

Kerby News

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Kerby Centre

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in Calgary and Southern Alberta”

2018
November
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WWI soldiers in the trenches.

Inside

Reflections on Remembrance Daypages 7-8

Making sense of readingpages 9-10

A barrel of fun in retirement for Maureen Marston ..page 16-17

Victoria — city of adventurepage 24-25



Sunday, November 4, Daylight saving
Monday, November 12, Remembrance Day



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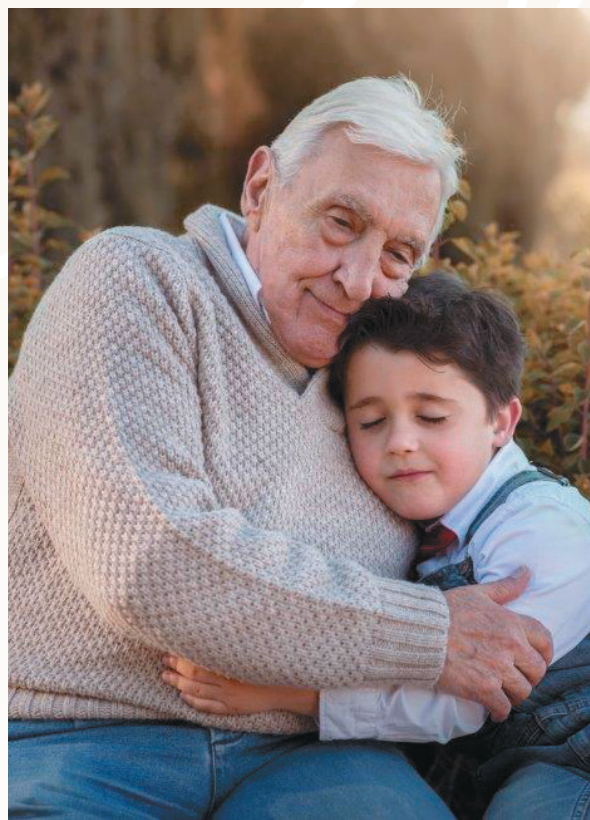
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By ZANE NOVAK
President of Kerby Centre

Kerby Expo success and Remembrance Day at Kerby

There are always a couple of challenges associated with writing the President's Message for Kerby News. One of the main ones is timing. From the point of writing to the point in time when you, the reader, will read it, is a substantial differential. So, the things that are of interest or as they say "on the bubble" today, may be old news a month and a half from now. We live in such a rapidly changing world with events

being documented and covered as they happen on a world-wide scale.

One of the items that I would like to refer to, it now being November, is Kerby Expo held on September 22nd, now two months in the past. Throughout my career, I have either attended or participated in countless trade shows and expos. Typically, I find them exhausting to attend and even more exhausting to participate in. That being said, I have to rethink my perception of trade shows and expos in light of the success of Kerby Centre Expo.

It was a hub of activity, so well attended, with exhibits that pertain to our demographic. For once in my life, I truly wished I had a relevant product to put in a booth as it would have been so well-received at this venue.

I especially want to thank the hard-working Kerby staff for once again putting on a first-class event. Please be sure to attend our next Kerby Expo.

It seems that there is always something new to catch our attention. Not many

things are of enough substance to engage us for very long anymore. However, one particular event always holds my attention every year and that is November 11th, Remembrance Day. It is significant on so many levels. So much was sacrificed by so many.

These are debts that can never be repaid. The debt that we as Canadians owe to those who served, and continue to serve, in our armed forces goes beyond any word or action we can ever offer.

Remembrance Day originally celebrated the end of the First World War, the Great War, the War to End All Wars. The war that had its end with the armistice declared at 11:00 a.m., Paris time, on November 11, 1918, one hundred years ago this month.

We no longer have any veterans from that war with us. The last, John Babcock, passed away in 2010. He joined his fellow soldiers in whatever world is after this one.

Over a million men and women served in the Second

World War. We do not know precisely how many veterans of World War II are still with us, but it can be measured in the tens of thousands. The day will come when we will be without them as well. And we will be the lesser for it.

With this in mind, I urge you to heed the call that is made every Remembrance Day, "lest ye forget".

I invite all to join us on Sunday, November 11, at 10:15 am in the Kerby Centre auditorium for our annual Remembrance Day ceremony.

It is my habit to always conclude my message on a buoyant note, but this month, I think a more somber conclusion is fitting. I would ask that we all take time to reflect on Remembrance Day. All that it has afforded us, the freedoms we have, the respect we have around the world and the respect we show each other. How can we, each day, be a better, stronger embodiment of what was fought for and earned during both World Wars, and the peace actions in which Canada continues to participate. ▲

NOVEMBER 2018

Front cover photo: WW1 trenches
Design by Winifred Ribeiro

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World War 1 Centennial Remembrance Day



By LUANNE WHITMARSH
CEO of Kerby Centre

the people who have died in wars. We pause to remember the ones who died and the ones who came home. Many who came home have lifelong scars (missing limbs, post-traumatic stress disorder, addictions, frailty, and inability to socialize, to name a few afflictions).

As Canadians we often take our freedom for granted, forgetting that people died for our independence and our rights as citizens of the free world. Too often we don't take this privilege seriously. When we pause to remember those who fought, those who died and those who loved our men and women who served, let us also remember that we have a responsibility to live life ethically, build our strength as a country, hold each other accountable, tell the truth, be kind, give of our time and money and to be thankful each and every day for the wonderful country we live in.

So, when you read this message please reach out to two people from whom you have not heard in a while. Tell them they matter, that you care. Ask how you can help, and do it. Ask for help if you need it. Be a great citizen today and every day. ▲

November is the month we honor those brave men and women who fought in wars; some never coming back home, some coming home injured and ill. We also honour the families that struggled, missed members of their family when they were away, and mourned deeply when they did not return home or came home changed forever. As we pause to remember... let's reflect.

November 11 marks the day World War I ended, at 11:00 a.m. on the 11th day of the 11th month in 1918. A two-minute silence is held at 11:00 a.m. to remember

In Flanders Fields

Written in World War I
by John McCrae,
May 1915

In Flanders fields the
poppies blow
Between the crosses, row
on row,
That mark our place; and
in the sky

The larks, still bravely
singing, fly
Scarce heard amid the
guns below.

We are the Dead. Short
days ago
We lived, felt dawn, saw
sunset glow,
Loved and were loved,
and now we lie
In Flanders fields.

Take up our quarrel with
the foe:
To you from failing
hands we throw
The torch; be yours to
hold it high.
If ye break faith with us
who die
We shall not sleep,
though poppies grow
In Flanders fields.



News from City Hall

By EVAN WOOLLEY

Calgary Councillor for Ward 8

Calgary —make your vote count on November 13th

On Tuesday, November 13th, 2018, you'll have your chance to help decide if Calgary will submit a bid for the 2026 Olympic and Paralympic Winter Games. Advanced voting will be available on November 6 and 7.

The question you'll be voting on is:

Are you for or are you against Calgary hosting the 2026 Olympic and Paralympic Winter Games?

I am for Calgary hosting.

I am against Calgary hosting.

As chair of the 2026 Olympic and Paralympic Winter Games Assessment Committee, I've remained

neutral on a potential bid. I hope you've been able to get all of the information you need to make an informed decision. I've included some links at the bottom of this article if you'd like more information. It's not my goal to convince you one way or the other—there are many potential risks as well as potential benefits and you must weigh them carefully before voting.

Many Calgarians have said to me, "the plebiscite isn't binding, so what's the point?" or, "would you go against the results of the plebiscite?"

I certainly would not go

against the wishes of Calgarians, regardless of whether the majority were for or against a bid. I've said this publicly and I'll reiterate that the plebiscite will be the final arbiter of how we decide on the Olympics.

I'd like to thank everyone who has worked on the Olympic Games bid including Calgary Bid Exploration Committee, Calgary 2026, the Engagement Advisory Sub-Committee, the City Secretariat, and my fellow Councillors. Overseeing the process has been an eye-opening and rewarding exercise and I'm thoroughly impressed with the work ev-

everyone has put in, especially considering some challenging timelines and the climates in which many are working.

More information, including how, when and where to vote is available at: www.calgary.ca/vote2018.

For a summary of Olympic engagement, timelines, and more information about a potential bid, please visit: www.calgary.ca/calgary2026.

If you have any questions or concerns, contact my office at 403-268-2431 or ward08@calgary.ca for more information. ▲



This month in Edmonton

KATHLEEN GANLEY

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

Every person deserves to live well in our society

Every November, we honour those who have made great contributions and sacrifices for our country at home and overseas during times of conflict and peace. Every person deserves to live well in our society, from children to seniors, and those in difficult circumstances.

Alberta is helping children to stay focused at school by expanding its school nutrition program, giving more than 30,000+ students a daily nutritious meal. The program debuted in the 2016-17 school year and has been wildly successful, continuing to expand ever since. Budget 2018 allocated \$15.5 million to

support the program, with the money distributed directly to school authorities to establish or enhance existing nutrition programs. The Calgary Board of Education has 13 schools participating in the program, and board members welcome the opportunity to present healthy choices to students and strengthen their sense of community.

Seniors can now apply for new program funding through the Aging Well in Community grant. The program supports initiatives that help seniors stay in their homes and engaged in their communities. Issues of focus include ageism, social inclu-

sion, elder abuse prevention, and age-friendly areas. Recipients can access funding for three years with a maximum amount of \$100,000 per project. The province is investing annually through an open call for proposals. Applications are open until Nov. 16. For more information, please visit <https://www.alberta.ca/aging-well-grant-program.aspx>

In Calgary, low-income and homeless Calgarians will now have faster access to mental health services at CUPS (Calgary Urban Project Society). The Government of Alberta has increased its support to remove the current wait list through

a \$1.4 million, three-year funding grant. The number of mental health and addiction patients that can be served will increase from 546 in 2017 to almost 800 a year. The funding will allow CUPS to expand services, hire four new staff, and create an outreach program.

I am always happy to hear from constituents. If you have feedback to offer, please contact my constituency office: Calgary.Buffalo@assembly.ab.ca Telephone 403-244-7737 Mail to Unit 130, 1177 11 Ave S.W., Calgary, AB., T2R 1K9 ▲



This month in Ottawa

KENT HEHR

Kent Hehr Member of Parliament for Calgary Centre

Honouring and supporting our Veterans

This year, our federal Liberal government implemented a series of meaningful changes to better support Canada's Veterans and their families:

- A new Veterans' Education and Training Benefit, which provides funding for tuition, books and living expenses up to \$80,000.
- A new Caregiver Recognition Benefit.
- Expanded access to the Military Family Resource Centres.
- A redesigned Career Transition Services Program.
- Removal of Time Limits for Rehabilitation Services and Vocational Assistance Program.
- A new Veteran and Family Well-Being Fund.

- A new Veteran Emergency Fund.
- A new Centre of Excellence on PTSD and mental health conditions.

Pension for Life

Our Pension for Life provides better support for ill and injured Veterans. It includes:

- Tax-free financial compensation, with the choice of monthly payments for life, to recognize pain and suffering caused by a service-related disability.
- Income replacement for Veterans experiencing barriers returning to work, at 90% of their pre-release salary.
- Services and benefits to help

Veterans with education, employment, and physical and mental health.

For example, a 25-year-old Veteran who is 100% disabled would see his/her monthly support increase from \$4,150 to \$5,890. For a 50-year-old who is 100% disabled, his/her monthly support would be almost \$9,000 (compared to \$7,270 in 2015).

Canadian Armed Forces members and Veterans want to know that our government has their back if they become ill or injured as a result of their service. Unlike the previous Conservative government who closed offices and cut back ser-

vice, we have invested to improve supports and services. With Pension for Life, we are going a step further to provide financial security and help Veterans transition to a civilian life with meaning and purpose.

Save the Date:

Kent Hehr's Annual Holiday Party

Saturday, December 15, from 11:00 a.m. to 2:00 p.m. Kerby Centre Gym 1133 7 Ave. S.W.

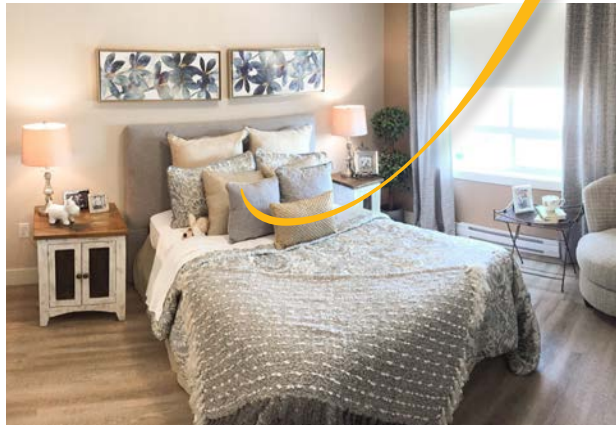
Contact me at kent.hehr@parl.gc.ca, telephone 403-244-1880. Subscribe to my email updates at www.KentHehrMP.ca/email-updates. ▲

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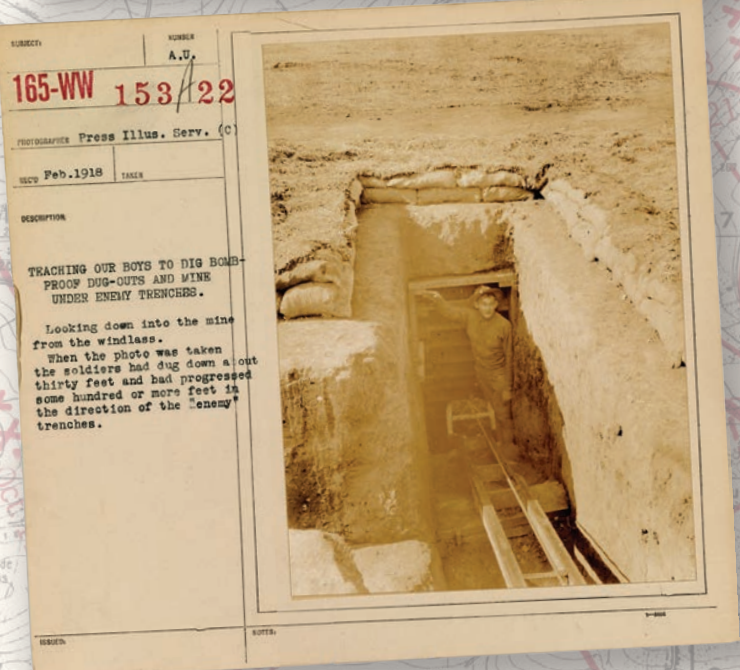
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- Games room
- Hobby & Workshop Room
- Pet care room
- Theatre
- Pub / Lounge

