

# Kerby News

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for the **55** plus

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Glacier-Skywalk-2013-View-from-below (see page 10).

Photograph courtesy of Brewster

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Easter Sunday Sunday, 1 April, 2018

Orthodox Easter Sunday 8 April, 2018

Earth Day Sunday 22 April, 2018



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# How do you want to live?

As the body ages, so does the brain. Just like our cardiovascular system, our brain responds to our lifestyle. The following STEPS for avoiding dementia relate to many factors. *Depression, poor nutrition & diet, lack of exercise & sleep, high blood sugar, low thyroid function, substance abuse; deficiencies in vitamin D, B6, B12, omega-3, and folate; as well as continual stress* all contribute to the incidence of dementia.

**Here are a few simple steps to improving not only physical but mental well-being.**

- Keep Active and Exercise Regularly
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# You're welcome to attend Kerby Centre's 2018 AGM

## President's Report Zane Novak

The grasp of this winter has been long and firm this season. The upside of a winter like this, is that we will appreciate spring and summer all that much more. Like a comfy bed after a long hard day.

Spring brings many things to Calgary, the beau-

ty of our city, which is often voted one of the cleanest and prettiest in the world, the mountains to the west of us as the snow cap recedes, and the rolling plains to the east turning into a vast carpet of green.

It also brings events to the Kerby Centre. One of the most important is our AGM (Annual General Meeting). This occurs on April 24th in our gymnasium/auditorium. This is a very important event for not only the Kerby itself, but even more so to all of our member and those who are interested in the direction that the Kerby Centre is going.

We will discuss our accomplishments, our refinements, what we will be striving to do better and also what we envision the future holds for the Kerby Centre and all its members and clientele.

If you are not already a member, this is a great time to purchase your 2018 membership. The cost is so

nominal and it is vital to the fiscal health of the Kerby that we maintain a robust membership. We at the Kerby Centre strive to put heart and personality into all we do, we want to approach our programs, our interaction with compassion and care, however, numbers still tell a story all their own.

Having a growing membership allows us to pursue the funding, recognition and programming that are the key components to the success of our facility.

When you are making plans to renew your membership, think of others within your network who would benefit from all that the Kerby offers. Many people enjoy the Kerby as we have an open-door policy for our community, embracing all, but often many of those same individuals do not see or realize the benefits of registering as a member. As they say, with membership comes opportunity. You will have a vote at our

AGM, you will also realize other opportunities with our organization.

If you have questions, our membership desk is always staffed to answer them.

So, let's make 2018 the year that we have peak attendance at our AGM and also let's hit a peak in membership enrollment.

At the end of the day, it is our members who guide this ship through their input, feedback, volunteer efforts and active participation.

So much lies ahead for the Kerby Centre. We feel that the next few years will see change and growth that will be unprecedented in the history of our facility, so be sure that you are onboard, informed and making your input known so that we can continue to set the standard in all we do.

On behalf of the Board of Directors, I welcome you, and look forward to seeing everyone at the Kerby Centre AGM on April 24, 2018. □

### APRIL 2018

Front page: Photo by courtesy of Brewster  
Design by Winifred Ribeiro

#### KERBY CENTRE'S MISSION:

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

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

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## CEO's Message Luanne Whitmarsh

## Discover the benefits of becoming a Kerby Centre member


Membership at Kerby Centre is one way that you can belong! Social engagement is the key to healthy aging — and wow, Kerby has such an array of programs that you can find something to interest you!

We honor the members at a special Christmas meal event, and your membership ensures you are at the front of the line for day trips, have reduced prices for classes, and — it is a conversation starter with your friends!


For \$22.00 a year, starting in January of each year, you have the Kerby News delivered to your home and you are in the know for all of Kerby Centre's activities and future planning!

For those who are already members — thanks so much! Your support is appreciated. For those who need to renew or are looking to become new members — come on in! We do tours for new people every Thursday morning to show you all we offer.

Membership and you make Kerby the great place it is today! Join now and become part of the fun! □



**Kerby Centre**  
**Annual General Meeting**  
*Celebrating Legacy*



**April 24 - Kerby Centre Gymnasium**  
Entertainment & light refreshments at 9:00 am  
**AGM begins at 10:00 am**  
Open to Kerby Centre members & stakeholders  
**This meeting will include voting on proposed bylaw changes**  
Memberships can be renewed by phone, web, or at Kerby Centre  
403-265-0661 [www.kerbycentre.com](http://www.kerbycentre.com)

Happiness is when  
what you think,  
what you say,  
and what you do  
are in harmony.

Mahatma Gandhi





**News from City Hall**  
**EVAN WOOLLEY**  
 Calgary Councillor for Ward 8

## Participate in the 2018 Census

The Civic Census is conducted at the same time every year, usually kicking off on April 1. The April timing was set by previous provincial legislation but remains appropriate because of the size of our city. The Census could not be completed by the required due date if it started later than the first of April.

The census data collected each year is necessary to make sure the City's programs and services are serving the needs of Calgarians. It is essential for City departments and related agencies to have accurate and up-to-date statistical information on the residents of Calgary to make informed and appropriate decisions

on the provision of population-based city services, such as transportation, roads, transit, fire protection, police services, utilities, recreation, etc. Basing decisions on constantly updated demographics results in more appropriate use of City revenues, especially in these times of rapid change.

Under a cost-sharing understanding between the City of Calgary and both the Public and Separate School Boards, data is collected for the Boards during the Census. This information is required for enrolment predictions, decisions on future schools, and transportation needs. With decreasing funds available for education, the information obtained by the

Census is now more important and necessary to allocate resources. The data is also used by the Province to determine the availability of grants for municipal transportation and libraries.

If you've never completed the census before, it only takes a few minutes and gives the City the information needed to improve our neighbourhoods.

There are two ways to complete your census: online or in-person. To complete your census online, watch the mail for your access code and visit [Calgary.ca/census](http://Calgary.ca/census) from April 1 to 19. If you are unable to complete your census online, door-to-door census will begin on April 20.

Be careful not to confuse

the annual Civic Census with the Census done by the Federal Government. The Federal Census collects different information than the Civic Census and is conducted once every five years in the month of May. The Civic Census is conducted in accordance with Section 57 of the Municipal Government Act (Revised Statutes of Alberta 1994, Chapter M-26.1). If you have further interest in the details and history of the Census, you may contact [census@calgary.ca](mailto:census@calgary.ca).

The Civic Census is one way to participate in civic governance and to keep the ball rolling in putting our neighbourhoods first. □



**This month in Edmonton**  
**KATHLEEN GANLEY**  
 Kathleen Ganley is  
 MLA for Calgary Buffalo,  
 Minister of Justice and  
 Solicitor General

## April is daffodil month

Whether as a patient, a family member, a friend, a colleague or a health care worker, no Albertan's life is untouched by cancer. While Calgary's Tom Baker Cancer Centre has been providing excellent treatment and care for Calgarians and southern Albertans for many years, the need for a more expansive facility for our growing population is undeniable. The new Calgary Cancer Centre will more than meet that need, and our cancer care needs of the future.

Construction on the Calgary Cancer Centre began in November 2017, and doors will open to patients in 2023. From the thoughtful design to the scope of services to be provided, I am

thrilled at what this new facility will represent to Albertans needing both inpatient and outpatient care.

Further to extensive consultations with all stakeholders, the facility has been designed to meet clinical, academic and research needs as a full, comprehensive cancer facility. Not only will services be state-of-the-art, but the building itself is designed to be warm, bright and welcoming. The project's budget of \$1.4 billion is already translating into many jobs for Calgarians. To learn more, visit [www.infrastructure.alberta.ca/Calgarycancercentre.htm](http://www.infrastructure.alberta.ca/Calgarycancercentre.htm)

I am also pleased to announce that this year our government introduced leg-

islation to amend WCB guidelines to include certain reproductive cancers among female firefighters. While the WCB has a list of cancers presumed to be an occupational disease, and hence eligible for WCB-Alberta benefits and support, ovarian and cervical cancers were not previously included on that list. Alberta's more than 14,000 firefighters are laying their lives on the line every day in the line of duty, and I am happy to see these benefits and support extended to them.

In other good health news, the Government of Alberta is supporting the expansion of Alberta Health Services' mobile community paramedic teams. Paramedic teams

travel to where patients live to provide on-site care to seniors and other Albertans with chronic conditions. The program reduces the need for ambulance transport, acute care beds and hospital resources. Receiving the right care at the right time, right where a patient lives, is much less disruptive and distressing than a trip to a hospital. Expanding this program means that vulnerable people have better access to health care, while also bringing cost savings to the health care system.

I am always happy to hear from constituents. If you have feedback to offer, please contact my constituency office: [Calgary.buffalo@assembly.ab.ca](mailto:Calgary.buffalo@assembly.ab.ca) □



**This month in Ottawa**  
**KENT HEHR**  
 Member of Parliament for  
 Calgary Centre

## 2018 budget highlights

As I write this, our government just released Budget 2018 ([www.budget.gc.ca](http://www.budget.gc.ca)), focused on creating a more fair, innovative, competitive and inclusive Canada.

Canada has the fastest-growing economy in the G7 and our debt-to-GDP ratio continues to decline — enabling us to double-down on our plan to invest in the middle class and people working hard to join it. There's more work to be done, but things are moving in the right direction with nearly 90,000 full-time jobs

added in Alberta last year.

Below are just a few highlights from Budget 2018.

**Alberta Economic Diversification:** As part of the Innovation and Skills Plan, Budget 2018 invests \$184 million to help workers in Alberta and other western provinces adapt to a lower-carbon economy. This includes \$35 million to support women entrepreneurs.

**Extra Benefit for New Parents:** Budget 2018 proposes a new EI Parental Sharing Benefit that provides five extra weeks of benefits. It supports a more equal distribu-

tion of child care between both parents and gives more flexibility if parents want to return to work earlier.

**National Pharmacare:** When Canadians can't afford medicine, it leads to reduced health and higher costs for everyone. Budget 2018 creates an Advisory Council on the Implementation of National Pharmacare to recommend how best to ensure everyone has access to the medicine they need.

**Address the Opioid Crisis:** We have made new investments, introduced new legislation and fast-tracked

regulatory action. Budget 2018 provides an extra \$20 million in emergency funding for Alberta, BC and Manitoba to address the crisis.

**Science and Research:** Budget 2018 provides the biggest investment in fundamental research in Canadian history. It will spur innovation by ensuring our next generation of researchers is bigger, more diverse and better equipped.

To contact me, visit [www.KentHehrMP.ca](http://www.KentHehrMP.ca), email [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or call 403-244-1880. □

### Disclaimer:

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





**Life and Liberty**

by Liberty Forrest

*Liberty Forrest is an international psychic medium, an award-winning author and a Huffington Post contributor. Contact info@yourstoryofhope.com*

There are a few people on the planet who seem to enjoy arguing. You know the kind...the ones who seem to say black just because you said white, and as soon as you say "Okay, black", then they say, "No, wait, it's white." They argue just for the sake of it. Heaven only knows what's gone on in their lives to make them spew such hostility, and of course there's a huge power play going on, so there's obviously something that's happened which has left them feeling a need for control.

You will never win an argument with those people because they're not arguing about an issue, standing up for themselves, or acting on principle. They won't hear a thing you say and you can't make any valid points because the issue doesn't matter in the least. They just want to manipulate you into being upset or into giving up, so they feel powerful.

Then there's the other kind of argument. The kind that you can quickly see is going nowhere. Arguments — or at least disagreements — are a fact of life. It is inevitable that we won't see eye-to-eye with others all the time, and sometimes emotions will get thrown into the mix and presto, you've got your very own argument.

There's nothing wrong with arguing. What's important, however, is how you do it. Is it with closed ears and a closed mind? Your way is the right way, full stop? Your feelings are the only ones that matter, or they matter more than the other person's? Is that your attitude?

Or have you got a listening heart? That is to say, listening with compassion so you're doing your best to see the situation from the other person's perspective?

# Arguing is a good thing. Until...

That's the best way to understand and with understanding, you can find your way to resolution a whole lot quicker.

An argument doesn't have to involve tempers and hurtful words. It can mean a debate between two (or more) people who disagree on a subject and are respectfully seeking a resolution.

It's important to stay focused on the issue, and not let other ones get dragged into it. That's like trying to bake a cake, and then throwing in the ingredients for Sunday roast, a Caesar salad, and an ice cream sundae all at once. The result would be pretty horrible, to say the least, and your cake will have been lost in the mess.

If this happens, take a "time out" and come back to

it later, whether it takes minutes, hours - or heaven forbid, days. But if the issue is that important to you, it will need to be discussed, no matter how much time has passed between the incident and the resolution. Ignoring it won't make it go away. It'll only create a distance between you and the other person.

It's also important to recognize when the argument is going nowhere. When it becomes clear that there is no progress, no forward movement, and for some reason, you're just stuck in a sort of "Yes, it is," "No, it isn't," "Yes, it is," "No, it isn't," situation.

If you see that you're getting nowhere and you must agree to disagree, then say so - and walk away. If you can see you're just not being

understood, or if everything including the kitchen sink has been thrown in, call for that "time out" and come back to clarify things later.

The point is, it might take only one person to start an argument but it takes two for it to continue. As long as it is done appropriately and respectfully while sticking to the issue at hand, and you're making progress toward mutual understanding, carry on.

But it's important to recognize the points at which it's becoming destructive, or at least unproductive.

When tempers flare or things get emotional, back off. "Take five." Think about what's happening. Then decide whether you can drop it where it lies, or if you'll need to continue at a later date. □

Anger is never without an argument, but seldom with a good one.  
Indira Gandhi  
"Say what you mean, but don't say it mean."  
— Andrea Wachter, marriage counsellor

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# “What happens to our sons and daughters with disabilities when we die?”

By Al Etmanski

Canada’s Registered Disability Savings Plan (RDSP) is the first poverty-fighting tool for people with disabilities in the world. This remarkable example of federal/provincial/territorial cooperation, which was created in 2008, has already changed the lives of more than 150,000 Canadians with disabilities.

Unfortunately, the RDSP is only reaching 29 per cent of those eligible. And due to restrictions imposed by the Canada Revenue Agency (CRA), it is not available for many other Canadians with disabilities who are poor. For

this to change, two things must happen: administration of the RDSP and the Disability Tax Credit (DTC) must be taken out of the hands of the CRA, and coordinated national action to eliminate the link between disability and poverty must begin.

The RDSP has three components: contributions by the individual, family or community; matching federal grants; and a Disability Savings Bond of \$1000 a year. To be eligible, an individual must qualify for the Disability Tax Credit first. That’s the source of the bottleneck.

The CRA is determining who has a disability and who

hasn’t. The result — people with autism, Type 1 Diabetes, brain injury and mental illness are too frequently being denied the DTC even though they qualify for other disability benefits at the provincial and territorial level. Still others are having their eligibility terminated by the CRA and are being asked to refund federal contributions to their RDSP.

The irony of the CRA, an agency set up to go after tax cheats and fraudsters, keeping people with disabilities in poverty would not be lost on the families who originally proposed the RDSP. I know because I’m the father of a daughter who experiences disability, and I was

with these families through every step of the campaign to set up the RDSP.

