

Kerby News

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for the **55** plus


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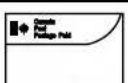


Calgarians gather at Lloyd's Recreation for public inline skating in Calgary. Lloyd's will be closing on February 18, 2018, after decades of operation. More on page 11. Photo by Kenneth Appleby.

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Wednesday 14 February, 2018
 Friday 16 February, 2018
 Monday 19 February, 2018

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President's Report Zane Novak

How quickly February came upon us.

The harsh weather of December fortunately gave us a bit of a reprieve in January. Is it just me, or does -30 with a breeze feel a whole lot colder than when I was a kid, hooking a team of horses and doing chores on my Uncle Lee's ranch by Lloydminster all those years ago?

I think back then I felt I was impervious to anything and everything the world could throw at me.

But time does pass, and life changes for all of us.

Speaking of history, this month 30 years ago, February of 1988 was truly a landmark year in the history of our city: 30 years ago, we hosted the XV Winter Olympics. Never before in the history of the winter Olympics had one been so successfully and profitably hosted. The boon to Calgary from that event and onwards, has been immeasurable.

Calgary is once again considering applying to be the host city. I am curious as to how this will turn out. Our city could certainly use a moral and civic boost, but as with all things, the cost and practicality must be carefully weighed. I personally am very curious as to the outcome of this proposal.

I look back on 2017 with a lot of thoughts and emotions. Being President of the Board of Directors for the Kerby

Centre was an extremely exciting year. We have worked tirelessly this past year to move our goal of a new Kerby Centre forward.

It's a task a bit like digging a well: you may think that you're making great progress, and then a bit of dirt sloughs in on you. Or you may feel that you'll hit water at a certain depth, but that may not always be true. And occasionally there is that stubborn, unforeseen rock that lies unannounced right in the path of your shovel.

We will no doubt experience all of these situations—and more—as we work on our relocation plan, but the anticipation of all that a new Kerby Centre will bring more than offsets the path we must take to get there. When we are in meetings with others and we share our vision, you can watch every single person in the room become enthralled with our future. It is certainly captivating and almost mesmerizing to be a part of this experience. Of course we

would like it to be done right now, but this is a long, thorough process that will follow a dictated course. And that is fine: all good things are worth the wait.

The reason the 1988 XV Winter Olympics were such a success was due to the Calgary Olympic Committee having a well thought-out plan, and then executing it. In fact, the President of the 1988 Calgary Olympic Committee, Frank King, has spoken at the Kerby Centre in the not-so-distant past and his wisdom and vision have helped to inspire us in our goal.

Our city is home to many true leaders, and as the Kerby Centre, we are fortunate to have many of them working on our behalf behind the scenes to keep us moving forward in such a successful way. I would like to thank our staff, our volunteers and all of the ones who sit on our various advisory committees as they continue to guide us forward on this exciting and yet adventurous path we are on. □

FEBRUARY 2018

Front page: Photo by Kenneth Appleby
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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CEO's Message Luanne Whitmarsh

February often brings up lots of feelings. Maybe the bills from Christmas are rolling in. Maybe you are weary with the weather and the long, cold days. Maybe you are wishing that you had a life partner to share Valentine's Day with and the untenable fantasy the retail

First and foremost, make February about you

industry instilled in our collective consciousness.

Or maybe it is the month to make a difference in your own life.

What if, starting this month, you make you a priority? Get to know you again. Make your own happiness without counting on others. Bring a smile to your own face knowing how funny you are.

We all get so caught up in our worries, fears and doubts that we clearly need to be reminded we are alive,

vital, funny, loving, and lovable—and we are worthy! When you care for yourself there is energy, vitality, hopes, and dreams.

If you want to make a difference in someone's life, you don't have to be brilliant, rich, beautiful or perfect; you just have to care first about yourself. Lead by example!

Have a wonderful month exploring love for yourself, and then expand it out to others! You are worthy, you are amazing!! □

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News from City Hall

EVAN WOOLLEY
Calgary Councillor for Ward 8

Calling for Calgary Awards Nominations

Happy New Year! As we usher in 2018, February marks an important month in our city. The Calgary Awards is one of the largest citizen recognition programs in Calgary. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous

year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

Our communities are filled with dedicated, thoughtful and compassionate Calgarians. I strongly encourage you to take some time to reflect on your own neighbours and all that they

do for your community, then, nominate them for a Calgary Award!

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards. The Calgary Awards are for Calgarians; individuals,

businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For specific eligibility requirements, how to nominate someone in your community and for more information visit: www.calgary.ca/calgaryawards. Nominations close on Wednesday, Feb. 28, 2018. □



This month in Edmonton

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

Frozen in February

We know the Alberta economy is recovering, but until that recovery is felt by all, our government will remain focused on supporting Albertans who need a hand now. Our future prosperity is in the hands of youth, and many of them are facing financial challenges. To support the quarter of a million post-secondary students who study and apprentice in Alberta, the government has extended the Alberta tuition freeze for a fourth year.

The Alberta Government is also providing backfill payments to publicly-funded post-secondary institu-

tions so that they don't suffer from less tuition income. I am focused on making life better for all Albertans, and these measures ensure that post-secondary education remains accessible, sustainable and affordable in the long term.

I'd also like to share some good news for Albertans with disabilities and Post-Traumatic Stress Disorder (PTSD). Five new organizations have been qualified to train, test and provide service dogs in the province, and people with self-trained dogs can now have their dogs trained or assessed to become qualified and

licensed. The provincial government has awarded \$250,000 in grants to support qualified organizations with training and testing.

PTSD dogs are trained to respond to the unique needs of their handler. This includes tasks such as interrupting repetitive or self-harming behavior, reminding the handler to take medication, retrieving objects and guiding a person away from stressful situations. Expanding the number of qualified organizations in Alberta will increase access for those with service dogs that may not be officially qualified in Alberta.

Finally, I am delighted to announce that the government of Alberta is taking steps to bring Alberta's historically high dental costs into line with the rest of Canada. The 2018 dental fee guide was produced with the Alberta Dental Association and College. It provides guidelines for appropriate fees, which is expected to encourage competition and rein in costs. You can find the guide on the ADAC's website.

If you have questions or feedback, please contact my constituency office: Calgary.buffalo@assembly.ab.ca □



This month in Ottawa

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

Supporting our veterans: pension for life

Canadian Armed Forces members and Veterans want to know our government has their back if they become ill or injured as a result of their service.

In December, we announced our plan for a Pension for Life to provide better support for ill and injured Veterans. It includes:

- Tax-free financial compensation, with the choice of monthly payments for life, to recognize pain and suffering caused by a service-related disability.
- Income replacement for

Veterans experiencing barriers returning to work, at 90% of their pre-release salary.

- Services and benefits to help Veterans with education, employment, and physical and mental health. For example, a 25-year-old Veteran who is 100% disabled would see his/her monthly support increase from \$4,150 to \$5,890. For a 50-year-old who is 100% disabled, his/her monthly support would be almost \$9,000 (compared to \$7,270 in 2015).

- Veterans' Education and Training benefit

In 2017 I was honoured to create the Veterans' Education and Training benefit. It will provide funding for tuition, books and living expenses to the tune of up to \$80,000. I also reopened the last of the nine Veterans Affairs Canada offices closed by the previous government and hired hundreds of staff to better support Veterans.

Added to this was the expansion of the pilot to open access to the Military Family Resource Centre, and unveiling a new Centre of Excellence in Veterans' care.

Unlike the previous Conservative government who closed offices and cut back service, we have already invested \$6 billion in supports and services for Veterans and their families. Now with Pension for Life, we are going a step further to provide financial security and to help Veterans transition to a civilian life with meaning and purpose.

To contact me: email kent.hehr@parl.gc.ca or call 403-244-1880. Subscribe to email updates at www.KentHehrMP.ca/email-updates. □

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

Calgary News

City cancels nude swimming event

An escalating debate over a nudist swim at a public swimming pool prompted the City of Calgary to cancel the event amid concerns about public safety after threats against law-abiding citizens

"We've had a review completed by Calgary Police Service and corporate security that has led to these arising concerns," James McLaughlin, acting director of Calgary Recreation.

Event organizers posted reaction to the city's decision on the Calgary Nude Recreation club's Facebook page, calling the decision a "terrible precedent."

"It is outrageous that lawful recreation can be prohibited by an incredibly vocal

minority. These people must NOT be allowed to dictate public policy with threats against law-abiding citizens engaged in lawful activities," reads the message. "Calgary Nude Recreation recognizes that the City of Calgary is not the bad guy here. We will continue working with the city to reschedule a future event."

Central Library partners with Lukes Drug Mart owner

The \$245 million Central Library set to open later this year has partnered with Gareth Lukes of Lukes Drug Mart in Bridgeland to develop a 2,000 square-foot cafe in the new facility.

Lukes is known for reinventing his family-owned pharmacies, making them

places to hang out and enjoy ice cream or coffee while browsing through well-curated selections of books and vinyl records.

"We saw this as a once-in-a-lifetime opportunity to be part of one of the city's most important cultural gathering spaces," said Lukes in a press release.

The Central Library is set to open on Nov. 1, 2018 in Calgary's East Village.

City still mulling 2026 Olympic bid, as 30-year anniversary of '88 games comes and goes

The International Olympic Committee delegation was in Calgary last month, and said the 2026 host city would receive at least \$975 million dollars if the city

bids and wins the rights to host the 2026 Winter Olympics.

"Games after Games, the organizers receive higher numbers every time and we're very proud to contribute substantially," said IOC sports director Christophe Dubi, who said the group met with city council and he spoke to Mayor Naheed Nenshi.

The IOC has been doing the same in other potential host cities to find a way to trim down operating budgets. Dubi pointed to Paris' \$3.6 billion dollar budget for the 2024 Summer Olympics and said expenses will continue to shrink as hosts opt to use infrastructure already in place.



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Peer-to-Hear program expands to senior's residence in city's southwest

By Dylan Reardon

Residents with hearing loss who live at a seniors' residence in Aspen Woods can now benefit from Deaf & Hear Alberta's Peer-to-Hear mentorship program, without going off-site.

Hearing loss affects a great number of people. The Canadian Hearing Society estimates more than 60 per cent of seniors over the age of 65 have hearing loss to some degree.

According to Sharron Nixon, Peer Mentoring Coordinator at Deaf & Hear, the Peer-to-Hear program is designed to provide support, information, resources, and opportunities for skill building through a peer support model.

"The program is funded by The City of Calgary's Family & Community Support Services (FCSS) and is free of charge for the participants," says Nixon.

"Sessions occur over a three-month period with meetings bi-weekly in the residence. This way we can reach seniors who have mobility issues because we are coming to them. We have been very fortunate that the Amica in Aspen Woods residence has been so open to this program."

First launched in 2016, the Peer-to-Hear program aimed to help those experiencing the challenges

and hurdles that stem from hearing-loss cope, by pairing them with someone who has already experienced such challenges.

While the Peer-to-Hear program is only being offered to seniors living at Amica in Aspen Woods at this time, Nixon says Deaf & Hear would like to expand to other residences and seniors clubs in the city in the future. One-on-one peer support continues to take place across the city. □

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Did you know series:

February is National Heart Month

By Kerby Centre
Diversity Committee

Did you know that up to 80 per cent of premature heart disease and stroke can

be prevented through your life habits, such as eating a healthy diet and being physically active?

Healthy eating basics: improve your heart and brain health by eating a healthy balanced diet.

Vegetables and fruit: vegetables and fruit are packed with nutrients. Aim for 7–10 servings every day.

Whole grain foods: whole grain foods have fibre, protein, and vitamin B to help you to stay healthy and maintain a healthy weight.

Proteins: protein is vital to your brain and heart, and it helps build muscle. Eat protein every day.

Reduce intake of processed foods: eating fewer highly processed

foods is one of the best things you can do to achieve a healthier diet. This is because nutrients are often removed from processed foods while salt and sugar are added in.

Along with eating healthy a regular schedule of activity can help keep your heart healthy.

Regular activity can help you lose weight, stay healthier, slow the physical decline of aging, sleep better, reduce stress... and more.

How much do you need? Everyone needs to be active to stay healthy. Here are some suggestions:

Adults aged 65 years and older should check with their doctor to see if the suggested recommendation of activity of an accumulation of at least 150 minutes of moderate to vigorous intensity physical activity.

Once you've decided that it's time to make physical activity a regular part of your life, here are some ideas to get you started:

- Try to make physical activity a part of every day.
- Choose activities you enjoy, that way you are more likely to stick with it.
- Work up gradually.
- List activities you like and the rewards you hope to gain.
- Make a plan on how to make them part of your daily routine.
- Involve family and friends.
- Keep at it.

Pick a time. Pick a place. Make a plan and move more!

With files from the Heart and Stroke Foundation of Canada

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| Diana James Wellness Centre <i>Health services including footcare</i> | 403-234-6566 wellness@kerbycentre.com |
| Dining Room <i>Serving nutritious meals to everyone</i> | 403-705-3225 kitchen@kerbycentre.com |
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Disability tax credit falls short for too many Canadians

By Jennifer Zwicker and Stephanie Dunn
EvidenceNetwork.ca

“Providing benefits not burdens” is how former Health Minister Judy LaMarsh once described the vision for disability policy in Canada.

Unfortunately, this vision is not a reality when it comes to one of the main benefits open to Canadians with disability: the federal disability tax credit (DTC). Administered by the Canada Revenue Agency (CRA), the DTC is designed to recognize some of the higher costs faced by people with severe disabilities and their caregivers.

Yet reports from Autism Canada and disability groups across the country suggest recent CRA decisions have resulted in people diagnosed with autism and intellectual disability having their eligibility to the DTC suddenly revoked or denied, contrary to CRA rules.

