

# Kerby News

Published by Kerby Centre for the 55 plus

2017  
October  
Volume 33 #10



What's old is new again: a new generation is canning and preserving food, rekindling traditions of old. Story on pages 10-11.

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9 October, 2017 Thanksgiving  
31 October, 2017 Halloween



Kerby Centre

1133 - 7th Ave. S.W.  
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**President's Report**  
Zane Novak

# The commitment to community

Kerby Centre has a commitment to keeping older adults living healthy lives and staying connected in the community.

That can look like different things to different people. For some, we pick up their groceries and help with support information through our Thrive program. For others,

it is a drop-in group to ensure they are staying socially active and building new relationships. And some just come here to dance.

Regardless of how we are connecting with older adults, it is always of vital interest to us to make sure they are staying part of their community.

On October 16, across Alberta, municipal elections

will be held. Citizens will mark an X for their preferred candidate and help choose who will guide their city or town. Those elected make some of the most important decisions that impact your day-to-day life.

If you live in Calgary, you will also be receiving two transit tickets usable on election day to ensure Calgarians of any income

level can make it to their polling station.

While Kerby Centre does not endorse any individual candidates, we believe that an important part of staying active in your community is to make your voice heard at the ballot box.

Visit your city or town's website to find out how to register and vote. □

**OCTOBER 2017**

Front page: *Photo by Dylan Reardon*

Design by Winifred Ribeiro

**KERBY CENTRE'S MISSION:**

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

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2017 - 2018**

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

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**Kerby News**

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**CEO's Message**  
Luanne Whitmarsh

October is a transition month for me... changing from summer clothes to winter clothes, bringing out the boots so that I don't fall on the snow and ice, and I start planning for more indoor activities like curling up with a book.

It got me thinking about gardening – and specifically root vegetables. This is the time of year that root vegetables are harvested and it is quite symbolic of how we

tend to root ourselves at this time of year. I love hot soups made from root vegetables – makes me think warm thoughts! Many of us have completed the summer travel (hopefully you were able to see some amazing people and places) and the fall routines come into play.

How about you? What rituals do you practise at this time of year? Do you take a moment to see what happened this month in history? October is Women's History Month and there are many articles and books written to celebrate. Also, this month we celebrate Thanksgiving – the month the harvest is completed and we come together to celebrate

with family and friends. And we end the month with Halloween – it is an odd celebration for me to understand, but I choose to relate it to fun for the children to enjoy!

So, as we all transition into the fall season, be easy on yourself, read, put on a woolly sweater and wander outside to see the beauty in the changing colors on the trees, and just take a moment to take stock of where you are, where you have been and where you would like to focus on. Remember to connect with Kerby – meet a new friend, attend a class, volunteer or just come for a coffee! Be well and keep in touch! □

## Thanksgiving in Canada

*By Dylan Reardon*

Thanksgiving has been officially celebrated in Canada since Nov. 6, 1879, when parliament passed a law designating a national day of thanksgiving.

For many years before it was declared a national holiday, the dates varied and Thanksgiving was celebrated in either late October or early November, until Jan. 1957, when parliament declared Thanksgiving to be held every year on the second Monday in October.

The public holiday corresponds to the English and continental European harvest festival, where churches decorated with cornucopias, pumpkins, corn, wheat sheaves, and other harvest bounty, as well as Columbus Day and Indigenous Peoples' Day in the United States.

While pumpkins are a staple of many Canadian Thanksgiving meals as well, they also originated with indigenous people and it is not known if they were present at the first Thanksgiving meals. However, there are recipes for pumpkin pie that date back to the 1650s.

Canadians consume around 145.5 million kg of turkey every Thanksgiving, with 3.1 million whole turkeys purchased last year for Thanksgiving. This was about 30 per cent of all whole

turkeys sold during the year according to the Turkey Farmers of Canada.

This year Thanksgiving will be on Oct. 9., and the Kerby Centre will be closed. □



Please Join As We Honor Our Veterans  
Saturday, November 11th, 2017

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Kerby Centre Auditorium

Doors Open at 10:15 am

Ceremony & Wreath Laying 10:50 am

Light Refreshments To Follow

*Non-Perishable Food Items For the Veteran's Food Bank Will Be Accepted At Kerby Until The Event*

Music Provided by Johnny Summers and Egon Ukuloff



Generously provided with funding from the Calgary Musicians Association, in coordination with the National Council on Aging (NCOA) and the Music Performance Trust Fund, which is funded by recording companies in Canada and the United States



Visit [www.kerbycentre.com](http://www.kerbycentre.com) to post the name or a brief message of remembrance of someone you wish to honor this Remembrance Day

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**This month in Edmonton**

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

As the legislature returns to session this month, jobs and the economy will again be top of mind. However, the topic of the economy is beginning to be viewed differently in our province. Our financial plan is working. 2017 has proven

# Supporting small businesses and seniors programs a priority

to be a successful year for Alberta. Instead of deep cuts, our government has supported our province by investing in key infrastructure and services.

ATB officially announced the end to the recession in August. Alberta's GDP will see at least 3 per cent growth for this year, with RBC expecting 4.2 per cent growth. The Alberta Economic Activity Index surged 7.7 per cent over the last year, recovering more than three-quarters of recession losses. Oil and gas companies have resumed an increase in drilling with more than 130 new wells being drilled since January, and we have added more than 40,000 jobs to the

economy over the last twelve months. Alberta has always punched above its weight, and our province is once again the economic engine of our country.

As your provincial representative, I am concerned with the health of all sectors of Alberta's economy, including the health of small businesses and entrepreneurs. Last month, Minister Bilous of Economic Development and Trade and I spoke with small business owners in the community. We received some great feedback surrounding the need for support for existing small businesses as we edge towards full recovery. Small businesses employ 91 per cent of Albertans, and are

the foundation of our province's economic solidity. To support this economic foundation, our government has reduced the small business tax rate by a third, from 3 per cent to 2 per cent, and we have launched the new Alberta Investor Tax Credit that is directed towards small business capital investment. I invite you to join me throughout the week of October 16 – 20 in celebrating our small businesses by visiting some of the many in the Calgary-Buffalo constituency.

Our government has also been supporting Small Brewers with the Alberta Small Brewers Development Program. Alberta's small brewers make great beer and

we want to give them the tools they need to succeed, create jobs, and help diversify the economy. Since the grant program launched one year ago, 18 new breweries have opened in Alberta, creating jobs and making great, local, Alberta beer. The growth of this industry has been profound. Our government will continue to support Small Brewers so that they can reach new markets, increase production of their products, and thrive in Alberta's growing economy.

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



**This month in Ottawa**

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

With the ground-breaking of Line 3 pipeline in Hardisty in August of this year, and the approval of Kinder Morgan's TMX

# We're working to improve social assistance, the economy, and the environment

expansion last year, we are moving forward in building this country for generations to come.

For too long now, Canadian middle class families have found it hard to get ahead. That's why our government has a plan to grow the economy and strengthen the middle class. Canadians know that the environment and the economy go hand-in-hand, and our government has made a commitment to restore the confidence of Canadians in our natural resources development.

Our government is moving ahead with making smart, necessary investments. We've lowered taxes for 9 million Canadians, and introduced the Canada Child Benefit which will help 9 in 10 families to be better off. We've increased the Guaranteed Income Supplement for almost one million single seniors, and reached an historic agreement to strengthen the Canada Pension Plan to help provide Canadians with the strong, secure and stable retirement they deserve.

Moreover, our govern-

ment is doing the hard work in partnership with provinces — through pricing carbon pollution, through the climate change plan, and through making the most significant investment ever to protect our oceans and coastlines — creating the conditions that will allow us to get our resources to market safely and sustainably.

If you'd like to read more, please visit my website at [www.KentHehrMP.ca/Pipelines](http://www.KentHehrMP.ca/Pipelines).

I am proud to be able to be an ally to the community and work with Canadians as

your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at [www.KentHehrMP.ca/email-updates](http://www.KentHehrMP.ca/email-updates), come by my office at 950 – 6 Ave S.W., call at 403-244-1880, or send me an email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca).

*Kent Hehr is the Member of Parliament for Calgary Centre and the Minister of Sport and Persons with Disabilities*  
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**Disclaimer:**

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

## Kerby Centre Department Directory

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<a href="http://www.kerbycentre.com">www.kerbycentre.com</a>		<i>Work with members and community to provide funding for Kerby Centre's vital programs</i>		Kerby News Sales	editor@kerbycentre.com
Accounting	403-705-3215	General Office	403-705-3249		403-705-3238
Adult Day Program	403-705-3214	generaloffice@kerbycentre.com			advertising@kerbycentre.com
<i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i>		Thrive	403-234-6571	Kerby Rotary House	403-705-3250 (24 hour)
adp@kerbycentre.com		<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>		<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	Housing	403-705-3231	Options 45	403-705-3217
<i>Health services including footcare</i>		Assists older adults in finding appropriate housing		Volunteer Department	403-234-6570
Dining Room	403-705-3225	housing@kerbycentre.com		<i>Volunteers are the heart of Kerby Centre</i>	
kitchen@kerbycentre.com		Information / Resources	403-705-3246	Room Rentals	403-705-3177
Education & Recreation	403-705-3233	<i>The all in one older adult information source</i>		President Zane Novak	403-705-3253
<i>Information source for programs at Kerby Centre</i>		Kerby 2 East Village	403-470-6300	CEO Luanne Whitmarsh	403-705-3251
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# Calgary news briefing

## Plan to end day light saving shot down

Last month, a legislative committee unanimously decided to abandon a bill that proposed changes to day-light saving time in Alberta.

Thousands of Albertans weighed in on the private member's bill that was introduced by the NDP government, and about 75 per cent were in favour of get-

ting rid of the time change.

Premier Notley says the issue is not dead, and that more research needs to be done.

"The matter is still going to come to the legislature for debate," Notley said. "The committee heard from a lot of Albertans. Quite honestly, for a legislative committee to get as many responses as that committee did shows that Albertans have a vested inter-

est in this and seem to care about this matter a great deal."

## Inaugural Top 7 over 70 Awards showcases strength in diversity, tenacity, and experience

Calgary's first Top 7 Over 70 were chosen in September, highlighting some remarkable achievements.

The winners' accomplishments range from becoming an internationally-awarded

athlete to being nominated for a Juno. Some recipients have started international businesses, built baseball stadiums, patented products, established charities and become leading scholars. And, this has all occurred since the winners turned 70.

The winners were Gerry Miller, 82; Vera Goodman, 82; Don Seaman, 92; Alan Fergusson, 83; Marjorie Zingle, 81; Dr. Amin Ghali, and Al Muirhead, 81.

The 7 Over 70 Awards Gala will take place on Oct. 2.

For more information on the winners, visit [www.top7over70.com](http://www.top7over70.com).

## Flames, City at odds over new arena deal. Fans caught in the middle

Calgary Sports and Entertainment (CSEC) and the City of Calgary are at odds over a deal for a new arena, with the matter coming to the forefront of the election.

In September, CSEC said they wouldn't be working with the city on a new arena, with CSEC President and CEO Ken King making veiled threats to move the team. The timing of the announcement coincided with the city of Seattle announcing a new arena.

Days later, the City of Calgary released their proposal, which would see the City contributing \$185 million in funding, including \$130 million in up front money, land in Victoria Park worth \$30 million, and \$25 million to demolish the Saddledome. The City's deal would see CSEC contributing \$185 million, and the final \$185 million coming from a ticket tax.

CSEC says the deal they put on the table would see them contributing \$275 million up front, but Ken King added they are no longer interested in pursuing a deal – period.

Some Calgarians are not pleased with the timing of the back-and-forth politicking between the two sides, with many people taking to social media to voice their displeasure.

With the upcoming October Civic Election and start of the 2017/18 NHL season this month, Dave McGrath says it's obvious the CSEC is trying to get the best deal they can.

"It's a game — that's what this is," says McGrath. "And Calgary Flames fans are being used as pawns."

McGrath says his opinion and support for the Flames organization has dropped after recent events.

"This is a huge, unwanted distraction going into the season."

## Equifax says as many as 100,000 Canadians affected by security breach

Equifax Canada says approximately 100,000 Canadian consumers may have had their personal information and credit card details compromised in the massive cyberattack involving 143 million people's credit data that company made public in September.

The company said the investigation is ongoing and it appears that the breached data may have included names, addresses, social insurance numbers and, in limited cases, credit card numbers.

"We apologize to Canadian consumers who have been impacted by this incident," Lisa Nelson, president and general manager of Equifax Canada, said in a statement.

Equifax has set up a website and hotline for people to find out if they've been affected. Visit [www.consumer.equifax.ca](http://www.consumer.equifax.ca) or call 1-866-828-5961.



## BEAUTY AND THE BEAST

March 17, 2017 (2h 10m)

Rated PG Fantasy, Musical

Friday October 27th, 2017

at 1:00 PM in the

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Price includes snack and a drink!

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# 2017 Municipal Election feature

## What do mayoral candidates have to say about issues that relate to older adults?

The Kerby News posed the following question to mayoral candidates in Calgary, in an effort to give readers some insight into each candidate:

*According to City of Calgary projections, the population of Calgarians over the age of 65 will hit 166,000 by 2024 - and so too will the needs of an increasingly aging population.*

*What is the biggest issue you think affects—or will affect—Calgarians over the age of 65 in the coming years, and what measures will you take to address that issue?*

Here's what the candidates who responded had to say:

### Andre Chabot:

"I have a proven track record in representing seniors' interests in these areas, as well as being known for my fiscal responsibility.

I've advocated on behalf seniors for increased funding to Family and Community Support Services (FCSS), and obtained it. I still have ongoing work to increase the level of funding, because it is not linked to the increase of our seniors population and inflation. The province requires our city to pay 20 per cent of the operating costs, but Calgary has increased their portion to 30 per cent to cover the current needs of Calgarians.

FCSS helps fund seniors groups, programs, and social worker assistance in applying for senior supports like the Property Tax Assistance Program (which reduces low income seniors' property taxes) and the Residential Accessible Design Program (that helps limited mobility and low-income Calgarians live safely in their homes.)

I'm against increasing transit pass prices for seniors; I fought against the proposed 788 per cent increase in the seniors annual transit pass and succeeded, as well as fought to retain the annual low income transit pass for seniors. I also advocated, fought for, and was successful in keeping seniors fares lower for recreation.

I'm against the 52 per cent increase in property taxes over the last seven years, as these high rates affect the quality of life of all seniors regardless of income. Some seniors are being forced from their homes by these higher property taxes, and it also increases rental prices, as well as increasing the cost of basic needs.

When elected Mayor I pledge that I will not increase property taxes greater than inflation. Regardless of what authority the new city charter gives the Mayor, I will not support any new fee or tax. I will continue to advocate for better services for seniors at a lower cost."

### Dr. Emile Gabriel:

"I've lived in Calgary for more than 30 years. I was raised by a single mother after the premature death of my father in Giza, Egypt and came to Canada to escape persecution and discrimination.

As a senior myself, I am concerned about many important issues including safety and financial security, especially for those who are on a fixed income and dependent on promised services. Seniors need peace of mind and certainty; to know that taxes won't be increased more than what they can afford and services won't be cut.

Every senior in our city deserves to be able to age with dignity, in an age-friendly Calgary. An age-friendly Calgary would mean complimentary senior parking at hospitals, assistance with access to services, safety and security at home and in the community. Additionally, I propose the allocation of television and radio time to warn seniors of potential scams and dangers.

I believe that reviving our local economy holds the answer for much of the seniors' needs, as well as reducing poverty and homelessness. As your new mayor, I will immediately start cutting waste and duplication, stop unwise spending and postpone non-urgent and ill-conceived projects in order to be able to save money, freeze taxes for a period of time and maintain services.

On October 16th we will need to elect representatives who are committed to serve the interests of all Calgarians and to support and engage with Calgary seniors who have contributed a lifetime to our great city. Might I suggest you ask this of your mayor and councillor candidates: would you commit to sincere public engagement, respect to people's feedback and protection of our democracy?

I am committed to lead by example and creating a true dialog with seniors and the citizens of Calgary."

### Larry Heather:

"The biggest issue of the coming over-65 population of Calgarians will be the fragile existence of the Canada Pension Plan. With a population, which being habituated to an acceptance of assisted suicide, and the increasingly unsustainable state of our healthcare system, the survival of the Pension is at risk.

We see a rising generation of young taxpayers with less job security, an early onset of credit debt, and strident demands from all levels of government to continue their wastrel spending.

So what can be done from the office of the Mayor of

Calgary, if I, Larry Heather, a fiscal and social conservative, should be elected?

Reduce as much as possible the overburdening of seniors by excessive city property taxes and exorbitant add-ons to our utilities.

Encourage opportunity for seniors to continue to gain an income of their choice and level.

Reform the Pension Fund to a Guaranteed Annual Income funded by interest free monies from the Bank of Canada.

Cut out waste and excessive bureaucracy in our healthcare system to make it more viable, enabling it to continue to provide competent services to our senior population.

Encourage young families in a positive view of having more children and larger families by educating through the City advertising of the great family benefits and joys that come from children. It is estimated that soon, there will be only two younger workers working to support each retiree on pension.

You can see that drastic reform is needed if the funding and support of seniors is to remain intact in the coming years."

### Naheed Nenshi:

"Seniors issues are issues that affect all Calgarians and we need to recognize the demographic trend and plan thoughtfully for the needs of 20 per cent of our fellow citizens and create Age-Friendly Neighbourhoods. The City's Seniors Age Friendly Strategy and Implementation Plan expires in 2018. This is the opportunity to renew our strategy and work closely with seniors to understand the coming challenges and opportunities of the next decade:

Ensuring seniors have access to the services they need: We need to ensure seniors have access to the city services they require and know about the programming available to them, like the Fair Entry program that provides access to low-income transit and recreation passes.

Creating age-friendly neighbourhoods: Aging in place is incredibly important and we need to take a number of measures to create the age-friendly neighborhoods that we need. We must encourage safety improvements and accessibility modifications in current homes by improving permitting processes and advocating for building code and planning policy improvements to ensure new and existing homes and buildings are age-in-place ready.

Access to housing: We must increase the amount of affordable and accessible housing through the Community Affordable Housing Strategy.

Encouraging participation and inclusion in our community: We as a community need to

ensure that seniors continue to be socially, physically, and intellectually active, and welcomed to participate. That means continuing the Active Aging Strategy and promoting opportunities for seniors to contribute, through working and volunteering, in age-friendly workplaces.

Continue efforts to prevent elder abuse: We need to continue to promote public awareness on how to identify, prevent, and respond to elder abuse and neglect in our community.

This is short summary of the different ways we can meet the coming challenges and opportunities.

Should I be re-elected as your Mayor, I want to work together with all Calgarians for seniors."

### Bill Smith:

"The biggest issue facing Calgarians over the age of 65 in the coming years will be the ability to age with dignity.

That can only be done if Mayor and council encourage

a diverse, vibrant economy that maintains civic services for all citizens.

City bureaucracy and red tape will have to be streamlined to encourage new industry to invest in the region, thus allowing an efficient city council the opportunity to keep taxes low. That way, individuals over 65 who wish to work or retire here can afford to live in the city and not be financially forced from their homes by high taxes."

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for the 55 plus

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- Member rates for FIT Room use
- Member rates for select Kerby Centre events
- Special advanced ticket purchases & reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

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# U of C archaeologist using 3D technology to digitally preserve Alberta's unique heritage sites

By Dylan Reardon

A University of Calgary archeologist is using three-dimensional digital imaging to preserve and restore Alberta's unique history.

Peter Dawson, a professor in the department of Anthropology and Archaeology, is working with Alberta Culture and Tourism to record digital images, from endangered heritage sites such as the Okotoks Erratic rock formation to historic buildings such

as the Chinese laundromat in Fort Macleod.

"When people talk about archeology, they think about picks and shovels. But we have access to all kinds of technology now that helps us preserve the past," Dawson said.

"It's important, because our history is part of our identity. Often you might overlook buildings or sites you walk by everyday because you may not understand their stories.



"But these are all physical manifestations of cultural diversity that define our province."

Dawson said his research team uses a "terrestrial laser scanner," which is much like a 3-D camera that emits millions of points of laser lights to record the image and store it digitally.

The best part, Dawson adds, is that researchers can return to a site several times, taking a number of images and recording the changes over time to see whether there have been any negative effects such as erosion, severe weather or too much human use.

"We can scan these sites at different points in time and compare them and look for

any significant changes," Dawson said.

Alberta Culture and Tourism can then work to implement the necessary interventions to protect them.

And that's especially important in Alberta, he added, where we've seen a lot of damage to our ecosystem recently, from the southern floods of 2013 to the northern wildfire of 2016.

The technology can also record images of historic buildings, even if they're no longer fully intact, through imaging that can "reverse engineer" or reconstruct a former location.

Dawson has re-engineered a Chinese laundromat in Fort Macleod as well as the McDougall Memorial United

Church near Cochrane, both built in the late 1800s.

The technology will allow Albertans and tourists to take a virtual tour of both sites, as if they were still in existence, through a unique computer program.

"It will allow you to be teleported to any site, as if you're at the building and you can tour the inside and the outside.

"We will be creating an archive to house all the data."

*Dawson has been conducting research in the Canadian Arctic for 25 years with innovations in digitally preserving polar heritage and archaeological data.*

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# Three Ways to celebrate Women's History Month

October is a time to recall the voices and contributions of women who have been forgotten in the history books. It is a month to learn, support and celebrate. If you are looking for ways to commemorate this special month, check out this list:

**1. Read a book about women.** There are endless books about important historical figures and the ways they contributed to society. Whether you are interested in ancient Egyptian queens or contemporary businesswomen, there is a book out there for you.

**2. Attend an event for women.** October is full of marches, races, galas and parties to commemorate women's history. Attend one of the many events in your area, or throw your own. Celebrate the great women in your life and around the

world, and consider raising money in the process.

**3. Support a women's rights organization.** There are many ways to support organizations that continue to help women make history. You can volunteer, donate or simply spread the word about

an organization like Beautiful World Canada, which provides comprehensive scholarships to women and girls in sub-Saharan Africa who want to pursue higher education. Find more information at [www.beautifulworldcanada.org](http://www.beautifulworldcanada.org)  
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## Tales from Cariboo Provincial Park during the summer BC burned

By Bill Corbett

I am fortunate to own a property on Mitchell Lake which drains down to Quesnel Lake in B.C.'s Cariboo Provincial Park.

Virtually, the only access is by charter plane. Very infrequently do we see anyone else on this lake, ten-and-half miles long. I spend several weeks there each summer 'recharging my batteries'. Each week, a different group of friends join me. This summer the forest fires provided complications but I was very fortunate that I did manage to spend five weeks there. Although I had to come out after the first two weeks in July, I did return for three weeks in August.

Happily, our lake was spared: the closest fires were on the north arm of Quesnel Lake and in the Penfold Valley, south and west of us. In August we did experience smoke from the west – and some days it drifted right to our shore at the east end of the lake. Finally, in the last week, it rained and that cleared out the smoke. I did set up our fire-fighting engine for some sense of security, especially when burning garbage.

Now, why is this annual retreat so vital for me and especially this year with my wife dying in March? We have two boats: the first, 'Willie Pep' is relatively new; the other, 'Dorabelle' is old, leaks but is still my favorite. It has a shallow interior and is easier for my old legs to get in and out of and to stand in. Of course the 'old boy' conviviality (laughs and lies) with each group is rich but I have come to prefer fishing solo.

I'm a novice fly-rod wielder, so I mainly troll a fly; with just one line out I can circle the hot spots without entanglements. There can't be another activity when one needs a companion less.

When the lake is calm, the wind down, the sun shining, I experience a peacefulness, an all-is-right-with-the-world feeling. It is almost spiritual. Then, when my rod gets a strike – 'Is it hooked? Yes' – Up with the rod tip; reel in but if it is fighting and pulling hard, ease the tension to let it run 'til tired. For me it's keep or release; most often, release, with respect for the native rainbow trout.

Turn with me now to another one of Nature's elite. Early one morning, I looked out the window and saw a full-sized Canada goose strutting around my front yard. I went out and approached him to make sure I wasn't hallucinating. He didn't back off. I crumbled some crackers and threw them toward him: he briefly pecked at them. He didn't look disabled but I wondered if he could fly.

He hung around for a while so the other boys could see him, and eventually swam

off. He reappeared a second and third day. My partner Gil's grandson, Tom Haslam, and I started joking about a roast goose dinner. Wouldn't Gil be impressed with us repeating his effort from some thirty-five years ago.

But wouldn't you know: Gus (as we named him) must have heard us. That was the last time he appeared.

What's the theory? Was he wing-disabled or did he simply refuse to fly in the smoke when his squadron took off? □

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# Canning fruits and vegetables, like my mother before me



By Dylan Reardon

My interest in canning only started seven or-so years ago.

As a child, I watched my mother and grandmother brine pickles, preserve cherries and peaches that grew

on my grandparent's acreage in BC, and make jams and jellies of all sorts.

But that always seemed like a lot of work—and if I'm being honest, I don't even like pickles, so why

would I spend days and days in the fall to make 100 jars of something I didn't even like?

Food has changed a lot over the years. Ingredients are becoming increasingly harder to pronounce, and the technology that's given us perfectly symmetrical, seedless fruit and vegetables seems to have also stripped away much of the flavours and nuance.

But if we're lucky, we might find something exotic—albeit still quite flavourless—like a papaya at our local supermarket that has spent just as long being shipped around the world as it did being grown on a plant or tree.

The food scene has advanced quite a bit in recent years. I'm not a food writer, and I won't even try to wax on about how or why it's changed, but in an intrinsic way, I know it has: people are willing to spend more money on organic, pesticide-free, oblong, hormone-free, free-range (etc., etc.) sourced food; local produce is in again, processed food is out.

Whether it's effective marketing that's driving the change or an unfounded sense of one's own body

(latest stats show that 11 out of every 10 people have 'gluten-intolerance,') it doesn't really matter: consumers these days have a craving for healthier, more wholesome foods.

And those can be hard to find.

In the summer of 2010 I was at a farmer's market in Calgary where a booth was selling homemade canned salsa. It caught my eye because up until then I didn't even know you could can salsa. I bought one jar, took it home, popped it open, and it was really, really good.

This made me wonder what else could be canned. I bought a canning and preserving book from the bookstore and began to learn the basics; I enlisted my mother, who was thrilled her canning equipment could come out of storage after 20 years, and I attempted to make some salsa, and about eight hours of chopping, cooking, sterilizing, and canning later, I had my first batch of 36 jars of homemade salsa.

I had caught the canning bug.

One of the benefits of canning is the ability to decide exactly what ingredi-

ents go into the final product: you're in complete control. There are some fundamental rules when it comes to pickling: how much salt and acid (vinegar,) for example, has to be in the final product to keep bacteria at bay; or when making jams and jellies, there is a minimum amount of sugar required for the same reason - but everything else is in your hands.

Another benefit, which I only later realized, was the family bonding experience that developed out of this rekindled interest. My mother, siblings and their families, and I all take part each fall during harvest season. With so many people pitching in, the washing, chopping, lifting, and cooking all go by with much more ease than a solo venture. We've made as many as 300 pint-sized jars on a weekend—and divided by four or five, that leaves several dozen for each party to do with what they please.

Myself, I primarily use the products I make as gifts. I still don't like pickles, but Spicy Pickled Carrots have become one of my most asked-for gifts. Every year I take a different spin on my salsa (black bean salsa one year, nectarine salsa another. Salsa verde, mango and peach salsa; mild or fire-breathing: whatever I feel like.) I've made pickled cinnamon crab apples, canned apple pie filling, beets, beans, cauliflower, asparagus, roasted red peppers, sweet pickles, mustard pickles, and jams and jellies of every variety.

## Volunteer Spotlight



**Patricia Myttenar**

Patricia is a friendly and a hardworking person. She likes to help people so she enjoys volunteering a lot. She started to volunteer at Kerby Centre in February 2016. She likes to volunteer in Next To New store because she had an experience working in the clothing retail store for many years. She also helps us in our special events. She has volunteered for more than 55 years in different organization. She has also volunteered in Royal Canadian Legion for more than 40 years. She enjoys volunteering at the Kerby Centre because she likes to be around people in the same age group, and wants to give back to the community. Besides volunteering she spends her time with her great grand kids and she likes crocheting, knitting, travelling. Patricia has already contributed over 357.5 hours to Kerby Centre.

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

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Continued on page 11

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Over the years I have amassed my own collection of canning equipment, including a pressure canner which opens the doors to what I am able to can. I've experimented with different recipes, come up with my many of my own, and played with labels to make the product 'mine.' Every year I figure out the exact cost per pint-sized jar of each product I preserve (on average, about \$3.25,

including everything from the label to the jar and everything inside.)

