was at the store during this time and who was born after 1970, and who has not had the measles or two dose of the vaccine, may be at risk and should watch for symptoms, AHS says.

Anyone worried they might have been exposed should call 8-1-1.

Eau Claire smoke stack

The 27-metre tall brick smokestack in Eau Claire has had its heritage designation repealed, making way for a potential move amid plans for a proposed mega development on the Eau Claire site.

Located near the intersection of Second Ave. and Barclay Parade S.W., the smokestack's

new location would be just 15 metres southwest of its current location to a parcel of City-owned land.

The smokestack was built in 1947 to supply central heat to Calgary's bus barns, and was designated a municipal heritage site in 2008.

Flour recall expands

A Canada-wide recall of flour due to E. coli contamination, which was first announced in March, is being expanded to cover additional products.

The Canadian Food Inspection Agency's (CFIA) recall on March 28 affected Robin Hood flour sold in four provinces in Western Canada and was later expanded across the country.

The recall now covers products produced by Ardent Mills of Brampton, which includes one-kilogram bags of Brodie self-raising cake and pastry flour; Creative Baker all-purpose flour sold in 20-kilogram bags; Creative Baker whole wheat flour sold in 10-kilogram packages; and

Golden Temple Sooji creamy wheat sold in two-kilogram packages – all with various best-before dates.

CFIA says all recalled products should be thrown out or returned to the store.

Visit www.inspection.gc.ca for more information.

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Calgary Opera: behind the scenes

By Kathleen Burke

The stage manager is cueing up her TV screens so she can see the stage, orchestra pit, and the audience; assistant stage managers' scores are ready so performers can be sent on stage at the correct time; singers dash in and out of the dressing rooms as costumes are fitted and hair and make-up completed.

Back stage at the Jubilee Auditorium, just thirty minutes before the final dress rehearsal of Puccini's Turandot, and the cast and crew are abuzz. On stage, the set first appears a little faded, but as our tour guide, Bonnie Baynton, points out, things will look a lot better when the lights dim.

Baynton, who serves as Turandot's production director, was right: the scenery looked lavish and gorgeous from the theatre seats. This dress rehearsal, however, is just the culmination of months of planning and rehearsing. Indeed, as interim artistic director, Taras Kulish, points out, there are multiple layers that go into producing an opera.

Kulish, a former opera singer himself, oversees the choice of operas for each season, hiring singers, the stage director, and the orches-

tra, as well as being in charge of renting or overseeing the construction of sets.

What factors are considered when deciding which operas to stage? Kulish explained that there are three basic criteria:

First, there should be a balance of works, for example, a comedy, a tragedy, or a drama.

Secondly, Calgary Opera shall not have offered the production for a reasonably long time. "Over 10 years is the standard," Kulish says.

Lastly, as far as is possible, at least one of the operas in each season should be new to Calgary audiences, or have been commissioned specifically for Calgary Opera.

Filumena, one of this season's offerings, was one of these commissioned works. Overall, the aim is to "offer a variety of repertoire, a variety of artists," trying to ensure that Canadians are hired first, says Kulish.

Singers are central to any opera performance. Lead singers are hired for specific performances. They can come from across Canada and sometimes the U.S., but spend the month before opening night rehearsing in Calgary, initially at the opera company's Mamdani Centre location (the former home of Wesley United Church, located on the 1300

block of 7 St. S.W.) before rehearsals are moved to the Jubilee a few days leading up to the performance.

Calgary Opera's so-called 'emerging artists,' who are chosen through auditions held across the country, often play supporting roles. Under the direction and coordination of Mel Kirby, up to eight aspiring young singers are admitted to the program each year, and are given the opportunity to study, perform and acquire practical skills such as audition techniques, career promotion, and media skills necessary to become a self-employed professional in a highly competitive international environment.

Emerging artists also sing in the chorus, joined by a core group of volunteer chorus singers who receive only a small stipend for their many hours of rehearsal and performance.

On top of performers, another integral layer to the opera is the set design. Sets heighten the experience for audiences, and according to Kulish, where those sets originate can vary.

"We build our own sets for some productions," says Kulish, noting that other sets have been rented from other opera companies in North America.

As essential as performers

and sets, costumes embroider the opera with magic.

Down in the bowels of the Mamdani Centre is Calgary Opera's wardrobe department, where costumes are designed, altered, and fitted. As is the case with sets, costumes are rented from other companies whenever possible.

According to wardrobe designer, Heather Moore, costumes come with some unique challenges.

For last year's performance of Filumena, costumes were required for 70 choristers, many of them playing multiple roles, needing between three and six costume changes, says Moore. In Turandot there were some occasions when costume changes had to be accomplished in only two minutes.

Moore also mentions the high cost of costumes, and how financing these works is vital if Calgarians are to continue enjoying top-class performances.

A report from the Opera's 2016 annual general meeting estimated that "individual giving contributes to the largest part of [the] operating budget at 33%."

Lauren Martin, who is the interim general manager of Calgary Opera, oversees the all-important area of financing and budgeting, with the

task of encouraging these donations, securing grants, overseeing the income from ticket sales and, of course, making sure performers are paid.

Tickets don't sell themselves, so there's publicity and marketing to be looked after, as well as box office assistants who man the phones and give up their evenings to assist at the box office on performance nights, plus over three hundred volunteers who assist patrons in the theatre lobby, staff the shop, answer phones, and help to set up special events.

Volunteers assist at other fund raising initiatives, too: a wine fair and auction, a casino, a Valentine's Ball, opera brunches, and Taste of the Opera. Just about every month Calgary Opera hosts a special occasion, all geared towards garnering much needed funding, while at the same time giving patrons evenings of fun and entertainment.

I'm looking forward to August, when, once again, Calgary Opera presents Opera in the Village – two weekends of opera and community concerts presented in a large marquee at Enmax Park on the banks of the Elbow River.

Continued on page 9




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Canada answers the global need for health research

This World Health Day, Canada has much to be proud of, but much more can be done to address a variety of health issues with worldwide implications

By Steven Hoffman

The health of Canadians is interlinked with the health of people everywhere.

Canadians know this best. In addition to being the “globalization nation” of immigrants and travellers, we’ve had a stake in nearly every major global health threat of the last two decades.

Many Canadians’ first encounter with a global health threat was the severe acute respiratory syndrome (SARS) outbreak in 2003. It was caused by a virus that originated in China and spread around the world. Toronto was hit particularly hard with a travel advisory slapped against the city.

Nor will Canadians forget the recent Ebola outbreak – for better and worse. While we fortunately had no cases in Canada, it was front-page news for most of 2014-2015 and we closed our borders temporarily to people from West Africa.

Today, the threat is Zika. This virus, which has most recently erupted in South America, has been found to cause debilitating microcephaly in babies. We’ve had 478 travel-related Zika cases in Canada – so far. With summer travel looming, many more cases are expected.

If the threat of pandemics wasn’t enough, our nation also faces heightened risks from antimicrobial resistance where disease-causing bugs become immune to the drugs available to kill them.

Canadians also face an avalanche of fact-free mis-

information on the Internet and social media. It can spread faster than the fastest pandemics through the Twitter accounts of celebrities like Jenny McCarthy and Gwyneth Paltrow.

There is good news, though.

Canadian researchers have built a strong foundation for mobilizing scientific efforts to respond to global health threats. With support from the Canadian Institutes of Health Research (CIHR) and other funding agencies, Canada has made scientific contributions to global health that have been celebrated internationally.

For example, Canada spearheaded critical research in developing an Ebola vaccine – both in its original development at our National Microbiology Laboratory and in conducting the innovative trial in West Africa that showed its effectiveness in protecting people against the virus.

Today, through CIHR, we are funding three Canadian teams to work with researchers in Latin America and the Caribbean to answer key questions about the Zika virus and how it spreads.

Canada is also helping to tackle the worldwide rise of non-communicable diseases as a member of the Global Alliance for Chronic Diseases. Through this alliance, we’re funding research projects on hypertension, diabetes and lung disease that will help low- and middle-income countries prevent or manage these chronic diseases.

Canadians can be very

proud of these accomplishments. They are wins for Canada and wins for the world.

But we have so much further to go.

As the world gets more interconnected, we’ll depend more on research to learn how to improve the health of all – and that dependence means an increasing need to invest in this area.

Whether it’s developing new vaccines, researching the health effects of climate change, or finding ways to ensure antibiotics remain effective against

deadly pathogens, global health research benefits Canadians and is key to solving collective health problems. The challenge is to build greater public support for such global engagement and to continue growing this research field within Canada.

The recent federal budget was generally good news for health with targeted research investments in two areas: climate change and substance misuse. As a researcher, I’m pleased to see the value Canada is placing on tackling global

health challenges that so desperately require a global effort.

But the world needs more Canadian global health research. We all need to mobilize to act on that need.

Steven J. Hoffman is the scientific director of CIHR’s Institute of Population and Public Health and an associate professor of Law, Medicine and Public and International Affairs at the University of Ottawa.

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THE MANOR VILLAGE AT ROCKY RIDGE

Continued from page 8

This year’s main show will be South Pacific. In addition, there will be a performance of Cinderella, which is suitable for children. There will be free performances throughout the two weekends, where the public is invited to step into the tent and enjoy fine singing.

Whether you’re outdoors on a summer afternoon, or sitting comfortably in the theatre at night enjoying some of Canada’s finest singers: what goes on behind the scenes is truly a production worthy of celebration. There’s a whole lot more to opera than singing.



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Tales from a colonoscopy

By John Anderson

There are things we don't discuss out loud. There are things we shouldn't discuss. And there are things we don't discuss that we should be discussing, and one of those things is colorectal health.

At 51, I've been quite fortunate health-wise. No broken bones or chronic diseases; I eat well, and while I don't exercise, I live a fairly active life replete with skiing, golf, hiking, and the occasional walk or bike ride along the river path. For the past two years, however, I've been feeling unwell.

My iron levels have been slowly dropping, I've been tired, always cold, and my skin is paper white. But numerous doctor visits, blood tests, and exams by different specialists over the course of the past 18 months have all failed to reveal a cause. More troubling, is iron supplements of every kind have not helped to increase my hemoglobin count.

The next step? My doctor wants to stick a camera where the sun don't shine, and as he put it, "go fishing;" he wants to perform a colonoscopy to see if there's anything unusual going on in my colon.

The doctor who would be performing this procedure was Dr. Stewart at the South Health Campus. Dr. Stewart

was affable, sharply-dressed, and had a presence about him that felt reassuring—I figure if someone wants to go on a fishing trip in your colon, they'd better well know what the heck they were doing, and that's the sense I got.

During my initial consultation, Dr. Stewart informed me the colonoscopy could detect ulcers or polyps in my colon; inflammation or bleeding; he mentioned Celiac Disease can go undetected in blood tests, albeit rarely; and he mentioned that it could, god forbid, be cancer.

He booked the exam to take place a few weeks later, and proceeded to tell me about the preparation involved.

Oh, the preparation

A few months earlier I had an endoscopy—a procedure where they insert a camera down your throat to take a look at your stomach to look for abnormalities such as ulcers—so I thought I knew roughly how to prepare for my upcoming colonoscopy: no solid foods after midnight the day before the procedure, no fluids for four hours prior—that sort of thing.

Not. Even. Close.

In order to get a good look at your colon, your bowels need to be completely empty and squeaky clean. As one of the

nurses in the endoscopy unit put it, "you can't drive with mud on the windows." To achieve this, they ask you to drink four litres of a product containing polyethylene glycol (PEG) over two two-hour intervals the day before the procedure.

PEG is a non-absorbable electrolyte solution that helps move the contents in your colon along. Dr. Stewart assured me the product is perfectly safe, but he emphasized repeatedly that patients need to drink the entire mixture in order to sweep out their colon. If it's not "clean in there," he wouldn't be able to get a good look and he'd have to do the procedure all over again.

"It doesn't matter to me if I have to go in there a second time," Dr. Stewart told me. "I have to show up regardless—but you'll not want to come back and do this twice."

In addition to drinking the PEG solution, I was placed on a clear fluid diet for 48 hours leading up to the procedure: that pretty much meant chicken broth, ginger ale, and Jell-O. And plenty of water.

The day had arrived

There is no delicate way of describing what is about to happen to me. Lying in a fetal position on my left side, in a cold, sterile, pastel-coloured hospital room, with only a nurse and Dr.

Stewart present, waiting for them to insert a camera—technically, it's called a colonoscope—into my rectum.