Together we created Planned Lifetime Advocacy Network (PLAN) to address the question, “What happens to our sons and daughters with disabilities when we die?” Our search for answers led us to rethink the assumptions associated with having a disability.

For example, the punitive and suspicious mindset associated with disability welfare kept our sons and daughters poor. They couldn’t save beyond a modest amount without being disqualified and if we supported them financially, it would be clawed back. Furthermore, disability services don’t address financial well-being and too often unwittingly perpetuate a view that financial well-being isn’t a major consideration for people with disabilities in care.

We concluded that one of the biggest handicaps to overcome was the link between poverty and disability. Our proposal for a savings plan had two practical goals. First, to enable Canadians with disabilities to earn or receive income and to accumulate financial assets without penalty, claw back or disqualification from other government benefits. Second, to access this income when they most needed it.

Ten years later it is clear that financial freedom for Canadians with disabilities makes a big difference. There is a discernable pride and confidence among those I meet across Canada who have an RDSP. They tell me they can now dream and start controlling their destiny.

The precedent of provinces and territories to eliminate some of the soul-destroying aspects of welfare has now been established. Governments all over Canada have essentially said to people with disabilities and their families: “We trust you to spend RDSP income on what you think is best. You don’t have to report, you don’t have to justify.”

But the RDSP is only one tool among many that are needed because 70 per cent of

Canadians with disabilities still live in poverty.

Here are four recommendations to improve the RDSP and raise Canadians with disabilities out of poverty.

First, there should be an automatic enrollment in the RDSP once someone becomes eligible for the DTC or is receiving provincial/territorial disability benefits and assistance. If they have already satisfied eligibility for provincial/territorial disability benefits, that should be sufficient to qualify for federal benefits.

Second, remove all CRA responsibility for assessing and determining eligibility for the DTC and place it under the Minister of Persons with Disabilities. People with disabilities and their families are not cheats. The CRA should go after people who defraud and cheat the tax system. However, that requires a suspicious and mistrustful mentality that should not be associated with the RDSP.

Thirdly, ensure the forthcoming federal accessibility legislation explicitly addresses poverty. The RDSP demonstrates that economic citizenship is the primary engine of accessibility.

Fourth, create a Guaranteed Basic Income Supplement for Canadians with disabilities. Quebec’s minimum income program, Ontario’s Basic Income pilots, BC’s liberalization of welfare restrictions, the push for a refundable Disability Tax Credit and improvements to the RDSP all point to the need for coordinated national action.

We are getting better at closing the poverty gap for seniors and low-income families. The RDSP has shown us that we must now do the same for Canadians experiencing disability.

*Al Etmanski received the Order of Canada in part for his work on the RDSP. He recently presented his concerns regarding the DTC and RDSP to the Senate Committee on Social Affairs. He is an expert advisor with EvidenceNetwork.ca.* □



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## Kerby Centre Department Directory

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

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Adult Day Program	403-705-3214	Work with members and community to provide funding for Kerby Centre's vital programs		editor@kerbycentre.com	
Socializing and health monitoring program for physically and/or mentally challenged older adults	adp@kerbycentre.com	General Office	403-705-3249	Kerby News Sales	403-705-3238
Diana James Wellness Centre	403-234-6566	Assists older adults in finding appropriate housing	generaloffice@kerbycentre.com	advertising@kerbycentre.com	or 403-705-3240
Health services including footcare	wellness@kerbycentre.com	Thrive	403-234-6571	sales@kerbycentre.com	
Dining Room	403-705-3225	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.	thrive@kerbycentre.com	Kerby Rotary House	403-705-3250 (24 hour)
Serving nutritious meals to everyone	kitchen@kerbycentre.com	Housing	403-705-3231	Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.	shelter@kerbycentre.com
Education & Recreation	403-705-3233	Information / Resources	403-705-3246	Options 45	403-705-3217
Information source for programs at Kerby Centre	program@kerbycentre.com	The all in one older adult information source	info@kerbycentre.com	Volunteer Department	403-234-6570
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					luannew@kerbycentre.com



# Eat more plants, less meat

By Courtney Howard and Ian Culbert

Canada's Food Guide revamp is good for people and the planet.

## What is a healthy diet?

New Year's diet conversations still abound around water coolers Canada-wide as people debate the various merits and shortcomings of sugar, gluten,

meat, dairy, tofu and other edibles. Scientific articles, shiny celebrities and representatives of various groups who produce, transform and sell food all compete for our attention as we try to figure out what to eat.

## How is anyone supposed to know who to listen to?

Canadians' traditional solution to this conundrum has been to turn to our Food Guide — that familiar rainbow of foods that many of us learned about in elementary school.

The last version of the food guide was published in 2007, so it's time for a revamp to reflect new information. Health Canada has been looking at the most recent research, and consulting with various stakeholders.

So who should Health Canada listen to in its efforts to come up with the best diet recommendations for Canadians?

They've taken a prudent stance: feeling that industry's participation in past food guide development undermined the

public's confidence in the guide, this time Health Canada has prioritized information from sources that don't stand to profit from the outcome. In opting not to meet one-on-one with industry groups, Health Canada has given itself the best chance of producing a guide that puts the health of Canadians first, and that will be, and be seen to be, a trusted source of information.

The guiding principles of the draft food guide were released in 2017 and include recommendations to reduce our intake of processed foods; share meals with family and friends; and shift our diets towards "a high proportion of plant-based foods without necessarily excluding animal foods altogether."

This is all sound and evidence-based advice. However, there are now reports that the meat and dairy industries in Canada are expressing concerns that they were not adequately consulted by Health Canada, and they have turned to Agriculture and Agri-Food Canada and Innovation, Science and Economic Development Canada officials to register their

complaints.

As representatives of organizations dedicated to human health, we believe that Health Canada's recommendation that we eat more plants and less meat positions Canada as a leader in both the health of people and of the planet. Strong support for these principles was one of the main recommendations of the jointly-produced Lancet Countdown-Canadian Public Health Association policy brief.

Plant-rich, low-meat diets have been shown to have modest benefits in terms of all-cause mortality, to decrease our risk of colorectal cancer and cardiovascular disease and to improve glycemic control in people with diabetes. Low-meat diets also reduce greenhouse gases, land use and water consumption by a median of 20-30 per cent across studies, which is critical to maintaining planetary health and sustaining our ability to feed ourselves as we move through the 21st century.

The World Health Organization states that climate change is the greatest threat to global health in the 21st century. The Lancet, the world's most prestigious medical journal, also tells us that "tackling climate change could be the greatest global health opportunity of the 21st century." Moving to a lower-meat, plant-rich diet is one of the greatest of those health opportunities.

There are good reasons why many people choose to include animal products in their diet. It allows for the continuation of family food traditions, particularly on special occasions; supports Indigenous land-based food gathering; and enables us to take advantage of agroecology and to enhance food security in particular environments, including Canada's North.

Increasingly, however, people are incorporating these elements in a "reducentarian" approach — by simply eating less meat and more plants.

For our children to be as healthy as we are, we have to ask: how can we achieve healthy diets from sustainable food systems?

Health Canada's guiding principles represent an important step towards a food policy that protects the health of people directly and through care of the planet that sustains us. The message is evidence-based and the messenger has made every effort to be trustworthy via a solid process.

*Dr. Courtney Howard, MD, CCFP-EM, is an expert advisor with EvidenceNetwork.ca and an Emergency Physician in Yellowknife, and is the President of the Canadian Association of Physicians for the Environment (CAPE). CAPE submitted a letter in support of the guiding principles as part of the official feedback process for the Food Guide.*

*Ian Culbert is the Executive Director of the Canadian Public Health Association (CPHA). CPHA has engaged with Health Canada through its formal consultation process on the revisions to Canada's Food Guide and supports its guiding principles.*

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## Community Events and Seniors Scene

### Bow Cliff Centre for 50+

Bow Cliff Centre, sponsored by Amica, will hold a special free lunch in honour of their volunteers on Wednesday, April 18 at 12 p.m. Everyone welcome.

A second annual art show, sponsored by Swinton's Art, will be held on Saturday, April 21, at 10 a.m. to 3 p.m. Local artists and Bow Cliff art teachers will be present. There will be information about art classes.

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

### Confederation Park 55+ Activity Centre

Memberships for the year September 1, 2017 to August 31, 2018 are \$15 per person (prorated for the remaining membership year). Registration for the spring semester started on Tuesday, March 13, and is ongoing. The office is open on weekdays from 9 a.m. to 3 p.m. for memberships and registration. Check the website [yycseniors.com](http://yycseniors.com) for the Spring Activity Brochure or call 403-289-4780.

There will be two Saturday dances in April. Reflections with Randy Jones on April 14, and Black Velvet on April 28. Tickets are \$12 per person (includes a light lunch). Everyone is welcome. Doors open at 6:30 p.m., dance starts at 7:30 p.m. There are door prizes and a 50/50 draw.

Volunteers are always welcome. Contact Angela for more details about volunteering at 403-289-4780 or email [angela@yycseniors.com](mailto:angela@yycseniors.com).

The Next-to New Shop/Boutique will accept donations of gently used clothing and jewelry any weekday from 9 a.m. to 3 p.m.

For more information about the Centre, call 403-289-4780, or visit [yycseniors.com](http://yycseniors.com). The Centre is located at 2212 13 Street N.W.

### Germans from Russia (AHSGR)

On April 7 doors open at 10:30 a.m., the library will be open, pot luck lunch at 12 p.m., followed by a film at 1 p.m. Waiting for Waldemar, a docudrama about four children's lifelong search for their father who disappeared during their escape from Ukraine to Germany during WWI.

On May 5 there will be a lunch, cost \$20, and a program at 1 p.m. The library will be open at 10:30 a.m.

Library days are on the second Monday of each month from 2 p.m. to 7 p.m.

For more information call Anne at 403-246-6968 or visit [calgarychapterahsgr.ca](http://calgarychapterahsgr.ca). Activities are held at Ascension Lutheran Church at 1432 19 Street NE.

### The Alberta League Encouraging Storytelling

The Alberta League Encouraging Storytelling will host an evening of storytelling about Dreams and Nightmares on

Wednesday, April 11 from 7 to 9 p.m. Host, Maria Crooks, will invite tellers and listeners to Loft 112, 535 8 Avenue SE, for a Tellaround, a sharing of stories about dreams and nightmares, be they from the world of sleep, imagination, or your own desires. Story lovers gather in a circle and take turns telling, not reading, polished stories or works in progress, fact or fantasy. First-timers, professional tellers and listeners are all welcome. Suggested donation for tellers and listeners is \$5. Refreshments will be served.

The Alberta League Encouraging Storytelling presents Tellarounds on the 2nd Wednesday of every month (except June, July and August). For more information please contact: Maria ([calmari@shaw.ca](mailto:calmari@shaw.ca)) 403-238-4111 or Betty ([north40stories@hotmail.com](mailto:north40stories@hotmail.com)) 403-690-9415, or visit [www.talesalberta.org](http://www.talesalberta.org).

### Friends of Fish Creek

Night Sky Wonders is the

title of a program presented by Don Hladiuk, also known as the Starman on the CBC program EyeOpener. It is a two-hour program on Wednesday, April 11, from 7 p.m. to 9 p.m., including an indoor classroom component, followed by an outdoor viewing session (weather permitting). Cost is \$15 and free for children 12 and under. Registration is required. For more information visit: [www.friendsoffishcreek.org/event/nightsky](http://www.friendsoffishcreek.org/event/nightsky).

The April Fish Creek Speaker Series is titled ReWilding, a Story of Fish Creek Restoration. It will take place on Thursday, April 19, from 7 p.m. to 8 p.m. and is presented by Drew McKibbin. The program will provide both an introduction to, and an update on, one of the Friends' current, and most important, objectives: the restoration and preservation of the creek's ecosystem. Registration is required. For more information visit: [www.friendsoffishcreek.org/event/rewilding](http://www.friendsoffishcreek.org/event/rewilding). □

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# Eight things to remember at tax time



The Canada Revenue Agency (CRA) has a few tips that could save you time and money. At tax time, try to remember these eight things:

## 1. Do your taxes

Even if you didn't receive any income in 2017, you may still get a tax refund and be eligible for benefit and credit payments. For example, families who are eligible for the Canada Child Benefit (CCB) can receive up to \$6,400 annually for each child under the age of 6 and up to \$5,400 annually for each child aged 6 to 17. You, and your spouse or common-law partner, if you have one, have to do your taxes every year so that the CRA can calculate how much you could receive, and to continue receiving your benefit and credit payments without any interruptions. This includes payments such as the GST/HST credit and related provincial payments, the Guaranteed Income Supplement, and advance payments of the Working Income Tax Benefit.

If you want to do your taxes yourself, the CRA has a step-by-step guide that makes doing your taxes easy.

## 2. Make sure you claim tax credits and deductions

There are tax credits and deductions you may be able to claim on your return, like the Working Income Tax Benefit. Not sure what tax credits and deductions you may be eligible for? Go to [canada.ca/taxes-get-ready](http://canada.ca/taxes-get-ready) to learn about the new and existing tax measures that could help you save money.

## 3. Report all your income

Make sure you report all your income. You should have most of your slips, such as T4 slips, from your employer, payer, or administrator by the end of February. If you have not received, or you lost or misplaced, a slip for 2017, ask the issuer of the slip for a copy. If you register with My Account, you may have access to online copies of your slips. If you are still missing information, use your pay stubs or statements to estimate your income to report. Keep all of your documents in case you are

asked to show them later.

Some income you earn may not be included as part of a tax slip. Tips, money earned providing accommodations, and ride-sharing, regularly selling stuff at a flea market or online, providing tutoring services, handy-man or snow removal services — all of this is considered income that must be reported.

Did you sell your principal residence in 2017? If so, you have to report basic information on your return to claim the principal residence exemption.

If you have already done your taxes but did not report all of your income or deductions, use the ReFILE service in your NETFILE software to change your return, visit an EFILE service provider to Refile, or use the "Change my Return" service in My Account. You can also change your return with Form T1-ADJ, T1 Adjustment Request, and mail it to your tax centre.

## 4. Make valid claims

Make sure you know what you can and cannot claim. Sometimes non-deductible amounts, such as funeral expenses, wedding expenses, loans to family members, a loss on the sale of a home designated as a principal residence, and other similar amounts, are claimed by mistake.

If the CRA finds that you made a mistake or made a

claim in error, it will change your return. For a list of the most frequent changes the CRA makes, see Common Adjustments.

## 5. Take advantage of free software

Did you know that there are free certified software programs that you can use to do your taxes online? Some of these software programs will give you suggestions on which tax credits and deductions you can claim and which benefits and credits you can apply for, based on the information you enter.

## 6. Get free tax help

If you need help doing your taxes, and you have a modest income and a simple tax situation, a volunteer from the Community Volunteer Income Tax Program (CVITP) can do your taxes for you, for free. Find a tax preparation clinic near you or learn more at [canada.ca/taxes-volunteer](http://canada.ca/taxes-volunteer). You can also find a tax preparation clinic using the MyCRA mobile web app.