What's more, I've developed a real appreciation over the years for what, exactly, is in my food. There is no need for unpronounceable flavour-enhancing chemicals. There is no need to purchase jam from the grocery store.

And good luck finding pickled cinnamon crab apples anywhere – those are originals. □



## Choose simple diet and lifestyle changes for better heart health

Did you know that heart failure is a growing epidemic in Canada? One in five of us will develop the condition during our lifetime, but you can easily make some tweaks to your everyday lifestyle to improve your heart health now.

"Each year, 50,000 new patients are diagnosed with heart failure, and depending on the severity of symptoms, age and other factors, half of them will not survive five

years," says Dr. Gavin Arthur of the Heart & Stroke Foundation. "There is no cure yet, but if it is caught early, lifestyle changes and appropriate drug treatments can help you lead a normal and active life, stay out of hospital and live longer."

Heart failure is the result of damage to the heart that weakens it and makes it less able to pump blood around the body effectively. One reason it is on the rise is that

more people are surviving heart attacks and other acute heart conditions – but not without some lasting damage to their hearts. This damage, over time, makes them more susceptible to heart failure.

"Heart failure can greatly impact quality of life – many people face repeated hospitalizations and are unable to do everyday tasks," notes Arthur. "Even a walk to the corner

can become very difficult for many. However, progression of symptoms can be slowed if it is treated early with appropriate medication and careful attention to diet and lifestyle."

To stay on top of your heart health, choose nutritious meals with lots of

produce, find a fun physical activity to keep you active, and work on maintaining a healthy weight.

Learn more about heart failure, including the warning signs to watch for, online at [www.heartand-stroke.ca](http://www.heartand-stroke.ca).

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## How to cozy up your home for fall and winter

With the return of crisp fall air, most of us look forward to snuggling up at home. Here are some tips for creating an inviting space that's ready for chilly nights and the upcoming festive seasons.

1. Use seasonal harvest items as decorations. A variety of pumpkins, gourds, twigs and dried leaves make great table centrepieces, front door focal points and mantle décor.

2. Switch out pillows and add a blanket to your favourite sitting area. Focus on plaids and stripes with deep tones to enhance the autumnal atmosphere. Not only are these additions functional, you'll also find yourself gravitating to the space more often.

3. Stow your summer wardrobe. Putting away your shorts and sandals and bringing in warmer sweaters, shoes and booties will put you in a warm fall mood. Try the Denver Hayes oilskin jacket from Mark's as the perfect addition to your cool weather attire.

4. Prep the fireplace. Contact a professional to

get it checked and cleaned prior to having your first fire of the season. Following the cleaning, rearrange your furniture around the fireplace and add some extra seating for unexpected guests.

5. Put away the summer

bedding and bring out your heavy-duty comforter and flannel sheets. Add a thermal blanket to your bed in a festive pattern to make your bed even comfier for cool nights.

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### Conversations with First Nations Elders on Traditional Ceremony



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# Meals on Wheels pilot project seen as step in the right direction

By Dylan Reardon

At the six-month mark of a year-long pilot project, Calgary Meals on Wheels is seeing a positive change for those enrolled in the charity's Full Client Support Initiative [FCS].

The pilot is an extension of Calgary Meals on Wheels' Home Meal Delivery Program, and offers meals at no cost to Calgarians who are experiencing unforeseen personal hardships.

For the past 50 years, the charity has offered nutritious meals for an affordable fee; and for the past decade, those fees have been based on a sliding scale to make the service more affordable for Calgarians with varying degrees of financial hardship.

But even with sliding-scale structure, Meals on Wheels says some clients in difficult situations were still unable to afford the minimum daily fee for meals delivered to their door daily.

Meals on Wheels says the pilot project is ultimately about helping Calgarians most in need.

"The [FCS] Initiative has been a goal of ours for a long time," says Janice Curtis, Executive Director of Calgary Meals on Wheels. "This is about removing barriers to proper nutrition."

Acting as a bridge between poverty and possibility, the FCS initiative removes the financial barrier to food security completely, allowing Calgarians to get back on

their feet. The pilot program assists individuals for 90 day terms, with possible extensions available. FCS currently has the capacity to support 50 clients at all times, although there is hope to grow that number in the future.

"This program took away the biggest worry from most of my clients: food," says Curtis. "They previously skipped meals as they could not afford groceries. Even when they had food, it was never well balanced."

In the past six months, FCS has had 71 participants. The stats are encouraging: according to Meals on Wheels, what the participants are saying about the initiative shows the difference it is making.

"It helps my medical condition; I don't have to worry about how to get groceries, what type of food to buy," one client says. "It's allowed me to save some money."

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# Ensure you're insured if you travel south

If you're over 55 and planning an extended trip down south, there are a few things you should know about extended stay travel insurance. In a recent TD Insurance survey of snowbirds who are planning to travel, almost one in four respondents aged 51-69 said they aren't expecting to purchase extended stay travel insurance. And, 31 per cent of those suggested travel medical insurance is too expensive - all of which can add up to a risky financial situation.

"Life is unpredictable, and that goes double for the portion of our population that winters down in Florida or even further afield," explains Brigitte Gougeon, associate vice president of TD Insurance. "We've all heard the cautionary tales of how an unexpected run-in with illness or a small accident impacted the finances of snowbirds travelling with only their provincial health insurance to back them up, but most provincial health insurance pro-

grams pay only a small fraction of the costs in the event of injury or illness while abroad."

For instance, the Ontario Health Insurance Plan pays up to \$400 CAN per day in U.S. hospital costs, depending on the level of care. It reimburses outpatient visits at \$50 CAN per day and physicians costs at the rate they would be paid in Ontario. That means if a U.S. physician charges more than an Ontario doctor for the same procedure, the Ontario patient pays the difference.

By contrast, travel insurance can help with eligible expenses for immediate care in addition to costs associated with safe transfer back to Canada for patients facing extended recovery, if required.

"When it comes to snowbirds, we've tailored some exclusive benefits for this customer group," says Gougeon. "For example, if you had to return to Canada because of illness, your insurance would cover extras such as returning your rental car if you

weren't able to, and also the return home of your grandchildren or pets if necessary. It would also cover the costs of a family member flying out to your bedside if you were hospitalized."

Before starting your trip, take a few minutes to research extended stay travel insurance options, so you can travel with confidence.

Find more information online at [tdcanadatrust.com/safe-travels](http://tdcanadatrust.com/safe-travels).

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# CPP is already planning for your retirement

Did you know you're already planning for your retirement? If you're between 18 and 70, working within Canada outside of Quebec and earning more than \$3,500 each year, you're actually making your financial future more secure with each paycheque through your contributions to the Canada Pension Plan.

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Yet, despite the program's investment successes, a recent survey found 42 per cent of working Canadians believe the CPP fund won't have enough money to cover their benefits through retirement.

Luckily, this couldn't be farther from the truth.

The numbers show the fund is sustainable for the long term, and saw one of its biggest increases in assets during its most recent fiscal year, rising 13.6 per cent year-over-year to \$316.7 billion. Likewise, in its most recent triennial report, the chief actuary of Canada, who gauges the financial state of the fund, confirmed

CPP is sustainable over the next 75 years at current contribution rates. In other words, the CPP Fund will pay out retirement benefits at least for the next 75 years. But that doesn't mean the longevity of the fund will just end in 2090. By operating a well-managed fund with a long-term investment horizon, CPPIB is actively looking beyond the next 75 years as well.

Through a diverse suite of asset classes — such as public and private equities, fixed income instruments, real estate and infrastructure — the fund will continue building wealth for Canadian workers, ensuring its contributors have a stable source of income available to them when they retire.

Find more information at [www.cppib.com](http://www.cppib.com).

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# Some facts you need to know about heating your home

As Canadians, we rely on heating systems more than most nations in the world. But our need doesn't necessarily translate into knowledge. If you're unhappy with the comfort or cost of keeping your home warm in winter, here are some things to consider.

**Insulation is key.** While the kind of energy source and heating equipment you have can affect annual costs a lot, don't even think about upgrading your system until you've optimized insulation levels in your home. For most places in Canada, 22 inches of batt or loose-fill insulation in the attic makes sense. This is more than many homes have, but it pays to go beyond the basics when it comes to insulation.

**Choose natural gas if you can.** Natural gas is abundant in Canada and also burns cleanly in furnaces and boilers that operate at efficiencies greater than 95 per cent. Although prices fluctuate, natural gas always averages out to be the cheapest and most stable source of energy for home heating.

**Consider heat pump technology.** If you don't have access to natural gas where you live, electric heat

pumps make sense because they offer the next most economical source of heat. For every dollar you spend on electricity for a heat pump, the system delivers \$2 to \$3 worth of heat, compared with electric baseboard resistance heaters. Most heat pumps can also operate in reverse, cooling your home in summer.

**Explore smart controls.** We've had programmable thermostats for a long time, but the electronics that control heating systems are advancing beyond these basics. Wireless thermostats, for example, make it easy to control the temperature of different rooms independently. Why heat a room you won't be using at certain times of the day? Today's best control systems also deliver temperature levels that are more sta-

ble and consistent than ever, especially with hot water heating systems.

**Hydronic heating conversion.** "Hydronic" is a fancy word used to describe hot water heating systems. Hot water radiators and infloor heating provide some of the nicest and most even heat you'll experience. Since there are no fans involved, there's no moving air to kick up dust. Hydronic

heating is also one of the best options for converting from electric baseboard heaters to natural gas.

Regardless of what insulation or heating system changes you want to make to your home, be sure to hire a qualified contractor to

do the work. Home heating systems are not DIY projects — you need an expert who knows all the safety requirements. Electrical and gas contractors need to be licensed, so never hire someone who isn't.

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# Dementia Friendly Community well underway in Calgary and Okotoks

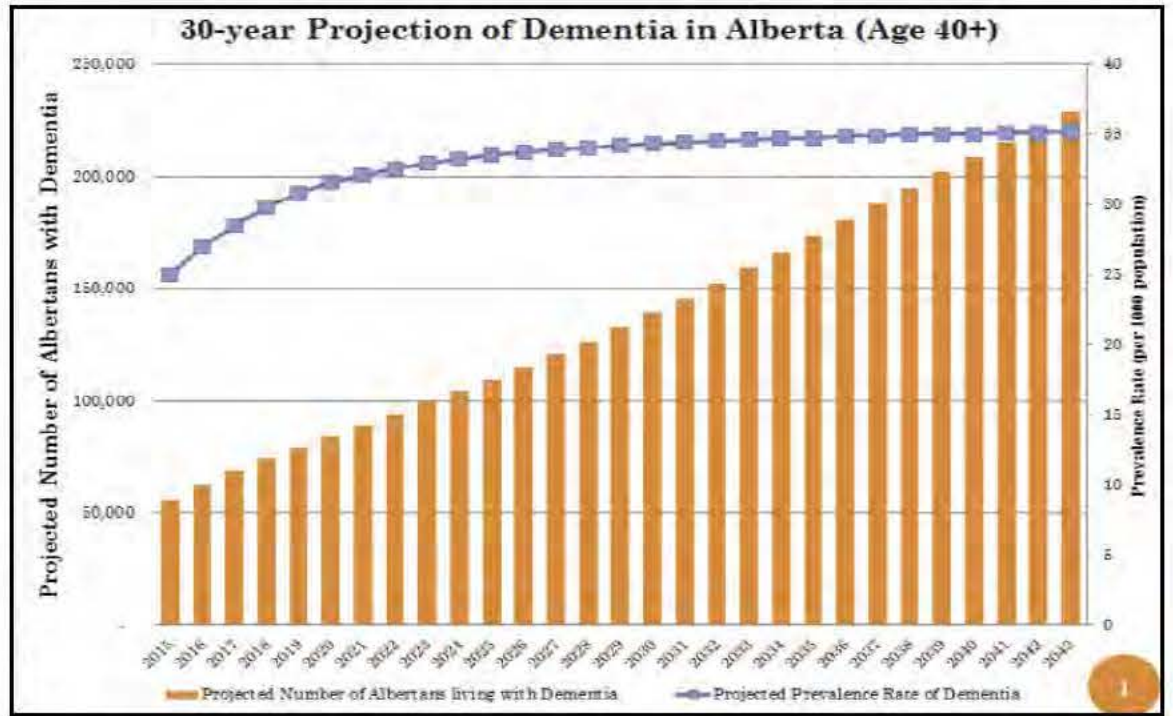
Project designed to help local businesses provide aid to customers with dementia

By Dylan Reardon

A dementia-friendly community (DFC) partnership between the Brenda Stafford Foundation and the provincial government is helping train businesses in a community in Calgary and Okotoks to deal with people who suffer from dementia.

Dementia is a syndrome which affects memory, think-

ing, orientation, judgement, and ability to carry out daily acts; the most common type of dementia is Alzheimer's disease, and the Brenda Stafford Foundation says DFCs are designed to support those with dementia and their caregivers, so they feel included and supported in the places they work, live, and socialize, and staff at businesses in the southwest community of Westhills are being trained to recognize signs of confusion or disorientation among their customers.



The 30-year projection of dementia cases in Alberta shows a steady increase in the number of Albertans living with dementia from 56,000 in 2015 to 229,000 in 2043. Dementia Friendly Communities aim to give greater tools to members of the community to ensure they can support those living with dementia and their caregivers, enabling them to remain at home for as long as possible. Graphic courtesy of Alberta Health Services.

According to Emma Richardson, Dementia Friendly Community Coordinator for Westhills, businesses will be given a number of tools to assist them and their staff if they are interacting with clients who may have dementia, with the goal of giving them a greater understanding and the tools to ensure they can support those living with dementia and their caregivers to remain at home for as long as possible, says Richardson.

"Training includes how to communicate with someone who may have dementia, tips on dementia risk reduction, how to make the business's physical environment more dementia friendly, and information regarding local resources in the area."

The training will also help to raise awareness of dementia and reduce stigma, says Richardson.

The Alzheimer Society of Canada estimates there are over 564,000 people cur-

rently living with dementia, and another 25,000 new cases are diagnosed every year. And the economic impact associated with those numbers is staggering: the combined annual cost to Canadians to care for dementia sufferers is pegged at \$10.4 billion per year in provincial health-care and out-of-pocket caregiver costs.

Among businesses in Westhills currently taking part in the project are ATB Financial, First Lutheran Church, Good Earth, Signature Drug Store, and Rundle College—where staff and students are learning how to communicate with someone suffering from dementia.

The two-year pilot project was launched in Westhills last February and Okotoks earlier this summer, and Richardson says they will be looking at a variety of ways to measure the project's success, including looking at how DFCs impact the community itself.

"Surveys are currently being used pre and post training to establish the impact of training, lessons which can be learned, and improvements which may need to be made," says Richardson.

"In addition to this, we have a Strategic Advisory Group looking at additional ways in how this project can be effectively evaluated."

Richardson says that evaluation will be used as part of a toolkit currently being developed as part of the two and a half year project, which will be made available to other communities in Alberta looking to set up a DFC of their own.

According to Alberta Health Services Population Estimates of Dementia in Alberta report, over 56,000 Albertans over the age of 40 live with dementia, and that number is expected to quadruple over the coming decades as the baby boomer generation ages.

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During the day of the General Election on Monday, Oct. 16, there will be a polling station located at Kerby Centre for Ward 8 residents to cast their vote, open from 10 a.m. to 8 p.m.

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# Coping with the family burdens related to caregiving

Our weekly Caring Connections column will examine the issues of caregiving in Canadian society, and what we can do to alleviate some of the burden

By Vickie Commack

Caring for each other happens every day, everywhere, by just about everyone. It's as ordinary and necessary as breathing. Over our lifetime, 80 per cent of the care we need is freely given, by families, friends and neighbours. Yet its central role in shaping our lives is absent from our day-to-day conversation.

We don't have words to describe care because, often, we don't notice it. We perform daily acts of care, love, obligation and solidarity naturally and without conscious thought.

Everyday caring is difficult to talk about. We have to pick our way through limited vocabulary to reflect the value, meaning and struggle of our caring, without inadvertently casting ourselves as heroes or martyrs.

Each of us is completely dependent on others at various points in our lives. At odds with that practical reality is our society's rever-

ence for the ethic of personal independence.

Our inevitable frailty reveals that there's no independence without interdependence. Even so, vulnerability, dependence and physical decline are uncomfortable subjects outside home and family. That's a lesson that caregivers and their loved ones learn the hard way and one of the reasons isolation is so often a part of the caring experience.

In a world of overexposure, caregiving is still a taboo subject.

The public experiences of care in our society have been professionalized and reduced to service interactions. Consider the impersonal customer care specialists at the end of a protracted telephone tree or the large corporation that declares "caring: it's in our nature."

In our health-care systems, blockbuster drugs and technologies have taken centre stage and care is provided in tightly-controlled

units. Caseloads and service plans dominate our social-care systems.

Family and friends labelled as caregivers are often noted as a detail of the patient history, rather than as integral members of the care team. It should come as no surprise then, that natural care with its engine of love has little value in these systems powered by money.

The irony is that the financial sustainability of our formal care systems is completely dependent on the freely-given care of family, friends and neighbours. The role of medical professionals is to provide treatment and

information aimed at curing what ails patients.

But after leaving the doctor's office or hospital, it's the practical and emotional support of family and friends that enables healing.

Family caregivers are firmly embedded with professionals in the circle of care. But often the only people who recognize that reality are caregivers themselves.

As caregivers, it's imperative we speak up and take our pride of place beyond the intimate caring circle. Our stories, knowledge and earned wisdom are priceless resources for care providers, policy-makers and change-

makers. Making them visible is one of the most caring acts we can perform.

We welcome your comments and invite you to share your stories with us.

*Vickie Commack is a social innovator who has established many ground breaking organizations dedicated to strengthening community and addressing isolation, including Tyze Personal Networks, Planned Lifetime Advocacy Network (PLAN) and the Family Support Institute of British Columbia.*

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**Chinook Arc**  
Chinook Arc draws inspiration from the historic Beltline Streetcar loop that once encircled the neighbourhood, as well as the Chinook arch phenomenon that periodically blankets the sky. By artists Joe O'Connell and Blessing Hancock (Creative Machines – Technical Consultant). Completed in 2014 with a budget of \$370,000, located in Barb Scott Park. Photo courtesy of The City of Calgary.



**Topiary**  
Located in the plaza area of the Westwinds LRT station, this whimsical and distinctly unique Topiary sculpture by artists Jim Hirschfield and Sonya Ishii is contemporary in nature, but historical in inspiration, and is one of three components located in the area. Completed in 2007 as part of the LRT expansion, with a budget of \$308,000. Photo by Dylan Reardon.

**From the Clouds to the Water**

Local artist George Duncan used natural materials combined with traditional blacksmithing techniques to create these functional works of art. The bench design depicts cloud formations encompassed by a gently flowing framework, keeping with the organic theme of the site. Completed in 2004 with a budget of \$24,000. Photo by Dylan Reardon.



# Public Art

It's everywhere  
and whether **YOU**  
like it or not isn't the point

By Dylan Reardon  
Page design and layout by Winifred Ribeiro

Last month city council voted unanimously to suspend the city's public art program. The move comes after the latest installation, *Bowfort Towers*, located on the south side of the Trans-Canada highway in the city's northwest, was met with an avalanche of public outrage.

*Bowfort Towers*, four columns suspending slabs of Rundle rock stone midway up, was not the city's first piece of public art to receive controversy: in 2013, the infamous *Travelling Light* installation, ubiquitously known as the Blue Ring, had everyone from the mayor down questioning how projects were chosen with regard to the Public Art Policy.

In 2004, the city's Public Art Policy was implemented by Council to pursue the integration of public art in the cultural fabric of the city; Council recognized public art was a vital ingredient in Calgary's on-going development as a great, creative city.

It was decided City of Calgary capital projects over \$1 million would allocate 1 per cent of the first \$50 million and 0.5 per cent of the portion over \$50 million to public art, up to a maximum of \$4 million per project.

With the Bowfort Road interchange costing \$71.7 million, the yet-to-be-completed *Bowfort Towers* art piece came in under budget at \$500,000. Even so, the piece ignited a fury of negative backlash, with Councillor Druh Farrell, an ardent supporter of the arts stating last month, "just like great architecture, a public art piece shouldn't need to be explained to be appreciated. Public art is for the public good. That doesn't mean it has to be boring. That doesn't mean 'dumbing it down.'"

There are a multitude of public art projects that have received little attention around the city. According to the City of Calgary's Public Art website, over 50 projects have been funded since 2004, and more than 100 utility boxes have been painted with artistic vibrancy.

Some public artwork is subtle, such as *The Colour of Snow* installation decorating the Crowfoot LRT Station with coloured and patterned windows on the south side, and with snowflakes in the railings of the adjoining pedestrian overpass.

Others are tucked away in communities throughout the city, such as *Outflow*, located along the river path in the northwest community

of Parkdale, or *From the Clouds to the Water* in Killarney in the city's southwest, providing seating and a place to congregate among a collection of intricately forged wrought-iron benches and railings at a community baseball field.

Many are openly displayed in high-trafficked areas where busy commuters might not have given them a second glance, such as *Chinook Arc*, located in Barb Scott Park on 12th Avenue and Ninth Street, or along busy transportation corridors, such as *Jumping Trout* along the Glenmore Trail underpass, or *Confluence*, a combination of LED lighting, glazed terra cotta, and laser-cut steel featured on both sides of the Martindale C-train station in the northeast; and *Luminous Crossings*, in front of the Kerby Centre.

Public art is placed in public parks or recreation centres, such as the *Frozen Dreams* mural located inside Max Bell Arena or *Bow Passage Overlook* in Pearce Estate Park in Inglewood.

Calgarian Jay Dorn thinks public art provides a valuable counterbalance to the city's years of unchecked growth and sprawl during economic boom times.

"This is particularly apparent when you see the decorative elements (such as the jumping fish along Glenmore Trail) on our major thoroughfares," says Dorn. "Details like these go a long way in making a more 'beautiful' city, and is money well spent."

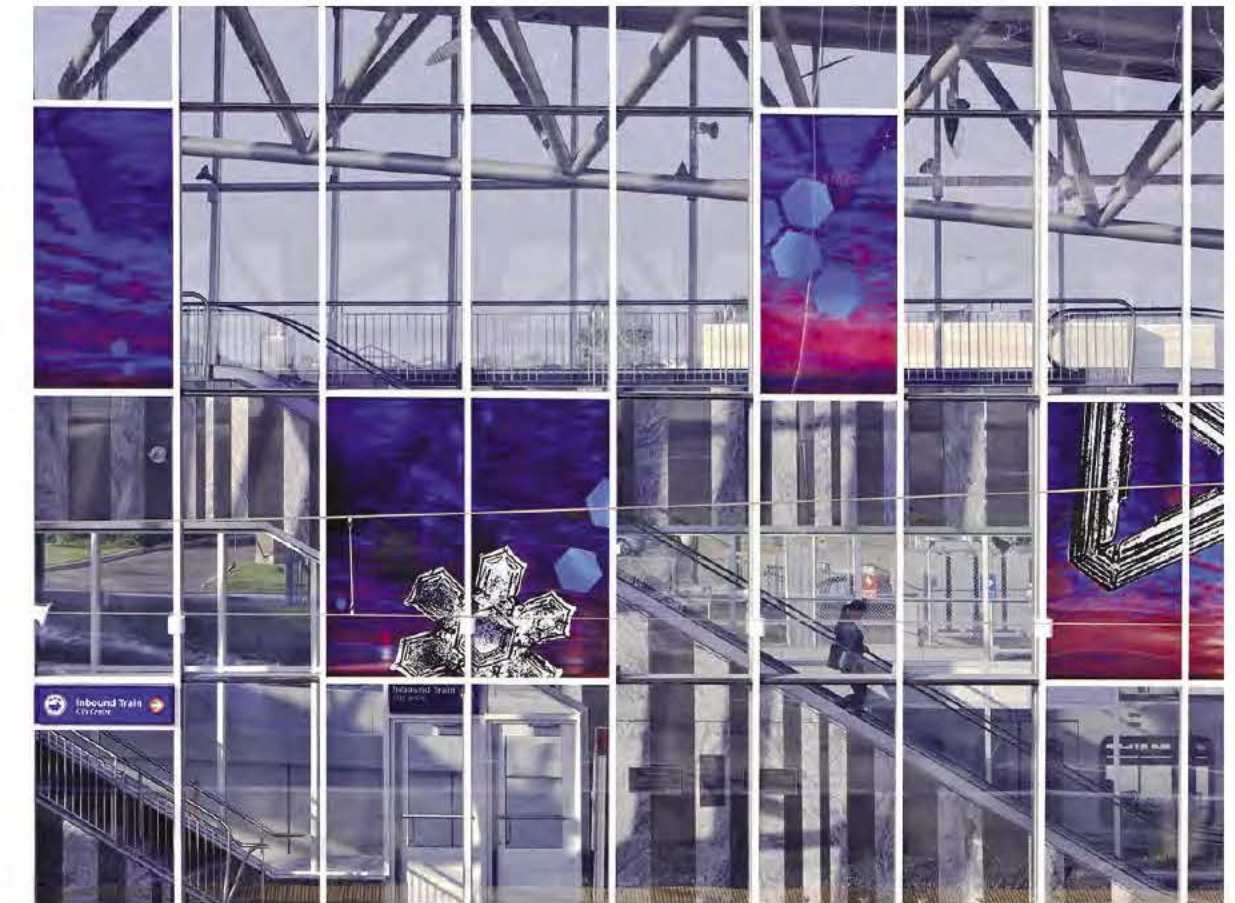
Dorn goes on to say, "Is every piece a winner? No, absolutely not, but it seems we have two bad pieces up against dozens that do enrich the public space."

Public art is everywhere – and it makes a city more vibrant, more interesting, and more livable. It doesn't exist to ignite controversy, but to inspire discussion or to serve a functional purpose. And regardless of how you may feel about one or two pieces or how much money this or that project cost, or where the artist hails from, it's better than the alternative of living in a city made up of grey concrete slabs . . . for that, you can go to Boston.

To begin exploring Calgary's collection of Public art, visit [www.calgary.ca/publicart](http://www.calgary.ca/publicart) where you can find information and a map indicating the locations of public art around the city, and share your thoughts with us on public art in the city by emailing [editor@kerbycentre.com](mailto:editor@kerbycentre.com).



**Frozen Dreams**  
Vancouver artist Blakes Williams created this nine by 42-foot mural located in Max Bell Arena. The mural celebrates both amateur hockey and the 'core experience' of the game. The mural was created using screen printing archival photographs, text, and graphics onto ceramic tiles. Completed in 2008 as part of Max Bell Arena's renovation, with a budget of \$50,000. Photo by Dylan Reardon.



**The Colour of Snow**

Inspired by the unique molecular structure of snowflakes, Arizona-based artist Barbara Grygutis attempts to draw attention to how the beauty of small elements can have larger meaning in our daily lives. Located at Crowfoot LRT Station. Completed in 2008 with a budget of \$323,000. Photo courtesy of Barbara Grygutis.



**Roger That**  
A series of sculptural installations by Vancouver artist Bill Pechet merge to form two 12-meter high sculptures, composed of 440 amber coloured safety lights. As the viewer moves throughout the site the sculptures begin to shift and change form. Completed in 2015 as part of the Tuscany LRT expansion with a budget of \$750,000. Photo courtesy of the City of Calgary.

**Luminous Crossings**

Artist Cliff Garten designed this public art installation, which consists of two large-scale vertical sculptures, plus three hanging works, on four stations located at either end of the LRT line along 7th Avenue. Completed in 2013 as part of the West LRT expansion, with a budget of \$1.8 million. Photo by Jeremy Green.



**Outflow**  
Artist Brian Tolle created this inverted replica of Mount Peechee, the third highest peak in the Fairholme Range just north of Canmore in the Bow River watershed. Located in Parkdale Plaza. Completed in 2015 with a budget of \$1.85 million. Photo courtesy of Brian Tolle.

**Jumping Trout**

Artists Violet Costello and Bob Thomasson created *Jumping Trout*, a repeating pattern of 144 fish swimming and jumping along waves in a river. Each trout is approximately 14 feet long and cast in pigmented concrete. Completed in 2007 along with the Glenmore Trail underpass with a budget of \$46,000. Photo courtesy of Violet Costello.





# Waiting for emergency care – how long is too long?

New study sheds light on an old problem in Canada's hospitals and suggests that strategies to shorten wait times should be considered

By Alan Katz and Jennifer Enns

Canada's emergency departments are very busy. Every year, Canadians make about 16 million visits to emergency rooms and more than one million Canadians are admitted to hospital through emergency departments.

Given how complex it is to assess, treat and admit this large and variable population to hospital, it likely comes as no surprise that nearly all emergency department patients spend some of their time waiting.

