

Kerby News

Published by Kerby Centre for the 55 plus

2018
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Monday 1 January, 2018

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Strive to be better throughout 2018

President's Report Zane Novak

My New Year's resolution this year is to not make New Year's resolutions. Instead, I want this to be a year of resolutions.

Though January is the traditional time for resolutions, it's important to check in with your priorities throughout the year. We can get so caught up in the

unimportant, or even the very important, that we forget to keep those connections to community and family that will serve us every day of our lives.

Don't have 'go to the gym' be just a January idea. Instead have the first day of every month be the day you celebrate that you have been

going to the gym.

If you find in mid-April that you have been eating too much fast food, then make that your May Day resolution.

It is easy to get off our path. To have the troubles of the day make us drift from our goals. Checking in on your progress and making

course corrections is not an annual event, it is something that has to be part of our daily routine.

Thank you for being part of Kerby Centre's community. The staff and volunteers at the centre are here for you year-round. To help you live your best life, and to reach all of your goals. □

JANUARY 2018

Front page: Photo courtesy of orkney.com
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

January . . . a month typically cold and snowy.

But you could make it be the month to plan out your

A New Year filled with opportunity

year, to say 'this is the year that I will read that book, call that friend, make a new friend, help someone else, do an extra walk about, sleep, and be present in your life.'

I feel that far too often each of us can focus on the negative actions and events while forgetting the positive elements in our life.

It would benefit us all to take this time to accept what has been and then park it in a place where it does

not have to be rehashed daily —then, perhaps a journal that would prompt us to chronicle our positive thoughts and experiences, make our plans, and acknowledge our feelings.

However you move forward, do it with gusto!

Be the BIG you, smile, live your life well, and know that if you need any support that Kerby Centre is here in the winter and summer months, for and with you. □

'Silver Alert' system to help locate missing and vulnerable elderly passes in legislature

By Dylan Reardon

An amendment to the Alberta Missing Person's Act passed unanimously last month, setting the stage for the creation of a Silver Alert system in the province, aimed at notifying the public about a missing person who is particularly vulnerable, such as elderly people,

people living with Alzheimer's or dementia.

Bill 10, first introduced by Drayton Valley MLA Bill Smith, called for the creation of the Silver Alert that would mimic the Amber Alert—the Canada-wide system that broadcasts information about missing children, which began in 2002.

The new alert would apply

to adults with a cognitive impairment, mental disorder or medical condition that renders them vulnerable. It would also apply to adults under the Adult Guardianship and Trusteeship Act, and will provide a framework to enable police to issue a notice to local media when a senior citizen goes missing. □

You are invited to our

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Tax Clinic





Kerby Centre

We will do your Income Tax For free!

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+
Starting March 1st to April 26th, 2018

The income limit for this service is:
\$30,000 per year for single or
\$45,000 per year for a couple (combined income)

By appointment only

You don't have to be a Kerby member!
We will begin booking from February 1st, 2018.
To schedule an appointment please call the Information Office at 403-705-3246

Our Address: Kerby Centre 1133-7 Avenue SW, Calgary T2P 1B2



News from City Hall

EVAN WOOLLEY
Calgary Councillor for Ward 8

Sticking to New Year's Resolutions

With snow now falling in droves, many Calgarians (myself included!) are pulling out their skis, snowboards and snow shoes. Being active in the cold winter months is why so many of us choose to live in this great city. I've always believed that an active city is a happier, healthier, more vibrant and energized city. So, if some of your New Year's resolutions had to do with starting to get active but the mountains are just a bit too far for your liking, the City of Calgary offers tons of programs for fitness at all ages and levels.

Let Calgary Recreation help you keep your New Year's Resolutions:

The Winter Recreation Program Guide is now available. The City of Calgary offers a wide variety of fitness programs for all ages, interests, and skill levels. Registered programs range from traditional fitness classes, such as yoga, bootcamp and aquasize to leisure activities such as skating, swimming and dance, as well as new programs like aqua conditioning for youth and pickleball for older adults.

With dozens of facilities located throughout the city,

there are lots of convenient locations for people to take part in a variety of recreational programs at very affordable rates. In addition, programs are led by certified, professional instructors ensuring you get a high level of expertise with your workout. With hundreds of programs to choose from, there is something for everyone:

Free public swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at www.calgary.ca/pools. Not

available at our Leisure Centres.

Free skating is available on some statutory holidays at select arenas. Check online for the dates and locations of upcoming free public skating at www.calgary.ca/arenas.

Saturday and Sunday Splash Swim – \$1 for kids. Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior. Search www.calgary.ca/pools.

For more information and to learn about more programs, visit www.calgary.ca/recreation. □



This month in Edmonton

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

In with the new: Happy New Year to all!

I anticipate an exciting 2018, as during the fall sitting, our government introduced important legislation which will make Albertans' lives better.

In July of this year, the federal government will legalize the consumption of cannabis, and provincial governments will oversee implementation. My colleagues at the Ministry of Justice and I have been busy the last few months formulating an Alberta framework for legalized cannabis, which will protect children, prioritize health and safety, and limit the illegal market.

Many Albertans provided feedback through various channels, and on this basis, our government has determined that 18 will be the minimum legal age for the purchase and consumption of cannabis. Cannabis will be sold by private retailers, much like the sale of liquor. On-line sales will be directly managed by the provincial government so that consumers are guaranteed a legal, quality product.

A great deal of thought and deliberation continues to go into the particulars of how this change will be enacted, including regulat-

ing cannabis consumption from a health and safety perspective, to matters of enforcement. To follow how this legislation is evolving, please visit www.alberta.ca/cannabis-legalization.

I care deeply about the LGBTQ+ community and fully supported our government's recent amendments to the School Act, which clarify authority roles and responsibilities around gay-straight alliances. This legislation ensures that students can form and join GSAs without fear of being outed. This legislation is a great step in ensuring that

students are the ones who decide when and how to have personal and important conversations with their parents and loved ones. These amendments, which will come into effect on April 1, support students in every publicly-funded school in Alberta who wish to create or join GSAs by ensuring that a clear policy governs them.

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
Sports & Disabilities

Canada's first-ever national housing strategy: a game changer for affordable housing in Calgary

We all know that a home provides more than just a roof over your head. For too many Canadians, a decent home – or any home at all – is simply not within reach. In the worst cases, it forces impossible choices that no family should have to make.

That's why our government is developing Canada's first-ever National Housing Strategy. This 10-year, \$40 billion plan will allow 500,000 more Canadians to finally have affordable housing that meets their needs.

It's a really big deal. In fact, it's a game changer for affordable housing in Calgary and across the country.

I'm especially proud that the strategy focusses on the people who need it the most, including seniors, people with disabilities, survivors of domestic violence, Indigenous Canadians, people dealing with mental health and addiction issues, and veterans.

Over the next 10 years, the National Housing Strategy will:

- Cut chronic homelessness

in half.

- Create 100,000 new housing units. (That's four times the number that were built under the previous government over the previous 10 years.)
- Repair or renew 300,000 existing housing units.

With 1.5 million Canadians currently living in unsafe, inadequate, or unaffordable housing (and with 25,000 people having no home at all), this major, integrated plan is clearly badly needed. It's the right thing to do, and it's good public policy. Bringing people out of

poverty saves us all money in the long run.

After years of past inaction, it's time to do something big for affordable housing. To read more about Canada's first-ever National Housing Strategy, visit www.KentHehrMP.ca/Housing.

To contact me, please email kent.hehr@parl.gc.ca or call 403-244-1880. You can subscribe to email updates at www.KentHehrMP.ca/email-updates or connect with me through social media (@kenthehr) on Twitter, Instagram, or Facebook. □

Disclaimer:

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

It's been a pleasure



Kerby2: East Village opened its doors in the summer of 2015, after the Golden Age Club shut its doors.

Kerby Centre's East Village location ends on a high note

By Dylan Reardon

In the summer of 2015, Kerby Centre, in cooperation with the City of Calgary, the Salvation Army, Calgary Municipal Land Corporation (CMLC,) and the East Village Neighbourhood Association, was asked to expand its programming and services to serve older adults in Calgary's East Village after the Golden Age Club closed its doors in May of that year. The East Village location was named Kerby2: East Village (K2EV).

Kerby Centre was part of an advisory committee that included The City of Calgary, East Village Neighbourhood Association, and East Village seniors' representatives to help

guide programming in East Village.

On Dec. 31, 2017, after two and a half years, Kerby Centre ended its stewardship of the East Village programs and services, and has passed the lead to Carya, whose vision for the East Village Community Space is to create a multi-generational hub that meets the needs of both current residents and the evolving needs of a distinct urban neighborhood.

The programs and services offered at K2EV were a tremendous success, utilized by thousands of people each year, including recreational activities such as bingo, yoga, Zumba, and Arts 'N Ends; to public access terminals where clients could send emails, make phone calls, and access the Internet; to a place where vulnerable and at-risk individuals could find safety, help, and resources.

These programs and services enriched the lives of the older adults who made use of them, such as Gail B. who says, "This facility is a blessing (. . .) I feel welcome here in every way. People are friendly and I don't feel judged. I look forward to it. It's the best part of my week."

Kerby Centre will continue to serve residents of the East Village through its THRIVE delivery program, which is designed to decrease social isolation and increase social connections with the broader community through grocery deliveries and supportive visits with low-income, vulnerable seniors.

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Every year I make a resolution to change myself.
This year making a resolution to be myself!

--Anonymous

Become a member today!

Kerby Centre

for the 55 plus

Membership with Kerby Centre provides a number of benefits, including:

- Kerby News mailed directly to your home each month
- \$3 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Priority registration & member rates for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre events
- Special advanced ticket purchases & reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

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- **\$5 discount** off a one month 'FIT Room' membership (for first-time registers FIT Room users)
- One **FREE** Drop-in activity
- **\$5 discount** off a day trip booked with the Travel Desk
- **\$10 discount** off a first-time foot care assessment

*conditions may apply



To purchase a membership:

- Visit our membership desk Monday to Friday 9 - 3
 - Phone 403-265-0661, ext 256
 - On our website at www.kerbycentre.com
 - Mail this form with a cheque for payment and we will follow up by phone
- Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

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Membership for 2018 is \$22.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2018).

MEMBERSHIPS ARE NON-REFUNDABLE



Kerby Centre

Kerby Centre Department Directory

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

Main Switchboard 403-265-0661 www.kerbycentre.com		Fund Development 403-705-3235 <i>Work with members and community to provide funding for Kerby Centre's vital programs</i> funddev@kerbycentre.com	Kerby News Editor 403-705-3229 editor@kerbycentre.com
Accounting 403-705-3215 Adult Day Program 403-705-3214 <i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i> adp@kerbycentre.com	General Office 403-705-3249 generaloffice@kerbycentre.com	Kerby News Sales 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com	Kerby Rotary House 403-705-3250 (24 hour) <i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i> shelter@kerbycentre.com
Diana James Wellness Centre 403-234-6566 <i>Health services including footcare</i> wellness@kerbycentre.com	Thrive 403-234-6571 <i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i> thrive@kerbycentre.com	Options 45 403-705-3217 options45@kerbycentre.com	Volunteer Department 403-234-6570 <i>Volunteers are the heart of Kerby Centre</i> volunteer@kerbycentre.com
Dining Room 403-705-3225 <i>Serving nutritious meals to everyone</i> kitchen@kerbycentre.com	Housing 403-705-3231 <i>Assists older adults in finding appropriate housing</i> housing@kerbycentre.com	Room Rentals 403-705-3177	President Zane Novak 403-705-3253 president@kerbycentre.com
Education & Recreation 403-705-3233 <i>Information source for programs at Kerby Centre</i> program@kerbycentre.com	Information / Resources 403-705-3246 <i>The all in one older adult information source</i> info@kerbycentre.com	CEO Luanne Whitmarsh 403-705-3251 luannew@kerbycentre.com	
Event Planner 403-705-3178 events@kerbycentre.com	Kerby News Classified Ads 403-705-3249		

Did you know?

These are the most commonly spoken languages in Canada

By Kerby Centre
Diversity Committee

Diversity has played an important role in Canada's

formative history. Today, the country boasts the highest percentage of foreign-born citizens of any G8 country.

Canada is a nation of newcomers. Originally inhabited by Indigenous peoples, immigration to Canada began with French and British colonization in the 17th century. The trend continued through the 18th and 19th centuries with British loyalists who fled the United States during the American Civil War. Another wave of immigration from Europe after WWI and WWII brought many new cultures, languages, and religious groups to Canada, resulting in many changes in government policy and the first laws to protect diversity.

During the last 60 years, immigration has continued to flourish, with newcomers arriving from every corner of the globe.

Language

On public transit or out-and-about in virtually any corner of Calgary—or any big city in Canada—it doesn't take long to hear a smattering of English or French mixed in amongst a variety of other languages and dialects from around the world.

While 2016 census data from Statistics Canada revealed 196 specific languages were reported as

being spoken in the country, on Fig. 1 are the top 20 mother tongues spoken in Canada aside from English and French.

A nation embraces diversity

In 1971, Canada became the first country in the world to enact an official policy of multiculturalism, showing how valued diversity is within the sphere of Canada's political, social, and economic landscape.

The Canadian constitution, amended by Prime Minister Trudeau (Sr.) in 1982, contained the Charter of Rights and Freedoms, which protected multiculturalism, specifically: freedom of religion, freedom of expression, equality rights, and aboriginal rights.

The Canadian Multiculturalism Act was introduced in 1988 and federal funds began to be distributed to ethnic groups to assist them in preserving their cultures. Many of the cultural community centres that exist today were established during this time as a result of this funding.

Kerby Centre

Kerby Centre welcomes diversity, and itself hosts myriad volunteer and staff coming from many cultural and social backgrounds.

The Information Department at Kerby Centre offers services specifically designed for immigrant seniors, such as housing information, benefits available for immigrant seniors, and English as a second language (ESL). □

Mandarin:	592,000	Urdu:	211,000
Cantonese:	565,000	Russian:	188,000
Punjabi:	501,000	Polish:	182,000
Spanish:	458,000	Vietnamese:	156,000
Tagalog:	431,000	Korean:	153,000
Arabic:	419,000	Tamil	141,000
German:	384,000	Hindi:	111,000
Italian:	376,000	Gujarati:	109,000
Portuguese:	222,000	Greek:	107,000
Farsi:	214,000	Ukrainian:	102,000

Figure. 1



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“The New Year stands before us, like a chapter in a book waiting to be written. We can help write that story by setting goals.”
– Melody Beattie

Kerby Centre's 2018 Tax Clinic:

Assistance for low-income individuals

By The Information Department, Kerby Centre

Every year, the Kerby Centre tax clinic offers free assistance to low income individuals filing personal tax returns, as required by Canada Revenue Agency.

Even if you do not earn an income, or if you do not pay tax, it is absolutely essential that you file your tax return. This will ensure your eligibility for the GST rebate. If you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements are continued.

Who qualifies for this assistance?

The Kerby Centre tax clinic is run solely with the assistance of volunteers. For this reason, the Kerby Centre offers these services to individuals who are either disabled (currently receiving AISH income) or 55 years and over and with a gross income less than \$30,000 for a single person. Kerby Centre can also file tax returns for couples with a combined household income of less than \$45,000. This \$45,000 combined income limit applies whether the returns are filed together or separately. Please note that if you filed separately, we must have a copy of the spouse's completed tax return with all of the T-Slips attached before we can complete yours.