## 7. File on time

If you have a balance owing and do not file your return on time, the CRA will charge a late-filing penalty. The penalty is 5% of your balance owing on the due date of your return, plus 1% of your balance owing for each full month your return is late, to a maximum of 12 months. Even if

you cannot pay your balance owing by the filing deadline, you can avoid the late-filing penalty by filing on time.

If you cannot pay the amount you owe by the due date, it's best to contact the CRA before then. The CRA will work with you to resolve your tax debt or other CRA program debt. You may be eligible for a payment arrangement or taxpayer relief.

If you receive benefit payments, like the Canada Child Benefit, and you did not do your taxes on time, your payments can be delayed or stopped.

If you have never filed a return or haven't filed for a few years, the CRA can help. You may be eligible for relief of interest, penalties, and prosecution by

applying to the Voluntary Disclosures Program.

## 8. Keep receipts and records

Keep your receipts and other supporting documents for at least six years from the end of the tax year to which the records relate.

Sometimes returns are reviewed to make sure that income, deductions and credits are correctly reported. If the CRA reviews your return, having your receipts and records on hand makes it easier for you to support your claims. For more information, see *Responding to the CRA*.

For more information, please visit [www.canada.ca/en/revenueagency/services/tax/individuals/topics/about-your-tax-return/change-your-return.html](http://www.canada.ca/en/revenueagency/services/tax/individuals/topics/about-your-tax-return/change-your-return.html). □

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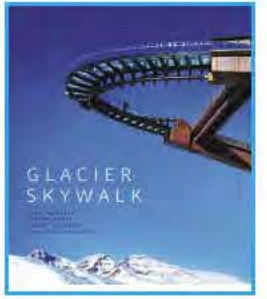


# Glacier Skywalk

**G**lacier Skywalk built high above the Sunwapta Canyon in Canada's Rocky Mountains, with its uniquely designed pathways and cantilevered viewing platform offers amazing views to visitors, and a definitely unforgettable experience.



Photograph © 2017 by Robert Lemermeyer

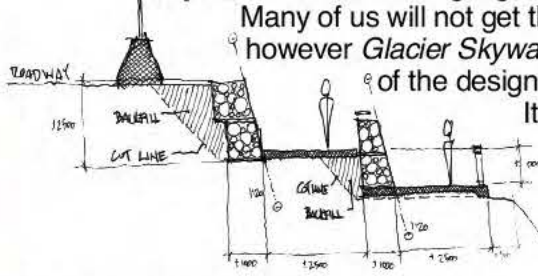


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by Robert Lemermeyer

*Glacier Skywalk* by Clea Sturgess, Jeremy Sturgess & Trevor Boddy tells the inside story of one of the most spectacular achievements in contemporary architecture. The structure is an award-winning collaboration between Parks Canada, Brewster Travel and the combined design-and-build team of Sturgess Architecture, PCL Constructors and RJC Consulting Engineers. Insightful essays by Trevor Boddy and Clea and Jeremy Sturgess reveal how the ideas came together and were realized in built form. Detailed sketches, three-dimensional renderings and stunning photographs by Robert Lemermeyer show how the structures evolved from start to finish. The Glacier Skywalk construction process had to be carefully planned to be as efficient as possible on a fixed budget and to minimize the impact on the environment. From the larch wood kiosk that welcomes visitors just off the Icefields Parkway, through the rock-lined walls, the glass floors and railings and the jagged steel forms that emulate mountains and glaciers, Glacier

Skywalk reflects and highlights its surrounding environment. Many of us will not get the opportunity to experience this trip however *Glacier Skywalk* captures and gives us the brilliance of the design and the magic of the experience. It is a book well worth investing in either for yourself to treasure for years to come or as a gift. A definite must-have.



Illustrations © 2017 Sturgess Architecture.

Reviewed by Winifred Ribeiro  
Page design and layout by Winifred Ribeiro

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# New to Canada? Learn about taxes and benefits

If you're a newcomer to Canada, you have to do your taxes if you want to receive certain benefits and credits, if you want to get a refund, or if you think you may owe taxes.

Everything you need to know about doing your taxes is available at the "taxes" section on [canada.ca](http://canada.ca).

Here, you can find out about getting your social insurance number, completing a tax return, applying for benefits and credits, contacting the Canada Revenue Agency (CRA) if you need help, and you can get international tax information.

**Important facts:**

- Are you a resident of Canada? Does your spouse or common-law partner live in Canada? Do you own a

home in Canada? If any of these apply to your situation, you may have to file a return.

- You should do your taxes even if you have little or no income to report. By filing an income tax and benefit return, you might be eligible for benefit and credit payments such as the Goods and Services Tax / Harmonized Sales Tax (GST/HST) credit, the Working Income Tax Benefit and the Canada Child Benefit, and any related provincial or territorial payments. Your spouse or common law partner also has to do their taxes each year for you to receive any benefit and credit payments you may be eligible for.

- You have to report your world income (income from all sources both inside and outside Canada) earned

after becoming a resident of Canada for income tax purposes on your Canadian tax return. We use the information from your tax return to calculate your benefit payments.

- Remember that you need to do your taxes on time every year to make sure your Canada Child Benefit, GST/HST credit, and Child Disability Benefit payments are not interrupted.

- If you need help preparing your tax return and have a modest income and a simple tax situation, you may be able to get help through the Community Volunteer Income Tax Program. This program is a collaboration between the CRA and community organizations across Canada. These organizations hold tax clinics and a volunteer can prepare and

file your tax return for you, for free.

- To make sure you are getting the right amount of benefits and credits, you must keep your personal information updated with the CRA. This includes your marital status, the number of children in your care, and your address.

After you do your taxes for the first time and receive a notice of assessment, you'll be able register for My Account, and access all the CRA's online self service options. These services are safe and secure and they make doing your taxes faster and easier. You can use them

to file your tax return, make a payment, track the status of your return, register for online mail, apply for benefits, and more.

As a newcomer to Canada, it's important to understand your tax obligations and the benefits and credits available to you. The CRA has videos and webinars to help you through tax season, including the webinar "Newcomers and Canadian Taxes: the right information for the right start" (also available in French, Arabic, Cantonese, Punjabi, Spanish and Tagalog).

Source: CRA website

## Kerby Centre releases caregiver research



Kerby Centre, along with its partners the Alberta Association on Gerontology and the Alberta Gerontological Nurses Association, released a new study on March 20, 2018

The research, led by

Allegra Samaha, seeks to "give voice to caregivers of people over the age of 55."

A 2008 survey of Canadian community health found that 35% of Canadians age 45 and older were providing informal care for

a senior on a short or long-term basis.

The report is available at [www.kerbycentre.com](http://www.kerbycentre.com)





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# Celebrate Volunteer Week - April 15 to 21

by Jessica Babb

Charles Giddings

Volunteers across Canada give of their expertise, their energy, and, most precious, their time.

Each month Kerby News spotlights a Kerby Centre volunteer, but since Volunteer Week is coming up this month, we thought we would reprint a couple of longer feature interviews with volunteers originally published in 2017.

Thank you to the more than 13 million Canadians who volunteer across our nation.

For more information on Volunteer Week, please visit [volunteer.ca/nvw2018](http://volunteer.ca/nvw2018)

When opportunities arise sometimes you just have to take them. Charles Giddings grew up in a small village near Stonehenge in the United Kingdom, and as a young boy would use the stones at the now protected site as soccer posts. "You can't do that now" he said while laughing. Charles has spent his life taking opportunity where it arises.

The first came after he had finished his education in the UK, where he studied electronic engineering. Charles fell into the oil and gas business soon after he had completed his schooling; working for the government before he had a disagreement with them. "When you're twenty years old nobody can touch you, you're immaculate, and nothing can harm you" he said, continuing that he quit his job looked to a newspaper, and found employment in Paris. Being in the oil and gas industry worked to Charles' advantage "I couldn't believe people were actually paying me to travel around the world" he said. He fell in love with it, and

didn't retire until last year.

During his travels Charles said he has worked in some horrible conditions, but you don't really remember those. He said after the first year or two he found out that different cultures he visited were very, very interesting; so, rather than going to the more well-known countries, he would explore the less familiar. He went on to reveal a sticky situation that he'd gotten into during one of his travels. "Getting stuck in an airport with no aircraft ticket was a little tense. [I] had to open my suitcase, and sell whatever I had. That was in Iran" he said. Charles has since continued his travels with his wife.

Charles and Peggy regularly travel, taking small trips to places like Vancouver during the year, and then once or twice a year they do a big trip. Most recently the couple traveled to the Far East and visited a few countries such as Cambodia, Laos and Vietnam. While visiting Laos the couple woke up at 3am to feed breakfast to the monks in one of the villages. Monks "get up at dawn, and walk through the town. The people come out with bowls of sticky rice and put sticky rice in the monks' bowls", he said. They've had many adventures together. "It's quite neat" he said, smiling at the memory. While Charles used to live there, his wife had never been. He said because he's going to some of the same countries people ask why he would want to go back. His response is that now he experiences it through his wife's eyes, and it's a completely different experience.

Charles said he had followed some of the careers of those he went to school with over the years and thinks his life could have turned out that way. However, he prefers the way he did it; traveling the world and coming to Canada in 1982.

"Sometimes opportunities occur" he said. "There's no way of knowing when they're going to happen or even IF they'll happen, but if they do never ignore them".

Phyllis Fix

Phyllis Fix always dreamed of becoming a nurse, and while she never was able to realize that dream, she still found other ways to show people she cared.

Growing up, she lived in the east end of London, where she would spend family vacations down at the seashore, or time golfing with her father. It was 1956 when she arrived in Canada where she settled in Vancouver with her aunt and uncle.

"Vancouver was very similar to England weather wise," she laughed. "I was use to the rain."

After her arrival in Canada, Phyllis started a job with the Vancouver General Hospital working in emergency admittance doing clerical work. She saw some interesting people during her time there but, always maintained a peaceful nature.

"I actually enjoyed it," she says. "I would have people coming in, and I'd have to be very calm with them."

Phyllis liked being able to show people that someone cared about them, recalling a time when a very pregnant woman came in during her shift. "I had to take her up in the elevator. I was very calming with her, and was ready to deliver the baby if I had to. She got up there ok though," she smiled.

After her time there, Phyllis wanted to discover Canada on her own so she took the train to Banff where she remained for a year.

"I was quite busy. I was willing to do just about anything" she said.

During her stay she worked at the Banff School of Fine Arts for room and

board, as well as for temporary agencies, fitting in visits to church in between her jobs. As time went on she wanted to travel some more, and soon decided to move on to Calgary. To get to the city Phyllis decided to hitch-hike her way there; along the way she had to talk herself out of some "touchy situations," as she puts it. Laughing, she said next time she would take the bus.

Upon arrival, Phyllis ended up working for a lawyer in Calgary, which is where she met her husband. She was married to him at the age of 30, and they had two children together.

Phyllis's life has not always been stress free, but she maintains a positive outlook on how to live life.

"It's easy to hang on to things. As a person, what I'm finding as I'm getting older is 'hurts' can mean a lot, but it's so much easier to let 'em go and go on with your life" she said. "People . . . sometimes they want to hurt others on purpose, emotionally or otherwise, but it's not worth holding onto those things. I think that we're given life to help others."

She tries to keep the peace where she can, and there have been times when she has inserted herself into arguments to split them up, such as the time two girls were arguing at a bus stop in front of her.

"I like to let them know they're cared about" she says.

Even as she ages, Phyllis continues to care for people. She currently volunteers at the Kerby Centre at the membership desk, and looks forward to her role as it allows her to care for others, in a sense. And it's a fulfilling position which she has embraced wholeheartedly, one which also allows her to communicate with people of all sorts—another benefit.

"Give them a smile, and let them know life's worthwhile."

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Kerby Centre volunteers enjoying food, fun, and socializing at the annual volunteer recognition event.



## How smart tools can make living with diabetes easier



Simple changes using new technologies and innovation can make a big difference in helping people with chronic conditions enjoy healthier, more active lifestyles. Not too long ago, people had to use large, complex machines to monitor blood glucose levels and home monitoring wasn't

even possible. Now, there are even more smart tools that can make managing the condition easier.

**Fitness trackers.** With a wide range of smart watches and dedicated fitness trackers available for all budgets, you're bound to find one that's right for you. Use it to keep track of what you eat throughout the day and to monitor your physical activity. Get reminders when it's time to get up and go for a stroll and receive encouraging messages when you meet your goals.

**Advanced monitoring system.** If you're monitoring your blood glucose every day, opt for a system that will help you better manage your diabetes. Designed to reduce the hassle of daily testing, the Accu-Chek Guide's unique and innovative spill-resistant SmartPack is perfect for busy, on-the-go people. The new vial is designed to hold your strips tightly in place, even upside down. It makes it easy to simply remove just one strip at a time, and the wide dosing area helps simplify testing.

**Apps that connect with your doctor.** Websites and apps that track your blood glucose data and connect with your medical team can help streamline the healthcare you receive and make your in-person appointments more productive. Look for features like the ability to save photos of meals to support carb-counting discussions with your healthcare provider or, if you have a child with diabetes,

automatic data-sharing that can help you guide them as they manage their glucose levels away from home.

Find more information at [www.accu-chek.ca](http://www.accu-chek.ca).

News Canada

## Should Calgary go for the gold? Send us your thoughts



A hot-button topic during the last municipal election, the possibility of an Olympic bid for 2026 continues to be debated at City Council and in our community.

At press time, City Council was opening debate on allocating more funds toward facilitating further discussions.

Kerby News wants to hear your thoughts for our next issue. Please email [editor@kerbycentre.com](mailto:editor@kerbycentre.com) by April 9 for consideration in our May issue.

Kerby News wants your feedback on Calgary's potential bid to host the Olympics in 2026.

Were you living in Calgary during 1988? What did the Olympics mean to you? Should that Olympic Torch be struck again?