Emergency department wait times are a matter of concern for Canadians. We wonder if we, or our loved ones, will have to wait in pain or discomfort for hours before being seen. Or if a life-threatening condition could get worse while we wait.

Most of us have been there: wondering what's

taking so long and hoping they'll call our name next. No one likes waiting, especially for urgent care.

Several research studies have explored the factors that contribute to wait times. A few studies have shown that emergency departments can become overwhelmed by the number of patients arriving for care. Emergency medicine clinicians and leaders often point to hospital overcrowding as the main culprit for longer waits because patients waiting to be admitted occupy stretchers that would otherwise be available to new patients.

These observations highlight important opportunities to improve wait times. But one aspect of emergency care that hasn't been well studied is the time it takes to assess patients' conditions once they've been seen by a practitioner in the emergency department.

How long patient assessment takes depends partly on how sick the patient is. But it can also be influenced by other factors, such as the need for blood tests, X-rays or consultation with other health-care specialists.

So how long do we wait for care?

A recent study led by Dr. Malcolm Doupe at the Manitoba Centre for Health Policy provides a detailed picture of the many factors affecting Winnipeg's emergency department wait times – and studies the patient assessment period for the first time.

The study team used the relatively new Emergency Department Information System (EDIS) to track patients as they move through emergency from their initial assessment (triage) to treatment, and then to hospital admission or discharge.

They found that Winnipeg emergency departments function moderately well in most instances, even though they're often at more than 100 per cent capacity during daytime hours. Across all types of emergency departments, half the patients had a visit time of 5.1 hours or less, and half stayed longer than 5.1 hours. With a national wait time average of 4.4 hours, there's clearly plenty of room for improvement.

It was better news for urgent care. The study cor-

roborated many findings from previous studies and found wait times were very short (median wait time of six minutes) for those who needed care immediately. For less urgent conditions, wait times varied and depended on how many higher urgency patients were receiving care, and how many other lower urgency patients were waiting.

But the study's most striking finding was the importance of the diagnostic testing process in determining wait times. That's a new piece of evidence that will help us find solutions.

Diagnostic tests are an essential part of an emergency doctor's work, but when tests and scans were ordered, wait times for other patients began to climb significantly. For example, Winnipeg's emergency departments had periods where up to 45 per cent of treatment areas were occupied by patients waiting for X-rays or other tests. During these peak periods, wait times for patients with moderate to less urgent conditions could increase from 15 minutes to as much as five hours.

These findings indicate that new strategies to shorten wait times should be considered. Could processes within the emergency department be streamlined to reduce the time it takes to get tests done? Are diagnostic tests quickly available at all hours and at all emergency departments? Are community-based providers sending patients to emergency departments to access diagnostic tests that would best be done in doctors' offices?

Bringing about improvements to wait times in emergency departments will require collaboration and new approaches between leaders and experts in emergency medicine. But there's no reason we can't get there. Patients deserve no less.

*Alan Katz is an expert adviser with EvidenceNetwork.ca and director of the Manitoba Centre for Health Policy. He is a practising family physician and the Research Manitoba/Heart and Stroke chair in Primary Prevention Research. Jennifer Enns is a post-doctoral research fellow at the Manitoba Centre for Health Policy. She has expertise in population health, health equity and knowledge translation.*

## ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

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## Shelter use on the decline in Calgary

By Dylan Reardon

The University of Calgary's School of Public Policy studied data regarding emergency shelter stays in the city dating back to 2008, and say the data suggests homelessness is on the decline.

Co-author of the paper, Ron Kneebone, says from 1992 to 2008, homelessness in Calgary was rising. Then in 2008, the Calgary Homeless Foundation (CHF) began its 10-year Plan to End Homelessness in the

city, and the data suggests the overall trend has been downward since then, especially when compared to Calgary's growing population.

"This is a tough mission because Calgary – as we've shown in earlier studies – is the most expensive city in Canada for those with limited incomes," Kneebone said. the CHF's 10-year plan.

To read more about the CHF's 10-year plan, visit [www.calgaryhomeless.com](http://www.calgaryhomeless.com). □

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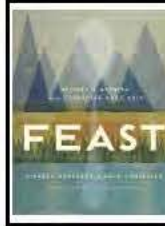
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# A feast of Canadian recipe ideas for Thanksgiving

Page design &amp; layout by Winifred Ribeiro

Two friends, Lindsay Anderson and Dana VanVellerin, in the midst of a camping trip in Squamish, British Columbia, decided that the summer of 2013 might be the right time for an adventure. Five months, one car, ten provinces, three territories, seven islands, eight ferries, two flights, one 48-hour train ride, 37,000 kilometres later, and only one call to CAA, Lindsay and Dana have brought together stories, photographs and recipes from across Canada in *Feast: Recipes and Stories from a Canadian Road Trip* writing about Canada's food, culture, and wealth of compelling characters and their stories. Featuring over 100 Canadian recipes from coast to coast and the Great White North, *Feast* is a representation of the diversity and complexity of Canada, featuring over 90 of their favourite regional recipes, with Lindsay and Dana contributing some of their own favourites too. You'll find recipes for all courses from Barley Pancakes, Yukon Cinnamon Buns, and Bannock to Spot Prawn Ceviche, Bison Sausage Rolls, Haida Gwaii Halibut and Maritime Lobster Rolls; including preserves, pickles, sauces and drinks. The combination of Lindsay and Dana's captivating journey with easy-to-follow recipes makes the book just as pleasurable to read as it is to cook from.



Excerpted from *Feast: Recipes and stories from a Canadian roadtrip* by Lindsay Anderson and Dana VanVeller. Copyright © 2017 Lindsay Anderson and Dana VanVeller. Published by Appetite by Random House®, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.



## dark chocolate-dipped east coast oatcakes ©

The sad thing about living on the West Coast is its lack of oatcakes, which were our favourite snack in the Maritimes. Because they're made with oats, we easily convinced ourselves they're a healthy alternative to any meal. No time for breakfast/lunch/dinner? No problem! Just have another oatcake.

Oatcakes came over with the Scots and have since been adapted into various crave-worthy forms all across the East Coast. They sit somewhere between a cookie and a biscuit—not quite sweet, but not quite savoury, so you can top them with cheddar or chocolate. Our favourite ones were Honeybeans's in St. Andrews by-the-Sea, New Brunswick. Thanks to Matt and Angela Honey for agreeing to share their recipe.

**MAKES:** 12 oatcakes

**1 cup (227 g) unsalted butter, room temperature**  
**1/2 cup (107 g) lightly packed brown sugar**  
**1 1/2 cups (225 g) all-purpose flour**  
**1 1/2 cups (160 g) old-fashioned rolled oats (not quick oats)**  
**1/2 tsp (1.5 g) salt**  
**2 Tbsp (30 mL) water, if needed**  
**1 cup (130 g) coarsely chopped dark chocolate (optional)**  
**Fleur de sel or flaky sea salt (optional)**



Preheat the oven to 350°F (180°C).

In a large bowl of a stand mixer (or using beaters or a wooden spoon), cream the butter with the sugar until light and fluffy, about 3 to 4 minutes, scraping down the sides of the bowl once or twice. In a separate bowl, mix the flour, oats, and salt together, then add to the butter mixture in three increments, beating as you add. If you've added all the oat mixture and the dough is still quite dry, add the water, 1 Tbsp (15 mL) at a time, until the dough comes together.

Between two large sheets of waxed paper or parchment paper, use a rolling pin to roll the dough out to about a 1/4-inch-thick (6 mm) slab. Pull the top layer of paper off and cut the dough into circles about 3 inches (8 cm) in diameter with a cookie cutter or the top of a glass. Transfer the oatcakes to an ungreased baking sheet—you should end up with about a dozen.

Bake the oatcakes for 15 to 20 minutes in the pre-heated oven, or until they begin browning very slightly around the edges. Remove from the oven, let cool for 2 to 3 minutes on the baking tray, then transfer to cooling racks.

To make these a little more decadent, melt the chopped dark chocolate over low heat in a saucepan or over medium heat in a double boiler. Once melted, remove from the heat and dip half of each oatcake in the chocolate, then lay on a cooling rack or piece of parchment to set. For the ultimate experience, sprinkle a little fleur de sel or flaky sea salt over the melted chocolate before it hardens.

## warm beluga lentil, crabapple & chorizo salad ©



Now living in Calgary, Dan Clapson, a food writer, TV personality and co-founder of the website [www.eatnorth.com](http://www.eatnorth.com) is a Saskatchewan boy, born and raised in Saskatoon. Dan wanted to contribute a recipe that reflected his roots, and in his words: "This dish is an amalgamation of ingredients I love that are readily available in Saskatchewan. Yes, we do have terribly cold winters that stop us from having the diverse apple orchards you can find in places like BC, but we certainly have no shortage of crabapples. Their tartness adds a brightness to the lentils, mustard, and Three Farmers Camelina Oil, all of which are grown right outside of Saskatoon."

**Serves:** 4-6



## pan-fried whitefish ©

with fireweed jelly and beet greens

One common question we get asked about our trip is "How are you still friends?" We take pride in our answer: we're excellent travel companions who got along great. Mostly. There was that one time when we were camping in the Northwest Territories and were ill-equipped for an incoming thunderstorm. Each with our own stubborn determination to be right, we argued about the best way to secure a ridiculously small tarp over an already leaky tent. We finally reached an agreement, which was to pack up our belongings and escape to a picnic shelter instead. Once inside, we set up our sleeping bags on the concrete floor and started cooking. Somewhere between the smell of butter and frying fish, we were able to blame the tarp (the worst tarp ever) instead of each other and got back to our usual routine of (what we believe to be) incredibly witty banter.

For our dinner that night, we used fireweed jelly from the Yukon, produce from Hay River, and fish caught that day from Great Slave Lake. It turned out so well, we kept the recipe. The tarp, however, got tossed.

**Serves:** 4

## Sautéed greens

**3 Tbsp (45 mL) extra virgin olive oil or unsalted butter**  
**1 medium yellow onion (about 160 g), sliced**  
**beet greens and stems from 2 bunches beets (about 70 g) or 2 bunches chard (about 70 g), chopped, greens and stems separated**  
**1 1/2 tsp (7 mL) salt**  
**1/2 tsp (2 mL) ground cumin**  
**2 Tbsp (30 mL) fireweed or crabapple jelly**  
**2 Tbsp (30 mL) freshly squeezed lemon juice**

## Pan fried fish

**2 Tbsp (30 mL) unsalted butter, divided**  
**4 whitefish fillets, 1/3 pound (150 g) each, or a white fish of your preference**  
**Salt and freshly ground black pepper**

## For serving:

**Lemon wedges**

Add the olive oil or butter to a large skillet and heat over medium. Once hot, add the sliced onion and chopped beet stems. Let cook until the onions are very soft and the stems are tender, about 10 minutes. Add the beet greens, salt, cumin, and jelly and stir to combine. Let the greens cook until they are wilted, about 2 minutes. Remove from the heat and stir in the lemon juice. Taste and season further, if desired, and transfer to a bowl or plate.

For the fish, heat the same skillet over medium heat and add 1 Tbsp (15 mL) of butter. Season both sides of the fish with salt and pepper. Once the butter is hot, place the first two fillets into the pan and cook for 2 minutes. Flip the fillets and let them finish cooking off the heat. Remove the fish from the pan once it's golden and flakes apart easily, about 2 minutes. Repeat until all the fish fillets are cooked.

**1 1/2 cups (375 mL) dried beluga lentils**  
**1 Tbsp (15 mL) camelina oil or extra virgin olive oil**  
**1 link (about 5.5 oz or 150 g) good quality cured chorizo, diced**  
**2 Tbsp (30 mL) dry white wine**  
**1 Tbsp (15 mL) unsalted butter**  
**1 tsp (5 mL) lemon zest**  
**3 Tbsp (45 mL) freshly squeezed lemon juice**  
**6 medium crabapples (about 60 g) or 1 Granny Smith apple (about 100 g), cored, quartered, and skin intact**  
**1/4 cup (60 mL) finely chopped flat-leaf parsley**  
**1 Tbsp (15 mL) grainy Dijon mustard**  
**1 tsp (5 mL) salt**  
**1/2 tsp (2 mL) freshly ground black pepper**

Cover the lentils with at least 4 cups (1 L) of water and set to boil for 15 to 20 minutes. Once tender, drain and set aside.

Heat the oil in a large pan over medium-high heat. Add the diced chorizo and sauté for 4 to 5 minutes, until the edges are slightly crispy. Deglaze the pan with the wine, followed shortly thereafter by the butter.

Once the butter is melted, add the zest, lemon juice, crabapples, cooked lentils, parsley, and mustard, and mix to combine. Lower the heat to medium and cook for 3 minutes to heat all the way through. Mix in the salt and pepper, and season further if desired. Transfer to a bowl or platter and serve warm.

# ●●● Community Events ●●●

## Bow Cliff Centre for 50+

Clothing Sale and Bake Sale: Saturday, Oct. 7th, 8:30 a.m. – 3:30 p.m. All types and sizes of clothing are available, including high quality kid's items. PRESALE October 6th, 3-4 pm. Donations welcome from Oct. 4.

Do not miss our Fun Casino: Saturday Oct. 14th. Doors open at 5 p.m., prizes and giveaways are at 9 p.m. Admission is \$25 per person, appetizers included with ticket.

Our fall programming has begun, new classes still beginning in October, including Exercise (and Pickle Ball!), Art, and Music.

For more information, contact the office at 403-246-0390 or by email at [info@bowcliffseniors.org](mailto:info@bowcliffseniors.org). Or visit our website: [www.bowcliffseniors.org](http://www.bowcliffseniors.org).

## Seniors United Now

Keep your Independence, with guest speaker Shawna Rauqust-Smith – Finding Balance Campaign (dedicat-

ed to reducing senior's falls) Thursday October 12th 2017, meeting registration at 12:30 p.m., presentation 1 p.m. Nose Hill Library Program Room, 1530 Northmount Drive N.W.

Members and non-members welcome. Call 780-449-1816 or email [unitenow@telus.net](mailto:unitenow@telus.net) for more information. [www.seniorsunitednow.com](http://www.seniorsunitednow.com).

## Interpretations Artists' Association

Fall Show and Sale A dynamic group of local artists displaying a variety of media.

Fort Calgary, 750 – 9th Avenue S.E. Friday, Oct. 20 from 4 p.m. to 8 p.m. and Saturday, Oct. 21 from 10 a.m. to 4 p.m. Free admission and parking. Artists will be in attendance. Visit [www.interpretationsartists.com](http://www.interpretationsartists.com).

## Confederation Park 55+ Activity Centre

Memberships for the upcoming year are on sale now for \$30/person, and

registration for fall classes is ongoing.

Want to try a class before registering in the entire session? Drop in and give a class a try (some restrictions apply) for just \$9/member, \$11/non-member or purchase an Access Card (10 drop-in sessions) for \$85/member, \$105/non-member.

Saturday Dances: Oct. 14 (For Olde Tyme Sake,) Oct. 28 (Black Velvet.) Tickets \$12/person (includes a snack). Everyone is welcome. Doors open at 6:30 p.m., dance starts at 7:30 p.m.

Health Fair and Flu Vaccination Clinic: Thursday, Oct. 19 from 11:30 a.m. to 3:30 p.m. Info booths and free Flu vaccination for Albertans. Bring your Alberta Health Card.

To learn more give us a call at 403-289-4780, visit [www.yycseniors.com](http://www.yycseniors.com), or drop by the Centre at 2212 13 Street N.W.

## Have your voice heard with CJSW 90.9 FM

What does it mean to age in Calgary? CJSW 90.9 FM, Calgary's campus and community radio station, is looking for volunteers to help put together age-friendly programming. If you would like to join the conversation and get involved in radio, please contact News Director Mike Tod at [news@cjsw.com](mailto:news@cjsw.com). Those interested don't need to have any radio experience – as we are happy to teach.

## Inglewood Silver Threads

Our \$2 Tea and Chat and monthly potluck are a great way to meet new people and engage in group activities. As well, our annual free activities, such as Stone Soup days, Pancake breakfast, Chili lunch, and Barbeque and our new Karaoke days have proven to be wonderful tools to keep seniors

socially engaged. As with our trip to Jubilation for \$20, day trips for members are subsidized by Silver Threads.

Our Early Bird Membership is now open. Purchasing your membership between Sept. 18 and Dec. 11 makes you eligible to win the cost back. Annual membership is still \$20.

Members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday for ten cents per card per game played.

For more information please contact Wendy at 403-264-1006.

## Germans From Russia

Harvest Dinner on Oct. 21, 10 a.m. – 3 p.m. Tickets cost \$20 and must be purchased ahead of time (call Phil at 403-252-8537 or Anne: 403-246-6968). Program: Brent Mai will speak at 12:45pm.

Library will be held on Oct. 7 from 2 p.m. – 7 p.m. No Library on Thanksgiving.

## Calgary Jewish Community Centre

Learn the fundamentals of bridge. Eight classes facilitated by Myron and Monique Ackman every Tuesday, beginning Oct. 3, from 6 p.m. – 8 p.m. \$40 for members, \$50 for non-members.

A travelling clothing store will be showing fashion for all ages. Oct. 11, 10:30 a.m. – 1:30 p.m.

Join us for an estate planning presentation on safeguarding your legacy/significance: Oct. 19 from 6:30 p.m. – 8 p.m. Learn about what is needed to protect you and your family with a comprehensive estate plan. RSVP to Nessie at 403-537-8599. Free.

Travel and Immunization. Don't be caught off guard. Learn what you need to do for your health before travelling. Oct. 18 at 10 a.m. – 12 p.m. Free.

Free Hearing Screening Clinic. Come receive a complimentary screening on Monday, Oct. 23 from 10 a.m. – 11 a.m. Please call 403-253-8600, ext. 0, to book an appointment.

Leonard Cohen Chai Tribute Concert. 18 performers, 18 songs: Oct. 29 from 3 p.m. – 5 p.m. \$18 members, \$25 non-members, \$36 at the door.

Visit [www.calgaryjcc.com](http://www.calgaryjcc.com) for more information.

## Friends of Fish Creek

Rewilding through Restoration Guided Walk with Drew McKibben: Oct.

7, 1 p.m. – 3 p.m. This program encourages the regeneration of natural ecosystems within Fish Creek, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. For more information or to register, visit [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org).

## Good Companions 50 Plus Club

Social Supper 'Octoberfest' theme: Oct 16, Happy hour at 4:30 p.m., supper at 5:30 p.m. Entertainment provided by Bob Scherle, Accordion (German) music. \$20 for members, \$22 for non-members. For more information, call 403-242-6991 or email [gc50plus@gmail.com](mailto:gc50plus@gmail.com). Our website is [www.gc50plus.org](http://www.gc50plus.org).

## Greater Forest Lawn 55+ Society

Calgary Seniors Resource Society at Greater Forest Lawn Seniors: Outreach worker Angela Fisher will be available on the first Wednesday of each month from 1 p.m. to 4 p.m. This is due to high demands in the community. If you have any questions regarding your pensions or other community programs, you may contact the WAY IN NETWORK at 403-736-4677. If you are in need of an outreach worker, the WAY IN NETWORK will also make a referral to come out and see you, call 403-272-4661 or 403-266-6200.

## The Epilepsy Association of Calgary

The Face to Face Group for adults living with epilepsy will be offered on the following Saturdays in October, Oct. 14, from 11 a.m. to 1 p.m. and Oct 28, from 11 a.m. to 1 p.m.

Parent Network Group for parents of children with epilepsy: Wednesday, Oct. 25, from 7 p.m. to 9 p.m.

All meetings are held at our new location at 316, 4014 Macleod Trail S.E. There is parking in the front of the building. If participants are not able to get into the building they can call 403-230-2764 and we'll come get them. For questions or more information, contact Gina at 403-230-2764 or by e-mail at [gina@epilepsycalgary.com](mailto:gina@epilepsycalgary.com) or visit our website at [www.epilepsycalgary.com](http://www.epilepsycalgary.com).

To have your community notice considered for publication in this section, email a brief description to [editor@kerbycentre.com](mailto:editor@kerbycentre.com). □

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# Monthly Book Review



## “Dark Harvest”

by Norman Partridge

\$16.78 CAD

Paperback: 176 pages

Publisher:

Tor Books (2007)

Reviewed by Dylan Reardon

October is here, and with it the greatest of holidays: Hallowe'en.

It can be fun to toss a novel appropriate to the season into the mix, and Norman Partridge's *Dark Harvest* is a splendid story for the time of year.

This book reads like a campfire story, and you'll wish you were huddled up around a crackling fire on a crisp evening, reading it out loud to wide-eyed grandchildren. The narration style is decidedly written in that campfire style, the style of a whispered urban legend or ghost story.

“A Midwestern town. You know its name. You were born there.”

It's October of 1963 in Anytown, USA, and the resident teenage boys are get-

ting ready for the annual Hallowe'en ritual: the Gauntlet, wherein a pumpkin-headed terror called Sawtooth Jack attempts to make it from the field in the country where he was born to the church in the middle of the town. It's the job of the boys to stop him (permanently), and the one who does gets a one-way ticket out of town.

*Dark Harvest* has received high praise: the 176-page novella won the Bram Stoker Award for Long Fiction, and legendary horror author Stephen King calls Partridge “a major new talent,” but even then I wasn't prepared for how quickly this book sucked me in. This story moves fast, and all you can do is hang on for the ride.

The style of writing is

unusual in that most of it is written in the second person, which gives it a sense of urgency that pervades throughout the entire book. It has a hard-boiled pulp fiction feel to it, while slipping in some subtext about growing up as a boy in America. But even taken on a surface level, it's a lot of fun, and obviously very rooted in the Hallowe'en spirit.

Most of the book focuses on two characters: Pete is 16 and running his first gauntlet. His family life has collapsed with the death of his mother and his father's descent into unemployment and alcoholism. He's had to grow up fast, and he wants more than the backwards little town of Anywhere, USA can

offer. He wants to win the gauntlet so he can get out.

But things are never quite that easy.

The other character we get to know is the October Boy, and what is revealed about him lifts the lid on the dark undercurrents running beneath this small, placid town.

On the one hand, *Dark Harvest* is a fast-moving Hallowe'en chiller with action that's fast and furious and genuinely spooky. But on the other hand, it's also a coming of age story, and the journey of Pete and October Boy as they discover the truth of the ritual. It will both chill your blood and touch your heart.

*Dark Harvest* is a marvel, and the perfect treat for your Hallowe'en bag. □

## Dance your way to better heart health

A diagnosis of heart failure can be devastating, especially for those without a support network. But it turns out dancing — whether it is ballroom, tap or line dance — might be a key to living better and longer.

According to Dr. Gavin Arthur, senior manager of Promote Recovery at the Heart & Stroke Foundation, keeping active at any age is important, but for people with heart failure, it is even more so. Just be sure to check with your doctor first.

“Choosing physical activity that has a social component is particularly great for people living with heart failure. Often people who are diagnosed with this disease can experience isolation and depression,” he explains. “Being involved in a group activity can help strengthen social and emotional connections, an important aspect of taking control of this condition.”

That's why heart failure patient Jerry Alfonso has made line dancing his passion.

“I started because I wanted to be doing something in the evening. I learned a few dances, then one thing led to another and now I teach several classes every

week,” he says. “I reach out to people to get up and exercise and while they come and dance with me I try to talk with them and encourage them to eat a healthy diet.”

Alfonso's enthusiasm is infectious, and now his classes range from beginners through to advanced line dancers. He knows that having a strong support network can be a safety net for people living with heart failure, and encourages everyone —

whether you are living with heart disease or just looking to keep active — to think about joining a class or community group.

Connecting with people who understand can be a great source of information and support. In-person and online support groups can be very helpful to combat social isolation. Connect with others and find more information online at [www.heartandstroke.ca](http://www.heartandstroke.ca).

© News Canada □

**Are you 71?  
Happy Birthday!**

**71?**

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

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

**Portfolio Strategies Corporation**

**WORDSEARCH**

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

APPLES	COSTUME	JACK O LANTERN	SKELETON
BATS	DRACULA	MASK	SKULL
BLACK CAT	FRIGHTENING	MUMMY	SPIDERS
BROOMSTICK	FULL MOON	NIGHT	TOMBSTONE
CANDLE	GHOSTS	PUMPKIN	VAMPIRE
CANDY	GHOULS	SCARECROW	WEREWOLF
CEMETERY	GOBLINS	SCARY	WITCHES
COFFIN	GRAVEYARD	SCREAM	ZOMBIE

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# Crossword Puzzle

## PREMIER CROSSWORD/ By Frank A. Longo

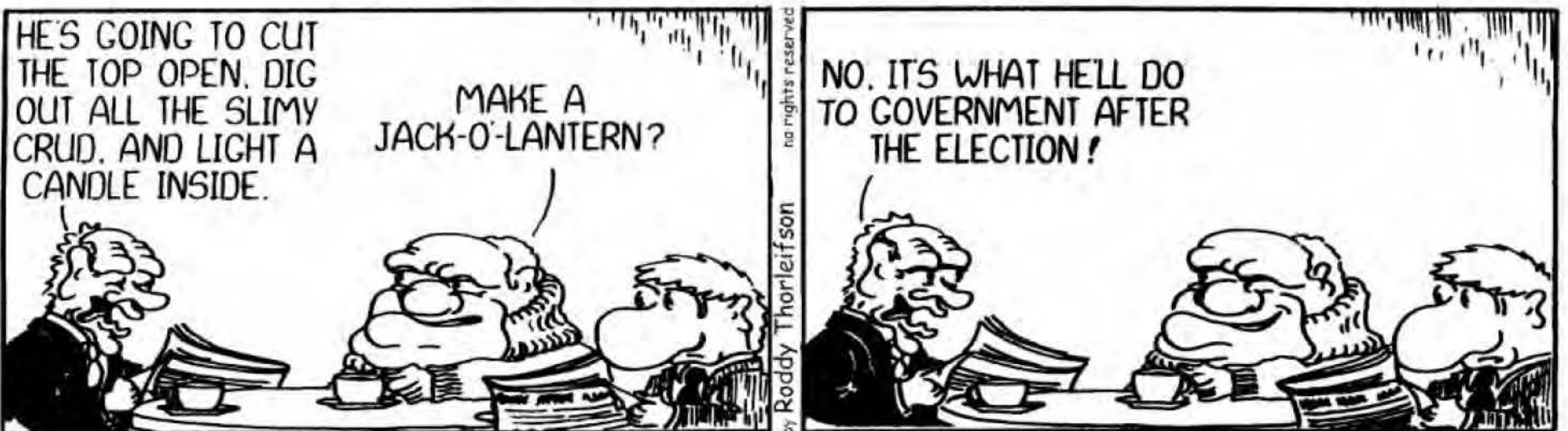
SIX TIMES  
THREE

- ACROSS**
- 1 Fruit drink brand
  - 4 Brooklyn NBA team
  - 8 Les États- —
  - 12 Instrument that drones
  - 19 Gp. of docs
  - 20 "Give it —" ("Go for it")
  - 21 Somewhat, musically
  - 22 Endless
  - 23 Command for online missives
  - 25 "Singing to the Hits" label
  - 26 Woodlands
  - 27 Army chaplains open curtains?
  - 30 Haughty sort
  - 31 Pilferer
  - 32 MSN competitor
  - 33 Queen in "Frozen"
  - 37 Flower parts with the most light, soft colors?
  - 42 "Come on!"
  - 45 Comes — surprise
  - 46 "He-e-elp!"
  - 47 Stir-frying pan
  - 48 Provo site
  - 49 Inits. at Indy
  - 52 See 36-Down
  - 55 Heckles
  - 57 Leatherneck pilots stay behind?
  - 63 Split to splice
  - 64 City near Oneida Lake
  - 65 Pulse
  - 66 Hooded vipers
  - 70 Little louse
  - 71 Aside from
  - 73 Hooded coat
  - 75 Weep aloud
  - 77 — for tat
  - 78 Window part
  - 80 Lots and lots
  - 82 First extra inning
  - 84 — acid
  - 86 Himalayan guide who's skilled at crafting sentences?
  - 90 Sufferer for a cause
  - 93 Lamb nurse
  - 94 Sci-fi power
  - 95 Bawl (out)
  - 96 "Kristin" actress Ortiz
  - 97 Hamm of soccer
  - 99 Andy's chum
  - 103 Bucolic poems
  - 105 Heartless doughnut shop employee pestering customers?
  - 111 Hold to be
  - 112 Med. plan
  - 113 Queen, in Spain
  - 114 Apia's locale
  - 118 Change everyone's table positions during a spring holiday dinner?
  - 123 Alike
  - 126 Aid in solving
  - 127 Racer Mario
  - 128 Dribble
  - 129 — Iranian
  - 130 Look to be
  - 131 "I have it!"
  - 132 Scented pouches
  - 133 — tide
  - 134 Makes a slip
  - 135 Chaney of film
  - 5 SFO stats
  - 6 Sad, in Paris
  - 7 Slender, graceful girls
  - 8 Maintenance processes
  - 9 Averse to, with "of"
  - 10 Like some cold coffee
  - 11 Was bought for the price of
  - 12 Happens to, as evil
  - 13 On the crest
  - 14 Richard of Hollywood
  - 15 Determine in advance
  - 16 Electees
  - 17 Singer Boone
  - 18 Ernie of golf
  - 24 Move directly via a wholesaler
  - 28 Comic Rudner
  - 29 Eggs of fish
  - 34 Yard surface
  - 35 Coin opening
  - 36 With 52-Across, proposes a date to
  - 38 Get rid of
  - 39 Before long
  - 40 Starchy staple
  - 41 Morales of the screen
  - 42 Measures of light
  - 43 And others, to Caesar
  - 44 Divining cards
  - 50 Less slack
  - 51 Cherry stone
  - 53 Illinois city
  - 54 Golfer's peg
  - 56 Spanish article
  - 58 Lincoln loc.
  - 59 It cuts wood with the grain
  - 60 "Crocodile Rock" label
  - 61 Sun orbiter
  - 62 Reduces to pulp
  - 67 Secondary leaflike appendage
  - 68 Endocrine gland in the brain
  - 69 Blizzards, e.g.
  - 72 Log-in info
  - 74 Lead-in to plunk
  - 76 Crotchety cry
  - 79 Follower of FDR
  - 81 Copy
  - 83 Part of Mao's name
  - 85 Ashley Olsen's twin
  - 87 Mass song
  - 88 Crest
  - 89 Go around
  - 90 Bond girl player Adams
  - 91 Comic Meara
  - 92 Shed tool
  - 98 Sticks fast
  - 100 Entertainer Carmen
  - 101 Like superstore shopping
  - 102 Irritated fit
  - 104 Deprives of weapons
  - 106 Lottery winner's cry
  - 107 Thurman of "Tape"
  - 108 "— to it!" ("Simple!")
  - 109 Anxiety
  - 110 Many a sock mender
  - 115 Rock genre
  - 116 Brand of weedkillers
  - 117 Iraqi, e.g.
  - 119 Sommer of "The Prize"
  - 120 Chip coating
  - 121 German article
  - 122 German river
  - 123 Urban grid: Abbr.
  - 124 One of the Gershwins
  - 125 Karaoke stage item

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
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132										133				134						135

Solution on page 31

Solution on page 31



# THINGS TO DO IN AND AROUND CALGARY THIS MONTH

**Airdrie**  
Oktoberfest. Oct. 14.  
www.airdrieoktoberfest.ca

**Alberta Ballet**  
Dangerous Liaisons.  
Oct. 25 – 28.  
www.albertaballet.com  
The Alberta League  
Encouraging Storytelling  
From Folktales to Personal  
Stories workshop. Oct. 14.  
www.talesalberta.org

**Alberta Theatre Projects  
To The Light.**  
Oct. 17 – Nov. 4.  
www.atplive.com  
www.artsccommons.ca

**Alzheimer Walk and Run**  
Oct. 8.  
www.alzheimercalgary.ca

**Aspen Crossing's  
Train of Terror**  
Oct. 6 – Oct. 28.  
www.trainofterror.com

**Calgary Civic Symphony  
Build an Orchestra 2017.**  
Oct 1.  
Oh! Canada! (150, Eh?)  
Oct. 29.

**Calgary Gem and  
Mineral Show**  
Oct. 20 – 22.  
www.calgarygemshow.com

**Calgary International  
Film Festival**  
Sept. 20 – Oct. 3.  
www.calgaryfilm.com

**Calgary Organ Festival  
and Symposium**  
Oct. 29.  
www.proartssociety.ca

**Calgary Philharmonic  
Orchestra**  
Disney in Concert: The  
Little Mermaid. Oct. 6 – 7.  
Fred Penner with  
Orchestra. Oct. 22.