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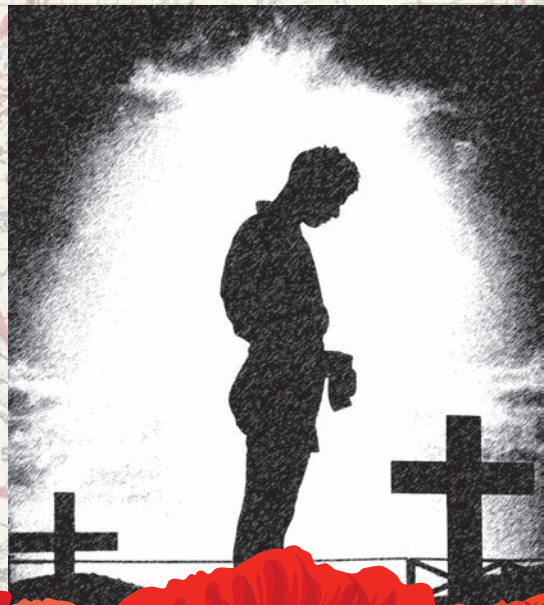
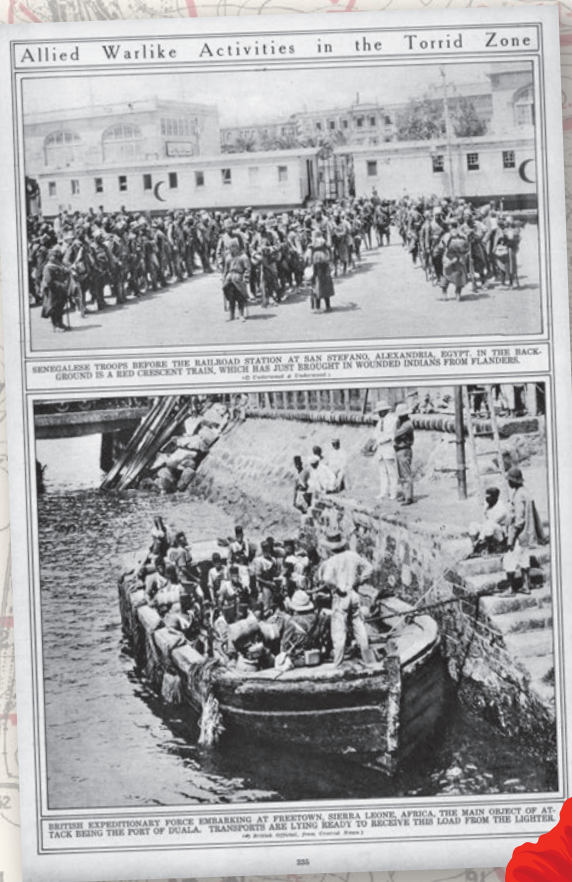
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REMEMBRANCE DAY

Lest We Forget

100 YEARS WE WILL REMEMBER

Reflections on Remembrance Day

By Jacqueline Louie

Remembrance Day, November 11, marks 100 years since the end of the First World War. Its message of honouring the service and sacrifice of so many Canadians who fought for freedom and peace has added significance today with the inclusion of the Second World War and other conflicts.

Remembrance Day was very important to long-time Calgarian, and World War II veteran, Bill Atkey, who died in late August, shortly before his 94th birthday.

“He was typical of that generation. What was significant, was their sense of community,” says Atkey’s son, Jim. “They were fighting for their country and their neighbors. Not signing up didn’t enter their heads - they were part of something bigger.”

Bill, who was born in Ladner, B.C., was following in the footsteps of his father, Melville Atkey, a First World War veteran who was a pilot in the Royal Flying Corps from 1915 – 1918. Bill was 18 when he joined the Canadian army as an officer-cadet in 1942. After signing up, he was told that as an officer, the likelihood of making it overseas before the war ended was slim. And so, because he wanted to serve overseas, Bill re-enlisted as a private in the Duke of Connaught’s Own Rifles, based out of Vancouver. “He felt it was more important to go over (as a private) than to stay home and be an officer,” Jim says.

Bill went to England and was sent to Holland in 1945, just as the war was ending. He had the option of remaining in Europe with his regiment, or going to fight in the Pacific against Japan. He chose to fight in the Pacific, but by the time he returned to Canada, the war was over.

“He said they all went over with no expectation of returning alive. That was part of the deal,” Jim recalls.

Veteran Betty McKay, 98, and her husband Frank both served in World War II, Betty for five years with Britain’s Women’s Royal Air Force, and Frank for four years with the Royal Canadian Air Force. “How lucky we are. I think Canada is such a wonderful country, so full of opportunity,” says Betty, who is originally from Leicester, England, and now lives in Strathmore. “If we had not won those wars – World War I and World War

II - we wouldn’t have what we have today. It would be a different world. When our young men voluntarily go to serve their country, we should remember the ones that did not make it back, and the families they left behind.”

Another Second World War veteran, longtime Albertan John Koch, who grew up in Germany and immigrated to Canada in the early 1950s with his future wife Maria, experienced the horrors of war first hand. A combat veteran, John was conscripted into the German army in 1943 right after graduating from high school.

“He hated being drafted,” says John and Maria’s son George. “Even as a teenager, he understood what Nazism represented



World War II veterans Frank and Betty McKay.

and he hated it. He was very clear his whole life that Germany was completely wrong to start the war and that Nazism was

an abomination.”

John, who died this past May a few months shy of his 93rd birthday, was “always very respectful of the

fact that Remembrance Day is an event commemorating the Allied War dead and

Continued on page 8

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FOR SENIORS

Reflections on Remembrance Day

Continued from page 7

the sacrifices they made to end a war they didn't start," George says. "He was eternally grateful to Canada, England and America above all for winning that war. In his view, Nazism had to be completely crushed in order to wipe it out and for that to happen, the Allies had to win that war."

In his later years, one of John's happiest moments came just a couple of years before his death, when he was allowed to be in his wheelchair in Edmonton's Remembrance Day parade alongside Canadian veter-



WW II veteran Bill Atkey.

ans, as a Canadian. "That was incredibly generous of them. He was moved by it,

very grateful and happy," George says.

In Canada, "Remembrance Day calls on us to remember and honour those who have lost their lives in war, and to remember and honour their families," says the Very Reverend Dr. Bill Phipps, a former moderator of the United Church of Canada and retired minister from Scarboro United Church in Calgary. "We honour those who sacrificed their lives and we honour their families, especially on this 100th anniversary of Remembrance Day."

The message of Remembrance Day is as important today as it ever was, according to Phipps. The planet is facing critical issues, from wars that are resulting in huge refugee movements around the world, to ongoing research into making nuclear weapons more lethal.

"Canada should sign on to all of the efforts to get rid

of nuclear weapons," Phipps says. "We need to turn our minds to ways to resolve conflict that do not involve war... There is clearly a fracturing going on in human society. There is also human activity that is having disastrous consequences for the Earth, so we not only have to make peace with one another, we've also got to make peace with the Earth."

There are many places where Albertans can become involved in peace-making right now, according to Phipps.

For example, "Project Ploughshares, a small non-profit organization working for peace, is an excellent way for people to be involved in peace building."

In another example, "Albertans in all kinds of

communities have stepped forward and welcomed refugees from places of conflict in Latin America, Africa and Syria," Phipps notes. "When people get involved in welcoming refugees to Canada, that's providing safe haven and opportunities for people who have fled the horrors of war. That's peacemaking, that's peace building."

Also noteworthy, Phipps says, is the Calgary Peace Prize, sponsored by Mount Royal University, which recognizes outstanding people from around the globe who are working to make the world more just, safer and less violent. Past winners have included General Romeo Dallaire and Albertan Doug Roche, a world figure in nuclear disarmament. ▲

Alberta author John Koch's memoir, *No Escape: My Young Years Under Hitler's Shadow*, is available on Amazon.



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Kerby Centre hosted the Rocks and Roll Floor Curling event on September 28 as part of Active Aging Week 2018. Floor Curling is a fun new activity that can be done indoors from a standing or seated position. Over 50 people took part in the event. Active Aging Week is an annual celebration created by the International Council on Active Aging (ICAA), of which Kerby Centre is a member organization.

Staying active in the cold

(NC) We all have memories of practising piano, learning to swim, or skating for the first time. Like the generation before us, today's parents are making every effort to create memories for our children. However, the rising cost of these extracurricular activities are forcing some parents to make sacrifices in other areas to ensure their children have those same experiences. Here are some ways to help ease the burden.

Go local. Connect with your local community centre, YMCA and online parent groups to look for lessons, clubs and meet-ups. Often you'll find parents or older children who are excellent athletes, musicians or artists who want to serve as mentors or teachers.

Try secondhand. Network with local parents and clubs, and reach out on social media to find the best deals on gently used equipment. Often there's unused equipment in relatives' and friends' homes that could be borrowed or purchased for less than new. Also, some stores offer rental options for instruments and equipment.

Find other savings. Look at other ways to save. Making energy upgrades like insulating your attic, upgrading your appliances or weatherstripping your home can help save money every month that can go toward those extracurricular activities. ▲

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Making sense of reading

By Israr A. Kasana

Vera Goodman is an out-of-the-box thinker and a compassionate human being. At 84 she is very much productive, and active with her daily meetings and speaking engagements. She is a teacher par excellence and has been teaching in schools all her adult life. She has a Master's degree in Language Arts from the University of Calgary and now helps parents coaching their children to read and write not just effectively, but with interest.

Vera has started an organization called "Reading Wings" which helps people to read and write and make sense. She emphasizes "making sense". She has developed six techniques/exercises in her Making Sense to Reading approach which have yielded very quick results... even in one or two hours.

All she does is change people's focus on how to read. This technique is changing the way people think of reading. The definition of reading is "making sense". What I teach people is that if you are not making sense, you aren't reading. This is a new idea

and people love it.

"This proven approach to reading focuses on the reader making sense of text rather than just sounding out words", she said in an interview with Kerby News.

Her advice for the parents: "As a parent you have been cast in the role of your child's most important teacher. Attitudes and values are contagious. They can inspire confidence and a love of reading."

When asked about her own background and how she developed her interest in reading, she said, "My school principal taught me how to read when I was very young and inculcated in me a passion for reading."

My metaphor for myself is a jigsaw-puzzle maker. I take everybody who comes into my life and put him or her into that jigsaw puzzle. So together we are making a big picture. People come to my house all the time, I learn from them, they learn from me and that's how we move forward. I just won an award, an inspiration award, the second in a year...these awards are important to me only because they increase my circle of influence. When I won the "Seven Over 70



Vera Goodman pictured with her latest book – *Simply too much Homework!*

Award", there were 800 people listening to my message. Vera has won many awards including Global TV's "Woman of Vision Award 2002" and also the Governor General's award.

Reading should be done in a storytelling style to make it interesting for kids. She calls this the "Story Circle" Model of Education, and plans to take it to the global level. Africa is her

next target, where she plans to send a team of experts to Ethiopia. She is undertaking a fundraising campaign to make that happen and the first event is scheduled to be held in Calgary on November 7, 2018.

Entering into a lively discussion while having Pakistani *samosas* and *pakorras* along with *gulab jamans*, Vera says she wants to train more people now so that this

work will continue. "That's the reason why my job is so important. My team, headed by a psychologist, is planning to visit Ethiopia to create awareness about different initiatives. If this project succeeds we can go to any country or community in the world regardless of religion, race or colour. Isn't that nice?"

Continued on page 10



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Vera Goodman working with students in a local elementary school.



Interacting with students in Guatemala.



Novel study presentation.

Making sense of reading *continued from page 9*

Vera is an eternal optimist and feels chosen to do this job. “I feel as if I am being guided by God and his angels to do all this. They are setting all this up for me. I couldn’t set this up on my own, could I?” Amplifying

further on this topic, Vera Goodman, with new vigour, said, “Almost a year ago I had an epiphany. It was almost like a vision about the energy of the universe. To me God is the energy behind everything in the uni-

verse and every one of us, as soon as we take a breath, we have God in us. God is the energy. So I was given new strength to do this job and now I have a lot more energy and strength than most 84-year-olds”. And no doubt, she still has lot of brio, vigour and vivacity. “It changed my life. I

am so relaxed from inside,” she said smilingly. Vera believes that everyone is gifted in some way. The most important role of those who interact with children is to help them to identify and strengthen their gifts. Children are capable of much more than we realize if they

are given the support and environment that allows for personal growth. Our duty is to empower children with the ability to take on learning for themselves. ▲
Vera Goodman, a teacher, has written three books: “Simple Read”, “Simply Write” and “Simply Too Much Homework”.

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- (NC) Starting your own book club within your local community or school can be very exciting. You can meet new people, read new books and spark fascinating conversations.
 - Book clubs can also be strict when it comes to rules, books and deadlines to finish the book. In other words, book clubs can be intense, but they don't have to be.
 - Book clubs are about having fun, exploring new books and asking interesting questions. They are about listening to different points of view and how everyone interprets metaphors and themes.
 - In order to make your book club as engaging as possible, try to make it different than a usual book club. Here are 10 simple ways to make a new book club more fun:
1. Set a meeting time and place for your book club and invite your friends.
 2. Spend your first day getting to know everyone and come up with a club name.
 3. Choose your book, read it and celebrate after finishing.
 4. Switch up your meeting spots.
 5. Use online platforms, for discussions and comments.
 6. Open up the book discussion with a creative interactive game.
 7. Choose local authors and recently published books.
 8. Diversify your book choices.
 9. Find free resources like discussion guides and bookmarks.
 10. Add a real-life component to each book you read.

A commitment to diversity must include room for faith

Religious and faith communities are among the most racially and ethnically diverse parts of Canadian society

By Ray Pennings

Depending on political preference, most Canadians would likely agree that diversity is our strength or is a product of our strength. Regardless of the preferred permutation, those views recognize diversity as a central feature of Canadian society. That's all well and good, but what does that commitment to diversity really mean?

