

Kerby News

Published by Kerby Centre for the 55 plus

2017
September
Volume 33 #9



Jerry Cvech and his wife Judy touring the Bex Salt mine on a converted underground mini train. Find out more in our travel feature on pages 18 and 19.

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Labour Day, 4 September, 2017
Rosh Hashanah, 21 September, 2017
Yom Kippur, 30 September, 2017



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President's Report Zane Novak

The future of Kerby Centre

So how has everyone's summer been? I know that mine was extremely busy. I eagerly anticipate summer, all the things that I want to do, see and accomplish and because I try to pack so much in, it often passes by in a blur.

I think that the old adage of take time to smell the flowers is one that I, per-

sonally, would do well to apply. But with that said, I have enjoyed the summer. The weather has been much better, as I like this version of summer more than the rainy one that we had last year. I have also been able to accomplish many of the things that I wanted to this summer regarding the various interests and work goals that I have in my life.

One of the greatest successes that I've been fortunate to be involved in concerns the Kerby Centre. I believe that most of our members and our readers, realize that the Kerby Centre has been looking at the possibility of relocation for several years. While our present location, the Kerby Building, which is where our name originates from, has been our home for decades and it often feels like that comfortable old sweater that we always nostalgically keep because of familiarity, it really is not the best fit for what we as an organization have grown in to and what our future holds.

The Kerby Building was not purpose built for our needs and more importantly the needs of you, our members and participants. The ongoing maintenance costs, heating costs, along with the inconvenience to our staff and our members working in a facility where the upkeep has become almost impossible, creates a burden and an environment where it is a struggle to pro-

vide the quality of services we want.

The addition, in recent years of the C-Train Station, though it might be a convenience for some, has compounded many of our operational concerns. Access and safety are some our main concerns and the train station has made both much worse for our clients and staff.

We realized this years ago and began the slow arduous task of finding a new spot for the Kerby Centre to relocate to. I will not go into the details of what this entails. The history, work, research, highs and lows of this pursuit over the last nine years would quite literally fill volumes, so let's skip ahead to August 2nd, 2017. Luanne Whitmarsh (CEO) and myself had the exciting privilege to attend City Council as Counselor Brian Pincott read a motion recommending the City of Calgary work with the Kerby Centre to facilitate the relocation of the Kerby Centre to 11 Hatton Road (this is the decommissioned YMCA site at Heritage Drive and McLeod Trail). The motion was adopted unanimously by council.

We are extremely excited with this development, but it is very important to realize, this is only a motion, we do not own the land, this is just one step, a very important step for us, but none the less, just the first step on a crucial path for the Kerby Centre of the future.

We will be following up with many more updates as the process unfolds for us. Our vision of a Next Generation Seniors Facility is truly engaging and vibrant, but more importantly, it is crucial to our members and our community. It will afford us, in the future to better meet the needs of our community, in a facility that is build for that purpose. No longer will it be a situation of trying to fit square pegs into round holes as we have been for so many years in our present location.

Change is not always easy, just like the old sweater that we have become comfortable with. We think that we can never do without it. However when we look at ourselves in a new sweater that fits us properly so that we can move freely and easily fulfill our tasks, has no holes that let in the cold, compliments us by its appearance and reflects the way we actually look, we come to realize that it really is the wisest and best choice we could have made.

Myself, on behalf of the Kerby Centre Board of Directors, Luanne Whitmarsh our CEO, and the entire staff of the Kerby Centre are thrilled at the new opportunities ahead of us. As time goes on, more progress is made and our vision becomes clearer, we are confident that our enthusiasm will be infectious. □

SEPTEMBER 2017

Front page: Photo supplied by Jerry Cvech

Design by Winifred Ribeiro

KERBY CENTRE'S MISSION:

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

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Kerby News

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

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

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

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CEO's Message Luanne Whitmarsh

What a beautiful summer we are having!

The weather has been exceptional, the events

It's EXPO time!

plentiful, and the opportunities to engage have left us thankful.

It is a bit sad to say that we are embracing fall now – but with that comes the Kerby Centre EXPO on September 23. This one-day event is an opportunity for each of you to come and learn about the variety of housing providers, the array of recreation and service providers, and to come and have fun.

This is the time to come to

learn about the options for you and your parents. We have booked the entertainment (dancing is encouraged,) massage therapists, wine tasting, and have planned a number of speakers and presentations: spend the day with us!

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News from City Hall

EVAN WOOLLEY
Calgary Councillor for Ward 8

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Democracy 101: October Civic Election

In October, Calgarians will vote to elect their Mayor, Councillors, and School Board Trustees. Your voice will help shape your community and your city. Here are some things you will need to know prior to October 16.

If you are unable to vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting www.electionscalgary.ca, by phone, 403-476-

4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit

www.electionscalgary.ca.

I shared this information with you last May, but it's so important it bears repeating. This year, it's easier than ever to make your vote count. There is now a free transit pass with each election brochure that will be mailed to you and there will be a full week of advance voting polls at Mount Royal University, the University of Calgary, and SAIT.

2017 Election Ward Boundary Changes

As some of you may know, during the 2017 Municipal Election new ward boundaries will come

into effect, which could change who the candidates are on your ballot and your voting station location. If you are in a community that has changed wards, you will be voting in a different ward than the last municipal election. It is important that you check your ward so that you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit www.electionscalgary.ca, or call the Elections & Census Office at 403-476-4100 (Option 2). □



This month in Edmonton

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

*Kathleen Ganley is
MLA for Calgary-Buffalo,
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The Alberta economy is recovering

Our economy is recovering. The Conference Board of Canada projects that Alberta is on track to lead the country in growth with a 3.3 per cent increase to GDP in 2017. As of July 2017, the number of active rigs in Alberta averaged 119, more than double the same month last year.

Our government is focused on diversifying the economy, creating good jobs, and working with industry to increase Alberta's competitive advantage. To encourage investment, the Economic Development and Trade Ministry developed the Alberta Investor Tax Credit which offers a 30 per cent tax credit to investors providing new

capital to small businesses. This three-year program supports research, development or commercialization of new technology, and new products or processes.

Another investment tool created recently is the Capital Investment Tax Credit which encourages companies to make timely investments by returning a percentage of the company's costs. The two-year program provides a 10 per cent non-refundable tax credit of up to \$5 million.

Just before Stampede, our government announced a historic investment of \$1.53 billion over eight years to build the new Green Line LRT. Funding for Stage 1 of

the Green Line will come from revenues from Alberta's carbon levy. In total, it is create 12,000 new, high-quality jobs in Calgary. Green Line will also significantly reduce greenhouse gas emissions and lead to 6,000 fewer vehicles on the road once in operation. Our government understands the need for affordable, accessible, and structurally-sound transportation, and funding the Green Line LRT is a step forward in reviving our economy in a sustainable manner.

Coming up this fall I will be reaching out to condo boards to discuss modernizing condo regulations. Albertans deserve to be protected when they make a purchase,

and no purchase is more important than buying a home. Overall, a quarter of Albertans live in condominiums and that number is much higher in the downtown core. This is why our government is working to develop regulatory amendments to better protect those buying, living in, or managing condos and to strengthen the industry; the second phase of the consultations currently being conducted looks to create a Condo Tribunal to help settle disputes, as an alternative to the courts.

In the coming months, stay tuned for more information from my office on how to get involved with this important process. □



This month in Ottawa

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

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The importance of inclusion

Before I begin with this month's newsletter I wanted to make sure you knew about my BBQ on Sunday, September 10th. We'll be at the Sunalta Community Hall (1627-10 Ave SW) from 11:00 AM to 1:00 PM, where we will have my father, Richard Hehr, doing his best Elvis impersonation, free food, and a celebration to cap off the end of summer.

Next, I wanted to share with you an update about an issue near and dear to Calgary Centre.

It's about the work we're doing in the nation's capital to make sure all Canadians are free to identify themselves and express their gender as they wish, without fear of discrimination and hate. With having Pride this September, it's both topical and relevant. Calgary Centre is a Pride community — in the heart of

its downtown core, we have one of the most vibrant LGBTQ2 communities in North America.

I have had the pleasure of working with advocates — like my caucus mate and special advisor to the Prime Minister on LGBTQ2 issues, MP Randy Boissonnault — and others across my involvement. At each place and stage my efforts were to make sure that no one should be refused a job, be disadvantaged in the workplace, be unable to access services, or be the target of harassment and violence because of their gender identity or gender expression.

One part of this was with Gay Straight Alliances being supported in every school across Alberta where and when students want

them: first with my motion (Motion 503), which with community supporters, students, parents, and staff, ultimately making it the law of the land. The research is there that students have a reduced rate of suicide — across the entire population of students, not just LGBTQ2 students — with policies that encourage and allow students to support one another.

Since moving federally this work has not stopped or stalled. Our government has moved full-steam ahead with:

- Passing C-16, a bill that ensures the full protection of transgender people across Canada,
- Announced a strategy to prevent and address gender-based violence,
- Introduced legislation to remove section 159 of the Criminal Code — ensuring

Canadians are not unfairly criminalized for consensual activities,

- Flying the pride, transgender, and bi flags on Parliament Hill for the first time,
- Beginning the process of an apology to the entirety of the LGBTQ2 community for previous governments' failings to defend their rights and freedoms.

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, come by my office at 950-6 Ave SW, call at 403.244.1880, or send me an email at kent.hehr@parl.gc.ca. □

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The unexpected challenge of home care

By Bill Corbett

This is initially the story of my wife Dora's losing-battle with liver cancer.

The home care decision

Incredibly healthy as she approached her 87th birthday, in November of 2016 she reported to her doctor that she was short of energy. An examination revealed colon cancer which proved to be operable, but the cancer soon metastasized to the liver. She became a candidate for a first round of chemo therapy.

I don't recall why Dora was not hospitalized: she did want to stay at home, and I was willing. My three sons—Tom, Ken, and Rod—were willing; my daughter, Sally, was willing; Dora's devoted sister, Myrna, was willing. The availability of home nursing cinched it, so we proceeded.

Dora, my special girl, and I were enjoying 67 years of rich companionship. She was intelligent, generous, self-controlled, and brave.

The challenge

How did I respond to the challenge? I had not experienced anything like this. My mother and father each died without, regrettably, me being present. Dora gradually became immobile and required increasingly more assistance. My sons, daughter, and Myrna pitched in with moral and actual support. However, since Dora and I continued to share our bed, I was the one to get up in the middle of the night when she called in pain for a pill.

She refused tap water for the pill and insisted that the water be microwaved. While trying hard to be cheerful, I have to admit that I grouched. But eventually I improved the sequence by doing the microwaving while I was at the toilet.

Just once Dora did say, "I wish I could die" but that was provoked by some minor frustration like not being able to pull up her pyjama bottom. I was challenged but did improve, at least in keeping my mouth zipped.

The reward was occasionally lying down behind her; she hurt in several places in front. I would carefully insert my arm under her neck for a quiet hug that was sweet for each of us.

Increasingly, Dora was unable to eat or to sufficiently take fortified fluids. She was wasting away. We were forced to accept the hope that 'recovery' was being replaced by the question of 'how long?'

On returning, in a wheelchair, to the Holy Cross Cancer Unit for an assessment on whether a second round of chemo therapy was of any use, Dora leaned forward towards the doctor, eagerly hopeful. She wasn't ready to quit. With little enthusiasm, the doctor agreed to proceed. A little later however, Dora wearily decided 'No!'—the nurses concurred.

Goodbye

Finally on the morning of March 25 she was moved to the Agape Hospice. As the ambulance arrived she was



able to read aloud the address on the sign at the front, but she faded unbelievably quickly. By evening she lapsed gradually into unconsciousness. When we were all present in her room, the family each in turn held her hand, and when her hand slightly tightened, we felt that she recognized us in saying 'Goodbye.'

This concluded approximately five months at home

and one last day in the Agape Hospice where she was royally accommodated.

The three 'angels' who made the home care time possible were Nurses Jacqui, Irene, and Megan. The stalwart girls from CBI also served admirably.

What have we learned? If home care is elected, one must be fully committed—and cheerful.

I wish I hadn't grouched.

□

Is your family member at risk of elder abuse?

One in five Canadians believes they know of a senior who may be experiencing some form of elder abuse. If you're concerned about a loved one, the first step to preventing or dealing with it is understanding the problem.

Elder abuse is defined as any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is characterized by a lack of action by a person in a relationship of trust with the same result. Often, more than one type of abuse occurs at the same time.

Unfortunately, abuse of some of our most vulnerable happens every day in communities across the country, without regard to

social, economic or ethnic groups.

Types of elder abuse include physical abuse, sexual abuse, emotional or psychological abuse and active and/or passive neglect (including verbal abuse and threats), as well as financial abuse, the most commonly reported type of elder abuse.

Helping them to stay connected and to avoid isolation are the best things you can do for your loved one. By helping seniors build a network of family, friends, caregivers and neighbours, the risk for elder abuse is significantly reduced.

If you think they're at risk of financial abuse and exploitation, some precautionary measures you may

consider taking include ensuring any income is directly deposited into their checking account, working

with an attorney to have an estate plan in place, and asking them to name a trusted person to make

healthcare and financial decisions should they become incapable.

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□



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Pickleball, anyone?

Combining elements of badminton and tennis, this burgeoning racquet sport is a popular choice for older adults

By Rita McGillivray

Have you heard the tale about the guy from Washington State who had a dog named Pickles who loved to chase whiffle balls around the field? He loved it so much the family invented a racquet game and called it Pickle ball.

Some might prefer to think of this as a story that grew up into a beloved legend. For others today the phrase “fake news” might come to mind, but however you look at it, the game of Pickle ball was in fact invented on Bainbridge Island in Washington back in the 1960’s by a former US senator as a fun game for his children.

