

Kerby News

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for the **55** plus

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September

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Left is Don McLean, a career aviation maintenance specialist from Lethbridge working for the airlines in Calgary, who helped weeknights in Clark's Calgary-based workshop. Centre Clark Seaborn. Right is Bob Cameron, a Whitehorse resident, career helicopter pilot who located the Fokker wreckage in the bush near Dawson City. The three of us worked as crew in several hundred hours of flight-touring during the summers of 1999, 2000, 2001, and 2003, all over North America. This photo was taken in June 2001 during the visit to Mayo, Yukon, another Yukon community celebrating its 1898 gold rush beginnings. The Fokker at Mayo, Yukon, with Klondike Dancers on the wing.

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Monday, September 3, Labour Day
Sunday, September 9, Grandparent's Day
Monday, September 10, Rosh Hashanah
Wednesday, September 19, Yom Kippur



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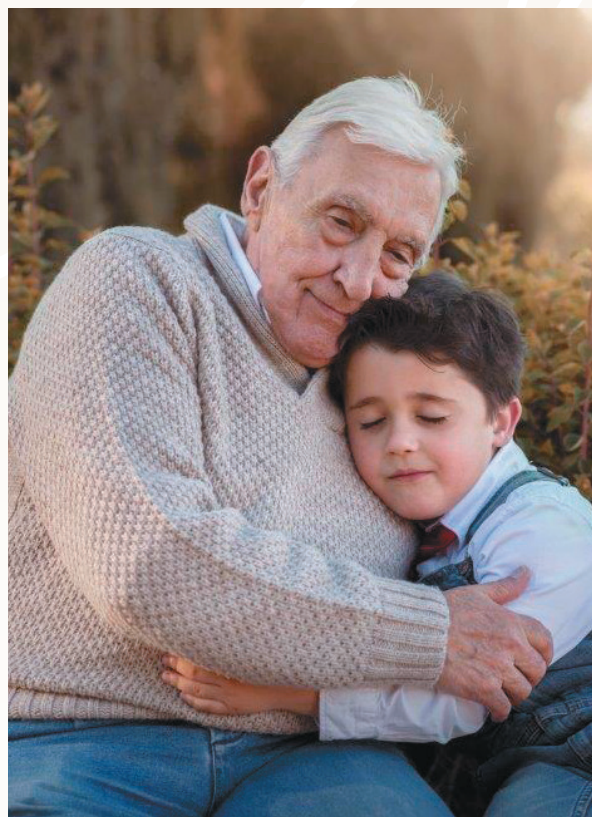
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By ZANE NOVAK
President of Kerby Centre

September brings seasonal changes

September for me has always been a month of mixed emotions. When my children, Karmia and Kole were younger, they were going back to school, something that I dreaded.

No, I did not dread education, it was that I treasured having them home for the summer, the adventures we went on, the time that we spent together. It was always tough to see them head off to the routine of school, and doing so in a positive manner. I tried to make sure

that they would always view school for all of the virtues and benefits it brought, when in truth I just wanted them to be at home with me so that we could go on another camping trip or whatever else we could dream up to do.

September seems to bring a distinct change in seasons too. Shorter days, crisper mornings. The ability to see more sunrises and sunsets. Nice deep sleeps because it's a bit darker and cooler at night. I am sure that we will appreciate all of those after the warm summer that we have enjoyed in Calgary.

September also brings a sense of routine for me. Holidays are over, everyone is settling into the tasks at hand, what needs to be done before winter. Back to the habits we treasure, the neighbours we see regularly, and the socialization.

For many people Kerby Centre plays a significant part in all of that. The oppor-

tunity to stay engaged, meet up again with old friends whose summer may have taken them away on trips or who have spent time with family. Kerby also opens doors to experience new adventures, new activities, new classes to broaden your horizons and learn new things and meet new friends.

Just as when my kids headed off to school all those years ago, I knew that the friends they would meet and the lessons they would learn would shape them and help to make them better and stronger individuals. It benefited them.

A few days ago I was at a BBQ at a friend's place and he and his wife introduced me to her grandfather and his wife. They were particularly excited to do this, as it turns out, because her grandfather met his wife at Kerby Centre 21 years ago.

It reminded me of how many stories and experiences all over this beautiful city

of ours have a connection to Kerby.

One of the key opportunities for making connections, along with finding and doing things that will help us as individuals, is our Annual Kerby Centre Expo. This year it is on September 22nd. What started out years ago as a simple open house, has grown into one of our key events.

Now over 1,000 people come through our doors on that day. Here you can be introduced to so many beneficial experiences. New products, new options for you and for your community. There is music, and entertainment. It is truly a day to get together and see what is out there that could be of value to you.

We encourage all of you to come out and enjoy it and, as I always say, reach out to a friend or friends and bring them along. Adventures and experiences are often best when shared. ▲

SEPTEMBER 2018

Design by Winifred Ribeiro

KERBY CENTRE'S MISSION:

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

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Kerby brings new opportunities



By LUANNE WHITMARSH
CEO of Kerby Centre

September starts the changing of seasons, including more opportunities to learn. At Kerby there are many opportunities for you, as you will see in this and ongoing issues.

I thought you might find

it interesting to know that the staff attend many conferences throughout the year to ensure that we are providing the services that people want and need. It is very important that we constantly update and evolve our programs using the latest research available.

The next conference that several of the team will be attending is Grey Matters, on September 25 and 26. It is an annual conference that attracts older adults and professionals from across Alberta. Kerby Centre is helping to plan this year's conference as part of the Alberta Association of Senior Centres, along with the Provincial Government (Seniors

and Housing Ministry). If you would like more information, visit www.greymatters2018.com

In the fall there will be courses and conferences on active aging, learning how to support those who have dementia and those who love them, caregiving, and much more. The team from Kerby will also give presentations to many of the conferences — sharing our learned skills with others.

Consider using this time to take stock of what you wish to learn; a new skill, a new language or art and music. Remember to stay engaged, keep up to date, and participate in your own life-learning journey. What makes you — is you!

Keep in touch. ▲

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News from City Hall

By EVAN WOOLLEY

Calgary Councillor for Ward 8

Downtown is important to Calgary's vitality

Whether you live, work, or play downtown, there's no doubt that it's one of the most important parts of the city. I'm hoping you'll take the opportunity to provide your opinion on what Calgary's downtown could look like in the next 30+ years. We're reviewing and refreshing the 2007 Centre City Plan, and starting this fall we will be asking for your input on what you would like to see or do more of in downtown Calgary.

I love Calgary's unique skyline, with its historic sandstone buildings and mix of modern skyscrapers. You've probably visited one of the 25+ park spaces, cycled down the river pathway or eaten at one of the many restaurants. Maybe you've attended one of the hundreds of events hosted downtown, shopped at the mall or in a boutique store. All of these things bring vibrancy to Calgary's downtown and when our city centre thrives,

so does the rest of the city. That's why it's vitally important for the City and the community to invest their support in planning and creating a livable, thriving and caring core.

The Centre City Plan is a coordinated document that pulls together the vision for the city centre along with strategies and actions relating to land use planning, economic, cultural, social development, and governance. In the upcoming pub-

lic engagement, the City will be seeking input to re-affirm the Centre City vision and identify big ideas and actions to make the vision a reality for years to come!

To learn more about public engagement opportunities, or to sign up for the project e-newsletter, visit calgary.ca/centrecityplan.

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

Celebration of diversity in September

September is off to a colourful start with the Calgary Pride Parade and festival, held on Sept. 2. Now in its 28th year, the event has grown exponentially, welcoming non-profit organizations, businesses, politicians, churches, labour organizations, and many others to participate.

LGBTQ students heading back to school this fall can be assured that they will be protected when they create or join gay-straight and queer-straight alliances. The Alberta courts have upheld Bill 24: An Act to Support Gay-Straight Alli-

ances, ensuring that every publicly-funded school in the province has a clear policy and remains a welcoming, caring, and safe place to learn. From providing fun activities to building support networks that save and improve lives, GSAs have positive and far-reaching impacts on individuals and communities.

The celebration of diversity continues with Alberta Culture Days (Sept. 28 to 30), part of National Culture Days – in which more than 800 communities from coast to coast join the movement to raise awareness, accessi-

bility, participation and engagement of all Canadians in artistic and cultural life. In 2017, nearly 100,000 Albertans turned out to enjoy free, family-friendly events. This year's feature celebration site in Calgary is The Alberta College of Art and Design, and there are more than a dozen pop-up and host sites across the city, including several in the downtown core. For more information, visit: albertaculturedays.ca

Lastly, I'm pleased that more mental health supports will be available at the Calgary Counselling Centre. The Alberta government is

providing \$566,000 for the centre to expand its community-based counselling services in Calgary, nearby Indigenous communities, and rural areas. This will be made possible using new digital technology, connecting individuals outside of Calgary to counsellors, resources and treatment.

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 SW, Calgary,
AB T2R 1K9 ▲



This month in Ottawa

KENT HEHR

Kent Hehr
Member of Parliament for
Calgary Centre

Some happy news on a personal note

It is an honour and privilege to represent Calgary's urban centre since 2008 – first as a provincial MLA and now as your federal Liberal MP (Member of Parliament).

I have spent a lot of time with many of you at Kerby Centre, visiting and celebrating, so I wanted to share some exciting news.

I've long said that I'm in this line of work for two reasons: to create good public policy for the long term, and to share my life with Calgarians.

It seems fitting that through this work, I met my partner Deanna. I'm thrilled to say that in August, she and I got married here in Calgary. We both feel very lucky.

When we first met, Deanna was working at CUPS. As I often collaborated with CUPS on issues near and dear to my heart such as poverty, homelessness and early childhood development, I started to get to know Deanna. Eventually we went for coffee, starting dating, and now here we are.

I am very thankful for Deanna, and for the wonderful group of family and friends who surround us.

As I can personally attest, politics can be a tough business, but I am so thankful and honoured to do this work and to represent the people of Calgary Centre. Although I have now tied the knot, rest assured that I remain focused on creating good public policy and sharing my life with each and every one of you.

YOU'RE INVITED: Free Community BBQ with MP Kent Hehr
Saturday, September 15
11:00 a.m. – 1:00 p.m.
2201 Cliff Street SW
(Cliff Bungalow Mission Community Hall)
Hope to see you on September 15th!

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

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

DID YOU KNOW:

Calgary has the greatest number of millionaires per capita of any city in Canada.

Calgary's diverse population speaks 120 languages.

The Plus 15, a feature unique to Calgary, is an inside walkway that connects 100 buildings with 60 suspended bridges 15 feet above the ground. You can walk 18 kms (11 miles) in downtown Calgary without having to go outside, and this continues to grow with annual construction.

Alberta built the world's first UFO landing pad. St. Paul, Alberta, is home to the world's first landing pad for alien life. The raised cement pad was built in 1967 and was officially opened by then Minister of National Defense (and open alien conspiracy theorist) Paul Hellyer.

Lloydminster straddles the border between Alberta and Saskatchewan; in an unusual agreement the provinces agreed to share it.

Canada made the world's first \$1-million coin. In 2007, the Royal Canadian Mint issued the world's first million-dollar coin (Guinness World Records named it the world's largest gold coin). To date, five of these coins have been bought by investors.

It is a misconception that Canada "sold" Alaska to the U.S. This is not true. Canada never owned Alaska. The U.S. bought the state from Russia in 1867.

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A meatless Canada? No, but we're becoming more discerning

A recent poll by Dalhousie University suggests that our food choices are becoming more varied

By Sylvain Charlebois
Senior Fellow Atlantic
Institute for Market Studies

Canadians love meat but other sources of protein are emerging as potent alternatives. Demand is up for vegetable proteins like pulses, as well as for fish and seafood. Loblaw has even started selling cricket flour and is trying to make insect consumption mainstream.

That's led some people to believe that vegetarian and vegan segments of the Canadian population are on the rise.

Not so much.

According to a recent poll conducted by Dalhousie University, the number of vegetarians and vegans has remained the same. But the number of Canadians who follow specific dietary

practices is clearly on the rise.

Results suggest that 7.1 percent of Canadians consider themselves vegetarians and 2.3 percent vegans. These numbers are fairly consistent with several other polls conducted over the last decade or so. Vegetarians maintain a meat-free diet while vegans also abstain from any animal or animal-derived products, including dairy, eggs and even honey.

But even if these percentages are not shockingly high, things may get more complicated.

Poll results show that 32 percent of Canadians observe some sort of committed dietary regime. This number is one of the highest we've seen in recent years. Women are 1.6 times more

likely to consider themselves vegetarian or vegan than men. Level of education also seems to be a significant determinant. People with a university degree are three times more likely to consider themselves vegetarians or vegans than those with a high school diploma.

Consumers living in British Columbia are 1.6 times more likely to identify as vegetarians or vegans than consumers living on the Prairies or in the Atlantic region. Wealthier people also seem to commit more to specific diets. Consumers who earn more than \$150,000 a year are twice as likely to consider themselves vegetarians or vegans than consumers earning less than \$80,000.

And consumers under 35 are three times more likely

to consider themselves vegetarians or vegans than consumers who are 49 or older. Three times is a lot.

Experts argue that the rise of speciality diets is due to consumers associating vegetarianism and veganism not just with animal welfare, as they did in the past, but also with healthier and cleaner products. Others are rejecting industrialized agriculture altogether.

Health appears more and more to be a factor. The poll suggests that more than 12 percent of Canadians are diabetic. Consumers aged 49 and up are twice as likely to adopt a diabetic diet over time than those under the age of 35. As our population gets older, it's difficult to see how that number could drop any time soon.

Questions concerning al-

lergies also garnered interesting results. Almost 12 percent of Canadians mentioned having allergies and more than 20 percent of households with more than two children said they had to constantly watch for allergens. These are alarming results.

For years, allergens have been a nightmare for food companies and the Canadian Food Inspection Agency. Of the 35 food recalls issued by federal regulators so far in 2018, almost a third were due to ingredients not on labels. Oddly, consumers in the Prairies are two times more likely to suffer from food allergies than in Quebec.

Religious beliefs also lead a small segment of Canadians to choose specialty products like halal or kosher foods. A total of 2.3 percent of Canadians mentioned eating halal foods regularly while less than one percent choose kosher products. Halal and kosher foods aren't always easily available but this could change with our immigration ambitions.

This is just one survey and it only polled 1,049 Canadians. Results must be taken with a grain of salt, no pun intended.