The doctor explained the one-in-three million chance of complications, and I opted not to take a sedative, as I was eager to get on with my day (the sedative leaves you "legally intoxicated" for 12-18 hours prior to being administered.)

Directly in front of me was a large computer screen where the insides of my colon would be displayed.

The nurse explained to me that there is no nerve sensation inside the colon, and I found the most uncomfortable part of the procedure to be when the doctor first inserted the camera into the anus and through the beginning for the colon, an area called the cecum.

The colonoscope began to insert air into my colon so it's easier for the doctor to see the lining and use the instruments at his disposal. Water is gently sprayed to clear away any fecal matter, and suction is used to remove any blood or liquid stool.

About 30 seconds into the procedure, the doctor spotted a polyp. Then there was another polyp. And then he spotted another. In total, five polyps were found, all cauterized, removed, and sent to a lab, with no pain at all. And I

watched it all in Technicolor.

A colon polyp is a small clump of cells that forms on the lining of the colon. Most colon polyps are harmless. But over time, some can develop into cancer, which is often fatal when found in its later stages. A polyp can take 15 years to become cancerous.

I was promptly wheeled from the exam room to the waiting area and I got dressed. From the time I checked in at reception, to when I was putting my clothes back on, the entire ordeal took just under an hour.

In the end, my polyps were not cancerous, I am not Celiac, have Crohn's or Colitis, or cancer, but the mystery of my iron levels continues.

The days—weeks—leading up to the colonoscopy filled me with dread. But it was the preparation that ended up being the worst part of the whole ordeal, and even that wasn't as bad as I imagined it would be. In hindsight, it's fortunate my preparation took place over a weekend, as I would recommend to anyone to stay home during that time, careful not to venture too far away from the nearest loo.

And follow the doctor's prep instructions to the letter. Painless or not, you really don't want to have to repeat the colonoscopy due to a poor preparation. □



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Canada should stop living in the health-care funding past

Governments should work together to fund pharmacare, dental care and rehabilitation as part of an improved funding model

By Greg Marchildon and Raisa Deber
EvidenceNetwork.ca

How much should the federal government pay towards health-care costs?

Hardly a week goes by without this thorny issue being disputed between federal and provincial governments – even now that the federal budget has been tabled and health accord agreements have been reached, one-by-one.

There's considerable scope for inflating or deflating the numbers on both sides. The simple solution often repeated is that health costs should be shared between the feder-

al government and the provinces 50-50.

But this is far from simple and very misleading.

The old model of shared-cost financing (with the federal government paying about half) has not existed since 1977. At that time, the shared-cost model was replaced with a block transfer of funds – with roughly half of the new transfer being in the form of tax points. The federal government reduced its tax rate, allowing provinces to increase their rates without any net effect on the taxpayer.

So, since 1977, the federal cash contribution toward health care has been roughly 25 per cent of provincial medicare expenditures. Today, provincial governments routinely – and conveniently – ignore the tax points when calculating how much money they

receive for health care from the federal government.

To make matters more confusing, the block transfer (called the Canada Health Transfer) is not earmarked for provincial health ministries to spend on health care. Instead, the transfer goes into provincial general revenue – and it's up to the provinces where and how they spend it.

This funding system makes it impossible to know whether a Canada Health Transfer dollar from Ottawa ends up being spent on health care.

Additionally, the cost-shared model didn't cover all provincial health expenditures. Federal money was directed only to universal coverage for medically-required hospital and medical-care services. This still applies – the Canada Health Act definition of insured services only requires provinces to cover hospital and medical-care (largely doctor) services, although they can (and often do) go beyond that.

So how much does the federal government contribute to health care?

If we very roughly estimate the federal contribution to provincial spending on hospital and physician

services – without counting the tax points or including all provincial health spending – we end up with a federal cash contribution of close to 30 per cent.

Why, then, is there the perception of a funding crisis? Why are the provinces crying foul when it comes to health-care funding?

One key reason is that how we deliver health care has changed.

Provincial governments spend considerably on items that aren't insured under the Canada Health Act. This includes outpatient prescription drugs (since drugs administered in hospitals must be covered), long-term care, home care, rehabilitation, dental care and mental health.

There are no national standards or conditions on covering these services.

Researchers have long pointed out the potential for improving outcomes and cutting costs if provinces and territories worked together to identify and implement best practices and potentially gain buying power. Some of this is now, thankfully, beginning to happen (e.g., purchasing pharmaceuticals on a national basis).

So rather than squabbling

over whether the federal government is contributing its fair share, it's time to move on. We need federal and provincial governments to talk about the important areas of health care never required to be covered by medicare. This is particularly pertinent as technology allows more care to be delivered by non-physicians in homes and in the community.

Provinces are spending more in health arenas outside of the Canada Health Act, with considerable coverage variability across jurisdictions.

Our governments need to work out a 21st-century health arrangement. Filling these gaps with better and more cost-effective coverage should be the focus of first ministers.

Targeted funding for some of the home care and mental-health programs in the bilateral agreements could be a first step. But they still omit critical cost drivers such as pharmacare, dental care and rehabilitation.

It's time we started constructing a better health-care future for all Canadians.

Greg Marchildon and Raisa Deber are expert advisers with EvidenceNetwork.ca and professors in the Institute of Health Policy, Management and Evaluation, University of Toronto.

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By Dylan Reardon

The Bank of Canada has unveiled a commemorative \$10 banknote to mark the 150th anniversary of Confederation.

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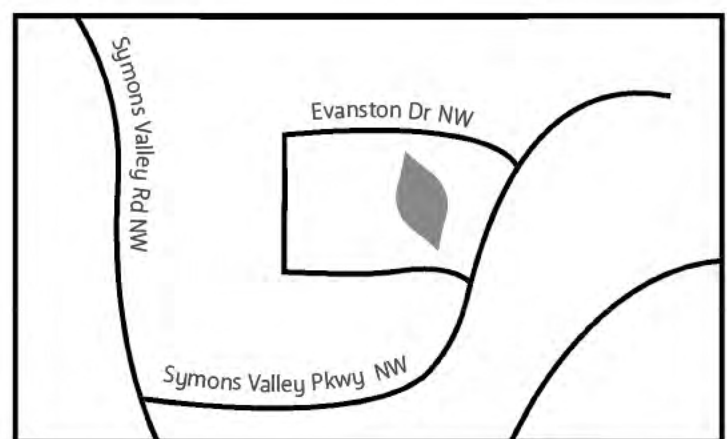
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Does Parkinson's start with fungi in your gut?

For researchers who study Parkinson's disease, a new frontier of investigation is emerging: the micro-organisms, including viruses, bacteria and fungi that live in and on us.

With funding from Parkinson Canada and Parkinson Society British Columbia, Dr. Silke Appel-Cresswell at the University of British Columbia, is studying changes to our sense of smell

and in our gut, which occur long before the tremor, stiffness and trouble walking that are the classic motor symptoms of Parkinson's.

Appel-Cresswell and her colleagues know that the internal surface of the nose and the entire gut are heavily populated by microbes.

"It turns out that the microbes outnumber the number of cells that are human by

a factor of 100," she says. "We have more microbes in our system than human cells."

Appel-Cresswell wonders if the fungi in the gut influence the development of Parkinson's disease. If she can establish a relationship between fungi and the symptoms of the disease, follow-up studies could examine the mechanisms by which fungi might influence the develop-

ment of Parkinson's disease.

This line of research might eventually lead to treating the fungi with antifungal medications, for example, to see if eliminating or reducing the fungus in the body also eliminates Parkinson's. Alternatively, it might also be possible to boost other microbes in the body, using non-invasive measures like probiotics.

"The really exciting thing

would be if, in the future, we could look at people at high risk of Parkinson's and treat them early," Appel-Cresswell says. Identifying what role the human microbiome plays in disease is truly a new frontier for medicine, she adds.

"It is something that is easily accessible and modifiable, so it holds promise for treatment." □

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Organic doesn't mean pesticide-free

Every year, popular fruits like strawberries and apples land near the top of the so-called "dirty dozen" list. Those are fruits and vegetables, an American environmental group claims, should be avoided by consumers because they contain high pesticide residue levels. The group also says eating organic produce is the safer choice.

But does organic really mean "pesticide-free?"

No.

It's a little-known fact that organic farmers are allowed to use natural pesticide products, synthetic or man-made, on their crops. Although some specific chemicals are not approved for use in organic production — such as organophosphates, glyphosate, atrazine and methyl bromide

— many others are.

In fact, the United States Department of Agriculture Organic Act permits the use of a long list of products. However, natural doesn't necessarily mean safer. The USDA list includes copper sulfate, borax and borates, for example, which have known impacts on humans.

Meanwhile, a University of Guelph study found that the environmental impact of organic pesticides can be higher than synthetic ones because farmers need to use higher doses in order for them to be effective.

So, what about the "dirty dozen?"

Yes, fruits and vegetables can contain some pesticide residues, but only at amounts deemed not to cause harm.

Those amounts are so minute that a child could eat 1,508 servings of strawberries in a single day without any effect — even if those berries had the highest pesticide residue recorded for strawberries by the USDA.

In fact, there's no such thing as "zero" when it comes to hunting for residues. Lab equipment and testing methods are now so sophisticated that they can detect parts per billion or even trillion, whereas previously only parts per million were detectable. This means that amounts so tiny they won't cause harm will still show up in tests.

Residues in food are regulated to remain 100 to 1,000 times below the no effect level. This means consuming more fruits and vegetables is

far more beneficial for reducing the risk of cancer, heart disease, diabetes and obesity

than trying to avoid them over concerns about residues. □

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Healthy, delicious meals — everyday ingredients

Page design & layout by Winifred Ribeiro



Excerpted from *Naturally Nourished* by Sarah Britton.
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In *Naturally Nourished* Sarah Britton shows us how to simplify whole foods cooking for weeknights—with 100 health-inspired vegetarian recipes made with supermarket ingredients.

Vegetarian recipes with fantastic flavors for mains, sides, soups, salads, and snacks all call for easy cooking techniques and ingredients found in any grocery store. There are tips on meal prep and what she calls “rollovers,” a way to use

last night’s roasted beets or sun-dried tomatoes in tomorrow’s hummus or tacos in order to spend more time “assembling” meals and less time standing over the stove when you’re hungry.

With vegan and gluten-free options and ideas for substitutions, this cookbook shows readers how to cook smart, not hard. You can try to reach a perfect state of balance and health, naturally.



BUTTER BEAN GINGER STEW ©

In this simple, nourishing recipe, butter beans are combined with stewed tomatoes and carrots, warming ginger, turmeric, and cayenne, with a touch of lemon for brightness. Instead of cooking the spinach, you’ll add it right before serving so that it just wilts, retaining many of its delicate nutrients. Make a double batch of this and freeze leftovers for a perfect heat-and-eat meal.

Serves: 3-4 V GF

- 1 tablespoon coconut oil or ghee
- 2 1/2 cups / 250g chopped leeks, white and light-green parts only (onions will also work)
- Fine sea salt
- 2 teaspoons ground turmeric
- Pinch of cayenne pepper
- 3 bay leaves
- 5 garlic cloves sliced
- 1 1/2 teaspoons peeled, minced fresh ginger
- 4 medium carrots, scrubbed
- 1 14-oz. can whole peeled tomatoes
- 2 1/2 cups / 625ml vegetable broth
- 3 lemon slices
- 1 1/2 teaspoons pure maple syrup
- 1 1/2 cups / 225g (1 15-oz. can) cooked butter beans (any white bean will work), drained and rinsed
- 2 packed cups / 50g baby spinach leaves
- Cold-pressed olive oil, for serving
- Freshly ground black pepper, for serving

1 In a large stockpot, melt the coconut oil over medium heat. Add the leeks and a couple of pinches of salt, the turmeric, cayenne, and bay leaves. Cook until the leeks have softened, about 5 minutes, then add the garlic and ginger. If the pot becomes dry, add a little liquid from the canned tomatoes.

2 Slice the carrots in quarters lengthwise and then in half across their width so that you end up with batons. Add the carrots, tomatoes and their liquid, vegetable broth, lemon slices, and maple syrup to the pot. Bring to a boil, reduce the heat to low, and simmer until the carrots are tender but not mushy, 15 to 20 minutes.

3 Add the cooked butter beans to the pot, stir, and let them heat through, 3 to 4 minutes. Remove from the heat and fold in the spinach—it will wilt from the residual heat. Serve with a drizzle of olive oil and a few grinds of black pepper.