Kerby Centre income tax volunteers are trained to do basic returns and cannot do returns that include business income, self-employment income, farm income, or capital gains trade summaries. Please notify the Kerby Centre receptionist at the time of booking your appointment as to what type of return you have so you can have the correct appointment time booked. We book 20-minute appointments per person per year of taxes to be filed.

Rental income can be included in your tax return. But ensure that you come prepared with all deductible expenses totaled and categorized. Kerby Centre volunteers may also be able to do returns for deceased persons, if the returns are not

complex. Please note: when bringing in a deceased return, the executor must accompany the return with a copy of the will and a death certificate as well as last year's return and Notice of Assessment. Unfortunately, we are not able to file estate tax returns.

How can you get this assistance?

There are two ways to access the Kerby Centre tax clinic services.

To have your tax return e-filed (done online by the tax volunteer while you are with them), you must book an appointment. Kerby Centre will start booking 20 minute appointments for the Tax Clinic beginning Wednesday, February 1. Appointments can be made by calling 403-705-3246. The 2018 tax clinic will begin Thursday, March 1, and will run on Mondays, Tuesdays, Wednesdays, and Thursdays from 9 a.m. to 3 p.m. This service continues until Thursday, April 26.

Tax returns can also be dropped off at Kerby Centre beginning March 1, 2018. A drop-off form must be completed and will include all your important information including: date of birth, marital status, address, spouse's net income, contacts information such as a phone number, SIN number, etc.

Drop-off returns cannot be e-filed and are prepared by the volunteers as time per-

mits. When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. You will be responsible for mailing in your tax return to CRA. Drop-offs can be left in the Kerby Centre Information Resources Office in Room 206.

What to bring with you?

It is very important that you make sure you have all the necessary documents with you for your tax appointment. If any documents are missing or incomplete, the tax volunteer will not be able to complete and file your tax return.

Your necessary documents may include:

- A copy of your income tax from last year if not prepared at Kerby Centre and your Notice of Assessment.
- All reporting slips (T-slips) for each type of income you receive.
- Details and amounts of any foreign incomes (including foreign pensions, social security, interest, or dividends.)
- Details of any deductible items that you may be eligible to claim: medical services (yearly printouts from Pharmacy for prescriptions) and medical devices, premiums to private medical plans, bus passes, charitable donations, etc.
- Records of any tax installments paid for 2017.

- Void cheque (if you are not already set up for Direct Deposit with CRA.)

If you are unsure of what you should bring, please discuss this with Kerby Centre when making your appointment.

Use the checklist below to decide if you can access the Kerby Centre tax clinic 2018. **Canada Revenue Agency**

Unfortunately, Kerby Centre is unable to provide a tax service at home. Low-income individuals who are unable to leave home can get volunteer assistance from Canada Revenue Agency. To access this service, or for any general inquires, the Canada Revenue Agency can be contacted at 1-800-959-8281. □

I am and have the following	If any of the following apply, you are <u>unable</u> to access the Tax clinic
<input type="checkbox"/> Over the age of 55 or receiving AISH	<input type="checkbox"/> Under the age of 55
<input type="checkbox"/> Income for a single person is less than \$30,000 or for a couple, less than \$45,000	<input type="checkbox"/> Income for a single person is more than \$30,000 or for a couple, more than \$45,000
<input type="checkbox"/> Tax return is simple and includes any of the following:	<input type="checkbox"/> Tax return is complicated and includes any of the following:
<input type="checkbox"/> Simple income: CPP, OAS, GIS, ASB, Alberta Works Support Income, AISH, CPPD	<input type="checkbox"/> Business Income, Farm Income, Capital Gains Trade Summaries
<input type="checkbox"/> Rental Income with all deductible expenses totaled and categorized	<input type="checkbox"/> Estate tax returns or Bankruptcy returns
<input type="checkbox"/> Deceased person's taxes if they are simple	<input type="checkbox"/> Deceased persons taxes if they are complicated

211 WHY SHOULD YOU CALL 211?

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Have fun, keep fit, and develop a mean backswing. It's never too late to play tennis

By Rita McGillivray

Our hot, dry summer is now behind us and the short days with seemingly endless darkness are rapidly approaching. For many retirees, the warmth of the desert sun beckons; for others, it's time to be digging out those skis and getting them tuned up.

But what about making this winter the year you finally decide to act on that niggling desire to get back into tennis? What if you are a new or about to be retiree and you've always thought about learning this game so that you can join in the fun at the club where you plan to migrate to during the winter?

This winter might be a great time to get those tennis sneakers on and invest in an indoor training pro-

gram that will have your friends lining up to play with you by summer.

I happened to pop into the gym at the Bethany Church on Richardson Way in southwest Calgary on my way to Mount Royal University one dark, cold, and rainy evening recently.

As I entered the gym I found a small group of participants jumping through hoops laid on the floor, practicing their footwork and agility skills.

Leading the Congo line of high steppers was a sprightly senior named Barbara Streibl. Streibl was previously a Federation Cup player for Canada. In her tennis career she was the Canadian junior championship winner, who also ranked second in the Canadian Adult standings, and at one time was ranked 111 in the world standings.

Streibl was trained at her late mother's tennis school in Toronto, where she taught the wall method to tennis players for 35 years. After her mother's passing Barbara received all of her teaching equipment and this prompted her to open her



own tennis teaching program in Calgary.

With the wall method students can develop a successful game playing across the court in less than ten lessons. Students are readily able to play games with one another without the need for pros to arrange games with other students.

"I see people frustrated at trying to play tennis, they can't control the ball, it's all over the place and they don't get the satisfaction they should," Streibl explained.

"With the wall method, the student has a much better chance at quickly developing the technique to control the ball".

All the equipment is provided and students don't need to go shopping for their own tennis racquet until they are ready. Students can come dressed in any casual gym wear they please.

Once the students had completed a few minutes of footwork practice each picked up a racquet and proceeded to work on their volleys hitting a ball against the wall.

What was interesting to note was that each partici-

pant was using a different type of racquet or paddle and the balls were different too. This is purposely built into the program so that students graduate slowly toward the standard racquet and regulation ball according to their skill development.

Streibl starts all the participants with a "smart starter" paddle and ball that is much softer than a standard tennis ball.

"The smart starter paddle and ball are used initially to get the player to master the correct swing using a ball that doesn't jump around as much because it is heavier. The paddle is shorter and the player can control the swing" Streibl explained as she demonstrated a perfect set of volleys between herself and the wall.

Once the participant can return the ball successfully for 20 volleys, they are graduated up to a slightly firmer ball, one that is about 75% of a standard ball. They are coached to eventually move their hands further along a tennis racquet shaft until they can hold the racquet in the normal position and the ball is completely stable.

Participants are videotaped at lesson one and again eight weeks later. While I was visiting, I was invited to watch the "before and after" videos of a graduate of the program and I was very impressed to see how his skill had evolved in such a short time.

Most of the students that Streibl has been working with are over 40, and she told me about a participant in his 70s who had been



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Continued on page 9

It's Never too late to play Tennis, continued



Continued from page 8

playing the game for 40-50 years and wanted to tune up his technique.

“You would never think this guy was in his 70’s and after being a player for so many years he successfully changed his entire backswing, making

it much more effective for his game,” Streibl remarked.

“Tennis is a very social game, and for most people who have at one time in their life played with balls, in any manner of sport, they can easily transfer this experience to tennis.”

An eight-week program consists of weekly 45-minute

sessions, with 10 minutes of agility exercises and games incorporated to add more fun to the class. In addition to developing good tennis skills, participants will find their overall fitness level improving as well.

I talked to one of the students named Helen at the end of class: she was getting

ready to view her recent video performance.

“I am just loving this, and I feel bad when I have to miss a lesson,” she told me “My goal is to be able to play a game of tennis and feel successful.”

What better way to spend those winter days than by sweating it out in the gym,

getting ready to show off those new tennis whites and a killer serve on the courts next summer?

There are several places to get tennis training in Calgary, but to learn more about Streibl’s program, check out www.tennfit.com or call her at 403-252-0792. □

Moderate exercise improves the efficiency of dialysis



U of C Kinesiology researchers study impact of exercise intensity during hemodialysis

By Dylan Reardon

For those suffering from extreme fatigue and nausea from a chronic illness such as kidney failure, exercise is often the last thing on their mind.

Yet researchers at the University of Calgary have discovered that lower-intensity exercise can be a big relief.

As a graduate student at the U of C’s Master of Kinesiology program, Paul Brown led a study to find out just how much exercise is needed during hemodialysis, a treatment that uses a machine to filter the body’s blood and remove toxins when the kidneys are not functioning.

Previous research suggests it is beneficial to exercise during hemodialysis, as exercise helps the body expel toxins such as urea more efficiently. However, Brown says this is the first time a study looked at how intense the exercise must be to be of benefit. Their results showed that exercise at a lower-intensity was able to impart benefit.

“This is great news for those who have to undergo dialysis,” says Brown. “Lower-intensity exercise is less intimidating and patients are more likely to enjoy and take part in lighter exercise.”

The study required each subject to complete three differing protocols – one dialysis treatment with no exercise, one with lower-intensity exercise and one with higher-intensity exercise. While exercise made the dialysis procedure more efficient, Brown found no difference between lower- and higher-intensity exercises in terms of dialysis efficiency.

Brown says research shows that patients who exercise during dialysis also have improved aerobic capacity, leg muscle strength and quality of life, and they have lower markers for

inflammation and make fewer visits to the hospital.

Kidney disease is increasing. Kidney failure rates have tripled in the past 20 years, resulting in an estimated 41,931 Canadians being treated for the disease. Brown says poor diet, lack of exercise and an aging population contribute to this disease. Yet, only a few North American dialysis programs use exercise as a therapy during dialysis.

“You would be surprised at what some of our most complicated patients are able to do if we start them with something small and attainable,” says U of C

alumna Kristen Parker (MKin ’04) who co-authored the study.

Jim Hutton has been exercising during dialysis since 2010 and says he has noticed improvement.

“I feel stronger, have more stamina and am able to walk further each year. I am so passionate about exercising while at dialysis that I get very annoyed if I am prevented from doing so,” says Hutton.

“It also frees my mind as I spend an hour and a half on the bike and listen to audio books at the same time. I really enjoy that experience.” □

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It's never too late to go off on an adventure: part one



By Tina Quinn

My journey begins with the idea that I would have liked to travel when my husband retired.

Then, in 2013, at the age of 54, I suddenly found myself widowed.

After spending my life raising my six children, what was I going to do? My husband had left me with a small construction company, which I successfully ran into the ground (you really ought to be on-site to effectively run a construction outfit.) So after a few years of struggling to run the business, then failing at finding employment that would carry me through to retirement, then a new idea emerged from the confusion going on in my life, and it sprang to life with a vengeance.

The plan is to travel to Central America in my tiny RV, solo, (well, I suppose I'm not really solo as my kitty, Nerah, is joining me). How long this will take me, I really can't say. I quit my job in May of this year and sold my house in June to pay off my debts. I then purchased a 20-foot, 'class C' motorhome, which is about the smallest you can get. It is perfect. It is my home and I love it.

When the very worst has happened to you, you gain a sense that there is nothing left to fear. Somehow you get through it and life takes on a whole new perspective. My husband took his own life after suffering from mental illness for many years. In my wildest nightmares, I could not have foreseen this. But it happened. My main concern was for my children. What a

legacy! But now that they are reasonably at the beginning of their own journeys, I feel there is no better time than now to cut loose and discover the world and all the beauty in it. If I don't take the leap now, later may be too late. I would rather try and fail and gain the experiences than waste away in my comfort zone.

My life at present consists of learning: learning to how to live in and maintain an RV, learning WordPress so that I can chronicle my journey on my blog, learning how to use my camera for photography, learning Spanish for my journey; learning, learning, learning. And I wouldn't trade it for anything.

Life is uncertain, so I'm okay with not knowing how this will all end. I am on an adventure.

As trial runs, I have driven out to Vancouver and to several of the Gulf Islands; I have camped on the side of the road and in the middle of nowhere, as well as in various casino and Walmart parking lots (and have been kicked out of one because, apparently, you can't park in every Walmart parking lot.) I have discovered Boondockers Welcome, which is a community of RVer's across North America, whose members allow you to park on their property free of charge. Every once in a while I pay for a spot in a full-service RV park and know how to make the most of it. But, honestly, I can't tell you what a thrill it is to be able to pull over just about anywhere and take a nap, if the need arises.

I am investing quite a bit in transitioning. I have a plan, but if it doesn't work out, that's okay: I have a back-up plan. No matter what comes our way in life, we always manage to survive it. This past September, I travelled to Washington D.C. to participate in a travel writing workshop, and then flew to Paris at the beginning of October for a

photography course. And, as I am from Scotland originally, I hopped on a plane to the U.K. to visit my siblings. Upon my return, I tidied up some business and prepared to embark on the road trip of a lifetime.

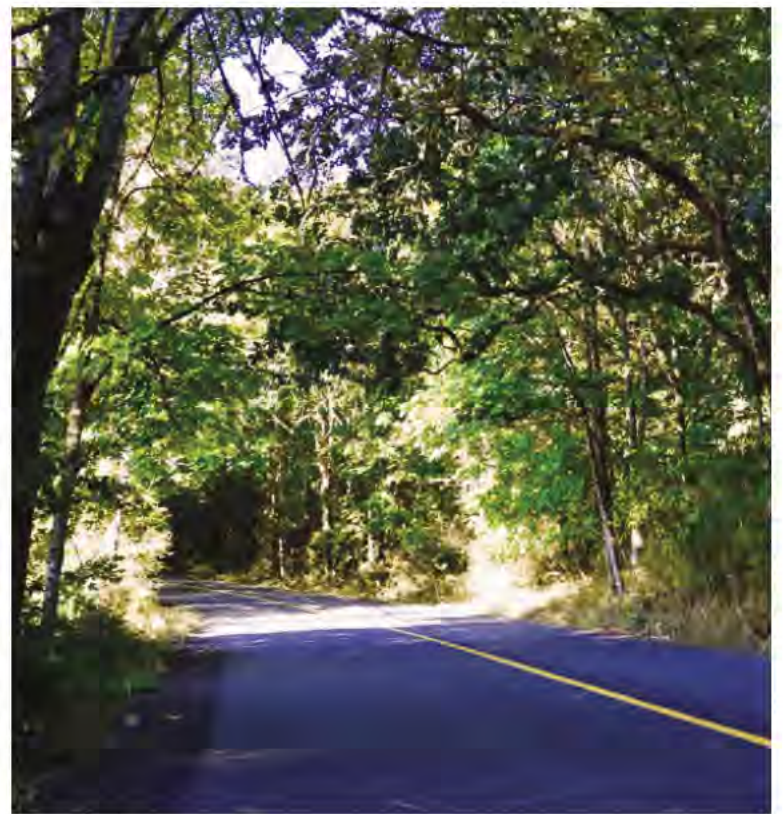
My journey began in mid-November and the idea is to go as far south as I can. I would like to make it to Ecuador, but there is a spot in Panama, called the Darien Gap, across which I won't be able to drive. I haven't found any ferries that take motorhomes in that area, but I will know better when I get there.