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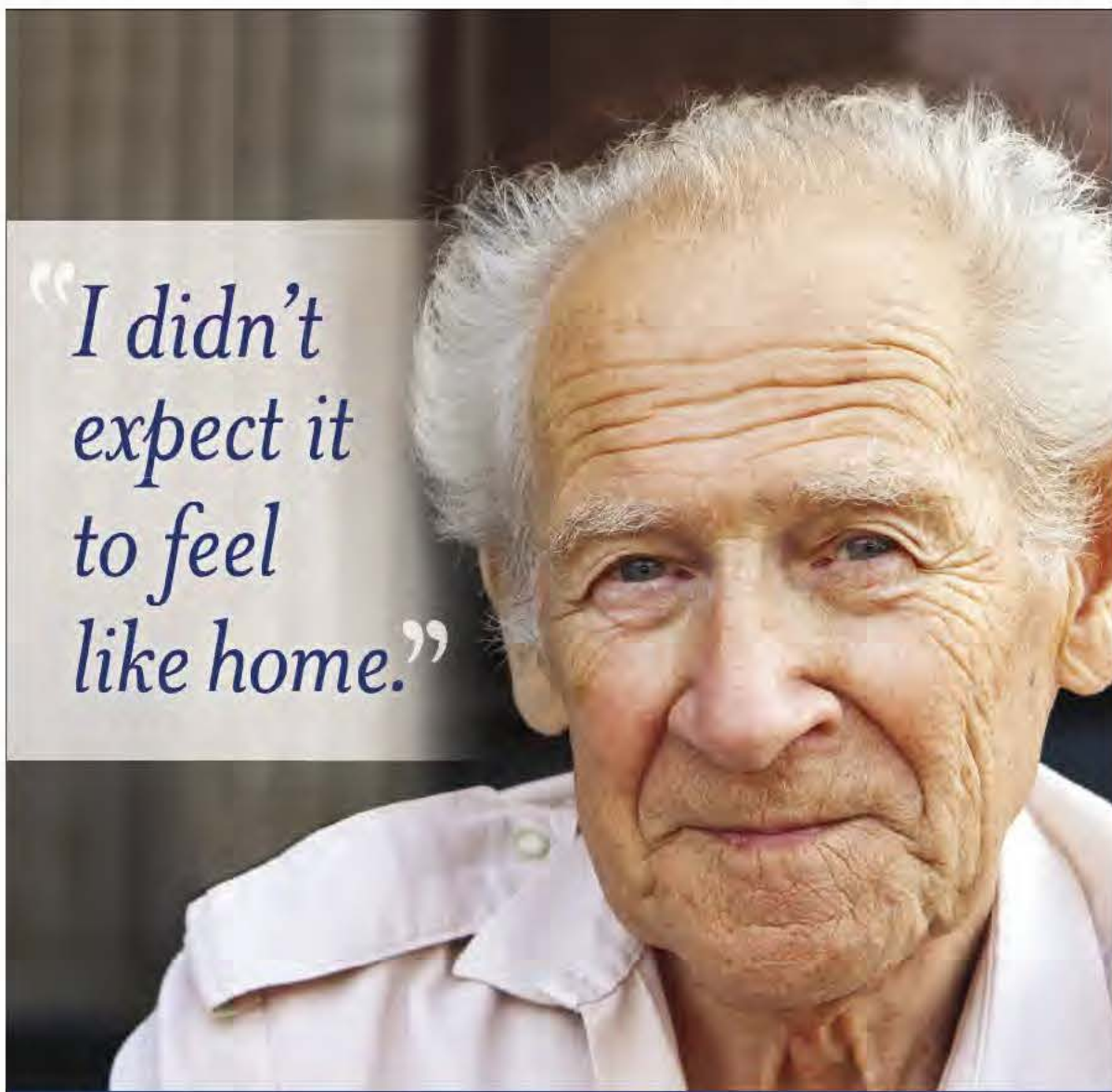
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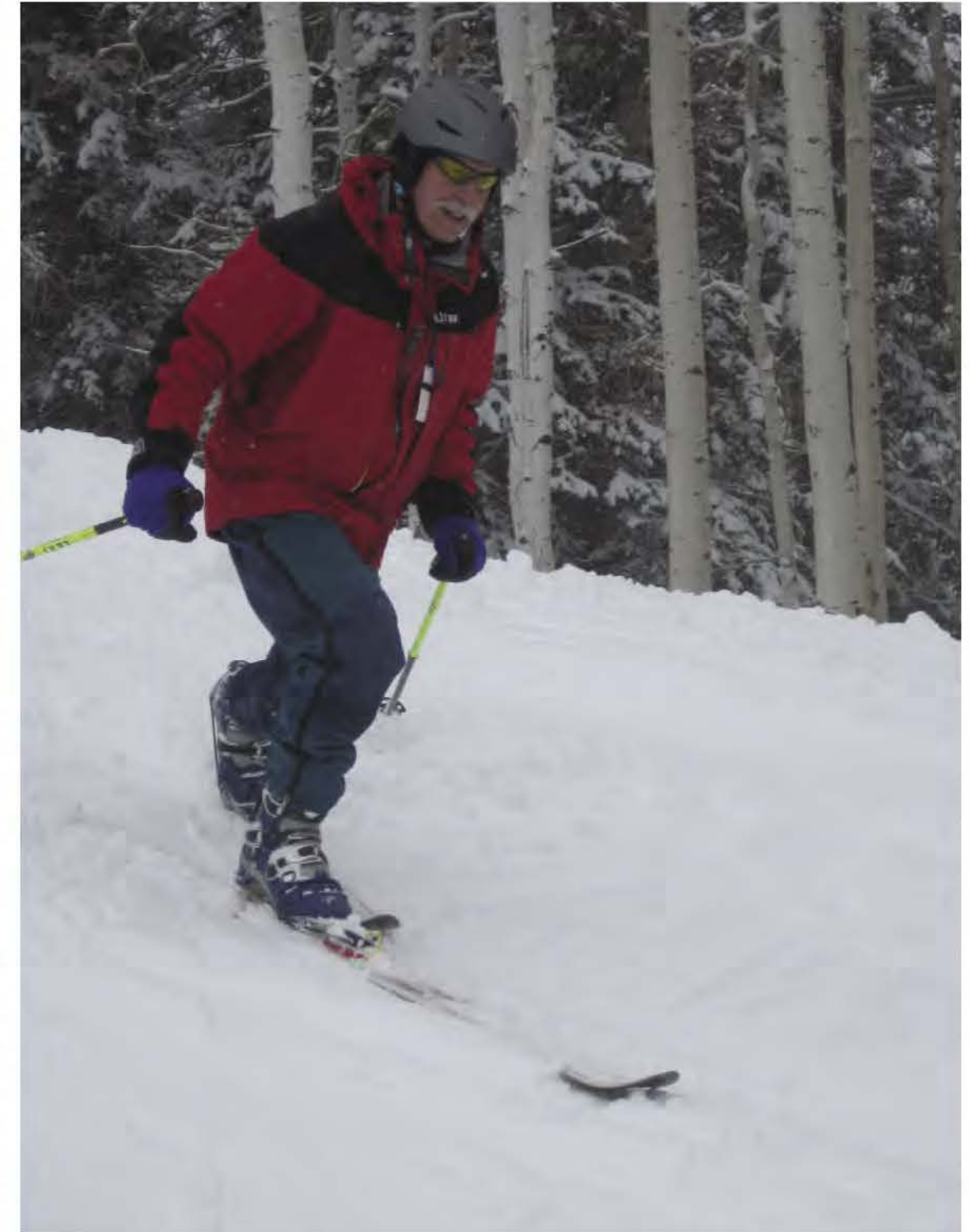




A group of skiers, skiing over patterns in the snow.



Another good day done, time for après ski with friends.



Rolf Stuber enjoying some turns.

# The mountains are calling and we must go!

Story and photos by Rita McGillivray  
Page design and layout by Winifred Ribeiro

Calgary really is a lucky city. To be situated an easy drive away from the Rocky Mountains and all the outdoor splendour of Canada's premier mountain parks is nothing short of a blessing indeed. Standing majestically like sentinels, the mountains form a stunning backdrop to the west of Calgary. It's hard to go a day

in the city without seeing them from various vantage points along driving routes, maybe only a glimpse in the rear-view mirror. They are always beckoning. Back in our school days, we couldn't wait for reading week to come around every February. As we all knew that was just a euphemism for "ski week". Before we could drive,

we talked our dads into dropping us off at Ozzie's Sports in the wee hours of dark Saturday mornings, so we could catch the ski bus out to Lake Louise for the day. Later, during the working years, it wasn't unusual to observe how sick days and overnight snowfall accumulation were so finely correlated.

Then there were the weekend warriors, hell-bent to get out to the mountains Friday after work, and limp back in to the office sporting suntans with the tell-tale racoon look on their faces on Monday mornings. Ah, but then we entered the phase of life where work moved to the background and we joined the ranks of the retired

and semi-retired. There is no one to call in sick to, Ozzie's is no longer, every day is a weekend, and there is time to play. With hundreds of kilometers of trails and thousands of hectares of land to play in, Retired Calgarians of all ages flock to the mountain parks, Kananaskis, Banff, Jasper and Kootenay, every day of the week, all year long.

The feelings of euphoria that come from skiing the first line after a dump of fresh powder snow in the back country or the sense of achievement one feels after a vigorous day skiing the Nordic tracks at Peter Lougheed Provincial Park, or the serene bliss of enjoying a thermos of tea alongside a quiet snowshoe path in the forest are as life-affirming and exciting now as they ever were. Maybe more so. Septuagenarian skier Rolf Stuber, still eagerly looks forward to every day that he can get out and enjoy a day of telemark or Alpine touring skiing. "Nothing feels as good as the fresh powder snow that blows up into my face as I make my turns on a pristine slope".

"The long slow climb up the trail is meditative and my body loves the hard work. The descent is sheer delight". When ski season is done he hikes those same mountain paths all summer. On any day in Calgary, seniors are meeting up to carpool, jump on buses and head out on the trail. It might be one

*"Calgary really is a lucky city."*

of several well-known downhill ski resorts. They might be headed for one of the Nordic ski centres like Peter Lougheed, Canmore, William Watson Lodge, or any one of hundreds of trail heads known for back country Alpine ski touring or snowshoeing. The possibilities are endless, and there are a great number of outdoor clubs operating in the city for the purpose of creating opportunities for people to meet and share their outdoor enthu-

siasm. There are activities for all interests, abilities and ages, and you don't have to wait for the weekend. One club, the Rocky Mountain Ramblers ([ramblers.ab.ca](http://ramblers.ab.ca)), was started more than 60 years ago to informally create opportunities for outdoor activities and trips. Today there are between 200 and 300 members and the club is open to all adults, with the majority of members being between 40 and 75.

I had coffee recently with the membership director of the Ramblers, Barb Brunton, an active volunteer with the organization since joining a few years ago. Barb was very involved as a caregiver to her ailing husband and was looking for some form of respite. "I had been telling myself for so long that I needed to get out and join a group so that I would get out there and do some hiking", she said. "I finally made the time to walk into a Ramblers meeting to see what it was all about. I was sure I was in the wrong room as almost everyone looked to be quite senior to me, but I decided what the heck, I put my \$25 membership fee down and joined then and there." After her first group hike she noticed the "seniors" overtaking her on the trail, and she was hooked. Before long she recognized that she had become much fitter and was always looking forward to her days in the mountains. "I was hiking with a great group of people, I felt safe and I found a whole new range of hiking trails had become available to me." Sadly Barbara's husband passed away and she has continued to develop her outdoor skills, becoming certified as a hiking trip coordinator for the Ramblers; one of about 30-40 volunteers with relevant safety training who have been mentored to lead groups on excursions. "I have never been a joiner, but I now have more friends through my outdoor activities than I have ever had at any time of my life." Barb told me as she encouraged me to grab my snowshoes and join

her upcoming group trek later that week. There are several similar clubs in Calgary, some are more oriented toward hiking and track skiing, some are involved with cycling, downhill and back country skiing, backpacking and mountaineering. The Evergreen Seniors outdoor club ([yourclub.ca/evergreens](http://yourclub.ca/evergreens)) has a 56 seat bus with a large variety of trips that fill quickly. The Calgary Seniors

Outdoor club ([yourclub.ca](http://yourclub.ca)) provides useful information about a number of similar clubs to become connected with. Joining fees are modest, most trips involve sharing costs for carpooling. Bus trip costs vary depending on the distance, for example \$20 for a trip to Lake Louise. Recovering from hip replacement? Thinking about kicking up the exercise routine? Are you the type that enjoys a

peaceful walk in a natural setting, perhaps you enjoy the camaraderie of others as you wander? Maybe you are motivated by the more challenging pursuits, bagging the next peak? It doesn't matter. There is a club for you, and more than enough space in our mountain parks to spend a lifetime exploring as you like it. There's a trail waiting for you to discover. □



Campbell Ice Fields west of Golden BC are accessed by helicopter for multi day ski trips.



A mountain vista.



Lunch break at Mt Assiniboine.



# Fiction: Operation picnic basket



By Allan G. Cooper

After my first attempt at gaining the acceptance of the Squish and Runners had led to slime shed, I felt that I needed to devise a comprehensive and meticulously prepared plan for our next mission. I had hoped that the tragic loss of Stubby in our first battle would galvanize our community and that his brave act would be considered an act of martyrdom. Unfortunately, slugs don't really have brains so no one really noticed his absence.

Nevertheless, Stubby's

sacrifice had great meaning for me and I refused to let the community's apathy taint my resolve to make the world a safer place for slugs. To that end, operation, "Picnic Basket" was created. The mission parameters were as follows: a team of highly trained slugs would go undercover as an adorable family of three Squish and Runners and have a picnic in the meadow adjacent to our village. Their objective was to gather intelligence on the Squish and Runners by going undetected in their proximity.

The three slugs assigned

to the mission were code named Matilda, Ross and Junior.

Matilda was supposed to be a female slug who would pose as the mother of the team. I was unable to find a willing female slug to join the team so I called on a slug from a previous mission, Old Ben, to fulfill this role. My failure to find a female slug recruit may be because there is no such thing as a female slug. I didn't have time to ponder such trivial matters since there were other aspects of the mission that required my attention.

Ross was to be the father of the group. He was a particularly handsome slug. He had a muscular physique and an air of confidence that was impressive. I realized that the last mission lacked an individual who was arrogant and self-centred enough to lead the team into hostile territory. Ross was perfect for this role.

Finally, there was Junior. Junior's diminutive size gave him the appearance of being a child but he was actually a full grown older slug. I thought his age might be a factor in slowing down the rest of the team but that was a risk I was willing to take.

After 10 days of grueling sliming we arrived at our base camp location and set up our equipment. The following morning the team was ready to head into battle.

They all stood in a line in front of me awaiting their final orders. Being that we were on such a tight budget we had to be creative in coming up with disguises. Old Ben (aka Matilda) was wearing a wet mop, with the handle removed, on his head. The mop head was intended to create the illusion that he had long beautiful flaxen hair but it looked more like a spider with an overabundance of legs squished to the side of his head.

Ross had obtained a monocle from somewhere

and said that it gave him an air of sophistication. He felt this would really allow him to get into his "character" as the designated patriarch of the family. I didn't like Ross and I secretly hoped he would not return from the mission alive.

Finally, there was Junior. We simply relied on the fact that since he was half the size of the other two he would appear to be a child. Junior was given a large leaf that was supposed to serve as a blanket.

"Slugs!", I yelled hoping to shock them into seriousness with the volume of my voice. "What we are doing for all of Slugkind today is ..."

I stopped addressing them in this manner when I realized their demeanor was unchanged. It was then that I became aware of something I had never noticed until that moment. Slugs can't talk very loud and the difference between slug yelling and slug talking was so incremental that it served no rhetorical purpose whatsoever.

I watched through my binoculars as they made their way out to the predetermined location. Upon arriving at the site I noticed that they were all standing together but something seemed not quite right. Ross seemed to be chastising Junior for something while Matilda had a look of concern on her face.

What could be happening? I could feel the beating of my heart around my sound sensing holes as the thought of another failure rang like loud bells in my head. Think Morty! Think! I beseeched the universe to give me the answer. Do I need to abort the mission? I probably should have made up a signal so that they would know they needed to abort the mission before they left.