This is unsettling news for families caring for children with disability, given three in four children with disability identify as having a cognitive or mental health-related disability. This issue goes beyond the credit itself, given that DTC eligibility is frequently used to access additional federal and provincial disability benefits.

Revoking DTC eligibility means a family with a child with a severe disability can no longer receive up to \$2,730 through the child disability benefit and \$4,000 or more in federal and provincial disability-related tax credits (depending on income and where they live).

They also must close their child’s registered disability savings plans (RDSP), forfeiting contributions from the government of up to \$70,000 over the lifetime of the plan.

We commend the recent announcement by Revenue Minister Diane LeBouthillier that a disability advisory committee (DAC) will be reinstated next year. The committee’s mandate of advising on the CRA’s administration and interpretation of laws and programs relating to disability tax measures is sorely needed, as are efforts to improve awareness of the DTC and related benefits.

However, the committee has its work cut out. Recent concerns about people having their DTC eligibility revoked are only the tip of the iceberg.

Research tells us the DTC is already underutilized, meaning most Canadians with qualifying disabilities are not accessing the described benefits and credits. Of those who do claim the credit on their tax

returns in any given year, only half of all claimants (including caregivers) actually receive value from the DTC.

In addition to awareness, three major barriers to accessing the DTC need to be addressed.

Firstly, the DTC is a non-refundable tax credit, which means that the credit itself is only valuable to those earning enough taxable income. This means it would be of little or no direct benefit to the one in five families in Canada with a child with a severe disability living in low income.

Secondly, eligibility criteria have been criticized for lacking clarity, being open to interpretation, failing to accurately reflect the practicalities of living with a disability and requiring people with impairments in mental functions to meet a higher bar than for those with physical impairments. The CRA has even

departed from wording in the Income Tax Act in tests of impairment in the DTC application form, which can impact whether a person receives DTC eligibility.

Finally, the application process is burdensome. The CRA’s public consultations in 2014 demonstrated that the application process was not user-friendly, resulting in a shorter form. However, access to help and information from the CRA has been reduced in recent years, with the auditor general’s recent findings showing that two in three calls to the CRA’s call centres go unanswered.

The absence of a clear and transparent appeals process is also a problem.

Consequently, some seek paid professional support to access the tax credit, including people with limited resources to spare. Third-party companies to help peo-

ple apply for the DTC, many with hefty fees, are commonly used, necessitating laws to limit the amount they could charge applicants (something else that’s been on the government to-do list for years).

The good news is that these are problems an empowered and transparent DAC can advise on. But this is a lot to take on for a committee of 12 voluntary unpaid members meeting three times a year.

The CRA is the gatekeeper to several key federal disability benefits underutilized by eligible Canadians. There are issues that the CRA can – and should – address immediately, such as amending eligibility criteria to better align with the Income Tax Act.

It’s time the federal government started taking this seriously.

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In praise of Dotty, a remarkable dog

By Bill Corbett

Let me start out with a brief history of my experiences with ‘man’s best friend.’

I have been keen on dogs throughout my life, well-behaved dogs that is. Not the big bozos, that typically go straight for my groin. As a lad, siblingless, my chum was Spoofy, a mongrel Spaniel. That was back in the day when a dog could walk himself around the neighbour-

hood. Spoofy was himself well known in north-east Garneau, Edmonton. Later, when I had a family and in Calgary, I acquired an English Setter. The plan was to train her, Pepper, to hunt upland game-birds. Unfortunately while hunting pheasant, either my son Tom or I accidentally shot her. Luckily it was just buck-shot in the rear and she recovered nicely. She survived fully as a much-loved family pet.

Needless to say her hunting instinct was terminally ‘shot’. Much later we acquired Mungo, a Bichon Frise, initially for our foster daughter, Michelle. This little sweetheart, Mungo, proved to be an ideal companion for each of us and especially for me when, for example, it was just the two of us for an eight-day stay at our mountain lake.

Now about Dotty. This past September from the moment I arrived at the home of our friends, the Goffs, in Devon, U.K., Dotty be-friended me. She is a five-year old Springer Spaniel. It was almost as if she had adopted me. She soon realized that I wasn’t going to spend hours throwing a ball for her to retrieve. She would put the ball at my feet and then just stand there patiently.

Eventually she would give up and nuzzle up to me. I think she liked some quiet time with me. Athletic, I’ll say. Take her for a walk on a nearby country road and away she would race often looking for a stick for me to throw. She might be briefly far

ahead and out of sight, but on my hollering “STOP”, back to me she would come. If we took her in the car and released her, she would race ahead full-speed. If we approached a river, down she would leap even when the bank looked impossibly steep. Her objective, a cooling plunge.

Darren, my host, was obviously a talented trainer. The ultimate exercise: Dotty would be out in the rear yard; Darren would hide in the kitchen — He would shout something like “Darn Dog”—Dotty immediately came flying through the doggy-door, into the kitchen and braked almost on top of Darren.

When I retired at night to the Grandad suite, I was closely accompanied by Dotty. Her first impulse was to get up on the bed which I discouraged; so then she would settle down on the rug beside the bed. After I had read for a while and it was time for lights-out, I dismissed Dotty back to her own bed in the dining-room. Rebuffed but without complaint, off she

walked. I wondered if her feelings were hurt and would she pout. But no, she met me with full enthusiasm the next morning. There it is, the great trait: the dog is spurned but is not resentful.

Oh what a buddy a dog can be! If I weren’t going to travel, I would want my own “Dotty”.

□



Dotty the Springer Spaniel

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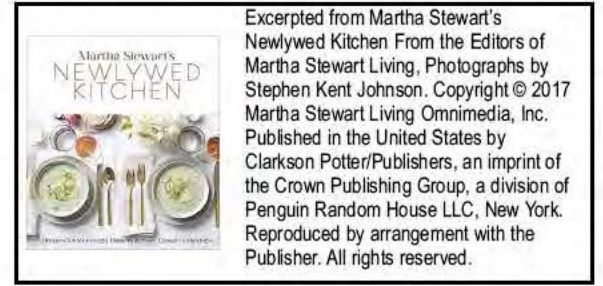
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The perfect date night in

Page design and layout by Winifred Ribeiro

As the temperatures start dropping, nothing beats sitting down to a home-cooked meal together. *Martha Stewart's Newlywed Kitchen* cookbook is a well-organized and practical cookbook. Discover how to make your kitchen function well while whipping up the meals you love—quick weeknight dinners, casual brunches, and parties big and small. Get useful tips on how to stock a pantry, what essential kitchenwares to buy for your home, together with mod-



Excerpted from Martha Stewart's *Newlywed Kitchen* From the Editors of Martha Stewart Living, Photographs by Stephen Kent Johnson. Copyright © 2017 Martha Stewart Living Omnimedia, Inc. Published in the United States by Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, New York. Reproduced by arrangement with the Publisher. All rights reserved.

ern entertaining ideas.

Despite the title, this book isn't just for newlyweds. Most of the recipes serve two and are useful for any couple who want to cook fresh, creative, and delicious meals without having large quantities of food leftover. All the recipes are totally doable and are sure to become part of your repertoire. This will soon be your go to cookbook and is definitely a must-have for your home.



POACHED SALMON WITH POTATOES, CUCUMBER, AND BUTTERMILK-DILL DRESSING ©

The technique for this salmon recipe is straightforward, and the dish strikes that elusive balance of indulgent and virtuous. Poaching the salmon is a cinch, and you can steam the potatoes while the fish cooks. Serve with sliced cucumbers and drizzles of buttermilk-dill dressing for a presentation that feels Scandinavian in its simplicity and wholesomeness. And keep it on hand for dinner parties, too! This is delicious at room temperature, and leftovers make a nice next-day lunch.

SERVES 2, with leftovers

Coarse salt and freshly ground pepper
1 skin-on salmon fillet (about 1 1/4 pounds), preferably wild
1 pound baby potatoes, such as Yukon Gold, scrubbed
2/3 cup buttermilk
1/3 cup mayonnaise
3 tablespoons coarsely chopped fresh dill, plus more for serving
1 large cucumber, thinly sliced
Lemon wedges, for serving

1. Bring 1 1/4 inches of water to a boil in a large straight-sided skillet. Generously season with salt.

Add salmon, skin-side down; return to a boil. Remove from heat, cover, and let stand until salmon is just opaque throughout, 15 to 17 minutes. Use a slotted spatula to transfer salmon to a plate, skin-side up.

2. Meanwhile, bring 2 inches of water to a simmer in a large pot fitted with a steamer basket (or a metal colander). Place potatoes in basket, cover, and steam until easily pierced with the tip of a sharp knife, 12 to 15 minutes.

3. Whisk together buttermilk and mayonnaise in a bowl, stir in dill, and season with salt and pepper. Remove skin from salmon; flake fish into large pieces. Divide salmon, potatoes, and cucumber among plates. Drizzle with dressing, sprinkle with dill, and serve with lemon wedges



ORECCHIETTE WITH BUTTERNUT SQUASH AND SAGE ©

The dish brings together multi-textured flavours, incorporating tender pasta, creamy ricotta (instead of the usual brown butter), and fried sage leaves, a combination inspired by a pumpkin ravioli dish one of our food editors had in Siena, Italy. This recipe is a breeze to pull off. The only time-consuming part is prepping the squash.

SERVES: 2

Coarse salt
6 ounces orecchiette
1 tablespoon extra-virgin olive oil, plus more for drizzling
1/2 small butternut squash, halved and peeled, seeds and pulp scooped and reserved, flesh cut into 1/2-inch cubes (2 cups)
1 1/2 tablespoons unsalted butter
2 tablespoons packed fresh sage leaves
2/3 cup whole-milk ricotta cheese, for serving

1. Bring a large pot of generously salted water to a boil. Cook pasta until al dente according to package instructions. Reserve 1/2 cup pasta water; drain.

2. Meanwhile, heat oil in a large straight-sided skillet over medium. Add squash seeds and pulp. Cook, stirring occasionally, until seeds puff and turn golden, about 10 minutes. Season with salt; transfer to a plate. Add 1 tablespoon butter to skillet; melt. Add sage and cook, stirring occasionally, until crisp, about 2 minutes. Transfer to another plate. Add squash cubes to skillet. Season with salt, cover, and cook, stirring occasionally, until tender, about 10 minutes.

3. Stir in pasta, 1/4 cup reserved pasta water, and remaining 1/2 tablespoon butter. Simmer until thickened slightly, about 2 minutes. Add more pasta water, a few tablespoons at a time, until pasta is evenly coated; season with salt. Divide among bowls and top with squash seeds, sage leaves, and ricotta. Drizzle with oil and serve.

WARM CHOCOLATE PUDDING CAKES ©



There's something extra-special about an individually sized dessert—especially when it's a molten chocolate cake served warm out of the oven. You can prepare these rich chocolate pudding cakes up to a day ahead and refrigerate them, then just pop them in the oven when you sit down to dinner. They'll be done by the time you're ready for dessert and they reheat easily, so you can have two one night and two the next.

MAKES: 4.

4 ounces semisweet or bittersweet chocolate, chopped
4 tablespoons unsalted butter
1/4 cup sugar
2 large eggs, separated
1/2 teaspoon pure vanilla extract
1/4 teaspoon salt
Ice cream, for serving (optional)

1. Preheat oven to 375°F. Place four 6- to 8-ounce ovenproof bowls on a rimmed baking sheet.

2. Place chocolate and butter in a heatproof bowl set over (not in) a saucepan of gently simmering water. Stir occasionally just until melted, 4 to 5 minutes. Remove from heat; mix in 2 tablespoons sugar, then egg yolks and vanilla.

3. In a medium bowl, with an electric mixer, beat egg whites and salt until soft peaks form. With mixer running, gradually add remaining 2 tablespoons sugar; beat until mixture is stiff and glossy.

4. Using a flexible spatula, fold about a third of egg-white mixture into chocolate mixture; gently fold in remaining egg-white mixture just until combined. Divide among bowls. (Puddings can be prepared in advance up to this point; cover with plastic wrap and refrigerate up to 1 day.)

5. Bake until tops are puffed and cracked but insides are still quite soft (a toothpick inserted in center will come out gooey), 20 to 25 minutes (or 25 to 30 minutes if refrigerated). Serve warm or at room temperature (puddings will sink as they cool), topped with ice cream, if desired.

Tales from the road, part two: Put your money where your mouth is

By Tina Quinn

Anticipation. That's what has kept me buoyed for the past six months. And finally, the day arrived for me to leave. I sorely miss my family. When you spend your life raising six children, you get this crazy idea that life will be amazing without the hustle and bustle. But I miss their friendly faces and their hugs. They truly are a wonderful bunch.

The sense of being untethered at this point in my life is both exhilarating and terrifying. What a feeling to be cruising down the Oregon coast with the ocean smashing and crashing on the one side and lush vegetation on the other. Or driving for miles upon miles of sagebrush and rocks in Nevada. While meeting up with an old friend in Tacoma, Washington, enjoying lunch at a local restaurant, what

should we see but two whales swimming by.

Travelling alone does have its down side. I am the only one driving, so, when I get tired, there isn't anyone to take over, though my cat, Nerah, has tried a few times. She just can't get a good grip on the steering wheel. But I do have the pleasure of carrying my bed with me, thus, I can pull over for a nap, which I do frequently. I'm learning to overcome the fear of stopping in unusual places late at night. Well, it gets dark early in the winter, so eight o'clock seems to be really late. Sometimes it is difficult to find a place, especially in small towns. So, I have a tendency to drive around and around until I find an obscure place in a dark neighbourhood, where I hop into bed fully clothed in case the local sheriff comes knocking. And, yes,

I get up the next day and continue my journey without having to bother getting dressed.

