

Kerby News

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Kerby Centre

for the **55** plus

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in Calgary and Southern Alberta”

2019
December

Volume 35 #12

Rediscovering the joy of the handcarved toy



John Gagnon has been a woodworker since he was a teenager and now acts as the head of one of Santa's many "outsourced" workshops at Kerby Centre.

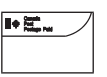
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Wednesday, December 25, Christmas Day
Thursday, December 26, Boxing Day



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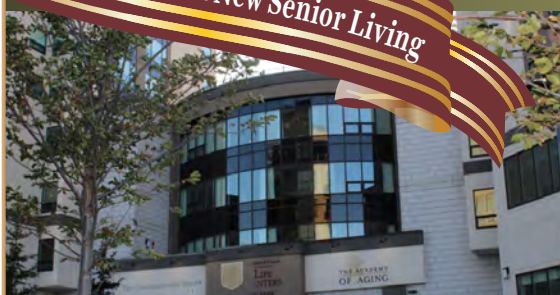
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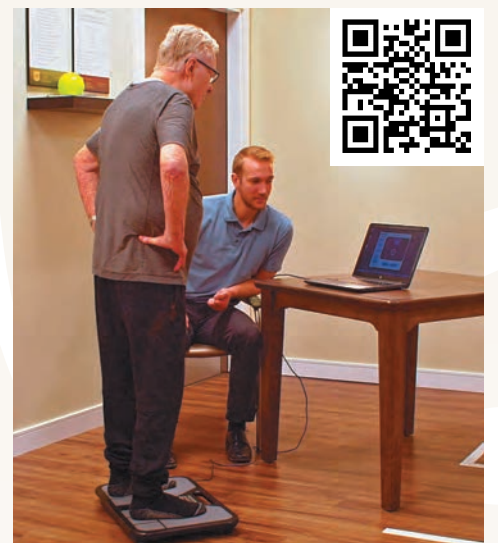


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BY ZANE NOVAK
President of Kerby Centre

Getting the most out of Christmas

December is easily the best month of the year! It typically is the month where the work pace slows, people have more time for those around them.

I have always been the sort of person who likes to start conversations, talk to other folks, ask about their day and what they are looking forward to. I have always found December to be

the easiest month to do that.

We seem to be a little more open, gracious and accepting during this noted holiday month.

We can take the affable environment of December to get to know our neighbours better, to start conversations that may lead to new friendships with people we have never met before.

It means taking small acts like helping others by opening a door, offering to carry a shopping bag, and shovelling that few extra feet of sidewalk in front of our neighbour's house.

You don't have to be a traditional Christmas enthusiast to get the most out of December.

There are so many things to in Calgary for every resident to enjoy. I was raised in a home that didn't celebrate traditional Christmas but regardless of that, I always looked forward to December as it meant a few extra days away from work and more time to spend with loved ones.

We live in a very differ-

ent world than we did when I was a child as many in Canada have different traditions and lifestyles. Not everyone recognizes Dec. 25 as a special day. As I mentioned earlier, it wasn't for me. But that has not dampened my enthusiasm for this wintery month and all that goes along with it.

My children and I created our very own traditions during the holidays. For many years, we've marked Dec. 28 on our calendars. This is the day that we invite friends from all over to join us for a day of recreation, meals and pleasant socializing.

However, the lonely aspects of December are often overlooked. While many of us are enjoying family, and celebrations, not all of us have that luxury or privilege.

The Kerby Centre has some remedies, however. We have programming at our centre that helps brighten up the long, dark days.

Our Thrive program takes us door-to-door to bring cheer to many of our

clients who otherwise may not be able to get out and socialize.

But what can we do as individuals and how can we reach out to others? If we are going to Kerby Centre, do we know of others who we could encourage to get out and join us? Can we include them when we go shopping be that for gifts, food or other necessities?

How about organizing a group to go check our magnificent downtown library or the many other festivities that occur throughout our city and its various communities?

No matter how you typically view December and the holidays associated with it, I challenge you to try something new. Get out of your comfort zone, include someone else and help make their December memorable.

The little things we do aren't so little at all. The ability to change the lives of others exists within each one of us.

Merry Christmas and Happy Holidays! ▲

December 2019

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

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BY LESLIE TAMAGI
Interim Executive Director

The approach of the holidays fills many with anticipation and excitement. For some, it's the most wonderful time of the year: celebrations, treats, presents, family, traditions and visions of sugar plums.

But for many, it is actually a time of increased stress, when loneliness and depression rise, calls to crisis lines surge and shelter spaces are in high demand. The (often self-imposed) vision of the perfect gift, the perfect family gathering and perfect meal can be big dreams to live up to. Our reality doesn't always match our dreams.

Like the year I spent hours searching for the perfect gift for our two-year-old, only to watch our son quickly set the gift aside and spend the remainder of the

The most wonderful time of the year?

day playing with the large box in which it came.

Or that year when all of my siblings and their families decided to stay together over the holidays only for all of us to end up with norovirus.

Or that year the oven broke and the turkey wasn't done until after midnight when most had given up and gone to bed.

So how do we make the most of this much-hyped time of year?

One place to start is by lowering our expectations. Last year I bought mashed potatoes and gravy pre-made from the grocery store. As the daughter of a dietitian and cook, I felt very guilty as I surreptitiously snuck out of the store.

But no one else seemed to notice and it allowed me more time to relax and just enjoy. While we have yet to succeed in cutting back on the number of presents we indulge our grandchildren in, we are going to try again this year.

And I have set a goal to try to not overcommit and be mindful of whom I spend time with. One day with family may be fun. Three days, however, doesn't

necessarily mean triple the fun.

If I think back, the holiday times that gave our family the most pleasure and feeling of gratitude were the times we spent doing things for others – volunteering to serve dinner to individuals who were homeless or packaging up gifts for families in need.

Some simple tips: set realistic expectations, don't overcommit, express our generosity to others and be mindful of how we spend our time. These are all things we can try to truly make it the most wonderful time of the year. ▲

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A fairy tale of battery acid and cream



Life and liberty

BY LIBERTY FORREST

With the holiday season upon us, you'll be overdosed with the usual assortment of stories and articles that you would expect to see at this time of year.

I have chosen, instead, to share a little fairy tale I've written as it contains the sort of sentiment that is appropriate for this month but in a very different way...May you share only the warmest light of love with others now and always...

Once upon a time, there was a girl called Glumella who lived in a tiny house in the woods. She was a miserable little thing who sipped on battery acid and ate the prickliest thistles she could find. Gradually, she became increasingly sour, shrivelling up just a teeny bit more every day.

She was always waiting for things to get worse and was comforted when they did, relieved not to have wasted any energy on being hopeful, only to end up disappointed.

"I knew it!" she'd mutter to herself, because no one dared come within 100 miles of her miserableness. No one, that is, but her very sweet little sister, Miss Perky-Lee.

Glumella was very jealous of Perky-Lee, whose entire being radiated spark-

ly sunshine and everything lovely. This adorable girl just couldn't wait to get up every morning. She was always so excited about another new day, she just had to sprinkle her sunniness on anyone and everyone she met.

She lived on fresh cream and berries and never had a harsh word for anyone. Not even her miserable older sister, whom she adored and whose nastiness went unnoticed by the younger of the two.

In days gone by, Glumella used to wish she could be like her little sister, who was eternally happy, had loads of friends and was always dashing off to do something fun.

"Come on, Glumella!" the bubbly girl would coax. "We'll have such a good time!"

But the grouchy older sister refused, for no particular reason, preferring instead to stay home alone, sipping on battery acid and eating the prickliest of thistles.

Eventually, Perky-Lee would stop pleading and head for the door and her waiting friends. "You know where I am if you change your mind!" she said every time. "I hope you join us later, my beloved sister!"

Her lips already just a thin, tight line, Glumella pursed them even more with every cheery little note that came out of her sister's mouth. Her eyes were even squintier and I swear she shrivelled up a wee bit more with every syrupy syllable that assaulted her tiny, dried-up ears.

One day, Glumella could take no more. She could not stand to hear one more excited, delighted word from her cheery little sister. As soon as Perky-Lee leapt out

of bed, Glumella was ready and waiting to grab her and stuff her into a dark and empty closet. Slamming the door shut and locking it, the older sister smiled in smug self-satisfaction.

"I'll teach her a lesson!" she snarled. "I'll show her that life is miserable and empty and horrible and there's absolutely nothing in it that should make her so nauseatingly happy all the time!"

She waited for the screams, the pleading and the pounding, but they never came. Instead, Perky-Lee maintained her composure.

"Please, dear Sister, would you open the door? I seem to have got stuck in this closet," she said quietly.

Glumella was puzzled.

"Silly me, I don't know how it happened!" Perky-Lee continued. "But here I am, dear Sister, and the door is jammed. Could you help me, please?"

Glumella's eyebrows knit themselves together. Still, she did not utter a sound. Instead, she shoved a saucer of battery acid and a plate of thistles under the door for her sister to eat, and ran from the house.

It was dark when she returned that evening, making her way through the woods to her little home. But as she grew closer, she could see a soft light glowing in the win-

dows.

"What's this?" she wondered. She hadn't left any lights on. Perhaps Perky-Lee's friends had come in and — oh, dear, those meddling little brats had better not have let her out of that closet!

Quickening her pace, she hurried to the house and went inside. There were no friends. The closet door was still locked. No lamps were lit. But there was a soft light radiating from the cracks around the closet door and filling the little house. She heard only a lovely, quiet tune as Perky-Lee sang softly to herself on the other side of that locked door.

As Glumella stared at the door and the light, the saucer and plate were shoved back. She was stunned to see that the saucer was filled with cream and the plate was filled with berries.

"How did you — where —" Glumella could not finish the questions. Terrified, she ran from the house once again.

By the light of day, she thought she was brave enough to return once more. But the light was growing even brighter than before and there were more saucers of cream and plates of berries. And still that infernal singing!

For days, Glumella kept shoving battery acid and this-

gles under the door for her sister then disappearing into the woods. And every time she returned, the light shone brighter, and the plates were filled with berries and cream.

One night, as she stood dumbfounded again and staring at those plates, she noticed that the light was warm. Perhaps it had been warm before; she did not know. All that mattered was that it was warm just then, and unfamiliar. She thought, perhaps, that it was even pleasant, and did not realise that until that very moment she had always been cold.

She stood unmoving and in awe as the warmth from her sister's light wrapped her in a loving embrace, while one tear chased another down her dry and withered cheek. Hesitantly, she bent down and plucked a berry from the plate, and popped it in her mouth. Its sweetness was foreign and beautiful at the same time; Glumella could not wait for another. And another. And still another.

Suddenly, there was a loud click as the door unlocked itself and the radiant Miss Perky-Lee stepped out of the closet. Glumella burst into sobs as she fell into her little sister's arms, begging to be forgiven.

But Miss Perky-Lee simply smiled and held her sister, knowing that there was nothing to forgive. ▲



Photo courtesy of Calgary Horticultural Society.





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Cannabis edibles soon available for purchase

By Andrew McCutcheon

It's been over a year since cannabis has been legalized, and now national and provincial regulators have turned their eye towards edible cannabis products among others.

Cannabis edibles, extracts and topicals were legalized as of Mid-October in 2019, and after roughly a two-month licensing period, should be showing up in retail stores near the end of December or the beginning of January, 2020.

Those who may have been interested by the possible benefits of cannabis consumption but turned off by the idea of vapourizing or smoking the substance may find the prospect of baked goods or gummies palatable in comparison.

However, health officials still warn about the various side effects and differences in edible consumption of which potential consumers should be aware.

"Cannabis is complex, with a number of different compounds present," said Dr. Brent Friesen, a medical officer of Alberta Health Services. "That's part of the challenge for us to understand what are the potential — if any — benefits associated with use."

The two active ingredients often discussed when talking about cannabis are tetrahydrocannabinol and cannabidiol — colloquially known as THC and CBD, respectively.

THC is associated with the neurological effects of

cannabis: the "high" or euphoria that people can experience, whereas CBD is known for its potential to have anti-inflammatory, anti-anxiety or painkilling effects.

Before the most recent legislative changes in October 2019, the main way to absorb these compounds into the body was through the inhalation of the smoke or vapour containing THC, CBD or both.

"The body is absorbing these compounds through the lungs," Friesen said. "The compounds directly enter the blood stream and go out to different organs in the body, particularly the brain."

With inhalation, the effect of these compounds are quickly experienced by the user; that's not necessarily the case with the newly legal cannabis products which include edibles — such as baked goods or gummies — or topical creams.

"The way that edibles and topicals are absorbed — through the stomach or the skin — tends to be more slow," Friesen explained. "It can sometimes take two to four hours for effects to occur."

Friesen said one of the concerns in other areas where similar products have been legalized, such as Colorado, is that those who choose to consume the products may not experience an immediate effect, take an additional dose and subsequently have a larger amount of cannabis compounds in their body than anticipated.

"That's when we see cases of cannabis poisoning," Friesen said.

With this new category of customer — folks who may not have been interested in smoking but are wanting to try edibles — Friesen recommends caution and forethought.

"What's going to be important is that if they're going to [try edibles], they very carefully read or review the particular product they're interested in, understand the recommended dose ... and then, for the first time, they're using it in a safe environment," Friesen said. "So that if they have a reaction or experience symptoms they weren't expecting, they'd minimize the risks associated with that."

Even adults — who may have experimented with cannabis decades earlier — now returning in their old age to experience the effects of cannabis once more may want to take heed: contemporary products may be much more potent than they remember.

"For comparison, the average joint in the 70s or 80s might have been about five per cent of THC containing as a portion of the product," Friesen said. "The current forms of cannabis available in licensed stores are much higher in the 20 to 30 per cent range."

"And with extracts, you'll have some in the 80 to 90 per cent range. There's an increased potential for people to be poisoning themselves if they use too high a quantity initially."

National legislation requires the labeling of edible, extract and topical cannabis products to include the THC and CBD content within, in addition to labeling the ingredients, allergens and equivalency to dried cannabis as well.

All packaging for consumer products must be child-resistant as well. Improper storage of cannabis products — especially with baked goods or gummies — can result in young children or even pets consuming them unawares.

"In other districts such as Colorado, there have been calls coming into the poison centres, with poisonings among younger children getting into the adults cannabis," Friesen said. "They've mistaken cannabis infused brownies, cookies or gummies; consumed them and then experienced cannabis poisoning."

The impact on youth is especially troubling for health professionals, as Friesen said that "human brains continue to develop to age 25" and that "risks associated with cannabis use are much greater [in youth] be-

cause of the impact it has on brain development."

In addition to warning against youth consumption of cannabis products, health professionals also recommend abstinence for those pregnant and breastfeeding, and caution for those who have a family medical history of psychosis.

Although there are studies out there that consider cannabis a cure-all wonder-drug, Friesen said it's important to look critically at the information available.

Though you may have heard of the quality-of-life improvements cannabis may carry in regards to issues such as nerve pain, palliative care or chemotherapy-induced nausea, it's of vital importance you speak to your family physician before deciding to use cannabis, either for pleasure or for self-medication.

There is a laundry list of potential interactions that cannabis can have with a variety of prescription pharmaceuticals, so the best bet is to talk to your doctor before you choose to engage in cannabis consumption this holiday season ▲

Egg what?

By Amy Wong

Those were the words that ran through my mind as the nice lady behind the counter asked if I wanted to try one of the holiday drinks, an Eggnog Latte. At first, I thought I heard wrong. It was early in the morning, and I hadn't had my magic wake-up potion.

My main reason for being there, I needed the caffeine to kickstart my day. The look on my face must've given away the fact that I had absolutely no clue, whatsoever, to what she was saying. So, she went on to introduce me to this holiday tradition, this sweet eggy kind of drink.

I have to admit, at the moment of my first sip I had no idea what to expect.

Maybe it was too early in the morning, or maybe there was nothing to relate it to. But I do recall, I was indeed pleasantly surprised. I remember it

was sweet and it was complex. The sweetness, I liked. However, it was the complexity that led me quickly to take my second sip.

Warm liquid dessert would be the way I would describe it. Except that my version also had a hint of caffeine. Despite its name or how it was introduced, it was not at all eggy.

Fast forward ten years, an Eggnog Latte still remains as one of my favourite special holiday indulgences.

Have you ever thought, what a funny name, or wondered how it ever got its name?

Although, I cannot with absolute certainty find its origin. A quick Google search, dates eggnog going back to the 1800s as a holiday drink.

One possible origin on its name comes from the combination of the phrase "egg and grog", which refers to a drink

that contains egg and grog — grog being a drink made with rum. It was also believed that eggnog was a delicacy for the wealthy. This was largely due to the ingredients needed to make the drink — milk and eggs — were a rarity for the average person of that time.

During the holiday season, commercially produced eggnog can be easily found at your local grocery store. Commercial varieties tend to contain less or possibly no egg at all, due to safety concern of using raw eggs. Often eggnog is served chilled but personally, I like the warm version, mixed with a certain blend of tea, otherwise known as a Chai Eggnog Latte.

If you've never tried this version before, be a bit adventurous and have a taste. You may very well surprise yourself with a new holiday favourite. ▲



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“Gee, ain’t it funny how time slips away”



By BARBARA ELLIS

Yes, it is funny how time slips away. Well, maybe not funny, more like scary.