Finally, it hit me. I snatched up my binoculars and looked out at the team more carefully. Junior was wearing the leaf on his

head. "Damn it! You idiots!", I yelled and spiked the binoculars down on the ground. Luckily, slugs can't really throw things so it was more like they were gently placed on the ground.

"Minutes and minutes of preparation all down the drain due to a lack of focus and poor execution!", I screamed out to the empty forest.

After I had calmed down, I retrieved my binoculars and returned to monitoring the situation. To my surprise things were going much better than they were a moment ago. Ross and Matilda had been able to convince Junior to put the leaf on the ground and they were all sitting on it.

"Yes!", I said with a little tiny fist pump, "now we're in business".

Eventually, an adorable family of three Squish and Runners appeared with their picnic supplies. They took out their blanket and laid it on the ground right next to Ross, Matilda and Junior. The family seemed indifferent to the team's presence and to be mainly focused on their own enjoyment. The disguises had worked.

I was so excited that I could barely contain myself. I panned over to my team to see how they were making out and they were still frozen in the same position they had been in all day. It was obvious that they had completely forgotten why they were out there.

Once the adorable family of three finished their meal and relaxed in the sun for a while, they picked up their things and went on their way. I exhaled in relief. We did it. We had gone behind enemy lines and remained undetected and unharmed. I lay down on the grass and inhaled the sweet feeling of success. Then, I looked out at the team and even though the poor fools were still sitting

*Continued on page 17*

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## Volunteer Spotlight



**Elisa Berones**

Elisa is a dedicated and hardworking volunteer. She has a Bachelor of Science from a University in the Philippines. Elisa has worked in a variety of different fields as a Medical Technology Assistant, X-Ray Technician, and Key Punch Operator at RBC, Noon Supervisor at a School and as a Cashier. After Elisa retired from her work she decided to volunteer at Kerby Centre because she wanted to give back to the community. She has volunteered for our special events, Tax Clinic and Wise Owl Boutique. She enjoys volunteering at Kerby Centre because all the staff and volunteers are very friendly and generous and it's a good place to find new friends. Apart from volunteering she likes travelling, watching movies and spending time with her grandchildren. Elisa has already contributed over **222.0** hours to Kerby Centre. Thank you Elisa, for all that you do for the Kerby Centre.



## BROOKLYN

Released 2015 (1 hour & 57 minutes)  
 Rated PG-13 Drama, Romance

**Friday April 27, 2018**  
**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 Lake Bonavista**



**Continued from page 16**

there motionless I was extremely proud of them.

I began to make my way onto the meadow to collect them when I heard a sound in the distance. I had never heard a sound like that before. It was an unpleasant loud roar that was unnerving. I picked up my binoculars to see if I could ascertain where the sound was coming from and to my horror I saw that it was a squish and run machine like nothing I could have ever imagined. Instead of the two-and three-wheeled death machines I saw on the bike path, this one had four wheels. It made this hideous loud buzzing sound, and when it ran over the grass there seemed to be less of it.

My heart sank and I thought I was going to be sick. I realized the adorable family of three had not been fooled at all. They were simply feigning the appearance of not noticing us to allow them time to organize their defenses. Now, they had sent this awful machine to finish my team off.

“Retreat! Retreat!”, I yelled, knowing that it was impossible for them to hear me, but one will try anything when all hope seems to be lost.

I looked out on the meadow and saw that the team’s position remained unchanged despite the loud noise. Then Ross seemed to snap out of his coma like fog and recognize that he was in danger. Without alerting the others he made his way toward the treeline. His stirring motion woke Matilda. She shook Junior and together they also were heading for the tree line.

I watched as they frantically inched in my direction. They looked so scared.

It happened in an instant. One moment they were there and then in a split second they were sucked up by the machine along with the grass that the Squish and Runners apparently have an issue with too.

“Nooooo!”. How could life be so cruel? I have lead an honest, honorable slug life and yet these disasters keep happening to me. I knew that in any battle there were

casualties but it did not take away from the emotional pain of the loss.

I hung my head low to the ground and headed back to the village. I didn’t even have the energy to hang the binoculars around my neck and I simply held on to the strap as they dragged along behind me.

On the journey home I reflected on whether or not I should continue fighting for this cause. After careful consideration, I determined that not honoring the vow I made the day of the Massacre on the Bike Path last week to fight for a better life for slugs was unacceptable. Besides, I had nothing better to do, and sliming around in dirt can get kind of boring.

When I finally made it home, I looked over all the slugs of the village, who I knew didn’t even notice that Junior, Old Ben and Ross were gone and I decided that that was just fine by me. It is much easier to convince people to do stupid things if they have short memories.



## Learn the secrets of writing a good will with these 5 tips

One of the very best financial decisions you can make is to write a will. But it's astonishing how many people in Canada don't have one — more than half, according to some estimates.

For many, knowing where to start can be an obstacle. For others, procrastination is a factor. Maybe it doesn't seem urgent, but dying without a will could mean that your property won't be distributed in accordance with your wishes. So, what are the secrets to writing a good will? There are a few key points to keep in mind:

1. Choose your executor carefully. The executor is the person you want to carry out the directions of your will. It must be an adult and it should be someone you trust. It's also a good idea to name an executor who is young and likely to outlive you.

2. Take care of your loved ones first. Most of us plan to leave something to those closest to us. But if you don't name your loved ones in your will and state how much you want them to receive, your estate might not automatically go to the right people.

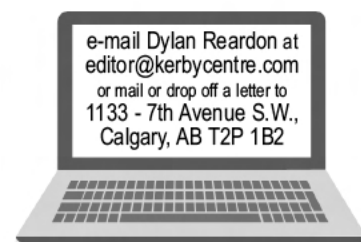
3. Name guardians for your children. If you have children and they are not yet adults, your will should name the person who will be your children's guardian if you die.

4. Name the charities you want to support. Think about the favourite causes you want to leave a gift to; it's a common way to offer financial assistance that many cannot afford to give during their lifetime. It could be a health charity, a local animal shelter or a human rights charity like Amnesty International.

5. Seek expert help. You might be tempted to write a will on your own, but that decision could end up costing your loved ones more. Seeking expert advice is strongly recommended. Speak to a lawyer specializing in estates. Getting their guidance might not be as expensive as you imagined and will likely pay off in the long term.

Writing a will is a fairly straightforward process and your loved ones will appreciate that you took the time. A free general information package is available from Amnesty International at [www.amnesty.ca/legacy](http://www.amnesty.ca/legacy).

*newscanada*



**Re: “Find out the truth about tap water”**  
(March 2018)

As I was reading the March 2018 issue of Kerby News, I was interested in the article entitled ‘Find out the truth about tap water’. I was quite dismayed to find out that only US addresses are shown. Am I mistaken in thinking that Kerby News is a Canadian paper?

*Janice MacMillan*

**Editor’s Note:** Thank you for your feedback. The myths about tap water purity all applied to Canada as well as the United States, but you are correct that at least one of the links provided was only usable in the United States. We will endeavor to add Canadian resources in future. More facts about Canadian tap water can be found at [www.canada.ca/en/health-canada/services/environmental-workplacehealth](http://www.canada.ca/en/health-canada/services/environmental-workplacehealth)

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# Tales from the road: My Mexican experience



El Carnaval en Ensenada.

By Tina Quinn

There is a definite disconnect between the average person's idea of Mexico and the reality of this country. Granted, I have only spent a few weeks here, but honestly, I take the same precautions here as I would in Calgary. Yes, there is poverty, lots of it, but poverty is not synonymous with crime.

I crossed the border at Tijuana and was almost terrified to stop and take photos because of all the negativity folks felt obliged to send my way. I was not try-

ing to be foolhardy by going there. I wanted to explore the possibility of perhaps moving there, and couldn't do that if I didn't have boots on the ground.

So far, this has been a pleasurable experience. The weather was wonderful. As it was winter, it was a little on the cool side, with daily temperatures in the high teens to mid-twenties. Despite the language barrier (my brain just can't seem to remember the words I need) I found the people were always willing to help. I rented an apartment for the duration of my stay in

Ensenada as it was really cheap, and both Nerah and I were ready to have a little more space. I walked to the grocery store, market and bank. There was no difficulty in having access to my Canadian bank account. The apartment was in the centre of town, not in the tourist area, but I felt quite safe.

Travelling anywhere one needs to use caution. Everything is unfamiliar, but as a rule, if there are people on the street, it is safe to walk around. Mexico reminds me of Africa. I lived there for about eight years when I was a child. We had burglar bars on all of our windows and our property was fenced. But, generally, the local people



Churros.



Lookout Point at La Bufadora.

were merely trying to live. It was the same here. Yes, there is crime, but I honestly say it is worse here than anywhere else? What we read in our newspapers and hear on the radio are the

Continued on page 19



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## Tales from the road

Continued from page 18



La Bufadora.

very worst crimes. Suppose we judged a whole nation, such as the United States, on the horrific crimes we hear about there.

Gypsy, my GPS, once again led me off into the unknown. I'm not sure if that was because I didn't have the Mexican maps installed in her. I was too cheap to spend the extra money for them. Sometimes she takes me right to where I need to go, and sometimes she doesn't. It makes for some interesting travel. I found myself driving toward the hills I had been gazing at for the past few weeks, thinking, in my ignorance, that the wealthy folks must live up there. The road went from tarmac to cobblestones, and then to dirt, all the while becoming narrower and narrower. There were crumbling

buildings to my left and a drop-off to my right. Every single person I drove by stopped to look at me in astonishment. What the heck was this *gringa* doing up here? I was beginning to wonder the same thing. The residences reminded me of images I have seen of the infamous *favelas* of Brazil. Nothing but stark poverty surrounded me. On I drove, and upwards, hoping to find a place to turn around, until I came to the end of the road. Just like that! Now I really had a problem. My RV is small, but not small enough to navigate the turn I needed to get back down the hill. But there was no alternative, so I began timidly backing up. No sooner had I begun than an old gentleman and his wife came hurrying toward me. Between the three of us, and

the language barrier, we managed to pull it off. I was so incredibly grateful. Looking in my side mirror I couldn't help smiling when I saw the two of them clapping, waving and laughing. What wonderful people!

Aside from missing my kids, I have taken in the local sights. I celebrated *Carnaval en Ensenada* with the locals, being encouraged to join the parade for better photos. I went whale watching one day and was delighted to see gray whales up close. They migrate here every winter to breed. I visited La Bufadora, which is a marine geyser located on the Punta Banda Peninsula of Baja California. There are several markets in the area where fresh fruit, vegetables, cheeses, meat and fish can be purchased. The street vendors sell all manner of delectables. The food is ridiculously cheap, especially if you are a vegetarian.

The noise, though! Oh, my goodness, it doesn't stop. Day and night the trucks rumble by, shaking the foundation of the house. Dogs bark and, yes, I have heard the rooster, though he is quite far away. Sirens blare and music can be heard into the wee hours. The apartment overlooks a scaffolding manufacturing business, so I'm treated to those clangorous workings during the day. There is no zoning in this area, so there are homes next to factories,

but everyone seems to cope. I am amazed at how well I have adapted since I used to have to sleep with ear plugs in when I was raising my children, although they real-

ly weren't that noisy. And I can hear the cruise ships in the harbour, sounding their horns. This is the flavour of Mexico. □

I just got fired from my job at the keyboard factory. They told me I wasn't putting in enough shifts.



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Grey whale exhaling

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# What to do when your children do not want the family china

By Keith Callbeck

Keith Callbeck writes about minimalism and slow living on his blog at [www.minimalistcollector.com](http://www.minimalistcollector.com).

Retirees are downsizing to move into smaller living spaces. Boomers are downsizing to put their resources toward travel and active living. And Generation X and Millennials are not looking to upsize their lives any time soon.

An August 18, 2017 article in the New York Times entitled "Aging Parents with Lots of Stuff, and Children Who Don't Want It" cast a spotlight on this generational

challenge. Boomers looking to downsize are finding that their children do not want their extra furniture, grandmother's tea set, or even the family photo albums.

Historically, possessions and furniture were passed down from generation to generation. The beloved family china was a hotly-contested topic when it came time to pass along a lifetime's accumulation.

Today, many in the next generation are trying to figure out how to dodge a wave of "family heirlooms" they will never use and may have to pay to store.

The desire to pass along the heirlooms may be tied to

a sense of family history, or to the desire to pass along what you see as useful. It is important to ask yourself and your family if the items will provide value for them.

Both my parents and my wife's parents have been proactive with this process. They asked all of their children what heirlooms each wanted when the time comes for them to move out of their home into a retirement community or care facility. It was an open and honest discussion and now everyone is freed from having these discussions at what may be a more trying time.

As well as their children not feeling obligated to take

items, my parents know they are not in charge of "holding onto" anything just in case. My mother can pass along her china or spoon collection to another family member at any time, assured that I have no expectation she is holding them for me.

The hope for these items is always that the value will be passed along, as a family memory, or as a practical item. I do not believe anyone passes along an heirloom to create an inconvenience for their children.

If you are decluttering or downsizing, look for non-profit organizations in your community that can benefit from what you do not need anymore.

Kerby Centre runs the Next to New shop which accepts donations of used clothing.

Other organizations such as Women In Need and Sal-

vation Army accept a wide variety of items for resale in their shops.

# Probiotics and prebiotics: What they are and why they're good for you

You've probably heard that probiotics and prebiotics are helpful in maintaining a healthy digestive system. But how do they work, and what's the best way to incorporate them in a healthy diet? Here the Canadian Health Food Association (CHFA) sheds light on these trending natural health products.

Probiotics are living bacteria, and are also referred to as our good gut bacteria. They offer a host of health benefits, such as helping to re-establish your intestinal gut flora after it's thrown off from illness, as well as keeping your immune system primed. Great sources that are rich in probiotics include many yogurts and fermented foods like kimchi,

sauerkraut and kefir.

Making sure your digestive system is well maintained by probiotics also helps improve your body's immunity, meaning you'll be able to fight off invading bugs that can cause common digestive problems like diarrhea and conditions like irritable bowel syndrome, according to studies.

Prebiotics are just as important, but unlike probiotics they're not live bacteria. Prebiotics is the term used for non-digestible fibres that act as food supply for probiotics. This means that we should be eating foods that are rich in prebiotics to keep our body's gut healthy, which in turn keeps our overall systems running smoothly.

Common foods that are rich in prebiotics are whole grains, garlic, onions, and a wide variety of fruits and vegetables. If you're having trouble getting enough probiotics or prebiotics from your diet, consider supplementation.

You can easily tell which supplements contain quality probiotics and prebiotics by looking for the eight-digit Natural Product Number (NPN) on the label, which means Health Canada has reviewed and approved the product for high quality. Check with your health care practitioner to see what's best for you, and head to your local CHFA Member health food store to find a variety of options.

[www.newscanada.com](http://www.newscanada.com)

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**ASK THE EXPERT ABOUT HEARING LOSS**  
By Dr. Carrie Scarff

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

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

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

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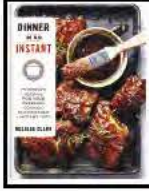
# Quick and easy meals

Page design & layout by Winifred Ribeiro

**D**inner in an Instant gives home cooks recipes for elevated dinners that never sacrifice convenience. Melissa Clark turns her imagination to countertop appliances providing imaginative recipes such as Fresh Coconut Yogurt, Japanese Beef Curry, Osso Buco, Smoky Lentils, Green Persian Rice with Tahdig, and Lemon Verbena Crème Brûlée.

