

Kerby News

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Kerby Centre

for the **55** plus

“The most read publication for the 55+
in Calgary and Southern Alberta”

2019
February
Volume 35 #2

Talking soul to sole with a tap legend

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Tap legend, Brenda Bufalino. (Photo credit Lois Greenfield)



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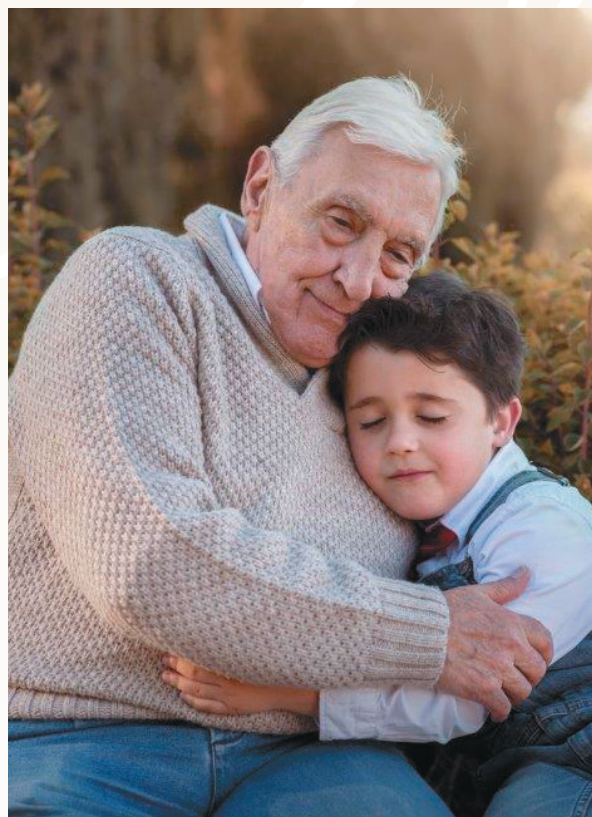
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By ZANE NOVAK
President of Kerby Centre

Break up the long winter by getting out and trying something new

Here we are in February already. Winter is slowly slipping away from us and I do not mind looking forward to warmer times. I know that many Calgarians love winter for the skiing opportunities as we live next door to so many world class ski venues. I for one, have wrecked my knees too many times to enjoy it the way I used to.

For those of you readers who still get out and enjoy the winter by downhill or cross country skiing, or doing some snowshoeing, we really are heading into some of the best times for it. Warmer weather, longer days all make for great options for outdoor winter activities.

I still try to head out with a group of friends on the Family Day long weekend to go snowshoeing in the mountains. Whatever it is, I hope that you are able to get out some in February.

I was very fortunate to get away for a trip in January, that really broke up the winter for me. I went with my daughter Karmia and a few of our friends to Anaheim, San Diego and Los Angeles. We jammed a lot into a few days:

Disneyworld, California Adventure, Huntington Beach, Hollywood, Universal Studios, a tour of Paramount Studios and Santa Monica.

I was also privileged to get to try my hand at something new, by sailing my friend's catamaran in the San Diego Harbour. We sailed within a few feet of several US Navy aircraft carriers and I successfully helmed the boat under the Coronado Bridge.

I learned a lot about tacking into the wind. Interesting how a person can make forward progress into an oncoming head wind. Knowledge of physics is very helpful – what an amazing day. I can see how a person could fall in love with sailing, until you hit rough seas, then

it would be a very different experience. I have a lot of respect for sailors. Sailing is not for everyone.

If skiing and snowshoeing or a winter vacation away, is not high on your list, don't forget that we always have a lot going on at Kerby Centre.

This month, Valentine's Day will be a big hit. We always have fun activities at that time. We are also celebrating the Chinese Lunar New Year with a lunch featuring traditional Chinese music, dancing and demonstrations.

Whatever you enjoy, there is always a lot to see and do at Kerby Centre. Come and try your hand at something new. You never know what will take your fancy. ▲

February 2019

KERBY CENTRE'S MISSION:

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

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Practice kindness to stop bullying



By LUANNE WHITMARSH
CEO of Kerby Centre

On February 27 we acknowledge Pink Shirt Day where we encourage everyone to practice kindness and to wear pink to symbolize

that you do not tolerate bullying.

Pink Shirt Day originated in Canada in 2007 and is now a movement celebrated around the world. The day started when two ninth-grade students in Nova Scotia, David Shepherd and Travis Price, took a stand against homophobic bullying after a fellow student was harassed and threatened for wearing pink.

Their single act of kindness has gone on to inspire thousands of kind acts by people everywhere.

There are many forms of bullying, up to and including, elder abuse. No form of bullying is acceptable. We all must take a stand.

Through childhood, school, university, family, and aging there are many times in someone's life where a person may have experienced being bullied or of being the bully.

This month I encourage you to think about bullying and put a stop to it. If you are a victim of bullying please reach out to the Kerby Shelter for help. Call the Elder Abuse Resource Line on 403-705-3250. You deserve peace and safety! Be well. Be safe. Keep engaged!

"It's okay to dislike someone, or even dislike someone for no reason. But it's not okay to disrespect, degrade, and humiliate that person." Anonymous. ▲

Kindness may net a charitable donation tax credit

If you donated to a registered Canadian charity or other qualified donee that gives official donation receipts, you may be eligible for a charitable donation tax credit that reduces the amount of tax you may owe to the Canada Revenue Agency (CRA).

Calculate your charitable donation tax credit by figuring out the eligible amount of your charitable donations. Then decide how much you want to claim. In any one tax year, you can claim the following:

- donations you made by December 31 of that year.
- any unclaimed donations you made in the last five years, or the last

donation tax credit

10 years where the donation was a gift of ecologically sensitive land.

- any unclaimed donations your spouse or common-law partner made during the year or in the last five years, or the last 10 years where the donation was a gift of ecologically sensitive land made after February 10, 2014.

Once you have determined the amount to claim, enter this amount on your income tax and benefit return. Make sure you keep your official donation receipts for six years after the end of the tax year you made a claim

in, in case the CRA asks to see them. If you did your taxes late, keep your receipts for six years from the date you submitted your return.

You need an official receipt to claim a charitable donation tax credit. You can get an official donation receipt from a registered charity.

Donations of property, including cash, goods, land, and listed securities to a registered charity or other qualified donee may be eligible for a charitable donation tax credit.

For more information on charities and donations, search charities and giving on the www.canada.ca website ▲



Life and liberty
BY LIBERTY FORREST

How to cope when the wheels come off

What do you do when life throws too much at you all at once? Do the wheels come off sending you careening off the road and landing you in the ditch? Do you

smash head first into the nearest tree? Or even worse, do you veer straight into oncoming traffic, taking out a few other people in the process?

I've been down those roads myself so I know how easy it is for any of those scenarios to unfold. And I can attest to how miserable they are, to say the least, and to how absolutely, impossibly destructive they are. So what do you do instead? Well, the trick is to find a detour so you can get off those roads as soon as possible.

The first and most important step is to STOP. Just...stop...whatever you're doing, however you're feeling, whatever your reaction, just stop.

Stop reacting. Stop fretting. Stop freaking out. And definitely stop taking it out on innocent bystanders. Take a big, deep breath in, count to five, and let it out slo-o-o-owly.

Once you've done a few of these and you're not tearing off heads or acting like a crazy person, start changing your thoughts. "I can't!" you shout. "I have no control over what goes on in my head!" you add in frustration.

Oh, but you are wrong about that. There are few things in life that we can actually control, but your thoughts are definitely at the top of the list.

"I don't know how!" you pout, a tad petulantly or perhaps even resentfully.

Okay, well, you're about to learn how to do it and it's really quite simple. You do it

one thought at a time.

Wait! Before you throw rocks at my house, let's back up a bit and start at the beginning.

Chances are that when the wheels come off, you're thinking about all the worst things that could happen, all the what-ifs, or the if-on-lys. Such thoughts produce anxiety, fear and depression. They can leave you feeling hopeless. The result is that you're overwhelmed and feeling like it's all too much. It's pretty tough to find answers or solutions in such a state as that, and nearly impossible to find good ones.

What you're feeling is always going to be directly related to what you're thinking. If you change your thoughts, you will change your feelings. And it can happen very quickly, and the more often you practice, the more quickly it happens.

You might want to argue at this point and tell me that you have legitimate worries and reasons to be stressing. I would argue back that you have legitimate issues that need to be handled, but you've always got the choice to feel stressed, or not. "Stress" is not the events and circumstances of your life. Stress is your response to them. You can choose to respond with frantic, anxious, pressured thoughts, which will definitely send you into a state of feeling stressed and anxious.

Or you can choose to tell yourself that sure, you've got a lot on your plate, but

you'll tackle everything one situation at a time and you know you'll figure it out. Now, isn't that a whole different energy?

So in truth, stress is only a perception. It does not have to be part of your reality unless you choose it. A simple shift in your perspective can take you from feeling stressed and overwhelmed, to feeling calm and in control. If you believe you're stressed, you're stressed. If you believe you can cope, you will cope. And you'll do it feeling a whole lot more relaxed, comfortable and at ease.

A simple but powerful tool that can help you in virtually any difficult situation is to practice mindfulness. To be mindful is to focus on this moment right here, right now. Staying in the present keeps you from worrying about the past or the future. The past exists only in your mind. The future never comes because we're always in the present.

Close your eyes. Focus only on your breath and on what you notice in your body and in your environment. As soon as any other thoughts enter your head, just acknowledge them and let them go, just as if they drift out an open window in your mind. Refocus your attention on what you can feel, hear or smell in this moment. You cannot turn off thoughts, so don't beat yourself up for having them or you'll just create more. Simply keep letting go of them and refocusing.

It's kind of like walking down a road with a small child who keeps wandering off the path and into the grassy meadows on each side. You just have to keep gently bringing that child back to the path and continuing to move ahead one step at a time.

This isn't difficult, it just takes some practice. Once you get the hang of it, you can use this fantastic little tool any time you find yourself feeling overwhelmed. The more you do it, the easier and more beneficial it becomes.