Apparently, the dog Pickles only became a member of the family two years after the game had caught on.

While the game of Pickleball is said to have been an impromptu innovation for the politician’s children, it has steadily grown

in popularity across the United States, and now thanks to the movement of Canadian Snowbirds across the 49th parallel, the game is now being played by all age groups in communities across Canada today.

Pickleball is a combination game of tennis, badminton and ping pong. A round paddle is used to bat a small, lightweight ball with holes in it, across a badminton net that has been reversed lower, inside a regulation badminton court.

According to Jason Bridger, senior marketing manager for the Calgary Sport and Social Club (CSSC), the game has few barriers for those looking to get involved.

“Pickleball appeals to all ages,” says Bridger. “It is low impact, much more forgiving than tennis, and it’s not so hard on the body.”

When asked if the game is predominantly of interest to the older player Jason laughed as he explained that for their first season ever in 2017, they were amazed to have 30 teams sign up for regular league play during the winter.

“The average age of our players is 30, although we also have the legends league

for those over the age of 35: the Legends League, which promotes the idea of sports for life.”

According to Bridger, the inaugural winter season was so successful that the CSSC has launched a summer pickleball season with the games being played outdoors.

When played indoors, the pickleball can be played in any gymnasium with basketball line markings on the floor; in an outdoor setting, any tennis court can be easily converted to the smaller pickleball court.

“The game is easy to play: it can be played co-ed or not, gender is not relevant as it does not require powerful body strength. It is geared toward the non-athletic,” Bridger explains.

Don MacLeod, 73, has played both racquet ball and tennis for over 30 years, but recently switched to pickleball as his knees are less able to cope with the high impact stress on his joints.

“My wife and I learned to play a few years ago,” says MacLeod. “The leisure centre we belong to was offering games, and it was something we could both do together, so we gave it a shot.”



Courtesy of Calgary Sport and Social Club.

MacLeod says the game is as challenging and competitive as one wants to make it, but admits his 70-year-old self would have mapped the floor with him today.

The secret to enjoying pickleball—or any activity, according to MacLeod—is simply having a passion for the game. But he says the main thing about pickleball is to have patience.

“It’s a lot like chess, in that your mind is doing a lot of the work, unlike tennis where physical stamina plays a larger role.”

There are many options for people looking to join a pickleball, and players can register as individuals or teams. CSSC is one of the largest groups in Calgary along with the Calgary Pickleball Club (which makes its home at West Hillhurst Community Centre) where MacLeod

plays, but many communities offer the game in different corners of the city, among those, Wildwood Community Centre in the southwest, Cranston

Resident’s Association in the southeast, Hounstfield Heights-Briar Hill Community Association in the northwest, and the centrally-located Kerby Centre.

Pickleball is one of those sports that work well for year-round play regardless of weather conditions or if one makes their way across the border during the winter.

And as Bridger reminds us, “It is a great way to meet new people, so don’t be shy. It is inexpensive and it’s about having fun. People do well when they are able to get out and play”

Game on!



A Zest for Life

It’s a warm, sunny day. Laughter and conversation roll out over a manicured green lawn. Under a gazebo, a group chats as a bocce ball rolls by. Inside, you can hear the choir as they rehearse for an upcoming performance. Welcome to Amica at Aspen Woods, one of Calgary’s finest retirement residences.

Residents here are busy. You’ll find them enjoying the salt water pool, visiting the spa, or participating in an exercise class. A bus operates as an errand shuttle twice a week. Two to three times a week, the bus ventures to places like the mountains, the Calgary Philharmonic Orchestra, or Lunchbox Theatre.

There are three catered meals a day, made by our Red Seal chef’s culinary team. “Lunch on the patio is a big hit in the warmer months,” General Manager, Deborah says. “You can arrive for dinner and sit wherever you want. There is no set schedule or seating chart.”

Residents are active and social with an abundance of on-site services and amenities. They’re free of the worries of grocery shopping, cleaning, and home maintenance. “Our team is really here to serve in every way possible. We have residents who initially came here for respite stays who have moved in because of the level of service we provide.”

There are over 40 scheduled activities per week. “Half of our activities are fitness based and many are designed to maintain strength and mobility, as well as prevent falls,” Life Enrichment Coordinator, Lynn explains.

But it’s not all fun and games. “We have professional wellness team members, including a registered nurse on site daily and LPN’s around the clock. Additionally, local health professionals visit regularly,” mentions Director of Care and Registered Nurse, Wanda.

Amica’s philosophy is that residents should be able to age in place – residents don’t have to worry about moving, since care options are available here. “Residents might move to a different floor, but they will still be able to enjoy the same activities and socialize with friends,” Registered Nurse, Kathy adds.

Amica’s sister community, Maison Calgary, is designed and operated for those needing the highest levels of care as well as people with dementia, Alzheimer’s disease and memory loss. If the need arises, residents can transfer easily.

“Our residents are socializing everyday. They enjoy our community and don’t have to rely on their families to get out and do things. On warmer days, we have walking groups visit the ravine, which has great views of the Rockies. We even recently held a community food truck festival. Living here helps to sustain independence,” Deborah says.

This recipe creates a zest for life that is abundant here. They invite you to visit them for lunch and a tour.

Call 403-240-4404 anytime to learn more.



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Why Canada needs universal pharmacare

By Steve Morgan

Ontario plans to provide a publicly-funded pharmacare system for children and youth in Ontario. It's a small step in the right direction and, arguably, most important for its symbolism in a national debate.

Why just a small step? Because Ontario's recently-announced plan will provide universal, comprehensive prescription medication coverage to the age group that uses medicines least often. Many working-age Ontarians, who are far more likely to require medicines than children, will still be uninsured.

Why symbolic? The program signals that government is taking responsibility for this component of health care, integrating it with medical and hospital

care. This is as it should be. Several national commissions on Canada's health-care system have recommended adding prescription drugs to our publicly-funded universal medicare system. No federal government has ever acted on those recommendations.

By creating pharmacare junior, Premier Kathleen Wynne and Health Minister Eric Hoskins are essentially calling on the federal government to help finish the job and create a pharmacare program for all Canadians of all ages.

Here's why Canada needs a universal, public pharmacare program, and what Canadians can do to make it happen now.

Access to essential medicines is a human right

The most important reason for universal pharma-

care is that access to essential medicines is actually a human right, according to the World Health Organization (WHO). It recommends that countries protect that right in law and with pharmaceutical policies that work in conjunction with broader systems of universal health coverage.

Every other high-income country with universal health care provides universal coverage of prescription drugs. It's time Canada did the same.

It would save lives

Canada's patchwork of private and public drug plans leaves millions of Canadians without coverage. As a result, Canadians are three to five times more likely to skip prescriptions because of cost than are residents of comparable coun-

tries with universal pharmacare programs.

A 2012 study estimated that inequities in drug coverage for working-age Ontarians with diabetes were associated with 5,000 deaths between 2002 and 2008. Nationally, this toll would be far greater.

It would save billions of dollars every year

Canadians spend 50 per cent more per capita on pharmaceuticals than residents of the United Kingdom, Sweden, New Zealand and several other countries with universal pharmacare programs. This amounts to spending \$12 billion more each year and still not having pharmacare.

Why? Because the universal pharmacare programs in other countries use their purchasing power to obtain

better drug prices than our fractured system. Among many examples of such price differences, a year's supply of atorvastatin, a widely-used cholesterol drug, costs about \$143 in Canada but only \$27 in the United Kingdom and Sweden, and under \$15 in New Zealand.

It would help Canadian businesses

The rising costs of pharmaceuticals have become a growing burden on Canadian businesses. Part of the problem is that Canadian employers waste between \$3 billion and \$5 billion a year because employment-related private insurance is ill-equipped to manage pharmaceutical costs effectively.

Another part of the problem is that the number of prescription drugs costing more than \$10,000 a year has grown almost 10-fold in the past decade.

Because such costs can quickly render a work-related health plan unsustainable — particularly for small businesses — it is best to manage them on a province-wide or nationwide basis.

It won't happen unless citizens speak up

Billions of dollars in savings to Canadian taxpayers, employers and households equals billions of dollars of lost revenues to pharmaceutical industry stakeholders. Those stakeholders will not likely make it easy for government to implement universal pharmacare, no matter the benefit to Canadians and the broader economy.

To make pharmacare a reality for Canada, citizens need to get informed and involved. If they support the idea of universal, public pharmacare, they need to let others, particularly elected officials and political candidates, know they care and that they'll support a government that takes action. A parliamentary e-petition is circulating in the hope of doing just that.

Without such a groundswell of public engagement, it's unlikely that the federal government will implement a universal pharmacare program any time soon.

Steve Morgan is an expert adviser with EvidenceNet work.ca and a professor in the UBC School of Population and Public Health. □

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Off the beaten path with Charley

To Empress, where remnants of an eastern Alberta rail town's past sit preserved



Ross Bulcock tells me some of the history of Empress, Alberta (left.) Chevrolet el Camino at Cereal, Alberta (top right.) A calm, picturesque early morning in Jenner, Alberta (bottom right.)

Story and Photos by
Tim Johnston

John Steinbeck once wrote of travelling across the United States in a pick-up truck with a camper in the box. For company, and perhaps for a bit of security, he took along his dog. This formed the genesis for the title of the work, *Travels with Charlie*. That Steinbeck book is one of my favorite pieces of literature.

In early May, the planets governing my life aligned to provide an opportunity for a short road trip of my own. There was one catch: I would have to take the family dog along with me. And so, on an overcast Friday afternoon, I set up our Dodge Journey for an overnight road trip,

loaded the camera gear and some food, and held the car door open for Charley, our Miniature Pincer 'guard dog.'

Charley doesn't really like car rides. But on that first afternoon, she had lots of room to move about the car as both back seats were folded down. She also had a window half-opened when she wanted to join me in the front. And finally, there were blankets in the back that she could cover herself with when things got boring.

Using Google Earth, I had earlier planned out our itinerary. Mainly, I was looking for villages and hamlets to visit for photographic opportunities. I would go east as far as Empress, following an old

Canadian Pacific Railroad (CPR) line, then north to Oyen and the abandoned Canadian National Railroad (CNR) line that I would then follow back west toward Calgary.

Bassano was our first stop. I searched for an entry into the CPR yard area to photograph the remains of the roundhouse and turntable but couldn't find one. Instead, I settled for photographs of the old bank building on Second Avenue. Afterward, Charley and I drove southeast to the Bassano Dam. When it was built, it was one of the largest earthen dams in the world. It's still pretty impressive, the way it blocks a large curve in the Bow River and collects the river flow against a matching curve in the coulees to the north. The pelicans that inhabit the outflow area are marvelous and stately flyers.

From Bassano, we followed the right-of-way of the CPR 'Royal Line' that

runs nearly straight east to Empress and then into Saskatchewan. Settlements named Rosemary, Millicent, Patricia, Princess, and Empress gave memories of past royals. Town layout plans provided by the railways encouraged settlers and speculators to head west. 'Railway Avenue' paralleled the rail line, and avenues adjacent to this ran back to the edge of the settlement. Streets crossed the avenues creating blocks that were subdivided into lots for businesses and residences. Some towns numbered their roads while others gave them names. Jenner has Railway Avenue, Prairie Avenue, and Bison Avenue. Crossing these are Ellis Street, Coleman Street, Main Street, and Brown Street. Rosemary's town fathers opted for Railway, Lupin, Florence, and Gwen Avenues, crossed by Rose, Iris, Tulip, Centre, Aster, and Dahlia Streets. Despite the planning and promo-

tion, most of these places are now just shadows of what they were when the early residents settled in.

As we approached Jenner, the hour was nearing 10:30 p.m. The light had gone from the sky and I was tiring after our explorations of the afternoon. I drove into the hamlet looking for a place to park and stay the night. The county fire hall looked welcoming and so I pulled in beside it and arranged my bedding in the back of the car. I took Charley for her evening walk, careful of my step in the dark and quiet of the night.

The rising sun streaming into the front window of the car woke me before 6 a.m. After some photographs around the community, Charley and I were on the road toward Empress in the hope of finding somewhere that served breakfast. Along the way, I took a side trip north of Buffalo to a beautiful (and completely vacant) campground on the north side of the Red Deer River and then stopped in the hamlet of Bindloss to photograph vintage buildings. The Bindloss United Church is actually quite modern. With a dwindling congregation, the building is no longer in use but it is maintained. Charley and I encountered a member of the security team on our walk around the church in the form of a very large skunk. Fortunately for us,

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Continued on page 15



Abandoned post office and gas station at Buffalo, Alberta (bottom left.)
 Restored CNR Station located in Cereal, Alberta (top left.)
 Mother Mountain Teahouse in Delia, Alberta (right)

Continued from page 14

the skunk waddled away without making a stink about our intrusion.

Also relatively new is the Bindloss School. I once visited the school during my days as an Alberta Teachers' Association staff officer and used photographs taken then in an article in the ATA Magazine. I was pleased to see that the student garden, built by the Grade Three and Four students in 1994, was still in place and well kept.

Heading east again, I passed a road sign indicating the location of the Cavendish cemetery. As I hadn't encountered that name before, I decided to turn around and visit the resting place of some of its early inhabitants. Charley and I explored the site. While I examined gravestones and Charley examining the exotic scents of the prairie. One of the tall gravestones remembered Ester Edgington who was born in 1866 and who died in 1936. In a little field of prairie grass under a sky of brilliant blue, this is all that remains of a place once known as Cavendish.