Dinner in an Instant provides instructions when possible for making the same dish on both the pressure cooker and slow cooker settings, allowing home cooks flexibility. Symbols guide the reader toward Paleo, Vegan, Vegetarian, and Gluten Free dinners.

Fresh, approachable, and classic, *Dinner in an Instant* is Melissa Clark's most practical book yet.



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## SPANISH GARLICKY SQUID + CHORIZO

Cooking squid in the pressure cooker takes all the anxiety out of its preparation, with the flesh turning out perfectly tender and supple without ever becoming rubbery. Serve this over rice or with some crusty bread to mop up the salty, garlicky, pork-flavored pan juices. Be sure to use cured Spanish chorizo here, not the fresh kind found in butcher shops

**TIME:** 25 minutes **YIELD:** 3 to 4 servings

1 1/2 pounds cleaned squid, cut into rings, large tentacles halved  
2 tablespoons extra-virgin olive oil  
3 ounces cured chorizo, diced (about 2/3 cup)  
3 fat garlic cloves, thinly sliced

Kosher salt and freshly ground black pepper, to taste  
1/2 cup fresh parsley, chopped  
Finely grated lemon zest (optional)  
Flaky sea salt, to taste  
Lemon wedges, for serving

1. Lay the squid pieces on a dish towel to dry while you prepare the chorizo.
2. Using the sauté function, heat the oil in the pressure cooker. Stir in the chorizo and cook until it starts to crisp, about 5 minutes. Using a slotted spoon, transfer half of the chorizo to a paper-towel-lined plate and set it aside. Stir the garlic into the pressure cooker, and cook until fragrant, about 1 minute. Stir in the squid and a pinch of salt and pepper. Cover and cook on low pressure for 1 minute, and then release the pressure manually.

3. Use a slotted spoon to transfer the squid to a serving platter, and toss it with the parsley and reserved chorizo.

For a bright, clean flavor to finish, top with grated lemon zest. For a more intense, smoky flavor, after removing the squid, reduce the sauce in the pressure cooker on the sauté function until thick, 5 to 10 minutes. Strain, and serve the sauce on the side. Top either version with flaky sea salt, and serve lemon wedges on the side.

## TANGERINE CARROTS WITH RICOTTA, CHIVES + WALNUTS

Sweet carrots get even sweeter when caramelized in butter, then cooked until silky soft in the pressure cooker. The better your ricotta, the better this very simple dish will turn out. Or skip the ricotta and top the carrots with crumbled feta, goat cheese, or even cubed fresh mozzarella. Anything creamy will work nicely. And if you don't like walnuts, substitute any kind of nut you do like. This dish really benefits from the crunch.



## GARLICKY CUBAN PORK

This cumin-scented, garlic-laced pork is marinated with grapefruit, lime, and fresh oregano for a flavor that's earthy and garlicky, yet bright from the citrus. The meat itself is as tender as can be, falling to shreds with the touch of a fork. Serve it over rice. Or tuck it into tortillas along with some salsa and avocado to create tacos.

**TIME:** 2 1/2 hours, plus 1 hour marinating

**YIELD:** 8 to 10 servings

8 garlic cloves  
Juice of 1 grapefruit (about 2/3 cup)  
Finely grated zest and juice of 1 lime  
3 tablespoons extra-virgin olive oil  
2 tablespoons light brown sugar  
1 tablespoon fresh oregano leaves  
2 teaspoons ground cumin  
1 1/2 tablespoons kosher salt, plus more to taste

1 4 to 5 pound boneless pork shoulder, cut into 4 pieces  
1 bay leaf  
Chopped fresh cilantro leaves, for serving  
Lime wedges, for serving  
Hot sauce, for serving  
Tortillas, for serving (optional)  
Fresh tomato salsa, for serving (opt.)

1. In a blender or mini food processor, combine the garlic, grapefruit juice, lime zest and juice, 2 tablespoons of the oil, brown sugar, oregano, cumin, and salt; process until blended. Transfer to a large bowl and add the pork and bay leaf; toss to combine. Marinate, covered, at room temperature for 1 hour (or refrigerate for up to 6 hours).
2. Using the sauté function set on high if available, heat the remaining 1 tablespoon oil in the pressure cooker (or use a large skillet). Remove the pork from the marinade, reserving the marinade, and shake the meat to remove any excess liquid. Cook until it is browned on all sides, about 12 minutes (you will need to do this in batches, transferring the browned pork pieces to a plate as you go).
3. When all the pork is browned, return the pieces to the pot along with any juices from the plate. (If you used a skillet, add 1 tablespoon water and use a wooden spoon to scrape the skillet well to include all the browned bits stuck to the bottom.) Add the reserved marinade to the pot. Cover and cook on high pressure for 80 minutes. Let the pressure release naturally.
4. Remove the pork from the cooking liquid (jus). Taste the jus, and if it seems bland or too thin, boil it down either in the pressure cooker on the sauté setting or in a separate pot on the stove until it thickens slightly and intensifies in flavor, 7 to 15 minutes. Remove the bay leaf and add a bit of salt if necessary. If you'd like to degrease the jus, use a fat separator to do so, or just let the jus settle and spoon the fat off the top.
5. Shred the meat, using your hands or two forks. Toss the meat with the jus to taste (be generous—1 1/2 to 2 cups should do it), and serve with cilantro, lime wedges, and hot sauce.

**TIME:** 30 minutes

**YIELD:** 4 servings

1/2 cup walnuts (or use another type of nut if you prefer)  
1 pound carrots, halved or quartered if large, cut into 2-inch chunks  
1 tablespoon butter  
1 tablespoon fresh tangerine, clementine, or orange juice, plus more for serving  
1 teaspoon fennel seeds, lightly crushed in a mortar and pestle or with the side of a heavy knife (optional)  
1/4 teaspoon kosher salt  
1/2 cup fresh ricotta  
2 tablespoons chopped fresh chives  
Extra-virgin olive oil, to taste  
Flaky sea salt, to taste

1. Heat the oven to 350°F.
2. Spread the nuts on a small rimmed baking sheet and bake until lightly browned, about 10 minutes. Once they have cooled, give them a rough chop.
3. In the pressure cooker, combine the carrots, butter, tangerine juice, fennel seeds, and salt. Cover and cook on high pressure for 2 to 3 minutes, depending on how soft you like your carrots. Release the pressure manually. Turn the sauté function on, and cook until the carrots start to caramelize, occasionally tossing them gently for even browning.
4. Transfer the carrots to a serving platter, and toss them with another squeeze of tangerine juice. Dollop with the ricotta, and then top with the chives, walnuts, a drizzle of olive oil, and sea salt to taste.



# City reviews cannabis legalization impacts

The Government of Canada introduced legislation in the spring of 2017 to legalize and regulate non-medical cannabis use.

Cannabis will remain illegal as the bill moves through the legislative process. If it is approved by Parliament, the bill could become law, with a target date of July 1, 2018.

The City of Calgary, like other municipalities across Canada, is currently reviewing what this legislation might mean for our city.

In the fall of 2017, the City conducted engagement to gather feedback about policy and regulation areas that are within the City's control and responsibility.

The City was looking for feedback to help inform of the need for changes and updates to affected Calgary bylaws, and input on the development of new bylaws and policies to respond to the legalization of cannabis.

The City hosted three stakeholder workshops and collected online public feedback on the following topics:

- Business licensing
- Community standards bylaws
- Land use planning
- Other affected bylaws

The Alberta Cannabis Framework was developed following extensive public and stakeholder engagement to best achieve the four policy priorities for cannabis legalization in our province. They are as follows:

1. Keeping cannabis out of the hands of children and youth.
2. Protecting safety on roads, in workplaces and in public spaces.
3. Protecting public health.
4. Limiting the illegal market for cannabis.

During senate discussions the issues raised were:

Canada has a long record of leading the war on drugs. The history of the war on drugs dates back to 1908 when the Minister of Labour went to Vancouver after race riots took place in the Chinese community, primarily in the storefront areas where there were Chinese and Japanese business owners whose shops were destroyed and windows smashed. Minister King came back from Vancouver and brought in the Opium Act in 1908 or 1909. In 1911 it was amended. It became the Opium and Drugs Act. In 1923 cannabis was added.

In 1929 it became the

Opium and Narcotic Drug Act. For a long time that was Canada's mainstay approach toward controlling drugs, and its approach to drug policy.

In 2011, the Safe Street and Communities Act brought forward amendments to the Controlled Drugs and Substances Act with mandatory minimum sentencing. I raise that because it was interesting that this Senate at the time weighed in on that issue as it had impacts on Aboriginal communities, which is one of the focuses that we often talk about and the lens and the filter that we bring to examining bills.

So the Supreme Court set out the necessity for courts and the justice system to continue to understand, at least in the case of Aboriginal peoples, the societal, cultural and justice circumstances that bring Aboriginal peoples to courts in these circumstances.

President Nixon, in 1972, set up the Shafer Commission. It was former Pennsylvania Governor Raymond Shafer who chaired that. The President expected that it would be a rather straightforward and hard-hitting report that would continue to support the approach of the war on drugs.

In fact, the Shafer Commission came back and they did not argue with legalization, but they did argue for decriminalization. They argued for an end to prohibition. They were looking at whether the policies they had in place in the United States were working. What was the impact of cannabis, and what should they do going forward? They made a recommendation to end prohibition, and in this case back in 1972 the measure they suggested was decriminalization.

In 2014, the New York Academy of Medicine issued a statement saying that "In the long run, marijuana legalization appears to hold the greatest promise for effective and intelligent control of marijuana use."

The New York Academy of Medicine made that statement in 2014 in the context of a 70-year look back to the LaGuardia commission. The commission, set up by the mayor of New York at the time — made it into almost a personal war between him and Harry J. Anslinger, the first commissioner of the Federal Bureau of Narcotics. They had very different views, but the LaGuardia commission came up with

some radical statements such as: this is not a gateway drug, it doesn't lead to use of heroin and it is not a cause of juvenile delinquency — things we hear talked about now and that are still being debated.

The history looked at racial impacts, whether it was Aboriginal peoples, and who had been mostly negatively impacted by the war-on-drugs approach. It was largely people in poverty and people of colour in the U.S. Those questions of what the impact of that policy has been, who pays the most for that policy and how it relates with other issues, such as race, and our overall history on prohibition and other things, are all important context setters for how this debate comes to us.

The public health approach raises a number of issues of concern: eradicating the black market; developing pricing and tax policy; growing and distributing; parents' role in educating and preventing harm to children; youth consumption; brain development; safe levels; illicit market; regulating and monitoring. It is complex, and I don't even want to think about one year from now, where someone will have to answer the very important question that no one has yet dared to ask: How on earth will we baby-proof a muffin?

A very strong, quantifiable commitment from our leaders to social change, education and awareness will be part of the solution. While we are going to study this bill in various committees.

Bill C-45 is addressing only a small part of the landscape when it comes to the challenges facing our youth, but it is an important one, and we can't afford to get it wrong.

The Senate of Canada is currently debating Bill C-45, the Cannabis Act.


Bill C-45 is a piece of government legislation that would legalize access to cannabis in Canada. The bill would also control and

regulate how cannabis is grown, distributed and sold.

Bill C-45 was introduced in the Senate and given first reading on November 28, 2017.

"The truth is, of course, that there is no journey. We are arriving and departing all at the same time."

- David Bowie



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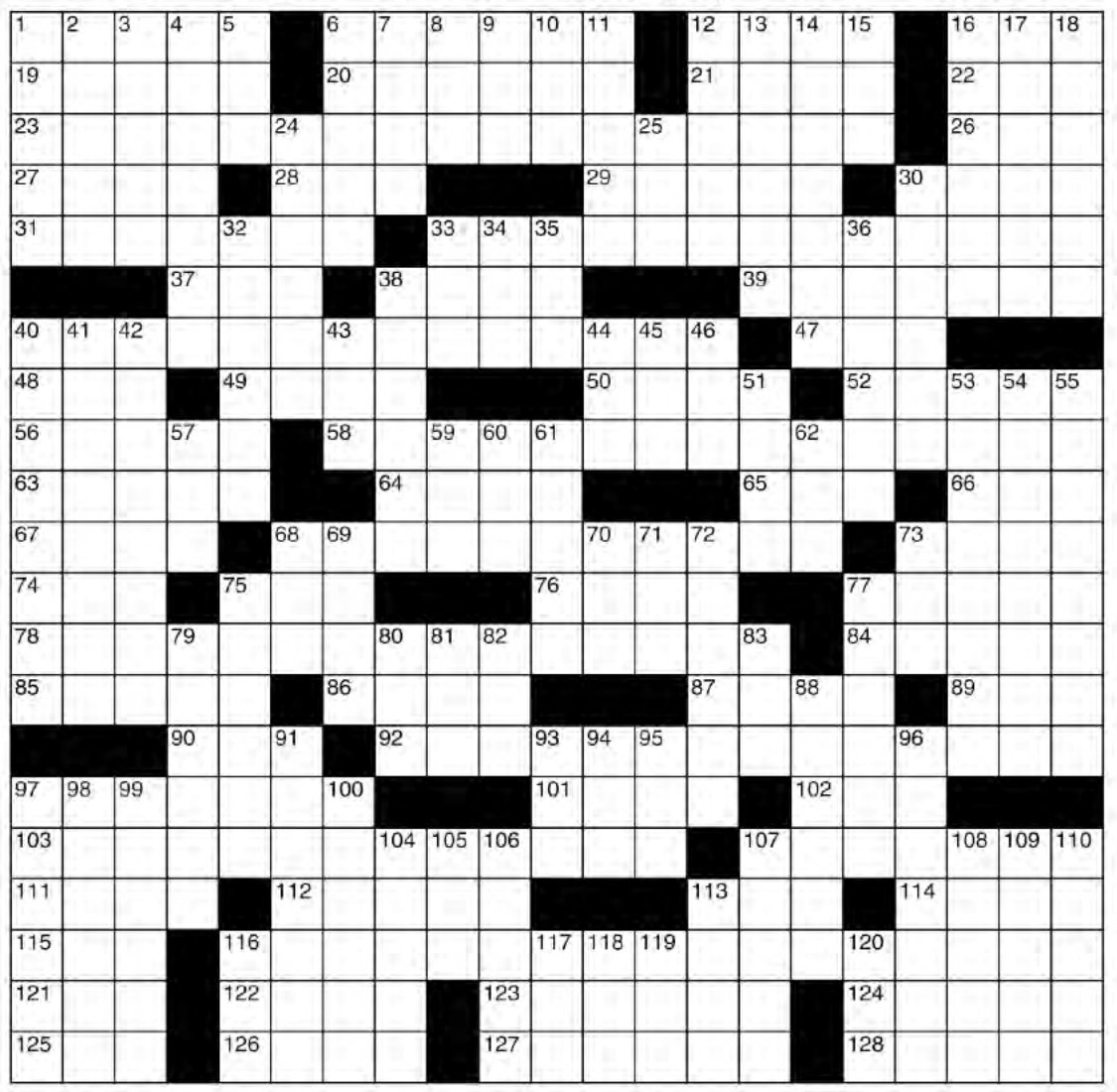