Don't forget to make time to nurture yourself. Long walks, hot baths, favourite books, naps, lunch with a friend. Do whatever feeds your soul. It will help to restore balance and harmony amidst the bumpy bits of life. And it'll keep you from trashing relationships right along with your reputation. ▲

Volunteer Spotlight



Dawn Sharpe

Dawn is a very helpful and dedicated volunteer. He has been volunteering at Kerby Centre for more than 12 years in our Kerby News department. Dawn likes volunteering because he enjoys the pleasant company of the staff and other volunteers. He devotes his time to bee keeping, vegetable gardening in ground and in a large greenhouse from March to November each year, and enjoys travelling with his wife Susan.

Dawn has already contributed more than **356** volunteer hours.

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



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News from City Hall

BY EVAN WOOLLEY

Calgary Councillor for Ward 8

Come celebrate Family Day with a free family swim or skate

In lieu of a column this month I want to invite you to attend Family Day activities.

Family Day is on Monday, February 18, 2019. I encourage you to spend it with your loved ones and take advantage of the many free recreation opportunities at City of Calgary facilities.

Here are a few great options:

- Drop-in for a free swim from 1 - 2:30 p.m. or 3 - 4:30 p.m. at Bob Bahan Aquatic & Fitness Centre, Canyon Meadows Aquatic & Fitness Centre, Killarney Aquatic & Recreation Centre, Shouldice

Aquatic Centre and Thornhill Aquatic & Fitness Centre.

- Enjoy a free skate from 1 - 2:15 p.m. at Ernie Starr Arena, Frank McCool Arena, Murray Copot Arena, Optimist/George Blundun Arenas, Rose Kohn/

Jimmie Condon Arenas, Shouldice Arena, Stew Hendry/Henry Viney Arenas and Stu Peppard Arena.

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



This month in Edmonton

KATHLEEN GANLEY

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

Growth and change for the benefit of all

While an Alberta winter can give the impression that many things remain firmly frozen in place, the province's spaces and economic opportunities are continuing to grow and change for the benefit of all.

I'm always glad to see so many Albertans taking advantage of the province's world-renowned parks and trails year-round.

In December, the Government of Alberta announced new provincial funding for trails, specifically for the 12 projects included in The Great Trail (formerly the Trans Canada Trail). The Great Trail stretches across 24,000 kilometers nationwide, with 3000 kilometers here in Alberta.

The new \$1.93 million in funding for the trails will be managed by Alberta TrailNet,

a non-profit organization that represents the province for The Great Trail. The Alberta government has invested almost \$10 million in The Great Trail to date. Improvements to the trail will include enhancing the existing trail and adding bridges and signage, which will aid hikers, skiers, and outdoor enthusiasts.

In southern Alberta, five wind projects will partner private companies with First Nations to invest approximately \$1.2 billion in renewable energy in Alberta. These projects are made possible through the Alberta government's Renewable Electricity Program, and will create about 1,000 jobs and generate about 760 megawatts of affordable renewable electricity; enough to power almost 300,000

homes.

Shannon Phillips, Minister of Environment and Parks, said: "These major private investments in southern Alberta wind projects also bring important professional service opportunities to downtown Calgary and new economic opportunities for Indigenous communities, making it a win-win for all Albertans." Support for the Renewable Electricity Program is made possible by reinvesting revenues from carbon pricing under the Climate Leadership Plan.

In downtown Calgary, the province is extending the Calgary Rivers District Community Revitalization Levy (CRL) to allow for the expansion of the BMO Centre (which will double the current size of the facility)

and millions in infrastructure upgrades to East Victoria Park. This Alberta government investment will create 2,250 jobs and contribute \$223 million annually to Alberta's economy. To learn more about CRL, please visit: www.alberta.ca/community-revitalization-levy.aspx.

As always, I'm happy to hear from constituents. If you have feedback to offer, please contact my constituency office: Calgary.Buffalo@assembly.ab.ca

As always, I'm happy to hear from constituents. If you have feedback to offer, please contact my constituency office:

Calgary.Buffalo@assembly.ab.ca. Telephone 403-244-7737
Mail to: Unit 130, 1177 11 Ave S.W. Calgary, AB, T2R 1K9 ▲



This month in Ottawa

KENT HEHR

Kent Hehr
Member of Parliament for Calgary Centre

New Accessible Canada Act eliminates barriers for Canadians with disabilities

In 1991, I was the victim of a random act of gun violence and became a C5 quadriplegic. My life changed forever, and I got to see firsthand the everyday issues that Canadians with disabilities face – including tasks as ordinary as going to the bank to deposit a cheque.

Since entering politics 12 years ago, it has been my goal to help Canada become a community where people with disabilities reach their individual potential and are recognized as valued citizens.

That is why I am so proud of the federal government's new Accessible Canada Act, the most significant piece of legislation for the rights of persons with disabilities in over 30 years. The Act will benefit all Canadians, but particularly the 14 per cent of Canadians who have physical or mental disabilities, including many seniors.

The Accessible Canada Act will ensure that federally-regulated buildings and services are accessible to seniors

and persons with disabilities. This includes federal government departments, Crown corporations, banks, airports and more.

This is a comprehensive piece of legislation that will fundamentally make things easier for people with disabilities across the country. It will open up more employment opportunities, through more equal workplace policies and practices.

Plus, it legally requires that there be opportunities for peo-

ple with disabilities to participate in decision-making that directly impacts their lives.

The Accessible Canada Act represents a huge step forward in knocking down the barriers faced by too many Canadians with disabilities, and I am proud to have been a part of it.

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

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

Canada receives three Oscar nominations for animated short films

Canada is dominating the Oscar animated short film category, with three Oscar nominations.

The National Film Board of Canada (NFB) has just received its 75th Academy Award nomination for the

animated short film *Animal Behaviour*, taking us inside a group therapy session for animals who grapple with issues not unlike our own.

This is the fourth Oscar nomination for husband-and-wife team Alison Snowden

and David Fine. Twenty-four years ago, the award winning duo received the Academy Award for Best Animated Short for *Bob's Birthday*.

Canadian director Domee Shi has been nominated for her film *Bao*, about an emp-

ty nester granted a second chance at parenthood when one of her dumplings comes to life.

The final nominee is Canadian director Trevor Jimenez for his film *Week-ends*, about a young boy shuffling between the homes of his recently divorced par-

ents in 1980s Toronto,

NFB is bringing Canadians into the Oscar celebrations with two weeks of free streaming of *Animal Behaviour*, from February 11 to 24.

The 91st Academy Awards will take place Sunday, February 24, 2019. ▲



BY BARBARA ELLIS

Two sisters sail together one last time

I was flipping through one of my travel albums, as I often do, when I turned the page to a truly memorable day. I was in Sydney, Australia, on February 24, 2008, on the day when two queens met for the first and last time. Ships have a life, and while most of them sail the oceans in relative obscurity, there are a few who leave an indelible memory not only on history, but on people's lives.

It was a beautiful sunny day with only a few puffy clouds in the sky. When Jan and I got off the train and walked toward the water's edge, we could feel the excitement of the people around us. Opposite us at Circular Quay, the Queen Victoria im-

mediately commanded our attention. She had arrived two days earlier to much fanfare and in fact, everywhere she had been she was given a great welcome.

When she left Melbourne, not only did they welcome her with pomp and circumstance, but they gave her a fireworks sendoff as well. We could see people moving about on her decks positioning themselves for the best possible view of the festivities to come.

To our right, we could make out the Queen Elizabeth II tied up at the Garden Island wharf, somewhat hidden by the trees and the curvature of the bay. Queen Elizabeth christened her namesake in 1967 at Southampton, England. The ship's illustrious career had lasted 39 years, and even included being a troop transporter. During the Falkland War she ferried over 4,000 fighting men from England to the deep southern

oceans. As I looked, a sadness came over me because I knew that this was her final voyage. She was destined to become a floating hotel in Dubai.

We decided to walk up onto the Harbour Bridge for a better vantage point, because just as everyone there, we did not want to miss one single moment of the festivities to come. Many other people had the same idea and the bridge was almost as crowded as the shore below us. The air was electric with excitement.

Below, we could see hundreds of small boats milling about in the harbour and making it extremely difficult for the ferries to get around. There were news helicopters in the air trying to get the best shot for the evening news. Sydney may be a big city but even so, this was a once in a lifetime occurrence and the people knew it.

At six in the evening, things began to stir and then everything moved very quickly. Several police boats sailed into view and immediately began to usher the small boats out of the way thus clearing a wide path in the middle

of the harbour. Then four tugs sailed below us heading for Queen Elizabeth, to help her move away from her berth.

With utmost care they gently guided her toward the inner harbour. While that was going on, Queen Victoria began to back up. It was quite a sight, such a huge ship, moving on her own without the aid of tugs, backing up.

When she reached a certain point, she stopped and began to pivot, positioning her bow toward the north, the exit from the harbour. Next came the harbour master, positioning herself in front of Queen Victoria. By this time Queen Elizabeth had been pushed into the main traffic flow with her bow facing south.

All of a sudden the harbour master let lose her six huge water hoses and they began to shoot water high into the air. As she began to move, Queen Victoria blew her horn, startling us by its loudness. Then Queen Elizabeth returned the salute and slowly the two Queens began to move toward one another.

As they neared each other, they began to blow

their horns in unison, then in short bursts until they had literally passed each other.

As Queen Victoria slowly moved toward the Heads, hundreds of small boats came out of hiding. They had been shunted to the side by the police boats, but now it was their turn to put on a show. They began to make noise with their own horns. From both sides of the harbour, we heard bells ringing and factory whistles blowing and people shouting and whistling. What a cacophony of sound!

As the distance between them grew, the small vessels took up positions behind Queen Victoria and accompanied her out of the harbour, while Queen Elizabeth was gently nudged next to her berth.

It was an incredible scene and one that brought tears to my eyes. I felt very privileged to have witnessed such a historic event. One queen beginning her life on the seas, as the other queen moved off toward her final destination, and ending her life on the seas. ▲



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Re: A manual for the modern traveller

I really enjoyed reading the article on airplane travel written by Mansoor Ladha. Unfortunately for travellers, all of what he wrote is quite true. Long line-ups, security checks (what a pain), and the inconsiderate passenger seated behind you who likes to kick your seat! How annoying! Of course there is also the inconsiderate passenger seated in front of you who leaves his seat so far back that his head is almost in your lap. I have experienced all of what he had written.

