

Kerby News

Published by
Kerby Centre

for the **55** plus

2017
November

Volume 33 #10



The Eternal Flame burns at the Military Museums in Calgary, lest we forget. Photo by Roger Leenders.

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Calgary artist weaves the history of oil into The Black Gold Tapestry.....Page 18-19



Sunday 5 July, 2017, Daylight saving times ends
2:00 am clocks are turned backward 1 hour
Saturday, 11 November, 2017 Remembrance Day



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President's Report Zane Novak

Well our summer and fall seems to have swiftly come and gone. Even though time tends to rush by, this time of year for me is a reflective time. October is our Canadian Thanksgiving, November is our American neighbours and

friends' Thanksgiving, and very importantly, November 11th is our Remembrance Day recognition.

This year has seen many things for us. A warm hot summer, the celebration of our beautiful country, and its constitution turning 150; celebrations are often tempered with taking the time to acknowledge how it is that we have gotten to where we are. The greatest celebrations come after the greatest sacrifices.

I was fortunate to be able to travel from British Columbia to Cape Breton this summer and to really embrace the beauty, majesty, love and diversity of our great country. It has taken a lot to make this country a nation that we can be so proud of, but that work is not complete. We still have so much to do to maintain and grow our country.

We often think of how

the world views us. As a country we are often ranked in the top one or two countries in the world based on respect, economy, standard of living, safety of our community and a place where people from all over the world would like to live, in spite of our 40 below winters.

A large part of why we are who we are goes back to the selfless sacrifice of so many of our soldiers in WWI, WWII and our numerous peace-keeping missions encompassing the globe in the past decades. It is quite possible that many of us have never or never will be one of those individuals who have worn a uniform in a time of conflict, but our ability to make a difference is not defined by just that.

There is a saying that good families make good communities and good

communities make a strong country. There is so much that each of us can do to make that a reality and the Kerby Centre is really part of that. To many, not only is the Kerby an integral part of the community, it is also family, a place of security, growth and opportunity to feel embraced and part of something bigger. One of the reasons that the Kerby exists, is to create an environment where we as individuals feel as welcome as we would be with our family so that we in turn can embrace others the same way. It really is a very Canadian way to be.

November 11th is the day we take a moment out of our lives to show our appreciation and respect. We extend an invitation to all, to come to the Kerby Centre for our Remembrance Day Memorial Service. □

NOVEMBER 2017

Front page: Photo by: Roger Leenders
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

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

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

Printed in Canada by CentralWeb-Calgary.
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

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CEO's Message Luanne Whitmarsh

The month of November is traditionally our month to remember those who served in the armed forces and this month's Kerby News is dedicated to that. I am choosing to think of remembering in a different way — remembering our past. Each of us has a past, a time of remembrance when perhaps life was easier and kinder; when love and life came easier.

As the years pass by, so do life's happy and sad memories. If you have lost a loved one this may be a

November: a time to recollect and remember

time to remember them and the things you did together. If you are a caregiver, this may be a perfect time to remember to do something equally good for yourself. If you are struggling, do not be alone — be brave and take the opportunity to join a club, make a new friend — make new memories!

I would like to share with you a memory I had the pleasure to observe last year at Kerby Centre.

My friend's father served in the Forces and he was in the Korean war conflict. He and his beautiful wife and their daughter (my friend) came to the Sargent Wilson's Army Show last year. At this show the performers sing songs from years ago and they re-enact war — complete with air sirens and all.


My friend's dad's health was failing and he was quite

frail — we had to literally carry him in to the Kerby gym. We kept asking him if we should leave as it seemed so overwhelming for him — but he wanted to stay. He ate some of his lunch (which was rare) and when the music started he seemed to relax and he closed his eyes and let the memories wash over him.

All he could muster was a single finger tapping on the table to the music that took him back to a time of health and vitality. He said to his wife, "I feel like I am 22 years old again," with a huge smile. He loved this afternoon of remembrance, and we thank him, and his family, so very much for his service.

He passed away just a month later. I remember his kindness and am so very glad that his wife and the whole family have accepted me as one of their own! □

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This month in Edmonton

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

I have been working alongside my colleagues to make life better for all Albertans. Making life better for Albertans means having access to the protection they deserve when purchasing a home. If you are a condo resident, you will

Have your say on condo consultations

receive a letter from my office regarding the Condominium Property Amendment Act (CPAA). The second phase of consultations on this amendment are currently taking place as our government works to hear from all stakeholders involved, including those owning, living in, or managing condos.

Our government has heard the need for a more efficient, less expensive way to resolve condominium disputes than having to proceed through the courts system and we are working hard to introduce a dispute tribunal intended to provide that alternative. Along with the dispute tribunal and new amendments, Albertans will benefit from

the same level of protection as condominium owners elsewhere in the country.

To provide feedback on condominium rules, you may submit a feedback form or fill out a survey on Service Alberta's website: www.alberta.ca/condominium-consultation.aspx. You can also contact my office at Calgary.buffalo@assembly.ab.ca.

As Minister of Justice, I have also launched community consultations regarding street checks in Alberta. All Albertans deserve to feel safe and respected in their communities.

Under Alberta's policing standards, police agencies are required to provide impartial policing without

regard to ethnicity, gender, sexual orientation, age, belief, or social standing. Working closely with community groups across the province, I am working hard to ensure the views of those impacted by street checks are heard.

Our government will be drafting a provincial guideline on the issue of street checks to ensure the rights of the public are respected, while still allowing community policing that engages with the public. I believe a provincial guideline created based on feedback from those groups impacted will allow for consistent rules across the province for all police to follow. I look for-

ward to hearing from Albertans, community groups and police agencies on this matter.

On a final note, I would like to recognize those who have fought and died for their country. November 11th is Remembrance Day. Many Canadians have given up their lives to protect those they love and to ensure this great country remains strong and free. I will be paying my respects at the cenotaph in Central Memorial Park. I hope to see you there.

Kathleen Ganley is MLA for Calgary-Buffalo, Minister of Justice and Solicitor General
Calgarybuffalo@assembly.ab.ca □



This month in Ottawa

KENT HEHR
Member of Parliament for Calgary Centre and the Minister of Sport and Persons with Disabilities

You may have heard I was recently named Canada's Minister of Sport and Persons with Disabilities.

Easing the costs of physical disabilities, which are burdensome

The role allows me to:

- Continue to bring the needs of all Calgary Centre residents to the Cabinet table
- Promote healthier Canadians through sport and recreation
- Ensure greater accessibility and opportunities for Canadians with disabilities

The role combines two important aspects of my life, from my younger days, loving swimming and baseball, to the disability I acquired at age 21.

Growing up, my family and I took part in everything Calgary had to offer. By 1991, I was attending

Mount Royal College and planning to become a physical education teacher. I played college hockey, worked part-time, and had a busy social life.

Then I lost it all. I became a C-5 quadriplegic. Suddenly it was just me and my family, with no sense of direction.

One in seven Canadians has a disability. By age 75, it's one in two. People with a disability are more likely to be unemployed, divorced, or homeless. In all of Calgary, there are only 400 fully accessible rental suites.

It's tough. And it's expensive.

That's part of why we made historic new investments in affordable housing. That's why we bought in the Canada Child Benefit, putting more money in the pockets of nine out of ten families, and helping lift hundreds of thousands of kids out of poverty. That's why we're investing in public transit, including \$1.5 billion for the Calgary Green Line – which will incorporate accessibility.

Whether you have a disability, whether you're born

into a wealthy family or one that struggles, our government wants you to have the opportunity to succeed.

PS: I hope to see you at my Holiday Open House: December 16 from 11 a.m. to 2 p.m. at the Kerby Centre (1133 7 Ave. S.W.) Register at www.KentHehrMP.ca.

Kent Hehr is the Member of Parliament for Calgary Centre and the Minister of Sport and Persons with Disabilities
kent.hehr@parl.gc.ca
phone at 403-244-1880 □

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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.

Kerby Centre Department Directory

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Main Switchboard 403-265-0661		Fund Development 403-705-3235 <i>Work with members and community to provide funding for Kerby Centre's vital programs</i>	Kerby News Editor 403-705-3229 editor@kerbycentre.com
www.kerbycentre.com		General Office 403-705-3249 generaloffice@kerbycentre.com	Kerby News Sales 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com
Accounting 403-705-3215	Adult Day Program 403-705-3214 <i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i>	Thrive 403-234-6571 <i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i>	Kerby Rotary House 403-705-3250 (24 hour) <i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i>
Diana James Wellness Centre 403-234-6566 <i>Health services including footcare</i>	Dining Room 403-705-3225 <i>Serving nutritious meals to everyone</i>	Housing 403-705-3231 <i>Assists older adults in finding appropriate housing</i>	Options 45 403-705-3217 optfons45@kerbycentre.com
Education & Recreation 403-705-3233 <i>Information source for programs at Kerby Centre</i>	Event Planner 403-705-3178 events@kerbycentre.com	Information / Resources 403-705-3246 <i>The all in one older adult information source</i>	Volunteer Department 403-234-6570 <i>Volunteers are the heart of Kerby Centre</i>
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			CEO Luanne Whitmarsh 403-705-3251 luannew@kerbycentre.com

Maple Leaf Quest participants' triumphant virtual march across Canada



By Dylan Reardon

To mark Canada's 150th birthday, Kerby Center embarked on a successful year-long virtual walk and run across Canada: the Maple Leaf Quest.

Beginning in September 2016, over 300 registered people embarked on monthly group walks, and tracked their steps using pedometers accordingly. In total, 43,894,948 steps were counted, translating to 45,116 kilometres—nearly double the goal that was set.

The walks simulated a hike across Canada, beginning in British Columbia, and meandering through the country until they reached the Maritimes.

The purpose of the program, according to Kari Stone, Manager of Education and Recreation at Kerby Centre, was to encourage participants to be active, get out and explore walking opportunities in Calgary in a social group setting, and to meet new friends.

"There are so many parts of Calgary that many people—people who've lived

here for years—have not seen. So it was a terrific opportunity to venture into the unknown."

Participants ventured throughout various locations in Calgary once a month, from Confederation

Park to Prince's Island Park; from the Saddledome to the Olympic Oval. The final group walk took place in Banff National Park on Sept. 26, ending the year-long virtual trek across the country. □

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How exactly can you catch the flu?

Influenza, or the flu, is a very contagious infection caused by viruses. We all know it can cause a mild to severe infection in the nose, sinuses, throat and lungs. But there are some misconceptions on what the flu is, how you can

catch it, and how to treat and prevent it. With the risk of infections increasing in the fall and peaking in the winter, The Lung Association shares some essential information on this seasonal headache.

It is estimated that between 10 to 20 per cent of Canadians are infected with the flu each year, causing 175,000 emergency room visits, 12,200 influenza-related hospitalizations and even 3,500 influenza-related deaths. That's why now is a good time to consider how a simple shot could go a long way with your health. In Ontario alone, every year the flu shot eliminates approximately 30,000 visits to hospital emergency departments and prevents approximately 300 deaths.

For people aged 65 years and over, the risk for influenza-attributed death is 12 times greater among those with chronic lung diseases like asthma or chronic obstructive pulmonary disease, and 20 times greater among those with both chronic heart and lung conditions.

After stroke and congestive heart failure, influenza and pneumonia (a complication of influenza) are the leading causes of catastrophic disability — a devastating illness or accident that can leave you requiring extra assistance that you didn't need before.

The flu shot is highly recommended for high-risk groups with the highest influenza rates, including children ages five to nine, adults 65 years and older, and those with underlying medical conditions. Different vaccination options are available for seniors.