I am looking at possibly renting a winter refuge somewhere in Mexico or Central America. But, I will need to have boots on the ground to decide on that. Or, I may find a little place on the west coast in which to spend the cold months in. Salt Spring Island is mighty tempting. This is very much a find-out-when-I-get-there type of trip, with only so much research that can be done prior to my arrival.

My adventure began with a bang. Always, always, check the weather and road conditions before setting out. I did not. I found myself, on day one, in the middle of a blizzard in rural southern Alberta, with 135-kilometres-an-hour winds, perilously low on fuel, but that's another story.

Everywhere I go, I walk, take pictures, and revel in absorbing the culture, which is unique to each region. Can life get any better than this? In the months to come, stay tuned for updates.

Look out for more updates from Tina in upcoming issues of the Kerby News, as she continues to share her adventure. □



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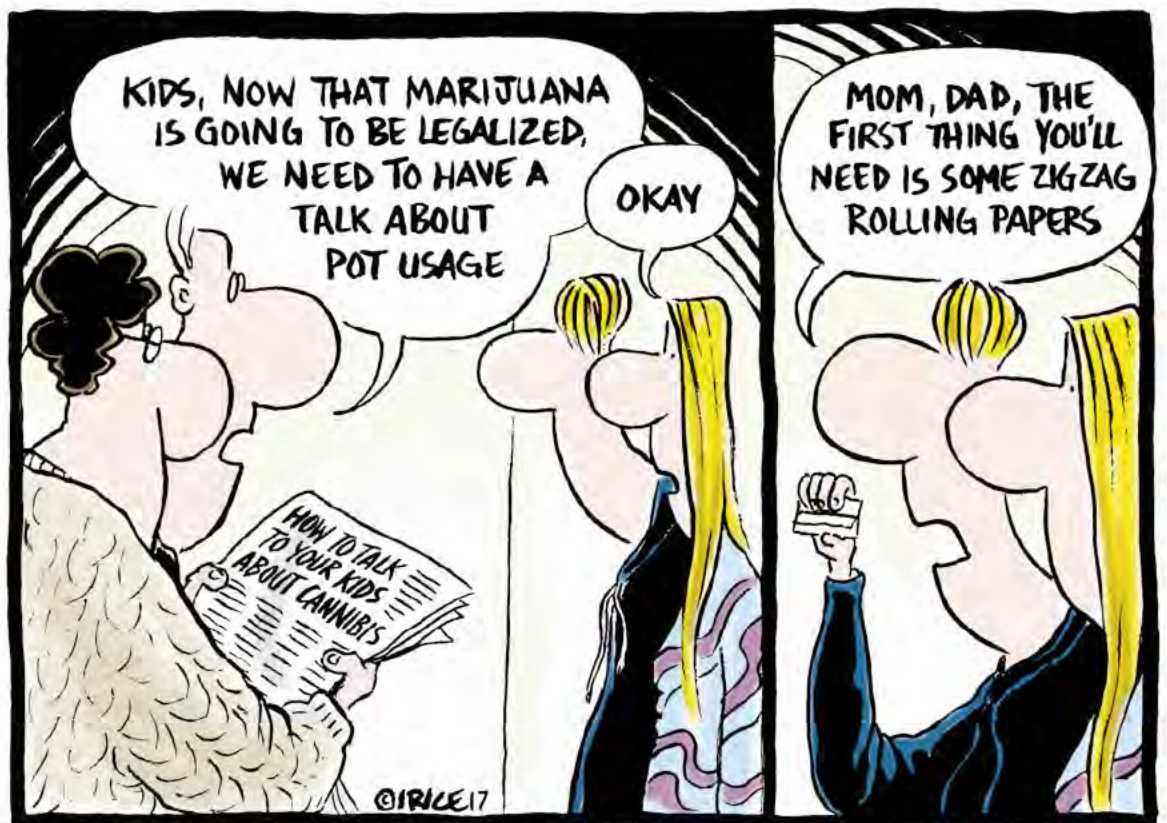
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CBC wants additional \$400M in annual funding to go ad-free



By Dylan Reardon

The CBC wants all of its programs and services across all mediums to go advertisement-free, but requires additional funding from the federal government to do so.

In a proposal released last month titled, *A Creative Canada: Strengthening Canadian Culture in a Digital World*, the CBC says it would

need an additional \$12 per Canadian, per year, bringing the annual contribution of each Canadian to \$46.

"In order to exit advertising, CBC/Radio-Canada would require \$318 million in replacement funding," states the filing.

"This figure takes into account the lost advertising revenue (\$253 million), the cost to produce and procure

additional Canadian content (\$105 million) that is required to replace the advertising programming and the cost savings associated with the reduced cost of sales (\$40 million)."

CBC cites the BBC—the United Kingdom's national broadcaster—as the example Canada ought to follow, noting the money CBC would receive is still well below that which other national broadcasters receive annually per citizen. According to the proposal, the BBC received \$114 per person per year.

That hike in per-person funding would include \$100 million annually for "new investments to face consumer and technology disruption."

"The business model and cultural policy framework in which CBC/Radio-Canada operates and carries out its public mandate is

profoundly and irrevocably broken," reads the proposal.

"Advertising revenues for conventional television are down as audiences become more fragmented, ad-free content becomes more available, and alternate content providers such as YouTube, Netflix, Amazon and, Apple TV/iTunes continue to make inroads.

"Moreover, two-thirds of the CBC/Radio-Canada advertising revenue (approximately \$158 million) would migrate to other Canadian media companies, giving them an additional influx of revenue as they adapt to industry changes," the proposal reads.

CBC/Radio-Canada is also calling for its funding to be "predictable and stable, tied to the existing five-year licence cycle, indexed to inflation, and separated from the elec-

tion and annual government budget cycles."

The proposal says there would be additional broader benefits to the Canadian economy, including "a net total GDP gain of \$488M, a total labour income impact of \$355M and the creation of 7,200 new jobs," although it did not elaborate. □

Letters to the Editor

Marijuana legalization

Dear Editor,

Why is the federal government in such a hurry to pass its marijuana legalization legislation when there are still so many questions and so few answers?

Just this week, the Alberta Association of Chiefs of Police said that the legislation is coming too fast, stating that, "There is insufficient time to prepare the necessary legislative framework and regulations to ensure the public safety". The Canadian Association of Police Chiefs warned that it will be "impossible" to be ready for the government's target of legalizing marijuana by July 2018. Do these things not matter?

Why is the Trudeau government not listening to their own Department of Health who warned that youth under the age of 25, whose brains are still developing, should not be smoking marijuana? Why are they ignoring all the evidence that says more (not fewer) youth will smoke marijuana after legalization, and that car crashes due to impairment by marijuana will increase significantly? Why do they insist that organized crime will decrease after legalization and yet the experts say we are "deluding ourselves" if we think that legalizing marijuana will remove the criminal component?

Canada is the first developed country in the world to legalize marijuana. The proposed legislative and regulatory framework is still in its infancy – not even half-baked – and yet Trudeau stubbornly insists on recklessly plunging ahead. Why? Are there conflicts of interest driving this agenda? How would we know if there were?

There is something extremely repugnant, foolish and suspicious about the government's mindless haste. It's time to slow down, take a deep breath and a step back. Canadians deserve answers to their many questions before we go any further.

– Betty Unger, Senator (Alberta)

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Solo travel: the rise of baby boomers going overseas on their own

A new report from the editors at *International Living* explores why more Baby Boomers are traveling overseas solo and even choosing to retire abroad as singles. According to the report, independent retirees say they're taking their lives into their own hands and often feel safer and more empowered abroad than at home.

The editors at *International Living* report an increasing number of retirees opting to travel—and ultimately, retire—alone overseas. These single Boomers say they're drawn by the adventure, freedom, and empowerment travelling and even living alone overseas provides.

"It's not surprising our editors around the world are seeing this trend," says Jennifer Stevens, *International Living's* Executive Editor, "given that singles—women particularly—often face greater financial pressures in retirement than married couples do. And by travelling and living in good-value destinations abroad, single retirees are able to expand their quality of life while saving money. It's a way for solo Baby Boomers to take control of their retirement.

"Going overseas may seem like an intimidating prospect, but solo Baby Boomers regularly report that, particularly in communities with a well-established expat presence, arriving as a single is easy. There's a built-in community that makes integrating fast and simple. And lots say they enjoy the adventure. It keeps day-to-day living interesting.

"Plus, because these folks are choosing locales where elders are given a great deal of respect and relationships with neighbors and family are important, they find they feel safe and looked after. They may be flying solo, but they don't feel alone."

David Brych, originally of Virginia, worked for over 40 years in the hectic Washington, D.C. metro area. But when he contemplated retirement, he says he imagined a destination full of wonder and adventure. And that's what he found—in Sancerre, France.

"After much thinking, I was convinced that, wherever I went, I wanted a little 'unknown' and a little 'wow...how interesting' in a destination." With those thoughts in mind, David began to focus on France. "After all, I never spent any

time there, didn't speak the language, and knew that the wine was definitely a 'wow,'" he says.

Sancerre, a town of around 1,600 people tucked away in the rolling hills of France's Loire Valley, produces world-class wines. The vineyards that stretch to the horizon define the landscape and drew David to the area.

"Wine and the wine industry is a small hobby of mine," he says. "Did it influence my decision? Perhaps."

But wine isn't all that makes this area special. Sancerre provides excellent outdoor activities. "There is barge-boating on the Loire River canal, horseback riding, kayak and canoe trips on the river, and plenty of walking paths and trails," says David. "The scenery is spectacular."

"Without exception, everyone I have met has been friendly and welcoming. Perhaps this all has something to do with the idea that 'rushing' isn't living. It seems everyone has time to say 'bonjour' or 'bonsoir' as we encounter each other on the streets."

Sancerre also offers life at a much more affordable cost. "Most everything is cheaper in Sancerre," says David. "The variety of artisanal cheeses is phenomenal, at prices that are dramatically lower than in the U.S. and Canada."

Freedom and exploration are also draws for solo retirees. They are attracted to laidback, low-key destinations.

Take Thailand, for instance. "Here on Kho Phangan, I have more freedom than I would have in the States," says Brian Gruber, 61, orig-

inally from California. "The laidback atmosphere is infectious. I'm free to go swimming when I like and free to pursue work that is interesting to me. I'm also free to go out for lunch and dinner every day."

Kho Phangan is just half an hour by ferry from one of Thailand's most popular tourist islands, Kho Samui.

"I loved the life I had, but it was time for fresh exploration and experience, and I have little interest in returning to my past cycle of high stress, high expenses, in an intensely money-focused culture."

"I love this island," Brian says of his new tropical home. "I can be alone when I want to be, but have everything I need at my fingertips. I take regular yoga lessons, but can also enjoy more hedonistic pleasures. The reggae bar near my home has live music every Friday night, for example, or I can go to the west side of the island for a more upmarket meal."

The Thai island is a place of golden-sand beaches, tropical rainforest, and highly affordable living. "Rents start at around \$200 for a simple bungalow and go all the way up to \$1,500 for an upmarket apartment or condominium," he says. "You can buy street food for \$1.50, but I prefer to eat in restaurants. In general, lunches cost me around \$3 and dinner around \$4. That includes delicious vegan or vegetarian food.

"I went out to dinner with friends the last time I was in California. The bill came to \$100 each. Here on Kho Phangan, I can eat just as well for around \$10, and that's at an expensive restaurant."

Single female Baby Boomers retired overseas report that they find the experience to be safer and more enjoyable than the retirement they'd have settled for at home.

Judith LaRoue, 71, moved solo to Nicaragua last year. She says, "I feel safer in Nicaragua than in Atlanta, where I had [first] retired. Many single women have moved here, so it's not unusual to see us out walking around by ourselves. I am relaxed, but aware of my surroundings. And there are always other expats to buddy up with at night. If I'm out late, I can always get a taxi to my house for less than a dollar. I believe it's important to speak to your neighbors, recognizing who lives in your barrio and who doesn't is good for everyone. I live in San Juan del Sur where the people are very friendly and there are always people willing to give a helping hand."

Cheryl Fankhauser echoes the same sentiments. As a single woman, she was looking for a safe and wel-

coming place to settle—somewhere with a thriving social scene. Penang, Malaysia ticked those boxes. She says she found the locals friendly and she loved the fact that everything in George Town—the island's main city—is walkable and safe. Even "walking around here at midnight is never an issue," Fankhauser says.

A former outpost of the British empire, Penang's English-speaking populace makes it simple for North American expats to fit in and retirees report that life is easy and inclusive.

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Adapting to an ever-changing media landscape

by Mansoor Ladha

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

As a former publisher-owner of two weekly newspapers in suburban Edmonton, I was quite distraught to learn that 36 newspapers are to be closed by Canada's two largest newspaper chains. Postmedia, the company

that publishes both Calgary and Edmonton two dailies, and Torstar, have agreed to close down three dozen community and commuter newspapers.

Many of these papers are located in smaller centres but they provide vital communication links to their residents. It is unfortunate many of them have been suffering from declining advertising revenue due to the economic downturn, making it difficult to exist financially.

Community newspapers are the lifeblood of their communities. Unfortunately, the majority of residents of smaller communities do not realize that newspapers are also businesses and have expenses like any other business, such as salaries for staff, rent, printing and distribution.

As publisher of two weeklies close to Edmonton, I was often asked to donate space by groups and organi-

zations who had to be educated over time that it's space in newspapers that we were selling and which generated revenue for the newspaper. Local groups (Scouts), service clubs (Lions Club), 4-H clubs and various hockey and other sporting groups hounded the newspaper either for free advertising or to donate trophies.

It was always difficult to get local merchants to advertise in the paper – even in the boom times – and when we were forced to expand our advertising base by approaching businesses in St. Albert and Edmonton to advertise, local merchants didn't like it. People in small towns don't really see any value in advertising to draw customers anyway. With their narrow thinking, local shopkeepers believe that their businesses are located on Main Street Alberta and therefore everyone knows where they are located. They felt that they do not have to advertise because everyone passes by the Main Street and sees the store, completely ignoring the fact that there also exists a sizeable population who live on farms and acreages and whose patronage may benefit them.

When we shifted our policy of soliciting ads from out-of-town businesses, many local merchants didn't like it as they felt threatened by competition yet they themselves refused to advertise.

City residents have daily newspapers, radio and television for their regular dosage of news but smaller communities like Morinville and Redwater where I published my newspapers for 25 years, only had these papers which supplied them with town council, school board and other local news. Community newspapers recorded achievements and failures of their communities; births, deaths and weddings of their residents and

documented the history of the area.

The weekly newspaper reporter, usually fresh from university doing his/her first job, is hard at work covering town councils, school boards, chamber of commerce and municipal district meetings, most of which are ignored by our friends in the dailies unless there is something controversial happening. The sports reporter covers hockey and other sporting events so that local teams can get coverage in the papers and our up-and-coming local sporting heroes can get a boost in their careers so they can go to the next level.

Even as a publisher, I was summoned at home, many times on weekends or in the evenings, to take a picture of the president of the local Lions Club, for example, since the Lions PR person neglected to inform the newspaper about the plaque that was to be presented by the district governor to one of its members. You just can't say no as one could in a city. That's what community journalism is all about. The publisher of a weekly is on duty 24-hours a day, seven days a week. The contribution of a local newspaper to the community is enormous.