Still, these results point to much more heterogeneous food demand. No wonder Air Canada offers 18 special meal options for international flights. Catering companies and restaurants also know that serving patrons is becoming more about customizing servings than delivering a standardized meal.

So if you have no specific dietary needs, you're still in the majority. But with a younger generation seeking more dietary nuances, this could change over the next decade.

Sylvain Charlebois is dean of the Faculty of Management and a professor in the Faculty of Agriculture at Dalhousie University, Senior Fellow with the Atlantic Institute for Market Studies, and author of *Food Safety, Risk Intelligence and Benchmarking*, published by Wiley-Blackwell (2017). ▲

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Do you like the taste of honey?

*Are you interested in beekeeping?
Or do you simply want to know more about
where your food comes from?*

By Jacqueline Louie

There are many ways to learn more about bees and honey. If you're intrigued by beekeeping, it can be a good hobby, especially for people who are retired or heading into retirement.

"Beekeeping keeps you active, in both mind and body," notes Calgary beekeeper Liz Goldie, who has a total of seven hives in Calgary and southern Alberta, and supplies honey to two Calgary restaurants.

"There's always something new to learn. It helps you interact with your surroundings, whether it's to know the flowers you should plant to help bees, or know what the weather is going to be and how that's going to impact your bees," says Goldie, who took up beekeeping after retiring nine years ago. "With beekeeping, there's always so much more to learn and understand."

Beekeeping is a hobby that people with less mobility can do as well, since there are many workarounds available, she adds.

Beekeeping season starts each spring around March or April and wraps up by October, which makes this an attractive pastime for snowbirds.

If you're intrigued by bee-

keeping, experts recommend taking an introductory beekeeping course to learn more. "There is a lot more to it than someone who has never kept bees would ever imagine," says Goldie, a director on the board of the Calgary and District Beekeepers Association, a diverse organization with a good representation of retired people.

Anyone who owns bees must register their beehives with the province (it's free to register). "If you're interested in urban beekeeping, contact your local municipality to ask about the regulations," says Eliese Watson, founder and owner of ABC Bees, which offers beginning, intermediate and advanced beekeeping courses throughout Alberta.

And you don't need to be a beekeeper to help bees. People can make a difference by providing habitat that bees will thrive in, according to Cherie Andrews, co-owner of Chinook Honey Company in Okotoks, a honey producer selling honey and honey-related products south of Okotoks.

"Anybody can do it," says Andrews, who recommends growing a variety of flowers, which will help the bees. "Diversity is good, because having a constant nectar source, where

you've always got something blooming, is a huge bonus for these pollinators."

In addition, she highly recommends avoiding the use of chemicals. "There is no real necessity to apply chemicals to flowers, which can damage bees enough that they can't function normally." Instead, Andrews suggests using natural methods, such as compost, to ensure healthy plants and a healthy place for bees to thrive.

"It's not just for the bees' sake, either," she adds. "Without pollinators, people really would have quite a restrictive diet. We need bees."

Watson agrees that it's important to avoid spraying chemicals on plants. She would like to see people being more concerned about the use of fungicides, herbicides and pesticides in food production, as well as in their own gardens. "You should be able to dig out your dandelions if you don't like them, or plant companion plants to help inhibit pest growth and create a healthy habitat," she says.

"Experienced gardeners can help you figure out how to manage your space naturally by selecting plants that do not create pest issues or necessitate the use of herbicides," Watson says. "For example, if you're planning to put down sod, certain grasses are better than others at inhibiting dandelion growth." She suggests joining your local horticultural society



A group prepares to tend bee hives. Photo by Heather Saitz.

if you aren't part of a gardening group already.

By creating pollinator habitat, people support a diversity of pollinators, including honeybees, which are non-native to North America; and bumblebees and solitary bees, which are native, and highly effective at pollinating native plants in smaller spaces. "If you have a flower garden in your front yard, those native bees will

pollinate that garden 100 times more efficiently than honeybees will," Watson says. "One bee will propagate dozens of kinds of flowers; honeybees won't."

In addition to planting a variety of flowers, leaving a small part of your yard undeveloped can be a great support to native bees like bumblebees and ground-dwelling bees, who like to nest in natural areas with leaf litter and dead grass, notes Goldie. ▲

Support bees

- The Calgary and District Beekeepers' Association holds monthly educational meetings, mentoring programs and beginner beekeeping courses. calgarybeekeepers.com
- The United Beekeepers of Alberta Council (UBAC) is a new provincial bee association that is holding its inaugural conference in Calgary on Saturday, September 29. The first province-wide association, open to hobby, sideline, and commercial beekeepers; plus bee enthusiasts, the UBAC welcomes everyone to participate in bee discussions, the business of beekeeping, and ecology of the bees' environment. To learn more, please visit albertabeekeepers.com, or call Liz at 403-208-2475.
- ABC Bees, Abcbees.ca
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More is not always better for prescriptions

By Karen Born
and Wendy Levinson

Canadians are living longer than ever, and we are also taking more medications than ever before. This can make us sicker, not healthier.

A report released last week by the Canadian Institute for Health Information found that one in four seniors in Canada are taking 10 or more medications. That's a total of 1.6 million seniors in Canada who are at significant risk of being harmed by the very thing that's supposed to help them.

For example, benzodiazepine is a medical term for sleeping pills which are commonly prescribed

to seniors who experience trouble sleeping or anxiety. These powerful drugs were designed for short-term use. Unfortunately, many seniors end up feeling dependent on these drugs for sleep. They stay on them for the long term, sometimes indefinitely. These medications can lead to increased drowsiness, falls, and possible fractures, even car accidents.

Antipsychotics are another powerful medication intended for short-term use in seniors, that Canadians over 65 are taking for longer durations than necessary. Antipsychotics are sometimes prescribed during a challenging life event such as a hospitalization or a move to long-term care. But

long-term use can change a seniors' behavior and personality and put them at higher risk for drug interactions and side effects.

Individually, these drugs pose risk to seniors, especially when taken long-term. The danger multiplies when multiple drugs are taken concurrently, increasing the potential for drug interactions and side effects.

Unnecessary medications are not just harmful to seniors, but harmful to all Canadians.

The opioid epidemic is a powerful illustration of the harms that potentially unnecessary medications can cause to individuals and communities. A recently-published article by On-

tario researchers found that powerful opioids are being prescribed for longer than necessary and at higher doses for Ontarians. Opioids are addictive and harmful medications when used inappropriately and when not needed.

The data on the amount of unnecessary prescription medications used by Canadians, and the many harms associated with this, are staggering. But there are solutions to this complex problem.

Many of the solutions lie within the medical profession itself. After all, it is mainly physicians who prescribe medications and their clinical colleagues, such as nurses and pharmacists,

who dispense and monitor medication use. Increasingly, Canadian clinicians are recognizing that they can do better. Canadian clinicians are starting the conversation with patients and clients that more medications don't lead to better health, and that unnecessary medications can be harmful.

The Choosing Wisely Canada campaign works with national societies of clinicians to develop evidence-based lists of medications and treatments clinicians should question. By thinking twice before prescribing and talking with patients about the harms and risks of medications, clinicians are starting to tackle overuse of prescription medications.

Choosing Wisely Canada is also working with regional health care providers and organizations of clinicians to share evidence-based strategies to help clinicians think twice, offer alternatives and have conversations about when that medication may cause more harm than good. The campaign also offers tools to patients to ask questions and start the conversation with clinicians about when more is not always better.

But more needs to be done.

Clinicians need to be able to work within health care systems that offer them a fuller picture of what medications patients are taking. Fragmented and poorly designed information systems can make that difficult. Payment models that incentivize quick clinical interactions can make it challenging to get a detailed medication history and to have a conversation with seniors about how many drugs they take, how often, and to properly explain the risks and benefits. Increasing clinicians', patients' and the public's awareness about the problem of overuse of prescription medications is just a beginning ▲

Karen Born, PhD is Knowledge Translation Lead of Choosing Wisely Canada and an assistant professor at the Institute of Health Policy, Management & Evaluation at the University of Toronto.

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

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Life and liberty

BY LIBERTY FORREST

Remember how easy it was to solve life's miseries when you were a kid?

Okay, I'm not talking about the big horrible ones that many of us have experienced in toxic homes and that sort of thing. I mean your average bumps and bruises of childhood, being told "No," or being sent to your room for some minor infraction, or your best friend wouldn't share toys or has gone to play with some other little kid...

You knew just how to fix those booboos. You had your very best pal, "Ted" - you know, the ratty, old, worn stuffed bear - or a reasonable facsimile. "Ted" was always there, ready to be dragged around, squished too hard, cried on, and then left with the dust bunnies under the bed when you forgot why

Where are Ted and a blankie when you need them? Right under your nose

you were crying in the first place. And he never even minded, bless him.

Or you had your "blankie." Tattered and threadbare, it could probably stand up by itself unless your mama peeled it out from under you while you were sleeping and stuffed it in the washing machine.

When the world was being mean to you, you could grab your blankie and retreat by curling up in your favourite chair or in your bed until you fell asleep, or perhaps something else got your attention.

Then you grew up. Life got harder. Problems were bigger. That frustrated little kid who just wants to cry is still inside you on your bad days. That little kid just wants to stamp a foot and run for Ted and Blankie.

But they're nowhere to be found. Who knows where they went, but bless them, they took all your secrets with them, never to be shared.

So you and the little kid inside just carry on, the little kid wanting to burst into tears or run away (or both),

but you say "No, we have to stay put." The weight of the world is on your shoulders but there's no Ted to listen to you, no blankie to comfort you.

Then you end up at the kitchen table of some kindly old lady, perhaps a neighbour or an aunt who shoves a cup of tea at you, saying it'll put everything right. "It's like a big hug," she says, "nice and warm and comforting."

You're not the type to open up and tell people what hurts. Oh, no, you couldn't do that! Not that she's asking. She just wants you to have a cup of tea.

So you're happy to sit there and drink your tea, and the kindly old lady doesn't say much. She's kind of like Ted that way.

Then a few words escape your lips. And a few more and a few more and your tea disappears while you find yourself telling her what's wrong.

And how cool is that? She was right. By the time you finish that tea, you feel better. It was just like a big hug, nice and warm and comforting - like your

blankie used to be. You haven't solved all your problems, not by any means.

But maybe you've got a new perspective. Maybe things don't seem so bad. Or maybe you see that you don't have to fix everything right now.

All that matters in that moment is that you feel better. You can face those problems again. Maybe even tackle one or two in the morning.

Thank heaven for the Teds in our lives who so willingly share their blankies with us. ▲

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

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“If we could give every individual the right amount of nourishment and exercise, not too little, and not too much, we would have found the safest way to health.”
— Hippocrates

For licensed Zumba instructor Maaïke Seaward, exercise is not a chore, it's pure joy

By Jacqueline Louie

Maaïke Seaward, who teaches two Zumba classes at Kerby Centre, describes Zumba as a Latin-based music dance exercise program that “isn't your typical dance class. It is a party! You can't stop smiling. The music is incredibly uplifting. It's music that's cha cha cha, with Latin rhythms, an African



Angie Friesen, yoga instructor with some of her students at Kerby Centre.

beat to it, Bollywood and Bhangra There are different world rhythms that we do these dance steps to, it's all choreographed, and you don't need a partner. That's the beauty of Zumba.”

Seaward teaches Zumba Gold, an hour-long class geared to active older adults; and Zumba Gold Chair, a 45-minute class designed for people with limited mobility. Every Zumba Gold Chair class starts with a warmup and ends with a cooldown. “Stretching your muscles after a workout improves your flexibility, mobility and muscle tone,” Seaward explains.

She emphasizes that you do not need to know how to dance, to take up Zumba.

“The No. 1 thing is to have fun,” says Seaward, who has been teaching Zumba for seven years. “Zumba is for anyone. Anyone who likes music - you're captured by the beat.”

Exercise is for everyone. No matter whether one is very active or somewhat limited in mobility, it's important to keep moving in whatever way you can, experts say.

Kerby Centre offers a variety of exercise classes to suit all levels and abilities, including modified classes that can be done while seated.

“Your body is meant to move. It helps your body heal and become stronger,” says certified yoga instructor Angie Friesen, who teaches Yoga Levels 1 and 2, and Restorative Yoga at Kerby Centre.

Restorative Yoga is a gentle one-hour class that brings a deeper element of relaxation into the experience.

“It's perfect if someone has mobility concerns,” Friesen says. “They can feel safe and comfortable in a

chair, and still get a really good yoga program.” Restorative Yoga can also benefit people dealing with chronic pain, she adds.

The Level 1 yoga class for beginners, which includes the option of using a chair, focuses on building a foundation to feel more confident, while the Level 2 class is the next step up.

No matter the level, many yoga students report feeling more at ease in their body. Some sleep better at night. Some find it complementary to other forms of exercise, giving greater focus, flexibility and more comfort while doing things like walking or gardening. “Movement is so key, especially if someone is in pain. I always tell students they have to listen to their body and do what's best for them today,” Friesen says.

She encourages students to bring their own yoga mats, while Kerby Centre provides the props, including straps and foam blocks. “Everything is taken care of with Kerby Centre,” Friesen says.

And for many, yoga is more than an exercise class. Some people go for coffee downstairs after the class wraps up.

“There is a big social aspect to exercising. It gives people a reason to come out and socialize after class,” says Kerby Centre fitness instructor Dan Leung, a PRO TRAINER with CanFit Pro, a national certifying board for fitness professionals.

Leung teaches a fitness class geared for muscle strength and balance; as well as a class for people who are less mobile, focused on balance and coordination.

“Exercise is important for everyone to reach

or maintain their optimum health,” says Leung, who recommends that everyone should be cleared by their physician before starting any physical activity. “Exercise on a regular basis helps maintain people's abilities, and helps them to be more independent and mobile.”

His students have reported greater mobility, fewer aches and pains, less stiffness when they're up and moving, and blood pressure in a healthy range, as some of the benefits they're seeing from exercising regularly.

And, according to group fitness instructor, Joyce Slone, who teaches two modified exercise classes at Kerby Centre, Building Blocks for Balance and Functional Strength, both of which are chair classes: “Regular exercise is an excellent way to get stronger, have a full life and maintain your health.”

Exercise can benefit sleep, brain health and memory, and improve mood, coordination, agility, balance and posture. And it can help to increase energy levels in people with chronic fatigue syndrome and other chronic illnesses, Slone says.