Sort of like a snowball rolling down a hill and picking up momentum as it goes. For me, the first couple of months of any new year seem to drag, but with the arrival of spring, time seems energized and picks up speed.

While I know that this is not so, I feel that the summer and fall months go by more quickly and the next thing I know, it’s winter again.

Something inside of me tells me that time is speeding up and I want to slow it down, because I still have so many things I want to do. The calendar on my wall is not a friend and keeps winding down to the end of another year.

However, it is much more than that.

Not only is it the end of a year, but the end of a decade, we are moving out of the teens and into the twenties.

Before this century began, it threatened us with calamity. Remember the Y2K bug? Thankfully it didn’t cause any real harm and we turned the page from 1999 to 2000 without a problem.

Turning the page on the calendar may have been uneventful, but the first decade certainly brought sorrow into our lives. We had our first real taste of terrorism in North America with the bombing of the Trade Centre in 2001. Before the decade was over, we experienced that devastating earthquake in Indonesia in 2004.

The next decade also had its share of weather catastrophes with the earthquake in Haiti and the tsunami in Japan. One can say that these past ten years have also been turbulent. Wonder what the 20s will bring?

I remember leaving my teens behind and transitioning into my twenties. I wanted the time to go by quickly so that I could be an adult and I looked forward with great

anticipation to what life had in store for me.

Certainly, every decade has brought changes to my life. I set goals for myself and celebrated when I reached each one of them.

I was proud of my accomplishments, but of course, there were also plenty of failures.

Learning experiences, I guess.

Decade by decade I grew in knowledge and evolved from a young woman to middle age. With maturity came more responsibility at work. More responsibility at work meant more money. More money gave me the freedom to travel and that has been one of the greatest joys in my life.

This isn’t just my story: everyone can relate and say

similar things. Nevertheless, saying this and looking back into the past has become a hobby of sorts. When one gets into one’s senior years looking back is a natural thing to do.

I enjoy commiserating with friends about the way things used to be and beginning a conversation with, “Do you remember when?” always leads to an interesting story.

Hearing about other peoples’ lives has made me realize that we have all struggled at one time or another, that we have all had joyous experiences and that most of us have also faced difficult times. Hard times have made us stronger and taught us to cope better with our lives.

When I moved to

Calgary in 1972, I had to sign a document at work regarding my retirement which was scheduled for 2005. That was over 30 years into my future; now it is 15 years into my past. Still, I am ready to face the next decade. Just as this century is moving on, I, too, am moving into a new decade in my own life because in 2020, I will be 80 years old.

How will I do in this coming decade? Will I see it through to its end? If I do, I hope that I will achieve it in good health. My wonderful sister who is two years and two days older than me is losing ground and has suffered a stroke, and it makes me wonder if I will follow her down that same path.

I can only speculate, and

that, of course, does me no good. I will take life as it comes and look forward to the surprises that are bound to come my way.

Over the years, I have had to say farewell to many friends and loved ones. It is hard to accept the fact that I will never see these people again.

People upon whom I depended, laughed with, fought with, shared special times with, and shared a bond that has stayed with me to this day.

Unfortunately, that happens with time, and I am thankful to have had those folks in my life.

I am truly blessed with my friends of today, some of whom go way back, all the way back to my school days. ▲

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Tobogganing, then and now



Photo courtesy of the Glenbow archive

By Andrew McCutcheon

The first heavy snowfalls of this winter have already gripped Calgary in their clutches and that means — for better or worse — more snowy times are ahead before the season leaves us.

This also means that, with more layers of snow and ice, new chances for seasonal recreation will appear. You may have to pack away your running shoes and shorts — trading them in for boots and thermal underwear — but winter activities hold a special place in the hearts of many Canadians.

Who doesn't have fond memories of bundling up to do the most Canadian of hobbies: tobogganing. Whether your sled was made of aluminum, plastic or wood, there was nothing quite like hiking high up the hill, bracing yourself for a push and then rocketing to the bottom, only to climb up and do it all again.

Rosy cheeks and warm mugs of hot chocolate would finish off the day as you bundled up the best you could at home, excited for what the next day might bring, or for the approaching holidays. With those particular memories that remain through our collective past, it truly is a Canadian institution: and is still within reach for those wishing to harken back to those carefree winter days.

Long before they became used as a recreational pastime of kids across the cold country of Canada, toboggans were a pioneer's best friend in the heavy, wet snow.

The word likely originates from the word for "sled" by the Mi'kmaq or Abenaki peoples (tobâkun and udâbâgan respectively). French Canadians adopted it at the start of the 19th century and spelled it "tabaganne."

Early settlers used the sleds as part of the fur trade; they aided hunters in the transport of furs across snowy tundra and terrain. It wasn't long before recreational use

began to creep in later in the 1800s, with the Montreal Tobogganing Club founded in 1881. Wealthy Quebecers of the past went tobogganing on the hills of the Plains of Abraham, the famous location where the French originally surrendered to the English, leading to the assimilation of French colonies — the result of which would come to form the burgeoning nation of Canada.

In Quebec City, a triple-chute, quarter-mile-long run, next to the Fairmont Chateau Frontenac was erected in 1935 and still operates today.

Within Calgary and southern Alberta, there are still stories passed down of children taking part in winter tobogganing fun, even amid the Great Depression.

In Elbow Park — one of Calgary's oldest communities — young children would gather to play hockey on the skating rink, and an open slope west of the rink, usually called Christ Church Hill, was used for sledding according to oral history records from the Glenbow Museum.

The record sources one narrator who claims that there was even a ski jump at the hill for several years, and that a few of the more daring kids "not content with the thrills of sledding down the hill, would sometimes use the icy slope of 36th Avenue, which was feasible in a time of little traffic and unploughed streets."

These days it's not recommended to attempt to toboggan down a busy Calgary street, no matter how brave you might be.

There are 22 areas in Calgary with dedicated toboggan hills, designed so that you don't become a part of rush-hour traffic collisions with an unfortunate bout of tobogganing bad luck.

Confederation Park, Glendale Park, Prairie Winds Park, Stanley Park, Royal Oak and Signal Hill are just a few of these locations.

And if you decide you want to take your chances and ride the slopes somewhere else, be aware: there's a bylaw on record that states that "No Person, while in a Park, shall ride downhill on a toboggan, sleigh, carpet or other sliding device; except in an area where such activity is specifically allowed by the Director."

Failing to adhere to this, or tobogganing on a non-designated hill, could get you a \$100 fine in addition to your thrill-seeking, although no fines were issued for this bylaw since its inception in 2003 to 2016.

Still, if you're planning to take your kids or grandkids out to the hill, staying in a designated area is not the only precaution you should take.

As with any winter activity, dress in warm layers and make sure your sled is in good working condition. You don't want it to splinter or break apart halfway down the hill.

Helmets, similar to the ones used for skiing or snowboarding, are never a bad idea. When you're about to head down, make sure your planned route is clear of other folks or obstacles, and exit the bottom of the hill quickly so that you don't become an obstacle yourself.

When climbing back up the hill, take care to be out of the way of other riders on their way down. Bringing ski-poles to help in your ascent will aid in balance and make the hike a little less strenuous.

Don't forget to relax, make a few snow angels and take a cup of hot chocolate when you get home. With every winter season, if you ever want to take a moment to harken back to days of idyllic youthful winters, my simple strategy is to grab a clump of snow — whether bare-handed or in mittens — make, aim and toss a single, fresh, perfect snowball.

Just to see if it's good packing. ▲

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Taking control of the holidays

By Andrew McCutcheon

The year is almost finished. As time passes, the days seem to go by faster and faster as we approach a new decade. This period of the year heralds exciting opportunities and a bevy of

holidays, regardless of one's religion or creed.

Although many have positive and heart-held memories of holidays past when things seemed more simple, now this period can also herald an array of emotional stress. The to-do list seems

never-ending, travel during the frosty Albertan winter can make even the most experienced driver anxious and family — despite the joy they bring us — can also be a source of frustration and strife.

With a few steps and a bit of planning, however, an enjoyable Christmas and winter holidays can be within your grasp.

The holidays can put immense pressure on the most stable of folks. We want every aspect to be perfect: the perfect gift, the perfect meal or the perfect family photo we've been waiting to take for ages.

However, perfect isn't an attainable goal. Even the most immaculate works of art have their flaws, but that doesn't mean you need to give up altogether.

Set attainable and realistic goals for yourself when you're preparing for the festive season. You may not get out to visit every single close friend and family member you want to see, but there are going to be alternatives.

Instead of having someone over for a three-course meal, arrange an intimate coffee-shop date or walk with a mug of hot cocoa.

In place of travelling in dangerous conditions to see far away relatives, arrange a good time where everyone might be in the same spot and have a lengthy social call. Get them to pass around the phone and experience the same joy and laughter while catching up.

What matters most relates to the true meaning of the holiday: letting people know you love them and that you're loved in return. It might not be the same as holidays past, but you're staying true to the reason for the season.

It can be difficult to stand up to our enemies, but it can be even harder to stand up to those who we adore.

Boundaries and limitations are extremely important, and while it may be easier to say no to a stranger on the street trying to sell you something, saying no to an invitation — even if it's made

with the best of intentions — can bring feelings of guilt or shame, especially when those people are family.

You may be inundated with invitations to events here, there and everywhere, but there are only so many hours in a day. It's okay to know your limits and when you need a rest and some time to yourself.

People may push and prod, some in a gentle way, others in a less gentle manner. But when you set out your boundaries and expectations ahead of time, you have to stick to them — especially when your well-being is at stake.

Think of those airplane safety videos: when the air masks drop down, everyone knows: you have to apply your own mask before helping out the others around you. Stick to your guns to preserve your own well-being, and be firm, but kind.

It doesn't matter if it's the first invitation or the 100th one, the first glass of wine or the fifth: if you want to say no, you're allowed to say no.

Saying no is also part of being mindful of your consumption. The holidays are a time to splurge and treat ourselves, and even yours truly goes back for seconds when it comes to grandma's meat pies.

However, there is splurging and then there's going overboard. It's alright to treat yourself to a glass of wine or some rich food, but don't start throwing good, healthy habits out the window for the sake of the holidays.

Consumption means spending as well: budgeting for your holiday gifts, travel and other miscellanea will save you empty pocketbooks and headaches when the January credit card statement comes in the mail.

Even beyond all the stress of dinners, gifts and visits, the holidays can be hard. Really hard.

It's difficult not to think of past Christmases and with all the joy those memories bring, it can also bring grief.

We mourn not only for the people in our lives that are no longer here but for

everything they represent: the traditions, the stories, the laughter and tears shared across years of love and joy, triumph and loss.

It's okay to be sad. Don't let anyone — especially not that voice in your head — tell you that you have to be 100 per cent happy over the holidays. You're allowed to cry and you're allowed to mourn. But with that, it's also okay to think back on those memories and everything they mean to you — and to what the holidays themselves mean to you.

With those in mind, you can be well on your way to open yourself up to making new traditions, finding new friends and family and connecting with others with the same joy and gratitude you've been shown in the past.

If you look around, you're likely to find people in similar situations. Make connections there and within your community and you may be surprised at what you find.

Santa Claus, by all definition, is one of the most powerful beings in the world. He can visit over seven billion people in a night, he has magic in between his fingertips and manages to avoid intestinal distress despite consuming — as far as we all know — exclusively candy canes and cookies.

And yet: despite all his power, even he doesn't do it alone. He has his elves, Mrs. Claus and a whole host of reindeer by his side.

So, like Santa himself, it's okay to ask for help if you feel yourself burning out. It can range from venting frustrations to a close friend to contacting a medical professional if things are more serious.

However you spend your holidays, just remember what this writer feels this season is all about: that even on the darkest, longest nights, there are families who will take you in, there is warmth in the unlikeliest of places and there is joy to be found if you look.

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Finding the right gift for the ones that we love

By Sheila Addiscott

Choosing a gift for your mother, father, grandmother or older neighbour can be very difficult. As people get older, they are often downsizing their homes, or moving into a single room in a care setting. Even those who live independently in their homes will say they just don't want any more "stuff."

Our needs and wants change throughout our lives; just as a toddler would not appreciate the skateboard that a ten-year-old dreams of getting for Christmas, what an adult appreciates varies just as much based on their interests and abilities. How does one choose?

Take into account an individual's living situation first: If the person you are buying a gift for is living in a single room or sharing a room, big gifts and items that could be considered clutter are out.

Kathleen Barry, a retired nursing assistant, worked in seniors housing for more than 40 years and is now a senior herself in her 70s.

"Don't bring in stuffed animals. I would see relatives and charities bring in

baskets of stuffed animals," she recommended. "Dolls and stuffed animals can be therapeutic, especially in a dementia unit, but mostly they end up cluttering up a room and not being used."

"If the person is interested in crafts or reading, those are good gifts. Clothes are always welcome as mobility issues can make it difficult for people to get out to a mall to shop," she said. "A small fridge for their room is also a great gift as is a really good lamp for reading."

Additional ideas include scanning old photographs and put them in a digital photo frame, or giving a box of mixed greeting cards, stamps and pens.

Subscriptions for a favourite newspaper or magazine are also grand presents, as each new issue is a gift.

Personal care items are also good choice for both men and women. Hair and beard grooming products and gift certificates to salons are wonderfully useful.

Many care homes have salons on the premises or have hair stylists come into the facility — stylists who

may have gift certificates available.

A pedicure, medical or otherwise, is a good way to pamper a relative and help them keep their feet healthy. Healthy feet help keep us comfortable and active.

For those friends and relatives who are active and just don't want anymore "stuff," there are gift certificates for recreational programs, suggests Kari Stone, manager of education and recreation at Kerby Centre.

"At Kerby Centre we offer gift certificates that can be used for any of the dozens of courses we offer, like kick-boxing, bhangra dancing, yoga, art, Spanish, ukulele and so much more," Stone said. "As well as travel trips such as snowshoeing and bowling."

"A gift certificate for an activity is a gift of health, wellness, social engagement and fun."

Gift cards are also helpful for the people that live independently. Food security can be a big issue for those on a fixed income.

A gift card to a grocery store might last longer than

the Christmas season and can be used to offset the cost of prescriptions in the store's pharmacy.

Seniors Secret Service has been in service in Calgary for 34 years and are experts on gift giving for elders.

Each year they work with more than 127 partner agencies to collect and deliver thousands of Christmas Cheer presents to more than 5,500 older adults in Calgary and the surrounding communities.

Executive director Andrea Brumwell said: "We are so grateful, we had no trouble filling our Secret Santa spots this year, and considering the economic climate in Calgary this year, that's pretty amazing," said Andrea Brumwell, the organization's executive director.

"As well as our Seniors Secret Service we also do gifts for seniors who are in hospital over Christmas. We make sure that there is something for everyone who is alone in hospital over the holidays."

The one item you can absolutely cross off your

Christmas list this year is slippers, Brumwell said.

"What we don't need are slippers! We still have 25 boxes of slippers from last year," she said. "But what we really do appreciate are clothes."

Clothes are requested a lot, especially by folks who live in a care home. Because if there is nobody involved in their lives, there is no-one to run out to the store and buy them things."

"We are looking for clothes in all sizes and it's especially nice if people buy a set of clothes. A top and pants that match that is really lovely gift."

The organization is also looking for any kind of winter gear, winter coats, gloves, toques and mittens.

Brumwell offered a final word on the real meaning of Christmas giving: "A lot of our seniors don't have family or much social interaction."

So, to be able to receive a gift at Christmas, whether they celebrate Christmas or not, is a way of letting them know that someone cares about them and that they are not forgotten about." ▲



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Jewelry boxes, caskets and hand-carved reindeer



John Gagnon (right) has many helpers in the workshop. Photo by Andrew McCutcheon

Gagnon and for the past three years, he's been helping create hundreds of handmade reindeer at Calgary's Kerby Centre.

"Three years ago, the first wooden reindeer named Norma came to this workshop and knocked on the door," Gagnon said. "Where did it come from? Maybe the North Pole!"

Since that fateful day, Gagnon has led the charge to produce adorably perfect, miniature reindeer for the holiday season. In its year of inception, there were 24.

Last year it was just under 200. And this year, there are 300 and beyond.

"People have been calling in since September asking about them," Gagnon said. "It's spreading all over: people from Montreal to Arizona."

The start of Gagnon's story, however, goes back in time to when he was just a teenager.

His journey started decades ago when Gagnon was 15-years-old and had yet to develop the calloused fingers and deft hands of a craftsman. He was sent to a vocational school for the trades: electrical work, sheet metal, auto mechanics — and of course — woodworking.

"It was a school to help you get ready for the outside world by learning a trade," Gagnon says. "Regular school wasn't too good for me. I wasn't the kind of guy who was going to learn Shakespeare."

With some trade experience under his belt, Gagnon held a multitude of various jobs working with his hands over the course of his life: a boiler operator in Quebec, a cabinet maker in Alberta. He even built caskets for folks' final resting places.

Now, he's one of the

volunteers that oversee the Kerby Centre woodworking shop.

His current project? A gorgeous, handcrafted jewellery box which will be sent to Switzerland when it's finished; it's carved out of an exotic and dark, almost violet coloured wood.