Gypsy, my GPS, has become my very good friend and companion. Sometimes I take a wrong turn just to keep up the conversation. She can be quite terse at times, but we usually manage to work it out.

But I have to say, this is more a journey of introspection and reflection. The idea was to travel in order to travel write, but I spend a lot more time mulling over past experiences and examining my own behavior in unfamiliar situations. I am travelling, but not the way I had imagined. Is it ever the way we imagine?

In my first installment, I mentioned being stranded in the middle of nowhere in southern Alberta, (thank-you Google maps) without gas in the midst of 167 km

an hour winds. Now that was terrifying. When I realized that there was actually no gas station in the area, I attempted to turn around, but got caught in the crosswind, which began to blow my motorhome towards the ditch. I know God isn't deaf, but it might have seemed like I thought He was at the time. I'm very grateful to the rancher who arrived and navigated my RV onto safer ground. Meanwhile, I was literally swept away by the wind. I eventually managed to slow down enough to sit on the road. Then my rancher hero came and rescued me again by helping me back to my RV and offering me safe shelter until the storm blew itself out. (Note to self: always check the weather forecast and road conditions.) I do

Continued on page 11



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Angel Canyon in Utah, the site of best Friends Animal Sanctuary. Photo by Tina Quinn



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Tales from the road, part two:

Continued from page 10

have an AMA membership, so gas was delivered to me in due course.

My RV is very short and quite tall, so it makes for difficult driving in the wind, but I think I'm becoming an expert in that department.

While contemplating my journey south, I suddenly realised I could fulfill an item on my bucket list. I have long desired to visit

Best Friends Animal Sanctuary in Utah, ever since I watched the "Dogtown" documentary on the National Geographic channel. Utah was more east than south, but I signed up to volunteer and will never regret it. Utah is quite spectacular, sharing the wonderful desert and canyon geography with surrounding states. Spending time with traumatized or disabled animals really brings out one's gen-

tle nature. Gazing into the eyes of these sweet creatures just melts your heart. I would certainly recommend stopping by if you are heading south to warmer climes.

I have discovered I'm not quite the hobo I thought I was and decided, as I was driving toward Mexico, that I actually wanted to spend Christmas with my family. And so, quick flight arrangements, a pet hotel for Nerah, and I

was on my way back to Calgary for ten days.

Oh the joy of having no particular plan. □



The Northern Oregon coast, where waves crash against the bedrock like thunder.

Photo by Tina Quinn



A majestic sunset in northern Oregon.

Photo by Tina Quinn

Lloyd's roller rink hangs its skates for good



Calgarians gather at Lloyd's Recreation for public inline skating in Calgary on Thursday, Jan. 18, 2018. Lloyd's will be closing on Feb. 18, 2018.

Photo by Kenneth Appleby

After 53 years of operation, Iconic Lloyd's Recreation on Macleod Trail will be closing its doors on Feb. 18.

A statement put out the company's website reads, "The property owner has passed. The property has been sold, the proceeds will go to charity."

Many Calgarians have fond memories of the roller rink, including Gail Wilson, who remembers spending time with her kids there when she was younger.

"When my kids were little, we'd spend birthday parties and Saturday nights at the roller rink," says Wilson. "This was the mid-80s, and things like bowling and roller rinks were the places to be on birthdays."

Lloyd's final inline skating session will be on Feb. 18 from 1 p.m. to 6 p.m. □



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Converting train station to Senate Chamber a ‘technical challenge’ for architects



Architects have incorporated many of the architectural features that were typical of an early 1900s train station, such as vaulted ceilings, massive columns and large semicircular windows, into the design for the Senate’s temporary home.

Adding modern information technology, communications, heating and cooling equipment to a 105-year-old building was one of the challenges architects had to overcome in designing a temporary home for the Senate.

From the Senate of Canada

Converting Ottawa’s historic train station to a temporary home for the Senate

posed a “huge technical challenge,” the architects responsible for the transformation say.

Modernizing the building required meeting contemporary building, fire and seismic codes, while staying true to the original design and adding refinements befitting a house of Parliament.

“It’s not a case of restoring a train station. It’s really a case of restoring a train station and putting a Senate

Chamber and major committee rooms in it,” said Martin Davidson, a principal architect at Toronto-based Diamond Schmitt Architects.

In fall 2018, senators will move into the Government Conference Centre — built in 1912 as a train station — while Parliament’s Centre Block gets its first major renovation in a century.

Converting the prominent downtown building is a joint venture of Diamond Schmitt and KWC Architects, an Ottawa firm.

The heritage building’s overhaul required working around original construction techniques that fall short of modern standards. For instance, terra-cotta block walls rested on wood floors, contrary to modern fire-separation rules.

“You kind of scratch your head and say, ‘That’s not the way we would do it today,’” said Ralph Wiesbrock, a principal architect with KWC.

To meet modern earthquake standards, they added six new stairwells and four new elevators. These brace the building for potential seismic activity and also allow people to flow easily from floor to floor.

Mechanical and electrical systems needed to be replaced. Heating-and-cooling, information-technology and communications sys-

tems were antiquated. The architects’ challenge was to incorporate that equipment so it was out of sight.

“It won’t look differently than it did 100 years ago, except that it has been modernized in a very significant way”

tems were antiquated. The architects’ challenge was to incorporate that equipment so it was out of sight.

“When you go through the building, you won’t see any. That, I think, is really going to be the measure of success for us — that we were able to bring it up to these standards without undermining the clarity and spatial quality of the original building,” Davidson said.

There has been strong public interest in the property’s rehabilitation because so

many people have personal connections to it. As Ottawa’s main train station until 1967, it was the gateway to Canada’s capital for many people.

“It won’t look differently than it did 100 years ago, except that it has been modernized in a very significant way,” Davidson said. There were “heroic” efforts to save the building’s original features, including the coffered ceiling of the concourse area, the faux travertine walls of the General Waiting Room, and even a clock that was once a centerpiece, Wiesbrock said.

A century ago, little thought was given to accessibility but the renovation has created a continuous, barrier-free path throughout the building.

“We’re really proud of the fact that we were able to ensure there are no ramps in this building — that the person who comes in from the front door can go out the back door, just the same as everybody else,” Wiesbrock said.

Davidson said one of the architects’ objectives was to ensure that despite all the changes made to the conference center to accommodate the Senate, when senators return to Parliament Hill, the building can easily be used for other purposes.

“It’s good for another 100 years.”

Originally published SenCA Plus, the online magazine of the Senate of Canada. Republished with expressed written permission.

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Passion is at the heart of an energetic, fulfilled life

By Faith Wood

Strive to incorporate more of what you love into your life. Seek new paths. Stop making excuses and go for it!

“The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof,” says author Barbara Kingsolver.

Have you ever stopped to wonder what you want out of life? Not what you don't want, but what you desire for a career, relationship or even this decade?

If you could, how would you design your life so that you wake up every morning excited about the day ahead and delighted to be doing what you're doing?

I was recently engaged in an activity I truly love – presenting to a sold-out crowd at a conference about influential communication. At the break, a gentleman approached wanting to know how I was able to convey such passion and energy in the workshop. What were my rituals that made all this possible when I'm on the road all the time?

It's a great question and got me pondering long after the conversation. Passion? Energy? How important are these traits in our lives? Will passion and energy alone help us go after what we want in life? Or, if it feels absent, will we become anxious and inactive in our careers? In our relationships?

Many of us live uninspired lives. We stay too long in passionless jobs and relationships. And what's the long-term cost of staying in uninspiring roles when we really ought to leave?

Are you taking up a spot in someone else's dream career? Wishing you were doing something completely different but afraid to make the leap?

An idea about what you want is like a seed. When a seed is given good soil and plenty of water and sun, it doesn't have to try to unfold. It can't help unfolding. It has passion and energy focused on growth.

If a seed must grow with a rock on top of it, in deep shade or without enough water, it won't unfold into a healthy full-sized plant. It will try – hard – because the drive to become what you're meant to be is incredibly powerful. But at best it will become a sort of ghost of what it could be: pale, under-sized, drooping.

Perhaps this is what happens to so many of us. We start out so idealistic. We're excited to claim a career that promotes the life we want. Then the disappointments happen. The work is a lot

harder to secure than we first thought. Folks don't listen to us the way we hoped they would. We get passed over when opportunities are handed out. We grow skeptical about our abilities and may even believe that others are conspiring against us. Our energy gets depleted.

Learning to stand up when you really want to pull the blanket over your head and pretend the scary world isn't out there isn't about quick fixes. It's often simply about adopting the belief that there is no other option. Then you take consistent action each day toward who you want to be.

My answer to the man who asked the question at the conference was that I truly love what I do. So passion and energy come effortlessly and require no special rituals.

If you're low on energy, if you need a lot of sleep and feel like you're always drag-

ging yourself around at half throttle, it may not be because you need vitamins or have low blood sugar. It may be because you haven't found your “it” in life.

If you want to have abundant energy and passion, strive to incorporate more of what you love into your life. Seek opportunities to test new ways of being. Stop making excuses and go for it!

This is part of the secret of all genuinely successful people: they've found their paths. They've found that thing in life that excites them and gets them moving on even the most discouraging days.

You'll know you've hit on something special when you feel the energy and passion flowing because of the activity you're engaged in.

Before you feel overwhelming weakness, ask yourself: What will feed my passion today?

Troy Media Columnist
Faith Wood is a novelist and professional speaker who focuses on helping groups and individuals

navigate conflict, shift perceptions and improve communications.

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| <p>Are your dentures?</p> <p><input type="checkbox"/> Loose</p> <p><input type="checkbox"/> Cracked, worn</p> <p><input type="checkbox"/> Over five years old</p> <p><input type="checkbox"/> In your pocket</p> <p><input type="checkbox"/> Missing teeth</p> | <p>Is your denture?</p> <p><input type="checkbox"/> Floating</p> <p><input type="checkbox"/> Clicking</p> <p><input type="checkbox"/> Requiring adhesive</p> <p><input type="checkbox"/> Causing you to age</p> | <p>Are your gums?</p> <p><input type="checkbox"/> Always sore</p> <p><input type="checkbox"/> Flat</p> <p><input type="checkbox"/> Difficult to fit</p> |
|---|--|--|

If you have checked any of the above please call for an appointment.

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Bow River Motel, 103 - 24th St. N.W. (aka Crowchild Trail). Note the road looks like it is still dirt and there are no trees or sidewalks. This was the edge of the city in the 1950s.

I received a care package from my relative, Sally, in Los Angeles. Contained inside were historical Calgary postcards she hunted down at the Vintage Paper Fair in Glendale, California. The postcards depicted Calgary's mid-century motels, which coincidentally were mostly along the Trans-Canada Highway (aka 16th Avenue N) near 19th Street — just blocks from where I live.

It was 1962 when the Trans-Canada Highway opened. In Calgary, the highway went right through the city's northern inner-city communities. While today the urban planning buzz term is "urban village," back in the '50s and '60s Calgary was famous for its "motel villages" both along the Trans-Canada Highway (between 19th and 24th Streets northwest, aka Crowchild Trail) long before the University of Calgary existed, and the other in Montgomery (between 43rd to 46th Street northwest) which didn't amalgamate with the City of Calgary until 1963.

After 50-plus years, a few of the modest old motels from the middle of the 20th century still exist, although most have had a facelift or two. Names like Red Carpet Inn, Thriftlodge, Days Inn, and Traveller's Inn dot the streetscape along the Trans-Canada highway in Montgomery. While the Motel Village next to McMahon Stadium includes names like Super 8, Travelodge, Thriftlodge and Econo Lodge, as well as hotel brands like Best Western, Hamptons and Ramada. There is even a funky boutique hotel — Aloft. However, the classic mid-century modern motels like the Mount Eisenhower Motor Court, the Highlander Motor Hotel and the Cavalier Motel are gone — survived only by these postcards.

The Importance of 16th Avenue North

If you drive or even a walk along the Trans-Canada Highway today, you still see bits of evidence of how this was once Calgary's most important vehicular street, long before the Deerfoot, Glenmore and Crowchild Trails, or Memorial Drive. It was, and still is, the gateway to Calgary's first post-secondary campus — Southern Alberta Institute of

Technology (SAIT).

At one point, it was also the gateway to the Calgary Airport located in the northeast community of Renfrew. The historic Rutledge Hangar (731 - 13th Ave. N.E.), built in 1929, is the only building remaining from Calgary's first publicly operated airport, commonly known as the Stanley Jones Airport. It was the first

airport in Canada to install runway lights to facilitate two-light landings. It was also home to a short-lived airmail service for the prairies and served as a training site for the Royal Canadian Air Force in World War Two.

