

Kerby News

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for the 55 plus

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Linda Rainey with Kilimanjaro Guides at Gilman's Point. See pages 16-18 for story.

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Father's Day Sunday, 17 June, 2018

Summer Solstice Thursday 21 June, 2018

National Aboriginal Day Thursday 21 June, 2018



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The Manor Village at Fish Creek Park

How do you want to live?

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

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

- Keep Active and Exercise Regularly
- Avoid Smoking & Excessive Alcohol Consumption
- Eat a Healthy, Balanced Diet
- Stay Connected Socially and Interact with Others
- Take Time to De-Stress
- Get a Good Night's Sleep

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BY ZANE NOVAK
President of Kerby Centre

Time to enjoy the outdoors

June, and summer is truly here. What a fantastic month. Though we often get rain in June, we also see our country truly come alive. The warmth, the green, the blossoms. Living in Calgary and being this close to mountains, it is like everything is intensified and magnified.

I still like to get out and ride my motorbike through the countryside and into the

mountain park areas. For me, there are few things like breathing the fresh air, seeing the wildlife and the farmers out in their fields.

We live in an area where there is so much to do. Here in Calgary we have walks along the river, outside festivals, sporting events to attend. Have you been out to see a rugby game, or gone to your local community center to see the kids in your area play ball or soccer or football? These may not be the big-ticket items we think of when we think sports, but they happen in our backyard, played by the children who have grown up in our neighbourhood. The price is right and there is something about playing in front of an audience that elevates a person's game. Trust me, those kids would love to see you in the stands!

Kerby Centre also offers lots of options for our members and guests. People may tend to associate Kerby Centre as only having indoor programs, but we offer more

than that. Last year we featured a walking program that tied in with the Canada 150 program and that was met with enthusiasm and great success.

By keeping in touch with Kerby Centre, you can find out all of the fun events that we will be offering this year. Often we coordinate bus excursions that you or you and your friends can take advantage of. Some of these are local and some head out of town to various locations.

I always threaten to try my hand at golf. I have successfully avoided it as the few times that I tried it, I was simply awful. But when I visit with my golfing friends and I listen to their stories and the comradery they have golfing with their buddies, it makes me think that I should give it a go. Maybe I'll hit the driving range and see if I am as unskilled as I remember being.

Whether you golf, ride a bicycle, a motorbike, hike, walk, take in an outdoor event, the point is, just get

outside and enjoy our often too-brief summers. Take a friend or just take yourself, and go sit on a patio and have a coffee or an iced tea.

I have lived alone for several years now as my children are grown and out on their own. So, for me, the warm summer days give me the chance to head to my local bakery on 4th Street. Its patio in the summer is always a hub of activity where the locals gather for their coffee and pastries. Most times someone has brought their dog, and everyone takes turns petting. Conversations flow with strangers, stories and experiences are shared. And when I start my walk home, it is often with new perspectives and sometimes new lasting friendships. Either way, I always walk home very content from having been out of my house and experiencing new things.

June, with that warm sunshine, the blossoms and the green grass, will only be as memorable as you choose to make it. ▲

JUNE 2018

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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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Learning from a grievous loss



BY LUANNE WHITMARSH
CEO of Kerby Centre

As I write this article I must admit I am sad. In May a wonderful supporter of

Kerby Centre passed away. He believed in Kerby Centre and all that we work so hard to do. He advocated for Kerby, advised me ongoing from his wealth of experience, and he mentored me.

Rarely in life do you get the chance to have a person such as Frank King call you friend and become such an important part of your life. He and his wonderful wife, Jeanette, were always kind with their support and worldly with their advice.

I have lost many people in my life (my father, aunts, un-

cles, grandparents, friends, associates) and each time I reflect on the impact they have made in my life. Frank taught me patience and perseverance — and for that I will always be grateful.

So today, and every day, remember that tomorrow is not promised. Reach out to mend those relationships that have wavered, strengthen relationships that have become routine and make sure that those you love and value know what they mean to you — and do it TODAY. ▲



Frank King speaking at Kerby Centre in 2016



News from City Hall
By EVAN WOOLLEY

Calgary Councillor for Ward 8

Neighbour Day

One of my biggest goals when running for office was to build, nurture and grow diverse and activated neighbourhoods. While all of our communities might look different, the thing that makes Calgary so great are the people who live here. Passionate and engaged Calgarians are found in every corner of our city and it's been awesome to meet so many of them in my role as your City Councillor so far.

Our inner city and established communities are not only diverse in age, gender, income and ethnicity but

also in what they value in a city. These different perspectives are a big part of the constant dialogue surrounding how we make our neighbourhoods better. Personally, I think the best way to increase and improve our city is to get to know each other.

Neighbour Day is held every year on the third Saturday of June and is an opportunity for neighbours to come together. It actually originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated

after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city — our strong and caring communities. The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community. Whether you're having a front yard barbecue, a garden party, a street cleanup or setting up some games in a local park, I encourage you to be a part of the neighbourhood you want.

For every other day of the year, The City of Cal-

gary offers a wide variety of community-based programs and special events for children, youth, families, adults and seniors across Calgary. There's a range of opportunities to take advantage of to help build strong and inclusive neighbourhoods where citizens are empowered, connected and involved.

Make Saturday, June 16th the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate or contact my office at 403-268-2431 or ward08@calgary.ca for more information. ▲



This month in Edmonton
KATHLEEN GANLEY

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

Happy Seniors' Week!

As the spring session concludes, I would like to let you know about recent legislation and actions by our government to make life better for Albertans, and for women in particular.

We know that sexual violence is one of the most under-reported crimes in Canada, and that women are victims in the vast majority of cases. The #MeToo and #IBelieveYou campaigns have highlighted how many women endure misconduct, harassment and violence, and how daunting and difficult it can be to report and pro-

secute a sexual offence. Our government invested \$8.1 million in the Association of Alberta Sexual Assault Services to expand front-line services for survivors. Increased counselling, and specialized police and court support workers are now available. In many rural areas, specialized services are available for the first time.

Taking the first step away from abuse is much easier when there is somewhere safe and welcoming to go. This spring our government provided \$8.6 million in funding to the

YWCA of Calgary for construction of 100 transitional shelter homes in their new Hub facility in Inglewood. This facility is scheduled for completion in the spring of 2019. It will provide safe and supportive housing to women and children as they make the transition from crisis to stability.

Finally, I am pleased to announce that the Resident and Family Councils Act came into effect in April. This act requires that all licensed supportive living and long-term care facilities in Alberta noti-

fy residents of their right to establish self-governing councils. Councils can provide opportunities for residents and families to discuss quality-of-life concerns with operators, including food, services and activities. Any resident or family member can set up a council. These new rules apply to a variety of facilities, including nursing homes and seniors' lodges.

I am always happy to hear from constituents. If you have feedback to offer, please contact my constituency office: Calgary.buffalo@assembly.ab.ca ▲



This month in Ottawa
KENT HEHR

Kent Hehr Member of Parliament for Calgary Centre

Investing in Calgary's arts and culture spaces

Calgary is a major hub of arts and culture, and our federal government is proud to invest in its success.

This includes helping Calgary's creative organizations to build new performance and rehearsal spaces, buy new equipment, enhance their programming, and plan for the future. The investments build stronger communities, improve social inclusion, create jobs, and make Calgary a more vibrant place to live.

Here are just a few of the local arts and culture organizations we're supporting:

- Shakespeare by the Bow / Theatre Calgary

- Fort Calgary
- Folk Festival Society of Calgary
- Calgary Stampede Foundation and the new Walton Hall
- Memorial Park Library, with a new 110-seat performance space
- One Yellow Rabbit Theatre Association
- Calgary Opera
- Calgary Philharmonic Orchestra
- cSpace King Edward
- National Music Centre

Plus, through the 2018 Canada Summer Jobs program, we're supporting students working at many arts

organizations in Calgary Centre. These include: Pumphouse Theatre, Downstage, Calgary Arts Development, Alberta Printmakers Society, Arts Commons, Youth Singers, Ghost River Theatre Society and more.

The Kerby Centre is also receiving Canada Summer Jobs funding, in order to hire four students for the summer. In total, 150 non-profit organizations and small businesses in Calgary Centre are receiving \$870,000 to create over 240 student jobs. See the full list at www.KentHehrMP.ca/csj2018.

Through supporting arts

and culture performance spaces, improving public transit and funding green infrastructure, our government is investing in Calgary.

It's a stark change from the past, when Calgary didn't get its fair share of investment from the federal government. It's a change I'm happy to support.

To contact me: 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 Facebook, Twitter, Instagram or LinkedIn. ▲

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.

DID YOU KNOW:

Nearly 25% of Calgarians are foreign born ; a physician backs this up saying she sees great diversity in her patients.

Calgary is the place for sunshine in Canada. On average there are 2300 hours of sunshine per year.

Calgary and New York City are about the same size geographically. but, Calgary's population size is only 10% as big.

During the past decade, Alberta produced about one-third of the nation's wheat, slightly more than one-third of the canola crop and almost half of the barley crop.

More than 80 per cent of Albertans do some kind of volunteer work.

Canada is the second largest country in the world, right after Russia.

Canada has the longest coastline of any country in the world. In fact, if you were to walk around the country (without sleeping, eating, or resting), it would take roughly four and a half years.

Turning the tide on the harm of opioids

As clinicians, we are bound by professionalism and our ethical responsibilities to do no harm and to do what we can to address the pain and suffering of our patients. When powerful pain relieving opioid medications were introduced a few decades ago, they seemed to be a way to do both.

We now know that the marketing of these powerful medications for chronic pain was not based on sound scientific evidence, and that the potential for developing physical dependence, addiction and misuse is significant, and considerably higher than once appreciated. We are now in the midst of a public health crisis, where an increasing number of Canadians are experiencing overdoses or dying from opioids each year.

A recent report estimates that in Ontario alone, people filled more than 9 million prescriptions for opioids in 2015/16. An increase of half a million more prescriptions from three years earlier.

As a profession, we hold a responsibility to be part of the solution to this problem and start to turn the tide. This is a complex issue and there are no simple solutions.

A good place to start is in the exam room or at the bedside. Through our conversations with patients, we can discuss different options for managing pain, including non-opioid and non-drug alternatives before considering an opioid prescription. And we should talk about the risks and benefits among the options.

As part of the Choosing Wisely Canada's Opioid Wisely campaign, professional bodies representing doctors, pharmacists and dentists among others, are identifying clinical scenarios where scientific evidence shows that an opioid prescription is not warranted, and may do more harm than good.

For example, the College of Family Physicians of Canada says that patients should not continue opioids beyond the immediate period after surgery. This period is typically three days or less, and rarely more than seven days.

Another example is dentistry. We know that over a third of new opioid prescriptions are written by dentists. The Canadian Association of Hospital Dentists says that opioids (like codeine) should only be prescribed

after dental surgery if the pain cannot be managed by safer medications like ibuprofen (Advil) or acetaminophen (Tylenol).

Thinking twice about when patients need an opioid prescription and when they don't is one important step we can take to deal with the opioid crisis. But in so doing, we must not forget our professional duty to address the pain and suffering of our patients. Recent estimates suggest that about 15-20 per cent of Canadian adults suffer from chronic pain.

Importantly, patients who are already on high doses of opioids must be carefully assessed and managed. And tapering off of opioids should be carried out over a long time, with caution and

supports in place. Taking patients off opioids abruptly can do more harm than good.

We must spend the time with patients to discuss the options for addressing their pain and not jump to the prescription pad for a quick fix. We now have decades of evidence showing that the quick fix has led to dire long-term consequences for patients and society. There is also an urgent need for greater access to evidence-based, publicly funded options for pain management, including multi-professional teams that are better equipped to address complex situations.

Dr. Wendy Levinson is the Chair of Choosing Wisely Canada, an expert advisor



Minister of Finance Joe Ceci (right) presents a cheque from the Alberta Government to Kerby Centre President Zane Novak and Kerby Centre CEO Luanne Whitmarsh. This one-time funding is for several projects at Kerby Centre including the installation of emergency pull cords at the Kerby Shelter and relocation and expansion of the Kerby Centre FIT Room.

with EvidenceNetwork.ca and a Professor of Medicine at the University of Toronto. A graduate of family medicine from the Université Laval, Dr. Laurent Marcoux has devoted his career to clinical and administrative medicine. He's currently serving as president of the Canadian Medical Association for 2017-2018.

Have a laugh

- Q:** Why did the physics teacher break up with the biology teacher?
- A:** There was no chemistry.
- Q:** Why do the French like to eat snails so much?
- A:** They can't stand fast food.



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Ancestors are the people who made us what we are

DNA made easy *By Jacqueline Louie*



Bert Gotts 2nd Norfolk is the maternal grandfather of Chuck Newyar (English side of the family).

Calgary genealogy researcher and speaker Earl Schultz wasn't surprised when his son decided to become a brewmaster. "He loves trying different beers," Schultz says, noting that his son's seventh great-grandfather ran a tavern in Poland, and there was "a whole slew of ancestors" who ran bars and drove brewery trucks in the early 1900s. "It certainly looks like beer is in our DNA," Schultz smiles.

June 14 marks Family History Day, and if you're interested in learning more about your family background, there's no better time to get started. DNA testing kits make it easy to learn about the past, and about the people who came before us.

"Our ancestors are the people who made us what we are," Schultz says. "We can better understand ourselves by understanding our ancestors."

Schultz's parents — who were ethnic Germans growing up in Poland at a time when Poland was under Russian rule — immigrat-



Sergeant Reidar Nieuvejaar (paternal grandfather) enlisted with the Wadena, Saskatchewan 214th Wild Cats Battalion in 1916 and served with the 28th Battalion of the Canadian Expeditionary Force in France and Belgium from 1917 to 1918. Reidar Nieuvejaar is Chuck Newyar's Norwegian grandfather. The family anglicized the spelling of their last name from Nieuvejaar to Newyar



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ed to Canada in the 1920s. Spending time with his parents talking about their lives brought Schultz closer to them, and he encourages everyone to do the same with their own family members. "If you have grandchildren, those are stories you can pass on to them — like so many cultures have done over the ages."

To start, Schultz suggests writing down what you know about your family. Begin with yourself and then write what you know about other family members, including parents, siblings, grandparents, aunts, uncles and cousins. "Focus on the stories, because it's the stories that bring it alive," he says. "It's not just dates. Stories tell you about the people and what they did in life — what their career was, and what they were interested in. When you record that, you're leaving

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Earl Schultz

a tremendous gift for your grandchildren. And you are leaving something behind for other relatives.”

His other top advice: “While you can, and as soon as you can, do a DNA test, to leave that for your descendants or your other relatives. A DNA test is also a great way to learn more about your own origins. It teaches us that ultimately, we are all one big family. If you go back through your Y DNA or mitochondrial DNA (inherited from your mother), we all go back to Africa. Studying your family history bring us all together as one family. It makes us more human.”

The only company that does all types of DNA testing is Family Tree DNA, so Schultz always suggests testing there. However, the company that has the largest user database is AncestryDNA. Because of this, Schultz recommends testing at both places.

If you had to choose between the two, for males he would suggest doing your Y testing at Family Tree DNA, and for females, he would suggest testing at Ancestry and then transferring the results, for free, to Family Tree DNA.

A third company, MyHeritage, also does DNA testing. You can transfer your autosomal (DNA inherited from both parents) results into MyHeritage for free, Schultz says.

DNA testing allows people to find out their probable ethnic background, Schultz says. DNA testing “can be accurate, but it’s not perfect, because it depends on who has been tested in their database, and it also depends on how they group people,” he explains.