But Gagnon by no means works on creating the cavalry of reindeer every holiday season. He helps supervise and teach a gaggle of interested folks from all walks of life to help create and decorate the pieces, so each one is a unique item of interest.

"We share our ideas. People use their imagination, they use their creativity. Each one doesn't have to be the same," he says. "You'd never see anything like this in the shops. It feels good."

The unique nature is part of the appeal of not only creating but receiving a handmade gift.

"Woodworking is changing rapidly," he explained. "Everything is automated and computerized. It's accurate and faster, but this is what people like."

"Everything is done by hand."

Each reindeer is only five dollars to purchase and sell out extremely fast, with the revenue going back into Kerby Centre. But for Gagnon, it's not about making money: this place, with the smell of sandpaper and the whirring whines of machinery, is a place of creation, companionship and comfort.

"It's like a church," Gagnon said. "You come here and it's meditative."

"We want to encourage people to work and create. It's not a mill, we make friends and you meet people from all walks of life. You can't ask for anything better."



By Andrew McCutcheon

The elves of Santa's workshop must have it hard these days.

A half-century ago, it was probably a lot easier: carve the wood, attach the metal hinges and wheels of a trainset; maybe the ball-joints of a doll; fill the stuffing of a sewn teddy bear, for it to wait patiently under the tree to meet a new, lifelong friend.

In 2019, being an elf probably requires a degree in computer programming or electrical engineering: fill the discs with the latest and most advanced video games; solder the joints on the fanciest new tablet computers; finish the programming on that flying drone that will be forgotten about by February.

However, within a small wood-working shop, clad in an apron with a tightly cropped beard and round glasses, stands a particularly tall-looking elf who has yet to put down the sandpaper and saw. His name is John

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Each individual piece of the reindeer are cut and sanded before being assembled. Photo by Andrew McCutcheon

Program delivers Christmas joy to local seniors

By Andrew McCutcheon

Many have asked whether it's better to give or receive when it comes to holiday gift-giving. Memories of opening that perfect toy Santa brought — hidden under the tree and wrapped in alluring papers and ribbons — and being overjoyed are commonplace.

But just as common are those who find their joy in the gift-giving process. Tina Lewis, manager of the Thrive program at Kerby centre, is one of these people.

"When they're all at home with their gifts? It's like a Christmas present to myself," Lewis said.

The Thrive program is one of many under the Kerby Centre umbrella. It provides grocery delivery as often as twice a month and as seldom as once a year to 55+ clients who have mobility challenges.

Its cost is very affordable: a delivery charge of \$4.00 in addition to the cost of the groceries, which are discounted by five per cent from local Co-ops in Calgary. It's for folks with an income of less than \$26,500 for an individual or \$38,000 for a couple.

However, grocery delivery isn't the only thing being delivered to the front door: each volunteer visits with a client from 30 to 45 minutes, helping unpack, ensuring clients are doing well, in the same manner as a short, social visit. Here, volunteers can return to Kerby Centre and notify them if there are other resources or services required for clients.

And many clients and volunteers end up close friends, with Lewis saying some relationships forming outside the Thrive visits: hair appointments and recreational walks in the park occur as people get to know each other.

"We try to pair people with common interests and things they like so they can resonate with each other," Lewis said. "They genuinely care about the people they deliver to."

One of the most exciting parts of the holiday season, however, is when Thrive partners with Seniors Secret Service to provide personalized gifts to brighten the darkest days of winter.

"Winter is difficult for our clients," Lewis said. "They're more isolated and shut-in due to the weather. Even those who might get their own [groceries] from time to time, won't, out of fear of falling."

"Some clients we only

see in the winter."

During the colder months, the social aspect of Thrive becomes even more important when it comes to the well-being of their clients. The holiday gift? It's just that wonderful bit of extra cheer.

The volunteers keep a keen eye in getting to know the clients and it's reflected in the gifts that arrive at their door. If a client is a fan of gardening, owns a pet or has any number of other interests or hobbies that a volunteer notices: it ends up reflecting in the gift provided by Seniors Secret Service.

"People are floored with what's sent," Lewis said. "They're shocked at how personalized they are."

Seniors Secret Service, with input and information from Kerby Centre volunteers, begin their Santa-like shopping back in August. Then, when the holidays roll around — roughly the second week of December



— every employee and volunteer teams up like a horde of hardworking elves when the massive truck of gifts arrives.

"All of the staff run out and unload them," Lewis said. "Then, hurriedly, we label them and we have until the 25th to get them out."

In total, over 300 gifts are delivered annually by Kerby Centre volunteers and

employees. That — bundled with the Thrive program's biweekly deliveries — not only helps maintain the physical and social well-being of older adults in Calgary, but also takes the pressure off their families and other caregivers.

"Since we can help them with groceries, when

[clients] do see family, it's a visit, not for chores," Lewis said. "It's a respite for the family and then the clients don't feel like a burden."

Christmas presents and holiday cheer are one thing, but the volunteers of the Thrive program receive the joy of gift-giving 52 weeks a year. ▲

Volunteer Spotlight



Holly Sweeney


Holly has been volunteering with the Kerby Centre since November of 2018. She has volunteered on the Kerby Travel Desk, for special events and now currently in the Education and Recreation department as a Receptionist volunteer. So far, Holly has contributed more than 322 hours.

Holly started volunteering at Kerby Centre because she needed something to do after retirement. Holly worked for the same company in the Administrative Department for 45 years! With over 40 years' experience volunteering with the Girl Guides, she felt like this would be a good opportunity.

Holly loves working at the Kerby Centre because she likes helping others and enjoys the volunteer events. When Holly is not volunteering, she enjoys reading, knitting, working on computers and travelling.

We are delighted to have Holly as our volunteer.

Thank you Holly, for all that you do for Kerby Centre.



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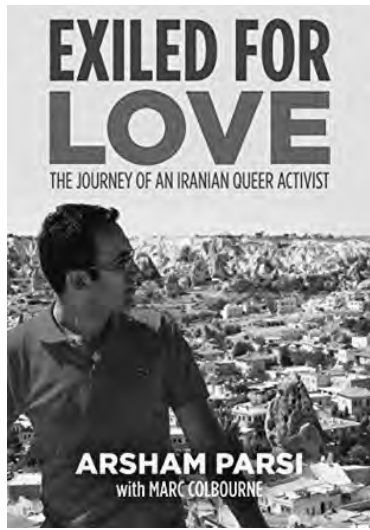
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Book Review: *Exiled for Love*



By Arsham Parsi and Marc Colbourne

Book review by Eleanor Cowan

Arsham Parsi is the Executive Director at the International Railroad for Queer Refugees, IRQR in Toronto. Parsi was a survivor, but today he's a thriver.

Threatened by religious extremists who preached that he was an abhorrence of nature, Parsi lived in dread of exposure.

Unless he agreed to live a lie, conceal his identity, and obey the rules of those in charge, he'd be killed.

Set in the Middle East, *Exiled for Love* details the penalties for failing to live as a heterosexual.

These include obscene burning tortures, whip lashings, being thrown from the top of buildings, sliced in half with swords, or murder - often with the approval of parents who abandoned their children for their notions of 'family honour.'

Beautifully written, *Exiled for Love*, as told by Ashram Parsi to Canadian writer Marc Colbourne, tracks Parsi's youth and desperate escape from a land he loved.

The memoir examines the traits of those who believe they alone know what's right, what their deity requires, and what constitutes morality.

Chief among these characteristics is power. Next is control.

Early in this riveting memoir, Parsi speaks of his rape by an older boy who joined a kid's game of 'doctor and nurse' one afternoon. "As is often the case regarding those with knowledge, my cousin immediately assumed a position of power," said Parsi, "before he raped

me." The two never spoke again.

Of a religious family, Parsi began to chase away natural desires and attractions.

He began to punish himself when he felt forbidden feelings. He bit his arms every time he felt warmth or affection for another young man.

He took to wearing long-sleeved shirts and was careful not to expose the welts on his arms at home near his loving parents and sisters.

He severed friendships that might lead to more self-mutilation. With no understanding of Parsi's plight, his classmates thought he was a weird, nerdy type.

Depression set in, and loneliness followed. Nevertheless, Parsi kept his secret until he found a secure way to make friends. The anonymity of the internet is a lifesaver.

Unresolved issues never disappear. Truth does prevail. As songwriter and singer, K.D. Lang pointed out at her induction into the Canadian Hall of Fame at the 2013 Juno Awards, "Truth is pretty much everything ...

and as a human being, it's absolute." Carefully, Parsi began to resist domination.

Real and mortal danger ramped up as Parsi chanced friendship with a small group of gay men in his country. Read about the risks, the lies and the courage required to enjoy an afternoon visit with friends.

To protect his family and under lethal threat after the desperate suicide death of his dear gay friend, Parsi finally fled his country. He applied for refugee status to the UNHCR, the United Nations Refugee Agency.

There he was welcomed, listened to, given a small living subsidy, and provided counselling.

During the months of waiting for a decision to be made, Ashram suffered more beatings and scorn by thuggish homophobes in the town where he and others pooled their resources to rent a small living space. The police declined to protect them. Until the day Parsi fled to Canada, he lived in grave danger.

Welcomed by the Maison Therese Dallaire Reception House staff in Ottawa,

today's Maison Sophia Reception House, Parsi was cared for and encouraged to continue his life-saving activism on behalf of LGBTQ refugees all over the world. He believes that love is stronger than hate.

This reader is proud of the efforts of Canadian LGBTQ who hold the bar high and patiently urge those convinced of their righteousness, to drop their unfounded, inherited prejudices.

Perhaps the vast community of determined LGBTQ activists of today are the suffragists, civil rights workers, and abolitionists of yesterday.

The word 'religion' stems from two parts, 're' meaning 'again' and 'ligio,' meaning 'to connect' as muscle to ligament.

Through sharing his story with a writer who knows the power of the pen, and by continuing his human rights work to free LGBTQ from oppression by the ignorant, Parsi has restored the original meaning of religion. It means to connect, not to tear apart.



Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary www.kerbycentre.com

MAIN SWITCHBOARD 403-265-0661

Adult Day Program 403-705-3214
adp@kerbycentre.com

Socializing and health monitoring program for physically and/or mentally challenged older adults.

Diana James Wellness Centre 403-234-6566
wellness@kerbycentre.com

Health services including footcare.

Dining Room 403-705-3225
kitchen@kerbycentre.com

Serving nutritious meals to everyone. Available for catering events.

Education & Recreation 403-705-3233
program@kerbycentre.com

Information source for programs at Kerby Centre.

Event Planner 403-705-3178
events@kerbycentre.com

Finance 403-705-3215

Fund Development 403-705-3235
funddev@kerbycentre.com

Work with members and community to provide funding for Kerby Centre's vital program.

General Office 403-705-3249
generaloffice@kerbycentre.com

Housing 403-705-3231
housing@kerbycentre.com

Assists older adults in finding appropriate housing.

Information / Resources / Taxes 403-705-3246
info@kerbycentre.com

The all in one older adult information source.

Kerby News Editor 403-705-3229
editor@kerbycentre.com

Kerby News Sales 403-705-3238
jerryj@kerbycentre.com
or 403-705-3240
davidy@kerbycentre.com

Kerby News Classified Ads 403-705-3249

Kerby Rotary House 403-705-3250 (24 hour)
shelter@kerbycentre.com

Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.

Room Rentals 403-705-3177
Information on renting rooms at Kerby Centre.
lauren@kerbycentre.com

Options 45 403-705-3217
options45@kerbycentre.com

Options 45 is a weekly drop-in group for mature workers in Calgary (age 45 plus) interested in job transitioning, new careers strategic networking and volunteering.

Taxes 403-705-3246
info@kerbycentre.com

Low income tax preparation.

Thrive 403-234-6571
thrive@kerbycentre.com

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.

Volunteer Department 403-234-6570
volunteer@kerbycentre.com

Volunteers are the heart of Kerby Centre.

Interim Executive Director 403-705-3251
leslieT@kerbycentre.com

Reflections of a rainbow year

By Stephen Ditchburn

Back in the 50s, Everett Klippert was a bus driver in Calgary. I can picture him navigating the narrow streets and avenues of our city and getting folk where they wanted to be during blizzards, thunderstorms, hot summer days and frigid winter ones as well. He passed away in 1996, aged 70, and I imagine he would probably be surprised that people would be talking about him all these years later in 2019.

You see in 1965, Klippert was the last person in Canada sent to jail for being gay. His controversial case ultimately resulted in the Canadian government, with Prime Minister Pierre Trudeau, legalizing homosexuality in 1969. It took a while, but in 2017 Trudeau's son, Prime Minister Justin Trudeau apologized in parliament to the nation's LGBTQ community for how it had been treated.

There has been much talk in 2019 regarding the rise of gay rights, for 50 years ago in NYC the Stonewall riots happened and are considered to be a monumental event in the history of LGBTQ rights. In commemorating and remembering these and other events everyone has been reminded of just how far we have come as a free society and how important we consider human rights to be.

It's taken a long time but things really have changed. Whoever would have imagined that one day here in Calgary we would have pride stripes painted in the heart of our city on Stephen Avenue? On top of that, pride flags now fly in front of McDougal Centre and City Hall as they have done for several years during Calgary Pride week.

And knock me down with a feather! This year, our government released an equality loonie honouring the 50th anniversary of the decriminalization of homosexuality in Canada.

When I attended my first pride parade way back when, no one ever dreamed that it would evolve to be a huge celebration and extravaganza with over 175 entries and thousands of participants with thousands and thousands of spectators! If you've never attended, mark your calendar for next year's festival on Sunday, Sept. 6. It's amazing and lots of fun.

We may have come a long way, however, the work continues. I am a member of Rainbow Elders Calgary, a passionate group of LGBTQ+ senior folk that has been making a difference in our city. We are working hard to increase the awareness of important issues that older LGBTQ+ people face.

Rainbow Elders Calgary's work this year included working with the Sharpe Foundation and Mount Royal University in a community-led project: Housing and Supporting Need for Aging in the LGBTQ+ Community. The study suggests seniors across the city are worried about being an open member of the gay community if they have to move to a long-term or assisted-living facility.

As advocates for LGBTQ+ seniors, we organized several social events for LGBTQ+ seniors, friends and allies. This is where we can come together in a safe, fun environment. Many gay seniors find themselves isolated and lonely so we were happy to create safe environments where everyone could mingle, celebrate and even dance.

This year we were invited to give several presentations at various events where we advocate for LGBTQ+ seniors and highlight some of the work we have done with LGBTQ+ youth. We feel that working with young adults is truly important as we are role models and hopefully offer some inspiration.

Our work with youth

involves organizing inter-generational get-togethers, meeting Gay-Straight Alliance students and attending an afternoon at Camp fYrefly, personal learning weekend for LGBTQ+ youth held in beautiful Kananaskis country. Here, 10 of us Rainbow Elders chatted with young people from all over Alberta, speaking of our experiences and journeys and listening to theirs. It was a remarkable experience.

Growing up gay, most of us have been bullied, picked on and ostracized over the years. Although much has changed with respect to human and gay rights, being gay is still not easy at any age.

We know that young people need alliances and positive role models. This is one of the reasons that we were thrilled to be marching in the Calgary Pride parade.

Most of us never imagined that anything like this would ever happen. Our participation, and that of everyone else in the parade, sends clear and positive messages such as: being gay is okay; be proud of who you are and it doesn't matter who you love, because love is love. Let's all remember that as we head into 2020.

Rainbow Elders Calgary is a passionate group of volunteers who work to promote awareness of the issues and concerns of LGBTQ+ seniors. Visit us at www.rainbowelderscalgary.ca or email: rainbowelderscalgary@gmail.com.

Around Town

Once Upon a Christmas at Heritage Park

Experience the magic of Christmas past at Heritage Park in Calgary. Enjoy a festive wagon ride, sing carols or visit with jolly old Saint Nick himself. Immerse yourself in an old-fashioned Christmas as some of the historical family homes and buildings open their doors to share their Yuletide traditions.

Seniors tickets are \$8.85, with a general admission of \$11.

Alberta Guide Dogs Open House, Christmas Market & Bake Sale

The Albertan office of BC & Alberta Guide Dogs is hosting an open house, Christmas market and bake sale on Dec. 8. Attendees are invited to visit the space and shop for gifts and goodies (for both humans and dogs) from 11 a.m. to 2 p.m. Please RSVP in advance by calling 403-258-0819 or

emailing info@albertaguidedog.com. 11, 6115 4 St. S.E. Calgary

The Nutcracker

This timeless holiday tale will transport you to Imperialist Russia's majestic era, when French fashion was in vogue and Tchaikovsky composed his timeless masterpiece. The Nutcracker features a live orchestra and a cast of more than 120 performers, with dazzling sets and costumes designed by Emmy-award winning designer Zack Brown, and choreography by our own Edmund Stripe. Each year, Alberta Ballet offers new elements in The Nutcracker to keep it fresh. Whether it's new cast members dancing lead roles, whimsical costumes, enchanting choreography, or engaging lobby activities for the kids, it always feels like the first time. Call 1-800-646-8533 for group rates for tickets and further information. ▲

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15 hours to South Korea

Story and photos by Andrew McCutcheon

Page layout and design by Winifred Ribeiro.



A large portion of South Korea's geography is made of hilly, mountainous areas.