Here are common ways



Getty

you can get infected with the flu virus, so you know what to avoid:

- When someone infected with the flu talks, sneezes or coughs, tiny droplets of secretions become airborne. These droplets can land in your nose, mouth, sinuses or lungs and cause an infection.

- Touching a surface that is infected with the flu virus (door handles, light switches, hand rails), then touching your nose, mouth or eyes.
- Sharing infected objects (utensils, cup) with someone who has the flu infection. □

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By Dr. Carrie Scarff



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Calgary news briefing

Volunteer firefighter dies battling one of nearly a dozen wildfires in Alberta

A volunteer firefighter from southern Alberta died while battling one of almost a dozen windswept wildfires that torched homes and forced hundreds of people to flee in October.

James Hargrave, a 34-year-old volunteer firefighter with Cypress County Fire Services — which handles the southeast corner of Alberta — died as he worked to fight a wildfire that started near Hilda, situated just northeast of Medicine Hat and about 375 kilometres southeast of Calgary.

Hargrave was driving a large water-tanker truck that rolled after colliding with a pickup truck about 10 kilometres south of Burstall.

City apologizes for a series of election night snafus, vows to address them before next election

Last Month, Calgarians posted the highest election turnout in more than 40 years, with 59 per cent of the voting population casting their ballot. Some voting stations ran out of ballots and some voters were forced to wait in line for hours to mark an 'X.'

The delays at the polls led to sweeping delays in results, many of which weren't available until the wee hours of morning.

Glenda Cole, the city's solicitor and general counsel, whose office oversees the city's election, said Calgary needs to deliver a much better performance in subsequent elections.

"We want to apologize for the wait times and for the

technology and reporting delays in the results last evening," said Cole.

"We know we have to be better. I can assure you that we will be reviewing everything that occurred."

Coles says looking at electronic ballot-counting is an option. Calgary is the only big city in Canada that relies on manually counting ballots.

Hundreds of elective surgeries postponed at Rockyview hospital due to equipment issues

Hundreds of elective surgeries have been cancelled at a southwest Calgary hospital due to a need for equipment repair and upgrade, the provincial health authority announced.

"Due to the need for an urgent equipment repair and upgrade in the sterile medical device and instrument reprocessing area, approximately 200 non-urgent, elective surgical procedures and 250 cystoscopy exams at the Rockyview General Hospital will be postponed and rescheduled," Alberta Health Services said.

"All emergency and urgent surgeries will continue, as well as cancer-related procedures."

Certain surgeries and procedures scheduled between Oct. 23 and Nov. 2 and between Nov. 17 and Nov. 29 are affected while repairs and upgrades are underway. Those affected are being contacted.

1st woman appointed chief justice of Alberta Court of Queen's Bench

For the first time a female judge has been appointed chief justice of the Alberta Court of Queen's Bench.

Mary Moreau will take on the role after Prime Minister Justin Trudeau announced her appointment last month.

In her new role, Moreau's focus will be on assigning judges their cases, dealing with issues of judicial resources, and dealing with both federal and provincial governments.

Since 2014, Moreau has been a member of the advisory committee on judicial ethics, which provides confidential advisory opinions on ethical issues to federally appointed judges across Canada.

Sandra Jansen appointed Alberta's new Infrastructure Minister

Calgary-North West MLA Sandra Jansen is Alberta's new minister of infrastructure.

The infrastructure portfolio was previously held by Brian Mason, who was also transportation minister. Mason will remain transportation minister and continue in his role as government house leader.

Premier Rachel Notley says splitting responsibility for the ministries was required because of the size and scope of their purview.

Calgary Zoo hatches 50 endangered birds

The Calgary Zoo says it has successfully hatched several dozen greater sage grouse in an effort to bolster the endangered prairie bird's population.

The zoo says eight hens, six males and 50 juveniles are thriving at its Devonian Wildlife Conservation Centre.

The goal is to eventually reintroduce some of the birds into the wild, where fewer than 400 remain.


Greater sage grouse are threatened by habitat destruction and human development.


According to the zoo, there are only five mating grounds—known as leks—left in Canada: three in

Alberta, and two in Saskatchewan.

"Saving greater sage grouse is important, but it is not easy. I am proud of the progress that has been made in founding a vibrant reintroduction breeding program that can assist wild populations for years to come," Axel Moehrensclager, the Calgary Zoo conservation director, said in a press release last month.

□





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Memories of the Bren Gun Carrier

By Bob Bartlett

An article by Tim Johnson in the August edition of the Kerby News about Flett's Blacksmith Shop located at Heritage Park brought back memories of the Bren Gun Carrier to this long-time Kerby Centre member.

For those who have not been to Heritage Park to see what a Bren Gun Carrier is, I would like to offer this photo of myself at the wheel of a Bren Gun Carrier during World War II. At the time this photo was taken—early 1945—I was taking reconnaissance training at the Canadian Armoured Corps Training Establishment (CACTE).

The vehicle was used widely by British and Commonwealth forces during World War II, typically used for transporting personnel and equipment, support weapons, or as machine gun platforms. The Bren Gun Carrier was in production from 1934 to 1960, during which time 113,000 were produced. □



Flea markets a great introduction to local culture

You can have lots of fun at flea markets around the world while learning something about that country's culture at the same time

One of the world's largest flea markets is in San Jose, California. It has more than 2,000 booths and sprawls over 40 acres. In all 12.8 km

(eight miles) of booth-lined walkways with arts, crafts, jewelry, antiques and junk! Lots of junk.

The old saying "One man's trash is another man's treasure" tells you something about them. Well, that isn't always what you find anymore. It's gotten a lot more commercial but it still draws huge crowds: vendors hoping to make some money, and shoppers hoping for a bargain or at least a day of fun.

Even if you usually go in more for museums and history when you travel, sometimes you can have lots of fun at flea markets around the world, while learning something about that country's culture at the same time. At the very least, finding one of these giant jumble sales will

keep you from getting museum sensory overload!

Take the *Marche Aux Puces de Clignancourt* in Paris, which all the French guidebooks mention. It's a great place to prowl around and find all sorts of vintage French items. While you may not buy anything, it is a great place to explore.

Or how about the Portobello or the Camden Passage in London to look at (pricey) antiques? There are antique and junk markets all over London, and while many have become touristy if you look hard and bargain, you might still find a treasure to take home. There are lots of websites to direct you to all of the possibilities.

You'll find markets like this all over the U.S., from the Hell's Kitchen Flea

Market in New York to the Pasadena Rose Bowl Swap Meet which is supposed to be the largest on the West Coast. There's the "127 Corridor" in the middle of the country. It's actually a giant once-a-year yard sale that stretches over 600 miles through five states in August.

There's the *Mercat Gotic* in Barcelona, Spain. In South America, there is the *San Telmo Flea Market* in Buenos Aires, Argentina, and in Japan, there's the *Togo Antique Market* in Tokyo.

You can find them in many less developed areas too but what really differentiates a flea-type market from the local bazaars? Flea markets typically sell second hand goods. The question then becomes: When do they become antiques? In those developing countries, the next question is: What is really an antique, and what is just made to look like one? Remember, anywhere you shop, it's always buyer beware. Far from home, it's hard to return what you bought.

Go ahead and explore those markets wherever you find them, and if you find that one man's junk is YOUR treasure buy it and enjoy it. □

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Pick the right boots for Canadian winters

Do you try to hold winter at bay by keeping your winter boots packed away until the first snowstorm hits? Although denying the inevitable onset of our harshest season may give you a psychological lift, experts say it's important to get your winter footwear out and thoroughly checked over well before winter arrives with a fury.

“Canadian winters are tough— frigid temperatures, ice-covered paths and endless snow and slush can cause serious harm unless you are prepared,” explains Peter Morcom, president of the Pedorthic Association of Canada and a Canadian certified pedorthist. “A quality pair of lined, properly fitted winter boots is essential for winter in Canada.”

Although he doesn't recommend one style or brand of boots, Morcom says these seven tips will help ensure you are well-equipped for everything winter has in store.

1. Winter footwear doesn't last indefinitely, typically only one to three seasons. If you are using the same pair of boots as last winter, inspect them closely to make sure there are no rips or cracks that could allow water to permeate.
2. Traction is key. To minimize slipping, select footwear that has a more aggressive tread and a sole made with softer materials such as rubber. If you have balance issues and are con-

cerned about falling, buy cleats that stretch over your boots for extra traction.

3. Only buy footwear that is waterproof, and wear moisture-wicking socks to further protect your feet. Wet feet increase the risk of frostbite and fungal or bacterial infection.
4. Make sure your boots fit properly. Your feet can change size over time and footwear sizes differ from style to style, so have your feet measured every time and only buy boots that feel comfortable the first time you try them on.
5. If you spend a lot of time outside, choose a pair of boots with a colder temperature range than you

need as they will provide you with extra comfort and protection.

6. Don't buy boots that aren't supportive. Some fashionable sheepskin styles of boots look cozy and warm but they won't provide the support your feet and lower limbs require. Stylish, leather-heeled boots should be kept for special occasions.
7. Don't ask your children to wear hand-me-down boots or buy boots with room for them to grow. Boots that are too big or too small will chafe or squish their toes, which will cause blisters and rubs.

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When you're struggling to breathe

We've all faced shortness of breath, like when climbing a flight of stairs or lifting a heavy box. After a few

moments, we catch our breath and move on with our day, forgetting those brief moments. But what would life be like if breathlessness didn't stop?

Imagine your shortness of breath being so severe you had difficulties doing basic things like showering, running errands or attending social gatherings. Unfortunately, this reality is a common symptom of chronic obstructive pulmonary disease, a condition affecting over 750,000 Canadians, 200,000 of whom live in Quebec. This disease includes emphysema and chronic bronchitis.

If you are living with COPD, you don't need to let your disease stop you from doing the things you want to do. There are things you can change in your routine to help improve how you feel each day.

Light exercises a few times each week are a great way to keep moving without overdoing it. This can include a short walk or stretching.

We all know eating a balanced diet is important for overall health, and people living with COPD are no exception. Some patients find their breathing is impacted after a heavy meal. It may help to enjoy smaller portions of those hearty fall stews and eat fewer, more frequent meals during the day.

Most importantly, if you have a history of one or more disease flare exacerbations each year, it is a sign the disease could be better managed. Speak with your doctor about options to better manage your COPD — your shortness of breath doesn't need to hold you back.

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Looking for alternative treatments for osteoarthritis?

How seniors in Canada are seeking alternative treatments to expensive pharmaceuticals

For years we have known that many of the commonly prescribed treatments for such things as osteoarthritis can offer side effects which are more harmful than the actual illness, and yet little is being done to find safer alternatives. Recently, there are growing numbers of Canadian seniors who are seeking safer alternatives to pharmaceuticals which not only come at a very high cost, but can also be extremely dangerous when taken over a long period of time. The following are some of the alternative treatments for osteoarthritis that are trending amongst seniors in Canada, as well as around the globe.

1. Acupuncture

As an ancient Chinese art/science, acupuncture has been enjoying an increasingly large group of followers over the past half century or more. By using tiny needles to penetrate nerves that are said to be connected to the body part experiencing pain or illness, the acupuncturist is said to be able to lessen or alleviate altogether the pain of osteoarthritis.

2. Medical cannabis

As of August 24, 2016, the Canadian government updated its rulings on medical cannabis and now it is possible for older Canadians to get a 'prescription' from their health care provider to use cannabis for the treatment of pain and inflammation. While it is still a Schedule II drug without this prescription, marijuana for seniors suffering bone and nerve pain is becoming more and more commonplace. Bearing in mind that many Boomers now reaching their senior years were probably active pot smokers back in their heyday, they are now

simply looking for a form of the 'drug' that is not psychoactive or has limited psychoactive constituents. CBD ratio to THC should be high when being used for reduction of pain.

