

# Kerby News

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Tranquility in the Cuban countryside. Story and photos on pages 14-16.

Photograph by Jerry Cvech.

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*Mother's Day Sunday, 13 May, 2018*  
*Victoria Day Sunday 21 May, 2018*



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# How do you want to live?

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

- Keep Active and Exercise Regularly
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BY ZAC NOVAK

Zac Novak is President of Kerby Centre

# Kerby Centre AGM a success

On April 24, Kerby Centre held its annual general meeting. Thank you to all who attended, and I invite everyone to visit [www.kerbycentre.com](http://www.kerbycentre.com) to read our full annual report.

Kerby Centre continues to be the leader in programming, services, and supports for older adults in Alberta. The work done by the staff

and volunteers is the model for many other organizations across North America who are seeking to follow best practices and achieve excellence.

As President of the Board of Directors, I am very pleased to report that the leadership of Kerby Centre has shown exceptional commitment to sound financial processes. During the financial challenges of our province in the past years, Kerby Centre has consistently shown a small surplus each year.

This is not an easy task to accomplish for a charitable organization such as Kerby Centre in this economic climate, especially now when we in Alberta and in Calgary have seen charitable donations drop by double digits in 2017.

It takes a great deal of honest and careful work to achieve this goal every year. Hard choices and difficult sacrifices must be made. The senior staff at the Centre evaluates how every dollar is used. We on the Board have

tremendous faith in the staff and leadership of the Centre to use our funds wisely, in ways that best serve the older adult community.

I invite you to look over the financial information included in this report. To give you an overview, approximately 42% of Kerby Centre's revenue is from government funding, 8% from donations, and 46% from earned revenue. Kerby Centre has a strong history of social enterprise, and earned revenue includes income from program fees, room rentals, dining room sales, advertising revenue from our publications, and sales in our shops, along with a few other areas.

The Board continued to focus on relocation planning. In August, Calgary City Council unanimously approved a motion to work collaboratively with Kerby Centre on a relocation plan that would potentially see the Centre relocate to city-owned lands at the intersection of Haddon Road and

Heritage Drive southwest — former home of the YMCA.

The Kerby Centre staff embarked on an extensive business continuity plan in 2017. Identified as a priority after the 2013 Calgary flood, this plan encompasses all aspects of the Centre's services. The plan ensures that Kerby Centre is ready at a moment's notice to face any emergency or service disruption, and provides a road map for restoring services and supports almost immediately.

I, on behalf of the Kerby Board and Kerby Centre, encourage you to keep using our facility to the maximum. Together we keep Kerby Centre vibrant and relevant. We hope that when it comes to donations and support, as individuals, we keep the Kerby Centre in mind so that it can always be a strong and essential part of the community we live in and cherish.

On behalf of the Board of Directors, thank you for making Kerby Centre part of your life ▲

## MAY 2018

Front page: Photo by Jerry Cvech  
Design by Winifred Ribeiro

### KERBY CENTRE'S MISSION:

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

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## Kerby News

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## Leaving a good legacy



BY LUANNE WHITMARSH

Luanne Whitmarsh is CEO of Kerby Centre

When Kerby was awarded the Western Legacy Award from the Calgary Stampede we were so very appreciative! It was a moment in time that demonstrated the strength in the years of Kerby meeting the needs of older people near and far.

We celebrate Legacy in different ways — ages, stages and pages!

The Legacy-regarding ages are those years when we have learned and now we teach. The wisdom of aging is timeless — the lessons transcend the generations and trends. In the halls of Kerby Centre I often hear “we would never had said that to our parents,” but honestly, every generation has said that.

The Legacy-regarding stages are how we have transi-

tioned through our lives. We begin at birth and start aging — being in care, then school, often next is post-secondary learning, family rearing, working, working, and working some more, then finally realizing that it is ok to not push so hard. To rest. Hopefully we have had good health and some prosperity that allowed us some pleasure to enjoy arts, culture, recreation, and even travel.

The Legacy-regarding pages are how many books were read to us, how many we have read, or even written, and those which moved us to action, laughter, and tears. Learning from others is part of what it means to be human. We learn and grow

from reading and by letting writers educate and entertain us.

Legacy is described in the dictionary as “anything handed down from the past.” That means that every one of us leaves a Legacy — and it is up to us to leave a good one. Every year we review the Legacy of Kerby — How did we do? What do we need to learn? How do we do more as the needs continue to increase annually? The short answer is: the team is strong, the Board is engaged, and honoring people is simply what we do — every single day. We build for the future every year because what we know is that every single person is worth it! ▲

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**News from City Hall**  
By EVAN WOOLLEY

Calgary Councillor for Ward 8

## Housing in Calgary — A look into its history & its future

As any city evolves over time, so do its housing forms. Inner-city neighbourhoods have seen change from wartime homes to bungalows, to semi-detached and infills, and to low-rise or mid-rise condo buildings. All of this has happened in Calgary over the last 100 years and, having grown up in this city, I often ask myself the question: how do we embrace change without losing what we love about our neighbourhoods?

Shortly before I was elected in 2013, I bought my first house with my wife in Killarney. We searched a long time and found that inner-city options for two young individuals were few and far between. I began to

understand Calgary's housing market had a missing middle and in order to increase housing affordability, we as a city needed to encourage growth in low density neighbourhoods by adding a mix of ground-oriented housing options. Once I was elected, I asked our Planning Department to create a land use that would allow new housing options to address that missing middle. What resulted was the unanimously approved Residential — Grade-Oriented Infill (R-CG).

Over the course of the 2017 election, I ran on a platform that included the pillar "Thoughtful Development". I knocked on over 47,000 doors and had meaningful

conversations with many residents of Ward 8. Now in my 5th year as City Councillor, I recognize that the R-CG District has become a focal point for this discussion because it is the next step up in intensity from now accepted forms of low density development, like semi-detached and infill housing. However, I maintained my belief that communities that have housing for Calgarians of every demographic and income bracket — from students and young professionals to young families and seniors aging-in-place, make for more resilient neighbourhoods.

I know many Ward 8 residents, like myself, took careful consideration about what neighbourhood they

chose to live in. Many of you chose these communities not only for their style of home and price, but because they offered a lifestyle you wanted to be a part of — diverse and dynamic. I acknowledge that there are different perspectives on the issue of "Thoughtful Development" — this is the beauty and the beast of city building. However, I will continue to fight for investments in our neighbourhoods to keep them affordable, resilient, vibrant, and the best in Calgary.

For additional information, phone 403-268-2430 or e-mail [Evan.Woolley@calgary.ca](mailto:Evan.Woolley@calgary.ca) or mail to Historic City Hall, P.O. Box 2100, Station M#8001B, Calgary, AB, T2P 2M5, ▲



**This month in Edmonton**  
KATHLEEN GANLEY

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

## Alberta Government enhancing opportunities for youth while making prescriptions more affordable for seniors

My fellow MLAs and I have been hard at work making Albertans' lives better in this spring session. My baby girl is now five months old, and as a new parent, the quality of life of young Albertans is top of mind for me. Over the last year, our government has driven many initiatives that enhance opportunities for Alberta's youth. Alberta is a young, talented province. We need to do all we can to enhance work prospects for our young people in our diversifying economy. Minister Bilous recently introduced the Growth and Diversification Act, which will create 3000 new spaces

for technology programs in Alberta's colleges, polytechnics, and universities. Our province has about 1000 vacancies in good tech jobs that we cannot currently fill. This Act will help to address current and future professional shortfalls and give Albertans great career starts.

In consultation with industry, our government has also introduced a policy to provide work opportunities for apprentices. Because securing worksite training in our recovering economy can be a challenge, this program will give apprentices a leg up. All construction contractors who bid

on Government of Alberta-funded infrastructure and transportation projects with budgets above a minimum threshold, are now required to employ at least one apprentice on their projects.

I know that by giving Alberta's young people every advantage we can, we are making their lives better and our shared future brighter. In health news, the Government of Alberta has worked closely with the Alberta Pharmacists' Association to create a collaborative funding framework, which will make prescriptions more affordable for Albertans. Over the next two years,

the Alberta Government is expected to save \$150 million by slowing spending on government-sponsored drug programs. This will also have implications for individual Albertans' wallets. It is expected that 8,700 Alberta seniors will save over \$100 a year on prescriptions. The new framework is facilitated through the Alberta Blue Cross Pharmaceutical Services Provider Agreement, and takes effect this month.

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



**This month in Ottawa**  
KENT HEHR

Kent Hehr Member of Parliament for Calgary Centre

## Federal and Provincial governments — investing in Alberta in a big way

Previously, Calgary wasn't getting its fair share of federal infrastructure investment. It's one of the main reasons I decided to run in the federal election in 2015.

We said we'd invest in Alberta — and we're investing in a big way. To give you a better idea of what I mean, here are the number of Infrastructure Canada projects the federal government supported in Alberta:

- 4 projects in 2012
- 2 projects in 2013
- 5 projects in 2014
- 200 projects since we formed government in 2015!

You can see it's quite a change. Through our federal government, Alberta is receiving \$3.4 billion for important, badly-needed projects that will benefit Calgarians for many years to come. Building infrastructure also creates jobs. Plus, by building during an economic downturn, construction costs are lower which saves you money.

- Some examples of our investments in Calgary:
- Green Line LRT
  - 17 Avenue S.E. Bus Rapid Transit project
  - Southwest ring road

(Tsuut'ina Trail)

- Flood mitigation
- Arts Commons, a downtown performing arts venue
- The National Music Centre, which is receiving Calgary's biggest-ever cultural infrastructure investment from Canadian Heritage.

With a new agreement recently signed between our federal government and the Government of Alberta, we will provide \$3.3 billion over the next decade for infrastructure projects in Alberta. This includes unprecedented investments in public transit, green infrastructure, as well as recreational, cultural,

and community infrastructure that will build stronger communities and improve social inclusion.

It's great news for anyone who takes transit, uses recreational facilities, enjoys art and culture performances, or wants to see more jobs created in Calgary.

To contact me: email [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or call 403-244-1880. You can subscribe to email updates at [www.KentHehrMP.ca/email-updates](http://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.



# Hikes for all: all levels of hikes for all levels of hikers



Photo by Shannonfreix

By Vanessa Stewart

As the weather warms and the snow clears out, more and more people are feeling motivated to get outdoors. Along with the physical benefits of exercise, spending 15 minutes outside can help a person build focus and reduce anxiety and stress. Whether novices or expert hikers, we all love to enjoy the beautiful spring and summer weather. Here is a list of parks and hiking trails to check out this season:

## Low Intensity — Weaselhead flats

The Weaselhead flats are a great option for anyone who is looking to get outdoors for a short or long walk within city limits. The flats have small hills instead of mountains, making it easy to bring a walker or stroller into the park. Since this park holds the only delta in the city, the diverse environment makes it one of the only places in the city to see Common Loons and Tundra Swans. The Weaselhead flats can be accessed

at 66 Avenue and 37 Street SW. They extend over 237 hectares of land. The park offers pathways and hiking trails, seasonally-opened washrooms, water fountains, and abundant wildlife to observe. If you look closely enough, you might even catch a glimpse of a black bear in the distance, due to the closeness of the flat to the open countryside. Also look for red- and white-winged cross-bills that feed on the cones in this coniferous forest.

## Moderate Intensity — Johnston Canyon

Johnston Canyon is a great moderate-level climb, and has the option for hikers to hike for 1.1 km, or 2.7 km. The canyon is located on Bow Valley Parkway and is open all year round. After a 30-metre elevation gain, the first half mile ends with the feeling of mist on your face, caused by an up-close and personal waterfall. If you find yourself craving a longer hike, you can continue to the upper falls junction, which goes on for an additional mile, with an extra

120-metre elevation gain. The upper falls area ends with five inkpots. These little pools of crystal-clear emerald mineral spring water are 4 degree Celsius all year long, and add to the breathtaking view of mountains and rivers.

## Heavy Intensity — Ha-ling peak

Ha-ling peak trail extends for 5.6 km, with an elevation of 741 metres. This trail is located south of Canmore, just east of Spray Lakes Road. With such a high elevation gain, a determined and experienced hiker will love the steady incline straight to the summit. At the summit, you will see an amazing view of Canmore's mountains. It is important to be well prepared before you set out on your journey, as it is not for the faint of heart. If you are planning on visiting the peak in the spring and summer months, be aware that the trail becomes busy during the day. If you would rather be ahead of the foot traffic, try to aim for an early start. This trail is dog-friendly, but

make sure to bring plenty of water for your pooch and yourself, Hiking shoes are also a must, as you will need to remain stable while making your way up the steep incline. ▲



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# Grocery stores and Canadians are bulking up on ultra-processed foods



By Jean-Claude Moubarac

Far too many products on store shelves are giving us lots of calories but little nutrition.