Calgarian Chuck Newyar has also found it immensely rewarding to learn more about his ancestors, who immigrated to Canada from England and Norway. He was particularly interested in finding out more about the lives of his grandfathers, who served in World War I (His maternal grandfather, in the British Expeditionary Force in France and Mesopotamia (modern-day Iraq);

and his paternal grandfather, in the Canadian Expeditionary Force in France).

For people who want to research their family history, Newyar has the following suggestions:

- “Contact your relatives to see if some of them have already started a family tree.” Newyar was able to put names to unknown faces in old family photos by asking distant relatives what they knew. “It ends up being a group effort. It’s all these different threads coming together to weave the fabric of our ancestry.”
- Looking through family photo albums and papers,

such as diaries and letters; as well as online church records of baptisms and weddings, is helpful, as is the community-created Find A Grave website, findagrave.com, which posts photographs of headstones from around the world.

Newyar and several family members have done multiple DNA tests. “It helped confirm some of our geographic and ethnic origins, and compare that to the family stories to see if the history was true,” he says.

What has his search into his roots brought him? “The sense of my place in history, and the satisfaction of solving some family mysteries.” ▲

Sidebar: Resources

- Alberta Family Histories Society afhs.ab.ca
- To keep track of relatives, relationships and birthdays, you can download a free copy of a genealogy software app at legacyfamilytree.com
- https://www.familysearch.org/wiki/en/Genealogy_Research_Forms
- <https://www.ancestry.com/cs/charts-and-forms>



Prep your lawn for summer

(NC) Healthy lawns provide kids and pets with a safe, soft place to rest or play. Did you know your lawn also plays a significant role in cooling the environment around your home? These are just some things to think about as you get back to the garden.

When caring for your green space, remember that just like all living things, plants need food. Turf fed three to four times a year develops a deep root system that can resist heat, drought and wear. It also develops thick green top growth to naturally resist weeds, disease and insects.

Look for a fertilizer with higher nitrogen and potassium, the first and last numbers on the bag. These are the nutrients that help promote a stronger root structure, disease resistance and hardiness that will help your lawn during the dog days of summer.

Nutrients provide grass with the ability to withstand drought in hotter summer temperatures, and to survive the winter and bounce back in spring. You can find more helpful information about the right way to fertilize online at greenerworld.ca.



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The City reminds Calgarians the importance of knowing your exact location when calling 9-1-1

Calgary 9-1-1 estimates that about 70 percent of 9-1-1 calls are placed from wireless phones, and that percentage is growing. Wireless phones are important safety tools, but because they are mobile, they aren't associated with one fixed location or address. This mobility makes it harder for both service providers and 9-1-1 call takers to pinpoint the exact location of a 9-1-1 call. For this reason,

it is important that everyone knows their location – whether they are at home or elsewhere, when calling 9-1-1.

“The most important piece of information we need when someone calls 9-1-1 is the exact location of the emergency,” says Doug Odney, Calgary 9-1-1 Commander. “The more information about your location our 9-1-1 call takers have to provide to the first responders, the quicker

help can reach you.”

If the call to 9-1-1 is from a cell phone, current technology cannot always provide an exact location. The 9-1-1 call-taker only receives XY coordinates which can vary in accuracy depending on the model of the cell phone, cell phone provider, and the geography of the location from which the call is being made (i.e. downtown core vs. Nose Hill Park). Cell phones XY coordinates also do not tell Calgary 9-1-1 if the caller is in a building, the floor they are on, or if they are north, south, east or west of the coordinates.

Tips for 911 calling:

- When making an emergency call to Calgary 9-1-1, you must be able to provide the call-taker with your location – whether at home or elsewhere.
- If you call from a cell phone, current technology cannot always provide the

9-1-1 call-taker with your exact location.

- Be prepared; pay attention to street addresses, cross streets and landmarks.
- Pathway location markers – signs that display a unique location code - can be found in some of our city's parks.
- When you have a choice, use a land-line to call 9-1-1.

If possible, always call 9-1-1 from a land line rather than a cell phone. A phone that plugs directly into the phone outlet will still give access to 9-1-1 when there is a power outage.

It should be noted that Internet or cable-based phones, also known as a Voice-over Internet Protocol (VoIP) phones, may not automatically connect you to your local area 9-1-1 Centre. Find out from your VoIP service provider how you will be connected to 9-1-1 services prior to an emergency. Always know your location.

For more information please visit calgary.ca.



Online shopping tips to avoid scams

(NC) Online shopping is a favourite pastime for many — it's easy, and done in the comfort of your own home, meaning you don't need to battle traffic, crowds or line-ups to get your favourite items.

But many deals you see online are too good to be true. These can range from cheap designer purses to significantly discounted electronic items. It's upsetting when you trade your hard-earned cash for nothing or something of poor quality. Fortunately, there are some simple steps you can take to protect yourself:

1. Do your homework. Know exactly who and where you are buying from, fully review feedback and try to buy from companies or individuals you know by reputation or from past experience.

2. Pay with credit. Many credit card companies offer consumers protection against fraudulent charges, and may even give you a refund if your card was used without authorization. Never provide your personal, credit card or account information unless you are certain the site is legitimate.

3. Comparison shop. Don't be afraid to shop around, looking for comparable products at comparable prices. If the product you're looking at is dramatically cheaper than in reputable stores, there's likely something off.

4. Beware of ads. Don't take ads on social media platforms or other websites at face value just because they are displayed on trusted sites. In most cases, anyone can buy an ad, and most websites and social media companies do not verify the quality or truthfulness of the advertisements they run.

5. Use extra caution on classified sites. Beware if a seller's ratings have no feedback, or limited feedback. Never make a deal outside the auction site, and be cautious of items offered through online classified ads for extremely low prices. You may want to use an escrow service like PayPal for payment. It will hold your payment and only release it to the seller once you have confirmed that you received what you paid for.

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

Solution on page 31



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Life and liberty

BY LIBERTY FORREST

Healing and the power of the mind

seen some pretty miraculous things to do with the power of the mind. And then there's Dissociative Identity Disorder (previously known as Multiple Personality Disorder). Sometimes, a person suffering from this condition will have a personality who has insulin-dependent diabetes — with blood tests to prove it, sugars going crazy etc. - but when the other personalities are in control, there isn't a sign of it in the body.

And there are numerous documented cases around the globe of people with this disorder who have burns, scars and tumors coming and going, coming and going, depending on which personality is in control. Think about the enormity of this phenomenon. It is entirely based on belief and the power of the mind.

Whether it's deliberate or not isn't the point. In fact, that it isn't deliberate actually helps to prove my point. If the body can do all that by itself when directed by some unconscious or subconscious part of the mind, just imagine what we could do if we took control and directed it on a conscious level.

So you're feeling miserable. How are you supposed to talk yourself into feeling well?

I'm not suggesting it's quite that simple but making the effort is important and, like anything else we have to learn, it gets easier with practice. I'm also not telling you to abandon medical care or treatment; be responsible. You can still work with your body's ability to heal itself, too.

Begin by not talking

about your disease. Sure, people will ask how you are, and if you want to give those closest to you an honest update, be quick about it. For all other people, if they're not directly affected by your situation, tell them you're fine. Or that you were ill but you're now recovering.

If it's too much for you to tell yourself you're completely healthy, you can at least replace all thoughts of illness with thoughts like, "I'm healing." Or "I'm recovering." "I'm getting better."

As those thoughts come more readily, you may begin to find it easier to say you are already well and healed.

Let's pretend it works, because pretending removes your current reality and the attached emotions. It gives you a bit of breathing room, which allows new information and new feelings to come in. There are numerous cases of people spontaneously healing terminal illness, just by insisting on believing that they were perfectly healthy. Bearing that in mind, there is really no excuse not to give their method a shot.

So go on. Give it a try but remember, it takes time to get rid of old habits, and to develop new ones so be patient with yourself and keep pretending that these thoughts will make you feel better—whatever that might mean. There's every reason to believe they will. ▲

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

Help is available for elder abuse

Elder abuse is more common than most of us would care to imagine. Elder abuse is hidden, and affects people's lives, regardless of gender, race, culture or socio-economic status. Any kind of abuse is unacceptable. It can happen to anyone and can affect everyone.

Every older adult has the right to be treated with respect and dignity, the right to participate fully in our society and the right to live free of abuse. We need to know what constitutes elder abuse and break the silence. Here are some of the signs of elder abuse:

Financial abuse:

- Someone is trying to control your money or force you to sign papers against your will.

Psychological abuse:

- Someone is making you feel unsafe.
- Someone is making you feel bad about yourself and speaks to you in a disrespectful way.
- Someone has isolated you from regular social activities.

Ask for help if this is happening to yourself or anyone you know. Remember, it is not your fault. In case of immediate danger, call 911. To report a suspected case of elder abuse, or for more information, call the Elder Abuse Resource Line at 403-705-3250.

Compiled from notes supplied by the "Coordinated Community Response to Elder Abuse" Action Team in Calgary.

<p>Real Estate</p> <p>Mortgages</p> <p>Wills & Estates</p> <p>Powers of Attorney</p> <p>Personal Directives (Living wills)</p> <p>Notary Public</p> <p>Corporations</p>	<p>Over 30 years experience</p> <p>Ph: 403-297-9850</p> <p>Fax: 403-297-9855</p> <p>GORDON W. MURRAY BA., LLB.</p> <p>• Barrister • Solicitor • Notary</p> <p>#104, 2003 - 14th St. N.W. Calgary, Alberta T2M 3N4</p> <p>gmurray@murraylaw.ca</p>
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Volunteer Spotlight



Elsie Prok

Elsie is a friendly and dedicated volunteer. Elsie first came to Kerby Centre when she participated in Kerby's monthly walk. She was very much impressed about the services we provide to older adults in our community and thought Kerby Centre would be a great place to volunteer. She has been volunteering at Kerby Centre for more than a year. She is volunteering as a Receptionist in the Education and Recreation Department. Elsie regularly volunteers once a week but she is always ready to help us whenever needed. Elsie likes the positive culture and environment at Kerby Centre. Besides volunteering, Elsie likes to stay active doing exercise and daily walks. She also spends her time with friends and family doing fun activities such as watching movies. Elsie has already contributed over 317.5 hours.

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

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When we're ill, whether from something minor or something serious, it's easy to think about how miserable we're feeling because it can affect so much of what we do.

It's a challenge to think positive healthy thoughts when we're feeling really unwell. You might just feel like a big liar, telling yourself you feel wonderful when you feel absolutely horrible, so you give up right away.

But the more we can think positive, healing thoughts, the better our chances of feeling well — and in fact, of being well — because we produce positive energy which can only be of benefit to us on all levels.

Our thoughts produce energy. For those of you who think that's a load of rubbish, talk to the scientists who have proven it with their gadgetry.

Positive thoughts produce hundreds of times more energy than negative ones. This has also been proven.

If you're still not convinced, how about a little "let's pretend"? Let's pretend, that changing your thoughts would make you feel better. I'm not talking about an instant cure, although that would be a pretty cool trick. Let's pretend but within reason, okay?

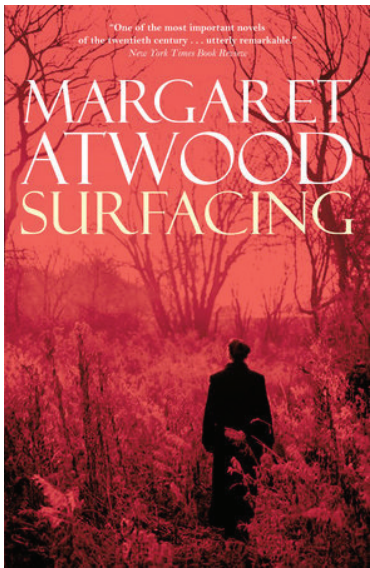
Let's pretend that if you shoved all thoughts of illness, disease, and not feeling well right out of your head, you would feel better. Whatever that means specifically is irrelevant. Let's pretend that whenever a thought about your pain, your prognosis, your diagnosis, your treatment plan, the doctor's opinions about the course of the disease or anything related wanders through your head, replacing it with thoughts of healing would make it happen.

It should be easy to say all that stuff if you're just pretending, right? It's saying it and meaning it that's a bit tricky.

But it sounds pretty good, right? And it doesn't even cost anything. Okay, so what have you got to lose by trying? What if it works? Wouldn't that be very cool?

As a hypnotist, I've

Book review:



Surfacing

By Margaret Atwood
Publisher: Emblem Editions
Trade Paperback
October 5, 2010
\$21.00
ISBN-10: 0771008880;
ISBN-13: 978-0771008887
eBook December 10, 2010
\$9.99
9781551994932

By Vanessa Stewart

'Surfacing' takes place in 1972 in Quebec, Canada. After receiving news that her father is missing and may have passed away, the female narrator, (who remains nameless) takes a trip back to her home town and childhood cabin, which sits

on the edge of a lake.

If you enjoy spending time outdoors camping, swimming, and boating, this book is sure to be of interest to you.

The plot of the book is anchored on the image of surfacing. Water and surrounding wildlife play a strong symbolic role in the book. The vivid setting of rugged terrain and cabin-living lets the reader feel that she or he is going on a mysterious summer adventure with the narrator.

She brings two of her friends with her, as well as her current boyfriend. She often talks about how she wishes she were alone. The social connections play a big role in this book.

She is an artist, who has a broken relationship with her parents, since they disagreed with some of the major life decisions that she made.

As the narrator looks for clues to piece together to find her father, she is taken back to memories of her childhood.

After getting to know the narrator, the reader starts to understand why her personality seems 'different', and intriguing. You might find yourself starting to root for the main character as she travels into the woods, while simultaneously travelling back into the depths of her childhood and young adult memories.

Many of the people she encounters in her small home town are convinced that her father has died while spending time on the lake. Determined to find him, the narrator starts piecing together clues, which may or may not have been left by her father. She becomes increasingly convinced in her own mind that her father is leaving her a map to come and find him.

As the book continues, the narrator starts to revert to a very wild state of survival, one her father also possessed. Her memories become warped and untrustworthy.

Atwood is a Canadian author who has written seventeen books of poetry, sixteen novels, ten books of non-fiction, eight collections of short fiction, eight children's books, and one graphic novel, as well as a number of small press editions in poetry and fiction. 'Surfacing' is the second book that she ever wrote. It gives good insight into the space where Atwood was when she started her career.

The descriptions of living a cabin life on the edge of a lake make the reader feel as if they are inside the book. The strong elements of nature play a symbolic role in the narrator's mindset. As these elements unfold in the book, the reader gets a clear

picture of what is going on in the narrator's mind.

This book is described as part detective novel and part psychological thriller, a perfect combination for anyone looking to get lost inside a great story. ▲

Reading is to the mind
what exercise
is to the body.

Joseph Addison

ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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



EXPERT UPDATE:

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

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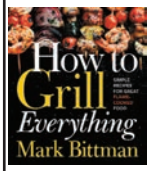
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Page design & layout by Winifred Ribeiro

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How to grill everything is the ultimate grilling guide and the latest in Mark Bittman's acclaimed *How to Cook Everything* series—this will definitely be a hit for a gift or a must-have for your home.



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Chana Chaat Burgers[©]

I love the flavors in aloo chana chaat, the saucy Indian appetizer of potatoes and chickpeas, and they happen to make a wonderful burger, too. No need for a bun; serve these with your favorite chutney. These can be a bit crumbly, so if you have a perforated grill pan, use it. Otherwise, just handle them gently. Look for chaat masala in Indian markets; its somewhat tangy taste is distinctive. If you can only find garam masala, go for it; you'll still be happy.