SWEET POTATO, CAULIFLOWER, AND COCONUT CASSEROLE ©

This casserole features a unique combination of sweet potatoes, cauliflower, and coconut milk steeped in warming spices, and a satisfying crunchy nut topping. To change things up a little, simply try a different spice blend, or use dried herbs instead, such as rosemary and thyme. Serve this with a fresh green salad on the side for extra nutrients.

Serves: 6 V GF

- 1 14-oz. can full-fat coconut milk
- 1 tablespoon gluten-free tamari or soy sauce
- 1/4 teaspoon each ground cloves, cardamom, and freshly grated nutmeg
- 1/2 teaspoon fine sea salt, plus more as needed
- 1/2 cup / 75g raw, unsalted almonds
- 1/2 cup / 80g raw, unsalted, shelled sunflower seeds
- 1 cup / 100g gluten-free rolled oats
- 1 teaspoon freshly ground black pepper
- 2 tablespoons coconut oil
- 1 large / 500g sweet potato, unpeeled
- 1 head of cauliflower
- Handful of fresh flat-leaf parsley or fresh cilantro leaves, for garnish (optional)

1 Preheat the oven to 400°F / 200°C. In a small bowl, whisk together the coconut milk, tamari, spices, and a few pinches of salt.

2 Make the topping: In a food processor, pulse the almonds, sunflower seeds, oats, 1/2 teaspoon salt, and pepper until crumbly. Add the coconut oil and 2 tablespoons of the coconut milk mixture and pulse until it holds together when pressed.

3 Cut the sweet potato and cauliflower into 1/3-inch / 8mm-thick slices. Alternating between sweet potato and cauliflower, layer the slices horizontally in a 9 x 13-inch / 23 x 33cm baking pan, seasoning with more salt as you go. Stuff leftover pieces of cauliflower in the spaces between the vegetables.

4 Pour the coconut milk mixture over the vegetables. Spread the almond topping over top, squeezing a few bits of it together here and there so that you create some chunks. Cover the dish with foil, making sure to seal the sides.

5 Bake until the vegetables are tender but not mushy, 30 to 35 minutes, then remove the foil and continue baking until the topping browns, 10 minutes more. Garnish with fresh parsley, if desired. Serve hot.

QUINOA CORN MUFFINS ©

My recipe swaps white flour with corn flour, and sugar with maple syrup, and adds wonderful texture with cooked quinoa making it healthy and tasty. The chile delivers a swift kick, and the cilantro adds tons of southwestern style. These muffins are delicious served alongside a steaming bowl of chili or a black bean salad.



Serves: 12 muffins GF

- 1 1/2 cups / 250g cornmeal
- 1/2 cup / 75g corn flour
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon fine sea salt
- 1 cup / 140g cooked quinoa (from about 1/3 cup / 55g dry)
- 1 cup / 250ml plant-based milk of your choice
- 3 large eggs
- 1/3 cup / 80ml coconut oil, melted
- 1 1/2 teaspoons pure maple syrup
- 1/2 cup / 15g chopped fresh cilantro leaves and tender stems
- 1 small red chile (stem and seeds removed), minced (serrano is a good choice)
- 3 tablespoons raw, unsalted pumpkin seeds

1 Preheat the oven to 400°F / 200°C. Line a cupcake pan with 12 muffin liners.

2 In a large bowl, sift together the cornmeal, corn flour, baking powder, baking soda, and salt. Add the cooked quinoa.

3 In a separate bowl, whisk together the milk, eggs, coconut oil, and maple syrup.

4 Add the wet ingredients to the dry and combine in as few strokes as possible. Fold in the cilantro and minced chile.

5 Spoon the batter into muffin cups until they are about three-quarters full and sprinkle evenly with the pumpkin seeds. Bake until the edges are golden brown and a toothpick comes out clean when inserted into the middle of a muffin, about 25 minutes. The muffins are best enjoyed fresh but will keep in an airtight container at room temperature for 3 to 4 days.

● ● ● Community Events ● ● ●

May in Fish Creek

The May Fish Creek Speaker Series will feature Beavers: Nature's Engineers, Troublesome Rodents, Iconic Canadian Symbol and So Much More on May 18 from 7 p.m. to 8:30 p.m. This will be presented by Cows and Fish, Fish Creek Provincial Staffer Shalane Friesen, Formal and Environment Educator, and Ryan Hannusch, Park Conservation Officer. This presentation will share some of the beaver's natural history and the role they play in watershed resiliency, also discussing ways we can manage them that will reduce conflict, and may help to increase our tolerance of beavers. Registration required at friendsoffishcreek.org/event/beavers.

A photography contest, Capture Nature, offers an opportunity for park users to engage with their natural surroundings as they search for the best images of the year. Categories are: landscape, macro, wildlife, and black and white. The contest runs until July 31. Check with friendsoffishcreek.org/programs/capturenature.

The May theme for Yo-Qi (which combines yoga and Qi-Gong) will be Gratitude for Mother (Your Own or Mother Earth). The session will take place on Thursday, May 18 from 7 p.m. to 8:30 p.m. at the Fish Creek Environmental Learning Centre, led by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude, of Birds of a Feather, and Naomi Parker, of Elemental Wellness. Please contact friendsoffishcreek.org/event/y-o-qi-gratitude-for-mother.

Jane's Walk – Fish Creek Stories: The History and Nature of Votier's Flats will take place on Saturday, May 6 from 11 a.m. to 12 noon. For more information please contact friendsoffishcreek.org/event/janes-walk-2.

Torchlight Theatre, Airdrie

Torchlight Theatre in Airdrie presents Steel Magnolias by Robert Harling on May 11 to 13 at the Airdrie Victory Church, 508 3 Avenue SE, Airdrie. Performances take place nightly at 7 p.m., with a Saturday matinee at 2 p.m. For more information visit www.torchlighttheatre.ca

+55 Connections Social Club

+55 Connctions is a group for singles to meet for activities and friendship, not a matchmaking service. Activities include pot luck

dinners, games nights, lunches, and picnics in the summer. They meet for coffee on Thursday mornings at 10:30 a.m. For more information call Lois at 403-286-3869, George at 403-286-7398 or Joan at 403-242-7793.

Vocal Latitudes World Music Choir

Vocal Latitudes World Music Choir presents For the Beauty of the Earth on Saturday, May 13, at 7:30 pm. at the Unitarian Church, 1703 1 Street NW. Directed by Calgary jazz musician, Frank Rackow, Vocal Latitudes choir with guest musician, Christie Simmons, presents the sounds of the earth, rain, rivers, spring lightning and the stormy woods of Canada, along with music from around the world. There will be gospel, jazz and African beats with Faye White on piano and Robin Tufts on drums. The fee is \$20 or

pay what you can in partnership with Arts & Culture, Sun Life and Calgary Public Library. Advanced tickets at tickets@vocalatitudes.org or through brownpapertickets.com For more information visit www.vocalatitudes.org.

Social Dance Club

The dance on May 6 with music by Stan Foster will be a Hawaiian Days Dance, with prizes for the best dressed, and on May 20 the music will be by Siera. The Saturday night dances take place to a live band. Doors open at 7 p.m., the dance is from 8 p.m. to 11:30 p.m. Singles and couples are welcome. The cost is \$12 for members (must show membership card), guests \$14. A snack is included. There will be 50-50 draws. Call Sharon and John at

403-242-6957 (a recording) before coming to a dance, in case of changes. For more information visit www.socialdanceclubcalgary.com.

Open Door Seniors

In May and June at Open Door Seniors, private tutoring sessions can be booked for help with iPhone, iPad, tablet, or laptop at any level, begin-

ner to advanced. Chari yoga continues on Tuesdays at 11 a.m. until the end of June. The bridge club is now open for new members on Fridays from 12 noon till 3 p.m. Open Door Seniors is located at 1311 4 Street SW. For more news about activities and schedule call 403-269-7900.

Compiled by Margaret McGruther



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Patricia Allen (1924-2017)

The Legacy of Kerby Centre founder Patricia Allen

By Dylan Reardon

Nothing about us, without us is a saying used to convey the notion that no policy should be decided by any party without the full participation of the group affected by that policy, and is the basis upon which Patricia Allen founded the Kerby Centre in 1973. Today, Kerby Centre is one of Canada's largest multi-service centres serving older adults in the community, focusing on enabling seniors to live healthy and independent lives.

Patricia Allen, the founder of Kerby Centre, passed away in Calgary on April 15 at the age of 93, and friends, family, and former colleagues attribute Allen's tenacity and genuine concern for the welfare of seniors as the impetus from which Kerby Centre was founded.

Born in Toronto, Allen obtained her Bachelor of Arts degree from the University of Toronto in 1948, followed by a Bachelor of Social Work from McGill University in 1961. Allen moved along with her husband Grant to Calgary by train in 1962, where Allen further pursued her education. In 1969, she became the first graduate of the University of Calgary's Master of Social Work program. During a retirement planning workshop she noted there were a lot of policy decisions being made *for* seniors, but seniors weren't planning for themselves.

Allen felt it was important for seniors to be full partners in the research and policy that affected them, and sought to change that. She formed the Senior Citizens Central Council, a steering committee that met in the basement of the Central United Church on the corner of 7th Avenue and 1st Street S.W.

A short time later in 1972, Mount Royal College (now Mount Royal University) moved from their original downtown campus on 7th Avenue and 11th Street S.W. to their present Lincoln Park location, and Allen secured a deal with the Loughheed government to lease the newly-vacant building and land across the street for \$1 per year. The new centre was named Kerby Centre, a nod to George Kerby, who founded Mount Royal College.

Former board of directors president, Cherie Parry, who had known and worked with Allen since their time at the University of Calgary, remembers Allen as a fiery, energetic, "little dynamo" who invested a tremendous amount of time and energy into the Kerby Centre.

"Pat didn't just work at the Kerby Centre," recalls Parry. "She lived, breathed, and slept Kerby Centre."

According to Parry, money and resources were tight in the beginning. "We were a smaller, tighter group, and there was a saying, 'if you need it, you did it,'" explaining Allen was always willing to pitch-in any way she could.

"Pat and her husband Grant would stay late to help out—in any department—or fetch sandwiches and coffee late into the night for staff and volunteers," says Parry. "Whatever was needed." During her tenure, Allen contributed 19,599 volunteer hours to the Kerby Centre.

The early years at the Kerby Centre differed from what the centre has evolved into today.

Grant—Allen's husband of 68 years and Kerby Centre's "first volunteer"—says the building was in a state of disrepair when it was handed over in 1973, and as an engineer, Grant tasked himself with updating the building with his own sweat and know-how to make it suitable for the centre's needs. Grant dedicated 16,460 of volunteer hours during his time alongside his wife at the Kerby Centre.

One of Kerby Centre's longest-standing employees, Val Ying, says when she arrived in the mid-1980s the relatively small staff of 15 were supported by about 40 full-time volunteers, all working in tandem to provide services to the community. The programs the Kerby Centre offered were expanded based on need, says Ying. "It was a very grassroots."

Allen's pioneering efforts established the pattern for developing other services in the Centre. These included the Adult Day Program, a grocery delivery service for isolated seniors, the *Kerby News*, which Allen saw as a tool to both inform and act as a voice for seniors, an income tax filing service, and a wellness clinic (now called the Diana James Wellness Clinic.) Kerby Centre was becoming a place to have many needs met.

In addition to the programs and services Allen oversaw, she organized a federally-funded demonstration project to address violence in older families, which led to the construction of the Kerby Rotary Shelter for senior men and women, the first of its kind in Canada. Her tenure also saw the publication of the handbook *Golden Years/Hidden Fears* for workers in the field and development of the first multi-lingual brochure for the 12 most prominent ethnic groups in Canada to aid in finding assistance in abusive situations.

Dorothy Dooley, manager of the Centre of Excellence and Network in Applied Gerontology from 1999 to 2016, says Allen's chief concern was making sure seniors had the best quality of life possible well into their golden years.

"Pat was very fit," explains Dooley. "A few years ago, Pat and I were attending a meeting downtown, expecting to be picked up by Grant. Grant inadvertently drove past us, and Pat chased down the street after his vehicle in high heels, trying to flag him down. I was huffing and puffing 100 metres behind her."

Allen had a significant interest in research and education with the hope of advancing knowledge related to aging and wellbeing of seniors, according to Dooley, and coupled with her passion for fitness that led to the formation of the Centre of Excellence, which opened in 2002.

Closely aligned with University of Calgary's Kinesiology Department, the Centre for Excellence used seniors trained by emeriti professors from the University of Calgary. Seniors themselves identified a number of problems that needed addressing, and were trained as researchers by the emeriti professors to carry out that research. Nowhere else in Canada had this model been developed, and much of the research material was published on how to conduct collaborative research with seniors.