“Listen to your body and where you are at. Everyone is in a different place with exercise. Exercise will improve your health in many ways, so you will feel and perform at your very best and be more independent.” ▲

Certified yoga instructor and wellness coach Angie Friesen teaches a multi-level yoga class for Kerby Centre at St. Andrews Centre in southwest Calgary. She also runs a wellness/self-care workshop created for Kerby, Live Well Be Well.

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Clark Seaborn's airplanes — living his dream



Clark with the reconstructed de Havilland DH60 Moth.



Instrument panel of the DH60 Moth.

By Tim Johnston

Watching Harvard training aircraft over my rural Lethbridge home in the early 1950's might have been the start of my life-long fascination with aviation. It was certainly reinforced by my first-ever airplane ride with Emanuel Cohen, now of Calgary, when, years ago, he flew me in his Piper Pacer from Lethbridge to Vauxhall and back. Later on there were flights with Stubb Ross, founder of Time Air, before he established his very successful regional airline. And, of course, there was my one and only ride in a Stearman biplane out at Villeneuve Airport near St. Albert.

But circumstances never aligned that might have seen me become an aviator or, even more unlikely, the owner of a private airplane. Instead, I indulged my interest by way of reading history, conversations with pilots, and occasional visits to the Experimental Aircraft Association (EAA) annual fly-in at Oshkosh, Wisconsin. Airplane heaven, that place is.

Driving east from my home in McKenzie Towne, I often pass by the little airport at Indus. It has two grass runways and perhaps 50 hangars that shelter aviation treasures belonging to serious aviation aficionados. One of this number is Clark Seaborn, a civil engineer, now retired, and airplane restorer. We met quite by chance, after I had asked others at the airfield about who a good candidate might be for a story for the Kerby News. Clark's name was offered up almost immediately. And with good reason. Clark has had, and continues to have today, two of the most unique airplanes on the field.

Clark's interest in aviation began early on and was expressed through model building. He obtained a private pilot license at the Calgary Flying Club following graduation from the Faculty of Engineering at the University of Alberta. The engineering background proved to be important because it would provide Clark with the ability to consider choosing airplanes to own and fly that others might have consigned to the junkyard.

Taking model building a giant step forward, Clark ordered plans for a home-built Pietyenpol Aircamper aircraft with open cockpit and parasol wing.

When completed, the Pietyenpol provided lots of hours of "tail dragger" experience. Hearing of the availability of a derelict 1933 Waco UIC four-place cabin biplane, Clark thought it would make an excellent family airplane. He purchased it in 1972. After restoration, the Seaborn family recorded over 800 hours of flying time in it

including a trip to EAA at Oshkosh in 1979.

Always interested in new challenges that combined engineering with aviation, Clark learned that Winnipeg's Royal Aviation Museum of Western Canada had salvaged parts from a 1928 Fokker Super Universal aircraft that had crashed

long ago near Dawson City, Yukon. Clark undertook with the museum to restore the aircraft to flying condition provided he could have use of it for a few years afterward. He told me there were 28 Super Universals operating in Canada in the early days of bush flying and that one of them, flown by Punch Dickins, made the first

flight from the west coast of Hudson Bay across the Barrens to Lake Athabasca. That aircraft and Clark's were at one time owned by James A Richardson of Canadian Airways fame.

Clark's saga with the Fokker really began in 1982 when the Winnipeg museum delivered a trailer load of aircraft parts to his home south of Calgary. Included in the shipment were the remains of three different Fokkers including the one from Dawson City. Prior to this, Clark had spent countless hours searching for additional parts and information that would be needed in the restoration. His search even took him to the crash site of another Fokker west of Yellowknife, Northwest Territories. He learned that Wop May had been sent in to burn that hulk so that it would not be visible from the air to passengers on other Canadian Airways flights. Eighty pounds

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Clark Seaborn's airplanes

Continued from page 11



The reconstructed Fokker lands at Indus Airport, Alberta.

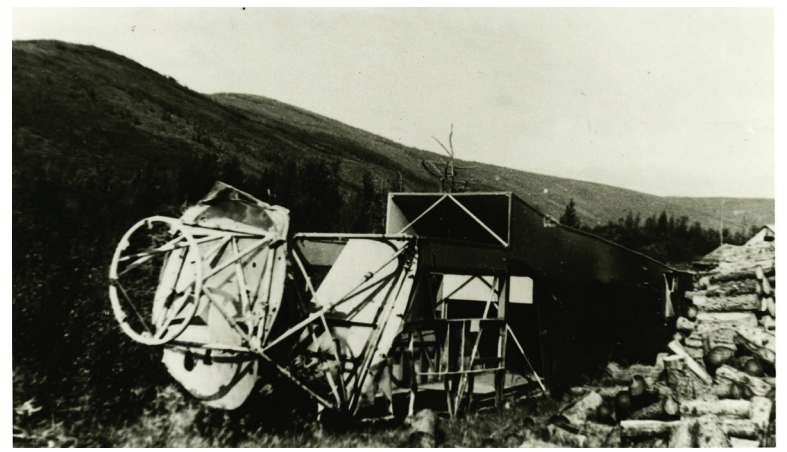


Don Mclean and Clark Seaborn pulling the cotton covering bag over the fuselage. Just as sitting down to pull your socks on, the fuselage had to be raised on a trestle below the cabin, and the tail roller had to be removed to get the bag pulled on.

of parts were salvaged on that expedition with many of them being restored and incorporated into the composite aircraft.

And so the construction of a functioning historic aircraft began. Over the course of 16 years and the investment of 10,000 hours of shop time, a re-born aircraft was ready for its first flight. Along the journey, many skilled aviation craftsmen gave time, knowledge and skills to help see the project completed. As components were fabricated, Clark tested and validated their reconstruction using computerized structural analysis. When completed, a 25-hour test flight program was carried out to measure performance and adjust flying characteristics. Then came the day that Transport Canada sent its inspectors to issue or deny a certificate of airworthiness, depending on their judgment of the condition of the aircraft and its ability to operate within regulations. The inspectors issued only a stipulation: that a "No Smoking" sign be installed in the cockpit.

After 16 years of restoration, it was finally Clark's time to go and fly this new jewel, a fully reconstructed Fokker Super Universal with registration letters CF-AAM from the original aircraft. Over seven years, CF-AAM flew across western North America, staged commemorative flights for early prairie airmail services, and in 2001 visited six communities in the Yukon, once the stomping ground for CF-AAM in its earlier life. There it was given the nickname "Yukon Gold." One elderly gentleman who visited the aircraft recounted



Fuselage of CF-AAM at Dawson after being crashed and stripped. It sat like this for years, until somebody decided to burn it and cut it up.

the arrival at Mayo by Fokker of his mail-order bride on a -56 degree Fahrenheit day. On the 100th anniversary of flight in the United States, Clark piloted the Fokker on a 4,000-mile trip around America in company with other vintage aircraft.

For nearly 25 years, the building and flying of the Fokker was a big part of Clark's life. He spoke fondly of the hours that went into the reconstruction and especially of the 320 hours he spent in the air flying all across the continent. But the time for parting was imminent. On September 29, 2005, "Yukon Gold," with Clark at the controls, made its final flight to Winnipeg for permanent exhibition in the Royal Aviation Museum. It can be visited there today.

Clark's hangar at Indus, where the Fokker came to life, now has three aircraft inside. The newest is a 1948 Fleet Canuck, manufactured in Fort Erie, Ontario. This is Clark's aviation equivalent of a "daily driver." Employed when new

as a training plane for civilian pilots at the Lethbridge Flying Club, this high-wing aircraft has accumulated over 4,500 hours of service. He bought it shortly after turning over the Fokker to the Royal Aviation Museum. "I had nothing to fly," he told me. Next is a 1942 Cornell, built by the same company as a basic training plane for World War II pilots. This isn't Clark's airplane but it is certainly at home here with its veteran hangar mates.

The third aircraft came into Clark's hands as, what else, a collection of bits and pieces salvaged from a wreck that happened a long time ago in the mountains near Fernie, British Columbia. This aircraft is a de Havilland DH60 Moth biplane, originally manufactured in the late 1920s. With experience gathered over the course of restoring the Waco and building the Fokker, Clark made new fuselage and wing parts, constructed a new en-

Continued on page 13

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Clark Seaborn's airplanes

Continued from page 12

gine firewall and fuel tank and re-engineered a de Havilland Gypsy engine to operate in the "upright" position. Most of these engines, manufactured for Tiger Moth training planes of World War II, operated "upside down" with the crankshaft on the top of the engine. This allowed greater ground clearance for the propeller and permitted shorter landing gear that aided stability on the ground. Clark flies the Moth only on very calm and clear days and stays reasonably close to the airfield. It's a beautiful and flyable historic artifact.

I wondered about the registration letters for this aircraft: CF-ADU. As in "adieu"? Would this be Clark's last aircraft restoration? I asked him if another project was in the wings. He smiled gently and his gaze focused somewhere out on the horizon. ▲



Completed fuselage-covering envelope. Crew left to right, Murray Deines, Don Mclean, Clark Seaborn.



Clark's hangar today with Fleet Canuck (left), DH60 Moth (right) and Fleet Cornell (at rear).



Clark's first aircraft, a Pietenpol Aircamper home-built kit plane.



The assembled beast, with crew posed for a photo. Left to right, Ross Richardson, Montreal aircraft designer and aviation historian, Ron Jackson, master woodworker and AME, George Seaborn, who provided encouragement and photocopy work, and Clark Seaborn.



The Seaborn family with the unrestored Waco.



The restored Waco resplendent in red, yellow and black livery.

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Permaculture a vibrant way to garden

Making gardening a blend of beauty and taste

By Jacqueline Louie

Luke Kimmel grew up in Calgary's suburbs and had no experience of gardening or farming until eight years ago, when he visited a homestead filled with endless beauty and abundance: fruit and nut trees and other edibles, a pond, vivid colors and greenery.

"The place looked and felt like paradise," he recalls. "It was shocking how much food the space was producing. That really moved me. I had always thought that farming had to be in rows. I literally made an on-the-spot decision to dedicate the rest of my life to creating places like this. It's been eight years, and I'm

more in love with it than ever."

Kimmel is now a partner in reGenerate Design, an ecological landscape design and build firm in Calgary that follows the principles of permaculture, a wide-ranging system for designing sustainable human living spaces, while working in harmony with nature. reGenerate Design designs and creates low maintenance landscapes and gardens with the principles of nature in mind, helping people to grow their own food in 'food forests,' which are edible forest gardens, planted with perennial herbs, vegetables and fruits, and fruit-bearing trees and shrubs, such as apple, cherry, pears,

plums and apricot trees; honeyberries, raspberries, saskatoons, goji berries; American groundnut, sunchoke, sorrel, orach, and more.

"One of the most amazing things about food forestry is the vision it offers for a sustainable future. A food forest builds soil, as opposed to a lot of the larger conventional farming techniques that deplete soil," Kimmel says. "If we can grow food using perennial crops, and arrange them in a forest-like system that is lower maintenance, then we can be producing food while creating beauty, creating sustainable human habitat, providing habitat for beneficial insects and birds,

and regenerating the natural processes of the Earth.

"And there are many benefits beyond the food, when you can plant something like a bur oak tree that can live hundreds of years and produce edible acorns. This is a legacy that will last for many generations. It really enhances a sense of place, and I think a sense of place is something we yearn for as humans: we want to feel connected to where we live."

Rainwater harvesting is another important benefit to permaculture, according to Kimmel. When creating a food forest, permaculture designers build rainwater harvesting features into the earth, such as basins (rain

gardens), swales or terraces. "It puts the water right at the plant's roots, and can reduce or eliminate the need for supplemental irrigation after plants are established. If we get a 100-mm rainstorm, the soil will saturate with water and the overflow will leave the site safely," Kimmel says, noting that the amount of water coming off an average house in Calgary can be anywhere from 20,000 — 50,000 litres a year.

"Our gardens can be incredible sources of regeneration and positivity," says Rob Avis, co-owner and co-founder, together with his wife Michelle, of Verge Permaculture, which specializes in permaculture education and consulting, designing resilient homes, acreages and farms. "By changing your gardening practices, using plant diversity and plant density to reduce disturbance, you can improve the nutrient density of the food you grow, create habitat for local species, and increase the water-holding capacity of your property. Gardening is not just good for your health, it's also good for the planet."

A professional engineer with a background in the oil and gas industry, Avis offers the following top three takeaways on how permaculture can benefit people:

1. Placement. With permaculture, people take the time to understand how all the systems in a yard relate to one another. This can increase productivity, reduce the amount of labor required, and improve your yard's aesthetics.
2. Moving to a low till or no till deep mulch system can dramatically reduce the inputs required in gardening, while increasing your garden's output — both volume and quality. "In addition to increased productivity, your plants will become healthier. And if you're growing food, it means your food will have higher nutrient density and less susceptibility to pests and pathogens."
3. Increase plant density and diversity. This will increase the soil's capacity to hold moisture and reduce evaporation.

"Whether you're re-designing your entire landscape or planting a self-watering tomato container on your deck, permaculture will benefit you and you will learn so much," adds permaculture designer, consultant and tour guide Ted Bahr, founder and owner of Prairie Sage Permaculture in Calgary. "It's an awesome way to connect with your community, and an awesome way to connect with people." ▲



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BY MANSOOR LADHA

South Africa marks Mandela anniversary

my dad brought them home.

Plucking up courage one day, I told him, “Dad, you know we should not be buying these South African products because by doing so, we are supporting the economy of the apartheid regime which is so blatantly practicing racism and denying human rights to the non-white population.

“By buying their merchandise, we are promoting their regime and encouraging their business,” I argued. “South Africa is the enemy of every progressive-minded person. I am going to stop eating these items until you accept my point of view or find an alternative source of supplies for the goods,” I said, hoping to convince him.

My father told of my concerns to his colleagues in the office, and in no time, it became a big issue. One by one, the staff saw the morality of the story and started boycotting South African goods, so much so that the demand for them in that office went down dramatically. The manager was concerned about the drop in business, and he summoned Dad to explain. He accepted Dad’s point of view and was forced to seek alternative supplies. I was pleased that I made a small contribution against apartheid and made a dent in their export market at such a young age.

In 1961, Tanzania, then Tanganyika, was the first east African country to become independent. The first Prime Minister of independent Tanganyika, Julius Nyerere, while receiving the instruments of independence from the Duke of Edinburgh, declared, “We, the people of Tanganyika, would like to light a candle and put it on top of Mount Kilimanjaro to shine beyond our borders, giving hope where there was despair, love where there was hate, and dignity where before there was only humiliation.