On a flight from Sydney, Australia to Los Angeles, CA, I had the misfortune of having one of these inconsiderate passengers in the seat in front of me. His seat was already pushed back as far as it would go before I even got to my assigned seat. Yes, he had to put it forward for take-off, but as soon as we were in the air, back went the seat for the whole flight. And believe me, it is a very long flight from Australia to the USA! I felt squished and almost was afraid to move. When finally I did shift position, I bumped the man in front. Boy, the language that came out of his mouth is unprintable! I wonder what he would have said if I had dumped my meal on him!

So far, I have always found a spot in the overhead compartment for my luggage but I realize that some passengers do not. Very frustrating indeed.

As Mr. Ladha wrote in his article, as soon as the pla-

ne's engines are switched off, people are crowding the aisle to get their luggage and be first off the plane. These are the same people, no doubt, who want to be the first to board, want the best seat and want to be the first off the plane. Why? They just have to stand at the carousel to wait for their luggage so why not wait on the plane? That is what I do. My husband is standing in the aisle, but I remain seated until the plane is nearly empty then I deplane. By then I can simply walk off, no one in the way. As I asked, what is the rush? As one of the last people off the plane no one's luggage is yet on the carousel. Might as well be comfortable and stay seated!

Mr. Ladha's writing was so very amusing and so very true that I had to chuckle while reading it! It made my day!

Barbara Jean Moore
Calgary, AB

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You for my spouse, a rattlesnake.
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Or evermore 'twould prove a sting.

A valentine and its not so sweet message from the 1870s.

By Sheila Addiscott

Saint Valentine's Day hasn't always been a romantic holiday full of sweetness, love, chocolates and roses. From the 1840s, people also used Valentine's Day as an opportunity to tell individuals in their lives how they really felt, by buying and sending a valentine of a more acidic nature, a vinegar valentine.

Vinegar valentines were a type of insulting card popular in North America and Britain until the 1940s. The cards were printed on one side, on thin single sheets of paper. They were usually decorated with an insulting cartoon figure and an offensive rhyme.

Millions of vinegar valentines over the years were sent to unwanted admirers and lovers of both sexes, not only firmly rejecting a suitor's advances, they were also often rude and offensive. Unlike Valentine's cards, however, vinegar valentines were also sent to neighbours, coworkers and, well, anybody who the sender wanted to call to task or insult.

Principal Lecturer at the University of Brighton, Dr. Annabella Pollen, researched and wrote a paper on the mocking valentine cards. Pollen said: "These cards were a type of social control. Each card was designed to highlight a particular social ill, from poor manners and hygiene to pretentiousness and alcoholism, sometimes with astonishing cruelty."

"Whether teasing and winking in their gentler aspects, or kicking and wounding in their fiercer forms, insulting valentines acted not only to affect the recipient, but also, as a wider practice, to police social norms. Through mocking, chiding and shaming, to a greater or lesser extent, such cards employed laughter as a weapon. As such, for all their purported comical intent, these cards critiqued behaviour that deviated from social norms," she added.

The women's suffragette movement in the early 20th century was one of the targets of the mocking cards, until women got the right to vote. Many of these were sent by women to other women chiding them for preaching about voting and highlighting their unwillingness to cook and look after their men.

Some gently teasing Valentines, might raise a kno-



Source: Royal Pavilion and Museums, Brighton & Hove.

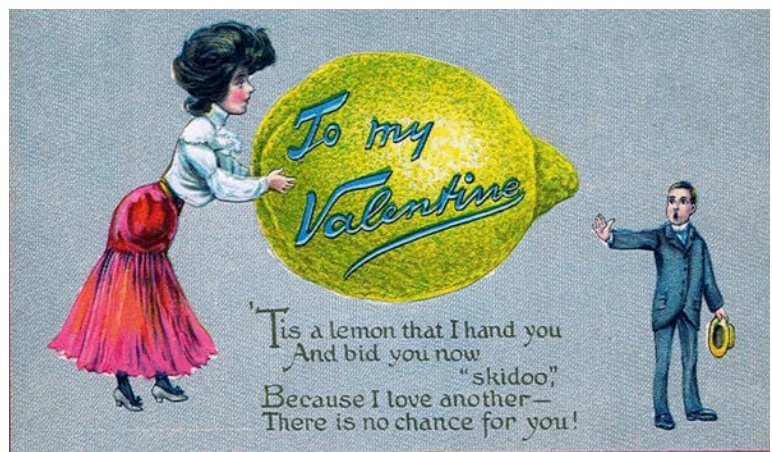
wing smile or wry grin. However, those with vindictive and cruel messages accusing the beneficiary of infidelity or being a drunk would probably not incite laughter on the recipient's side.

In the days before stamps, the receiver of a letter, not the sender, paid for the postage. To add insult to injury, the recipient would find themselves having to pay for the pleasure of being insulted.

As Valentine's are tradi-

tionally sent anonymously, the unfortunate victim would also not even know who had sent the spiteful message.

Fortunately, or not, the heart shaped lacy Valentines survived into this century, whereas their heartless counterparts did not. If you are feeling sad that you will not get a Valentine's card this year, remember, getting the wrong kind of Valentine could be much, much worse.



A Canadian example of a vinegar valentine.



An anti-suffragette valentine.

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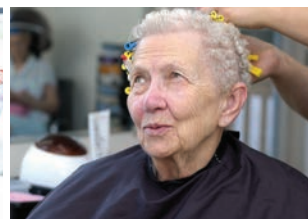
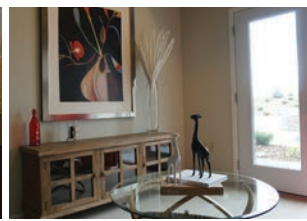
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February winter gardening inside and outside

by Deborah Maier

February is the month when the gardener's heart starts to beat a little faster in anticipation of the gardening season.

As gardeners, we're also excited because the seed orders we placed in January are arriving. The sun is noticeable higher in the sky, meaning that there is more ambient and direct light through the windows into our homes, stimulating growth in our houseplants. February is when we can become active plant nurturers again.

There are some seeds that may be started under grow lights in late January, such as petunias, impatiens or geraniums, but they must wait six to eight weeks before being planted outside.

Since plants are actively growing, particularly around mid-February, it's time to return to full-strength fertilizing. Use a 20-20-20 fertilizer for most indoor plants. The soil needs to be moist for the plant to absorb the nutrients, so fertilizing as you water is recommended. For cactus use a dry slow-release fertilizer, that will release nutrients every time a cactus is watered.

Regardless of which fertilizer you use, be sure to follow the product directions.

To ensure that houseplants make the most of the improved sunlight, remove dust from their leaves. Firm-leaved plants such as snake plants (*Sansevieria*) may be cleaned by wiping the surface with a micro-fibre cloth.

For delicate-leaved plants such as ferns, you can use a paint brush. A micro-fibre dusting wand can be used for all plants. Removing the dust ensures the sunlight directly contacts the leaves, which is required for photosynthesis, the way a plant makes its food from the water, soil and air.

Dusting also provides an opportunity to take a moment to look at a plant's health. Check that the leaves are lush and green. Take time to snip off any brown leaves. Lift the plant to see if roots are coming out the bottom of the pot. The end of February and the beginning of March is a great time to repot root-bound plants.

Take time to clean pot saucers by giving them a good wash. Moulds may grow on a saucer's damp surface and provide a food source for indoor plant pests

such as peat gnats. If you find peat gnats in your plant, place a sticky insect catcher in pots to capture the gnats before they become real pests.

Outdoor garden plants can use a little care too. February is one of Calgary's snowiest months. It's also a month with significant temperature fluctuations due to chinooks. Temperatures rapidly rising to 10 degrees Celsius or higher, may be interpreted as the onset of spring by plants. To keep perennials dormant until true spring arrives, snow farm.

Every time it snows, while the snow is fresh and fluffy, sweep or shovel it from the walkway and driveway onto the perennial bed to provide an insulating layer from warm air.

Placing snow onto garden beds, around trees and onto lawns, not only ensures clear walkways and roadways, as the snow melts it provides moisture for our trees, especially evergreens which will take up moisture whenever it is available throughout the winter.

Keeping the snow from our driveways allows the moisture to be added to the soil instead having it go into



Place the snow on and around plants to encourage dormancy and provide moisture when the snow melts. Photo by D. Maier.

the storm drain. If you're concerned about salt from the walkway being added to the garden, switch to a grit such as zeolite and clear the walkways before the snow gets trampled and turned into ice.

Whether we're snug in our homes on a stormy February day or encouraged outside on a balmy one, we can turn our thoughts to garden planning in preparation for the busy gardening season ahead.

Open your garden journal and review your notes or look at the pictures of your garden from last summer. Sketch a plan for what needs to be done this spring. Look at what grew well.

Consider if there is something new that you would like to try to grow. Then think about what you would

like to improve and how you are going to accomplish that.

Gardening is a great fitness activity, but we may not be up to the gardening marathons of our youth and may need to recruit some help. It's easier to find helpers if you know exactly what you want done and when. Be sure to ask for help early, as some things are best done in spring while the ground is soft, which is a very short season in Calgary. If you plan on hiring someone, don't delay, as many professionals book up as soon as spring appears imminent.

Another February gardening activity is to attend talks and events on gardening. Check out the Calgary Home and Garden show and the Calgary Horticultural Society at www.calhort.org. ▲

Don't be a fool for love

by Sheila Addiscott

Looking for love? Don't get fooled by a sweetheart scam. Lonely people are targets for romance scams.

Sometimes strangers meet, and it is real friendship and love that they find. But, sometimes one of the partners isn't honest, and they are looking for a victim to try to steal not only their money, but also their identity.

Detective Matt Frederiksen

of the Calgary Police Service Fraud Team wants seniors, to protect themselves from romance scams.

"Despite the many legitimate dating websites operating in Canada, there are romance scammers who utilize legitimate platforms to target potential victims. These scammers try to quickly gain the affection and trust of people they don't know, often making promises and false claims of love,"

said Frederiksen.

If you are online dating, do your research and make sure that the person you are talking to is real. Put their name in Google, and see if you can figure out whether they are who they say they are.

Many scammers steal photos from real profiles. To check if the photos are real you can do a reverse image lookup using www.images.google.com to see if the photos on a profile are stolen from somewhere else.