3. Glucosamine

One doctor in Southern California, Neeraj Gupta, says that he has been taking glucosamine supplements for osteoarthritis for at least five years and that if he should stop for a period of weeks, the pain returns and becomes unbearable again. However, there are esteemed groups such as the American College of Rheumatology that advise against taking glucosamine because of side effects.

4. Tai Chi

Here again, we turn to an ancient Chinese remedy and one that seems a bit odd given that you are probably suffering excruciating pain from osteoarthritis! Tai Chi is a form of low impact exercise that seeks to stretch, limber, and strengthen muscles and tendons whilst reducing stress in the body. Many find it strange to be told to stretch and put tension on joints that are already inflamed and sore, but advocates of Tai Chi swear by its healing powers.

So if you are a senior concerned that the pharmaceuticals prescribed by your doctor may be more harmful than osteoarthritis, you do have options and a say in your own treatment. Whether seeking cannabis legally prescribed by an authorized doctor and dispensed from an authorized dispensary or simply looking for a supplement or exercise that is not known to cause dangerous side effects, these are some of the choices you might like to investigate. □

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Illustrated book offers gift of comfort for those facing loss



By Dylan Reardon

Filled with expressive sentiments and elegantly simple illustrations from the journal of artist and author Joanne Fink, *When You Lose Someone You Love* offers a healing connection with those dealing with one of life's most challenging times: death and loss.

The book is designed to let readers know that they are not alone in their grief and loss; that there will be days when they feel overwhelmed, nights when they can't sleep, and there will be times when waves of sadness or anger wash over them like a tidal wave.

Fink's book is cathartic, and acts as a 'pick me up' on days when the world seems to have turned its back. The illustrations serve to lighten the topic of grief, in a style that harkens back to Fink's previous books, while taking a serious stab at the thoughts that go through one's mind after a death.

When You Lose Someone You Love is simple—perhaps too simplistic for such a somber topic—but it's an affirming and uplifting primer for those dealing with loss.





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Sears: the end of an era

In the rapidly evolving Canadian retail landscape, Sears was never able to find its place

By Dylan Reardon

As consumers began flocking to discount retailers like Walmart, to higher-end boutique stores, and online, Sears was left in the dust.

Sears Canada began its operations in 1952 as Simpsons-Sears, a catalogue and mid-market suburban retailer, as a joint-venture between Simpsons Limited, a Canadian department store chain, and Sears, Roebuck and Co. out of the US.

In 1978, Simpsons and Sears ended their partnership after the Hudson's Bay Company purchased Simpsons Limited; in 1984, Sears, Roebuck was rebranded as Sears Canada to reflect its independence from its American parent company.

In 1999, Sears Canada purchased long-time competitor, Eatons, out of bankruptcy, gaining the company access to key urban locations in major Canadian cities—something they had been shut

out of after Hudson Bay Company acquired Simpsons—but the venture was doomed to fail as the concept of a department store had shifted, and the all new Eatons stores were either closed or rebranded as Sears in 2002.

The company was a dominant force in the country: at its height, Sears Canada employed more than 40,000 people, and was the place to go for everything from socks to house paint. It was a one-stop shop for everything but groceries. And Sears was more than a one-stop shop: they epitomized what it meant to be called a “trusted name.”

Calgarian, Sandra Kennedy has fond memories of the retailer.

“When I was a child in the early 60s I can't tell you how my sisters and I would wait for that Christmas Catalog,” says Kennedy. “The three of us would all pour through the pages and circle toys and clothes we wanted. It was a ritual.”

Kennedy says going to Sears was like going to Disneyland. “They had everything. We'd go to the

North Hill location as a family: see Santa Claus, have lunch, look at the Christmas decorations and toys, wander through the TVs, and get fitted for new clothes.

“Up until the late 80s, and into the 90s, they were still the place to go.”

But Kennedy isn't surprised Sears has failed, saying they refused to keep up with the consumer.

“I'm 62, and while my kids might say I'm out of touch with the times, I think I'm quite savvy. Every year I do more of my shopping online. It's just too easy,” says Kennedy.

“There are no lines, no crowd, and making returns is as just as easy as making that initial order.”

Kennedy says that Sears' price competitiveness never kept up with rivals such as Wal-Mart and the now-defunct Zellers.

“When I had my own young family, instead of driving 10 minutes to get to Sears, I'd drive 15 minutes to get to a Wal-Mart to save a few dollars, which really counted at the time.”

According to Brendan Duke, an economic policy



analyst at the Center for American Progress, the rapidly changing retail industry is a symptom of a coming crisis of the middle class.

“These companies are doing what companies do—they adjust,” says Duke. “But the issue isn't that only the very top and the very bottom are doing well. The issue is that there's shrinking middle class consumption.”

While the rise of discount retailers like Wal-Mart in the 80s and 90s nibbled away at Sears' business, online retailers such as Amazon began to chomp off whole limbs.

As the company took hit after hit, Sears began selling off key business assets, hollowing out what remained of the retail empire from the inside out: in 2005, the Sears Card financial services

division was sold for \$3 billion to JP Morgan Chase; in 2007, the company sold its head office in Toronto to the Government of Ontario; beginning in 2012, several of its top properties—including their Chinook Centre and Deerfoot Mall locations in Calgary—were sold off; and earlier this year, the company sold its iconic Craftsman brand to Stanley Black & Decker for \$900 million.

As for Kennedy, she's sad to see Sears go, but says the writing has been on the wall.

“I always like telling my grandkids about the Sears Wishbook at Christmas, and what it meant to me and my sisters, and even my kids, to some extent,” she says. “It's our family's version of reciting ‘Twas the Night Before Christmas on Christmas Eve.” □

Kerby Centre volunteer awarded Minister Senior's Award



By Dylan Reardon

Long standing Kerby Centre member and volunteer, Lena McKenzie, has been awarded the 2017 Minister's Senior Award in recognition of her volunteerism and commitment to helping others.

McKenzie began volunteering with Kerby Centre in 2003, and has dedicated an extraordinary 8000 hours to helping others.

Lynn Podgurny, Director of Operations at Kerby Centre, says McKenzie is someone who makes life better for seniors in the city.

“Lena McKenzie has directly impacted the lives of many, many individuals,” says Podgurny. “Her volunteer contributions have

helped make Calgary a much better community for seniors to live in.

McKenzie has volunteered in the Information Department as a receptionist as well as an income tax volunteer.

“Not only is she very knowledgeable about income tax, having worked professionally as a tax preparer, but she is also willing to pass on her knowledge to other volunteers,” says Podgurny.

To date, McKenzie has completed over 8,000 tax returns, a crucial service for low income older adults who rely on the basic government benefits and supports they need. □

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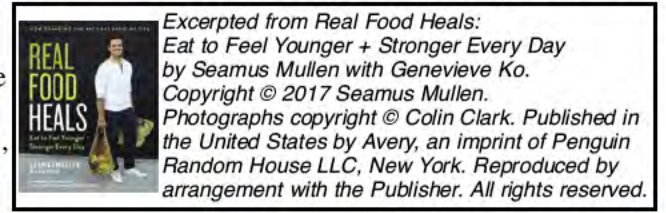
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Seamus Mullen, guided by the understanding that the food we eat has a deep impact on our health, has rewritten the old rule that healthy can't be delicious. Seamus's powerful transformation came out of his own health crisis—after a near-death experience brought on by autoimmune disease he'd struggled with for years, he radically changed the way he cooked, both at his restaurants and at home. As a result, the biomarkers of disease disappeared and the constant trips to the ER he experienced while he was sick have come to an end. Eating whole foods also made his body feel younger, stronger, and more energized every day.

Real Food Heals is packed with 125 easy-to-prepare, paleo-inspired, nourishing recipes packed with delicious whole food ingredients. It comes complete with a 21-day jump-start meal plan to help everyone prepare healthy, irresistible flavoursome food every day or while entertaining, and will put them on the path to total wellness.



Roasted leg of lamb rolled with anchovies, olives, and herbs

If you're looking for an impressive dinner party dish, you've found it. Savory olives and anchovies pureed with herbs and aromatics rolled into lamb accentuate the meat's big flavors. You can roll and tie the lamb a day or two before roasting it, and carve the spiraled slices in front of your guests. I like serving the lamb with greens, such as sautéed mustard greens or braised kale. To round out the meal, I may also add some grilled leeks, pan-roasted Brussels sprouts, or roasted squash.

- Serves:** 8
- 1 shallot, chopped
 - 2 garlic cloves, chopped
 - 1/2 cup pine nuts
 - 1/2 cup pitted Kalamata olives
 - 1/4 cup anchovies
 - 1/4 cup finely grated lemon zest
 - 1/4 cup fresh mint leaves
 - 1/4 cup fresh flat-leaf parsley leaves
 - 2 tablespoons fresh thyme leaves
 - 1/2 cup extra-virgin olive oil, plus more as needed
 - Kosher salt and freshly ground black pepper
 - 1 (3- to 4-pound) butterflied boneless leg of lamb

- 1 Preheat the oven to 425°F. Fit a wire rack in a roasting pan or rimmed baking sheet.
- 2 In a food processor, combine the shallot, garlic, nuts, olives, anchovies, lemon zest, mint, parsley, and thyme and pulse until everything is finely chopped. With machine running, add the olive oil in a steady stream. Process until well blended. Season with salt and pepper.
- 3 Open the lamb, season all over with salt and pepper, and lay it butterflied-side up on a cutting board. Spread the olive mixture all over the butterflied side, then roll up the lamb tightly. Tie it in 1½-inch intervals with kitchen twine. Drizzle all over with oil. Place the lamb on the prepared rack, seam-side down.
- 4 Roast until the lamb is starting to brown, 30 to 40 minutes. Reduce the oven temperature to 325°F. Roast until an instant-read thermometer inserted into the thickest part registers 125°F, 30 to 35 minutes more.
- 5 Transfer the lamb to a cutting board and tent with aluminum foil. Let rest for 15 minutes before slicing.



Brussels sprouts and dried cherry salad with black and white sesame

My update on Asian slaw swaps Brussels sprouts for cabbage and apple for carrots. Using sesame in the dressing and salad doubles up on their good fats and makes this a good choice for anyone with nut allergies.

- Serves:** 4-6
- 1 pound Brussels sprouts, shaved on a mandoline
 - 1 garlic clove, grated on a Microplane
 - 1 shallot, thinly sliced, 1 apple, cored and thinly sliced
 - 1 serrano chile, seeded and thinly sliced
 - 1/4 cup unsweetened dried tart cherries
 - Coarse sea salt and freshly ground black pepper
 - Toasted Sesame Vinaigrette (recipe follows)
 - 1/4 cup chopped fresh mint, 2 tablespoons black sesame seeds

- 1 In a large bowl, combine the Brussels sprouts, garlic, shallot, apple, chile, and dried cherries. Season with salt and pepper and toss well. Drizzle with the vinaigrette and toss until everything is evenly coated.
- 2 Transfer to serving dishes and scatter the mint and black sesame seeds all over.

Toasted sesame vinaigrette

Like a rustic homemade tahini, this dressing tastes extra rich from a generous dose of sesame seeds. It pairs well with any Asian-inspired or Middle Eastern salad.

- Makes:** about 3/4 cup
- 1/2 cup white sesame seeds, toasted
 - 1 garlic clove
 - Zest and juice of 2 lemons
 - 1 tablespoon raw honey
 - 2 tablespoons white wine vinegar
 - 1/4 cup extra-virgin olive oil
 - Coarse sea salt and freshly ground black pepper

In a blender, combine the sesame seeds, garlic, lemon zest, lemon juice, honey, and vinegar and puree until smooth. With the machine running, add the olive oil in a steady stream and blend until emulsified. Season with salt and pepper.