A quick scan of the news for the last few months reveals what Canada's governments, sports officials and corporations mean by diversity.

Governments have trumpeted their appointment of racial minorities and women as judges.

Cities and universities have created Pride crosswalks.

And Ontario Hockey League players are sitting through pre-season gender expression workshops.

While all of those touch on diversity, there seems to be precious little acknowledgement of a different aspect of it: faith and religion.

If we're genuinely committed to Canada's diversity, we have to consider religion in a substantial way.

According to the federal Immigration Department's

latest plan, Canada hopes to welcome almost a million newcomers by the end of 2020.

Meanwhile, the latest polling by the Angus Reid Institute finds that Canada's faith communities get a big boost from immigration, which both sculpts and sustains Canada's diversity. Almost four in 10 first-generation immigrants are "religiously committed" - most likely to attend church or another house of worship, read scriptures and pray regularly. That's almost double the proportion of the average Canadian population in the same category.

And we know from Statistics Canada that the main source of our immigrants is now Asia, not Europe. We also know that four in 10 immigrants arriving here between 2001 and 2011 identified as Christian, equal in proportion to those who identified with another religion. Meanwhile, the proportion of those unaffiliated with any religion has not strayed far from 20 per cent since 1971.

In other words, immigration (including many visible minorities) is helping to boost religious commitment in Canada, both Christian and

non-Christian.

That reinforces the thesis of Reginald Bibby and Angus Reid in their 2016 book *Canada's Catholics*. They argue that while the voices of secularism have grown bolder and louder over the last decades, and society has become more polarized on the subject of religion, religious faith remains important in Canadian life. That's because groups "like Catholics, Muslims, and evangelicals are experiencing a tremendous influx of people."

This means that Canada's commitment to diversity must have room for faith communities.

So should secularism reign supreme by creating some sort of neutral ground by keeping faith and religion private?

No, suppressing religious expression is not neutral. Immigrants to Canada know this. That's likely why two-thirds of them say religion's overall impact in the world is positive, according to the latest Angus Reid poll. And 64 per cent of immigrants want to see religious and faith communities influencing Canadian public life.

Neither can our approach to religious diversity be a su-

perfluous acknowledgement of different traditions without an actual bearing on real life. It's nice of politicians to acknowledge Ramadan, Easter and Diwali on Twitter. But faith entails a lot more than holidays and special foods.

Cardus has long argued that true commitment to diversity must acknowledge that communities and individuals of faith hold many beliefs quite deeply. There are sincere and profound disagreements among faith communities about fundamental issues. Their deeply held beliefs can also clash with broader North American culture or with the other aspects of diversity that have, to date, captured the attention of governments, corporations and sports leagues.

It almost seems like a truism, but perhaps one of the most important aspects of religious diversity in Canada is that disagreement is okay. True diversity acknowledges that we do think differently from one another and that we're free to express those differences. Publicly.

As a consequence, we won't pretend all beliefs are equal. Neither will we shun those whose beliefs clash with our own. Instead, we'll debate and engage each oth-

er. We'll exchange ideas. At a bare minimum, we'll leave room for disagreement.

Unfortunately, that doesn't happen often enough in Canada.

Here's a very recent example: the controversial Canada Summer Jobs program attestation. Which communities did the federal government disproportionately hurt by insisting that grant applicants accept the government's view on abortion or LGBTQ+ issues?

Religious and faith communities — one of the most racially and ethnically diverse parts of Canadian society, according to Angus Reid polling. Ironically, the attestation ended up harming diversity instead of celebrating it.

We can do better than this in Canada. If diversity is our strength — or a product of our strength — we must. ▲

Ray Pennings is executive vice-president of the think-tank Cardus.

Troy Media

The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of Kerby Centre.

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Don't dismiss Healthy Eating Strategy

By Mary L'Abbé

A proposed new Food Guide and new Nutrition Labeling policies are crucial steps in helping Canadians toward better health.

The long process of updating Canada's Food Guide, and reforms to nutrition labeling will soon become a reality. Collectively called Canada's Healthy Eating Strategy, the proposals by Health Canada have been open to public consultation — and also, unfortunately, to industry lobbying.

No one is arguing with the rights of all Canadians to be heard on policies proposed by governments, but we must ensure that decisions are based on neutral scientific evidence, and not the persuasiveness or lobbying budgets of the pro-

cessed food manufacturing sector.

We need to be sure that conflict of interest is identified and not allowed to influence public health decisions.

Many might wonder why government proclamations are crucial. After all, Canadians generally don't carry the Food Guide with them to a restaurant or grocery store. Some will say they don't want the government telling them what to eat.

The goal of these policies is not to mandate what Canadians must eat but to allow informed choices to lead to better health.

Along with being used by individuals, Canada's Food Guide is the foundation for nutrition curricula in schools across Canada and the basis for meal planning in most

institutions: military bases, prisons, daycares, hospitals and retirement residences. It is one of the most powerful policy and education tools available to influence diets and impact our individual and collective health.

Similarly, food packaging requirements are important and they do influence food choices, as has been shown in many studies. But, unfortunately, as confirmed in a study I conducted last year with colleagues at the University of Toronto, what's stated now on the package often doesn't give consumers the full picture.

For example, many consumers seeing "No added sugar" on the front of a package mistakenly think it means the product has no sugar. But our study found that while over one-third of fruit drinks

made the "No added sugar" claim, 99 per cent of them contained excess free sugar. Free sugars are those added to foods as well as those naturally present in syrup, honey and fruit juice, they are different from the intrinsic sugars found in whole foods such as fruit and vegetables.

Additionally, we found that 85 per cent of products claiming "reduced in sugar" still contained excess sugar levels. Most food products making reduced or "no added" sugar claims did not have reduced calories, which studies show most consumers expect on foods with such claims.

It is not for nothing that the food industry invests so much in developing and refining their packaging. The information mandated by

government — such as the Nutrition Facts table, what it includes and where it must be placed — directly impacts what we buy and what we eat.

The current proposals for prominent and clear front-of-package labeling to identify products high in saturated fat, salt or sugar are sensible and important requirements to allow people in Canada to more easily make informed choices.

The long-term impact of these policies is what makes the process used by the federal government for these important changes so vital.

A group of 26 of the most prominent nutrition experts from around the world recently sent a letter to Health Canada stressing that the science is clear that excess consumption of foods and beverages high in energy, added sugar, sodium and saturated fat has a negative impact on our health. This knowledgeable group has come out in strong support of front-of-package warning labels as a way to curb consumption of these unhealthy products, most of which are processed "junk" foods.

We cannot afford to have this work undermined by food manufacturers bending the planned policies to favour their products — their short-term gain over Canadians' long-term health.

Millions of people in Canada are living with diet-related disease, costing \$26 billion a year and causing 47,000 deaths in 2016. Almost one in three children is overweight or obese.

Critics of the proposed policies use scare tactics that claim the goal of the changes is to force food choices on Canadians and to hurt Canadian agriculture. The goal, of course, is to inform choices, not restrict choices. Canadian agriculture has a crucial role in supplying the many nutritious foods we all need and eat every day. That will never change.

What certainly does need to change is our steady march as a society toward obesity and diet-related sickness. Canada's new Healthy Eating Strategy is a much-needed turn away from that fate.

Dr. Mary L'Abbé is the Earle W. McHenry Professor and Chair of the Department of Nutritional Sciences, Faculty of Medicine, University of Toronto, where she leads a research group on Food and Nutrition Policy for Population Health. She also serves as an advisor to the World Health Organization and is an expert advisor with EvidenceNetwork.ca.



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Thank you for the article "Honouring the forgotten at graveside 118".

This brought back memories of my own forgotten sister.

Jeannine Marion was born 24 June 1930. Mother chose to have her baby at home, rather than a hospital. Unfortunately, this was a bad choice.

The little girl was born, full-term, but had too much mucous in her throat and the doctor did not have the proper instrument with which to suck this out, so the little one never breathed. A blue baby, she was called.

Mother would never, ever talk about this birth. When asked, she would simply look away, take another drag on her cigarette and not bother to enlighten the rest of us. Of course we five living children imagined all sorts of

eerie thoughts! I am sure Mother never got over this sad event. I was born five years later, in a hospital, as was my brother two years later. The other three children after us were born at home!

They lived!

However the point of this letter is that there was never a marker for this little girl. My father did mention just once that I had a little sister and told me where she was buried but her name was not on the monument. She was buried in the grave of my great-grandparents in a cemetery in the Province of Quebec's Eastern Townships.

About ten years ago I

felt that my lost sister should be remembered so I wrote to a person in my home town inquiring as to how to have her name inscribed on this gravestone. He took care of this for me and on my next visit to Danville, I checked out my great grandparents' monument.

Sure enough, there was Jeannine Marion's name, date of birth and date of death engraved on the granite stone. I paid for this out of my

own pocket, not asking for any donations from my four siblings. I simply felt that this little girl should be remembered. After all, she did exist, even if for a very short time.

So, then I read about Walter Kravcenko, and this article made me realize that I did the right thing in remembering little Jeannine Marion Barlow.

Barbara Jean (Barlow) Moore

Immunization against influenza

Influenza, commonly referred to as the flu, is a respiratory disease caused by a virus that affects the nose, throat and lungs. Influenza is easily passed from person to person.

One of the best ways to prevent seasonal influenza is through yearly immunization because the influenza virus changes each year.

Albertans are able to receive influenza vaccine, free of charge, at public health clinics, pharmacies, and doctor's offices. The annual vaccination campaign began last month.

Kerby Centre will offer a free flu clinic on November 7 from 9 am until noon. No appointment is required.

Seasonal influenza is the annual flu which affects people in Canada during the winter, typically between November and April. You can get influenza at any time, even in summer, but it is most common in the colder months.

Influenza lowers the body's ability to fight other infections. It can lead to bacterial infections, such as pneumonia, and even death especially in the elderly, children (6 months to 5 years old), pregnant wom-

en, indigenous people, and people with chronic medical conditions.

In 2016/17, Canadian estimates on vaccine effectiveness show that the vaccine was 42% effective against the dominant strain, H3N2. This is slightly lower than in 2015/16 when the vaccine was 50% effective and the dominant strain of influenza was H1N1. Vaccine effectiveness is often lower against H3N2 strains of influenza, so this could explain why the vaccine was less effective. Even with an effectiveness rating of 42%, Alberta Health Services (AHS) notes that immunization is the best way for Albertans to protect themselves and others against influenza.

Vaccine effectiveness varies from year to year but immunization is still the best protection. We do not know how effective this year's vaccine will be, but we do know that not being immunized offers no protection.

In 2016/17, 27% of Albertans (roughly 1.1 million people) received the influenza vaccine. This year, Alberta has purchased enough vaccine

to immunize 35% of the population. In 2016/2017, 64 people died from lab-confirmed influenza and 1,653 Albertans were admitted to hospital with lab-confirmed influenza.

Alberta has offered universal influenza immunization free of charge to residents since 2009.

For more information, visit health.alberta.ca



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<i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i>			funddev@kerbycentre.com	Kerby News Sales	403-705-3238
adp@kerbycentre.com		General Office	403-705-3249	advertising@kerbycentre.com	
Diana James Wellness Centre	403-234-6566		generaloffice@kerbycentre.com	Kerby Rotary House	403-705-3250 (24 hour)
<i>Health services including footcare</i>		Thrive	403-234-6571	<i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i>	
wellness@kerbycentre.com		<i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i>		shelter@kerbycentre.com	
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Cannabis legalization in Calgary

With the recent legalization of cannabis, here is a reminder of some of the municipal regulations, as well as federal and provincial laws that are being enforced:

Impaired driving

- Driving while impaired by cannabis is illegal and can lead to criminal charges and prison time.
- Research shows that, on average, cannabis use doubles the risk of being involved in a collision.
- Alcohol and drugs, including cannabis, affect everyone differently, and many factors can increase the effects on an individual. There is no safe amount of cannabis to consume before driving.
- The Calgary Police Service will enforce federal and provincial laws

around impaired driving using Standardized Field Sobriety Testing and the Drug Recognition Expert program.

- For details about driving while impaired by cannabis – including how impaired drivers are detected and penalties as per blood concentration levels – visit Calgary.ca and search for ‘impaired driving’.

Public consumption

- Under the Cannabis Consumption Bylaw, consumption of recreational cannabis is prohibited in any form in Calgary’s public places. This includes smoking, vaping and edibles.
- An exemption to the bylaw exists for medical cannabis, which may be smoked or vaped in public places that are allowed under both municipal and provincial rules. Consumption methods, other than smoking

or vaping of medically prescribed cannabis, is allowed in all public settings. This includes edibles, caplets, tinctures or sprays, or the application of oils or creams.

- Recreational cannabis consumption is prohibited on Calgary Transit properties and vehicles. Medical cannabis cannot be smoked or vaped on Transit vehicles or property, however it can be otherwise consumed (edibles, caplets, sprays, etc.).
- The Cannabis Consumption Bylaw is enforceable by the Calgary Police Service, City of Calgary community peace officers and Calgary Transit peace officers. Violating the bylaw can mean a \$100 ticket.
- At this time, there are no designated cannabis consumption areas throughout the city. Council can begin the process of identifying and confirming them. The

process allows for public engagement in each community in which designated cannabis consumption areas might be located, and designation would occur through a Public Hearing of Council.

- Currently, there are no licensed premises such as smoking lounges or cannabis cafes in which cannabis can be consumed. This may change in the future as it is addressed by the federal and provincial governments.
- Festivals and events in Calgary may apply to have designated cannabis consumption areas.

Cannabis retail stores

The City of Calgary has enabled prospective cannabis businesses to complete all the required municipal approvals needed for a cannabis store prior to legalization with an unprecedented effort focused on customer service.

Each cannabis store application has a different

journey. Therefore, there are many reasons why each site and application is at a different stage in the process.

Early in the legalization process, Council directed Administration to utilize an approval process that includes the opportunity for appeal. As a result we have seen many communities and citizens become very involved in that appeal process. This means that some applications are being further reviewed by the Sub-division and Development Appeal Board.