Once on Google images, click the camera icon and paste or upload the image. The results will show other pages with the same image. You can also search online using a name, email address, or phone number to see if the person is telling the truth.

If you are going on dates in person, tell someone where you are going and who you are meeting up with. For a first meeting, always meet in a public place.

To start with, split the bills. A prospective partner may try to seem very generous and offer to pay for everything on early dates, and as time passes, start to 'forget' their wallet/purse, leaving you on the hook for the bill.

If it looks too good, it probably is too good to be true. Romantic scammers can be very affectionate, have great looking pictures and are happy to talk about how much money they have. They use emotional manipulation, like talking about love and trust, and how they have never felt this way about anyone else before. They can act fast, but can also take months to build up trust. Eventually, in some indirect way, they all get around to asking for money.

Sometimes, an online scammer will pretend to be working overseas or in the military, or visiting family in another country. They start out being charming, sending photos and romantic messages, to build up a fake online relationship. Then, when the relationship seems to be getting serious, and they have convinced their victim that they are in love with them, they will start talking about wanting to visit. However, obstacles will appear to prevent the visit.

They will go on to make excuses for cancelled and post-poned visits. They will present apologies tied up with explanations about a family emergency or a health is-

sue that they don't have the money to pay for. There are many versions of these hard luck tales that they tell, but they all have only one motive, to get the victim to send them money.

Protect yourself and never send money or personal information to someone that you have never met. If you suspect that someone is a scammer, report them to the dating site and to police. These are crimes and scamming is illegal.

The Alberta RCMP state that men and women over the age of 50 comprise the most common age group targeted by romance scams as they have more financial assets. Unfortunately, older people also don't have the opportunity to recover from the losses.

"The key message here is if you feel uncertain, worried or pressured about a situation, take the time to talk it over with someone you trust. Trust your gut feeling," added Friederiksen

If you believe you or someone you know has been a victim of an online dating scam, report it to your local police or contact the Canadian Anti-Fraud Centre at 1-888-495-8501. ▲



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Reclaiming the man from the legend

By Sheila Addiscott

Calgary born writer and director, Cheryl Foggo, has set out to understand the legend of black cowboy, John Ware, and separate fact from fiction in her new National Film Board film, *John Ware Reclaimed*.

February is black history month, where we celebrate the contributions of people of African and Caribbean descent in our province. John Ware is an Alberta folk hero who was born into

slavery in South Carolina. After the American civil war, he became a free man and learned all the skills you need to become a cowboy.

Ware came to Alberta in 1882, driving cattle up from the United States. In John Ware's day, there were very few black people in Alberta. He decided to stay and became a well-respected figure in the province's ranching history, bridging the racial gap at that time due to his hard work and remarkable cowboy skills. His ability to ride and train

horses has become the stuff of legend.

Stories are told of Ware's immense strength, his ability to wrestle a steer to the ground and walk over the backs of penned steers without fear. Stories are also told of his kindness, willingness to help his neighbours and of the innovative farming techniques he used on his ranches.

It is fitting that Cheryl Foggo is writing and filming the story of John Ware, as Foggo's great grandparents were among more than 100 black settlers also fleeing racism and looking for a better life on the prairies, living at one time in the black community of Amber Valley, located 170 kms north of Edmonton.

Foggo grew up in Calgary and was very much in love with the western cowboy and cowgirl history. But, as a person of African descent, she never saw herself reflected in any narratives about that history, and she didn't think there was a place for her in the world of cowboys and horses.

"One day, when I was 11 years old, my brother, Richard, went to the Glenbow Museum on a school trip. He came home bursting with the news that John Ware was black. Both of us had heard of John in connection with cowboy history, because we were both cowboy fanatics, but we didn't know that he was black, until that moment," she said.

"We had seen and read all the cowboy movies and books and hadn't seen ourselves reflected there, so that was a really important moment for me."

Discovering the history of John Ware allowed Foggo to embrace the fullness of her western heritage as well as her heritage as a person of African descent.

"John Ware was the first person I started researching as I got older, when I knew that I wanted to write about black western Canadian history. That was my inspiration for the film, my love for him and his story," she said.

Many older people are connected to ranchers who knew John Ware.

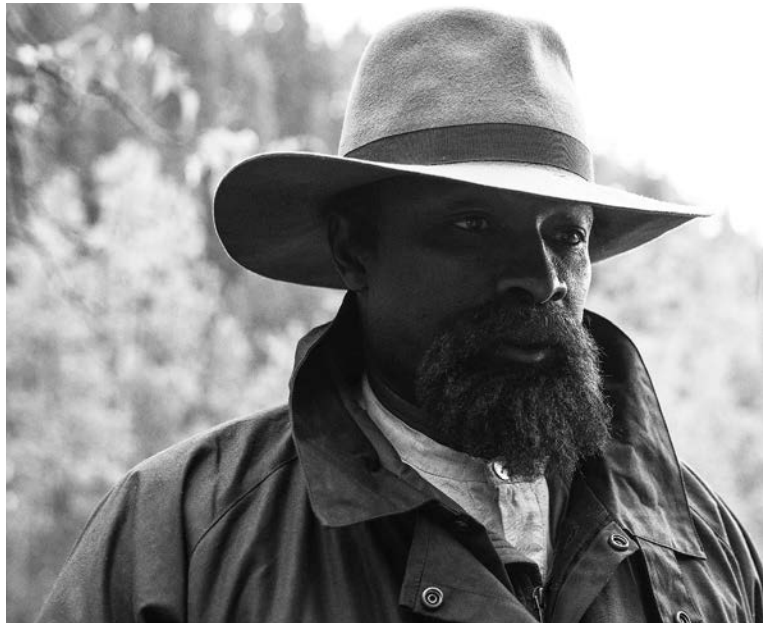
"I get the most amazing stories from people whose grandparents and parents knew John Ware. I really love the opportunity to have this story shared with an older audience," said Foggo.

John Ware's story is not very well known outside of southern Alberta, and Foggo wants to spread his story to Canadians across Canada.

"I absolutely love



Cheryl Foggo on set at John Ware's Millarville ranch.



Cowboy Fred Whitmarsh as the legendary John Ware.

working with the NFB, because it is so relevant to my life as a Canadian. It is in some way responsible for the formation of Canadian identity, because films about other parts of Canada give us insight into what it is like to live there. Indirectly, I was inspired to become a filmmaker by watching NFB films," said Foggo.

The filming on *John Ware Reclaimed* is 80 per cent complete. There are two more shoots upcoming this spring and Foggo hopes to have the film finished by the end of this year.

Casting an actor who could play a folk hero like Ware was a big task in itself, as he was tall, strong and a master horseman.

"I was looking for a person of the approximate size of John Ware, who was a black man, who could handle himself on a horse," said Foggo. "Somebody said call the Stampede and see if they'll put you in touch with Fred Whitfield, and I did."

Fred Whitfield was made for this role. He is an African-American world champion calf roper and has won eight world rodeo titles. Whitfield has an impressive build that equals Ware's.

Whitfield also grew up in rodeo when it was predominantly white and experienced similar struggles as Ware did to fit in. "When Fred is in costume, it's like I am looking at John," said Foggo.

They have filmed in southern Alberta on both of the sites of his former ranches. One that's near Millarville, and the BarU Ranch, which was Ware's first point of arrival in Alberta.

There has also been some filming out near Duchess, Alberta, the site of his second ranch, as well a lot of the movie has been filmed in Calgary. Some scenes were shot at Heritage Park, which has some buildings that are connected to Ware's life.

There is a cabin in Heritage Park called the McKay cabin. It is believed that John Ware's in-laws lived there, and that his oldest daughter Nettie was born in that house.

The Millarville Rancher's hall, would have been the hub of all social activity back in the day. While it is unclear if Ware was one of the builders, he certainly would have attended events like dances and church services there.

The last building connected to Ware is the replica of the I.G. Baker and Company building, a general store, where John met his beloved wife Mildred.

John and Mildred had six children, though one died in infancy. Many people in Calgary knew John Ware's children very well. However, none of his children had families of their own, so sadly, he has no direct descendents. Mildred died in 1905 of pneumonia and typhoid fever and John followed the same year in a horse riding accident.

Foggo ultimately intends to put out a trilogy of works about John Ware. She wrote the play, *John Ware Reimagined*, which was total fiction, and used as a way for Foggo to get to know Ware personally.

The movie *John Ware Reclaimed* is fact-based and is a combination of trying to find out where he came from and trying to reclaim Ware's story from some of the mythology that has grown around it.

The final piece of the trilogy will be a book about John Ware, which Foggo is writing with other descendents of the 1910 migration, which will shed light on a lot of different aspects of that history.

"I feel there are many different audiences for this work about John Ware. I am trying to reach as many people as possible as there is a lot to say about his life," she added. ▲

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National Film Board looks to the future as it turns 80

By Sheila Addiscott

The National Film Board of Canada (NFB) turns 80 this year, but the focus of the organization is firmly on the future, not the nostalgic 80 years that have passed.

The NFB is moving, from its home on Côte-de-Liesse Road, where it has lived since 1956, to a state-of-the-art new headquarters in Montreal's arts and culture district.

NFB commissioner, Claude Joli-Coeur, explained the impetus behind the move.

"The old building was state of the art in 1956, and the biggest integrated facility north of Hollywood. We had composers, carpenters, technicians, we had everybody here. But over the years, because of the expansion of the private sector, we got out of fiction and there was no need for the big stage any more. We now focus on documentaries and animation, and with digital formats, everything is getting smaller," said Joli-Coeur.

"Our location is changing, but our mission statement has not changed, it is at the heart of what we do. The stories that we are telling are stories that are not typically covered in the private sector. In almost all of the films that we are doing we are covering niche areas. *John Ware Reclaimed* is a typical example of an NFB film that will open eyes across the country."

The new direction of the NFB is founded on the three pillars of gender parity, indigenous reconciliation and diversity and inclusion. It is committed to having half of its films being directed by women and there is an indigenous reconciliation action plan as well.

One of the most interesting things about the new building is the state-of-the-art technology.

Editing, post production, sound recordings, everything that is needed to post produce a film, will be in the new location. Across Canada, NFB studios will be able to connect as a national network. A filmmaker who is working in a studio in Edmonton, for example, will be able to digitally connect to the national headquarters in Montreal. They will be able to work at a distance, but in real time as if they were in the same room.