In addition to small retail shops and restaurants all along 16th Avenue North, it was the gateway to Calgary's first

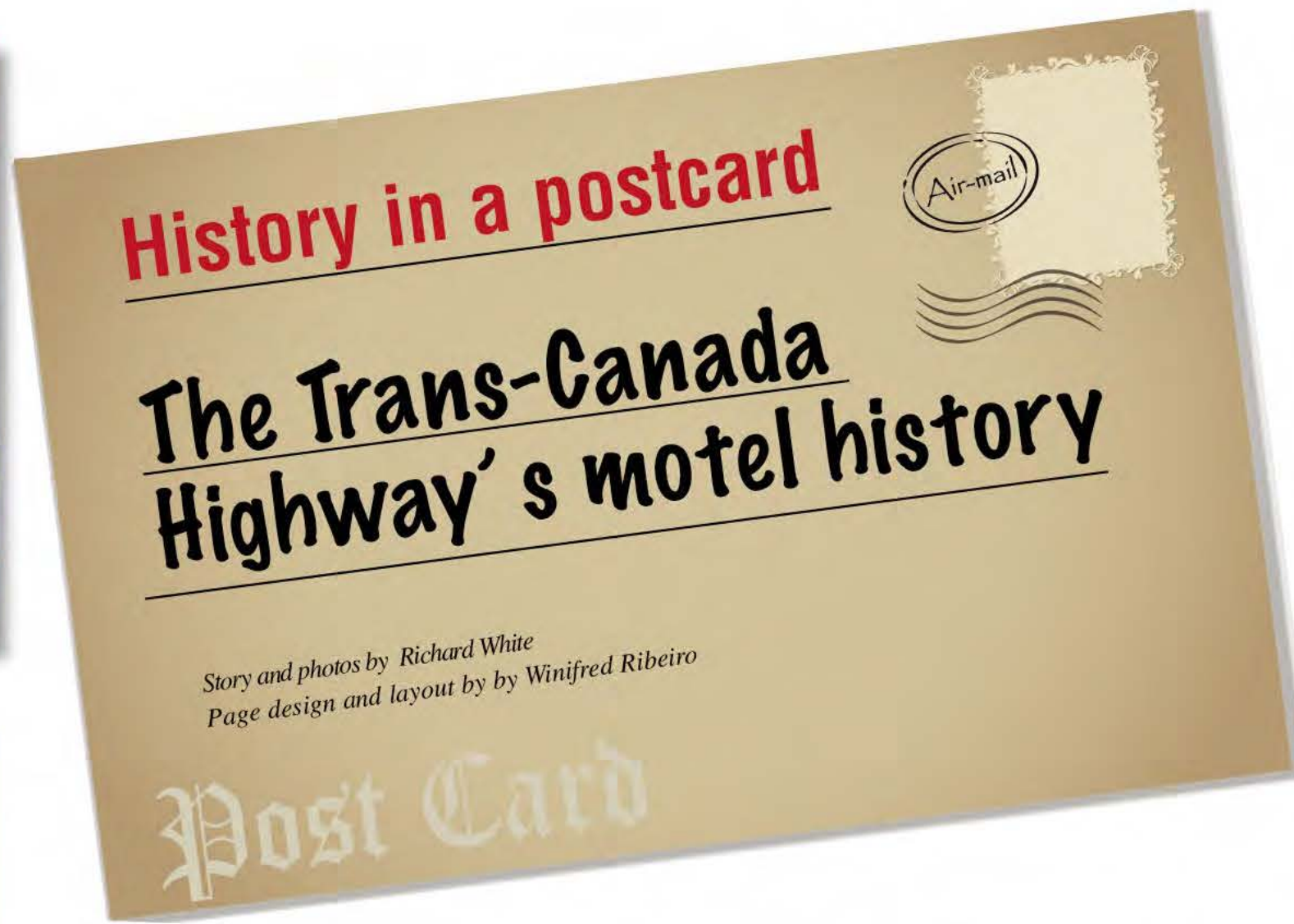
shopping center: North Hill Shopping Centre, built in 1958. Calgary's iconic Peters' Drive-In (219-16th Ave. N.E.) located on the Trans-Canada Highway is another testimonial to 16th Avenue's mid-century, automobile-oriented history. Today you will still find numerous tire, car parts, and oil change shops along 16th Avenue.

Other mid-century motels

In downtown, while the Palliser Hotel adjacent to Canadian Pacific Railway Station was the City's signature hotel, the Caravan Motor Hotel, with its Steak and Rib House (4th Ave and 4th St. S.W.) touted itself as Calgary's finest downtown motor hotel, only

three minutes from the city centre. Another reminder of just how much our city has changed over the past five decades. But for me, the best postcard was of the Bow River Motel (103, 24th Street NW aka Crowchild Trail). On the back was their motto, "It is quiet by

the river" and the phone number AT 3-0777. It's a reminder that not that long ago Crowchild Trail was a tranquil dirt road with no sidewalks, and lined with small businesses and homes — a far cry from the speedway with bland, concrete sound barriers that it is today.



Banff Trail Motel is typical of the many modest motels that use to exist all along 16th Avenue North in the mid-20th century.

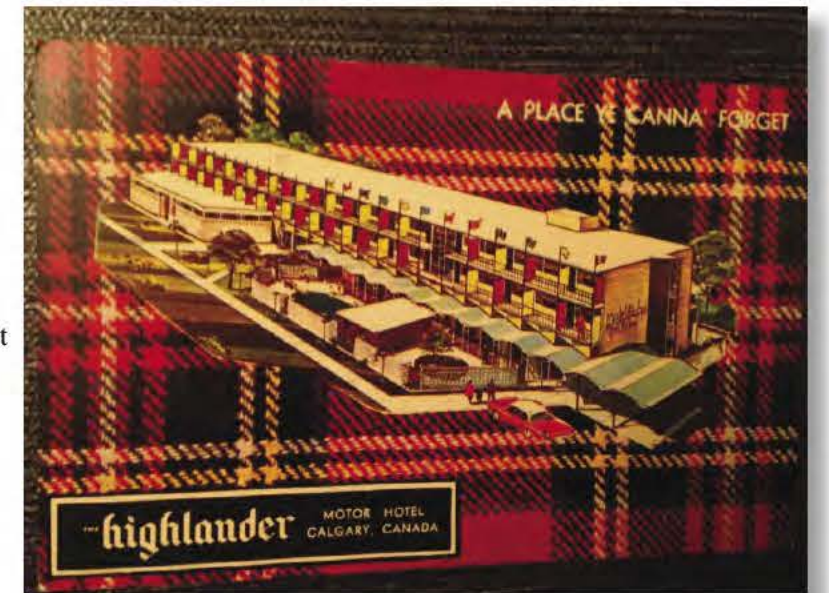


"Calgary North Travel Lodge, formerly located at 2304 - 16th Ave N.W. Bus at the door. Your Hosts: Ed and Carol Sandor (a member of the world's largest network of hotels.)"

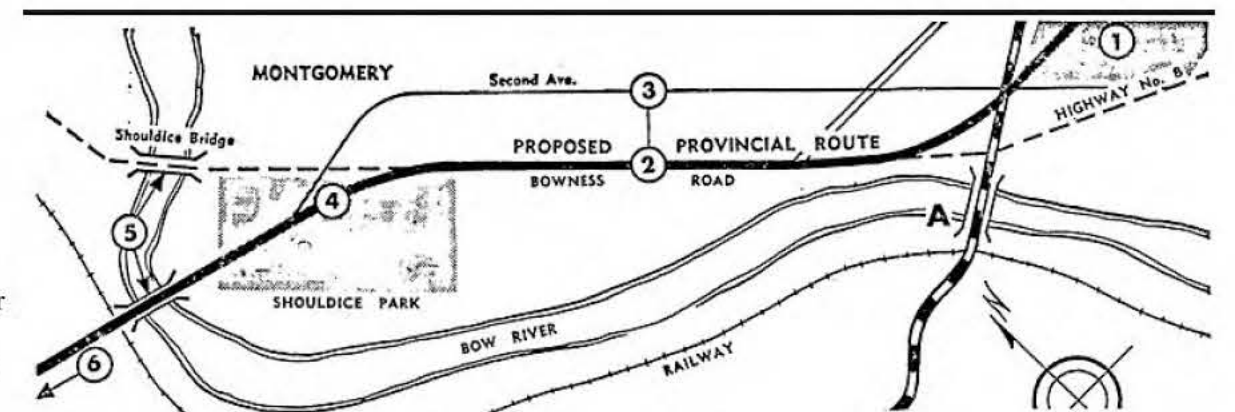
Last word

I can't help but wonder if 16th Avenue North hadn't become the Trans-Canada Highway in the '60s, would have it evolved into a more pedestrian-oriented, retail street like 17th Avenue South. Just wondering.

Richard White "The Everyday Tourist" of Calgary has an interest in urban living, development, and travel. He chronicles his adventures and experiences on his blog, www.everydaytourist.ca.



The Highlander Motor Hotel, formerly located on the Trans-Canada Highway at 17th St N.W., provided ideal connections to downtown, a multi-million dollar Shopping Centre, the Jubilee Auditorium, McMahon Stadium, and The University. Today it is the site of the Home Depot.



THE MAP ABOVE SHOWS THE ROUTE THE NEW TRANS-CANADA HIGHWAY will take through Montgomery as well as the bridge at Edworthy Gulch, about one-third of a mile west of 37th St. W., which may be built as part of the city ring-road system aimed at feeding traffic from the south and north around the city. Highway Minister Gordon Taylor discussed the proposed bridge, marked "A", with Commissioner of Public Works J. Ivor Strong during the weekend. The map shows where the road will cut the gravel pit at "1", flow along Bowness Road "2", and cut through a portion of Shouldice Park at "4" before crossing the river "5" about a quarter of a mile south of the existing bridge. The only change from the previous plan is in the Bowness region "6" where the road now cuts up the hill rather than along Hillcrest Ave. as previously planned. The bridge, "A", is about half a mile west of the city limits. The line, marked "3" is the new route of No. 8 highway which is presently Bowness Road. The new No. 8 will leave its present course west of the drive-in theatre, go under the Trans-Canada, through Montgomery on 2nd Ave. two blocks north of its present location, then double back to where it crosses the Bow at the present Shouldice Bridge.



The Cavalier Motel, 2304 - 16th Ave N.W. "The essence of luxury - 50 modern units, equipped with televisions and telephones. Large heated swimming pool, adjoining restaurants, close to the largest shopping centre [North Hill Shopping Centre] on the Trans-Canada Highway."



Bow River Motel, 103 - 24th St. N.W. (aka Crowchild Trail). Note the road looks like it is still dirt and there are no trees or sidewalks. This was the edge of the city in the 1950s.



Mount Eisenhower Motor Court, 2227 - Banff Trail. "20 new units, modern AMA & AAA approved."



Go for it now. Tomorrow is not a sure thing

Life and liberty by liberty forrest

liberty forrest is an award-winning author, an inspirational speaker and mentor. Contact freespirit@libertyforrest.com

Have you got a dream? Maybe a wish? Is there a little something hiding in the back of your mind that you've always wanted to do but you haven't done it because you didn't have the money or didn't have the time or blah blah blah fill in the blank with some excuse or other?

There may be a million reasons — and probably even more excuses — why you'd tell me you "can't" have or do or be what you want. And I'll concede that there are probably times that that's absolutely correct. Perhaps you've always wanted flying lessons but

you're struggling to afford food so all right, flying lessons are out for now because they're insanely expensive.

But what I'm getting at is that we can give up on our dreams too easily. Sometimes we don't even allow ourselves to consider whether or not we could make them happen. We dismiss them with "I could never do that" or "It would never work" or "I don't have the money."

And my favourite: "I don't have time."

That's actually the best reason to be pursuing your dream or your wish! You're right; you don't have time ...to waste. The only time you have is this moment, right here, right now. There is no guarantee that there will be any other moments in the future.

The point I'm trying to make is this: If there is something you would love to do, it's worth considering how you could make it happen. It's worth finding out what all the options are, asking questions, doing some investigating

to see if you can overcome the obstacles. Even if you can't have it the way you want it right now, perhaps you can bring it into your life in some way.

So if you don't have much money but you want those flying lessons, perhaps you could hang out at a flight school, ask if they need volunteer assistance. Maybe you'd at least learn some cool stuff and get the odd free spin through the clouds. That may not get you a pilot's license but you'd have a lot of fun and make friends who share your passion for flying.

Or maybe you've always wanted to take a class in something but can't afford it or can't find one near you. Well, how about checking out YouTube for instructions? There are lessons for just about anything you could possibly imagine. There's a wealth of information available on how to read Tarot, how to paint, how to do encaustic art, how to build things — there's loads of free instruction right there on the internet.

And there are many inexpensive instructional DVDs, too, for dance, exercise, martial arts, yoga — you don't have to leave home or spend lots of money to get fit or do things you enjoy.

Nothing's perfect. But getting to do something toward fulfilling your dreams is certainly better than doing nothing.

Whatever it is that you want to add to your life, or change about it, is entirely up to you. Any restrictions are in your head, and that includes the long list of expectations or beliefs that other people have placed on what you do with your life. Those expectations create a prison in your head, and you're the only one who can keep yourself in it — or get yourself out of it.

Do you want to live out the rest of your days in that prison? Or do you want at least a little taste of freedom?

You are both the prisoner and the warden. You're the only one with the key. It's up to you to decide whether or not to use it. □

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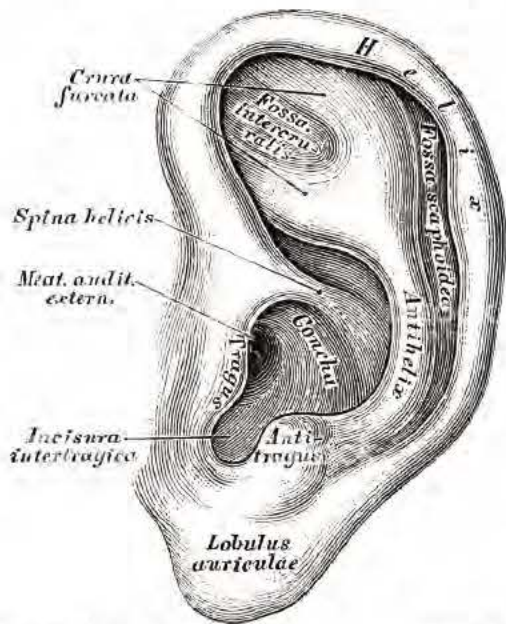
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Healthy aging and hearing



Hearing aids can be very effective, however it's important to understand that they are only able to improve the sound being delivered to the ear. The brain is also required to interpret the sounds. This is why some people have more difficulty than others adapting to hearing aids and hearing effectively with them. The sooner the brain is reconnected to sound via hearing devices, the better outcome people have. Another example of 'use it or lose it'.