In the 1960s, the biggest supermarkets only carried 10,000 items or fewer. Big supermarkets today offer almost 40,000 products.

To be sure, among those extra items are more kinds of fresh fruits, vegetables and non-food items. But not 30,000. The vast majority of the additional food items are a huge range of ready-to-eat products from cookies to snacks to complete dinners that have one characteristic in common — they are ultra-processed foods. And they are not nourishing us.

A new study I just completed for Heart and Stroke demonstrates the extent of the problem. It found that in 2015, Canadians received almost half (48.3 per cent) of their total calories from ultra-processed foods, with the highest rates of consumption among those in whom it can do most harm — children. Kids aged nine to 13 get almost 60 per cent of their calories from these unhealthy foods. This high consumption is evident across all socio-economic groups. Newcomers to Canada are the notable exception; they consume considerably fewer of their calories from ultra-processed foods than those born in Canada.

What are ultra-processed foods and why does it matter? Practically all foods

are processed in some way. Some are minimally processed such as fresh, dry or frozen vegetables and fruit, nuts, meat, fish, eggs and milk. Others are culinary ingredients such as oil and sugar. Processed foods are made by adding ingredients to minimally-processed foods, and include simple breads and cheese and preserved vegetables.

The problem is ultra-processed foods. They are formulations of refined substances and additives; at the end, most have little or no intact food left. Think of a potato chip or a sugary puffed cereal that supposedly started with a hint of grain. They also include candies, other fatty, sugary or salty snack foods, packaged soups, sugary drinks and most ready-to-eat meals. Overall, these products contain twice the calories, three times the amount of free sugars and twice the sodium (salt) compared to non-ultra-processed foods, also known as real foods. And they have much less of what we need — protein, fibre, vitamins and minerals.

There has been a revolutionary change in our diets over the past decades and, while fewer people in rich countries like Canada are now going hungry, many of us are eating far less well. A previous study of mine showed that the vital change in the diets of Canadians since the 1930s has been the replacement of a diet of freshly prepared meals and

dishes made with unprocessed or minimally processed foods for one dominated by ultra-processed foods. In the past 70 years, calories from ultra-processed foods have doubled from 24 per cent to 54 per cent of family food purchases. This is not surprising, since most of these foods are branded assertively, packaged attractively and marketed extensively, especially to our children. And they are everywhere, often at very low prices.

In the last few decades, especially in high-income countries and communities, meals have been diminishing fast, to a large extent replaced by snacking, mostly on ultra-processed foods. This is both a social disaster and a nutritional calamity. Preparing and eating complete fresh meals together is a vital part of healthy, vibrant families and societies.

Ultra-processed foods might be convenient and fast, but they are not healthy and we are paying heavily for it. Unhealthy diet is now the leading risk for death and was responsible for 47,000 deaths in Canada in 2016. We also pay a hefty economic price for unhealthy diets. The Public Health Agency of Canada says the annual cost of diet-related disease in Canada is \$26 billion.

What can we do to combat this dietary crisis? There is no easy fix, but a number of important things can and must be done.

Restricting unhealthy food and beverage marketing to children is a good step. Fortunately, just such legislation is being debated in the House of Commons. We need updated national dietary guidelines and education to help Canadians make healthy choices. Again, fortunately, the federal government has announced a new Healthy Eating Strategy which includes revisions to Canada's Food Guide

and strong front-of-pack nutrition labelling.

We also need to change how we think and talk about food. Our public discussions about food in recent decades have been focussed more on particular single villains — saturated fats, sodium and sugar — which has left little room to promote a whole-diet approach. We need to support people to look more at their overall diet and the importance of taking the time to get fresh and minimally processed foods and make more delicious but healthy meals at home from scratch.

We need to bring back the subject of cooking in schools, hospitals, senior citizens' homes, and even at workplaces, so that everyone can have access to freshly-

made meals from real food. We also need to restore the important social benefits we have lost by families not spending time to cook and eat healthy meals together — fundamental activities that tie us together and to nature.

We can change. It starts by ignoring most of those 40,000 items at your local supermarket.

*Jean-Claude Moubarac MD is an assistant professor of nutrition in the Faculty of Medicine at the University of Montreal and an expert advisor with EvidenceNetwork.ca. His new study, "Ultra-processed foods in Canada: consumption, impact on diet quality and policy implications," is available online.*

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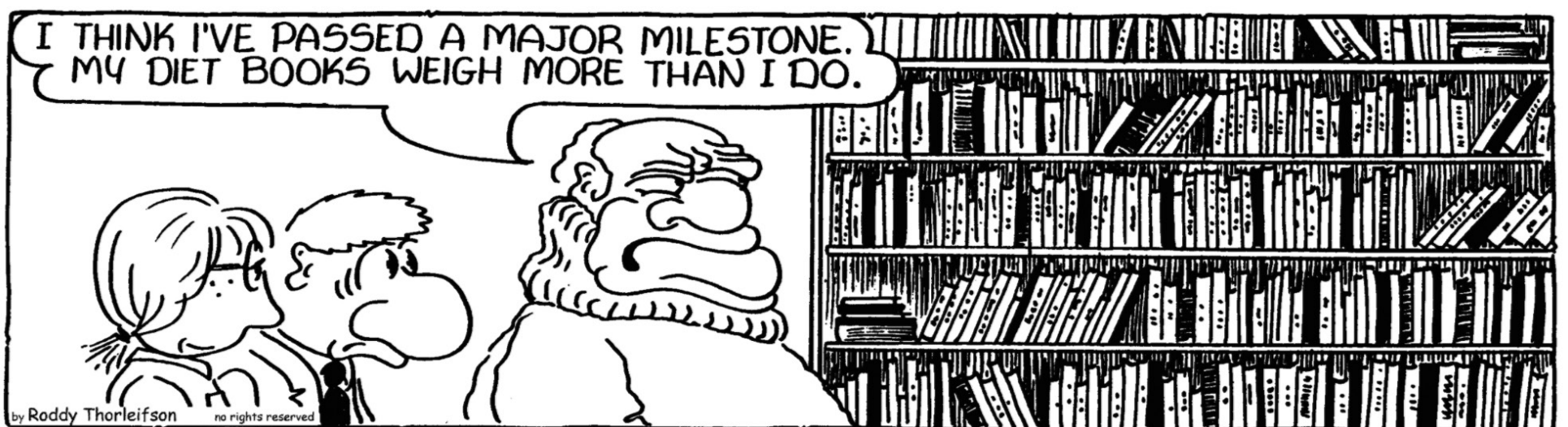
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# Tales from the road —A slight detour

Story and photos by Tina Quinn

This month finds me back where it all began, well maybe not, seeing that it all began around fifty-nine years ago in Kirkcaldy, Scotland. Calgary is where circumstances pushed me to make some life-changing decisions, none of which I regret.

After my jaunt to Mexico in my tiny RV, I have returned in order to do some repairs and put her up for sale. No, I haven't given up on the dream. This is just a detour. Having never travelled in an RV before, I had no clue as to the costs that this would entail. Fuel is the big one. RV parks come in second. Yes, I could park in obscure locations free of charge, but that is becoming more and more difficult. Usually after doing that for a few nights, I just want to find somewhere I can stop and let Nerah out, and get Wi-Fi. Working from my laptop makes this a necessity. And travelling alone, I use the internet to keep in touch with friends and family. Nerah is company, but she doesn't talk that much, and Gypsy, my GPS, is really bossy. I was moving around quite a bit during the last few weeks in Mexico and had no Wi-Fi.

So here I am in Calgary. How I cherish my children. They are my purpose in life, even though they have all left the nest. I am so grateful that I have them to come back to. Driving away from them all was one of the most difficult things I have ever done. The revised plan is to sell the RV, find something more practical to drive, perhaps a mini-van, and head back to Central America.

Matthew, my younger son, flew down to San Diego, and then took the bus down to Ensenada to spend two weeks with me. It was lovely. We toured the wineries of the Valle de Guadalupe, where I managed to get tipsy before noon! Matthew did some zip lining and ATV off-road driving on his own. No, I wasn't too afraid to go with him. I didn't want to spend the money on something I had done before. I went zip lining last year in Costa Rica and driving the road from Ensenada to Guerrero Negro was much like off-road driving! We took the RV to Guerrero Negro to visit the gray whales in Laguna Ojo de Liebre, where they come every year to breed. If you ever get a chance to do that, do not hesitate. The whales enjoy this as much as we do.

They will swim right up to your *panga* and some will allow you to pet them. One of our companions said that their skin feels like a banana peel. It was surreal, whales were under the boat, behind the boat, beside us, breaching in the distance. Incredible!

On the day before Matthew headed back to Calgary he celebrated his thirtieth birthday and decided to share his celebration with the little street vendors and their families. He hired a caterer to set up in a park where the children sell their wares to tourists. They came, they ate, they were happy. It was wonderful. And I collected enough hugs to last me a few days.

I then drove over to San Felipe, which is on the

northeast side of Baja California, on the Sea of Cortez. My purpose was to look at homes for purchase. Unfortunately, I was struck down with some kind of stomach affliction and spent several days in bed. I only managed to look at one home, but I think I will continue my search for a place to live elsewhere. San Felipe is beautiful with its azure waters and unclouded skies, but it is a bit too stark for my liking. The people were marvellous, of course. When I got stuck in the loose sand on the shoulder of the highway



Dike Rock Tide Pools, San Diego

continued on page 8

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"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."  
 ~ Marcel Proust

**Tales from the road**  
*continued from page 7*

and was trying to dig my way out with a plastic bowl, a truck full of men pulled up, and jumped out saying,

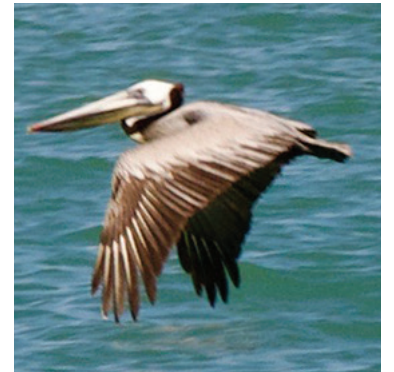
"We want to help you". With that, they assessed the situation and had me back on the road within minutes. Do not believe all those horror stories about Mexican people. They are some of the friendliest, warmest people I have ever met.

After that, I began my trek back to Canada. San Diego was naturally my first stop. Every time I visit I find more reasons to love it. I stopped by the tide pools again and spent a day at the San Diego Botanical Garden in Encinitas. I did some bird watching and got a room with a bathtub for one night! I hadn't had a soak since Christmas when I was back in Calgary.

Then I headed north along Highway 101 toward San Francisco and beyond to the Avenue of the Giants. More on that next time. ▲



Matthew playing with some of the little street vendors.



Brown Pelicans over the Sea of Cortez.



My rescuers!.



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# Is there a personal digital assistant in your future?

By Zac Bolan

A woman looks out her kitchen window at a snowy winter environment.

*“Alexa, what’s the weather outside?”*, she enquires.

*“Minus 10 and snowing,”* Alexa replies.

*“Alexa, play my summer playlist, and order me some paper towels!”*

Digital assistants have featured prominently in recent television marketing campaigns—and if the advertisements are to be believed, these human-sounding helpers promise to do everything from running your home and stocking your cupboards, to entertaining you and answering life’s most pressing questions, such as ‘how many cups in a litre?’.

Amazon and Google are the primary proponents of digital assistants and invest heavily in smart speaker devices and the artificial intelligence technology required to empower this interactive revolution. While their commercials tend to focus on young, tech-savvy users, the technology has significant potential to make life easier for senior consumers in every-day situations.

Digital assistants live in smart speakers containing a sensitive microphone paired with a high-quality loudspeaker, and a computer processor connected to the internet through your home WiFi network. They have simulated human voices, react when called and with luck respond to plain language requests by accurately fulfilling whatever task you’ve assigned.

Digital assistants are capable of offering a wide va-

riety of services in the home including the ability to operate light switches, start timers, play music from streaming services or dictate an audio book, adjust a thermostat, and even initiate a phone call — all by voice command. Additionally, digital assistants can function as a user-interface for the internet enabling the same kind of queries you might make with your laptop or tablet.

Digital assistants can also be configured to play a major role in memory support for seniors, offering date-and-time-specific reminders for birthdays, appointments, bill payments, medications, and many other important events. Users can even tell their digital assistant where they parked their car for later recall.

Amazon’s Alexa makes her home in the Echo (\$129.99 CDN) or the Echo Dot (\$59.99 CDN), a smaller version of their smart speaker. To get started with Echo, users must first download the free Alexa App to their smartphone or tablet and follow step-by-step instructions for configuration. Once paired with an Amazon account, Alexa can provide shopping services in addition to standard internet enquiries. While a paid subscription is not required for Alexa, Amazon Prime members have access to unlimited free music streaming and other premium services.