# Crossword Puzzle

## PREMIER CROSSWORD/ By Frank A. Longo

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| 22 Not be idle                                                    | 64 Explorer                                                              | 102 Special span                                                   | 3 61-Down producer           | 41 Highway pull-off          | 82 Having five sharps          |
| 23 Discoverer of Uranus ... and "The Office" co-star              | 65 Rose color                                                            | 103 Large, hooded snake ... and "60 Minutes" reporter for 26 years | 4 Open, as a shutter         | 42 Polynesian-themed lounges | 83 Central point               |
| 26 Spoil                                                          | 66 Klee output                                                           | 107 Cited as evidence                                              | 5 Luau paste                 | 43 Quad bike, e.g.           | 88 Joined with                 |
| 27 "Orinoco Flow" singer                                          | 67 Bistro bills                                                          | 111 Ship sailing past sirens                                       | 6 Peaks                      | 44 Classic car               | 91 React to, as a bad pun      |
| 28 Sea, to Luc                                                    | 68 Olay product ... and "My Cup Runneth Over" singer                     | 112 "— Less Ordinary"                                              | 7 Nobelist                   | 45 Actress Blyth             | 93 Moray, e.g.                 |
| 29 Buenos —                                                       | 73 Sheriff Andy Taylor's tyke                                            | 113 Suffix with 66-Across                                          | 8 Long to undo               | 46 Turndowns                 | 94 "Norma —"                   |
| 30 Commanded                                                      | 74 Coach                                                                 | 114 Liquefy                                                        | 9 NHL's Bobby                | 51 "Of course!"              | 95 Suffix with compliment      |
| 31 PCs on planes, often                                           | 75 — polloi                                                              | 115 Rolodex no.                                                    | 10 "— for Alibi"             | 53 1996 role for Madonna     | 96 Fried quickly               |
| 33 Long-range German gun of WWI ... and "Apollo 13" Oscar nominee | 76 "T.N.T." rock band                                                    | 116 Money from investments ... and Reagan cabinetee                | 11 1983 Mr. T comedy         | 54 Steeping sauce            | 97 Glides on ice               |
| 37 Letter #3                                                      | 77 Game venue                                                            | 121 Previous to                                                    | 12 "— is human ..."          | 55 Snacker on termites       | 98 Job opening fillers         |
| 38 Bern's river                                                   | 78 Officer played by Phil Silvers ... and 1970s-'80s New York City mayor | 122 Jib holder                                                     | 13 Bays, e.g.                | 57 Capone and Unser          | 99 He directed "Life of Pi"    |
| 39 To the extent that                                             |                                                                          | 123 "No clue"                                                      | 14 Detective, slangily       | 59 Dupe                      | 100 Most adept                 |
| 40 1975 Wimbledon winner ... and "Shape of You" singer            |                                                                          |                                                                    | 15 Suffix with priest        | 60 Plus more: Abbr.          | 104 Gaucho rope                |
|                                                                   |                                                                          |                                                                    | 16 Hedy of film              | 61 Reef stuff                | 105 Mali's cont.               |
|                                                                   |                                                                          |                                                                    | 17 National park in Maine    | 62 Guitar pioneer Paul       | 106 Kin of khaki               |
|                                                                   |                                                                          |                                                                    | 18 Italicize, e.g.           | 63 "— wise guy, eh?"         | 107 Natty tie                  |
|                                                                   |                                                                          |                                                                    | 24 Electrical current unit   | 69 Caring                    | 108 "Vette, e.g."              |
|                                                                   |                                                                          |                                                                    | 25 Move quickly              | 70 Martin Luther opponent    | 109 Atelier tripod             |
|                                                                   |                                                                          |                                                                    |                              | Johann                       | 110 Reflect (on)               |
|                                                                   |                                                                          |                                                                    |                              |                              | 113 Rural hotels               |
|                                                                   |                                                                          |                                                                    |                              |                              | 116 Thurman of "Prime"         |
|                                                                   |                                                                          |                                                                    |                              |                              | 117 Tokyo, once                |
|                                                                   |                                                                          |                                                                    |                              |                              | 118 Fizzling thing             |
|                                                                   |                                                                          |                                                                    |                              |                              | 119 Opal finish?               |
|                                                                   |                                                                          |                                                                    |                              |                              | 120 Hosp. scan                 |



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- Unlock the value in your home without having to sell or move away.
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Call for a free no obligation consultation.

**Brian Sorochan**

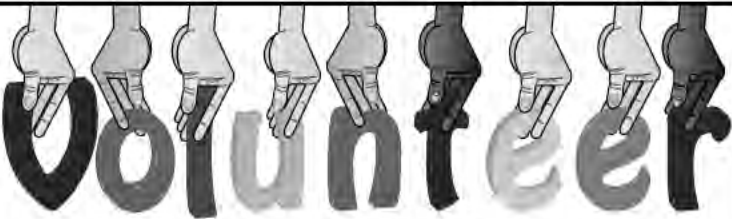
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E-mail: carewest.hr@ahs.ca

www.carewest.ca



### Sudoku Puzzle

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

Solution on page 35

Solution on page 35

THE SURVEY FOUND THAT MANY BABY BOOMERS NOW PREFER MEANINGFUL EXPERIENCES TO NEW POSSESSIONS

DOES IT SAY WHY?

THEY'VE RUN OUT OF STORAGE SPACE.



by Roddy Thorleifson no rights reserved





# Activities, Programs & Services

Kerby Centre 1133 7th Ave SW

Daily Drop-in Programs and Activities. Except where indicated, the drop-in fee is \$2.00

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

## Mark Your Calendars For These Upcoming Events

**Annual General Meeting  
Celebrating Legacy**

**April 24th, 2018**

Kerby Centre Gymnasium  
1133 7th Ave SW

9:00 am

Entertainment and  
Light Refreshment

10:00 am - AGM Begins

*This event is open to all Kerby Centre Members and stakeholders. Memberships can be renewed by*

Phone: 403 265-0661  
Website: [www.kerbycentre.com](http://www.kerbycentre.com)  
or at Kerby Centre

*Alberta* Seniors and Housing

**Seniors Week - June 3 to 9th 2018**

Seniors who are committed to remaining informed, active, and engaged are the best examples of what it means to age well. At Kerby Centre we have long recognized, and supported, the contribution of the seniors in our community, workplaces and society. Kerby Centre is pleased to present a week-long celebration of seniors with events and activities that will inform, entertain and provide fun social interaction.

Please mark your calendars and watch for further details of exciting events taking place daily, June 4th thru 8th, at Kerby Centre, such as:

- A presentation & panel discussion with a focus on "What's Next", Seniors transitioning in today's workplace; becoming *Seniorpreneurs* and Volunteering
- An afternoon social event with music and entertainment, and a drop in popcorn and movie afternoon
- A day of Mind/Body Health awareness, includes a presentation on Dementia and information about Active Aging Techniques & ways to stay engaged
- Strategies on successful investing and financial and personal information safety

For further detail, please contact Kerby Special Events at 403 705-3178

Calling All Runners/Walkers  
Please Register To Join The  
Kerby Team To Participate in

**The Scotiabank Charity Challenge  
May 27, 2018**

Be Inspired to *Move in 2018*. and help  
Kerby Centre reach our \$15,000 goal

To register, or for full details of how you  
can represent & support Kerby Centre

Email [colleenc@kerbycentre.com](mailto:colleenc@kerbycentre.com)  
or call 403 705-3178

Join Us April 18th as we  
celebrate National Film Week

**My American Cousin**

Based on writer-director Sandy Wilson's own  
memories this movie won six Genie Awards,  
including Best Picture. It remains one of  
Canada's best loved coming-of-age films.

10:00 am to Noon

Private Dining Room - Lower Level  
Free Admission - Refreshments Available For Purchase

**Monthly Movie  
Brooklyn**

Friday, April 27th  
1:00 PM The Kerby Lounge

Tickets are \$1.00  
Price includes a snack & drink!  
Available at Ed & Rec - Room 305  
Sponsored by Lake Bonavista

**Kerby Centre  
Education & Recreation**

River Walk - April 24<sup>th</sup>  
(if bad weather it will be a +15 walk)

Register with Ed & Rec Room 305  
Phone 403 705-3233

**Next to New**  
½ Price Men's Wear Week-Long Sale!  
April 23<sup>rd</sup> - April 27<sup>th</sup>

## Free Presentations At Kerby Centre

**Options** Group For Mature Jobseekers  
45+

**Apr 3rd**  
**How To Market Yourself**  
Identifying Transferable Skills

**April 10th**  
**Grow Who You Know**  
Utilizing Your Personal Network

**April 17th**  
**Cover Letters & Resumes**

**Apr 24th**  
**Career Resources at the  
Calgary Public Library**

Kerby Centre Room 318  
For more information, or to register, please  
Phone 403 705-3217 or  
Email [opions45@kerbycentre.com](mailto:opions45@kerbycentre.com)

**Music Therapy**  
With Nynne Collins, Musician and Accredited  
Music Therapist - Hummingbird Music Therapy

Monday, April 16, 2018  
10:30 am to 11:30 am  
Kerby Lecture Room

**Seniors Pension and Benefits  
Presentation By Jim Evans**  
(Citizen Services Specialist—Service Canada)

**April 13th, 2018**

10 am to 11:30 am  
at Kerby Centre (Lounge)

## Kerby Day Trips

For more information or to book your trip contact Kerby Travel at 403-705-3237 or email [travel@kerbycentre.com](mailto:travel@kerbycentre.com)

**Wednesday, April 18th  
Museum of the Highwood**

Enjoy a coach ride to High River,  
lunch and a self guided tour of  
historical and local exhibits such  
as the Films of the Foothills,  
featuring HEARTLAND memorabilia.  
(Lunch Not Included)

**Members \$38 Non Members \$48**

**Wednesday May 16th  
Driving Miss Daisy**

Rosebud Dinner Theatre

Enjoy a scenic coach ride to Rosebud,  
Alberta for a country style lunch  
and live stage performance.  
(Includes bus, show & lunch)

**Members \$120 Non-Members \$130**

"Fore" Kick off Spring with a fun  
9 Hole Golf Game

**Wednesday, May 30th  
McCall Lake Par 3**

Meet together for lunch at Beckham's Pub  
& Eatery before teeing off at 1:30  
(Transportation & lunch not included—clubs and pull  
or power carts are available for rent)

**Members \$22 Non-Members \$30**

**benefit**

TAKE CONTROL,  
ACCOMPLISH YOUR GOAL

Join our new benefit program - Set  
your goals Join our monthly walks -  
Share your inspiration & enter to win  
prizes!

For information contact  
Education & Recreation Room  
305 or 403-705-3233



# Classified Ads

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

**Classified Rates**  
Starting at \$18.50\* (50 characters 2 lines)  
Classified deadline for May issue must be received and paid by April 6.



- Classified Ad Categories**
- 10 Health
  - 11 Foot Care
  - 12 Home Care
  - 13 Mobility Aids
  - 20 Home Maintenance
  - 24 Landscaping
  - 26 Services
  - 30 For Sale
  - 33 Wanted
  - 45 For Rent
  - 48 Real Estate

## 10 Health

**CERAGEM Calgary**  
Sales Service Parts  
403-455-9727

## 11 Foot Care

**Alberta's Mobile Foot Care**  
The company that Calgarian's trust the most. Putting a "Spring" back into YOUR step!  
Liane at 403-512-2429 or [www.albertasmobilefootcare.ca](http://www.albertasmobilefootcare.ca)

**All about Seniors** is now offering quality Footcare services. Provided by a certified professional foot care specialist with a caring approach and a gentle touch.  
403-730-4070  
[www.allaboutseneiors.ca](http://www.allaboutseneiors.ca)

*Kerby News is the official publication of Kerby Centre*

**Ohana Care Health Services**  
Advanced Foot Care in the comfort of your own home. Diabetics, fungal, ingrown nails, corns & callouses. VAC Health identification card accepted.  
Call 403-300-2273

**Special promotion for new clients.** Call Becky @ 403-472-8885 for details. Advanced foot care nurse, specialized in diabetic foot, fungal, ingrown nails, corns and callouses.

*Kerby News Classifieds Get read!*

**Who Else Wants To Have BEAUTIFUL FEET This Summer?** Your feet can look and feel better this summer than they have in YEARS! Certified Pedicurist, Marion Smith-Olson treats athlete's foot ... persistent fungus issues ... cracked, flaking, and misshapen toenails ... as well as other foot ailments. LOVE your feet, and show them off, this summer! Call Toes On The Go Footcare at 403-620-7851 today for more information

## 12 Home Care

Caregiving, cleaning, cooking 20 yrs exp respite \$15/hr ph: 403-251-2767 or 403-714-7545

**Home Residential Cleaning Services**—wkly, biweekly, mthly. Decluttering, organizing, house sitting. 20+ yrs exp. Bonded & insured. Pls leave msg or text for Liz 403-519-3004

**just4familyservices.com** housekeeping/meal prep, In/out of home companionship. Accompany appts shopping.  
Corinne 403-590-2122  
[just4familyservices@shaw.ca](mailto:just4familyservices@shaw.ca)

Stella the care helper. No job too small. Specializing in cleaning for seniors: laundry service, windows, move in/out, grocery & personal shopping 403-890-9861

The Home Care Difference Whether it be cleaning, cooking, or running errands, I can help. Call Marjorie 403-813-7703

## 13 Mobility Aids

Seniors Special **FREE** Liftchair **FREE** orthotics  
Must be 65+ . Call to see if you qualify 403-259-2474

The Wheelchair Guy Buy or sell: wheelchairs, beds, commods, etc, Pls call 403-796-2648

## 20 Home Maintenance

A2Z General Contracting Bath, basement, deck, door, drywall, electrical, fence, hardwood, painting, tile, plumbing, windows. Basil 403-604-9058/403-390-0211

## GLOBAL HOME ELECTRIC

Residential Electric Services, house wiring, troubleshooting, lighting, receptacles, panel upgrades and much more. Licensed, bonded and insured. Call Mario-Master Electrician 403-619-6262

Handyman. Plumbing, electrical, painting, down sizing haul-aways and general repairs. Best rates. BBB and Kerby member. Call Chris anytime 403-850-0005

**Londonderry Painting** Int & ext painting. Ceilings, wallpaper, Sr. disc Free est. Howard 403-226-3456

Senior working for seniors - will do small repairs, electrical, plumbing, carpentry work. Call Jim 403-249-4180, cell 403-519-8761

**Millennium Contracting Ltd**  
For all your exterior home repairs/replacements. Int & ext painting. Roofing, siding, soffit, fascia eaves troughs, etc. Please check full details on our website: [millenniumcontracting.ca](http://millenniumcontracting.ca) or ph Shawn at 403-703-9132 I am a Kerby Centre member & a general contractor in Calgary for over 30 yrs.