I lament the demise of these newspapers, which have fallen victim to the tough economic environment or to corporate restructuring plans or changing readers' habits, dwindling ad dollars or poor readership. The community has lost its best friend, one who always stood by its side, and shared their happiness and sadness; their only free recorder of history.

The federal government could have stepped in to save the demise of these newspapers. With high hopes and expectations, Canadians watched when the country's Minister of Canadian Heritage Melanie Joly unveiled her vision for culture for Canada.

Unfortunately, she did not think it fit to include the print media in her package deal nor there were any promises to step up advertising in those hard-hit newspapers.

Community newspapers – those vehicles of information which carried government policies to residents of local communities – were unashamedly forgotten. I remember my days as publisher when local MPs and visiting government ministers knocked our doors for interviews and reaction to federal and provincial budgets, government policies and how they affected the population. The government is to be blamed for shutting those doors for ever, forcing councillors, school trustees, MPs and MLAs to launch their own vehicles of information and methods to seek local reactions.

The after effect of these closures would be hard on communities. With corporate ownerships, newspapers' priority has shifted to surviving in hard economic times. That means they have fewer pages for publishing news and local news from smaller centres will be impossible to get in. Freelance writers already have tougher times to sell their features as newspapers have started switching to using articles from wire services. Harder times are ahead.

To my loyal friends in the affected media, I say, so long, *au revoir*. We grieve your passing. It's a sad day for democracy.

Editor's note:

As a free monthly newspaper distributed to nearly 700 pick-up locations at grocery stores, libraries, community centres, etc., throughout Southern Alberta, the Kerby News is fortunate, in that the niche market we serve is as robust as ever.

Throughout 2017, our circulation has remained strong at 30,000 copies per month, with couples and multiple readers at various locations giving us an estimated readership of over 50,000 per month.

Going forward, the Kerby News looks to continue to grow and adapt with the ever-changing news industry, while remaining true to our core audience, partners, stakeholders, and advertisers.

Thank you for reading.

Volunteer Spotlight



Anne Johnson

Anne is a friendly and hard working volunteer. She has been volunteering at Kerby Centre since January 2015. She started as a Kerby member and a consigner at our Wise Owl Boutique. Later, she decided to volunteer in our Wise Owl Boutique for 2 days a week. Anne likes making crafts, sometimes she also donates some of her hand made items to Kerby Centre. Anne enjoys volunteering at Kerby Centre because employees are nice and friendly, clients are very generous and its a good place to find new friends as well. Apart from volunteering she spends her time watching TV, interacting with animals at home, doing photography and gardening. Anne has already contributed over 1854.0 hours to Kerby Centre.

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

January 2018

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Life and liberty
by liberty forrest

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

I'll bet you've had at least one miracle in your life. And quite probably, a lot more. No doubt you were ever so grateful for each and every one of them.

It's possible that you need another one now. If so, I

hope you get it. And in the meantime, you can be a miracle for someone else.

Sometimes it doesn't take much to make a monumental difference in someone's life, to give a bit of hope, a little relief, and to you, what you did might not be a big deal, but to them, it means the world.

There are people in need everywhere. They're in need of a visit, a lift to a medical appointment, or information about a support service. They need a meal made, a kitchen tidied, a load of laundry done. They need a little fresh air, a prescription collected, help with homework.

Maybe they're housebound with an illness or injury, but they have dogs that need walking. Maybe they're well beyond lonely and need companionship.

They might just need to know someone cares.

I'll also bet that there have been times in your own life when you've needed something but not been able to ask for it. Maybe you didn't want to be a bother or a burden. Maybe you didn't feel like you deserved any assistance.

Or maybe it was your pride that kept you from showing a little vulnerability, a little weakness, when you'd really rather keep up the appearance that you're 100% strong at all times, and always able to manage just fine on your own, thank you very much...

But do you really think you're different from everyone else in that way? Do you really think the rest of us out here don't see behind the facade, and that we don't know you're just the same as those of us who hurt or

feel weak or need help sometimes?

I can promise you this: The true test of your strength is in having the ability to show your vulnerability, and to allow others to help when you need it.

Think back on times you wanted help or support but didn't ask for it. And didn't accept it if anyone offered. How much easier would your struggles have been if you had spoken up?

And how many times have you been the one to offer that help or support to someone else? How happy were you to be able to make that person's journey a little easier?

You can do it in a lot of little ways that you might not even consider but if you pay attention, you'll find loads of opportunities to be the miracle for someone else.

As you go about your life, rushing through one hectic day after another, diving into a full workload and being busy-busy-busy thinking about what you have to do and where you have to be, watch for ways to make a difference for someone else. It doesn't have to take more than a kind word, or just a few moments of your time to listen. You might hear people say they need something that you could manage to do.

And remember, people don't always say, "I need...." Sometimes you have to "listen between the lines". Or maybe even ask, "What do you need?"

If you keep yourself open to serving others, you will find plenty of opportunities, both big and small, to work miracles in the lives of others.

You may not even know you did it. But that's not the point. The point is, they'll have got their miracles. And you know how that feels when it's you. □



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Calgarians can now apply for home improvement permits online

By Dylan Reardon

The City of Calgary announced homeowners can now apply for home improvement permits online.

Applying is faster and easier than ever thanks to The City's new single application form and 24/7 online services.

Jacqueline Nishikawa, project manager with The City of Calgary, says their new services will take the hassle out of applying for home improvement permits.

"Customers will be able to apply, upload documents and pay for their permit in a few easy steps, and in most cases, obtain their permit within a business day," Nishikawa said in a news release.

Calgarians can learn, apply, and pay for the City's most popular home improvement projects on the City's website, including: basement and interior renovations; garages, sheds, and greenhouses; decks (uncovered); and homeowner plumbing or electrical permits.

The City says new home improvement permits will be available online by the summer of 2018.

Visit www.calgary.ca/pdim for more information. □

Bloody Orkney

The Northern Isles of Scotland

By Douglas Beggs

Photos from Flickr.

Page design and layout by Winifred Ribeiro



The Ring of Brodgar is a Neolithic henge and stone circle in Orkney, Scotland. Most henges do not contain stone circles; Brodgar is a striking exception, ranking with Stonehenge.



The almost treeless west coast of Orkney.



Kirkwall is the largest town and capital of Orkney. Located on the northern coast of the mainland, the town hosts a population of about 9,000.



A neolithic henge in the heart of Neolithic Orkney, a World Heritage Site. The Ring of Brodgar is with Stonehenge and Avebury one of the greatest ancient sites in Britain. It is most impressive at dusk.

You might as well be bloody dead,

In bloody Orkney.*

On the same latitude as Churchill Manitoba, but just three miles off the north coast of Scotland, Orkney is an acquired taste but there is a wild rugged beauty in its windswept almost treeless wateriness and one way or another it leaves its mark on you just as it did on Captain Blair who, with his poem certainly left his mark on Orkney. People, as we shall see, have been leaving their mark on Orkney for a very long time.

The World War II Captain was not happy. What had he, Hamish Blair, done to deserve being posted to the edge of the world? He set out to unburden himself. He picked up a pen and began to write:

This bloody town's a bloody cuss

No bloody trains, no bloody bus,

And no one cares for bloody us

In bloody Orkney.

The verses spilled out, tumbling almost unbidden, in a stream of impotent frustration. **No bloody sport, no bloody games, No bloody fun, the bloody dames**

Won't even give their bloody names

In bloody Orkney.

The good Captain had been posted to Scapa Flow for the duration and could only contemplate the dreary future with dreary resignation.

Best bloody place is bloody bed,

With bloody ice on bloody head,

sophisticated detection equipment before it comes to light. The upshot is that experts in the Mesolithic haven't devoted huge amounts of time to Orkney — it doesn't pass the cost-benefit test. In a word, the Orkney Mesolithic isn't sexy.

In Orkney the "sexy" mantle falls on the shoulders of the next subdivision of the Stone Age — the Neolithic, or the period that runs roughly from 4,000 BC to 2,200 BC. In these times the Orcadian climate was warmer than it is now and it was possible, for example, to grow barley and wheat. Farmers raised pigs, cows, and sheep, and hunted red deer. Orkney's Neolithic has all the 'lists'—archaeologists, anthropologists, geophysicists, and the magnificently named archaeomagneticists—in a frenzy of excitement, for it is revealing a bonanza of material from a plethora of different sites that simply overwhelms all expectations. The Neolithic catalogue is so impressive that in 1999 World Heritage status was conferred upon several sites, including Skara Brae and Maes Howe. The Ness of Brodgar, perhaps the most significant and exciting of all the sites, was not discovered until after the 1999 accolade was granted.

They probably spent much of their time searching for food along the coastline which was up to 30 meters below today's level. Quite possibly there is much undetected Mesolithic evidence below the waterline — waiting for the development of more



The Barnhouse Neolithic Village. Situated on the shore of Harray Loch, and accessed from the Standing Stones of Stenness, Barnhouse is a stone age village. It is similar to Skara Brae, but has much less of the structure surviving.



The Standing Stones of Stenness is a Neolithic monument five miles northeast of Stromness on the mainland of Orkney, Scotland. This may be the oldest henge site in the British Isles. Various traditions associated with the stones survived into the modern era and they form part of the Heart of Neolithic Orkney World Heritage Site.

Skara Brae is where it all started. The site is maybe 50 meters by 40 meters and sits right on the coastline on the west side of Mainland — the name given to the main and biggest island in Orkney. It consists of a cluster of dwellings dating back some 4500 years. Today a breakwater has been built to protect the site from further erosion. Coincidentally it was a violent storm that in 1850 exposed the outline of a village consisting of a number of small roofless houses. Skara Brae consists of nine circular houses, (mostly sunk into mounds of pre-existing prehistoric domestic waste known as 'middens,' and linked by passages) and a workshop. But it had been larger: some houses were destroyed and washed away by violent storms — and could have accommodated some 50 to 70 people.

At an average of 430 square feet, the houses are similar in design. Each house contains an entry door which can be sealed off from the inside, a dresser against the wall opposite the door, a hearth in the centre of the floor, the bed boxes projecting from the side walls and, in the floor, watertight stone boxes which, it is speculated, were used to soak the limpets for fish bait. Each building also contained a primitive toilet connected to an ingenious drainage system.

Since timber was scarce all these features were made of stone. The precise structure of the roof is something of a mystery, perhaps it was corbelled i.e., overlapping layers of stone gradually closing the circular gap, or perhaps whalebone and driftwood was used to support a turf roof or a thatch of straw or seaweed. For unknown reasons, Skara Brae was abandoned in

about 2600 BC.

Maes Howe is only a few miles to the east of Skara Brae. "Howe" is derived from an old Norse word meaning hill, tumulus or knoll, but the origin of "Maes" is less certain — perhaps the best answer is that it is derived from an old Scandinavian word meaning meadow. Today Maes Howe is certainly a tumulus in a meadow. Like the other structures in this article it predates Egypt's pyramids. Described as a burial mound, Maes Howe consists of a drystone chamber covered over and sealed with clay. The grassy mound is about 35 meters across and 7 meters high, and is surrounded by a ditch and an embankment. Entry to the main chamber (4.7m wide by 4.5m high) is via a 9-meter passage-way running roughly east west.

A straight line projected out of the passageway some 700 meters west would bisect a huge standing stone called the Barnhouse Stone. This is not a coincidence. For three weeks before and after the winter equinox (21 December) the rays of the setting sun are caught by the stone immediately before they reach the entry passage. As the sun sets, the passageway and the inner chamber are slowly and eerily illuminated and just as slowly sink back into darkness.

The Vikings visited Maes Howe and left their mark. Confirming what had been written in the Orkneyinga Saga there are numerous examples of their 12th century version of (sometimes quite rude) runic graffiti and some now almost invisible carvings of mythical animals. Treasure is mentioned frequently. There is also evidence of a more recent visitor in the shape of a swallow's nest on the east wall!



Skara Brae, the prehistoric village on the Bay of Skail.



The dramatic landscapes and scenery found on the Orkney Islands provide a magical backdrop.

The Ness Of Brodgar is the jewel in Orkney's Neolithic crown. The presence of a species of vole in Orkney (a VOLE for goodness sake!) found elsewhere only in Belgium suggests that the early settlers made their way from Europe. Situated on an isthmus separating two lochs and within a stone's throw of Maes Howe, this particular site has the archaeologists agog with excitement. Excavation is limited to July and August each year but a veritable flood of artefacts are being uncovered at the 7.5-acre site. Massive walls (6 meters wide on the north side and 1.8 meters high on the south), more than 25 buildings, occupied for 75 generations, older buildings below, 40,000 shards of pottery some decorated or coloured, stone corbelled ceilings, carved polished stones, hundreds of cattle slaughtered for a feast to mark the demise of the settlement this, clearly, was a site of more than passing significance and was probably an important ceremonial centre whose influence spread over the Neolithic north of Europe. Stonehenge, the famous standing stone circle in the south of England, was built about 200 years after the building of Brodgar, and grooved pottery, found all over Britain, Ireland and Europe, is oldest in Orkney.

It is speculated that indigenous people moved their sedimentary megaliths from the seashore where they were prised away from bedrock, by tying them to the underside of their curraghs—a type of boat with a wooden frame—at low tide and using the rising tide to lift the curragh and cargo which was then paddled to the intended destination where they were slid on a bed of very slippery seaweed to their final destination.

These three thumbnails barely scratch the surface of Neolithic Orkney: Barnhouse village, the Ring of Brodgar, the standing stones at Stenness, the brochs of Gurness and Midhowe: the list is endless — and growing!

And inevitably there are more questions than answers. Why are there no surviving instruments of war? How was



The Earl's Palace in Watergate, Kirkwall. Built by Earl Patrick Stewart in 1600 though it was never finished and repossessed in 1615 by Bishop James Law when Stewart was executed for treason.

the Ness of Brodgar used? What did it mean to the people who built it? Why was it abandoned? How was society ordered? What more will ongoing excavation — including the examination of sites known to exist underwater — reveal? Bring on the July 2018 dig season!

As if all this was not enough to pique interest in Orkney, there is the Viking contribution — but that, perhaps, is a story for another day.

If you like to travel and have an interest in history and/or archaeology add Orkney to your bucket list! The occupants of over 140 cruise liners this year alone did just that.

*The complete lyrics to Bloody Orkney can be found with a few clicks of the mouse online. □



Midhowe Broch. The broch is part of an ancient settlement, part of which has been lost to coastal erosion. The broch and attendant buildings were excavated between 1930 and 1933.

The Battle Cry of the Slug

By Allan G. Cooper

Today I was sliming my way across a bike path, and some young punk came barreling down the path on his bike and he almost hit me. Who the hell does he think he is!? Then, I looked around and discovered that some of my best friends were lying all over the path, dead. All of them victims of squish and run perpetrators.

I realized that I was very vulnerable on the path, and began to panic. Then, to my horror, I spotted a family of three off in the distance that was bearing down on me. The child was riding one of those particularly scary three-wheeled death machines. I drew up all my energy and willed myself to slime and slide as fast as I could. If I had hair it would not have been blowing in the breeze because I realized something else that was also horrifying. I can't move very fast.

With all of my muscles in my body tensed, I focused on one thought, *must slime and slide faster!*

The family of three was set on a furious pace heading straight for me. They may have been five blocks away.