The City of Calgary will continue to work with applicants who are nearing an approval for a cannabis store to open in the next few weeks. The City of Calgary is proud of the work that has gone into informing applicants and helping them to navigate the cannabis store approval process.

For more information about cannabis legalization, please visit calgary.ca/cannabis. ▲

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City amends bylaw to issue permits for livestock as emotional support animals

City Council has approved recommendations to amend the Responsible Pet Ownership Bylaw to allow a process for citizens to apply to keep livestock as Emotional Support Animals when a mental health professional determines the animal provides a therapeutic benefit to a patient.

With the emergence of Emotional Support Animals (ESAs) as a legitimate therapeutic treatment, some animals that may fulfill this purpose are classified as livestock under the Responsible Pet Ownership Bylaw. The bylaw amendments give the Chief Bylaw Enforcement Officer the ability to grant a permit allowing an individual to keep livestock for this purpose. Permit holders must meet the terms and conditions of the permit, including providing a letter from a mental health professional and ensuring that they can meet guidelines for the care and maintenance of the animal.

“These bylaw amendments were developed to balance the rights of people

in need of ESAs with those of other Calgarians,” says Jennifer Lawlor, business strategist for Calgary Community Standards. “We consulted with Alberta Health Services, the Calgary Humane Society, Alberta Farm Animal Care and several mental health organizations to develop the bylaw amendment, policy and processes. We believe these amendments are an opportunity for Council to support mental health in Calgary.”

With the amendments passed, the new permit process will be implemented in the early part of 2019. The City also developed a policy to support implementation. While dogs and cats are the animals most commonly owned as ESAs,

the most common livestock animals are chickens, miniature horses and pigs. The City did not consider wildlife and exotic animals in its recommendations as the keeping of these animals is regulated by provincial and federal legislation.

Council was clear that they were not looking to amend the bylaw to allow livestock to be kept within City limits. At the same time, they were also clear that a provision should be made to allow individuals with a genuine need for an ESA to be allowed this therapeutic option.

When the permit process comes into effect, Calgarians will be able to find more information at calgary.ca. ▲

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National Addictions Awareness Week — make a difference

National Addictions Awareness Week (NAAW) (November 26-December 2) is recognized by Canadians across the country. Every year Albertans participate in NAAW in their local communities with the goal of providing information and promoting activities that increase the awareness of substance use problems and the range of services available in the province — including information, prevention and treatment services.

AHS has created an online Addiction Prevention Toolkit, to help individuals, community groups, schools and businesses across the province in hopes of reducing addictions. To view the toolkit visit: <http://www.albertahealthservices.ca/info/Page14610.aspx>.

The toolkit includes tips for building healthy relationships and positive behaviours for individuals, parents, communities, families, schools, and workplaces.

Here are some small actions you can take to make a big difference

- Know the facts. Educate yourself about substance use problems—what can bring them on, who is more likely to develop problems, and how to prevent or reduce the severity of problems.
- Be aware of your attitudes and behavior. See people as unique human beings, not as labels or stereotypes.
- Choose your words carefully. Use accurate and sensitive words when talking about people with substance use prob-

lems. For example, speak about “people with substance use disorders” rather than an “addicts”.

- Educate others. Challenge myths and stereotypes.
- Focus on the positive. People with substance use problems make valuable contributions to society. Their health problems don’t define them or their worth.
- Support people. Treat people who have substance use problems with dignity and respect.
- Include everyone. People with substance use problems have a right to take an equal part in society.

It is important to know if you, or someone you know, is struggling with an addiction help is available. In Alberta get help by calling Health Link at 811 or the Addiction Helpline 1-866-332-2322. ▲



Life and liberty

BY LIBERTY FORREST

I shouldn't really have to elaborate on that title. It speaks for itself. But as I'm here, what the heck.

"If you say it, mean it." How do you feel when people tell you something and then you find out it isn't true? Or they've made promises to you, but then forget or just don't follow through and keep them?

It's one thing to forget now and then; we can all do that. And there are times when people have really good reasons for not following through.

For example, "I was in a car accident that day." But it's quite another to find out that people have made things up just to impress you, or they've exaggerated, or they've promised to do something that they had little or no intention of doing.

It's a problem when this is a pattern. When you begin to trust that the promise will be forgotten and there will be no follow-through because, with that person, it always ends up like that.

I'm sure you've been on the receiving end of incidents like these. And there's a good chance you weren't too impressed on those occasions, and that you were left with having a problem trusting those people ever again.

No doubt you wouldn't want to treat others that way when you didn't like being on the receiving end of that kind of behaviour.

So it's easy. When you open your mouth and words are going to come out, make sure they're words that you really mean. Be honourable. Follow through. Don't tell people they can count on you and then leave them hanging - unless you have a very good reason for doing it.

Don't make up anything just to impress. Your truth is perfect as it is. Don't turn it into a lie, because that just puts a big, black blotch on your spirit - and on your relationship with the person who heard the lie.

"If you mean it, prove it." Think about those televangelists who were caught having affairs and misappropriating funds. Think about the priests, teachers, lawyers

If you say it, mean it. If you mean it, prove it.

and others who have been caught abusing their authority. What do you think about people who have double standards? How do you feel about that?

If you're going to be a smoker, don't tell others not to do it. If you're going to be a couch potato, don't tell me I ought to get more exercise. If you're gonna talk the talk, you've gotta walk the walk or no one will take you seriously. Hypocrisy isn't going to get you very far in life. Not if you want to have solid relationships - including the one you have with yourself.

If you've changed your mind often enough that even you don't trust yourself to follow through any more, how can you expect anyone else to trust you? If you've backed down from your con-

victions a bunch of times, and chickened out of standing up for yourself, how can you expect anyone else to have any faith in you?

It's about having integrity. Both personally and professionally, that goes a hell of a lot further than hypocrisy and cowardice.

If you know you may not live up to the words that are about to come out of your mouth, do yourself and any potential listener a favour: Leave those words right where they are until you know you can back them up with action. ▲

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

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Mahatma Gandhi

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A barrel of fun in retirement for Maureen Marston

Story and photographs by Tim Johnston
Page layout and design by Winifred Ribeiro.



Maureen Marston makes a clean turn of a barrel at Nanton, her first Canadian Senior Professional Rodeo competition. (Photo by Brenda Dahlseide, Trendfotos)

Toward the end of a 32-year teaching career with the Rocky View School Division, Maureen Marston visited a financial counselor for advice on proceeding into retirement. He asked her what kinds of things she would like to pursue and she replied, "I want to find a good barrel horse and go barrel racing". Having grown up on a dairy and cattle farm, Maureen had owned and ridden horses all her life. In fact, she had competed in barrel racing events at the amateur level in her teens and before university. Her advisor had some interesting information for her; another of his clients wanted to sell a quarter horse named Lethal that had been trained to barrel race.

It's believed that barrel racing began in Texas, around 1948. According to Wikipedia, a group of women formed the Girls' Rodeo

Association in an attempt to find a home for women in rodeo competitions. The organization encouraged entry in any rodeo event but barrel racing became the most popular. In this event, horse and rider complete a timed cloverleaf run around three barrels arranged in a triangular pattern. Best time wins, of course, but time penalties can be added for, among other things, knocking over a barrel. If you have been to local professional rodeos, say in High River or Strathmore, or even our own hometown show, the Calgary Stampede, you will have seen some top-drawer professional rodeo competitors, including barrel racers. For many of these folk, rodeo is how they make their living. As soon as an event ends at one rodeo they are on the road to the next with hopes of good rides foremost in their minds.



Maureen and Susan Dubeau strategize getting Lethal to enter the arena at full gallop.

Maureen has had a busy year. She competed in eight senior pro rodeos from Barrhead to Brooks to Cardston, usually finishing right around the median times in her age category. That's pretty impressive for a latecomer to the barrels. As well, Maureen campaigned Lethal at Foothills Cowboy Association rodeos in Bassano, Millarville and Rockyford. In addition to sanctioned rodeo events, barrel racers take part in less formal meets known as jackpots. At these latter events the official dress code of the CSPRA (CSPRA) is relaxed and, while riders can "let their hair down", the competitive nature of these meets is as strong as anywhere. This year, Maureen competed in jackpot series in High River, Stavely, Indus, Claresholm and Coaldale. To help develop her riding skills, Maureen and Lethal work throughout the year with Raylee Edwards of Walter Quarter Horses in Lethbridge. Raylee is a past Canadian champion barrel racer and is well known throughout the sport for her training skills.

Travelling is a big part of barrel racing. To reach rodeos and competitions from her home west of Calgary, Maureen has a heavy

duty Ford pickup truck. She tows a fifth wheel trailer that can transport up to three horses and also provides space for compact living quarters. Older country music accompanies her while on the road. For a typical event, Maureen will drive to the location on the day before and set up housekeeping in the competitors' area. That means unloading the electrical generator for light and air conditioning, moving Lethal from the trailer to a stall or small corral, ensuring the horse has food and water, and organizing the saddle and tack that the event will require. Fortunately, CSPRA rodeos are usually two or three-day events and competitors tend to settle in for the duration, forming temporary villages of friends and acquaintances and, of course, horses. Lots of visiting, horse talk and some pretty fine potluck dinners help fill time after each day's events.

In early September, I met up with Maureen at the Brooks Senior Rodeo where she had invited me to watch her first run of the event and to meet some of her friends and fellow riders. I found her truck and trailer amid a fleet of similar units and spotted Lethal, saddled and ready for some

time in the exercise area. Afterward, I walked with Maureen and her steed to the back area of the riding pavilion and waited among riders and horses for the barrel racing to begin.

I watched Maureen prepare for her race. Never far from Lethal, she spoke with friends and mentors who offered advice, sharing what they knew of the condition of the arena and how best to get Lethal off to a good start. Maureen told me that at the Wetaskiwin Rodeo, Lethal had absolutely refused to enter the arena and as a result, he and his rider had been "turned out" or stricken from the list of contestants for the day. That's a lot of kilometers, diesel fuel and generator lifting just to have your horse suddenly start thinking independently.

But today would be different. I moved into the arena to watch the riders and to find a good location to photograph Maureen on her race. Rider number seven was announced and Lethal, with Maureen aboard, galloped smartly into the ring heading straight for the first barrel. Circling that one tightly, the pair raced to barrel number two and, amid clumps of flying dirt, made a beautiful circuit of it but bumped it just as they departed. Down went the barrel but Maureen pressed her horse on to barrel three for a clean pass and a fast run back out of the ring, stopping the clock at 15.4 seconds. Not a bad time but five seconds were added as a penalty for tipping over the barrel, effectively putting Maureen and Lethal out of the top ten placings for the day.

The Brooks Senior Rodeo was the last CSPRA rodeo of the year for Maureen but there will be indoor jackpot events to ride in over the winter. At home on her family farm, she spoke with me about the year's racing events. About Brooks, she said that while she was a little disappointed with the results, nevertheless she and Lethal weren't hurt, they enjoyed two days with friends, got home safely and the sun rose and shone the next day. Maureen felt she had a successful year campaigning Lethal against some very intense competition. Barrel racers at senior rodeos are incredibly talented and very fast in all of the age groups. "In my view, the only



Before her turn, Maureen quietly visualizes the race in her mind.



Gifts for Susan Dubeau for her help with calming Lethal before the race. Another racer, Connie Lemoine, looks on.



Maureen with Frances Hargrave, long-time friend, mentor and fierce competitor. Frances was Canadian Champion barrel racer in 1972; competed 17 times at Canadian Finals Rodeos; and in 2017 held the world barrel racing championship for women 60 years of age and over.

thing senior about the folk I race against is their experience," she said.

It's clear to me that Maureen loves her sport and loves her horse. She has two, the other being Gus, another quarter horse. She also has a donkey named Redhawk who absolutely adores her

and won't leave her side when she is in the paddock. Asked about her goals in the sport, Maureen said she hopes to qualify for the CSPRA finals one year. "I'm not giving up until I get there," she said. Riding in senior rodeos in Montana next summer is also high on her list.



Maureen exercises Lethal in the warm-up area prior to her race event at the Brooks Senior Rodeo.



After her race, Maureen watches other competitors.

I wondered if all the travel and care required for her horses balanced with the time actually spent racing. Maureen summed it up this way, "Nothing is more thrilling than completing a good run with a decent time. With Lethal stretched out at full gallop, it's a great feeling with the timing just right and everything clicking."

For Maureen Marston, some unexpected retirement advice about a horse for sale helped reconnected her with a youthful interest. Now, each new rodeo season provides opportunities to be active and competitive in a sport dear to her heart. Ride well, Maureen, and circle close to the barrels. Just try not to tip any. U



Maureen and Lethal round the second barrel but tip it over on their way to barrel three.



Water for Lethal after his race.



Fresh hay is a reward for a faithful steed.



Maureen and Lethal home from the races.

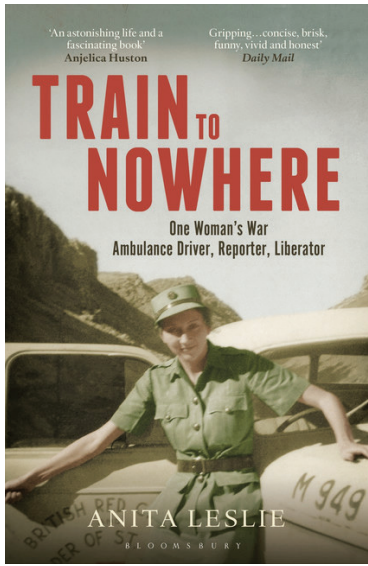


In the paddock on her farm with Gus and Redhawk.

Good reads —

By Winifred Ribeiro

BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS



Train to Nowhere
One Woman's War, Ambulance Driver, Reporter, Liberator
by Anita Leslie
Bloomsbury Caravel | 5/15/2018
9781448216680 | T Pbk
BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS

A World War II memoir (originally published in the U.K. in 1948) seen through the sardonic eyes of Anita Leslie a funny and vivacious young woman who reports on her experiences as a female ambulance driver, with a dry humour, finding the

absurd alongside the tragic. Daughter of a Baronet and first cousin once removed to Winston Churchill, Anita grew up in a privileged environment. She joined the Mechanized Transport Corps as a fully trained mechanic and ambulance driver during WWII, serving in Libya, Syria, Palestine, Italy, France, and Germany. Ahead of her time, Anita bemoans first-rate women subordinated to second-rate men, and navigates the barriers imposed by sexism in the British Army, which forbade women from serving at the front. She joined the Free French Forces in order to do what she felt was her duty.