In the early 2000s the Kerby Centre began to implement technological improvements, and contactors were brought in help achieve this. Pat Suchorab was one such person, and remembers Allen as a terrific leader.

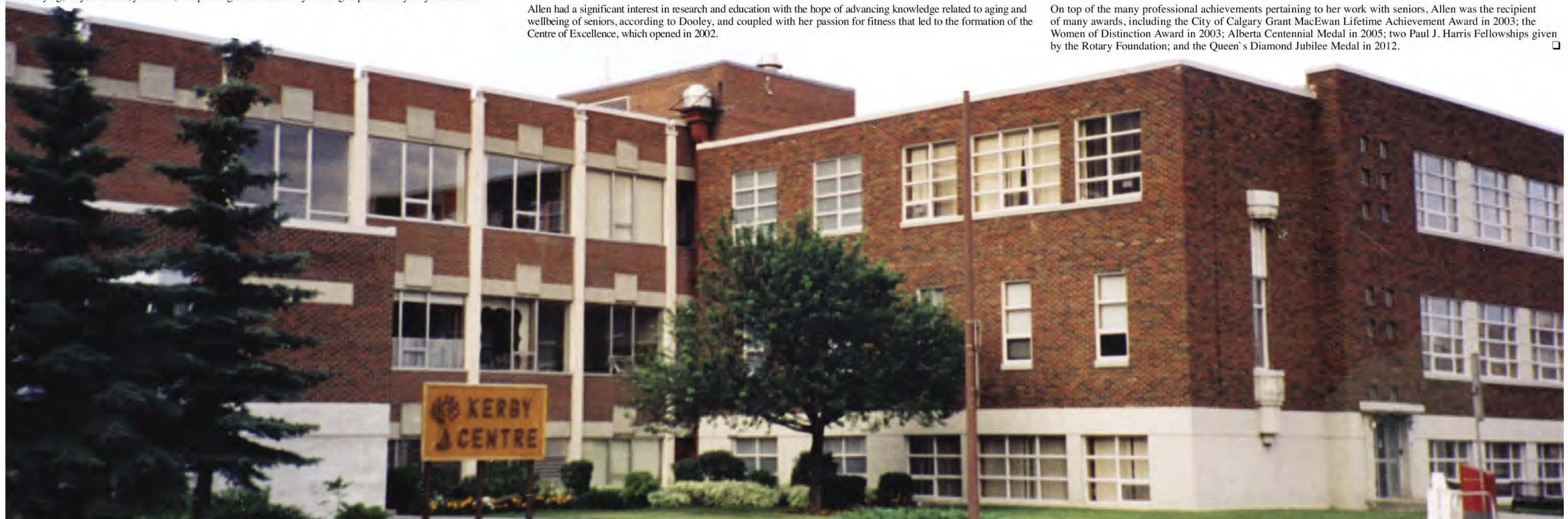
"Pat recognized people's skills, and allowed them to use those skills to achieve their goals," says Suchorab. "She didn't nitpick or micromanage; she gave us a free hand."

Along with Grant, the Allens moved and restored a 1912 Mount Royal home, travelled *extensively* all over the world, visiting every continent, and spent time with their toy poodles and two daughters, Susan and Deborah. "There would be no Kerby Centre without Pat Allen," Grants says proudly.

Allen's successor, current CEO Luanne Whitmarsh, says Allen's legacy will endure.

"The most important task of the founders of a non-profit is to create something that will live beyond them," says Whitmarsh. "Patricia Allen, and the hundreds of people she worked with over the years, built a strong organization that will continue serving Calgary into the future."

On top of the many professional achievements pertaining to her work with seniors, Allen was the recipient of many awards, including the City of Calgary Grant MacEwan Lifetime Achievement Award in 2003; the Women of Distinction Award in 2003; Alberta Centennial Medal in 2005; two Paul J. Harris Fellowships given by the Rotary Foundation; and the Queen's Diamond Jubilee Medal in 2012. □



"Old age is worthy of honour only when it defends itself, when it asserts its rights, is subservient to no one, and to the last breath, rules over its own domain"
Cicero de Senectute - Book XI.

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Feelings: Better out than in

Life and liberty
by liberty forrest

Far too often, most of us choke on our feelings. We feel tears welling up with that awful, aching lump in the throat, and we take several deep breaths, forcing the emotions back

down where they can do all kinds of damage. They make us sick or depressed, give us physical pain and discomfort, sometimes with the weirdest symptoms that doctors simply cannot explain.

We fear being seen as weak. For some reason, our culture thinks a display of emotion means we're out of control. But there are only two occasions on which emotions can hurt us.

One is when we stuff them and do not acknowledge them. The other is when we make hasty decisions purely because of our feelings, without thinking them through, and end up hurting ourselves - or others - as the result of our poor choices.

But there is nothing wrong with having painful or difficult feelings, and there is nothing wrong with expressing them (appropriately). Having them makes us human. Expressing them helps to get rid of them and it connects us with others, many of whom will offer support and comfort, thereby strengthening our bonds with one another.

The best way to get rid of unwanted feelings is to

immerse yourself in them. Take a little time and allow yourself to really feel every bit of whatever it is that hurts. If you want to cry, cry. Lots. Until you can't cry any more. You'll feel a whole lot better for it. If you're frightened, feel the fear. Ask for some hand-holding. And remind yourself that you are strong enough to get through anything.

Do whatever you need to do when bothersome feelings are standing in the way of you and your happiness, and let them out. Get it over and done - once and for all.

Think of it as housecleaning. Gathering all the rubbish and putting it out on the drive to be collected on trash day. If you keep digging, eventually you'll find less and less "stuff" that needs removing and turfing.

This doesn't mean it's a good thing to sit around and feel miserable every waking minute either. You must strike a balance. But certainly, choking back unhappy feelings is not any better for you than spending 24/7 whining about your miseries for days, weeks and months on end. Once the crying jag is behind

you, take some time to look at the positives in your life. Set some goals and take a step or two (even if they're teeny) toward achieving them.

Just don't be afraid of your feelings. Allow them to be heard. You can't fix what you don't acknowledge, as the good Dr Phil says. Give your feelings a chance to speak up so you know just what's on your plate. Chances are, the more you do this, the quicker the issue will dissolve or will find a resolution in your heart.

You wouldn't let an infection fester below the surface or in your blood. You'd be off to the doc, figuring out how to fix it because you know that infections left untended can kill you. Well, negative emotions can do it, too. Quietly and insidiously by giving you cancer, heart disease or a million other ailments, or a little more overtly by making you say and do some very hurtful things to yourself and/or to others.

Expressing your emotions is the great equaliser. It makes you the same as everyone else. It levels the playing field. It shows your

strength. It shows your vulnerability, your softness.

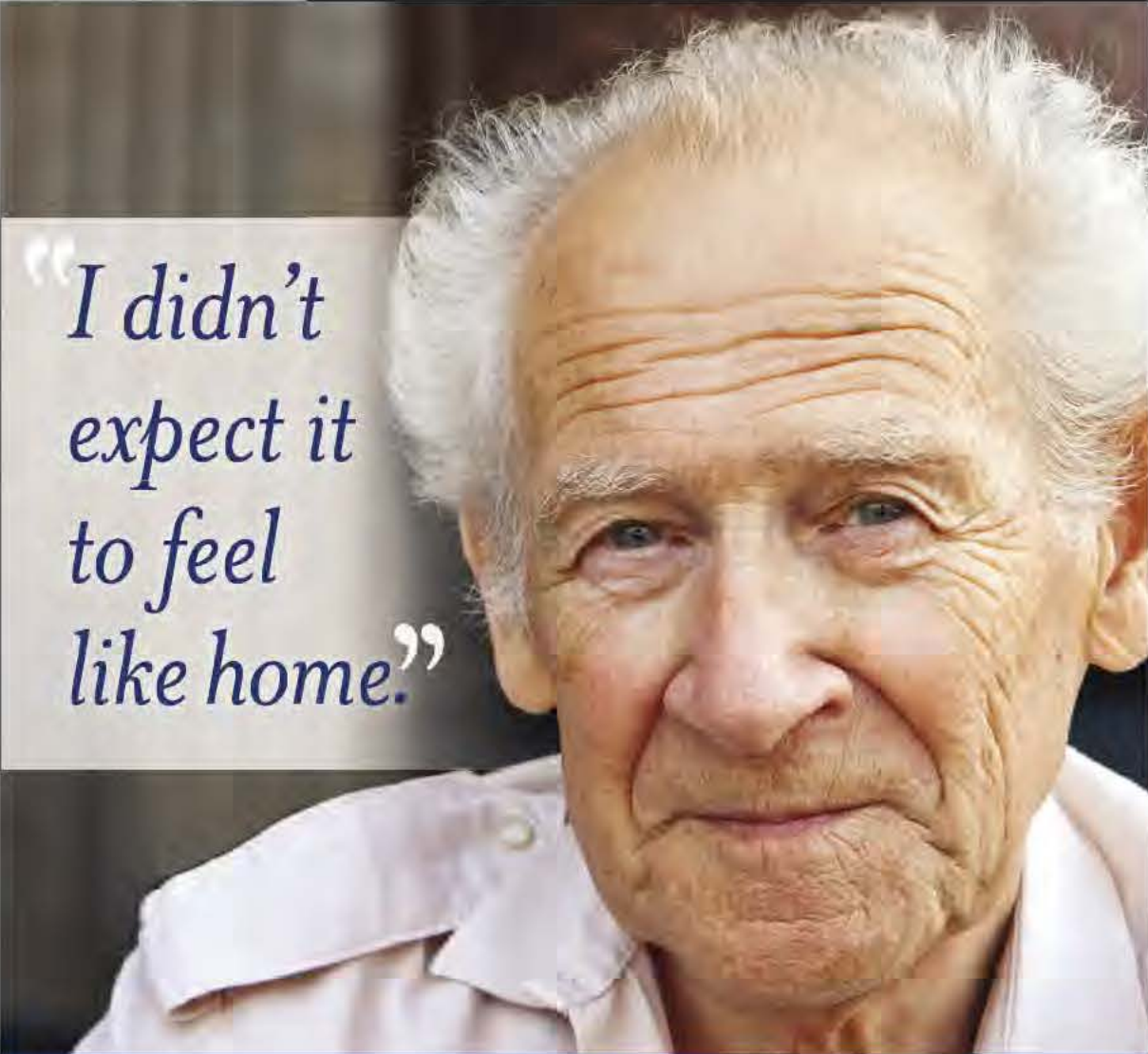
It helps people get to know you because they see just what affects you on a deep level, which then connects you with everyone else on the planet because really, we are all pretty much the same in many ways. We are unique in our personalities and in our perceptions of our life experiences, of course, but everyone hurts, everyone needs, everyone feels some version of the same emotions. How we do all of this and how we express these aspects of ourselves is what separates us from one another.

But we're really not so different in terms of our emotions. So go on. Stop hiding behind a wall that you think keeps you separate and sets you apart from everyone else. Because I can assure you, you're not fooling anyone. We know you hurt, too.

And we'll be here for you when you're brave enough to tell us about it. □

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Cleansing body, soul is message of Ramadan



by Mansoor Ladha

The holiest month for Muslims, Ramadan, is fast approaching and so it might be of interest for non-Muslims to learn what Ramadan is.

This year, Ramadhan is expected to begin on May 26 at sundown through to June 25. Dates can vary by country depending on the first sighting of the crescent moon.

The Islamic holy month of Ramadan is spent by Muslims in prayer and fasting, who may not eat or drink during daylight hours. Muslims believe that it's during the month of Ramadan that Prophet Mohamed received the first of the revelations that make up the Quran.

In addition to abstaining to food and water, Muslims are expected to abstain from intercourse from dawn to dusk.

Generally, the practice is to eat a meal before dawn and then break the fast immediately after sunset. The pre-dawn meal is called the suhoor, while the evening meal is known as the iftar.

All adult Muslims are expected to fast throughout the month, except those who are sick, pregnant, diabetic, breastfeeding or travelling.

It's quite an experience if you ever happen to visit a Muslim majority country during Ramadan. I was in Kuala Lumpur, Malaysia, during Ramadan and the streets—which are usually crowded with food sellers—were empty. Malaysia happens to be a country that criminalizes the act of not fasting or eating in public during Ramadan. The coun-

try has a special federal Islamic department whose officers are vested with powers to arrest those breaking the law. In one instance, the enforcement officers arrested 28 people for smoking and eating in public and singled out fast food and 24-hour restaurants, "which had no respect for Ramadan."