The NFB has currently digitized about 50 per cent of their collection of films, and hopes to be totally digitized before the move in May.

We all have memories of NFB films that are imprinted in our minds. Many of us grew up watching NFB films



NFB commissioner, Claude Joli-Coeur.

in the classroom. Or visiting an NFB office, ordering a film you wanted to see and watching it, right there in a cubicle with a television set.

Now, with new technology, there is a wider opportunity for NFB films to be screened. There are more than 4000 films available to be seen in both English and French available free to stream online.

"The new technologies

have given us this opportunity to expand our reach. Last year, just on the Internet, we had more than 70M views of our films," said Joli-Coeur.

Of the 70M views on the Internet, 50 per cent of NFB films are watched around the world. Part of the NFB mandate is to get Canada and its values to be known in Canada and around the world. The Internet has allowed the NFB to fulfill that mandate.

Users have many viewing options, they can go to *NFB.ca*, but there are also NFB channels on YouTube, Amazon, Silver Screen, HULU and even Netflix.

One of Joli-Coeur's dreams is to have as many older people as possible watching NFB films. For an older audience, television is still very important, so NFB continues to sell films to

television stations.

People can also subscribe to a new newsletter that lists newly accessible films from the collection. They can also order DVDs anywhere in Canada if they wish to host a community film screening. The NFB hopes to have screenings at the new library

in Calgary, and all of their screenings are free.

"My approach, is to put the public at the centre of what we are doing. Our films should be tools for Canadians and the world to understand our values. Our films can help us understand each other," he added. ▲

Unganisha is making modern black history

February is Black History Month, and making modern black history in Alberta is Woezo Africa Music & Dance Theatre with *UNGANISHA*.

The love story of Alberta cowboy John Ware and his young wife Mildred has been woven into the performance as the production explores the African origins of nine popular dance genres.

This is the second year of this event. An all-Calgary team of dancers, actors,

and choreographers journey through Afro-Caribbean, Afro-Cuban, Capoeira, Hip Hop, Jazz, Samba, Salsa, Step, and Tap dance to celebrate their genesis and their contemporary popularity.

Unganisha is the Swahili word for 'connect' and this performance focuses on the ability of these dance genres to connect across cultures and continents. For more information go to www.unganisha-dance.com. ▲

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Talking rhythm and soul with two dance pioneers

By Sheila Addiscott

Dancing, teaching and performing at 81, legendary tap dancer Brenda Bufalino is still breaking boundaries.

Bufalino is visiting Calgary for the first time this February for the 8th annual Rhythm Body and Soul festival. She is joined by ground-breaking body percussionist, 67-year-old Keith Terry. Together, they have more than 120 years of dance experience.

Actor and dancer, Gregory Hines, described Brenda Bufalino “as one of the greatest female dancers that ever lived”. Recognized throughout the world as a leading innovator in tap, Bufalino performs, lectures, and teaches master classes and workshops around the world. She has appeared as a guest soloist at Carnegie

Hall, and received the lifetime achievement award at The New York Dance and Performance Awards (a.k.a. the Bessies).

Bufalino started dancing when she was five, and started dancing on stage when she was seven in an act with her mother and aunt called the “Strickland Sisters”. She would do Spanish tap with castanets, a Hawaiian tap set and even Dutch tap with wooden clogs.

Later in the 50s, she would dance at nightclubs. Back then a nightclub was more like a supper club, people sat and drank at tables. “There would be a singer, a magician, and up to eight or nine acts and I could end up doing four shows a night in New York because the clubs didn’t close until three in the morning, it was a very vibrant scene,” said Bufalino.

Eventually, night club venues died out and Bufalino had to reinvent herself to keep working. She explained why she thinks she has been able to maintain such a long and successful dance career.

“I had the ability to change, to adapt and the ability to predict in some way what was happening in tap and what was necessary for tap to continue,” she said. “I’ve been blessed with energy, curiosity and tenacity. So, I quit all the time, but I keep going back. I’m tenacious. I didn’t give up.”

When she was 17 Bufalino studied in New York City with the gifted tap dancer Charles “Honi” Coles. In the 70s she reconnected with her old mentor Coles when she produced the documentary ‘Great Feats of Feet’. For more than 15 years they went on to create and perform some incredible tap choreography together and from there began a resurgence and interest in tap dance across North America.

“It was a wonderful partnership. We inspired each other. He liked to tell me that something wouldn’t work, so that is exactly what I did and it did work,” she laughed.






Dancer, Brenda Bufalino. (Photo credit Tony Waag)

Up until her 70s, Bufalino used to dance every day. She still dances three to four days a week, but says that after this tour, she will be lightening her schedule a little. “I have never wanted to retire. I have not been married since 1974, perhaps that’s why I can work so hard. This year, I will undoubtedly do more writing

and a little less touring,” she said. “I have been very active my entire life. I am fortunate in that my genes have a lot of energy and spirit, I sometimes think that my spirit is stronger than my body, but we try to get along.”

Bufalino’s workshops have dancers of all ages at-

Continued on page 15

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Continued from page 14

tending, including seniors. “I really recommend dance for seniors because dance engages everything in your body from the brain to the feet. It is strenuous, but not so that it hurts you, it is thoroughly engaging, which is so good for the brain when you are aging. If I’m feeling foggy and I start to dance it improves my brain, I feel my mind clear,” she explained.

“I think our relationship to music is so important. My mother had Alzheimer’s, and for days she couldn’t remember who I was. Yet we could sing together, and she could remember all the words to Somewhere Over the Rainbow. Singing is really important and tap dance is like singing with your body. It is a full service activity for the body, for the mind and for the heart.”

Buflino’s work is being revived and is still performed by dance companies across America. “I was always going one step further. Texture, phrasing, tonality and effortlessness, that’s what I worked on. I wanted to stretch boundaries, because that’s how you find your voice as a dancer,” she added.

For Keith Terry, body percussion all started with music and a drum kit. He can’t remember a time when he wasn’t drumming. He started playing as a child and has never stopped being passionate about beats and rhythm.

As a body percussionist, he uses his body to create rhythms, and music, by stomping his feet, patting his body, clapping his hands and snapping his fingers. Body percussion is the oldest music on the planet.

Terry’s interest in body percussion started with tap dance in the 70s when he was working with tap dancers as a drummer. He then made the crossover into dance as well as continuing his musical career. He has an impressive musical resume, having had the pleasure of playing music with many of the older generation of jazz musicians like Charles “Honi” Coles, Bobby McFerrin, Jimmy Slide and the Nicholas Brothers.

Terry started the International Body Music Festival 10 years ago and the growth that he has seen is phenomenal. He is in demand as a teacher at schools and universities around the world.

“I work with children and adults, and I work with older people in institutions. It is the variety that I enjoy so much that keeps me engaged year after year.”

“I perform, but I really like to do interactive work with the residents, like call and response. Working their

motor skills, I am always adapting to their mobility and abilities.”

Terry explained that it is the right and left brain shift that happens and the exercising of fine motor skills that people really respond to. Music can bring a lot of memories back to individuals. It is a connection in their minds to people and places.

Terry has met with older dancers and musicians, who have lost a lot of their memory, but who can recall lyrics to a song that was important in their lives. A song can trigger muscle memory as well. They may even recall dance steps from the past. If in the past, someone has danced to a song, many years later when they hear that song, it will trigger the muscle memory so that they can still do the dance steps.

Terry has personal experience of this. Three years ago, he experienced three small strokes and was left

with some damage to his left side and some slurring of speech. He used body music to rehabilitate himself.

“It had great benefits in figuring out my workarounds. With body music you are kind of doing exercises that map the body. You use the hands to create the sounds of these patterns. I had the reinforcement that I could feel the claps, and I could also hear them. By connecting these sounds and the feeling in my hands, I could reconnect my body. It was of such great benefit for me,” he explained.

Last year, Terry was teaching in Spain for a music therapy association program. Through this residency, he discovered that the program director’s specialty was in stroke recovery. They are now working with a neurologist in Quebec, and are looking at the benefits of body music in stroke recovery from a scientific perspective.



Body percussionist Keith Terry. (Photo by Gudmundur Vigfusson)

“I have recovered. I know that my left side is slower, but nobody else would ever notice, I know because I notice it when I am playing.

If I retired, I would still be doing the things that I am currently doing. I decided years ago that I love what I

do so much that I was going to ride this for as long as my body would allow me to do it, and I’m sticking to it,” Terry added.

For more information on the Rhythm Body and Soul festival, go to rhythmbodyandsoul.com. ▲

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PROUDLY CANADIAN





A little bit of history lives on in Alberta's Bessonneau Hangar

By Tim Johnston

Page layout and design by Winifred Ribeiro.



Historic building on Calgary's horizon today.

Last fall, Clark Seaborn, aircraft restorer, offered me a flight in his vintage Fleet Canuck airplane. Flying south from Indus, we crossed the Bow River and then commenced a broad circuit over the coulees near the junction of the Sheep and Highwood Rivers. Clark wanted to show me a little bit of history, a building now more than 100 years old and something of a world traveller.

In the very early days of powered flight in France, an air race was held with aircraft flying between Angers and Saumur. To protect these delicate machines while they were on the ground, a lightweight and portable structure was designed by canvas and rope manufacturer, Établissements Bessonneau. Using wooden stanchions supporting overhead trusses, this framework was then enclosed with custom-fitted

taraulins and the whole structure was anchored to the ground with ropes and pickets. Thus was born the first Bessonneau hangar.

Finding itself in need of portable and easily built protection for its growing fleets of aircraft during World War I, the Royal Flying Corps, predecessor of the Royal Air Force (RAF), adopted the Bessonneau hangar for use in England and on the Western Front in France. Based on a standard size of 20 meters wide by 24 meters deep, hangars could be lengthened by adding additional stanchions and trusses. With a clear height of just over four meters, the Bessonneaus easily housed most types of military aircraft then in service.

At the conclusion of the war, the British hangars were disassembled and returned to England where they were put to use by the RAF, civilian fly-

ing clubs and private airplane owners. Some of the hangars, however, were given to Canada, along with a number of obsolete military aircraft. By 1920, two of these hangars had been transported to Morley, Alberta, where they were reassembled, forming the nucleus of the Morley Air Station. Using Avro and de Havilland aircraft of the day, forestry patrols were carried out from this base along the eastern slopes of the Rocky Mountains.