Writing letters in Hitler's recently vacated office and marching in the Victory parade contrast with observations of watching friends murdered and a mother avenging her son by coldly shooting a prisoner of war. She experienced simultaneously the joys and hardships of war.

Unflinching and unsentimental, *Train to Nowhere* is a memoir of Anita's war, one that, long after it was written, remains poignant and relevant. It is an inspiring reminder of some of the hardships experienced, and the courage and heroism shown by individuals that eventually won the war. ▲



The Women Who Flew for Hitler
A True Story of Soaring Ambition and Searing Rivalry
by Clare Mulley
8/7/2018
Harbinger books
9781250063670
BIOGRAPHY & AUTOBIOGRAPHY / WOMEN

Hanna Reitsch and Melitta von Stauffenberg were talented, courageous and strikingly attractive women who fought convention to make their names in the male-dominated field of flight in 1930s Germany. With the war, both became pioneering test pilots and both were awarded the Iron Cross for service to the Third Reich. But they could not have been more different and neither woman had a good word to say for the other.

Hanna was middle-class, vivacious and distinctly Aryan, while the darker, more self-effacing Melitta, came from an aristocratic Prussian family. Both were driven by deeply held convictions about honour and patriotism but ultimately while Hanna tried to save Hitler's life, begging him to let her fly him to safety in April 1945, Melitta covertly supported the most famous attempt to assassinate the Führer. Their interwoven lives provide a vivid insight into Nazi Germany and its attitudes to women, class and race.

Acclaimed biographer Clare Mulley gets under the skin of these two distinctive and unconventional women, giving a full, and as yet largely unknown account of their contrasting, yet strangely parallel lives, against a changing backdrop of the 1936 Olympics, the Eastern Front, the Berlin Air Club, and Hitler's bunker. Told with brio and great narrative flair, *The Women Who Flew for Hitler* is an extraordinary true story, with all the excitement and colour of the best fiction. ▲

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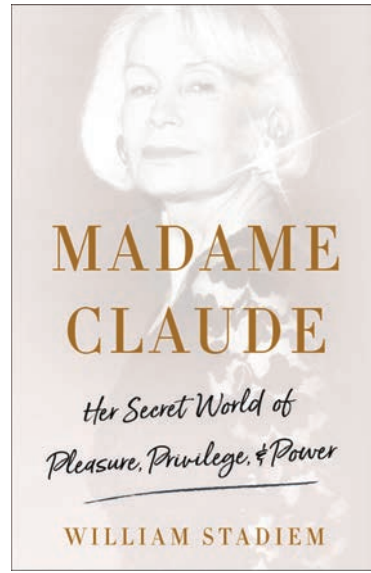
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Madame Claude
The life of Madame Claude, the brilliant and complicated and utterly amoral woman behind the most glamorous and successful escort service in the world.
by William Stadiem
St. Martin's Press
05/15/2018
9781250122384
BIOGRAPHY & AUTOBIOGRAPHY / WOMEN

In post-WWII Paris, Madame Claude ran the most exclusive finishing school in the world. Her alumnae married more fortunes, titles and famous names than any of the Seven Sisters. The names on her client list were epic — Kennedy, Rothschild, Agnelli, Onassis, Niarchos, Brando, Sinatra, McQueen, Picasso, Chagall, Qaddafi, the Shah, and that's just for starters. By the 1950s, she was the richest and most celebrated self-made woman in Europe, as much of a legend as Coco Chanel.

Born Fernande Grudet, a poor Jewish girl in the aristocratic chateau city of Angers, the future Madame led a life of high adventure—resistance fighter, concentration camp survivor, gun moll of the Corsican Mafia and erstwhile streetwalker—before becoming the ultimate broker between beauty and power. She harnessed the emerging postwar technology of the telephone to create the concept of the call girl. But Madame Claude wasn't just selling sex — she was the world's ultimate matchmaker, the Dolly Levi of the Power Elite.

She was also one of the most controversial—and most wanted—women in the world. Now, through his own conversations with the woman herself and interviews with the great men and remarkable women on whom she built her empire, social historian and biographer William Stadiem pierces the veil of Claude's secret, forbidden universe of pleasure and privilege. ▲



Kerby Centre

Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE <i>DINING ROOM</i> 10:00 AM – 12:00 PM Free - 2nd & 4th Monday of each month	OPTIONS 45 Employment Workshops <i>(Lounge)</i> 1:30 - 3:00 PM \$2.00	GENERAL CRAFT GROUP <i>(Rm 311)</i> 9:00 AM - 12:00 PM FREE	ARTIST GROUP <i>(Rm 313)</i> 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP <i>(Rm 311)</i> 10:00 AM - 12 PM \$2.00
MAHJONG <i>(RM 308)</i> 10:30 AM - 12:30 PM \$2.00		BOARD GAMES, COFFEE & CARDS <i>(Rm 301)</i> 1:00 PM - 3:00 PM \$2.00	BINGO <i>(Rm 205)</i> 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB <i>(Woodshop Rm 102)</i> 10:00 AM - 3:00 PM \$1.25 per hr
RECORDER GROUP <i>(RM 313)</i> 1:00 – 2:30 PM \$2.00		WEDNESDAY DANCE <i>(Lecture Rm 205)</i> 1:00 PM - 3:00 PM \$2.00	PICKLEBALL <i>(Gym)</i> 3:30 PM - 5:00 PM \$2.00	BADMINTON & PING PONG <i>(Gym)</i> 10:30 AM - 12:45 PM \$2.00
CRIBBAGE <i>(RM 308)</i> 1:00 – 3:30 PM \$2.00		ENGLISH CONVERSATION <i>(Rm 301)</i> 10:30 AM - 12:00 PM \$2.00		MONTHLY MOVIE <i>(Lounge)</i> 1:00 pm Last Friday of each month* \$1.00 *Date for movie subject to change.

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre, Doing More For You!

Did you know that *Kerby Centre can also help you at our K2SA location every Friday* by providing the following information & services

- Seniors' Government Services & Benefits
- Community Resources
- Commissioner of Oaths
- Assistance with completing forms such as; *Alberta Senior's Benefits; Special Needs Assistance, Old Age Security, Guaranteed Income Supplement & Canada Pension Plan*

To Learn More, Please Join Us
 Every Friday Between 9:00 am - 3:00 pm at
 St. Andrews Centre 1-10601 Southport Rd SW, Calgary
Free Admission. For More Information call Kerby Centre Information Resources at 403 705-3246



Audition With Death

Murder Mystery Dinner

A "Killer" Of An Homage To
 Canadian Director Dexter Melrose

Friday, November 16th, 2018

Kerby Centre Gymnasium, 1133 7th Ave SW

Red Carpet Arrival & Cocktails 5:30 pm

Murder Mystery Dinner & Performance 6:00 pm

Feel Free To Dazzle Us With Your Hollywood Style

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\$40 For Kerby Members -\$50 for Non-Members

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November 13th - Attitudes For Job Search

November 20th - Interview Preparation/Networking

Learn how to answer the tough questions

November 27th - Multi Generational Workforce

For more information, or to register, Phone 403 705-3217
 or Email options45@kerbycentre.com



Options
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Please Join As We Honor Our Veterans

Sunday, November 11th, 2018

REMEMBRANCE DAY



Kerby Centre Auditorium

Doors Open at 10:15 am

Ceremony & Wreath Laying 10:50 am

Light Refreshment To Follow

Open To The Public - No Registration



Music Provided by
 Johnny Summers and Egor Ukoloff



Kerby Health Committee Presents

Healthier Legs For Life!

10:00 to 11:00 am

November 19, 2018

Kerby Centre Lounge



Have you wondered about compression socks and want to learn more? Do you wonder why people wear them and doctors recommend them? Do you want to learn about keeping your legs healthy?

If you answered yes, to some or all of these questions, **join Angelika Goncalves DaSilva, Sockology Inc.** as she explores the value of compressions socks for healthy legs.

Free Event - No Pre-registration Required

Kerby Day Trips

Spruce Meadows Christmas Market

November 23, 2018

Members: \$24 Non Members: \$34



Kerby Day Trips



Strathcona Tweedsmuir School Christmas Luncheon & Concert

Wednesday, December 12, 2018

Members: \$5.00 Non Members \$10.00

Cut-Off Date: November 23rd 2018

Jersey Boys at Stage West

Save the Date

Wednesday, January 30th, 2019



Join Us Please Join Us For Our Annual

Kerby Centre Member Appreciation & Holiday Luncheon

Tuesday, December 4th

Kerby Centre Gym at 1133 7th Ave SW
 Doors Open at 11:30 am - Holiday Luncheon at Noon

Kick off the season with a festive Holiday meal,
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Tickets: \$10.00 pp for Kerby Members
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Friday, November 9

9:30 – 11:30 am

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Members \$2.00 -
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 Please Contact Education &
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Annual Holiday Craft Sales

In The Kerby Dining Room

November 7th and December 5th

10:00 am - 1:00 pm

Free - No Registration

Next to New Half-Price Sale

Everything in the store 50% off!
 Wednesday, November 7th, 2018
 10:00 am – 2:30 pm

Free Flu Shots

November 7th, 2018
 Kerby Centre Lounge 9:00 am to Noon
 Please Be Sure To Bring Your Health Card

Community Events

The Military Museums

The Military Museums will present a program “A Taste of the First World War” with speaker Chef Wade Paterson of Boreal Cuisine, on November 2 from 6 to 9 p.m. The cost is \$60. Chef Paterson will feature First World War and Canadiana themed foods, and the Sommeliers of Co-op wines and spirits will feature different beverages from the regions where the five major battles of the Canadian Corps took place.

National Aboriginal Veterans’ Day is November 8. Admission to the museum will be by donation all day. There will be tours of Indigenous Artifacts in the Army Museum of Alberta with Senior Curator Rory Cory, and video presentations on Indigenous Perspectives in the CP Theatre. National Aboriginal Veterans Day is a memorial day, observed in Canada in recognition of aboriginal contributions to military service, particularly in the First and Second

World Wars and the Korean War. More than 7000 First Nations members served in those wars, and an unknown number of Inuit, Metis and other Indigenous people also participated. One Veterans’ group estimates that 12,000 Indigenous men and women served in the three wars.

The Provincial Poppy Project

The Military Museums Foundation invites Albertans to paint a poppy as part of an outdoor art installation. This poppy project will pay homage to the 36,165 Albertans who served overseas, and the 12,720 who served with Canada during the Great War. Students will learn about the significance of the poppy, the 1918 Armistice and the importance of Remembrance. Completed poppies will form an outdoor art installation on the grounds of the Military Museums. Poppies are available at the Military Museums, or poppy packages can be provided to schools and groups upon request. For more information, call 403-410-2340 ext. 2612.

Remembrance Day

On Sunday, November 11, The Military Museums will hold a special Remembrance Day ceremony commemorating the 100th anniversary of the Armistice at the end of the First World War.

Fish Creek Park

The Fish Creek Speaker Series for November will feature Julia Millen, Community and Partner Relations Team Lead for Alberta Parks in the Kananaskis Region. Her talk is titled “Stay where you’re to ‘til I comes where you’re at...” It will explore the nature and history of Newfoundland. Julia has made it a quest to visit as many of Canada’s National Parks and National Historic Sites as she can. This past summer she was backpacking the Long Range Traverse in Gros Morne National Park. To register please visit www.friendsoffishcreek.org/event/explore.

Tuesday, November 27, is Giving Tuesday, which supports conservation efforts in the Park. The Friends of Fish Creek have partnered with Canada Helps to make donating easier. This year they are focusing the Giving Tuesday program on the historical Jobber’s House which they hope to save

from demolition and see it rejuvenated as a facility. For more information or to donate please visit <http://givingtuesday.ca/partners/friends-of-fish-creek1>.

PROSTAIID Calgary Wine Festival Fundraiser

The theme this year for PROSTAIID Calgary’s third annual Wine Festival fundraiser is “South America”. Many notable wines will be offered and light snacks will be served. The festival will take place on Thursday, November 22, from 7 to 9 p.m. at Willow Park Wine and Spirits, 10801 Bonaventure Drive SE. The cost is \$50 per person and will include a tax receipt. To purchase tickets visit: <http://www.prostaidcalgary.org/winefest.php>.

Reading Wings

Reading Wings on Wednesday, November 7, at 7:30 p.m., will be a charity show like no other. It will include a contortionist, a Sudanese fashion show, and more. Darrel Janz, Michelle Cameron, Al Muirhead and his band, together with Producer, Murray Ord, will be there. Proceeds from the show will send a team of South Sudanese to pilot Vera Goodman’s “Story Circle Model of Edu-

cation™” to a refugee camp in Ethiopia. There will be no fundraising at the show. Tickets cost \$60 for general admission, or \$120 for VIP seating with a drink, and may be purchased by visiting: tickets.mru.ca/veragoodman. The show will take place in the Bella Theatre, 18 Mount Royal Circle SW.

Seniors Scene

Good Companions 50 Plus Club

Good Companions 50 Plus Club has a Fall Bridge Tournament planned for November 3 from 9:30 am to 3 p.m. Tea and Conversation will be on November 9 from 1 to 3 p.m. On November 16 will be Jammers Night from 7 to 9 p.m. A Christmas Tea and Bake Sale will be held on November 24 from 1 to 3 p.m. Good Companions is located at 2609 19 Avenue SW. For more details, please contact Good Companions 50 Plus Club at 403-249-6991, or 403-242-3799, or check www.gc50plus.org or email gc50plusclub@gmail.org.

Inglewood Silver Threads

Inglewood Silver Threads’ members enjoy crafts, games day, and exercise programs. Bingo is played every Tuesday. On Tuesday, November 20, there will be a shopping trip for Christmas shopping at Cross Iron Mills. The annual Christmas Bake and Crafts Sale will be on Saturday, December 1. Lunch will be served for \$5.

Inglewood Silver Threads is located at 1311 9 Avenue SE. For more information telephone: 403-264-1006.