Makes: 4 to 8 servings

Time: 40 to 45 minutes, plus chilling time

3 1/2 cups cooked chickpeas, drained

1 1/2 cups mashed potatoes

1 cup minced onion

1/2 cup chopped fresh cilantro

2 teaspoons chaat masala

2 teaspoons grated lime zest

1 teaspoon ground cumin

Salt and pepper

1. Put the chickpeas and potatoes in a large bowl and mash with a potato masher or fork until they come together. Add the onion, cilantro, chaat masala, lime zest, and cumin; work them in by mashing with a wooden spoon or the back of a fork. Taste and add some salt and pepper if needed. With wet hands, shape the mixture into 8 burgers. Put them on a platter without touching, and refrigerate for at least 1 hour. (You can make the burgers up to a day or so in advance. Cover tightly and refrigerate.)

2. Start the coals or heat a gas grill for medium direct cooking. Make sure the grates are clean.

3. Put the burgers on the grill directly over the fire. Close the lid and cook, turning once, until they develop a crust and release easily from the grates, about 8 minutes per side. Transfer to a platter and serve.

Cheesy Chana Chaat–Sweet Potato Burgers: The addition of the cheese is unconventional but deliciously gooey, and sweet potatoes partner beautifully with the chickpeas: Substitute mashed sweet potatoes for the regular potatoes and add 1/2 cup shredded mozzarella.

Smoky Black Bean–Sweet Potato Burgers: Substitute black beans for the chickpeas and mashed sweet potatoes for the regular potatoes. Replace the chaat masala with 1 teaspoon smoked paprika (pimentón).

Falafel Burgers: Use either chickpeas or cooked peeled fava beans. Substitute parsley for the cilantro. Replace the chaat masala and lime zest with 2 tablespoons minced garlic, 1 teaspoon ground coriander, and 1/4 teaspoon cayenne, or to taste.



Seafood Skewers with Croutons and Orange

You can take these skewers in many directions. Use all fish, alternate fish with sea scallops or shrimp, or mix them all up; the flavors play well together and the cook times are pretty much the same. Oranges bring freshness, especially if you're grilling in winter. To include onions in the mix, either put wedges on a separate skewer and start them at least 5 minutes before the seafood, or thread single layers of onion between the cubes of fish. This is one time you can't assemble the skewers too long before grilling or the bread will get soggy.



Lemony Blueberry Cornmeal Cake

In 10 minutes, you can be on your way to the perfect ending to a summer meal. Just put this cake on to grill, bake when you sit down to eat—or bake it before you put your entrée on the grill—and it will be cooled by the time you're ready for dessert. Everything about it is vibrant, and the berries stain the yellow cake violet.

Makes: 8 to 10 servings

Time: 30 to 45 minutes

12 tablespoons (1 1/2 sticks) butter, melted, plus softened butter for the pan

1 1/4 cups all-purpose flour (or cake flour for a finer crumb)

3/4 cup yellow cornmeal

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup sugar

4 eggs

1 teaspoon vanilla extract

2 tablespoons grated lemon zest

1/3 cup fresh lemon juice

1 1/4 cups buttermilk

2 cups fresh or frozen (don't bother to thaw) blueberries, picked over for stems

1. If using a gas grill, heat it for medium-high direct cooking. The grill temperature should be 500° to 600°F; it could mean all the burners are on medium or medium-low, depending on your particular grill. If using a charcoal grill, after taking dinner off, add more coals if necessary and close the lid until you're ready to bake. Generously coat the inside of a 9- or 10-inch cast-iron skillet with softened butter.

2. Whisk the flour, cornmeal, baking powder, soda, and salt together in a bowl. Whisk the sugar, eggs, vanilla, lemon zest and juice together in a large bowl until thick. Add the melted butter. Fold the dry mixture into the wet, without fully incorporating; there should still be some lumps of flour. Add the buttermilk and stir until the mixture is combined. Pour the batter into the prepared pan and scatter the blueberries evenly over the top.

3. Put the skillet on the grill directly over the fire. Close the lid and start checking after 10 minutes. If the cake seems to be browning too fast, turn the heat off under the pan and turn it up on the other burners for a gas grill, or move the pan to a cooler part of the charcoal grill. Bake until the cake pulls away from the side of the pan and a toothpick inserted into the center comes out clean or with a few moist crumbs, 5 to 20 minutes more, depending on how hot the fire is.

4. Carefully transfer the pan to a rack and let cool until you can comfortably touch the pan. Run a knife around the edges of the cake. Put a serving plate on top of the pan and carefully invert it onto the plate. Or cut and serve the cake directly from the pan. This will keep, out of the pan and covered with plastic wrap, at room temperature for up to few days, if it lasts that long.

Cranberry Cornmeal Cake with Ricotta: The creaminess helps balance the tart cranberries: Substitute orange juice and zest for the lemon, ricotta cheese for the buttermilk, and fresh or frozen cranberries for the blueberries.

Almond-Cherry Cornmeal Cake: Omit the lemon juice and zest. Substitute almond extract for 1/2 teaspoon of the vanilla and chopped pitted sweet cherries for the blueberries.

Makes: 4 servings

Time: 25 to 30 minutes

1 1/2 pounds 1-inch-thick skinless fish fillets or steaks

1 loaf crusty Italian bread

6 tablespoons good-quality olive oil

Salt and pepper

3 oranges

1. If you're using bamboo or wooden skewers, soak them in water for 30 minutes. Meanwhile, start the coals or heat a gas grill for medium-high cooking. Make sure the grates are clean.

2. Cut the fish and the bread into 1- to 1 1/2-inch cubes. Toss the fish with 2 tablespoons of the oil in one bowl and the bread with the remaining 4 tablespoons oil in another. Season with salt and pepper.

3. Slice off the peel at the top and bottom of an orange and set it, flat side down, on a cutting board. Cut downward to remove the peel, pith, and membrane to reveal the fruit. Then cut each orange section on both sides to remove it from the membrane. As you work, put the sections in a bowl. Repeat with the remaining oranges. Thread the fish, bread, and orange sections onto skewers, alternating them; save any juice that has accumulated in the bowl.

4. Put the skewers on the grill directly over the fire. Close the lid and cook until the croutons are golden and the fish is just cooked through (peek inside in a few places to check), 4 to 5 minutes per side. Transfer to a platter, pour over any reserved orange juice, and serve.

Fish to Use for Kebabs: Tuna, Swordfish, Salmon, Mahi-mahi and Bluefish are fish that offer good flavor and will keep together on the skewer.

If you have a garden and a library,
you have everything you need.

— Marcus Tullius Cicero

The pleasures and rewards of gardening

By Jacqueline Louie



You don't have to have a green thumb to reap the pleasures and rewards of gardening. Even a planter with vividly colored blooms, or a window box filled with fragrant herbs, can bring a hearty dose of joy to the people who see it, and to the person who is tending it.

When gardening, "You are not only getting the benefits of being physically active and continuing to learn, but you are also reconnecting with the community," says horticultural therapist Janet Melrose, 'Calgary's Cottage Gardener.' "The social aspects of gardening are huge. We are essentially all social creatures, even the most reclusive or introspective people."

As people grow older, they sometimes withdraw from community activities. But loneliness and isolation are extremely debilitating to both mental and physical health, Melrose notes. Gardening lets people connect to others, as well as to nature.

When you are gardening, you are growing plants that require your care. "You are making a commitment to that care, and to other people," says Melrose. "You also make a commitment, in a very profound way that you are going to be around at the end of the season to harvest that plant."

Melrose is a horticultural therapist with Mount Royal University's horticultural therapy program, Planting Seeds, which is based out of MRU's community garden. While typical program participants are older adults, the program has also introduced an intergenerational component to include students, with everyone coming together "for a special purpose, and that is to garden."

Planting Seeds includes breaking bread together, with participants preparing food, such as soups and salads, using ingredients they've grown in the garden.

Over the years, participants in Planting Seeds, and in other horticultural therapy programs, have told Melrose that gardening is the highlight of their week and brings joy back into their lives. For Melrose, "one of the best benefits of gardening as you age is to garden in community with others."

There are many different ways to garden - and you don't necessarily need to have your own yard. For example, you could join a community garden; or sign



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Continued on page 13

Continued from page 12

up to volunteer in a garden, such as at Loughed House or the Reader Rock Garden, Melrose suggests. A few community gardens, such as the Inglewood and Fort Calgary community gardens, welcome volunteers to garden communally. There may also be opportunities at church community gardens.

Another option is to go on garden walks, or to take a gardening course or workshop — “anything that gets you out and about and connected.” For more information about Mount Royal University’s Planting Seeds program, please contact [\[yscottagegardener.com\]\(mailto:yscottagegardener.com\).](mailto:janet@calgar-</p>
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Even if you have aches and pains or mobility issues, making a few adjustments can help make gardening easier, according to Kath Smyth, horticulturist at the Calgary Horticultural Society.

“There is no reason why you can’t garden,” she says.

For example, you may need a few extra things to help yourself stay comfortable. If it’s difficult to get down on your hands and knees, you might want to use what Smyth describes as a “kneeling bench” to sit on while gardening, or to use to help yourself get up. Or, if you have raised garden beds, you might want to sit on the

edge of the garden bed while you work.

Smyth also uses window boxes, placed along her deck, to grow a collection of herbs and lettuces, and she also perches window boxes on logs in her garden. This allows her to easily harvest the greens when they’re ready, without having to bend over.

Smyth carries a bucket to hold her gardening tools as she works in her garden. “Nothing heavy,” she says.

And she suggests carrying a fanny pack or a lightweight pack for essentials, such as water and a phone. That way, people don’t need to be so worried about falling and not being able to let

someone know.

Smyth also plans her time in the garden. “Sometimes it’s a nice change to go sit on a chair.” She also has a tree stump “tall enough to perch on — because sometimes you just want to be in your garden,” she explains.

It’s all very well to sit on the deck, but for a lifelong gardener, what is most rewarding is to be able to sit down close to your plants, where you can admire the beauty around you.

“It’s all in how you enjoy being in the garden,” Smyth says.

Other practicalities, according to Smyth, include making your garden a space

where you can easily manoeuvre. Important considerations include removing tripping hazards, such as uneven steps; and having a handrail to hold onto, “just in case,” when you’re coming down stairs. If you want a fence around your vegetable garden, make it white and not green, because a white fence will be easier to see. And if you make fencing the right height, it will provide you with another place to lean against,” she adds. ▲



Top tips for airport security success this summer

(NC) This season is the busiest time of year at Canadian airports, with more than 10 million passengers expected in July and August alone. Fortunately, you can speed up the process of going through security screening before you even leave the house.

The Canadian Air Transport Security Authority offers these tips:

1. Stow your sunscreen. When packing your bags, ensure that all liquids, aerosols and gels exceeding 100 millilitres are in your checked baggage. You can pack travel-sized containers in your carry-on as long as they all fit in a single, clear 1-litre resealable bag.
2. Know the exemptions. There are exceptions to the liquids, aerosols and gels rule. Things like milk, formula and juice for children under two years old are exempt, as are medications. Be sure that they can be easily removed from your carry-on to show the screening officer.
3. Dress for success. Dress comfortably for the trip, making sure that any outerwear is easily removed for screening. Avoid wearing shoes with metal in them or belts with large metal buckles.
4. Arrive early. Leave yourself plenty of time to clear screening, especially during busy times. CATSA’s free mobile app and website list wait times for security screening at several airports.
5. Check your gear. Large sports equipment like golf clubs or surf boards need to be checked with your baggage.
6. Find help for the family. If you’re travelling with kids or seniors requiring assistance, check for a Family/Special Needs line. This line features screening equipment that can accommodate larger items like mobility aids and strollers, and screening officers who can offer additional assistance to passengers who need more time or help with their belongings to get through security. ▲

Helping seniors take flight this summer

(NC) As seniors prepare to take to the skies, some may have questions about how best to get through security screening. Fortunately, the Canadian Air Transport Security Authority has some tips to help us all breeze through.

Those with mobility issues have a number of options to make things a little easier. To start, when passengers arrive at security they can check if there’s a Family/Special Needs line available. This line features screening equipment that can accommodate larger items like mobility aids and officers who can offer additional assistance to passengers needing more time or help with their belongings.

For passengers who are unable to traverse the walk-through metal detector unassisted, CATSA offers a courtesy non-metallic cane for this purpose. They also have the option of bypassing the walk-through and being screened with a hand-held detector, or undergoing a full-body scan or physical search.

For those bringing medications to the checkpoint, it is important to note that while most liquids, aerosols and gels in carry-on baggage must be in containers of 100 millilitres or less, this rule doesn’t apply to prescription and over-the-counter medicines. To assist screening officers, leave these items in the original manufacturer’s packaging or with pharmaceutical labels intact so they can be easily identified. Day-by-day pill separators are also permitted.

Finally, remember that while passengers are limited to two carry-on bags, medical supplies, equipment and mobility aids don’t count toward that limit.

Find more air-travel tips at www.catsa.gc.ca. ▲

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Horticultural therapy

By Jacqueline Louie

Getting outside, putting your hands in the soil, or simply walking in a garden. It's good for you on so many levels.

Humans invariably seek out connections with nature, according to American evolutionary biologist, Harvard University professor emeritus, and Pulitzer Prize winning author, E.O. Wilson. Spending time in a garden, or out in nature, is an easy way to get your 'nature Rx.'

"Humans innately need this contact with nature, and with nature-based materials, to survive," says horticultur-

al therapist Christina Klein, chair of the Canadian Horticultural Therapy Association.

Horticultural therapy includes a wide range of horticultural-based activities that are designed to enrich people's lives. Encompassing many different aspects of life, including physical, social, psychological and spiritual, horticultural therapy embraces anything related to the earth, including growing a garden, and using the food you grow to make and share meals with others.

For example, in her work at Schlegel Villages in Windsor, Ontario, Klein guides and supports residents in growing food in raised garden beds. Residents grow what they like to eat. There are cabbages, for making sauerkraut; and tomatoes, for making spaghetti sauce. Vegetables, such as kohlrabi, celery, garlic and onions, get tossed into soup; and herbs, such as basil, parsley and rosemary, add richness of flavor to a variety of dishes, and bring fragrance to the garden.

Everyone does what they can. For instance, there is a men's group called the Green Team that builds garden structures, such as bird

houses and fences.

Many people enjoy plants that bring back happy memories. "Smells are very evocative," Klein says, noting that she includes marigolds in her garden because they remind her of her grandmother, who loved to grow marigolds. "It brings me back to when I was a child."