Coconut roasted cauliflower wedges with cilantro and lime

Fat wedges of cauliflower stay meaty when roasted. I really like this with orange or yellow cauliflower. If you happen to have pickled chiles, use them in place of the fresh chiles here.

- Serves:** 4-6
- 1 head cauliflower, leaves discarded, bottom trimmed
 - 1 tablespoon coconut oil, warmed just until liquid
 - Coarse sea salt and freshly ground black pepper
 - 2 tablespoons ground coriander
 - 1/2 red finger chile, sliced
 - 1/2 lime, Cilantro sprigs

- Preheat the oven to 400°F.
- 2 Cut the cauliflower in half from top to bottom. Cut each half into four wedges. Put the wedges in a single layer on a rimmed baking sheet.
 - 3 Spoon the coconut oil all over the cauliflower, letting it run down the sides. Sprinkle with salt, then dust with the coriander.
 - 4 Roast until the cauliflower is very browned on top and bottom, about 30 minutes. Divide it among four to six serving plates.
 - 5 Top with the chile and squeeze lime juice all over. Top with cilantro and season with salt and pepper. Serve hot or warm.

Opinion: Calgary must end the anti-fluoride folly

Poor dental health in childhood becomes a lifelong burden, with consequences for those who can least afford dental care

By Doug Firby

If I could convince Calgarians to vote on one issue in the recent municipal elections, it wouldn't be the one that's in the headlines – whether to subsidize the Flames' billionaire owners in their quest for a new arena. Instead, it would be to punish those idiotic councillors who voted in 2011 to remove fluoride from our drinking water.

Some of them are still on council, which is a shame given the negligence that has created a generation of kids from low-income homes with rotten teeth. The kids – essentially sugar-munching guinea pigs for Calgary's social experiment – are the innocent victims of this wrong-headed policy.

The fury is fuelled by looking back at the comments from councillors at the time. They convinced themselves that moms and dads – some of whom are worried about just making the rent – would

step up and be fastidious about the dental care of their children when fluoride was removed from the water. Maybe the parents in the councillors' upper middle class neighbourhoods could do that, but the children in communities that can least afford a visit to the dentist weren't going to.

Councillor Druh Farrell argued at the time that helping families who couldn't afford fluoridated toothpaste would be a better idea than giving it to the entire population. Did the city hand out free tubes of toothpaste? No.

Is it surprising? Probably not, since the bourgeoisie has always been quite tone deaf to those from other social and income strata. After all, if parents were really concerned about the fluoride issue, why didn't they just show up at the Glencoe Club to explain themselves?

During the debate, Councillor Jim Stevenson said that there just wasn't enough evidence to support continuing to add fluoride to city water.

In February, the University of Calgary's Cumming School of Medicine, the University of Alberta and

Alberta Health Services released the results of a study of about 5,000 Grade 2 pupils in Calgary and Edmonton. The Calgary children were drinking fluoride-free water and those in Edmonton continue to ingest fluoride.

The study found there were more cavities in both Calgary and Edmonton over the period of the study, but it got worse in Calgary, where fluoridation was stopped, than in Edmonton. There was an average of 3.8 surface cases per student in Calgary, and 2.1 in Edmonton. Researchers concluded the cause is clear – cutting out fluoride has resulted in more tooth decay.

"We systematically considered a number of other factors ... and in the end, everything pointed to fluoridation cessation being the most important factor," said researcher Lindsay McLaren.

At least Councillor Gian-Carlo Carra – who supported the fluoride end in 2011 for cost reasons – admits that if council knew then what it knows today, it would have continued adding fluoride to the water.

But Farrell? There appears to be no such contrition.

"It's oversimplified to think that fluoride is the sil-

ver bullet and it doesn't absolve us of the responsibility to look at issues of poverty, access to dental care, access to a healthy diet and lack of equity," she said shortly after the report was made public.

There's no question that public health authorities could and should invest more energy into educating the public on the importance of dental hygiene. Yet, regardless of that, there is one simple – and relatively inexpensive – way to meaningfully reduce the rate of tooth

decay in our children: fluoride in drinking water.

Poor dental health in childhood becomes a lifelong burden for kids who can least afford it. Failing to take this simple preventive step will have enduring consequences for those people right into adulthood. Maybe council can find some money to pay for dentures. *Veteran political commentator Doug Firby is president of Troy Media Digital Solutions and publisher of Troy Media.*

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Quebec City: a world class destination comparable to its historically-rich European counterparts

Story and photos by Mansoor Ladha

Page design and layout by Winifred Ribeiro



The most photographed hotel in the world, Quebec City's Fairmont Le Chateau Frontenac, majestically adorns the city's skyline.



Horse driven carriage rides have become a tourist attraction in Quebec City.



Quebec City is a popular stopover for many cruise liners.



Quebec City's famous Ensemble de Quebec, a group of 20 singers, entertain tourists.

visit this Canadian city that feels like Europe. Quebec City is a historic capital city, a UNESCO world heritage site and the only fortified city north of Mexico.

With a population of 800,296 people in the metropolitan area, Quebec City offers bustling streets, magnificent architecture, numerous festivals and plenty of nature, making it a desired tourist destination in both winter and summer.

“I feel as if I am in France,” I overheard a tourist telling his friend while walking on a street in Old Quebec. That is the type of testimonial that visitors to Quebec City have been giving. Quebec tourism officials also constantly trumpet it by using the slogan, “Quebec City: So, Europe. So, Close.”

Dubbed the most European city outside Europe, tourists are pleasantly charmed by narrow streets, shops, sidewalk cafes and restaurants so familiar in Europe's “old cities.”

There are three additional remarkable characteristics of Quebec City that should induce any ardent tourist to

A staunch guardian of French culture in North America, Quebec City proudly showcases the rich and unique French heritage in its history, museums, fine art, interpretation centres and walking tours. Quebec City is Quebec's second largest city after Montreal. Landmarks include the majestic Chateau Frontenac, which dominates the skyline and La Citadelle, an active military installation and official residence of the Governor General of Canada.

Like the Great Wall of China, the Leaning Tower of Pisa or the Eiffel Tower, the Fairmont Chateau Frontenac has become a tourist destination of its own. It is the most photographed hotel in the world, with an imposing view of the mighty St. Lawrence River. It is designated a National Historic Site of Canada. There are estimated to be 37 National Historic Sites in Quebec City.

The landmark hotel, which opened in 1893, has had the distinction of hosting many heads of state and VIPs including King George VI, Queen Elizabeth, Princess Grace of Monaco and many others. During World War II, Chateau Frontenac became famous for hosting the Allies' Quebec Conferences attended by President Franklin Roosevelt, Prime Minister Winston Churchill and Canadian Prime Minister Mackenzie King.

It is also believed that

Canada was born on the Plains of Abraham, outside the walls of the old city where a decisive battle between France and Britain was fought, influencing the creation of Canada.

With over 200 travel writers, public relations and tourism officials from all over Canada, I attended the Travel Media Association of Canada (TMAC) annual convention in Quebec City. We were pampered for five glorious days at the renowned Fairmont Hotel. Quebec tourism officials went all out to ensure red carpet treatment for the visiting media and tourism industry personnel.

On the first day, we were divided into smaller groups, each batch matched up with a chef to enjoy a farm to table dining experience. I was grouped with Chef Simon Renaud of Hilton who bought all the necessary ingredients for cooking fresh from the market in our presence. The group then walked to the Hilton for a cooking class with instruction by the chef. After that we enjoyed a delicious meal prepared by the class. Cooking classes are becoming fashionable in many five-star hotels, and hotel officials confirm that patrons are demanding such culinary experience from renowned chefs during their stay.

Tourists are also given an opportunity to experience Quebec's authentic aboriginal tradition and culture. Close to Quebec City is the Huron-Wendat reservation, Onhoua Chetek8e, offering a unique history, culture and traditions of the Hurons.

Quebec City is renowned for its gourmet cuisine and restaurants which use local products with creativity and finesse. It boasts world-class restaurants, bistros, inns and farms specializing in local produce.

The mighty St. Lawrence River which begins from Lake Ontario, flows through historically rich cities of Montreal, Quebec City and Trois-Rivieres, which have capitalized and unveiled tourism initiatives increasing cruise travel along the waterway. Quebec City is a popular stopover for cruise ships, enroute to other destinations. Cruise passengers have stayed in Quebec City before or after their cruise to experience the unique character of the city.

However, one doesn't have to be a cruise passenger to enjoy the St. Lawrence River. There are plenty of local cruises available, among them is Croisieres AML, a leading cruise company offering various cruise packages on AML *Louis Jolliet*.

The boat, which can carry up to 1000 passengers, passes through some of Quebec City's points of interest, allowing passengers to enjoy panoramic views in the comfort of its glassed-in dining rooms. The boat has three distinctive terraces, where entertainment and dancing is provided. They serve meals entirely cooked on board.

The last day in Quebec City for us was a memorable one. Escorted by a full RCMP band, the whole entourage walked through the streets of the city to a culinary experience of a lifetime. We had delicious dinner at La Chapelle du Seminaire, which has been deconsecrated since 1992 and is available for private parties and fund-raising events. The seminaire provides a unique setting and magical atmosphere for the event, with entertainment offered by the Ensemble de Quebec, a dynamic group of 20 singers and four musicians, playing and singing universal gospel music. The group comprises experienced performers who regularly participate for special public, corporate and fund-raising events. As gospel music pioneers, the Ensemble, which was established in 1995, has performed to sold-out shows and has also released their first album.

** Mansoor Ladha is a Calgary-based travel writer, journalist and author of *A Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims and Memoirs of a Muhindi*.



A favourite place for tourists is Quebec City's Old Town streets which resemble European streets.



Open-air cafes dominate Quebec City's streets.



Some people in the audience found the music too loud for them.



An RCMP band entertains visitors.

Calgary artist weaves a saga of truly epic proportions depicting the history of oil

By Dylan Reardon

For nearly a decade, Calgary artist Sandra Sawatzky has been toiling away on The Black Gold Tapestry, a 67-metre hand-embroidered art piece depicting the history of oil and its effects on civilizations throughout the world.

Now housed at the Glenbow Museum, The Black Gold Tapestry has taken Sawatzky nine years

to complete, where she spent an average of eight to ten hours a day on the project, first researching, then planning and sketching, and finally stitching.

Inspired by an exhibition of historical embroidery at Glenbow Museum that she and her daughter attended in 2007, Sawatzky, an artist as well as filmmaker, tried embroidery. Her passion for storytelling kicked in, and she started to imagine how

she could combine the art of drawing and embroidery into a larger project, one that was unique.

She learned about the 1000-year-old Bayeux Tapestry in Europe, a 67-metre long tapestry that tells the history of the Battle of Hastings, and thought, 'what if I did that?'

The result is an epic tale, remarkable in both its historical and physical scope. It begins at the age of

dinosaurs and the story of how oil has been woven into various cultures, from bitumen bubbling up to the surface in Mesopotamia 5,000 years ago, to the Industrial revolution, to the enormous impact of oil on Alberta's and the global economy today. Sawatzky has meticulously woven a story that spans history and cultures, and the nature of the art piece itself transcends language barriers.

The Tapestry makes use of 69 different colours in total, spanning 67-metres of linen fabric. The thread Sawatzky sourced is a 50-per-cent silk, 50-per-cent wool blend called Sheep's Silk that is hand-dyed by a family in Boise, Idaho. Sawatzky experimented with samples of linen fabric she ordered from all over the world before settling on one she obtained from Toronto.