**National Arts Centre  
Orchestra: Life Reflected.**  
Oct. 26  
The Road to the True  
North. Oct. 27.  
True North: Symphonic  
Ballet. Oct. 28.  
www.calgaryphil.com

**Calgary's Women Show**  
Oct. 21 – 22.  
www.calgarywomansshow.com

**Canadian Women's  
Foundation Breakfast**  
Oct. 26.  
www.canadianwomen.org  
**Chris de Burgh, live**  
Oct. 18  
www.ticketmaster.ca

**Fibre Shindig**  
Oct. 21.  
www.fibreshindig.com

**Front Row Centre**  
The Pajama game.  
Sept. 22 – Oct. 7.  
www.frontrowcentre.com

**The Ghosts of Fish  
Creek Park**  
Oct. 24.  
www.friendsoffishcreek.org

**Ghouls' Night Out**  
Oct. 26 – 29.  
www.heritagepark.ca

**Glenbow Museum**  
Salon Series: Discovering  
Lawren harris. Oct. 19.  
Artist Talk: Sandra  
Sawatzky. Oct. 21.  
Family Slumber Party. Oct.  
21 – 22.  
www.glenbow.org

**Halloween Candy Pairing**  
Oct. 27.  
www.willowpark.net

**Handsome Alice Theatre**  
inVISIBLE. Oct. 12 – 21.  
www.handsomealice.com

**Harvest Pumpkin Hunt**  
Oct. 7 – 29.  
www.butterfieldacres.com

**Haunted Calgary**  
Oct. 27 – 31.  
www.hauntedcalgary.com

**Heritage Park  
Ghost Tours**  
Sept. 13 – Oct. 18.  
www.heritagepark.ca

**Hollywood Halloween  
Murder Mystery Dinner**  
Oct. 26.  
www.caryacalgary.ca

**I Love Art Show and  
Fundraising Gala**  
Oct. 20 – 21.  
www.iloveart.ca

**Jerry Seinfeld**  
Oct. 13 – 14.  
www.hahaha.com

**Jubilations Dinner Theatre**  
Greased 2.  
Sept. 1 – Oct. 29  
www.jubilations.ca

**Learn to Swing Dance**  
Fridays in October.  
www.flyrightswing.com

**Loose Moose Theatre**  
Robin Hood.  
Sept. 23 – Oct 15.  
www.loosemoose.com

**Lunchbox Theatre**  
Book Club II: The Next  
Chapter. Sept. 18 – Oct. 7.  
Flight Risk. Oct. 23 – Nov 11.  
www.lunchboxtheatre.com

**Maker Faire Calgary**  
Oct. 28 – 29.  
calgary.makerfaire.com

**Murder Mystery Dinner  
at Bow Valley Rancho  
Restaurant**  
Oct. 26  
www.bvrrestaurant.com

**Okotoks**  
The Rocky Horror Picture  
Show. Oct. 28  
www.okotoks.ca

**Rocky Mountain Wine &  
Food Festival**  
Oct. 13 – 14.  
www.rockymountainwine.com

**Rosebud Theatre**  
The Christians.  
Sept. 22 – Oct. 28.  
www.rosebudtheatre.com  
**Royal West Show Jumping**  
Oct. 19 – 29.  
www.royalwest.org

**Scorpio Theatre**  
JAAN. Oct. 6 – 14.  
www.scorpio.ca  
**ScreamFest**  
Oct. 13 – Oct. 28.  
www.screamfest.ca

**Shakespeare Company**  
Julius Caesar. Sept 21. –  
Oct. 5.  
www.shakespearecompany.com

**Spruce Meadows**  
Oktoberfest I Tournament.  
Oct 11 – 15.  
Oktoberfest II Tournament.  
Oct 18 – 22.  
www.sprucemeadows.com

**Stage West**  
I Love You, You're Perfect.  
Sept. 8 – Nov 12.  
www.stagewestcalgary.com

**Strathmore**  
Great Pumpkin Hunt.  
Oct. 28.

www.strathmore.ca  
**StoryBook Theatre**  
PINKALICIOUS the musi-  
cal. Sept. 20 – Oct. 14  
Madagascar - A musical  
adventure.  
Oct. 20 – Nov. 11.  
www.storybooktheatre.org

**Theatre Calgary**  
Touch Me: Songs for a  
(Dis)connected Age. Sept.  
26 – Oct 7.  
Sisters: The Belles Soeurs  
Musical. Oct. 10 – Nov. 4.  
www.theatre Calgary.com

**The Top 7 Over 70  
Awards**  
Oct. 2.  
www.top7over70.com

**Town Hall Howler**  
Oct. 31.  
www.fortcalgary.com

**Vertigo Theatre**  
Nine Dragons.  
Sept. 16 – Oct. 15.  
www.vertigotheatre.com

**Wordfest**  
Oct. 6 – 15.  
www.wordfest.com

**YYComedy Festival**  
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www.yycomedy.ca

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ered for publication in the  
Kerby News, email a brief  
summary to editor@kerby-  
centre.com. □

## A warm Thanksgiving meal at the DI thanks to generous donations

By Dylan Reardon

The Calgary Drop-In Centre is set to hold its annual Thanksgiving meal on Oct. 9. It takes an army of over 100 volunteers to help prepare the meal, according to Drop-In Centre Manager of External Relations, Jordan Hamilton, who notes the DI is expecting 1,400 people this year. "We're preparing to serve 1,400 pounds of turkey, 1,000 pounds of potatoes, 70 gal. of gravy, and 120

pies," says Hamilton. The Thanksgiving meal is free for those in need, thanks to a donation from Calgary businessman and philanthropist Alfred Balm, who has said every Calgarian should have the opportunity to enjoy a home-cooked Thanksgiving meal. Balm, Founder and Chairman of investment firm Emergo, has been sharing his generosity with clients of The

DI since 2009. The meal will take place between noon and 1 p.m. on Monday, Oct. 9, with multiple serving times during that hour. Those who arrive early at 11 a.m. will receive a gift of a free pair of socks courtesy of Stuart Olson. Staff at Stuart Olson, and their families, will also be on site serving the Thanksgiving meal this year. □

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Don't think about a purple striped apple. Whatever else you think about for the next two minutes, do not think about a purple striped apple. Think about rainbows or flowers or cats in pajamas or a new house or marshmallows but just don't think about a purple striped apple. Don't imagine what it looks like, don't imagine what kind of purple it is, and don't imagine whether the stripes are vertical, horizontal, or twisty ones like a bar-

# Don't think about a purple striped apple

ber pole (Oh, that would be pretty if it was spinning!).

Don't wonder if it's a red apple with alternating purple stripes, or if it's an apple that is only different shades of purple stripes. Get any images of a purple striped apple out of your head.

On another topic... What have you done so far today? Depending on where you are in the world, and what time zone you're in, and what time you read this, that might only be that you've barely got out of bed. Or you could be heading back there shortly.

Was it a good day — or is it shaping up that way? What have you got on your mind right now? Work stuff? Deadlines? Laundry? Playtime? If that purple striped apple wanders through, don't think about it!

Now... sit quietly for a moment. Just close your eyes and let your mind be still — just for a minute. I'll wait...

Okay, what were you thinking about during that little break? I don't suppose that purple striped apple popped in, did it?

Chances are, it did. At least for part of the time. It's human nature to think about what we're told (or tell ourselves) not to think about. Like "Don't think about that itch." As you're saying those words to yourself, you are still thinking about it. And itching more by the second. So you're still focusing your energy and attention on it.

When you're thinking about what you don't want, you're not thinking about what you do want. And when you're not thinking about what you do want, you're not doing anything toward making it a reality.

If you're constantly thinking about how you don't want to be sick any more, the emphasis is on being sick and you're not putting your energy toward being well.

If you're always thinking about how you're fed up with not having a job, you're not spending those moments or that energy doing something about finding one.

If you're continually thinking about how you don't like the situation

you're in, you're not thinking about ways to get out of it.

There have been various studies done to determine whether or not there is any truth to the Law of Attraction. One need only investigate some of the quantum physics evidence in support of this Natural Law. Or read "Think and Grow Rich" by Napoleon Hill — originally published in 1937 and still being touted by global thought leaders as an exceptionally powerful book for those who are interested in manifesting their hearts' desires.

As well, recent brain imaging studies show that the brain conforms in its function to the Law of Attraction. In part, it is because the brain responds to what it's being fed.

For example, think about how your body responds physically when you're watching a frightening or suspenseful film. Your brain is responding to the thoughts and emotion of

fear or anxiety by sending "fight or flight" messages to your body. Your pulse races, your heart pounds, your respiration increases.

Your subconscious can't tell the difference between what's real and what's not. If it believes something is real, it will get to work finding a way to make it so.

There are only two things in the universe: energy and matter. Energy has the ability to form, move and manipulate matter. Your thoughts produce energy. Therefore, whatever energy your thoughts are producing will be reflected in your environment.

So think about being well, having that job you'll love, being in a situation that makes you happy. See it, feel it, imagine it, visualise it. Take all of those "I don't want this any more" thoughts and change them into thoughts of what you do want.

That's the only way you're ever going to have a chance to make it happen. □



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# Sad story of Mohammed of Myanmar



By Mansoor Ladha

I am somewhat slighted to note that all the hurricanes and tornadoes are always named after Christian names. We have had Irma, Harvey or Katrina.

Muslims are usually blamed for everything that goes wrong in the world, so why not hurricanes? Shouldn't there be names like Abdul and Fatima to substitute for Harvey and Irma?

The year 2017 will go down in history as the most devastating and distressing year for Muslims. This is the year marking a significant increase in anti-Muslim incidents, escalation in Islamophobia and open episodes against Muslims, not only in Canada but all around the world.

The latest large-scale assault on Muslims has been happening in Nobel Peace Laureate Aung San Suu Kyi's Myanmar, where the country's Rohingya Muslim minority has been systematically terrorized and harassed by the state. Tens of thousands of Rohingya Muslims have fled violence, killings, rape and massacre while several Rohingya drowned attempting to cross into neighbouring Bangladesh.

Rohingya, who have been described as the world's most persecuted people, totaling 1.1

million people live in Myanmar, predominately in Rakhine state, where they have co-existed fearfully alongside Buddhists for decades.

In an interview with Aljazeera, 33-year-old Mohammed Soya, a farmer from Myanmar, described his hand-to-mouth existence under a brutal regime. "We did not have the right to work or the right to education so we could not get jobs in the police, military or other smart offices. We had to work on the farms, or collect bamboo from the forest.

"It was a hand-to-mouth existence. Somehow, we survived even though we did not have any freedom – we just got through life, one day at a time," he added, lamenting that "humans are all the same, religions do not make us different...we are all human and all born equal."

In July 1995, Aung San Suu Kyi was, after Nelson Mandela, the most important global symbol of defiance against tyranny. She was described as a heroine by the world's media when she defied soldiers with their rifles levelled in her direction.

As recently as last December, Aung San Suu Kyi rebuffed Vijay Nambiar, the UN Special Representative to Myanmar, who urged her to visit Rakhine state. Despite the world outcry, she has never conceded that the Rohingya Muslims are being subjected to ethnic cleansing, not even when tens of thousands are being burned from their homes amid widespread reports of killing and sexual violence.

History can provide examples of politicians who have come out in defense of

minorities to prevent violence. The memory of Nehru wading into Hindu mobs to prevent sectarian violence is one of the 20th Century's defining acts of personal courage. While we do not expect such a bold action on Aung San Suu Kyi's part, it is the absence of even rhetorical intervention that disturbs many former supporters.

The time has come when the world should heed this message from Mohammed. Pressures should be exerted on the Myanmar government, especially on Aung Chi who is holding a prominent position in the government. Prime Minister Justin Trudeau who is in the habit of championing refugee causes has also been notably silent on this international massacre on a Muslim minority.

We just cannot turn a blind eye when an estimated 300,000, mainly women and children, have fled to Bangladesh to avoid indiscriminate violence, which has been described as "ethnic cleansing." Aung Chi, who dedicated her life to establish-

ing democracy in Myanmar, was awarded honorary Canadian citizenship for her brave efforts. Today, despite provocations from fellow Nobel Laureate like Malala and South African Bishop Desmond Tutu to do something to prevent the atrocities on her countrymen, she has remained silent.

"Stop the violence. Today we have seen pictures of small children killed by Myanmar's security forces. These children attacked no one, but still their homes were burned to the ground," she said. "The world is waiting."

Receiving a Nobel Peace Prize or having honorary citizenship of a country is considered a prestigious honour and a global recognition. These honours are bestowed on individuals in recognition of their work in science, literature or peace. However, if high achievers are guilty of doing things contrary to the mandate and code of conduct required or if their activities are in gross violation of the idea of "peace" on whose basis they had been awarded

this prestigious honour, then the awarding authorities should have no hesitation to rescind the honour.

Global human rights bodies should put pressure on the Nobel Peace Prize Committee and the Canadian government to rescind the honours bestowed on Aung Chi. They should make it clear to the recipients that the honour bestowed on them is in recognition of good behavior and sentiments consistent with the award's philosophy and values.

The troubling question is whether her long-declared devotion to universal human rights will ever encompass the beleaguered Rohingya Muslims in her Buddhist majority country? Only Aung San Suu Kyi can answer this question. □

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



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The cast of *Sisters: The Belles Soeurs Musical*. Photo by Andrée Lanthier.





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**Continued on page 31**

# MARCHING WITH PRIDE



Photos by Chris Schwarz



Photo by Rob Locke.

By Dylan Reardon

Calgary celebrated Pride Week last month, in celebration of diversity and inclusion. The week was headlined by the Pride Parade, where members of the LGBTQ community donned colourful attire, carried rainbow flags, and brought their good spirits as they marched down Sixth Avenue to Prince's Island Park, along with tens of thousands of supporters who lined the streets of downtown.

Pride has become a mainstream event in the last few years. No longer avoided by politicians and businesses unwilling to tarnish their brand, or by people who fear being seen at the event could impact their personal or professional lives.

According to Pride Calgary, there were 175 parade entries this year, up from 140 in 2016, and estimates peg the number of participants at 5,000, with 65,000 attending the parade.

Long-time LGBTQ activist, Lois Szabo, was the parade's grand marshal, and at 81 years of age, has been in the thick of the gay rights movement in Calgary for some time. Szabo opened one of Western Canada's first gay bars, Club Carousel, in Calgary in 1967, and leads a senior lesbian support group at the Kerby Centre.

Pride Week did not escape controversy this year: members of the Calgary Police Service were barred from marching in the parade in their uniforms, which drew debate in the city.

## What's happening to your posture?

You're spending too much time bent over a computer or hunched over a mobile device, and it's wreaking havoc on your posture. Mom told us to "stand up straight", but the stress of bodies being squeezed behind a desk and slouching in front of a keyboard is why doctors and posture specialists are seeing problems like text-neck, tech-back and carpal-tunnel syndrome.

Awareness of a problem is always the first step towards improvement. Especially if your lifestyle isn't going to change, start a monthly habit of looking at, and documenting your posture.

Checking out the current state of your posture is not just about alleviating pain or looking better and younger. Years of bad habits and repetitive motion cause changes in how our body functions. "Gravity and muscle weakness cause posture degeneration and real health consequences," says Dr. Steven Weiniger, posture expert and author of *Stand Taller Live Longer*.

"Movement is often restricted, flexibility decreases, the ability to breathe deeply is lost, leading to a reduced desire to exercise and be active. This is often the beginning of an unhealthy, lifelong cycle."

### 3-step posture check

1) Grab a friend and any mobile device camera to snap a quick posture pic-

ture – selfies don't work. Stand tall with what feels like your best posture and take three pictures: one from the front, back, and side.

2) Print each picture to a separate sheet. Put a dot between your feet on the front and back view, and on your ankle on the side view. Fold each paper in half, neatly at the dot.

3) Now check for symmetry. On your front and back view photos each half of your body should appear balanced. If your head or torso is off to one side, or one arm hangs further from the body, or one hand hangs lower than the other, your posture is not symmetrical.

On your side view picture the line starting at your

ankle should pass through your hip, shoulder and ear. If your head is jutting forward of that line, you may have a posture distortion called Forward Head Posture (a.k.a. tech neck).

Most people find their "best posture" translates to something not quite so straight and balanced when captured in a picture. Use this to note areas that need improvement and then file it away to compare with your next posture checkup.

### ACE Your Posture

Studies confirm posture has a huge effect on your health, appearance, and attitude. As more people develop a permanent slump from sitting in front of a computer, posture is

being seen as a growing health problem.

"We promote the ACE model of strong posture: Awareness, Control and Environment," says Dr. Weiniger. "Awareness helps people recognize how strong or weak their posture is currently. Control means taking steps to improve and maintain

your posture. Environment is about optimizing your physical environment to optimize postural habits at work, play, and while sleeping."

Posture expert, Dr. Steven Weiniger wrote "*Stand Taller Live Longer: An Anti-Aging Strategy*", used by clinicians globally. □

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## Lodge Living For Seniors



Mountain View Seniors' Housing is currently accepting applications for our lodges in the Towns of Carstairs, Didsbury, Olds and Sundre.

Our lodges provide quality care and services in a home-like setting, and our trained staff are dedicated to helping residents maintain independence in a supportive atmosphere.

Please contact our Admissions Office at 403-556-2957 or e-mail: [admissions@mvsh.ca](mailto:admissions@mvsh.ca) for more information.

Applications are also on our website: [www.mvsh.ca](http://www.mvsh.ca).

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



# Get the party started

Page design & layout by Winifred Ribeiro

The term "potluck party" has an old-fashioned ring to it but in reality, potluck parties are an ideal form of entertaining for the contemporary host or hostess who would like to gather with friends but is too busy running between the office and family commitments to host a formal party. If you are stuck on what to make for a holiday potluck? We got you covered in *Parties Potluck Entertaining* with this collection of dishes that are both pleasing to the eye and to the palate.

Everyone will want you to share the recipes for these potluck dishes and with Thanksgiving around the corner they are the perfect reason to host a potluck with family and friends!

Happy Thanksgiving.



Excerpted from *Parties, Potluck and Entertaining by Companys Coming Cookbooks*. All rights reserved. *Companys Coming Publishing Limited* © www.companyscoming.com Reprinted with publisher permission.



## Spicy Chicken-stuffed Mushrooms

One-bite finger foods are the way to go, and these stuffed mushrooms are sure to be a hit. Each bite is packed with chicken and green onion, and the sambal oelek (chilli paste) gives the mushrooms a nice kick.

Makes: 24 stuffed mushrooms

Chopped cooked chicken	1 1/2 cups	250 mL
Mayonnaise	2 tbsp.	30 mL
Sliced green onion	2 tbsp.	30 mL
Chili paste (sambal oelek)	2 tsp.	10 mL
Pepper, to taste		
Large fresh whole white mushrooms, stems removed	24	24

Combine first 5 ingredients in a small bowl.

Spray mushrooms with cooking spray. Arrange in a single layer on a baking sheet with sides. Fill with chicken mixture. Bake in 425°F (220°C) oven for about 10 minutes until mushrooms are tender and filling is heated through.

**Tip:** Cooked foods should be kept at room temperature for no longer than two hours. Any longer and you are putting yourself and your guests at risk of food poisoning. You might consider putting only a small amount of the food out at one time and keeping the rest of the dish in an oven that is on low to keep it warm.



## White Bean and Basil Cones

These rich, savoury cones will elevate your Easter spread with their wonderful combination of Parmesan, basil and lemon. The optional smoked salmon and chives add a little splash of colour and depth of flavour, but the cones are equally delicious without them. If you don't have time to make your own Parmesan cones, you could substitute waffle cones for a slightly different, sweeter taste sensation. This dish doesn't travel well so it best reserved for a potluck where you are the host, not a guest.

Makes: 10 cones

Grated fresh Parmesan cheese	3/4 cup	175 mL
Pepper	1/4 tsp.	1 mL
Canned white kidney beans, rinsed and drained	1 cup	250 mL
Basil pesto	1 tbsp.	15 mL
Lemon juice	2 tsp.	10 mL
Olive oil	2 tsp.	10 mL
Smoked salmon slices, thinly sliced (optional)	5	5
Finely chopped chives (optional)	2 tbsp	30 mL

Cut two 3 1/2 inch (9 cm) diameter circles from heavy paper. Shape into cones and tape or staple securely. Place a sheet of parchment paper on a baking sheet and trace two 3 1/2 inch (9 cm) diameter circles, about 3 inches (7.5 cm) apart. Turn paper over. Combine cheese and pepper and spread about 1 tbsp. (15 mL) cheese mixture over each circle.

Bake in 350°F (175°C) oven for about 5 minutes until melted and golden. Let stand for 1 minute and then transfer to a plate. Immediately place 1 paper cone on cheese and roll around cone. Repeat with second cheese round and cone.

Let stand until cool. Wipe parchment paper to remove any crumbs and repeat with remaining cheese mixture.

In a blender or food processor, process next 4 ingredients until smooth. Stir in remaining 2 ingredients. Spoon into a piping bag or small freezer bag with 1 corner snipped off and pipe into cones. Serve immediately.

**Tip:** Don't cheat yourself by using powdered Parmesan. Grate the fresh stuff for a truly magnificent flavour and perfect results.

## Pear Cranberry Crumble

Fresh fruit always tastes best in season, and pears are at their best in autumn. Juicy and sweet, they pair perfectly with tart cranberries in this delicious crumble. This warm, comforting dessert merits a place on the Thanksgiving dinner table, right next to the pumpkin pie.

Makes: 6 servings

Peeled pears, cores removed and sliced	3	3
Bag of fresh (or frozen, thawed) cranberries (12 oz., 340 g)	1	1
Brown sugar, packed	1/2 cup	125 mL
Minute tapioca	3 tbsp.	45 mL
Lemon juice	2 tsp.	10 mL
All-bran cereal	2/3 cup	150 mL
Quick-cooking rolled oats	2/3 cup	150 mL
Brown sugar, packed	1/3 cup	75 mL
Ground ginger	1/2 tsp.	2 mL
Ground cinnamon	1/4 tsp.	1 mL
Butter (or hard margarine), cut up	1/2 cup	125 mL
Vanilla ice cream (optional)		

Combine first 5 ingredients in a medium bowl. Spread evenly in a greased shallow 2 quart (2 L) baking dish.

Combine next 5 ingredients in a large bowl. Cut in butter until mixture resembles coarse crumbs. Sprinkle evenly over pear mixture. Bake in 375°F (190°C) oven for 40 to 45 minutes until pear is tender and topping is browned. Let stand for 15 minutes.

Serve warm with ice cream.

## FINANCIAL PLANNING TODAY

### Topic: Retirement Planning 101

Saturday, November 18, 2017

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  
Director of Fund Development

403-705-3235 or

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

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Kerby Centre

## Financial Planning:

### How do interest rates influence your investment choices?

In our country, the Bank of Canada (BoC) sets the benchmark interest rate and raises or lowers it to steady or stimulate the Canadian economy and avoid inflation. Although our economy has strengthened over the past few months, and moderate growth is expected to continue, the BoC has opted to keep its benchmark interest rate low.

Interest rates have a wide impact on the economy and a direct impact on your investments — and on your investment choices.

#### Lowering and low interest rates

Make it possible to borrow money at extremely attractive interest rates with the federal monetary objective of stimulating the economy by making more money easily available for purchases and investing.

Means money in savings accounts earns very low interest, which motivates investors to look elsewhere for better returns.

Make conservative income-producing securities — Guaranteed Investment Certificates and direct investment in bonds — more attractive because the rate of interest may be higher and is locked-in for the duration of the investment.

#### Rising and higher interest rates

Generally reduces the amount of money in circulation which helps to keep inflation low.

Make borrowing money more expensive and thus increases expenses for companies, which can lower stock prices (although interest rates are just one of many interrelated factors that affect stock valuations) and for consumers who spending more to service debt.

Conservative income-producing securities with locked-in interest rates lose value. Although as fixed-rate investments mature, the proceeds can be reinvested at higher rates and higher bond rates tend to sway investors toward bonds (and other “low-risk” investments)

and away from stocks.

It’s inevitable: interest rates will rise and fall, markets will experience periods of volatility, the economy will grow and contract. And while all of these factors will influence your investment choices, the key to your long-term investment success is — and always will be — maintaining a properly diversified portfolio guided by an asset allocation strategy that aligns with your tolerance for risk and is designed to achieve your investment goals. Talk to your professional advisor about how to do just that within an overall financial plan tailored to you.

*This column, written by Investors Group Financial Services Inc. (in Québec – a Financial Services Firm), and Investors Group Securities Inc. (in Québec, a firm in Financial Planning) presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact Joanne Kirk or Daryl Standish at Investors Group. Phone 403-253-4840. □*

### Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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



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

Please choose to make a difference today.