For non-Muslims living or visiting a predominantly Islamic country during Ramadan, it can be unnerving. Since food cannot be eaten in public, tourists are advised to eat in their hotel rooms or some other private location.

In Malaysia, hotel rooms have prayer rooms and iftar is marked as a celebration, with friends and family. Forgoing food during the day is amply compensated by a family feast when the sun goes down. By 5 p.m., the shutters of restaurants begin to roll up and the scents of curries, barbecued meat or fried fish are romantic, and crowds start to fill the streets.

By contrast, Thailand, which is 80 percent Buddhist, is quite the opposite. In cities like Bangkok which is inhabited by multi-ethnic communities, non-Muslims don't have to worry and life will go on as usual.

During Ramadan, Muslims are also expected not to use swear words or talk about others behind their backs. The practice imposes self-discipline on one's attitude, behavior and routine. Ramadan imposes more than just physical abstinence. For Muslims, it is also intended for spiritual growth: to ask forgiveness and to forgive, reflect, and to bring oneself closer to the Creator.

Apart from religious benefits, there are other rewards for fasting during Ramadan: the best benefit of fasting is said to redirect the heart away from things going on around them and in the world. While those looking to lose weight

in other communities might spend money in their efforts, Muslims are blessed with this religious obligation for free. Fasting is considered good for one's health and it is generally believed to cleanse the soul by freeing it from impurities that may harm it.

The act of fasting also serves as a lesson of practicing self-discipline and self-control as well as sacrificing oneself and feeling empathy for those less fortunate. Muslims are very generous during Ramadan in terms of donating money to charitable causes.

The end of Ramadan is marked by Eid al-Fitr, during which Muslims greet each other by saying "Eid Mubarak" (happy Eid) and celebrate the occasion by visiting friends and relatives, exchanging gifts, and visiting each other's homes for special meals. Children are often rewarded with gifts, money, and sweets. Many buy new clothes for the occasion and attend special congregational Eid prayers in the morning.

Muslim festival of Eid al-Fitr is the local equivalent of Christmas when everyone takes time off and goes to visit their families. During this period, air, rail, and bus transportation are fully booked for several days and traffic jams in the cities are common. Travellers are advised to avoid travelling during this period.

Mansoor Ladha is a Calgary-based journalist, travel writer and author of A

Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims. His second book, Memoirs

of a Muhindi, has been published this year by University of Regina Press.



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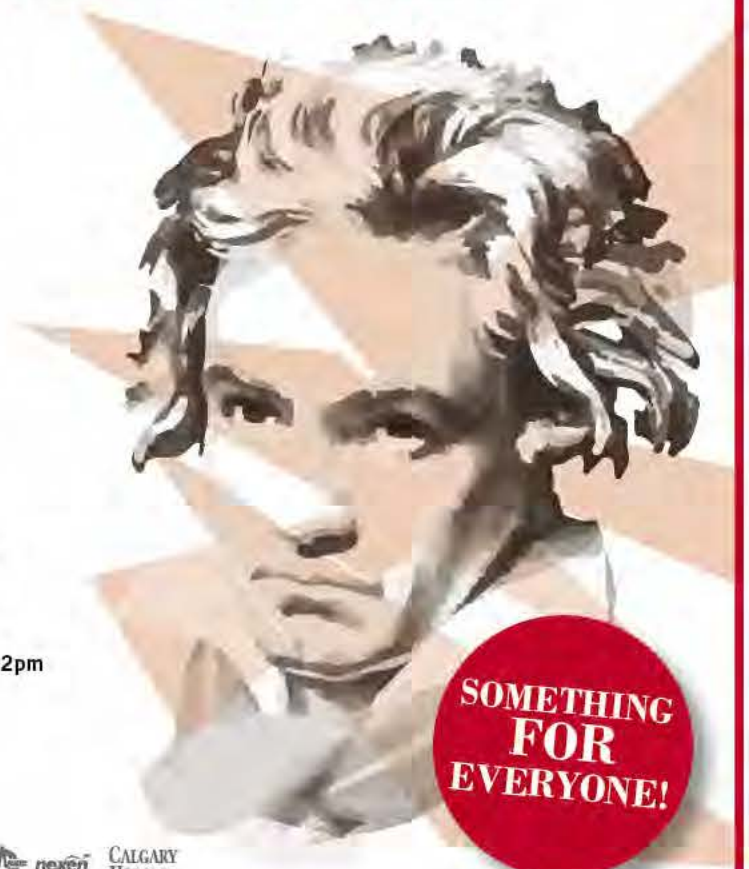
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5 tips for a fuel-efficient road trip

The warm weather is here, meaning it's time to get ready for a road trip. With so many exciting destinations across the country, local getaways have never been more popular.

You can save money and help protect the environment from excessive fuel emissions on your next road trip by following some simple tips.

"Following your vehicle manufacturer's scheduled maintenance guide is paramount for maintaining fuel efficiency," explains Darryl Croft, automotive expert at OK Tire. "Items like your ignition

and emissions systems can affect fuel economy."

Here are some other things to consider:

Smooth operator.

Consistently slowing down and speeding up is a major contributor to unnecessary fuel consumption. Applying a light throttle and avoiding sudden braking will help you conserve fuel and prevent excessive damage to your vehicle over time. Planning a route that will reduce the need for stopping and starting can really pay off.

Under pressure. Under-inflated tires can increase your fuel consumption, so

check tire pressure once every week or two to ensure they are inflated correctly. If the steering feels odd, you should also check your tire pressure. Some vehicles come equipped with an onboard tire pressure sensing system, or TPMS. If you're unsure of what your pressure should be, consult your vehicle manufacturer's specifications for tire pressure, which can be found in the owner's manual, gas tank flap or inside the driver's side door.

Lighten your load. It may seem obvious, but the heav-

ier your car is the more fuel it will consume significant on a long trip. Removing roof racks and keeping windows and sunroofs closed will also help reduce drag. Plan ahead and pack only the essentials to improve fuel economy and lower emissions.

Tune it up. Routine maintenance includes oil changes, spark plug replacements, air filter, and more. These tweaks can go a long way towards saving you money at the pumps. If it's been a while since your last appointment, bring your vehicle in for a check-up before you take off on that road trip.

Bad vibrations. Feeling a vibration in your steering wheel? This could be a symptom of improperly balanced tire and wheel alignment. When wheels are misaligned, your tires will drag instead of rolling smoothly. This can cause tires to wear out quickly and unevenly, increasing your fuel consumption. The alignment should be checked by a certified automotive technician at least once a year or more if needed. □

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Reasons to 'staycation' in Canada this summer

With a country so large, many of us haven't explored all the unique destinations within our own borders. Why not make this year the one you change that? Here are five reasons to discover your home and native land this summer.

1. Bigger bang for your buck: Staycations are a clever way to have a vacation on a budget while

exploring your own country. Whether you're taking a road trip from Toronto to Southern Ontario, or flying from Montreal to Vancouver, there is so much to experience while staying within our borders.

2. It's Canada's big birthday: From local events to national celebrations, Canadians are coming together this year to cel-

brate a milestone. Take part in National Aboriginal Day and Canadian Multiculturalism Day in June and celebrate July 1st like never before in the country's capital.

3. Support local travel and tourism: From an antique shop to a local bakery, staying here this summer means you're helping businesses at home flourish.

4. There's something for everyone: Whether you enjoy rugged outdoor adventures or a relaxing spa experience, Canada is home to a variety of activities. With a little bit of research and asking locals for recommendations, you will be on your way to enjoying every place you visit regardless of your interests.

5. Diverse cuisine: The beauty of Canada is that we are a mosaic of different cultures. One of the best ways we showcase our diversity is through our food. From Vietnamese to Indian to Greek, you can experience a variety of authentic cultural dishes all while staying in your hometown. □

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CALGARY PHILHARMONIC DUO	ROYAL TEA OPEN HOUSE
Tuesday, May 16th 2:00 PM Please RSVP. Refreshments will be served.	Saturday, May 27th 2:00 PM – 4:00 PM Refreshments will be served.

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



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The Allen family will be holding a celebration of Patricia Allen's life.

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Saturday, May 6 at 2 p.m.



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We are one country

By Edelgard Graber

Once I crossed the stormy sea,
A wayfarer seeking new roots.
The Rocky Mountains rose a giant stonewall
In the west, a rough rim towards the Pacific.

I settled in the foothills,
Where Prairie and Mountains hold hands,
Where morning sun sprays golden fire pools
Over sleepy grassland and its people.
Daylight drowns into an apricot-blue sea,
Behind misty grey summits.

I grow with the wind while I explore
Heart and core of the mountains,
My breath sways with the

prairie grass,
I stand firm in my new country,
So vast between two coastal oceans.
A maple leaf seals up in my skin
Like red velvet draped onto northern shores.

There are rumbles in the Eastern part,
Foreboding a rupture of cultural crust.
The ground shakes and trembles with diverse notions,
People flock together, uncertain of their fate.

Will the earth tear a chasm,
Dividing a nation into two,
Separate language, rip apart a land,
Saturated with sweat and sacrifices?
A land molded together by stretches of steel,

Blending words, thoughts and feelings.

But listen to the chorus, swelling like a tornado
From West to East: "We are one country."
Smell the candles burning from coast to coast,
Wave the flags of red maple leaves.
Hold on to a country great and vast,
Bond it together strong like the Rockies,
A steadfast star within the Aurora Borealis.

Edelgard Graber of Calgary wrote this poem during the height of the Quebec sovereignty referendum in 1995, and submitted it to Kerby News in honour of Canada's 150th Anniversary.



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- Don't see the tour you want? Please call us.

Book with us. Help yourself and support Kerby



Black Diamond Discovery

Wednesday, May 31, 2017

Cost: Members: \$24.00
Non-Members: \$29.00

Cut-Off Date: Wednesday, May 17, 2017

Ribbon Creek Hike

Date: Thursday, June 15, 2017

Cost: Members - \$41.00
Non-Members - \$46.00

Cut-off Date: May 31, 2017

Explore William Watson Lodge

Date: June 27, 2017

Cost: Members - \$80.00
Non-members - \$85.00

Cut-off Date: May 31, 2017

If you have an idea for a day trip, please contact the Kerby Travel Desk at 403-705-3237.

Seniors' Week 2017

Kerby Centre's annual Seniors' Week celebration begins on June 5. Drop by the Information Department for more information leading up to the event. The City of Calgary will celebrate Seniors' Week from June 5-11 this year, to acknowledge the contributions seniors make to communities in the city.

HISTORIC DEADWOOD 7 Days - Departs Sept 2, 2017 - \$719.00 Great Falls and Mineral Palace Deadwood Breakfast Buffet included in Deadwood Mount Rushmore and Crazy Horse Memorial	CASINO AND WINE TOUR 6 Days - Departs Sept 24, 2017 - \$819.00 5 nights accommodations, 3 winery tours and tastings, boat cruise, SS Sicamous museum, Gatzke Orchard and Davison's Orchard tours.
KOOTENAY - OKANAGAN TOUR 6 Days - Departs Sept 17, 2017 - \$859.00 3 Hot Breakfasts and Steak BBQ Dinner Radium, Roseland, Vernon, Three Valley Gap Hot Springs, Okanagan Boat Cruise, Winery Tasting, Orchard Tour and much more....	BONNERS FERRY GAMBLING & SHOPPING TOUR 4 Days - Departs Oct 15, 2017 - \$344.00 3 nights accommodations at Kootenai River Inn Day trip to Spokane for shopping
HISTORICAL CITIES TOUR (Quebec City, Montreal, and Ottawa) 8 days - Departs Sept 19, 2017 - \$2999.000 Return air flights from Edmonton/Calgary 7 nights Superior Accommodations, 7 Breakfasts, 3 Suppers, Guided City Tours, Boat Cruise, Parliament tour, Notre-Dame Basilica and more...	HARRISON HOT SPRINGS & VICTORIA FALL TOUR 9 Days - Departs Oct 18, 2017 - \$1179.00 8 nights accommodations - 2 Salmon Arm, 2 Harrison Hot Springs, 4 Victoria, 2 breakfasts, 1 supper City tour of Victoria, Butterfly Gardens, Butchart Gardens, Kilby Historic Site and more.....
<p>Toll Free : 1-866-460-0777 www.promotiontours.ca</p> <p>Full Trip Details can be found in our 2017 Brochure and Website</p>	

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CAMROSE RESORT & CASINO June 11-13 \$229.00 pp/dbl	WENDOVER Nevada Sept 10-16 \$425.00 pp/dbl
MOOSE JAW - Temple Gardens & Casino Sept 24 - 27 \$399.00 pp/dbl	EDMONTON - RIVER CREE Jan. 14 - 16 2018 \$269.00 pp/dbl

COEUR D' ALENE Casino & Resort
Oct 20-23 \$325.00 pp/dbl, 2 Days Shopping Dec 5-8 \$315.00 pp/dbl, 1 day shopping

Day Trips: Rosebud Theater - Sept 29, Nov 28
Passion Play-July 23, Great Canadian Barn Dance-June 30 Call for More

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\$28.00 Free slot play
Laughlin coupon book
Las Vegas Night (optional)

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Kerby Centre's Activities, Programs, & Services

Dates to Remember

Kerby Centre

VICTORIA DAY.....Monday, May 22
Kerby Centre is Closed

MAPLE LEAF QUEST :
River Walk.....Tuesday, May 23

MONTHLY MOVIE :
Queen of Katwe.....Friday, May 26

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

Fit Room (Rm 108)

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Next to New 1/2 Price Sale!