Then, when I looked up I saw my friend Zack on the other side of the bike path. He had made it! Zack had made it to the other side and he was not a victim of one of those squish and run criminals.

He looked at me with a determined look that only a slug can muster. It said, "you can do it Morty! Slime and slide with your heart filled with bravery and courage. Our brothers have perished but you are special Morty. You will survive!"

With new-found confidence and resolve, I glided along like a speed skater going 1 mm every 5 minutes. I could do it! "Thank you, Zack. I believe I can make it now and I will be victorious on this day that no one will remember because we don't really have brains!"

As time passed and I drew closer to the edge, I started to feel a sense of relief. I had almost made it. Zack sat there looking so proud of me and he gave me that look that says, "You're alright kid, you're alright."

Luckily, the family of three had stopped for ice cream buying for a few precious moments allowing me

to make it to safety. I continued to put everything into my sliming and sliding, clinging to the hope that I might be able to defy the odds and survive this heinous senseless slaughter of slugs.

I had just about made it off the path and I managed to avoid being struck by the adorable family of three. I let out a huge gasp of relief. I did it. I overcame the odds. Despite having lost my brothers who had slid and slimed bravely on this day, I had survived and I would live out the rest of my slug life with pride and as a tribute to them.

Then, I heard this beautiful dinging sound. Was the universe celebrating with me? I looked to my left and I saw another one of those squish and run hooligans speeding in my direction. Then I realized that he was heading directly for the family that tried to kill me.

I said to myself, 'justice will be served today.' The squish and run evildoer will take out the murderous adorable family of three. As he came closer and closer the heavens again burst out in that beautiful ringing sound. The joy in the faces of the family members who were still oblivious of the dangerous



carnage that was about to take place was going to make this moment even sweeter.

Just as the excitement of anticipation was starting to overwhelm me, I looked over at Zack, hoping to share this glorious moment with him.

Then, one last ding and Zack was squished right in front of my light-sensitive eye spot. I turned to look at the family of three and they were unharmed.

The squish and run bastard had deliberately avoided running into the adorable family because he spotted Zack and he had that sick, evil desire of these scumbags to murder another slug.

My initial feelings of horror and despair gave way to my body's fight or flight instinct and I sped across the rest of the path over the next hour.

Finally, feeling a tenuous sense of safety after I had gotten off the path, I turned to look back at all of the slug corpses. I felt as if my mind was not even able to comprehend such a tragic and devastating sight. Then, I looked down at Zack lying beside me, his hideously squished body forever having the indelible look of horror as when one is aware of their

last moment before death.

I began to weep and my whole body convulsed in grief. Then a few moments later, I think it was about two hours, a fire began to burn in my heart and I was uplifted. I will not let your murder go unpunished Zack! I will avenge my slug brothers and sisters who have given their lives on this day just to check out what was on the other side of the path! And now that I think about it, I am not sure if I have sisters because we all kind of look the same—but, if I do, I will avenge them too!

For the rest of my life all my decisions will be tied to the cause that we slugs will one day emerge to be treated with dignity and respect, and we will no longer be victims of these heinous slaughters that have plagued our kind for a really long time. I am not certain about that last part, but that is my impression based on what I have witnessed today. And I proclaim that one thing is true: that a time where slugs can live without fear and oppression might happen one day!

Allan G. Cooper began writing in University, but started sharing his work three years ago. Cooper has been a volunteer in the Kerby Centre Information Department for six years, and has found a great deal of joy in his duties there. □



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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



Please note that the Kerby 2 East Village location has closed permanently, effective Dec 22nd, 2017. Kerby Centre thanks all those who participated in its programs and activities and invites you to check out the schedule for activities of interest at the Kerby Centre.

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

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

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Thursday, January 18th, 2017

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January 15th, 2018
10.30 to 11.30 a. m. in the Kerby Lounge

Personal Injury Prevention For Seniors

Presented By Ian McCabe, CHSC

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January 18th
9:30 to 11:30 a.m. Room 318

Wills And Power of Attorney

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

Please RSVP For The Above Information Presentations at 403 705-3246 or information@kerbycentre.com

Monthly Movie

Eddie The Eagle

Thursday, January 26, 2018
1:00 PM in the Kerby Lounge



••• Community Events •••

Bow Cliff Centre for 50+

Our programming resumes Jan. 8. Please check our website for our Pickleball times and new Pilates class!

Robbie Burns Luncheon. Join us for Haggis and bag pipes as we celebrate this fun day a week early on Jan. 17. Tickets can be purchased in the office: \$12 for members and \$15 for non-members.

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

Dementia Network Calgary

Dementia Talks Speaker Series: Risk Reduction, Jan. 15 from 7 – 8:30 p.m. at the Signal Hill Library; and Jan. 18 from 6:30 – 8 p.m. at Okotoks United Church.

Family Tear: a powerful portrayal of one family's experience with dementia: a free public event hosted by Okotoks United Church on Jan. 19 and 20 at 5:30 p.m., Hillhurst United Church on Jan. 26 at 7 p.m., and St. Matthew's United Church on Sunday, Jan. 28 at 1 p.m. Join us for a drama performance, resource fair, refreshments and encouragement. For more information, visit www.dementianetworkcalagry.ca.

Germans from Russia

Germans from Russia (AHSGR) is a society dedicated to preserving the history of our ancestors who lived in Russia under Catherine the Great and Tsar Alexander I. We have an extensive library which includes local history books.

Annual Cooking Demonstration: Nockerl (dumplings.) Saturday, Jan. 20. Ascension Lutheran Church, 1432 – 19 St NE. Doors open 10:30 a.m.; demo at 11 a.m., potluck lunch at 12 p.m.

Please call 403-273-8178 for information. All meetings are in English. Non-members welcome. Address: Ascension Lutheran Church, 1432-19 ST N.E., Calgary. Visit our website at www.calgarychapterahsgr.ca or find us on Facebook.

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: January 27 – For Olde Tyme Sake. 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.

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

Lesbian Seniors Group

The Lesbian Seniors group continues to meet, with monthly lunches in the Kerby Centre cafeteria. We are open to receiving new members, as we meet in the rear section of the cafeteria, at 12:30 p.m., once a month. We expect to meet the second Tuesday of each month. Join us on Jan. 9 for the next meeting. Interested women must contact us by phone. Call Lois at 403-284-2357 or Louise at 403-253-5832 for more information.

The Lesbian Seniors group shares leadership amongst its members, and agendas for our meetings do not take precedence over our storytelling and updates of current activities. Privacy and confi-

dentiality are an important part of our relationships and meetings, despite our laughter and sometimes audacious sense of humour. Please join us as we celebrate aging and being ourselves!

Greater Forest Lawn 55+ Society

Five Star Bingo: Jan. 4 and Jan. 18, 12:15 p.m. Located at 4980 25 St. S.E (on bus routes #72 and #73.) Phone: 403-248-8334.

Dances, Jan. 6: The Good Timer's. Jan. 20: For Old Tyme Sake. Doors open at 6:30 p.m., dance at 7:30 p.m. Members: \$12, non-members: \$13.

Foot clinic: Jan. 10, by appointment. Cost: \$25.

Lake Louise Ice Festival: \$40 for members, \$45 for non-members. Departs GFLS on Jan. 23 at 8:30 a.m., returns at 4:30 p.m.

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

Outreach worker Angela Fisher from Calgary Seniors Resource Society will be on hand on the first Wednesday of each month from 1 – 4 p.m. Contact GFLS at 403-272-4661 or CSRC at 403-266-6200.

For more information on any of our programs, visit www.gfls.org.

Good Companions 50 Plus Club

Tea and Conversation Program, Jan. 12 and Jan. 26. Presentations: TBA. Lunch Bunch, Jan. 15. Robbie Burns Pot Luck Supper, Jan 16. The Jammers Night, Jan. 19 from 7 – 9 p.m.

For more information on these or any of our programs, visit www.gc50plus.org, email gc50plus@gmail.com, or phone 403-249-6991 or 403-242-3799.

Parkdale Nifty Fifties

Move and Mingle, every Monday and Wednesday at 1:30 p.m.

Toastmasters on Tuesdays at 6:30 p.m.

We offer a number of physical and social activities for our members in addition to the bimonthly socials: Board Games, Wednesdays at 1:30 p.m., cost: \$2; Mah Jong, Thursdays at 12:30 p.m., cost: \$2; Floor Curling, Thursdays at 1:30 p.m., cost: \$2.

For more information, phone 403-283-0602, email info@pdnf.org, or visit us on the web at www.pdnf.org. We are located at 3512 – 5 Ave. N.W.



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A healthy new you in the New Year

Page design & layout by Winifred Ribeiro

Food wellness is a term used to describe the ideal state for adopting healthy eating habits into a busy day-to-day life. When food wellness is achieved, the body and mind perform optimally.

The Complete Plate shows that weight maintenance, and weight loss, can be achieved through a balanced diet of ingredients that come together to meet both nutritional and caloric demands. Featuring meal plans for diets of 1,500, 2,000, and 2,500 calories, it is a collection of 30 meal plans with each day perfectly balanced to provide 100% of your daily macro and micro nutrient needs.* Snacks are also included so that readers are satiated and energized throughout the day. Balanced, yet practical, recipes to start the New Year. The Complete Plate is a must-have for health-minded readers.

* Based on current daily recommended intake (DRI) values.

The Complete Plate
Excerpted from The Complete Plate
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Apple Pie Chia Pudding ©

serves 3

Almond milk, original or vanilla	1 cup
Vanilla Greek yogurt	1/4 cup
Honey	1 1/2 tsp
Applesauce	1/2 cup
Ground cinnamon, divided	1 tsp
Vanilla extract	1 tsp
Chia seeds	3 Tbsp
Coconut oil	1 Tbsp
Apples, cored, peeled, and chopped	2 (340 g)
Pure maple syrup	1 Tbsp
Wheat germ	1 Tbsp
Granola (recipes below)	1 Tbsp
Blueberries	1/2 cup (72 g)
CALORIES	377 KCAL 1 pudding

1 In a medium bowl, combine almond milk, yogurt, honey, applesauce, 1/2 tsp cinnamon, vanilla, and chia seeds. Cover and refrigerate for at least 3 hours or overnight, to let chia seeds gel.

2 Melt coconut oil in a skillet over medium-high heat. Add apples and cook for 2–3 minutes, until apples begin to soften and become fragrant. Add remaining 1/2 tsp cinnamon and maple syrup and cook for another 2–3 minutes, or until the syrup begins to caramelize and thickens. Remove from heat and set aside.

3 Remove the chia pudding from the fridge, give it a good stir, and divide between 3 mason jars. Right before serving, top with apples, wheat germ (if using), and granola. Serve with blueberries and mango (if using).

Note: Leftovers will keep for up to a week refrigerated.

Granola

Makes 2 1/4 cups

1/2 cup large-flake oats
1/4 cup pumpkin seeds
3 Tbsp walnuts, chopped
2 Tbsp golden flaxseeds
2 Tbsp puffed quinoa
1/3 cup brown sugar
1/3 cup honey
1/4 cup coconut oil, melted
1 tsp vanilla extract

1 Preheat the oven to 325°F. Line a baking sheet with parchment paper and set aside.

2 In a large bowl, combine oats, pumpkin seeds, walnuts, flaxseeds, puffed quinoa, sugar, honey, coconut oil, and vanilla and mix well. Evenly spread mixture on the prepared baking sheet and bake for 20 minutes, until slightly toasted and golden. (Keep a close eye on it so it doesn't burn.)

3 Let granola cool completely and store in an airtight resealable container. One batch of granola will last you quite a few weeks and will keep for up to 2 months. You can also freeze granola for up to 4 months.



Sweet Potato Frittata ©

Serves: 6

Broccoli, chopped	1 cup (88 g)
Bacon, chopped	3 slices (68 g)
Onion, chopped	1/2 (80 g)
Eggs	8 large (400 g)
Cottage cheese, dry curd, plus extra to garnish	3/4 cup (109 g)
Sun-dried tomatoes, dry-packed, chopped	1/2 cup (27 g)
Sweet potato, shredded	2 1/2 cups (375 g)
Cooking spray	
CALORIES	256 KCAL 1 slice frittata

1 Preheat the oven to 350°F.

2 Heat an ovenproof cast-iron skillet over medium-high heat and spray with cooking spray. Add broccoli, bacon, and onions and sauté for 5–7 minutes, until bacon is golden brown and broccoli and onions are fork tender. Transfer mixture to a plate and set aside.

3 Whisk eggs in a large bowl and stir in cottage cheese and sun-dried tomatoes. Place sweet potato evenly on the bottom of the skillet and pour egg mixture overtop. Sprinkle broccoli mixture overtop and bake for 35–40 minutes, until frittata is firm and golden. Divide into 6 portions and serve.



Green Bean, Feta, and Pomegranate Salad ©

Serves 1

Green beans, cut into 1-inch lengths	1 cup (110 g)
Feta cheese, crumbled	2 tsp (10 g)
Pomegranate arils	1/4 cup (44 g)
Dried blueberries	2 Tbsp (20 g)
Walnuts, chopped	2 Tbsp (12 g)
For the dressing:	1 1/2 tsp serving
Balsamic vinegar	2 tsp
Honey	1/2 tsp
Grapeseed oil	1 Tbsp

1 In a medium bowl, combine beans, cheese, pomegranate arils, blueberries, and walnuts.

2 In a small bowl, whisk together vinegar and honey. Whisking continuously, gradually pour in oil until emulsified. Drizzle over salad and serve

WHAT'S HAPPENING IN JANUARY:

Adult Scrabble Club (Airdrie)
Jan. 23.

www.airdriepubliclibrary.ca

Alberta Theatre Projects

Empire of the Sun. Jan. 16 – 28.

www.atplive.com

www.artsccommons.ca

Banff Mountain Film Festival

World Tour

Jan. 17 – Jan. 28.

www.mountainfilm.ca

Calgary Philharmonic Orchestra

Emperor Concerto & Hymn of Praise. Jan. 19 – 20.

From Russia With Love:

Tchaikovsky. Jan. 16.

The Best of Tchaikovsky. Jan. 27.
www.calgaryphil.com

Calgary Renovation Show

Jan. 12 – Jan. 14.

www.calgaryrenovationshow.com

Galt Museum (Lethbridge)

Exhibit Grand Opening & the

Curator Presents, with Guest

Curator Jane Edmundson. Jan. 28.

www.galtmuseum.com

Glenbow Museum

Higher States: Lawren Harris and

His American Contemporaries.

Until Jan. 7.

The Black Gold Tapestry.

Until May 21.

Out for Lunch Tour: Eye of

the Needle with Mary-Beth

Laviolette. Jan. 11.

www.glenbow.org

Heritage Park

Annual Winter Carnival.

Until Jan. 7.

Journey of a Lifetime: A train so

powerful it pulled the nation for-

ward. Jan. 23 – April 22.

www.heritagepark.ca

Jubilations Dinner Theatre

Downton Abbey Road Songs of

the Beatles. Until Feb. 4.

Beauty and the Grinch.