Continued on page 19



Calgary artist, Sandra Sawatzky, in front of one of eight panels that make up The Black Gold Tapestry, a project she began in 2008 and saw through with dutiful attention to detail until 2017. Photo by Dylan Reardon.



The attention to detail is obvious when seen up close: the yarn sits on top of the linen, creating ornate shadows and dimension. Photo by Dylan Reardon.



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The Black Gold Tapestry is an enormous project: 67-metres in length—equivalent to two city blocks or the height of a 20-story building, yet only a half-metre high. This hand-embroidered illustrative tapestry tells the story of how oil has impacted human civilizations around the world, from the beginning of time to the present day. Photo by Dylan Reardon.



The Black Gold tapestry is composed of captivating vignettes from past and present that will surprise and even delight viewers. Photo by Dylan Reardon.

Continued from page 18

“The thread adds a lot of shading to the work,” says Sawatzky. “Because the yarn sits on the surface of the fabric, it creates a bit of three-dimensional pull.”

In contrast, “the Bayeux tapestry was made using wool threads”, says Sawatzky, likely because silk wasn’t as readily available.

“Wool thread is really tough to pull through the linen.”

The richness of detail in The Black Gold Tapestry is something to which Sawatzky paid close attention, a characteristic she thinks has been lost in recent times with the rise of mass-produced goods.

But there’s a market for people who want to see meticulously detailed, hand-made art; a bit of a “pushback” against the cheaper, machine-crafted items that have flooded our lives. Sawatzky likens it to antique furniture with inlay, or leather with a patina. Or a bottle of wine that gets better with age.

“Detail is one of the reasons why I think, say, [J.K.] Rowling’s work was so popular,” says Sawatzky. “The Harry Potter books are packed with detail, which might seem minute or insignificant, but it allows the reader to build a complete picture in their mind.”

And so, throughout The Black Gold Tapestry, Sawatzky has incorporated an abundance of detail and hidden gems that she hopes will delight viewers again and again.

Visitors to the Glenbow Museum such as Betty White were stunned by the level of detail in the tapestry.

“The detail, from a distance, you can’t really get a sense of it all,” says White. “It’s not until you get up close and follow the story of oil, until you

appreciate the scale and the detail. And I think that’s the point of it.”

That is the point, says Sawatzky.

“Someone once told me the average length of time someone will look at a work of art today—modern art—is under 30 seconds, and how do we slow that down?” says Sawatzky.

“Even with magazines, people flip through, only giving a cursory glance.”

Sawatzky didn’t want people to be able to “take it all in at one glance,” rather she tried to create a more intimate piece of visual art, a piece that offered something new to anyone on repeat viewings.

The Black Gold Tapestry will be on display until May 2018. After that, Sawatzky would like to see the piece shown overseas, maybe in Europe.

“What story would be as epic as the Battle of Hastings?” Sawatzky asks. Oil is that story.

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Nenshi scores a hat-trick



By Mansoor Ladha

Naheed Nenshi scored a stunning hat-trick by winning the election and securing the mayor's chair for the third time. It was not an easy or comfortable win as the campaign was marred

by mudslinging, hatred, bigotry and abuse.

Nenshi's closest rival, Bill Smith and his supporters, left no stone unturned with the sole aim of unseating the incumbent mayor. From the start, Nenshi and Smith entered the election "ring" as two boxers vying for the precious trophy – the mayor's chair.

The fact that Smith has been reluctant to disclose names of those who donated to his campaign, left a sour taste in some voter's mouths. With colourful ads trumpeting his triumphs in daily papers and splashed over TV screens, it appeared at first that he was headed for victory and was confident of securing the mayoralty trophy. Even the polls went

like a see-saw, giving leads to Smith first and then to Nenshi. Finally, it was the people's choice that prevailed at the ultimate poll, shaming the pollsters.

Smith urged his supporters to fire Nenshi, blaming him for everything that has gone wrong in Calgary and Alberta. Nenshi was to be blamed for Calgary's economic downturn, high unemployment, municipal tax burden, arena and Flames fiasco. The electorate was in a really foul mood and self-styled critics came out of the woodwork, dismayed by energy project cancellation and the high vacancy rate in the city's office buildings.

The federal Liberal government and the provincial NDP administration's role in creating economic uncertainty were largely forgotten. The fact that Nenshi has only one vote and Calgary council decisions are made by the majority of members was also conveniently forgotten.

Perhaps the main regrettable aspect of this year's municipal election was that despite standing in long line-ups, some people were unable to vote so they went home out of frustration while others couldn't get ballots. This is a tragic situ-

ation which demands immediate attention by election officials. There is no reason why anyone should be prevented from exercising their democratic right in Canada.

In the final stretch of the campaign, hateful messages and personal attacks appeared on the social media, attacking Nenshi's religion, appearance and beliefs – things that have no relevance to the election.

As long-time councillor Druh Farrell said: "it was the most negative campaign I have ever seen in Calgary but it wasn't effective, and that gives me hope for the future. [Politics] needs to be about ideas and solutions, and ultimately that won out."

To his credit, Nenshi concentrated on outlining his policies and what he would achieve if elected compared to policy-starved Smith, who was silent on major issues.

It says a lot about the conservative stronghold of Calgary when it shows confidence by electing the first Muslim mayor of a major Canadian city. As Mount Royal University political scientist, Lori Williams, said: "It gratified a great many Calgarians who really liked that this counteracted or challenged assumptions

about the character of Alberta and Calgary in particular."

Although Nenshi secured 195,586 votes while Smith received 167,666, Nenshi's popularity fell from 73.6 per cent in 2013 to 51 per cent this time. It has been suggested that the main reason for that is his arrogant attitude. During a mayoral debate at the Calgary Chamber of Commerce, Smith equated him to an employee who starts out great but "he doesn't listen to advice, he doesn't keep his promises, he doesn't learn from his mistakes, he doesn't work well with others and he always thinks he's the smartest person in the room."

One can dismiss the above criticism coming from an election rival. Our mayor-designate has indicated that he is willing to change for the better. "We have so much to be proud of but we also have so much to learn," he told the crowd of supporters at his victory party. "It's also humbling because what you've given me once again is an extraordinary gift and that gift is your trust and I promise you that I will never, never break that trust."

Hopefully, as a post-mortem exercise, Nenshi has learnt a bit of humility from this election. I am sure, as an educated person, as a university professor turned politician, he is capable of recognizing his faults and overcoming them. We should look forward to the next four years of his reign with a lot of anticipation and great hope. Calgary won't be disappointed. After all, he was previously the World's Greatest Mayor!! □



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Photo by: Chris Lee

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

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Recently, I was remembering one morning when I was living in rural England. I was awakened by the sounds of some poor soul quite obviously in distress. The cries were more frequent. They increased in pitch, as the distress became more urgent.

I wondered what was wrong, wondered what was causing such desperation. But there was nothing I could do but be grateful that I wasn't the one in trouble.

Could I not have picked up the phone and called Emergency Services? Could I not have got up, got dressed, gone out to see if I could help?

No, on both counts, because the distress was coming from one of the cows across the lane. The farmer is there. He could hear it even better than I, and he knows his cow things so he would tend to it as he'd see fit.

Besides, I've not got a clue about broken cows. Sick or injured people, yes. Cows, no.

As I listened to this poor cow's increasing suffering, I thought about how lucky we are as people to be able to seek help when we need it. At least, those of us who don't live in Third World Countries, those of us who are privileged enough to have friends and family, telephones, doctors, hospitals, support groups, alternative health care options, emergency services, neighbours, even strangers who sometimes appear out of nowhere and make a huge difference in our times of need.

I thought about how lucky we are to be able to verbalise what's wrong. What hurts, what's missing, what's so urgent. We're so blessed to be able to speak up and get the help we need, yet so often, we don't. For many of us, it is difficult to say, "I need help." We don't want to be weak. We don't want to bother any-

Asking for help is a blessing

one. We're afraid of being dependent. We don't deserve it. The list goes on and on.

Like many others, it's certainly been one of my downfalls. I learned very early in life that there was no help for the worst of my suffering. I was not protected in my home, and suffered at the hands of those who were meant to care for me. There was nowhere to go for help. It never even occurred to me to ask because I had been taught that I did not matter.

And I grew up not asking. I spent my adult life not asking. And even when it was offered, it was like amputating a limb without anaesthetic to say "Yes, please."

Why? Well, a variety of reasons. I had been taught I didn't deserve anything good, I didn't deserve to be heard. I was not important. My feelings and needs did

not matter. And I was flat out told repeatedly that I was not as good, as valued, or worth as much as other people.

I know I am not alone. Far too many people have been treated the same way.

This problem with not accepting or asking for help is multi-faceted and it's one of the most difficult lessons for many people because it sits right on top of those core issues that are deeply rooted in childhood.

When you start forcing yourself to say "Could you please help me?" it feels like you're wearing shoes that are two sizes too small. But better to do it than not.

I remember a time several years ago when it occurred to me that I'd been asking the universe for certain blessings. Pretty basic stuff, really. Being with my family, having the ability to sup-

port myself, and devoting my life to charity work in a very big way. I needed a miracle (or two) to make all of that happen.

Suddenly, I realised that I'd been putting up a huge stumbling block and if I didn't remove it, I was never going to get my miracle. Throughout my life, I'd been a "giver". But I wasn't very good at receiving.

And if I didn't know how to receive, why would the universe bother to give me what I wanted?

What was extra interesting is that as soon as I realised that I needed to learn how to receive, I was given some huge lessons in how to do it. There were massive offers from friends who wanted to help in ways I needed desperately at that time. My first instinct was to say "No, thank you."

But I bit my tongue.

I saw that the universe was trying to help me. It was saying, "Here you go! Lessons on learning how to receive! Hurry up, because we have Big Things to give you, if you'll just learn how to accept them!"

So I choked on "Yes, thank you." And many times since then, it's been stuck in my throat but I keep swallowing and eventually, it gets easier.

And the miracles have begun. The universe is responding to my willingness to ask for help, and to receive it gratefully when it is offered, even when - and especially when - it comes in a way that I didn't expect.