Tuesday, May 9th
10am – 2:30pm

Everything in store is half price!

FREE HEALTH PRESENTATIONS

Your Kidney Health

-Monday May 15, 10:30 am to 11:30 am

FREE Kidney Function Screening Clinic

Simple tests that can tell you a lot!

-Tuesday May 16, 9:00 am to 12:00 pm

No appointments necessary.

Room 205 Free. No registration required.

LEGO WORKSHOP

May 25th

Registration free but space is
limited

Please contact Ed & Rec for
details 403-705-3233

Craft Group Items For Sale!

Come see the awesome assortment of homemade cro-
cheted/knitted items the Craft Group has for sale.

All proceeds go to the Kerby Centre.

Wednesdays 9 am-12 pm– Room 311

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

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

Dates to Remember

K2-East Village

Games 'N More..... (Quirkle, Sequence, Mah-jong, Sticks, Cribbage,
Scrabble, Frog Racing etc) – Something for Everyone. Bring a Friend.

Bring your Care Giver.....Every Wednesday, 10:30-12:00pm

Gentle Fitness.....Every Monday, 11:15am-12:15pm

Nia Dance FitnessMon May 1 & 15, 1:00-2:00pm

Intuitive Card Reading.....Mon May 1 & 15, 2:00-3:00pm

Calligraphy for Fun Workshop.....Mon May 8, 1:00-3:00pm

Play with Clay Workshop.....Wed May 3 & 31, 1:00-3:00pm

Chow & Chatter (+ Thrive presentation).....Wed. May 17, 12:00-1:30pm

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

Chair Yoga.....Every Friday, 12:00pm-1:00pm



Kerby Centre

Kerby 2 St. Andrews
1-10601 Southport Road SW
403-705-3233

Visit our website
(www.kerbycentre.com) for more in-
formation 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

Ray Vantomme: Honouring Canada's 150th Anniversary



By Jessica Babb

“When you think about all the food” in local grocery stores, says Ray Vantomme, a former missionary worker who spent 13 years in Africa. “Yet, there are people in the world starving. It’s hard to take.”

Vantomme has seen many things during his time in Africa, and is all-too familiar with what he calls the reverse cross culture shock that takes place upon returning home after spending a considerable amount of time abroad.

The first time Vantomme and his wife returned home was after spending three years in Malawi, and found he could no longer tolerate seeing so much waste in western grocery stores.

“Look at all those perfect looking peppers,” he recalls laying eyes on them for the first time. “Then oranges. And apples. Go down another aisle and there’s nothing but cereal . . . and of course the music. I just couldn’t take it.” The abundance of food that is taken for granted in Canada upset Vantomme; the disparity he was witnessing firsthand was as plain day.

Vantomme and his wife have returned to Africa several times over the years, usually returning to the same area to pick up where they left off. Like his father before him, Vantomme is a carpenter. After spending time building homes early on in his career, he enrolled in Manitoba Tech to study drafting, skills he would also make use of in Africa, where he helped build a school for a prison in Malawi, as well as a school for women.

Additionally, Vantomme made use of his expertise to help construct a school for an overcrowded prison in Malawi, consisting of two classrooms, a computer room and library, and two counselling rooms.

“[These prisoners] were in a prison that was designed back in the ‘50s for 150 people. And there were 600 of them.” He says it was so crowded, people couldn’t sleep lying down, but instead had to squat.

During construction, the prisoners completed the

labour, while Vantomme supervised the project. Before his shift began for the day, he would first stop at the market and buy extra food to bring for the workers so they could have an extra meal during the day.

Prisoners who were working on the project were already convicted, and usually had only a short amount of time remaining on their sentence. This was usually incentive enough to prevent prisoners from trying to escape, because if they were caught it would only lengthen their sentences. Most workers

were dedicated to the construction of the school, says Vantomme, and they only had one person escape during construction. The incident shut the project down for a few days, while the ensuing search took place.

“They didn’t get him,” he recalls. Authorities figured he left the country.

The classes held inside the prison are instructed by teachers who were inmates themselves, according to Vantomme.

“There were quite a few qualified teachers that were in there for embezzlement, says Vantomme. “They were teaching these kids just to pass away time.” Many of the convicts were writing exams and trying to qualify for university.

During one stint in Malawi, Vantomme built a residence area for a women’s school where women learned various skills so that they could sell

handmade items such as sewing and baking.

“They decided to have residences so they could reach farther out” says Vantomme. They built it to house around thirty women.

While Vantomme was in Africa, they gave money to local nuns to give to those who needed help the most, and Vantomme knew the nuns would know better than most who needed that money.

Most of the donated money went to maize (corn) which recipients would plant. The local people would stand guard over the maize or else monkeys would steal it.

“The women would go out to relieve their husband, and the monkeys were not afraid of the women,” says Vantomme. “So the women would dress in men’s clothing, and then they were afraid of that.”

According to Vantomme, one gentleman used dogs to

guard the maize from monkeys: an effective solution. The only reason the dogs were tethered was so they wouldn’t chase after the monkeys and never come back.

Vantomme and his wife have been to Africa several times, and they loved every minute of it.

“It makes you feel good, really good,” he says about seeing his work completed. And even though they haven’t been able to return as recently as they would have liked, they remain in touch with the people they’ve met abroad.

In honour of Canada’s 150th anniversary, the Kerby Centre will be featuring a series throughout the year that focuses on inspiring older adults, written by Jessica Babb, a second-year broadcasting student at Mount Royal University.

Visit: www.KerbyCentre.com/Canada150 □


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Hear ye! Hear ye!

May is Speech and Hearing Awareness Month

By Kylie Bradbury

May is Speech and Hearing Awareness Month, and to mark the occasion and raise awareness about

hearing health, Deaf and Hear Alberta is hosting their second annual Safe Sound Awards for Calgarians to participate in by nominating and voting their favourite

'hearing friendly space.'

Sound represents a variety of things to different people, which ultimately connects everyone to their environment. It is all around us, impacting many facets of our lives. It is family conversation at the dinner table; it's present in the rustling of leaves, music, or heavy traffic. It is everywhere.

Sound is measured in decibels (dB) and like all things in life, there are healthy and harmful levels.

In general, sounds 85 dB and below are in the safe zone while sounds above 85 dB can start to cause damage inside the ear. Safe and harmful sound levels are also highly dependent on how long, how often, and whether some form of hear-

ing protection was present.

How can one help maintain or protect their hearing? By limiting time using ear buds, ensuring the volume on TVs and stereos is not too high, wearing ear plugs to concerts, and adhering to occupational and safety guidelines at work. Maintaining hearing health also includes using appropriate hearing devices such as hearing aids or personal amplifiers.

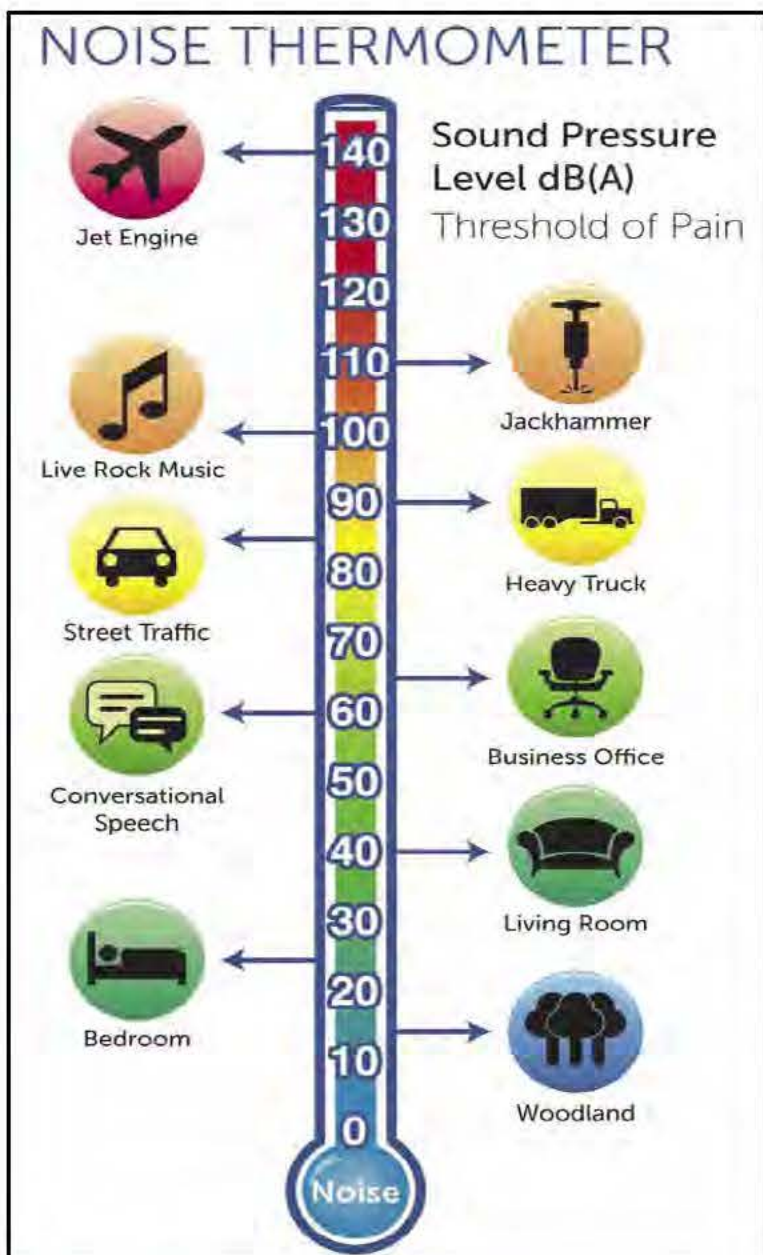
Changes in hearing health can impact a person's physical, social, and emotional health. But there are ways to improve communication with someone who already lives with loss:

Set the stage. Find places that have soft surfaces such as carpets, tablecloths, curtains, and places that are

well lit, which makes it easier to see body language and facial expressions.

Communicate effectively. When speaking to a person with hearing loss, make sure you have their attention before speaking - and keep your face visible. Move closer to the person with whom you are speaking, and speak at a moderate pace using a normal volume of voice. Most importantly, be patient and open to repetition; use alternate phrasing if needed.

To get involved and help select Calgary's favourite hearing-friendly space, visit: www.hearalberta.ca/safe-sound-awards/. Let's celebrate Speech and Hearing Awareness Month together. □



Clever no-cost and low-cost cooling tips for your home

During the warmer months, soaring temperatures can have us rushing to lower the thermostat. Instead of blasting the air conditioner, check out these natural cooling tips to stay comfortable while controlling your energy costs.

Install a ceiling fan. Of all the ways to cool your home, getting the air moving is the least costly and

most energy efficient. A ceiling fan allows you to raise your thermostat by 4°C without affecting your comfort. Set blades to run in a counter-clockwise direction to circulate cool air downwards.

Set to save. Set your thermostat to 18°C when you're at home. Lower it to 15°C — or turn it off — when you're away.

Hang outside. Your clothes dryer not only contributes to a warmer house, but is one of the biggest energy-consuming appliances. Hanging your laundry outside to dry not only helps you save on energy, it also saves on laundry products and keeps your fabrics looking brighter and lasting longer.

Cool down your menus. One of the easiest things you can do is to avoid using appliances that heat up the home. In the summer, use the barbecue and add more cold foods and salads to your meal plans.