Open Door Seniors

Open Door Seniors will take a day trip to Rosebud Theatre on November 9 from 9 a.m. to 5 p.m. to see “Sherlock Holmes and the Case of the Christmas Carol. The cost will be \$90 for members, \$95 for non-members. To book call 403-269-7900 or visit opendoorseniors@gmail.com. A Christmas Treasure Chest sale will be on November 17 from 9 am. to 4 p.m. This will be a one-day-only sale of Christmas treasures, decorations, collectibles, jewellery, books, kitchenware, and small appliances. Cash sales only. Coffee and a muffin will be available for \$2. The sale will be held in the lower level of First Baptist Church (wheelchair accessible), at 1307 4 Street SW. For more information about these and other programs, please call 403-269-7900 or visit opendoorseniors@gmail.com

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- Member rates for select Kerby Centre events
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*conditions may apply



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- Phone 403-265-0661, ext 256
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	Dec. 2 - 5, 2018, Xmas Tour w Boat Cruise	\$400 pp/dbl
	March 24 - 28, 2019 Spring Fling Break	\$575 pp/dbl
Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonners Ferry, ID	Feb 3 - 6, June 23 - 26, 2019	\$410 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$229 pp/dbl
Polson-KalisPELL, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 <i>GST Included</i>	\$820 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019	\$665 pp/dbl

Stoney Nakoda Kananaskis Overnight Trips Nov. 4 - 5, 2018 **\$80 pp/dbl**

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AROUND TOWN EVENTS

Here is a peak at some of the arts events happening around Calgary this season.

To submit your event, please email editor@kerby-centre.com.

Get extra attention on your event by placing an ad in Kerby News and have it seen by 50,000 people across Southern Alberta!

November

Vertigo Theatre

Dracula: The Bloody Truth
November 10 - December 9 by Le Navet Bete & John Nicholson

Stage West Theatre

Jersey Boys
November 16– February 3

Calgary Philharmonic Orchestra

Joann Falletta Conducts Spanish Guitar
November 2-3

Verdi Requiem

November 9-10 Conducted by Rune Bergmann

The Hits Of the Who With Jeans 'N Classics

November 24 Conducted by Karl Hirzer

Calgary Opera

Roméo & Juliette
November 17, 21, 23, Directed by Jean Grand-Maître. In collaboration with Alberta Ballet

Calgary Young People's Theatre

Wayward
November 29-December 8 by The 2019 Outpatient Collective

Jubilations Dinner Theatre

Star Warz 2: The Farce Strikes Back
November 9 – January 11 by Bob Cunningham and Peter Nadolny

Calgary Folk Club

Lizzy Hoyt with Koby Lenker
November 9

Quartette with Delta Whiskey

November 23

December

Theatre Calgary

A Christmas Carol
November 29-December 23, 2018 based on the book by Charles Dickens

Alberta Theatre Art Projects

Zorro: Family Code
November 27 – December 30, By Rebecca Northan, Bruce Horak and Christian Goutsis

Lunchbox Theatre

It's a Wonderful Life: A Live Radio Play
November 26 - December 22, 2018 adapted by Joe Landry

November

Calgary Philharmonic Orchestra

A Nat King Cole Christmas
November 30-December 1 Conducted by Adam Johnson

Tis the Season Kids Holiday Special

December 2 Conducted by Karl Hirzer

A Traditional Christmas

December 7-8 Conducted By Karl Hirzer

Home For the Holidays With Johnny Reid

December 11 Conducted by Run Bergma

Rune's Classical Christmas

December 13 Conducted by Rune Bergmann

Alberta Ballet

The Nutcracker
December 14-16, 20

National Addictions Awareness Week (NAAW)

November 26, 2018 - November 30, 2018

Addiction Helpline
1-866-332-2322 (24/7)

Calgary Opera

Amahl & The Night Visitors
December 7-9

Morpheus Theatre Society

One Bad Apple: The Queen, Snow White and the Evil Red Delicious

December 7th to 15th, by Charlotte Nixon

Editor's Note: The October issue of Kerby News listed incorrect dates for Calgary Opera's Roméo & Juliette. The information has been corrected in this month's listing above. We apologize for any inconvenience.

The surprising thing people with diabetes need to watch out for



(NC) When most of us think about diabetes, feet don't immediately come to mind. However, foot experts say looking after your feet and lower limbs should be a priority if you are living with the condition.

"Over time, diabetes can cause damage to the nerves in the feet, which makes it difficult to feel if cuts or blisters are forming," explains Anthony Harper, a Canadian certified pedorthist and president of the Pe-

dorthic Association of Canada. "Diabetes can also cause blood vessels in the feet and lower limbs to become constricted, which makes it much more difficult for infections and wounds to heal."

Common foot problems such as calluses, corns, blisters and dry skin can become a serious issue if you have diabetes, as they can quickly develop into deep sores that are slow and difficult to heal. Foot ulcers can easily become infected, and in some cases lead to an amputation if they aren't caught and treated early.

As a healthcare professional specializing in foot care, Harper counsels many

people living with diabetes about foot care and ulcer prevention. Here are his top tips:

Dry skin.

This is a common problem if you have diabetes. Although it doesn't appear serious, dry, brittle skin cracks easily, allowing bacteria to enter which can lead to infections. To keep the skin on your feet soft, use a moisturizing lotion daily. But don't put lotion between your toes, as that area is susceptible to fungal infections. Check your feet daily for cracks.

Corns and calluses.

Wearing poorly fitting shoes can cause both corns and

calluses to form. After your bath or shower, gently remove the excess tissue with a pumice stone. Do not try to cut it off. Speak to your pedorthist about whether foot orthotics or a different brand or size of footwear will reduce the rubbing and shift weight from sensitive areas.

Blisters.

Ill-fitting shoes can also cause blisters to form. Always wear socks with your shoes and pull them up to make sure there aren't any wrinkles or bumps. If you get a blister, do not pop it. Clean and dry it carefully, apply an antiseptic ointment and a clean bandage.

Preventative care.

When it comes to diabetes, prevention is best. Wash your feet daily in warm water, but do not soak them. Dry them thoroughly. Check your feet daily for cuts, rubs, redness or any signs of injury. To avoid ingrown toenails that can lead to infection, trim your toenails straight across.

Always wear properly fitted, closed toe shoes inside and outside. Before putting on your shoes, check them carefully to make sure they don't contain any little twigs or stones. Have your feet examined annually by a Canadian certified Pedorthist or your doctor.

Take control of your health and act early. ▲

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First-ever National MNP Canada Games torch relay kicks off

Roly McLenahan torch begins journey to Red Deer

The first-ever national MNP Canada Games Torch Relay kicked off on Parliament Hill in Ottawa on October 4, 2018. As part of Canada Games tradition, the Canada Games Roly McLenahan Torch was lit from the Centennial Flame with guest of honour, Minister of Sport, Kirsty Duncan.

The Canada Games Torch Lighting is a significant element of the Games and has united communities across the nation for the past 51 years. In celebration of the lighting of the torch, past Canada Games Host Communities raised the Canada Games flag. For the first time in the history of the Canada Games, the Roly McLenahan torch embarked on a relay across Canada before arriving in Red Deer, Alberta for the Opening Ceremony of the 2019 Canada Winter Games on February 15, 2019.

Torch relay events are planned across Canada including Calgary, Edmonton, Medicine Hat, and Lethbridge. The torch is scheduled to be in Calgary on January 18 and the announced torchbearers are Senator Doug Black, Ken Faulkner, Allison Hakomaki, Jason Tuffs, and Brett Wilson.

“This inaugural MNP Canada Games Torch Relay will give Canadians across the country the opportunity to experience the true spirit of the 2019 Canada Winter Games,” said the Honourable Kirsty Duncan, Minister of Science and Sport. “The flame will pass through communities in every region of the country, providing Canadians with an opportunity to cheer on our athletes as they strive for excellence but also to be inspired by their love of sport.”

“Alberta is proud to host the 2019 Canada Winter Games in Red Deer,” said Ricardo Miranda, Alberta Minister of Culture and Tourism. “We will eagerly watch the torch as it makes its way across the country before arriving in the heart of Alberta. Good luck to all the torchbearers, we look forward to welcoming you to Alberta soon.”

“As the torch continues its journey on the road to Red Deer, it provides a unique opportunity for our fellow Canadians to become a part of the 2019 Canada Winter Games in their respective communities,” said City of Red Deer Mayor Tara Veer. “Through the torch, Canadians from coast to coast to coast across our country will become a part of the energy and excitement that Red Deer will experience

this February when we welcome the nation to our city”.

“We are thrilled that the MNP Canada Games Torch Relay is now underway and that the iconic Roly McLenahan Torch is set to travel across our beautiful country, galvanizing Canadian pride for youth and sport,” said Tom Quinn, Canada Games Council Chairman. “The Torch visits communities that have hosted past editions of the Canada Games and a feeling of nostalgia and effervescence is sure to take over as residents reminisce about how impactful the Canada Games were to their city and community.”

The first torch relay stop was Halifax, Nova Scotia, on October 9 and from there the MNP Canada Games Torch Relay heads west, visiting almost 50 communities across Canada through a series of torch relay and community celebration stops before arriving in Red Deer for the Opening Ceremony of the 2019 Games.

From February 15 until March 3, 2019, the eyes of the nation will be on Red Deer, Alberta, as they host the 2019 Canada Winter Games - the largest multi-sport and cultural event for youth in Canada, and the largest event to be hosted in Red Deer's history. Featuring over 150 events in 19 sports, and a major arts and cultural festival, the 2019 Canada Winter Games welcomes up to 3,600 athletes, managers and coaches and more than 100,000 spectators, with a significant economic impact forecast. The 27th edition of the Canada Games, the 2019 Games is set to provide

a stage for Canada's next generation of national, international and Olympic champions to compete, and will leave a legacy of athletic and leadership greatness in Red Deer and central Alberta.

For more information on the 2019 Games, please visit: canadagames.ca/2019.

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To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.

Buddha



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Victoria — city of adventure

By Jacqueline Louie

Distinctive black fins crest the silver sea and there's a collective intake of breath. The thrill of seeing orcas in the wild, on a fully guided whale-watching tour north of Victoria, B.C., is a highlight of a lifetime.

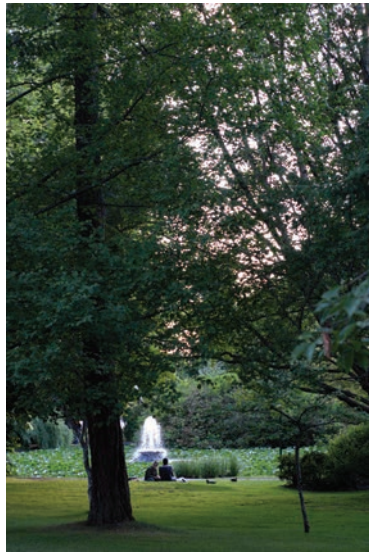
"Victoria is beautiful in the fall, because it's still mild and there are lots of things to do," says Victoria-based artist, Jessica Ruth Freedman. The Japanese Garden on the grounds of Hatley Castle National Historic Site in Victoria is a particularly beautiful place to visit in autumn, according to Freedman.

There are many ways to enjoy the outdoors on southern Vancouver Island, including hiking, cycling, fishing, and of course whale watching.

You can watch spawning salmon at Goldstream Provincial Park, just north of Victoria in an old-growth rainforest. Stroll along the river and stop in at the visitor centre to learn more about the salmon run.

For flower lovers and all lovers of beauty, a visit to the Butchart Gardens is an exquisite highlight.

In downtown Victoria, perhaps one of the loveliest places to go walking is along the seawall. Follow a wide,



paved pathway with wonderful ocean views. Branch off the pathway into Beacon Hill Park, an oasis of greenery in downtown Victoria.

A golfing destination

Located 35 km from Victoria International Airport and 19 km from downtown Victoria, The Westin Bear Mountain Golf Resort and Spa is "one of the top golf resorts in Canada. What's great about it is that it has two wonderful golf courses," says golf travel writer and photographer Grant Fraser (flagstick.com), president of the Travel Media Association of Canada. Bear Mountain's Mountain Course and Valley Course, both designed Jack Nicklaus, are outstanding, with multiple tee-decks, Fraser notes. "So regardless of your golfing ability, whether you're a beginner or someone who plays a lot of golf, there's a tee-deck and appropriate yardage for you to play from. It's a very natural golf experience - the Valley Course in particular. There are no homes around the Valley Course, so you're playing golf through forests, creeks and wetland areas." Fraser appreciates the luxury resort's rustic charm, describing the Westin Bear Mountain as "very comfortable. It has that outdoorsy, woodsy feel, which I like." "Once you get here, you will understand why it's so special. You get the feeling of a true West Coast vibe," says Westin Bear Mountain Golf Resort and Spa director of sales and marketing, Michelle Nuyten.

Bear Mountain is easily accessible by car or taxi from downtown Victoria, and the resort offers a daily shuttle service.

If you're planning to stay in Victoria proper, the city offers a diversity of accommodation options, including the recently renovated, four-star Fairmont Empress Hotel in the heart of downtown. If you decide to stay elsewhere you can still experience the elegance of the Empress by stopping in for afternoon tea, a grand tradition for more than a century. Menu offerings include such delicacies



Photos by Neil Hodge.

as smoked salmon, Tofino shrimp tartlet, English cucumber on rye or roast beef on whole wheat. You can indulge your sweet tooth with items such as the Signature Empress warm raisin scones with clotted cream and strawberry lavender preserve, caramel banana cake or Queen Bee shortbread.

Dining out

Victoria offers superb dining options, with wonderful fresh-caught seafood and seasonal local ingredients. The picturesque Fisherman's Wharf, within walking distance of the Empress Hotel, is a must-visit, offering a variety of dining options. OLO Restaurant offers award-winning fine dining, and the ever-popular Zambri's, offering 'Italian soul food,' is a Victoria culinary institution. And for something just a little bit different, there's Be Love, an upscale restaurant specializing in farm-to-table vegan cuisine serving organic cuisine with an all-organic wine list, super-food cocktails, fresh juices and smoothies.

Arts, culture and history

In case of inclement weather you can head indoors to learn more about Victoria at any number of fine museums and galleries.