How blessed we are to be able to verbalise what we need and to get help when necessary. It is far too precious a gift to be wasted. □

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Sudoku Puzzle

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

Solution on page 27

Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

TD CONVERSION

ACROSS	53 Sleek, briefly	101 West ender?	5 Tool for cutting metal	47 DeLuise of "Fail Safe"	87 Covered up
1 Actress Paxton	54 Tanzania's — es	102 Cuddly "Star Wars" critter	6 Year, in Brazil	48 Head organ	91 Euro divs.
5 Miss — (Dickens spinster)	55 Moniker	103 Office scribe	7 Movers' vehicles	49 Indian bread	92 Pres. after FDR
13 Small-combo jazz genre	56 Quantity in a given area	104 TV "Science Guy" Bill	8 "Leave — me!"	50 Old Dodge hatchback	95 Parseghian of Notre Dame
20 Even-steven	59 More irate about the cards one was dealt?	105 Rice field with a salami factory in the middle of it?	9 Library unit	51 Mother of Helen, in myth	96 Goodie-filled gala gift
21 Hated thing	64 Work unit	110 Used a bat	10 Skirt border	54 Dig deeply	97 Pea holder
22 Like waves, to shorelines	65 Grain bundle	112 What sit-ups work	11 Bit of gig gear	57 — Brothers ("Fight the Power" R&B group)	98 Permitted
23 Disdain for cow milkers?	68 Rod go-with	113 "Yeah, bro" 12-Down	12 Torero	58 E'en if	99 Coils around
25 Heeded, as a suggestion	69 Old region of Asia Minor	114 Cheer for a 12-Down	13 Georgia fruit	60 Inert element	100 Drench
26 Not be under the weather	70 Retaliation plan that's proceeding tediously?	117 Love of Tristan	14 Symphony performer	61 The, to Klaus	102 Dermis or Pen lead-in
27 Note before la	74 Mag revenue source	120 Scrounged	15 Boozing type	62 Achievement	105 "Dynasty" actress
28 "Moses" novelist Sholem	77 River of Florence	123 Rivals at auctions?	16 Mao — -tung	63 Snug-fitting dir.	106 "Three Men in —" (novel or film)
30 A, to Klaus	78 Dame Judi	127 Members of the mob	17 — one's time (waited)	66 See 52-Across	107 Yank's land
31 Ungenuine	79 Larch cousin	128 Underscored	18 Egg-shaped	67 Unwavering	108 "Metro" star
33 Give a tot some grub?	82 Statement about a tea box?	129 Elsa's sister in "Frozen"	19 1-cent coin	70 Sells	109 Sing on a peak, maybe
38 Psych., e.g.	86 Certain tax shelter	130 Written law	24 Rich boy in "Nancy" comics	71 L.A.-to-Boise dir.	111 Roving type
40 Trail rope	88 Author Blyton	131 Euros replaced them in the Netherlands	29 Pig holder	72 Dresses	115 Loan out
43 Priam's city	89 LAPD division?		32 Tried	73 SFC or CPL	116 Art Deco notable
44 Part of USSR: Abbr.	90 Julio's "eight"	DOWN	34 Abbr. at JFK	74 Nailed	118 Cubs' homes
45 Tremble resulting from drawing curtains?	93 Driving club	1 Double — Oreos	35 Before, to Browning	75 Aarhus native, e.g.	119 Morales of "Caprica"
48 Gas additive	94 Orate	2 Adviser, e.g.	36 — i-noor diamond	76 Bank acct. guarantor	121 Op. — (kin of "ibid.")
52 With 66-Down, she won a 1957 Tony for "Li'l Abner"	96 Sleep furniture designed for athletes?	3 Changing the nature of Rogers St. Johns	37 Novel by Sir Walter Scott	79 Forefront of an activity	122 Astros, on a scoreboard
		4 Author —	38 Uppsala native, e.g.	80 Wry twist	124 Hospital div.
		3 Changing the nature of Rogers St. Johns	39 Apple quaff	81 Span	125 Roman 601
			41 "Thar — blows!"	83 Most tenacious	126 At any time, to Browning
			42 Sharing word	84 — -pah	
			46 — Plains	85 Blue Jays, on a scoreboard	

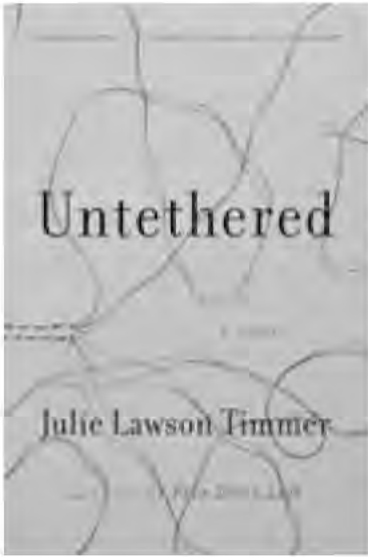
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88						89					90	91	92					93				
94					95					96	97	98				99	100					
					101															104		
105	106	107										109							110		111	
112																					118	119
120																						
127																						
130																						

Solution on page 26



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Monthly Book Review



“Untethered”

By Julie Lawson Timmer

\$28.65 CAD

Hardcover: 352 pages

Publisher:

Penguin (2016)

Reviewed by *The Bookworm*

Oh, the ties that bind.

Be they familial, friendly, or formal, the relationships you’ve made in your lifetime have given you many interesting days filled with ups and down. But, really: would you ever have it any other way? Of course not, unless, as in the new novel “Untethered” by Julie Lawson Timmer, one of those ties becomes frayed.

Char Hawthorne hadn’t been looking for a husband.

She was excited to be living in Washington, D.C., and working a job she loved; dating wasn’t even on her radar – until she met Bradley. He lived in Michigan, a divorced geek with a pre-teen daughter, and though Char wasn’t looking for a husband, it didn’t take many trips north for her to fall in love with man and child.

And now Bradley was gone, victim of a car acci-

dent on a winter’s night.

Grieving aside, there was much to do, plans to finalize, decisions to make, loose ends to tie. There’d been times over the past five years, for example, when they’d discussed Char formally adopting Allie, Bradley’s daughter. Many times, but the conversation usually ended without action, something Char deeply regretted. Once a wife and stepmother, she was now neither.

That meant she had no rights, when it came to Allie. And Allie’s mother, Lindy, seemed to suddenly want her daughter with her in California.

Or did she ... ? Lindy hadn’t seen much of Allie while Char was in the picture; she didn’t call much, and she seemed relieved not

to have to be responsible for a now 15-year-old girl. Even though Allie was such a great kid, a caring person, Lindy didn’t seem to have time for motherhood.

That hurt Allie a lot, Char knew. She knew it because Allie suddenly went from perfect kid to terrible teen in a day’s time. She knew it because of the look on Allie’s face when her mother called. But when Allie took another family’s matters into her own hands by running away, Char knew that someone had to step up as a parent, fast.

It’s so, so easy to ease into a novel by Julie Lawson Timmer. You know by the end of the first page that you’re in for a great story, one that’s rich in detail, plot and character development.

“Untethered” won’t dis-

appoint you on any of those things. Timmer layers on plenty of tiny, everyday minutia in her books, things that give readers better, more vivid imagery. Characters are well-defined but unpredictable, just as they should be. As for plot, Timmer says in her afterword that one of threads in this book is something that really happens in this country and, while it might be somewhat far-fetched at times and maybe a bit too pat in this story, I can’t imagine being happier with

any other ending, or being half as satisfied.

This is a first-rate book-group novel. Or you can enjoy it in hammock, airport, or office lunchroom. Bring a few tissues, but don’t miss it. Without Untethered, you’ll be in a real bind.

The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 11,000 books. □

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A CRY IN THE DARK	HEARTBURN	OUT OF AFRICA
ADAPTATION	IRONWEED	PLENTY
BEFORE AND AFTER	JULIA	PRIME
DANCING AT LUGHNASA	KRAMER VS. KRAMER	RENDITION
DARK MATTER	LIONS FOR LAMBS	SHE-DEVIL
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Continued on page 30

Tuning in to a new Canadian television reality, thanks to Netflix

By Peter Menzies

As the streaming service pours millions into Canadian productions, the CRTC's hands-off decision looks inspired

The best thing the Canadian Radio-television and Telecommunications Commission (CRTC) ever did about Netflix was never doing anything about Netflix.

It wasn't easy. Getting a regulator to resist regulating is like trying to keep a retrieving dog from chasing sticks in ponds.

Plus, many within Canada's codependent film and programming industries were, from the moment Netflix emerged, tugging on the skirts of the CRTC and the federal government. They insisted that the commission must do something because, well, innovation was taking place outside the system and, at all costs, the system must be protected.

To be fair, many of those folks were trained to think that way. A series of governments and CRTC commissioners taught them that their very existence was due to and dependent upon those bodies, and their unique abilities to tap into people's cable bills and find the money to sustain them within the warm and intellectually cozy embrace of the system. This was so ingrained that it appeared at times that segments of the industry, while wonderfully creative in many areas, had all but lost the capacity to adapt or innovate in the face of change. Because inside the system, change always

and only occurred after consultation and by consensus.

As a CRTC commissioner, I tried to make the point that not only should we not do anything about Netflix, we should also make it clear so industry would get the message that they needed to compete.

It wasn't, after all, as if Netflix had invented the light bulb – others could and many have created viable competitive platforms.

Perhaps because people found it unimaginable that the CRTC would allow the system's underbelly to remain exposed as it did, the industry for too long adopted the pose of a deer in the headlights of an oncoming semi.

And then things changed. Shomi and Crave both launched, albeit too late for the former to survive. And the CRTC's Let's Talk TV process reimagined the system. So, for instance, I encountered a young producer in early 2016 who told me he had announced this to his staff: "OK guys – new rules: if we don't think we can sell it to Netflix, we don't make it."

And then late last year, a number of independent producers delivered a united message to me and, I expect, others: Don't do anything about Netflix – they're outstanding partners who are pouring loads of money into our industry in Canada.

It appeared at last that something resembling normal market behaviour was emerging even while Heritage Minister Melanie Joly's "everything is on the table" consultation was – as an unfortunate but unavoid-

able side effect – arousing hopes among some that Netflix would somehow be drawn into the system and change would go away.

And that's why, on the Netflix file, Joly got it exactly right with her recent announcement.

Netflix promised to spend a minimum of \$500 million over five years on production in Canada. In exchange, the government will not attempt to force it to contribute to the system.

Some have criticized this because they say Netflix was already investing at least \$100 million annually so, essentially and despite all the buzz around the announcement, nothing changes.

Good. Others have worried about French production. But Netflix apparently intends to invest \$25 million of its annual expenditure on French works. For those accustomed to traditional funding models that allocate one-third of every dollar to French production – a number that, due to a couple of generations of demographic change, can no longer be justified – this will come as a bit of a shock. But with French being spoken in only about 22 per cent of Canadian homes these

days, that reality has been dawning for a while.

The announcement, the critics say, means Joly really did nothing about Netflix.

If that's the case, she did exactly the right thing.

Peter Menzies is a former newspaper publisher who spent 10 years as a CRTC commissioner.

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**The Alberta League
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Canada 150: Tales from
the Living Tree. Nov. 4.
www.talesalberta.org

Alberta Theatre Projects
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3. – Feb. 4.
Beauty and the Grinch.
Nov. 18 – Jan. 20.
www.jubilations.ca

Loose Moose Theatre
The Frog Prince.
Nov. 4 – Nov 26.
www.loosemoose.com

Lunchbox Theatre
Flight Risk. Oct. 23 – Nov 11.
The Santaland Diaries.
Nov. 27 – Dec. 3.
www.lunchboxtheatre.com

The Military Museums
Remembrance Day Service.
Nov. 11.
www.themilitarymuseums.ca

**Mount Pleasant Potters'
Guild Fall Sale**
Nov. 5, 10 a.m. – 4 p.m.
www.calgarypottery.com

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

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

**The Simon and
Garfunkel Story**
Nov. 7 at 7:30 p.m.
www.thesimonandgarfunkelstory.com

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

StoryBook Theatre
Miscast. Nov. 6 – 7.
Madagascar - A musical
adventure. Oct. 20 – Nov. 11.
The Wizard of Oz. Nov. 24
– Dec 30.
www.storybooktheatre.org

Theatre Calgary
Sisters: The Belles Soeurs
Musical. Oct. 10 – Nov. 4.
A Christmas Carol.
Nov. 23 – Dec. 24.
www.theatrecalgary.com

Vertigo Theatre
The 39 Steps. Nov. 11 – Dec 16.
www.vertigotheatre.com

**An Intimate Evening
with Yanni**
Nov. 6.
www.yanni.com

To have your event consid-
ered for publication in the
Kerby News, email a brief
summary to editor@kerbycentre.com.