Cracking open a beer at 6:00 a.m. at Incheon airport isn't the way I'd normally celebrate Canada Day.

But after 20 hours of travelling, sleeping in airports and nearly missing a flight in Los Angeles, our little tour group from Lethbridge, Alberta, seemed to have decided to celebrate in that manner, leaving the cold comfort of our country and arriving in one of the most powerful countries in Asia.

Our group was small: a smattering of students from the University of Lethbridge — sister school to the University of Ulsan, where we would be staying — and I've since gotten to know several of them well. Panicked travel tends to bond folks quickly.

There's Felipe, the energetic Brazilian who had visited more places than all of us combined; quiet Brittany, perpetually clad in an ascot scarf; and ever the worried first-time traveler; and Joshua, originally from Korea and a dual citizen. His ability to speak the language and read Hangul, the Korean alphabet, made our travel much less

anxious.

When he revealed that he had never officially returned to South Korea to do his mandatory military service — and admitted that there was a minuscule chance the Military Police could have apprehended him at customs — our anxieties returned in spades.

We took a train. And then another. We caught sleep where we could until we met up with the welcome wagon. We took a taxi to our dormitories and met the entire 60-student travel group with whom we would be spending most of our time, comprised of all the nationalities which aided the nation during the Korean War: the United States, Germany, France and even Morocco.

Barry, an athlete from the University of Alabama, easily stood a foot taller than most everyone there and his good-natured laugh soon made friends. Jacob from Germany had already bought postcards to send to the girls back home. He hoped that they might be sweet on him when he returned.

Our study tour was to last

just over month, hosted by the University of Ulsan, as a sort of diplomatic and educational mission to spread the culture and history of South Korea to places the world over. We were to have many adventures in the month to come. But at that moment, we slept a dead sleep and did our best to fix a 15-hour jet lag.

Language

Learning a new language is hard. Learning a new alphabet is harder.

However, a fellow named King Sejong didn't appreciate that. His thought was that reading and writing should be available to the entire populace, not just to the aristocrats and the rich.

Before the Hangul, Koreans wrote in classical Chinese, but the number of characters was overwhelming. King Sejong created the Hangul in the 1400s: 28 letters, with 17 consonants and 11 vowel sounds. In modern Hangul, there are 14 consonants and 10 vowels used.

It's a phonetic alphabet, each symbol representing a sound rather than a concept. The blocks are arranged both vertically and horizontally to make syllables and words.

This actually makes Hangul one of the easiest alphabets to memorize. If you put your mind to it without any distraction, you could know it by heart in a day.

It took our easily-distracted group of students a smidge longer.

As with any alphabet, we set out to be able to write our names first, with the proper pronunciation and format, before we had our pictures taken with our finished product, to be displayed.

Barry's was easy. Two syllables: Bah-rie.

Andrew was a bit harder. I split my name into three syllables



Barbed wire fences dot the landscape as you approached the demilitarized zone.

to make it easier to write: Ann-deh-roo.

One student participant, upon hearing that the names and pictures would be displayed, wrote his phone number underneath his name — just in case anyone wanted to give him a ring. Name withheld to protect the — mostly — innocent.

Our projects finished, we could manage to read most basic street signs in the Korean alphabet. Not that we had any clue what they meant: we still had the rest of the language to learn.

It was an accomplishment, nonetheless.

Bus trip

We headed out of Ulsan then, and we traveled by bus more often than not.

Korea is small, compared to what we're used to. The entire nation could fit into Alberta.

Six times over.

With Hangul under our belts, we hopped onto a bus, Barry, myself, Felipe, Brittany, and others. We didn't take Joshua that time. We planned on making our own way to downtown Ulsan to get a delicious seafood dinner.

We hit transit. We talked, got to know one another, played games in the back of the bus. We received a few stares before we realized: the bus was deathly silent except for all of us loud tourists. Opps; it's best not to annoy folks coming home from work.

We waited for a while till the bus emptied, and the situation was no longer shoulder-to-shoulder.

Outside, it became a little darker as well.

And then we ended at the terminal stop. We were not in downtown Ulsan. We looked out and saw the ocean. In fact, we had not started anywhere near

the ocean.

This is what the kids call a "big yikes."

But we were still hungry.

We found a nearby restaurant and started to play charades with the menu and the hostess. Thankfully, the restaurant was nearly empty, and she seemed to be good-natured about our confusion. An elementary-school girl from one table over stopped by and translated in fairly good English, helping us before we'd accidentally ordered enough food for an army. She spoke better English than I've ever spoken French in my entire life.

The bus ride back was quiet, as we had full stomachs and a good story under our belts. Sometimes it's nice to get lost.

The Demilitarized Zone

In total, 516 Canadians died during the Korean War, part of the 996,937 who lost their lives during the conflict in the overall United Nations' force.

It was the first major conflict following World War Two that would test the potential of the UN, and the first of many East versus West conflicts during the latter half of the 20th century.

When we visited the Joint Security Area (JSA) of the Demilitarized Zone (DMZ) between North and South Korea, there were no jokes on the bus. Barry didn't tell stories or do one of his silly voices, and even Felipe managed to put on a solemn air in contrast to his usually fidgety demeanor.

The DMZ is roughly 250 kilometres long and at its widest, four kilometres. At the JSA, where peace talks occur in a handful of light-blue buildings, the colour of the UN, it's barely a foot across. It was established in 1953 following the Korean War and acts as a barrier and de

facto border between the once unified countries.

Incidents and incursions have happened in this area and everyone is on guard. Rules were established by the American military officer who conducted our tour: only take photos when allowed; no gesturing across the border, lest you feature in North Korean propaganda; and do not take a single step out of line.

We took photos silently to document our journey and remained deathly quiet. We heard the story of when a DEFCON 3 readiness alert was declared following what was supposed to be a simple operation to cut down a tree in 1976 near the JSA. We followed the military officer's every instruction.

At the end of the tour, we visited the JSA gift shop.

This is the part of the story that people tend to focus on: almost as if we were touring a historical museum or art gallery and not a heavily fortified international border, we finished at a gift shop. All proceeds went to humanitarian efforts for the North.

Some purchased North Korean currency replicas or flags. I walked away with a bottle of North Korean blueberry whiskey. The military officer posed for photos and our smiles and jokes returned with our breath, which had seemingly been held during the entire hour-long event.

We exhaled later, however, at the United Nations cemetery in Busan where Canadians and many others were laid to their final rest. We did not joke. We did not smile.

Temple stay

We took a bus to a Buddhist temple. Our bus had a built-in Karaoke system, but it felt slightly wrong to sing Karaoke

at this time.

When we arrived, it was sweltering, but we were still asked to wear baggy yellow trousers and vests, as a way for both the men and women of the tour group to cover up slightly. We complied even though the temperatures were pushing the high 30s and the humidity was like a full sauna.

Even Felipe commented on the heat, despite him seeming unflappable through every summer storm and heatwave that we'd experienced.

Our first order of business was a hike to where ancient stone records are kept. The historical significance excited me. The hike did not.

We had a very plain meal that evening: rice, tea, vegetables and tofu. It was vegetarian, as are most Buddhists, and every morsel had to be consumed. This included rinsing out our trays and drinking the water to get every individual grain of rice. Brittany gagged and held her nose, and none of us held it against her.

That evening, when it cooled down, we were brought to a tiered pagoda shrine surrounded by cold grass and dirt. We removed our footwear and were asked to do a barefoot walk around the small pagoda. The only catch was that it was supposed to take us an hour.

Confusion occurred. Was something lost in translation? The fidgety Felipe looked worried. A full hour?

It ended up by being one of the most memorable experiences we had while in the country.

Every single step was maybe a millimetre, and quickly boredom set in. Soon afterwards, boredom gave way to a whole host of new, unfamiliar feelings: taking in every tactile sense repeatedly until this quiet pagoda walk turned into a feast of feeling and touch and temperature. The entire hour seemed to fly by in a flash of rhythmic breathing and the quiet crunch of grass.

Ever since then, whether it's work or family, or any host of frustrating reasons to feel upset or annoyed, I take off my shoes and put my feet on the cold dirt.

It's the best souvenir I've ever received.

And it didn't cost me a penny.

The Food

Kimchi, by all accounts, should be foul.



The activity of practicing our written names in Korean.



Traditional Buddhist architecture housing a series of archaic stone tablets.

Cabbage with an array of spices, pickled and fermented for long stretches underground in earthenware pots. It comes out looking like a stringy, red mess with a smell that could knock out ten mules in as many paces.

But it is delicious. Like sauerkraut, but hearty and thick, with a satisfying crunch. It's used as a side dish, fried with rice, an addition to stews and soups, and a thousand other different ways I've yet to try. Kimchi-specific refrigerators are not uncommon in South Korea.

Salty and spicy is a good way to describe much of Korean cuisine. I was partial to bulgogi stew: piled high with stewed beef, translucent wheat noodles, a smattering of vegetables, tofu and long, stringy enoki mushrooms. It warms the chest like a bubble bath for the soul.

Cuisine, especially eating out, is a shared experience. Those lucky enough to have a Korean barbecue on this side of the continent, know only a morsel of the flavours available.

Pork belly and marbled beef, cooked to perfection on a gas grill at your table where everyone takes a turn ensuring that their meat is to their taste. There are assorted side dishes, sauces and vegetables — and when the meat is done, it's scooped up with a lettuce leaf, piled on with chilli paste or a bulb of freshly broiled garlic, and downed in a

single bite.

Many meals were shared with groups at low tables covered with dozens of dishes and meats, pouring Korean beer into plastic cups from a frosted bottle for friends before finally helping yourself. A toast to good health and good luck was made before stories of the day and tales of that-time-we-got-lost were recounted with laughter. Everyone shared smiles all round.

A particular meal of note followed me while heading out with some Korean students who wanted to practice their English. Fried chicken and beer sounded more Western than Korean, but it was at their invitation.

I sat with them, my small vocabulary of Korean offset by their rigorous study of English. We discussed the differences in our upbringings and schooling, over some deliciously decadent and savoury chicken — and there was more than one round of light, Korean lager.

Still a might peckish, I asked their help in ordering "something spicy, spicy enough for someone from Korea." They looked at each other in worry before they looked back at me, but I nodded with a solemn seriousness which only belongs to the very ignorant or the very brave.

I, it would seem, was both. The first bite was like a wildfire after a dry, Alberta summer. I was in literal, physical pain. I

didn't even taste the chicken, nor did I think I'd be able to taste anything for at least 48 hours.

I choked down the first bite and looked over to the plate with several more morsels left, and ordered another round. I may be ignorant, but at least I am brave.

Goodbyes

We left for the airport with waves, following our "graduation ceremony." Barry won a small plaque for being the most enthusiastic of our group, and Brittany replaced her ascot with one of several scarves she haggled for in the underground nighttime markets of Seoul. She breathlessly recounted the story to anyone who would listen.

Felipe was taking advantage of our location to do a quick hop of a flight to Japan, then off to Taiwan before the fall semester started. Jacob wrote and sent his final postcard. He was likely to beat it home.

Joshua was staying in Korea for a little longer, heading north. He was going to visit family he hadn't met in his entire life. His luggage was piled high with gifts.

The way home was to be another 15 hours, but sleep came more easily. I ordered the inflight meal in proud, broken Korean. I took off my shoes and stretched as best I could. I dreamed of bare feet walking on the cool, dark dirt. ▲



Korean barbecue is a joint meal between friends.



The security area between North and South Korea.

The Meaning of Christmas for a Muslim



BY MANSOOR LADHA

Every mid-November, neighbour Greg — dubbed “self-styled Santa” — eagerly takes it upon himself to remind everyone on our street that it was time to dec-

orate for the festive season. He couldn't care about the mounting power bills, or that some seniors couldn't afford to light up so soon, or that some of us were Muslims and so Christmas had no religious significance to us.

“When in Rome, do as the Romans do,” I told my family. So, in the spirit of good neighbourliness and in the spirit of Christmas, I would religiously — no pun intended — decorate our home. After all, we Muslims do not want more trouble than we already have. After 9/11, those terrorists had smeared our names and brought disrepute to our religion, so I didn't want to ag-

gravate the situation.

I recall our first Christmas in Canada in 1973. We were respectfully called new Canadians then instead of Pakis. It was a proud label. My son, who was two-years-old at the time, wanted a Christmas tree. We wanted to assimilate and become “true” Canadians so I didn't object. But some friends — who heard that I, a Muslim believer, was going to put a Christmas tree in my house — were outraged.

“This is not in our religion or our belief?” they argued.

“A Christmas tree has nothing to do with religion,” was my reply. We were now in Canada and we should live like and behave like Canadians, but acknowledging that we should not forget our religion and culture.

I believe the message of Christmas is universal: bringing peace, harmony and unity among all mankind. In today's world, plagued with wars, destruction, poverty and terrorism, such goodwill and unity in religion is necessary and desired. Christmas is intended to create an atmosphere of kindness and benevolence, thus energizing our society which has lost a sense of fairness and kindness, and is indifferent to caring values.

Immigrants and new Canadians are trying hard to adjust and adapt to Canada's political and social environment. Some immigrants may wear different clothes and may look different, but underneath, they are the same as everyone else and they enrich Canada's multicultural and multiracial landscape.

Every Canadian is free to follow whatever religion they prefer and no one has the right to pass judgment whether one religion is better than the other.

Unfortunately, some crazy person/persons once in a while do things that disturb our peaceful existence. What does it mean when anyone says “you don't belong here”? or “go back where you came from.” Years ago, even I was also told, “Paki go home,” on the streets of Edmonton, one of the most multicultural and diverse cities in Canada.

To begin with, I am not even from Pakistan, though there is nothing wrong in being from Pakistan. “Paki go home” used to be a mantra which became popular in Britain during the 70s when British politician Enoch Powell tried to mobilize an anti-immigrant lobby in the country. He failed but

the battle cry has remained plaguing Muslims all over the world.

Muslims, like any other ethnic group, have come to Canada legally and after satisfying all the regulatory requirements in common with anyone else. Yes, granted some have come to this country as refugees but then this privilege of being a refugee is accorded to all religions, nationalities and ethnicity - Muslim or Christians or whatever. So no religious group has been getting preferential treatment. Everyone has been treated equally.

Religion is a personal and intimate issue. Racism is an equally emotional and sensitive matter and people get hurt when it raises its ugly head. Unfortunately, its ugly head has surfaced in different Canadian cities from time to time. The incident of the 2017 Quebec City mosque shooting that killed six people and injured 19 others is still vivid in many Muslims' minds. A place of worship should be the safest place anywhere in the world.

What is the root of racialism? It is ignorance and lack of contact between races. A majority of people have no contact with Muslims at a personal level as friends or neighbours. The solution is to invite your Muslims neighbours for coffee and get to know them. It's only through friendship and personal contacts that one would know that Muslims are the same as anyone else.

Muslims are hated because of the terrorist attacks undertaken by the so-called jihadists who have no legitimacy or right to unleash a reign of terror in the name of Islam. They do not represent the religion nor do they have any right speaking for all Muslims. They are a bunch of hooligans out to cause death and destruction, under the guise of religion.

As the Aga Khan, spiritual leader of Shia Ismaili Muslims, said during the opening of the Aga Khan Museum in Toronto, the Muslim world, with its history and culture, is still unknown to the West.

“Even today, the study of the Muslim world in our high schools and universities is a specialist subject. Very little of the Muslim world features in the study of humanities in the West, where courses are essentially centred around Judeo-Christian civilizations.”

“The two worlds, Muslim and non-Muslim, eastern and western, must as a matter

of urgency make a real effort to get to know one another, for I fear that what we have is not a clash of civilizations, but a clash of ignorance on both sides,” he said.

Ignorance breeds suspicions and intolerance towards others. A pluralist, cosmopolitan society is one which not only accepts differences, but also actively seeks to understand it and to learn from it. Diversity is not a burden to be endured, but an opportunity to be welcomed.

Muslims are not ignorant of Christmas. It may come as a surprise for some to learn that Muslims also love and revere Jesus as one of God's greatest messengers to mankind. To most people, Christmas represents a big party, with feasting and in some cases, excessive drinking.

The best feature of Christmas is that it gives people an occasion to get together with families to celebrate. Families go to distance places, sometimes under great personal and financial sacrifices, to be with their loved ones. The tradition of Christmas is considered so important by everyone that people want to be home with their loved ones at any cost or personal hardship. It is the one time of the year when families want to be together.

If it were not for the Christmas holidays, family relationships would be worse. It is also perhaps the only time of the year when many families try to mend broken relationships and forget animosities.

Although for Muslims, Christmas is not a religious festival, they also celebrate it by getting together with their families, friends and neighbours to enjoy their company, strengthen family ties and camaraderie. It provides an excellent recipe for bonding and cementing friendships and neighbourliness - this unique and exceptional message of Christmas has also been adopted by non-Christians.

We are blessed to be living in a country which accepts religious diversity and cultural mosaic; where all religions are nourished, respected and enriched. Canada's multicultural policies have provided a unifying force under a national umbrella embracing and allowing all religions to exist side by side and flourish. Would it not be nice if everyone celebrated religious festival of every religion in the spirit of goodwill and religious harmony? ▲



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Practically Christmas

What is your fondest Christmas memory?
For some it's a warm cup of coffee.