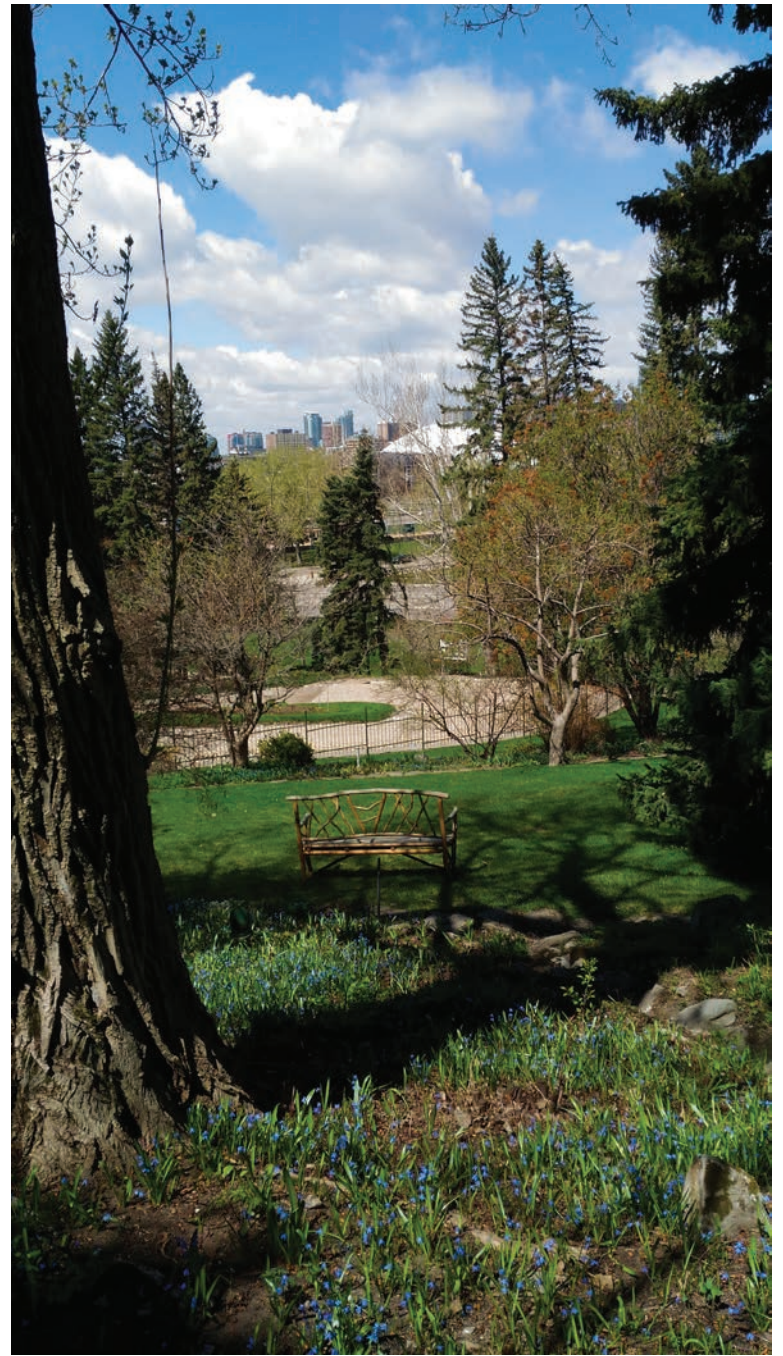
Spending time in a garden can bring more beauty and joy to life. Sometimes, "people are really missing that aspect in their lives - they want it to be a little bit more beautiful," Klein says. Growing flowers and bringing a few blooms indoors can make a space feel special.

Even during the winter, she adds, people can still reap the benefits of horticultural therapy, for example, by pressing flowers, or using dried flowers as decorations in a variety of craft projects.

Even if they're not taking part in a formal horticultural therapy program, people can easily include a little 'horticultural therapy' in their lives by visiting a garden or by joining a gardening club or community garden. Horticultural therapy can also include aromatherapy.

According to Klein, spending time in a garden is becoming more and more important, "especially the more urbanized we become." She looks to places such as Japan and England, "that are so involved in gardening." In Japan, she notes, people not only enjoy the beauty of a tranquil garden, they also go 'forest bathing' — spending time in nature to enhance their well-being. "There is a scientific basis behind it . . . This is a prescription that a doctor will give a patient if there is a lot of stress or anxiety." When people go 'forest bathing' they are breathing in fresh air, connecting with nature, and often, they're also making connections with other people.

Spending time surround-



ed by greenery, whether it's walking in a forest, strolling through a garden, or sitting in a greenhouse on a sunny winter day — these are all meaningful activities that can enrich people's lives and bring a whole variety of health benefits.

There are many ways to enjoy nature's beauty in southern Alberta. Here are just a few of them:

• **Reader Rock Garden, Calgary**

Reader Rock Garden Historic Park is a hidden gem located across from Stampede Park just south of downtown Calgary. A Provincial Historic Resource and newly designated national historic site, Reader Rock Garden was originally built in 1913 by Calgary's third Superintendent of Parks, William Roland Reader, who collected plants from around the world for the garden that bears his name. After exploring the garden and working up an appetite, you can stop in at Reader's restored historic house, Reader's Garden Café, for refreshments and a bite to eat.

<https://www.calgary.ca/CSPS/Parks/Pages/Locations/SE-parks/Reader-Rock-Garden.aspx>

• **Olds College Botanic Gardens and Wetlands**

These teaching and research gardens are open to the public from dawn until dusk,

April to October, with much to see, including naturalized landscapes, specialty gardens, walking trails, demonstration plots, an arboretum, wetlands and ponds. Suggested \$5 donation for entry. www.oldscollege.ca/botanicgardens.

• **Nikka Yuko Japanese Garden, Lethbridge**

Nikka Yuko Japanese Garden was built during Canada's 1967 Centennial year to honor the contributions of Japanese Canadians to the local community, as a symbol of international friendship. This tranquil garden is an intercultural experience that includes a variety of natural elements: water, forest, meadow and rocks. Please visit www.nikkayuko.com for opening hours and admission rates.

• **Banff Cascade Gardens**

Banff's lush Cascade Gardens, located on the Park Administration building grounds, are a feast for the senses, and a beautiful place for a stroll or picnic with breathtaking mountain views. (Bringing along insect repellent is a good idea). discoverbanff.com/SightsAttractions/ParksGardens/

Resources:

horticultureastherapy.com
eowilsonfoundation.org ▲

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Mental Benefits of Gardening

By Vanessa Stewart

After a long, cold and dreary winter, windows start to open, and the fresh smell of spring floats through the air.

Dirt, rain and flowers start to present themselves, releasing the most pleasant smells and colours.

It's time to start gardening once again.

Most people know that there are plenty of physical health benefits in being an active gardener, but did

you know that there are also mental and emotional benefits as well?

As soon as the snow melts, we may start to crave that feeling of digging our fingernails into the dirt in order to plant that first tomato seed. The feeling of satisfaction is strong as we care for a plant throughout its entire life and are able to enjoy the bountiful harvest.

When we plant a tiny seed, we start to feel responsible for its health and well-

being. We fertilize the plant, water it, and place it in an area that receives appropriate sunlight.

This act of caring makes us a nurturer. This level of responsibility lets everyone feel that they are responsible enough to care for a plant, which they are. We are able to practice kindness and caring, while helping the environment.

Being among plants also helps people to stay in the present moment. Staying

engaged with your senses is an important factor in reducing the symptoms of depression. There is no better place to keep your senses engaged than in a garden! The sight of beautiful colours, the smell of different flowers, the sound of birds and insects, and the feel of the dirt and plant matter on your fingers; these pleasant sensations keep your mind in check and present.

Gardening is also a great reminder of the way life and

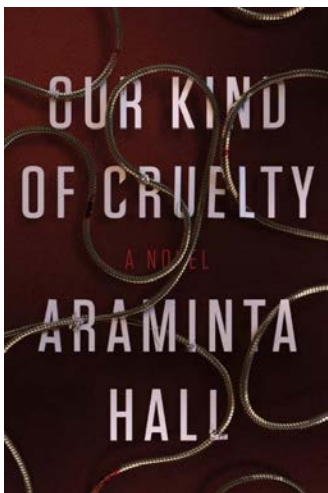
death works. We care for a plant throughout its bloom, and we watch it wither when the cold weather sets in. The regeneration and restart of spring can help us get excited about the possibilities of our own rebirth, and remind us of new projects we have always wanted to start.

Gardening is so much more affordable than therapy, so why not reap all the benefits while sipping on a glass of iced tea in your own backyard? ▲

Look out for these summer titles —

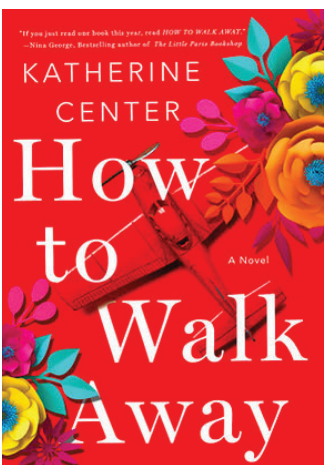
By Winifred Ribeiro

There's something for everyone this summer in these newly released titles
 DRAMA — FICTION — PSYCHOLOGICAL THRILLER — FAMILY — ROMANCE



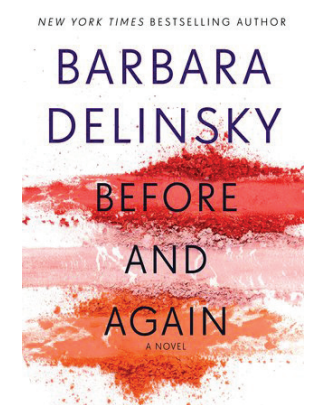
Our Kind of Cruelty
 by Araminta Hall
 Farrar, Straus and Giroux
 Just released
 9780374905675 • pb
 Fiction / Thrillers / Psychological

A spellbinding, darkly twisted novel about desire, passion and obsession *Our Kind of Cruelty* is a dramatic tale of obsessive love and its consequences. A deeply unsettling thriller that sends the chills through your spine right to the end. A very addictive psychological thriller —suspense at it's best right down to the last word.



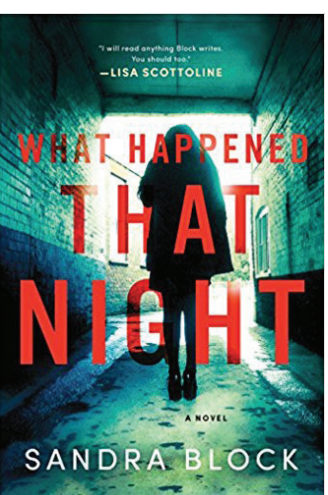
How to Walk Away
 by Katherine Center
 St. Martin's Press
 Just released
 9781250199614 • pb
 Fiction / Contemporary Women

How to Walk Away is about finding joy even in the darkest of circumstances. It explores the limits of hope and love in this bittersweet tale of a young woman suffering from a devastating injury who learns to care about others when she can't figure out what to do for herself. A light, relaxing and enjoyable feel-good read offering life lessons.



Before and Again
 by Barbara Delinsky
 St. Martin's Press
 On Sale: Jun 26/18
 9781250119490 • CL - With dust jacket
 Fiction / Contemporary Women

Before and Again is a story of the relationships we find ourselves in—mothers and daughters, spouses and siblings, true companions and fair-weather friends—and what kind of sacrifices we are or aren't willing to make to sustain them through good times and bad. An enjoyable light read.



What Happened That Night
 by Sandra Block
 Sourcebooks
 On Sale: Jun 5/18
 9781492660293 • pb
 Fiction / Suspense

One moment, Dahlia is a successful Harvard student; the next, she wakes up from a party, the victim of a brutal assault. Her life veers into a tailspin, and what's worse — her memory of the attack has been ripped away, leaving a cold rage in its wake. Now, years later, Dahlia is a tattooed paralegal suffering from PTSD and still haunted by that night. Until one day, a video surfaces online, and Dahlia sees her attack for the first time. Now she knows what happened to her. And she knows who is to blame. Her rage is no longer cold, but burning, red hot. And she is about to make everyone pay. Dahlia thinks she has everything figured out, but there's another secret—a shocking betrayal that turns her world upside down.

Q Why do we tell actors to "break a leg?"

Q Because every play has a cast.

Q The more you take, the more you leave behind. What am I?

A Footsteps.

Q What sits at the bottom of the sea and twitches?

A A nervous wreck.

Q What belongs to you, but other people use it more than you?

A Your name.



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Hiking Mount Kilimanjaro

Story and photos by Linda Rainey

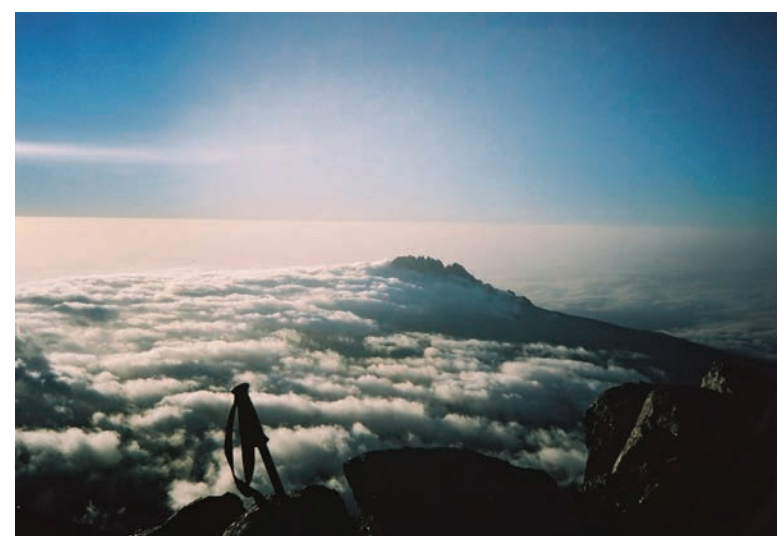
Page design and layout by Winifred Ribeiro



Linda & Michael on trail to Mandara Hut at 9000 ft. Kili glimpse in background



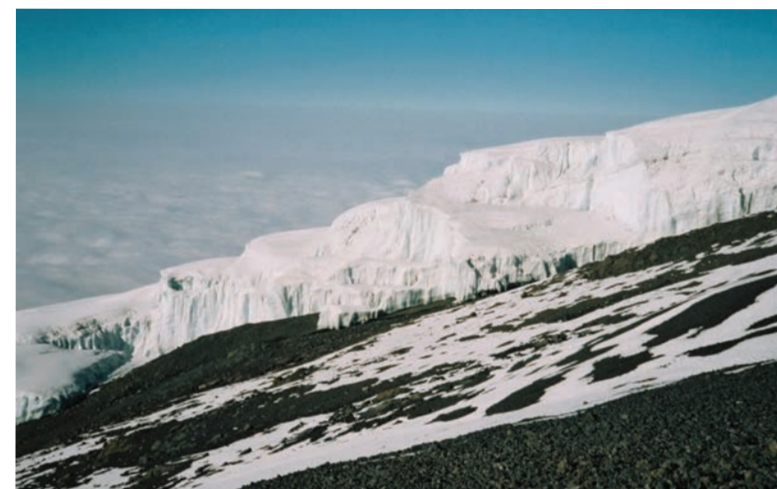
Mount Kilimanjaro in all its beauty, "the roof of Africa"



View from Gilman's Point above the clouds, looking toward Mawenzi summit at sunrise



Linda and Michael at Kilimanjaro Summit, 19,340 ft. We made it!



Glaciers nearly 30 stories high on the way to the summit of Kilimanjaro



Approaching summit, a few more steps to go to 19,340 ft.



Kilimanjaro National Park Headquarters Trailhead, starting point, 6400 ft elevation



Guides with packs and supplies for large group starting after us



Kibo South Circuit 15,000 ft with Kilimanjaro in background

My husband Michael and I are physically fit and avid hikers. We decided to challenge ourselves to climb a mountain peak unlike any other we've ever attempted. Mt. Kilimanjaro in Tanzania, East Africa, at 19,340 ft. filled the bill. Kili is one of the world's seven highest peaks continentally and is the highest free-standing peak in the world.