“We cannot, unlike other countries, send rockets to the moon. But we can send rockets of love and hope to all our

fellow human beings wherever they may be.

“In addition, we have wider duties than those we bear towards ourselves alone. We have our responsibilities towards all those other African states with which our links are bound to be so close; and further, even the newest of nations has, in these days, duties towards all the nations upon earth and opportunities to influence by example the policies even of the most powerful.”

Nyerere, as a devout pan-Africanist, firmly believed that no country in Africa was free until other neighbouring African countries were also independent. Hence, he gave strong support to liberation movements, among them Mandela’s African National Congress (ANC) and the Pan-African Congress (PAC) of South Africa. Liberation movements from Zimbabwe, Angola, South West Africa, and Mozambique also set up their headquarters in Dar es Salaam.

All of a sudden, Dar was full of bearded freedom-fighters from several African countries, sporting coloured *kitenge* (cotton cloth with various brightly coloured prints) shirts. It was generally believed that Tanzania under Nyerere paid a sum well beyond the country’s publicized contribution to the liberation movements fighting colonialism.

While Mandela was in prison, South African nationalists found a home in Tanganyika from which they could operate. As features editor of the *Standard*, the country’s leading English newspaper, I was bombarded with press releases and personal visits by ANC officials, eager to trumpet their victories against the apartheid regime and get their news into the paper. It was like a soccer score: the ANC had killed eight South Africans - no casualties among ANC nationalists (other papers branded them as terrorists).

Even in prison, Mandela was their inspiration. After he

was released, Mandela showed his magnanimity by not taking revenge against those who had imprisoned him. That is the biggest legacy of Mandela, to reconcile with one’s enemies. As the first black president of South Africa, Mandela taught the world how to forgive one’s enemies and live amongst them a the spirit of reconciliation.

The fact that 57 world leaders, including a large contingent from Canada, attended his funeral was a testimony to his greatness and the respect that he carried. How many of us would invite our jailor to the inauguration ceremony? I say kwaheri (farewell) to Mabida, my hero. We’ll always remember him,

as there will never be another Mandela in our lifetime.

As Obama said in his speech, Madiba reminds us that: “No one is born hating another person because of the color of his skin, or his background, or his religion. People learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart.” ▲

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*.

Former U.S. President Barack Obama was in South Africa to deliver the Nelson Mandela Annual Lecture, marking the 100th anniversary of Mandela’s birth. The Nelson Mandela Foundation unveiled “Nelson Mandela Centenary 2018 Be the Legacy”, a two-year programme to honour its founder, Nelson Mandela. Madiba, as he is affectionately called, would have turned 100 years old in 2018.

Twenty-seven years ago, Prisoner # 46664 was released from Robben Island prison in South Africa and smelled freedom after spending 27 years in captivity. As a political science university student, I was familiar with Nelson Mandela, and what the South African apartheid government had done to him.

He was my idol for fighting the apartheid regime so courageously. He had made a great impression on me and on the youth of my generation. As a high school student, I sympathized with Mandela and the hardships that he had to undergo.

The company where my Dad worked in Tanzania sold items, such as canned foods like butter and tinned fruits and jams, imported from South Africa—at the time when South Africa was a bastion of racism and apartheid. South Africa had enacted apartheid laws that had institutionalized racial discrimination in the country since 1948.

As an astute and politically conscious high school student, I had a problem with consuming these South African products, manufactured by a repressive regime, when



President Obama addresses the Mandela Washington Fellows at the Young African Leaders Summit in August 2016. Source: Wikimedia Commons

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“Just a kid at heart”



Richard Guy as a young boy.



Richard Guy during his military service with the RAF during the Second World War.



Richard Guy on the summit of Ha Ling Peak, Canmore, Alberta.

“I’m just a kid at heart,” says Dr. Richard Guy, with a twinkle in his eye, as he sits in his office in the Mathematics Department at the University of Calgary. At 101 years old, Richard still travels to work most weekdays, often walking ten minutes to the bus stop and riding the bus to campus.

Originally from England, Richard taught in Singapore and India before making his way to Calgary in 1965, where he became a founding member of the University in 1966. He has taught and mentored students ever since then. Until last year he was still travelling to the United States to the Mathfest

held annually by the Joint Mathematical Association. “It’s nice,” he says, “because I can meet a lot of mathematical friends.” This year, however, he confesses he’s getting “too lazy to make the travel arrangements.”

Over his time as an academic, he’s become a mentor and teacher known for his

engaging lecturing style, and a renowned and respected mathematician, publishing several books and over 300 articles. He’s still actively involved in publishing the results of his work: at present he’s co-authoring a collection of published articles as a book. In a 100th birthday tribute, University of

Calgary Chancellor, Robert Thirsk, commented on the “positive difference” Guy has made to the university and to the community at large.

Some would think that continuing his work into his century years is amazing enough, but Richard skied and climbed mountains into his 90s, and is well known

in Calgary as a long-time Calgary Tower climber at an annual event sponsored by the Alberta Wilderness Association. The original climb was over 800 steps, which, in the early years, he managed to accomplish seven times in one day. Last year

Continued on page 17

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Continued from page 16

he still climbed five flights of the stairs. The fund-raising event has now moved to the Bow Tower, and Richard thinks that this year, he'll "just turn up and shout encouragement to others."

The Tower climb used to be a joint affair with his wife, Louise, to whom Richard was married for 70 years. They met while Richard was still at university and found that they both liked to dance, and were nature lovers, keen hikers and mountaineers, as well as sharing a love for cross-country skiing. In Calgary they became supporters of the Alpine Club, the Calgary Mountain Club, and the Alberta Wilderness Association and donated the initial funds for the Guy Mountain Hut in the Wapta Icefield in the Kootenays. "We had such a wonderful time together," he remembers.

His last mountain adventure (at 95 years old) was an unaided climb to the top of Ha Ling Peak near Canmore. Richard carried his wife's ashes, which he placed at the summit of Ha Ling. His own ashes will join her there when he passes on. Meanwhile, her smiling face sits on his computer screen so he can see her every day.

In 2012, Chic Scott of the Alpine Club of Canada, wrote a small book about the Guy couple, entitled "Young at Heart: the Inspirational Lives of Richard and Louise Guy." In it, Scott details the amazing and eclectic activities in which the couple were involved over the years: sailing around the world, camping, playing tennis, rock climbing and mountaineering from Switzerland to the Himalayas to the Rockies. Scott's book even includes a poem, written by multi-talented Richard.

As I left this amazing and inspiring centenarian, Richard told me "I don't feel ancient — one of my favourite songs is "Young at Heart." "Fairy tales can come true, they can happen to you, if you're young at heart." I'm sure he would agree that we're never too old to have fun. ▲



Louise and Richard dance at the ACC/ACMG Mountain Guides Ball in 1998, the year they were Patrons. Photo courtesy of Richard Guy Collection.

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Ann Landers

The past explains how I got here, but the future is up to me
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MOROCCO

Story by Linda Rainey. Photos by Linda and Michael Rainey
Page layout and design by Winifred Ribeiro.



Todra Gorge.

Morocco is a fascinating country. The landscape, the sights, the sounds, the smells, the history, the architecture, the ruins, and the beauty

My husband Michael and I took a trip to Morocco purely by accident. We had originally planned a trip to Peru to celebrate our anniversary a few years ago. However, just days before we were due to depart, there were devastating mudslides on the Inca Trail, stranding tourists and residents.

Of course we were disappointed to cancel our trip but, as a result, we ended up in Morocco, which turned out to be a really memorable destination, although it was a place that we had never considered for travel. It was on the short list of places our travel agent could book for us at the last minute, so we decided to take a chance. I'm so glad we did! By the way, Morocco is on the northern tip of Africa, just below Spain on the map. Morocco and Spain are separated by the Strait of Gibraltar. The languages spoken there are Arabic, Berber and French.

Our starting point was Casablanca, a charming modern city, one of the largest and most economically important in Africa because many international cor-

porations and their industrial facilities are located there. Their main industry is phosphate rock mining and processing, along with food processing, leather goods and textiles. It is one of the largest financial centers on the continent. The population is 3.5 million. Casablanca is Morocco's chief port and The Royal Moroccan Naval Base is located there. Morocco is predominantly a Muslim country. Mint tea is the most popular beverage in Morocco, although alcohol is available at some of the larger hotels and clubs. Local cuisine consists of lamb or chicken stewed with lots of spices, and vegetables. Food is commonly cooked in a tagine, a cooking pot with a cone shaped lid, made of pottery. The lid traps the steam and creates liquid in the pot so minimal water is needed. This is an efficient way of cooking in areas where water supplies are limited. We saw some very decorative tagines of many sizes in the shops.

Humphrey Bogart starred in a romantic film in 1942, during

WWII, which made Casablanca a familiar name.

We were fortunate enough to tour The Mosque of Hassan II in Casablanca with a very knowledgeable guide. The Mosque opened in 1993, and is second in size to the great mosque of Mecca. The Mosque is built partly over the Atlantic Ocean, providing underwater views. There is room for 25,000 worshippers inside and another 80,000 on the magnificent outside grounds and courtyards. The minaret is 689 feet high, with a laser beam on top which shines towards Mecca. The walls are hand-crafted marble and the chandeliers are made of Murano glass from Venice. Thousands of local artisans and craftsmen worked many years to create the beautiful mosaics, stone and marble floors and columns, horseshoe arches and hand-carved wood ceilings. This mosque is exquisite in every sense of the word. The mosque was built by King Hassan II as a mausoleum for King Mohammed V who died in 1961. Rabat is Morocco's capi-



Marrakech mosque beautiful mosaics.

tal with an Islamic and a French colonial heritage. It is located at the mouth of the Bou Regreg River, and bordered by the Atlantic Ocean. Rabat is comprised of three parts, the Medina, the Udayas Kasbah and the Hassan.

The Medina is the old town quarter with narrow streets, mosques, fountains and no vehicle traffic. There are many street vendors selling their wares, everything from hand-forged hardware to exotic spices, colorful scarves and shoes with turned-up toes. It's easy to get yourself lost within the maze of crowded side streets and alleyways. We always look for notable landmarks so that we can remember our way, but everything looked the same in the Medina and we found ourselves spending more time there than we thought we would, which leads you to buying more than you intended.

The Udayas Kasbah was once home to Arab tribes, Andalusian immigrants and powerful Sultans. It was built in the 12th century to protect its people from the invasion of pirate ships. It is a city within a city because of the sturdy walls built around the entire perimeter. The winding streets lead you past pristine white houses, all with unique patterned entry doors and pleasant courtyards with sweet smelling flower gardens. There are museums with local artwork and handmade carpets for sale.

The Hassan tower, not to be confused with the Mosque of

Hassan II, still stands at 140 feet, above the ruins of an unfinished mosque. There are over 200 columns and walls still standing as they were when work on them ceased in the year 1199 when Sultan Yacoub al Mansour died. The building may have been planned as a fortress, as well as a mosque.

Our next stop was Volubilis, a UNESCO World Heritage Site.

Only about half of the archaeological ruins have been excavated, revealing well-preserved mosaics, thermal baths, communal toilets, and remnants of olive presses and storage vats. A Forum with huge columns still stands, and is the perfect place for storks to build their large nests on the tops of the columns.

Meknes is named after a 9th century Berber tribe. There are souks selling handmade crafts, beautiful textiles, carpets and the famous Moroccan Babouche slippers. We visited the tomb in the Mausoleum of Moulay Ismail who was responsible for the Imperial status of Meknes in the 17th century. Female visitors are expected to dress conservatively and cover their heads and shoulders with a shawl when touring. More winding narrow streets, Medinas and mosaics. The Bab al Mansour is an impressive gateway between the Medina and the Imperial city districts.

Fez is the cultural capital of Morocco. There are ceramic studios where old techniques and

secrets have been passed down through generations. Ceramics of many unique colours and geometric patterns are sun dried. Tagines of every size and color are very popular items in the studio shops. They can be bulky and fragile to pack with you so the merchants offer to ship them for you.

There are three tanneries in Fez which have large outdoor stone pools filled with dyes and liquids to soften animal skins. The hides of cows, sheep, goats and camels are soaked for two or three days to soften them in a solution of cow urine, pigeon feces, lime, salt and water to break down the tough leather. Natural dyes are used, poppy for red, indigo for blue, henna for orange, mint for green and saffron for yellow. Men are standing waist deep in the dye pits, kneading the hides with their bare feet, for several hours, under the hot sun. There is no machinery, just manual labour. Finally, the hides are rubbed with pomegranate powder and olive oil to make them shine.

This process creates a repulsive odour when viewing from the outdoor terraces high above. Visitors are handed fresh mint when entering to mask the putrid smell. The tour ends in the extensive, and expensive, gift shop where hundreds of brightly coloured leather handbags, jackets, slippers and specialty items are displayed for sale. I had no interest in purchasing anything after



Fossil Museum.



Street performer with drum.

what I just watched and smelled, and couldn't wait to get into some fresh air. Despite my feelings about the leather processing, it didn't seem to bother other visitors and the shop did a bustling business.

Next we visited Moulay Yacoub and Midelt on our journey to the Sahara Desert. Both are small villages where you see children walking dirt paths to their very basic school, Berber women trundling big armfuls of laundry down to the river to wash it and hang on the tree branches to dry. Some women are carrying large bundles of sticks tied together. All the sticks are around the same length and diameter and they use them to build fences for their gardens and animals. High on the Mid Atlas Mountains on a steep slope we noticed hundreds of goats and their herders. The small villages are home to many artisans such as weavers, blacksmiths and carpet makers. Agriculture is prevalent in this fertile region. The countryside is tranquil and easily walked.

Midelt is in the high plains between the Middle and High Atlas Mountains. There was snow on the mountains at the higher elevations. We passed well-kept Kasbahs, some with palm trees for shade. At the roadside is a fossil museum where many unusual items are laid out on the dusty roadway next to a hand-written sign. We looked, but weren't sure if we would be allowed to bring any of these fossils back with us. The houses were mostly made of mud and straw, but surprisingly, all of them had satellite dishes on top! As we gained elevation the views were spectacular.

In Merzouga there is a Franciscan convent where the sisters teach weaving and embroidery to the local women. We stayed overnight and prepared for our trip to the Sahara Desert the next morning, riding camels.

We were so excited as this would surely be the highlight of our Moroccan adventure.