Reaching Empress, I was happy to find that the owners of a shop and restaurant called *That's Empressive* were ready and able to provide a hearty breakfast of fried eggs and bacon. Breakfast was served in a corner of the main floor. The beautiful Ojibwa-inspired-art of the owner, contemporary native artist, Nokomis—known locally as Patricia Donaldson—surrounded me. Her partner, Ross Bulcock, told me some of the history of the area

while I ate, and afterward he took me on a driving tour along the abandoned railroad right-of-way. The CPR station has been restored and Ross showed me details of the work that makes this place a true community jewel.

Leaving Empress, Charley and I drove north to visit Acadia Valley, Benton Station, Sibbald, and Oyen. In Sibbald, I photographed the vacant hotel and noted the hand-printed sign on the door cautioning citizens about topless dancers who, in the day, displayed their charms in the hotel's bar. Highway 9 then took us westward through Cereal, Chinook, and Youngstown. In Cereal, I spotted a brilliant red Chevrolet el Camino being driven by its proud new owner. I asked him to park it in front of a deep blue building on Main Street where I photographed it.

We travelled on through Chinook, Scotfield, Stanmore, and Richdale—all communities that appear to be nearing the end of their days. Reaching Delia, I was charmed to encounter the Mother Mountain Tea House and Restaurant; so charmed, in fact, that I entered and enjoyed a delicious light supper. The owner proudly showed me a photograph taken in the place showing all of Canada's premiers having dinner. Ralph Klein was our premier at the time.

I had planned on spending another night in the car with Charley but after supper, decided it would be wiser to head home to Calgary. Sleeping on two yoga mats the evening prior had been

fairly comfortable but I was missing my own bed. Travelling home in the gathering darkness, James Taylor's song *Our Town* played on Sirius Radio. His lyrics captured the essence of what I had experienced visiting these small places in the eastern part of Alberta. I'll add them here to finish my story:

*Long ago,
 but not so very long ago
 The world was different,
 oh yes it was
 You settled down and you
 built a town and made it live
 And you watched it grow
 It was your town*

*Time goes by, time brings
 changes, you change, too
 Nothing comes that you
 can't handle, so on you go
 Never see it coming, the
 world caves in on you
 On your town
 Nothing you can do*

*Main street isn't main street
 anymore
 No one seems to need us
 like they did before
 It's hard to find a reason
 left to stay
 But it's our town
 Love it anyway
 Come what may,
 it's our town*

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Member of a parliament of great horned owls in northwest Calgary.

By Douglas Beggs

Life was pretty good. The days rolled by, one into another; no great traumas, no big surprises.

Family had all grown up, left the nest, concentrating on their careers. Life had taken on a patina of routine: get up, make coffee, read the newspapers, get dressed,

do the crossword, do Sudoku, then wonder what I would do for the rest of the day. But then something happened to shake me out of my lethargy.

As a boy I had always taken an interest in wild life without being fanatical about it. But growing up by the sea I could name most of the gulls and terns frequenting the shores of my part of the west coast of Scotland. As a summertime farm boy I could tell the difference between a crow and a raven. I wasn't a bird-watcher per se but some

avian knowledge was acquired by an inexplicable sort of osmosis. It just happened, you just knew these things.

However, as an adult, these 'childish' things were put away – quite unconsciously. On my travels, however, I did notice the chortling of the Australian magpie which is unknown to its Canadian or European brother. Nor was I oblivious to the remarkable beak on the Malaysian toucan. But these were not to be dwelt upon – business and family called.

Then, just when I needed it, my interest in things avian was rekindled.

One evening, in July last year, at about 10 p.m., I was sitting on my balcony when, out of the corner of my eye I thought I saw something moving on top of a nearby wall. The "something" proved to be a recently fledged owl. I couldn't recall ever seeing an owl before and I got a real kick out of seeing this one.

For the next couple of weeks I saw it most nights – never real close, never for long - and realized if I wanted to see it I had to learn to listen for the "yeep yeep" alarm call of the robins concerned for the well-being of their chicks in the presence

of a raptor.

I'd heard that call before when, for example, a hawk was in the area but these raptors were diurnal birds not given to hunting in the twilight. So maybe the robins were alarmed because a nocturnal raptor—an owl—was on the move and their alarms indicated roughly where it was. I tracked the owl by listening to the robins. I also learned to recognize the owl's call which was a kind of muffled 's-c-r-e-e-c-h' – a distressingly far cry from Shakespeare's poetic "tu whit tu whoo, a merry note."

Although they had to be close by, I never did see the parents; and in the fading twilight it was impossible to get a really close look at the youngster so I couldn't identify which kind of owl I was seeing. That really bugged me. I expanded my search. I went to the internet, I bought more books, and I watched You Tube videos. I wasted endless hours trying to learn more about these owls, and thoroughly enjoyed myself.

In the beginning, I thought this particular owl's call indicated that it was a Screech

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owl. Fat chance! The Screech owl is practically non-existent in Alberta.

What else did I learn?

For starters, there are almost 250 owl species worldwide.

The Great Grey owl, which does inhabit Alberta but is listed as rare to uncommon, can detect mice moving beneath 25 cm of snow.

When approached by humans, many owls adopt the so-called 'tall thin' posture: they compress their feathers and stretch upwards in an effort to improve concealment.

The eyes of some owls are larger than the human eye, but are nearly immobile, so the bird has to turn its head in order to look sideways.

The Long Eared owl (a Calgary resident) can turn its head through at least 270-degrees and has a one-metre wingspan; The Great Horned owl (also a Calgary resident) is even larger with a 1.5 meter wingspan.

Lifespan in the wild varies significantly. In Alberta the Long-Eared and Great Horned owls live for about 27 years while the Snowy and Burrowing owls survive less than half that time.

Owls regurgitate undigested fur and bones in pellets which accumulate around the base of trees where the birds perch, and if you find them are a dead giveaway as to the type of owl.

Owls are mostly nocturnal but Snowy and Burrowing owls make a couple of exceptions.

Examples of different owls' calls can be heard on YouTube. They are, generally, not melodious.

Last year's owl watching gradually faded out with the assumed maturation of the young bird. There is something slightly perverse about bird watching in the dark, an exercise in futility; but institutionalization is the fate of practitioners when it is dark and freezing. I decided to protect my san-

ity; I listened from time to time, but heard nothing. I looked from time to time, but saw nothing.

Winter passed, and with spring's arrival came recollections of the owls. One evening on the deck, talking, but with half an ear listening to background noises, the reward came: "Yeep-yeep, yeep, yeep-yeep!" It was close by, I should see something! There! On top of that telephone pole! And there's the mate! Holy moley! There was no sign of a youngster, and indeed the youngster—if there was one—eluded me all year. One night I did see . . . something . . . but it was dark and the sighting was brief.

But by this time I'd decided I knew what I had in my sights: a Great Horned owl! If I had any doubts about the justification for the appellation "great" it was dispelled on the last occasion I saw the bird.

I had been listening and watching and had seen nothing. I decided to call it a day and rose to go into the house. I scanned the above tree skyline looking for my

favourite silhouette one more time when, suddenly, flying low over the bungalow 15 metres away and coming fast, straight at me, was this huge, dark, silent shape that was over and gone in the blink of an eye. It was all over so fast I had to pinch myself to believe that I'd just had a close encounter with a relative of the dinosaurs!

The most important lesson this experience with owls has taught me is how vital it is to listen. Learning to constantly listen to the background noise is the real take-away. We talk about 'reading between the lines' but for me, now, I would suggest it is even more important to listen between the lines. We cannot ignore the foreground noise, but we do have a choice about whether we listen or pay attention to the background noise; to listen to the constant stream of secret signals being sent between the lines. And perhaps not just when bird watching. Wait . . . was that a 'hoot' I just heard?



An extremely adaptable bird, the great horned owl is a year-round resident of Alberta.



The great horned owl's primary diet is made up of rabbits, mice, voles, large insects, and domestic bird species. Photos by Dylan Reardon.



A curious owlet sits on an overhead power line.

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Switzerland

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Story and photos by Jerry Cvech
Page design and layout by Winifred Ribeiro



Gstaad, the playground of the rich and famous.



Lake at the head of Val d'Anniviers.



Jerry Cvech, resting on trail in Bernina Valley". Photo by Judy Cvech.



Picturesque village of Chandolin.



Stone houses in Italian part of the country.

Even casual travellers can spot the differences between nations in Europe. For example, the German love of law and order is legendary and goes back for centuries. An Englishman, Jerome Klapka Jerome (1859-1927), wrote a book titled *Three Men on the Bummel* already 100 years ago that is not just a travel book but is quite a bit whimsical. As a teenager I enjoyed Jerome's humorous comparisons between the law-abiding Germans and the

individualist Brits. But I never truly believed what I read; I thought old Jerome took a lot of liberties in his writing for the sake of humour. Then, some thirty years ago we were staying in a tiny hamlet, Bettingen, just west of Würzburg. We settled in a B&B on the edge of town and headed to the only restaurant in a campground by the river. My wife and I played a little game: who would see the first piece of garbage as we walked the two-kilometers to the restaurant and



Schlapin at the end of the forbidden road.



View from our apartment in the Italian part of Ascona.

back. I won on the return trip, already almost back by the house where we were staying: there was a cigarette butt in the gutter. One might think such cleanliness impressive, but the Germans will gladly tell you that you want to really see orderly and structured you must go to Austria. I concur. Several years back we wanted to buy tickets for the Wiener Staatsoper, which isn't an easy task. We called the box office from Calgary and the ticket agent, Ms. Delgado, explained to us that one can't just buy the tickets, one must order them in writing to get on a waiting list. The selection process takes place about 100 days before the performance. Tickets are allocated to subscribers first, then to sponsors, followed by the good citizens of Vienna, then to the rest of Austrians, and so on. Calgarians are surely on the bottom of the list. It is a rigid system but at least one doesn't suspect any corruption.

Without much hope, we placed an order for Donizetti's *Anna Bolena* a year in advance.

Everyone agrees that the ultimate in orderliness and propriety are the German-speaking Swiss.

One time we booked an apartment in Neuheim close to Zurich. Neuheim is a modern, lovely town in the hills with no cigarette butts anywhere to be seen! The apartment was simply fabulous! Furniture, décor, facilities, appliances: everything first class. When we were checking in, the landlord showed us the suite personally, strangely bringing with him empty plastic bottle and assorted garbage. It turned out to be a demonstration kit and we received a detailed orientation. There was a bin for general kitchen waste, for recyclables, for organic compostables and for plastic bottles. "These bottles take up a lot of space and must be crushed", the man stepped on the bottle, "and they have to be capped in that state so they don't re-inflate".

It takes a contortionist to stand on a bottle and screw the cap on in the same time, but it can be done. But that was not all. When booking we had mentioned we would go to Zurich opera, so he gave us a map showing locations of all speed cameras between his house and the theater. I wondered if he suffered from a bad conscience. There had to be a conflict between his allegiance to law and order and his desire to please the customer.

Switzerland is an ideal country if one wants to study national traits. There are German, French, Italian, and Romansh-speaking areas. The Romansh are a very small segment of the population, just estimated seven per cent, and I always thought of them as being German. There are more similarities between Italians and Swiss-Italians than between the Swiss-Germans and Swiss-Italians or French. For example, the Swiss-Germans are solemn and proper in every way, while Swiss-Italians or French are, well, more Italian or French with their typical temperaments.



Medieval town of Gruyere famous for its distinctive cheese.

It seems as though they stitched the country together rather haphazardly. How un-Swiss! The many official languages are not a problem to a tourist who speaks none of them, however, because most citizens speak English. Switzerland is expensive but it is spectacularly beautiful, well-tended and enjoyable in every way. And in spite of all I said about their prinness they are witty and friendly people, service is excellent, food is even better, and tourist amenities are second to none. There are lifts or cog-wheel trains leading up to nearly every mountain with the ubiquitous restaurant on the top, usually with a terrace, an incredible view, several types of beer on tap, and excellent food.

It is hard to recommend any town over others, but Luzern and Bern certainly are more interesting for tourists than let's say Zurich or Basel. I really liked Gruyere, which is not just famous for its cheese, but is also a picturesque medieval town. In the upper Engadin Valley, Saint Moritz and Davos are the most famous but we liked nearby Klosters better, as apparently does the Prince of Wales. Zermatt, accessible only by train is a highly recommended place because of the famous Matterhorn that lords above it. If the weather is clear it makes the best postcard picture there is!

Remote valleys with old villages are most to my liking, but owing to the Swiss penchant for "Switzerland for the Swiss only" philosophy, a lot of the quaint side valleys are closed to the vehicular traffic of the Barbarians from the North, aka us tourists. But some of them can be accessed with a special permit, as we found out from the note under the no-entry road sign: "For day permit visit the coffee shop at the railway station." It seemed like a joke, since when do coffee shops issue road permits? But when in Rome, do as the Romans do, and

the permit cost us just a few francs. It led up a fairytale valley sprinkled with working farms and a few other houses all built from wood, sitting on an open meadow under the peaks.

Roads up to Pass Stelvio are winding . . .

On our first trip to Switzerland many years ago we stayed in Interlaken. Sitting by a big picture window having breakfast we were disappointed with the weather. There was a solid cloud cover seemingly loaded up with tons of water. I mentioned to the waiter that we had been planning a trip by the famous cogwheel train to Jungfrauoch that sits at 3,466 meters above sea level—a world of rock, ice, snow, and magnificent views. "No point in this weather," I said.

"But sir, today is the perfect day to go; one of the few like that in a year," said the very proper man with one of his hands behind his back, the other with a napkin thrown over it. "The Foehn is coming."