In 1921, the Air Station was moved to High River. Four years later, it was taken over by the Royal Canadian Air Force as No. 2 Operations Squadron, but continued with forestry patrols, air photography and experiments with aerial spraying until 1931, when it was disbanded. During that decade, four Bessonneau hangars were erected along with a workshop building, garage and



(l-r) Pilot Jack, Poet Ed, Senior Chuck Groeneveld.

office building, storage buildings and a building for the radio transmitter and receiver. All four canvas-covered hangars were eventually enclosed with permanent siding, roofs and doors.

When the province assumed responsibility for the protection of natural resources in 1930, fire towers were constructed across the eastern slopes and flying patrols by No. 2 Operations Squadron were discontinued. The station remained, however, and its Bessonneau hangars were used for aircraft storage.

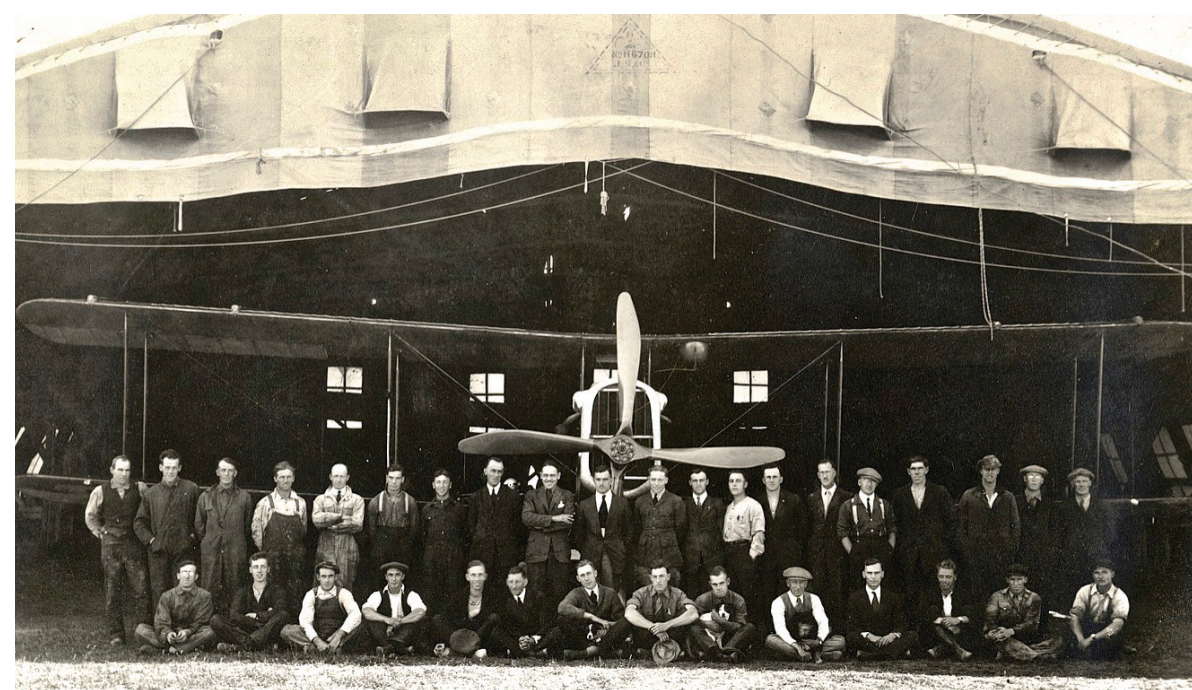
With the declaration of war on Germany, by Canada, in September 1939, and the formation of the British Commonwealth Air Training Plan, activity at the dormant High River station accelerated. Number 5 Elementary Flying Training School (EFTS) was originally established at Leithbridge but as the demand for aircrew grew and the Plan expanded, the facilities there were needed for a new bombing and gunnery school. On June 21, 1941, Number 5 EFTS officially opened at High River with the first flying instruction occurring on June 29. Changes at the High River Station were considerable and included the erection of a new permanent hangar, barrack blocks, administration buildings, mess buildings, a station hospital and recreation facilities. The four Bessonneau hangars, now contributing to their second world conflict, remained in place and were used for the assembly

and maintenance of Tiger Moth training aircraft shipped from Toronto. On November 15, 1944, No. 5 EFTS was disbanded and all station personnel were transferred to other duties or returned to civilian life. In the ensuing years, parts of the station were torn down, sold and moved off or converted to other uses. The new hangar built in 1941 remains in place today and is used by a company constructing prefabricated homes. One of the Bessonneau hangars was purchased for use at the High River Fair Grounds and was moved to a site near what is now the High River Hospital. The Calgary Flying Club, following the fire that burned down its wartime hangar, moved one to the Calgary International Airport in the 1970's for temporary use. The fate of the remaining hangars is unknown.

On a blustery morning in November, I met up with three gentlemen in front of a large squat building in a farmyard southeast of Calgary, the very same building that Clark Seaborn had pointed out to me from the air some weeks earlier the Bessonneau Hangar. Chuck, Ed and Jack Groeneveld had been born on this land in the original farmhouse built by their parents, John and Daisy. As a boy, John had come to Canada from Holland with his parents who settled



Jack's Aeronca Champ and hangar.



High River Station 1920's.

again supervised the takedown and the rebuilding at the farm. "Our Dad wasn't someone to take his time with a project," Ed commented. "He had John lay out and pour the concrete base for the stanchions and then make sure that the building was put back up correctly." A truck-mounted crane helped with both the disassembly and the re-assembly.

Jack spoke of the use of the building once it was on the farm. "I had taken my private pilot's license about that time and I yearned to have my own airplane and a place to keep it. Well, with the arrival of the Bessonneau hangar, I now had a place," he said.

His wife's mother had given the young couple \$1,000 for a wedding present. "We bought an Aeronca Champ two-place airplane with that. So then we had a hangar and an airplane. What we didn't have was indoor plumbing in our old farm house," he added.

The building has served a number of purposes during its time on the farm. Equipment has been stored in it, it was occasionally filled with harvested grain and it has seen its share of airplanes. Along with extensive farming operations, the brothers Groeneveld operated a crop-dusting operation out of the hangar as well.

After an hour or so of recounting some wonderful family stories, the brothers and I stepped outside for photographs. Jack gave me a collection of pictures, some of which appear with this story, and we said goodbye. It had been quite a remarkable occasion, the three brothers standing together and sharing memories of their lives and family, in a historic old building that keeps the memories of its life high up in the trusses overhead.

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A special thank you to Joseph Schweighofer, owner of the farm where the Bessonneau hangar is located, for granting access to the land and building.

During this visit, I also discovered that Ed Groeneveld is a poet. He writes for his family and his poems are included in a family history book, the source of some of the material in this story. I asked if he might like to write a poem to go along with my article. It is with great appreciation that I end this story of the Bessonneau hangar with Ed's poem.

Historic Hangar

History tells its story
No matter of the age
The chapter keeps on changing
With the turning of the page
If this hangar could tell its story
What a tale it would tell
For all it has seen and done
We know it could tell it well
It was put up back in France
In the time of World War I
And it served our
Air Forces there
Until the war was done
It made it to Alberta
When it thought its time was due
Then served to train our pilots
For the war in World War II
Then back in nineteen sixty-six
We moved it to the farm
Where it found
its final resting place
No battles, war or arms
When we think back to sixty-six
Where now this building stands
The thing we didn't know
back then
We held history in our hands
So when it comes to this
old hangar
To me it is its own Hall of Fame
We'd like to thank the man that
brought it back to life
And Tim Johnston is his name