Next morning we set out early, driving north of town in a dust storm, toward the desert. Our driver was very experienced and knew exactly where he was going, even though visi-



Volubilis ruins partly excavated Berber and Roman city situated near the city of Meknes.



The horseshoe shaped arch is in front of the mosque of Hassan II.



Men and House Cart Marrakech.

bility was non-existent, on what seemed, from our perspective, to be an undefined road.

After a while we arrived at the Auberge, where we heard soft African drumming as we entered. We were welcomed warmly and served mint tea. We were greeted by our handsome bearded young camel handler.

He was dressed in a colorful, long flowing robe and his hair was bound in a neatly wrapped turban.

He advised us to wear head scarves to protect our faces from the wind and blowing sand. There were many colourful scarves to choose from and he taught us how to fold, wrap and tuck to



Camel Train.



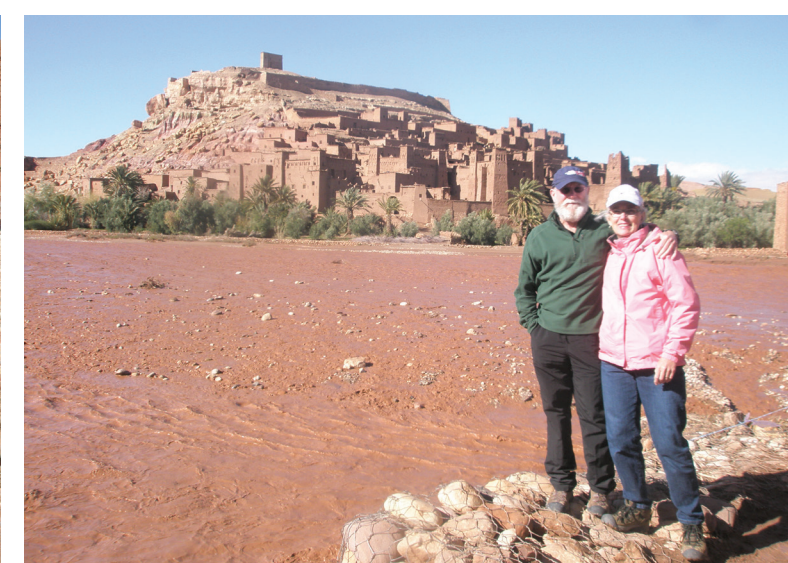
Bedouin tent camp Sahara desert.



The village of Medelt.



Local children at Ait Behaddou



Linda and Michael Rainey on the way to Todra Gorge.

Morocco continued from page 19



Hand-made Moroccan carpets.



Colorful Tagines for cooking.



Colorful Babouche slippers for sale at Marrakech market.

made sure it didn't come undone in the wind while we were riding across the Sahara on the back of a camel. We peered out of the windows and could see the camels lined up outside, and couldn't wait to get started.

We noticed downhill skis lined up outside and wondered about their significance, other than for decorative purposes. Our guide told us they that actually ski down the sand dunes. Picture that!

The camels were saddled and ready to mount, which is a little tricky and unpredictable, but the handler was very competent and got the camels to kneel on their front legs so

that we could climb on a little more easily.

The trek started slowly across the desert with our handler on foot with the lead camel. It was very windy and the sand was swirling. I was happy to have my head and face covered. The landscape was mesmerizing and like nothing I've seen before. Endless sand dunes, with no horizon in sight for miles and miles. We arrived at the Bedouin tent camp as the sun was going down. What a gorgeous sunset!

The camp was set up with huge private canvas tents for everyone. The sheets and furnishings were immaculately clean and the bed was so comfortable.

Hard to imagine how they could set all this up in the middle of the desert. There were bowls of hot water and towels so that we could freshen up. We settled in and gathered around the fire for mint tea and a delicious hot meal prepared in a tagine over an open fire. There was also a very nice outhouse!

The camels were all laid down for the night, their legs tethered. Dung beetles were everywhere enjoying their own feast!

The sun went down over the desert and the stars appeared and we chatted and drummed and enjoyed a camping experience unlike any other in this luxury desert camp.

We awoke with the sunrise to a hot breakfast with bread and oranges and more mint tea of course. Our leader got us up on our camels again and away we went, across miles of golden sand until we reached the Auberge and bid our camels farewell. Camels can be ornery and unpredictable but thankfully ours were very cooperative.

Then we started heading toward the Todra Gorge, a massive canyon that rises 200 meters into smooth rock walls. The canyon floor is dry for now but fills with torrential rain in the wet season. This leads us to the Dades Valley where the walls of the gorges vary between 600 and 1600 feet. We hiked on trails high above where we saw almond, fig, and walnut trees growing in the lush green valley below, with red rock formations rising all around. We arrived in M'goun Valley for the night, which is part of the High Atlas mountain range, rising 4068 meters in altitude. The views are spectacular.

Next morning we had a chance to do a short trek through the M'goun Valley, about a 10 km circuit. We passed small villages and met some of the locals along the way.

From there we travelled to the fabled "Road of 1000 Kas-



Workers sorting out animal hides at the tannery dye pits.



Spice Market Marrakech.



Marrakech snake handler.

bahs" with our first stop at the Skoura Oasis where we saw several privately-owned extravagant kasbahs, surrounded by palm groves and roses. Kasbahs usually have high walls, few windows and walls made of various materials such as layered dirt and sandstone. Then it was on to Ait Benhaddou, which was quite a contrast, with a collection of mud-brick kasbahs. We drove through a huge downpour which flooded some of the bridges and roadways.

We drove through the winding Atlas mountain roads making our way to Marrakech. When we arrived we had a tour of the old Medina and visited the Bahia Palace, a mansion built in the 1800's. Stained glass windows, and colorful mosaics on every floor and ceiling, decorate the elegant rooms and passageways.

Finally, Marrakech! This is a walled medieval city with bustling marketplaces and al-

leys, with souks and donkey carts carrying large loads.

This city is full of culture and splendour, mosques and street markets. We toured the Museum and viewed a collection of Moroccan artwork and sculptures. Then we walked through the streets of the Medina to the Jemaa el Fna. This is a massive public square with huge crowds of people, entertainers, magicians, organ grinders with monkeys, snake charmers and merchants selling raw meat, textiles, carpets, and everything imaginable! Loud music fills the air and after a while it's all a bit daunting. That's when you know it's time to retreat to your riad, which is a traditional inn.

Time for another cup of that soothing mint tea and a good night's sleep filled with dreams of Morocco and what an amazing adventure we had. ▲



Marrakech market.



Fez dye pits at the tannery.

When disasters strike, seniors need priority attention

By John Hirdes and Sandy van Solm

The combination of an aging population with increases in natural disasters has had deadly consequences for seniors.

Quebec health authorities estimate that as many 70 people died as a result of the recent heat wave, with a humidex of over 40 degrees. Most heat-related deaths in Montreal involved seniors with chronic conditions.

And who can forget last year's viral images of older adults in flooded Texas nursing homes? Or people fleeing Fort McMurray wildfires two years ago? Unfortunately, there are many recent disasters to draw from, with a tragic pattern of outcomes.

Research done after Hurricane Katrina, Hurricane Sandy, and the 2003 European heat wave, shows that the majority of deaths and injuries resulting from natural disasters involve older adults. This is particularly worrisome because our population is aging. One in four Canadians will be over 65 years of age within 20 years.

Why are seniors most at risk?

Older adults living in their own homes are more likely to be harmed in a disaster because of physical frailty, disability and social isolation. They often have needs that make them more vulnerable and less able to cope with the physical and mental challenges posed by disasters.

They may be unable to walk, climb stairs or make decisions without help from others. Their vision and hearing may be impaired. They may need oxygen or medications to survive. Or they may have all of these problems at once. When they live alone, or their caregivers are overwhelmed, their risk of dying or being hospitalized is even greater.

Most Canadians want to stay in their own homes as they age. And more government funding for home care helps older adults with complex needs to live at home for longer. That is good news — but we must not forget to ensure that seniors receive the help they need when disaster strikes.

You might think that solutions are in place to locate and assist vulnerable persons during disasters. That's only partially the case.

Some organizations and local governments maintain registries to help first responders, but these voluntary systems depend on vulnerable people signing themselves up. In reality, most people simply do not self-register, the voluntary registries quickly become out of date, and there is no scientific basis for their design. That means these registries are typically of little help when real disasters strike.

So what's the solution?

Fortunately, we may not have to start from scratch. Many frail older Canadians who live at home already have some government-funded help through home care. If they do, a care coordinator would have done an assessment to help understand what kind of assistance they need.

For example, the assessment considers whether the senior needs help to take their medications, if they use a wheelchair, if they are alone most of the day or if they have trouble remembering things. Since these assessments are updated routinely, the information stays current.

This is the same information that is needed during an emergency. It can tell us who needs our help, where they live and what kind of help they need when a storm is coming, floodwaters rise or fire strikes.

Work has already begun to try to systematize such data and make it count in an emergency. interRAI is an international organization to improve the quality of life of vulnerable persons. We have led an international team of researchers and partner organizations to create and implement the interRAI Vulnerable Persons at Risk (VPR) algorithm using routinely collected home care assessment information. And it has a proven track record.

During the 2011 Christchurch earthquake, government agencies and first responders used an early

version of the VPR to coordinate their response to the disaster. Since then, New Zealander and Canadian researchers have collaborated to refine the algorithm for use anywhere these assessments have been implemented in the world.

Most Canadian regions have already done the hard work to implement the interRAI system. Eight provinces and territories now use a common home care assessment system. The Canadian Institute for Health Information (CIHI) has incorporated the VPR into their national standards for home care software systems. And the Region of Waterloo is the first in Canada to implement the VPR as a disaster management tool for vulnerable persons.

So what's left to be done?

Now, governments, home care agencies and first responders must work together to be ready to use the VPR the next time disaster strikes. It could be a matter of life and death.

Seniors don't have to be helpless in the face of disaster. Help is only an algorithm away. ▲

John Hirdes is a Professor in the School of Public Health and Health Systems at the University of Waterloo, a Network Investigator with Canadian Frailty Network, the senior Canadian Fellow and a board member of interRAI, an international consortium of researchers from over 35 countries.

Sandy van Solm, PhD, is the Coordinator, Emergency Management at the Region of Waterloo. She completed her doctorate on the interRAI VPR at the University of Waterloo. They are both Contributors with Evidence-Network.ca based at the University of Winnipeg.

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PRINCE OF PEACE COMMUNITY
285030 Luther Rose Blvd NE
Tel: (403) 285-5080



LAKE BONAVISTA VILLAGE
11800 Lake Fraser Dr. SE
Tel: (403) 258-1849

Financial Planning:

The next step for your RRSP is ...

You're turning 71 by the end of 2018 and you know you have some important Registered Retirement Savings Plan (RRSP) decisions coming up. Let's look at the best options for preserving your retirement income and your estate.

The background

You established an RRSP back in the day, and contributed to it for many years. Good for you – an RRSP is the best tax-saving, income-building investment vehicle for most Canadians and is undoubtedly an important part of your retirement income. But, if you turn 71 this year, you are required by law to wind down your RRSP before 2019. You have three basic conversion options to choose from.

Cash out your plan

Not a good choice — you'll likely be taxed on the total amount right away at your highest marginal rate.

Establish a Registered Retirement Income Fund (RRIF).

RRIFs are very much like RRSPs with two exceptions: No further contributions are allowed once you've established a RRIF and you are required to withdraw a minimum amount each year.

The mandatory minimum withdrawal requirements for RRIFs was reduced in the 2015 federal budget from 7.38% to 5.28% for a 71-year-old, and increases as you get older. There is no limit on the maximum amount that you can withdraw, although you won't want to deplete your RRIF too soon.

If you find you don't need all the withdrawn

funds, you can contribute your RRIF payouts to a Tax-Free Savings Account (TFSA) or a non-registered investment account.

Purchase an annuity

There are many types of annuities. Here are three:

- A "life annuity" pays you a specified income, usually monthly, for the rest of your life.
- A "term certain annuity" guarantees payments until you turn 90.
- A "joint and last survivor annuity" will continue payments to your spouse after your death. But with this option, your monthly payments will be reduced because the benefits are paying for two lives not one. Your spouse can receive the same amount you receive or a lesser amount of your choice.

The right RRSP conversion option for you depends on your personal situation — that's why you should talk to your professional advisor before taking the next step.

Something to consider:

Your philanthropic gift is always important, no matter the amount of your assets or the size of your income — but to make the best use of your contributions, to preserve your legacy, and to minimize taxes and/or estate fees, a sound charitable giving plan is the way to go.

One of the many strategies available is to name a charity as beneficiary: in your will, leave a bequest of money or gift in kind (securities or artwork, for example) to a recognized charity (such as Kerby Centre) and your estate will receive a charitable donation tax receipt that could reduce or

eliminate the income tax on your final return, and possibly on the immediately preceding return, as well.

This column, written and published by Investors Group Financial Services Inc. (in Québec – a Financial Services Firm), and Investors Group Securities Inc. (in Québec, a firm in Financial Planning), presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances.



You can now donate your car and support Kerby Centre! Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?
1-877-250-4904
www.donatecar.ca

FINANCIAL PLANNING TODAY

Topic: Wills and Estate Planning

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

DATE: Saturday, October 20, 2018

TIME: 10:00 am – 12:00 pm

COST: Free Presentation

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

PRESENTERS:

Bonnie McIntyre - Canada Revenue Agency
 Joanne Kirk – Investors Group

Please RSVP to Rob Locke
 Director of Fund Development

403-705-3235 or
robl@kerbycentre.com

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Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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



Kerby Centre

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

Please choose to make a difference today.

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

Amount Enclosed \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

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 Kerby Centre for the 55+

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www.allaboutsensors.ca | 403-730-4070 | Booth 5



Family-owned and operated since 1997, All About Seniors exists to help families provide thoughtful Home Care, Footcare and Companionship for Seniors. We create

meaningful relationships and strive to enrich the lives of our clients by understanding their background, honoring who they are and celebrating their dignity and worth. We are

dedicated to improving our clients' quality of life. Our company has multi-level programs as well as detail-oriented client care processes. Our leadership team is experienced and knowledgeable and our caregivers are screened and trained. We would love to have the opportunity to be a part of your loved one's life.



www.bethanyseniors.com | 403-210-4600 | Booth 1



Bethany is a faith-based not-for-profit provider of seniors' services and affordable housing in communities in central and southern Alberta.