In Czechoslovakia our parents used the word "Foehn" for a hairdryer, so we thought it might signify a stream of hot air—a Swiss version of Chinook wind—so we chanced it. The cost of the tickets was high then and is even higher now, but it is one of the trips worth the money. The railway climbs a height difference of 1,400 metres in 35 minutes. Seven of the last

nine kilometers is hewn in the rock of the Eiger and Mönch. The train stops halfway at the station called Eismeer, where one embarks on a platform inside the mountain and can look out through panorama windows. One is looking out from inside of the mountain at the famous climbing North Wall of Eiger that is absolutely vertical. And at the end of the train ride on Jungfrauoch there is one of the ubiquitous restaurants and an observation platform high above a huge glacier.

The waiter was right: it was the day of the Foehn—the weather was perfect! The French part of Switzerland is smaller than the German part with the principal cities being Geneva and Lausanne on Lake Geneva (Lac Lemman.) The Swiss side encompasses much of the upper Rhone valley and extends almost to the city of Basel. If the German-Swiss are conservative, the French are more willing to approve modern development. It is not always a good thing, as some of the high mountain valleys have been sold out to foreigners. But there are still beautiful old towns in the undisturbed Val Herens or in Val d'Anniviers, for example. From Lausanne it is possible to make a loop drive to Chamonix in France and take a lift up the

A road only for the intrepid.

massive Le Brevent for a marvelous view of Mont Blanc, the highest peak in Europe. Back on Lake Geneva, still on the French shore, sits the picturesque town Yvoire from where there is a ferry back to Nyon in Switzerland.

If the French area is different from the German, the Italian is even more different. The Italian part is the smallest of the three language zones and its principal cities are Bellinzona and Locarno which sit at the north end of Italian Lago Maggiore, and has a Mediterranean feel with the mountains in the background that are high and steep. Unlike in the rest of Switzerland where the building material of choice has always been wood, it is all stone here. It makes the countryside look much different.

The charm of this part of the country is not the world famous peaks or posh resorts, it is wandering around the countryside and having liquid lunches on the patios of family bars in virtually inaccessible little villages at the ends of the roads where they have just miniscule parking lots with two or three spaces for visitors. The mountain roads are actually just single car lanes cut into the sides of the hills with no guard rails, zig-zagging up to ridiculous heights—if one has the nerves for it. They certainly command the utmost respect from drivers.

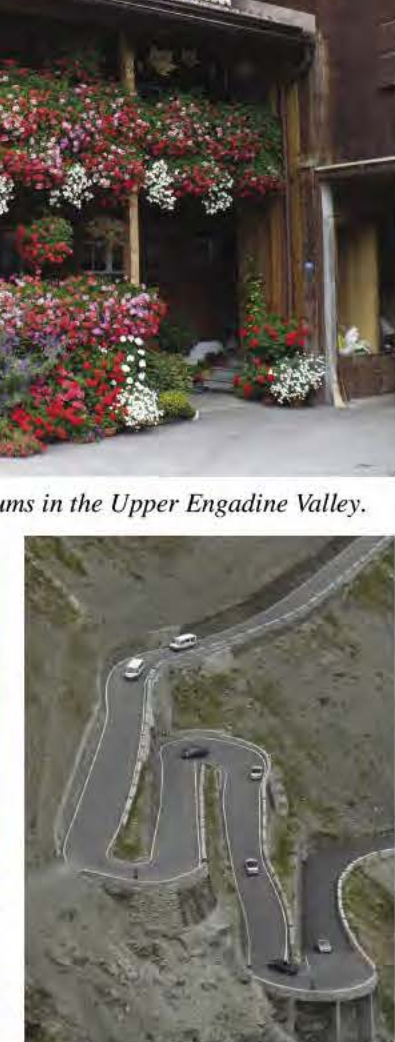
Switzerland is tiny, yet an immensely interesting country, and it deserves more than just one visit. As always, my choice is to travel by car, but there are plenty of other means. If you don't like bus tours, the railroads are omnipresent and the service is, well, structured, orderly, and proper.



Typical house smothered in geraniums in the Upper Engadine Valley.

There is a house behind the chopped wood somewhere — it offers additional protection in winter.

Picture perfect scene in Val Herens, in the French part of Switzerland.



A road only for the intrepid.

There is a house behind the chopped wood somewhere — it offers additional protection in winter.

Picture perfect scene in Val Herens, in the French part of Switzerland.



A road only for the intrepid.

●●● Community Events ●●●

Bow Cliff Centre for 50+

Welcome Back Fall Potluck Dinner. Come out and enjoy an evening of food and social activity on Friday, September 8 at 5:30 p.m. – 8:00 p.m. Admission with a food offering is \$5, otherwise \$10. We will provide the buns.

Don't miss out on our new fall programming, 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.

Or visit our website: www.bowcliffseniors.org.

Confederation Park 55+ Activity Centre

Saturday Dances: Sept. 9: For Olde Tyme Sake. Sept. 23: Badlanders. Tickets \$12/person (Includes a snack.) Everyone is welcome. Doors open at 6:30 p.m., dance starts at 7:30 p.m.

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

ber or purchase an Access Card (10 drop-in sessions) for \$85/member, \$105/non-member.

We are accepting donations of gently used clothing and jewelry for our Next-to-New Shop/Boutique. Items can be dropped off any weekday from 9 a.m. to 3 p.m.

Are you looking for a new volunteer opportunity? Have fun and make friends by volunteering with us.

We are looking for help in the fall for our recycling program, kitchen, and special events. Contact Angela for more details at 403-289-4780 or by email at angela@yycseniors.com.

For more information, check our website at www.yycseniors.com or give us a call at 403-289-4780. We're located at 2212 13 Street N.W.

Germans from Russia

Library held on the second Monday of each month except October from 2 – 7 p.m. — all meetings are in English. Harvest Dinner: Oct 21, 11 a.m., cost: \$20. Address: 1432-19 St NE. For more info visit: www.calgarychapterahsgr.ca or phone 403-273-8178.

Self Care for Caregivers workshop

Caring for a loved one strains even the most resilient of people. If you're a caregiver, taking steps to preserve your own health and well-being is extremely important.

The workshop is geared to individuals that are involved with long term care; caregivers, and helpers working with individuals with developmental disabilities, aging

parents, parents of sick children, and/or individuals that require personal care on a daily basis.

When: Tuesday, Sept. 26 from 6 - 9 p.m. Location: Carya, 322, 1000 8th Avenue S.W. Cost: \$15 (subsidies available if needed.)

Topics include: The effects of caregiving on health and wellbeing, taking responsibility for your own care, strategies for managing stress, and creating and accessing resources for you.

For more information and to register please contact Laurie Elliott at 403-537-3381 or laurie@caryacalgary.ca. Or register online at www.caryacalgary.ca/events.

Inglewood Silver Threads

A 55-plus senior activity centre focusing on group activities. Annual membership is \$20. Early bird membership begins September 17.

Members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday, as well our \$2 tea and chat and monthly potluck are a great way to meet new people and engage in group activities.

On Tuesday Sept. 26 we will be lunching at Jubilations, this, as with all our day trips, is subsidized for our members. For more info, contact Wendy at 403-264-1006.

The club is located at 1311 9 Ave S.E.

Calgary JCC

Learn how to test and control your diabetes with correct eating and exercise. Information and support provided by a pharmacy specialist. Wednesday, Sept. 13, 10 a.m. – 11:30 a.m. Free admission.

Photo Club: all levels welcome for monthly meetings with professional photography guest speakers, and exhibit opportunities.

Book Club: first Monday of the month, 1 p.m. - 2:30 p.m.

Community Klezmer Band: explore the world of Jewish music and more with conductor, Frank Rackow. All instruments and ages welcome. Intermediate level musical ability required.

Voices Choir: join our seniors' choir for a fun time of singing and socialization, with leader, Karina Szulc, every Wednesday from 3:30 p.m. – 5:30 p.m. Free.

For more information or to register, contact Shula Banchik at shula@cjcc.ca or 403-537-8596. Visit us on the web at www.calgaryjcc.com.

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* some conditions may apply at certain locations.

Continued from page 20

Parkdale Nifty Fifties Association

Open house, Monday September 11 from 11 a.m. – 2 p.m. Come see the updates to our facility, register for fall activities, new class demonstrations (free!) for Tai Chi, and Introduction to Strength Training, learn about our programs and activities, tea, coffee, and cookies.

Foot Clinic, September 11 from 9 a.m. – 3:30 p.m. \$25 per visit. Please book your appointment with Diann 403-272-4623.

Bridge, Tuesday Bridge begins September 12 at 12:30 p.m. Thursday Bridge begins September 14 at 7 p.m. Games are currently scheduled to run 2.5 hours.

Move N' Mingle, Mondays and Wednesdays from 1:30 p.m. – 2:30 p.m. Program offered through Alberta Health Services. Contact Rene at 403 955-1537 for more information.

Board Games, Wednesdays at 1 p.m. Come join our regular group of gamers for some friendly competition and fun.

Floor Curling, Thursdays at 1 p.m. Put your fun and competitive hat on and throw some rocks, have some coffee, and enjoy a nice time with friends.

Birthday Party. Second Friday of the month at 2 p.m. Come celebrate your birthday with treats and coffee.

Book Club. Third Friday of the month at 2 p.m. Join us for a discussion about our chosen book and a cup of tea.

For more information, contact us at 403-283-0620 or by email at info@pdf.org. Or visit our website at www.pdf.org. Parkdale Nifty Fifties is located at 3512 5 Ave N.W.

Skrastins Outdoor Club

Mountain Adventure for Seniors, every Friday. If you're 55 or older, love to hike, cross-country ski, or snowshoe, come join us in the foothills and mountain parks in Banff, Kananaskis, Lake Louise, and Yoho. We offer 3 or 4 ability levels, safety in numbers and experience.

We get to the trailhead by chartered bus from Grey Eagle Casino SW and Home Road NW parking lots every Friday for \$20 a trip. Go to www.ourclub.ca/skrastins for trip details, or email skrastinsclub@live.ca if you have any questions.

Friends of Fish Creek

Forest Bathing: Discovering the Medicine of the Forest, Tuesday, September 12, 6:30 p.m. - 8:30 p.m. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality.

ReWilding Through

Restoration with Drew McKibben, Sunday, September 17, 1 p.m. – 3 p.m. Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek.

Wellness in Fish Creek! Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity.

Good Grief! Nature Walking Through Grief and Loss. Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world. Only \$25.

For more information on these, or any of our programs, visit www.fishcreekfriends.org.

PROSTAIID Calgary

September 21 Down Under Wine Tasting Festival. Location: Willow Park Wines & Spirits. Time: 7 p.m. - 9 p.m. Tickets are \$50 each and can be purchased by credit card. A \$25 tax receipt will be issued at the event. Please contact Kelly for more information. 403-455-1916.

Greater Forest Lawn 55+ Society

Dance: The Good Timers. Sept. 2, doors open 6:30 p.m., dance at 7 p.m. Members \$12. Non-members: \$13.

Five Star Bingo: Sept. 7, 12:15 p.m. Located at 4980 – 25 St. S.E. 403-248-8334 for more information.

Foot Clinic: Sept. 13,

qualified licensed practical nurses on site. Cost: \$25. By appointment only. 403-272-4661.

Wednesday Lunches – every Wednesday at 12 p.m., with Bingo to follow. Cost: \$7.

Outreach Worker. Angela Fisher from Calgary Seniors Resource Society will only be available on the first Wednesday of each month from 1 p.m. – 4 p.m. If you have any questions, 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. 403-272-4661 or 403-266-6200.

For a complete list of our programs, visit us on the web at www.gfls.org, or phone 403-272-4661. We are located at 3425 – 26 Ave. S.E.

Good Companions

Social Supper – Octoberfest Theme. Sunday, Sept. 19. at 4:30 p.m., dinner served at 5:30 p.m. Members: \$18, non-members: \$20. Entertainment provided.

Folk Music Singers, Sept. 25 at 10 a.m.

Tea and Conversation Program, planning session: Sept. 15; presentation: Sept. 29.

For more information, please phone 403-249-6991 or email gc50plus@gmail.com. Our website is www.gc50plus.org.

Creative Aging Calgary Society

Annual General Meeting and Showcase on Touch Quilts for Dementia Care on Sept. 14 at 6:30 p.m. Location: United Active Living Fish Creek, 51 Providence Boulevard SE. In this showcase, we will describe the use of Touch Quilts in the Long-Term Care context and highlight some of the reactions of families and staff using these quilts. For more information

contact Carol Henckel at info@creativeagingcalgary.com.

Epilepsy Association of Calgary

Face to Face: a support group for adults living with epilepsy. Join us for a great way to meet with, and learn from others who understand what it is like to live with epilepsy. Saturday, Sept. 16, 11 a.m. - 1 p.m. Meetings are held at 316 - 4014 Macleod Trail S.E. For more information, contact Gina Beasley at 403-230-2764 or gina@epilepsycalgary.com.

Alberta Vipassana Foundation

Open house at Alberta's Vipassana Meditation Centre on Oct. 14, 11 a.m. – 5 p.m. Located at: Township Rd 300

Range Rd 93, Youngstown, AB. Vipassana Meditation as taught by S.N. Goenka is offered at 10 day silent retreats held monthly.

For more information, contact Irma Lerner at 403-282-3413 or info@karuna.dhamma.org, or view the website at www.karuna.dhamma.org.


Social Dance Club

Saturday night dances to a live band! Bands: Sept. 9: Joel Spire, Sept. 23: Lindberg Express. Doors open at 7 p.m., dance from 8 p.m. – 11:30 p.m. Members: \$12, guests: \$14, snack included. Social Dance has moved to Southview Community Hall located at 2020 - 33 St. S.E. For more information, phone Sharon or John at 403-242-6957. □

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No peace for Muslims in life or death



By Mansoor Ladha

Muslims seem to have problems in life and in death. The harassment and anti-Islamophobia never seems to leave them. There has been an increase of anti-immigrant episodes in Canada, with the majority of incidents aimed toward Muslims, followed by Arabs or West Asians.