Volunteer Spotlight



Gordon Smith

Gordon is an Engineer by profession. He started volunteering when he was just 11 years old helping his father with an election campaign. He has been volunteering at Kerby Centre for more than 3 years. He became our member and decided to volunteer as he finds Kerby Centre a very beautiful place to utilize his free time. He volunteers in our Thrive Program (Grocery Delivery) and sometimes in our Special Events. He has been appreciated by our clients several times for his good work. He likes to volunteer at Kerby Centre because he wants to give back to his community and likes to meet new people. He finds everyone at Kerby Centre very friendly and helpful. He said "Kerby Centre is trying to help older adults with different facilities and programs and encouraging them to get out and socialize". Apart from volunteering and his work he spends time reading books, hiking in the mountains, Skiing in winter, playing badminton and helping with political campaigns. He is also a musician at Symphony Orchestra. Gordon has contributed over 97.5 hours to Kerby Centre.

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

IN MEMORIAM



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

- Jean Murray
- Allan Edwin Freeman
- Carolyn DutBois Saucier
- Daniel James Heffernan
- Edith Rodie
- Edna Charchuk
- Faye Trofanenko
- Fernett Elizabeth Noble
- Grant Connolly
- Hendrina (Riny) Soice
- Jeanette Maxine Veale
- Kenneth A Barrett
- Marjorie Milner
- Mary Hulbert
- Norman Arthur Summers
- Penelope Susan Bower
- Valerie Anne Lemmerick
- Vernon E Schultz

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.



Crossword Solution

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

Solution on page 22



I'LL SEE YOU IN MY DREAMS

Released May 2015 (1 hour & 32 minutes) Rated PG
Romance/Comedy

Friday, November 24th, 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 Trinity Lodge

●●● Community Events ●●●

Bow Cliff Centre for 50+

Jam Session. Come out and enjoy an evening of music and fun on Friday, Nov. 17 from 6-9 p.m. Admission is by donation. Bring your musical instrument, voice or just come and listen. Everyone is welcome.

Christmas Market. Bring out your friends and family to shop for all your Christmas gifts, Nov. 25, 10 a.m. - 3 p.m. Over 20 vendors with crafts and products for all your needs.

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

Calgary 55 Plus Games Association – Winter Games

Members can take part in 13 Winter Sports and Recreational Activities. For the list of events and to contact a coordinator for information, visit 'Winter Activities' at www.calgary55plus.com. Activities take place November to December.

Germans From Russia

Library: 2nd Monday each month from 2 p.m. – 7 p.m. Meetings in English.

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

Greater Forest Lawn 55+ Society

Christmas Bazaar & Bake Sale: Nov. 4 from 9 a.m. – 3 p.m.

Dance - For Olde Tyme Sake. Doors open at 6:30 p.m., dance at 7:30 p.m. Members: \$12, non-members: \$13.

Dinner Show Presents: Calgary Fiddlers. Dinner at 5:30 p.m., show at 7:30 p.m. Members: \$35, non-members: \$45. Reserved seating.

For more information, phone 403-272-4661, or visit us on the web at www.gfls.org.

6th Annual Help-Portrait Day

A group of professional photographers will be offering free, high-quality family portraits to people in Lethbridge who, for a variety of reasons, might not be able to afford a family photo this holiday season.

Help-Portrait Lethbridge will take place on Saturday Nov. 26th from 11a.m. to 5 p.m. at the CASA located at 230 - 8th Street South, Lethbridge Alberta.

Friends of Fish Creek

November Fish Creek Speaker Series: Snakes of Alberta - Why Everyone Should Love Snakes, Thursday, Nov. 23, from 7 p.m. – 8 p.m. Presented by Sandi Robertson, Wildlife Biologist, Alberta Environment and Parks. For more information, visit www.friendsoffishcreek.org.

PROSTAID Calgary

Welcoming Group: Whether you are newly diagnosed, or new to our group. Everyone is welcome. When: Tuesday, Nov. 14 at 6:30 p.m. - 7:30 p.m. Where: Room 311, Kerby Centre, 1133-7th Ave. S.W.

Wives, Partners and Caregivers Group: Prostate Cancer is a couples' disease. Caregivers experience similar emotional distress as our men. Sharing our journey with people who understand exactly what we are going through helps to relieve our fears and worries: Tuesday, Nov. 14 from 6:30 p.m. - 7:30 p.m. Room 313, Kerby Centre, 1133 - 7th Ave. S.W.

Inglewood Silver Threads

Members enjoy free exercise classes, crafts and games day. Our \$2 Tea & Chat as well as our monthly pot luck and subsidised day trips are a great way to meet new people and engage in group activities. Membership is \$20.00.

Nov. 21: Jubilations theatre, playing Downton Abby Road, \$20 includes lunch and transportation.

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

Confederation Park 55+ Activity Centre

Saturday Dances: Nov. 11, Badlanders; Nov. 25, Black Velvet. Tickets \$12/person (Includes a light lunch.) Everyone is welcome. Doors open at 6:30 p.m., dance starts at 7:30 p.m. Door prizes and 50/50 draw.

Remembrance Day Ceremony: Friday, Nov. 10 at 10:30 a.m. Brunch & Turkey Bingo: Friday, Nov. 17 (call for details.) To learn more give us a call at 403-289-4780, visit www.yycseniors.com.

Calgary JCC

Cough & Cold: Don't be caught by the bug. Speak to a pharmacy specialist on how to prevent colds and coughs this winter. Wed, Nov. 22 from 10 a.m. – 12 p.m. at 1607 90 Avenue S.W. Free. For more information on this or other program, visit www.calgaryjcc.com.

Good Companions 50 Plus Club

Trip to Studio Bell, Nov. 1. Cost: \$45. Volunteer Appreciation Lunch, Nov. 8 at 11 a.m. Annual Christmas Tea and bake Sale, Nov. 18 from 1 p.m. – 3 p.m. Cost: \$6. 'B.I.C.' Ethnic Food Fair

and Treasurers Fundraiser, Nov. 25 from 10 a.m. to 3 p.m. For more information, phone 403-249-6991 or visit: www.gc50plus.org.

Airdrie Seniors Outreach Presentation

Nov. 15 from 1:30 p.m. – 3 p.m. Free! Airdrie Senior Outreach Program (ASOP) provides educational presentations and workshops to the Airdrie Community. Free presentations are held monthly and are open to any senior or anyone interested in senior topics. Please call Denise at 403-945-3900 to register.



KERBY TRAVEL

Get Ready To Enjoy The Holidays With Our Upcoming Day Trips



Seats on Sale Now At The Travel Desk For!

Millarville Christmas Market - Nov 9th
Century Downs Casino or Cross Iron Mills Pre-Holiday Shopping - Nov 15th
Strathcona Tweedsmuir School Christmas Concert - Dec 6th

And



Cariboo Magi by Lucia Frangione
Nov 10 - Dec 23
"A yuletide laughfest that's not to be missed." - The Vancouver Sun

Rosebud Holiday Theatre & Luncheon - Dec 14th

You'll be sure to get into the holiday spirit with a coach ride to a Holiday wonderland where you will enjoy a festive luncheon and the live theatre performance of Cariboo Magi

Members \$ 93 pp Non-Members \$ 98 pp

The Travel Desk is now located in Room 305, in Education & Recreation.

For more information, or to book your trip, please contact Kerby Travel at 403 705-3237 or travel@kerbycentre.com
Alternatively, Colleen at 403 705-3178 or colleenc@kerbycentre.com



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William R Stemp

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• email: Teresa@Stemp.com
• Fax: 403-777-1124



THE MANOR VILLAGE LIFE CENTERS EXCITING NEW COMMUNITIES

Opening November 20th, 2017

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40 Varsity Estates Circle NW
403-249-7113



Opening Spring 2018

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

The Community with Heart ♥

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



BOOK YOUR TOUR AND VIEW THE NEW SHOW SUITES AT BOTH UPCOMING LOCATIONS

Sudoku Solution

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

Puzzle on page 22

Delight in the riches of vegan cuisine when entertaining

Page design & layout by Winifred Ribeiro

Gone are the days of stressing over how to please family and friends with different dietary needs. Just because you're vegan or embrace a dairy-free lifestyle, there's no reason you can't savor the joy of meals that celebrate the holidays. The Vegan Holiday cookbook provides festive and impressive recipes that will be a bona fide hit with vegans and non-vegans alike. They'll take all the pressure out of holiday meal planning, allowing you to sit back and enjoy time with your friends and family.

You won't even miss traditional holiday fare like turkey, roasts and time-honored fish and seafood dishes. Many recipes are gluten-free, as well as those that are easy to adapt.

Themed menus help you put together a dinner that sets the mood perfectly.

Easy to follow recipes for vegan holiday food, from appetizers to desserts, Vegan or not, your guests will love these tasty dishes full of festive flavour. recipes that will inspire and excite you and give you everything you need to celebrate.



Courtesy of The Vegan Holiday Cookbook:
From Elegant Appetizers to Festive Mains and Delicious Sweets
by Marie Laforêt © 2017
www.robertrose.ca



Mozzarella Cranberry Croquettes

The crispy and tender little morsels known as croquettes lend themselves especially well to vegan cuisine. In this version, I added cranberries and chives to vegan mozzarella for a sweet and savory mixture that is sure to please everyone. You can use this recipe as a base to make other types of croquettes.

Makes: 6 servings

- 14 oz / 400 g vegan mozzarella
- 1/3 cup / 16 g chopped fresh chives
- 1/3 cup / 50 g chopped dried cranberries
- 1/2 tsp / 1 g garlic powder
- Salt and freshly ground black pepper
- 2/3 cup / 85 g cornstarch
- 2/3 cup / 150 mL water
- 2 1/3 cups / 250 g dry bread crumbs
- 2 cups / 500 mL neutral vegetable oil

It is fairly easy to find vegan mozzarella in well-stocked supermarkets and natural foods stores. You may not enjoy eating it on its own, but it is great in cooked recipes — especially this one.

This recipe also makes the perfect substitute for the traditional cheese course. Pair with a green salad and serve after the main course and before dessert.

1. In a medium bowl, mash mozzarella, then stir in chives, cranberries and garlic powder. Season to taste with salt and pepper. Form mixture into small balls and set aside.
2. In a small bowl, combine cornstarch and water. Spread bread crumbs on a plate. Dip a mozzarella ball in cornstarch mixture, then roll in bread crumbs. Repeat to create a very thick coating. Set aside. Coat all balls in the same way.
3. In a small saucepan, heat oil over medium heat. Add 2 croquettes, ensuring that they are completely covered in oil, and cook until browned. Using a slotted spoon, transfer croquettes to a plate lined with paper towel to absorb excess oil. Repeat with the remaining croquettes. Serve hot.

Chestnut Crème Brûlée

Chestnut cream dresses up simple crème brûlée for a light, refined dessert to follow a filling meal.



Blinis with Carrot Gravlax

Here's a fresh, healthy and ethical alternative to gravlax that maintains the color and aromatic flavors of the famous Swedish salmon dish.

Makes: 20 blinis

Carrot Gravlax

- 2 medium carrots
- 1 1/2 tsp / 2 g chopped fresh dill
- 1 tsp / 6 g salt
- 1/2 tsp / 2 g raw cane sugar
- 1/2 tsp / 2 g crushed white peppercorns
- 1/2 tsp / 1 g pink peppercorns

Blinis

- 1 1/2 cups / 200 g all-purpose flour
- 2 tsp / 7 g quick-rising (instant) yeast
- 2 tsp / 6 g cornstarch
- 1/2 tsp / 2 g raw cane sugar
- Pinch salt (or to taste)
- 7 oz / 200 g plain soy yogurt
- 2 tsp / 10 mL almond milk
- 3/4 tsp / 3 mL neutral vegetable oil
- Additional neutral vegetable oil

Accompaniments

- 1 cup / 250 g vegan crème fraîche or vegan sour cream
- 2 lemons, cut into small wedges

1. **Gravlax:** Peel carrots. Using a mandoline, slice carrots very thinly lengthwise.
2. In a small bowl or dish, combine carrots, dill, salt, sugar, white peppercorns and pink peppercorns. Let marinate for 12 hours.
3. **Blinis:** In a small bowl, combine flour, yeast, cornstarch, sugar and salt. Whisk in yogurt, almond milk and oil until very smooth.
4. Heat an oiled skillet over medium heat. Drop a spoonful of batter into skillet and cook for 1 minute per side. Transfer blini to a plate. Repeat with the remaining batter, oiling the skillet and adjusting the heat as necessary between batches.
5. When ready to serve, spread a little crème fraîche/sour cream on each blini and top with gravlax. Garnish plates with lemon wedges, to be squeezed just before eating.