**Painter**  
Int & ext. est 1974  
Semi-retired Sr disc.  
Wayne 403-804-2046

**Quality Painting**  
Responsible & senior friendly over 25 yrs exp on residential paint. Senior Disc. Reliable, Personal Service, Reasonable rates. Free Est. Call Les 403-863-0212

**The Scottish Painter and Sons**  
Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Ph 403-284-5154 403-875-8077 Refs avail. [www.thescottishpainter.ca](http://www.thescottishpainter.ca)

**Tony Peterson Eavestrough**  
Quality work, prompt service. Free estimates 5" continuous gutter install. Cleaning & Repairs Service (Since 1997)  
Call Tony 403-230-7428

**Total Home & Business Repair (Ltd)** 40 years exp Handyman & Renovations. Call Riley 403-615-1621

## 24 Landscaping

Lawn cutting avail in NW Reasonable rates  
Contact Karl 403-651-3900

**SILVERFOX LAWCARE**  
LAWN AND TREE CARE, SMALL RENOS FOR HOME AND YARD  
SENIOR FRIENDLY RATES  
CONTACT SHELLY: 587-435-4904

Snow removal, summer yard care & haul-aways. Best rates. BBB & Kerby member. Call Chris anytime 403-850-0005

**"THE YARDIST LTD"**  
**TREE & SPRAY SERVICE**  
Tree pruning/tree removal/fertilizing/insect & disease control. Certified arborist. Licensed. Insured. **Senior Discount. Ph: 403-242-3332**

## 26 Services

**!!! Great Haircuts!!!**  
Sandra's Mobile Barbering Service. Have shears will travel. 25 years experience. Will go to your home, hospital, nursing home, etc. 403-288-5591 Please leave message if no answer.

**AZPERLEGAL SERVICES**  
20+ yrs exp drafting Wills, Enduring Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer. I am a mobile service - I will come to you. Pls call 403-629-5702 or email [cherrington@azperlegal.com](mailto:cherrington@azperlegal.com) for appt. AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit [www.azperlegal.com](http://www.azperlegal.com)

**Best Deal Junk Removal**  
All trash incl. dirt, sod, yard clean up, tree trimming. Free estimate 403-828-7373

*Kerby News can be viewed online at [www.kerbycentre.com](http://www.kerbycentre.com)*

Carpet cleaning, or garbage hauling - 1 piece or whole bunch of garbage. Call Don @ 403-383-9864

**Corrine's Home Hair Care** in the comfort of your own home Perms, cuts, & styling. Pls ph 403-589-2069

Five Star Referral Calgary Moving, carpet cleaning, window/power washing, gardening, handyman services, art work Call Brian 403-230-7729

For J.R. Watkins Natural Products Ph 403-247-4580 or 403-680-3484 [rebel49@shaw.ca](mailto:rebel49@shaw.ca)

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Senior Discount Available  
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**Handyman**, semi-retired, licensed, WCB, reasonable rates, flexible schedule, available for household repairs. For more info call Howard 403-235-1529

House sitting and welfare check. Day or night. All visits filmed and time stamped for insurance purposes. Licensed Alberta Security Specialist. BBB and Kerby member call Chris anytime 403-850-0005

*Follow Kerby Centre on Twitter, Facebook and Linked In*

Mature man will build or repair wooden fences and decks. Smaller jobs only. Call 403-289-5760 or [rwheatley@shaw.ca](mailto:rwheatley@shaw.ca)

**Meticulous cleaning**, grocery shopping, organizing, errands. Insured and bonded. Call Cynthia 403-612-2993

New to or frustrated with computers & other technologies?  
Call **The Computer Helper**, Michele Madsen, for your customized, private, in-home appt. at 587-894-9487.  
**In Calgary & Airdrie.**

**WE FIX COMPUTERS**  
Computer repair & lessons,  
Great service  
Affordable rates  
403-481-8080  
[www.xentas.ca](http://www.xentas.ca)

## 30 For Sale

1 plot Mt View Mem Gdns - "Garden of Heritage" Options: 1 casket + 2 urns OR 3 urns, no casket. Selling for \$1750. Reg Price \$3000. Ph: 403-934-9400 or email [terryfitzsimmons11@yahoo.ca](mailto:terryfitzsimmons11@yahoo.ca)

## 33 Wanted

**Buying antiques & collectibles**, old jewelry, license plates, badges, watches, china, figurines, cup/saucers, tools.  
Call Kevin P 403-660-0483

*Calgary and surround reads Kerby News monthly*

Wanted old postcards  
David 403-285-4833

Volunteers needed at Auburn Bay residence! Pls call Bianca at 403-234-9695 if interested!

## 45 For Rent

2 bdrm, living rm, kitchen, dining rm, shower & tub, lg laundry rm with W/D & lots of cupboards space. Separate entrance, near #1 bus stop & grocery stores \$875/mth 403-247-8639

Applewood Condo for rent \$1000.00 (+55 incentives) Newly painted, utilities incl., window covers, East Hills Retail. 403-402-8152  
Rentfaster.ca listing ID: 332277

55 PLUS LIVING at the beautiful Legacy Estates. 5000 Somervale Ct SW, Calgary Two bdrm condo. \$1200/mth Call Dave 306-292-1111 or email [i80@sasktel.net](mailto:i80@sasktel.net)

**Sooke BC Pacific Coast** Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl. \$1000/mth. 403-720-8609  
No pets, no smoking.

**Continued on page 26**



Continued from page 25

**48 Real Estate**

**ADULT ONLY CONDOS**  
 ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS  
 www.CalgaryAdultCondos.com  
**No Hassle. No Obligation**  
 Debra & Peter Molzan  
 RE/MAX Complete Realty  
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Thinking of moving but need to sell first?  
 Free Home Evaluation  
 Find out what homes in your neighbourhood sell for.  
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 www.PriceMyCalgaryHome.com  
**No Hassle – No Obligation**

**50 Relocation Services**

**AAA-Brother's Moving Co.**  
 "Seniors deserve a break"  
 Brent 403-383-9586

ABC MOVING specializes in relocating seniors from one place to another.  
 \$\$ low low rates \$\$  
 Call Don at 403-383-9864  
 www.abcmoving.ca

**A-SAV-ON MOVING**  
 Serving Kerby clients for over 10 years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**

**WANT RESULTS!**  
 Book your classified ad in the Kerby News  
**403-705-3249**

A man asks a farmer near the field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:30 PM train."

The farmer says, "Sure, go right ahead. And if my bull sees you, you'll even catch the 4 PM one."

**Crossword Solution**

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

**Puzzle on page 23**

**How can we overcome an ageist healthcare system**

By Dane Wanniarachige  
 Dr. Kenneth Rockwood, a geriatrician in Halifax and Researcher with the Canadian

Frailty Network says that an ageist attitude is an underlying cause of unsuitable healthcare for older patients. The complicated conditions of elderly and frail patients clash with the current healthcare system which tends to focus on treating single illnesses. The key, he says, is a shift in attitude from a single illness approach to treating frail and elderly patients as a whole. By relying less on subspecialty medicine, and focusing

more on expert generalist care, treatment can be improved. Changing the system won't just benefit the elderly, claims Dr. Rockwood, it can also be used as a framework for improving care for all patients. Kenneth Rockwood is a geriatrician in Halifax, Nova Scotia and a researcher with Canadian Frailty Network (CFN), a not-for-profit organization dedicated to improving care for older Canadians living with frailty. EvidenceNetwork.ca.

**IN MEMORIAM**

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

Albert Erwin Adamczewski  
 Anita Therese Hare  
 Anthony Sherger  
 Elwin Dale LeFountain  
 Eva Rosanna Harbridge  
 F Shirley Fyke  
 Jean Maudsley  
 Joan Aurel Sabau  
 Joseph Paul Letourneau  
 Liselotte (Lilo) Bahr  
 Loretta Joan Szala  
 Riley Leslie  
 Ruth Helene Johanna Engels  
 Ursula Erna Malegowski  
 Valerie Marshall Woywod  
 William John Havie  
 Wilma Ann Gibbons

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.

**CALGARY CO-OPERATIVE MEMORIAL SOCIETY (CCMS)**

CCMS is a nonprofit member owned co-operative. We arrange discounted funeral plans for our members in Calgary, Airdrie, Cochrane, Okotoks, Strathmore, High River, Medicine Hat, Lethbridge, Taber and surrounding areas. Our service providers are locally-owned and operated. Members can save on average \$2500-\$5000 on their funeral arrangements depending on the plan selected. Since being founded in 1965, we have had more than 45,000 members.

**You can purchase a lifetime membership for only \$40 per adult.**

For more information visit [www.calgarymemorial.com](http://www.calgarymemorial.com), or call the CCMS at 403-248-2044 or 1-800-566-9959.



**Sudoku Solution**

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

**Puzzle on page 23**

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**The Kerby News Business and Professional Directory**

**Book your Business Directory**  
 3 1/4" x 2"  
**\$160**

**HANDY HELPERS**  
 Need help with tasks around the house? We can help you! Some of our common requests are: home/building maintenance, minor plumbing repairs, painting, cleaning, gutter/downspout cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, and on more technical work, & much more...  
 Call Jim at 403-992-9274  
 E-mail: [HandyHelpersCalgary@gmail.com](mailto:HandyHelpersCalgary@gmail.com)  
 Website: [www.HandyHelpersCalgary.ca](http://www.HandyHelpersCalgary.ca)

**Calgary Philatelic Society**  
 General Monthly Meetings with auction  
 1st Wednesday of the month start at 6:30 pm  
**Mid Month Auctions**  
 3rd Wednesday of the month start at 6:30 pm  
 \$10 off a new membership with mention of this ad  
**Kerby Centre** (2nd floor lecture room)  
 1133 7th Ave. SW Calgary, Alberta T2P 1B2  
[www.calgaryphilatelicsociety.com](http://www.calgaryphilatelicsociety.com)

**The Estate Lady**  
 Wills, Powers of Attorney, Personal Directives  
 Estate Probate/Administration Applications  
**Kimberly Wallace**  
 Paralegal, Commissioner for Oaths  
 25+ Years' Experience  
**Phone: (403) 870-7923**  
**Email: [estate.lady.ab@gmail.com](mailto:estate.lady.ab@gmail.com)**

**Spring Cleanup Special**  
**Power Raking Clean Up Aeration First Cut**  
**Starting at \$100**  
 Ask us about our seniors discount.  
**K&M**  
 403.969.5169  
[km337761@yahoo.com](mailto:km337761@yahoo.com)  
 Visa, Mastercard and cryptocurrency accepted



## Financial Planning:

### Donate Securities and Mutual Fund Units to a Registered Charity

*Kenneth Lin, CA  
Quadrant Chartered Accountants*

As a tax advisor, we often guide our clients in considering how they can best help their favorite charitable organizations such as the Kerby Centre as part of their tax plan and/or estate plan. One of the best ways to make a financial donation to a registered charity is by donating securities such as shares and bonds listed on a prescribed stock exchange as well as mutual fund units (all are referred to as “securities” in this article).

There are benefits to both the taxpayer and the charitable organization when someone donates securities. If the donor were to sell the securities and donate the cash to the charity, that taxpayer would first have to pay tax on the capital gain on those securities and the charity would receive less

cash. A capital gain is the difference between the proceeds on disposition and the original cost the securities were purchased for. By donating the securities directly to the registered charity, the taxpayer would not pay any tax on the capital gain. In both cases, the donor would receive a tax credit for the donation from the charity, but you will see from the illustration below, that it’s more advantageous to both the donor and the charitable organization to donate securities instead of after-tax cash.

	Sell securities and donate the after-tax proceeds	Donate securities directly to the charitable organization
Current Market Value	\$5,000.00	\$5,000.00
Original Cost of Securities	\$1,000.00	\$1,000.00
Capital Gain	\$4,000.00	\$4,000.00
Tax on Capital Gains (note 1)	\$960.00	\$0.00
Donation Amount after-tax (note 2)	\$4,040.00	\$5,000.00
<b>Your Charitable Tax Credit (note 1)</b>	<b>\$1,939.20</b>	<b>\$2,400.00</b>

**Note 1** — Assumes a 48% marginal tax rate applicable to the capital gain and the donation credit. This rate is applied to 1/2 of the capital gain.

**Note 2** — \$4,040.00 is \$5,000.00 proceeds less estimated tax of \$960.00.

As you can see above, the chosen charitable organization would receive \$960.00 more in benefit if a taxpayer donated securities rather than their after-tax cash. That taxpayer would also receive a greater tax credit from the donation to offset their taxes payable.

This same strategy can be incorporated into a taxpayer’s will, where they designate securities from their estate to be donated to a registered charity after death. The benefit to the estate is that there would be no capital gains on donated securities and the donation credit would reduce the tax to the estate upon death. Donations made by this method in the initial 36 months after death are deemed to be made by the estate and the charitable donation credits can be claimed either by the estate in the year of donation or in the final two years of the taxpayer’s life. □

*With all recommendations such as the ones in this article, we always recommend that people seek tax advice that’s specific to their own situations. Donations of securities require the completion and filing of tax election forms and tax returns with Canada Revenue Agency.*

## FINANCIAL PLANNING TODAY

**Topic:** Wills and Estate Planning

**LOCATION:** Kerby Centre -1133 7th Ave SW

**ROOM:** Kerby Centre Lecture Room

**DATE:** Tuesday, May 29, 2018

**TIME:** 10:00 am – 12:00 pm

**COST:** Free Presentation

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

We will also discuss the tax issues relating to estates and provide suggestions to minimize taxes.

**PRESENTERS:** Jonathan Ng,  
Underwood Gilholme,  
Kenneth Lin,  
Quadrant Chartered Accountants

Please **RSVP** to Rob Locke  
Director of Fund Development

**403-705-3235** or  
**robl@kerbycentre.com**

Sponsored by

*Bayshore*



### Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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



**Kerby Centre**

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

Please choose to make a difference today.

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

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

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

Payment by:

Cheque  Visa  Mastercard

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

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

Please send tax receipt to (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Email \_\_\_\_\_



**Kerby Centre**

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001



Picture yourself  
in a community  
created just for

**YOU**

**Affordable Housing: More than a Landlord**

It can be difficult to find suitable accommodation for a reasonable rent. For independent seniors, we provide great rental apartments geared to income or set below current market rents. Every Bethany rental property offers a unique sense of community that is reflective of the residents who call it home.

**Seniors Communities: Living Made Easy**

Our popular *Life Lease* program is tailor-made for active, independent seniors, offering an ownership arrangement that's similar in many ways to condo living. This option comes with the added advantage of guaranteed buy back. These bright, roomy homes offer independent, condo-style living at its finest.

**EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES  
EVERY WEDNESDAY IN APRIL FROM 11AM to 3PM**

**Riverview Village  
Affordable Housing**

2945 26 Ave SE, Calgary

**403.272.8615**

**Sundance on the Green  
Life Lease**

3 Sunmills Green SE, Calgary

**403.254.9800**



Discover your new home today at [BethanySeniors.com](http://BethanySeniors.com)

**bethany**  
CREATING CARING COMMUNITIES