Even in death Muslims are not left in peace. Dead Muslims are as controversial

as the living. Residents of the tiny Quebec town of Saint Apollinaire recently rejected a proposal for a new cemetery on the edge of the town with a population of 6,000.

16 of the 19 residents voted 'no' in a referendum—all that outpouring of sympathy and compassion that followed the killings of worshippers at a Quebec mosque on January 29 appeared to have evaporated.

June 25 was a special day for Muslims. All Muslims were observing the end of the holy month of Ramadan celebrating Eid, and ending a 30-day fast. Muslims gathered in mosques to offer prayers and have feasts with families.

At this same time, a group, Worldwide Coalition Against Islam (WCAI), staged an anti-Islamophobia demonstration in Calgary, unconcerned and indifferent about the religious significance of Muslims marking their festival.

It is being insensitive when a group protests

against another group, which is celebrating a religious festival. In a civilized society, we are expected to respect diversity and cherish each other's divisiveness.

Groups or individuals are at perfect liberty to express their views and frustrations. That's the essence of democracy, and that's why we live in a democratic country like Canada. Our democratic rights are enshrined in our constitution and guarded by the Charter of Rights, guaranteeing freedom of speech, press, and religion.

But democratic rights also have limitations when one encroaches on the public's rights. One cannot, for example, run naked in the street, flouting rules of modesty and decency. Society demands that everyone follow an acceptable code of conduct and behave within the bounds of public decency.

The Alberta Government is concerned at the increase in hate-related incidents in the province. According to Global News, most of the victims of hate-crimes were being targeted because of their religion or race, and incidents aimed toward Muslims saw the largest increase, followed by Arabs or West Asians; crimes targeting Black or Jewish people were also up.

This has prompted Alberta Minister for Education, David Eggen, to begin consultations to develop a new anti-racism initiative. While I applaud the minister's initiative, I only hope that those attending these proposed consultations do not just share tea and samosas and forget their main agenda. These

talks should go beyond tea and samosas.

Muslims are hated because of the terrorist attacks undertaken by the so-called jihadists who have no legitimacy or right to unleash a reign of terror in the name of Islam. They do not represent the religion nor do they have any right in speaking for Muslims. They are a bunch of hooligans out to cause destruction and death.

The non-Muslim world has little knowledge of what Islam truly is. As the Aga Khan, spiritual leader of Ismaili Muslims, said during the opening of the Aga Khan Museum in Toronto, the Muslim world, with its history and culture, is still unknown to the West.

"Even today, the study of the Muslim world in our high schools and universities is a specialist subject," said the Aga Khan. "Very little of the Muslim world features in the study of humanities in the West, where courses are essentially centered around Judeo-Christian civilizations.

"This lack of knowledge is a dramatic reality which manifests itself in a particularly serious way in western democracies, since public opinion has difficulties judging national and international policy vis-à-vis the Muslim world," he said.

"The two worlds, Muslim and non-Muslim, eastern and western, must as a matter of urgency make a real effort to get to know one another, for I fear that what we have is not a clash of civilizations, but a clash of ignorance on both sides. Insofar as civilizations manifest and express themselves

through their art, museums have an essential role to play in teaching the two worlds to understand, respect, and appreciate each other," he said.

Ignorance breeds suspicions and intolerance towards others. A pluralist, cosmopolitan society is one which not only accepts differences, but also actively seeks to understand it and to learn from it. Diversity is not a burden to be endured, but an opportunity to be welcomed.

Political, educational, and civic leaders should be concerned about the rise in hate crimes in Canada. The best way to eradicate this venom is to initiate a campaign of intermingling of different races in neighbourhoods and communities. At formal and informal levels, efforts should be made to encourage different races to mingle informally as neighbours, friends, and colleagues, and to learn about each other's cultures.

Eggen is on the right track when he says the education system is the best place to start to counteract racism, through steps such as developing a curriculum that better reflects Alberta's diversity.

Education officials, teachers, school trustees, and school boards have tremendous responsibility to launch curriculums and programs to teach different religions and cultures. How can we blame high school graduating students for not understanding various cultures and religions of Canada when it's not part of their curriculum?

Stereotype ideas and generalizations are the outcome of ignorance about other races and cultures. Canada is renowned internationally for its record of welcoming immigrants and refugees. Canada's record as a multicultural nation, portraying diversity, is the envy of the world.

Let the U.S. follow its isolationist policy and build walls on its borders to separate people while Canada continues to build bridges to welcome people fleeing from authoritarian regimes.

Canadians should not tarnish our hard-earned image, especially when we are celebrating the nation's coming of age and maturing as a 150-year-old remarkable nation.

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

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Self-love and self-destruct are incompatible

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“As all of us know, life can be very difficult. Worse for some than for others, but all of us have our own struggles.

How we get through them depends upon a variety of factors, such as life experience, spiritual or other beliefs, and how strong our support systems are.

One of the most important aspects of coping with stress

and life's challenges is how you feel within yourself, and about yourself. Do you feel a sense of turmoil? Are unresolved emotional issues eating at you? Do you feel like a failure? Is there a steamer trunk filled with self-esteem issues strapped to your back?

If there is some element of these kinds of problems overshadowing your life, it is easy to be self-destructive, especially when faced with the challenges that lie in your path.

When you don't feel confident and at peace with yourself, self-doubt creeps in, quickly followed by negative self-talk which rapidly turns into self-criticism and guilt.

In that frame of mind, it's a short trip to self-destruct. You can end up feeling like there's no use in trying, you don't deserve to be happy — or worse, you deserve the difficulties you're having. You can slide

into choices that validate what you believe (that's our "auto pilot" default setting anyway), and the turmoil and unrest continue. The unhealthy habits continue. The poor lifestyle choices continue.

It is only when we truly love ourselves — for all we are, and for all we aren't — that it is impossible to do anything self-destructive.

Take a look at your life — and your lifestyle. Are you consciously making unhealthy choices for yourself? Are you deliberately putting yourself in situations that are harmful to you physically, mentally, emotionally or spiritually?

Most of us do this to one degree or another. We don't exercise, we drink too much alcohol, or we smoke or eat too much junk food. We stay in unhealthy relationships, allowing partners to belittle us or control us, we

don't get enough sleep or enough playtime.

Can you see any self-destructive tendencies in your own behaviour? If so, perhaps a little chat with yourself is in order to try and determine its origin. Perhaps you already know. Or perhaps you need a little help in figuring it out.

Once you're aware of the cause of your self-destructive actions (or inactions), focus on self-love. Begin treating yourself as though you deserve to be loved, respected and valued, even if you don't believe it 100% to start. It might feel a little strange at first, but stick with it. Treat

yourself as if you're someone you adore, someone you really love.

Find ways to address the deeper issues. There are countless self-help books available; there are support groups, chat rooms, blogs, all kinds of ways to find help and healing. Whatever it is that is at the core of self-destructive behaviour, I can assure you, you are definitely not alone. Healing is possible — if you want it.

The goal is self-love and inner peace, and once you reach it, you will be unable to harm yourself or anyone else. Now isn't that a goal worth reaching?



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Departing from tradition, *The Okanagan Table* is structured by time of day:



Root Vegetable Torte ©

This dish goes all the way back to my days working at the Chateau Whistler. It's a delicious way to pack all those winter root veggies into a single dish, and it's a long-time signature dish of mine. Alternating different colours of vegetables produces the greatest effect—a mandoline is an essential tool for making thin slices.

Serves 4 - 6.

Cooking spray

- 2 large carrots, thinly sliced
- 3 cloves garlic, finely chopped
- 3 large shallots, thinly sliced
- 1/2 cup shredded Parmigiano-Reggiano or cheese of your choice
- 1 cup whipping (35%) cream or vegetable stock
- 1/4 cup chopped mixed herbs
- Sea salt and coarsely ground black pepper
- 2 large red and/or gold beets, thinly sliced
- 1 medium rutabaga, thinly sliced
- 2 medium white turnips, thinly sliced
- 6 medium sunchokes, thinly sliced (optional)
- 1 small celery root, thinly sliced
- 2 medium parsnips, thinly sliced
- 2 medium russet potatoes, thinly sliced
- 3 oz mild chèvre (I like Happy Days Dairy's chèvre), crumbled, or ricotta cheese

Preheat oven to 400°F. Spray an 8-inch square casserole dish (or tart pan) with cooking spray. (Alternatively, line it with parchment paper.)

Layer the carrots in the bottom of the dish. Sprinkle with a little garlic, shallots, Parmigiano-Reggiano, cream (or stock), herbs, salt and pepper. Layer the beets on top and repeat. Continue until all the vegetables have been used and the casserole dish is full.

Sprinkle the goat cheese (or ricotta) on top and cover loosely with foil. Put the dish on a baking sheet and bake for 50 to 60 minutes, or until centre of the torte feels tender by inserting fork. Remove from oven and let stand.

To serve: Serve the torte directly from the pan. .

Note: This torte can be prepared the day before and chilled—simply reheat at 350°F. Or you can slice off individual portions and reheat.



Page design and layout by
Winifred Ribeiro



Excerpted from *The Okanagan Table*
The Art of Everyday Home Cooking
by Rod Butters .
Photography by David McIlvride.
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Sunrise, Midday, Sunset and Twilight and features 80 simple, delicious, and nourishing recipes from one of Canada's most celebrated chefs.

"I wrote it, quite simply, for people who love to cook, cooking should be inclusionary, not exclusionary explains Butters. We gather in the kitchen because it's comforting, and it harkens back to the happy feelings that a warm, aromatic kitchen instilled in us as kids." A wonderful cookbook to add to your library.



Turkey and Nut Burger ©

This turkey and nut burger is a light lunch alternative to a traditional burger, and it's been tweaked with unlikely flavour combos. Even I don't understand why this burger tastes so good. Yes, it has creamy Gruyère, herby cilantro, and hearty portobello mushrooms. Yes, soy sauce and chili paste add savoury Asian notes. However, the oddest ingredient in this burger has to be the peanut butter. Trust me on this one: it works.

Makes 4

- 1 1/2 lbs ground turkey
- 2 green onions, chopped
- 1/4 cup finely chopped Gruyère
- 3 Tbsp peanut butter
- 2 Tbsp soy sauce
- 1 Tbsp sesame oil
- 1 1/2 tsp chili paste, such as sambal oelek
- 2 Tbsp chopped cilantro
- 2 medium portobello mushrooms, cut into 1/2-inch-thick slices
- 2 Tbsp grapeseed oil
- 4 brioche burger buns
- Mayonnaise
- Deli mix sprouts

French Fries, to serve

Preheat BBQ to medium.

In a large bowl, combine the turkey, onions, cheese, peanut butter, soy sauce, sesame oil, chili paste, and cilantro and mix well. Shape into 4 equal-sized patties, 1 inch thick.

In a separate bowl, combine the mushrooms and oil and toss to coat.

Put the turkey patties on the grill, cook for 6 to 8 minutes and flip over. Add the mushrooms and cook for another 6 to 8 minutes, until the internal temperature of the patties reaches 165°F.

Remove the mushrooms and the patties once cooked through. Place the buns, face side down, on the grill and toast for 30 seconds. Spread mayonnaise on both sides of the buns. Pile on the sprouts, and top each with mushrooms and a turkey patty. Top with the top halves of the buns.

To serve: Place the burgers on 4 individual plates, add a serving of fries to each, and serve immediately.

Note: The turkey patties and mushrooms can be cooked in a pan on the stove-top as well. The turkey mixture can also be formed into small meatballs and pan-fried until cooked through. Serve with your favourite sauce and rice noodles.

Tomato and Watermelon Salad ©

Never underestimate the power of simplicity. The unlikely flavour combination of watermelon, tomato, and mint is fantastic, and I highly recommend you seek out camelina oil, which adds ample dimension to the flavour profile. The emphasis here is freshness, so you'll want the best tomatoes. .

Serves: 4.

- 2 lbs mixed heirloom tomatoes
- 2 cups watermelon cubes
- 1/4 cup mint leaves
- 3 Tbsp camelina oil (see Note)
- Sea salt and coarsely ground black pepper

Using a sharp knife, core the tomatoes and cut them into a variety of shapes, such as slices, wedges, or halves. Combine the tomatoes and watermelon cubes on a serving platter, scatter over the mint leaves, and drizzle with camelina oil. Season with salt and pepper

To serve Serve the salad on the platter, family style.

Note: Camelina oil is a light, nutty, and earthy oil that comes from the seeds of *Camelina sativa*, otherwise known as false flax. It can be found in specialty food stores. (www.threefarmers.ca is a good online source.)

Individuals with hearing loss find support among peers

By Dylan Reardon

Hearing loss is a major, but often unrecognized long-term condition that can greatly affect the quality of life for those afflicted.

According to Statistics Canada, more than one million adults across the country have reported having a hearing-related disability. Other studies indicate the more accurate number may reach upwards of three million Canadian adults, as those suffering from hearing problems often under-report their condition. The Canadian Hearing Society estimates that more than 60 per cent of seniors over the age of 65 have hearing loss to some degree.

Launched in the spring of 2016 as a pilot project, Deaf and Hear Alberta's Peer-to-Hear program has benefited people experiencing the challenges and hurdles that come with hearing loss, which, according to Sharron Nixon, Peer Support Coordinator at Deaf and Hear Alberta, often include denial, fear, shame, frustration, and anxiety—all of which can prevent them from participating fully in their lives and community.

"The program provides support, information, resources, and opportunities for skill building through a peer support model," says Nixon.