Drop off a grocery gift card, Walmart card, book of bus tickets, or cash donation to Kerby Centre and we will get it into the hands of an older adult in need.

Kerby Centre's Crisis Fund assists older adults year-round with emergency expenses.

Drop off donations at Kerby Centre
1133 7 Ave SW Calgary Or call (403) 265-0661

Donors of cash or gift cards \$20 & over will be issued a tax receipt.



On the House

Calgary Nativity Pageant

A traditional Christmas Nativity pageant with live actors, live animals, outdoor lighting and sound.

Made possible each year through the help of over 300 volunteers and the support of various local businesses, the Pageant combines a cast of 15-20 fully costumed adults and children, moving narration, full sound and lighting production, a staged set and live animals to create a beautiful presentation of the Christmas story. The narration for the Pageant comes from Luke 2:1-20 and Matthew 2:1-12 in the New Testament. It is accompanied by a musical background by the Mormon Tabernacle Choir.

Dec. 19th – 24th. 7:00 PM – 9:00 PM. Performances every 20 minutes. Address is the Lower Boat Parking Area Outside Heritage Park, Calgary. There will be plenty of volunteers to guide you along once you turn off 14th Street SW. Parking at Heritage Park Parking Lot.

Free Family Skate Night

Get out of the cold and join us for some fun on the ice. Bring your own skates and hockey helmet or rent some, free of charge (while quantities last). This event is in partnership with Aspen Hand in Hand Parent Link Centre.

Children must be accompanied on ice by a responsible person, 14 years and older. All participants must wear skates or ice cleats/grippers while on the ice. Chairs, skating aids,

strollers and other devices are not permitted on the ice. Exceptions are allowed during parent and child skate times.

Dec. 18, 2019 at 7:00 p.m. – 8:30 p.m. at the Village Square Leisure Centre, 2623 56 St. NE.

Mahogany Parade of Lights

Come on out on Dec. 7th to celebrate the holiday season alongside your neighbours with Mahogany's community parade (Open to all), followed by the Parade of Lights indoor event at the Mahogany Beach Club.

The Parade will be approximately 1.3 km long (30-40 minutes). Santa and Mrs. Claus will lead the Parade, which will also include local groups and businesses as well as some other special surprise guests. 29 Masters Park, SE Calgary. Call 403-453-1221 for details.

Northwestival

The University District is hosting Northwestival once again, which is an annual winter festival that includes fun activities for the whole family. Attendees can look forward to food trucks, log sawing and axe throwing, toasty fire pits and live music, among many other things. Make sure to bundle up and come down for an afternoon of games and activities.

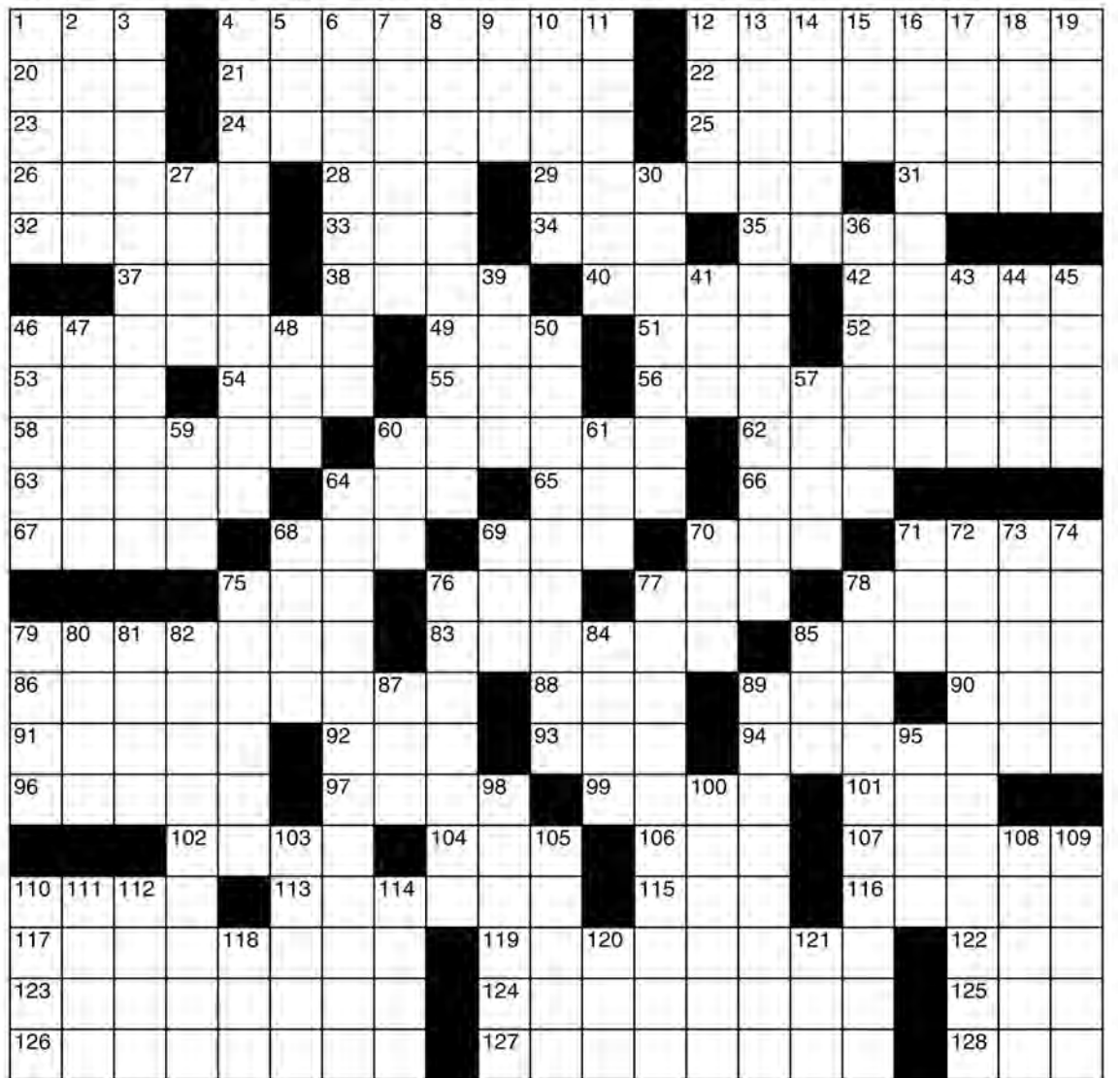
Some activities are free while others require tokens that can be purchased at booths located throughout the grounds Dec. 9, 1:00 p.m. to 6:00 p.m. 4410 University Dr NW, Calgary. ▲

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

COUNTING DOWN

- | | | |
|--|--|--------------------------------------|
| ACROSS | DOWN | COUNTING DOWN |
| 1 Nothin' at all | 1 Nothin' at all | 74 Handed over |
| 4 Got on board | 2 Gem State | 75 In this way, informally |
| 12 — Hill (Theodore Roosevelt's home) | 3 * A thousand and a googol, e.g. | 76 Withdrawal |
| 20 Altar promise | 4 * March Madness quarterfinal teams | 77 * "She Loves You" band's nickname |
| 21 Quiche — | 5 Family member | 78 * Tangoing truism |
| 22 Zealous campaigner | 6 Slivovitz and kirsch | 79 Lofty poetry |
| 23 With 39-Down, business for attorneys | 7 Has a debate | 80 Heart |
| 24 Dreams up | 8 * 1998 Tom Clancy novel | 81 Toast topper |
| 25 Enrobing | 9 Family members | 82 * A state of bliss |
| 26 Thorax | 10 Adversary | 84 Window area |
| 28 Cloister resident | 11 Cease's partner | 85 View |
| 29 Native Americans of Oklahoma | 12 Flimflam | 87 Rustic denial |
| 31 See 69-Across | 13 * Part of the Constitution establishing the judiciary | 89 View |
| 32 Lena of "The Wiz" | 14 Very nervy | 95 Capital of Latvia |
| 33 Gal at a ball | 15 "... so far — know" | 98 Helical form |
| 34 Big fashion inits. | 16 * Helicopter of the U.S. president | 100 Taoism founder |
| 35 Blue shade | 17 Major Norse god | 103 Omit in speech |
| 37 Haul to court | 18 Sublet, say | 105 Nicholas Gage memoir |
| 38 "Time — the essence!" | 19 Therefore | 108 City in Germany |
| 40 Wagged part | 27 Ignore rudely | 109 Styles |
| 42 Closest to nil | | 110 Knife feature |
| 46 Verizon competitor | | 111 Old Italian currency |
| 49 Artificial hair | | 112 Bird class |
| 51 Skier Tommy | | 114 Bird hangout |
| 52 Ali or Frazier | | 118 Snead of golf |
| 53 Klutzy type | | 120 Classic British sports car |
| 54 Radon, e.g. | | 121 Hard drinker |
| 55 Indian "Mr." | | |
| 56 Dangerous way to skate | | |
| 58 Haglike | | |
| 60 Darkened | | |
| 62 Uprightness | | |
| 63 Like radon | | |
| 64 Actress Courteney | | |
| 65 Alluring West | | |
| 66 Kangaroo's son | | |
| 67 Pitched shelter | | |
| 68 "— knew?!" | | |
| 69 With 31-Across, start to enjoy | | |
| 70 Snooze site | | |
| 71 Like sexist jokes and such, for short | | |
| 75 Mai — | | |
| 76 Ring official | | |
| 77 "Piggy" | | |
| 78 River of Grenoble | | |
| 79 Like much hemp fashion | | |
| 83 Actress Cuthbert | | |
| 85 Was deeply agitated | | |
| 86 Air impurity | | |
| 88 Battle (for) | | |
| 89 Favorite | | |
| 90 "— -haw!" ("Wheel") | | |
| 91 Bicolor snacks | | |
| 92 Slender fish | | |
| 93 Polar laborer | | |
| 94 Hit into from behind | | |
| 96 1988 Olympics city | | |
| 97 Is in a hole | | |
| 99 Film scorer Schifrin | | |
| 101 Sportage or Soul maker | | |
| 102 Clairiol products | | |
| 104 Gibbon, e.g. | | |
| 106 — -relief | | |
| 107 White wader | | |
| 110 Enthusiasm | | |
| 113 Soup legume | | |
| 115 Dandy fellow | | |
| 116 Full of cheek | | |
| 117 Rift-causing | | |
| 119 Least near | | |
| 122 Sci-fi gift | | |
| 123 Hand-thrown weapons | | |
| 124 Scottish beef animal | | |
| 125 Scrabble 4-pointer | | |
| 126 Right to use another's land | | |
| 127 Opera text | | |



Solution on page 33

SUDOKU PUZZLE

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

Answer on page 33



The Polar Express

Released 2004 (1 hr 40 min)

Rated G - Animation, Adventure, Comedy

Friday December 20, 2019

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!

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Financial Planning Today

Topic: Willing Wisdom and 5 Keys to Embracing Your Natural and Necessary Grief

Location: Kerby Centre — 1133, 7th Avenue SW

Room: Kerby Centre Lounge

Date: Friday January 24, 2020

Time: 10:00 am – 12:00 pm

Cost: Free Presentation



Join us for coffee and cookies while learning about Willing Wisdom. Seven questions that have the potential to unlock wealth and reduce Family Discourse. Embrace Your Natural and Necessary Grief Melody Chardon will share practical and proven strategies to support you in finding healthier ways to deal with the emotional pain of loss and change.

Presenters:

Max Britos – RBC Dominion Securities

Melody Chardon – Loss and Life Transition Coach

Please RSVP to Rob Locke,
Director of Fund Development

403-705-3235

or robl@kerbycentre.com

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Financial Planning:

Receive tax breaks by donating insurance policies

Bill and Susan

Bill and Susan are a 50-year-old couple living in Vancouver. Bill's mother passed away about 5 years ago at the age of 70 and his father, Frank, has been struggling ever since. Frank has lived in the same house for 40 years and doesn't want to move, but he is finding it harder and harder to stay. Bill is an only child and obviously has concerns about his dad's well-being. Thankfully, he found the appropriate services at Kerby Centre to help his father retain his independent living.

Frank is extremely grateful for our Thrive Program and other services, and now feels comfortable staying in

his house for longer periods as his groceries are being delivered to him on a regular basis. He has met several new friends at Kerby Centre and enjoyed his latest computer class where he learned all about Facebook and how to stay in touch with Bill, Susan and his grandchildren.

Both Bill and Susan are wonderfully appreciative and wanted to find a way to give back to Kerby Centre. Their youngest child is still in university and they are still saving for retirement so they are not able to leave a large gift presently, but after talking to their advisor, they learned that for a small monthly amount, they could leave a large insurance policy on their death.

They ended up qualifying for a \$100,000 insurance policy. Kerby Centre owns the policy and acts as the beneficiary. Bill and Susan will pay roughly \$220 a month for 10 years and then pay no more premiums after that, and over the next decade they will pay a total of \$25,000. While Kerby Centre is the owner and beneficiary of the policy, Bill and Susan get a tax receipt for \$2,500 annually and will save \$1,250 every year. Over the 10 years they will have paid a total of \$12,500 after-tax and they will be able to leave a wonderful gift of \$100,000 to Kerby Centre on their passing.

Sylvia

Sylvia was a school teacher in Calgary for 30 years and retired at 60. She is now 75-years-old and has been coming to Kerby Centre's exercise classes for five years. Sylvia's daughter,

Joan, is married and has a fantastic career as a doctor.

When Sylvia was younger she had taken out a \$200,000 life insurance policy to take care of her mother if Sylvia passed away unexpectedly. Sylvia has been paying the \$2,200 annual premiums but has been considering cancelling the policy as she no longer needs it for Joan.

Sylvia spoke with her advisor who recommended donating the policy to a charity that was important to her, and Sylvia immediately thought of Kerby Centre. After the advisor completed

an evaluation, it was determined that Sylvia would receive a \$96,000 tax receipt for donating the policy to Kerby Centre.

This will save Sylvia an incredible \$48,000 in taxes over the next few years. With this tax saving, Sylvia was happy to continue to pay the premiums knowing she would get a tax receipt for the premium payments going forward. Sylvia was extremely happy to know she would be leaving a \$200,000 contribution to Kerby Centre to continue improving the lives of seniors in Calgary. ▲

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



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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.



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Expiry Date _____ Signature _____

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

Charitable Registration #11897-9947-RR0001

Cookies — from ordinary to extraordinary

Page design and layout Winifred Ribeiro.

In *Cookie Love*, Jean Hwang Carrant reveals the secrets of how to make the ultimate cookies. Owner of a cookie shop in Paris, Jean is an expert cookie-maker and has all the best flavors up her sleeves. Try classics, such as Snickerdoodle or Chocolate Chip, as well as creative alternatives like Beer, White Matcha, or Choc Pecan Cranberry. As well as this, *Cookie Love* also contains extra tricks to make cookies even more special in recipes such as Cookie Shots, Ice Cream Cookie Sandwiches, and Gingerbread Men. Whether you are looking for a tried and tested classic or a cookie with more unusual flavors, this book has you covered



Cookie Love by Jean Hwang Carrant

Photographed by Akiko Ida

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MOJO ©

Preparation: 40 minutes **+ Baking:** 12 minutes **Makes:** 25 cookies

225 g (8 oz/1 cup) unsalted butter, at room temperature

200 g (7 oz/packed 3/4 cup) light brown sugar

90 g (3 1/4 oz/1/3 cup) caster (superfine) sugar

2 eggs

zest and juice of 1 lime

15 g (1/2 oz) chopped fresh mint

400 g (14 oz/3 cups) plain (all-purpose) flour

1 teaspoon bicarbonate of soda (baking soda)

1 teaspoon salt

1 drop of green food colouring green-coloured sugar, for coating

rum, for coating

Preheat the oven to 150°C (300°F / Gas mark 2).

Cream the butter and sugars until well blended. Incorporate the eggs, lime zest and juice as well as the mint, then the flour, bicarbonate of soda and salt. When the dough is smooth, stir in the food colouring.

Form the dough into balls the size of a golf ball and roll them in the green sugar. Space them about 7 cm (2 3/4 in) apart on a baking sheet.

Bake for 12 minutes. Leave the cookies to rest on the baking sheet for five minutes and then allow to cool on a rack.

Once cooled, brush the surface of each cookie with rum using a pastry brush or small spoon.



CRAN'N BERRY©

Preparation: 20 minutes **+ Baking:** 15 minutes **Makes:** 25 cookies

225 g (8 oz/1 cup) slightly salted butter, at room temperature

180 g (6 1/2 oz/packed 3/4 cup) light brown sugar

75 g (2 1/2 oz/ 1/3 cup) caster (superfine) sugar

2 eggs

1 teaspoon vanilla extract

350 g (12 oz/2 2/3 cups) plain (all-purpose) flour

1 teaspoon bicarbonate of soda (baking soda)

1 teaspoon salt

50 g (2 oz) white chocolate, chopped

50 g (2 oz/ 1/2 cup) dessicated (shredded) coconut, plus a little for coating

50 g (2 oz/scant 1/2 cup) dried cranberries

Preheat the oven to 160°C (320°F / Gas mark 3).