It is important however to realize that hearing aids for hearing loss are often an important part of the hearing loss treatment process, however they are only one part. If you or your loved one has hearing loss, try to learn as much as you can about it. There are simple techniques that can help you hear better in different environments such as watching what people say (known as lip-reading or speechreading), getting your communication partner to get your attention before they speak to you, and getting closer to the sound source that you want to hear as well as using new assistive devices that work through Bluetooth for example.

Here are the most common signs and symptoms of hearing loss:

- More difficulty hearing women's and children's voices.
- Turning up the tv louder than friends or family.
- Increased difficulty understanding what is being said in a noisy place.
- Withdrawing from activities where it is difficult to hear.
- Hearing people speaking but not understanding what they say.
- Asking people to repeat themselves frequently.

ing loss, research clearly shows that early identification and treatment of hearing loss is critical in order to keep the brain working properly. John Hopkins Medical Centre (2014) showed that the auditory and memory portions of the brain deteriorate if hearing loss goes untreated for 4 years or more. In addition, very recent research in the Lancet (July 2017) identifies untreated hearing loss as one of the top 10 modifiable risk factors for Dementia. If you can improve it, I would ask, why wouldn't you?

Fortunately, recently published research in 3600 participants over age 50 showed that individuals who wore hearing aids if required, had reduced cognitive decline as compared to individuals who did not wear hearing aids when they had hearing loss (Journal of the Geriatric Society of America, October 2015).

The most common type of hearing loss is due to the natural wear and tear of the hair cells in the inner ear from aging. These cells deteriorate over time and cannot be repaired. The most effective type of medical treatment for this 'sensorineural' hearing loss is hearing aids.

By Dr. Carrie Scarff
Registered Audiologist and
Ph.D. in Auditory Science

Hearing is an important part of our overall health. It is an important part of how we communicate with our friends and loved ones and how we experience life around us such as nature and music.

New research from aging studies shows that there is a higher than expected amount of hearing loss in Canada. Did you know that nearly half of people over 60 have hearing loss in at least one ear?

Even though these numbers are staggering, nearly three quarters of individuals with hearing loss do nothing about it. One of the reasons is that hearing loss is often gradual, and individuals don't realize how much trouble they are having. It is often friends and family or caregivers who point out hearing difficulties to us. Other factors include stigma around the issue of hearing loss and hearing aids, as well as financial concerns surrounding the expense of getting help.

Regardless of the reasons for people waiting to do something about their hear-

- Feeling that people mumble all the time.
- Constant ringing or buzzing in the ears.

If you or your loved one experience two or more of these symptoms, or if you are 60+ and have never had a hearing test, we recommend a thorough hearing evaluation. If there are concerns, it is important to get back on track with your hearing with either education and information, or a specific device, if needed, to stay connected with the world around you.

This information was provided by Dr. Carrie Scarff, Registered Audiologist at Audiology Innovations (www.audiologyinnovations.ca) and Board member of Deaf and Hear Alberta. She will be presenting at the Kerby Centre Healthy Aging workshop on Hearing Loss on

Tuesday, Feb 27 at 10 a.m. This workshop will cover tips and techniques for keeping your hearing healthy throughout your lifespan as well as community resources and financial programs for hearing aids available to help those on a limited income. □

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Volunteer Spotlight



Shirley Araneda

Shirley is a friendly and hard working volunteer. She was a Journalism student at SAIT College. She worked as a typesetter for 20 years and as a Administrative Assistant with Golder Associates for 19 years. Shirley has been volunteering at Kerby Centre since November 2015. One day she was at Kerby Centre to take a tour and was amazed by our facilities. She said "Kerby Centre provides excellent services to seniors". Shirley decided to volunteer at Kerby Centre as a Cashier and Special Events Volunteer. 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 as well. Shirley is always ready to help her friends and family whenever needed. Apart from volunteering she likes dancing and socializing. One of her favourite passions is travelling, Shirley has been on many cruises - both river and ocean. Some of the most amazing trips have been to China (Great Wall), St. Petersburg, the caves in Slovenia, Croatia, Prague, Switzerland (Mount Pilates, Jungfrau) both breathtaking views. Shirley has already contributed over 566.5 hours to Kerby Centre.

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

February 2018

Happy Chinese New Year!

Come Celebrate The Year of The Dog

2018 狗年

Tuesday, February 27th, 2018

Kerby Centre Gym - 1133 7th Ave SW

Doors Open at 11:30 am - Chinese Buffet at 12:00 pm

Enjoy a fun and cultural experience with traditional Chinese music, dancing and demonstrations

Members \$20.00
 Non - Members \$27.00

Tickets on sale now in Kerby's Education & Recreation Office (Room 305)
 For more information, visit www.kerbycentre.com or please phone Henrietta at 403 705-3233 or Colleen at 403 705-3178

Kerby Centre

Kerby Centre's Activities, Programs & Services



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

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

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



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Email colleenc@kerbycentre.com or Phone Colleen at 403 705-3178

Mark Your Calendars

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

Chinese New Year Luncheon

Tuesday, February 27, 2018

Join us in celebration of the Year of the Dog
Kerby Centre Gym, 1133 7th Ave SW
Doors Open 11:30 am - Luncheon 12:00 pm
Followed by Traditional Chinese Entertainment

Members \$20 Non-Members \$27

Tickets available at Ed & Rec (Rm 305) or call 403 705 3233

Free Presentations At Kerby Centre

Why is U65 dementia different, and why does it matter?

Join Us In The Kerby Lounge on
February 12th, 2018
10:30 a. m. - 12:00 p. m.

as Dr. Pamela Roach (Brain and Mental Health Research Clinics, Hotchkiss Brain Institute & Community Health Sciences, University of Calgary leads a discussion about the unique family and social issues related to young onset dementia.

Hosted by

Calgary's first wellness community for U65 dementia coming in 2018!

Thursday, March 1st -10:30 am to 12.00 pm

Kerby Writer's Series Presents
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February 21st, 2018
10:00 am - 1:00 pm

Located in the Kerby Dining Room

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February 16, 2018
10:00 to 11:30 am Room 318

Please RSVP For The Above Information Presentations

Kerby Travel Day Trips

Friday, February 23rd - 10:00 am to 2:00 pm

Join us for a tour of the Calgary Police Interpretive Centre & enjoy a light lunch at their Cravings Café

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Monthly Movie

Hidden Figures

Friday February 23, 2018, 2018
1:00 PM in the Kerby Lounge

David's story

From the brink of homelessness to a home of his own

By Tina Turner

A number of years ago, David had fallen on hard times. He faced sleeping on the street, and reports that he was lucky to be connected with Trinity Place Foundation of Alberta (TPFA) and Peter Coyle Place. While at Peter Coyle Place, he says he got things turned around and before long, he was feeling better and was ready to get back to living in his own apartment.

During his time at Peter Coyle Place, he'd met many staff who made a real difference for him, but one staff member named Ivett stood out as the most special.

David recalls, "Ivett was transferred to a new job as building manager at Edwards Place in East Village. We always got along great and when Ivett found out I was looking for a place, she made sure that I knew there was a suite for me at Edwards Place!"

"Ivett is a terrific person, very helpful," says David. "All the people here are good people and TPFA is one heck of a good outfit doing a heck of a good job."

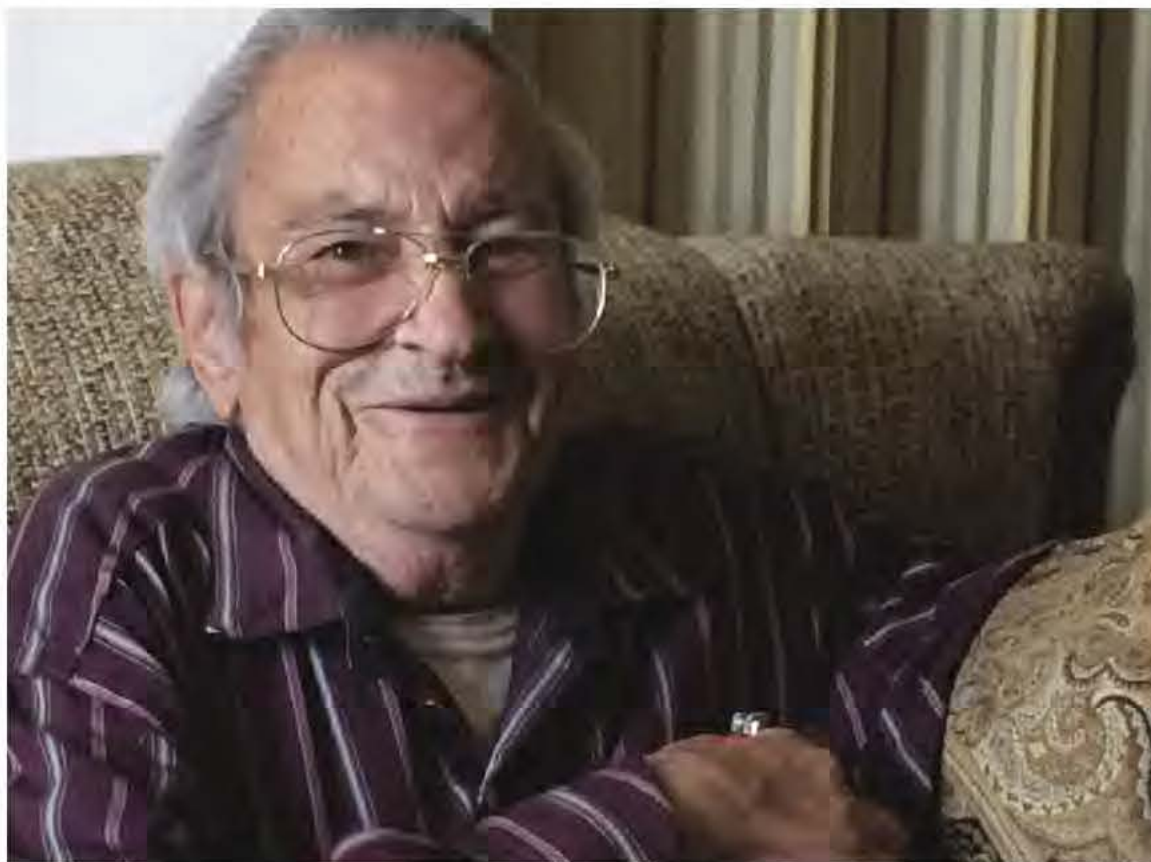
When he first arrived at his new apartment he didn't

have many belongings but that didn't last too long. David tells the story of the caretaker, Lorrie, knocking on his door that first night to deliver a cot for him. And another instance after he started having trouble with his feet, Lorrie knocked again and offered him the use a walker she had available.

"I couldn't ask for anything more," states David. "When I wasn't feeling well, there were good people who would check in (Mary Ann the social worker, the Independent Living Skills Workers, Lorrie the caretaker and 'Dr. Sue' from The Alex), but now I'm taking care of my own place and feeling very happy."

The RESOLVE Campaign is a first-of-its-kind collaboration of nine social service agencies, working together to raise the capital needed to create urgently needed affordable rental housing, with support services, for up to 3,000 homeless and vulnerable Calgarians.

RESOLVE has raised enough to-date to provide 1,592 homeless and vulnerable Calgarians, like David, with a key to an affordable rental home with the support services



they need to thrive. But, the need for additional affordable housing is urgent. The Campaign is working diligently to secure as much funding, and as many pledge commitments, as possible prior to the Campaign's sunset date of March 31, 2018.

Making these buildings a reality, helping to provide safety and security for our city's most vulnerable, and a place where they can

begin to rebuild their lives – starting at home.

For more information, visit www.resolvecampaign.com.

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♥ Hearts around the world ♥

Submitted by Bill Granger

While Valentine's Day is celebrated with cards, candy, and flowers in North America, other places around the world put their own spin on the holiday.

In Finland and Estonia, Feb. 14th is less about romance and more about friendship. In fact, these countries celebrate Friend's Day rather than Valentine's Day. During this holiday, people exchange cards and small gifts with their friends.

Shakespeare's play Romeo and Juliet featured a love story that was set in Verona, Italy. Today, thousands of Valentine's Day cards addressed to Juliet arrive in the city around the holiday.

In Japan, it's a Valentine's Day tradition for women to give gifts of chocolate to their male friends. That kindness is returned on March 14th, a holiday known as White Day. That's when men present small gifts to the women who gave them chocolate a month earlier.

In Germany, big, heart-

shaped cookies are a popular Valentine's Day gift. They are often decorated with a few loving words written in frosting. Some cookies also have a ribbon attached to them, so they can be placed around the neck like a necklace. □

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

Asian inspired recipes with a creative modern twist

Page design & layout by Winifred Ribeiro

Married business partners Christopher Myers and Chang (Boston's Flour Bakery + Cafe) are co-owners of Myers+Chang, an eclectic Asian diner in Boston's South End. Award-winning chef Joanne Chang, together with executive chef Karen Akunowicz have teamed up to produce the cookbook Myers+Chang at Home sharing inspired and creative interpretations of Chinese, Taiwanese, Thai, Indonesian, Korean, and Vietnamese dishes. The recipes are not your typical Chinatown fare. The "Esti's" Hot and Sour soup—named for Christopher's muse, best friend, and former business partner—is "an homage to her family of food-obsessed Jews from the old country of Brooklyn, by way of Russia." The Corn and Coconut Soup is velvety and scrumptious—and just as good the next day. Many of the recipes are vegetarian, and many can be modified by eliminating the animal protein and substituting oil for butter.

Written with home cooks in mind there are many details that will help you succeed in cooking and enjoying the recipes.

新年快乐

Recipes courtesy of Myers + Chang At Home. Copyright © 2017 by Joanne Chang and Karen Akunowicz. Used by permission of Houghton Mifflin Harcourt. All rights reserved.