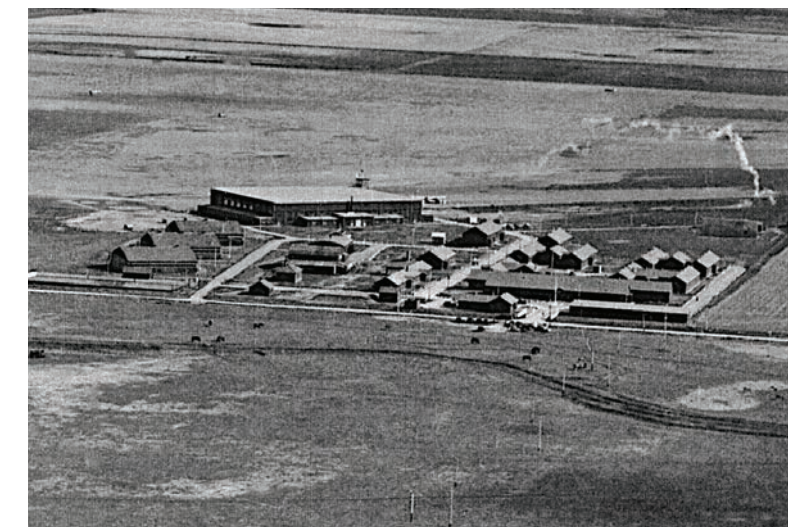
Written by Ed Groeneveld



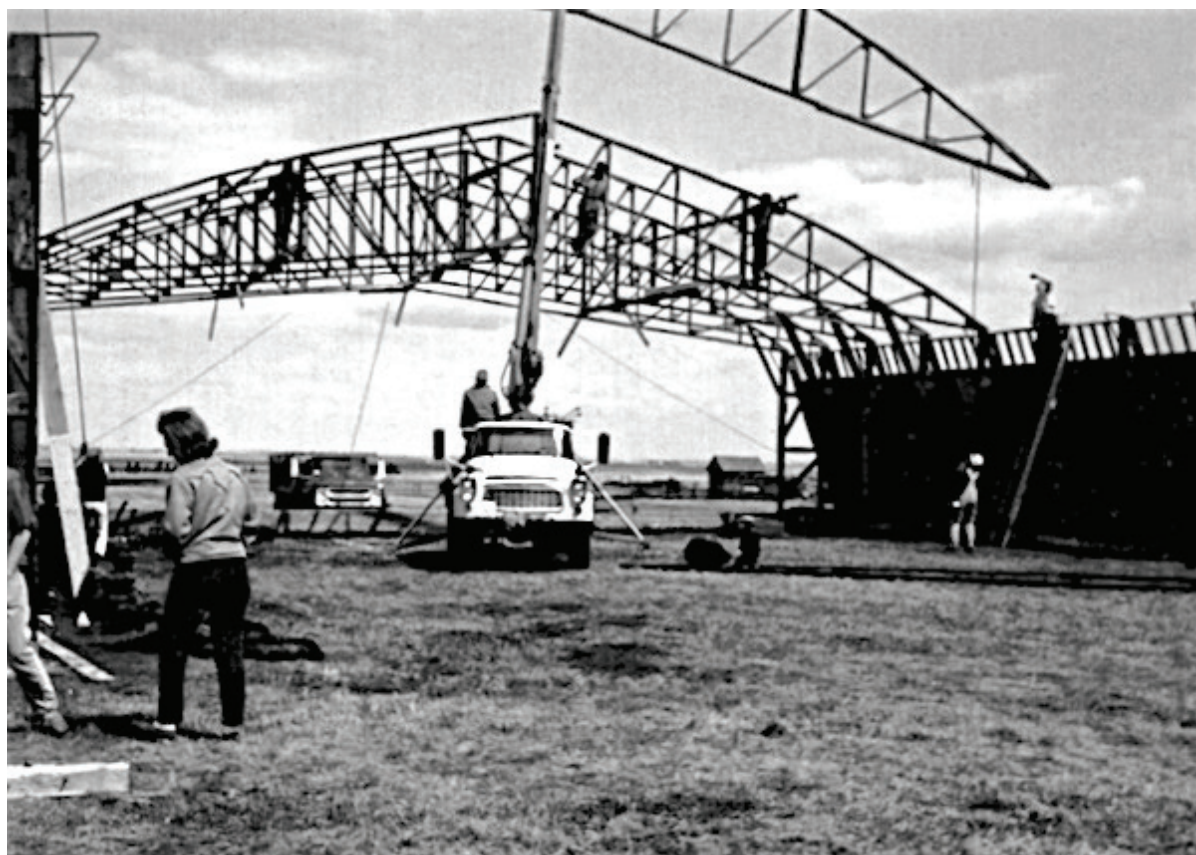
Fire patrol aircraft and personnel.



Moth Assembly at 5 EFTS.



5 EFTS during WW II, Bessonneau hangars left side of photo.



Erecting the hangar on the Groeneveld farm.



Spacious clear span interior.

The bright side of being small



Co-founder of Theatre 1308, Graham Neumann.

By Sheila Addiscott

A few years ago, a local community church decided to invest in their church building and turn the underutilized space into a venue for the benefit of the wider community. Now, they are celebrating the success of this project and the grand opening of Theatre 1308, with the Bright Side Festival.

This has been an innovative experiment by the

Calgary Inter-Mennonite Church community at redefining the use of their small-space.

The result is an intimate, fully equipped, accessible and affordable venue that seats only 100 people. It's called Theatre 1308, simply because the address is, 1308 Edmonton Trail.

The space is being launched this February, with the Bright Side Festival, which is being billed as "decidedly optimistic".

The idea is to showcase the versatility of the venue, so the festival includes a wide variety of acts. There is music, improv, two films, a philosophers' café, a poetry slam and stand-up comedy all with an upbeat theme.

Graham Neumann, a local jazz piano player and co-founder of the new venue explained the idea behind the project.

"Many buildings, including churches sit empty and have the lights out most nights of the week. So, we decided to change our space, so it could be better utilized and become a community asset and not just be used on a Sunday," he explained. "Others, and myself, at the church, have a strong affinity towards music and the arts in general, which inspired the idea for the project."

As they developed the idea, they reached out to the community in general to see if there was a need for this type of space and found out there was.

"It turns out that we are the type of under 100 capacity venue that is in short supply in Calgary. To have a small venue that can offer the facilities that we have here is difficult to find. Af-

fordability is also a big factor," said Neumann. "The church will charge for using the space, but it is not a revenue stream for the church. It is not for profit and is simply meant to be sustainable."

"As a musician, I understood what was technically needed in order to make a small venue work," he added. "My experience let me plan the technical part of the project in order to meet the needs of the audience, musicians and other artists who would use the venue."

The first step though, was to make the building accessible to everyone, by adding an elevator and gender neutral washrooms.

The church was founded in 1976, and is a progressive community. It was one of the first Mennonite churches to be publicly affirming in terms of welcoming the LGBTQ community.

The church seeks to be inclusive and diverse. One of their values states: "We value diversity in age, in orientation, in thought, in experience, and in belief of all those who choose to be part of our community."

However, it is purely coincidental that the banner hanging at the front of

the church connects with the rainbow pride flag. The rainbow banner hanging in the church was created by Alberta artist, Keith Harder, more than 30 years ago as simply a warm welcome for the congregation.

They also invested in a new professional lighting board, a projector, and the inputs for a high-end sound system as well as rebuilding the stage. Equipment like microphones, that a band needs, is in the church and ready to go. They even built in choir risers that disappear under the stage when not in use.

Also a part of the festival is a curated art show on the theme of 'optimism' located in the gallery downstairs. There is still work to be done, as the gallery and reception spaces are slated for renovation later this year and that will be the completion of the project.

"To support a thriving arts community you need your concert halls, and big theatre spaces, but you also need the small venues where you are supporting the emerging and underrepresented artists," added Neumann. For more information on the festival go to www.theatre1308.com ▲

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Calgary Transit 2019 fares rise

Calgary Transit fares have gone up for 2019. A senior's annual pass has gone up \$5 as has the Low Income Senior's Annual Pass, a 3.7 per cent increase over 2018.

Calgary Transit Fares	2018	2019
Adult monthly pass	\$103	\$106
Adult cash/single ride	\$3.30	\$3.40
Adult ticket book (10)	\$33	\$34
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Low Income Seniors' Annual Pass	\$20	\$25

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Calgary Police Service joins forces with MedicAlert to protect the vulnerable

By Sheila Addiscott

The City of Calgary's Vulnerable Persons Self-Registry (VPR) has been replaced with a new partnership with MedicAlert Connect Protect. The new pairing promises to improve how first responders get information about patients in an emergency.

Calgary's Vulnerable Persons Self-Registry, had become no longer sustainable due to the hours required by police to maintain it. And the information contained in its database was often outdated or incomplete said the Calgary Police Service.

"Because MedicAlert has been providing a similar service for over 55 years and already has successful partnerships with more than 25 other police agencies in Canada, they were a natural fit for replacing our database," said Deputy Chief Ryan Ayliffe from the Calgary Police Service Bureau of Operations.

The new service is much more than just an engraved medical ID. Each subscriber is given a unique identification number that is linked to an electronic medical profile.

Emergency personnel can call a secure, 24-hour number, and by reading the unique identification number, access the patient's medical information, allowing them to identify the person, even if they are unable to identify themselves.

This profile has also been updated and now contains more than just medical information. The subscriber's supplied personal information many include a recent photo, physical descriptions, attributes, behavior history and strategies such as anxiety triggers and de-escalation techniques, as well as caregiver information.

Part of this same program, is a special blue MedicAlert for those who have Alzheimer's or dementia, called SafelyHome. Christene Gordon, from the Alzheimer's Society explained the benefits of the SafelyHome program.

"It is a very good program for people who get lost. And the term is not people who go wandering, as many of us wander. But people who get lost or who are at risk of getting lost. We get feedback from people who have

dementia themselves, that it gives them a level of comfort and security, so that if they did get lost, they could walk into a store and someone would be able to help locate them by calling the number on the SafelyHome MedicAlert," said Gordon.

"What I like about the new program, is that you can put in tips. For example on how the person reacts to a police officer, what do they like to be called, by their first name or last name. What helps calm them down and what are the best ways to engage them. These are all very special pieces that families can contribute to their profile. This is very valuable for those with dementia."

The old program was only within Calgary, this program is now across Canada. So if someone gets lost in another part of Canada, if they are wearing their MedicAlert bracelet they can be found.

For those who won't wear any type of jewellery, there are alternatives. The Alzheimer's society recommends writing the person's MedicAlert number on their clothing with a laundry pen.

"My grandmother had Alzheimer's disease, and would wear three watches, but would never wear a bracelet. Families can put that unique MedicAlert number on the person's clothing and put that piece of information on the medical record, so that emergency personnel know to look for the number," added Gordon.

All information provided by subscribers is voluntary, and when people sign up, they are made aware that the information will be available to first responders, including the police. Quick access to this vital data, will allow first responders to understand a patient's condition and could help them save a life.

Deputy Chief Ayliffe said: "Another added benefit of MedicAlert over the previous registry is that the MedicAlert IDs all have a 1-800 number that first responders in any jurisdiction can call to obtain the same information, meaning that Calgarians who have registered will still benefit from the service even if they travel outside the city."

MedicAlert CEO, Françoise Faverjon-Fortin added: "We have been able



Christene Gordon from the Alzheimer's Society.

to add information to the database that families and caregivers think would be helpful in the case of a family member being identified.

We hope that this makes the experience better for both the person in the situation and for the people trying to help. Time is essential in emergency situations and we are trying to meet that need."

There are different types of MedicAlert IDs. As well as the familiar bracelet that most people know, there are also necklaces and watches. There are 242 different styles of jewellery available on the website, and more are in development.

Subscribers, who currently have a MedicAlert, are automatically covered in the new system.

CPS has notified those who are on the existing VPR database, that they will need to register with MedicAlert, to be added to their database. Due to privacy, their information will not automatically go into the new MedicAlert system.

Adult registration costs vary. A basic Month-to-Month plan costs \$24 to register, \$8.99 for shipping of the MedicAlert jewellery and a \$5/month subscription fee. For a total annual cost of \$93 a year.

At the time of writing, there are a limited number of free one year subscriptions for those who call the 1-800 number and say that they saw this information

in the press or from the Calgary Police Service.

"MedicAlert is a registered charity, but we also offer membership assistance to people who can't afford it," said Faverjon-Fortin.

For those on a low income, MedicAlert has a membership Assistance program. Go to www.medicalert.ca/Programs and click on membership assistance, or call 1-800-668-1507 for more information.



▲ Standard MedicAlert bracelet.



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Sunday, May 26th, 2019

COPD can take your breath away

By Valerie Borsos

Chronic Obstructive Pulmonary Disease (COPD) is one of the chronic diseases on the rise in the world today. It's one of the leading causes of hospital admissions in Canada and one of the top five causes of death.