We provide a variety of housing and care options, ranging from independent living to supportive living, long term care, specialized

dementia care and community services. Inspired by our legacy of faith, love and a passion to serve, we create caring communities for seniors. Our priority is to improve the lives of those we serve, offering seniors in all different stages of life the highest quality care we can deliver.



www.calgarymemorial.com | 403-248-2044 | Booth 4



Calgary Co-operative Memorial Society

Serving Calgary, Airdrie, Cochrane, Okotoks, High River, Lethbridge, Medicine Hat & Taber in southern Alberta.

At the Calgary Co-operative Memorial Society (CCMS) we believe everyone deserves a beautiful funeral without having to pay a fortune for it. That's why we negotiate funeral packages from local service providers,

priced well below market cost, just for our members. There are no strings attached and no decisions to be made, unless you want to pay in advance for your funeral. It costs \$40 to become a lifetime member and you must

be a member before you pass away. How can we do this? We are a non-profit co-operative owned by our members, so we have very little overhead costs. We started in the 1960s and have grown into one of the strongest memorial societies in North America.



www.signatureretirementliving.com | 877-576-3336 | Booth 46



Experience vibrant seniors living! **Prominence Way Retirement Community** is located on Calgary's historic Broadcast Hill. Escape to the mountains, enjoy a wide range of exciting activities and take

advantage of our nearby walking paths and great shopping. Because you deserve the best, choose Prominence Way!

403-727-9400

Rocky Ridge Retirement Community takes elegance to another level. It's like living in a premier resort-style lodge! With welcoming views, high-pitched rooflines, the warmth of wood and the strength of stone. Pathways wind throughout the neighbourhood and spectacular Rocky Mountain views! 403-930-4848



www.silvera.ca | 403-276-5541 | Booth 39

Silvera

FOR SENIORS

Silvera is a progressive and uplifting non-profit organization that provides secure affordable housing with a continuum of support

services to seniors in Calgary. For more than 50 years, we have served, supported and advocated for people in the “silver

era” of their lives – now with 25 communities throughout the city. Our purpose is to give seniors the respect they deserve and make it a great place to be a senior in Calgary.

Call 403-276-5541 today to begin to find the best Silvera community for you!



www.westmanvillage.com | 587-350-0237 | Booth 32



Journey Club Senior’s Rentals by Westman Village. **FREEDOM, SECURITY AND PEACE OF MIND.** Our number one priority



is to help you live the highest quality of life. Journey Club is designed to offer a fulfilling experience for all retirement lifestyles from

Independent Living to Private Assisted Living and Memory Care, with endless opportunities for connection, enrichment and personal growth. Exclusive to all residents is the 40,000 sq. ft. Village Centre at the heart of Westman Village. Enjoy the salt water swimming pool, art room, wine cellar, golf simulator, demo kitchen and more.



www.themadtaker.com | 403-988-2471 | Booth 8



Ready to Live Well? We have the solutions needed to live Safe, Happy and Healthy at home. Focusing on maintaining independence, we work with you to achieve

your personal goals; skilled nursing, medical advocacy, transportation, financial aids, home cleaning, integrated technology are just a few of our services

to optimize your life. Obtaining support to live at home can mean profound savings and emotional benefits to older adults. We have the flexibility to provide key supports, services and educational tools needed to remain in your familiar surroundings.

The Mad Tasker – Live at Home



www.themanorvillage.com | 403-256-4151 | Booth 38



THE MANOR VILLAGE
LIFE CENTERS™

At The Manor Village Life Centers, we are committed to providing an exceptional Lifestyle Experience™ to our valued Residents. We create beautiful, elegant

communities with remarkable amenities and services. We also provide three lifestyles of living to choose from: Independent Living, Assisted Living, and

Our Hearts Memory Care. “We are thrilled to currently offer seven communities to choose from in Calgary, and we look forward to opening another future planned community - The Manor Village at Currie Barracks! We continue to embrace the opportunity to make a positive difference in the lives of our Residents!”



www.tpfa.ca | 403-269-3183 | Booth 26



“More than Housing” is the guiding philosophy for Trinity Place Foundation of Alberta (TPFA). We provide low-income seniors’ with safe, comfortable

housing and more. Additional supportive services ensure people who make their homes here enjoy and maintain a high quality of life as they age. From onsite

social workers to the Independent Living Skills program, our goal is to create a sense of belonging and dignity for all.

Established in 1974, TPFA continues to expand as Calgary’s largest provider of self-contained seniors’ housing with more than 1100 units in 10 buildings.



Photo courtesy of Pixabay.

Owning a cat is good for body and soul

It is important to be able to love and care for another living being, such as a cat. Looking after a living creature is a wonderful way to promote positive mental health. Having an animal companion is important for many people, including older adults, shut-ins, people with health issues and people living with depression.

Cats are special. Studies have shown that cats are better at reducing stress and lowering blood pressure than any other pet. A cat's needs are minimal, compared to those of a dog. A cat will love its owner without asking for much more than love and affection, a few toys, a clean litter box and appropriate food. A cat that is well cared for will give its owner comfort, affection and love, and also will help to make its

owner's life healthier, both physically and mentally.

A study published in 2008 by researchers at the University of Minnesota's Stroke Center followed nearly 4,500 people, with three out of five study participants owning a cat for 10 years. The researchers found that cat owners were 30% less likely to die from a heart attack than people who didn't own cats. A follow-up study published the following year confirmed that cat owners were less likely to die from any cardiovascular event, including a stroke, than people who didn't own cats. This may be due in part to a cat's purring, a relaxing sound that is good for cats and people, too.

According to Scientific American, a cat's purring has been found to have a consis-

tent pattern between 25 and 150 hertz – a range that can improve bone density and promote healing. Research has found that frequencies ranging from 24-140 vibrations per minute can be therapeutic for bone growth and repair, as well as pain relief and wound healing. Vibrations from purring have been found to heal muscles and tendons, and lessen pain. In fact, researchers have found that cat owners were 30% - 40% less likely to have heart attacks than people who do not own cats — and purring could play a role.

"Purring is an auditory stimulus that people attribute to peacefulness and calmness," Rebecca Johnson, PhD, director of the Research Center for Human Animal Interaction, told WebMD. "That gives us positive reinforcement for what we're doing and can contribute to the whole relaxation effect when we interact with our cats." This is so important for older adults or those who are depressed, lonely, ill, or in need of a companion animal for relaxation and affection.

More research is emerging that shows the health benefits of laughter. A cat's antics are often hilarious. Cats can make people laugh, lowering levels of cortisol, a stress hormone. Research has found that laughter helps improve short-term memory in older adults. Other research has linked laughter to a stronger heart and immune system. ▲



Life Lease Suites for Independent Seniors Enjoy an Ideal Blend of Security & Freedom

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

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



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

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

www.mvsh.ca



211 WHY SHOULD YOU CALL 211?

I can't pay my utility bill

I need mental health support

I'm hungry and have no food

I'm an isolated senior

I have nowhere to stay

ab.211.ca

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AROUND TOWN EVENTS

Here is a peek at some of the arts events happening around Calgary in October and November. Check out our October issue for a special look at the whole upcoming year!

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

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

Theatre Calgary

Honour Beat:

September 4-29, by Tara Beagan
Two grown sisters face off over their mother's death-bed.

Alberta Theatre Art Projects

The Virgin Trial:

September 11 – 29, by Kate Hennig
2018 Sequel to The Last Wife

Vertigo Theatre:

Dashiell Hammett's The Thin Man

September 15 - October 14
Retired detective Nick Charles had the perfect Christmas planned with his wife Nora, but a missing inventor and a bullet-riddled secretary jump-start Nick and Nora's quiet holiday into a madcap mystery filled with intrigue, outrageous characters and murder.

Lunchbox Theatre

Mickey and Judy:

September 17 - October 6
Created and performed by Michael Hughes
Michael's real-life journey from the psychiatric ward to Off-Broadway.

Stage West Theatre:

And the World Goes 'Round:

September 7 – November 11
Music by John Kander
Lyrics by Fred Ebb

Enter the world of distinguished and celebrated writing team, Kander and Ebb.

Calgary Philharmonic Orchestra

Beat Beethoven:

September 13
Challenge yourself to finish an 8km race, in a 4km looped course along the Bow River, before the CPO completes 50 minutes of Beethoven's best music.

Classical Mystery Tour: A Symphonic Evening of The Beatles

September 14-15
What would it have sounded

like to hear The Beatles play live in concert with a symphony orchestra?

An Evening with Renée Fleming:

September 26
Four-time Grammy Award-winning soprano Renée Fleming returns to Calgary for one of the most highly anticipated concerts of the Season.

Worlds Collide: Haydn, Ho + Kuzmenko:

September 28-29
Conducted by Rune Bergmann
Two enchanting works that journey into magic.

September

Calgary Opera:

Magic Piano & The Chopin Shorts:

September 28
by BreakThru films'
Features the story of a girl's and young boy's adventure of discovery across Europe aboard a magic flying piano.

Morpheus Theatre Society

Unnecessary Farce:

September 28th to October 6th
by Paul Slade Smith
Eric and Billie have an opportunity to prove they have what it takes to become

full-fledged members of the police force; so naturally, it all goes catastrophically, ridiculously wrong.

Alberta Ballet:

BJM's Dance Me featuring the music of Leonard Cohen:

September 20-22
Les Ballets Jazz de Montréal honours one of Canada's most influential literary and musical giants, the late singer-songwriter, Leonard Cohen.



**75TH ANNIVERSARY
ALUMNI HOMECOMING**
Sept 22nd, 2018
11:00am - 3:00pm

Windsor Park School 5232 4th St SW
www.providencechildren.com/75years

**YOU'RE
INVITED
-TO-
JOIN US**

All past and current residents, staff, neighbours, volunteers, students, families and friends are invited to come back and re-connect at this free family-friendly, fun event.

Please RSVP to
alumni@providencechildren.com



Kerby Centre Department Directory

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

Accounting 403-705-3215
Adult Day Program 403-705-3214
Socializing and health monitoring program for physically and/or mentally challenged older adults
adp@kerbycentre.com
Diana James Wellness Centre 403-234-6566
Health services including footcare
wellness@kerbycentre.com
Dining Room
Serving nutritious meals to everyone.
kitchen@kerbycentre.com
403-705-3225
Education & Recreation 403-705-3233
Information source for programs at Kerby Centre
program@kerbycentre.com
Event Planner
403-705-3178
events@kerbycentre.com

Fund Development 403-705-3235
Work with members and community to provide funding for Kerby Centre's vital programs.
funddev@kerbycentre.com
General Office 403-705-3249
generaloffice@kerbycentre.com
Thrive 403-234-6571
Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.
thrive@kerbycentre.com
Housing 403-705-3231
Assists older adults in finding appropriate housing
403-705-3246
Information/ Resources 403-705-3246
The all in one older adult information source
info@kerbycentre.com
Kerby News Classified Ads 403-705-3249

Kerby News Editor 403-705-3229
editor@kerbycentre.com
Kerby News Sales 403-705-3238
advertising@kerbycentre.com
Kerby Rotary House 403-705-3250 (24 hour)
Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.
shelter@kerbycentre.com
Options 45 403-705-3217
options45@kerbycentre.com
Volunteer Department 403-234-6570
Volunteers are the heart of Kerby Centre
Room Rentals 403-705-3177
President Zane Novak 403-705-3253
president@kerbycentre.com
CEO Luanne Whitmarsh 403-705-3251
luannew@kerbycentre.com



Activities, Programs & Services

Kerby Centre 1133 7th Ave SW

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE DINING ROOM 10:00 AM - 12:00 PM Free - Returns Sept 10th 2nd & 4th Monday of each month	OPTIONS 45 - Employment Workshops (Lounge) 1:30 - 3:00 PM \$2.00	GENERAL CRAFT GROUP (Rm 311) 9:00 AM - 12:00 PM FREE - Returns Sept 12th	ARTIST GROUP (Rm 313) 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP (Rm 311) 10:00 AM - 12 PM \$2.00
MAHJONG (RM 308) 10:30 AM - 12:30 PM \$2.00 - Returns Sept 10th	Floor Curling (Rm 308) 12:30 - 2:00 pm \$2.00	BRIDGE (Rm 301) 1:00 PM - 3:00 PM \$2.00	BINGO (Rm 205) 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB (Woodshop Rm 102) 10:00 AM - 3:00 PM \$1.25 per hr - Returns Sept 14th
RECORDER GROUP (RM 313) 1:00 - 2:30 PM \$2.00 Returns Sept 10th		WEDNESDAY DANCE (Lecture Rm 205) 1:00 PM - 3:00 PM \$2.00	PICKLEBALL (Gym) 3:30 PM - 5:00 PM \$2.00	BADMINTON & PING PONG (Gym) 10:30 AM - 12:45 PM \$2.00
CRIBBAGE (RM 308) 1:00 - 3:30 PM \$2.00		ENGLISH CONVERSATION (Rm 301) 10:30 AM - 12:00 PM \$2.00		MONTHLY MOVIE (Lounge) 1:00 pm - Last Friday of each month* \$1.00 *Date subject to change. Please refer to Kerby News for the exact date each month
PICKLEBALL (Gym) 3:30 PM - 5:00 PM \$2.00				

Mark Your Calendars For These Upcoming Events

Kerby Centre, Doing More For You!

Did you know that Kerby Centre can also help you at our K2SA location 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 Phone 403 259-4080

Free Admission. For More Information call Kerby Centre Information Resources at 403 705-3246

A Group For Mature Jobseekers

Sessions every Tuesday 1:30 PM- 3:00 PM
 In the Kerby Centre Lounge * \$2.00 Drop In Fee




September 4th - Job Search Strategies
 Learn how to focus on essential components of a successful job search and to create a personal action plan for effective use of various job search strategies

September 11th - Resume Clinic
 A presentation on resume building, followed by a resume review

September 18th - Situational Interviews

September 25th - Applicant Tracking System

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



Wonder Woman

Released 2017 (2 hrs 21 min)
 Rated PG Adventure, Action, Science Fiction, Fantasy

Friday Sept 28, 2018 at 1:00 PM in the Kerby Centre Lounge

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

Sponsored by Trinity Lodge

Rainbow Elders Calgary (REC) 55+ GLBTQ2S+ Group

Meet at 2 pm every 2nd & 4th Friday at the Kerby Centre for Comradship, Social Interactions, Action & Advocacy, Reaching Out & to develop an Information Hub for Seniors.