SWEET POTATO AND CHINESE SAUSAGE FRITTERS

An addictive treat, these fritters are creamy and soft inside and super crunchy on the outside from the panko crust. Visit an Asian grocery store to find Chinese sausage, sometimes labeled "lap cheong." It is a firm, cured sausage that is reddish in color like salami with a distinctive sweet flavor. Feel free to substitute chopped-up chorizo, bacon, or ham, or leave it out altogether for a vegetarian version. If you can find Japanese sweet potatoes, which have a purple skin and are especially sweet, definitely use those; otherwise, regular sweet potatoes or even yams work well here..

MAKES: 7 or 8 fritters

- 2 medium sweet potatoes (about 1 1/2 pounds), scrubbed clean
- 1/3 cup finely chopped Chinese sausage
- 2 scallions, white and green parts finely chopped (about 1/4 cup)
- 2 tablespoons unsalted butter, melted
- 1 tablespoon Thai red curry paste (available in most supermarkets)
- 1 1/2 teaspoons kosher salt
- 1 large egg
- 3/4 cup panko bread crumbs
- 1/4 cup vegetable oil, such as canola, plus more as needed
- 1/2 cup Sriracha Aioli, or 1/2 cup mayonnaise mixed with 2 tablespoons sriracha

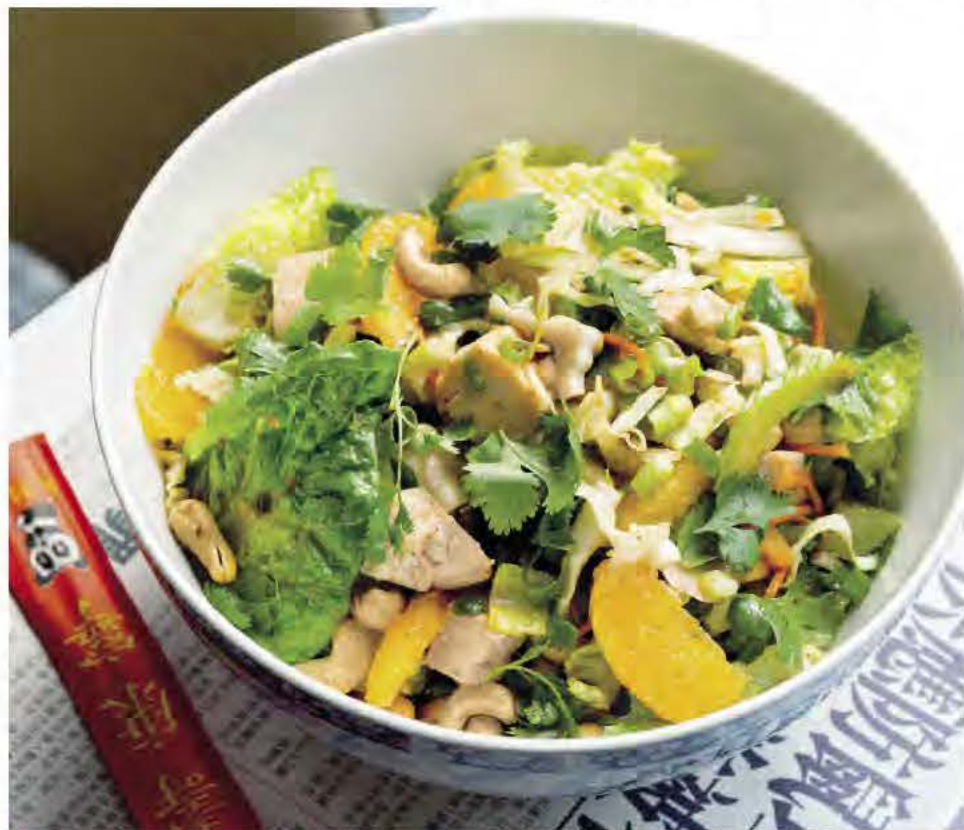
Place the sweet potatoes directly on the oven rack and roast for about 1 hour, until they are completely cooked through. You should be able to easily poke a small knife directly into the middle of the potatoes when they are done. Remove from the oven and let cool. When they are cool enough to handle, peel the skin off with a small paring knife and place the flesh in a bowl. Mash the potato with a fork until smooth. Add the sausage, scallions, butter, curry paste, and salt. Mash with a fork or wooden spoon until well combined.

In a shallow bowl, whisk the egg with a fork and pour the panko crumbs onto a large plate. Shape the sweet potato mixture into small cakes, 2 to 3 inches round and 1 inch thick. Dip the sweet potato cakes in the egg to coat both sides, then in the panko crumbs, covering them completely.

In a large, heavy, flat-bottomed skillet, heat the oil over medium heat. Carefully place the fritters a few at a time in the hot oil and fry them until they are golden brown on both sides, about 3 minutes per side. Drain them on a plate lined with paper towels. Serve the hot fritters with the Sriracha Aioli.



These carrots are like grown-up candy. We whip rich red miso into soft butter and throw heaping spoonfuls of it into carrots that are charred in the wok. It's our version of the classic French side dish of butter-glazed carrots. You can find miso in the refrigerated section in Asian grocery stores. It is made from fermented soybeans and is salty and unctuous and the epitome of umami.



CHRISTOPHER'S CHINESE CHICKEN SALAD

This salad has everything: It is crunchy, tart, healthy, filling, spicy, and sweet, with a complex and savory charm. Supreming citrus is a way to add citrus to your dish without the tough membranes: Cut the skin and pith off the fruit and then use a small sharp knife to separate the flesh from the membranes. Alternatively, you can simply slice the fruit into thin slices. Try serving this warm as we sometimes do at Myers+Chang. We give it a good toss in the wok, which takes some of the snap out of the lettuce but amps up the spice and makes the chicken extra juicy.

SERVES: 4

- 1 medium garlic clove, smashed
- 1 pound boneless, skinless chicken breast
- 1 head romaine lettuce, shredded (6 to 8 cups)
- 2 medium celery stalks, thinly sliced (about 1 cup)
- 1 cup roasted, lightly salted cashews
- 4 or 5 scallions, white and green parts thinly sliced (about 1/2 cup)
- 1/2 cup chopped fresh cilantro (about 1/2 bunch)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup soy sauce
- 1/4 cup extra-virgin olive oil
- 1/4 cup light brown sugar
- 2 tablespoons sriracha
- 2 tablespoons unseasoned rice vinegar
- 2 teaspoons peeled and finely chopped fresh ginger (about 3/4-inch knob)
- 2 seedless oranges, supremed (see headnote)

Fill a medium saucepan with water, add the garlic, and submerge the chicken in the water. Bring the water to a boil, turn off the heat, and cover the pan. Turn on a timer and let the chicken poach for 12 minutes. Test the chicken by slicing into the thickest part. If it is still pink, let the chicken continue to cook for another 4 to 5 minutes. When the chicken is cooked, remove it from the water and let cool. The chicken may be cooked up to 2 days in advance and stored in an airtight container in the refrigerator.

Shred or cube the chicken into bite-size pieces and place in a large bowl along with the romaine, celery, cashews, scallions, and cilantro. Season with the salt and pepper. In a separate small bowl, whisk together the soy sauce, olive oil, brown sugar, sriracha, vinegar, and ginger. Pour over the salad and toss to combine well. Divide among four serving bowls. Top with the orange supremes and serve immediately.

RED MISO-GLAZED CARROTS

SERVES: 3-4

- 1 1/2 pounds carrots, sliced on an angle about 1/4 inch thick
- 3 tablespoons unsalted butter, at room temperature
- 1 tablespoon red miso paste
- 1 1/2 teaspoons light brown sugar
- 1 teaspoon freshly squeezed lemon juice
- 2 tablespoons vegetable oil, such as canola
- 1 bunch scallions (8 or 9), green parts only thinly sliced (about 1/2 cup)

Bring a large pot of water to a boil and blanch the carrots until they are no longer raw but still a bit crisp, 2 to 3 minutes. Drain the carrots and set aside.

In a medium bowl, combine the butter, miso paste, brown sugar, and lemon juice and beat vigorously with a wooden spoon until it is fluffy like cake frosting.

In a wok or a large, heavy, flat-bottomed skillet, heat the vegetable oil over high heat until the oil starts to shimmer, about 1 minute. Add the carrots to the wok and shake to even them out. Let them char a bit without moving them for 2 to 3 minutes. Shake the pan and add the miso butter and about two-thirds of the scallions. Toss the carrots in the butter until the butter has melted and starts to brown and the carrots are cooked through, 3 to 4 minutes. Remove from the heat, place on a large serving plate, and garnish with remaining scallions.

Monthly Book Review

A Story of an Unexpected Friendship

Dinner with Edward



ISABEL VINCENT

Dinner with Edward: A Story of an Unexpected Friendship

By Isabel Vincent

Price:
\$29.95 CAD
Publisher:
c.2016 Algonquin Books
213 pages

Reviewed by the Bookworm

Dinner will be served at seven.

You'll be ready by then. Hungry, for sure, and eager to sample things you've never eaten, prepared by a cook whose reputation is stellar. Of course, you've had good meals before, but this one is special. And as you'll see in *Dinner with Edward* by Isabel Vincent, good company is half the feast.

One of the last things Paula did before she died was sing.

Music had been an important connection for her and her husband, Edward, so Paula sang...and twenty-four hours later, she was gone. Knowing he'd be bereft, she'd made Edward promise that he'd go on living but, just in his nineties and without the love of his life, he had no more zest. His daughter worried, so she asked her friend, Isabel, to check in on him.

Isabel Vincent agreed. She

needed a distraction from her "unhappiness," her failing marriage and her recent move from Toronto to Manhattan for a new job. She agreed and found Edward enthusiastic for company. Thus began a wonderful friendship.

He was tall and courtly, an excellent listener and a careful advisor who spoke eloquently when storytelling, which Edward loved to do. Years before, he'd assumed kitchen duties for himself and Paula; as a result, he was a first-rate cook and bartender, which Vincent noted several times a week as she joined him in his home for fine dining and even better conversation.

Through the months, they discussed poetry and history. He regaled her with tales of old New York and theatre life, and his days as a young husband. When she confided in him about her crumbling

marriage, he told Vincent about love and urged her to never stop studying it. He said she needed lipstick and he took her shopping for a special dress. She cried with him, checked on him and was sometimes completely surprised by him.

And when Edward took ill, Vincent made sure he knew what he meant to her...

I thought long and hard about "Dinner with Edward" after I finished it. I came to the conclusion that this is not a book for everybody.

Some readers may be thoroughly charmed by this sweet story of a strictly platonic friendship between an older man and a younger woman. Author Isabel Vincent made Edward, in my mind, somewhat of a bon vivant, the kind of man you only see in high-brow French films; indeed, her descriptions of dinner parties and of Edward himself

seemed like a delightful 1940s movie.

And yet, I felt sort of squirmy about the books' "Henry Higgins" bit, in which Edward instructed Vincent on being "a proper lady." Vincent even says later that Edward's daughter "seemed appalled" by some of it, and I rather concurred.

I think that this book will take a specific reader to enjoy: one who loves the elegance of a bygone era, in particular, or who can appreciate a May/December friendship. Only if you're that kind of reader will *Dinner with Edward* serve you well.

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

CRA offers new service for the 2018 tax-filing season

File my Return

The Canada Revenue Agency (CRA) is launching a new service for the 2018 tax filing season to help eligible individuals with low or fixed income do their taxes.

With the new File my Return service, eligible individuals will be able to file their income tax and benefit returns simply by giving some personal information and answering a series of short questions through an automated phone service.

File My Return is free, secure and easy to use. There are no paper forms to fill out or calculations to do.

Eligibility for File my Return

File my Return will be available for eligible individuals who have low income or a fixed income whose situations remain unchanged from year to year. Those who are eligible will receive an invitation letter in the mail in mid-February 2018.

Using File my Return

Eligible individuals will receive an invitation letter which will give them all the information they will need to use the automated service.

Once they are ready, individuals can call the File my Return automated phone service and follow the prompts provided during the call.

File my Return uses information the CRA has on

record at the time of the call, plus answers given by the user during their automated phone call to complete and file income tax and benefit returns. It allows all the deductions, benefits and cred-

its the user is eligible for.

Begin using File my Return on February 26. The service

will run from 6 am to 3 am, Eastern time. Call 1-800-959-8281 for more info. □

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Kerby Centre Writer's Series Presents

Author Michael Leask
Featuring His New Sci Fi Thriller

Ryder On The Pass

Thursday, March 1st, 2018

10:30 am to 12:00 pm

Kerby Centre 1133 7th Ave SW

In the Private Dining Room Located On The Lower Level

The crew of the emergency rescue ship, St. Bernard's Pass, sleep frozen in their cryogenic sarcophagi. As they travel between planetary bodies, they find mysteries and lies that threaten the crew and all life on Earth when they awaken to rescue the cargo ship. As her surroundings inexorably alter her perception of reality, can Dr. Ryder prevent catastrophe when she is forced to question what is real, and what is fiction?



\$2.00 Drop In Admission

Includes Light Refreshment, A Private Reading
By The Author & Autographs

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What's happening in February

Airdrie Public Library
Paint Night
 Feb. 3, 9 – 7 p.m.
www.airdriepubliclibrary.ca

Alberta ballet
Momix Opus Cactus, Feb. 17.
www.albertaballet.com

Alberta Theatre Projects
Constellations.
 Feb. 27 – Mar. 17.
www.atplive.com
www.artsccommons.ca

Alice's Adventures in Wonderland
 Feb. 22 – 25.
www.cowtownoperacompany.com

Block Heater
 Feb. 15 – 17.
www.calgaryfolkfest.com

Calgary Philharmonic Orchestra
A Symphonic Tribute to Prince, Feb. 10.
Romantic Rachmaninoff with Luca Buratto.