Cream the butter and sugars until well blended. Incorporate the eggs and the vanilla extract, then the flour, bicarbonate of soda and salt. When the dough is smooth, stir in the white chocolate, coconut and cranberries.

Form the dough into balls the size of a golf ball. Roll them in the shredded coconut. Space them about 7 cm (2 3/4 in) apart on a baking sheet.

Bake for 15 minutes. Leave the cookies to rest on the baking sheet for five minutes and then allow to cool on a rack.



GINGER©

Preparation: 25 minutes **+ Baking:** 12 minutes **Makes:** 25 cookies

225 g (8 oz / 1 cup) slightly salted butter, at room temperature

200 g (7 oz / packed 3/4 cup) light brown sugar

90 g (3 1/4 oz/1/3 cup) caster (superfine) sugar

2 eggs

1 teaspoon ground ginger

1 tablespoon freshly grated ginger

400 g (14 oz / 3 cups) plain (all-purpose) flour

1 teaspoon bicarbonate of soda (baking soda)

1 teaspoon salt

75 g (2 1/2 oz) stem (candied) ginger, diced

Preheat the oven to 160°C (320°F / Gas mark 3).

Cream the butter and sugars until well blended. Incorporate the eggs and ground and grated ginger, then the flour, bicarbonate of soda and salt. When the dough is smooth, stir in the diced stem ginger.

Form the dough into balls the size of a golf ball and space them about 7 cm (2 3/4 in) apart on a baking sheet.

Bake for 12 minutes. Leave the cookies to rest on the baking sheet for five minutes and then allow to cool on a rack.

Holiday greens

By Deborah Maier

Being an avid gardener, one of my favourite traditions is using a bit of greenery to decorate inside and around my home for the holiday season. Some cheery blossoms, evergreens and LED candles just seem to add lightness and twinkle to the long nights at this time of year.

The holiday season is heralded by the arrival, around Dec. 6, of a Rotary Club fir wreath. It's a gift from my brother and sister-in-law who live in Ontario. The included decorations and a few other personal touches are added, and then it's placed on the front door. The fir boughs give off an evergreen fragrance.

Without reading the description, the flexible greenery used to make the wreath can quickly be identified as balsam fir. The boughs of balsam fir are readily recognized by the upward curl of the short, flat, blunt, needle-like leaves and flattening of the bottom side of the branch.

If you encounter this native Alberta tree in the forest, another identifying characteristic is the upward-pointing cones.

Usually, a balsam fir wreath adorning an outside door will keep its freshness into January. At that time, I move my wreath into the garden, near the birdfeeder, so the birds can use it as a perch between trips to the feeder. When signs of spring return and the wreath is turning brown, I take it apart and add the boughs to

the compost.

I also like to have a bit of the evergreen fragrance indoors. I either make or purchase a seasonal centrepiece.

It typically has an assortment of evergreens with a variety of textures create a green base from long-needled pines providing flow and elegant draping. Balsam fir and spruce to add a firm texture, soft, flat hemlock and cedar to create fans and brighten the colour.

To this base add some variegated or shiny, rich green holly, pinecones, flowers, berries, baubles, bows and LED candles, and you have a beautiful, fragrant seasonal arrangement.

As our winter indoor air is quite dry, be sure to check the moisture level of the centrepiece regularly. I find that I need to top up the water in the arrangement daily during the first week.

To maintain its freshness, keep it away from heat vents or registers and out of direct sunlight. Placing it in a cool room overnight then returning the arrangement to its display location for the day can extend its freshness.

With a little maintenance to remove faded blossoms, the arrangement should look nice for at least two weeks. If you don't mind a mix of fresh and dry, you may consider letting some of the flowers dry in place. I find red roses dry well and look nice if the heads are held up by the greenery.

I also like to include a few living plants in my holiday home décor. One favourite is a seasonal cactus. These are long-lived plants and may be passed down generations.

A few years ago, I received a piece from a plant that had belonged to the grandmother of my mother-in-law. I have several cacti that, even though I don't do anything special to encourage blooming, blossom starting in November.

Unlike other cacti, those in the *Schlumbergera* genus, the holiday cacti (November, Christmas and Easter), grow in forested areas with high humidity, so they need more water and less light than desert cacti. This year, I couldn't resist buying a small (5 cm pot), white and pink holiday cactus—to try something different, I may put it in my centrepiece!

The poinsettia is also a key plant for my seasonal display. They may be a common choice for holiday decorating, but each year there are new cultivars that offer a different look.

I am a fan of the traditional red poinsettia. Last year I was able to show off a plant that I had kept from the year before. It had spent the summer outside and then was moved under timed lights in the basement in the fall.

Come the first week of December, I was pleasantly surprised to see my plant was covered in deep red bracts. I think the successful colour change was due to the directness of the lights when they were on. Here's to hoping that I'm successful with this method again this year—if not, then I'll likely be purchasing a new plant.

There are other plants you could choose to add a little festive greenery to your home such as *Amaryllis*, *Helleborus niger* (known as the Christmas rose), holly, mistletoe and Norfolk pine.

May you enjoy the holidays with family and friends—and a little natural seasonal colour, greenery and fragrance.

If you are interested in learning more about gardening in Calgary, visit the Calgary Horticultural Society's website, calhort.org.



Merry Christmas
& Happy Holidays!

Please Join Us For Our Annual

Kerby Members Holiday Luncheon

Tuesday, December 3rd

Kerby Centre Gymnasium, 1133 7th Ave SW

Doors Open at 11:30 am

Holiday Luncheon at Noon

Kick off the season with a festive Holiday meal with friends and musical entertainment.



Back By Popular Demand, The
Scintillating Piano Stylings of
Harvey Fleming

Tickets Available After October 18th

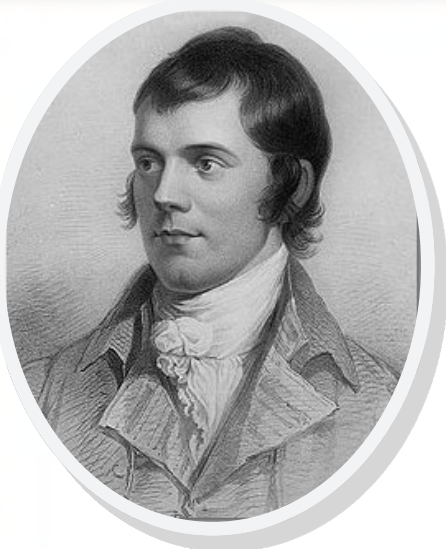
\$10.00 per person for Kerby Members

\$15.00 per person Member Guests

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Due to the overwhelming response at last
January's event, Kerby Centre is pleased to
present, bigger & better than ever...

A Robbie Burns Day Cèilidh

Friday, January 24th, 2020

11:30 am - 2:00 pm

Join us for a traditional Scottish lunch and
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Old and new Baltic recipes

Page design and layout Winifred Ribeiro.

Baltic showcases the unique culinary landscape of Estonia, Latvia and Lithuania. Bringing the Baltic's answer to New Nordic to your kitchen, nearly seventy recipes celebrate this wholesome, creative and intensely seasonal cuisine. As well, stunning photography captures the colour and vibrancy of the produce, culture and landscapes as these unique countries reconnect with the past and embrace new promise for the future.

Potato pudding

LIT Kūgelis/plokštainis

This is the ultimate comfort food and another iconic Lithuanian dish. Very similar to the Ashkenazi Jewish dish kugel, from which it is almost certainly derived, it is also typically made from potato. It is important that you use particularly starchy ones here – if you can't find any, then add some cornflour (cornstarch) to the mix as it's important that everything binds together well.

The perfect potato pudding is soft and fluffy, though many home cooks hold their own opinion on whether you should strain off the liquid when grating the potatoes, which gives a drier result, or keep the liquid, resulting in a more moist dish. Both are good, it is simply a matter of taste. Commonly served with apple or lingonberry preserves, this also tastes delicious reheated.

SERVES: 6 **PREP TIME:** 40 mins. **COOKING TIME:** 1 1/2 hour.

140 g (5 oz) smoked bacon, diced
75 ml (2 1/2 fl oz) full-cream (whole) milk
2 eggs
150 g (5 1/2 oz) onions
800 g (1 lb 12 oz) starchy potatoes (such as coliban, desiree or russet), peeled
1 teaspoon salt
large pinch of white pepper
25 g (1 oz) butter



In a frying pan over a medium heat, sauté the bacon until it is just brown. Pour in the milk (being sure not to drain off the bacon fat) and remove from the heat.

Preheat the oven to 180°C (350°F).

Whisk the eggs in a large bowl. Set aside. Using a box grater or a food processor fitted with the fine grater attachment, grate the onions and potatoes (this will be a lot of work manually, so if you have a machine, use it!). Add the grated vegetables to the bowl with the whisked eggs and stir to combine, then pour over the bacon and milk mixture and mix everything together well. Season with the salt and white pepper.

Melt the butter in a cast-iron frying pan or rub it over a roasting tin to evenly coat the bottom and sides. Pour the pudding mixture into the pan or tin and bake in the oven for 1 1/4 hours, or until lightly golden. Serve with apple or lingonberry jam, sour cream and salad.

The recipe itself is highly adaptable—parsnip or celeriac can be used in various ratios together with the potato (in ancient times, when Lithuania didn't yet have potatoes, kugel is said to have been cooked exactly this way but with turnips). A little nutmeg added to the mix can work very nicely too. Use the above as a starting point from which to create at will!

SALTED CUCUMBER SALAD

1 cucumber, approx. 300 g (10 1/2 oz), peeled and finely sliced
1/2 teaspoon salt
1 tablespoon chopped dill (optional)

Ten minutes before serving, add the cucumber to a bowl together with the salt and dill and toss together. (This does not keep well so should be prepared when ready to be eaten.)

Cranberry manna mousse

LAT Debesmanna/uzpūtenis **EST** Roosamanna ehk mannaeht **LIT** Manų košė

Latvia's staple dessert (which is also prepared in Estonia but is less common in Lithuania) is comforting, delicious and so easy to make. You simply let the electric mixer do all the work. It's also pretty flexible; while a sour juice like cranberry provides the perfect contrast to the sweetness, you can really substitute it for whatever fruit juice you like. rhubarb, pomegranate and (if you have a particularly sweet tooth) apple juices all working well.

SERVES: 6 **PREP TIME:** 15 mins. plus 1 hour chilling
COOKING TIME: 15 mins.

500 ml (17 fl oz / 2 cups) cranberry juice
60 g (2 oz / 1/2 cup) fine semolina (cream of wheat)
25 g (1 oz) sugar, or to taste pouring (single / light) cream, to serve fresh redcurrants or berries, to serve



Add the cranberry juice to a saucepan and bring to the boil. Whisking constantly, add the semolina to the pan in a slow, steady stream, then add the sugar in the same way. Once both the semolina and sugar have been incorporated, reduce the heat to low and continue to cook, whisking occasionally, for a further 10–12 minutes, until the semolina has expanded and the mixture has the consistency of a runny purée.

Pour the mixture into a large mixing bowl, transfer to the refrigerator and leave to cool for 1 hour, stirring occasionally, or until the pudding is cool but has not yet set.

Once cool, remove the pudding from the refrigerator and, using an electric mixer, whisk it for 7 minutes, or until the pudding is fluffy and has tripled in volume. Divide among cups or bowls and serve with cold pouring cream and fresh berries of your choice.

Baltic by Simon Bajada
Photographed by Simon Bajada
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Pork & cranberry stuffed cabbage rolls

LAT Balandeliai **EST** Kāpostu titeni **LIT** Kapsarullid

While discussing Lithuanian cuisine with restaurateur Sigitas Žemaitis from Sweet Root restaurant in Vilnius, something he said really stuck with me. 'Wild strawberries and thyme, mint and peas, blueberries and milk, cabbage and cranberries ... these combinations are in our cuisine not because chefs have been devising what will work together. They are combined because the seasons have forever delivered them to us at the same time of the year – it's a natural syncopation.' Here I've taken a cue from this ideology, adding the cranberries to tweak, just a little bit, what happens to be a very traditional recipe across all of Eastern Europe.

SERVES: 6 **PREP TIME:** 30 mins. **COOKING TIME:** 1 hour.

1 savoy cabbage, approx. 1 kg (2 lb 3 oz)
1 tablespoon cornflour (cornstarch)
50 ml (1 3/4 fl oz) cold water
500 ml (17 fl oz/2 cups) chicken stock

TO SERVE
quick-pickled red onion
sour cream
dill

FILLING

200 g (7 oz / 1 cup) shortgrain rice
400 g (14 oz) minced (ground) pork
1 large egg
1 leek (approx. 120 g / 4 1/2 oz), white part only, finely diced
1 celery stalk (approx. 60 g / 2 oz), grated

1 teaspoon fennel seeds, crushed
2 tablespoons dried cranberries, roughly chopped
1 1/2 teaspoons salt
1/2 teaspoon white pepper

Add the cranberry juice to a saucepan and bring to the boil. Whisking constantly, add the semolina to the pan in a slow, steady stream, then add the sugar in the same way. Once both the semolina and sugar have been incorporated, reduce the heat to low and continue to cook, whisking occasionally, for a further 10 – 12 minutes, until the semolina has expanded and the mixture has the consistency of a runny purée.

Pour the mixture into a large mixing bowl, transfer to the refrigerator and leave to cool for one hour, stirring occasionally, or until the pudding is cool but has not yet set.

Once cool, remove the pudding from the refrigerator and, using an electric mixer, whisk it for seven minutes, or until the pudding is fluffy and has tripled in volume. Divide among cups or bowls and serve with cold pouring cream and fresh berries of your choice.

TO MAKE THE FILLING, boil the rice for half the suggested cooking time. Drain and leave to cool, then add to a large bowl together with all the remaining ingredients and mix together well. Set aside.

Preheat the oven to 180°C (350°F).

Using a sharp knife, cut a triangle out of the base of the cabbage to remove some of the stem and central core.

Bring a large stockpot or a very large saucepan filled with salted water to the boil. Reduce the heat to a simmer, carefully lower the whole cabbage into the water and cook for eight minutes, or until the cabbage has softened enough that the tip of a sharp knife enters it easily. Drain the water from the pot, remove the cabbage from the pan and, when cool enough to handle, cut the leaves from the head. You will need 12 leaves. Where the stem is thick in the middle of the leaves, trim it out with a paring knife.

Spoon 50 g (1 3/4 oz) of the filling into the centre of one of the cabbage leaves. Starting from the bottom of the leaf, roll it up slightly, then tuck in the left and right sides and continue to roll it up to the top. Turn the cabbage leaf parcel over and place it, seam side down, in an oven dish approximately 40 × 30 cm (16 × 12 in). Repeat with the remaining cabbage leaves and filling.

Mix the cornflour and cold water together in a bowl until the starch has fully dissolved and there are no lumps. Pour in the stock and mix together well.

Pour the stock mixture over the cabbage leaves, cover the dish well with foil and bake in the oven for 45 minutes.

SERVE the cabbage rolls with pickled red onion, sour cream and dill.

These cabbage rolls are also good with boiled potatoes, Estonian barley and potato porridge or simply with a green salad or two.

QUICK-PICKLED RED ONION Make a quick red onion pickle by mixing the slices with 1 teaspoon sugar, then setting aside for 20 minutes to steep and remove bitterness. Lastly (while it may not be particularly regionally authentic), a dash or two of hot sauce on top of this is delightful.



Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Kerby Centre Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre, Doing More For You!

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

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

To Learn More, Please Join Us Every Friday Between 9:00 am - 3:00 pm at St. Andrews Centre
1-10601 Southport Rd SW, Calgary

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



Kerby Centre Annual Members & Guest Holiday Luncheon

Dec 3rd

Don't Miss Out!
Check Inside Kerby News For Ticket Details

A Group For Mature Jobseekers

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



Dec 3rd Basic and Advanced LinkedIn Profile

Participants will participate in an exclusive group to learn tips about:

- Using LinkedIn strategically to create professional networks
- LinkedIn trends in 2019
- Utilizing other LinkedIn products and platforms

Dec 10th Networking

Participants will learn about:

- The basics of networking so you can start to connect with confidence
- How to network
- Why it is critical to have a networking plan so you can spend your time and energy wisely

Dec 17th Being Positive

- It's easy to become frustrated during a job search, especially if it is taking a while. Get tips for remaining upbeat and enthusiastic

For more information phone 403 705-3217 or email options45@kerbycentre.com

Visions Of Sugarplums

Monday, December 23rd
1:00 pm to 3:00 pm



Bring the kids for a warm & meaningful afternoon of Holiday cheer, including crafts, cookie decorating, carols and indulge in hot chocolate & festive sweets!

\$10 adults & kids



Check Out The Ad In This Kerby News



Friday, December 20th

Movie at 1:00 pm in the Kerby Lounge
Tickets \$1.00 - Kerby Ed & Recreation (Rm 305)

KERBY DAY TRIPS

Cross Iron Mills Shopping Trip

Monday, December 2nd

Airdrie Festival of Lights

Thursday, December 18th



Glencoe Club Bowling, Pizza and Wings

Wednesday, February 12th

Jubilations Dinner Theatre

"Pitched Perfect Golden Girls" Play

Tuesday, February 25th

Bow Habitat Station Snowshoeing & Discovery Centre

Wednesday, January 22nd

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

Kerby Centre Afternoon Ballroom Dance Party—TIME CHANGE
Now Wednesday Afternoons - Kerby Dining Room
From 12:30 - 2:45 pm

Wise Owl Boutique

December 16th to 20th

10:00AM – 3:00PM

All red string items are 50% off!!