At the Art Gallery of Greater Victoria, current exhibitions (on until January 6) include The Changing Landscapes of Emily Carr and Remembering a Patron: Asian Art Donations from Dr. Judith Patt. Another

highlight is the gallery's enchanting courtyard garden, which features North America's only authentic Japanese Shinto Shrine.

The Royal BC Museum is a superb place to visit. Egypt: The Time of Pharaohs is the current featured exhibit, on until Dec. 31.

Overlooking the waterfront nearby is the Robert Bateman Centre, a great place to experience the magic of nature through art. There are 45-minute guided tours every Tuesday and Saturday at 2 p.m., included in the price of admission.

A special event at the Robert Bateman Centre on Nov. 15, part of the monthly Nature Talks series, is *Science and Photography: An Evening for Coastal Carnivores* with guest speaker Ross Dixon from the Rain-coast Conservation Foundation at 6:30 p.m.

You can also dive deep into the joys of the wild through NatureSketch, a Bateman Foundation Initiative, at www.naturesketch.org.

Another fun place to visit — especially if you're traveling with grandchildren — is the charming Victoria Bug Zoo, featuring arachnids, insects and their multi-legged relatives.

For more information check www.tourismvictoria.com or <https://princeofwhales.com>.



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Getting a grip on winter driving in Alberta

THE EVOLUTION OF THE TIRE

Tires have evolved over the years. Initially, there were summer tires and snow tires. Several decades ago, the all-season tire was introduced into the marketplace, which provided motorists with better winter driving performance than a summer tire and the opportunity to avoid the cost and inconvenience of the semi-annual winter tire changeover. Some Alberta motorists still choose all-season tires since they meet personal needs based on driving habits, where they live and their comfort level with winter driving.

NOT ALL TIRES ARE CREATED EQUAL!

All tire rubber will stiffen as the weather gets colder, but the latest generations of winter tires maintain their elasticity even at extremely low temperatures approaching -30°C and below, providing superior traction and grip. Winter/snow tires are specially designed tires that are intended to work best in low temperatures and in snowy or icy conditions

like the ones we have in Alberta. They are designed to provide your vehicles with better traction than regular or all-season tires. This is achieved with deep treads and siping that can grip better on snow or ice, meaning it will give drivers improved ability to start up a hill, stop or drive in deep snow.

All-weather tires are the closest thing possible to a Canadian “all-season” tire. They have more aggressive siping and softer compounds allowing them to be stamped with the Mountain/Snowflake symbol, but they do not wear as rapidly in the summer as a winter tire would.

THE LAW IN ALBERTA

Currently, the province of Alberta does not make it mandatory for vehicles to be equipped with winter tires during the winter months.

However, Alberta Transportation does recommend that when driving in severe winter conditions that vehicles are equipped with four winter or all-weather tires for improved traction and control.

COMMON TIRE TYPES AND MARKINGS INFORMATION



For more information about winter tires contact the Alberta Transportation — Vehicle Safety at:

vehicle.safety@gov.ab.ca or 780-427-8901, toll free in Alberta by first dialing 310-0000.

TIRE CHAINS AND STUDS

The province and municipalities do not have legislation specifically prohibiting the use of studded tire or tire chains, but have legislation making damage to the roadway an offence. A peace officer within a municipality could have a concern with deliberate damage to the roadway due to snow chains on a tire. A peace officer could charge under Alberta’s Highways Development and Protection Act section 51, which prohibits damage to roadways. Several jurisdictions do have restrictions on using studded tires.

Motorists using studded tires who are travelling to other jurisdictions should check before their trip.

Tire Type	Application	Marking
Winter	Designed for winter conditions	
All-Weather	Designed for all year use in Canada	
All-Season	Designed for year round usage in some Canadian markets. Rubber may start to harden and lose gripping power at temperatures below 7°C	M + S
Summer	Designed for summer use only (higher temperatures)	

3 ways winter is harming your car



(NC) Driving in Canada during the colder months means you need to be prepared to drive in all kinds of weather conditions. Winter driving can without a doubt pose a threat to your vehicle,

so it’s important to be cautious of the effects of cold weather.

Road salt. Snowstorms and cold, damp winter days combine to make driving conditions perilous. This is

why tons of rock salt is used on our roads to create safer driving conditions. The problem with road salt or brine — which is a mix of magnesium chloride, salt and water — is the toll it takes on the exteri-

or of your vehicle.

When left on your car for an extended period of time, the chemicals will eat away and weaken the chassis. You will soon see rust appearing, which can lead to costly body repairs. The key to preventing this from happening is washing the offending substance off as quickly as possible.

Tire pressure. Cold air naturally lowers your tires’ PSI. Be sure to check your tire pressure once a month and ensure current inflation matches the specifications of your vehicle. Improperly maintained tires could result in some detrimental effects on your vehicle’s performance and overall safety, such as irregular tire wear, tire failure, reduced fuel economy and decreased handling.

Freezing cold. Exposure to below freezing weather every day can do a number on rubber and plastic. While you’re enjoying the warm confines of your home on a -20°C night, your vehicle is

exposed to the raw elements.

Rubber components such as windshield wipers, belts, and hoses bear the brunt of the damage. Frigid temperatures mean they become less pliable, increasing the chances of a rip, tear or break. These issues can create hazardous conditions as malfunctioning wipers can mean reduced visibility, while broken belts and hoses can lead to engine damage.

“To make sure your car is ready to handle this winter, we encourage a full auto service preventive inspection, along with changing or topping up all fluids,” says Darryl Croft, automotive expert at OK Tire. This includes everything from engine coolant and oil to windshield washer fluid. This should also include a verification of your, battery, brakes and belts.

“Don’t ignore the warning signs. The last thing you want is to be stranded on the side of the road on a cold day.” ▲

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Kerby Centre's President Zane Novak (far right) and CEO Luanne Whitmarsh with Grey Matters Conference keynote speakers Johnny and Earle Morris. Johnny is a two-time Olympic Gold medalist in curling and his father Earle coached Team Canada in world competition.

Grey Matters is an annual conference for seniors service providers in Alberta to network, gain knowledge and increase awareness of issues, supports and services for seniors. Photo by Keith Callbeck

New Canada Pension Plan changes to enhance your retirement

In January 2019, the Canada Pension Plan (CPP) enhancement will take its first step toward improving retirement benefits for all working Canadians.

Starting this January, you and your employer will begin making higher contributions to the CPP. In 2019, the contribution rate will increase from 4.95% to 5.1%. Contribution rates will rise gradually from 2019 to 2025, so you have time to readjust your yearly budget. By increasing your contributions, you'll receive more from the CPP when you are eligible to receive those benefits.

Your employer will deduct the increased CPP

contributions from your paycheques as they have in the past. If you file your taxes electronically there will be no extra work for you to do at tax time. If you file on paper, Canada Revenue Agency (CRA) forms will guide you through calculations needed to claim a tax credit on the base CPP contributions and a tax deduction on the enhanced CPP contributions.

The CRA offers resources and tools to help you understand the enhancement, how the enhancement will affect you, and what you need to do in order to be prepared.

Find out more at canada.ca/cpp-enhancement-employees.

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Many veterans experience isolation

By Simone Marshall

Veterans face a variety of obstacles when they leave military service. Some veterans find the transition of integrating back into civilian life difficult. The military offers men and women a place of belonging and a purpose in life. The military requires routine and regimentation and once this routine is disrupted it can be difficult to adjust. The sense of belonging to a greater cause and also sharing a bond with comrades with whom one was serving can be a powerful loss. The camaraderie between men and women serving in the military is a very strong bond that differs from family ties and the friendships one acquires in civilian settings. Once a veteran leaves service and transitions back into daily society, feelings of loneliness and isolation can become overwhelming. Isolation can lead to depression and anxiety. One of the first signs of anxiety or depression is that the individuals slowly start to remove themselves from society.

Dr. Alan Teo, a psychiatrist at the Veterans' Affairs Portland Health Care System, led a study that analyzed loneliness as a factor in veterans' mental health. The results were published in the *Journal of Affective Disorders* in February, 2018. It explains that the project did not begin as an evaluation of loneliness as it relates to depression in veterans, but that loneliness became the

'takeaway message.' Dr. Somnath Saha, a staff physician at VA Portland and a co-author of the study, was not surprised by the main conclusions. He sees many patients experiencing depression and loneliness. "Humans are social beings, and connection to others is part of what buoys us in a stressful world," Saha says: "When people are cut off from others—whether they are truly socially isolated and are alone or just feel isolated and are lonely—they are navigating their lives without the stabilizing ballast of friends and loved ones." This isolation can lead to major depression and its primary symptoms are feeling down, fatigued, overwhelmed, and unmotivated. The researchers found that among five forms of social connectedness, loneliness was tied to the highest levels of depression and suicide ideation, or thoughts of committing suicide. Loneliness was also associated with the lowest levels of patient efforts to manage their health and to seek help. Loneliness is not necessarily the same as being alone. It usually refers to the affliction and stress people feel when their social involvement and relationships are not what they want them to be. For example, loneliness often entails feeling left out or alone when they'd prefer to be involved or interacting with others.

It is imperative that veterans stay active in their community; Kerby Centre

has a number of resources for seniors and daily activities that keep people connected. Please contact the general phone number for Kerby Centre at 403-265-0661 for more information.

There are also different Veteran Resources in the City of Calgary:

The Royal Canadian Legion
 Toll-free: 1-877-534-4666

Canadian Forces Member Assistance Program
 Toll-free: 1-800-268-7708.

Canadian Military Family Resource Centre: website: <http://calgarymfrcc.ca/veterans/resources/>

This article strives to enlighten readers on the importance of community and how loneliness and not having a sense of community can greatly affect veterans. One way to connect with different organizations is to get involved in community activities.

Sources:

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 Forsling, Carol "Veterans Need To Be Honest About Their Loneliness And Boredom After Serving" Task & Purpose. May 8, 2018. Web. Accessed Oct 9, 2018. <https://taskandpurpose.com/veterans-need-honest-loneliness-boredom-serving/> ▲

211 WHY SHOULD YOU CALL 211?

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BY MANSOOR LADHA

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

Everyone anxiously awaits retirement. We have visions of spending our Golden Years golfing every day and spending time at some exotic island with margarita in hand. None of us has any idea what the realities of retirement are.

First of all, living expenses are so high that most retirees would find living within their budget on the government pension is a juggling act. Unless you have been wise enough to save extra funds in an RRSP, GICs or some other form of investment, you will find that you will have to dip into your savings to make ends meet.

A report by the Social Planning and Research Council of B.C. revealed that in Metro Vancouver, three out of five women over 65 live on a total income of less than \$25,000 a year. The report also indicated that the number of seniors still working for a pay cheque has increased to 85,000.

I recently met a senior at a Dollar Store who was fishing for bargains. He was filling his shopping cart with cans of soup — his usual dinner. They were cheaper here than in the grocery or department store. Even the Dollar Stores have increased their prices.

One favourite location for retirees is the neighbourhood coffee shop. Whether it's Don's Diner or Tim Hortons, seniors regularly frequent their neighbourhood coffee shop to socialize, exchange news and pass their time. Whether you live in a small town or in a city, this trend seems to be prevalent. Seniors like to exchange the town's news and gossip. One of my young reporters always found coffee shop visits beneficial, as he would get news tips from seniors.

For seniors themselves, neighbourhood coffee shop visits are also emotionally fulfilling as they have someone to talk to instead of locking themselves alone in their apartments.

Golden years not so bright for retirees

Many people when they retire don't know what to do with their time. They are shocked when retirement comes all of a sudden. You have to plan your retirement, financial or otherwise. It's important to have hobbies ready to plunge into when the time comes. Be it gardening or sewing or whatever else. Retirement will give you time to enjoy your hobby to the fullest. A friend of mine who retired last year had these wise words to give: "Now that I am retired, I have all the time to do things that I didn't have time to do when I was working."

I retired as publisher of two weeklies and from active newspaper work in 2005. I was lucky to get a part-time job with a Calgary daily newspaper as a copy editor, which kept me very busy and intellectually occupied. However, the hours of work didn't suit me so I had to resign. The fortunate part of being a journalist is that while you were working full time, your job included writing stories, features or editorials. After retiring, I found that my hobby was also based on writing. Hence, since retirement, I have been able to publish a book, write regular columns for newspapers on a freelance basis and work on another book, which is almost ready for publication.

All this keeps me busy, but more importantly mentally and intellectually occupied.'

The downside of retirement is that close relatives and friends will start to take advantage. They think retirement means that you have nothing to do and that you have a lot of time on your hands. So many times, my wife and I were asked to "baby-sit" the cleaning lady who came to clean the house, or let the phone or cable guy into my son's apartment. Usually the phone and cable staff don't give you the exact time. "We'll be there between 9:00 a.m. and 5:00 p.m.," is what you are told. They must assume that either you are unemployed or unimportant so that you can waste your time waiting for them. This usually means that most of your day is gone for something that would take not more than half an hour.

Then there are aunts and uncles who call on you to drive them to medical appointments or to Edmonton to see a relative. Frankly, I don't mind taking them to medical appointments, but going to Edmonton to see a relative is a little much — unless of course the relative is very sick or dying.

Many people leave travelling until they retire. My advice is to travel whenever you can because who knows

what types of illnesses and weaknesses you may have if you leave it too long. As long as you are strong and your limbs can carry you, undertake travelling and have fun while doing so. My wife and I have pledged to take a vacation every year to some interesting places. So far, we have been able to fulfill our plans without

any problem. I would urge everyone to do so and enjoy.

Mansoor Ladha is a Calgary-based journalist, columnist, travel writer and author of Portrait in Pluralism: Aga Khan's Shia Ismaili Muslims. Another book, Memoirs of a Muhindi, is scheduled to be published by Regina University Press. ▲

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

Answer on page 31

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Volunteer Spotlight

Henry Stronks

Henry is a hardworking and dedicated volunteer. He has been volunteering at Kerby Centre since 2011. Henry volunteers in our Woodshop as a Woodworking Helper. He enjoys volunteering because it gives him opportunity to make new friends, to learn new things in the Woodshop and he likes to help others. He finds everyone at Kerby Centre very friendly and helpful. Besides volunteering, he spends his time playing guitar, piano and listening to music. He has already contributed over 983.0 hours.