Check humidity levels. Humid homes feel hotter, so use exhaust fans in kitchens, bathrooms and laundry areas to expel the air directly outside. Avoid air-drying clothes inside your home and store firewood outdoors.

Turn it off. Lights, appliances and home electronics use a lot of power and give off heat. During the summer, it's more important than ever to turn them off when you aren't using them.

Draw the curtains on heat. In the morning, open windows to let cool air in. Then close them and draw your blinds or drapes during the day. Your home will retain much of the cool morning air. □

ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff



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


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

DON'T DELAY GETTING HELP WITH YOUR HEARING!

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

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

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



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Call Kerby Centre Ed & Rec to book
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Sudoku Puzzle

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

Solution on page 28

Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

MANY MEANINGS

- | | | | | | |
|---|---|---|--|--------------------------------------|-----------------------------------|
| ACROSS | 50 See 112-Across | 91 "Mazel —!" | 126 Clearing in the woods | 33 Obliterate | 79 Kinda maybe |
| 1 Build up | 55 Singer King of "Tapestry" | 92 "— is human ..." | DOWN | 34 Quick note | 80 Rush |
| 6 Features of gymnasts' horses | 57 Barmaid on "Cheers" | 93 Like a perfect place | 1 Alien of TV | 35 Ned who manages the Royals | 81 Rudimentary |
| 13 With a single flat, musically | 58 Name of five Norse kings | 95 School skipper | 2 Stooge of TV | 36 Plate for the Eucharist | 83 Horrible thing |
| 16 Tam or fez | 59 Profs.' helpers | 98 Like back-in-fashion | 3 Get riper | 37 Picture | 84 Like slasher films |
| 19 Start a web session | 62 "Man" or "12" lead-in | 100 Buddy | 4 Very wise | 38 Blackguard | 85 Look like |
| 20 "Seriously!" | 63 Gulf War missiles | 101 See 112-Across | 5 Brief excerpt | 42 Scuffle | 87 See 46-Across |
| 21 Measure in Ohm's law | 65 Mold, as clay | 106 Microsoft ad campaign | 6 Little oinker | 44 "Hey, bro" | 88 Nearly here |
| 23 See 112-Across | 66 See 112-Across | 107 Ear-relevant prefix | 7 "Holy cow!" in a text | 46 Phrase after "café" | 89 Prefix with law or chic |
| 25 Metallic marble | 72 "The Wild Swans at —" (poem by Yeats) | 108 Paula once on CNN | 8 Singer Tillis | 47 Fasten with a click | 94 Debonair |
| 26 German GM subsidiary | 73 Lawyer on "Ally McBeal" | 109 Sleep-inducing drug | 9 — Zedong | 51 Nessie's waters | 96 Cpl., for one |
| 27 Ernie of the PGA Tour | 74 H.S. math class | 112 Not sharp, as a picture on a screen (and what 23-, 30-, 50-, 66-, 82- and 101-Across are, literally) | 10 Brian of electronica | 52 Lunar effect | 97 Epithets |
| 29 Put forth, as effort | 75 Blaster's stuff | 120 Comic actress Wiig | 11 Treated with calcium compounds | 53 Door fixture trends | 99 How slimy stuff seeps |
| 30 See 112-Across | 76 Like much music of the '90s | 121 Alcohol in liquor | 12 Fashion trends | 54 Big-top cries | 101 Tiny wounds |
| 38 Lake vessel | 77 "You — both!" | 122 Comaneci of gymnastics | 13 ICU sights | 56 Church area | 102 University in Atlanta |
| 39 "I Go —" (Peter Allen song) | 79 Many a Muslim | 123 DOS part: Abbr. | 14 "— fair!" | 59 Port near Seattle | 103 Seasonally dry ravines |
| 40 Hindu masters | 82 See 112-Across | 124 "Assuredly!" | 15 More woolly | 60 Musically keyless | 104 Molar, e.g. |
| 41 Spies, e.g. | 86 Debussy's "Clair de —" | 125 Wet outside | 16 Novelist Carr | 61 Artists' wear | 105 Tore |
| 43 Kind of violet | 90 Bundy and Unser | | 17 "It's —" (delivery cry) | 63 Tight-lipped | 110 Born, to Gigi |
| 45 — kwon do | | | 18 Calvin of golf | 64 Quarter of M | 111 Lt.'s inferior |
| 46 With 87-Down, collectively | | | 22 Dallas locale | 65 USMC rank | 113 "— is it?" |
| 49 TV's Arnaz | | | 24 "— Blu Dipinto di Blu" | 67 Merrie — England | 114 Crow relative |
| | | | 28 Dallas-to-Austin dir. | 68 Inner: Prefix | 115 Phenyl ender |
| | | | 30 Gerbil holder | 69 Do, —, fa ... | 116 FWIW part |
| | | | 31 Singles | 70 Sprinkle, say | 117 Ore- — (food brand) |
| | | | 32 "Fiddler on the Roof" star | 71 Skip over | 118 Meteor tail? |
| | | | | 77 Love, to Gigi | 119 Scots' "no" |
| | | | | 78 Kim of "Pal Joey" | |

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Solution on page 28

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ALL RIGHT! I WON MY BET!

by Roddy Thorleifson

The Royal Canadian Ibex

By Joe Branson

In June 1959 I met my wife to be, Betty Ann, at a party in Kensington in London, and soon learned that she was a highly accomplished private personal secretary who was working exclusively for an agency that provided suitable secretaries on a minimum of a one year contract. Not long after that, I also learned that her current employer was none other than the Royal Canadian Navy London Delegation

(RCN), where she was personal secretary to the senior commander. Three months later, at the end of 1959, her contract was complete and to mark her departure, the commander decided to hold a cocktail party and buffet for the senior staff, to be held in the vestibule of the premises just north of Hyde Park – a most impressive location. We duly arrived at the appointed time and spent the following hour and a bit moving about, mixing, and doing what one does at

cocktail parties: grabbing some food and drinks, and indulging in hilarious small talk. At around 7:15 p.m., the commander arose to address his guests and make a presentation where he thanked Betty Ann for her "dedicated service under trying conditions" and even suggested she join the RCN and move, presumably with me, to Canada.

At this point, two uniformed non-commissioned officers (NCOs) marched into the vestibule, and, with due ceremony, carefully removed the large mounted head of a North American Ibex that had hung from the wall to greet visitors to the RCN Delegation for a number of years.

The NCOs passed this taxidermy masterpiece over to my safekeeping. And after handshakes and good-byes all round, Betty Ann and I departed and carefully placed this 'treasure' into the back of my 1939 Wolseley where it remained as we drove back to our flat in Kensington.

The day after the presentation and whilst the Ibex (we never gave it a name) was still in the car, we decided to drive down the road to Richmond Royal Park with the Ibex appearing, propped up, from a rear window. There is a speed limit in the park, and sure enough the resident deer immediately spotted this intruder and trotted to investigate. I thought it wise not to stop under the circumstances.

The Ibex was placed in storage for around 18 months until Betty and I



were settled and had acquired our first apartment. To the landlord's horror, Ibex was hung on the wall of our extremely small living room.

Two years later we acquired our first house and the Ibex again dominated the main room of the house – although this time it was Betty Ann and her father who thought I was going a bit too far.

When we moved once again, I tactfully decided to place the Ibex in its present location at my in-laws house in Dorset – but not before Ibex nearly changed from Royal Canadian Navy to Royal Australian Navy.

We had a lovely house at Portsmouth, and the neighbouring house was owned by the Australian Navy for the use of officers when on a three-year posting to the UK. The occupants at the time were a naval Captain with his wife and his ship was a fleet auxiliary supply

vessel based in Portsmouth. He helped us move in and immediately espied Ibex. I told him it was ex Royal Canadian Navy. After a few months, he politely enquired if I would like to present or sell Ibex to the Australian navy where it would occupy a "pride of place" on the wall of their wardroom.

The offer was out of the question, for by this time, the Ibex had almost become 'part of the family.'

By now Ibex was safe and has provided years of amusement to my visitors, especially the children who are seeing taxidermy for the first time. I especially remember one bright lad who was opened-mouthed upon seeing the Ibex hanging, and insisted on being taken to the other side of the wall to see 'the rest of the animal.'

There have been occasions when the Ibex had moments of acclaim from the general public at large, the most memorable was when we had it mounted to the front of a friend's 1929 3-litre Lagonda Tourer prior to a run of 75 miles to attend the annual general meeting of the highly esteemed Lagonda Car Club – a stunt that would earn my cohorts and I a severe reprimand for desecrating the marquee Lagonda.

For the return trip down to London, the Ibex suffered the indignity of being strapped to the luggage rack at the rear of the car (though apparently to the delight of the public when we became stuck in a traffic jam.)

At the time, the Ibex was a strange gift, but it has been in my care for 58 years. And although my wife passed away 14 years ago, the Ibex has remained a bizarre memorial to Betty Ann.

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- 11 Foot Care
- 12 Home Care
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- 20 Home Maintenance
- 24 Landscaping
- 26 Services
- 30 For Sale
- 33 Wanted
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Niche for 2 Mtview Gdns Open/closing fee \$3500 403-285-2695

Continued on page 28

Continued from page 27

33 Wanted

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Sudoku Answers

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

Puzzle on Page 25

3 tips for a bee-friendly flower garden

We don't all have a green thumb, but a beautiful flower garden doesn't have to be difficult. Planting a little patch of colour can be easy and rewarding, not just for us, but also for pollinators like honey bees. By following these tips, anyone can turn their outdoor space into an area that looks beautiful and helps feed hungry honey bees all summer long.

1. Your garden is like a buffet for honey bees. Plants reproduce through pollination. This occurs when pollen is transferred from one flowering plant to another. Moving the pollen is where honey bees come in. They use nectar and pollen as food for their hives, but in their travels they can also spread the

pollen. Make sure you plant honey bee-attractive flowering plants that will bloom in your garden at different times throughout the summer.

2. Plant wherever you can. It doesn't matter if you live in a house or an apartment — whether it's on your balcony, on a rooftop or in your backyard — a small patch of flowers can help feed honey bees in your community. Consider plants native to Canada like lance-leaved coreopsis,

sneezeweed, New England asters, dense blazing stars and golden tickseed.

3. Choose the right seeds. Researching the best plants for your area doesn't have to be a long and cumbersome process. Bees Matter offers free pollinator-friendly seeds with an online sign-up at www.beesmatter.ca. Using pre-packaged Buzzing Gardens seed kits can help make planting your garden quick and easy. □

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Crossword Solution

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

Puzzle on page 25

IN MEMORIAM



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

- Patricia Allen
- Carlton Augustus Rollock
- Dora Belle Corbett
- Felicidad Mabalot Mendoza
- Iris Hedy Burton Blackwell
- June Annabell Tarves
- Leslie Szabo
- Lucy Choonman Chun
- Norman Denis Piche
- Norman MacCrimmon
- Olive Letitia (Ollie) Kozicky
- Wilbur Trueman
- William Lloyd Hale

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.



Kerby Writers Series



ANDY MARSHALL

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HELENE OSEEN



Kerby Centre



ANDY MARSHALL
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10:00 AM – 11:30 AM

MAY 25TH
10:00 AM – 11:30 AM

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QUEEN OF KATWE

Released September 2016 (2 hours & 4 minutes) Rated PG
Biography/Drama/Sport

Friday May 26, 2017

at 1:00 PM in the

Kerby Centre Lounge

Tickets are \$1.00 from the

Education and Recreation Department, Room 305

Price includes snack and a drink!

Sponsored by Prince of Peace



Kerby Centre

Dont get irritated!

Page design & layout by Winifred Ribeiro

Approximately one in seven people suffers from irritable bowel syndrome (IBS). The symptoms are difficult to diagnose and treat, and as a result, until recently, patients had to endure ill health and a poor quality of life with no hope in sight.

Fodmaps are short-chain carbohydrates that, if poorly digested, ferment in the bowel to cause severe digestive stress. These carbohydrates, known as Fodmaps (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) are found in dairy products, wheat, beans, pulses, fruits and some vegetables. A low Fodmap diet is designed to temporarily restrict the amount of Fodmaps consumed and is useful for treating conditions like IBS.

Research has proved that a Fodmap diet is effective for nearly 75% of those who follow it

Cinzia's objective is to provide you with a tool that will help you attain intestinal well-being via a diet that is low in Fodmaps. She presents the theory and provides information on why the diet works, as well as advice on how to adopt the lifestyle, read labels and how to adapt your favorite recipes.