Until Jan. 20.

www.jubilations.ca

Loose Moose Theatre

Sleeping Beauty. Jan. 27 – Feb. 18.

www.loosemoose.com

Lunchbox Theatre

Inner Elder. Jan. 15 – Jan. 27.

www.lunchboxtheatre.com

Lethbridge Historical Society

Monthly Speaker Series –

Barbara Tiegs

Jan. 23.

www.lethbridgehistory.org

The Military Museums

Behind the Lines: An exhibition

of Syrian Art curated by Paul

Crawford, Art Gallery of

Penticton and Humam Alsalim,

Cyrrus Gallery of Contemporary

Syrian Art. Until Jan. 7.

www.themilitarymuseums.ca

Nature Calgary

Snowy Owl Pre-Prowl: A precursor

to Nature Calgary's Snowy

Owl Prowl in February. Jan. 13.

Speaker Series – Dale Leckie –

Rocks, Ridges and Rivers. Jan. 17.

www.naturecalgary.com

Stage West

PURE '90s. Until Feb. 4.

www.stagewestcalgary.com

Theatre Calgary

Onegin. Jan. 5 – 13.

Twelfth Night. Jan. 30 – Feb. 24.

www.theatrecalgary.com

Vertigo Theatre

Undercover. Jan. 13 – Feb. 11.

www.vertigotheatre.com

Your Yoga Collective: Intend

This one-day event brings yogis

together to start the year off with

two physical yoga practices,

restorative and senior yoga

options, meditation, mantra

and live music. Jan. 20

www.youryogacollective.com

Zoolights

Jan. 1 – Jan. 6

www.calgaryzoo.com

To have your event considered

for publication in the Kerby

News, email a brief summary

to editor@kerbycentre.com.



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

5 facts you need to know to stay healthy this winter

Influenza, also known as the flu, is a very contagious infection caused by viruses which can cause a mild to severe infection in your nose, sinuses, throat and lungs. Although flu infections can occur at any time throughout the year, the risk increases in the fall and peaks in the winter.

With flu season upon us, the question of whether to get vaccinated or not is one many people are trying to answer. Here, The Lung Association clears up some myths to help you make an informed decision.

1. Even if you had the flu shot once, you need it again. The

viruses that cause the infection can change slightly each year, so the vaccine must also change to match them. A person's immune protection from vaccination also declines over time.

2. There's more than one flu shot available. There are different vaccination options. Those 65 and older should speak with their healthcare provider to find out which vaccine is right for them, as this age group typically doesn't respond to vaccines as well as younger adults.

3. Getting the flu shot will not give you the flu. The vaccine you receive either has an inac-

tivated virus or does not contain one at all and therefore cannot give you the flu. If you develop influenza within two weeks of getting your shot, it is likely that you already had the virus prior to vaccination. It can also be a result of your body's immune response to a foreign substance. However, the most common reactions to the vaccine itself are less severe than symptoms of the actual flu.

4. You need the shot even if you're healthy. If you're 65 or older, your immune system is weakening naturally, making you more susceptible to the virus. If you're younger than 65, getting the shot also helps protect more vulnerable populations like pregnant women and those with chronic illnesses from contracting the flu from you.

5. The flu shot is 50 to 60 per cent effective in preventing the flu in healthy adults. Although some people who get the vaccination may still get sick, the flu tends to be milder than if they didn't, which reduces the risk of serious complications.

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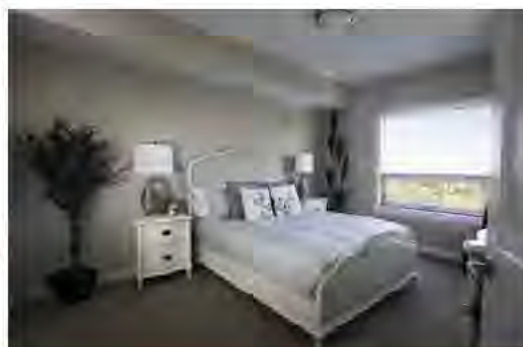


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**Healthy Aging Seminar:
Dental Health and Aging
Presented by
Dr. Troy L. Petty
Jan. 30
from 10 – 11 a.m.
Room 318**

The importance of oral health as we age



By Dr. Trey L. Petty

William Shakespeare, in his play, *As You Like It*, describes the seven ages of man: beginning with the infant "mewling and puking in the nurse's arms" and goes on to the whining schoolboy, the lover, and the soldier, and so on. The final decline becomes the fall in the seventh age:

"Last scene of all, that ends this strange eventful history Is second childishness, and mere oblivion Without teeth, without eyes, without taste, without everything."

Now in 2017, Shakespeare's 1599 view of old age is over 400 years old! Improvements in dental technology and public health care mean you have a very good chance of keeping your natural teeth for as long as you live. In fact, the Canadian Dental Association reports that currently 78% of Canadians over the age of 65 have some or all of their natural teeth.

However, many seniors still have problems with their teeth and in their mouth. This may be due to the perception of the high costs of dental treatment. Or perhaps seniors with medical or mental health issues have difficulty finding oral health care: there may be problems with wheelchair or

walker accessibility, or finding someone knowledgeable about the variety of medical conditions and/or medications that many seniors are taking (e.g. blood thinners). Despite attempts to enhance awareness of the importance of oral health with caregivers, administrators and politicians, oral neglect continues to be a major problem.

The mouth of the older person plays an increasingly important role in the quality of life in the remaining years. Difficulty chewing can result in nutritional deficiencies, which may lead to anemia and even contribute to osteoporosis in a frail elderly person. Enjoyment of food, clear speech, and a socially acceptable appearance are important to the well-being of anyone at any age. The mouth is the initial monitor of the digestive system and is also directly involved in the functions of speech, emotional expression and sense of self in the elderly.

Poor oral health can have a devastating domino effect on the fragile physical and mental status of the medically compromised older person. Dental disorders in such individuals may worsen metabolic disorders, play a role in depression, and contribute significantly to progressive deterioration and wasting away. Further, den-

tal problems are related to heart health, affect diabetes control, and can increase a person's risk of stroke. Teeth and the mouth matter!

Since dental and mouth health are not traditionally considered part of total health, people often overlook the significant detriment that oral disease, including teeth problems, can cause, particularly when added to the multiple medical and mental health issues common in seniors.

Whether healthy or frail, the elderly need not resign themselves to the loss of teeth, taste, or chewing efficiency. Modern dentistry can do much to prolong the function of natural teeth and enhance the oral health of the older person. However, a practitioner should be found that will provide respectful, compassionate, informed, and appropriate care, particularly when dealing with someone that is quite frail. And anyone who wants to improve the quality of life of the older person must consider the fundamental functions of the mouth and how it impacts over-all health.

Your teeth should not be a Shakespeare Tragedy! □

Trey Petty, DDS, was the founder and former director of the Foothills Hospital Dental Clinic for 20 years. His practice is now located

at the Holy Cross Centre (the old Holy Cross Hospital) and is committed to providing access to oral health care for everyone.

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Niki Luft, Manager of Housing & Admissions
Mountain View Seniors' Housing
Phone: 403-556-2957 ext. 731
Cell: 403-507-9847
E-mail: niki.luft@mvsh.ca

www.mvsh.ca



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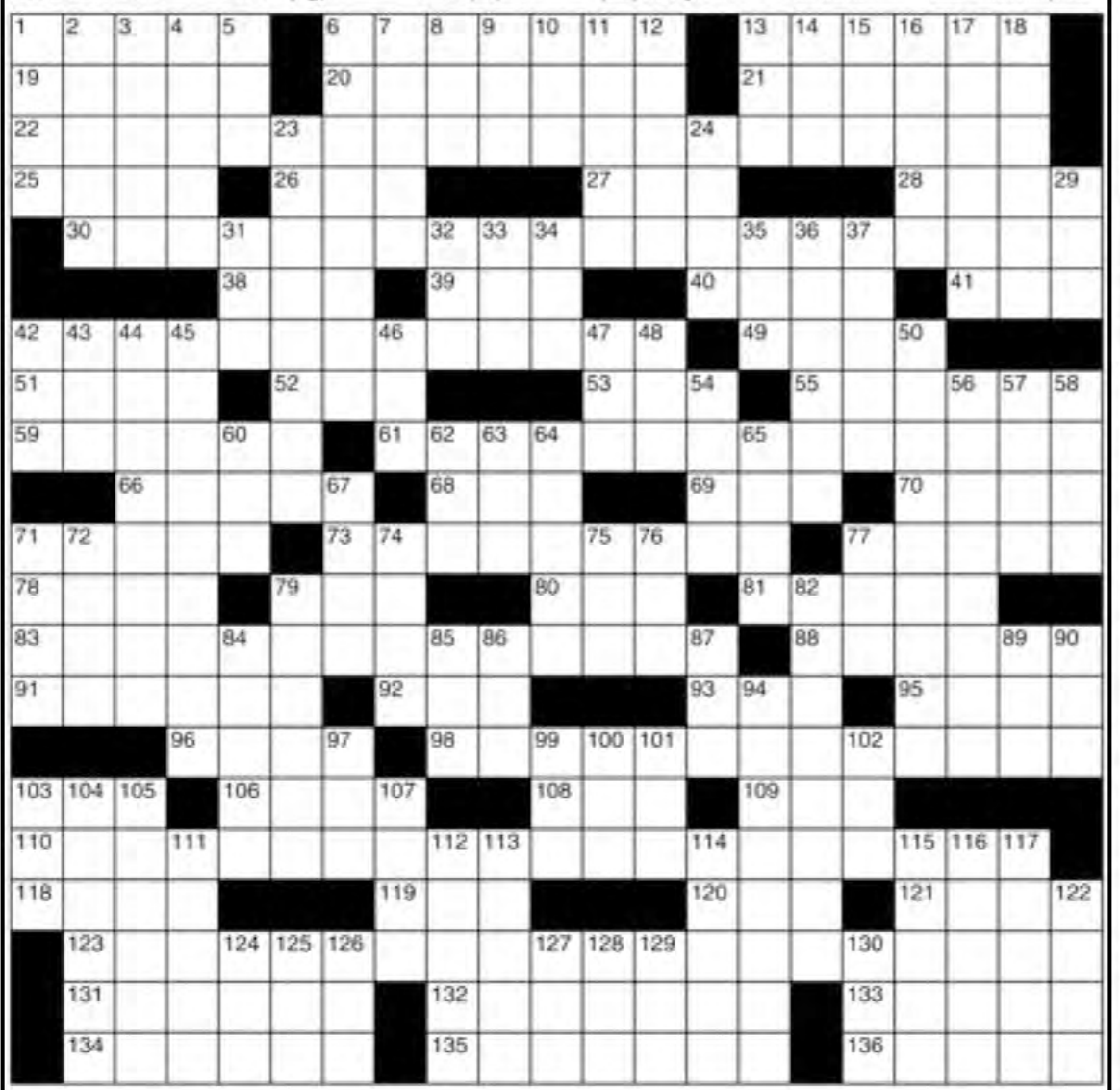
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- | | | | | | |
|--|--|---|--|--|--|
| <p>ACROSS</p> <p>1 Will, in the Bible</p> <p>6 Sang like a bird</p> <p>13 Modify</p> <p>19 Pages, e.g.</p> <p>20 Stone Age tool</p> <p>21 Simple shack</p> <p>22 "Well ... hop to it!"</p> <p>25 Pa's ma</p> <p>26 Mega-years</p> <p>27 Big record label, once</p> <p>28 Angers</p> <p>30 "Hamlet" monologue exhortation</p> <p>38 Singer DiFranco</p> <p>39 Skeletal bit</p> <p>40 Told fibs</p> <p>41 Fancy resort</p> <p>42 "Very sorry to hear that"</p> <p>49 Skidded</p> <p>51 Penn of film</p> <p>52 Compass pt.</p> <p>53 Divested (of)</p> <p>55 Intl. cultural gp.</p> <p>59 Like lambs</p> | <p>61 Voicing a question of curiosity</p> <p>66 Bush barb</p> <p>68 Misery</p> <p>69 Battery size</p> <p>70 Suffix with convert</p> <p>71 Army sites</p> <p>73 "Look ahead," to a drill instructor</p> <p>77 Wicked acts</p> <p>78 Regarding</p> <p>79 Downed</p> <p>80 Charged bit</p> <p>81 — Lauder</p> <p>83 Was the right thing, but didn't happen</p> <p>88 Steeds</p> <p>91 Set of seven</p> <p>92 That dude's</p> <p>93 Ad about DUI, maybe</p> <p>95 Just makes, with "out"</p> <p>96 Prune a bit</p> <p>98 Be published</p> <p>103 — Moines</p> <p>106 "Back in Black" band</p> <p>108 Actress Poehler</p> <p>109 Many a charity gp.</p> | <p>110 Poem that's the source of the phrase comprising the first words of 22-, 30-, 42-, 61-, 73-, 83- and 98-Across</p> <p>118 Viral GIF, e.g.</p> <p>119 Sci-fi saucer</p> <p>120 — Party</p> <p>121 Cookie giant</p> <p>123 Alternate title of 110-Across, with "The"</p> <p>131 Director May</p> <p>132 Shady giant</p> <p>133 Island ring</p> <p>134 Expunge</p> <p>135 More diluted</p> <p>136 Body of art?</p> | <p>7 Gretzky of hockey</p> <p>8 Brian of rock</p> <p>9 School URL ender</p> <p>10 "... — a pudgy tat!"</p> <p>11 Orals, e.g.</p> <p>12 Clear, as a windshield</p> <p>13 Boxing great</p> <p>14 Bear's home</p> <p>15 Bender</p> <p>16 Not suited</p> <p>17 Town that's home to the University of Connecticut</p> <p>18 Shredded</p> <p>23 Blitzes, e.g.</p> <p>24 6'6", say</p> <p>29 Brine source</p> <p>31 Solo in films</p> <p>32 Mine find</p> <p>33 Game aim</p> <p>37 Suburb of Minneapolis</p> <p>42 "Umami" taste source</p> <p>43 "— -haw!"</p> <p>44 Simply must keep going</p> <p>45 At variance</p> <p>46 Dr. Kildare player Ayres</p> | <p>47 "I heard him exclaim, — he drove out of sight ..."</p> <p>48 "Fine fellow"</p> <p>50 Paperboy, for one</p> <p>54 Gorilla guru</p> <p>56 Actress Fossey</p> <p>57 Pick out from others</p> <p>58 Some poems</p> <p>60 Plural of "el"</p> <p>62 Be in debt</p> <p>63 Some votes</p> <p>64 Zapping ER treatment</p> <p>65 Silver of statistics</p> <p>67 Neighbor of Belg.</p> <p>71 Party</p> <p>72 Netman Arthur</p> <p>74 "Uh-huh"</p> <p>75 Caviar base</p> <p>76 Inseparable</p> <p>77 DDE's WWII sphere</p> <p>79 Chocoholic, e.g.</p> <p>82 Chinese port</p> <p>84 Oahu patio</p> <p>85 Road, in Italy</p> <p>86 Seer's "gift"</p> <p>87 "Fresh Air" network</p> | <p>89 Dusk, to a bard</p> <p>90 Old Brit.</p> <p>94 Airways jet</p> <p>94 More heartfelt</p> <p>97 PC file that's shareable</p> <p>99 Fathers</p> <p>100 First-aid pro</p> <p>101 Writer Rand</p> <p>102 Nanki- — ("The Mikado" son)</p> <p>103 Block up</p> <p>104 Made level</p> <p>105 "Good as gold," e.g.</p> <p>107 Mötley — "Love Story" author Erich</p> <p>112 "He's a man — words"</p> <p>113 Dinero</p> <p>114 "With this ring — wed"</p> <p>115 Keno's kin</p> <p>116 Knight's mail</p> <p>117 Some pups</p> <p>122 Norway port</p> <p>124 Make haste</p> <p>125 Blast stuff</p> <p>126 Flying stinger</p> <p>127 Apartment divs.</p> <p>128 Archaic verb ending</p> <p>129 Demier —</p> <p>130 Used a pew</p> |
|--|--|---|--|--|--|