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

Easy, elegant holiday hosting

Page design and layout Winired Ribeiro

Celebrations call for meals that impress. In *Cook's Illustrated All-Time Best Holiday Entertaining* we have gathered the absolute best dishes for making your next celebration memorable, stress-free, and, above all, delicious with a collection of meticulously tested recipes. Complete with helpful tips, make-ahead instructions, and a few festive drink recipes, *All-Time Best Holiday*

Entertaining will turn you into the host you were always meant to be. It makes a great gift to yourself or for someone special.



Cook's Illustrated
All-Time Best Holiday Entertaining
 Edited by America's Test Kitchen
 Published by Cook's Illustrated
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Creamy Corn Pudding©

We wanted to offer a smooth custard (one that didn't curdle or weep) loaded with a fresh corn taste. The result is a sweet, savory, and supremely creamy, corn pudding mainstay. This recipe should be served hot and cannot be reheated, so plan ahead accordingly.

Serves: 6 **Total time:** 1 hour 15 minutes

- 6 ears corn, husks and silk removed
- 3 tablespoons unsalted butter, plus extra for baking dish
- 2/3 cup heavy cream
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- 1/4 teaspoon cayenne pepper
- 1 1/3 cups whole milk
- 4 large eggs, lightly beaten
- 1 tablespoon cornstarch

1. Cut kernels from 5 ears corn into medium bowl, then scrape cobs with back of butter knife over bowl to collect milk (you should have about 2 1/2 cups kernels and milk). Grate remaining 1 ear corn on coarse side of box grater (you should have about 1/2 cup grated kernels). Add grated kernels to bowl with cut kernels.
2. Adjust oven rack to lower-middle position, place roasting pan or large baking dish on rack, and heat oven to 350°. Generously butter 8-inch square baking dish. Bring 2 quarts water to boil in kettle or saucepan.
3. Melt butter in 12-inch skillet over medium heat. Add corn and cook, stirring occasionally, until corn is bright yellow and liquid has almost evaporated, about 5 minutes. Add cream, salt, sugar, and cayenne and cook, stirring occasionally, until thickened and spoon leaves trail when pan bottom is scraped, about 5 minutes. Transfer mixture to medium bowl. Stir milk into mixture, then whisk in eggs and cornstarch. Pour mixture into buttered baking dish.
4. Set filled dish in roasting pan or large baking dish already in oven. Fill outer pan with boiling water to reach halfway up inner dish. Bake until center jiggles slightly when shaken and pudding has browned lightly in spots, 20 to 25 minutes. Remove baking dish from water bath, let cool for 10 minutes, and serve.



One-Pan Roast Turkey Breast with Herb Stuffing©

Serving a turkey breast is a great way to celebrate on a smaller scale, and this one-pan feast makes a festive, flavorful turkey dinner as foolproof as can be. If using a self-basting turkey breast (such as a frozen Butterball) or kosher turkey, do not brine in step 1, but season with salt after rubbing with butter in step 2.

Serves: 4 to 6 **Total time:** 2 hours 30 minutes (plus 3 hours for brining)

- Salt and pepper
- 1 (6- to 7-pound) bone-in whole turkey breast, trimmed
- 5 tablespoons unsalted butter, softened
- 2 tablespoons minced fresh sage
- 2 tablespoons minced fresh thyme
- 1 onion, chopped fine
- 2 celery ribs, minced
- 1 pound hearty white sandwich bread, cut into 1/2-inch cubes
- 1 cup chicken broth, plus extra as needed
- 1 tablespoon minced fresh parsley

1. Dissolve 1/2 cup salt in 1 gallon (20 cups) cold water in large container. Submerge turkey in brine, cover, and refrigerate for 3 to 6 hours; remove from brine and pat dry, inside and out, with paper towels.
2. Adjust oven rack to middle position and heat oven to 425°. Mash 3 tablespoons butter, 1 tablespoon sage, 1 tablespoon thyme, 1 teaspoon salt, and 1/2 teaspoon pepper together in bowl. Using your fingers, gently separate skin from meat. Spread half of butter mixture under skin directly onto meat. Spread remaining butter mixture evenly over skin.
3. Melt remaining 2 tablespoons butter in large roasting pan over medium heat (over 2 burners, if possible). Add onion, celery, 1/4 teaspoon salt, and 1/4 teaspoon pepper and cook until vegetables are softened, about 5 minutes. Stir in remaining 1 tablespoon sage and remaining 1 tablespoon thyme and cook until fragrant, about 30 seconds. Off heat, place turkey, skin side up, on top of vegetables and arrange bread around turkey. Roast turkey for 30 minutes.
4. Reduce oven temperature to 325° and continue to roast turkey until breast registers 160°, about 1 hour.
5. Remove pan from oven. Transfer turkey to carving board, tent loosely with aluminum foil, and let rest 15 minutes. Stir broth and parsley into stuffing left in pan, cover with foil, and let stand 10 minutes; add extra broth if stuffing is dry. Carve turkey and serve with stuffing.

Roasted Butternut Squash with Goat Cheese, Pecans, and Maple©



We sought to create a savory recipe using roasted squash that was simple yet stately, whether as a colorful side or a full-flavored vegetarian main. For the best texture, be sure to peel the squash thoroughly, removing all of the fibrous flesh just below the squash's skin. This dish can be served warm or at room temperature.

Serves: 4 to 6 **Prep time:** 1 hour 30 minutes

- 2 1/2 – 3 pounds butternut squash
- 3 tablespoons unsalted butter, melted
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons maple syrup
- Pinch cayenne pepper
- 1 1/2 ounces goat cheese, crumbled (1/2 cup)
- 1/3 cup pecans, toasted and chopped coarse
- 2 teaspoons fresh thyme leaves

1. Adjust oven rack to lowest position and heat oven to 425 degrees. Using sharp vegetable peeler or chef's knife, remove skin and fibrous threads just below skin from squash (squash should be completely orange, with no white flesh). Halve squash lengthwise and scrape out seeds. Place squash, cut side down, on cutting board and slice crosswise into 1/2-inch-thick pieces.
2. Toss squash with melted butter, salt, and pepper and arrange on rimmed baking sheet in single layer. Roast squash until side touching sheet toward back of oven is well browned, 25 to 30 minutes. Rotate sheet and continue to bake until side touching sheet toward back of oven is well browned, 6 to 10 minutes.
3. Remove squash from oven and use metal spatula to flip each piece. Continue to roast until squash is very tender and side touching sheet is browned, 10 to 15 minutes.
4. Transfer squash to platter. Combine maple syrup and cayenne in bowl, then drizzle over squash. Sprinkle squash with goat cheese, pecans, and thyme and serve.

Financial Planning: Choosing your executor

By Jonathan Ng

The role of the executor is to carry out the terms of the will and administer your estate according to the law. Selecting a person, or persons, in your life to take on this job is an important decision. This article discusses some of the important considerations when making this choice.

Two heads better than one?

It is possible to choose two or more people to act as “joint executors”. These individuals must act as a team and make all decisions unanimously. This is a double-edged sword. Multiple people bring their unique skills and perspectives to the table; however, they also bring their emotional and personal baggage, which can frustrate the work that needs to be done. Some parents feel obligated to choose all of their children as joint executors in an effort to keep the peace. Be careful with this — there is a reason why companies tend to have only one president.

The foreign executor.

If the executor lives outside of the province, an insurance bond may be required. It is possible for the executor to request that this bond requirement is waived, and, with the consent of the beneficiaries, such a request is often granted. The bigger issue is convenience. The time-consuming work of the executor can be further complicated if the executor needs to take significant time out of their life to travel. If the executor lives outside of Canada, there can be estate tax implications.

The ‘1-year job’ vs. the ‘25-year job’.

There is a critical, often overlooked, difference between the executor and the trustee of trusts in the will. Many wills

direct that certain shares of the estate must be held by a trustee for the benefit of another person — this is known as a “trust”. For example, it is common that the share of a minor child or grandchild is held by a trustee until the child or grandchild reaches the age of 25. It is additionally common that wills require that the executor must also act as the trustee. Careful attention must be paid to select a person who is equipped to handle the 1-year job of the executor but also available to act as the trustee for the years that follow. It is possible to split the jobs — the executor and trustee can be different people.

Go corporate.

For many families, there is no trusted family member or friend available or willing to act as the executor. In this circumstance, a corporate executor may be the right choice. Major banks offer this service through their trust company. The quality of service provided by a corporate executor is high — they do this work professionally and are not burdened by emotions. A corporate executor can also be appointed as a Power of Attorney in the event of a loss of capacity to manage finances.

There are many other factors to consider when choosing your executor such as: skill set, relationship with the beneficiaries, and compensation. Choosing your executor is not a simple fill-in-the-blank task. Seek legal advice to ensure that you are choosing right person.

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



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Financial independence is paramount. My mother always says that when a woman is financially independent, she has the ability to live life on her own terms. I think that was the soundest advice that I ever got. No matter where you go in life or who you get married to, you have to be financially independent — whether you use it or not.

Priyanka Chopra

Financial Planning Today

Topic: Protecting yourself from fraud and Scams

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Room: Kerby Lounge

Date: Thursday, December 6th, 2018

Time: 10:00 am – 12:00 pm

Cost: Free Presentation

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Classified deadline for December issue must be received and paid by November 9.



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- 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

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Continued from page 30

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Harry Edward Ripley
Ingeborg Pauline Weigle
Merlin Bergeron
Olive Esther Murray
Shirley Ann Hunter

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 Kerby News.

Sudoku Answer

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

Puzzle on page 27

FOR AD INFO

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

PUZZLE ON PAGE 21

ADVERTISERS' INDEX OCTOBER 2018

211	Golden Life
ABC Benefits Corp	Handy Helpers
All Seniors Care	Helmut Heiss.....
Allison Teets	Lawrence Gerritsen
Amica	Lifetime Highs
Assurant Life	Maison
Audiology Innovations	Manor Village
Bethany Care	Manor Village
B.L. Braden Denture Clinic	Metro Dental Care
Bowbridge Manor	Mountain View Seniors
Calgary Co-op Memorial	North Hill Denture
Calgary Philatelic Society	Real Estate Solutions
Chinook Denture	Red-E-bins Calgary Ltd
City of Calgary	Rob's Roofing
Compassionate Nursing	Sandra Sebree
Foot Care Ltd	Silvera For Seniors Westview ...
Cowboys Casino	Silvera For Seniors
CPO	The Estate Lady
Direct Health Solutions	Verico
Financial Concierge	Wilson Law

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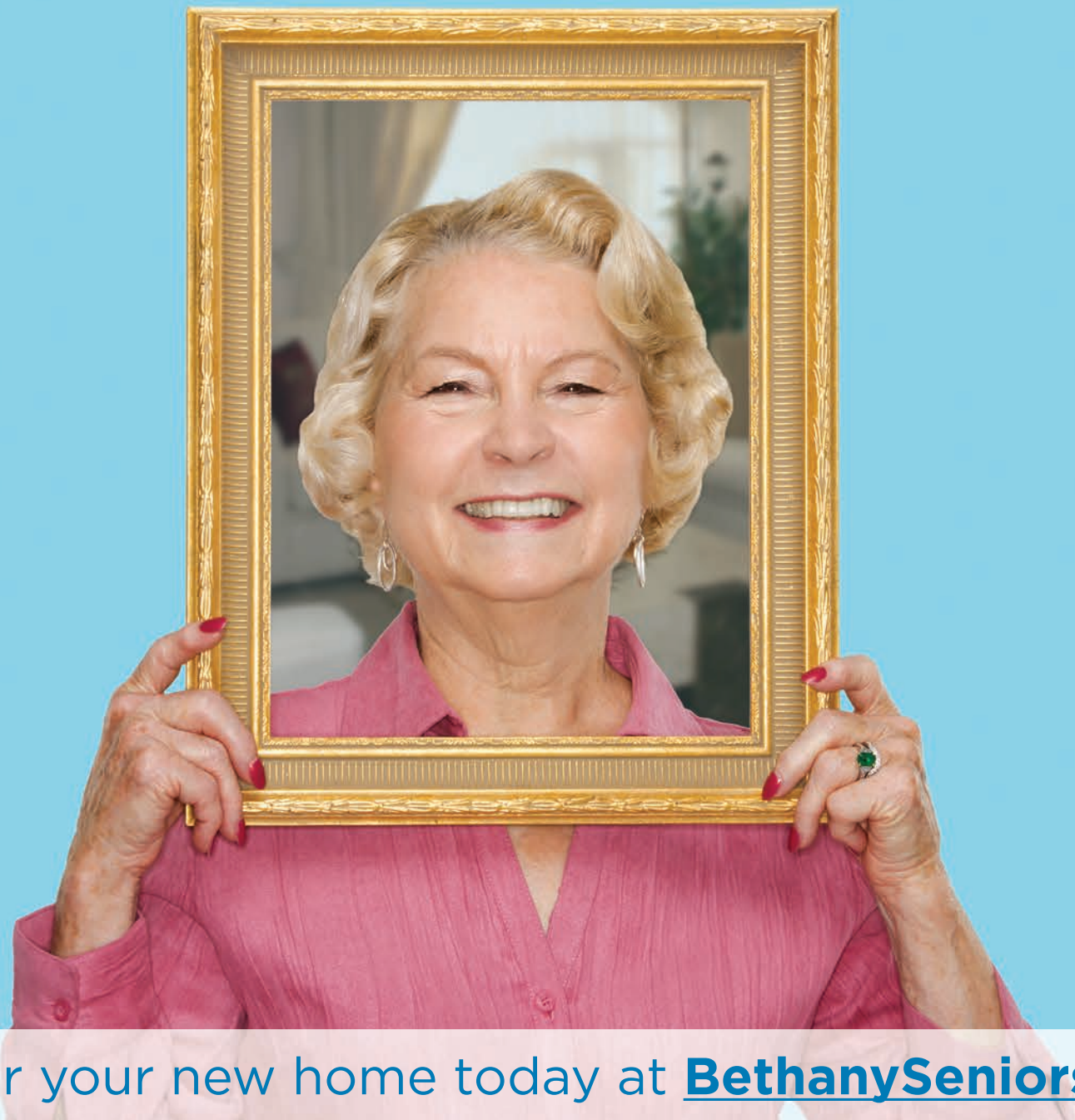
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