"Ultimately, as the individuals become more independent and confident, they will be empowered to make full use of their skills and abilities, allow-

ing them to build and enjoy their social and community networks."

Alan Jones, 46, has been working in the energy sector for the past 15 years. He began losing his hearing gradually beginning in 1992, until he lost all hearing in his right ear four years ago. In the summer of 2016, he went fully deaf in the other ear.

"It happened over three days," says Jones. "On a Wednesday I could have a conversation; Thursday was a little worse, I could tell there were fluctuations; Friday, barely anything; and by Saturday: nothing. Last July 15 was the last time I heard anything with my actual ears."

Jones had bi-lateral cochlear implants on Sept. 30, and his personal experience was harrowing. The implantation itself was a major operation that saw him stay in the hospital for over a week. And the weeks that followed were frustrating, and frightening, says Jones.

"For the first few weeks, everything sounded like a fax machine. The audiologist needs to adjust the program settings, needs to get a feeling of what your nerves are going to pick up. There's an art, some guess work where [the cochlear implant] is going to land on your auditory nerve. It's not a guaranteed success – and different people will have varying degrees of success."

Jones has a passion for talking about hearing loss, and is able to draw on his

own experience to intelligibly impart his knowledge of hearing, the mechanics of sound, medical advancements and technologies, and even the challenges of dealing with insurance companies or navigating the healthcare system. Perhaps more beneficial, however, is the empathy and understanding he brings to the table. Jones was an ideal candidate to provide mentorship in the Peer-to-Hear program (although, as Jones says, it's less of a mentor-mentee relationship as it is two people supporting one another.)

Michael McLaughlin, 54, began to lose his hearing 25 years ago. While not completely deaf, McLaughlin's hearing has been deteriorating to the point where, today, migraines and auditory fatigue plague him almost daily.

McLaughlin, an IT specialist by trade, was referred to the Peer-to-Hear program, and while initially unsure whether he ought to be a mentor or mentee in the program, McLaughlin opted to enroll as a mentee – and Jones was his mentor.

The two met weekly, first at Deaf and Hear's northwest location, then at a more mutually convenient setting in the south: a city library. McLaughlin found comfort in being able to share his experience with another who has experienced many of the same hardships as he. The two shared tips they've picked up along the way when it comes to dealing with challenges associated with their conditions, such as

making best use of medical technologies available.

Something McLaughlin was particularly interested in learning from Jones was how family support played into his life. Was there acceptance and support, was there push back?

"It happens," says McLaughlin. "I've got a son who doesn't 'push back,' but he doesn't speak up for me. He doesn't get that background noise affects how I can hear."

Both McLaughlin and Jones talk about the isolation they went through when dealing with hearing loss, and the Peer-to-Hear program is one way to break out of that cycle.

McLaughlin is going to be transitioning into the role of mentor in the near future, and is eager to share his familiarity, understanding, and time to help or comfort someone who may or may not know they need it. □



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By Dr. Carrie Scarff



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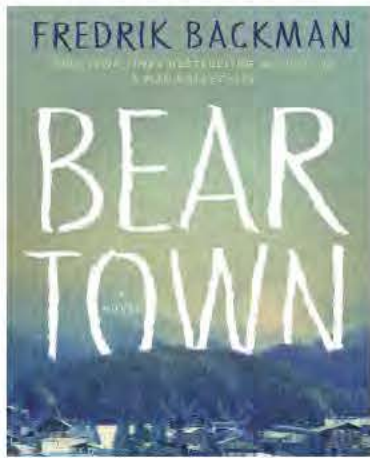
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Book Review



“Beartown”

By Fredrik Backman

©2017, Simon & Schuster
\$24.99 Canada
336 pages paperback
Reviewed by the Bookworm

Your favorite team cannot be beat.

As soon as they hit the court, field, or rink, they play their hearts out to win. And win. And win. The competition is... well, there really isn't much competition but, as in the new book *Beartown* by Fredrik Backman, trouble may come from within.

Hockey, for *Beartown*, wasn't just a game. It was life.

Little boys learned to play hockey almost as soon as they walked. Everyone supported the team, tickets were dear, and local businesses were fierce sponsors. Hockey was life, and with a bigger city just down the road, it had become the only reason *Beartown* hadn't dis-

appeared altogether.

This, Peter Andersson knew.

Once, Peter had been a Bear: a star in juniors, the A-team, and then the NHL, where he was injured enough to retire, move back to Beartown, and become the team's General Manager. It was a good move for Peter but maybe not so much for his wife, Kira, or his children, fifteen-year-old Maya and twelve-year-old Leo.

And for that, Peter second-guessed himself often.

Boys like Kevin Erdahl made the guilt bearable.

At seventeen, Kevin had a rosy future ahead: junior team, A-team, then pro in short order. He was one of the finest players Peter had ever seen, and everybody in Beartown agreed – coaches, parents, girls, and Kevin's best friend, Benji.

They were a team, Benjamin and Kevin – mostly because Benji was fearless. He didn't seem to feel pain, never worried, never lost sleep; he never missed a good donnybrook, either, just as he never let his coaches or his best

friend down. On the ice, Benji kept the opposition away from Kevin. Off-ice, he kept away trouble. It was his job.

Everybody in *Beartown* knew what was riding on the junior semi-finals match. Virtually nobody in town was even thinking of missing what would promise to be a hockey game they'd talk about for decades. It could be the game of the century.

But “There's a storm brewing.”

And if author Fredrik Backman just stopped his story right there, *Beartown* would still be a first-rate, don't-dare-miss novel. Instead, just after that Big Game scene, there's a proper explosion, as is promised in a very short Chapter One, and it's a ka-boom that'll have your fingernails buried in this book's cover.

Indeed, Backman's exciting lead-up to the game is only a fraction of this story, which gives readers

time to cultivate a good feel for who the characters are and how they jigsaw together in this small town in the woods. Knowing them and the baggage that keeps them in *Beartown* will keep you breathless as the fallout rains down, and as you race toward the Perfect-with-a-Capital-P ending inside this book.

You don't have to know hockey to enjoy this story; in fact, you might like it a little better if you don't. You may even love it if you're a fan of keeps-you-guessing novels of exquisite storytelling. Undoubtedly, if you're a big Backman fan, you need this book because *Beartown* cannot be beat.

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




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WORDSEARCH

Birds

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C	H	E	R	L	B	T	B	N	O	U	N	U	I
P	T	G	E	R	R	K	I	U	L	C	R	C	M
E	E	I	O	A	A	M	C	T	D	K	L	O	H
L	E	P	M	S	A	P	U	A	E	G	C	A	U
I	K	O	W	L	T	R	S	Y	L	K	I	M	F
C	A	L	F	H	E	R	O	N	I	B	E	E	O
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N	A	U	K	C	U	D	G	C	E	S	O	O	G
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What's happening around the city in September

Airdire - Art of the Harvest Sept. 23.
www.airdrieagsociety.com

Alberta Ballet
www.albertaballet.com
Tango Fire. Sept. 21 – 23.

Alberta Culture Days Sept. 29 – Oct. 1.
<https://ab.culturedays.ca>

The Alberta League Encouraging Storytelling
www.talesalberta.org
Tales on the Way: Stories of Migration. Sept. 13
Register at talescalgary@gmail.com.

Alberta Theatre Projects
www.atplive.com
The Last Wife. Sept 12 – 30.

BBQ On the Bow Festival Sept. 2 – 3.
www.bbqonthebow.com
Free admission.

Beakerhead Sept. 13 – 17.
www.beakerhead.com
Free and ticketed events.

Bridgeland-Riverside La Passeggiata Sept. 17.
www.calgaryitalianculturalcentre.com

Broadway Across Canada
www.broadwayacrosscanada.ca
The Sound of Music. Sept. 26 – Oct. 1.

Calgary Highland Games Sept. 2.
www.calgaryhighlandgames.org

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

Calgary Numismatic Society Fall Coin Show and Money Fair Sept. 23 – 24.
www.calgarynumismaticociety.org
Clarion Hotel at 2120 - 16th Avenue N.E.

Calgary Philharmonic Orchestra
www.calgaryphil.com
La La Land in Concert. Sept. 21.
A taste of the Calgary Philharmonic. Sept. 22.
Brahms & Mahler with Han Lisiecki. Sept. 29 – 30.

Calgary Pride Aug. 25 – Sept. 4.
www.calgarypride.ca

Cochrane Rodeo Sept. 2 – 4.
www.cochranerodeo.com

Doors Open YYC Sept. 23.
www.doorsopenyyc.org
Free admission.

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

Ghost River Theatre
www.ghostrivertheatre.com
Scent Bar. Sept. 13 – 17.

Glenbow Museum
www.glenbow.org
Tribal Justice, with Anne Makepeace and Jerry Potts. Sept. 28.

Hanna Pro Rodeo Sept. 22 – 24.
www.hanna.ca/rodeo
Hanna, AB

Harvest Sale at Heritage Park
www.heritagepark.ca

Calgary Produce Marketing Association Harvest Sale. Sept. 9 – 10.

Heritage Inn International Balloon Festival
Sept. 27 – Oct. 1.
www.heritageinnballoonfestival.com
High River, Alberta.

Honens Piano Festival Competition Sept. 7 – 10.
www.honens.com

Kiwanis Apple Festival Sept. 23 – 24.
www.kiwanisapplesfestival.org
Free Admission.

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

Lunchbox Theatre
www.lunchboxtheatre.com
Book Club II: The Next Chapter. Sept. 18 – Oct. 7.

Mountain View Arts Festival Sept. 9 – 10.
www.mountainviewartsfestival.ca
Didsbury, AB.

Okotoks & District Horse Show Sept. 2.
www.okotoksag.com

Oldstoberfest Bavarian Rodeo and Biergarten Sept. 15 – 16.
www.oldstoberfest.com
Olds, AB.

Rosebud Theatre
www.rosebudtheatre.com
The Christians. Sept. 22 – Oct. 28.

Simply Theatre
www.simplytheatre.ca
Our Town. Sept. 22 – 30.

Spring Bank Old Tyme Fall Fair Sept. 9.
www.springbankpark.com

Spruce Meadows Masters Sept. 6 – 10.
www.sprucemeadows.com

Square Dance Calgary Autumn Dance Sept 22.
www.squaredancecalgary.com

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

StoryBook Theatre
www.storybooktheatre.org
West Side Story. Aug. 19 – Sept 9.
PINKALICIOUS the musical. Sept. 20 – Oct. 14

Theatre Calgary
www.theatrecalgary.com
Blow Wind High Water. Sept. 5 – 30.
Touch Me: Songs for a (Dis)connected Age. Sept. 26 – Oct 7,

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

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Send us your photos for consideration with a brief description to:
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Three nutrition trends to stay away from

By Dylan MacKay

If you follow health tips in some media, you'd think the nutritional sciences are a mess: Is butter good for you or bad? Should I eat breakfast or skip it? Should I eat like a caveman? Or should I eat more like a bird?

Alternative facts are not a new concept in the field of nutritional science. Too bad so many people fall for them. Fortunately, it's still possible to use scientific evidence to separate the wheat (safe to eat, unless you have celiac disease) from the complete garbage. So here are three popular nutrition diet trends to steer clear of – based on the best evidence.

Skip the detox or cleanse

Anyone selling a diet, juice or anything else to help you detox or cleanse is going beyond the bounds of good evidence.

The concept of detoxes or cleanses hinges on the idea that our bodies are being

filled up with toxins that are making us sick and need to be removed. But just ask "What toxins?" and you get the sound of crickets chirping. Scientists have long understood that our bodies have developed sophisticated pathways that naturally detoxify and then excrete unwanted substances. Some of the substances we need to get rid of are created by our normal bodily functions (bilirubin, urea), some we ingest on purpose (drugs, alcohol) and others come from our environment (pollutants, heavy metals).

The detoxification pathways depend on the substance, but typically include conversion to a less toxic form or involve binding with proteins, making them easier to excrete in the urine or gastrointestinal tract.

Skip the alkaline/pH diet

One of the biggest proponents of pH diets is in jail for practising medicine without a licence – and

these diets, which are often promoted to cancer patients, simply don't work.

These diets promote eating foods that are alkaline and limiting acidic foods, with the idea that acidity can accumulate and is harmful to the body.

But our body's pH range is not influenced by what we eat or we'd all be dead; our proteins would denature and critical enzymes in our body would stop.

Fortunately, our bodies can maintain a tightly-controlled pH range. This is a process referred to as acid-base homeostasis. Values outside of the controlled range are caused by serious health problems, like diabetic acidosis or kidney disease, not by eating too much fruit.

People promoting pH or alkaline diets are full of something, not shame. They can be ignored because taking health advice from someone who would fail basic bio-

chemistry is a bad idea.

Skip the intravenous vitamins and nutrients

Intravenous (IV) nutritional therapies, which deliver vitamins, minerals and amino acids intravenously, are marketed for just about anything – hangovers, the immune system, athletic ability and cancer.

Such IV therapies have been endorsed by celebrities and athletes, and are happily sold by your nearest alternative health provider. The problem is, there's no evidence that they work and they may be dangerous.

IVs have an inherent risk of infection and may cause toxicity as a result of bypassing the normal digestion process. There's a place in medicine for receiving nutrition by IV – it's called total parenteral nutrition – but only if you are very ill or have a condition that prevents you from absorbing nutrients properly. Scientists know that nutrients

or foods should be eaten and not hooked directly to our veins – yes even coffee. Also, speaking of coffee, we should stick to drinking it with our mouths.

So what's good for us, what should we eat?

Evidence tells us that healthy eating involves vegetables, fruits, nuts and beans – and not too much food. There are many things you can do to help your body stay healthy that don't involve paying anyone. Start by not smoking, being physically active and getting enough sleep.