Feb. 16 – 17.
Rock On: The Best Symphonic Rock Ever.
 Feb. 24 – 25.
Time for Three, Feb. 28.
www.calgaryphil.com

Calgary Opera
Eugene Onegin,
 Feb. 3, 7, and 9.
Valentine ball, Feb. 10.
www.calgaryopera.com

Charlie Parker with Strings (Featuring PJ Perry)
 Feb. 10.
www.taylorcentre.ca

Galt Museum (Lethbridge)
Friends Winter barn Dance, Feb. 10.
Coulees and Culture,
 Feb. 19 – 23.
Family History Day,
 Feb. 19.
www.galtmuseum.com

Glenbow Museum

The Black Gold Tapestry.
 Until May 21.
www.glenbow.org

Heritage Park
Family Quest 2018,
 Feb. 17.
Model Mania, Feb. 17
Journey of a Lifetime: A train so powerful it pulled the nation forward.
 Until April 22.
www.heritagepark.ca

Jasper Beer & Barley Summit
 Feb. 2-4.
www.albertabeerfestivals.com

Jubilations Dinner Theatre
Orange Is The New Pink
 Feb. 9 – April. 15.
Despicable Moi,
 Feb. 24 – April 7,
www.jubilations.ca

Little Modern Market
 Feb. 17.
www.littlemodernmarket.com

Loose Moose Theatre
Sleeping Beauty.
 Until Feb. 18.
www.loosemoose.com

Lunchbox Theatre
Ai Yah! Sweet & Sour Secrets, Feb. 19 – Mar. 10.
www.lunchboxtheatre.com

The Military Museums
Witness: Canadian Art of the First World War.
 Feb. 8.
www.themilitarymuseums.ca

Motown – The Musical
 Feb. 20 – 25.
<https://calgary.broadway.com>

Nature Calgary
Speaker Series –
Dr. Lu Carbyn: Wolves in Wolf Clothes, Feb. 21.
www.naturecalgary.com

Northern Cree
 Feb. 15.
www.studiobell.ca

Particle + Wave Media Arts Festival

Feb. 1 – 3.
www.emmedia.ca

Skijordue
 Feb. 3.
www.skijorcanada.com

Stage West
Pure 90s, Until Feb. 4.
Baskerville: A Sherlock Holmes Mystery,
 Feb. 9 – April 15.
www.stagewestcalgary.com

Theatre Calgary
Twelfth Night,
 Jan. 30 – Feb. 24.
www.theatrecalgary.com

Vertigo Theatre
Undercover, Until Feb. 11.
www.vertigotheatre.com

Winefest Calgary
 Feb. 23 – 24.
www.celebratewinefest.com

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

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30th anniversary of '88 Olympics



Photo courtesy of Panasonic

By Dylan Reardon

With the 2018 Winter Olympics on deck for this month, the '88 Winter Olympics celebrate 30 years. Between February 13 and 28, 1988, 1423 athletes from a then-record 57 nations descended on Calgary to compete in the most expensive Winter Olympics at the

time. And the legacy of the games can still be felt. The northwest leg of the C-Train was extended in time for the games; venues, including the Olympic Saddledome, Canada Olympic Park, and the Olympic Oval are still in use today. Outside of Calgary, the Canmore Nordic Centre and Nakiska are still both used by athletes.

Highlights included Eddie the Eagle, the Jamaican bobsled team, and a city-wide volunteering effort that saw over 22,000 people sign up for 9,400 positions. The City of Calgary is currently considering making a bid for the 2026 Winter Games.

WORDSEARCH

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| CHOCOLATES | FLAME | LOVEBIRDS | SWEETHEART |

HIDDEN FIGURES

Released 2017 (2 hours & 7 minutes)
 Rated G Biography/Drama/History

Friday, February 23, 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 Trinity Lodge

Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo **OCCUPATIONS**

- ACROSS**
- 1 Ship parts
 - 6 One in a veil
 - 11 Very small: Prefix
 - 15 Sealed, say
 - 19 Early TV's Stu
 - 20 Posteriors
 - 21 Stick — in the water
 - 22 Songwriter's creation
 - 23 Martin the ticket collector?
 - 26 Actor Bana or Stoltz
 - 27 Pay to play poker
 - 28 Game with Wild cards
 - 29 Clinton the doctor?
 - 31 Caught at a rodeo
 - 33 Pollen lover
 - 34 Hardly fresh
 - 35 Worldwide
 - 38 Ellington the Peppermint Pattie factory worker?
 - 45 More greasy
 - 49 Ending for Israel
 - 50 Ilk
 - 51 Car owners' org.
 - 52 Kelly the minister?
 - 54 "Let's go!"
 - 55 Former Apple messaging software
 - 57 See 64-Down
 - 58 Primate studier
 - 59 Benny the golfer?
 - 61 Markey and Bagnold
 - 63 Actor Hinds of 2017's "Justice League"
 - 65 Negligent
 - 66 Sen. Kirsten Gillibrand's purview
 - 67 Bailey the philosopher?
 - 72 Folder flap
 - 75 Meal tie-on
 - 76 Rice-based Spanish dish
 - 77 Ivory's counterpart
 - 79 Benatar the dairy owner?
 - 85 Fuzzy stuff
 - 87 Departure
 - 88 Standoffish
 - 89 Kammann — (bygone VW sports car)
 - 90 Nolte the clockmaker?
 - 92 Skeleton part
 - 93 +
 - 94 Ariz.-to-Kan. dir.
 - 95 Girls in the family
 - 96 Liotta the lamp designer?
 - 100 Gets dilated
 - 102 Basic deg. for designers
 - 103 Supermodel Carangi or actress Scala
 - 105 End profit
 - 110 Behar the chef?
 - 116 Airport stat
 - 117 Hotel chain
 - 118 Morales of film and TV
 - 119 Arden the demolition contractor?
 - 122 Shady giants
 - 123 Get-out-of-jail money
 - 124 Super-mad
 - 125 "The Flea" poet John
 - 126 Blog addition
 - 127 Pot for stew
 - 128 Lauder of makeup
 - 129 Evil smile
 - 7 Alter totally
 - 8 Reply to "Who's in charge here?"
 - 9 Bounced down the court
 - 10 Actress Davis of two "Matrix" films
 - 11 Spam, say
 - 12 Langston Hughes poem
 - 13 Athletic team assoc.
 - 14 Film anew
 - 15 Not wobbly
 - 16 Throw
 - 17 Troop body
 - 18 Pt. of MIT or STEM
 - 24 Nuclear reactor tube
 - 25 Polar vehicle
 - 30 Polar pixie
 - 32 Curved arch
 - 36 High jump on a skateboard, informally
 - 37 Lacking a key, in music
 - 39 "Semper FI" mil. branch
 - 40 Weirdo
 - 41 Rubik of cube fame
 - 42 Aiea's island
 - 43 Broccoli —
 - 44 Kit — (candy bars)
 - 45 Poet Nash
 - 46 Twisted wit
 - 47 — lazuli
 - 48 Frosted
 - 53 Abbr. on a pay stub
 - 54 "Please, Mommy, will you let us?"
 - 55 "Veni," in English
 - 56 Nero's 160
 - 59 Villain in Disney's "Aladdin"
 - 60 Waitress on TV's "Alice"
 - 62 Spruce (up)
 - 64 With 57-Across, All ring strategy
 - 68 Abate
 - 69 "Fighting" Big Ten team
 - 70 Cut, as pizza
 - 71 Cold and wet
 - 72 Like poison
 - 73 Japanese cartoon art
 - 74 Measures of memory
 - 75 Scaring cry
 - 78 — noire
 - 79 One of Henry VIII's Catherines
 - 80 Et —
 - 81 Mug in a pub
 - 82 Jamaican citrus fruit
 - 83 Mean ruffian
 - 84 Wife on "The Addams Family," to her hubby
 - 86 Cover for a truck bed
 - 90 Crystal rubbers, perhaps
 - 91 Jab deliverer
 - 93 Control in a clinical study
 - 97 Certain wind player
 - 98 Very loudly, musically
 - 99 9-to-5er's weekly cry
 - 101 Main dish
 - 104 Art house film, often
 - 106 Went aboard
 - 107 Nitrogen compound
 - 108 Words after all or hole
 - 109 San Fran gridded
 - 110 All-terrain vehicle
 - 111 Fjord city
 - 112 Tasty tubers
 - 113 Egg-shaped
 - 114 Eye, in Paris
 - 115 Nut with caffeine
 - 116 Rock finale?
 - 120 Perched
 - 121 LP replacers

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Solution on page 27

PROTECTING SENIORS

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DO YOU HAVE AN ENDURING POWER OF ATTORNEY?
DO YOU HAVE A PERSONAL DIRECTIVE?



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I have nowhere to stay

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Sudoku Puzzle

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| | 9 | 8 | | | | | | 7 |
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Solution on page 27



by Roddy Thorleifson no rights reserved

Community Events

The Alberta League Encouraging Story Telling (TALES)

For the Love of a Story: At our monthly Tellarounds, story lovers gather in a circle and take turns sharing stories; first timers, professional tellers, and listeners are all welcome. Feb.14, 7 – 9 p.m. Loft 112, 535 – 8 Ave. S.E. Suggested donation for tellers and listeners: \$5.

Calgary Jewish Community Centre

Argentine Tango Dancing for Seniors. Instructed by Angela Rozenfield with Russian translation. Group classes designed specifically for seniors, for a simple, easy, and light way to learn to dance. Wednesdays from Feb. 7 – 21,

7 – 8:30 p.m. (3 classes) Free. RSVP to Nessie at 403-537-8599 or 403-253-8600, ext 0.

Seniors Luncheon: Enjoy a home cooked meal and wonderful entertainment. Please bring a non-perishable food item for the Mitzvah Project Food Bank. Tuesday, Feb. 13 from 11:45 a.m. - 1:45 p.m. \$5.

Foot and Eye Care Information: Speak with a specialist who can give you advice on diabetes and the effects on your eyes. We will also provide tips on foot care for older adults. Wednesday, Feb. 14 from 10 a.m. – 12 p.m. Free.

Hearing Screening Clinic: Simply put, we believe every sound connects us to our world. Come receive a complimentary screening. Monday, Feb. 26,

from 10 - 11:30 a.m. Please call 403-253-8600, ext.0 to book an appointment. Free.

CALGARY 55 Plus Games Association

SPRING GAMES: Members can take part in six Spring Sports and Recreational Activities. For the list of events and contact coordinator information visit SUMMER ACTIVITIES at www.calgary55plus.com. Activities take place February thru June.

Alberta Family Histories Society

Ever thought about writing your own life story or an ancestor's biography? The Alberta Family Histories Society is offering a 10-week Life and Family History Writing Class from 1 – 3:15 p.m. beginning Feb. 13. For more information, go to: www.afhs.ab.ca (Events) or email chinook-editor@afhs.ab.ca.

Confederation Park 55+ Activity Centre

Want to try a class before registering in the entire session? Drop-in and give a class a try (some restrictions apply) for just \$9/member, \$11/non-member or purchase an Access Card (10 drop-in sessions) for \$85.00/member, \$105/non-member.

The 3rd Annual Burns Night: Friday, Jan. 19 from 5:30 – 11:00 p.m. Tickets: \$35/members, \$45/non-members, includes dinner, silent auction and Ceilidh dancing. There will be a cash bar.

Saturday Dances: Feb. 10 – Black Velvet. Feb. 24 – Badlanders Tickets \$12/person (Includes a light lunch.) Everyone is welcome. Doors open at 6:30 p.m., dance starts at 7:30 p.m. Door prizes and 50/50 draw.

Cribbage Tournament: Friday, Feb. 23 at 1 p.m. Open to everyone.

Learn more at www.yyc-seniors.com or call the Centre at 403-289-4780 or

drop by the Centre located at 2212, 13 Street N.W.

PROSTAID Calgary

General Meeting: Main topic led by a public speaker, followed by member interaction. Partners are always welcome! All meetings are free and refreshments are served before and after the 7:30 meeting. When: Tuesday, Feb. 13 at 7:30 – 9 p.m. Where: Lecture Room (Room 205), Kerby Centre, 1133 - 7th Ave. S.W.

Warriors Meeting: For those men and their families dealing with advanced prostate cancer. The Warriors are a caring and compassionate group, well organized and full of information. Frank Altin, facilitator. When: Tuesday, Feb. 13 at 6:30 p.m. – 7:30 p.m. Where: Boardroom (Room 208), Kerby Centre.

Friends of Fish Creek

Winter Walk Day in Fish Creek: Feb. 7, 1 – 2 p.m. Celebrated across the province on the 1st Wednesday in February, Winter Walk Day encourages Albertans to get outside and be active in the winter. Join Friends of Fish Creek founding member, Wayne Meikle, in celebration of Winter Walk Day and for this rare opportunity for a wintery walk through Hull's Wood in Fish Creek.

Trekking Across Alberta Near the 49th Parallel - From Saskatchewan to BC: Wednesday, Feb. 14, 7 – 8:30 p.m. In May-June 2017, Gus Yaki, a life-long naturalist, in his 85th year, led a trek across southern Alberta to observe that area's unique flora and fauna, to show fellow travellers the rich diversity of species that live in this area, and to raise much-needed funds for conservation organizations. Join Gus to learn about the section of the journey from May 19–29. Free to Friends' members and \$5 for non-members. Registration is required.

To learn more about these, or any of our community

events, or to register, visit www.friendsoffishcreek.org.

Greater Forest Lawn 55+ Society

Five Star Bingo, Feb. 1 and 15, 12:15 p.m.

Dances: Feb. 3, Jeske's & Verna; Feb. 17, Pure Country. Doors open at 6:30 p.m., dance at 7:30 p.m. Members: \$12, non-members: \$13.