Low-FODMAP Solution
 Courtesy of *The Low-FODMAP Solution: Put an End to IBS Symptoms and Abdominal Pain* by Cinzia Cuneo © 2016
www.robertrose.ca
 Available at all major bookstores.



Blackened Fish Fillets ©

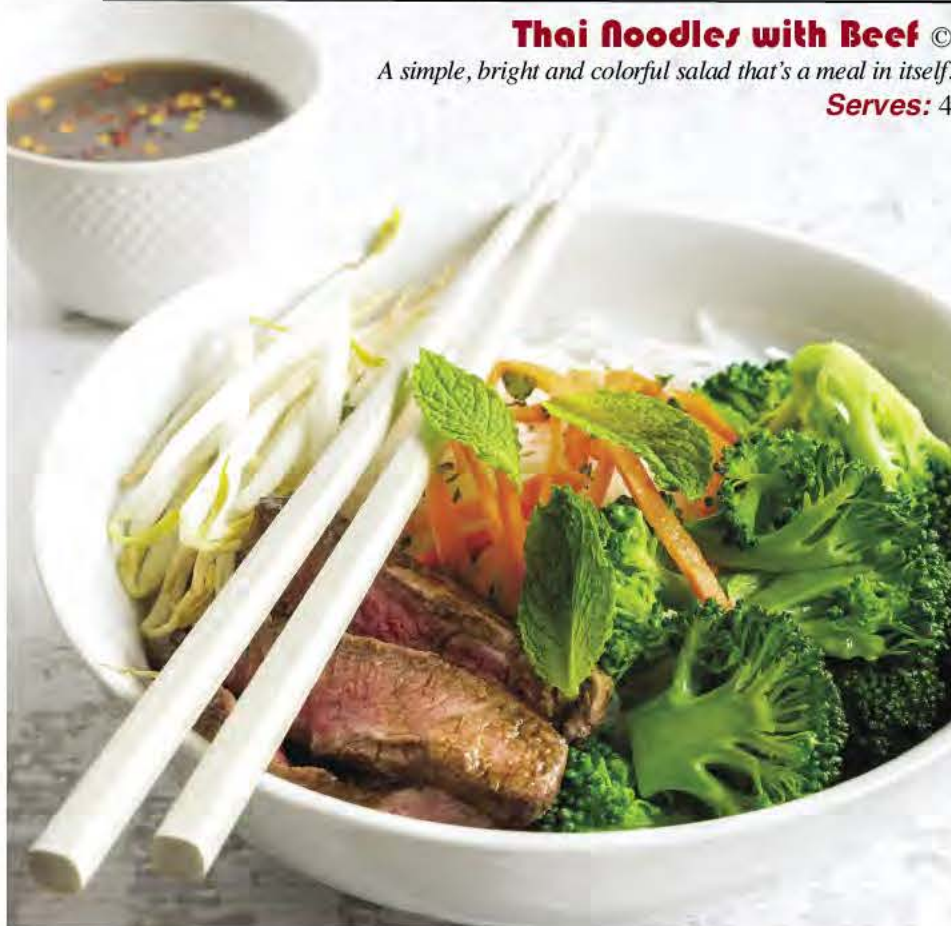
This is a classic Louisiana method of cooking with a spicy coating, which can be used for poultry, meat or fish. At the end of cooking, the coating should begin to blacken slightly at the edges.

Serves 4

• Preheat greased barbecue grill to high (optional)

- 2 tbsp / 30 mL paprika
- 1 tsp / 5 mL dried oregano
- 1 tsp / 5 mL cayenne pepper
- 1 tsp / 5 mL granulated sugar
- 1/2 tsp / 2 mL salt
- 3/4 tsp / 3 mL freshly ground black pepper
- 2 tbsp / 30 mL cornmeal (optional)
- 4 (about 1 1/2 lbs / 700 g total) skinless tilapia or turbot fillets
- 3 tbsp / 45 mL canola oil (optional)
- 2 cloves garlic (optional)
- 1 lemon, cut into wedges

1. In a shallow bowl, stir together the paprika, oregano, cayenne pepper, sugar, salt and pepper. To obtain a crispier crust, add the cornmeal.
2. Pat the fillets dry and dredge them in the mixture, turning them to coat well. Shake off and discard the excess.
3. Place the fillets on the preheated grill. Cook until the fish is opaque throughout and lightly blackened on the outside, 4 to 5 minutes per side, turning once. (Alternatively, heat the oil in a large skillet over medium-high heat. Add the garlic and sauté until it is golden-brown, about 2 minutes. Discard the garlic, add the fish, then fry for 4 to 5 minutes on each side or until it is cooked through and lightly blackened on the outside.)
4. Serve immediately with the lemon wedges.



Thai Noodles with Beef ©

A simple, bright and colorful salad that's a meal in itself.

Serves: 4



Allergy-Friendly Banana Bread ©

This gluten, dairy and egg free recipe is a great way to use up ripened bananas. Just put them in the freezer without peeling them and they will be there when you need them.

Makes: 16 servings

- Preheat oven to 350°F (180°C)
- Grinder or mini chopper
- 9- by 5-inch (23 by 12.5 cm) baking dish, sprayed with nonstick vegetable oil spray

- 2 tbsp / 30 mL flax seeds
- 2/3 cup / 150 mL water
- 2/3 cup / 150 mL hazelnuts, divided
- 1 3/4 cups / (10 oz/300 g) 425 mL brown rice flour
- 1/2 cup / 125mL arrowroot starch
- 2 tsp / 10 mL baking soda
- 1/4 tsp / 1 mL salt
- 1/2 tsp / 2 mL ground cinnamon
- 1/4 cup / 60 mL canola oil
- 1/3 cup / 75 mL pure maple syrup
- 3 / (1 lb / 460 g) very ripe bananas, mashed
- 1 tbsp / 15 mL freshly squeezed lemon juice

1. Grind the flax seeds and place them in a bowl or cup. Stir in water and let stand for 5 minutes to gel. Set aside.
2. Finely grind half of the hazelnuts and chop the remaining half. Put the ground hazelnuts in a large bowl. Add the rice flour, arrowroot, baking soda, salt and cinnamon, then mix well.
3. In a separate bowl, combine the oil and maple syrup. Add the flax seed mixture, bananas, and lemon juice, mixing well. Add this wet mixture to the dry mixture and stir until just moistened, without overmixing. Fold in the chopped hazelnuts with a spatula.

- 3 tbsp / 45 mL freshly squeezed lime juice
- 1 1/2 tbsp / 22 mL fish sauce
- 4 tsp / 20 mL canola oil
- 4 tsp / 20 mL granulated sugar
- 1 dried chile pepper, finely chopped
- 14 oz / 400 g boneless beef top sirloin steak
- 4 oz / 120 g rice stick noodles
- 1 cup / 250 mL broccoli florets
- 1 carrot, grated
- 1 1/3 cups / 325 mL bean sprouts
- 2 tbsp / 30 mL finely chopped fresh mint

1. Put the lime juice, fish sauce, oil, sugar and chile pepper in a small bowl and whisk well. Take 1 to 2 tbsp (15 to 30 mL) and pour it into a shallow dish, setting aside the rest. Add the steak to the shallow dish, then turn it to coat well. Cover, put it in the refrigerator and let it marinate for 1 hour.
2. Cook the rice stick noodles in a large pot of salted boiling water for about 3 minutes or according to package directions, until al dente. Drain and put them in a salad bowl.
3. Blanch the broccoli in salted boiling water until tender-crisp, about 4 minutes. Drain well and add it to the salad bowl.
4. Add the carrot, bean sprouts and mint to the salad bowl, pour the reserved dressing over the salad and toss well.
5. Preheat the barbecue grill to medium-high.
6. Put the steak on a warm grill and cook for about 3 minutes per side, turning once, for medium-rare. (Alternatively, cook the steak in a heavy-bottomed skillet on the stovetop.)
7. Transfer the steak to a cutting board and let it stand for 5 minutes to reabsorb the juices. Slice thinly across the grain and on a diagonal bias.
8. Arrange the steak slices on the noodle salad, then serve

Estate administration 101: Executor tasks

By Jonathan Ng

The role of the estate executor can be daunting. The Alberta Estate Administration Act outlines four core tasks when admin-

istering an estate.
1) Identify the estate assets and liabilities. It is common for an executor to be familiar with the deceased's affairs, possibly through their work as a power of

attorney or simply through their relationship, but this is not always the case. A full review of assets should include: bank accounts, investments, safety deposit boxes, pensions, life insurance, and other benefits payable to the estate. If the deceased was separated or divorced, the executor should investigate spousal or child support obligations that may be binding on the estate. The business affairs of the deceased could also have an effect on the estate assets therefore shareholder agreements and business partnerships should be reviewed.
2) Administer and manage the estate. A court application for a Grant of Probate or a Grant of Administration may be required in order for the executor to gain control of real estate and other assets owned by the deceased. The executor is said to hold the estate assets "in trust" therefore the security and safety of estate property is paramount – proper protections should be in place for vacant real estate and appropriate insurance should be in place. Depending on the terms of

the will, if any, the executor is expected to liquidate assets in an efficient manner while seeking fair market value. Regular communication with beneficiaries is crucial to maintaining a positive relationship and the executor should always maintain up-to-date records and financial statements.
3) Satisfy the debts and obligations of the estate. It is critical that the executor determine the income tax or other tax liability of the deceased and the estate, and pay any tax owing out of the estate assets, before making any distributions to the beneficiaries. Many executors place an advertisement in the local newspaper to canvass the general public for other claims and the legitimacy of such claims should be investigated in full.
4) Distribute and account for the administration of the estate. The estate should be distributed according to the will or in accordance with intestate succession laws in the event that there is no will. The financial statements of the estate, showing a full accounting, proposed distribution schedule, and

executor compensation should be presented to all beneficiaries of the residue of the estate. All the beneficiaries should provide their approval of the financial statements before any distributions are made. The executor must pay special attention to any trust terms imposed upon certain beneficiaries through the will, namely for minors and adults with special needs.
It is recommended that an executor obtain strong legal advice to ensure that they are completing their tasks according to law and to the satisfaction of the beneficiaries. For those who are preparing or updating their will, it is important to review the core tasks with their chosen executor to confirm that they are prepared to take on the job.
Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at 403-288-8855 ext. 229 or jonathan.ng@will sandestates.ca □

FINANCIAL PLANNING TODAY

Topic: Wills and Estate Planning

PRESENTERS: Jonathan Ng, Estate Lawyer
Underwood Gilholme

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Dining Room

DATE: Thursday, June 15, 2017

TIME: 9:00 am – 11:00 am

COST: Free Presentation



Kerby Centre

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


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Director of Fund Development
403-705-3235 or
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For Information please contact Rob Locke at robl@kerbycentre.com




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Five ways to tap into the benefits of volunteering

Year-round, volunteers enrich their communities, help their neighbours and make positive changes. Once a year in April, Canadians take time during National Volunteer Week to recognize the enormous impact of volunteers in our communities.

Studies have estimated that the work of volunteers delivers billions of dollars in benefits to municipalities across Canada. At the same time, volunteers themselves also benefit by gaining work experience, developing a skill set, and meeting new people.

Volunteering comes in many forms and it can be tough to know how to start. Here are five quick tips on how to choose the right opportunities for you:

1. Think about the causes you care about. Think back on the work or experiences you have had that were the most meaningful to you. This kind of reflection may be a helpful way to decide which causes are most meaningful for you.

2. Think about where you want to make a difference. Are you looking to give back to your immediate community, or are you more globally-minded? The good news is that the two can often go hand-in-hand when you connect with local volunteers with an eye on international development.

3. Think about how much time you can give. It is important to think about how

much time you can spare and it is worth reviewing your weekly schedule before making a commitment.

4. How can you contribute most effectively? It is always a good idea to volunteer your time doing something that you are skilled at or have some experience with. That does not necessarily mean volunteering to do the same work

you have done in your career. It could also be a skill you developed through a hobby or pastime. Volunteering should be fun, as well as fruitful.

5. Connect with an organization. With so many different ways to volunteer, donating your time to a grassroots organization can add some structure and inspiration. Organizations

like Amnesty International, for example, offer opportunities and resources ranging from letter-writing to event organizing and many other forms of volunteering.

However you may decide to volunteer, one thing is clear — volunteers help

strengthen communities and make the world a better place. Even if you are not in a position to donate your time, be sure to thank someone who does make a contribution in your community. □

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Tuesday, May 9

9:30am - 3:00 pm



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