Simply named, Google Home (\$179.95 CDN) and Google Home Mini (\$59.95) respond to “OK Google” in a similar manner. Google Home also requires configuration through a free App on a smartphone or tablet. Although Google doesn’t



A digital assistant in the kitchen such as the Amazon Echo (above) or the Echo Dot (below) can read you recipes or convert measurements by voice command.

directly sell products, users can order from a variety of participating Google Express retailers such as Walmart with delivery services to get the products to their door.

Regardless of the digital assistant and smart speaker you choose, a number of factors contribute to an optimal user experience. Users will need a stable, secure, and relatively fast internet connection as either device must be continuously online to function. Additionally, a free user-account is necessary to empower “Alexa” or “OK Google” before they can respond to your requests. Also, home automation functions require additional investment in connected fixtures, and appliances which can run into hundreds of dollars.

And before relying on digital helpers, it’s important to remember that in spite of their considerable computing power, neither Amazon nor Google is infallible. For example, a six-year-old girl engaged Alexa recently asking for a doll house and some cookies. The next day her surprised mother opened the front door to a \$200 Sparkle Mansion and four pounds of sugar cookies charged to her Amazon account!

While still early days for digital assistants, they will evolve to improve in accuracy and functionality, leaving little doubt of their future potential to assist both the elderly and mobility challenged. ▲



Google Home and Mini connected to a WiFi network enable voice-activated services in any room of your home.

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# Speech and Hearing Awareness Month



By Alan Jones

May is Speech and Hearing Awareness Month and Deaf and Hear Alberta is encouraging you to take action to ensure that you and those around you protect their hearing, and avoid

the social isolation that can occur with hearing loss.

Hearing loss can sneak up on a person. It can gradually impact a person's interactions; chipping away at what was once a lively social life. Sometimes it can go unnoticed until signifi-

cant lifestyle changes have taken place.

It's known around the world that hearing loss, especially when untreated or not supported by those around the one with hearing loss, can lead to numerous life impacts. For example, Statistics Canada, the Hearing Loss Association of America, and the UK Social Care Institute for Excellence, all point out that hearing loss can lead to loneliness, isolation, anxiety, stress, depression, cognitive decline, and falls.

Get your hearing tested and encourage those around you to do the same! The best way to do this is to see a hearing health professional by either going to a hearing aid clinic or get a doctor's referral to an Alberta Health Services audiology clinic. It's worth your time!


## Recognize the signs and changes early.

- Do you: have difficulty understanding conversation in noisy environments?
- need the TV or radio louder than other people?
- have trouble following conversation in a group setting?
- have trouble hearing on the phone?
- need people to repeat themselves?
- hear people talk but don't understand?
- have particular trouble when women or children speak?
- find that people mumble?
- smile and nod or pretend to understand when you really didn't?

Visit [deafandhearalberta.ca](http://deafandhearalberta.ca) to find out how the lives of anyone living with hearing loss can be enriched.

Alan Jones is the Hearing Services Coordinator at Deaf and Hear Alberta.

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The only thing worse than being blind is having sight but no vision.

**Helen Keller**

### HAVE A LAUGH!

**Q:** What happens if you eat yeast and shoe polish?

**A:** Every morning you'll rise and shine!

**Q:** What do you get when you cross fish and an elephant?

**A:** Swimming trunks.

**Q:** What do you call a sleeping bull?

**A:** A bulldozer!

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It has been said that intention is the source of all creation. Generally, we think of intention as consciously focusing on a desire, an aim, a goal, and not letting anything stop us from achieving it. But if you're not one of those "dog-with-a-bone" people, the ones who sink their teeth into something and refuse to let go until they get it, don't despair. As it turns out, intention does not originate with our conscious thoughts, or with willpower.

"In the universe there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link."  
— Carlos Castaneda

Imagine that. Intention is not something we can actively create within ourselves. Intention is everywhere. It is a force that is inside us, around us, flowing through us. It is there for us to use at any time by making and maintaining that link. This is much easier to do than using sheer willpower, which can be fickle, as it is closely tied to our emotions.

Einstein and his cohorts knew that particles are not at the source of creation — i.e. particles do not create more particles. The Source of creation is intention, a pure energy that vibrates at such a high rate of speed that it cannot be measured. It is invisible and without form, and at our Source, we were that energy.

At the moment of conception, everything about how you would look and what your personality would be, everything that makes you "you" was set in motion by intention. Whether physical or non-physical, intention is the energy that activated your potential. The only way you can deactivate it is by breaking that link, and you do this when you believe that you are separate from intention.

We can see intention at work everywhere in nature.

# We believe we create intention — but intention creates us.

Every seed intends to grow into a specific plant. Every animal, fish, bird and insect intends to grow, survive, reproduce, and create the existence that was intended for it. And every one of them does it without thinking about it or questioning it.

Therefore, nothing in nature is ever disconnected from intention. Nothing, that is, except humans with our intelligence that allows us to question everything, including our intention, and our very existence. We've created a separateness for ourselves that disconnects us in the form of ego.

Rather than seeing that we are all living in this same energy field of intention, we have removed ourselves from it and believe that each of us is a separate entity in the universe. We believe that we create intention. But intention creates us.

Ego separates us by identifying who and what we are on a very earthly, human level. It defines us by what we do, by the opinions of others, and by what we have. It keeps us feeling separated from everything that's missing in our lives, from everyone else, and from the Divine Source of all Creation, or God, or whatever other name you prefer.

"Intent is a force that exists in the universe. When sorcerers (those who live of the Source) beckon intent, it comes to them and sets up the path for attainment, which means that sorcerers always accomplish what they set out to do."  
— Carlos Castaneda

The link between us and the force that is intention comes from connection with

Spirit. As long as you allow Ego to do your thinking for you, you will remain disconnected from Spirit, from Source, and from the power of intention.

You know that feeling that you get when you feel inspired? When something lights a fire under you, and you feel a sense of purpose, you're energized and you're just itching to get at whatever it is that you feel driven to do in that moment of inspiration? Think of being inspired as being "in-spirited".

In that wonderful moment of inspiration, that is when you're connected to Source. That is when you connect with intention. Leaving ego out of the equation keeps you linked with Source and feeling "in-spirited."

Intention is not about dogged determination that is only accessible to those with a serious stubborn streak. Intention is everywhere, anyone can access it by linking with Source, and it's easier to do that than it is to use willpower.

So where do you sign up? How do you make that link? How do you become a "sorcerer"?

You begin by believing that we are not separate beings, but that we are all connected by Source. When you believe this, you can see that you're also connected to everything you desire, to all you hope to be, to do, and to accomplish. In aligning — or realigning — yourself in this way, you reactivate the power of intention that has always been there, waiting for you to return to the in-spirited path that was intended for you from the moment of your conception. ▲

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## Become more active this spring

(NC) Once the snow melts and we shed our winter layers, it's time to get out and become more active, both physically and in our communities. Here are some meaningful ways to get started!

**Use your lunch hour.** Instead of sitting at your desk with a sad brown lunch bag, use that hour to do something that makes you happy and active. Head over to the gym, plan a lunch date to catch up with a friend or do some errands near your office on foot.

**Join a class or group.** Many of us spend the cooler months in our cozy nests and schedule fewer social engagements. Get the emotional and health benefits that group activities provide by signing up to learn a new language, trying out the latest fitness craze or checking out a local book club.

**Propose a new project.** Get involved in local politics and in your neighbourhood to make your community a better place to live. Use Statistics Canada's online tools to check out census data on your community. They can help you decide where to locate parks, bus routes, day care centres, and other programs and services.

**Start moving outside.** Shifting indoor activities outdoors will help you get more fresh air, soak up much-needed vitamin D and have more opportunities to engage with your neighbours. Trade in your workout at the gym for a run through the park, or swap out short car rides for biking or walking trips.

**Manage your screen time.** Being conscientious about how and when you browse social media or binge-watch television can free up minutes and hours you didn't know you had. Set clear goals like catching up on your favourite show or checking out your social feeds for just 15 minutes — and then, stick to them.

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# The Calgary lawn bowling scene

The sport of lawn bowling, or “bowls”, can be traced back to 13<sup>th</sup> century England. Today, bowls are played in over 40 countries with the World Bowls centre in Edinburgh, Scotland, recognized as the modern-day home of the game.

The game is often compared to curling, but offers several advantages. For starters, it is played in the warmth of summer and risk of injury is much less. The game is constantly changing as the targeted white “Jack” is played to different lengths each end and is often relocated during play. Beginners need not purchase expensive equipment, as clubs offer bowls and other items for use. Most Club annual memberships are modestly priced (at \$100 or less) making it very budget-friendly.

Calgary has just over 800 registered bowlers, according to Robert Selzler with the Lawn Bowls Association of Alberta (LBAA). Combined with the two non-LBAA affiliated clubs, it is estimated there are over 1000 regular club members in the city. This does not take into account the hundreds of novices introduced to the sport each year through corporate team-building sessions, special events and fund raisers held at the six clubs in Calgary.

The Rotary Park Lawn Bowling Club, located today just east of Centre Street since 1956, overlooks the downtown core. It has seen its membership average over 175 over the past five years. The club had its roots with the Royal Canadian Legion No. 1 Branch, whose ground breaking ceremony was attended by the Prince of Wales in 1919. The club was officially incorporated in 1991.

The Stanley Park Lawn Bowling Club has seen its membership hold steady near 90 over the past five years. The Club was opened originally in the 1970s, closed briefly, and reopened again in 1986. Located in the lovely Stanley Park between Elbow Drive and Macleod Trail on 42 Avenue S.W., the Club was ravaged by the floods of 2013. The greens have since been renewed and the clubhouse reconstructed.

The Bow Valley Lawn Bowling Club was established in 1932 and is located on Bowness Road near 17 Street NW. The original clubhouse has been beautifully remodelled and still holds many of the historical pictures that tell the history of the club. Membership has grown steadily, more than doubling to over 110 over the past five years.



Seniors enjoying a bowl. Photo: John Newcomb CC BY 3.0

The Inglewood Lawn Bowling Club, located on the corner of 8 Avenue and 12 Street SE, was officially established in 1946 and today has a membership of approximately 200. The Nor-West Lawn Bowling Club is associated with the Bowness Senior Centre and has had upwards of 40 members. These two clubs are not officially affiliated with the LBAA.

The Calgary Lawn Bowling Club is celebrating its 95<sup>th</sup> anniversary this year. Incorporated in 1923 in the beltline area of 16 Avenue and 12 Street SW, it is the oldest official club in Calgary. The clubhouse was re-located to the community of Spruce Cliff on Spruce Drive just two blocks north of Bow Trail in 2016. It shares a brand new building with the Bow Cliff Seniors, which also acts

as the community association’s new home. Membership in the club has doubled since moving to the new location to over 120, suggesting there was a need for a couple-friendly, inexpensive outdoor activity.

The Calgary Lawn Bowling Club is where 60 men and women from across the country will compete in the Bowls Canada Boulingrin Senior Triples Championships September 10-15, 2018. Opening ceremonies will be attended by several regional dignitaries and will include a bag-pipe progression of the players. Admission to the event is free and doors will open at 8:30 a.m. daily.

The recent resurgence of membership in city clubs is not by accident. The sport continues to attract interest from men and women alike, where mem-

bership is split almost equally between the two according to the LBAA.

The sport holds no advantage to physical size or strength. An ability to read the greens, have a consistent delivery, and maintain sharp mental focus are the prime ingredients for success. Anyone can learn the basics within minutes although it can take a lifetime to master. Games can be played as singles, doubles, triples and fours with many different game formats – meaning there will always be a way to strike up a match in this very social outing.

Want to give the sport a try? Drop by any of the clubs when they are open and they will warmly welcome you, or check out their website for more details. ▲

## Outdoor versus indoor allergies

(NC) It’s officially spring, full of warmer weather, longer days and seasonal allergies. Allergies are the second most common minor ailment pharmacists get asked about, which isn’t too surprising given almost a quarter of Canadians are affected.

There are two main causes of allergy symptoms — indoor and outdoor triggers. Symptoms can be similar, but it’s important to remember allergies are caused by different sources and should be managed differently. Here are some of the main triggers of indoor allergies to be aware of:

**Dust:** made up of any number of things, including particles from plants, skin, soil, insects, food and other fibres, dust is a major headache for allergy sufferers. Any one of these microscopic substances could cause irritation.

**Dust mites:** dust mite droppings are the most common trigger of indoor allergy symptoms. Keep in mind that dust mites tend to concentrate in areas rich with human dander such as bedrooms, carpets and bathroom rugs.

**Mould:** once mould and mildew take hold, they release tiny spores that can trigger in-

door allergy symptoms.

**Pet dander:** this allergen is caused by a tiny protein in your pets’ saliva. Even homes without pets are susceptible to dander because it’s sticky and light and clings to clothes, shoes and hair, getting tracked inside.