### SUBSTANTIALLY-DISCOUNTED PRICES FOR FUNERAL SERVICES

A lifetime membership is \$40  
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[www.calgarymemorial.com](http://www.calgarymemorial.com) or 403-248-2044



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

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

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

Payment by:

Cheque  Visa  Mastercard

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

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

Please send tax receipt to (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_



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Please choose to make a difference today.

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2

Contact us at 403-705-3235 or email to [funddev@kerbycentre.com](mailto:funddev@kerbycentre.com)

Charitable Registration #11897-9947-RR0001

# Kerby Centre's Activities, Programs & Services



Kerby Centre

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

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

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

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

## Dates to Remember



Gentle Fitness Mondays, 11:15 am-12:15 pm	Chair Yoga Every Friday, 12:00 pm-1:00 pm
Art's 'N Ends Every Tues & Thurs, 12:30-3:30 pm	Chow and Chatter Wed Oct 18th, 12:00-1:30 pm
Calligraphy for Fun Workshop Mon Oct 16th, 1:00-3:00 pm	Games 'n More Every Wed, 10:30-12:00 noon
Zumba Gold Every Friday, 10:30 pm-11:30 pm	<b>For information on our full monthly calendar events, please contact K2-East Village at 403-470-6300 or email at <a href="mailto:GeoffL@kerbycentre.com">GeoffL@kerbycentre.com</a></b>

## Mark Your Calendars

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

Kerby Fall Expo	Saturday, Sept. 23rd, 2017
Remembrance Day Ceremony	Saturday, Nov. 11th, 2017
Merry Medieval Murderous Christmas Dinner Theatre	Friday, Dec. 1st, 2017

### NOW BOOKING

**Sgt. Wilson Army Show & Luncheon** 12:00 - 2:30 pm, Nov. 17th  
\$40 Members \$45 Non-Members  
Enjoy unique and entertaining show featuring the music of the "Big Swing" era, along with a traditional English meal. **Tickets now available at Education & Recreation**

**ASC Fraud Bingo** 10:00 - 11:00 am, Oct. 2nd  
Alberta Securities Commission presents a fun and interactive game of "Bingo" that teaches consumers how to protect themselves from investment and other financial fraud. **Admission is FREE. Please RSVP to Colleen at 403 705-3178**

## Kerby Travel Day Trips

### Browsing In Banff

Weds. October 18th, 2017 9:30 AM to 3:30 pm  
Limited Seating Remaining!  
**Members \$ 30 pp Non-Members \$ 35 pp**

### Get Set For The Holidays With Our Upcoming Day Trips

Millarville Christmas Market - Nov 9th

Cross Iron Pre-Holiday Shopping & Casino - Nov 15th

### 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 Maji**,

"A Yuletide laughfest that is not to be missed" The Vancouver Sun

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

## Kerby Canada 150 Events

### Conversations with First Nations Elders on Traditional Ceremony

Hosted by Making Treaty 7 Cultural Society, and led by Elder Clarence Wolfleg

**1:30 - 3:30 pm on Tuesday, Oct 17th in the Kerby Gym**

**Refreshments included. Everyone welcome! No Admission Fee**  
Please call 403-705-3233 to reserve a seat

## Free Health Presentations

**October 16, 2017 - 10:30 am to 11:30 am Room 205.**

The Kerby Centre, along with Calgary Emergency Services, is pleased to present **The Capsule of Life**. This informative presentation has great potential for saving the lives of chronically ill, house-bound senior citizens as well as others who may be unable to communicate with responding emergency personnel. It can be beneficial to everyone as we never know when an emergency situation may arise.

**Free. No registration required.**

## Save The Date - Flu Shots

Free flu shots will be available at Kerby Centre  
November 15th 9:00 am to 1:00 pm

**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](mailto:travel@kerbycentre.com)

Continued from page 26

**48 Real Estate**

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**60 Announcements**

Come join Living Spirit's **SPIRITED COMMUNITY!**  
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Faith Food & Fun  
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629 49 Ave SW

*Kerby Centre classifieds get read!*

**Sudoku Solution**

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

**Puzzle on page 22**

**IN MEMORIAM**



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

- Alice May Graham
- Anthony Kneider
- Arthur Joseph Blott
- Donald Alan Pettie
- Edward (Ted) Fisher
- Binns Drake
- Harry Lewis
- Jane Valerie Gatt
- Jeannene Elaine Green
- Jerrold Keith Barton
- Joan Gwendolyn Davis
- Joan Patricia Kelter
- Joseph (Duke) Doucet
- Kenneth John Hagel
- Kenneth Lee Houlden
- Kenneth Ross Burton
- Neil Nicholas Murray
- Olga Mostowyj
- Oskar Rosner
- Richard Louis Old
- Robin Christopher Bretherton Gourlay
- Ruby Alice Warnock

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.



**Spooky fact**

Hallowe'en is celebrated in Canada on October 31. It is a day to mark the single night in the year when, according to old Celtic beliefs, spirits and the dead can cross over into the world of the living.



**Crossword Solution**

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

**Puzzle located on page 22**

**BUSINESS AND PROFESSIONAL DIRECTORY Size 3 1/4" x 2" Price \$160 403-705-3238 403-705-3240**

**Calgary Philatelic Society**  
General Monthly Meetings with auction  
1st Wednesday of the month start at 6:30 pm  
**Mid Month Auctions**  
3rd Wednesday of the month start at 6:30 pm  
**Kerby Centre** (2nd floor lecture room)  
1133 7th Ave. SW Calgary, Alberta T2P 1B2  
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# The commitment to community

Kerby Centre has a commitment to keeping older adults living healthy lives and staying connected in the community.

That can look like different things to different people. For some, we pick up their groceries and help with support information through our Thrive program. For others,

it is a drop-in group to ensure they are staying socially active and building new relationships. And some just come here to dance.

Regardless of how we are connecting with older adults, it is always of vital interest to us to make sure they are staying part of their community.

On October 16, across Alberta, municipal elections

will be held. Citizens will mark an X for their preferred candidate and help choose who will guide their city or town. Those elected make some of the most important decisions that impact your day-to-day life.

If you live in Calgary, you will also be receiving two transit tickets usable on election day to ensure Calgarians of any income

level can make it to their polling station.

While Kerby Centre does not endorse any individual candidates, we believe that an important part of staying active in your community is to make your voice heard at the ballot box.

Visit your city or town's website to find out how to register and vote. □

## President's Report Zane Novak

### OCTOBER 2017

Front page: *Photo by Dylan Reardon*

Design by Winifred Ribeiro

#### KERBY CENTRE'S MISSION:

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

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

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## CEO's Message Luanne Whitmarsh

October is a transition month for me... changing from summer clothes to winter clothes, bringing out the boots so that I don't fall on the snow and ice, and I start planning for more indoor activities like curling up with a book.

It got me thinking about gardening – and specifically root vegetables. This is the time of year that root vegetables are harvested and it is quite symbolic of how we

tend to root ourselves at this time of year. I love hot soups made from root vegetables – makes me think warm thoughts! Many of us have completed the summer travel (hopefully you were able to see some amazing people and places) and the fall routines come into play.

How about you? What rituals do you practise at this time of year? Do you take a moment to see what happened this month in history? October is Women's History Month and there are many articles and books written to celebrate. Also, this month we celebrate Thanksgiving – the month the harvest is completed and we come together to celebrate

with family and friends. And we end the month with Halloween – it is an odd celebration for me to understand, but I choose to relate it to fun for the children to enjoy!

So, as we all transition into the fall season, be easy on yourself, read, put on a woolly sweater and wander outside to see the beauty in the changing colors on the trees, and just take a moment to take stock of where you are, where you have been and where you would like to focus on. Remember to connect with Kerby – meet a new friend, attend a class, volunteer or just come for a coffee! Be well and keep in touch! □

## Thanksgiving in Canada

By Dylan Reardon

Thanksgiving has been officially celebrated in Canada since Nov. 6, 1879, when parliament passed a law designating a national day of thanksgiving.

For many years before it was declared a national holiday, the dates varied and Thanksgiving was celebrated in either late October or early November, until Jan. 1957, when parliament declared Thanksgiving to be held every year on the second Monday in October.

The public holiday corresponds to the English and continental European harvest festival, where churches decorated with cornucopias, pumpkins, corn, wheat sheaves, and other harvest bounty, as well as Columbus Day and Indigenous Peoples' Day in the United States.

While pumpkins are a staple of many Canadian Thanksgiving meals as well, they also originated with indigenous people and it is not known if they were present at the first Thanksgiving meals. However, there are recipes for pumpkin pie that date back to the 1650s.

Canadians consume around 145.5 million kg of turkey every Thanksgiving, with 3.1 million whole turkeys purchased last year for Thanksgiving. This was about 30 per cent of all whole

turkeys sold during the year according to the Turkey Farmers of Canada.

This year Thanksgiving will be on Oct. 9., and the Kerby Centre will be closed. □



Please Join As We Honor Our Veterans  
Saturday, November 11th, 2017

### REMEMBRANCE DAY



Kerby Centre Auditorium

Doors Open at 10:15 am

Ceremony & Wreath Laying 10:50 am

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Music Provided by Johnny Summers and Egon Ukuloff



Generously provided with funding from the Calgary Musicians Association, in coordination with the National Council on Aging (NCOA) and the Music Performance Trust Fund, which is funded by recording companies in Canada and the United States



Visit [www.kerbycentre.com](http://www.kerbycentre.com) to post the name or a brief message of remembrance of someone you wish to honor this Remembrance Day

Follow us and share on Facebook and Twitter using @kerbycentre; #RememberThem or #Canada Remembers



**This month in Edmonton**

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

As the legislature returns to session this month, jobs and the economy will again be top of mind. However, the topic of the economy is beginning to be viewed differently in our province. Our financial plan is working. 2017 has proven

# Supporting small businesses and seniors programs a priority

to be a successful year for Alberta. Instead of deep cuts, our government has supported our province by investing in key infrastructure and services.

ATB officially announced the end to the recession in August. Alberta's GDP will see at least 3 per cent growth for this year, with RBC expecting 4.2 per cent growth. The Alberta Economic Activity Index surged 7.7 per cent over the last year, recovering more than three-quarters of recession losses. Oil and gas companies have resumed an increase in drilling with more than 130 new wells being drilled since January, and we have added more than 40,000 jobs to the

economy over the last twelve months. Alberta has always punched above its weight, and our province is once again the economic engine of our country.

As your provincial representative, I am concerned with the health of all sectors of Alberta's economy, including the health of small businesses and entrepreneurs. Last month, Minister Bilous of Economic Development and Trade and I spoke with small business owners in the community. We received some great feedback surrounding the need for support for existing small businesses as we edge towards full recovery. Small businesses employ 91 per cent of Albertans, and are

the foundation of our province's economic solidity. To support this economic foundation, our government has reduced the small business tax rate by a third, from 3 per cent to 2 per cent, and we have launched the new Alberta Investor Tax Credit that is directed towards small business capital investment. I invite you to join me throughout the week of October 16 – 20 in celebrating our small businesses by visiting some of the many in the Calgary-Buffalo constituency.

Our government has also been supporting Small Brewers with the Alberta Small Brewers Development Program. Alberta's small brewers make great beer and

we want to give them the tools they need to succeed, create jobs, and help diversify the economy. Since the grant program launched one year ago, 18 new breweries have opened in Alberta, creating jobs and making great, local, Alberta beer. The growth of this industry has been profound. Our government will continue to support Small Brewers so that they can reach new markets, increase production of their products, and thrive in Alberta's growing economy.

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



**This month in Ottawa**

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

With the ground-breaking of Line 3 pipeline in Hardisty in August of this year, and the approval of Kinder Morgan's TMX

# We're working to improve social assistance, the economy, and the environment

expansion last year, we are moving forward in building this country for generations to come.

For too long now, Canadian middle class families have found it hard to get ahead. That's why our government has a plan to grow the economy and strengthen the middle class. Canadians know that the environment and the economy go hand-in-hand, and our government has made a commitment to restore the confidence of Canadians in our natural resources development.

Our government is moving ahead with making smart, necessary investments. We've lowered taxes for 9 million Canadians, and introduced the Canada Child Benefit which will help 9 in 10 families to be better off. We've increased the Guaranteed Income Supplement for almost one million single seniors, and reached an historic agreement to strengthen the Canada Pension Plan to help provide Canadians with the strong, secure and stable retirement they deserve.

Moreover, our govern-

ment is doing the hard work in partnership with provinces — through pricing carbon pollution, through the climate change plan, and through making the most significant investment ever to protect our oceans and coastlines — creating the conditions that will allow us to get our resources to market safely and sustainably.

If you'd like to read more, please visit my website at [www.KentHehrMP.ca/Pipelines](http://www.KentHehrMP.ca/Pipelines).

I am proud to be able to be an ally to the community and work with Canadians as

your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at [www.KentHehrMP.ca/email-updates](http://www.KentHehrMP.ca/email-updates), come by my office at 950 – 6 Ave S.W., call at 403-244-1880, or send me an email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca).

*Kent Hehr is the Member of Parliament for Calgary Centre and the Minister of Sport and Persons with Disabilities*  
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phone at 403-244-1880 □

**Disclaimer:**

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

## Kerby Centre Department Directory

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

<b>Main Switchboard</b> 403-265-0661		<b>Fund Development</b> 403-705-3235 <i>Work with members and community to provide funding for Kerby Centre's vital programs</i>	<b>Kerby News Editor</b> 403-705-3229 editor@kerbycentre.com
<a href="http://www.kerbycentre.com">www.kerbycentre.com</a>		<b>General Office</b> 403-705-3249 generaloffice@kerbycentre.com	<b>Kerby News Sales</b> 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com
<b>Accounting</b> 403-705-3215	<b>Adult Day Program</b> 403-705-3214 <i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i>	<b>Thrive</b> 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>	<b>Kerby Rotary House</b> 403-705-3250 (24 hour) <i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i>
<b>Diana James Wellness Centre</b> 403-234-6566 <i>Health services including footcare</i>	<b>Dining Room</b> 403-705-3225 <i>Serving nutritious meals to everyone</i>	<b>Housing</b> 403-705-3231 <i>Assists older adults in finding appropriate housing</i>	<b>Options 45</b> 403-705-3217 optfons45@kerbycentre.com
<b>Education &amp; Recreation</b> 403-705-3233 <i>Information source for programs at Kerby Centre</i>	<b>Event Planner</b> 403-705-3178 events@kerbycentre.com	<b>Information / Resources</b> 403-705-3246 <i>The all in one older adult information source</i>	<b>Volunteer Department</b> 403-234-6570 <i>Volunteers are the heart of Kerby Centre</i>
		<b>Kerby 2 East Village</b> 403-470-6300	<b>Room Rentals</b> 403-705-3177
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# Calgary news briefing

## Plan to end day light saving shot down

Last month, a legislative committee unanimously decided to abandon a bill that proposed changes to day-light saving time in Alberta.

Thousands of Albertans weighed in on the private member's bill that was introduced by the NDP government, and about 75 per cent were in favour of get-

ting rid of the time change.

Premier Notley says the issue is not dead, and that more research needs to be done.

"The matter is still going to come to the legislature for debate," Notley said. "The committee heard from a lot of Albertans. Quite honestly, for a legislative committee to get as many responses as that committee did shows that Albertans have a vested inter-

est in this and seem to care about this matter a great deal."

## Inaugural Top 7 over 70 Awards showcases strength in diversity, tenacity, and experience

Calgary's first Top 7 Over 70 were chosen in September, highlighting some remarkable achievements.

The winners' accomplishments range from becoming an internationally-awarded

athlete to being nominated for a Juno. Some recipients have started international businesses, built baseball stadiums, patented products, established charities and become leading scholars. And, this has all occurred since the winners turned 70.

The winners were Gerry Miller, 82; Vera Goodman, 82; Don Seaman, 92; Alan Fergusson, 83; Marjorie Zingle, 81; Dr. Amin Ghali, and Al Muirhead, 81.

The 7 Over 70 Awards Gala will take place on Oct. 2.

For more information on the winners, visit [www.top7over70.com](http://www.top7over70.com).

## Flames, City at odds over new arena deal. Fans caught in the middle

Calgary Sports and Entertainment (CSEC) and the City of Calgary are at odds over a deal for a new arena, with the matter coming to the forefront of the election.

In September, CSEC said they wouldn't be working with the city on a new arena, with CSEC President and CEO Ken King making veiled threats to move the team. The timing of the announcement coincided with the city of Seattle announcing a new arena.

Days later, the City of Calgary released their proposal, which would see the City contributing \$185 million in funding, including \$130 million in up front money, land in Victoria Park worth \$30 million, and \$25 million to demolish the Saddledome. The City's deal would see CSEC contributing \$185 million, and the final \$185 million coming from a ticket tax.

CSEC says the deal they put on the table would see them contributing \$275 million up front, but Ken King added they are no longer interested in pursuing a deal – period.

Some Calgarians are not pleased with the timing of the back-and-forth politicking between the two sides, with many people taking to social media to voice their displeasure.

With the upcoming October Civic Election and start of the 2017/18 NHL season this month, Dave McGrath says it's obvious the CSEC is trying to get the best deal they can.

"It's a game — that's what this is," says McGrath. "And Calgary Flames fans are being used as pawns."

McGrath says his opinion and support for the Flames organization has dropped after recent events.

"This is a huge, unwanted distraction going into the season."

## Equifax says as many as 100,000 Canadians affected by security breach

Equifax Canada says approximately 100,000 Canadian consumers may have had their personal information and credit card details compromised in the massive cyberattack involving 143 million people's credit data that company made public in September.

The company said the investigation is ongoing and it appears that the breached data may have included names, addresses, social insurance numbers and, in limited cases, credit card numbers.

"We apologize to Canadian consumers who have been impacted by this incident," Lisa Nelson, president and general manager of Equifax Canada, said in a statement.

Equifax has set up a website and hotline for people to find out if they've been affected. Visit [www.consumer.equifax.ca](http://www.consumer.equifax.ca) or call 1-866-828-5961.



## BEAUTY AND THE BEAST

March 17, 2017 (2h 10m)

Rated PG Fantasy, Musical

Friday October 27th, 2017

at 1:00 PM in the

Kerby Centre Lounge



Tickets are \$1.00 from the

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Price includes snack and a drink!

Sponsored by Lake Bonavista



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# 2017 Municipal Election feature

## What do mayoral candidates have to say about issues that relate to older adults?

The Kerby News posed the following question to mayoral candidates in Calgary, in an effort to give readers some insight into each candidate:

*According to City of Calgary projections, the population of Calgarians over the age of 65 will hit 166,000 by 2024 - and so too will the needs of an increasingly aging population.*

*What is the biggest issue you think affects—or will affect—Calgarians over the age of 65 in the coming years, and what measures will you take to address that issue?*

Here's what the candidates who responded had to say:

### Andre Chabot:



"I have a proven track record in representing seniors' interests in these areas, as well as being known for my fiscal responsibility.

I've advocated on behalf seniors for increased funding to Family and Community Support Services (FCSS), and obtained it. I still have ongoing work to increase the level of funding, because it is not linked to the increase of our seniors population and inflation. The province requires our city to pay 20 per cent of the operating costs, but Calgary has increased their portion to 30 per cent to cover the current needs of Calgarians.

FCSS helps fund seniors groups, programs, and social worker assistance in applying for senior supports like the Property Tax Assistance Program (which reduces low income seniors' property taxes) and the Residential Accessible Design Program (that helps limited mobility and low-income Calgarians live safely in their homes.)

I'm against increasing transit pass prices for seniors; I fought against the proposed 788 per cent increase in the seniors annual transit pass and succeeded, as well as fought to retain the annual low income transit pass for seniors. I also advocated, fought for, and was successful in keeping seniors fares lower for recreation.

I'm against the 52 per cent increase in property taxes over the last seven years, as these high rates affect the quality of life of all seniors regardless of income. Some seniors are being forced from their homes by these higher property taxes, and it also increases rental prices, as well as increasing the cost of basic needs.

When elected Mayor I pledge that I will not increase property taxes greater than inflation. Regardless of what authority the new city charter gives the Mayor, I will not support any new fee or tax. I will continue to advocate for better services for seniors at a lower cost."

### Dr. Emile Gabriel:



"I've lived in Calgary for more than 30 years. I was raised by a single mother after the premature death of my father in Giza, Egypt and came to Canada to escape persecution and discrimination.

As a senior myself, I am concerned about many important issues including safety and financial security, especially for those who are on a fixed income and dependent on promised services. Seniors need peace of mind and certainty; to know that taxes won't be increased more than what they can afford and services won't be cut.

Every senior in our city deserves to be able to age with dignity, in an age-friendly Calgary. An age-friendly Calgary would mean complimentary senior parking at hospitals, assistance with access to services, safety and security at home and in the community. Additionally, I propose the allocation of television and radio time to warn seniors of potential scams and dangers.

I believe that reviving our local economy holds the answer for much of the seniors' needs, as well as reducing poverty and homelessness. As your new mayor, I will immediately start cutting waste and duplication, stop unwise spending and postpone non-urgent and ill-conceived projects in order to be able to save money, freeze taxes for a period of time and maintain services.

On October 16th we will need to elect representatives who are committed to serve the interests of all Calgarians and to support and engage with Calgary seniors who have contributed a lifetime to our great city. Might I suggest you ask this of your mayor and councillor candidates: would you commit to sincere public engagement, respect to people's feedback and protection of our democracy?

I am committed to lead by example and creating a true dialog with seniors and the citizens of Calgary."

### Larry Heather:



"The biggest issue of the coming over-65 population of Calgarians will be the fragile existence of the Canada Pension Plan. With a population, which being habituated to an acceptance of assisted suicide, and the increasingly unsustainable state of our healthcare system, the survival of the Pension is at risk.

We see a rising generation of young taxpayers with less job security, an early onset of credit debt, and strident demands from all levels of government to continue their wastrel spending.

So what can be done from the office of the Mayor of

Calgary, if I, Larry Heather, a fiscal and social conservative, should be elected?

Reduce as much as possible the overburdening of seniors by excessive city property taxes and exorbitant add-ons to our utilities.

Encourage opportunity for seniors to continue to gain an income of their choice and level.

Reform the Pension Fund to a Guaranteed Annual Income funded by interest free monies from the Bank of Canada.

Cut out waste and excessive bureaucracy in our healthcare system to make it more viable, enabling it to continue to provide competent services to our senior population.

Encourage young families in a positive view of having more children and larger families by educating through the City advertising of the great family benefits and joys that come from children. It is estimated that soon, there will be only two younger workers working to support each retiree on pension.

You can see that drastic reform is needed if the funding and support of seniors is to remain intact in the coming years."

### Naheed Nenshi:



"Seniors issues are issues that affect all Calgarians and we need to recognize the demographic trend and plan thoughtfully for the needs of 20 per cent of our fellow citizens and create Age-Friendly Neighbourhoods. The City's Seniors Age Friendly Strategy and Implementation Plan expires in 2018. This is the opportunity to renew our strategy and work closely with seniors to understand the coming challenges and opportunities of the next decade:

Ensuring seniors have access to the services they need: We need to ensure seniors have access to the city services they require and know about the programming available to them, like the Fair Entry program that provides access to low-income transit and recreation passes.

Creating age-friendly neighbourhoods: Aging in place is incredibly important and we need to take a number of measures to create the age-friendly neighborhoods that we need. We must encourage safety improvements and accessibility modifications in current homes by improving permitting processes and advocating for building code and planning policy improvements to ensure new and existing homes and buildings are age-in-place ready.

Access to housing: We must increase the amount of affordable and accessible housing through the Community Affordable Housing Strategy.

Encouraging participation and inclusion in our community: We as a community need to

ensure that seniors continue to be socially, physically, and intellectually active, and welcomed to participate. That means continuing the Active Aging Strategy and promoting opportunities for seniors to contribute, through working and volunteering, in age-friendly workplaces.

Continue efforts to prevent elder abuse: We need to continue to promote public awareness on how to identify, prevent, and respond to elder abuse and neglect in our community.

This is short summary of the different ways we can meet the coming challenges and opportunities.

Should I be re-elected as your Mayor, I want to work together with all Calgarians for seniors."

### Bill Smith:



"The biggest issue facing Calgarians over the age of 65 in the coming years will be the ability to age with dignity.

That can only be done if Mayor and council encourage

a diverse, vibrant economy that maintains civic services for all citizens.

City bureaucracy and red tape will have to be streamlined to encourage new industry to invest in the region, thus allowing an efficient city council the opportunity to keep taxes low. That way, individuals over 65 who wish to work or retire here can afford to live in the city and not be financially forced from their homes by high taxes."

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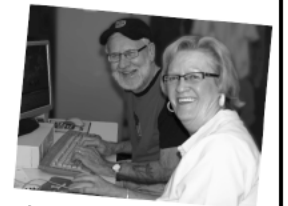
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# U of C archaeologist using 3D technology to digitally preserve Alberta's unique heritage sites

By Dylan Reardon

A University of Calgary archeologist is using three-dimensional digital imaging to preserve and restore Alberta's unique history.

Peter Dawson, a professor in the department of Anthropology and Archaeology, is working with Alberta Culture and Tourism to record digital images, from endangered heritage sites such as the Okotoks Erratic rock formation to historic buildings such

as the Chinese laundromat in Fort Macleod.

"When people talk about archeology, they think about picks and shovels. But we have access to all kinds of technology now that helps us preserve the past," Dawson said.

"It's important, because our history is part of our identity. Often you might overlook buildings or sites you walk by everyday because you may not understand their stories.



"But these are all physical manifestations of cultural diversity that define our province."

Dawson said his research team uses a "terrestrial laser scanner," which is much like a 3-D camera that emits millions of points of laser lights to record the image and store it digitally.

The best part, Dawson adds, is that researchers can return to a site several times, taking a number of images and recording the changes over time to see whether there have been any negative effects such as erosion, severe weather or too much human use.

"We can scan these sites at different points in time and compare them and look for

any significant changes," Dawson said.

Alberta Culture and Tourism can then work to implement the necessary interventions to protect them.

And that's especially important in Alberta, he added, where we've seen a lot of damage to our ecosystem recently, from the southern floods of 2013 to the northern wildfire of 2016.

The technology can also record images of historic buildings, even if they're no longer fully intact, through imaging that can "reverse engineer" or reconstruct a former location.

Dawson has re-engineered a Chinese laundromat in Fort Macleod as well as the McDougall Memorial United

Church near Cochrane, both built in the late 1800s.

The technology will allow Albertans and tourists to take a virtual tour of both sites, as if they were still in existence, through a unique computer program.

"It will allow you to be teleported to any site, as if you're at the building and you can tour the inside and the outside.

"We will be creating an archive to house all the data."

*Dawson has been conducting research in the Canadian Arctic for 25 years with innovations in digitally preserving polar heritage and archaeological data.*

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# Three Ways to celebrate Women's History Month

October is a time to recall the voices and contributions of women who have been forgotten in the history books. It is a month to learn, support and celebrate. If you are looking for ways to commemorate this special month, check out this list:

**1. Read a book about women.** There are endless books about important historical figures and the ways they contributed to society. Whether you are interested in ancient Egyptian queens or contemporary businesswomen, there is a book out there for you.

**2. Attend an event for women.** October is full of marches, races, galas and parties to commemorate women's history. Attend one of the many events in your area, or throw your own. Celebrate the great women in your life and around the

world, and consider raising money in the process.

**3. Support a women's rights organization.** There are many ways to support organizations that continue to help women make history. You can volunteer, donate or simply spread the word about

an organization like Beautiful World Canada, which provides comprehensive scholarships to women and girls in sub-Saharan Africa who want to pursue higher education. Find more information at [www.beautifulworldcanada.org](http://www.beautifulworldcanada.org)  
© News Canada □

## Tales from Cariboo Provincial Park during the summer BC burned

By Bill Corbett

I am fortunate to own a property on Mitchell Lake which drains down to Quesnel Lake in B.C.'s Cariboo Provincial Park.

Virtually, the only access is by charter plane. Very infrequently do we see anyone else on this lake, ten-and-half miles long. I spend several weeks there each summer 'recharging my batteries'. Each week, a different group of friends join me. This summer the forest fires provided complications but I was very fortunate that I did manage to spend five weeks there. Although I had to come out after the first two weeks in July, I did return for three weeks in August.

Happily, our lake was spared: the closest fires were on the north arm of Quesnel Lake and in the Penfold Valley, south and west of us. In August we did experience smoke from the west – and some days it drifted right to our shore at the east end of the lake. Finally, in the last week, it rained and that cleared out the smoke. I did set up our fire-fighting engine for some sense of security, especially when burning garbage.