More Activities Coming up at Kerby Centre!

Kerby Travel - Save the Date
 Elbow Falls and Lunch in Bragg Creek
 Date: October 10th 2018

Spruce Meadows Christmas Market
 Date: November 23rd 2018

Health Committee - Presentation
 Healthy Bones
 Learn all about healthy bones with Sarah Graham, Registered Physical Therapist, as she shares information on fracture prevention, arthritis management, and bone-strengthening exercises.

Monday, October 15th 2018
 Location: Kerby Centre, Lounge
 Time: 10:00AM - 11:00AM
 Pre - Registration is not required
 Free Entry!!

Free Events & Presentations

Monday, September 17th
CNIB - Seeing Beyond Vision Loss
 Presented by Christopher Warner, Program Lead or Community Education at CNIB in Calgary & Southern Alberta

Kerby Centre Lounge
 Time: 10:30 AM - 11:30 AM

Pre - Registration is not required

Financial Planning Today
Wills & Estate Planning
 Presented by Jonathan Ng Underwood Gilhome

Saturday, October 20th
 10:00 am - 12:00 pm
 Kerby Centre Lounge

RSVP to Rob Locke at 403 705-3235 or email robl@kerbycentre.com

CELEBRATE ACTIVE AGING WEEK



LEARN FLOOR CURLING
 With Special guests
 Rotary Club of Calgary South Curling Helpers

1:00 pm to 3:30 pm
 Kerby Centre Gym
 Friday, September 28, 2018
 Register at www.kerbycentre.com

Kerby Day Trips

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

Please stay tuned for details about exciting Day Trips coming up this Fall & Winter

Wise Owl Boutique Sale
 All red string (or red tagged) items are 50% off!
 Some exclusions may apply.


Monthly Walk
Reader Rock Garden

Note: For this walk you will require a transit pass or to provide payment of a \$3.50 cost for transportation by City Transit

To register please contact Education & Recreation Rm 305 or Call 403 705-3233

Next to New Half-Price Sale
 Everything in the store is 50% off!
 Saturday, September 22, 2018
 9am - 4pm

Hearing Health



Learn common signs & symptoms of hearing loss, and what you can do

Presented by Dr. Carrie Scarff

Tuesday, October 23, 10:30 am - 12:00 pm
 Kerby Centre Lounge

Note: There will be a drop in fee of \$2.00 for members or \$5.00 for non-members
 Please bring your tax assessment & recent bank statement for help with government or other program funding assistance applications

RSVP at 403 705-3246 or information@kerbycentre.com

Protect your banking interests

(NC) Like most Canadians, you probably do most of your banking online. In this new reality, bank branches and call centres are no longer dedicated to processing transactions or customer service issues.

Instead, their focus has shifted in part to selling products and services. A common sales technique used by banks is cross selling, which is the practice of selling an additional product or service to a customer. For example, if you call your bank about an online transaction, the bank representative may take the opportunity to sell you a credit limit increase on your line of credit.

In a situation like this, you should never feel pressured to make a decision on the spot. Take the time you need and make sure that you have all the information to assess whether the offer is really in your best interest.

Banks need your consent, or permission, to sell you a product or a service. They can only get your consent by communicating in a way that is clear, simple and not misleading.

Here are some tips to help you make an informed decision:

1. Keep your antenna up. Think twice before purchasing a product that you weren't planning on getting. For example, don't be tempted to get a credit card if you weren't planning on getting one in the first place.

2. Know before you owe. Before you sign anything, read the documents you are given—including the fine print. If you don't understand something, ask for clarification. If necessary, insist that the person selling the product clearly explain the terms and conditions to you.

3. Do your research. Shop around to find the best deal that suits your needs. The Financial Consumer Agency of Canada (FCAC) has online credit card and bank account comparison tools that can help.

If you think your financial rights haven't been respected, complain to your bank and tell FCAC your story. Learn more about your rights and responsibilities when dealing with your bank online at canada.ca/it-pays-to-know.



Letter to the Editor
editor@kerbycentre.com

Jerry Cvach

— Thank you for the wonderful article on Rome this month. We were there for a week in 2005.

Brought back incredible memories.

A million thanks,

Be & Gord Frame

Write to the Kerby News Editor at editor@kerbycentre.com or to mail to deliver to 1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Seniors Scene

Confederation Park 55+ Activity Centre

Confederation Park 55+ Activity Centre will hold two dances in September, music by Black Velvet on September 8, and by the Badlanders on September 22. Tickets cost \$12/person, which includes a light lunch. Members and invited guests are welcome. Doors open at 6:30 p.m., dance at 7:30 p.m. There will be door prizes and a 50/50 draw. Confederation Park 55+ Activity Centre is located at 2212 13 Street NW. For more information please call 403-289-4780 or visit yycseniors.com.

Inglewood Silver Threads

Inglewood annual membership is \$20, and Early Bird membership begins on September 17. Members enjoy crafts, games, exercise programs, Bingo, and subsidized day trips. \$2 Tea and Chat lunch and monthly potlucks are held regularly. Inglewood Silver Threads is located at 1311 9 Avenue SE. For more information please call Wendy at 403-264-1006.

Good Companions

Good Companions will celebrate the August and September birthdays of members on September 7 from 1:30 to 3:30 p.m. The cost is \$6. Tea and Conversation will take place on September 14 and 28 from 1 p.m. to 3 p.m. The cost is \$4. On September 18 there will be the annual Harvest Potluck supper, Happy Hour at 4:30 p.m., supper at 5:30 p.m. The cost is \$6 plus a dish, or \$12 without a dish. A Jam Session will be held on September 21 from 7 to 9 p.m., admission by donation. Good Companions is located at 2609 19 Avenue SW. For more information please call 403-249-6991, or visit www.gc50plus.org.



Margaret Holden

Margaret is a friendly and dedicated volunteer. She has been a member of Kerby for a few years and has been volunteering since August 2017. Margaret loves being around people and making new friends. She volunteers as a Sales Clerk at the Next to New store. Margaret always has a bowl of sweets out at the store for all of the "sweet people" she meets, creating an inviting and friendly space for all. She values her time at Kerby as time spent meeting new people. Margaret's thoughtful attitude is present when she goes the extra mile and sets items aside for regular visitors looking for something in particular. Margaret enjoys spending time with her 5 puppies and 3 kitties when she isn't eating chicken wings and going for long walks. She has already contributed over 478.5 hours.

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

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

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National Seniors Day

Connecting Community

Date: Monday, October 1, 2018 * Multicultural performances *

Time: 1:30 p.m. - 3:30 p.m. * Information booths and displays *

Location: Kerby Centre * Inspiring Stories *

1133 7 Ave SW (nearest LRT is Kerby Station)

Light refreshments **FREE ADMISSION** *Limited free parking*







Immigrants to Canada

From the *Newcomers Diversity Committee*

Immigration is the movement of people into

a destination country of which they are not natives or where they do not possess citizenship, in order to reside there, especially as

permanent residents or naturalized citizens, or to take up employment as a migrant worker or temporarily as a foreign worker.

Welcome to Canada

In Canada there are four categories of immigrants: **family class** (persons closely related to Canadian residents), **economic immigrants** (skilled workers and business people), **refugees** (people who are escaping persecution, torture or cruel and unusual punishment), and the **humanitarian** and other category (people accepted as immigrants for humanitarian or compassionate reasons). In 2016, Canada admitted 296,346 permanent residents, and 271,845 were admitted the previous year — the highest level of admissions since 2010. Of those admitted, 53% were economic immigrants and their accompanying immediate families; 26% were family class; 20% were either resettled refugees or protected persons; and 1% were in the humanitarian and other category.

According to data from the 2016 Census by Statistics Canada, 21.9% of the Canadian population reported that they were or had been a landed immigrant or became permanent residents in Canada — very nearly the 22.3% recorded during the 1921 Census, which was the highest level since Canada's Confederation in 1867. More than one in five Canadians were born abroad, while 22.3% of the population were visible minorities, of whom three in 10 were born in Canada.

In 2013–2014, most of the Canadian public, as well as the major political parties, supported either sustaining or increasing the current level of immigration. A 2014 sociological study even concluded that Australia and Canada are the most receptive to immigration among Western nations. However, in 2017, the majority of Canadians indicated that they agree that Canada should accept fewer immigrants and refugees.

Canadian immigration policies are still evolving. In 2008, Citizenship and Immigration Canada made significant changes to streamline the steady flow of immigrants. Those changes included reduced professional categories for skilled immigration, as well as caps for immigrants in various other categories. Additional changes were made in April and May of 2017. In November of 2017, Immigration Minister Ahmed Hussen announced that Canada would admit nearly one million permanent residents to Canada over the following three years, rising from 0.7% to 1% of its population by 2020. This increase was motivated by the economic needs of the country facing an aging demographic, with the number of senior citizens expected to double by 2036,

along with a decline in the proportion of working-age adults.

Source: Wikipedia

For newcomers to the Calgary area: Calgary is one of Canada's largest cities. In many ways, Calgary is a new city. The population has more than doubled in the last 50 years (1.23 million in 2015), primarily as a result of immigration. Many people from other countries and other parts of Canada now call Calgary home. Oil and gas is the main industry, although there are many other kinds of businesses in the city, many with international connections. Calgary is often described as a very big small town. It is a safe, friendly place — a good place to raise a family.



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<input type="checkbox"/> Loose	<input type="checkbox"/> Floating	<input type="checkbox"/> Always sore
<input type="checkbox"/> Cracked, worn	<input type="checkbox"/> Clicking	<input type="checkbox"/> Flat
<input type="checkbox"/> Over five years old	<input type="checkbox"/> Requiring adhesive	<input type="checkbox"/> Difficult to fit
<input type="checkbox"/> In your pocket	<input type="checkbox"/> Causing you to age	
<input type="checkbox"/> Missing teeth		

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Steps to Settling in Calgary

- 1. Find a Place to Stay:** There are many possibilities and places in which to look for housing. Sometimes, electricity, heating, water and sewer may be separate from the monthly rent. Most landlords require a “damage deposit”. The landlord will hold the deposit, usually the amount of one month’s rent, as security to help cover the cost of any property damage that might happen while you live there.
- 2. Get a Social Insurance Number:** A Social Insurance Number is required for identification, and in order to work.
- 3. Get Medical Insurance:** Apply for Alberta Health Care Insurance that will cover free consultations with family doctors three months after arrival.
- 4. Open a Bank Account:** Opening an account requires at least two pieces of identification, preferably with photo. A passport, permanent resident card and social insurance number card are accepted identification.
- 5. Plan for Your Children:** Register your child for Public School, or Catholic School. There are also many Charter Schools with specific education focuses.
- 6. English Language Training:** If you need to improve your English, many organizations in Calgary offer free, government-funded English Language Training for adults.

From the Centre for Newcomers website



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PREMIER CROSSWORD/ By Frank A. Longo

TRIPLE OVERLAP

- ACROSS**
- 1 Boater, e.g.
 - 4 Poker chip, for one
 - 8 Uncorks again
 - 15 Liven (up)
 - 19 Mexican resort port
 - 21 To-do trays
 - 22 Actor Bates
 - 23 GOP race runner
 - 25 At midnight, say
 - 26 Justice Kagan
 - 27 Planet near Earth
 - 28 "Attack, dog!"
 - 29 First-class
 - 30 "Dirty" drink
 - 32 Data entry device
 - 36 Ewoks and Na'vi, in brief
 - 38 Actor DeLuise
 - 39 Strengthens in volume
 - 40 Large insectivores with long snouts
 - 47 Recycling container
 - 48 Support financially
 - 49 Unmannerly
 - 50 Suffix with pay
 - 52 Nissan, formerly
 - 58 Mop brand
 - 60 Common bit of onstage audio
 - 63 Writer Isak
 - 65 Pago Pago's home
 - 66 Pied-à- —
 - 67 Tokyo, prior to 1868
 - 68 Play dumb
 - 73 Bloom-to-be
 - 74 Clichy's river
 - 77 Radio booth notification
 - 78 Mattel guy
 - 81 Company not reliant on a parent, e.g.
 - 86 Actress Kazan of "My Favorite Year"
 - 87 MRI's kin
 - 88 —
 - 89 -de-France
 - 89 Branchlet
 - 91 Krone spenders
 - 92 Breakfast brew
 - 94 Ones who love making others happy
 - 96 Egg-making organs
 - 101 Many a pro bono TV ad
 - 103 Grass sold in rolls
 - 104 Clinton-Kaine, in 2016
 - 108 Optimistic
 - 114 Somber song
 - 115 Party card game cry
 - 116 "Tomb Raider" Croft
 - 118 Raptor's nest
 - 119 Foot bottom
 - 120 They include
 - 124 Be fitting for
 - 125 Ideal spots
 - 126 Appeases
 - 127 Warlike god
 - 128 Floral wrist accessory
 - 129 Rolling car part, to Brits
 - 130 "Ethyl" suffix
 - DOWN**
 - 1 Female seal group, e.g.
 - 2 Amtrak bullet train
 - 3 Get thinner at one end
 - 4 Persian Gulf emirate
 - 5 Ailing
 - 6 Sword type
 - 7 Funny Imogene
 - 8 Classic detergent brand
 - 9 Complete
 - 10 California's San Luis —
 - 11 Speaking platform
 - 12 Spot-on
 - 13 Kin of .com
 - 14 Flagstaff-to-Tucson dir.
 - 15 Ashen-faced
 - 16 Actress Stritch
 - 17 Wickerwork cane
 - 18 Genuflects
 - 20 Gridiron kick
 - 24 Oval portion
 - 29 Aussie avian
 - 31 Once known as
 - 33 "ER" extras
 - 34 Wallach of "The Deep"
 - 35 Sonata part
 - 37 Poker variety
 - 40 Like the giant sphere at Epcot
 - 41 Occurrence
 - 42 Lymphoid throat masses
 - 43 Lymph —
 - 44 Christmas verse starter
 - 45 Ice cream maker Joseph
 - 46 Kyo of "Star Wars"
 - 47 Breakfast meat
 - 50 Sharif of movies
 - 51 Peru's capital
 - 53 Spot-on
 - 54 With 55-Down, Paris edifice housing several universities
 - 55 See 54-Down
 - 56 More out of control
 - 57 Not necessary
 - 59 Ring arbiter
 - 61 Of — (in some way)
 - 62 Spice holder
 - 64 Very bright
 - 69 Agra's home
 - 70 Manxman, e.g.
 - 71 Square root of 81
 - 72 Slithery fish
 - 75 Japanese tech corp.
 - 76 MPG-rating org.
 - 79 Nil
 - 80 "Buenos —" ("Good day")
 - 82 Get admitted
 - 83 Suffix with Denver
 - 84 16 eighths
 - 85 Pups' complaints
 - 90 The world over
 - 93 That, in Peru
 - 94 Karachi's nation: Abbr.
 - 95 Kin of .com
 - 96 Ukraine port
 - 97 Fabric with a soft nap
 - 98 2002 César winner for Best Film
 - 99 Popular thesaurus, familiarly
 - 100 Really cold
 - 101 Models on walls, maybe
 - 102 Smelting slag
 - 105 One-on-one teacher
 - 106 Beethoven's "Für —"
 - 107 Tic —
 - 109 With 121-Down, judge in the O.J. Simpson trial
 - 110 Helen of Troy's mother
 - 111 Seeing red
 - 112 Air raid alert
 - 113 German state
 - 117 Engrossed
 - 120 Jazz's Jean-Ponty
 - 121 See 109-Down
 - 122 Funny bit
 - 123 Big elephant part

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SOLUTIONS ON PAGE 34



Wonder Woman
 Released 2017 (2 hrs 21 min) Rated PG Adventure,
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Friday September 28, 2018
at 1:00 PM in the
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ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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Gatherings with friends and family

Page design and layout by Winifred Ribeiro.