“While there is no cure for allergies, the best way to handle them is to identify your triggers so they can be managed,” says Victor Wong, a pharmacist at Shoppers Drug Mart. “Grooming pets, cleaning, and lowering your home’s humidity are all great ways to minimize symptoms of indoor allergies. If they persist, treat-

ment is always an option. Your local pharmacists can evaluate your symptoms and help find the appropriate solution to relieve them.”

Pharmacists are trained to assess your health condition and help provide the most appropriate treatment option for you. Your pharmacist may start by recommending over-the-counter medications or products. In all provinces except British Columbia and Ontario, pharmacists can prescribe for minor ailments, so if appropriate, your pharmacist can even write you a prescription for your allergies. ▲

## Keep allergens under control this season

Warmer months mean more sunshine, growing trees and blooming flowers. But for people with allergies, these can also lead to an influx of pollen and hay fever, causing red itchy eyes and congestion.

According to Asthma Canada, respiratory allergies such as allergic rhinitis affect one in five of us and can impact quality of life, especially during changing seasons. To help reduce symptoms at home or work, try to tackle the sources that can trigger reactions.

Maintain a cleaning schedule. Vacuum often to reduce dust and mould found in the fibres of carpets or crevices

of hard floors. Clean countertops and other surfaces with a damp cloth regularly to help reduce microscopic allergens that can trigger coughing, sneezing and other symptoms.

Keep the air indoors clean. To prevent allergens from moving inside, try keeping the windows closed between 5 a.m. and 10 a.m., as it’s the time of day with the highest pollen count. Indoor air quality can also be affected by common household items such as cleaning solvents, scented candles, hairsprays and perfumes, which can cause as much air pollution as a car, according to

Science Magazine. An air purifier like the Dyson Pure Cool purifying fan has a fully-sealed HEPA filtration system that removes gases and captures 99.97 per cent of allergens and pollutants down to 0.3 microns from the air.

Avoid pollen while outside. Wear sunglasses to keep pollen at a distance and reduce red and itchy eyes. Turn on the air conditioning when driving to help filter out pollen in your vehicle. And because pollen and other allergens can attach onto clothing, change your outfit when you head indoors. ▲

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# Skyline Hiking

Laura Querin

Picture yourself lying in your cozy sleeping bag, nestled on your cot. You awake to the sun shining on the roof of your tent. As the dawn air warms, you climb out of your sleeping bag, dress, and open the tent flap to a spectacular view of misty mountains close enough that you think you could reach out and touch them.

“Hold on”, you are thinking, “I do not want to haul a loaded backpack into camp. I don’t want to have to fuel and fire up my stove and head to the creek to filter water before I can even have a cup of coffee. And I really don’t want to listen to the television blaring from the RV parked next to me!”

Ah, this is no commercial campground; the silence says you’re in the back-country wilderness in Canada’s beloved National Parks, camping with Skyline Hikers of the Canadian Rockies. Sounds you will hear are birds, the creek, and the quiet chatter and laughing of your fellow hikers as they too emerge from their tents. And you don’t have to brew your morning coffee because the cooks have been up since before dawn. They heated the water for washing, and coffee is ready for you in the dining tent. Lastly, you didn’t have to carry your heavy pack to this particular part of paradise because the outfitter’s horses brought your duffel in on the first day of this weeklong back-country hiking and camping experience.

Morning continues with a hearty breakfast of hot cereal, proteins such as eggs, sausage and bacon, accompanied by another cup of coffee. You then pack your lunch and other gear in your daypack and head out with no more than nine fellow hikers, and follow a day leader on one of the day’s hikes.

But again you think, “I don’t want to cook all that food and make a lunch and figure out where to go hiking; it’s too much work!” Fear not, the cooks are responsible for the planning, delivery and preparation of all the food. Our hiking volunteers have created route guides and trail maps with lists of hikes; all you need to do is choose the hike that best suits your abilities on any day. Each day, you will have a choice of an easy, moderate or strenuous hike.

Following a day of hiking, which includes a leisurely lunch break on a viewing point, you return to camp with your group. There is hot water for a wash and fellow hikers gather together for a happy hour. This time involves sharing snacks, comparing stories and photos from the day, discussing tomorrow’s hikes, and just generally relaxing and building friendships. Soon the dinner bell rings, as the three-course meal is served on picnic tables in the dining tent. Following dinner, hikers then gather in our ‘donut’, a round tent with a roaring fire in the middle. There

you share reports of the day’s hikes, select your hike for the next day, and enjoy campfire songs until lights out. All you have to do is be present.

You then climb into your sleeping bag for a peaceful night in preparation to get up and do it all again the next day. The final day of hiking, Friday, may see a volunteer offering a special guided hike, such as a geology walk or a flower walk. Saturday morning you repack your duffel and the outfitter loads it onto the horses to return to the trailhead. Following a final breakfast, you pick up your packed lunch and descend to the bus at the trailhead and return to the noise, bustle and smells of the front country. A final post-camp dinner in a local pub is arranged to reminisce about the week past and the back-country adventures had, and to discuss returning for next year’s adventure with newfound friends.

The CPR terminated its sponsorship of the organization in 1961, and Skyline Hikers is now a not-for-profit society, run by very committed volunteers. An outfitter is hired to transport and set up camp, transport hikers’ duffels, cook all meals and manage the campsite.

Skyline Hikers of the Canadian Rockies (SHCR) has been delivering the Skyline Experience since 1933 when the Canadian Pacific Railway (CPR) needed to provide activities for tourists who had taken the train to the hotels and lodges of the Rocky Mountains. It was then that the Skyline Trail Hikers of the Canadian Rockies was formed. Initially, groups travelled between lodges but moving the camping equipment was a problem, so in 1936 one base camp was established and hiking headed out from the single location. The first camps used tepees; this was changed to prospector tents in 1969. Today’s tents comfortably sleep four people and their hiking equipment, with room for a wood-burning stove.

The CPR terminated its sponsorship of the organization in 1961, and Skyline Hikers is now a not-for-profit society, run by very committed volunteers. An outfitter is hired to transport and set up camp, transport hikers’ duffels, cook all meals and manage the campsite.

So dig out your hiking gear, dust off your sleeping bag, shake off your hesitations and consider joining one of our weekly camps in the beautiful Canadian Rocky Mountains. Let the horses do your heavy hauling: let the cooks spoil you, and let the hiking volunteers

take you to places and views few will ever experience.

You can find out more about Skyline Hikers on their website at [skylinehikers.ca](http://skylinehikers.ca). *Laura is a German trained, therapeutic pedicurist who still loves caring for feet even after 3 decades.* ▲

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# Touring the land of Fidel Castro, Che Guevara and 1952 Buick convertibles

Story and photos by Jerry Cvach.

Page layout and design by Winifred Ribeiro.



Aerial view of Trinidad.

I've always espoused the idea of driving, freewheeling and letting spontaneity be the only way to vacation, but there are places in the world where that is difficult. Such places are the high countries in the An-

des, particularly if one is on a tight schedule, because nothing works on time; or south east Asia, where the languages and cultures are too foreign to me; and of course, all the war zones of the day.

And then there is Cuba, an enigma to Canadians and a total mystery to Americans, shrouded in secrecy, misinformation about its regime, accomplishments and failures. It is still steeped in a Soviet-style communism, a country frozen in time since 1959. Cuba became a thorn in the side of western democracies when Fidel Castro nationalized industries without compensation, even those with US owners, and pushed the world to the brink of a nuclear war in 1961 during the missile crisis. Those two events so long ago still bring the wrath of past and present US presidents on Cuba.

Sun seekers started travelling to Cuban beaches in the '90s, enjoying low prices, excellent weather and complaining about the bland food. Being 20-year veterans of living under the strict Czech communism, my wife and I had hesitated to visit, but this winter the piles of snow in our front yard changed that.

Not being beach people, we booked with Eldertreks ([www.eldertreks.com](http://www.eldertreks.com)), a Canadian-based company offering moderately strenuous 13-day adventure tours starting and finishing in Havana, visiting the Valley of Viñales, the towns of Cienfuegos, Trinidad and Santa Clara, and everything in-between. There were just

seven of us out of 16 possible, plus guide and driver. One gets a cross-section of history, old towns, nature reserves, industries and even an insight into the everyday lives of average Cubans. Inevitably it includes some propaganda about the virtues of communism, but it was rather subtle. Most Cubans still revere their heroes Fidel Castro and Che Guevara; Che being omnipresent thanks to the famous photograph by Alberto Korda.

So, what is Cuba today? There are myths and truths. It is a country of sharp political and economic differences. Although the government allowed some privatization already by 1980, the current leadership had to speed it up to survive after the fall of the Soviet Union around 1990 when the subsidies the country had enjoyed ended. Ironically, although communism is all about equality, it is hard to find many countries where the distribution of wealth is as uneven as it is in Cuba today.

The inequity is demonstrated best by the two currencies. There is the Cuban Peso – CUP and then the Cuban Convertible Peso, lovingly called CUC (pronounced kook but there is nothing kooky about it). The CUC is worth 26.5 CUPs today and that appears to be the difference in the standard of living between owners and employees of the private sector that runs on CUCs, and the employees of all the state-owned companies and civil servants who are paid in CUPs.

The government mitigates the situation by rationing basic staples and sells them at much lower prices in poorly-supplied stores, leading to long queues. It is bizarre that private sector employees and business owners receive ration booklets as well. The rations provide for family needs for less than half a month and people beg for basics such as soap, matches and the like. Failing that, they need CUCs to shop in private stores that are well stocked. Admittedly, our experiences were in the cities and it may be better in the country.

One can feel sorry for the state that spends lavishly on ed-



"Vas bien Fidel".

ucation and then sees engineers, teachers and other professionals holding masters' degrees roll up their diplomas and go to drive taxi cabs, become tour guides or run restaurants because it is "the only way to support their families". It is a problem caused by the government and their idealism. They aren't the only government that wastes taxpayers' money, it's just that here the failure is systemic and more spectacular.

Yet there is a lot of confidence in the future and optimism in the air. It is an exciting time on the island. Tourism has become the biggest industry now, pushing tobacco growing, cigar rolling and cane-rum making further down the list. Visitors come from all corners of the world, even former Cuban émigrés or their children. Those living in Miami fly to Havana for weekends to see the famous Tropicana show that is a Vegas-style revue that was probably more titillating in the pre-Castro time, but is still a great rum-fed party.

Due to a 58-year-long embargo, Havana is awash in antique cars, mostly American pre-1959 models that are lovingly cared for by their owners when used for business or pleasure. A whole new industry keeps these vehicles running and in good condition. The original engines still run quietly and smoothly.

Needed spare parts are made in small shops by entrepreneurial citizens. "Cuban Napa Parts", someone called them.

It is a credit to the quality of American-made cars, and it surprises me that Detroit hasn't capitalized on it yet. The slogan under a picture of an attractive Cuban girl sitting in a 1952 Chevy convertible could say: "There are no Japanese cars from the '50s still running in Havana!"

But other than that, poor maintenance has always been the Achilles' heel of communist regimes and Cuba is no exception. Even government-owned five-star hotels aren't escaping Matya's Principle that the state of civilizations is measured by the degree of probability that their toilet paper will tear along its perforated line. Here they fail famously. Similarly crumbling façades of buildings are commonplace in UNESCO-recognized old Havana, and the plumbing is universally poor.

One night my wife ran out from the bathroom in our Cienfuegos hotel screaming, because the faucet couldn't be shut off and the tub threatened to overflow. Our room and all the floors below us were saved from a Biblical flood in the nick of time by a man with a screwdriver. Having maintenance people with simple tools on staff would improve the stay in most hotels. Don't leave



Circular street in Trinidad.

home without a Swiss Army knife!

But in spite of some grumbling and minor irritations our trip was enjoyable, fun and educational. Havana could become the Prague of the Caribbean in a short time. It has all the prerequisites. The city is ancient, full of palaces, cathedrals, museums, forts on each side of the harbor complete with daily firing of a cannon announcing the closing of the "city gates", symbolic of course, as no gates exist today. Yet it is done with all the pomp and ceremony it deserves. There are government buildings and the ubiquitous Plaza de la Revolución with an even more ubiquitous memorial to the heroes of the revolution. Here is where Fidel Castro made his five-hour speeches and where he was exhorting his followers and when, during one of his impromptu and long speeches, he turned to Camilo Cienfuegos and asked "Voy bien Camilo?" who answered by the famous "Vas bien Fidel!" or "You are doing fine Fidel!". Somehow it made history in Cuba. I guess you would have had to have been there.

Havana has plenty of posh private restaurants and last but not least the La Floridita bar where Papa Hemingway enjoyed his daiquiri, as well as drinking people under the table. We had one; it was good and overpriced as expected. For many years Hemingway owned and lived in a house in Cojimar, a suburb of Havana, now a mostly decrepit former fishing village, but the house is exquisite and a great Hemingway museum.