Next To New

December 16th to 20th

10:00AM – 2:30PM

Everything in the Store is 50% Off

2019 Daily Drop-in Programs and Activities (Activities In The Gym May Be Subject To Cancellation) Ed & Rec 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KNITTING FOR A CAUSE <i>DINING ROOM</i> 10:00 AM –12:00 PM FREE</p> <p>MAHJONG (RM 308) 10:30 AM - 12:30 PM \$2.00</p> <p>RECORDER GROUP (RM 313) 1:00 – 2:30 PM \$2.00</p> <p>CRIBBAGE (RM 308) 1:00 – 3:30 PM \$2.00</p> <p>PICKLEBALL (Gym) 3:30 - 5:00 PM \$2.00</p>	<p>OPTIONS 45 Employment Workshops <i>(Lounge)</i> 1:30 - 3:00 PM \$2.00</p> <p>Ballroom Dancing <i>(RM 308)</i> 1:00 pm - 3:00 pm \$2.00</p>	<p>GENERAL CRAFT GROUP <i>(RM 311)</i> 9:00 AM -12:00 PM FREE</p> <p>Join us every 3rd Wednesday of the Month for a Craft Sale 10:00am - 12:00pm</p> <p>KERBY CENTRE MEN'S SHED 10:00 AM - 1:00PM FREE</p> <p>ENGLISH CONVERSATION <i>(Semi-Private Dining Room)</i> 10:30 AM -12:00 PM \$2.00</p> <p>BOARD GAMES & CARDS (RM 301) 1:00 - 3:00 PM \$2.00</p> <p>WEDNESDAY DANCE <i>(Dining Room)</i> 1:00 - 3:00 PM \$2.00</p>	<p>KERBY CENTRE TOUR MEET IN THE DINING ROOM 10:30 AM</p> <p>ARTIST GROUP (RM 313) 10:00 AM - 3:00 PM Mentors Available \$1.50 half day</p> <p>BINGO (RM 205) 11:00 AM - 3:00 PM</p> <p>FLOOR CLURLING (GYM) 2:15 - 3:30PM \$2.00</p> <p>PICKLEBALL (Gym) 4:00 - 6:00 PM \$2.00</p>	<p>INFORMATION RESOURCES AT ST ANDREW'S CENTRE #1 10601 SOUTHPORT RD SW 9:30 AM - 3:00 PM</p> <p>SPANISH CONVERSATION GROUP (RM 311) 10:00 AM - 12 PM \$2.00</p> <p>KRAZY KARRERS WOODCARVING CLUB (Woodshop RM 102) 10:00 AM - 3:00 PM \$1.25 per hr</p> <p>BADMINTON & PING PONG (Gym) 10:30 AM - 12:45 PM \$2.00</p> <p>MONTHLY MOVIE (Lounge) 1:00 pm \$1.00</p> <p><i>Date of Monthly Movie subject to change. Please see Kerby News for exact date each month.</i></p>

Education & Recreation

Course Registration

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Registration opens December 2nd for members and December 16th for non-members.

- Register in person at Kerby Centre in Room 305
- By telephone at (403) 705-3233 or (403) 705-3232
- Online at www.kerbycentre.com
- By mail to:
Kerby Centre
1133 - 7th Avenue SW
Calgary AB, T2P 1B2
Attn: Education & Recreation

Membership Saves

Please ensure you have your 2020 membership before registering for courses. Contact the Information Department to renew or to apply for a membership 403-705-3224.

Don't Miss Out!

Waiting to the last minute to register means missing out on great opportunities. We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!!!

Refund Policy

Request for a refund must be made before the start of the second class, after which courses are non refundable.

ALL refunds are subject to a \$15.00 administration fee.

Computer Courses/Workshops are non-refundable.

Courses/workshops are designed for older adults of varied abilities. The instructor, in consultation with the Manager of Education & Recreation, may make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.

If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at 403.705.3232.

Winter 2020

Mail To: Kerby Centre, 1133 7th Avenue S W, Calgary AB T2P 1B2



Name: _____

Kerby Membership #: _____

Telephone #: _____

Courses you wish to register for:

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____



Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi & Tai Chi Qi Gong

Member \$49 Non Member \$79 per course

Instructor: Adrian Buczek

Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.

A01 Monday Jan 13 – Mar 23 (No class Feb 17)
9:05 – 10:00am Gymnasium

A02 Wednesday Jan 15 – March 25
1:00 – 1:55pm Room 205

A03 Wednesday Jan 15 – March 25
2:05 – 3:00pm Room 205



Fitness with Dan

Member \$59 Non Member \$89 per course

Instructor: Dan Leung

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

A04 Monday Jan 13 – Mar 23 (No class Feb 17)
10:05 – 11:00am Gymnasium

A05 Wednesday Jan 15 – March 25
10:05 – 11:00am Gymnasium

Building Blocks for Balance

Member \$49 Non Member \$79

Instructor: Angie Friesen

Having good balance and strong support muscles are key in fall prevention. This class will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent.

A06 Monday Jan 13 – Mar 23 (No class Feb 17)
1:00 – 2:00pm Gymnasium

Salsa Workout

Member \$49 Non Member \$79

Instructor: Bonnie Field

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

A07 Monday Jan 13 – Mar 23 (No class Feb 17)
11:30am – 12:30pm Gymnasium

Indoor Cycling

Member \$69 Non Member \$99

Classes held at Peloton Cycling # 109 1053 10th Street SW

(8 Minute Walk from Kerby Centre or free parking is available)

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

A08 Tuesday Jan 28 – Mar 17
10:30 – 11:15am

Feldenkrais Method To Increase Mobility

Member \$59 Non Member \$89 per course

Instructor: Ryan Hoffman

The Feldenkrais Method is an educational system based on the integration of our motor, sensory and cognitive learning. The instructor will guide you through small simple movements designed to create greater self-awareness. Rather than trying to memorize the instructions for moving correctly, students will bring their focus to new sensations experienced through these playful, exploratory movements. The focus is on moving comfortably within oneself to increase mobility—all exercises are done in a chair or mat and no experience needed.

A09 Tuesday Jan 14 – Mar 24 (No class Feb 18)
10:00 – 11:00am Room 308

A10 Friday Jan 17 – Mar 27 (No class Feb 21)
1:00 – 2:00pm Room 308

Feldenkrais PLAY 101

Member \$16 Non Member \$46

Instructor: Ryan Hoffman

We originally didn't need fitness goals or athletic competition in order to move. As young children, we all played our way through some enormous developmental and behavioral changes. If we can engage a similar process, as adults, it's possible to relearn some of the basic movement competencies we had as children. This workshop will feature certified instruction in Feldenkrais Method® movement classes, a kind of structured play that helps adults play their way to better posture, balance, and coordination. The seminar is appropriate for any level of movement limitation; just come ready to play.

A11 Tuesday Feb 18
10:00am – 12:00pm Room 205

NEW: FIT ROOM CLASS

All About M.E.

Fit Room Personal Trainer: Bonnie Field

All fitness components (cardio, resistance, flexibility, mobility, stability and balance) are important for our overall health and wellness! Going through the motions or activity without the focus on effort, technique and efficiency does not give us the full benefit of the movement pattern, exercise or fitness component. Customize your own program by learning ways to improve your wellness through the tools of proper alignment, breath work, and core activation.

Cost of class is included with your fit room membership; please contact Education & Recreation to book your spot!
403-705-3232 Room 305

Featured Winter Courses

Bhangra Dancing Member \$59 Non Member \$89
Instructor: Amandeep Sidhu

Bhangra is a traditional and energetic folk dance of Punjab. This fun and joyful style of dance transcends barriers of language & culture and is enjoyed by millions across the globe. No experience is needed as we will take a step by step approach to each dance. Come out and try something new and fun—the experience will leave your whole body smiling!

A12 Wednesday Jan 15 – Mar 18
11:15am – 12:15pm Gymnasium

Kickboxing Member \$59 Non Member \$89
Instructor: Oxana Kolesova

Designed for older adults, this fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting! We bring out the music and pump up the energy, kicking and punching our way to knockout results. And when the entire room is in rhythm, it's easy to forget you're working out and hard to remember why you didn't join sooner. Ready to become a total knockout, sign up today!

A13 Wednesday Jan 15 – Mar 18
9:30 – 10:30am Room 205

Line Dancing Member \$49 Non Member \$79
Instructor: Bonnie Field

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

A14 Thursday Jan 16 – Mar 26 (No class Jan 23)
1:00 – 2:00pm Gymnasium

Muscle Strength & Core Balance Member \$59 Non Member \$89
Instructor: Dan Leung

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

A15 Friday Jan 10 – Mar 27 (No Class Jan 24)
9:30 – 10:20am Gymnasium

Yoga for You

Level I Instructor: Angie Friesen Member \$59 Non Member \$89

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

A16 Monday Jan 13 – Mar 23 (No class Jan 27, Feb 17 & Mar 9)
11:00am – 12:00pm Room 205

Multi-level

Instructor: Angie Friesen Member \$59 Non Member \$89
Open to all levels, you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. Please provide your own yoga mat.

A17 Friday Jan 17 – Mar 27 (No class Jan 24)
9:30 – 10:30am Room 205

Level II

Instructor: Angie Friesen Member \$59 Non Member \$89
Level II is ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.

A18 Wednesday Jan 15 – Mar 25
11:00am – 12:00pm Room 205

Gentle Seated Yoga Member \$49 Non Member \$79
Instructor: Angie Friesen per course

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

A19 Wednesday Jan 15 – Mar 18
1:00 – 2:00pm Room 308

A20 Friday Jan 17 – Mar 20
10:45 – 11:45am Room 308

Zumba

Zumba Gold Member \$59 Non Member \$89
Instructor: Maaïke Seaward

Zumba Gold is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!

A21 Thursday Jan 16 – Mar 26 (No class Jan 23)
10:00 – 11:00am Gymnasium



Zumba Gold Chair Member \$45 Non Member \$75
Instructor: Maaïke Seaward

Zumba Gold Chair brings the joy of Latin dance moves and rhythms of Zumba to be done in a chair. It has been designed for participants with medical issues, physical limitations, are in a wheelchair, have limited mobility or anyone who may not be able to stand up for long periods of time while exercising. It will help improve physical and mental health and most of all quality of life! It will provide safe, slow progressions and teach participants to listen to their body! It's great for the mind, body and soul but most of all IT IS FUN!

A22 Tuesday Feb 4 – Mar 24
2:15 – 3:00pm Room 108

Academic Courses

Arts

Arts in the Afternoon: Acrylic

Member \$109 Non Member \$139

Instructor: Carol Marasco

This course is designed for students who are looking to learn how to paint and have a little fun along the way. Beginners need not be daunted! Carol will guide you step by step to create a finished acrylic painting each week. Techniques include shading, creating reflections, depth, and blending.

All supplies are included.

B01 Wednesday Jan 22 – Feb 26
1:00 – 3:30pm Room 313

Calligraphy Legend Lettering

Member \$70 Non Member \$100

Instructor: Renate Worthington

This variation offers graceful, flowing letters that are wonderful to write with a small nib or calligraphy marker. It is great for greetings, special quotations and cards, for example. Renate will bring materials for purchase if you are new to calligraphy. Handouts will be supplied.

B02 Monday January 27 – March 9 (No class Feb 17)
10:00am – 12:00pm Room 208



Clay Days

Member \$115 Non Member \$145

Instructor: Darlene Swan

Have you ever been curious about clay & glazing and are wondering just how that piece was made? Now is your chance to get a glimpse into that wonderful medium! You will be taught the hand building skills to create a pinch pot, coil pot & slab pot, as well as how to glaze your pieces. This course is designed for both the absolute beginner as well as those who have taken our previous courses, all are welcome! Come be creative and have a lot of fun! All supplies are included.

B03 Tues Feb 4, 11 & 18 9:45am – 12:00pm Room 313
Tues Mar 3 9:30am – 12:45pm Room 313
Tues Mar 10 10:00 – 11:00 am Room 313

ESL Art Workshops

\$5 per workshop

Instructor: Eleanor Cowan

Come practice your English conversation skills while working on simple art projects. No experience needed, basic supplies included. Open to everyone!

B04 Thursday Jan 30
10:00am – 12:00pm Room 313

B05 Thursday Feb 27
10:00am – 12:00pm Room 313

B06 Thursday Mar 26
10:00am – 12:00pm Room 313

Expressive Art

Member \$70 Non Member \$100

Instructor: Alicia Zubot

In this course, we invite you to come and slow down, tune into your imagination, and embark on journey of self-discovery. The flow of movement from one art form to another is utilized to spark personal inquiry, growth, and assist with transformation. Each week a new theme will be explored. A safe space is provided for creativity and expression--no artistic skill is needed.

All supplies included

B07 Monday Jan 27 – Mar 9 (No class Feb 17)
10:00am – 12:00pm Room 313

Origami

\$5 per workshop

Instructor: Kumiko Sato

Join us for a fun morning learning the transformative technique of folding paper into interesting art sculptures. Supplies included.

Valentine's Day Origami
B08 Thursday Jan 23
10:00am - 12:00pm Room 313

Spring Flowers Origami
B09 Thursday Mar 12
10:00am - 12:00pm Room 313

Watercolour: Advanced Techniques

Member \$119 Non Member \$149

per course

Instructor: Katy Morris

The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

The Coal & Cowboy Trail, Wintery Foothills

B10 Friday Jan 10 – Feb 14
10:00am – 3:00pm Room 313

Grisaille in Watercolour, Flower & Birds

B11 Friday Feb 21 – Mar 27
10:00am – 3:00pm Room 313



Wacky Watercolour Wednesdays

Member \$35 Non Member \$65

per course

Instructor: Katy Morris

Are you looking to stretch your watercolor techniques beyond traditional methods? Join us for this fun series where we will be playing around with a variety of surfaces, textures and mountings.

Please bring watercolour paints and brush—\$5.00 fee for in class costs.

Blottage
B12 Wednesday Jan 15 & 22
10:00am – 12:00pm Room 313

Wet into Wet with Watercolour Mediums

B13 Wednesday Feb 12 & 19
10:00am – 12:00pm Room 313

Clouds on Stone Paper
B14 Wednesday Mar 11 & 18
10:00am – 12:00pm Room 313

Languages

English as a Second Language

Free to All

Instructor: Eleanor Cowan

Welcome to ESL Grammar and Fun Practice Group

No matter your level - beginner, intermediate or advanced, your language skills can improve as you enjoy a warm welcome, new friendships and fun activities with an encouraging, trained and experienced ESL teacher. Join learners from all over the world who gather to learn and share, each at their own gentle and respected pace. Come, give us a try! Space is limited, registration required.

B15 Monday Jan 13 – Mar 30 (No class Feb 17, Mar 9)
1:00 – 3:00pm Room 205



French

Instructor: Georgette Pare

The textbook used for all French levels is *French without the Fuss* and may be purchased through Amazon.com or your local retailer.

This fun course is going to sharpen your listening skills, sharpen your memory, and improve your French all at once! Level I French is for beginners and Level II is for advanced beginners. All you'll need to improve your French conversation is curiosity. Have fun while building your confidence, and spontaneity in friendly dialogue.

Level I Member: \$75 Non Member: \$105
B16 Thursday Jan 9 – Feb 6
9:45 – 11:45am Room 301

Level II Member: \$99 Non Member: \$129
B17 Friday Jan 10 – Feb 7 & Mar 13 - 27
9:45 – 11:45am Room 301

Spanish

Member: \$109 Non Member: \$139

Instructor: Norah Hutchinson

per course

The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.

Spanish Grammar I A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.

B18 Monday Jan 13 – Mar 30 (No class Feb 3 & 17)
10:00am – 12:00pm Room 311

Spanish Grammar II A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.

B19 Tuesday Jan 14 – Mar 24 (No class Feb 4)
1:00 – 3:00pm Room 311

Spanish Grammar III A continuation of Spanish Grammar II. For those with a basic level of Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.

B20 Tuesday Jan 14 – Mar 24 (No class Feb 4)
10:00am – 12:00pm Room 311

Spanish Grammar IV A continuation of Spanish Grammar III. Chapters 10-12 will be covered.

B21 Thursday Jan 16 – Mar 26 (No class Feb 6)
1:00 – 3:00pm Room 311

Spanish Grammar V A continuation of Spanish Grammar IV, this course will cover Chapters 12-14.

B22 Wednesday Jan 15 – Mar 25 (No class Feb 5)
1:00 – 3:00pm Room 311

Spanish Conversation This course is designed for students with strong knowledge of grammar. It will give an opportunity to practice the language through discussion of selected material, situational conversation, and topics of interest on daily life. Emphasis will be on interaction, focus on pronunciation, listening and comprehension. Minimum Prerequisite: Advanced Spanish Grammar V or equivalent.

B23 Monday Jan 13 – Mar 30 (No class Feb 3 & 17)
1:00 – 3:00pm Room 311

Music

Singing Circle

Member: \$45 Non Member \$75

Instructor: Barry Luft

Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we don't use song books or lyric sheets of any kind. We're then free to produce the real magic of community singing! "And the skies are not cloudy all day."