We booked our trip through an adventure travel company who arranged flights, booked our guides, porters and huts for the trek and arranged a safari and side trip to Zanzibar afterwards. We live in Calgary where the winter is long, so training for the hike meant working out on the treadmill four times a week, and getting out for some long walks on the mild days. We climbed some reasonably steep mountains in the Rockies when the snow melted and that was the extent of our training. Regardless of age or fitness level, there is no preparation for altitude sickness and it's difficult to determine if it will affect you. It's the chance you must be willing to take when

you decide to climb a high mountain peak like Kilimanjaro. We visited the travel clinic three months prior to our journey and had vaccinations for yellow fever, typhoid, tetanus and diphtheria, with boosters six weeks later. The clinic prescribed medication to take with us for altitude sickness, diarrhea and malaria. The world map in the travel clinic highlighted Africa as the country with the highest risk in the world for malaria and AIDS. We took mosquito nets with us. Michael surprised me with new hiking boots and poles for the trek. Our list of items to pack included warm fleece jackets and pants and hiking gear for the ascent up Kilimanjaro, and summer clothing for the safari to the Ngorongoro Crater and a side trip to Zanzibar. Our packs were bulging, and after much contemplation and repacking, several items were eliminated. Our flight connections took us from Calgary to Amsterdam overnight and into Kilimanjaro airport the following day where our trekking company representative picked us up and transported us to the hotel. It was dark when we arrived, so we didn't see the landscape of Africa until the next morning. That night I was so excited I could hardly sleep, knowing we would begin our ascent the next

day. Our room was clean and comfortable. To heat the hot water tank, you had to flip a switch an hour in advance of showering. Our heating system didn't work so we had a quick wash in cold water and went to bed. We sorted through our backpacks and removed items we wouldn't need on the climb and put them in the storage locker. The porters had enough to carry without the extra weight of unnecessary items. Next morning after a hearty breakfast we met our guide, Charlie, a 27-year-old East African who had been guiding hikers up Kili for the past four years. We weren't with a large group, just a friend, the porters, cooks and us. Our porters didn't speak English, only Swahili. They smiled a lot as they loaded our packs onto the roof of a dilapidated station wagon, stuffed full of gear for the trek. We arrived at Kilimanjaro National Park gates where dozens of African men were waiting in hopes of being chosen as porters at the last minute. The guides usually choose their porters in advance and select people they know they can depend on. We signed the registry for our chosen Marangu Route and set off on our first day for 8 km which led us through a lush montane forest trail on an



Guides tents pitched at foot of Kilimanjaro



Arriving at Kibo Hut with Gilman's Point Sign, showing distance of 5 hours

easy hike up to the Mandara Hut at 9000 ft (2750 m) where we stayed overnight. Popcorn and hot tea were ready for us when we arrived and we settled into a simple A-frame hut with wooden bunks and solar panels which generated electricity for light in the evening. There was a large dining hall where we were served high protein meals and a steaming thermos of hot tea. Veggies and fresh fruit accompanied our meals and we were amazed at the delicious meals the cook prepared with such limited resources in the mountain hut. We were early to bed as there wasn't much to do in the evening and it got dark and foggy quite early. We knew we'd rise early the next morning to continue our trek. After porridge, toast and eggs we set out on day

two through open grassy moorlands for 12 km to the Horombo Hut at 12,140 ft. (3700 M). Day three took us 9.5 km higher up the rugged mountain where the terrain changed and the howling winds chilled us as we ascended to Kibo Hut at 15,420 ft (4700M). After a long day of crossing several ridges and following the uphill path to the saddle, we start to feel the effects of the altitude. We settled in to the cold stone hut and layered on most of the clothing we had brought to guard against hyperthermia. The temperature was -15°C. Our dinner was on the table but at that high altitude our appetites diminished. We just wanted to rest in the warmth of our sleeping bags for a few

hours until Charlie woke us up before midnight for the final 5.5 km ascent. What an extraordinary experience to hike at night! Along with the moonlight and the stars, we wore headlamps to light the way. Charlie set the pace and reminded us, "pole, pole", which means slowly, slowly. He didn't want us to expend all our energy at the beginning of the climb and have nothing left for the summit. The steep rock ledges were deceiving in places where you thought

there was a wall but in fact it was a sharp drop off the mountain. Our toes and fingers tingled, a side effect from the altitude pills, or likely the beginning of frostbite. After seven grueling hours we reached Gilman's Point at 18,640 ft. (5681M) as the sun was rising. What a gorgeous sight. The hike was worth it just for the sunrise. We rested at Gilman's Point for a few minutes

Continued on page 18



Approaching Horombo Hut 12,000 ft.



Michael pictured in front of Horombo Huts 12,000 ft.



Linda and Michael at Gilman's Point, 18,640 ft.



Kibo South Circuit 15,000 ft with Kilimanjaro in background

Hiking Mount Kilimanjaro

Continued from page 17



Linda with Charlie, our guide, descending Kilimanjaro

and discovered that our water bottles and power bars had frozen. At that point a few hikers from Ireland whom we met along the way decided to turn back. We snapped some photos and peeled off a few layers of clothing as the sun's blazing rays warmed our weary bodies. We saw the glaciers and heard the ice crackling within. The close proximity to the equator makes the African sun very strong. We pressed on for another three hours to Uhuru, the highest peak of Kilimanjaro at 19,340 ft (5961M). We were exhausted and the high altitude made us feel nauseous and uncoordinated. Despite this, it was exhilarating and tremendously satisfying to have achieved our goal. We revelled in our victory and were mesmerized at the beauty as we took more photos from the Roof of Africa. After a few minutes, Charlie suggested we com-

mence our descent. He didn't want to linger and take a chance on a sudden storm coming up. Also you never know how your body will react to the high mountain altitude. We brought no auxiliary oxygen and even though we paid extra for evacuation insurance we later found out the closest helicopter was two hours away in Nairobi. Even so there was no place for a helicopter to land on Kilimanjaro. We were thankful we didn't experience any breathing problems. Charlie encouraged us to keep moving no matter how slowly we moved or how many breaks we needed. Thin mountain air at high altitude doesn't allow as much oxygen into your lungs and bloodstream. You feel breathless even though you try to breathe deeply and you can feel your heart beating faster as your blood pressure increases and your body struggles with the lack of oxygen. We wit-

nessed some hikers having to be rushed down to a lower altitude by porters when they experienced severe high altitude sickness symptoms of headache, vomiting and deliriousness.

The descent was equally as strenuous as the ascent. Our knees, hips and feet ached as we traversed down the craggy rock ledges and finally "skied" down the deep scree slope to the Kibo hut. The porters had cookies and hot tea waiting for us but our bodies were not responsive to food or drink. Charlie suggested we rest for an hour before continuing our 15 km descent to Horombo Hut where we would spend the night and allow our bodies to start recovering at the lower altitude. The cook had prepared a hot meal but all I wanted to do was collapse into my sleeping bag for some much needed sleep. Twelve hours later we packed up for the last time after breakfast and prepared for a full eight hour day descending 20 km to the base of Kilimanjaro and the Marangu Gate. We admired the wildflowers on the way down. At the gate we received an official certificate verifying our accomplishment.

Climbing Kilimanjaro was the most challenging, extraordinary experience. We were thankful we didn't encounter any health problems or injuries. No matter how many books you read about Kilimanjaro you don't realize how tiring the climb really is, and how risky it could have been.

After a day of rest, we visited the Ngorongoro crater and viewed wildlife in their natural habitat. It's really amazing to be



Mosquito nets covering our bed at Springland base hotel in Kilimanjaro

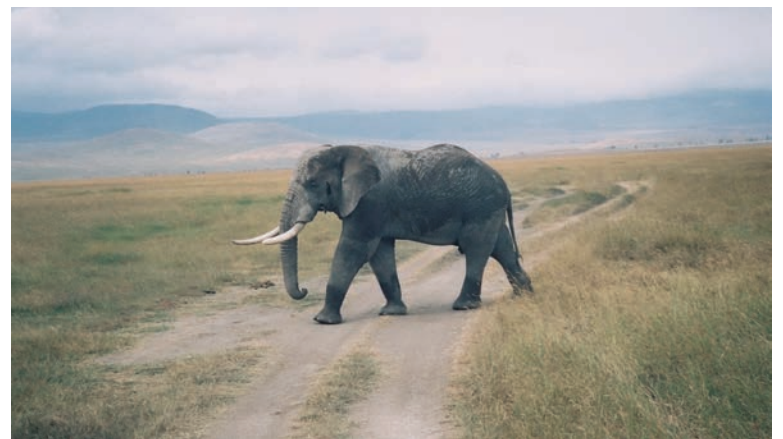
in an open air jeep driving past elephants, lions, wildebeest, zebras, hippos, monkeys, flamingoes and many other species.

We also visited a Maasai village in the savannah wilderness on the border between Tanzania and southwest Kenya in the Rift Valley. The tribe teaches their children how to carry on their culture and practice rituals developed many years ago. They live on their land in dung huts, and the boys are trained to raise cattle, hunt big game and become warriors. They dress in animal skins and red blankets, with beaded jewellery around their necks and

arms. The Maasai people gave us a very warm welcome.

We flew to Zanzibar in a small plane during a thunderstorm, which was a little unnerving. The pilot was on his own and asked if one of the passengers wanted to be the co-pilot. We visited Stone Town, a historic trade center with Swahili and Islamic influences. The buildings were charming and all had carved doorways. The beaches were beautiful.

As we looked out over the Indian Ocean we reminisced about our Mount Kilimanjaro experience which we will never forget. ▲



Majestic elephant in its own habitat in Ngorongoro crater



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amica.ca/aspenwoods

South of Bow Trail SW
off 85th Street SW

Community Events

Seniors United Now (SUN)

Seniors United Now, the voice of seniors in Alberta, will present “The Way In – connecting seniors with services” with guest speaker, Meghan Pillai. The meeting will take place on June 14 at 1 p.m., registration at 12:30 p.m., in the Program Room at Fish Creek Library, 11161 Bonaventure Drive SE. For more information please call 1-855-786-8669 or visit www.seniorsunitednow.com.

Fish Creek

The Fish Creek Speaker Series on June 20 will feature Dale Leckie, award-winning geologist and best-selling author, who will tell the history of the Rocky Mountains with illustrations and photographs. For more information or to register go to www.friendsoffishcreek.org/event/ridges.

To experience Yoga, Meditation, Spring Forest Qi-Gong, and many more Wellness-based activities in Fish Creek Park this summer, check www.friendsoffishcreek.org/programs/wellness-clinics.

The Bird Watching Camp for kids aged 8 - 14 years will run July 3 – 6. Registration is required and space is limited. Go to www.friendsoffishcreek.org/event/bird-camp.

25th Anniversary Bricks are on sale. All funds raised help to maintain the sustainability of the Park. Visit www.friendsoffishcreek.org/brick.

Calgary 55 plus Games Association

Summer Games – Calgary 55 plus Games Association announces that members can take part in nine summer sports and recreational activities. For a list of the events and to contact coordinator information visit SUMMER ACTIVITIES at www.calgary55plus.com.

Canadian Hemochromatosis Society

A free information session on Hemochromatosis (iron overload) will be held by the Canadian Hemochromatosis Society on Monday, June 6, at 7 p.m. at the Nose Hill Branch Library, 1530 Northmount Drive NW. Light refreshments will be served.

Seniors Scene

Good Companions 50 Plus Club

Good Companions 50 Plus Club will celebrate Seniors Week with entertainment by Silver Strings Ukulele Singers on June 5 at 1:30 p.m. Admission by donation. On June 6 they will hold a Great Canadian Barn Dance. The cost is \$80. A potluck supper will take place on June 12, happy hour at 4:30 p.m., supper at 5:30 p.m. The cost is \$6 with a dish, and \$12 without a dish. On June 16 there will be a Neighbour Day Celebration from 10 a.m. till 2 p.m. Robb Mann (a one-man band) will be there, and there will be free popcorn and a family movie. The annual Stampede Breakfast takes place on June 23 from 9 a.m. till 11 a.m. Entertainment by the Prairie Mountain Fiddlers. The cost is \$7. Club membership for June to December 2018 will cost \$15. Good Companions is located at 2609 19 Avenue SW. For more information please call 403-249-6991 or visit www.gc50plus.org.

Confederation Park 55+ Activity Centre

Memberships for summer activities will be free for new members, although there will be limited offerings during July and August. For information about these activities see the website yycseniors.com or call 403-289-4780. Try a class before registering for the entire session (some restrictions apply) for just \$9/member or \$11/non-member or purchase an Access Card (10 drop-in sessions) for \$85/member, \$105/non-member. On Saturday, June 2 there will be a Garage Sale from 8 a.m. to 3 p.m. Donations will

be accepted on June 1 from 9 a.m. to 3 p.m. The music for the Saturday Dance on June 9 will be by For Olde Tyme Sake. Tickets Are \$12/person (includes a light lunch). Doors open at 6:30 p.m., dance starts at 7:30 p.m., and there are door prizes and a 50/50 draw. For more information about these and other activities please call 403-289-4780 or visit yycseniors.com.

Bow Cliff Centre for 50+

Bow Cliff Centre for 50+ will sponsor a family friendly neighbourhood picnic on June 9 from 11 a.m. to 7 p.m. There will be a giant obstacle course, basketball, lawn bowling, and lots of food to purchase. From 6:30 p.m. to 8:30 p.m. there will be a neighbourhood campfire. Art market and dance performances will be available. Everyone is welcome. For further information contact the office at 403-246-0390 or visit the website at www.bowcliff-seniors.org.

Walk to End Elder Abuse

Friday, June 15
11 AM - 1 PM
Eau Claire Market

Registration: 11:00 AM
3 km walk: 11:45 AM
Rally: 12:30 PM

FREE!

For more information and to register, visit endelderabuse.ca



To report a suspected case of elder abuse in

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THEATRE

2018/2019
SEASON

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Thursday & Friday 6PM

\$25 All Ages

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www.lunchboxtheatre.com
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Barbara Januszkiewicz



Activities, Programs & Services

Kerby Centre 1133 7th Ave SW

Kerby Centre

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUSICAL RECORDERS GROUP (Rm 313) 1:00pm - 2:30pm CRIBBAGE (Rm 308) 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 WOODCARVING CLUB (Woodshop Rm 102) 10:00am-3:00pm \$1.25 per hr

Mark Your Calendars For These Upcoming Events

Seniors Week At Kerby Centre - June 4 to 8th 2018

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

Friday, June 5th - 1:30 -3:30 - Join us for "What's Next"

A panel presentation with a focus on Seniors transitioning into the next chapter of their life story. Moderated by Michelle Cameron Coulter, Olympic Gold Medalist, and Founder of Gold Medal Inspirations. With Guest Panelists: Wanda MacKenzie, Centralized Hiring Mgr. - BMO; Bart Willmore, VP of HR - Calgary Co-Op Madison Dutton, Member Engagement Specialist - Propellus; Jackie Cameron Founder of Super Fly Enabling Apparel Peter Josty, Executive Director of The Centre for Innovation Studies (THECIS)

June 6th

9:30 --1:30 Understanding Dementia & Brain Health with Dr Padmaja Genesh
1:00 - 3:00 Dance to the "swingin" sounds of the Kerby Sensations, featuring Kim Cote

June 7th

Noon - 3:00 Join us for lunch in the Kerby Dining Room and enjoy The Reposl Choir
1:00 - 3:00 Mind/Body Health presentation, tips and demos to help you stay active & engaged

June 8th

10:00 - 12:00 Strategies for successful investing and financial & personal safety
1:00 - 3:00 Popcorn and Movie

The Scotiabank Marathon Charity Challenge - May 27, 2018

Thanks to many generous donors and participants Team Kerby is 1/2 way to reaching our \$10,000 goal!

But we need your help to ensure we do. It's easy to become part of Team Kerby and never have to put on a pair of sneakers, or walk a mile! Simply make a donation in support of Team Kerby today!