I know, it's pretty boring compared to magic juice.

One final suggestion for staying healthy: don't go to service providers who sell detoxes, cleanses or IV nutritional therapies. Don't visit their websites, don't like or share their posts, and do not buy their books.

Dylan MacKay, PhD, is an expert adviser with EvidenceNetwork.ca □

Artificial sweeteners may be associated with chronic diseases

By Dylan Reardon

Artificial sweeteners, such as those contained in diet drinks, might not help people lose weight, a new Canadian study suggests. In fact, they appear to be linked to weight gain and an increased risk of diabetes.

These findings come from a new study published in the Canadian Medical Association Journal (CMAJ), which studied the consumption of artificial sweeteners, such as aspartame and sucralose, which are widespread and increasing. Data indicates that artificial – or 'non-nutritive' – sweeteners may have negative effects on metabolism, gut bacteria, and appetite.

To better understand the long term health effects artificial sweeteners have, researchers from the University of Manitoba conducted a systematic review of 37 studies that followed more than 400,000 people for an average of 10 years.

"Despite the fact that millions of individuals routinely consume artificial sweeteners, relatively few patients have been included in clinical

trials of these products," said author, Dr. Ryan Zarychanski, Assistant Professor, Rady Faculty of Health Sciences at the University of Manitoba.

"We found that data from clinical trials do not clearly support the intended benefits of artificial sweeteners for weight management."

Lead author, Dr. Meghan Azad, Assistant Professor,

Rady Faculty of Health Sciences at the University of Manitoba, says caution is warranted until the long-term health effects of artificial sweeteners are fully characterized.

One theory is that the artificial sweeteners somehow disrupt healthy gut bacteria; gut bacteria partially determine how many calories are

absorbed from food, says Azad. Another theory is that the sweeteners confuse our metabolisms, causing them to overreact to sugary tastes.

"Given the widespread and increasing use of arti-

cial sweeteners, and the current epidemic of obesity and related diseases, more research is needed to determine the long-term risks and benefits of these products," said Azad. □



A DOG'S PURPOSE

Released January 2017 (1 hour & 40 minutes)
Rated PG Adventure/Comedy/Drama

Friday Sept 29th, 2017

at 1:00 PM in the
Kerby Centre Lounge



Tickets are \$1.00 from the

Education and Recreation Department, Room 305

Price includes snack and a drink!

Sponsored by Prince of Peace

Volunteer Spotlight



Shainer Elva

Shainer is a friendly and family oriented person. She likes to help people so she enjoys volunteering a lot. She started her work practicum at Kerby Centre in August 2016. After her practicum was over she decided to volunteer with us. She liked the multicultural environment and staff. She said "Everyone is friendly and treats everyone equally at Kerby Centre". She's been volunteering for more than 1 year and volunteers once a week in our Adult Day Program. She studied community social worker and addiction so that she can help people in need. She enjoys volunteering because she likes to be a part of Kerby Centre and want to give back to the community. Besides volunteering she spends her time with family and she loves singing. Shainer has already contributed over 411.0 hours to Kerby Centre.

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

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

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

Dates to Remember



CLOSED SEPTEMBER 4th

Gentle Fitness Mondays, 11:15am-12:15pm	Chair Yoga (no Class Sept 1) Fridays, 12:00pm-1:00pm
Art's 'N Ends Every Tues & Thurs, 12:30-3:30pm	Chow and Chatter Wed Sept 20, 1:00-2:00pm
Calligraphy for Fun Workshop Mon Sept 18, 1:00-3:00pm	Games 'n More Every Wed, 10:30-12:00 noon
Zumba Gold (no Class Sept 1) Fridays, 10:30pm-11:30pm	For information on our full monthly calendar events, please contact K2-East Village at 403-470-6300 or email at GeoffL@kerbycentre.com

Mark Your Calendars

Please Contact Special Events at 403 705-3178 For Further Information

Merry Medieval Murderous Christmas Dinner Theatre Auditions	Sept. 5th 1:00 pm Lecture Rm.
Kerby Fall Expo	Saturday, Sept. 23rd, 2017
National Seniors Day	Sun. October 1st, 2017
ASC Fraud Bingo	Mon. October 2nd, 2017
Remembrance Day Ceremony	Saturday, Nov. 11th, 2017
Sgt. Wilson Luncheon	Friday, Nov. 17th, 2017
Merry Medieval Murderous Christmas Dinner Theatre	Friday, Dec. 1st, 2017

Maple Leaf Quest Banff Walk & Picnic - Tuesday, September 26th	Movie of the Month A Dog's Purpose - Friday, September 29th
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Contact Ed & Rec For Further Details At 403-705-3233

Kerby Travel Day Trips

Browsing In Banff

Weds. October 18th, 2017 9:30 AM to 3:30 pm

Join us to take in all the fall splendour as your coach whisks you away to the beautiful town of Banff, AB. Enjoy an afternoon of free time lunching with friends at a restaurant of your choice and then browse the unique gift and sweets shops of Banff. Maybe a little Early Christmas Shopping! (Lunch not included-Deadline For Registration - Oct. 4th)

Members \$ 30 pp Non-Members \$ 35 pp

For more information, please contact Kerby Travel at 403-705-3237 or travel@kerbycentre.com

The Travel Desk is now located in Room 305, in Education & Recreation. Stay tuned for details about several fun filled day trips being planned for your enjoyment and holiday entertainment in November and December!

Free Health Presentations

**Monday, September 18,
10:30 am-11.30 am. Room 205**

Join us to learn how **Traditional Chinese Medicine & Acupuncture** can help you manage Body pain, Numbness/tingling, digestive problems, sleep and other Health issues. **Free. No registration required.**

**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.**

Shop at Kerby Centre 1/2 Price Sale - Weds. Sept 6th, 2017 Only!

NEXT TO NEW (RM 203)
Gently used clothing for women and men at great prices.
Everything in the store 50% off for one day only!
10:00 am - 2:30 pm

WISE OWL BOUTIQUE (Rm 214)
Exquisitely hand crafted gifts.
All red string items are 50% off for one day only!
10 am - 3 pm



Kerby Centre

Kerby Centre relocation update

For more than 40 years, Kerby Centre has established itself as one of Calgary's premiere multi-purpose seniors' centres, providing a host of services to older adults in the community.

Due to a rapidly growing boomer population, and as the services and number of older adults Kerby Centre offers has grown, so too has the need to expand and improve Kerby Centre's infrastructure in order to continue offering its services to an increasingly diverse population.

Built in 1948 as the original Mount Royal College, the current building is approaching 70 years in age, and has witnessed a significant amount of wear and tear during that time. Maintenance costs have become arduous; safety is a concern for older adults, volunteers, visitors and staff; and the environmental conditions inside the building have made it extremely challenging for all who visit.

Last month, City Council unanimously approved a motion to work collaboratively with the Kerby Centre, and their potential development partners on a relocation plan that would potentially see the Kerby Centre relocated to city-owned lands on the intersection of Haddon Road and Heritage Drive southwest – former home of the YMCA.

The proposed site sits on 2.5 acres of land, and is situated adjacent to the Heritage LRT station, with excellent transportation access via bus, train, and motor vehicles. The location is ideal for the Kerby Centre's long-term vision of ensuring older adults have access to the multitude of programs and services they've come to rely on and expect.

Kerby Centre CEO, Luanne Whitmarsh, says this is an exciting time for Kerby Centre membership, participants, volunteers, and staff.

"As we go through the planning stages, we will ensure we communicate regularly on the progress," says Whitmarsh.

Time frame

Kerby Centre will work with city administration over the next year to come up with a viable relocation plan to present to

City Council, during which time the Centre will secure funding, complete development plans, and work towards identifying potential partners.

For more information, please contact Luanne Whitmarsh at 403-705-3251 or by email at LuanneW@KerbyCentre.com □



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In October, Calgarians will vote for their Mayor, Councillors and School Board Trustees.

Here's how you can vote:

- by mail*
- accessible voting at home*
- before Election Day
Advance vote Oct. 4-11, 2017 (except Oct. 9)
- on Election Day (Oct. 16, 2017)



Go to electionscalgary.ca or call (403)476-4100 (option 2) for more information.

Advance vote:
Oct. 4-11, 2017
(except Oct. 9)

Election Day:
Oct. 16, 2017

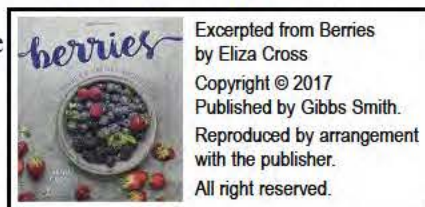
*must meet requirements for these voting options

Brighten your plate and color your palate with blissful berries

Page design and layout by Winifred Ribeiro

Berries are one of the healthiest fruits you can eat. These colorful fruits are high in antioxidants and polyphenols, which help keep free radicals in check and fight inflammation. All berries are great sources of fiber, a nutrient important for a healthy digestive system. Scientists are finding many more benefits from eating berries on a regular basis.

Berries have long held a well-deserved reputation as choice ingredients for delicious and colorful jams, pies, muffins, smoothies, and cobblers, providing fresh, delicious flavors, colors and textures. But this tiny, flavorful fruit can go so much further! With drinks and dishes such as Raspberry-Lime Sparklers, Warm Brie with Blueberry Mango Salsa, Boysenberry-Ginger Glazed Salmon, Huckleberry Buckle, and Blueberry Cheesecake Fudge, this cookbook makes berries the theme of every course. With its handy guide to berry picking and prepping, *Berries: Sweet and Savory Recipes* is the perfect cookbook for anyone wanting to incorporate more berries into their diet. Remember, if you can't find fresh berries, frozen (unsweetened) berries are a good substitute during the off-season months — and are just as nutritious!



Excerpted from *Berries* by Eliza Cross
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Strawberry Sweet Rolls with Cream Cheese Frosting ©

There is nothing quite like the aroma of homemade sweet rolls right out of the oven. These yeast rolls are filled with strawberry jam and fresh strawberries then topped with a cream cheese frosting while they are still warm.

MAKES 12 rolls

- 1/4 cup granulated sugar
- 1/4 cup warm water
- 2 1/4 teaspoons or 1 (1/4-ounce) package dry yeast
- 1/4 cup milk
- 1/2 teaspoon salt
- 1 large egg
- 7 tablespoons unsalted butter, softened, divided
- 2 1/4 cups all-purpose flour
- 1/2 cup strawberry jam
- 1 quart fresh strawberries, chopped
- 1/2 cup cream cheese, softened
- 1 teaspoon vanilla extract
- 1–1 1/2 cups powdered sugar

In a small bowl, mix together 1/4 cup of the granulated sugar and the warm water. Add yeast and let sit undisturbed for 5 minutes.

Pour the yeast mixture into a large bowl and add the milk, salt, egg, and 4 tablespoons of the butter. Beat with an electric mixer on low speed. Add flour, increase speed to medium, and beat until dough comes together. Turn dough out onto a lightly floured work surface and knead until it becomes elastic, about 3 minutes. Lightly grease a bowl and transfer the dough to the bowl, turning once to coat. Cover with a damp towel and let rise for 1 hour.

Preheat the oven to 350° F and grease a 9 x 13-inch baking pan.

Punch dough down, and then roll into a rectangle about 12 x 18 inches.

Spread the jam evenly over the dough, and then distribute the chopped strawberries evenly. Roll up the long side of the dough like a jellyroll, pinching the seam. Use a serrated knife to cut the roll in half. Cut each half in 6 pieces.

Arrange rolls in prepared baking pan, cover with a damp towel, and let rise for 30 minutes. Remove towel and bake rolls until golden brown, 15 to 20 minutes.

While the rolls are baking, combine the cream cheese, remaining 3 tablespoons butter, and vanilla in a small bowl and stir to blend. Add enough powdered sugar to make a soft, spreadable icing.

When rolls are finished baking, cool on a wire rack for 10 minutes and spread with the icing.



Blueberry and Butter Lettuce Salad with Oranges and Avocado ©

Sweet berries and oranges, creamy avocados, and crunchy toasted almonds create a delightful contrast with tender butter lettuce leaves in this delicious salad. A homemade dressing of champagne vinegar and Dijon mustard adds a zesty finish.

SERVES 8

- 2 cups slivered almonds
- 3 tablespoons granulated sugar
- 1 teaspoon Dijon mustard
- 1 teaspoon minced fresh garlic
- 3 tablespoons champagne vinegar
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup extra virgin olive oil
- 1 small head butter lettuce, torn into bite-sized pieces
- 1 small head romaine lettuce, torn into bite-sized pieces
- 2 cups fresh blueberries
- 1 (15-ounce) can mandarin oranges, drained
- 2 avocados, cubed

Line a baking sheet with aluminum foil and set aside. Combine the almonds and sugar in a medium skillet over medium-high heat; cook and stir until sugar is melted and coats almonds, 3 to 4 minutes. Spread almonds in a single layer on the prepared pan to cool. Reserve.

To make the salad dressing, whisk together the mustard, garlic, vinegar, salt, and pepper in a small bowl. While whisking, slowly add the olive oil until the mixture is emulsified. Reserve.

In a large bowl, gently toss together the butter lettuce, romaine lettuce, blueberries, oranges, and avocados. Sprinkle with candied almonds. Just before serving, whisk the dressing and drizzle over the salad; toss gently.



Sticky Raspberry Barbecued Spare Ribs ©

Whole raspberries and raspberry jam impart bright berry notes to the barbecue sauce that enlivens these tender ribs. After slow cooking in the oven to bring out their hearty flavor, the ribs are finished on the grill and basted with extra sauce. Serve accompanied by plenty of extra napkins!