Bowbridge Manor

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- must be 50+ to qualify for 1 bedroom only
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All About Seniors

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CONTINUITY OF CARE PHILOSOPHY

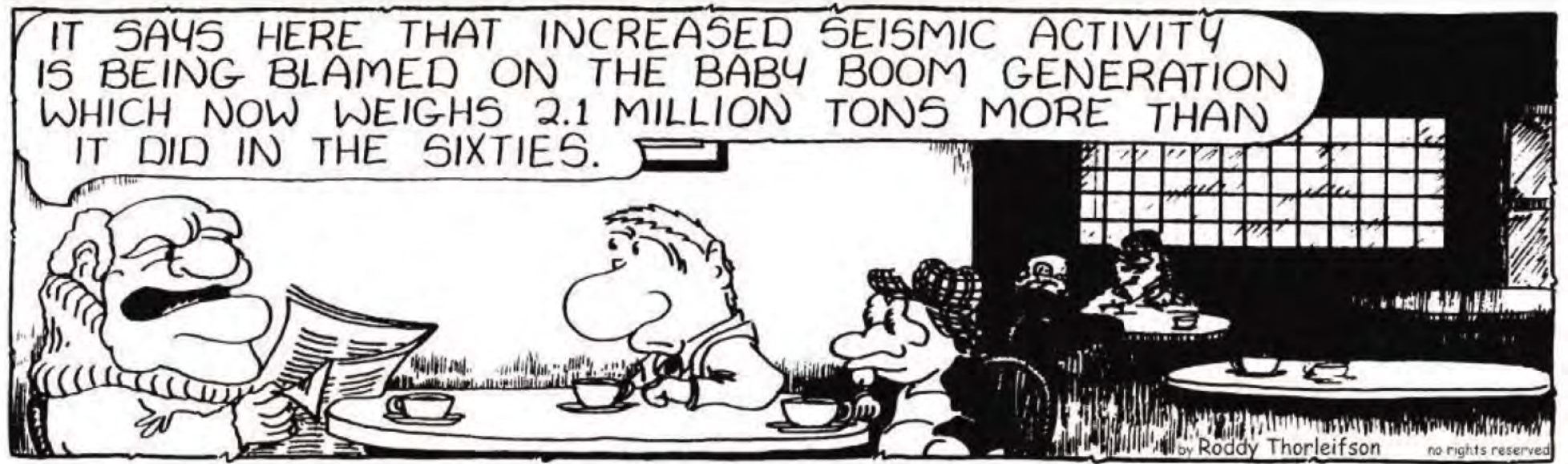
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Solution on page 31



Monthly Book Review



Buying a Bride

Marcia A. Zug

Hardcover: 320 pages

\$22.13

Publisher: NYU Press

June 2016

Reviewed by the Bookworm

Your package finally arrived.

You placed the order weeks ago, and the waiting began. Every day, you checked your mailbox, certain that it would come, and you were disappointed . . . until today. Now your package arrived, you have what you wanted and, as you'll see in *Buying a Bride* by Marcia A. Zug, that can be a life-changing thing.

It was 1619, and the Virginia colony of Jamestown was in a bad way.

As if the normal hardships – cold, hunger, injuries – weren't enough, the colonists were facing one thing that literally made them abandon their communities: there was a serious shortage of women.

Relief was on its way: "a handful" of women arrived via ship to the colonies that year and more came in 1620. By then, though, many Englishmen had already taken Indian wives, a desertion that was deemed a crime punishable by death.

Still, the need was great for women in the New World and it was beneficial for them to emigrate. Life

was harder, yes, but they were allowed property rights in America, which they didn't have in England. They had "significant power" in new marriages, including better say in who they wed. French "Filles du Roi" learned that going to Canada was a better deal than staying home; even noblewomen took advantage of the opportunity to emigrate and seize a better life.

As the West was settled by (mostly) male adventurers and fortune-hunters, it became important for women to follow them as laborers and, eventually, as wives. Employment opportunities were wide open, and individual states gave women additional rights they didn't see in eastern America. Canadian brides were able to "surmount class barriers." By the end of the Civil War, being a mail-order bride was common; indeed, with a then-lack of men, it was sometimes the only way a young woman might marry at all. Even African American women took the mail plunge.

But as immigration policies changed and the

notion of love took hold, mail-order mating soured in favor of knowing a partner, first-hand. By 1959, meeting through the mail was "no longer necessary" and was often perceived negatively.

And then came the internet . . .

So how did you meet your beloved? These days, if you say "online," almost nobody blinks anymore. If you said "by mail," well, that's a different story, and *Buying a Bride* explains why.

Surprised, she says, by the advantages women got from "mail-order" relationships (which she defines in her introduction), author Marcia A. Zug explains how North America would look very different, if not for the women who left home to become wives and mothers in unknown territory and unfamiliar cultures. Zug tells these women's stories with a lighthearted hand, while keeping a strong flavor of adventure in them – even the modern ones, as she brings readers up-to-date.

If everything old is new again, we've borrowed from the past, and your love is filled with blue skies, then this'll be a fun book to read. For historians and romantics both, *Buying a Bride* is the total package.

The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 12,000 books. □

The Dalai Lama, when asked what surprised him most about humanity, answered, "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

Sudoku Puzzle

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

Solution on page 31

WORDSEARCH

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

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

- ALIEN NATION
- ALLY MCBEAL
- AMEN
- BANACEK
- BAYWATCH
- BLOSSOM
- CHICAGO HOPE
- CHINA BEACH
- COACH
- DEAR JOHN
- DUE SOUTH
- ELLEN
- EMPTY NEST
- F TROOP
- FALL GUY
- FAMILY
- FELICITY
- FRAGGLE ROCK
- HART TO HART
- HAZEL
- HERE'S LUCY
- IN LIVING COLOR
- LARAMIE
- LOST IN SPACE
- LOU GRANT
- MAJOR DAD
- MARTIN
- MATLOCK
- MR BELVEDERE
- NASH BRIDGES
- PERRY MASON
- PEYTON PLACE
- RHODA
- RYAN'S HOPE
- SEA HUNT
- SPIN CITY
- THE ROOKIES
- VEGAS
- WISEGUY
- ZORRO



Sending love ‘letters’ to my parents



Daily snapshots of my everyday life throughout 2017: a gift for my mom and dad

Story and photos by Kari Stone

For the entirety of 2017, I embarked on a year-long project where I sent pictures of simple encounters in my daily life to my parents. While I talk to my mom and dad on a regular basis, they don't live in Calgary, and I wanted a way to share with them what my everyday life as an inner-city urbanite is like.

People—myself included—tend to share important or momentous events with others, but the mundane details of our everyday tend to get left out. And often it's these details that help shape and influence our life in profound ways.

Every night before I went to bed, I sent each parent a different picture, or series of pic-

tures, so that when they checked their email in the morning there would be a new message awaiting them. The pictures ranged from my walk home along the Bow River, to art and architecture I encountered throughout the city, to the yummy dinner I'd had that night. I never wrote anything more than a caption in the subject line, as I wanted the pictures to speak for themselves, and there was never an expectation of a reply.

At first I wasn't sure of their reaction, as I hadn't told my parents about my plan, and hoped they weren't tiring of it. About a month into the project, however, I made a hopeful comment to my dad,

who immediately said, "It's the first thing we think of each morning, and can't wait to check and see what you've sent!" I loved finding this out and hearing about how they would talk and share the pictures each morning.

There was only one instance when I missed sending a picture on time: I received a 'sent email error' and as soon as I saw this I immediately resent the picture and called my mom. As I explained what happened, she jokingly said, "well, I just finished saying to your dad, 'I guess she doesn't love me anymore!'" And while we laughed, with mom expressing many times "I'm just kidding," I realized that this daily ritual had become just as important to my parents as it was to me; it had turned into more than I ever expected: a new-found way of laughing, sharing, and connecting.

It has been a year-long project of love that has brought us closer together, for which I am ever-grateful. And so to you, dear reader, I encourage you to share the moments in your life with those you love: from the simple daily sights to the encounters that take your breath away, it is a beautiful way to connect and share the story of your life.

Kari Stone has served as Kerby Centre's Manager of Education and Recreation since 2015. □



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- Mar. 19: Owning a Condominium
- May 7: Wills and Estates
- June 4: Adult Guardianship

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Therapy dog awarded distinguished honour

By Dylan Reardon

Staying in an emergency shelter can be a stressful, emotionally taxing, and traumatic experience. Whether fleeing physical, financial, emotional, or sexually abusive situations, eviction, or some other crisis, clients can experience a host of challenges such as grief and stress.

And while helping clients deal with their emotions in a safe, secure location is a priority for front line workers, a tool of a different sort is at their disposal: animal assisted psychotherapy (AAT). Calgary-based Twillow (with her handler Straja Linder King) has been recognized by the American Animal Association for outstanding service as a working dog.

“There is a profound connection between the dogs and guests,” King says. “AAT is a wonderful treatment modality

that is effective because it’s non-verbal.”

As King points out, simply being in the same room as an animal can offer a calming comforting effect for those dealing with stress and anxiety, but can also provide a healthy distraction from worry, while minimizing anxiety and adding joy, whether through petting, playing, or as I witnessed, learning.

I had the opportunity to accompany King, and her two 100-plus-pound Shiloh Shepherd therapy dogs, Twillow, and Tala while visiting clients at the Kerby Centre’s Rotary Shelter.

Immediately upon entering the shelter, the gravity shifted and all attention was on Twillow and Tala. Seated around a common area, shelter clients (and staff!) were transfixed by the two animals as King demonstrated how to communicate with them.

Hand signals were used to get the dogs to ‘speak,’ the dogs were invited to sit with clients, and in no time at all, the welfare of the animals was of paramount importance to clients who were more concerned with getting the dogs food and water than they were about their own personal situations. A healthy distraction, indeed.

“There is a profound connection between the dogs and the guests,” says Straja. “The dogs can be with the pain and the uncertainty. They honour and allow people to be focused in the moment.”

Straja Linder King is the owner and operator of Strawberry Moon Studios, whose animal assisted therapy services have been supplied to the Foothills Hospital, the Mustard Seed, and Kerby Centre, among many others. □



Cure for dry, itchy skin starts from the inside out

The prospect of dark winter days ahead can be a real downer for many Canadians. With the combination of cold, dry air outside and indoor heating wreaking havoc on our skin, many of us will suffer from flaking, itching and even flare-ups of chronic skin conditions like eczema.

Reduce the effect of eczema this winter by heeding the following tips and tricks.

Beware of irritants. Avoid long, hot showers and fabrics that may irritate the skin. Use a scent-free moisturizer regularly, especially after bathing or showering.

Boost your diet. Stay hydrated by drinking lots of water and eating a nutrient-rich diet to help reduce any inflammation and provide essential nourishment for the skin. Foods rich in omega-3 fats like fish and flaxseed, as well as dark leafy greens, may con-

tribute to keeping your skin strong and well hydrated.

Get to know yourself. Avoid those activities that may aggravate your skin. Keeping a journal can be a helpful tool in learning what triggers eczema flare-ups.

Check with your doctor. When it comes to taking care of your skin from the inside out, think about your medication. Your family physician or dermatologist can determine the best medical treatment.

“We have several approved prescription treatments for eczema in Canada,” explains Dr. Danielle Marcoux, a Quebec-based pediatric dermatologist. “One of the treatments that I prescribe in my practice is tacrolimus, a topical, steroid-free ointment that helps treat the itch and lesions while they are present, and can help prolong the disease-free period when used between

eczema flare-ups on “hot spots” that are prone to be affected.”

Although there is no cure, eczema can be effectively managed with a long-term approach to helping keep skin healthy.

For more information, speak to your dermatologist and visit www.eczema.ca.

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You can count on Canada Pension Plan being around when you retire

No matter how old you are, when planning for retirement, there are many things to consider, how much money you will need and where you'll live. Fortunately, while many questions may remain unanswered, there is something that you can count on — your Canada Pension Plan.

Though only one in three non-retirees believes that the CPP will have enough money to cover their retirement benefits, this couldn't be further from the truth.

According to the Chief Actuary of Canada, the Canada Pension Plan is sustainable for at least the next 75 years at current contribution rates and he projects it will continue growing over this period

to approximately \$6.7 trillion in 2090.

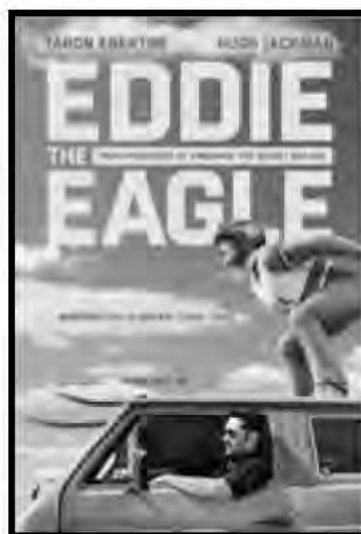
Sustaining growth in an ever-changing environment is no small feat. But whatever happens, contributors and beneficiaries of the CPP can remain confident that one element of their retirement income is secure, thanks to a well-managed and diverse portfolio of equities, bonds, real estate and infrastructure investments.

“Canadians can rest easy knowing that their CPP will be there when they need it,” says Dan Madge, senior manager at the Canada Pension Plan Investment Board, which is responsible for investing the fund's contributions.

“With the simple objective of maximizing returns without taking undue risk,

CPPIB will continue to ensure that a portion of your retirement income is sustainable, so that you can concentrate on what matters most — family and new experiences.”

Find more information at www.cppib.com.



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Excerpted from *Smitten Kitchen Every Day*

Triumphant and unfussy new favourites

by Deb Perelman © 2017

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polenta-baked eggs with corn, tomato, and fontina

These might be the coziest baked eggs I know how to make. Polenta (or grits) is cooked until soft and studded with sweet corn kernels, a couple dollops of sour cream, melty fontina, parsley, chives, and a swirl of tomatoes; then eggs are nested on top and baked. This will work with cheap cornmeal, frozen kernels, and jarred sauce.

Makes: 2 hearty or 4 petite breakfasts **Note:** This scales up well for a crowd

- 2 cups (475 ml) water
- 1/2 cup (70 grams) fine polenta or yellow cornmeal
- 1/2 cup (60 grams) fresh corn kernels, from 1 small cob (or use frozen, defrosted)
- 1/2 cup (55 grams) coarsely grated fontina, plus 3 tablespoons for sprinkling
- Salt and freshly ground black pepper
- 2 tablespoons (30 grams) sour cream or crème fraîche
- 1/4 cup (60 grams) prepared tomato sauce or tomato purée
- 4 large eggs
- Fresh flat-leaf parsley or chives, for garnish

Heat the oven to 400°.