After Havana we started touring the country that in places is breathtakingly beautiful. We visited four other distinctively different places. The karst country around the town of Viñales is as nice as any place in the world with limestone formations, picturesque hills and narrow gorges. When we woke up in the morning the view from our room was reminiscent of a Leonardo da Vinci painting. A few kilometres down the road an

enormous Indian Cave offered a boat trip on an underground river.

In 1819 immigrants from Bordeaux and Louisiana settled in Cienfuegos and it is still a noticeably French-looking town, reminiscent of New Orleans. It has the best restaurants in Cuba, complete with real bread! On the main square, called Parque José Martí, Tomás Terry Theater has gold-leaf mosaics and ceiling frescoes. It is now rather shabby, but is being renovated. The Provincial Museum explores the city's colonial history. The Arco de Triunfo commemorates Cuban independence. A sunset cruise in Bahía de Cienfuegos and lunch in the former casino were other highlights of our stay.

Next stop was Trinidad, founded in 1514. It has hardly changed since then owing to its isolation. It has retained its colonial look, complete with streets paved with cobblestones, impossible to walk on comfortably; the worst in existence, I'm sure! But they give the town its special character. Everyone moves slowly, and there is very little vehicular traffic.

The streets are wide, and houses are mostly just one storey high. Plaza Mayor is surrounded by grand colonial buildings. Museo Romántico, in the restored Palacio Brunet, and Museo de Arquitectura Colonial display relics from the town's sugar-producing era. Iglesia de la Santísima is a 19th-century cathedral. There must be a shrimp fishery in the area; shrimp dishes in private restaurants were exquisite. After dinner we visited a salsa bar — an ugly shack behind an inconspicuous house had likely just been a backyard with a roof put above it. It is a meeting place of hard core salsa bands that keep alternating on the podium while the local dancers show off their stuff. Cubans have salsa rhythm in their bodies and staccato elegance in their movements. It was quite an experience, a subculture not to be seen

Continued on Page 16

One of many pre 1959 taxi-cabs.



Judy is learning salsa rhythm.



Cruise on Bahia de Cienfuegos.



Papa Hemingway with admirers.



Queue in front of a ration store.



A monument of Che Guevara.



Street scene in Viñales.



Tobacco farmer making his own cigar.





Former casino, now restaurant in Cienfuegos.

**Continued from Page 15**

anywhere else.

The least interesting town on the whole trip was Santa Clara, but here the small band of revolutionaries lead by Che Guevara earned their biggest victory. They derailed Batista's poorly armoured train using farm equipment that was painted bright yellow. The remnants of the train cars are on display where it happened. After that it was apparently an easy march

on Havana while the spent Batista regime folded up like a cheap tent.

Last but not least we stopped in a museum in situ devoted to the Bay of Pigs doomed invasion. It is really hard to believe that the CIA could have blundered so completely, but they managed!

The day before we left for home, the group leader took us to a restaurant where we dined and watched a performance of the Buena Vista Social Club. According to the internet they

are "aging Cuban musicians whose talents had been virtually forgotten following Castro's takeover, now brought out of retirement resurrecting their careers".

If these were the same people or not I don't know, but we were treated to a two-hour nonstop show by a truly good band. There were strings, winds, tambourine, piano and the typical Cuban homemade percussion instruments. Their uniforms were right out of the fifties, double breasted suits and fedora hats. On the surface they were potbellied, barely alive men. The drummer seemed asleep, the star singer was surely over 90 years old but dressed as if she was a young woman, standing with her feet wide for balance and we still worried about her! But once they got going the music was unbelievably lively, the singing excellent, and when the sleepy drummer played a solo on his tambourines, he could wake the dead.

And for all that time a truly professional, young black couple danced with precision and abandon that I've not seen before.

The tour delivered on all its promises. It was action-packed but done at a reasonable pace, and with class. What helps a lot is that Cubans are fun-loving, talented and congenial people, thus compensating for tattered toilet paper and overflowing bathtubs!

We never regretted avoiding the mass tourism of the beaches. ▲



Tropicana show.



Street musicians in Trinidad square.

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# Mental Health Week

By Kaj Korvela

May 7 – 11 is Mental Health Week in Canada to remind Canadians of issues

about Mental Health. According to the World Health Organization, one out of four people will be affected by mental health and/or neurological disorders at some

point in their lives.

Ask almost anyone and they will say they have been affected by mental health issues or know of family members or friends who have dealt with mental health challenges. In thinking about mental health it's important to think about the connection between mental health and physical wellness. Many years ago a psychiatrist named Dr. Brock Chisholm stated a familiar adage "Without mental health there can be no true physical health."

Seniors in the community face many health challenges and good mental health is an important part of wellness. In seniors, issues of neurological conditions such as early onset dementia often affect mental health and it is important to get correct screening, especially when depression or anxiety are involved. It is most important to recognize the signs and take steps to improve mental health wellness.

Here are some tips that all of us can take for better mental health and wellness.

• **Sleep**

Sleep is an important part of overall health. Most experts believe that having between seven to nine hours a day is ideal for individuals to feel well rested. Sleep is restorative and reduces stress and anxiety.

• **Diet**

Our brains use over 20% of all the calories we consume so it's important to have a healthy diet. A well-balanced diet can help with regulation of mood and help to reduce anxiety and depression. Having a good diet can give us the energy to lead an active lifestyle.

• **Exercise**

Exercise is one of the best ways to help ensure good mental health. Exercise has a positive impact on reducing anxiety, stress and depression. An active lifestyle can also help with weight control and improve sleep.

• **Reducing Isolation**

Social isolation is seen as a risk to one's health. Isolation has a high correlation to loneliness, depression, social anxiety, abuse of alcohol and psychological health. When one has a connection to a community there is a better sense of well-being, confidence and self-esteem.

• **Socialize**

Individuals who have an active social circle lead better lives. There is good research to suggest that an active social life has a direct impact on mood, physical health and a better

immune system. Socializing with others also helps with cognition and even memory.

• **Good relationship with health providers**

Individuals who have good relationships with health providers lead a more healthy lifestyle and have better mental health. When one communicates well with clinicians, treatment is more effective.

*Kaj Korvela is Executive Director, Organization for Bipolar Affective Disorders*



**Barbara Williams & Wendy Morrel**

Wendy and Barbara are reliable and dedicated Volunteers in Kerby Centre's Wellness Clinic. They switch each week between Reception and Sanitizing. Wendy has been volunteering for 1.5 years and Barbara for 1 year. At Kerby Centre, one of the best ways to recruit new volunteers is through word of mouth and that is exactly what happened for Wendy and Barbara. A mutual friend originally volunteered in the Clinic and recommended it to both. For Barbara, this was an ideal situation to be volunteering in the Wellness Clinic with a friend. It has worked well for both of them (and the Department) as they have trained each other on their jobs and can cover for each other as needed. Barbara and Wendy enjoy volunteering at Kerby Centre because they like the staff, volunteers and clients in their Department. Speaking to the clients and hearing their life stories is one of Barbara's favorite parts. It is safe to say both volunteers are active outside of Kerby Centre as well. Wendy likes to play sports and spend time with family. Barbara enjoys traveling and working out. Another thing that these two have in common is their newly found hobby of pickle ball. Wendy has already contributed over 436.0 hours and Barbara over 305.5 hours at Kerby Centre. Thank you Wendy and Barbara, for all that you do for the Kerby Centre.

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Socializing and health monitoring program for physically and/or mentally challenged older adults		funddev@kerbycentre.com		Kerby News Sales	403-705-3238
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Diana James Wellness Centre	403-234-6566	Assists older adults in finding appropriate housing	generaloffice@kerbycentre.com	sales@kerbycentre.com	
Health services including footcare		thrive@kerbycentre.com		Kerby Rotary House	403-705-3250 (24 hour)
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# Canadians have more than one million unnecessary medical tests, treatments and procedures every year

By Wendy Levinson, MD, OC

Canadians have more than one million unnecessary medical tests, treatments and procedures every year.

How we can improve patient outcomes and stop wasting health care resources in the process?

Each year, there are at least one million unnecessary tests, treatments and procedures done in Canadian health care settings. This means that hundreds of thousands of Canadians are exposed to potential harm by unnecessary care.

What constitutes 'unnecessary care'? Unnecessary care could be a prescription drug, a diagnostic test or a medical procedure that does not improve a patient's health outcome and is not backed by the best available evidence. It may also

involve risks and harmful side-effects.

In other words, this is medical care that offers no value to patients, and strains health care resources.

A recently released report from the Canadian Institute for Health Information (CIHI) in partnership with Choosing Wisely Canada demonstrates how pervasive is unnecessary care across the country, and highlights several key examples where changes could be made to benefit patients and the health system.

So, what are we better off without? Unnecessary imaging has consequences. The report says that about 30 percent of patients visiting Ontario and Alberta emergency departments for minor head injuries have CT scans. CT scans deliver strong x-ray radiation. Exposure to this radiation can

increase lifetime cancer risk. Yet evidence shows that there are good alternatives to CT scans for investigating head injuries. For example, doctors can use a set of questions, known as a clinical decision rule, to assess the severity of a head injury and decide if further diagnostic testing is warranted.

Unnecessary medications have side-effects. The report estimates that one in 10 Canadian seniors regularly uses sleeping pills, known as benzodiazepines, and other sedative hypnotics, on a regular basis. The long-term use of these medications outweighs the benefits, which is why they are only recommended for short-term use. These medications increase the risk of falls which cause injuries and car accidents in seniors.

Seniors are not the only population where there is unnecessary and potentially harmful medication use. The report shows a disturbing 300 percent increase in dispensed prescriptions for the powerful antipsychotic quetiapine for insomnia in children and youth in Manitoba, Saskatchewan and British Columbia. This drug is not

recommended for children or youth and has a long list of harmful side-effects.

An important finding of the report that should cause Canadians to take notice is the wide variation across regions and between provinces. Variation means major differences in medical practice, some of which are not evidence-based and can be potentially harmful to patients.

Reducing variation improves quality for all Canadian patients and can reduce waste. A good example of this is preoperative testing. In Ontario, nearly one-in-three patients having eye surgery had a preoperative test, compared to one in five in Alberta.

Medicine has evolved and so has medical practice. It used to be standard that before certain surgeries, such as hip or knee replacements or cataract surgery, preoperative tests would be done to ensure that a patient was fit for surgery. These tests could include blood work, electrocardiograms and chest x-rays. As surgical techniques and technology have evolved, however, most of these pre-operative tests are no longer needed, unless

there is a specific concern.

In spite of the pervasiveness of unnecessary care, the picture is not a bleak one. The report also provides several examples of how health care providers are working hard to put in place better practices or protocols to reduce waste, which may also harm patients.

We know patients are aware of this problem too. Ipsos Reid survey data shows that one in four Canadians say they personally have experienced unnecessary care in the past year. 67 percent of Canadians surveyed believe that patient demand is also responsible for unnecessary care, rather than decisions made by health care providers alone. Nearly half (42 percent) of Canadians surveyed said they expect a test ordered, or a prescription written, when they visit a doctor's office.

But the vast majority (92 percent) of Canadians surveyed also said they need more information to help make decisions and ask the right care questions.


### So what should patients do?

Choosing Wisely Canada, a national, clinician-led campaign has four key questions a patient can ask their care provider to help start a conversation about unnecessary care: Do I really need this test, treatment or procedure? What are the downsides? Are there simpler, safer options? What happens if I do nothing?

Together with health care providers, Canadians can help reduce unnecessary care by asking questions and having conversations about when more isn't always better.

Wendy Levinson, MD, OC is an expert advisor with EvidenceNetwork.ca and the Chair of Choosing Wisely Canada, and a Professor of Medicine at the University of Toronto. ▲

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- Mail this form with a cheque for payment and we will follow up by phone

Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Email \_\_\_\_\_ License Plate \_\_\_\_\_

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

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

MEMBERSHIPS ARE NON-REFUNDABLE



**Kerby Centre**

### Event and Meeting Space Available at Kerby Centre




**15% discount for annual contracts.**  
Conditions may apply, please inquire.


- **Free parking**
- **Event set-up and take-down**
- **Catering services**
- **Space for 10 – 550 people**

Phone: 403-705-3177 Email: [lauren@kerbycentre.com](mailto:lauren@kerbycentre.com)  
Website: [www.kerbycentre.com/rentals](http://www.kerbycentre.com/rentals)



## KERBY CENTRE'S HEALTH EVENTS


When: Monday May 14<sup>th</sup>, 2018  
Where: Lounge  
Time: 10:00 am – 11:00 am



Presenter:  
Angie Friesen  
Certified Yoga Instructor  
With Beaming Lotus



**Yoga for Everyone**  
Always wanted to try Yoga but feeling unsure?  
No matter your ability – You can do Yoga!!



Pre-Registration is not required:  
Free Entry!