Corbin Tomaszeski is a chef with a unique vision: to bring meaning back to the world of food. *In Good Company* chef Corbin Tomaszeski places emphasis on gatherings with friends and family.

From Corbin's traditional Baba's Pierogis and the Tomaszeski Family Borscht to Four Season Tartines and Fennel-and-Pistachio-Crusted Lamb Rack, this beautifully designed cookbook features more than 100 simple and delicious recipes that are rooted in his Polish-Canadian upbringing in rural Alberta and informed by his experience as a seasoned chef.

In his trademark friendly style and with an emphasis on ingredients that can be found across the country, Corbin shows readers how to communicate through food and celebrate the joys of sharing meals and nurturing everyday connections with friends and family.



Grilled Watermelon with Feta, Olives, Onion, and Basil

When we travelled to Amorgos, Greece (the easternmost island of the islands), I was allowed to prepare a dish for our host's family, so I decided to make a version of this salad. They had never seen this type of salad before, but it was good enough to win over the skeptical yia yia (Greek for "grandmother").

This classic salad is elevated with the addition of grilled watermelon. Serve it warm or cold, depending on your desire and whether the salad needs to travel.

Serves 4

5 tsp extra virgin olive oil (divided)
1 (1-inch-thick) firm watermelon round, rind on
1/2 cup crumbled feta cheese
1/4 cup pitted black olives, chopped
1/2 small red onion, thinly sliced
4 large basil leaves, torn
Coarsely ground black pepper, to taste

Heat a grill pan over high heat or preheat the barbecue to 400°F.

Pour 1 Tbsp olive oil into a small bowl. Lightly brush oil on one side of watermelon round. Place watermelon round on the grill, oil-side down, and grill for 1 minute. Rotate watermelon slice 45 degrees and grill for another minute. (This gives the watermelon a professional-looking crosshatched grill pattern.)

To serve, transfer watermelon to a cutting board and cut into eight wedges. Arrange on a serving platter and top with feta and olives. Scatter red onion slices and basil overtop. Season with pepper and drizzle with 2 tsp olive oil.

Enjoy like pizza wedges.

Variation: Grilled Watermelon Salad with Feta, Bacon, Onion, and Mint

Cut small seedless watermelons into rounds to create a small salad plate. Replace the olives with crumbled bacon and replace the basil with chopped mint.



Candied Beets with Maple Syrup and Chives

Beets bring back memories of being in my mother's kitchen in the late summer, peeling and canning beets for winter dinners. While red beets are perfectly suited for this recipe, take advantage of the many summertime varieties for a thoroughly inspired dish—they look like gorgeous jewels on a plate and with this particular recipe, they taste as good as they look.

Serves: 2–4



In Good Company: Easy Recipes for Everyday Gatherings

by Corbin Tomaszeski (Author), Karen Geir (Contributor)

Recipes excerpted with permission from *Figure 1 Publishing*

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Photographs by Faith Mason



Crispy Trout with Green Beans, Almonds, and Sherry Vinaigrette

Fresh fish doesn't require too much handling to bring out its natural flavor. This trout recipe gives you a professional-level dinner with little effort and time. The key is keeping a close eye on the skin until it crisps because it goes from crisp to burnt very quickly.

Serves 4

Sherry vinaigrette ingredients

3 Tbsp extra virgin olive oil
1 1/2 Tbsp sherry vinegar
1 tsp honey
Pinch of red pepper flakes
1 lemon, zested
Salt and pepper, to taste

Trout ingredients

1 Tbsp olive oil
1 (1-lb) whole trout, cleaned or 4 (6-oz) skin-on trout fillets, pinbones removed
Salt and pepper, to taste
3 Tbsp butter
2 shallots, sliced
2 cloves garlic, chopped
1 lb green beans, trimmed
1/2 cup slivered almonds
2 Tbsp chopped parsley, to garnish
1 Tbsp chopped tarragon, to garnish

To make the sherry vinaigrette, in a small bowl, combine all ingredients and mix well. Set aside.

To make the trout, in a large skillet over medium-high heat, heat oil.

Using paper towels, pat-dry the fillets and then season with salt and pepper.

Carefully add fillets to skillet, skin-side down, and cook for 5 minutes. Using a spatula, flip and cook for another 3 minutes. Transfer to a plate.

In the same skillet over medium-high heat, melt butter. Add shallots and garlic and sauté for 2 minutes. Add beans and cook for 4 minutes. Add almonds and cook for 3 minutes, stirring occasionally, until almonds are golden.

Pour the sherry vinaigrette over the green beans. Toss and transfer to a serving platter. Arrange trout, skin-side up, on top of the beans. Garnish with parsley and tarragon and serve.

Variation: Salmon with Asparagus, Almonds, and Sherry Vinaigrette

Replace the trout with 1 1/2 lb salmon and replace the green beans with asparagus or sautéed zucchini.

4 baby red beets
4 baby striped beets
4 baby yellow/golden beets
2 Tbsp butter
2 Tbsp brown sugar
1 Tbsp pure maple syrup
Salt and pepper, to taste
1/2 bunch finely chopped chives

In a large pot over medium-high heat, combine beets and enough cold water to cover. Bring to a boil and cook, covered, for 45–60 minutes, until beets are tender and can be easily pierced with a knife. Remove from the heat. Peel beets under running water, and cut in half.

In a large skillet over medium-high heat, melt butter. Add brown sugar and maple syrup and simmer for 5 minutes, until golden and syrupy. Add beets and cook for 5 minutes, until most of the sauce has evaporated and beets begin to caramelize. Remove from heat. Season with salt and pepper.

Sprinkle chives overtop and toss. Transfer to a serving platter and serve warm.

Variation: Candied Carrots and Parsnip

Replace beets with an equal amount of carrots and parsnips.

Classified Ads

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Classified Rates
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Classified deadline for October issue must be received and paid by September 7.



Classified Ad Categories

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

10 Health

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

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12 Home Care

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13 Mobility Aids

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20 Home Maintenance

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Top signs to identify fraudsters

NC There are seemingly endless ways to be targeted for fraud online, over the phone and even in person, and it's happened to us all. So how do you know when you're dealing with a scam? For starters, if something is too good to be true, it usually is. Free offers or cheap prices may require you to provide your credit card and turn into unbreakable subscriptions and monthly charges. However, if you are the one selling something, you can still be a target. With overpayment fraud, scammers will send counterfeit cheques for more than what they owe you, often claiming it was an error, then ask you to deposit the cheque and wire the excess funds back to them.

Many scams involve a request to wire money through a money transfer service, or with cryptocurrency. Using these services is like sending cash—once the amount is picked up, it's almost impossible to get your money back, and you can be on the hook for the money withdrawn.

For more information on the different types of scams, and how to report fraud, visit:

www.antifraudcentre.ca

IN MEMORIAM

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

Barbara Grossman
 Barbara Murna Franklin
 Edwin Arthur Weisbrot
 Elmer Slatnik
 Evelyn Rees
 Fred Turko
 Irene Young
 Jeannie Mary Rita Dumenko
 John (Ian) Arthur Hart,
 Kathleen Elizabeth Helmer
 Lillian Leonard
 Margaret Liddell
 Mary Young
 Michael Hunchak
 Roy Oliver Linseth
 Samir Ranjan Majumdar
 Sister Anna Mary Stauber
 Stanley Matlo
 William (Bill) Corbett

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.

For ads that deliver results advertise in the Kerby News
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Time to relax when you're feeling the pressure

Page design and layout Winired Ribeiro

Whip up some of these tasty meals ahead on a weekend. They are perfect for getting your meals on the table in a timely manner, no matter how busy your schedule or for last-minute entertaining. You can also make a meal ahead for a potluck. With this collection of tasty, make-ahead recipes you can make better choices for a healthy meal when you're in a rush. Some meals can be assembled ahead to cook at a later day. Some recipes can be frozen for later heat-up meals or snacks. If feel like there's never time to make a healthy dinner, this is an option and you can save some in the freezer for another meal.

Excerpted from *New Make-Ahead Meals* ©
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Hearty Rice Salad©

Some things are better with time, and this salad is one of them! Enjoy its cool, fresh flavours right away or save it for the next day to let the flavours mingle.

Makes: about 6 cups (1.5 L). **Prep time:** 30 minutes

Pastry for 9 inch (23 cm) deep dish pie shell

Prepared chicken broth	1 cup	250 mL
Water	1 cup	250 mL
Long grain white rice	1 cup	250 mL
Can of mixed beans, rinsed and drained	19 oz.	540 mL
Diced tomato	1 cup	250 mL
Green onions, sliced	2	2
Bacon slices, cooked crisp and crumbled	2	2
Italian dressing	1/4 cup	60 mL
Garlic clove, minced	1	1
Pepper	1/2 tsp.	2 mL

Combine broth and water in large saucepan. Bring to a boil. Add rice. Stir. Reduce heat to medium-low. Simmer, covered, for 15 minutes, without stirring. Remove from heat. Let stand, covered, for about 5 minutes until rice is tender and liquid is absorbed. Fluff with fork. Spread evenly on ungreased baking sheet with sides. Cool for 10 minutes. Transfer to large bowl.

Add next 4 ingredients. Toss gently.

Combine remaining 3 ingredients in small cup. Drizzle over rice mixture. Toss. Chill, covered, for 1 to 2 hours until cold.

1 cup (250 mL): 328 Calories; 8.6 g Total Fat (4.3 g Mono, 2.8 g Poly, 0.9 g Sat); 8 mg Cholesterol; 51 g Carbohydrate; 7 g Fibre; 12 g Protein; 526 mg Sodium.

To make ahead: Prepare dressing, chop vegetables and cook rice early in day or night before. Cover. Chill.

To freeze: Do not freeze.



Chicken Quiche©

A full-meal deal with lots of flavour.

Serves: 6 **Prep time:** 15 minutes

Cooking oil	1 tbsp.	15 mL
Boneless, skinless chicken breast halves (about 2), diced	1/2 lb.	225 g
Medium onion, chopped	1	1
Cauliflower florets	1 1/2 cups	375 mL
Water	1/4 cup	60 mL
Grated light sharp Cheddar cheese	1/2 cup	125 mL
Unbaked 9 inch (23 cm) pie shell	1	1
Large eggs	3	3
All-purpose flour	1 tbsp.	15 mL
Skim evaporated milk	2/3 cup	150 mL
Ground nutmeg, pinch		
Salt	3/4 tsp.	4 mL
Pepper	1/4 tsp.	1 mL
Green onions, chopped	2	2

Heat cooking oil in frying pan. Add chicken and onion. Sauté until golden.

Add cauliflower and water. Cover. Steam for 4 minutes until cauliflower is tender-crisp. Remove cover. Stir until water has evaporated. Cool.

Sprinkle cheese in bottom of pie shell. Spoon chicken mixture over top.

Beat eggs and flour in medium bowl until smooth. Beat in evaporated milk, nutmeg, salt and pepper. Pour over chicken. Sprinkle with green onion. Bake on bottom shelf in 350°F (175°C) oven for 40 minutes. A knife inserted near centre should come out clean. Let stand for 10 minutes before cutting.

To make ahead 1 serving: 320 Calories; 17 g Total Fat (7 g Mono, 3.5 g Poly, 4.5 g Sat); 135 mg Cholesterol; 22 g Carbohydrate; 2 g Fibre; 19 g Protein; 630 mg Sodium.

To freeze: Bake, cool, cover and chill. Label. Freeze for up to 2 months. To serve, bring to room temperature, cover and heat in 325°F (160°C) oven until hot.

Ham Florentine Bake©

Lots of creamy sauce. What a great way to eat your spinach!
Pairs well with a tossed salad.

Serves: 4 **Prep time:** 10 minutes

Black Forest ham steaks (4 small)	1 lb.	454 g
4 portions	or 1 large steak, cut into	
Box of frozen chopped spinach, thawed	10 oz.	300 g
Milk	and squeezed dry	
All-purpose flour	1 1/2 cups	375 mL
Prepared mustard	3 tbsp.	45 mL
Dried whole oregano	1 tsp.	5 mL
Ground nutmeg	1/4 tsp.	1 mL
Pepper	1/8 tsp.	0.5 mL
Grated light sharp Cheddar cheese	1/8 tsp.	0.5 mL
	1 cup	250 mL

Arrange ham steaks in shallow greased 2 quart (2 L) casserole.

Cover each steak with spinach.

Whisk milk gradually into flour in medium saucepan until smooth. Add mustard, oregano, nutmeg and pepper. Stir in cheese. Heat and stir until boiling and thickened. Pour sauce over spinach. Bake, uncovered, in 350°F (175°C) oven for 30 minutes until spinach is tender and ham is hot.

1 serving: 290 Calories; 9 g Total Fat (0 g Mono, 0 g Poly, 4 g Sat); 85 mg Cholesterol; 19 g Carbohydrate; 3 g Fibre; 35 g Protein; 1710 mg Sodium.

To make ahead: Assemble completely or prepare sauce early in day or night before. Cover. Chill. To serve, bake as above

To freeze: Do not freeze.



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