Bring the water to a simmer in a medium-sized saucepan over medium-high heat. Slowly whisk in the polenta, trying to avoid lumps then lower the heat to medium-low and simmer the mixture, stirring almost constantly, for 15 minutes. Stir in the corn kernels, and cook for 5 minutes more, continuing to stir regularly. Add 1/2 cup cheese, and stir until melted; then season well with salt and pepper. Add the sour cream, and stir until partially combined. (I like to leave a few creamy bits throughout.)

Coat a 1-quart baking dish or an 8-to-8 1/2-inch oven-safe skillet with butter or nonstick cooking spray. Transfer the polenta to the dish, then dollop with spoonfuls of tomato; swirl them unevenly into the polenta, so that there are pockets of tomato throughout.

Smooth the top of the polenta and use a spoon to make four deep wells, and crack an egg into each hole. Sprinkle the whole dish with salt and pepper, then sprinkle with the 3 tablespoons cheese. Bake in the heated oven until the whites are firm and the yolks are runny; you can check progress by inserting a toothpick into the whites to see if they've firmed up. If you plan to serve this dish more than a few minutes after taking it out of the oven, remove the eggs from the polenta before they are done, because otherwise they will continue to cook in the hot polenta. If you'd like it to be a little brown on top, run the pan under your broiler when the eggs are only halfway as cooked as you like.

Sprinkle with parsley or chives, and serve with a spoon..

double coconut meltaways

I have been told that I have old-lady taste in cookies, which I of course take as a compliment. In this case, an excess of coconut chips led me to a mildly coconut-flavored butter cookie that was easy to like, but when I replaced the butter with coconut oil, it got even better, with a coconut intensity that won't scare away the people put off by the scratchiness of the flaked stuff. Add some lime zest for a more tropical vibe; add some vanilla bean seeds to make your kitchen smell heavenly.



Makes: 24 (1 1/4-inch round) cookies

- 3/4 cup (60 grams) dried unsweetened coconut (in large or medium flakes)
- 1 1/2 cups (195 grams) all-purpose flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon vanilla extract
- 6 tablespoons (45 grams) powdered sugar, for cookie dough, plus 1 1/4 cups (150 grams) sifted, to finish
- 3/4 cup (170 grams) virgin coconut oil, firm (not melted)

In a food processor: Blend together the coconut flakes, flour, and salt until the coconut is finely ground. Add the 6 tablespoons powdered sugar, and blend again. Add the coconut oil and vanilla, and run the machine until the mixture balls together.

Without a food processor: You'll want to start with 1/2 cup (40 grams) finely ground coconut or coconut flour and stir it together with the flour and salt. Beat the coconut oil with the 6 tablespoons powdered sugar and vanilla. Stir in the dry mixture until just combined.

Both methods Should the dough seem too soft to scoop and hold a shape, transfer to the fridge for 5 to 10 minutes.

Heat the oven to 350°. Line two baking sheets with parchment paper.

Scoop the dough into 1-tablespoon-sized balls (roll them in your palms briefly if you like), and arrange on the prepared baking sheets an inch or so apart. Then transfer the trays to the freezer until the dough is firm to the touch, about 10 minutes. Bake for 15 to 16 minutes, until the cookies are golden brown underneath and relatively pale on top, but dry to the touch. Let them cool on the baking sheets just until you can pick them up; then, while they're still quite warm, roll them in the 1 1/4 cups sifted powdered sugar. Let cool completely on racks. I like to refresh the finish with powdered sugar—either roll the cookies one more time in it, or sprinkle it over the tops, once the cookies are cool.

The cookies keep in an airtight container at room temperature for up to 2 weeks.



beefsteak skirt steak salad with blue cheese and parsley basil vinaigrette

With all these fabulous superfoods, this tastes like health in a bowl

Makes: 4 servings

vinaigrette

- 1 large or 2 small garlic cloves
- 1 1/2 cups (55 grams) packed coarsely chopped fresh basil leaves
- 1/2 cup (20 grams) packed fresh flat-leaf parsley leaves
- 1/3 cup (80 ml) olive oil
- 1 tablespoon (15 ml) plus 1 teaspoon (5 ml) white wine vinegar
- 2 teaspoons (10 grams) smooth Dijon mustard
- Salt and freshly ground black pepper
- A pinch of crushed red pepper flakes, to taste

Make the dressing: In a blender or food processor, pulse the garlic, basil, and parsley together until they're chopped as finely as you can get them. With the machine running, drizzle in the olive oil, then the vinegar and mustard, scraping down the sides as needed. Season with salt, black pepper, and red pepper flakes to taste.

No machine? Mince the garlic and herbs as finely as you can with a knife, transfer them to a bowl, and, whisking the whole time, slowly drizzle in the olive oil and vinegar before seasoning with salt and peppers.

Make the salad: If using salad greens, place them first on a platter. Arrange the tomatoes on top, fanned out and slightly overlapped. Scatter half of the blue cheese and onion over the tomatoes.

Pat the steak dry, and season on both sides with 1/2 teaspoon salt and many grinds of black pepper.

To cook the steak on the stove: Heat your largest, heaviest skillet over medium-high to high heat, and add 1 tablespoon olive oil. When the oil is very hot, place the steak in the skillet, and do not move it for 5 minutes. Turn it once, and cook for another 3 minutes for medium-rare. If your steak is larger than your biggest skillet, cut it in half and cook it in two pieces.

To cook the steak on a grill: Prepare a hot charcoal or high-heat gas grill for cooking. Lightly oil the grill rack, and grill the steak, turning once, 4 to 6 minutes for medium-rare. If you're using a gas grill, it's best to keep the lid on while grilling, to prevent heat loss.

To finish: Transfer the steak to a cutting board, and cover it loosely with foil while it rests for 5 minutes. Thinly slice the steak on the diagonal, across the grain, and arrange over the tomatoes. Scatter with the remaining blue cheese and onion. Drizzle vinaigrette on top, or serve it on the side.

salad and assembly

- 2 to 3 cups (40 to 60 grams) mixed salad greens (optional)
- 1 1/2 pounds (680 grams) beefsteak tomatoes, in thick half-moon slices
- 1/2 cup (4 ounces or 115 grams) thickly crumbled blue cheese
- 1/2 medium red onion, very thinly sliced
- 1 pound (455 grams) skirt steak, trimmed of excess fat if necessary, at room temperature
- 1 tablespoon (15 ml) olive oil

To probate, or not to probate

By Jonathan Ng

A common question faced by the executor of an estate is: Do I need probate? Many families emerge from an estate administration with the perception that probate is an onerous process, taking years, leaving the family exhausted and committed to never see probate again. It is important to understand exactly what probate means and how it is designed to protect the wishes of the deceased and foster communication among the living.

Probate, formally known as a "Grant of Probate" is an order of the court that certifies the validity and originality of the Will. It formally appoints the executor named in the Will as the person in charge of administering the estate. Applying for a probate involves submitting the Will to the court along with documents describing the family members of the deceased and listing property and debts. Depending on the location of the court, the application period can take as little as a few weeks to three months. The application fee in Alberta ranges from \$35 to \$525, depending on the value of the estate. This fee is flat.

Probate is not required in all cases – after all, the Will itself is presumed to give the executor the authority they need to manage the estate assets. So why would the executor need the court to certify the validity of the Will? It all comes down to risk. If a person passes away with a modest bank account, then the bank would often respect the authority of a Will and transfer the account to the

executor. No need for probate. If the deceased owned a larger account, perhaps greater than \$10,000, then the bank may be less comfortable handing over this sizeable asset to the executor. More money, more risk. In these circumstances, the bank would require the executor to obtain a Grant of Probate, which will confirm the validity of the Will – essentially, the bank is passing the risk to the court. If a person passes away with an interest in land registered in their sole name, then probate is almost always required for the executor to dispose of that property.

Probate may be a recommended course of action for other reasons. Sometimes the validity of the Will is a contentious issue, therefore the probate process invites the interested parties to make their voices heard and ultimately allows the court to make a final ruling. If the deceased left a surviving spouse, minor children, or disabled adult children, these "dependents" can make a claim for support from the estate. By obtaining probate, the dependents are given a 6-month period to make their claim, thereby adding structure to the process and limiting the risk to the executor and beneficiaries.

Remember, the normal probate application period is weeks, not years. When someone describes probate to take years, they are often describing the duration of the entire estate administration – that is, from date of death to the date to when income taxes are cleared and every penny of the estate is distributed. The probate process occurs early in the administration

and ends within a few months, on the longer end. An estate administration can take years but the average is approximately 16 months in Canada.

It is recommended that an executor seek professional advice to determine whether probate is required. For those preparing their Wills, it is a worthwhile exercise to consider whether their executor would be expected to apply for a Grant of Probate. A future article will discuss how to avoid probate and whether this is a prudent decision.

Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at 403-288-8855 ext. 229 or jonathan.ng@will-sandestates.ca.

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

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

Classified Rates
Starting at \$18.50* (50 characters 2 lines)
Classified deadline for February issue must be received and paid by January 5.



Classified Ad Categories

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- 11 Foot Care
- 12 Home Care
- 13 Mobility Aids
- 20 Home Maintenance
- 24 Landscaping
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- 30 For Sale
- 33 Wanted
- 45 For Rent
- 48 Real Estate
- 50 Relocation Services

10 Health

CERAGEM Calgary
Sales Service Parts
403-455-9727

11 Foot Care

All about Seniors is now offering quality Footcare services. Provided by a certified professional foot care specialist with a caring approach and a gentle touch.
403-730-4070
www.allaboutsensors.ca

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>

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.

12 Home Care

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

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

just4familyservices.com
housekeeping/meal prep, In/out of home companionship. Accompany appts shopping. Corinne, Kathy 403-590-2122
just4familyservices@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

4 Wheel Shoprider Scooter Model: Trailblazer 889SL \$1900 OBO - Used 6 mths 2 x 50 Amp Batteries & Charger Driving Distance 40km Ph: 403-466-7308 bikerd@shaw.ca

Fortress 1700 4 W scooter customized. \$1500. OBO 587-700-5322

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

5" K Continuis Eavestrough/downpipe installation, cleaning & repairs. Commercial & residential, Service to Calgary & area since 1997. Free estimates. Tony Peterson Eavestrough 403-230-7428

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

GLOBAL HOME ELECTRIC

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

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

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

Quality Painting

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

The Scottish Painter and Sons

Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Ph 403-284-5154 403-875-8077 Refs avail. www.thescottishpainter.ca

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

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

24 Landscaping

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

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

26 Services

Best Deal Junk Removal
All trash incl. dirt, sod, yard clean up, tree trimming. Free estimate 403-828-7373
Carpet cleaning, or garbage hauling -1 piece or whole bunch of garbage. Call Don @ 403-383-9864

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

Five Star Referral Calgary Moving, window/power washing, gardening, handyman services, artistic productions, all trades contracting Call Brian 403-230-7729

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Senior Discount Available
403-560-2601

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

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

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Compliance with Home Insurance policies. Complete check list of things to do and what is to be done. Defined agreement to ensure property looks lived in while you are away. Weekly monthly rates available. Call Bob Baylis 403-461-7831.

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New to or frustrated with computers, tablets, or printers etc. and need help? Call **The Computer Helper**, Michele Madsen, for your customized, private, in-home appt at 587-894-9487. Now serving **Calgary & Airdrie**. For more information visit www.thecomputerhelper.ca

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30 For Sale

3 burial plots located together @ Mtn View Mem Gdns Funeral Home & Crematorium in Calgary. \$1,350.00 per plot. \$3600.00 for all 3. Each plot holds 1 Casket & 2 Urns or 3 Urns. CAN BE SOLD INDIVIDUALLY OR TOGETHER. Located GARDEN OF DEVOTION. TRANSFER FEE INCL IN PRICE. Alternate arrangement have been made & are no longer needed. Private Sale. Call Donna 403-669-1744

33 Wanted

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

Looking for sr lady for companionship 587-350-7335

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
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No Hassle. No Obligation
Debra & Peter Molzan RE/MAX Complete Realty 403-605-3774

Wishing all my Kerby friends a HAPPY, HEALTHY & PROSPEROUS New Year. If a "CHANGE OF LIFESTYLE" is in your plans for 2018 I have access to VILLA type with attached garages bungalow communities. Various price ranges & all 4 quadrants of City. Complimentary evaluation of your existing home. Call GARY BRUNET @ 403-651-4663 CIR Realty Ltd.

Continued on page 31

Top tips to stay fit, active, and healthy as you age

For the first time in history, there are more Canadians over the age of 65 than there are under 15. But if you haven't noticed a difference, it's not surprising. Today, people are no longer content with letting age dictate what they can and cannot do. We want to be proactive about our lives and our health — to keep active, try new things and stay independent for as long as possible.

Tips like these, combined with input from the right professionals such as physicians, dietitians and physiotherapists can help you age powerfully, not just comfortably.

Every step counts. No matter your age, health or physical ability, staying active is one of the best things we can do to maintain a great quality of life. Physical activity is proven to help prevent chronic illnesses such as heart disease, stroke, type 2 diabetes and many cancers. It may not seem important in the moment, but even small changes to our routines can go a long way toward maintaining our independence and well-being in the years to come.

If you're having trouble getting motivated, just remember every step counts. Two and a half hours of physical activity each week is a great target. If you're having difficulty reaching it, start with 10-minute sessions and add on

a few minutes every time. Try exercises you enjoy, like swimming or bicycling. Group activities such as Nordic walking, jogging and spin class are great ways to hold a commitment with friends or instructors.

Get a helping hand. To help you get started, there are lots of great resources online that can provide information about staying active and the exercise equipment needed to do so. For instance, to help Canadians take charge of the way they age, Shoppers Drug Mart recently launched their website wellwise.ca. It offers everything from sleep therapy to low-impact fitness and physiotherapy products, as well as supports and braces, mobility products, and tools and gadgets to stay active and well. You can even set up subscriptions for products you purchase on a regular basis. □

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Sudoku Solution

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

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Continued from page 30

48 Real Estate

Thinking of moving but need to sell first?

Free Home Evaluation

Find out what homes in your neighbourhood sell for.

Call Debra or Peter Molzan

RE/MAX Complete Realty

403-605-3774

www.PriceMyCalgaryHome.com

No Hassle – No Obligation

50 Relocation Services

AAA-Brother's Moving Co.

"Seniors deserve a break"

Brent 403-383-9586

IN MEMORIAM



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

Roy Clifford George Jarvis

Helena Rojek

William Brocklesby

Emily Clark

Davis Colden Neave

Norman Cornish

James (Jim) Robert

Selby Park

Thelma Annie Goldie

Peterson

William Thomas (Bill)

Porter

Elsie (Janice) Kopnitsky

David Menard

Cecil Raymond Atkins

Hans Hilmar Kummer

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.



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

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

Kerby Classifieds 403-705-3249

Crossword Solution

S	H	A	L	T	T	W	E	E	T	E	D	A	D	J	U	S	T			
A	I	D	E	S	H	A	N	D	A	X	E	L	E	A	N	T	O			
W	H	A	T	A	R	E	Y	O	U	W	A	I	T	I	N	G	F	O	R	
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D	E	L	E	T	E	W	A	S	H	I	E	R	T	O	R	S	O			

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The Kerby News Business and Professional Directory

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

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sundance@bethanseniors.com www.bethanseniors.com**

403.210.4600
or 1.888.410.4679

www.bethanseniors.com