Now, why is this annual retreat so vital for me and especially this year with my wife dying in March? We have two boats: the first, 'Willie Pep' is relatively new; the other, 'Dorabelle' is old, leaks but is still my favorite. It has a shallow interior and is easier for my old legs to get in and out of and to stand in. Of course the 'old boy' conviviality (laughs and lies) with each group is rich but I have come to prefer fishing solo.

I'm a novice fly-wielder, so I mainly troll a fly; with just one line out I can circle the hot spots without entanglements. There can't be another activity when one needs a companion less.

When the lake is calm, the wind down, the sun shining, I experience a peacefulness, an all-is-right-with-the-world feeling. It is almost spiritual. Then, when my rod gets a strike – 'Is it hooked? Yes' – Up with the rod tip; reel in but if it is fighting and pulling hard, ease the tension to let it run 'til tired. For me it's keep or release; most often, release, with respect for the native rainbow trout.

Turn with me now to another one of Nature's elite. Early one morning, I looked out the window and saw a full-sized Canada goose strutting around my front yard. I went out and approached him to make sure I wasn't hallucinating. He didn't back off. I crumbled some crackers and threw them toward him: he briefly pecked at them. He didn't look disabled but I wondered if he could fly.

He hung around for a while so the other boys could see him, and eventually swam

off. He reappeared a second and third day. My partner Gil's grandson, Tom Haslam, and I started joking about a roast goose dinner. Wouldn't Gil be impressed with us repeating his effort from some thirty-five years ago.

But wouldn't you know: Gus (as we named him) must have heard us. That was the last time he appeared.

What's the theory? Was he wing-disabled or did he simply refuse to fly in the smoke when his squadron took off? □

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# Canning fruits and vegetables, like my mother before me



By Dylan Reardon

My interest in canning only started seven or-so years ago.

As a child, I watched my mother and grandmother brine pickles, preserve cherries and peaches that grew

on my grandparent's acreage in BC, and make jams and jellies of all sorts.

But that always seemed like a lot of work—and if I'm being honest, I don't even like pickles, so why

would I spend days and days in the fall to make 100 jars of something I didn't even like?

Food has changed a lot over the years. Ingredients are becoming increasingly harder to pronounce, and the technology that's given us perfectly symmetrical, seedless fruit and vegetables seems to have also stripped away much of the flavours and nuance.

But if we're lucky, we might find something exotic—albeit still quite flavourless—like a papaya at our local supermarket that has spent just as long being shipped around the world as it did being grown on a plant or tree.

The food scene has advanced quite a bit in recent years. I'm not a food writer, and I won't even try to wax on about how or why it's changed, but in an intrinsic way, I know it has: people are willing to spend more money on organic, pesticide-free, oblong, hormone-free, free-range (etc., etc.) sourced food; local produce is in again, processed food is out.

Whether it's effective marketing that's driving the change or an unfounded sense of one's own body

(latest stats show that 11 out of every 10 people have 'gluten-intolerance,') it doesn't really matter: consumers these days have a craving for healthier, more wholesome foods.

And those can be hard to find.

In the summer of 2010 I was at a farmer's market in Calgary where a booth was selling homemade canned salsa. It caught my eye because up until then I didn't even know you could can salsa. I bought one jar, took it home, popped it open, and it was really, really good.

This made me wonder what else could be canned. I bought a canning and preserving book from the bookstore and began to learn the basics; I enlisted my mother, who was thrilled her canning equipment could come out of storage after 20 years, and I attempted to make some salsa, and about eight hours of chopping, cooking, sterilizing, and canning later, I had my first batch of 36 jars of homemade salsa.

I had caught the canning bug.

One of the benefits of canning is the ability to decide exactly what ingredi-

ents go into the final product: you're in complete control. There are some fundamental rules when it comes to pickling: how much salt and acid (vinegar,) for example, has to be in the final product to keep bacteria at bay; or when making jams and jellies, there is a minimum amount of sugar required for the same reason - but everything else is in your hands.

Another benefit, which I only later realized, was the family bonding experience that developed out of this rekindled interest. My mother, siblings and their families, and I all take part each fall during harvest season. With so many people pitching in, the washing, chopping, lifting, and cooking all go by with much more ease than a solo venture. We've made as many as 300 pint-sized jars on a weekend—and divided by four or five, that leaves several dozen for each party to do with what they please.

Myself, I primarily use the products I make as gifts. I still don't like pickles, but Spicy Pickled Carrots have become one of my most asked-for gifts. Every year I take a different spin on my salsa (black bean salsa one year, nectarine salsa another. Salsa verde, mango and peach salsa; mild or fire-breathing: whatever I feel like.) I've made pickled cinnamon crab apples, canned apple pie filling, beets, beans, cauliflower, asparagus, roasted red peppers, sweet pickles, mustard pickles, and jams and jellies of every variety.

## Volunteer Spotlight



**Patricia Myttenar**

Patricia is a friendly and a hardworking person. She likes to help people so she enjoys volunteering a lot. She started to volunteer at Kerby Centre in February 2016. She likes to volunteer in Next To New store because she had an experience working in the clothing retail store for many years. She also helps us in our special events. She has volunteered for more than 55 years in different organization. She has also volunteered in Royal Canadian Legion for more than 40 years. She enjoys volunteering at the Kerby Centre because she likes to be around people in the same age group, and wants to give back to the community. Besides volunteering she spends her time with her great grand kids and she likes crocheting, knitting, travelling. Patricia has already contributed over 357.5 hours to Kerby Centre.

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

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Continued on page 11



Continued from page 10

Over the years I have amassed my own collection of canning equipment, including a pressure canner which opens the doors to what I am able to can. I've experimented with different recipes, come up with my many of my own, and played with labels to make the product 'mine.' Every year I figure out the exact cost per pint-sized jar of each product I preserve (on average, about \$3.25,

including everything from the label to the jar and everything inside.)

What's more, I've developed a real appreciation over the years for what, exactly, is in my food. There is no need for unpronounceable flavour-enhancing chemicals. There is no need to purchase jam from the grocery store.

And good luck finding pickled cinnamon crab apples anywhere – those are originals. □



## Choose simple diet and lifestyle changes for better heart health

Did you know that heart failure is a growing epidemic in Canada? One in five of us will develop the condition during our lifetime, but you can easily make some tweaks to your everyday lifestyle to improve your heart health now.

"Each year, 50,000 new patients are diagnosed with heart failure, and depending on the severity of symptoms, age and other factors, half of them will not survive five

years," says Dr. Gavin Arthur of the Heart & Stroke Foundation. "There is no cure yet, but if it is caught early, lifestyle changes and appropriate drug treatments can help you lead a normal and active life, stay out of hospital and live longer."

Heart failure is the result of damage to the heart that weakens it and makes it less able to pump blood around the body effectively. One reason it is on the rise is that

more people are surviving heart attacks and other acute heart conditions – but not without some lasting damage to their hearts. This damage, over time, makes them more susceptible to heart failure.

"Heart failure can greatly impact quality of life – many people face repeated hospitalizations and are unable to do everyday tasks," notes Arthur. "Even a walk to the corner

can become very difficult for many. However, progression of symptoms can be slowed if it is treated early with appropriate medication and careful attention to diet and lifestyle."

To stay on top of your heart health, choose nutritious meals with lots of

produce, find a fun physical activity to keep you active, and work on maintaining a healthy weight.

Learn more about heart failure, including the warning signs to watch for, online at [www.heartand-stroke.ca](http://www.heartand-stroke.ca).

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## How to cozy up your home for fall and winter

With the return of crisp fall air, most of us look forward to snuggling up at home. Here are some tips for creating an inviting space that's ready for chilly nights and the upcoming festive seasons.

1. Use seasonal harvest items as decorations. A variety of pumpkins, gourds, twigs and dried leaves make great table centrepieces, front door focal points and mantle décor.

2. Switch out pillows and add a blanket to your favourite sitting area. Focus on plaids and stripes with deep tones to enhance the autumnal atmosphere. Not only are these additions functional, you'll also find yourself gravitating to the space more often.

3. Stow your summer wardrobe. Putting away your shorts and sandals and bringing in warmer sweaters, shoes and booties will put you in a warm fall mood. Try the Denver Hayes oilskin jacket from Mark's as the perfect addition to your cool weather attire.

4. Prep the fireplace. Contact a professional to

get it checked and cleaned prior to having your first fire of the season. Following the cleaning, rearrange your furniture around the fireplace and add some extra seating for unexpected guests.

5. Put away the summer

bedding and bring out your heavy-duty comforter and flannel sheets. Add a thermal blanket to your bed in a festive pattern to make your bed even comfier for cool nights.

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### Conversations with First Nations Elders on Traditional Ceremony



Led by:  
Elder Clarence Wolfleg

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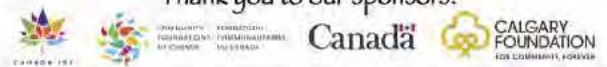
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# Meals on Wheels pilot project seen as step in the right direction

By Dylan Reardon

At the six-month mark of a year-long pilot project, Calgary Meals on Wheels is seeing a positive change for those enrolled in the charity's Full Client Support Initiative [FCS].

The pilot is an extension of Calgary Meals on Wheels' Home Meal Delivery Program, and offers meals at no cost to Calgarians who are experiencing unforeseen personal hardships.

For the past 50 years, the charity has offered nutritious meals for an affordable fee; and for the past decade, those fees have been based on a sliding scale to make the service more affordable for Calgarians with varying degrees of financial hardship.

But even with sliding-scale structure, Meals on Wheels says some clients in difficult situations were still unable to afford the minimum daily fee for meals delivered to their door daily.

Meals on Wheels says the pilot project is ultimately about helping Calgarians most in need.

"The [FCS] Initiative has been a goal of ours for a long time," says Janice Curtis, Executive Director of Calgary Meals on Wheels. "This is about removing barriers to proper nutrition."

Acting as a bridge between poverty and possibility, the FCS initiative removes the financial barrier to food security completely, allowing Calgarians to get back on

their feet. The pilot program assists individuals for 90 day terms, with possible extensions available. FCS currently has the capacity to support 50 clients at all times, although there is hope to grow that number in the future.

"This program took away the biggest worry from most of my clients: food," says Curtis. "They previously skipped meals as they could not afford groceries. Even when they had food, it was never well balanced."

In the past six months, FCS has had 71 participants. The stats are encouraging: according to Meals on Wheels, what the participants are saying about the initiative shows the difference it is making.

"It helps my medical condition; I don't have to worry about how to get groceries, what type of food to buy," one client says. "It's allowed me to save some money."

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# Ensure you're insured if you travel south

If you're over 55 and planning an extended trip down south, there are a few things you should know about extended stay travel insurance. In a recent TD Insurance survey of snowbirds who are planning to travel, almost one in four respondents aged 51-69 said they aren't expecting to purchase extended stay travel insurance. And, 31 per cent of those suggested travel medical insurance is too expensive - all of which can add up to a risky financial situation.

"Life is unpredictable, and that goes double for the portion of our population that winters down in Florida or even further afield," explains Brigitte Gougeon, associate vice president of TD Insurance. "We've all heard the cautionary tales of how an unexpected run-in with illness or a small accident impacted the finances of snowbirds travelling with only their provincial health insurance to back them up, but most provincial health insurance pro-

grams pay only a small fraction of the costs in the event of injury or illness while abroad."

For instance, the Ontario Health Insurance Plan pays up to \$400 CAN per day in U.S. hospital costs, depending on the level of care. It reimburses outpatient visits at \$50 CAN per day and physicians costs at the rate they would be paid in Ontario. That means if a U.S. physician charges more than an Ontario doctor for the same procedure, the Ontario patient pays the difference.

By contrast, travel insurance can help with eligible expenses for immediate care in addition to costs associated with safe transfer back to Canada for patients facing extended recovery, if required.

"When it comes to snowbirds, we've tailored some exclusive benefits for this customer group," says Gougeon. "For example, if you had to return to Canada because of illness, your insurance would cover extras such as returning your rental car if you

weren't able to, and also the return home of your grandchildren or pets if necessary. It would also cover the costs of a family member flying out to your bedside if you were hospitalized."

Before starting your trip, take a few minutes to research extended stay travel insurance options, so you can travel with confidence.

Find more information online at [tdcanadatrust.com/safe-travels](http://tdcanadatrust.com/safe-travels).

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# CPP is already planning for your retirement

Did you know you're already planning for your retirement? If you're between 18 and 70, working within Canada outside of Quebec and earning more than \$3,500 each year, you're actually making your financial future more secure with each paycheque through your contributions to the Canada Pension Plan.

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those contributions to work, growing the CPP Fund to provide you and your fellow contributors and beneficiaries with a reliable source of retirement income.

Yet, despite the program's investment successes, a recent survey found 42 per cent of working Canadians believe the CPP fund won't have enough money to cover their benefits through retirement.

Luckily, this couldn't be farther from the truth.

The numbers show the fund is sustainable for the long term, and saw one of its biggest increases in assets during its most recent fiscal year, rising 13.6 per cent year-over-year to \$316.7 billion. Likewise, in its most recent triennial report, the chief actuary of Canada, who gauges the financial state of the fund, confirmed

CPP is sustainable over the next 75 years at current contribution rates. In other words, the CPP Fund will pay out retirement benefits at least for the next 75 years. But that doesn't mean the longevity of the fund will just end in 2090. By operating a well-managed fund with a long-term investment horizon, CPPIB is actively looking beyond the next 75 years as well.

Through a diverse suite of asset classes — such as public and private equities, fixed income instruments, real estate and infrastructure — the fund will continue building wealth for Canadian workers, ensuring its contributors have a stable source of income available to them when they retire.

Find more information at [www.cppib.com](http://www.cppib.com).

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# Some facts you need to know about heating your home

As Canadians, we rely on heating systems more than most nations in the world. But our need doesn't necessarily translate into knowledge. If you're unhappy with the comfort or cost of keeping your home warm in winter, here are some things to consider.

**Insulation is key.** While the kind of energy source and heating equipment you have can affect annual costs a lot, don't even think about upgrading your system until you've optimized insulation levels in your home. For most places in Canada, 22 inches of batt or loose-fill insulation in the attic makes sense. This is more than many homes have, but it pays to go beyond the basics when it comes to insulation.

**Choose natural gas if you can.** Natural gas is abundant in Canada and also burns cleanly in furnaces and boilers that operate at efficiencies greater than 95 per cent. Although prices fluctuate, natural gas always averages out to be the cheapest and most stable source of energy for home heating.

**Consider heat pump technology.** If you don't have access to natural gas where you live, electric heat

pumps make sense because they offer the next most economical source of heat. For every dollar you spend on electricity for a heat pump, the system delivers \$2 to \$3 worth of heat, compared with electric baseboard resistance heaters. Most heat pumps can also operate in reverse, cooling your home in summer.

**Explore smart controls.** We've had programmable thermostats for a long time, but the electronics that control heating systems are advancing beyond these basics. Wireless thermostats, for example, make it easy to control the temperature of different rooms independently. Why heat a room you won't be using at certain times of the day? Today's best control systems also deliver temperature levels that are more sta-

ble and consistent than ever, especially with hot water heating systems.

**Hydronic heating conversion.** "Hydronic" is a fancy word used to describe hot water heating systems. Hot water radiators and infloor heating provide some of the nicest and most even heat you'll experience. Since there are no fans involved, there's no moving air to kick up dust. Hydronic

heating is also one of the best options for converting from electric baseboard heaters to natural gas.

Regardless of what insulation or heating system changes you want to make to your home, be sure to hire a qualified contractor to

do the work. Home heating systems are not DIY projects — you need an expert who knows all the safety requirements. Electrical and gas contractors need to be licensed, so never hire someone who isn't.

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# Dementia Friendly Community well underway in Calgary and Okotoks

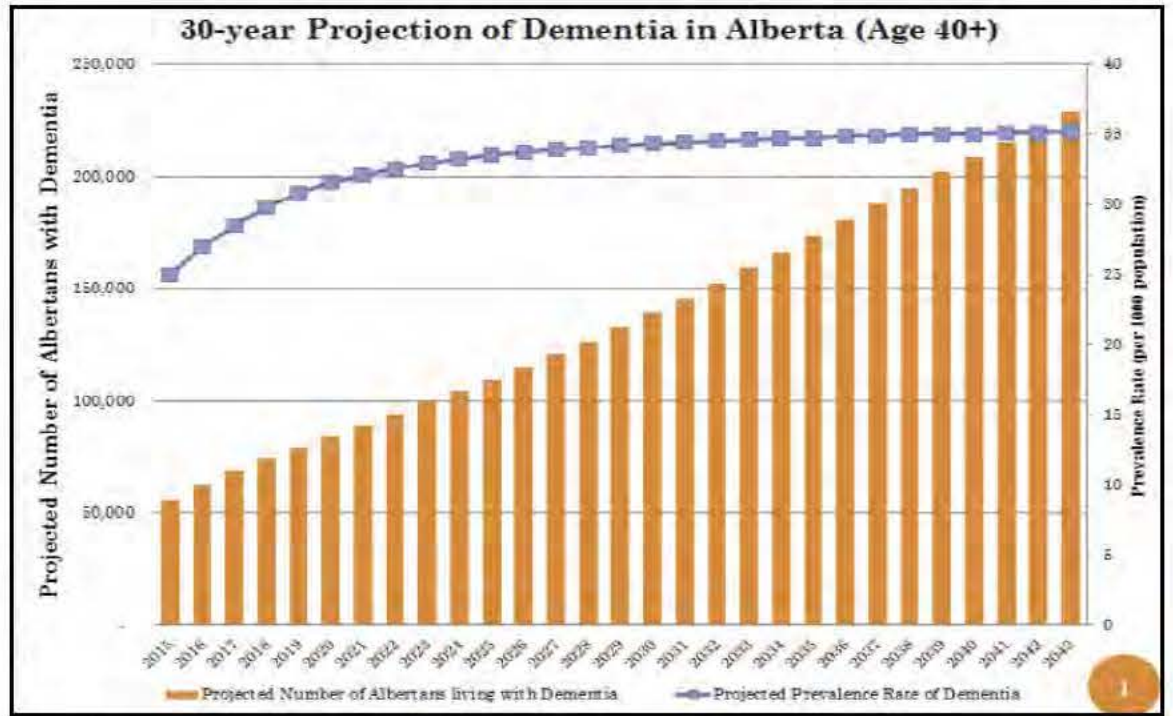
Project designed to help local businesses provide aid to customers with dementia

By Dylan Reardon

A dementia-friendly community (DFC) partnership between the Brenda Stafford Foundation and the provincial government is helping train businesses in a community in Calgary and Okotoks to deal with people who suffer from dementia.

Dementia is a syndrome which affects memory, think-

ing, orientation, judgement, and ability to carry out daily acts; the most common type of dementia is Alzheimer's disease, and the Brenda Stafford Foundation says DFCs are designed to support those with dementia and their caregivers, so they feel included and supported in the places they work, live, and socialize, and staff at businesses in the southwest community of Westhills are being trained to recognize signs of confusion or disorientation among their customers.



The 30-year projection of dementia cases in Alberta shows a steady increase in the number of Albertans living with dementia from 56,000 in 2015 to 229,000 in 2043. Dementia Friendly Communities aim to give greater tools to members of the community to ensure they can support those living with dementia and their caregivers, enabling them to remain at home for as long as possible. Graphic courtesy of Alberta Health Services.

According to Emma Richardson, Dementia Friendly Community Coordinator for Westhills, businesses will be given a number of tools to assist them and their staff if they are interacting with clients who may have dementia, with the goal of giving them a greater understanding and the tools to ensure they can support those living with dementia and their caregivers to remain at home for as long as possible, says Richardson.

“Training includes how to communicate with someone who may have dementia, tips on dementia risk reduction, how to make the business’s physical environment more dementia friendly, and information regarding local resources in the area.”

The training will also help to raise awareness of dementia and reduce stigma, says Richardson.

The Alzheimer Society of Canada estimates there are over 564,000 people cur-

rently living with dementia, and another 25,000 new cases are diagnosed every year. And the economic impact associated with those numbers is staggering: the combined annual cost to Canadians to care for dementia sufferers is pegged at \$10.4 billion per year in provincial health-care and out-of-pocket caregiver costs.

Among businesses in Westhills currently taking part in the project are ATB Financial, First Lutheran Church, Good Earth, Signature Drug Store, and Rundle College—where staff and students are learning how to communicate with someone suffering from dementia.

The two-year pilot project was launched in Westhills last February and Okotoks earlier this summer, and Richardson says they will be looking at a variety of ways to measure the project’s success, including looking at how DFCs impact the community itself.

“Surveys are currently being used pre and post training to establish the impact of training, lessons which can be learned, and improvements which may need to be made,” says Richardson.

“In addition to this, we have a Strategic Advisory Group looking at additional ways in how this project can be effectively evaluated.”

Richardson says that evaluation will be used as part of a toolkit currently being developed as part of the two and a half year project, which will be made available to other communities in Alberta looking to set up a DFC of their own.

According to Alberta Health Services Population Estimates of Dementia in Alberta report, over 56,000 Albertans over the age of 40 live with dementia, and that number is expected to quadruple over the coming decades as the baby boomer generation ages.

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Thursday, Oct. 16 from 11:30 a.m. to 2 p.m., and Tuesday, Oct. 9 from 11:30 a.m. to 2 p.m.

During the day of the General Election on Monday, Oct. 16, there will be a polling station located at Kerby Centre for Ward 8 residents to cast their vote, open from 10 a.m. to 8 p.m.

For more information, including how to find what ward you live in, visit [electionscalgary.ca](http://electionscalgary.ca) or call 403-476-4100.

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# Coping with the family burdens related to caregiving

Our weekly Caring Connections column will examine the issues of caregiving in Canadian society, and what we can do to alleviate some of the burden

By Vickie Commack

Caring for each other happens every day, everywhere, by just about everyone. It's as ordinary and necessary as breathing. Over our lifetime, 80 per cent of the care we need is freely given, by families, friends and neighbours. Yet its central role in shaping our lives is absent from our day-to-day conversation.

We don't have words to describe care because, often, we don't notice it. We perform daily acts of care, love, obligation and solidarity naturally and without conscious thought.

Everyday caring is difficult to talk about. We have to pick our way through limited vocabulary to reflect the value, meaning and struggle of our caring, without inadvertently casting ourselves as heroes or martyrs.

Each of us is completely dependent on others at various points in our lives. At odds with that practical reality is our society's rever-

ence for the ethic of personal independence.

Our inevitable frailty reveals that there's no independence without interdependence. Even so, vulnerability, dependence and physical decline are uncomfortable subjects outside home and family. That's a lesson that caregivers and their loved ones learn the hard way and one of the reasons isolation is so often a part of the caring experience.

In a world of overexposure, caregiving is still a taboo subject.

The public experiences of care in our society have been professionalized and reduced to service interactions. Consider the impersonal customer care specialists at the end of a protracted telephone tree or the large corporation that declares "caring: it's in our nature."

In our health-care systems, blockbuster drugs and technologies have taken centre stage and care is provided in tightly-controlled

units. Caseloads and service plans dominate our social-care systems.

Family and friends labelled as caregivers are often noted as a detail of the patient history, rather than as integral members of the care team. It should come as no surprise then, that natural care with its engine of love has little value in these systems powered by money.

The irony is that the financial sustainability of our formal care systems is completely dependent on the freely-given care of family, friends and neighbours. The role of medical professionals is to provide treatment and

information aimed at curing what ails patients.

But after leaving the doctor's office or hospital, it's the practical and emotional support of family and friends that enables healing.

Family caregivers are firmly embedded with professionals in the circle of care. But often the only people who recognize that reality are caregivers themselves.

As caregivers, it's imperative we speak up and take our pride of place beyond the intimate caring circle. Our stories, knowledge and earned wisdom are priceless resources for care providers, policy-makers and change-

makers. Making them visible is one of the most caring acts we can perform.

We welcome your comments and invite you to share your stories with us.

*Vickie Commack is a social innovator who has established many ground breaking organizations dedicated to strengthening community and addressing isolation, including Tyze Personal Networks, Planned Lifetime Advocacy Network (PLAN) and the Family Support Institute of British Columbia.*

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**Chinook Arc**  
Chinook Arc draws inspiration from the historic Beltline Streetcar loop that once encircled the neighbourhood, as well as the Chinook arch phenomenon that periodically blankets the sky. By artists Joe O'Connell and Blessing Hancock (Creative Machines – Technical Consultant). Completed in 2014 with a budget of \$370,000, located in Barb Scott Park. Photo courtesy of The City of Calgary.



**Topiary**  
Located in the plaza area of the Westwinds LRT station, this whimsical and distinctly unique Topiary sculpture by artists Jim Hirschfeld and Sonya Ishii is contemporary in nature, but historical in inspiration, and is one of three components located in the area. Completed in 2007 as part of the LRT expansion, with a budget of \$308,000. Photo by Dylan Reardon.

**From the Clouds to the Water**

Local artist George Duncan used natural materials combined with traditional blacksmithing techniques to create these functional works of art. The bench design depicts cloud formations encompassed by a gently flowing framework, keeping with the organic theme of the site. Completed in 2004 with a budget of \$24,000. Photo by Dylan Reardon.



# Public Art

It's everywhere  
and whether **YOU**  
like it or not isn't the point

By Dylan Reardon  
Page design and layout by Winifred Ribeiro

Last month city council voted unanimously to suspend the city's public art program. The move comes after the latest installation, *Bowfort Towers*, located on the south side of the Trans-Canada highway in the city's northwest, was met with an avalanche of public outrage.

*Bowfort Towers*, four columns suspending slabs of Rundle rock stone midway up, was not the city's first piece of public art to receive controversy: in 2013, the infamous *Travelling Light* installation, ubiquitously known as the Blue Ring, had everyone from the mayor down questioning how projects were chosen with regard to the Public Art Policy.

In 2004, the city's Public Art Policy was implemented by Council to pursue the integration of public art in the cultural fabric of the city; Council recognized public art was a vital ingredient in Calgary's on-going development as a great, creative city.

It was decided City of Calgary capital projects over \$1 million would allocate 1 per cent of the first \$50 million and 0.5 per cent of the portion over \$50 million to public art, up to a maximum of \$4 million per project.

With the Bowfort Road interchange costing \$71.7 million, the yet-to-be-completed *Bowfort Towers* art piece came in under budget at \$500,000. Even so, the piece ignited a fury of negative backlash, with Councillor Druh Farrell, an ardent supporter of the arts stating last month, "just like great architecture, a public art piece shouldn't need to be explained to be appreciated. Public art is for the public good. That doesn't mean it has to be boring. That doesn't mean 'dumbing it down.'"

There are a multitude of public art projects that have received little attention around the city. According to the City of Calgary's Public Art website, over 50 projects have been funded since 2004, and more than 100 utility boxes have been painted with artistic vibrancy.

Some public artwork is subtle, such as *The Colour of Snow* installation decorating the Crowfoot LRT Station with coloured and patterned windows on the south side, and with snowflakes in the railings of the adjoining pedestrian overpass.

Others are tucked away in communities throughout the city, such as *Outflow*, located along the river path in the northwest community

of Parkdale, or *From the Clouds to the Water* in Killarney in the city's southwest, providing seating and a place to congregate among a collection of intricately forged wrought-iron benches and railings at a community baseball field.

Many are openly displayed in high-trafficked areas where busy commuters might not have given them a second glance, such as *Chinook Arc*, located in Barb Scott Park on 12th Avenue and Ninth Street, or along busy transportation corridors, such as *Jumping Trout* along the Glenmore Trail underpass, or *Confluence*, a combination of LED lighting, glazed terra cotta, and laser-cut steel featured on both sides of the Martindale C-train station in the northeast; and *Luminous Crossings*, in front of the Kerby Centre.

Public art is placed in public parks or recreation centres, such as the *Frozen Dreams* mural located inside Max Bell Arena or *Bow Passage Overlook* in Pearce Estate Park in Inglewood.

Calgarian Jay Dorn thinks public art provides a valuable counterbalance to the city's years of unchecked growth and sprawl during economic boom times.

"This is particularly apparent when you see the decorative elements (such as the jumping fish along Glenmore Trail) on our major thoroughfares," says Dorn. "Details like these go a long way in making a more 'beautiful' city, and is money well spent."