# How to use MeetUp to connect with a new social group

By Vanessa Stewart

Have you ever wanted to try something new, but have no idea how to start, or who to start with?

Maybe you've been itching to learn how to speak French, take up salsa dancing, or paint your first portrait.

After having the same group of friends for a long time and adhering to the same routine, you can start to feel the need to spice things up a bit. The online platform [www.meetup.com](http://www.meetup.com) lets individuals venture out to meet new people, learn new skills, and continue the journey of life-long learning.

Staying socially active throughout life produces a wide variety of mental and physical benefits. In addition to maintaining a sharp mind and staying connected to the world around you, interacting with others can lower your blood pressure and potentially reduce the risk of cardiovascular problems and osteoporosis.

The simple interface of the website makes it easy to connect with new friends, expand out of your comfort zone, and spread your sphere of influence, all in a few clicks of a mouse.

Meetup.com is meant to serve as the starting point that lets you take up that new hobby you've been dying to try, or attend that musical with someone who also wants to go. With over 750 and counting established meet-up's in and around Calgary, there is sure to be a group that sparks each person's interest.

The website was launched in 2002 with the intention of connecting like-minded people to one another. The rules for using the website are simple — you browse groups within your city, connect with them, and meet up with fellow members.

Meeting up with people you have only said a few words to over the Internet might feel a bit overwhelming at first. Since every group creator must adhere to the community guidelines put in place by the website founders, members can feel safer knowing that the group has been reviewed, validated and approved. Enforcing community guidelines prohibits any inappropriate groups from popping up on the site, and helps members

to feel good about meeting with new people. In addition to these guidelines, Meet-Up groups are always held in public spaces with other people around, so that everyone can feel safe.

There is no obligation to attend meetings. You can meet up with groups every week, once a month, or once a year. You can go once and never again. Once you've found a group of interest, simply give confirmation that you are going to attend the next event, show up to the event, and meet with your group. Sometimes if a group is renting a space, they will request the membership to pitch in to pay the renting fee. Otherwise, there is no fee to use the website.

There are groups that

meet up once a week to chat and enjoy coffee, they meet at the same café every week, order their favourite beverage, and get to know one another. There are also groups that meet and do karaoke together on Friday nights at different bars. They share a few drinks together and sing the night away. You can find travel groups on the site, such as 'Spring Time in New York', a 45+ women's friendship group which is planning a trip to New York City in the near future.

If you're looking to spread some good around the community and connect with great people at the same time, there are plenty of volunteer opportunities as well, ranging from helping out at the Mustard Seed to promot-

ing wildlife conservation.

There is a meet-up opportunity for nearly every interest and passion that exists.

And if you don't find one that suits you — you can always create your own. ▲

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\*Great Food \*\$4.50 Breakfast

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Alberta Continuing Care Association  
Awards of Excellence Winner 2016 & 2017*

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Our compassionate staff provide exceptional nursing and clinical care, plus a full range of health and wellness services and amenities designed for convenience and peace of mind.

Contact us to **book a tour** and learn more about **Private Choice Care.**

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Strafford**  **Wentworth  
Foundation Manor**

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Calgary, AB T3H 3M2

[theBSF.ca](http://theBSF.ca)  
403.242.5005





# Activities, Programs & Services

Kerby Centre 1133 7th Ave SW

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

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

## Mark Your Calendars For These Upcoming Events



Dust off your sombrero and join us in celebration of

**Cinco de Mayo - May 4th**

**TACOBOUT A FIESTA**  
In the Kerby Centre Dining Room

Señor Mike will be whipping up a special Mexican theme menu of **Enchilada, Rice & Mexican Slaw With a Decadent Tres Leches Cake**

**Only \$10.00 per person**  
*Full kitchen menu also available as usual. No RSVP Required*

Lunch Served 11:30 am to 2:00 pm

**Live Mariachi Music By Pat Solis**  
Between 12:00 - 1:00 pm




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

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

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

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

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



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

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

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

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

**Email colleenc@kerbycentre.com**  
or call 403 705-3178

Don't Forget Mom this Mother's Day!



Friday, May 11th  
11:30 am - 2:00 pm

Why not treat Mom to a lovely lunch in the Kerby Dining Room. Enjoy a special Signature Meal for only \$10.00

**And Save the Date**  
**Father's Day Lunch - June 15th**

**Monthly Movie**  
**Florence Foster Jenkins**  
Friday, May 25th  
1:00 PM - The Kerby Lounge

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

**Kerby Centre Education & Recreation**  
**Tuesday ,May 29th**  
**St Patrick Island**

(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  
Friday, May 25<sup>th</sup>  
10am -2:30pm

**Options 45** A Group For Mature Jobseekers  
Powered by Kerby Centre

**May 1st**  
**Stay Positive & Resilient During Your Job Search**

**May 8th**  
**How to Narrow Down Your Career Choice**

**May 15th**  
**Preparing for Situational Interview Questions**

**May 22nd**  
**HR Perspective – the DOs and DON'Ts**

**May 29th**  
**Advanced LinkedIn**

\$2.00 Drop In Fee - Kerby Centre Room 318  
For more information, or to register, please  
Phone 403 705-3217 or Email opions45@kerbycentre.com

**Free Presentations At Kerby Centre**

Always wanted to try yoga but felt insecure. Here's your opportunity to check it out!

**Yoga For Everyone**

Monday May 14th  
Kerby Lounge 10:00 am—11:00 am

Financial Planning Today

**Wills and Estate Planning**  
With Jonathan Ng, Underwood Gilholme & Kenneth Lin, Quadrant Chartered Accountants

May 29th - 10:00 am to 12:00 pm  
Kerby Lecture Room

## Kerby Day Trips

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

Join us for a presentation by Anderson Vacations  
May 22nd  
1:00 pm - Kerby Room 318B

**AND SAVE THE DATE FOR**  
**Saskatoon Berry Farm—June 6th**  
&  
**A Waterton National Park Overnight**  
By Anderson Vacations - May 20-21

**Wednesday May 16th**  
**Driving Miss Daisy**  
Rosebud Dinner Theatre

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

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

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

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

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

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

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



# Hoarding Disorder

By John Vaillancourt

Many of us have, to some degree, some disorganization. We strain with the want to keep things because we think we may need them later, or because we want to preserve the reminiscences connected with them. We look at the boxes and bags covered with dust in the back of our attics and promise ourselves that we'll purge the old ice skates or hockey equipment and out-

grown or outdated clothes.

Hoarding goes much further than simple clutter, though.

Hoarding disorder has three defining characteristics: the excessive acquisition of things that appear to be of little or no value; the inability to discard possessions; and the disorganization of those possessions, which clutter up living spaces and make them impossible to use for their intended purposes.

It was reported at the Hoarding Conference in Edmonton (March 2015), organized by the Canadian Mental Health Association and the Seniors Association of Greater Edmonton (SAGE) that most people are genetically prone to hoarding. Psychologists, neurologists, and other behavioral researchers are trying to understand how hoarders think, and how to help. Hoarding is a mental health disorder and it is be-

lieved that a traumatic experience such as abuse, property invasion, or death of a loved one in a person's past may set off the disorder.

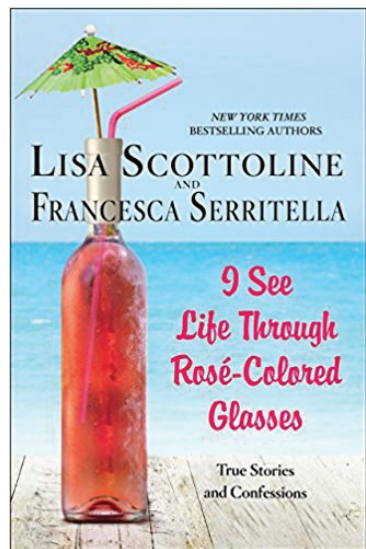
The acquisition of stuff is the backbone of North-American culture. According to John Franklin, of the peer-led Hoarding Response Team at the Mental Health Association of San Francisco, "Seventy percent of home-owning Americans cannot park cars in their garages because

there's too much stuff; one in 10 has a storage unit.

Millions of dollars are spent by landlords, property managers and service agencies each year on hoarding-related issues, which include eviction and the removal of older adults due to health and safety concerns.

If you're overwhelmed with stuff you've been saving and need assistance, there is help, call CARYA at 403-269-9888. ▲

## Look forward to ...



By Winifred Ribeiro

In *I See Life Through Rosé-Colored-Glasses*, the best-selling mother/daughter pair is back with another hilarious and heartfelt collection of essays about the possibilities and pitfalls of everyday life.

The New York Times best-selling mother/daughter duo are back with more hilarious, witty, and true tales from their lives. Whether they are attempting to hike the Grand Canyon, setting up phone calls with their dogs, or learning what "adulting" means, Lisa and Francesca are guaranteed to make you laugh, cry, and appreciate the funniest moments in life. Like the perfect glass of rosé, they're always here to help you escape from your own busy, modern life and instead, get lost in theirs.

***I See Life Through Rosé-Colored Glasses: True Stories and Confessions Hardcover*** –

Release date July 10, 2018  
by Lisa Scottoline (Author),  
Francesca Serritella (Author)  
St. Martin's,  
ISBN 978-1-250-16305-9



**Take an active role in how you age!**  
**BECOME A MEMBER TODAY!**

Studies show that social engagement is the key to healthy aging. A Kerby Centre membership is the starting point for a happy, healthy older adult!

For only \$22 a year, members enjoy:

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- Front of the line service for program registration!

And knowing you are part of an exciting organization dedicated to keeping you active and engaged!  
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**403-930-4848**



*Rocky Ridge*

Retirement Community by Signature

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






# CROSSWORD PUZZLE

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

**DIVIDING EXPERIMENT**

- |  |  |
|--|--|
| <b>ACROSS</b>                                  | <b>DOWN</b>  |
| 1 Simulates, as an event                       | 1 Traitor  |
| 9 Employ anew                                  | 2 Suffix with cannon   |
| 15 Barely visible                              | 3 Piece of the past  |
| 20 Dirigible pilot                             | 4 Not poisonous  |
| 21 Cuts into                                   | 5 Actor Elgort   |
| 22 The "O" of TV's OWN                         | 6 Produces   |
| 23 Changing from one form of matter to another | 7 Bath locales   |
| 25 Unrestrained                                | 8 Holy figures: Abbr.  |
| 26 Hollywood's Harper                          | 9 Sphere   |
| 27 2006 Supreme Court appointee                | 10 Bud of Bert   |
| 28 Ballerina Alicia                            | 11 Real good-looker  |
| 29 "Tapestry" singer King                      | 12 Turns of phrase   |
| 32 Eons ago                                    | 13 "Stuck" actor Stephen   |
| 35 Son on "Family Ties"                        | 14 Class for U.S. aliens   |
| 36 — -fi movie                                 | 15 "Go where I go"   |
| 38 Fund held in trust                          | 16 "What — excuse for ..."   |
| 39 Cow's mouthful                              | 17 Paradoxical   |
| 40 Kindled anew                                | 18 Capital of the Bahamas  |
| 42 Linda of "Dynasty"                          | 19 It's rung out on New Year's Eve   |
| 46 Bongos, e.g.                                | 24 Mai —   |
| 48 Of the study of the hair and scalp          | 28 Love, in Nice   |
| 52 Mine transports                             | 29 — blanche   |
| 56 Abbr. at the end of a list                  | 30 Advisory  |
| 57 Road groove                                 | 31 Piece of the past   |
| 58 North Carolinian, informally                | 32 DVR brand   |
| 60 Puts to work                                | 33 Livy's 1,400  |
| 61 "Reward" for awful service                  | 85 Starter or finish judge at a meet, e.g.   |
| 63 French for "eye"                            | 88 "Woo-hoo!"  |
| 64 Road  | 90 Docking site  |
| 66 Annual movie event in Lower Manhattan       | 91 Spanish wavy mark   |
| 71 U.S. pres. George (#41 as opposed to #43)   | 92 27-Across' first name, for short  |
| 72 Lounge lazily                               | 95 Kind of tire  |
| 73 Agatha Christie's "There Is —"              | 98 Pack animal   |
| 74 Voting no                                   | 100 Cooking fat  |
| 75 Loss of recollections                       | 101 Having depth as well as length and width   |
| 78 Home for mil. planes                        | 106 Is abrasive  |
| 79 Machines next to mice                       | 108 Kiddie-lit "pest"  |
| 82 Actress Sarah of "American Crime Story"     | 109 Observed secretly  |
|  | 110 Minnesota's state bird   |
|  | 111 On top of  |
|  | 112 Action short of a divorce ... or what occurs in six long answers in this puzzle? |
|  | 118 More sage  |
|  | 119 Red-brown  |
|  | 120 Nullified  |
|  | 121 Wound vestiges   |
|  | 122 Sets foot in   |
|  | 123 Exonerated   |
|  | 34 Flynn of old movies   |
|  | 37 Welsh, e.g.   |
|  | 41 Is pounding   |
|  | 43 Actor's rep.  |
|  | 44 Hollywood's Vardalos  |
|  | 45 Tool for cutting decorative spiral lines  |
|  | 47 Snaky shape   |
|  | 49 Not inner   |
|  | 50 "Excuse me"   |
|  | 51 Ericson of exploration  |
|  | 53 On a cruise   |
|  | 54 Line winder   |
|  | 55 Old JFK jet   |
|  | 59 Zeno of — (philosopher)   |
|  | 61 Ex — (from nothing)   |
|  | 62 Date tree   |
|  | 64 Inflexible  |
|  | 65 Morsel  |
|  | 66 Fish that's a sushi staple  |
|  | 67 Q-V link  |
|  | 68 It might have serifs  |
|  | 69 Robert of "The Sopranos"  |
|  | 70 Groups of employees   |
|  | 71 Protestant denom.   |
|  | 75 Battery end   |
|  | 76 I, in German  |
|  | 77 Alias lead-in   |
|  | 79 Rice-and-broth dish   |
|  | 80 Training unit   |
|  | 81 Luges, e.g.   |
|  | 83 Group associated with red fezzes  |
|  | 84 McCain's 2008 rival   |
|  | 86 Spoken  |
|  | 87 Salsa herb  |
|  | 89 — and yang  |
|  | 92 Drink inserts   |
|  | 93 Language of the Koran   |
|  | 94 Brunch drink  |
|  | 96 Help  |
|  | 97 Fat-breakdown enzyme  |
|  | 99 Goal getter   |
|  | 102 Delaware's capital   |
|  | 103 Ship of the Middle East  |
|  | 104 Jays' homes  |
|  | 105 Suffix with cannon   |
|  | 107 Stockpile  |
|  | 110 Liquid rock  |
|  | 112 Two plus one, in Turin   |
|  | 113 Trot quickly   |
|  | 114 Mom's mate   |
|  | 115 Ca++ or Cl-  |
|  | 116 Lyrical verse  |
|  | 117 Beatty of "Network"  |