SERVES 4

- 1 cup fresh or frozen (thawed and drained) raspberries
- 1 cup raspberry jam
- 2/3 cup granulated sugar
- 2 1/2 cups prepared honey barbecue sauce
- 2 (2-pound) racks baby back pork ribs
- Salt and freshly ground black pepper

Preheat the oven to 300 degrees F. Place a length of aluminum foil longer than the ribs on a heavy rimmed baking sheet.

To make the sauce, combine the raspberries, jam, and sugar in a medium saucepan. Cook over medium heat, mashing raspberries with a spoon, until sugar dissolves, about 5 minutes. Add the barbecue sauce and stir to combine. Continue cooking for 5 minutes. Remove from heat.

Sprinkle the ribs on both sides with salt and pepper and arrange skin side up on the prepared foil. Brush both sides of the ribs with the sauce. Cover ribs with another length of foil and fold edges tightly to seal. Bake until ribs are tender, about 2 hours. Refrigerate extra sauce in a covered container.

Preheat the grill to medium-high heat (350 to 400°F) and oil the grate.

Remove the ribs from the oven and let rest for 10 minutes. Carefully unseal foil and transfer rib racks to a platter. Brush one side of the ribs generously with the reserved sauce. Lay the ribs sauce side down on the grill, and then brush the other side with the sauce. Put the lid down and cook each side for 4 to 5 minutes, just until browned. Remove to a cutting board and use a sharp knife to cut between each rib. Brush ribs with extra sauce and serve.

Financial Planning: Should you own gold?



Certain investors like to hold gold – and it’s easy to understand why. From early civilizations, to dynasties, empires and kingdoms, gold has held value and, for centuries, has been a recognized monetary currency throughout most of the world because it is scarce, controllable, and recognizable. It has been long established as a symbol of art, spirituality, and wealth – and continues to be so today.

Even in this digital age of credit, debit, and paper currency, gold is still considered valuable and, for some investors, a valuable part of an investment portfolio.

But is gold a good choice for you as an investment, especially for your retirement? Not necessarily – here’s why.

Gold is, well, gold – and it still has an emotional pull for many people. But when you remove emotion from the equation, investment data paints a different picture of gold.

In August 2016, two economics professors from Harvard University released a study titled Gold Returns published in The Economic Journal which examined long-term U.S. data and argued that “changes in real gold prices co-vary negligibly with growth rates of consumption and, moreover, gold has not delivered high average real returns during macroeconomic disasters.”

In other words, turning to gold during times of economic decline doesn’t necessarily provide the diversification needed to offset losses. Where it may help, though, is during a low interest rate environment as noted in “Negative Interest Rates: Implications for Investors,” published by the Investors Group Investment Strategy Group.

That’s because gold has no yield so it can be attractive when yields on other assets start to fall. For instance, its relationship with bond yields is typically inverse – when yields go down, gold strengthens, and vice versa. That’s why people sometimes use it as an inflation hedge.

Proponents of gold recommend having about 5 per cent of assets in the yellow metal. History has shown that it doesn’t hold its value and unlike stocks, gold has been known to be subject to lengthy periods of stagnation. So if you are going to invest in gold it should only be in very small amounts.

There are many proven investment strategies for growing your wealth and funding a comfortable retirement. Whether one of them is to include gold in your portfolio depends on your unique financial goals and tolerance for risk. That’s why you should talk to your professional advisor to get gold standard advice about the right comprehensive financial plan for you.

professional advisor to get gold standard advice about the right comprehensive financial plan for 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. Phone 403-253-4840.

FINANCIAL PLANNING TODAY Topic: Keeping Your Financial & Personal Information Safe

PRESENTERS:

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Members of the Calgary Police Service
Cybercrime Investigations Team

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Dining Room

DATE: Saturday, September 16, 2017

TIME: 10:00 am – 11:30 am

COST: Free Presentation



Kerby Centre

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For Information please contact Rob Locke at **robl@kerbycentre.com**
403-705-3235



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Contact us at 403-705-3235 or email to **funddev@kerbycentre.com**

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

All ads must be pre-paid. Kerby Centre reserves the right to refuse any materials submitted and assumes no financial responsibility for errors or omissions in an ad. Kerby Centre accepts no responsibility for the performance or services offered by advertisers to their clients.

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Classified deadline for October issue must be received and paid by September 7.



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- 11 Foot Care
- 12 Home Care
- 13 Mobility Aids
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30 Wanted

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Continued on page 35

Continued from page 34

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Did you know?

Labour Day

has its roots in an 1872 printers' strike in Toronto. Fighting for a nine-hour work day, the strikers' victory was a major milestone in the changing relations between Canadian workers and their government.

Sudoku Solution

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

Puzzle on page 27

IN MEMORIAM



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

- Aideen Brown
- Charles Bowen
- David Allen Hisey
- Eileen Ternieden
- George Mervyn
- Henry Elmer
- Joy Yvonne McIntosh
- Kenra Anne Armstrong,
- Laurent (Larry) Joseph Dion
- Restituto Parpan Ensenado
- Rita Plourde

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.



Easy tips to explore nature around you this fall

Just because summer is over doesn't mean you need to huddle indoors yet. Fall delivers gorgeous colours and pleasant temperatures that often make spending time outside more enjoyable than during summer scorchers. So, get adventurous and explore everything Canada has to offer, including our beautiful shorelines. From lakes, rivers and creeks, to watersheds and ocean beaches, there are many hidden gems in your community waiting to be discovered. Here are some easy tips to help you plan your next outdoor adventure and give back to nature at the same time:

- Get a map of the area from your local tourism bureau or

search online.

- Pinpoint an area with a waterway you've never been to before.
- Research the area and understand the lay of land before heading out — safety first.
- Pack a reusable water bottle, proper outdoor gear and supplies.
- Get friends and family together and off you go.

Make your discovery trip a meaningful one by doing a shoreline cleanup while you're there. Find an area that needs some TLC using the interactive map on the Great Canadian Shoreline Cleanup website at shorelinecleanup.ca and get ready to cleanup and explore.

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Crossword Solution

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

Puzzle on page 27

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Calgary news briefing

Reduced dental fees in Alberta don't go far enough: Hoffman

The Alberta Dental Association and College (ADAC) released a revised fee guide last month, which sees the cost of dental fees lowered two-to-three per cent.

ADAC's president, Dr. Mintoo Basahti, says the new guide will start to lower fees immediately, though dentists are not required to adhere to it.

Health Minister Sarah Hoffman was not happy with the reduced fees.

"I am making my opinion very clear to the college of dentists that the reductions don't go far enough," Hoffman said.

The province and ADAC will continue to discuss the issue, although Hoffman did elude that the province does have tools at its disposal to make dental care more affordable, such as separating the college and association.

Alberta dentists currently charge as much as 32 per cent more than other western provinces for the same treatment.

Canada Will Soon Allow Gender-Neutral Passports

Canadians who do not identify as male or female will soon be able to mark 'X' on their passports, instead of 'M' or 'F,' the federal government announced in August.

In a press release, Immigration Minister Ahmed Hussen said the government is working to implement an unspecified gender designation for Canadian passports and other documents issued by Immigration, Refugees and Citizenship Canada.

"All Canadians should feel safe to be themselves, live according to their gender identity and express their gender as they choose," Hussen said.

The government says an 'X' will make it easier for people who do not identify as female ("F") or male ("M") to acquire government-issued documents that better reflect their gender identity.

Calgary Music Centre receives more federal funding

Calgary's National Music Centre (NMC) is set to receive \$5 million in federal funding, which will allow the newly-built centre in the East Village to complete the final stages of construction later this year.

Calgary Liberal MP, Kent Hehr, minister of Veterans Affairs, officially announced the investment on Aug. 24, through the Canada Cultural Spaces Fund in support of Studio Bell, home of the NMC. The money had previously been earmarked a year ago.

The money will allow the NMC to complete three recording studios used by artists-in-residence, as well as an integrated ticketing system, electrical, audiovisual and mechanical systems, and a public art piece.

"The centre has proven itself to be a place of outstanding vision and ambition, and has contributed to the continued revitalization of Calgary's East Village," Hehr said during the announcement.

Calgary Co-op redevelopment plans

Calgary Co-op and Quarry Bay Developments have proposed a combined development permit and land use redesignation for the existing Brentwood Road Co-op site.

The development proposes four new buildings, along with a relocated gas bar. The tallest building

heights are proposed to be approximately 31 storeys (116 metres) and 23 storeys (78 metres). A total of 501 residential units are proposed and 15,500 square metres (166,840 square feet) of commercial space including office, grocery store, retail and other commercial uses and 1,113 parking stalls.

The City and invested partners are currently seeking citizen input on the project. For more information on open houses or how to have your voice heard, visit: <http://engage.calgary.ca/brentwoodcoop>.

Airport parking faux pas

The Calgary International Airport reversed a controversial decision to convert disabled parking stalls into reserved parking for Lexus vehicles.

Jody Moseley, senior director of corporate communications at the Calgary Airport Authority apologized just days after the conversion took place.

"Clearly we didn't put enough thought into the impact that would have on our passengers and we apologize."


Time is running out for Midfield Mobile Home Park residents

Two years ago, residents of Midfield Mobile Home Park received notices that the 180-lot property was being closed by the city, and they had to move out by Sept. 30, 2017.

Due to crumbling infrastructure and ballooning maintenance costs, the City purchased land in East Hills Estates to relocate the park, but scrapped the plan to develop a new trailer park

Continued on page 7

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 E-mail: niki.luft@mvsh.ca

www.mvsh.ca




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Calgary news briefing

Continued from page 6

in that area in 2014 – and residents felt abandoned.

The City is providing residents with up to \$20,000 as a closure settlement and for moving or demolition costs, and legal fees.

Serious threats against elected officials

Data released by the city reveals that 86 threats made against city councillors and the mayor were warranted serious enough to report to Calgary Police in the last year—65 of those threats targeted toward Mayor Naheed Nenshi.

The data shows 202 threats made against Nenshi have been reported since he was first elected in 2010, including the 65 in 2016, 36 in 2015, 19 in 2014, and 16 in 2013.

"In some cases, one individual was responsible for multiple threats against specific members of council," the city's chief security officer, Owen Key, said in a press release.

Calgary listed in Top Cities in the World list – again

Calgary has made The Economist's Top 10 list of best places in the world to live, tying with Adelaide, Australia for No. 5.

The annual liveability survey looks at factors including culture, infrastructure, health care and education. Calgary earned the highest grades possibly for stability, healthcare and education and received an overall score of 96.6 in the 100-point scale.

It joins the ranks of other Canadian cities, Vancouver

(rated at No. 3) and Toronto (at No. 4). Vienna is No. 2 on the list.

The best place in the world to live for the fifth year in a row is the Australian city of Melbourne.

The overall score for the 140 cities surveyed in The Economist's Intelligence Unit has fallen by 0.9 per cent in the last five years, and more than half the cities have experienced declines in liveability. The threat of terrorism is cited as major concern in many.

Street light conversion complete

Calgary has finished replacing 80,000 street lights with LED bulbs – more than a year ahead of schedule.

The project cost \$32 million in total and is expected to save the city approximately \$5 million a year in electricity costs.

The new LED fixtures focus light on a more narrow area, the city said, concentrating illumination on streets and sidewalks and reducing light "spillage" upward, thus reducing light pollution.

According to City roads director Troy McLeod, there are about 90,000 street lights in Calgary. The 10,000 that didn't get switched into LED are either decorative or in need of wiring or infrastructure upgrades. The city is looking into converting the remaining fixtures.

Some Calgary neighbourhoods see a surge in break-ins

Calgary police want to remind residents to ensure they're securing their

homes and vehicles after an increase in the number of garage and home break-and-enters.

The communities of Cityscape, Mount Pleasant, Hillhurst, and Sunnyside are among those that have seen an uptick.

"Many of the garage break ins were due to doors being open or unlocked, or garage door openers being left inside vehicles that were prowled," said Calgary police in a press release.

"In the northeast community of Cityscape, there have been seven residential break-and-enters, and in each case the suspect(s) have gained entry by cutting through the screen on an open window."

Arts organizations receive \$2 million funding boost

Last month council voted in favour of dipping into the city's rainy-day fund to give \$2 million in bridge funding to help 10 long-time arts organizations stay afloat amid declining donations and corporate sponsorships.

The relief, in the form of a bridge loan, will be split between Alberta Ballet, Calgary Opera, Folk Festival Society, National Music Centre, Alberta Theatre Projects, Theatre Calgary, Glenbow Museum, Calgary Philharmonic Orchestra, One Yellow Rabbit, and Theatre Junction Grand.

Not all councillors voted in favour of the funding, including Ward 4 Councillor Sean Chu.

"You've got thousands of people losing jobs and then

we only support certain groups. That just doesn't seem right," said Chu.

In recent years, the 10 arts groups have seen a 25 per cent drop in individual dona-

tions, a 30 per cent decrease in corporate donations and sponsorships, and watched as money raised through special events and fundraisers decreased 48 per cent. □

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Kerby Centre

Kerby Centre Department Directory

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Main Switchboard

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Socializing and health monitoring program for physically and/or mentally challenged older adults	
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Diana James Wellness Centre	403-234-6566
Health services including footcare	
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Dining Room	403-705-3225
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Education & Recreation	403-705-3233
Information source for programs at Kerby Centre	
	program@kerbycentre.com
Event Planner	403-705-3178
	events@kerbycentre.com

Fund Development 403-705-3235
Work with members and community to provide funding for Kerby Centre's vital programs

funddev@kerbycentre.com

General Office 403-705-3249
generaloffice@kerbycentre.com

Thrive 403-234-6571
Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.

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Information / Resources 403-705-3246
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