It's easy just go to www.calgarymarathon/charity challenge. Click on K for Kerby Centre, donate to get to the donation page then click **Donate Now**. **Donations may be made online until June 24th!**

You can also make your donation directly at Kerby Centre by visiting **Colleen in the Kerby Special Events office Rm 303** or Email colleenc@kerbycentre.com or call 403 705-3178

Your donation will help to ensure vital programs and services are available for older adults in our community, and we are so grateful!

Save The Date
Kerby 26th Annual Stampede Breakfast - July 13 & Kerby EXPO - Sept 22nd

Don't Forget Dad this Father's Day!

Friday, June 15th - 11:30 - 2:00 pm

Why not treat Dad to a lovely lunch in the Kerby Dining Room. Enjoy a special signature meal. Only \$10.00

Monthly Movie
The Second Best Exotic Marigold Hotel
Friday, June 29th

1:00 PM - The Kerby Lounge
Tickets are \$1.00 Inc. a snack & drink!
Available at Ed & Rec - Room 305

A Group For Mature Jobseekers
\$2.00 Drop In Fee - Sessions every Tuesday
1:30 - 3:00 pm in the Kerby Centre Lounge

June 5th
Alberta Seniors Week At Kerby - "What's Next"

A panel presentation with leading HR and business professionals featuring seniors transitioning in the workplace, as "seniorpreneurs", volunteering & continuing education. Moderated by Michelle Cameron Coulter, Gold Medal Olympian & Founder of Gold Medal Inspirations

June 12th
Resume Building

Learn how to write a resume based on the latest Canadian labor standards, essential and effective components & tips on writing a customized resume

June 19th - Interview Etiquette

June 26th - Generational Strengths

For more information, or to register, Phone 403 705-3217 or Email opions45@kerbycentre.com

Free Presentations At Kerby Centre

Heart Health & Alternative Medicine

Roll In Heart Health

Traditional Chinese Medicine and Acupuncture by Dr. Yuchee from Health Span

10:00 am - 11:30 am
June 26th, 2018

Kerby Lecture Room
Please rsvp at 403 705-3246 or information @kerbycentre.com

CANADA DAY

Join Us
Thursday, June 28th
11:30 — 2:00 pm

In The Kerby Dining Room as we celebrate the foods and culture of the diverse regions of Canada with a

Signature Canada Day Lunch
Only \$10.00

Kerby Centre Education & Recreation
Tuesday, June 26th
Princes Island Park

(if bad weather it will be a +15 walk)
Register with Ed & Rec Room 305
Phone 403 705-3233

Next to New Half-Price Sale
Everything in the store 50% off
Monday, June 18th
10am -2:30pm

Downtown West Community Recycle/Clean Up Day

Kerby Centre Parking Lot
Sunday, June 10th
9:00 am - 2:00 pm

Kerby Day Trips

For more information or to book your trip contact Kerby Travel at 403-705-3237 or email travel@kerbycentre.com

June 6th, 2018
Saskatoon Berry Farm
Includes bus, lunch & free time to browse
Members \$52 - Non Members \$62

&

Save the Date - July 30th
Kananaskis Hike

September 20 & 21st
A Waterton Lakes National Park
By Anderson Vacations

Includes round trip transportation, 1 night at Waterton Lakes Lodge, taxes, a guided tour at Bar U Ranch with lunch and a tour of Remington Carriage Museum with breakfast

Members \$370 - Non Members \$380
Cut off to book ,July 3rd

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

Wednesday, May 30th
McCall Lake Par 3

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

Members \$22 Non-Members \$30

Bring your Spring cleaning items to the Kerby Centre Parking Lot and stay awhile for Free Fun!

We will collect electronics, phones, small appliances, furniture, unused medication cartridges, styrofoam, cardboard, scrap metal, bikes, carseats, light bulbs, documents for shredding & more then enjoy

The Calgary Police Service Band - Frontline Face Painting and Refreshments
Visit www.kerbycentre.com for more detail

Calgary Foundation's 2018 VITAL SIGNS SURVEY

Calgary's Vital Signs marked a ten-year milestone in 2016. For the past decade, the report has featured expert research combined with the results of a citizen survey, where Calgarians assign grades in areas critical to quality of life. Calgary Foundation launched Calgary's Vital Signs in 2007 to increase the effectiveness of the Foundation's grant-making, to better inform our donors about issues and opportunities and to spark discussion, encourage connections and inspire action. Five priority areas have been identified by the Calgary Foundation as issues that require enhanced leadership and support in the coming years, two of them being Wellness and Living Standards.

Tell us about your city. Grade Calgary in areas vital to quality of life in our city. Survey closes June 26, 2018. See how your grades compare with others when our full report is published in the Calgary Herald early October, 2018. **Fill out the survey at www.calgaryfoundation.org**

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Senior (65+) ... \$90

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

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

For more information visit www.calgarymemorial.com, or call the CCMS at 403-248-2044 or 1-800-566-9959.

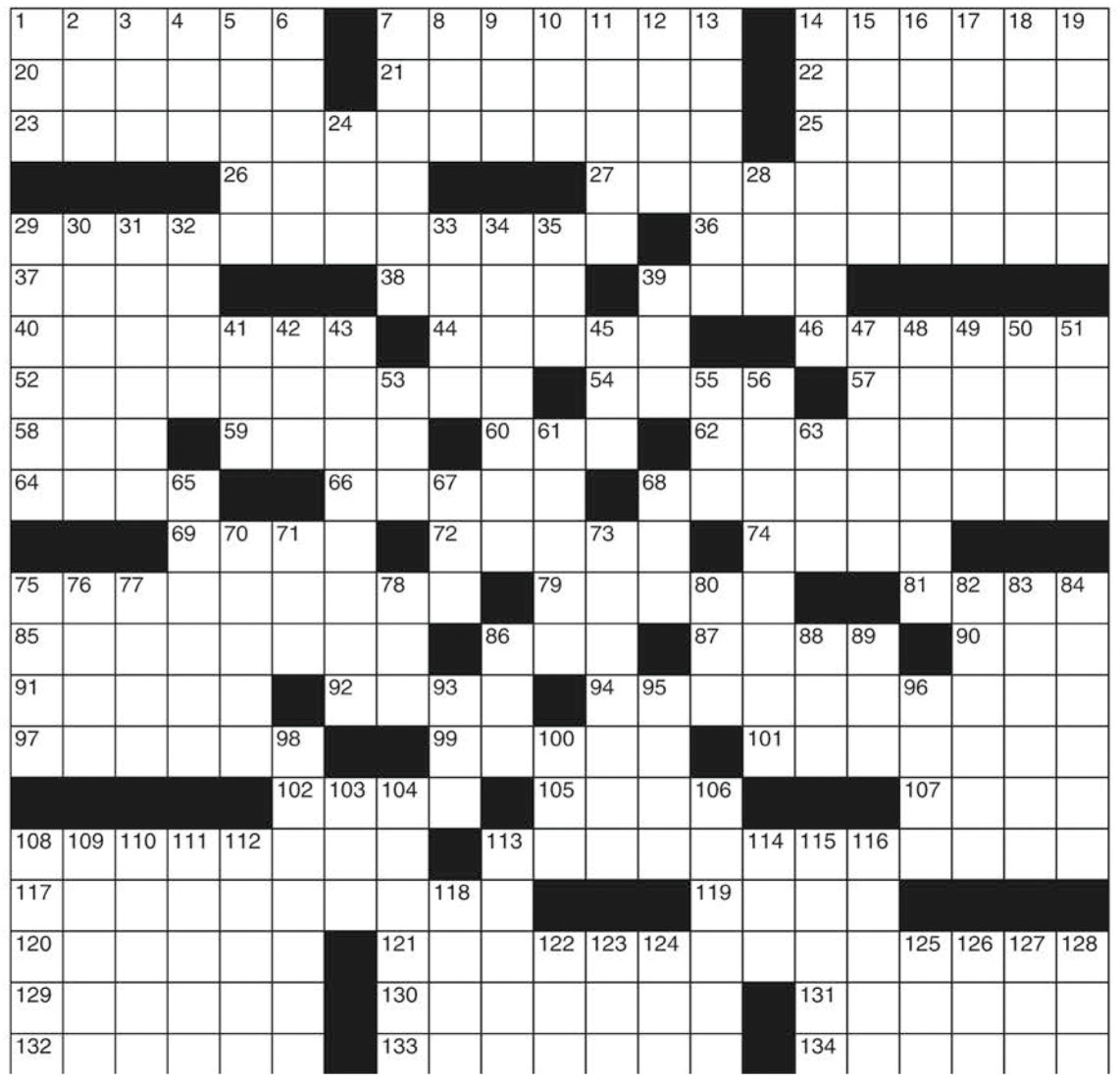


CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

THINK FAST

- | | | | | | |
|---|---|--|---------------------------------------|--|--|
| ACROSS | 54 You, old-style | 94 Informal pause-marking punctuation | 4 Big galoot | 42 Chinese chairman | 86 Florence-to-Rome dir. |
| 1 Advance again, as money | 57 Certain Alaska native | 97 Vile smiles | 5 Popular typeface | 43 Bother | 88 Wallach of "Sam's Son" |
| 7 Goofs | 58 Ortiz of "Ugly Betty" | 99 Hanker (for) | 6 Mother-of-pearl | 45 Had a meal | 89 Once surnamed |
| 14 German subs | 59 Center | 101 Of a western U.S. | 7 Keg feature | 47 Center | 93 Caustic stuff |
| 20 Eritrea's capital | 60 Dumbfound | 102 Jekyll's counterpart | 8 Zodiac feline | 48 Very involved | 95 Like spud-peeling GIs |
| 21 Fudgelike candy | 62 Wraps tightly in cloth | 105 British noble | 9 Tavern | 49 Deep ravine | 96 Pick a card |
| 22 "Bachelor Father" actress | 64 Pained bark | 107 Height: Prefix | 10 Tavern | 50 Cambodian currency unit | 98 Stars, e.g. |
| 23 Memoir or exposé, e.g. | 66 "Veni," translated | 108 More tired | 11 Listerine rival | 51 Website with handmade crafts | 100 Bother |
| 25 Beginning language course with conjugations | 68 Biting African pest | 113 Techie | 12 "This is bad!" | 53 — center | 103 Thus far |
| 26 Cut — (dance) | 69 Balsa floater | 117 Injury of a bodily band | 13 Some black teas | 55 Letter before tee | 104 Really fears |
| 27 Model's gig | 72 Move in a way suggested by this puzzle's 10 longest answers | 119 Cost per unit | 14 Let free | 56 Baby female sheep | 106 Continental train pass name |
| 29 1974 hit for Kool & the Gang | 74 Past due | 120 Garb | 15 Brag | 61 Crying | 108 Pile |
| 36 Trips to wildlife areas, say | 75 Earthlings | 121 2013 black-comedy crime film | 16 Giant in lawn care | 63 — standstill | 109 Reveal |
| 37 Ending with switch | 79 With 91-Across, spaghetti topper | 129 Where streets meet | 17 Alphabet vowel | 65 Frolic about | 110 — nous |
| 38 Ski lift variety | 81 Many free TV ads, for short | 130 Dan Brown's "The — Code" | 18 Choir part | 67 Suffix of enzymes | 111 Minneapolis suburb |
| 39 Theories | 85 Stretch out | 131 Glimpsed | 19 Foul moods | 68 Colts' stats | 112 Ruminated (over) |
| 40 Huge sea wave | 86 Isr. neighbor | 132 Manipulates, as dough | 24 Cask | 70 Infuriate | 113 — Coeur, Missouri |
| 44 Asimov of sci-fi | 90 Env. add-in | 133 Lettering aid | 28 Cable chan. for old films | 71 Monk's title | 114 Light brown hearing |
| 46 Expatriate | 91 See 90 | 134 Rents | 29 Airplane-boarding bridge | 73 Membrane of hearing | 115 TV landlady |
| 52 Cask aging in a cellar | 92 Sea wrigglers | DOWN | 30 Bearlike | 75 Giant in oil | 116 Find another function for |
| | | 1 Sprinted | 31 Of a certain part of speech | 76 — Bator | 118 "I — your service" |
| | | 2 That, to Juan | 32 Extinct | 77 Pouting look | 122 — Tin Tin |
| | | 3 Alphabet consonant sequence | 33 Stage award | 78 Letter before dee | 123 U.S. "Ltd." |
| | | | 34 Quaint light source | 80 Letter before epsilon | 124 A fifth of MV |
| | | | 35 Radio host | 82 Hunt | 125 Health resort |
| | | | 39 Kant's "I" | 83 "Master of None" star | 126 "— a pity" |
| | | | 41 "Black-ish" network | 84 Nose, in slang | 127 Spike of film |
| | | | | | 128 Pub. staffers |



SOLUTIONS ON PAGE 26

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The Second Best Exotic Marigold Hotel

Released 2015 (2 hours & 2 minutes) Rated PG Drama, Comedy

Friday June 29, 2018 at 1:00 PM in the Kerby Centre Lounge



Kerby Centre

Tickets are \$1.00 from the Education and Recreation Department Room 305
Price includes a snack and a drink!

Sponsored by Lake Bonavista



BY MANSOOR LADHA

As I was the features editor of Tanzania's leading English daily, the Standard, the Aga Khan was gracious enough to grant me an exclusive interview in 1969 in Dar es Salaam, and thus I had the privilege of meeting him personally.

In 1970, when the Aga Khan made his historic first visit to Canada, I was blessed again to spend three days with him as chairman of the Shia Ismaili Muslim community in Edmonton.

I consider myself fortunate and blessed to have had such memorable, outstanding and exceptional opportunities, impressing me greatly with his commitment to pluralism, generosity, and international affairs. It also enhanced my faith and spiritual happiness as a follower. It makes me proud to review 60 years of the Aga Khan's service and leadership of the community and his immense contribution to humanity and his association with Canada.

Calgary's Ismaili Muslim community celebrated a memorable and extraordinary Diamond Jubilee of their spiritual leader, the Aga Khan, whose 15 million Ismaili Shia Muslim followers have been celebrating his Diamond Jubilee throughout the world.

The three-day Calgary celebration marking his 60 years of leadership was attended by Ismailis from Alberta, Saskatchewan and Manitoba, estimated to be close to 20,000. The Calgary event was preceded by Diamond Jubilee celebrations in Toronto, Montreal, Vancouver and several cities in the United States.

On his arrival in Ottawa, the Aga Khan attended meetings at the Global Center for Pluralism and a dinner hosted by Governor General Julie Payette, and attended by Prime Minister Justin Trudeau, former Governor Generals David Johnson and Adrienne Clarkson and former Prime Ministers Jean Chretien and Joe Clark.

The Aga Khan became the Imam of the Ismailis on July 11, 1957 at the age of 21, while still a student at Harvard University. He succeeded his grandfather, Sir

Ismailis renew allegiance to Aga Khan

Sultan Mohamed Shah.

The Aga Khan has strong bonds with Canada and is no stranger to Canadians. A personal friend of former Prime Minister Pierre Trudeau, the Aga Khan has described Canada as "a model for the world" and has publicly expressed admiration for Canada's pluralistic society. Inspired by Canada's experience as a diverse and inclusive country, the Aga Khan established, in partnership with the federal government, the Global Centre for Pluralism, in Ottawa. The Centre's vision is a world where human differences are valued and diverse societies thrive. It has successfully drawn from Canada's pluralist civil society by providing a platform for comparative analysis, education and dialogue about the choices and actions that advance and sustain pluralism.