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
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118							119							120					
121							122							123					

**SOLUTIONS ON PAGE 26**

**HAVE A LAUGH!**  
 What's the best thing about Switzerland?  
 I don't know, but the flag is a big plus.  
 What happens to a frog's car when it breaks down?  
 It gets toad away.

**Sandra G. Sebree** Lawyer  
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- Alberta Health Care Program For Seniors


**TAKE THIS TEST**

<b>Are your dentures?</b>	<b>Is your denture?</b>	<b>Are your gums?</b>
<input type="checkbox"/> Loose	<input type="checkbox"/> Floating	<input type="checkbox"/> Always sore
<input type="checkbox"/> Cracked, worn	<input type="checkbox"/> Clicking	<input type="checkbox"/> Flat
<input type="checkbox"/> Over five years old	<input type="checkbox"/> Requiring adhesive	<input type="checkbox"/> Difficult to fit
<input type="checkbox"/> In your pocket	<input type="checkbox"/> Causing you to age	
<input type="checkbox"/> Missing teeth	If you have checked any of the above please call for an appointment.	

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre  
**403-282-6126**



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



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

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

**DON'T DELAY GETTING HELP WITH YOUR HEARING!**

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

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

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

**Audiology Innovations**

Mission Location: 202-320 23rd Ave. S.W., Calgary  
 403-252-4722

Glenbrook Plaza 226-3715 51st St. S.W., Calgary  
 403-802-6022

www.audiologyinnovations.ca



## Florence Foster Jenkins

Released 2016 (1 hour & 51 minutes)  
 Rated PG Biography, Drama, Comedy

Friday May 25, 2018  
 at 1:00 PM in the

**Kerby Centre Lounge**



Tickets are \$1.00 from the

Education and Recreation Department Room 305

Price includes a snack and a drink!

**Sponsored by The Lodge at Valley Ridge**



## FINANCIAL PLANNING TODAY

**Topic:** Wills and Estate Planning

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

**ROOM:** Kerby Centre Lecture Room

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

**TIME:** 10:00 am – 12:00 pm

**COST:** Free Presentation

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

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

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

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

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

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# Financial Planning: The personal directive – your living will

By Jonathan Ng

The Will is the centerpiece of the estate plan. Taking a backseat in the estate planning conversation are the Enduring Power of Attorney and Personal Directive. Although it is important to make decisions about your estate after death through your Will, it is equally important to make advanced decisions about your finances and personal care in the event that you become incapable of making these decisions on your own.

The Personal Directive is a document where the “Maker” appoints an “Agent” to make personal care and medical decisions on the Maker’s behalf if the Maker is no longer mentally capable of making such decisions on his or her own. Mental capacity can result from dementia, stroke, and head in-

jury, to name a few — and all are circumstances where having an Agent can greatly improve quality of life.

If a person is mentally incapable of making personal care decisions and does not have a Personal Directive, it is possible for health care professionals to take directions from your spouse or children. Be careful. This can lead to complications when those family members are not acting in the best interests of the incapable person, disagree among themselves with a decision, or cannot be reached. The remedy in these circumstances is for a family member or friend to apply for a guardianship order, a process that can take several months in court and result in high legal fees. In hindsight, preparing a Personal Directive would have been the ideal solution.

A Personal Directive does not need to be prepared or signed by a lawyer, notary, or commissioner of oaths. The provincial government offers a Personal Directive form online that can be printed, filled out, and signed. It is recommended that the Maker seek legal advice in the preparation of the Personal Directive to ensure that all bases are covered.

In addition to the appointment of an Agent, the

Personal Directive serves to describe your vision for quality of life and the type of health care you receive. For example, it is common for a Maker to provide wishes regarding palliative care, treatment during a persistent vegetative state, and the administration of pain-relieving medication. The Personal Directive also allows the Maker to consent to organ donation. If the Maker has minor children, he or she can use their Personal Directive to designate a person to care for their children.

The Personal Directive forms an important part of your estate plan, but like the Will and Enduring Power of Attorney, your wishes go beyond what is written on the pages. You as Maker are encouraged to discuss with your Agent what the document means to you and the quality of life you wish to enjoy. ▲

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

### 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](mailto: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.

I believe that through knowledge and discipline, financial peace is possible for all of us.

Dave Ramsey

## 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](mailto:funddev@kerbycentre.com)

Charitable Registration #11897-9947-RR0001



# Community Events and Seniors Scene

## Stanley Park Lawn Bowling Club

Stanley Park Lawn Bowling Club will celebrate *National Bowls Day* on Saturday, June 2 from 1 – 3 p.m.

They invite people of all ages to come and try lawn bowling. All equipment is provided. Flat-soled shoes are required, and dress is casual. Instructions for beginners are given every Monday at 7 p.m. in June and July.

The club is located at 350 42 Avenue SW in Stanley Park (between Elbow Drive and Macleod Trail).

For more information please call 403-532-8006.

## Law Day Alberta

Law Day will be celebrated at the Calgary Courts Centre, 601 5 Street SW. from 9 a.m. to 3 p.m.

It is a national event, held every April to celebrate the signing of Canada's *Charter of Rights and Freedoms*. It is an occasion for the public to learn about the law, the legal profession and the legal institutions that form the cornerstones of Canadian democracy.

It's also a day for the legal profession to educate the public about the vital role played by lawyers and the judiciary service in guaranteeing an open, independent and unbiased judicial system.

Activities include mock trials, courthouse tours, open citizenship courts, as well as public speaking and mock trial contests involving junior high and high school students.

For more information visit: <https://lawdayalberta.weebly.com/calgary.html>.

## Mental Health Week

During Mental Health Week the Canadian Mental Health Association and Organization for Bipolar Affective Disorders (OBAD) will present a lecture by Dr Zahra Goodrazhi, a specialist in geriatric mental health and movement disorders such as Parkinson's disease. The lecture will be held at Kerby Centre, Room 205, on May 11 at 11 a.m.

The Organization for Bipolar Affective Disorders (OBAD) holds monthly Seniors' Support meetings which help individuals to discuss issues related to mood disorders. This group is facilitated and offers support and guidance in cases of depression, anxiety and social isolation.

For more information about Dr. Goodrazhi's lecture please call the Senior's Support Group at 403-263-7408 or visit [obad@shaw.ca](http://obad@shaw.ca).

## Nature Calgary

Nature Calgary's Speaker Series in May will present Don Hladiuk (best known as the Star Man on CBC's Calgary EyeOpener). He will give a talk entitled *Enjoy-*

*ing the Night Sky from Your Backyard*. He will use beautiful photos of astronomical objects to show how to navigate the starry sky and enjoy its wonders from within the lights of a big city. The meeting will take place at 7:30 p.m. on May 16, at Car-del Theatre, 180 Quarry Park Blvd SE, (map at <http://cardeltheatre.com>).

For more information visit <http://naturecalgary.com>.

## Reset Society of Calgary (formerly Servants Anonymous)

Reset Society of Calgary will hold its 16<sup>th</sup> annual book sale at Crossroads Market (at the Junction of Blackfoot Trail and Ogden Road SE) from May 2 to 6. Book sale hours are 3 p.m. to 8 p.m. on May 2 and 3, and 10 a.m. to 5 p.m. on May 4, 5 and 6. To reach the book sale by Calgary Transit, Routes 24 and 302 stop at the corner of 26 Avenue and

11 Street SE. This event is sponsored by 95.9 CHFM and City TV.

## Open Door Seniors

Open Door Seniors hold daily activities for seniors aged 55+ on Mondays to Fridays from 9:30 a.m. to 3:30 p.m. Activities take place at the First Baptist Church lower level, which is wheelchair accessible, at 1307 4 Street SW. The annual membership costs \$20, plus \$2 drop-in activity fees.

On May 25 and 26 there will be a Treasure Chest indoor garage sale. The times are on Friday from 3:30 p.m. to 6:30 p.m. and on Saturday from 9 a.m. to 3:30 p.m. Cash sales only.

For more information call Carol at 403-269-7900, email [opendoorseniors@gmail.com](mailto:opendoorseniors@gmail.com), or visit facebook: *Open Door Fellowship of Calgary*.

*Continued on Page 26*

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

**Solution on page 26**



## All About Seniors

1997 20 years 2017

**Specializing in care for seniors residing in their own homes or in assisted living centres**

**CONTINUITY OF CARE PHILOSOPHY**

<b>Companion Services</b> Appointments Socializing Cognitive Stimulation Community Outings Music Therapy	<b>Home Care Services</b> Supported by a Registered Nurse 24/7 Personal Hygiene/Care Medication Assistance Foot Care
---	--

**Our leaders are Certified Trainers using the Best Friends Approach from the Alzheimer Society of Calgary**

**403-730-4070**  
[www.allaboutsensors.ca](http://www.allaboutsensors.ca)

**Units Now Available in Olds & Sundre**



### Life Lease Suites for Independent Seniors

**Enjoy an Ideal Blend of Security & Freedom**

Sharing many amenities with the attached Lodge, our unique Life Lease Suites include one and two-bedroom suites that are larger than the lodge units and include full kitchens equipped with 5 appliances and storage room.

Mountain View Seniors' Housing Life Lease Suites provide all the comforts of home—and then some. These suites are specifically designed for independent seniors who want the flexibility and freedom to come and go as they please, with the security and comfort of knowing individual needs will be met as their lifestyle and health needs change over time.



**Olds Life Lease**



**Sundre Life Lease**

Only 10% deposit to hold with the balance on occupancy. To find out more about Life Lease suite options, please contact:

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

[www.mvsh.ca](http://www.mvsh.ca)



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The Community with Heart

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**AGING IN PLACE**

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- Independent Living with Assistance
- Memory Care



403-369-3000 [www.themanorvillage.com](http://www.themanorvillage.com)



# Classified Ads

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

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

**Classified Rates**  
Starting at \$18.50 (50 characters 2 lines)  
Classified deadline for June issue must be received and paid by May 11.



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**  
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403-455-9727

## 11 Foot Care

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

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

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

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.  
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**Who Else Wants To Have BEAUTIFUL FEET This Summer?** Your feet can look and feel better this summer than they have in YEARS! Certified Pedicurist, Marion Smith-Olson treats athlete's foot ... persistent fungus issues ... cracked, flaking, and misshapen toenails ... as well as other foot ailments.