Makes: 6 portions

- 1 Immersion blender
- 6 shallow crème brûlée ramekins
- Kitchen torch

- 14 oz / 400 g soft silken tofu
- 1 1/4 cups / 300 mL soy cream
- 1 1/2 tbsp / 22 mL cashew butter
- 3/4 cup / 180g chestnut cream
- 3/4 tsp / 2g agar-agar powder
- 6 tbsp / 72g raw cane sugar

1. In a tall cup, using the immersion blender, purée tofu, soy cream, cashew butter, chestnut cream and agar-agar.
2. Transfer tofu mixture to a heavy-bottomed saucepan and bring to a boil, stirring with a wooden spoon to prevent mixture from sticking to bottom. Boil, whisking constantly, for 2 minutes.
3. Pour mixture into ramekins and let cool, then refrigerate.
4. Just before serving, sprinkle each crème brûlée with 1 tbsp (12 g) sugar and use torch to caramelize top.

Tips: Chestnut cream (sometimes called chestnut spread) is a smooth purée made from chestnuts, sugar and often vanilla, and can be found in jars or cans at specialty gourmet food shops, the imported section of well-stocked supermarkets and online. For an ultra-gourmet version, add a few pieces of candied chestnut just after pouring the cream mixture into the ramekins

Agar-agar, sometimes referred to as China grass, kanten, or just agar is a gelatinous polysaccharide derived from red algae. Because agar is a popular vegetarian alternative to gelatin, it is commonly sold at health food stores. Larger grocery stores that have an adequate natural or health foods selection may also carry agar.

Kerby Centre's Activities, Programs & Services



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

Except where indicated, the drop-in fee is \$2.00

This is Falls Prevention Month.
Please contact Education & Recreation
to register for our fun Workshops!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUSICAL RECORDERS GROUP (Rm 313) 1:00pm - 2:30pm	OPTIONS 45 - Employment Work-shops (Lounge) 1:30 - 3:00pm	BRIDGE (Rm 318) 1:00pm- 3:00pm	ARTIST GROUP (Rm 313) 10am - 3pm \$1.50 half day	SPANISH CONVERSATION GROUP (Rm 311) 10:00am - 12pm
CRIBBAGE (Rm 318) 1 - 3:30pm		DANCE (Lecture Rm 205) 1:00pm- 3:00pm	BINGO (Rm 205) 11:00am - 3:00pm	BADMINTON & PING PONG (Gym) 10:30am - 12:45pm
WRITING GROUP (Rm 301) 1:30pm - 3:30pm		GENERAL CRAFT GROUP (Rm 311) 9:00am -12:00pm FREE	PICKLEBALL (Gym) 3:30pm - 5:00pm	KRAZY KARVERS WOOD-CARVING Club (Woodshop Rm 102) 10:00am-3:00pm \$1.25 per hr
PICKLEBALL (Gym) 3:30pm - 5:00pm		KUBB (Rm 305) 10:00am - 11:30am	KERBY TOUR (Dining Room) 10:30 am- 11:30am FREE	
MAHJONG (Rm 308) 10:30 am - 12:30 pm		ENGLISH CONVERSATION (Rm 301) 10:30am-12:00pm		
KNITTING FOR A CAUSE (Dining Room) 10:00 am-12:00 pm 2nd & 4th Monday each month FREE				

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

Dates to Remember



Gentle Fitness Mondays, 11:15 am-12:15 pm	Chair Yoga Fridays, 12:00 pm-1:00 pm
Art's 'N Ends (Painting) Every Tues 12:30 - 3:30 pm	Chow and Chatter Wed Nov 15th, 12:00-1:30 pm
Art's 'N Ends (Drawing) Every Thurs 12:30 - 3:30 pm	Games 'n More Every Wed, 10:30-12:00 noon
Calligraphy for Fun Workshop Mon Nov 13, 1:00 - 3:00 pm	For information on our full monthly calendar events, please contact K2-East Village at 403-470-6300 or email at GeoffL@kerbycentre.com
Zumba Gold Fridays, 10:30 pm -11:30 pm	

Mark Your Calendars

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

Remembrance Day Ceremony **Sat., Nov. 11th, 2017**
Doors Open at 10:15 - Ceremony 10:40
Kerby Centre—No Reservation Required—Open to the Public

NOW BOOKING IN EDUCATION & RECREATION

Sgt. Wilson Army Show & Luncheon **Fri. Nov. 17th, 2017**
Enjoy unique and entertaining show featuring the music of the "Big Swing" era, along with a traditional English meal. Lunch 12:00 pm Show 1:00 pm ,
\$40 Members \$45 Non-Members

Merry Medieval Murderous Xmas Dinner Theatre
Help solve this rollicking and intriguing murder mystery while experiencing medieval dining and festivities. Cocktails 6:00pm Dinner & Show 6:30
\$35 Members \$40 Non-Members **Fri. Dec. 1st, 2017**

Members Christmas Party **Tues. Dec 5th, 2017**
Stay tuned for details. Ticket sales begin November 6th, 2017 in Ed & Rec

Kerby Travel Day Trips

Get Into The Holiday Spirit With Our Upcoming Day Trips

Millarville Christmas Market - Nov 9th
Members \$ 32 pp Non-Members \$ 37 pp

Century Downs Casino or Cross Iron Mills
Pre-Holiday Shopping - Nov 15th
Members \$ 21 pp Non-Members \$ 27 pp

Strathcona Tweedsmuir School Christmas Concert
Members Only \$5.00 (non-refundable)

Rosebud Holiday Theatre & Luncheon - Dec 14th
You'll be sure to get into the holiday spirit with a coach ride to a Holiday wonderland where you will enjoy a festive luncheon and the live theatre performance of **Cariboo Magi**, " A Yuletide laughfest that is not to be missed" The Vancouver Sun
Members \$ 93 pp Non-Members \$ 98 pp

Monthly Movie	+15 Walk
I'll See You In My Dreams	November 28 th
November 24 th	Annual Christmas Craft Sale
	November 8 th

Free Health Presentations

November 20th from 10:30 am – 11:30 am
in the Lecture Room

Bad Balance? Get easy exercises and tools to help improve your balance and keep you mobile this winter! Free. No registration required.

Seats on Sale Now! The Travel Desk is now located in Room 305, in Education & Recreation.
For more information, or to book your trip, please contact Kerby Travel at 403-705-3237 or travel@kerbycentre.com

Next to New Shop ½ Price Sale - Nov 8th
Everything in the store is 50% off!

Save The Date - Flu Shots
Free flu shots at Kerby Centre
November 15th, 2017
9:00 am to 12:30 pm

Continued from page 24

48 Real Estate

ADULT ONLY CONDOS
 ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS
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Kerby Classifieds
 call 403-705-3249

Beautiful bungalow style "villa" condo with one bdrm & a den. Park at your door & enjoy a treed south backyard with private patio. Friendly 50+ community with amenities bldg, snow removal/landscaping included. Close to Inglewood Golf Course & City pathways. \$188,800.
 Colleen Whelan
 MaxWell South Star Realty
 403-471-4234

Kerby Centre's Programs & Services help keep older people in their community

Outstanding Walk-out Villa!
 Great location close to LRT & other amenities. Low monthly home owner fee \$150. incl snow removal & lawn care. Priced at \$530,000. Sylvia Garrett
 Maxwell South Star Realty
 403-651-5521

Thinking of moving but need to sell first?
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 403-233-7212.

60 Announcements

Come join Living Spirit's **SPIRITED COMMUNITY!**
 Third Tuesday each month
 Faith Food & Fun
 Call for more information
 403-243-3180
 629 49 Ave SW

Kerby Classifieds
 call 403-705-3249

Letters to the Editor
Re: Election feature (October 2017)

Dear Editor,
 The comments from mayoral candidates in in the October edition of the Kerby News were a different angle. During the election, not once did I hear a candidate talk about what they were going to do, just what the other guy wasn't. It was nice to actually see what each candidate had to offer seniors. So thank you. As for Nenshi winning, I would rather have an arrogant mayor than an ignorant one. Time will tell if the best man won.
 —Linda S.

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9:30 am to 2:00 pm

Pre-Retirement Planning

9:30 am - Scott Walbergs – RBC

Will & Estate Planning

10:20 am - Jonathan Ng- Underwood Gilholme

Lite Lunch - 11:30 am to 12:00 pm

6 Tips for Aging Gracefully

12:00 pm - Dr. Andrea Eschenbrenner –
Bayshore Home Health

Working with and Selecting an Advisor

12:50 pm - Steven Penner - RBC

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

COST: Free Presentation

Please **RSVP** to Rob Locke
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403-705-3235 or

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Financial Planning:

Choosing your executor

By Jonathan Ng

The role of the executor is to carry out the terms of the will and administer your estate according to the law. Selecting a person, or persons, in your life to take on this job is an important decision. This article discusses some of the important considerations when making this choice.

Two heads better than one? It is possible to choose two or more people to act as “joint executors”. These individuals must act as a team and make all decisions unanimously. This is a double-edged sword. Multiple people bring their unique skills and perspectives to the table; however, they also bring their emotional and personal baggage, which

can frustrate the work that needs to be done. Some parents feel obligated to choose all of their children as joint executors in an effort to keep the peace. Be careful with this — there is a reason why companies tend to have only one president.

The foreign executor. If the executor lives outside of the province, an insurance bond may be required. It is possible for the executor to request that this bond requirement is waived, and, with the consent of the beneficiaries, such a request is often granted. The bigger issue is convenience. The time-consuming work of the executor can be further complicated if the executor needs to take significant time out of their life to travel. If the executor lives outside of Canada, there can be estate tax implications.

The ‘1-year job’ vs. the ‘25-year job’. There is a critical, often overlooked, difference between the executor and the trustee of trusts in the will. Many wills direct that certain shares of the estate must be held by a trustee for the benefit of another person — this is known as a “trust”. For example, it is common that the share of minor child or grandchild is held by a trustee until the child or grandchild reaches the age of 25. It is additionally common that wills require that the executor must also act as the trustee. Careful attention must be paid to

select a person that is equipped to handle the 1-year job of the executor but also available to act as the trustee for the years that follow. It is possible to split the jobs — the executor and trustee can be different people.

Go corporate. For many families, there is no trusted family member or friend available or willing to act as the executor. In this circumstance, a corporate executor may be the right choice. Major banks offer this service through their trust company. The quality of service provided by a corporate executor is high — they do this work professionally and are not burdened by emotions. A corporate executor can also be appointed as a power of attorney in the event that there is a loss of capacity to manage finances.

There are many other factors to consider when choosing your executor such as: skill set, relationship with the beneficiaries, and compensation. Choosing your executor is not a simple fill-in-the-blank task. Seek legal advice to ensure that you are choosing right person. □

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@willsandestates.ca

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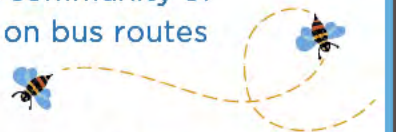


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