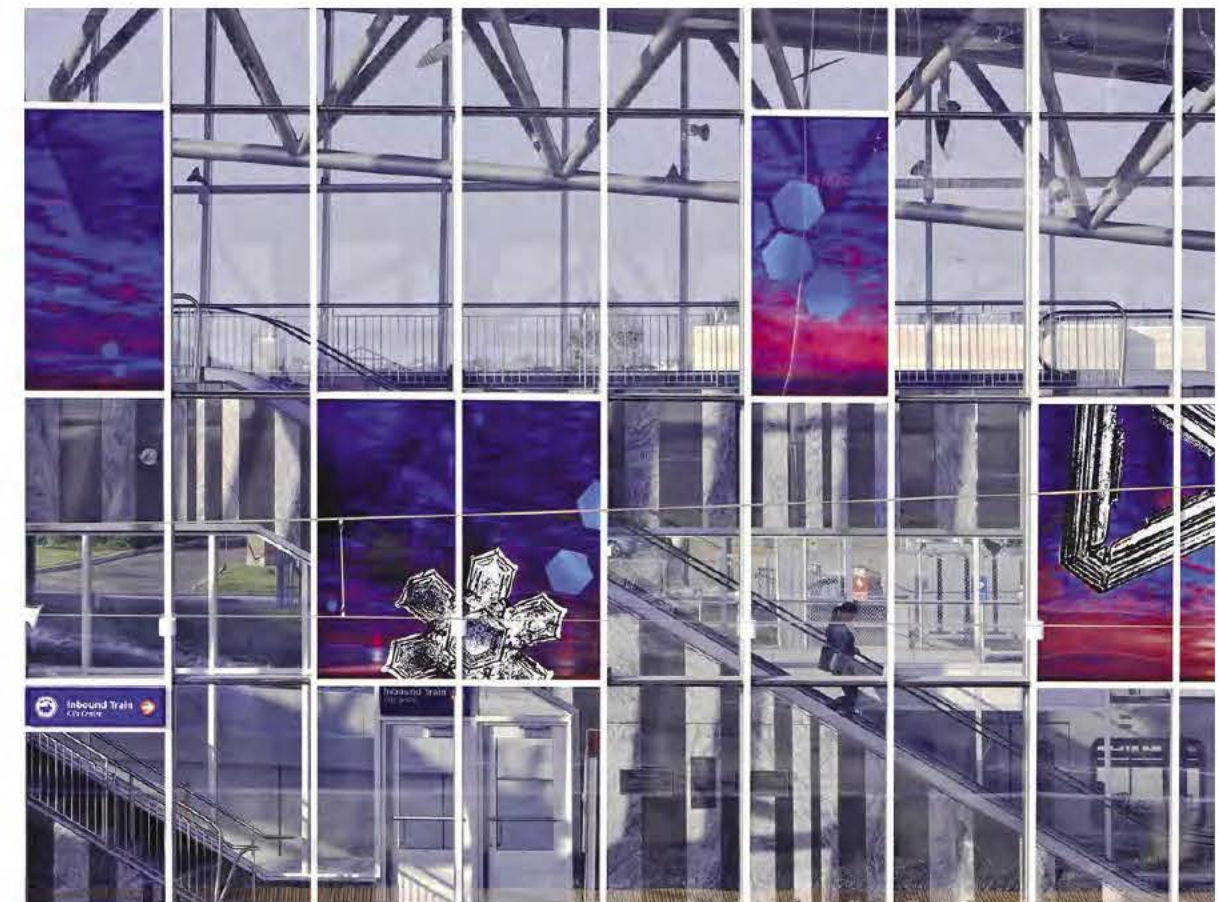
Dorn goes on to say, "Is every piece a winner? No, absolutely not, but it seems we have two bad pieces up against dozens that do enrich the public space."

Public art is everywhere – and it makes a city more vibrant, more interesting, and more livable. It doesn't exist to ignite controversy, but to inspire discussion or to serve a functional purpose. And regardless of how you may feel about one or two pieces or how much money this or that project cost, or where the artist hails from, it's better than the alternative of living in a city made up of grey concrete slabs . . . for that, you can go to Boston.

To begin exploring Calgary's collection of Public art, visit [www.calgary.ca/publicart](http://www.calgary.ca/publicart) where you can find information and a map indicating the locations of public art around the city, and share your thoughts with us on public art in the city by emailing [editor@kerbycentre.com](mailto:editor@kerbycentre.com).



**Frozen Dreams**  
Vancouver artist Blakes Williams created this nine by 42-foot mural located in Max Bell Arena. The mural celebrates both amateur hockey and the 'core experience' of the game. The mural was created using screen printing archival photographs, text, and graphics onto ceramic tiles. Completed in 2008 as part of Max Bell Arena's renovation, with a budget of \$50,000. Photo by Dylan Reardon.



**The Colour of Snow**

Inspired by the unique molecular structure of snowflakes, Arizona-based artist Barbara Grygutis attempts to draw attention to how the beauty of small elements can have larger meaning in our daily lives. Located at Crowfoot LRT Station. Completed in 2008 with a budget of \$323,000. Photo courtesy of Barbara Grygutis.



**Roger That**  
A series of sculptural installations by Vancouver artist Bill Pechet merge to form two 12-meter high sculptures, composed of 440 amber coloured safety lights. As the viewer moves throughout the site the sculptures begin to shift and change form. Completed in 2015 as part of the Tuscany LRT expansion with a budget of \$750,000. Photo courtesy of the City of Calgary.

**Luminous Crossings**

Artist Cliff Garten designed this public art installation, which consists of two large-scale vertical sculptures, plus three hanging works, on four stations located at either end of the LRT line along 7th Avenue. Completed in 2013 as part of the West LRT expansion, with a budget of \$1.8 million. Photo by Jeremy Green.



**Outflow**  
Artist Brian Tolle created this inverted replica of Mount Peechee, the third highest peak in the Fairholme Range just north of Canmore in the Bow River watershed. Located in Parkdale Plaza. Completed in 2015 with a budget of \$1.85 million. Photo courtesy of Brian Tolle.

**Jumping Trout**

Artists Violet Costello and Bob Thomasson created *Jumping Trout*, a repeating pattern of 144 fish swimming and jumping along waves in a river. Each trout is approximately 14 feet long and cast in pigmented concrete. Completed in 2007 along with the Glenmore Trail underpass with a budget of \$46,000. Photo courtesy of Violet Costello.



# Waiting for emergency care – how long is too long?

New study sheds light on an old problem in Canada's hospitals and suggests that strategies to shorten wait times should be considered

By Alan Katz and Jennifer Enns

Canada's emergency departments are very busy. Every year, Canadians make about 16 million visits to emergency rooms and more than one million Canadians are admitted to hospital through emergency departments.

Given how complex it is to assess, treat and admit this large and variable population to hospital, it likely comes as no surprise that nearly all emergency department patients spend some of their time waiting.

Emergency department wait times are a matter of concern for Canadians. We wonder if we, or our loved ones, will have to wait in pain or discomfort for hours before being seen. Or if a life-threatening condition could get worse while we wait.

Most of us have been there: wondering what's

taking so long and hoping they'll call our name next. No one likes waiting, especially for urgent care.

Several research studies have explored the factors that contribute to wait times. A few studies have shown that emergency departments can become overwhelmed by the number of patients arriving for care. Emergency medicine clinicians and leaders often point to hospital overcrowding as the main culprit for longer waits because patients waiting to be admitted occupy stretchers that would otherwise be available to new patients.

These observations highlight important opportunities to improve wait times. But one aspect of emergency care that hasn't been well studied is the time it takes to assess patients' conditions once they've been seen by a practitioner in the emergency department.

How long patient assessment takes depends partly on how sick the patient is. But it can also be influenced by other factors, such as the need for blood tests, X-rays or consultation with other health-care specialists.

So how long do we wait for care?

A recent study led by Dr. Malcolm Doupe at the Manitoba Centre for Health Policy provides a detailed picture of the many factors affecting Winnipeg's emergency department wait times – and studies the patient assessment period for the first time.

The study team used the relatively new Emergency Department Information System (EDIS) to track patients as they move through emergency from their initial assessment (triage) to treatment, and then to hospital admission or discharge.

They found that Winnipeg emergency departments function moderately well in most instances, even though they're often at more than 100 per cent capacity during daytime hours. Across all types of emergency departments, half the patients had a visit time of 5.1 hours or less, and half stayed longer than 5.1 hours. With a national wait time average of 4.4 hours, there's clearly plenty of room for improvement.

It was better news for urgent care. The study cor-

roborated many findings from previous studies and found wait times were very short (median wait time of six minutes) for those who needed care immediately. For less urgent conditions, wait times varied and depended on how many higher urgency patients were receiving care, and how many other lower urgency patients were waiting.

But the study's most striking finding was the importance of the diagnostic testing process in determining wait times. That's a new piece of evidence that will help us find solutions.

Diagnostic tests are an essential part of an emergency doctor's work, but when tests and scans were ordered, wait times for other patients began to climb significantly. For example, Winnipeg's emergency departments had periods where up to 45 per cent of treatment areas were occupied by patients waiting for X-rays or other tests. During these peak periods, wait times for patients with moderate to less urgent conditions could increase from 15 minutes to as much as five hours.

These findings indicate that new strategies to shorten wait times should be considered. Could processes within the emergency department be streamlined to reduce the time it takes to get tests done? Are diagnostic tests quickly available at all hours and at all emergency departments? Are community-based providers sending patients to emergency departments to access diagnostic tests that would best be done in doctors' offices?

Bringing about improvements to wait times in emergency departments will require collaboration and new approaches between leaders and experts in emergency medicine. But there's no reason we can't get there. Patients deserve no less.

*Alan Katz is an expert adviser with EvidenceNetwork.ca and director of the Manitoba Centre for Health Policy. He is a practising family physician and the Research Manitoba/Heart and Stroke chair in Primary Prevention Research. Jennifer Enns is a post-doctoral research fellow at the Manitoba Centre for Health Policy. She has expertise in population health, health equity and knowledge translation.*

## ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

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## Shelter use on the decline in Calgary

By Dylan Reardon

The University of Calgary's School of Public Policy studied data regarding emergency shelter stays in the city dating back to 2008, and say the data suggests homelessness is on the decline.

Co-author of the paper, Ron Kneebone, says from 1992 to 2008, homelessness in Calgary was rising. Then in 2008, the Calgary Homeless Foundation (CHF) began its 10-year Plan to End Homelessness in the

city, and the data suggests the overall trend has been downward since then, especially when compared to Calgary's growing population.

"This is a tough mission because Calgary – as we've shown in earlier studies – is the most expensive city in Canada for those with limited incomes," Kneebone said. the CHF's 10-year plan.

To read more about the CHF's 10-year plan, visit [www.calgaryhomeless.com](http://www.calgaryhomeless.com). □

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

# ●●● Community Events ●●●

## Bow Cliff Centre for 50+

Clothing Sale and Bake Sale: Saturday, Oct. 7th, 8:30 a.m. – 3:30 p.m. All types and sizes of clothing are available, including high quality kid's items. PRESALE October 6th, 3-4 pm. Donations welcome from Oct. 4.

Do not miss our Fun Casino: Saturday Oct. 14th. Doors open at 5 p.m., prizes and giveaways are at 9 p.m. Admission is \$25 per person, appetizers included with ticket.

Our fall programming has begun, new classes still beginning in October, including Exercise (and Pickle Ball!), Art, and Music.

For more information, contact the office at 403-246-0390 or by email at [info@bowcliffseniors.org](mailto:info@bowcliffseniors.org). Or visit our website: [www.bowcliffseniors.org](http://www.bowcliffseniors.org).

## Seniors United Now

Keep your Independence, with guest speaker Shawna Rauqust-Smith – Finding Balance Campaign (dedicat-

ed to reducing senior's falls) Thursday October 12th 2017, meeting registration at 12:30 p.m., presentation 1 p.m. Nose Hill Library Program Room, 1530 Northmount Drive N.W.

Members and non-members welcome. Call 780-449-1816 or email [unitenow@telus.net](mailto:unitenow@telus.net) for more information. [www.seniorsunitednow.com](http://www.seniorsunitednow.com).

## Interpretations Artists' Association

Fall Show and Sale A dynamic group of local artists displaying a variety of media.

Fort Calgary, 750 – 9th Avenue S.E. Friday, Oct. 20 from 4 p.m. to 8 p.m. and Saturday, Oct. 21 from 10 a.m. to 4 p.m. Free admission and parking. Artists will be in attendance. Visit [www.interpretationsartists.com](http://www.interpretationsartists.com).

## Confederation Park 55+ Activity Centre

Memberships for the upcoming year are on sale now for \$30/person, and

registration for fall classes is ongoing.

Want to try a class before registering in the entire session? Drop in and give a class a try (some restrictions apply) for just \$9/member, \$11/non-member or purchase an Access Card (10 drop-in sessions) for \$85/member, \$105/non-member.

Saturday Dances: Oct. 14 (For Olde Tyme Sake,) Oct. 28 (Black Velvet.) Tickets \$12/person (includes a snack). Everyone is welcome. Doors open at 6:30 p.m., dance starts at 7:30 p.m.

Health Fair and Flu Vaccination Clinic: Thursday, Oct. 19 from 11:30 a.m. to 3:30 p.m. Info booths and free Flu vaccination for Albertans. Bring your Alberta Health Card.

To learn more give us a call at 403-289-4780, visit [www.yycseniors.com](http://www.yycseniors.com), or drop by the Centre at 2212 13 Street N.W.

## Have your voice heard with CJSW 90.9 FM

What does it mean to age in Calgary? CJSW 90.9 FM, Calgary's campus and community radio station, is looking for volunteers to help put together age-friendly programming. If you would like to join the conversation and get involved in radio, please contact News Director Mike Tod at [news@cjsw.com](mailto:news@cjsw.com). Those interested don't need to have any radio experience – as we are happy to teach.

## Inglewood Silver Threads

Our \$2 Tea and Chat and monthly potluck are a great way to meet new people and engage in group activities. As well, our annual free activities, such as Stone Soup days, Pancake breakfast, Chili lunch, and Barbeque and our new Karaoke days have proven to be wonderful tools to keep seniors

socially engaged. As with our trip to Jubilation for \$20, day trips for members are subsidized by Silver Threads.

Our Early Bird Membership is now open. Purchasing your membership between Sept. 18 and Dec. 11 makes you eligible to win the cost back. Annual membership is still \$20.

Members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday for ten cents per card per game played.

For more information please contact Wendy at 403-264-1006.

## Germans From Russia

Harvest Dinner on Oct. 21, 10 a.m. – 3 p.m. Tickets cost \$20 and must be purchased ahead of time (call Phil at 403-252-8537 or Anne: 403-246-6968). Program: Brent Mai will speak at 12:45pm.

Library will be held on Oct. 7 from 2 p.m. – 7 p.m. No Library on Thanksgiving.

## Calgary Jewish Community Centre

Learn the fundamentals of bridge. Eight classes facilitated by Myron and Monique Ackman every Tuesday, beginning Oct. 3, from 6 p.m. – 8 p.m. \$40 for members, \$50 for non-members.

A travelling clothing store will be showing fashion for all ages. Oct. 11, 10:30 a.m. – 1:30 p.m.

Join us for an estate planning presentation on safeguarding your legacy/significance: Oct. 19 from 6:30 p.m. – 8 p.m. Learn about what is needed to protect you and your family with a comprehensive estate plan. RSVP to Nessie at 403-537-8599. Free.

Travel and Immunization. Don't be caught off guard. Learn what you need to do for your health before travelling. Oct. 18 at 10 a.m. – 12 p.m. Free.

Free Hearing Screening Clinic. Come receive a complimentary screening on Monday, Oct. 23 from 10 a.m. – 11 a.m. Please call 403-253-8600, ext. 0, to book an appointment.

Leonard Cohen Chai Tribute Concert. 18 performers, 18 songs: Oct. 29 from 3 p.m. – 5 p.m. \$18 members, \$25 non-members, \$36 at the door.

Visit [www.calgaryjcc.com](http://www.calgaryjcc.com) for more information.

## Friends of Fish Creek

Rewilding through Restoration Guided Walk with Drew McKibben: Oct.

7, 1 p.m. – 3 p.m. This program encourages the regeneration of natural ecosystems within Fish Creek, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. For more information or to register, visit [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org).

## Good Companions 50 Plus Club

Social Supper 'Octoberfest' theme: Oct 16, Happy hour at 4:30 p.m., supper at 5:30 p.m. Entertainment provided by Bob Scherle, Accordion (German) music. \$20 for members, \$22 for non-members. For more information, call 403-242-6991 or email [gc50plus@gmail.com](mailto:gc50plus@gmail.com). Our website is [www.gc50plus.org](http://www.gc50plus.org).

## Greater Forest Lawn 55+ Society

Calgary Seniors Resource Society at Greater Forest Lawn Seniors: Outreach worker Angela Fisher will be available on the first Wednesday of each month from 1 p.m. to 4 p.m. This is due to high demands in the community. If you have any questions regarding your pensions or other community programs, you may contact the WAY IN NETWORK at 403-736-4677. If you are in need of an outreach worker, the WAY IN NETWORK will also make a referral to come out and see you, call 403-272-4661 or 403-266-6200.

## The Epilepsy Association of Calgary

The Face to Face Group for adults living with epilepsy will be offered on the following Saturdays in October, Oct. 14, from 11 a.m. to 1 p.m. and Oct 28, from 11 a.m. to 1 p.m.

Parent Network Group for parents of children with epilepsy: Wednesday, Oct. 25, from 7 p.m. to 9 p.m.

All meetings are held at our new location at 316, 4014 Macleod Trail S.E. There is parking in the front of the building. If participants are not able to get into the building they can call 403-230-2764 and we'll come get them. For questions or more information, contact Gina at 403-230-2764 or by e-mail at [gina@epilepsycalgary.com](mailto:gina@epilepsycalgary.com) or visit our website at [www.epilepsycalgary.com](http://www.epilepsycalgary.com).

To have your community notice considered for publication in this section, email a brief description to [editor@kerbycentre.com](mailto:editor@kerbycentre.com). □

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# Monthly Book Review



## “Dark Harvest”

by Norman Partridge

\$16.78 CAD

Paperback: 176 pages

Publisher:

Tor Books (2007)

Reviewed by Dylan Reardon

October is here, and with it the greatest of holidays: Hallowe'en.

It can be fun to toss a novel appropriate to the season into the mix, and Norman Partridge's *Dark Harvest* is a splendid story for the time of year.

This book reads like a campfire story, and you'll wish you were huddled up around a crackling fire on a crisp evening, reading it out loud to wide-eyed grandchildren. The narration style is decidedly written in that campfire style, the style of a whispered urban legend or ghost story.

“A Midwestern town. You know its name. You were born there.”

It's October of 1963 in Anytown, USA, and the resident teenage boys are get-

ting ready for the annual Hallowe'en ritual: the Gauntlet, wherein a pumpkin-headed terror called Sawtooth Jack attempts to make it from the field in the country where he was born to the church in the middle of the town. It's the job of the boys to stop him (permanently), and the one who does gets a one-way ticket out of town.

*Dark Harvest* has received high praise: the 176-page novella won the Bram Stoker Award for Long Fiction, and legendary horror author Stephen King calls Partridge “a major new talent,” but even then I wasn't prepared for how quickly this book sucked me in. This story moves fast, and all you can do is hang on for the ride.

The style of writing is

unusual in that most of it is written in the second person, which gives it a sense of urgency that pervades throughout the entire book. It has a hard-boiled pulp fiction feel to it, while slipping in some subtext about growing up as a boy in America. But even taken on a surface level, it's a lot of fun, and obviously very rooted in the Hallowe'en spirit.

Most of the book focuses on two characters: Pete is 16 and running his first gauntlet. His family life has collapsed with the death of his mother and his father's descent into unemployment and alcoholism. He's had to grow up fast, and he wants more than the backwards little town of Anywhere, USA can

offer. He wants to win the gauntlet so he can get out.

But things are never quite that easy.

The other character we get to know is the October Boy, and what is revealed about him lifts the lid on the dark undercurrents running beneath this small, placid town.

On the one hand, *Dark Harvest* is a fast-moving Hallowe'en chiller with action that's fast and furious and genuinely spooky. But on the other hand, it's also a coming of age story, and the journey of Pete and October Boy as they discover the truth of the ritual. It will both chill your blood and touch your heart.

*Dark Harvest* is a marvel, and the perfect treat for your Hallowe'en bag. □

## Dance your way to better heart health

A diagnosis of heart failure can be devastating, especially for those without a support network. But it turns out dancing — whether it is ballroom, tap or line dance — might be a key to living better and longer.

According to Dr. Gavin Arthur, senior manager of Promote Recovery at the Heart & Stroke Foundation, keeping active at any age is important, but for people with heart failure, it is even more so. Just be sure to check with your doctor first.

“Choosing physical activity that has a social component is particularly great for people living with heart failure. Often people who are diagnosed with this disease can experience isolation and depression,” he explains. “Being involved in a group activity can help strengthen social and emotional connections, an important aspect of taking control of this condition.”

That's why heart failure patient Jerry Alfonso has made line dancing his passion.

“I started because I wanted to be doing something in the evening. I learned a few dances, then one thing led to another and now I teach several classes every

week,” he says. “I reach out to people to get up and exercise and while they come and dance with me I try to talk with them and encourage them to eat a healthy diet.”

Alfonso's enthusiasm is infectious, and now his classes range from beginners through to advanced line dancers. He knows that having a strong support network can be a safety net for people living with heart failure, and encourages everyone —

whether you are living with heart disease or just looking to keep active — to think about joining a class or community group.

Connecting with people who understand can be a great source of information and support. In-person and online support groups can be very helpful to combat social isolation. Connect with others and find more information online at [www.heartandstroke.ca](http://www.heartandstroke.ca).

© News Canada □

**Are you 71?  
Happy Birthday!**

71?

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

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

**Portfolio Strategies Corporation**

**WORDSEARCH**

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

APPLES	COSTUME	JACK O LANTERN	SKELETON
BATS	DRACULA	MASK	SKULL
BLACK CAT	FRIGHTENING	MUMMY	SPIDERS
BROOMSTICK	FULL MOON	NIGHT	TOMBSTONE
CANDLE	GHOSTS	PUMPKIN	VAMPIRE
CANDY	GHOULS	SCARECROW	WEREWOLF
CEMETERY	GOBLINS	SCARY	WITCHES
COFFIN	GRAVEYARD	SCREAM	ZOMBIE

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### Sudoku Puzzle

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

Solution on page 31

## Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

SIX TIMES  
THREE

- ACROSS**
- 1 Fruit drink brand
  - 4 Brooklyn NBA team
  - 8 Les États- —
  - 12 Instrument that drones
  - 19 Gp. of docs
  - 20 "Give it —" ("Go for it")
  - 21 Somewhat, musically
  - 22 Endless
  - 23 Command for online missives
  - 25 "Singing to the Hits" label
  - 26 Woodlands
  - 27 Army chaplains open curtains?
  - 30 Haughty sort
  - 31 Pilferer
  - 32 MSN competitor
  - 33 Queen in "Frozen"
  - 37 Flower parts with the most light, soft colors?
  - 42 "Come on!"
  - 45 Comes — surprise
  - 46 "He-e-elp!"
  - 47 Stir-frying pan
  - 48 Provo site
  - 49 Inits. at Indy
  - 52 See 36-Down
  - 55 Heckles
  - 57 Leatherneck pilots stay behind?
  - 63 Split to splice
  - 64 City near Oneida Lake
  - 65 Pulse
  - 66 Hooded vipers
  - 70 Little louse
  - 71 Aside from
  - 73 Hooded coat
  - 75 Weep aloud
  - 77 — for tat
  - 78 Window part
  - 80 Lots and lots
  - 82 First extra inning
  - 84 — acid
  - 86 Himalayan guide who's skilled at crafting sentences?
  - 90 Sufferer for a cause
  - 93 Lamb nurse
  - 94 Sci-fi power
  - 95 Bawl (out)
  - 96 "Kristin" actress Ortiz
  - 97 Hamm of soccer
  - 99 Andy's chum
  - 103 Bucolic poems
  - 105 Heartless doughnut shop
  - employee pestering customers?
  - 111 Hold to be
  - 112 Med. plan
  - 113 Queen, in Spain
  - 114 Apia's locale
  - 118 Change everyone's table positions during a spring holiday dinner?
  - 123 Alike
  - 126 Aid in solving
  - 127 Racer Mario
  - 128 Dribble
  - 129 — Iranian
  - 130 Look to be
  - 131 "I have it!"
  - 132 Scented pouches
  - 133 — tide
  - 134 Makes a slip
  - 135 Chaney of film
  - 5 SFO stats
  - 6 Sad, in Paris
  - 7 Slender, graceful girls
  - 8 Maintenance processes
  - 9 Averse to, with "of"
  - 10 Like some cold coffee
  - 11 Was bought for the price of
  - 12 Happens to, as evil
  - 13 On the crest
  - 14 Richard of Hollywood
  - 15 Determine in advance
  - 16 Electees
  - 17 Singer Boone
  - 18 Ernie of golf
  - 24 Move directly via a wholesaler
  - 28 Comic Rudner
  - 29 Eggs of fish
  - 34 Yard surface
  - 35 Coin opening
  - 36 With 52-Across, proposes a date to
  - 38 Get rid of
  - 39 Before long
  - 40 Starchy staple
  - 41 Morales of the screen
  - 42 Measures of light
  - 43 And others, to Caesar
  - 44 Divining cards
  - 50 Less slack
  - 51 Cherry stone
  - 53 Illinois city
  - 54 Golfer's peg
  - 56 Spanish article
  - 58 Lincoln loc.
  - 59 It cuts wood with the grain
  - 60 "Crocodile Rock" label
  - 61 Sun orbiter
  - 62 Reduces to pulp
  - 67 Secondary leaflike appendage
  - 68 Endocrine gland in the brain
  - 69 Blizzards, e.g.
  - 72 Log-in info
  - 74 Lead-in to plunk
  - 76 Crotchety cry
  - 79 Follower of FDR
  - 81 Copy
  - 83 Part of Mao's name
  - 85 Ashley Olsen's twin
  - 87 Mass song
  - 88 Crest
  - 89 Go around
  - 90 Bond girl player Adams
  - 91 Comic Meara
  - 92 Shed tool
  - 98 Sticks fast
  - 100 Entertainer Carmen
  - 101 Like superstore shopping
  - 102 Irritated fit
  - 104 Deprives of weapons
  - 106 Lottery winner's cry
  - 107 Thurman of "Tape"
  - 108 "— to it!" ("Simple!")
  - 109 Anxiety
  - 110 Many a sock mender
  - 115 Rock genre
  - 116 Brand of weedkillers
  - 117 Iraqi, e.g.
  - 119 Sommer of "The Prize"
  - 120 Chip coating
  - 121 German article
  - 122 German river
  - 123 Urban grid: Abbr.
  - 124 One of the Gershwins
  - 125 Karaoke stage item

1	2	3		4	5	6	7		8	9	10	11		12	13	14	15	16	17	18				
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132											133					134							135	

Solution on page 31



# THINGS TO DO IN AND AROUND CALGARY THIS MONTH

**Airdrie**  
Oktoberfest. Oct. 14.  
www.airdrieoktoberfest.ca

**Alberta Ballet**  
Dangerous Liaisons.  
Oct. 25 – 28.  
www.albertaballet.com  
The Alberta League  
Encouraging Storytelling  
From Folktales to Personal  
Stories workshop. Oct. 14.  
www.talesalberta.org

**Alberta Theatre Projects  
To The Light.**  
Oct. 17 – Nov. 4.  
www.atplive.com  
www.artsccommons.ca

**Alzheimer Walk and Run**  
Oct. 8.  
www.alzheimercalgary.ca

**Aspen Crossing's  
Train of Terror**  
Oct. 6 – Oct. 28.  
www.trainofterror.com

**Calgary Civic Symphony  
Build an Orchestra 2017.**  
Oct 1.  
Oh! Canada! (150, Eh?)  
Oct. 29.

**Calgary Gem and  
Mineral Show**  
Oct. 20 – 22.  
www.calgarygemshow.com

**Calgary International  
Film Festival**  
Sept. 20 – Oct. 3.  
www.calgaryfilm.com

**Calgary Organ Festival  
and Symposium**  
Oct. 29.  
www.proartssociety.ca

**Calgary Philharmonic  
Orchestra**  
Disney in Concert: The  
Little Mermaid. Oct. 6 – 7.  
Fred Penner with  
Orchestra. Oct. 22.