B24 Thursday Jan 16 – Mar 26
10:30 – 11:30am Room 311



Learn to Play: Member \$85 Non Member \$115
Guitar

Instructor: Charles Franson

Are you looking to learn the basics of guitar or brush up on old skills? In this course you will learn all the basic chords in order to play your favorite songs and even learn to write your own songs! All are welcome to join this group to learn how to achieve this and have a lot of fun!

Beginner

B25 Thursday Jan 9 – Feb 13
 1:00 – 2:30pm Room 301

Intermediate

B26 Thursday Feb 20 – Mar 26
 1:00 – 2:30pm Room 301

Ukulele Magic Member: \$75 Non Member: \$105
Intermediate Level I

Instructor: Barry Luft

This ukulele course will be a direct follow up from the introductory level class and will include a healthy review of basics and lots of strumming and singing. New keys and chords will be explored in order to add color to your playing. Alumni are always welcome to register in order to brush up skills and to keep their playing going. Pre-requisite: an introductory course or equivalent.

B27 Wednesday Jan 15 – Mar 25
 11:00am – 12:00pm Room 308

Ukulele Magic! Member: \$75 Non Member: \$105
Intermediate Level II

Instructor: Barry Luft

This course will include a review of basic chords in the main ukulele keys and useful strumming patterns to accompany singing. Other topics covered will include: 1) Finger Picking for song accompaniment, 2) Playing by Ear, 3) The Nashville Numbering System, 4) The Calypso Rhythm, and 5) Other topics on the whims of the instructor - too fierce to mention in print!!!

Alumni are always welcome to register. Prerequisite: a previous intermediate level course

B28 Wednesday Jan 15 – Mar 25
 9:45 – 10:45am Room 308

Ukulele in the Member: \$70 Non Member: \$100
Classroom per course

Instructor: Judy Henderson

This program focuses primarily on single note picking, rather than the more traditional concentration of the ukulele as an instrument to accompany the voice through strumming. The aim is to provide the opportunity for students to experience and create harmonies through picking different parts together at the early stages of musical development. This sequential approach features creative exercises and prepared arrangements of traditional, classical and popular songs, each reinforcing the expanding skill set.

Beginner: for students who are just beginning with the James Hill program and for those who are feeling sufficiently challenged by the material in the Green Book.

B29 Thursday Jan 23 – Mar 12
 12:00 – 1:00pm Room 308

Mid- level: for students who have completed the Green Book and for those who require more challenge than what is offered at the starter level.

B30 Thursday Jan 23 – Mar 12
 1:15 – 2:15pm Room 308

Advanced: for students with at least two years' experience.

B31 Thursday Jan 23 – Mar 12
 2:30 – 3:30pm Room 308



Personal Interest & Wellness

Drama: Member: \$75 Non Member: \$105
One Act Play

Instructor: Georgette Pare

Have you always wanted to try your hand at acting but were overwhelmed by large productions? Well, here is your "Off-Off Broadway" opportunity! No experience necessary, just sign up for this fun five week Drama class and learn to act in this short action play.

In class presentations only, no public performance (yet)!

B32 Friday Jan 10 – Feb 7
 12:30 – 2:30 pm Room 311

Indigenous Member: \$15 Non Member: \$45
Drumming Workshop per workshop

Instructor: Chantal Chagnon

Join us for a Traditional Indigenous Drumming Circle using authentically made hand drums. We will drum together, learn songs, stories, teachings and the history of drumming on Turtle Island (North America).

Chantal Chagnon is a Cree Ojibwe Métis storyteller, singer, drummer, advocate and educator.

B33 Friday Jan 31
 11:00am – 12:00pm Room 205

B34 Tuesday Mar 24
 10:00 – 11:00am Room 205

Keep On Keepin' On Free

Instructor: Canadian Mental Health Association
 Register by calling 403-297-1402

Each phase of our lives have different challenges. In our senior years, changes in income, loss of friends and family members, change of residence, physical changes, and increased dependency on others can leave us feeling as though we are becoming less vital, less worthy, isolated and lost. Together with the support of each other, we can face these challenges, explore and understanding of our purpose, and re-discover our passion for life.

B35 Monday Feb 3 & 10
 10:00am – 12:00pm Room 301

Keeping

Free

Up with the Kids

Instructor: Canadian Mental Health Association
Register by calling 403-297-1402

Technology and media is the new way of communicating. Our kids and grandkids grew up with it but we did not. Technology offers us the opportunity to stay in touch with our families and friends around the world. We can see, talk and type our way to connection; if we only knew how! This course offers hands-on instruction to help learn the basics of how to use Facebook, Facetime, email, text messaging, etc.

B36 Monday Feb 24 – March 9
10:00am – 12:00pm Room 301

Mahjong

Member: \$16 Non Member: \$46

Instructor: Swee Wong

Have you always been interested in mahjong but didn't know where to start? Our three week introductory workshop will teach you the basics and prepare you to join our ongoing Monday drop in group.

B37 Monday Feb 3 – 24 (No class Feb 17)
10:30am – 12:30pm Room 308

Photo Story Books

Member \$35 Non Member \$65

Instructor: Alicia Zubot per workshop

Gather some of your favourite photos and learn to create a Photo Story Book through a teacher-guided computer program workshop. Watch your unique personality form a beautiful photo book that you can hold in your hands, show others, and keep as a memento. Please bring your own photos on a flash memory stick, or on your cellphone with its computer connecting cord. Cost of the book is not included, prices vary according to size, please see Education & Recreation for details. Lunch Break 12:00 – 12:30pm.

B38 Thurs Jan 23
10:00am – 2:00pm Room 312

B39 Tues Mar 17
10:00am – 2:00pm Room 312

Polishing the Silver

\$5 per workshop

Life Skills Workshop

Instructor: Eleanor Cowan

Just as beautiful silverware sometimes requires a good polishing to restore its brilliance, so too can we benefit from revitalizing our own personal sparkle! Together we'll refresh our best Self-Care strategies through fun and lighthearted interactive activities and sharing. We can all use a little extra support and encouragement sometimes, and this free two hour workshop aims to do just that!

B40 Friday Jan 24
1:00 – 3:00pm Room 301

B41 Friday Mar 6
1:00 – 3:00pm Room 301

Situational

Member: \$16 Non Member: \$46

Awareness & Mental Toughness

Instructor: Don Muldoon

In this workshop, you will develop the skills that are essential in recognizing a potentially harmful situation long before it becomes an issue, as well as developing a plan and applying it appropriately. You will also acquire the knowledge to prepare mentally for any situation with the mindset of gaining confidence, avoiding panic and responding safely.

B42 Tuesday Feb 11
10:00am – 12:00pm Room 205

Outdoor Safety & Awareness

Member \$10 Non Member \$30

Instructor: Don Muldoon

Join retired Calgary Police Officer Don Muldoon on a downtown walkabout to learn various situational awareness techniques and safety practices.

B43 Tuesday Mar 17
10:00am – 12:00pm

Technology**Computer:**

Member: \$119 Non Member: \$149

Beginner Basics

Instructor: Dale Lee

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

B44 Mon/Wed Jan 15 - 29
1:00 – 2:30pm Room 312

Computer:

Member: \$119 Non Member: \$149

Beyond Basics

Instructor: Dale Lee

A continuation of Beginner Basics, we will expand our knowledge of Microsoft Office, internet exploration and managing the picture directory.

B45 Mon/Wed Feb 5 – 19 (No class Feb 17)
1:00 – 2:30pm Room 312

Tech Guide

Drop in fees apply

Are you having difficulty with one of your technical devices or are not sure how to operate one of the programs? Come meet our volunteer Mike who will do his best to assist you with your computer questions. Please note: computers available for teaching purposes only.

B46 Tues Jan 14 & 28, Feb 11 & 25, Mar 10 & 24
10:00am – 12:00pm Computer Lab Room 312

Workshop:

Member: \$2 Non Member: \$5

Tablet & Mobile Solutions

Presented by Grant Burns

Computer Manager London Drugs Signal Hill

Join us for an interactive workshop as we show you the basics of your phone and/or tablet. We will go over the ins and outs of setting up your user accounts, backups, adding contacts, text messaging, photography, downloading apps, WIFI and privacy settings.

B47 Monday Jan 30
10:00am – 12:00pm Lounge

Kerby 2 St. Andrew's

St. Andrew's Centre 1 – 10601 Southport Road SW Calgary

Yoga for You

Member \$85 Non Member \$115

Instructor: Angie Friesen per course

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

S01 Tuesday Jan 14 – Mar 17
1:15 – 2:15pm

S02 Thursday Jan 16 – Mar 19
9:00 – 10:00am

Classified Ads

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

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

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for February issue must be received and paid by January 13.



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

10 Health

CERAGEM Calgary Sales Service Parts
403-455-9727

Hearing Aids

All solutions, including on-site service! Call David: 403-455-9688 or visit www.amityhearing.ca for more information

11 Foot Care

Alberta's Mobile Foot Care
The company that Albertan's trust the most. Advanced Foot Care Liane at 403-512-2429 or www.albertasmobilefootcare.ca

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

12 Home Care

AFFORDABLE RESPITE!
Book your respite stay in the **NEWLY RENOVATED** Lodge at Valley Ridge. All-inclusive respite care from our compassionate health care team, 24/7! For more info call: 403-286-4414
Inspired Senior Living with Verve!

Ex'pd woman avail to help srs with shop, transport to apt, meal prep & companionship Call Pat 403-831-4647

PERSONAL CARE, over 20 years experience, references and criminal check. Rate will be determined upon needs. Only taking one client. To have an assessment done and further information please call Tracy at 587-718-1266

Stella the care helper. No job too small. Specializing in cleaning for seniors: laundry service, windows, move in/out, grocery & personal shopping 403-890-9861

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

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

13 Mobility Aids

NOTE

Government assisted program for seniors 65+ on low income
Free Lift Chair
Free custom-made orthotics
Free Foot Assessment
Mobile service (in Calgary)
Lifetime warranty on our orthotics.
Call CBC Foot Products
Bay 8 6320 11 St SE
403-259-2474
To see if you qualify
Mention this CBC5689 code for your **Free** gift

Shoprider, Sovereign Model 888-4 mobility scooter for sale for \$900. Incl 2 chargers & 2 carrying baskets. Burgundy color. Barely used. Pls call Steve 403-836 4245

Quantum 600 Power Chair - Pronto M91. Seat size 14" x 18", very good cond, used mostly indoors. Asking \$3,000. (battery charger incl) Pls contact stjohnscsl@shaw.ca or Pat at 403-835-7519

20 Home Maintenance

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

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

Boy with Toolbox
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Chris 403-827-8617

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Londonderry Painting
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24 Landscaping

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26 Services

ABC Moving - Sr discount
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New to or frustrated with computers & other technologies?
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In Calgary & Airdrie.

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Mobile Notary. We come to you. "Notary On The Way"
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Discount for Kerby members

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30 For Sale

Eden Brook Memorial Gardens & Funeral Home, S.W. 2 plots side by side, incl plot marker, a rarity in Serenity Gardens located on the front knoll. Plot 1708, Grade 2/3 with lake & water fountain; Pine Ridge golf course & mountain views. Pls call 403-686-7732 to view location or more info.
Funeral Plot - \$4000. OBO. 1 casket/2 urns or just 3 urns. Mt View: Gdn of Devotion. Elaine 403-263-4525 ext 259

33 Wanted

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

Buying used firearms
Single or complete
Collections
Call: 403-291-4202

45 For Rent

1 Bd, 1 Bath + Den. Main flr condo in Somerset for +55 Active Senior Living. Bright open floor plan. Over looks the courtyard/pond. Mthly rent \$1350. incl; gas, electric, water & condo fees. 733 sq ft A perfect community for anyone looking to downsize. Dining & leisure opportunities avail. Parking stall incl. Sorry no pets. Avail Dec. Ph: 403-880-6303

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

Reminder:
Kerby News
Classified Deadlines
February issue - Jan 13
Mar issue - Feb 10

45 Real Estate

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Wishing all our members, readers, and advertisers

A very Merry Christmas and A Happy New Year



Seniors Scene

South Fish Creek 50+ Club

The South Fish Creek Club is a 50+ club focusing on activities for seniors. This club is located in the Flames Room on the second floor of the Cardel Rec Center at 100 333 Shawville Blvd. SE. The club meets every Friday from 8:30 a.m. to 11:30 a.m. with a drop-in fee of \$2.00. We play board games, cards, have coffee and snacks, attend Stage West and in the past, have played bingo, hosted potlucks and booked a bus to go to the Grey Eagle Casino. This past year our numbers have dwindled due to some members moving, others aging, etc, and consequently because of the fewer numbers not all the activities were offered. We are anxious to keep this group very active and are looking for new members to join and bring with them new ideas for our club. If you are interested in joining please contact 403-541-0699.

Good Companions 50+ Club

Join us for our Lunch Bunch Speaker Series on Dec. 2 at 12:00 p.m., when WP Puppet Theatre will be presenting. Tickets are only \$7.00 which includes soup, sandwich and dessert. Our Christmas Social Supper is on Dec. 3 with Happy Hour starting at 4:30 pm with a traditional Holiday dinner to follow and entertainment and dancing with "Pure Country."

Tickets are just \$20 for Members and \$22 for Non-members. Come and see what we're all about at our Annual Open House on Friday Dec. 13th from

1:00 - 3:00 p.m. Bring a friend and enjoy a tour with complimentary snacks, hot chocolate and apple cider! A presentation on our activities for 2020 begins at 1:00 p.m. We are located at 2609 19th Ave. SW or call us at 403-249-6991.

Greater Forest Lawn 55+ Society

Five Star Bingo held at 4980 25 St. SE on Dec. 5. Call 403-428-8334 for more information.

Sentimental Journey Alberta Park Breakfast, Dec. 19, 9:00 a.m. to 10:30 a.m. Entry by donation.

New Year's Eve Buffet and Dance – For Olde Tyme Sake. Members, \$40. Non-members, \$45. Reserved seating. Happy hour begins at 6:00 p.m. Supper at 7:00 p.m.

Call 403-272-4661 for more information.

Open Door Seniors 55+

Celebrate the season by joining us for one of the many daily activities offered Monday to Friday, 9:30 a.m. - 3:30p.m.: bridge, mahjong, cribbage, pickleball, ping pong, chair yoga, line dancing, art, music appreciation, movie matinees, and more. Annual 2020 membership fee \$25, plus \$2 drop-in fees. Located in the lower level of 1307 4 Street SW (wheelchair accessible). For more info, call the office at (403) 269-7900.

Afternoon Ballroom Dance

Featuring the "Kerby Sensations" live band playing Jazz and Swing era music plus latin, Waltzes, and Popular Country and

Western songs.

New time: Wednesday afternoons from 12:30 p.m. to 2:45 p.m. in the cafeteria.

Everyone is welcome. Join us! ▲

SUDOKU ANSWER

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IN MEMORIAM

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

Bart Ryskamp
Cecil Scott
Dorothea Wathen
K. Hugh Ham
Kenneth Carlin
Mary (Elaine) Stoicoiu
Maureen Wills
Naureen Raffa
Phillip (Phil) Lindsay
Edwin Macphail
Shirley Ann Sibley
Vera Kalmakoff
William Guy Newberry

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.



CROSSWORD SOLUTION

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FOR AD INFO or TO BOOK AN AD CALL

Jerry Jonasson
JerryJ@kerbycentre.com
or 403-705-3238

David Young
DavidY@kerbycentre.com
or 403-705-3240

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Website: www.HandyHelpersCalgary.ca



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Right Home Right Time Right Place

Bethany is a leading provider of the **full spectrum of housing and care options** for seniors and adults with disabilities in central and southern Alberta. We offer the right home at the right time in the right place.

Affordable Housing for Seniors

Riverview Village, located in the area of Dover, in a well-maintained park-like setting close to many amenities, including churches and shopping. We offer affordable rental suites for independent seniors. Riverview Village is comprised of three unique buildings.

- Wilkinson House offers studio and one-bedroom suites for adults 55+
- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one-bedroom and two-bedroom suites that feature high ceilings and large windows with panoramic views of the city and mountains

We are pleased to offer a new affordable meal service that offers delicious foods, made with fresh local ingredients and prepared according to your dietary requirements. Meals are pre-ordered and delivered to your doorstep.

A New Lease on Life!

Sundance on the Green is a community for independent seniors who enjoy active living. Enjoy a spacious suite through our Life Lease program. Purchase your Life Lease, offering peace-of-mind with a guaranteed buy-back. Contact us for details!

Our Life Lease provides a 90-day buy-back of the lease agreement - no lawyers, no realtors, we do the hard work, so you don't have to!

Amenities include:

- Spacious open-concept suites, from 800 to 1,200 square feet
- Lake access for all residents
- Shopping, restaurants, and the Lake Sundance recreation area nearby

EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES

Riverview Village Affordable Housing

2945 26 Ave SE, Calgary
403.272.8615

CALL FOR MORE INFORMATION
OR TO BOOK A TOUR

Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary
403.254.9800

WEDNESDAY, DECEMBER 4 & 18
10AM to 3PM

Discover your new home today at
BethanySeniors.com