Art Show, Feb. 13, 1 – 2:30 p.m.

For more information, visit www.gfls.org or phone 403-272-4661. We are located at 3425-26 St. S.E.

Good Companions 50 Plus Club

Book Club, Feb. 1 at 1 p.m. Meals on Wheels tour, Feb. 7. Cost: \$25 (refreshments included).

Jammer's Night, Feb. 8 at 7 p.m.

Social Supper – Chinese New Year, Feb. 20. \$20/Members. \$22/Non-Members.

For more information, visit www.gc50plus.org, email gc50plus@gmail.com, or phone 403-249-6991 or 403-242-3799.

Epilepsy Association of Calgary

Face to Face Group: Saturday, Feb. 10 and 24, 11 a.m. – 1 p.m. The meetings are a great way to connect with other people who live with epilepsy and to share your experiences, frustrations, and successes. Join us and gain new information and insights that can help you cope with the daily stresses and worries that epilepsy brings.

Face to Face in Cyber Space: Thursday, Feb. 22, 2 – 3 p.m. Join us online and gain new information and insights that can help you cope with the daily stresses and worries that epilepsy brings. www.epilepsycalgary.com.

If you have questions about this group or other support groups, contact our Support Coordinator at 403-230-2764 or support@epilepsycalgary.com. We are located at 316, 4014 Macleod Trail S.E. □

ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

EXPERT UPDATE:

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

DON'T DELAY GETTING HELP WITH YOUR HEARING!

RESEARCH SHOWS:

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

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

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



Mission Location: 202-320 23rd Ave. S.W., Calgary 403-252-4722
Glenbrook Plaza 226-3715 51st St. S.W., Calgary 403-802-6022

www.audiologyinnovations.ca

"Laugh-out-loud funny"

Twelfth Night

THE GLOBE AND MAIL

by William Shakespeare
As imagined by The Old Trout Puppet Workshop
Originally produced by Canada's National Arts Centre

January 30 to February 24

theatre:50

CALGARY

theatrecalgary.com
403-294-7447
Arts Commons Max Bell Theatre

Written by: Lella Brusa Dore and Jennell Cooper in Twelfth Night. Director: Brian Kelly. Set, Costume & Puppet Design: The Old Trout Puppet Workshop. Lighting Design: Christopher Mayer. Sound Design: John Green. Photo by Andrea Lemlin.

Senior's High Tea

Includes complimentary coffee, tea, & biscuits.

FEBRUARY 7TH & 21ST
11AM - 1PM
Casino Floor

CASINO

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Classified Ads

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

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

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



Classified Ad Categories

- 10 Health
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- 33 Wanted
- 45 For Rent
- 48 Real Estate
- 50 Relocation Services

10 Health

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11 Foot Care

Alberta's Mobile Foot Care
The company that Calgarian's trust the most. Putting a "Spring" back into YOUR step!
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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.
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Feet Got You Down?

Our feet take an incredible beating at the best of times! But if you're embarrassed by misshapen toe nails, athlete's foot, ingrown nails, or any other painful foot ailment, I can help. As a Certified Pedicurist, I bring you safe, painless, PROFESSIONAL treatment – even in your own home! Call 403-620-7851 today for more info, or visit <https://www.toesonthego.ca>

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

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.

Quality Foot Care by Certified in advanced foot care nurse. Specialized in removal of ingrown toe nails Callous, corns. Fungal nails & Diabetic foot care In-home services.
Cindy 403-383-6839

12 Home Care

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just4ufamilyservices.com housekeeping/meal prep, In/out of home companionship. Accompany appts shopping. Corinne 403-590-2122 just4ufamilyservices@shaw.ca

Seniors need a companion or a "Helping Hand" for grocery shopping, errands and more? Make life as comfortable and beautiful through our "caring" care. Call Leah at 403-975-9998 or email us at healthcare@ahhand.com

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

Susan's Homecare for all aspects of home care. Delivered with professionalism, care & compassion. Call Susan's home care on 403-818-1487 or email susanshomecare@gmail.com to discuss your individual care needs.

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

13 Mobility Aids

MOBILITY SOLUTION!!! Original owner selling 2016 Celebrity DX Sport Scooter with accessories & limited use, together with 2000 Chevy Venture in good cond, 153,000 kms, with 2 additional seats & Bruno lift for scooter. \$4,850 call/text 403-703-2686

20 Home Maintenance

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24 Landscaping

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26 Services

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Kerby News can be viewed online at www.kerbycentre.com

Carpet cleaning, or garbage hauling -1 piece or whole bunch of garbage.
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Mature man will do smaller repair jobs which involve either drywall or wood. 403-289-5760 or rwheatley@shaw.ca

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WE FIX COMPUTERS Computer repair & lessons, Great service Affordable rates 403-481-8080 www.xentas.ca

30 For Sale

Golden Power Lift & Recline Chair: blue, small. Purchase price \$2,300 used 3 mths. Pristine cond. Asking \$1,700. Ph: 403-274-1654

33 Wanted

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

Child care wanted for my son while I am at work. \$25/per hour email: danaestpowell@gmail.com

Mature person shared Accommodation -bright large bdrm, small sitting room, close to LRT & bus, parking stall \$550/mth incl utils Ph 403-253-5314

Kerby News is the official publication of Kerby Centre. Kerby News can be viewed online at www.kerbycentre.com

45 For Rent

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.

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
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Continued on page 27

FINANCIAL PLANNING TODAY

Topics: Keeping Your Financial and Personal Information Safe
Creating a Successful Retirement Income

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

SATURDAY: Saturday, March 17, 2018
10:00 am – 12:00 pm

COST: Free Presentation

Join us for coffee and cookies while learning tips to keep your financial and personal information safe, how to protect your savings and investments, and strategies to create a successful retirement income.

PRESENTERS:

Shelley Coates – Servus Credit Union
Daryl Standish and Joanne Kirk – Investors Group

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

403-705-3235 or
robl@kerbycentre.com

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Financial Planning: Managing your money

Post-retirement tax planning for the lifestyle you want

By Joanne Kirk and Daryl Standish

Most retirees have plans for their retirement — perhaps travel, maybe volunteering, or even starting a new business — but whatever your retirement plans are, there is one plan you ought to have, to ensure you'll maintain the retirement lifestyle of your dreams for all the years of your retirement; a post-retirement tax plan that starts with these three income-protecting objectives:

1. Always take full advantage of all the tax credits and deductions available to you including: the age credit for those aged 65 and older, the pension income credit, and the medical expense credit.

2. Keep your net income and taxable income low enough to avoid such potential pitfalls as the Old Age Security (OAS) claw back or losing out on the age credit and possibly the GST/HST credit.

3. Ensure that your monthly cash flow is not eroded by increases in the cost of living, and that all your investments will last a lifetime.

With those three objectives in mind, here are some other important post-retirement tax-reduction and income-protection strategies:

- Plan Registered Retirement Income Fund (RRIF) withdrawals accordingly. Withdrawals from investments held in your RRIF are fully taxable — so manage your taxable income by withdrawing only amounts that are required to fund your lifestyle needs.

- Reduce taxes through tax efficient asset allocation by keeping fully-taxable, interest-generating investments inside a tax-deferred Registered Retirement Savings Plan (RRSP) or RRIF as long as possible, while keeping assets that are more tax-efficient (those that generate capital gains or Canadian dividends) outside of your registered plans.

- Reduce your taxes by splitting Canada or Québec Pension Plan (CPP/QPP) income with your spouse when your spouse has a lower CPP/QPP entitlement and is in a lower tax bracket.

- Contribute to a spousal RRSP. You must convert your RRSP to a RRIF no later than December 31 of the year in which the

owner attains age 71, resulting in no further contributions to your own RRSP. However, if your spouse has yet to reach age 71, you can contribute to a spousal RRSP on their behalf using any of your unused RRSP contribution room.

Your professional advisor will know which tax-planning and investment strategies make sense for your retirement — such as investing in a Monthly Income Portfolio (MIP) that can protect your income against inflation and generate stable and reliable income distribution (outside your RRIF or RRSP) and potentially higher long-term growth — so you'll continue to have the income you need for all your retirement years.

For a second opinion on your situation call Joanne Kirk or Daryl Standish at Investors Group (403)-253-4840. They would love to help you out.

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

Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

For Information please contact Rob Locke at **robl@kerbycentre.com**
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



Caramelized cauliflower with mint, pine nuts, lime, and yogurt ©

SERVES: 4

- 2 Tbsp pine nuts
- 3 Tbsp avocado or olive oil
- 1 head cauliflower, about 1 3/4 lb [800 g], trimmed and cut into florets
- Pinch of kosher salt
- 1 tsp chopped garlic
- 1 tsp finely chopped shallot
- 1 tsp chopped fresh chives
- 1 tsp grated lemon zest
- 1 1/2 limes, cut into halves
- 1/2 tsp red pepper flakes
- 2 Tbsp chopped fresh basil
- 3 Tbsp chopped fresh cilantro
- 3 Tbsp chopped fresh mint
- 3 Tbsp plain yogurt
- 1/2 tsp honey
- 1/4 tsp ground sumac
- 1/4 tsp flaky sea salt

NOTE: You can substitute arbol-guajillo furikake for the red pepper flakes.

Heat the oven to 425°F [220°C]. Toast the pine nuts in a small, dry frying pan over medium-high heat, stirring frequently, until browned, about 2 minutes. Remove from the heat and set aside.

Heat the oil in a large cast-iron sauté pan or frying pan over medium-high heat until hot and shimmering. Add the cauliflower and sprinkle with a pinch of salt. Sear the cauliflower, tossing or stirring occasionally, until the edges are browned, 2 to 3 minutes.

Transfer the cauliflower to the oven and cook until tender, about 15 minutes.

Carefully return the pan to the stove over medium-high heat. Add the garlic, shallot, chives, and lemon zest and cook, stirring, just until the garlic is fragrant, about 1 minute. Remove from the heat.

Squeeze the juice from 1 lime over the top and gently stir in the pepper flakes, toasted pine nuts, basil, cilantro, and mint. Transfer to a platter or serving bowl.

Put the yogurt in a small bowl. Squeeze the juice from the remaining 1/2 lime over the top and stir in the honey. Drizzle the honeyed yogurt over the cauliflower and sprinkle with the sumac and flaky sea salt. Serve immediately

Visually stunning and conceptually fresh, this is the cookbook of the season from Josef Centeno, chef and owner of Bāco Mercat, Bar Amá, Orsa & Winston, Ledlow, and P.Y.T. In Bāco, he is credited with capturing the myriad tastes of Los Angeles on the plate. Recipes span from simple to show-stopping, exploring sauces, soups, mains, salads, and desserts, too. More than 130 vivid photographs convey the beauty and excitement of Chef Centeno's extraordinary cooking. Centeno's cooking layers textures and explores how spices and sauces can be used to transform the most basic vegetables.



Excerpted from Bāco
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50 Relocation Services

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Hearty Chuckles

What did the pickle say to his Valentine?

"You mean a great dill to me!"

Why did the banana go out with the prune for Valentine's Day?

Because he couldn't get a date.

Do skunks celebrate Valentine's Day?

Sure, they're very scent-imental!

What did the light bulb say to his Valentine?

"I wuv you watts and watts!"

Sudoku Solution

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

Puzzle on page 23



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

- Catherine Lorraine Krassman
- Charles Henry Goeldner
- Darlene Minnette Wallace
- Delorna Mae Taylor
- Joan Maxwell Cope
- Joseph James Walushka
- Keith Gordon Corbett
- Leo Andrew Girard
- Margaret Lorraine Twitney
- Marian Shaw
- Minnie Segal
- Mireya Gloria Figueroa
- Norma Thelma Fenton
- Purnachabdra Pandit
- Tietje Piera

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.



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Crossword Solution

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

Puzzle on page 23

BUSINESS AND PROFESSIONAL DIRECTORY

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, gyms/rough cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, quotes on more technical work, & much more...

Call Jim at 403-992-9274

E-mail: HandyHelpersCalgary@gmail.com
Website: www.HandyHelpersCalgary.ca

Seniors' Discounts

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.calgaryphilatelicssociety.com

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Handyman services,
Basement development
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RIVERVIEW VILLAGE

AFFORDABLE HOUSING

Rental Incentives on Select Suites

RIVERVIEW VILLAGE is made up of three buildings and offers affordable, comfortable rental accommodation for independent seniors and others, in a well-maintained park-like setting. Located in the southeast community of Dover in Calgary, Riverview Village is conveniently located on bus routes and close to shopping.



KANERVA HOUSE is one of the buildings that make up Riverview Village, offering one-bedroom suites for adults, ages 60+.

**2945 26 Ave SE,
Calgary, AB T2B 2N5
Call: 403.272.8615**

OPEN HOUSE at Kanerva Wednesdays 11am to 3pm



Embark on the journey of a worry-free style of living

SUNDANCE ON THE GREEN

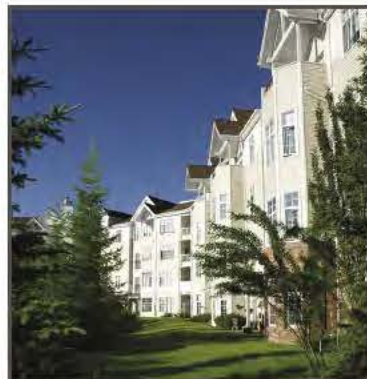
A CARING COMMUNITY BY BETHANY

Starting from the **\$200's**



1 & 2 Bedroom Suites are NOW available!

OPEN HOUSE Wednesday, February 7, 14, 21 and 28 11am to 3pm



- A 99-suite life lease adult community for seniors to live actively & independently
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- Well maintained property and grounds
- A pet-friendly building with common areas for activities
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