In a tribute to the Aga Khan's Diamond Jubilee, former Prime Minister Jean Chretien, recalled that the Aga Khan chose Ottawa from all the capitals of the world to be the site for the Global Centre for Pluralism "so that he could showcase to the world a place where human differences are valued and diverse societies thrive."

We recognize in this man and in his faith a good deal of what inspires the best in ourselves, that dialogue and understanding are a means to peace and stability. That which makes each of us different does not need to be a source of conflict or envy or suspicion, but instead something to treasure and celebrate.

It can be noted that the Aga Khan's admiration for Canada is so immense that he has established Canada as headquarters of the Ismaili community by locating the Aga Khan Museum and Ismaili Centre in Toronto and the Delegation of Ismaili Imam in Ottawa. The Delegation of Ismaili Imam has an ambassadorial role and also represents non-denominational, philanthropic and development agencies such as the Aga Khan Development Network (AKDN), which has partnered with Canada in several projects in Third World countries.

The Aga Khan Museum, which is mandated to promote Islamic art and Muslim culture by acquiring and holding public exhibitions and displaying artifacts related to cultural, artistic and religious traditions of Muslim communities, has become a Toronto icon visited by hundreds of local residents and visitors. All these projects in Canada have been designed

by internationally-renowned architects and built to international standards.

Closer to home in Alberta, the Aga Khan has donated \$25 million toward the establishment of an Aga Khan Park in Edmonton. This is under construction following the establishment of the Aga Khan Park in Toronto, which opened in 2015. Built as a symbol of friendship, the garden will be located in the University of Alberta's Botanic Garden and is

Continued on page 23



Aga Khan visiting the Ismaili Muslim community.

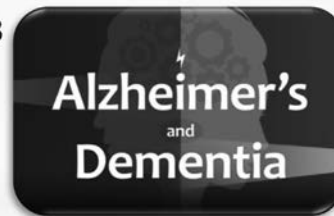
Dementia Advice line-Health Link (811)

By dialing 811, callers will reach Health Link staff who can assess their needs and provide immediate advice for their concerns, 24/7.

When needed, callers can also be referred to a specialized dementia nurse for additional support. The dementia nurse, who has extensive training and experience in senior's health, will be able to do a more in-depth assessment to gain an understanding of each individual situation. They will provide support and advice to patients and caregivers, as well as link callers to services available in their community.

KERBY CENTRE'S HEALTH EVENTS

When: Wednesday June 6, 2018
(Presentation)
Where: Kerby Centre's
Gymnasium
Time: 9:30AM - 11:30AM



Presented by:
Padmaja Genesh from
the Alzheimer Society
of Calgary

Understanding Dementia and Alzheimer's Disease

Pre - Registration is not required:
Free Entry!



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visit www.kerbycentre.com or look for the form in this issue

Continued on page 23

the 11th garden in the world to be supported by the Aga Khan.

On an international scale, the Aga Khan is actively involved in humanitarian and development projects throughout Asia and Africa. One of his most monumental projects has been the establishment of the Aga Khan University Hospital in Karachi, Pakistan. Later he founded the world's first internationally chartered institution of higher learning in Central Asia. The governments of Kazakhstan, Kyrgyz Republic and Tajikistan signed an agreement with the Aga Khan to establish the University of Central Asia in 1994 after the fall of the Soviet Union in that region.

As a great promoter of architecture, he has established the Aga Khan Award for architecture, the world's largest architectural award totalling US\$500,000, aimed at encouraging architecture that reflects pluralism in Muslim communities.

One can visit countries in Asia or Africa and see numerous examples of the Aga Khan's benevolence reflected in promoting and preserving historic sites, and establishing non-denominational hospitals, universities and schools for years. During one of his visits to Tanzania, tribute was paid during a government function by a cabinet minister who acknowledged being a product of the Aga Khan School -- a testimony to his foresight and generosity.

Vanity Fair has described the Aga Khan's global charity network as a "staggeringly large and effective organization," akin to "his own United Nations ... that also includes an enormous portfolio of for-profit businesses."

The network employs 80,000 people in 30 countries, operating universities, hospitals and school programs for people in poor and war-torn parts of the world, regardless of their faith.

The Aga Khan's Canadian charity, the Aga Khan Foundation, is part of this network. Since 2004, the Canadian government has sponsored 16 global development initiatives in partnership with the foundation, worth a total of more than

\$300 million.

The foundation's projects have supported many people from craft producers in Mozambique and investing in childhood education in Bangladesh, or working to improve women's health in Afghanistan.

During his visit to western Canada, Ismailis, many of whom have made Canada their home following their mass expulsion from Uganda by dictator Idi Amin in 1972, marked his Diamond Jubilee with festivals and religious ceremonies. This was also a time for the Ismailis, 100,000 of whom are estimated to live in Canada, to rededicate and affirm their allegiance to their Imam.

As a tribute to his various contributions, the Aga Khan has received several honorary degrees and citizenships, including one by the Canadian government. Although he is a king without a kingdom, his authority and power surpasses a leader of any stature. He receives royal treatment everywhere he goes and he meets more foreign heads of state, presidents and prime ministers than even the president of the United States, the most powerful nation on earth.

Ismailis worldwide have progressed and prospered as a vibrant community under his leadership and guidance and have become the envy of the world. Described as "Prince of the Islamic World," the Aga Khan has moulded his community into a successful model community who have contributed in the professional, economic, social, political and civic matters of the country of their adoption. It is a tribute to his leadership that the Ismailis are so highly regarded everywhere.

While other Muslim leaders have caused divisions and religious animosity, the Aga Khan is the only Muslim leader who has been building bridges with other communities by being conciliatory and supportive in promoting pluralism, diversity and Muslim values.

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

National Indigenous Peoples' Day June 21

In cooperation with Indigenous Peoples' national organizations, the Government of Canada designated June 21 National Indigenous Peoples' Day, a celebration of Indigenous Peoples' culture and heritage. This date was chosen because it corresponds to the summer solstice, the longest day of the year, and because for generations, many Indigenous Peoples' groups have celebrated their culture and heritage at this time of year.

Celebrating Ramadan

This year Ramadan began on May 15 and will end the evening of June 14. Ramadan is an annual celebration in which Muslims around the world participate. It is a fast from sunrise to sunset to commemorate the best of times. Muslims eat before dawn, which is known as the feast of suhur, and after sunset which is called iftar. The dates change each year as it is determined by the lunar Islamic calendar.

Ramadan is seen as a time of spiritual reflection, worship and increased devotion and is obligatory for most. There are some exemptions, which include having a medical condition such as diabetes or pregnancy.

By participating in this thirty-day fast, Muslims are participating in one of the five pillars of Islam. The five pillars are: hahada (confession of faith), salat (prayer), zakat (almsgiving), hajj (the pilgrimage to Mecca), and sawm (fasting).

If you are not Muslim but would still like to get involved, you can exchange a greeting with someone participating in Ramadan. A common one is "Ramadan Mubarak" which means Blessed Ramadan.

Sources:

<https://www.thesun.co.uk/news/4369822/ramadan-2018-when-start-end-date-mubarak/>
<http://www.timeoutdubai.com/ramadan/news/82735-ramadan-2018-dates-hours-schedule-and-other-details-revealed>

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\$12 PER PERSON

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 or call 403.514.0900 ext 7076
www.cowboyscasino.ca

211 WHY SHOULD YOU CALL 211?

- I can't pay my utility bill
- I need mental health support
- I'm hungry and have no food
- I'm an isolated senior
- I have nowhere to stay

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Just as a candle cannot burn without fire, men cannot live without a spiritual life.

Buddha

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Education & Recreation LEARNING 2018 – SUMMER SEMESTER

Registration opens June 1st, 2018 at 9:00am for members and June 15th, 2018 at 9:00 am for non-members.

Registration Information

Register:

- ❖ In person at Kerby Centre in Room 305.
- ❖ By telephone at 403.705.3233 or 403.705.3232.
- ❖ Online at www.kerbycentre.com
- ❖ By mail to:
 - Kerby Centre
 - 1133 - 7th Avenue S.W.
 - Calgary AB, T2P 1B2
 - Attn: Education & Recreation
- ❖ Methods of Payment
 - Cash/Cheque
 - Debit
 - VISA/MasterCard
 - PayPal
- ❖ Refund Policy
 - Request for a refund must be made before the start of the second class.
 - All refunds are subject to an administration fee.
 - Computer Courses/Workshops are non-refundable.
- ❖ Kerby Centre Members receive a discounted rate and early registration privileges.
- ❖ Please ensure you have your 2018 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403.705.3224
- ❖ 2018 Kerby membership does NOT guarantee course availability.
- ❖ If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at 403.705.3232.

We will cancel under subscribed courses, please be sure to register early!

LEARNING 2018 – SUMMER
MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2
PHONE: (403) 705-3233/705-3232



Name: _____ Kerby Membership #: _____
 Telephone #: _____

Courses you wish to register for:

Course # _____	Course Name: _____	Course # _____	Course Name: _____
Course # _____	Course Name: _____	Course # _____	Course Name: _____
Course # _____	Course Name: _____	Course # _____	Course Name: _____

Method of Payment:

Cash: _____ (In person) Cheque: _____ (In person/mail-in)

MasterCard #: _____ Expiry Date: _____ (In person/Telephone/Mail-in)

VISA #: _____ Expiry Date: _____ (In person/Telephone/Mail-in)

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes.

Tai Chi Monday

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A01	Monday Jul 9 – 23	9:00 – 10:00 am	Gymnasium	Member: \$21	Non Member: \$51
A02	Monday Aug 13 - 27	9:00 – 10:00 am	Gymnasium	Member: \$21	Non Member: \$51

Monday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A03	Monday Jul 9 - 23	10:05 – 11:00 am	Gymnasium\	Member: \$23	Non Member: \$53
A04	Monday Aug 13 - 27	10:05 – 11:00 am	Gymnasium	Member: \$23	Non Member: \$53

Everyday Functional Fitness

Instructor: Elena Bratishchenko

Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, as well as improve mobility and balance, range of motion and coordination.

A05	Monday Jul 9 - 23	11:15 – 12:15 pm	Gymnasium	Member: \$21	Non Member: \$51
A06	Monday Aug 13 - 27	11:15 – 12:15 pm	Gymnasium	Member: \$21	Non Member: \$51

Salsa Workout

Instructor: Bonnie Field

Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.

A07	Monday July 9 - 23	1:00 – 2:00 pm	Gymnasium	Member: \$21 Non Member: \$51
A08	Monday Aug 13 - 27	1:00 – 2:00 pm	Gymnasium	Member: \$21 Non Member: \$51

Monday Yoga

Instructor: Cathy Morrison

All Levels. Boost your energy and calm your mind with this self-paced class. Use comfortable positions and a chair to increase balance, strength and flexibility. Getting to the floor easily is required. Please bring your own yoga mat.

A09	Monday Jul 30 – Aug 27	2:30 – 3:30 pm	Room 205	Member: \$32 Non Member: \$62
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No Class Aug 6

Indoor Cycling

Classes held at Peloton Cycling # 109 1053 10th Street SW (10 Minute Walk from Kerby Centre or free parking is available)

Are you looking for a new, low impact way to raise your heart rate, build muscle and have some fun? Join this energetic Spin class tailored just for you! The passionate instructors at Peloton Cycling will have you burning calories and stress, all while cycling around the virtual world with amazing video footage on a 7' HD wide screen.

A10	Tuesday July 10 – Aug 28	10:30 – 11:30 am		Member: \$68 Non Member: \$98
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Yoga for You Level II

Instructor: Angie Friesen

Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.

A11	Wednesday Jul 18 - Aug 1	11:00 – 12:00 pm	Room 205	Member: \$23 Non Member: \$53
A12	Wednesday Aug 15 - 29	11:00 – 12:00 pm	Room 205	Member: \$23 Non Member: \$53

Wednesday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A13	Wednesday Jul 11 - 25	10:05 – 11:00 am	Gymnasium	Member: \$23 Non Member: \$53
A14	Wednesday Aug 8 - 29	10:05 – 11:00 am	Gymnasium	Member: \$28 Non Member: \$58

Gentle Seated Yoga

Instructor: Angie Friesen

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A15	Wednesday Jul 18 – Aug 1	1:00 – 2:00 pm	Room 308	Member: \$23 Non Member: \$53
A16	Wednesday Aug 15 - 29	1:00 – 2:00 pm	Room 308	Member: \$23 Non Member: \$53

Tai Chi Wednesday

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A17	Wednesday Jul 11 – 25	1:30 – 2:30 pm	Lounge	Member: \$21 Non Member: \$51
A18	Wednesday Aug 8 - 29	1:30 – 2:30 pm	Lounge	Member: \$26 Non Member: \$56

Pilates Fusion

Instructor: Cathy Morrison

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.

A19	Wednesday Aug 1 - 29	3:30 – 4:30 pm	Room 205	Member: \$42 Non Member: \$72
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Fitness For Life

Instructor: Elena Bratishchenko

An expansion of our Everyday Functional Fitness class, Fitness for Life continues to focus on maintaining strength, improving mobility and balance, range of motion and coordination.

A20	Thursday Jul 12 – 26	11:15 – 12:15 pm	Gymnasium	Member: \$21 Non Member: \$51
A21	Thursday Aug 9 - 30	11:15 – 12:15 pm	Gymnasium	Member: \$26 Non Member: \$56

Line Dancing

Instructor: Bonnie Field

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills!

A22	Thursday Jul 12 – 26	1:00 – 2:00 pm	Gymnasium	Member: \$21 Non Member: \$51
A23	Thursday Aug 9 - 30	1:00 – 2:00 pm	Gymnasium	Member: \$26 Non Member: \$56

Yoga for You Level I

Instructor: Angie Friesen

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

A24 Friday Jul 20 – Aug 3 9:30 – 10:30 am Room 205 Member: \$23 Non Member: \$53
A25 Friday Aug 10 - 24 9:30 – 10:30 am Room 205 Member: \$23 Non Member: \$53

Muscle Strength & Core Balance

Instructor: Dan Leung

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living.

A26 Friday Jul 20 - Aug 24 9:30 – 10:20 am Gymnasium Member: \$35 Non Member: \$65
No class Aug 3

Gentle Seated Yoga

Instructor: Angie Friesen

Improve range of motion and learn ways to relax, release, and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A27 Friday Jul 20 – Aug 3 10:45 – 11:45 am Room 308 Member: \$23 Non Member: \$53
A28 Friday Aug 10 - 24 10:45 – 11:45 am Room 308 Member: \$23 Non Member: \$53

Academic Courses**Arts in the Afternoon - Watercolour**

Instructor: Lorrie Warkentin

Explore a variety of watercolour painting techniques including wet-into-wet, dry brush, lifting and scraping, with a focus on florals. We will also combine watercolour with pen and ink drawing to create textured effects.

All supplies included.

B01 Wednesday Jul 18 – Aug 22 1:00 – 3:30 pm Room 313 Member: \$99 Non Member: \$129

Beginner Drawing

Instructor: Tayebe Joodaki

Note: The cost of supplies is not included in the course price.

Have you always been interested in drawing, but never really knew how to get started or how to advance your technique? If so, then this is definitely the place for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be!

B02 Tuesday July 17 – Aug 21 10:00 – 12:00pm Room 313 Member: \$75 Non Member: \$105

Computer Courses

Instructor: Pat Seifert

Introduction to Computers Level I Starts at "where's the ON button", the keyboard and mouse. From there, we will be creating, saving, and retrieving files and exploring the picture library. As well, time will be spent exploring the internet and learning how to use your email. Time is given to review tasks and practice work.