**National Arts Centre  
Orchestra: Life Reflected.**  
Oct. 26  
The Road to the True  
North. Oct. 27.  
True North: Symphonic  
Ballet. Oct. 28.  
www.calgaryphil.com

**Calgary's Women Show**  
Oct. 21 – 22.  
www.calgarywomansshow.com

**Canadian Women's  
Foundation Breakfast**  
Oct. 26.  
www.canadianwomen.org  
**Chris de Burgh, live**  
Oct. 18  
www.ticketmaster.ca

**Fibre Shindig**  
Oct. 21.  
www.fibreshindig.com

**Front Row Centre**  
The Pajama game.  
Sept. 22 – Oct. 7.  
www.frontrowcentre.com

**The Ghosts of Fish  
Creek Park**  
Oct. 24.  
www.friendsoffishcreek.org

**Ghouls' Night Out**  
Oct. 26 – 29.  
www.heritagepark.ca

**Glenbow Museum**  
Salon Series: Discovering  
Lawren harris. Oct. 19.  
Artist Talk: Sandra  
Sawatzky. Oct. 21.  
Family Slumber Party. Oct.  
21 – 22.  
www.glenbow.org

**Halloween Candy Pairing**  
Oct. 27.  
www.willowpark.net

**Handsome Alice Theatre**  
inVISIBLE. Oct. 12 – 21.  
www.handsomealice.com

**Harvest Pumpkin Hunt**  
Oct. 7 – 29.  
www.butterfieldacres.com

**Haunted Calgary**  
Oct. 27 – 31.  
www.hauntedcalgary.com

**Heritage Park  
Ghost Tours**  
Sept. 13 – Oct. 18.  
www.heritagepark.ca

**Hollywood Halloween  
Murder Mystery Dinner**  
Oct. 26.  
www.caryacalgary.ca

**I Love Art Show and  
Fundraising Gala**  
Oct. 20 – 21.  
www.iloveart.ca

**Jerry Seinfeld**  
Oct. 13 – 14.  
www.hahaha.com

**Jubilations Dinner Theatre**  
Greased 2.  
Sept. 1 – Oct. 29  
www.jubilations.ca

**Learn to Swing Dance**  
Fridays in October.  
www.flyrightswing.com

**Loose Moose Theatre**  
Robin Hood.  
Sept. 23 – Oct 15.  
www.loosemoose.com

**Lunchbox Theatre**  
Book Club II: The Next  
Chapter. Sept. 18 – Oct. 7.  
Flight Risk. Oct. 23 – Nov 11.  
www.lunchboxtheatre.com

**Maker Faire Calgary**  
Oct. 28 – 29.  
calgary.makerfaire.com

**Murder Mystery Dinner  
at Bow Valley Rancho  
Restaurant**  
Oct. 26  
www.bvrrestaurant.com

**Okotoks**  
The Rocky Horror Picture  
Show. Oct. 28  
www.okotoks.ca

**Rocky Mountain Wine &  
Food Festival**  
Oct. 13 – 14.  
www.rockymountainwine.com

**Rosebud Theatre**  
The Christians.  
Sept. 22 – Oct. 28.  
www.rosebudtheatre.com  
**Royal West Show Jumping**  
Oct. 19 – 29.  
www.royalwest.org

**Scorpio Theatre**  
JAAN. Oct. 6 – 14.  
www.scorpio.ca  
**ScreamFest**  
Oct. 13 – Oct. 28.  
www.screamfest.ca

**Shakespeare Company**  
Julius Caesar. Sept 21. –  
Oct. 5.  
www.shakespearecompany.com

**Spruce Meadows**  
Oktoberfest I Tournament.  
Oct 11 – 15.  
Oktoberfest II Tournament.  
Oct 18 – 22.  
www.sprucemeadows.com

**Stage West**  
I Love You, You're Perfect.  
Sept. 8 – Nov 12.  
www.stagewestcalgary.com

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www.top7over70.com

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www.wordfest.com

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ered for publication in the  
Kerby News, email a brief  
summary to editor@kerby-  
centre.com. □

## A warm Thanksgiving meal at the DI thanks to generous donations

By Dylan Reardon

The Calgary Drop-In Centre is set to hold its annual Thanksgiving meal on Oct. 9. It takes an army of over 100 volunteers to help prepare the meal, according to Drop-In Centre Manager of External Relations, Jordan Hamilton, who notes the DI is expecting 1,400 people this year. "We're preparing to serve 1,400 pounds of turkey, 1,000 pounds of potatoes, 70 gal. of gravy, and 120

pies," says Hamilton. The Thanksgiving meal is free for those in need, thanks to a donation from Calgary businessman and philanthropist Alfred Balm, who has said every Calgarian should have the opportunity to enjoy a home-cooked Thanksgiving meal. Balm, Founder and Chairman of investment firm Emergo, has been sharing his generosity with clients of The

DI since 2009. The meal will take place between noon and 1 p.m. on Monday, Oct. 9, with multiple serving times during that hour. Those who arrive early at 11 a.m. will receive a gift of a free pair of socks courtesy of Stuart Olson. Staff at Stuart Olson, and their families, will also be on site serving the Thanksgiving meal this year. □

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Don't think about a purple striped apple. Whatever else you think about for the next two minutes, do not think about a purple striped apple. Think about rainbows or flowers or cats in pajamas or a new house or marshmallows but just don't think about a purple striped apple. Don't imagine what it looks like, don't imagine what kind of purple it is, and don't imagine whether the stripes are vertical, horizontal, or twisty ones like a bar-

# Don't think about a purple striped apple

ber pole (Oh, that would be pretty if it was spinning!).

Don't wonder if it's a red apple with alternating purple stripes, or if it's an apple that is only different shades of purple stripes. Get any images of a purple striped apple out of your head.

On another topic... What have you done so far today? Depending on where you are in the world, and what time zone you're in, and what time you read this, that might only be that you've barely got out of bed. Or you could be heading back there shortly.

Was it a good day — or is it shaping up that way? What have you got on your mind right now? Work stuff? Deadlines? Laundry? Playtime? If that purple striped apple wanders through, don't think about it!

Now... sit quietly for a moment. Just close your eyes and let your mind be still — just for a minute. I'll wait...

Okay, what were you thinking about during that little break? I don't suppose that purple striped apple popped in, did it?

Chances are, it did. At least for part of the time. It's human nature to think about what we're told (or tell ourselves) not to think about. Like "Don't think about that itch." As you're saying those words to yourself, you are still thinking about it. And itching more by the second. So you're still focusing your energy and attention on it.

When you're thinking about what you don't want, you're not thinking about what you do want. And when you're not thinking about what you do want, you're not doing anything toward making it a reality.

If you're constantly thinking about how you don't want to be sick any more, the emphasis is on being sick and you're not putting your energy toward being well.

If you're always thinking about how you're fed up with not having a job, you're not spending those moments or that energy doing something about finding one.

If you're continually thinking about how you don't like the situation

you're in, you're not thinking about ways to get out of it.

There have been various studies done to determine whether or not there is any truth to the Law of Attraction. One need only investigate some of the quantum physics evidence in support of this Natural Law. Or read "Think and Grow Rich" by Napoleon Hill — originally published in 1937 and still being touted by global thought leaders as an exceptionally powerful book for those who are interested in manifesting their hearts' desires.

As well, recent brain imaging studies show that the brain conforms in its function to the Law of Attraction. In part, it is because the brain responds to what it's being fed.

For example, think about how your body responds physically when you're watching a frightening or suspenseful film. Your brain is responding to the thoughts and emotion of

fear or anxiety by sending "fight or flight" messages to your body. Your pulse races, your heart pounds, your respiration increases.

Your subconscious can't tell the difference between what's real and what's not. If it believes something is real, it will get to work finding a way to make it so.

There are only two things in the universe: energy and matter. Energy has the ability to form, move and manipulate matter. Your thoughts produce energy. Therefore, whatever energy your thoughts are producing will be reflected in your environment.

So think about being well, having that job you'll love, being in a situation that makes you happy. See it, feel it, imagine it, visualise it. Take all of those "I don't want this any more" thoughts and change them into thoughts of what you do want.

That's the only way you're ever going to have a chance to make it happen. □



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# Sad story of Mohammed of Myanmar



By Mansoor Ladha

I am somewhat slighted to note that all the hurricanes and tornadoes are always named after Christian names. We have had Irma, Harvey or Katrina.

Muslims are usually blamed for everything that goes wrong in the world, so why not hurricanes? Shouldn't there be names like Abdul and Fatima to substitute for Harvey and Irma?

The year 2017 will go down in history as the most devastating and distressing year for Muslims. This is the year marking a significant increase in anti-Muslim incidents, escalation in Islamophobia and open episodes against Muslims, not only in Canada but all around the world.

The latest large-scale assault on Muslims has been happening in Nobel Peace Laureate Aung San Suu Kyi's Myanmar, where the country's Rohingya Muslim minority has been systematically terrorized and harassed by the state. Tens of thousands of Rohingya Muslims have fled violence, killings, rape and massacre while several Rohingya drowned attempting to cross into neighbouring Bangladesh.

Rohingya, who have been described as the world's most persecuted people, totaling 1.1

million people live in Myanmar, predominately in Rakhine state, where they have co-existed fearfully alongside Buddhists for decades.

In an interview with Aljazeera, 33-year-old Mohammed Soya, a farmer from Myanmar, described his hand-to-mouth existence under a brutal regime. "We did not have the right to work or the right to education so we could not get jobs in the police, military or other smart offices. We had to work on the farms, or collect bamboo from the forest.

"It was a hand-to-mouth existence. Somehow, we survived even though we did not have any freedom – we just got through life, one day at a time," he added, lamenting that "humans are all the same, religions do not make us different...we are all human and all born equal."

In July 1995, Aung San Suu Kyi was, after Nelson Mandela, the most important global symbol of defiance against tyranny. She was described as a heroine by the world's media when she defied soldiers with their rifles levelled in her direction.

As recently as last December, Aung San Suu Kyi rebuffed Vijay Nambiar, the UN Special Representative to Myanmar, who urged her to visit Rakhine state. Despite the world outcry, she has never conceded that the Rohingya Muslims are being subjected to ethnic cleansing, not even when tens of thousands are being burned from their homes amid widespread reports of killing and sexual violence.

History can provide examples of politicians who have come out in defense of

minorities to prevent violence. The memory of Nehru wading into Hindu mobs to prevent sectarian violence is one of the 20th Century's defining acts of personal courage. While we do not expect such a bold action on Aung San Suu Kyi's part, it is the absence of even rhetorical intervention that disturbs many former supporters.

The time has come when the world should heed this message from Mohammed. Pressures should be exerted on the Myanmar government, especially on Aung Chi who is holding a prominent position in the government. Prime Minister Justin Trudeau who is in the habit of championing refugee causes has also been notably silent on this international massacre on a Muslim minority.

We just cannot turn a blind eye when an estimated 300,000, mainly women and children, have fled to Bangladesh to avoid indiscriminate violence, which has been described as "ethnic cleansing." Aung Chi, who dedicated her life to establish-

ing democracy in Myanmar, was awarded honorary Canadian citizenship for her brave efforts. Today, despite provocations from fellow Nobel Laureate like Malala and South African Bishop Desmond Tutu to do something to prevent the atrocities on her countrymen, she has remained silent.

"Stop the violence. Today we have seen pictures of small children killed by Myanmar's security forces. These children attacked no one, but still their homes were burned to the ground," she said. "The world is waiting."

Receiving a Nobel Peace Prize or having honorary citizenship of a country is considered a prestigious honour and a global recognition. These honours are bestowed on individuals in recognition of their work in science, literature or peace. However, if high achievers are guilty of doing things contrary to the mandate and code of conduct required or if their activities are in gross violation of the idea of "peace" on whose basis they had been awarded

this prestigious honour, then the awarding authorities should have no hesitation to rescind the honour.

Global human rights bodies should put pressure on the Nobel Peace Prize Committee and the Canadian government to rescind the honours bestowed on Aung Chi. They should make it clear to the recipients that the honour bestowed on them is in recognition of good behavior and sentiments consistent with the award's philosophy and values.

The troubling question is whether her long-declared devotion to universal human rights will ever encompass the beleaguered Rohingya Muslims in her Buddhist majority country? Only Aung San Suu Kyi can answer this question. □

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



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The cast of *Sisters: The Belles Soeurs Musical*. Photo by Andrée Lanthier.



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**Continued on page 31**

# MARCHING WITH PRIDE



Photos by Chris Schwarz



Photo by Rob Locke.

By Dylan Reardon

Calgary celebrated Pride Week last month, in celebration of diversity and inclusion. The week was headlined by the Pride Parade, where members of the LGBTQ community donned colourful attire, carried rainbow flags, and brought their good spirits as they marched down Sixth Avenue to Prince's Island Park, along with tens of thousands of supporters who lined the streets of downtown.

Pride has become a mainstream event in the last few years. No longer avoided by politicians and businesses unwilling to tarnish their brand, or by people who fear being seen at the event could impact their personal or professional lives.

According to Pride Calgary, there were 175 parade entries this year, up from 140 in 2016, and estimates peg the number of participants at 5,000, with 65,000 attending the parade.

Long-time LGBTQ activist, Lois Szabo, was the parade's grand marshal, and at 81 years of age, has been in the thick of the gay rights movement in Calgary for some time. Szabo opened one of Western Canada's first gay bars, Club Carousel, in Calgary in 1967, and leads a senior lesbian support group at the Kerby Centre.

Pride Week did not escape controversy this year: members of the Calgary Police Service were barred from marching in the parade in their uniforms, which drew debate in the city.

## What's happening to your posture?

You're spending too much time bent over a computer or hunched over a mobile device, and it's wreaking havoc on your posture. Mom told us to "stand up straight", but the stress of bodies being squeezed behind a desk and slouching in front of a keyboard is why doctors and posture specialists are seeing problems like text-neck, tech-back and carpal-tunnel syndrome.

Awareness of a problem is always the first step towards improvement. Especially if your lifestyle isn't going to change, start a monthly habit of looking at, and documenting your posture.

Checking out the current state of your posture is not just about alleviating pain or looking better and younger. Years of bad habits and repetitive motion cause changes in how our body functions. "Gravity and muscle weakness cause posture degeneration and real health consequences," says Dr. Steven Weiniger, posture expert and author of *Stand Taller Live Longer*.

"Movement is often restricted, flexibility decreases, the ability to breathe deeply is lost, leading to a reduced desire to exercise and be active. This is often the beginning of an unhealthy, lifelong cycle."

### 3-step posture check

1) Grab a friend and any mobile device camera to snap a quick posture pic-

ture – selfies don't work. Stand tall with what feels like your best posture and take three pictures: one from the front, back, and side.

2) Print each picture to a separate sheet. Put a dot between your feet on the front and back view, and on your ankle on the side view. Fold each paper in half, neatly at the dot.

3) Now check for symmetry. On your front and back view photos each half of your body should appear balanced. If your head or torso is off to one side, or one arm hangs further from the body, or one hand hangs lower than the other, your posture is not symmetrical.

On your side view picture the line starting at your

ankle should pass through your hip, shoulder and ear. If your head is jutting forward of that line, you may have a posture distortion called Forward Head Posture (a.k.a. tech neck).

Most people find their "best posture" translates to something not quite so straight and balanced when captured in a picture. Use this to note areas that need improvement and then file it away to compare with your next posture checkup.

### ACE Your Posture

Studies confirm posture has a huge effect on your health, appearance, and attitude. As more people develop a permanent slump from sitting in front of a computer, posture is

being seen as a growing health problem.

"We promote the ACE model of strong posture: Awareness, Control and Environment," says Dr. Weiniger. "Awareness helps people recognize how strong or weak their posture is currently. Control means taking steps to improve and maintain

your posture. Environment is about optimizing your physical environment to optimize postural habits at work, play, and while sleeping."

Posture expert, Dr. Steven Weiniger wrote "*Stand Taller Live Longer: An Anti-Aging Strategy*", used by clinicians globally. □

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Calgary Philharmonic	1	Stemp & Co	23
Colourful Coats	31	Tender Touch	31
Distress Centre	21	Theatre Calgary	25
Deversa Designs	31	Verico Mortgage Lender	8
Estate Lady	31	Westman Village	5



## Lodge Living For Seniors



Mountain View Seniors' Housing is currently accepting applications for our lodges in the Towns of Carstairs, Didsbury, Olds and Sundre.

Our lodges provide quality care and services in a home-like setting, and our trained staff are dedicated to helping residents maintain independence in a supportive atmosphere.

Please contact our Admissions Office at 403-556-2957 or e-mail: [admissions@mvsh.ca](mailto:admissions@mvsh.ca) for more information.

Applications are also on our website: [www.mvsh.ca](http://www.mvsh.ca).

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



# Get the party started

Page design & layout by Winifred Ribeiro

The term "potluck party" has an old-fashioned ring to it but in reality, potluck parties are an ideal form of entertaining for the contemporary host or hostess who would like to gather with friends but is too busy running between the office and family commitments to host a formal party. If you are stuck on what to make for a holiday potluck? We got you covered in *Parties Potluck Entertaining* with this collection of dishes that are both pleasing to the eye and to the palate.

Everyone will want you to share the recipes for these potluck dishes and with Thanksgiving around the corner they are the perfect reason to host a potluck with family and friends!

Happy Thanksgiving.



Excerpted from *Parties, Potluck and Entertaining* by *Company's Coming Cookbooks*. All rights reserved. Company's Coming Publishing Limited© www.companyscoming.com Reprinted with publisher permission.



## Spicy Chicken-stuffed Mushrooms

One-bite finger foods are the way to go, and these stuffed mushrooms are sure to be a hit. Each bite is packed with chicken and green onion, and the sambal oelek (chilli paste) gives the mushrooms a nice kick.

Makes: 24 stuffed mushrooms

Chopped cooked chicken	1 1/2 cups	250 mL
Mayonnaise	2 tbsp.	30 mL
Sliced green onion	2 tbsp.	30 mL
Chili paste (sambal oelek)	2 tsp.	10 mL
Pepper, to taste		
Large fresh whole white mushrooms, stems removed	24	24

Combine first 5 ingredients in a small bowl.

Spray mushrooms with cooking spray. Arrange in a single layer on a baking sheet with sides. Fill with chicken mixture. Bake in 425°F (220°C) oven for about 10 minutes until mushrooms are tender and filling is heated through.

**Tip:** Cooked foods should be kept at room temperature for no longer than two hours. Any longer and you are putting yourself and your guests at risk of food poisoning. You might consider putting only a small amount of the food out at one time and keeping the rest of the dish in an oven that is on low to keep it warm.



## White Bean and Basil Cones

These rich, savoury cones will elevate your Easter spread with their wonderful combination of Parmesan, basil and lemon. The optional smoked salmon and chives add a little splash of colour and depth of flavour, but the cones are equally delicious without them. If you don't have time to make your own Parmesan cones, you could substitute waffle cones for a slightly different, sweeter taste sensation. This dish doesn't travel well so it best reserved for a potluck where you are the host, not a guest.

Makes: 10 cones

Grated fresh Parmesan cheese	3/4 cup	175 mL
Pepper	1/4 tsp.	1 mL
Canned white kidney beans, rinsed and drained	1 cup	250 mL
Basil pesto	1 tbsp.	15 mL
Lemon juice	2 tsp.	10 mL
Olive oil	2 tsp.	10 mL
Smoked salmon slices, thinly sliced (optional)	5	5
Finely chopped chives (optional)	2 tbsp	30 mL

Cut two 3 1/2 inch (9 cm) diameter circles from heavy paper. Shape into cones and tape or staple securely. Place a sheet of parchment paper on a baking sheet and trace two 3 1/2 inch (9 cm) diameter circles, about 3 inches (7.5 cm) apart. Turn paper over. Combine cheese and pepper and spread about 1 tbsp. (15 mL) cheese mixture over each circle.

Bake in 350°F (175°C) oven for about 5 minutes until melted and golden. Let stand for 1 minute and then transfer to a plate. Immediately place 1 paper cone on cheese and roll around cone. Repeat with second cheese round and cone.

Let stand until cool. Wipe parchment paper to remove any crumbs and repeat with remaining cheese mixture.

In a blender or food processor, process next 4 ingredients until smooth. Stir in remaining 2 ingredients. Spoon into a piping bag or small freezer bag with 1 corner snipped off and pipe into cones. Serve immediately.

**Tip:** Don't cheat yourself by using powdered Parmesan. Grate the fresh stuff for a truly magnificent flavour and perfect results.

## Pear Cranberry Crumble

Fresh fruit always tastes best in season, and pears are at their best in autumn. Juicy and sweet, they pair perfectly with tart cranberries in this delicious crumble. This warm, comforting dessert merits a place on the Thanksgiving dinner table, right next to the pumpkin pie.

Makes: 6 servings

Peeled pears, cores removed and sliced	3	3
Bag of fresh (or frozen, thawed) cranberries (12 oz., 340 g)	1	1
Brown sugar, packed	1/2 cup	125 mL
Minute tapioca	3 tbsp.	45 mL
Lemon juice	2 tsp.	10 mL
All-bran cereal	2/3 cup	150 mL
Quick-cooking rolled oats	2/3 cup	150 mL
Brown sugar, packed	1/3 cup	75 mL
Ground ginger	1/2 tsp.	2 mL
Ground cinnamon	1/4 tsp.	1 mL
Butter (or hard margarine), cut up	1/2 cup	125 mL
Vanilla ice cream (optional)		

Combine first 5 ingredients in a medium bowl. Spread evenly in a greased shallow 2 quart (2 L) baking dish.

Combine next 5 ingredients in a large bowl. Cut in butter until mixture resembles coarse crumbs. Sprinkle evenly over pear mixture. Bake in 375°F (190°C) oven for 40 to 45 minutes until pear is tender and topping is browned. Let stand for 15 minutes.

Serve warm with ice cream.



## FINANCIAL PLANNING TODAY

### Topic: Retirement Planning 101

Saturday, November 18, 2017

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  
Director of Fund Development

403-705-3235 or

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

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Home Health



Kerby Centre

## Financial Planning:

### How do interest rates influence your investment choices?

In our country, the Bank of Canada (BoC) sets the benchmark interest rate and raises or lowers it to steady or stimulate the Canadian economy and avoid inflation. Although our economy has strengthened over the past few months, and moderate growth is expected to continue, the BoC has opted to keep its benchmark interest rate low.

Interest rates have a wide impact on the economy and a direct impact on your investments — and on your investment choices.

#### Lowering and low interest rates

Make it possible to borrow money at extremely attractive interest rates with the federal monetary objective of stimulating the economy by making more money easily available for purchases and investing.

Means money in savings accounts earns very low interest, which motivates investors to look elsewhere for better returns.

Make conservative income-producing securities — Guaranteed Investment Certificates and direct investment in bonds — more attractive because the rate of interest may be higher and is locked-in for the duration of the investment.

#### Rising and higher interest rates

Generally reduces the amount of money in circulation which helps to keep inflation low.

Make borrowing money more expensive and thus increases expenses for companies, which can lower stock prices (although interest rates are just one of many interrelated factors that affect stock valuations) and for consumers who spending more to service debt.

Conservative income-producing securities with locked-in interest rates lose value. Although as fixed-rate investments mature, the proceeds can be reinvested at higher rates and higher bond rates tend to sway investors toward bonds (and other “low-risk” investments)

and away from stocks.

It’s inevitable: interest rates will rise and fall, markets will experience periods of volatility, the economy will grow and contract. And while all of these factors will influence your investment choices, the key to your long-term investment success is — and always will be — maintaining a properly diversified portfolio guided by an asset allocation strategy that aligns with your tolerance for risk and is designed to achieve your investment goals. Talk to your professional advisor about how to do just that within an overall financial plan tailored to you.

*This column, written by Investors Group Financial Services Inc. (in Québec – a Financial Services Firm), and Investors Group Securities Inc. (in Québec, a firm in Financial Planning) presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact Joanne Kirk or Daryl Standish at Investors Group. Phone 403-253-4840. □*

### Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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



Kerby Centre

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

Please choose to make a difference today.

### SUBSTANTIALLY-DISCOUNTED PRICES FOR FUNERAL SERVICES

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

[www.calgarymemorial.com](http://www.calgarymemorial.com) or 403-248-2044



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

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

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

Payment by:

Cheque  Visa  Mastercard

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

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

Please send tax receipt to (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_



Kerby Centre

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

Please choose to make a difference today.

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2

Contact us at 403-705-3235 or email to [funddev@kerbycentre.com](mailto:funddev@kerbycentre.com)

Charitable Registration #11897-9947-RR0001

# 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

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

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

## Dates to Remember



Gentle Fitness Mondays, 11:15 am-12:15 pm	Chair Yoga Every Friday, 12:00 pm-1:00 pm
Art's 'N Ends Every Tues & Thurs, 12:30-3:30 pm	Chow and Chatter Wed Oct 18th, 12:00-1:30 pm
Calligraphy for Fun Workshop Mon Oct 16th, 1:00-3:00 pm	Games 'n More Every Wed, 10:30-12:00 noon
Zumba Gold Every Friday, 10:30 pm-11:30 pm	<b>For information on our full monthly calendar events, please contact K2-East Village at 403-470-6300 or email at <a href="mailto:GeoffL@kerbycentre.com">GeoffL@kerbycentre.com</a></b>

## Mark Your Calendars

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

Kerby Fall Expo	Saturday, Sept. 23rd, 2017
Remembrance Day Ceremony	Saturday, Nov. 11th, 2017
Merry Medieval Murderous Christmas Dinner Theatre	Friday, Dec. 1st, 2017

### NOW BOOKING

**Sgt. Wilson Army Show & Luncheon** 12:00 - 2:30 pm, Nov. 17th  
\$40 Members \$45 Non-Members  
Enjoy unique and entertaining show featuring the music of the "Big Swing" era, along with a traditional English meal. **Tickets now available at Education & Recreation**

**ASC Fraud Bingo** 10:00 - 11:00 am, Oct. 2nd  
Alberta Securities Commission presents a fun and interactive game of "Bingo" that teaches consumers how to protect themselves from investment and other financial fraud. **Admission is FREE. Please RSVP to Colleen at 403 705-3178**

## Kerby Travel Day Trips

### Browsing In Banff

Weds. October 18th, 2017 9:30 AM to 3:30 pm  
Limited Seating Remaining!  
**Members \$ 30 pp Non-Members \$ 35 pp**

### Get Set For The Holidays With Our Upcoming Day Trips

Millarville Christmas Market - Nov 9th

Cross Iron Pre-Holiday Shopping & Casino - Nov 15th

### 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 Maji**,

"A Yuletide laughfest that is not to be missed" The Vancouver Sun

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

## Kerby Canada 150 Events

### Conversations with First Nations Elders on Traditional Ceremony

Hosted by Making Treaty 7 Cultural Society, and led by Elder Clarence Wolfleg

**1:30 - 3:30 pm on Tuesday, Oct 17th in the Kerby Gym**

**Refreshments included. Everyone welcome! No Admission Fee**  
**Please call 403-705-3233 to reserve a seat**

## Free Health Presentations

**October 16, 2017 - 10:30 am to 11:30 am Room 205.**

The Kerby Centre, along with Calgary Emergency Services, is pleased to present **The Capsule of Life**. This informative presentation has great potential for saving the lives of chronically ill, house-bound senior citizens as well as others who may be unable to communicate with responding emergency personnel. It can be beneficial to everyone as we never know when an emergency situation may arise.

**Free. No registration required.**

## Save The Date - Flu Shots

Free flu shots will be available at Kerby Centre  
November 15th 9:00 am to 1:00 pm

**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](mailto:travel@kerbycentre.com)

Continued from page 26

**48 Real Estate**

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**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 Centre classifieds get read!*

**Sudoku Solution**

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

**Puzzle on page 22**

**IN MEMORIAM**



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

- Alice May Graham
- Anthony Kneider
- Arthur Joseph Blott
- Donald Alan Pettie
- Edward (Ted) Fisher
- Binns Drake
- Harry Lewis
- Jane Valerie Gatt
- Jeannene Elaine Green
- Jerrold Keith Barton
- Joan Gwendolyn Davis
- Joan Patricia Kelter
- Joseph (Duke) Doucet
- Kenneth John Hagel
- Kenneth Lee Houlden
- Kenneth Ross Burton
- Neil Nicholas Murray
- Olga Mostowyj
- Oskar Rosner
- Richard Louis Old
- Robin Christopher Bretherton Gourlay
- Ruby Alice Warnock

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.



**Spooky fact**

Hallowe'en is celebrated in Canada on October 31. It is a day to mark the single night in the year when, according to old Celtic beliefs, spirits and the dead can cross over into the world of the living.



**Crossword Solution**

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

**Puzzle located on page 22**

**BUSINESS AND PROFESSIONAL DIRECTORY Size 3 1/4" x 2" Price \$160 403-705-3238 403-705-3240**

**Calgary Philatelic Society**  
General Monthly Meetings with auction  
1st Wednesday of the month start at 6:30 pm  
**Mid Month Auctions**  
3rd Wednesday of the month start at 6:30 pm  
Kerby Centre (2nd floor lecture room)  
1133 7th Ave. SW Calgary, Alberta T2P 1B2  
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10.00am – 4.00pm, Saturday, October 28, 2017  
The Red and White Club McMahon Stadium  
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Presented by The Arthritis Society  
in conjunction with the Wood Forum  
To register, contact 403-228-2571  
or visit www.arthritis.ca/2017absymposium.

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