LOVE your feet, and show them off, this summer! Call Toes On The Go Footcare at 403-620-7851 today for more information

## 12 Home Care

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

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

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Are you expecting a Caregiver to be an angel in your home? **Karev Home Caregivers** offers a wide range of home care, personal support services to seniors and individuals with disabilities. We provide exceptional and affordable care to fit your unique needs. NO MINIMUM HOURS REQUIRED. Call us today for a FREE Assessment: 587-224-9852

Private in home care aid seeks clientele to add to existing clientele, wkly, biwkly, or mthly. Prof services incl household duties, cooking, bathing & massage, grocery shopping, assist to Dr apt, men's & women's companion care, reasonable flat rate avail, excellent refs, lv message. Debra 403-239-5236

**Respite/companion for seniors.** Meal prep, light housekeeping, errands. Linda Holtorf, 30 yrs exp. P: 403-869-8822 E: [lindacare68@gmail.com](mailto:lindacare68@gmail.com)

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

## 13 Mobility Aids

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

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

## 20 Home Maintenance

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All types of electrical work new, old, trouble shooting & renos. Sr disc. 403-239-5918 or 403-870-8687

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

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

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

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

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

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

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

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

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

## 24 Landscaping

**Action Lawn Care - lawn cuts**, seasonal clean up, aeration, eaves trough cleaning, power rake, fertilizing, hedge trimming. **Karl 403-651-3900**

Catering to NE/SE Calgary for 17 years Spring clean up Weekly / Biweekly & Holiday Lawn Care, Deep Core Aeration / Edging / Hedge Trimming / Eaves Cleaning **A Plus Lawn & Snow 403-248-0357**

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

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

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Tree pruning/tree removal/fertilizing/insect & disease control. Certified arborist. Licensed. Insured. **Senior Discount. Ph: 403-242-3332**

## 26 Services

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

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

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

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

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

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**GEEK COMPUTER**  
PC Repair  
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Serving Canada over 25 years  
Senior Discount Available  
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**!!! Great Haircuts!!!**  
Sandra's Mobile Barbering Service. Have shears will travel. 25 years experience. Will go to your home, hospital, nursing home, etc. 403-288-5591 Please leave message if no answer.

**HAIRSTYLIST IN MOTION**  
mobile hair care in the comfort of your own home, hospital, nursing home, anywhere. Please call Brenda 403-471-7500

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## 30 For Sale

For sale - solid wooden cremation urns. Call/text **403-701-9518** or visit **Kiji & enter 1228499805**

## 33 Wanted

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

Genuine Lady wanted to meet True gentleman to build relationship on mutual trust & respect, 55+ Please call 587-703-1787

Wanted used electric scooter less than 3 yrs old 403-284-2898 Sandy

Wanted old postcards David 403-285-4833

## 45 For Rent

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

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

*Continued on Page 26*



Continued from Page 25

**45 For Rent**

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

**48 Real Estate**

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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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Ph: 403-616-2901

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"Seniors deserve a break"  
Brent 403-383-9586  
ABC MOVING specializes in relocating seniors from one place to another.  
\$\$ low low rates \$\$  
Call Don at 403-383-9864  
www.abcmoving.ca

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

**SODOKU ANSWER**

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

**PUZZLE ON PAGE 24**

Continued from page 24

**Good Companions 50 Plus Club**

On May 8 Good Companions will host a Social Supper with a Mexican theme. Happy Hour at 4:30 p.m., Supper at 5:30 p.m. Cost \$20 for members, \$22 for non-members.

Jammers Night is on May 11 from 7 – 9 p.m. Admission by donation. Snacks are welcomed.

Tea and Conversation program will take place on May 11 from 1 p.m. to 3 p.m. The cost is \$2. There will be two presentations: *New Low Income Seniors Benefits* and *The Meaning of Home Where Seniors Live*.

On May 18 and 19 the White Elephant Sale from 9 a.m. to 4:30 p.m. will feature retro stuff, treasures galore, collectibles, puzzles and clothing.

Good Companions is situated at 2609 19 Avenue SW. For further information please contact: [gc50plus@gmail.com](mailto:gc50plus@gmail.com) or check [www.gc50plus.org](http://www.gc50plus.org).

**Inglewood Silver Threads**

Inglewood Silver Threads is a 55+ senior activity centre focusing on group activities, located at 1311 9 Avenue SE. Annual membership is \$20. Members enjoy crafts, Games Day and two exercise programs for free. Bingo is played every Tuesday at 10 a.m. for 10 cents per card per game. Tea and Chat Lunch at \$2 and monthly potluck lunches provide a way to meet new people.

Spring Tea, Bake and Craft Sale takes place on Saturday, May 5. Doors open at 9 a.m. Lunch costs \$5. All money raised goes directly to senior activities.

Subsidized day trips are an affordable way to visit areas in and around Calgary. Aboriginal Days at Head Smashed in Buffalo Jump is one of the upcoming trips. Members pay \$25, which includes transportation, lunch and admittance fee.

For more information please contact Wendy at 403-264-1006.

**Bow Cliff Centre for 50+**

Bow Cliff Centre will hold a Mother's Day Tea on May 12 from 1-3 p.m. Everyone is welcome to this special tea. Bring mom, friends and family. Tickets are available in the office.

The annual indoor and outdoor Garage and Boot Sale will be held on Saturday, May 26, from 8 a.m. to 3 p.m. Tables and parking spots may be rented for sellers.

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

**Greater Forest Lawn 55+**

Greater Forest Lawn 55+ will hold Five Star Bingo on May 3 and 19 at 12:15 p.m., at



**IN MEMORIAM**

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

- Adib Rihany
- Audrey Murray
- Daphne Gwendolyn Boyd
- Derek J Merrill
- Florence Georgina Bilozir
- Joyce Verna Lillian Booker
- Marjorie Ann Lowe
- Mary Marasco
- Michael aka Mike Basaraba
- Ralph Morley Miller
- Ronald Lawrence (Ron) Bishop
- Teresa Bates
- William Tye

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.



4980 25 Street SE. Telephone 403-248-8334. The bus route is Circle #72 or 73.

Dances will be held on May 5 with the Good Timers, and on May 19 with For Olde Tyme Sake. Doors open at 6:30 p.m., dance at 7:30 p.m. Cost for members is \$12,

non-members \$13. Wednesday Lunches are held every Wednesday at 12 noon. Cost is \$7, with bingo to follow.

For more information about other activities please call 403-272-4661 or visit the website: [www.gfls.org](http://www.gfls.org).

Life is like riding a bicycle.  
To keep your balance, you must keep moving.  
Albert Einstein

**CROSSWORD SOLUTION**

R	E	E	N	A	C	T	S	R	E	H	I	R	E	F	A	I	N	T	
A	E	R	O	N	A	U	T	E	R	O	D	E	S	O	P	R	A	H	
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# Simple, delicious and healthy

Page design & layout  
by Winifred Ribeiro

In *Made with Love* you will discover delicious, accessible, plant-based recipes for every meal and moment of the day. The recipes come from Kelly and Erinn, the mother and daughter duo behind Kelly's Bake Shoppe and Lettuce Love Cafe. With more than 100 recipes for award-winning baked goods and savory favorites, *Made With Love* has something for everyone! From Chocolate Monkey Pancakes for breakfast, to Cumin-scented Corn Bread and Eggless Quiche for lunch; to Banana Butterscotch Loaf and Lemon Scones as your afternoon treat, or classic Chocolate Cake and Dulce de Leche Cupcakes for special occasions.

Kelly and Erinn share the story behind their decision to eat a plant-based diet, including the health benefits and the basics you need to get started. Their recipes are super-simple, and all the ingredients are readily available in regular grocery stores. Their recipes are vegan and gluten-free, using natural, plant-based ingredients, so that even those with extreme food intolerances can make their decadent baking and delicious meals at home.

You will love this cookbook, filled with easy-to-prepare, healthy recipes, suitable for everyone.



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## CREAMY BUTTERNUT SQUASH SOUP

*Doesn't this sound warm and soothing? Well, it tastes just as good. Butternut squash roasts to a melting sweetness that's emphasized by the maple syrup and coconut milk we add at the end of cooking. This is a great choice if you're feeding kids, especially if they're veggie-averse. The flavor will squash any reluctance!*

**Active time:** 25 minutes **Total time:** 1 1/2 hours

**Makes:** 10 to 12 servings

Nonstick cooking spray  
2 large butternut squash  
4 tablespoons olive oil  
1/2 teaspoon ground cinnamon  
2 medium yellow onions, diced  
1/2 teaspoon red chili flakes

6 cloves garlic, minced  
2 tablespoons grated fresh ginger  
1 teaspoon sea salt  
8 cups vegetable broth  
1/2 cup canned coconut milk  
2 tablespoons maple syrup

1. Set the oven to 375°F. Spray two baking sheets or roasting pans with cooking spray.
2. Halve the squash and remove the seeds. Lightly brush each half with a little of the olive oil and sprinkle with cinnamon. Place the squash on the baking sheets, skin-side up, and cover tightly with foil. Bake for 45 to 60 minutes, or until the squash has softened. Feel free to uncover the squash and turn them over for the last 5 minutes. When the squash is ready, it will be very easy to scoop out of its skin, so make sure you roast it until it's beautifully soft.
3. Meanwhile, heat the remaining olive oil in a stockpot over medium heat. Sauté the onions for 3 minutes, or until translucent. Add the chili flakes and sauté for 3 more minutes. Add the garlic, ginger and salt, and sauté for 2 minutes, or until fragrant. Remove the pot from the heat.
4. When the squash is ready, remove it from the oven and let cool for 15 minutes. Scoop the squash out of the skin and add to the pot, along with the veggie broth.
5. Return the pot to medium heat and bring to a simmer. Simmer for about 15 minutes to allow the flavors to combine and deepen. Add the coconut milk and maple syrup.
6. Blend the soup, in batches, until smooth. (Don't overfill the blender or you risk scalding yourself and making a mess of your kitchen counter!) Return the soup to the pot and heat through. The soup can be refrigerated for up to 5 days and also freezes well.



## MEGA SALAD

*What is so wonderful about salads is the more you make them, the more you get comfortable with experimenting and discovering new favorite flavors. Trust us, salads are addictive. Treat this recipe as a guideline, substituting whatever nuts, seeds or sprouts are your faves*

**Active time:** 15 to 20 minutes **Total time:** 15 to 20 minutes

**Makes:** 4 servings

8 cups any greens (romaine, arugula and/or spinach), torn into bite-size pieces  
2 cups any sprouts (radish, sunflower, pea, broccoli, lentil etc.)  
1 cup fresh cilantro leaves, chopped  
1 cup fresh basil leaves, chopped  
1 cup fresh mint leaves, chopped  
4 tablespoons fresh lime or lemon juice  
1/4 cup avocado oil  
1/2 cup walnut pieces  
1/2 cup dried blueberries  
1/2 cup hemp seeds  
1/2 cup raw sunflower seeds  
1/4 cup raw pumpkin seeds  
2 avocados, pitted and cut into 1/2 inch chunks  
Pinch of sea salt

1. In a large bowl, mix the greens, sprouts and herbs. Toss with lime juice.
2. Add the avocado oil and toss to coat the leaves thoroughly.
3. Sprinkle with salt to taste. Toss until well combined.
4. Add the walnuts, blueberries, hemp, sunflower and pumpkin seeds, and toss well.
5. Add the avocado chunks and toss gently to fully incorporate.

Serve immediately.

Sprinkling the sea salt after the lime juice and avocado oil is an important step, as it helps the salt stick to the leaves and make the greens taste more fresh and vibrant.



## ORIGINAL BUDDHA RICE BOWL

*This is one of our most popular dishes at the café because it's got something of everything, and is all so delicious. We like to grill some of the veggies and leave others raw to provide a variety of flavors and textures. Grilling also brings out the natural sugars in sweet potato and red pepper, which makes this a treat in a bowl!*

**Active time:** 15 minutes **Total time:** 20 minutes

**Makes:** 2 servings

1 sweet potato, thickly sliced  
1 sweet red pepper, seeded and thickly sliced  
2 tablespoons olive oil, plus extra for oiling the vegetables  
3 cups cooked short-grain brown rice  
2 tablespoons wheat-free tamari  
1 teaspoon dried basil  
2 tablespoons diced red onion  
6 oil-packed sun-dried tomatoes, very finely sliced  
4 slices avocado  
4 tablespoons raw sunflower seeds  
1/4 cup chopped cilantro  
12 raw almonds

1. Preheat the grill to medium-high. Brush the sweet potato and red pepper slices with olive oil. Grill for 10 to 15 minutes until tender and browned, turning the vegetables midway through cooking. Set aside.
2. Divide the cooked rice between two bowls and drizzle each portion with 1 tablespoon olive oil and 1 tablespoon tamari. Sprinkle each bowl with 1/2 teaspoon dried basil.
3. Arrange the grilled vegetables, red onion and sun-dried tomatoes on the rice.
4. Top with avocado slices, sunflower seeds, cilantro and 6 almonds per bowl.



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