B03 Mon/Wed Jul 11 - 25 10:00 – 11:30 am Room 312 Member: \$115 Non Member: \$145

iPad Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WiFi. Find and install apps such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on iTunes.

B04 Mon Jul 23 12:30 – 3:30 pm Room 312 Member: \$45 Non Member: \$75

Self Defense and Personal Safety

Instructor: Don Muldoon

Learn very simple methods that can defeat the most common holds that can be applied to a person. The skills learned are more a way of creating a diversion rather than a takedown move. Both verbal and physical skills will be taught.

In Personal Safety, strategies for dealing with scams, travel and everyday situations will be discussed.

B05 Tuesday Aug 14 - 28 12:30 – 1:30 pm Room 205 Member: \$19 Non Member: \$49

Spanish

Instructor: Norah Hutchinson

The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. Textbook not included.

Introduction to Beginner Spanish Grammar (Focus on Pronunciation) A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.

B06 Monday Jul 9 - 30 10:00 – 12:00 pm Room 311 Member: \$55 Non Member: \$85

The Basics Intermediate Spanish Grammar (Focus on Pronunciation) A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 4-6 will be covered.

B07 Tuesday Jul 10 - 31 1:00 – 3:00 pm Room 311 Member: \$55 Non Member: \$85

Spanish Continued...

The Basics for Spanish Grammar I For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.

B08 Tuesday Jul 10 - 31 10:00 – 12:00 pm Room 311 Member: \$55 Non Member: \$85

The Basics for Spanish Grammar II A continuation of the above course. Chapters 10-12 will be covered.

B09 Thursday Jul 12 – Aug 2 1:00 – 3:00 pm Room 311 Member: \$55 Non Member: \$85

Beginner to Intermediate Spanish Conversation (Focus on Pronunciation) Are you looking to put your knowledge of grammar into practice? This course is designed for beginner/intermediate conversational Spanish students to provide them with an opportunity to practice the language through discussion of selected material and topics of interest. There will be a focus on pronunciation, listening and building vocabulary, with the addition of weekly grammar topics. Prerequisite: Advanced Spanish Grammar I

B10 Monday Jul 9 - 30 1:00 – 3:00 pm Room 311 Member: \$55 Non Member: \$85

Advanced Spanish Conversation This course will help students boost their communication skills by building confidence and fluency when speaking. The course is designed for advanced students with strong knowledge of grammar. Language skills and interaction skills will be practiced through advanced material for discussion, with a focus on accuracy in articulation of individual sound level and the expansion of vocabulary. Prerequisite: Advanced Spanish Grammar III

B11 Wednesday Jul 11 – Aug 1 1:00 – 3:00 pm Room 311 Member: \$55 Non Member: \$85

Summer Workshops

Live Well, Be Well

Instructor: Angie Friesen

Invest time and love in yourself learning various methods of Self Care. We will cover ways to manage stress and how you can optimize your physical and mental health. Topics will include meditation, connecting with nature, journaling, decluttering, the power of laughter, and so much more! Supplies included.

W01 Monday July 23 9:00am – 12:00 pm Room 313 Member: \$22 Non Member: \$52

Nordic Poling Techniques

Instructor: Bonnie Field

Nordic Poling is a full body workout designed to improve core strength, reduce impact to the knee and hips, aid in balance training, address postural alignment reduce pain and increase flexibility as well as mobility. Proper pole height, Nordic Poling technique, alignment, and different terrain will prepare the client for an invigorating, motivating, and fun-filled activity! Please bring own poles. Classes will be held in the gymnasium and weather permitting in Shaw Millennium Park.

W02 Monday July 16 2:00 – 3:00 pm Member: \$12 Non Member: \$42

W03 Monday Aug 13 2:00 – 3:00 pm Member: \$12 Non Member: \$42

Relaxation through Guided Imagery

Instructor: Don Muldoon

You will learn total body relaxation, both mind and body. Techniques will also assist with reducing heart rate and blood pressure. Make sure you bring a pillow and a blanket.

W04 Tuesday Aug 21 1:45 – 2:45 pm Room 205 Member: \$6 Non Member: \$36

Kerby 2 St. Andrew's Courses

St. Andrew's Centre 1 – 10601 Southport Road SW Calgary, AB T2W 3M6

Yoga for You

Instructor: Angie Friesen

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

S01 Thursday Jul 19 – Aug 30 9:00 – 10:00 am Member: \$55 Non Member: \$85

Kerby Centre Department Directory

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

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

Uncomplicated, wholesome and diverse

Page design & layout by Winifred Ribeiro

Today Show anchor and internet cooking series host and as well as the mother of two young boys, Natalie Morales knows how hard it can be night after night to get a healthful dinner on the table that the whole family will enjoy. Morales was born in Taiwan to a Brazilian mother and Puerto Rican father, and she lived around the world as a child—Panama, Spain, and Brazil. That multicultural experience fed her love for good food, but it's her experience as a working mom that taught her how to cook on the run and keep her recipes healthful. The result is easy and delicious recipes for busy families from her personal collection of 125 recipes.

Excerpted from AT HOME WITH NATALIE © 2018 by Natalie Morales with Ann Volkwein. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.



Pork Chops in an Apple-Fig Balsamic Reduction

A hearty fall meal, with apples and figs, is so homey, and I also like that you can just eat the pork off the bone—just delicious. My kids appreciate that it has a little bit of that sweet-tooth satisfaction. And it's so fast—you can make it in 30 minutes.

Gluten-Free

Serves: 4

1 1/2 pounds bone-in pork chops (4 or 5 chops, about 1/2 inch thick)
 Salt and freshly ground black pepper
 1 cup apple cider
 5 medium fresh or dried figs, quartered
 2 garlic cloves, minced
 1 tablespoon balsamic vinegar
 1 teaspoon fresh thyme leaves
 2 shallots, thinly sliced

1. Preheat the oven to 400°F.
2. Put the pork chops in a large baking dish and season the chops with salt and pepper.
3. In a small saucepan, mix the cider, figs, garlic, vinegar, thyme, and a pinch each of salt and pepper. Bring to a boil over medium-high heat, then reduce the heat to medium-low and simmer until the sauce has reduced by half, about 12 minutes. Mash the figs a bit into the sauce.
4. Pour the sauce over the pork chops and sprinkle the shallots over the top. Bake for about 10 minutes, then flip to the other side and bake for 5 minutes more. Spoon the pan sauce over the pork chops and serve immediately.



Breakfast Quinoa Bowl with Swiss Chard & Chicken Maple Sausage

Another perfect breakfast you can make in under 10 minutes, and it will keep you going all day! The key here is precooked quinoa. I usually make a pot of quinoa on weekends and then use it throughout the week in salads or mixed in with lots of protein and vegetables, like this breakfast bowl. You can even add a sunny-side-up egg for even more protein and omega-3 fats..

Gluten-Free Vegetarian

Serves: 1

2 to 3 chicken maple breakfast sausage links, cut into slices
 1 tablespoon extra-virgin olive oil
 1/4 cup diced yellow onion
 1/4 cup chopped mushrooms
 1/2 cup chopped Swiss chard or kale leaves or prewashed baby kale
 1 cup cooked quinoa (prepared according to the package instructions)
 Salt and freshly ground black pepper
 1 tablespoon chopped fresh cilantro (optional)
 Hot sauce (optional)

1. In a skillet, cook the chicken sausage over medium-high heat until browned and thoroughly cooked, 5 to 6 minutes. Remove from the pan and set aside.
2. In the same pan, heat the olive oil over medium-high heat. Add the onion and mushrooms and cook, stirring, until softened, about 2 minutes. Stir in the Swiss chard and cook, stirring, until it's wilted but still green, about 1 minute more.
3. Stir in the quinoa and cooked sausage, mixing with all the vegetables. Season with salt and pepper.
4. Sprinkle with cilantro and add a dash of hot sauce, if desired, and serve.



Ginger-Peach Sorbet

This is one of the freshest and lightest desserts or summertime snacks. The combination of peaches and ginger is a pairing that gives you just the right amount of sweetness and zest to cleanse your palate. You can make this all year long, using frozen peaches when you don't have fresh. Also, this is a great base recipe to use when experimenting with other fruit sorbets . . . instead of peaches, try using frozen mangoes or strawberries and bananas, or a combination of fruits to your liking.

Gluten-Free Vegetarian

Serves: 8 to 10

3/4 cup honey (or 2/3 cup sugar, if vegan)
 2 pounds frozen or 6 or 7 peeled and pitted fresh peaches
 1/2 cup full-fat coconut milk
 2 tablespoons chopped fresh ginger
 Grated zest of 1 lime
 1 tablespoon fresh lime juice
 1 teaspoon pure vanilla extract
 Fresh mint, for garnish

1. In a small saucepan, combine 1 cup water and the honey over medium heat and stir until the honey dissolves.
2. In a blender or food processor, combine the peaches, coconut milk, ginger, lime zest, lime juice, vanilla, and honey syrup and blend until smooth.
3. Portion out into individual serving dishes, then freeze for 4 to 6 hours (or pour into a larger container and freeze).
4. When fully frozen, garnish with a fresh sprig of mint and serve.

FINANCIAL PLANNING TODAY

Topic: Protect Yourself from Fraud and How Financial Planning and CRA work together

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lecture Room

DATE: Wednesday, August 8, 2018

TIME: 10:00 am – 12:00 pm

COST: Free Presentation

Join us for coffee and cookies while learning how to protect yourself from fraud. Know how to recognize a CRA scam. Learn about common types of income and credits. Find out about the GST/HST credit, Medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit. Learn how to maximize available credits, benefits and income during your retirement.

PRESENTERS:

Bonnie McIntyre - Canada Revenue Agency

Joanne Kirk – Investors Group

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

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

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Kerby Centre

Financial Planning: Avoid the clawback

Seniors receive a variety of benefits and tax credits from the federal government that are not available to others, however some benefits are income-tested and can result in clawbacks. Old Age Security (OAS) payments and the Age Credit are two examples of benefits which can be clawed back without proper income planning.

OAS is a monthly benefit available to most Canadians age 65 or older. You will be required to repay 15% of the amount by which your net income for 2017 — inclusive of your OAS benefit — exceeds \$74,788. When your net income exceeds \$121,071, your entire OAS benefit is clawed back. July 2017 to June 2018 payments are based on 2016 net income, while July 2018 to June 2019 payments will be based on 2017 net income.

Age Credit is a non-refundable tax credit available to Canadians age 65 or older at the end of the year. For 2017, the maximum amount

you can claim for the Age Credit is \$7,225. This amount is reduced by 15% of your net income in excess of \$36,430 and is reduced to \$0 when your taxable income reaches \$84,597. The value of the credit is calculated using the lowest federal tax rate of 15% multiplied by the amount claimed.

You can avoid OAS and Age Credit clawbacks by keeping your net income to the absolute minimum required to meet your needs. Here are some strategies for doing just that:

> Pension income splitting You can allocate up to 50% of “eligible pension income” — including payments from your Registered Pension Plan (RPP) (at any age) and Registered Retirement Income Fund (RRIF) (at/after age 65) to your lower earning spouse, which usually reduces your family’s overall tax bill and clawbacks.

> Reduce the amount of income received as Canadian source dividends, since these amounts are “grossed up” for the purposes of determining net income (although there is a dividend tax credit which will reduce the amount of tax paid, it does not reduce the amount of net income)

> Withdraw the minimum from your RRIF Withdrawals from investments held within a RRIF are fully taxable, so consider withdrawing only the minimum each year. If you have a younger spouse, base your withdraw-

als on their age — this will produce a smaller minimum withdrawal.

> Invest in TFSAs Investments held within Tax-Free Savings Accounts (TFSA) generate tax-free investment income. TFSA withdrawals are not taxable, so do not result in clawbacks.

> Seek non-registered investments that offer preferential tax treatment Only 50% of realized capital gains are included in income, and equity investments often distribute less investment income than fixed income investments. Less net income results in less of your income-tested benefits being subject to clawbacks. You can avoid clawbacks, reduce your tax burden and preserve your wealth. But don’t run afoul of complex tax rules by using inappropriate strategies for you situation. Talk to your professional advisor first.

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

**“All of life is peaks and valleys.
Don't let the peaks get too high
and the valleys too low.”**

—John Wooden

Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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



Kerby Centre

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

Please choose to make a difference today.

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

Amount Enclosed \$ _____

Monthly Pledge \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

Classified Ads

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

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

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for July issue must be received and paid by June 8.



Classified Ad Categories

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

10 Health

CERAGEM Calgary
Sales Service Parts
403-455-9727

11 Foot Care

Alberta's Mobile Foot Care

The company that Albertans trust the most. Advanced Foot Care Ear Candling Therapy Liane at 403-512-2429 or www.albertasmobilefootcare.ca

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

Happy Feet Mobile Foot Care - Marlet 403-604-6684

It's SUMMERTIME – BARE FOOT Time!

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Kerby News is the official publication of Kerby Centre Kerby News Classifieds call 403-705-3249

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

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

12 Home Care

Are you tired of hiring and re-hiring caregivers? **Karev Home Caregivers** is here to help. Our caregivers are carefully screened, trained, supervised & insured. We provide customized & affordable care to fit your unique needs. NO MINIMUM HOURS REQUIRED. Call us today for a FREE Assessment: (587) 224 9852.

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

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13 Mobility Aids

Ability Lift Model SA148-Sask Abilities Council, New \$4000 asking \$1500. Okotoks, AB 780-817-8415

"NOTE

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20 Home Maintenance

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Calgary and surround reads Kerby News monthly

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

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30 For Sale

2 plots S X S Mtview Mem Gdns, Calgary AB, "The Garden of the Christus" will sell for \$3000 ea plus transfer fee Ph: 403-946-3382

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Niches for 2 Mtview Gdns opening/closing Heritage Gdns \$3500. 403-285-2695

Trouble with stairs? Used Stair Lift - \$1,000! Bruno model in good order CALL SANDRA 403-463-3840

Continued on page 31

Continued from page 30

33 Wanted

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

Sr would like to buy 1/2 ton truck call 403-249-4180

Wanted old postcards
David 403-285-4833

Mature person shared accom bright large bdrm small sitting rm, close to LRT & bus, pk stall, WiFi, incl utils \$550/mth 403-253-5314

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.

For results book your classified ads in the Kerby News

IN MEMORIAM



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

- Carol Gudridur Blyth
- Gerald Francis Fitzpatrick
- Guy Evans
- Larry Cromwell
- Robert E Holscher
- William Arthurn Lounsbury

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.



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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RIDDLES

Q: When do you go at red and stop at green?

A: When you're eating a watermelon.

Q: Why is a bee's hair always sticky?

A: Because it uses a honey comb!

Q: Why don't cats like on-line shopping?

A: They prefer a cat-alogue.

Q: Did you hear about the dog who couldn't stop talking like a horse?

A: It was a dog and pony show.

SODOKU ANSWER

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

PUZZLE ON PAGE 8

Did you know you can help keep honey bees buzzing?

(NC) Honey bee populations in Canada are at an all-time high. That's good news, because they and other pollinators help many of our fruits, vegetables, crops and flowering plants reproduce. In fact, pollinators, like honey bees, are responsible for one out of every three bites of food we eat.

There are many factors that can impact honey bee health, like harsh weather, parasites and a lack of nutrition. But even still, all of us can help them continue to thrive.

You can start by planting a pollinator-friendly garden in your backyard. Better still, it's easy (and free) to get a seed kit from organizations like Bees Matter, which is committed to honey bee health. Sign up for yours at www.beesmatter.ca.

CROSSWORD SOLUTION

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

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