COPD is a disease most often caused by cigarette smoking, but can also be caused by working in environments with air pollutants and there is also a genetic form of the disease. The more risks a person is exposed to such as smoking, the higher the possibility of developing this disease.

We often take breathing for granted, until it isn't

easy. Sometimes it sneaks up on us, changes can be slow and too often when changes are subtle, we shrug it off to other causes. We tell ourselves "Oh, I'm just lazy", "I'm getting up there!" or "I'm just not as strong as I used to be." However, with knowledge, we can begin to recognize that being short of breath may be a little bit more than that and recognize what may be the early stage of lung disease.

People are often not diagnosed with COPD until they are older, or the disease is more advanced. Yet, this disease can begin after someone has been exposed to an irritant for as little as 20 years. That means if someone begins to smoke at 15 (when we all make our best life decisions!) and then maybe that person works around fine dust and other irritants, by the time they are 40, they may begin to show signs of changes in their lungs.

But these changes aren't always obvious from the outside. We look the same and likely feel much the same. We continue living life as always. It's not until that person is perhaps 60 that they may be feeling as if they can't do things that they used to do. The problem has sneaked up on them so quietly that they didn't notice the changes until they realized that they couldn't get up the stairs without stopping. Or they

stopped going to church because parking is just too far away.

The Canadian Lung Association has suggested that people who are older than 40 years of age and who are current or ex-smokers should get their breathing tested if they answer yes to any one of the following questions:

1. Do you cough regularly?
2. Do you cough up phlegm regularly?
3. Do even simple chores make you short of breath?
4. Do you wheeze when you exert yourself, or at night?
5. Do you get frequent colds that persist longer than those of other people you know?

A doctor who suspects that a patient has COPD will use a chest x-ray, check oxygen saturation levels in the blood and use a spirometry test to confirm the diagnosis. A spirometry test is a simple breathing test that measures the speed and amount of air that a

patient is able to blow out of their lungs.

Most people, if asked, would say that a good quality of life, doing what they enjoy doing, is one of their main goals in life. Diagnosis of COPD doesn't mean that it's all over. Ask questions about the disease, be informed so that you can be in charge. Regardless of what turns our lives may take, we can learn, reset and move forward. Learning about a change in our health is the same. There are some very straightforward habits that are in fact some of the best "medicines" out there.

COPD can't be cured, but it can be treated: early diagnosis, lifestyle changes and medicines can help patients' lead normal active lives and keep them out of hospital.

Quitting smoking is the most important step in treating COPD. Alberta Health Services (AHS) has supports to help smokers quit. Go to www.albertaquits.ca for more information. COPD will

get worse if you continue to smoke.

Take COPD medications as prescribed as they improve symptoms.

There are specific programs called Pulmonary Rehabilitation that are designed to help patients live better. These programs offer specialized exercises for people with long-term lung disease. Research shows that pulmonary rehabilitation helps people with COPD live healthier lives.

Get informed and get moving. Alberta has a great many public and private resources available. Find the healthcare group in your community that can work best for you. If you make the move to learn about this now, you can slow down the progression of this disease and increase your quality of life. A new free support group called Better Breathers is available in Calgary. For more information go to www.ab.lung.ca/what-we-do/support. ▲

BREATHE
the lung association

New lung health initiatives

Better Breathers YYC lung health support group

Breathe, Sing, Move!

Singing for lung health

www.ab.lung.ca/what-we-do/support

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Bonnars Ferry, ID	Feb 3 - 6, June 23 - 26, 2019	\$380 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens <i>GST Included</i>	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$229 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 <i>GST Included, Call for details</i>	\$820 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019	\$665 pp/dbl
China	April 6 - 23, 2020 Shanghai, Beijing, 18 days	Pricing TBA Soon

Stoney Nakoda Kananaskis Overnight Trips More in 2019 \$80 pp/dbl
Call for 2019 Dates - Price based on Calgary Departure

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Laughlin Nevada
March 17 & Oct 13, 2019 (13 Days) \$729.00 pp/dbl

Side tours include: Las Vegas NV Oatman AZ Bullhead City AZ Lake Havasu AZ Grand Canyon AZ (optional)	Extra's include: 9 Free buffet's 2 Continental breakfasts \$28.00 Free slot play Laughlin coupon book Las Vegas Night (optional)
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Wendover Nevada
June 2, 2019 (7 Days) \$359.00 pp/dbl

Side tours include: Salt Lake City, UT Elko, NV	Extra's include: 4 free buffet's \$28.00 free slot play
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www.tourhero.ca  **Motorcoach Tours**

Intimacy need not decline with age

(NC) Many doctors are failing to address senior sexual health.

A recent Australian survey, the SHAPE Project (Sexual Health and Ageing, Perspectives and Education), of more than 2000 senior adults (60+ years old) found that three-quarters of those surveyed reported enjoying an active intimate life, including a wide range of activities such as intercourse and self-stimulation.

Dr. Laura Berman, is an American sex and relationship therapist, and host of *In the Bedroom with Dr. Laura Berman* on the Oprah Winfrey Network (OWN).

Dr. Berman said: "These results are not at all surprising to me, as I have worked with many clients in their so-called 'golden years' who are more than active in the bedroom. What's more - these individuals are looking for ways to enhance and support their sexual health, but sadly, the medical community often fails older people in this regard."

These results line up with American research from the University of Michigan which conducted a National Poll on Healthy Aging, which found that 54 per cent of people aged 65-80 years old say that they are still sexually active, with 74 per cent saying that their

bedroom bliss is very important to them.

"Sexual health among older adults doesn't get much attention, but is linked closely to quality of life, health and well-being," said Dr. Erica Solway, co-director of the poll. "It's important for older adults and the clinicians who care for them to talk about these issues and about how age-related changes in physical health, relationships, lifestyles and responsibilities such as caregiving, affect them."

Dr. Berman points to further research, which found that many GPs say that they are uncomfortable talking about sexual health and sexual pleasure with their senior patients, instead opting to simply ignore the topic altogether.

"Sadly, this blind eye from the medical community can have devastating consequences for seniors as sexual health is more than just sex," said Dr. Berman. "There has been a sharp increase in Sexually Transmitted Infections (STIs) in the senior community, with rates jumping 20 per cent between 2015 and 2016 alone."

The increased use of drugs such as Viagra, Cialis and hormone therapy, using progesterone and estrogen, has led to an increase in sexual activity later in life,

which in turn has led to an increase in the spread of STIs in senior adults. Physicians need to be open to the possibility that a patient's symptoms may be linked to an STI, and not work under the assumption that their senior patients are not sexually active.

"If GPs won't bring up this topic and seniors are too embarrassed to bring the topic up themselves, this can really cause unnecessary discomfort and unhappiness in the bedroom," said Dr. Berman.

Whether a senior is looking to enhance the quality of their sex life, the quantity of their sex life, or simply support their overall energy, mood and well-being, they should start the conversation by talking to their family doctor. Especially if they have any questions relating to physical symptoms and discomfort.

"Studies have shown that an active intimate life has numerous benefits across the board, including improved mood and a greater sense of well-being. In the medical community, we as doctors need to do everything we can to help ensure that older adults can enjoy sexual pleasure and connective intimacy long into their golden years," she added. ▲

AROUND TOWN EVENTS February

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

To submit your event, please email: editor@kerbycentre.com

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

February

Theatre Calgary

Boom X

January 15 – February 9, 2019

www.theatrecalgary.com

Calgary Jazz Orchestra

The Art of Romance & Art of Soul

February 10 at River Park Church

www.calgaryjazzorchestra.com

Vertigo Theatre

DeathTrap

January 26 – February 24

www.vertigotheatre.com

Lunchbox Theatre

Assassinating Thomson

February 11 – March 2

www.lunchboxtheatre.com

Calgary Philharmonic Orchestra

Soul Legends: From Isaac Hayes to Marvin Gaye

February 9

Rush Hour: Romance

February 14

Pièces De Résistance

February 16

Symphonic Fairy Tales

February 17, conducted by Karl Hirzer

Sultans of String with Orchestra

February 22-23

Harry Potter and The Chamber of Secrets in Concert

February 28 – March 2

www.calgaryphil.com

Alberta Ballet

de.Vi.ate

February 13-16

www.albertaballet.com

Calgary Opera

Everest

February 2, 6, 8, by Joby Talbot

www.calgaryopera.com

Tri-Tone Rhythm Society

Rhythm Body and Soul Festival

February 15-17, at North on Centre

www.rhythmbodyandsoul.com

Morpheus Theatre Society

Shakespeare In Love

February 1-9, at Pump-house Theatre, based on the screenplay by Marc Norman and Tom Stoppard

www.morpheustheatre.ca

Civic Symphony

Immortal Beloved

February 10, at the Jack Singer Concert Hall

www.calgarycivicsymphony.ca

WOEZO Africa Music & Dance

UNGANISHA

February 2, at Martha Cohen Theatre

www.unganishadance.com

Jubilations

Buddy Holly's Happy Days

January 19 – March 16

www.jubilations.ca

Stage West Theatre

Drinking Habits 2 Caught in the Act

February 8 – April 14, by Tom Smith

www.stagewestcalgary.com

Accordion Association

Community Events

Germans from Russia

Germans from Russia (AHSGR) Every family has a story – is yours German Russian? Research and record your family history, develop your knowledge, culture and cuisine. The library will be open February 12, from 2:00 p.m. to 7:00 p.m. Germans from Russia is located at 1432 19 Street NE. For more information call 403-273-8178 or see the website: www.calgarychaptersahsgr.ca.

Calgary Horticultural Society

The Calgary Horticultural Society is hosting a Kick-Start Your Garden workshop presented by Janet Melrose on February 3. Learn about the challenges of setting up a Peony business with Adam Yakabuskie on February 7. Create a living air plant wreath on February 2. Come hear John Duncan talk about which low-light-tolerant plants are great at filtering the air, and best for your home on February 12. For more information and to register for any of these events visit calhort.org or call 403-287-3469.

Alberta League Encouraging Story-Telling (TALES)

Heads and Hearts is February's Tellaround, where story lovers gather in a circle and take turns sharing stories. First timers, professional tellers and listeners

of Calgary Winter Concert

February 3 at Killarney Community Hall

www.accordion-now.com ▲

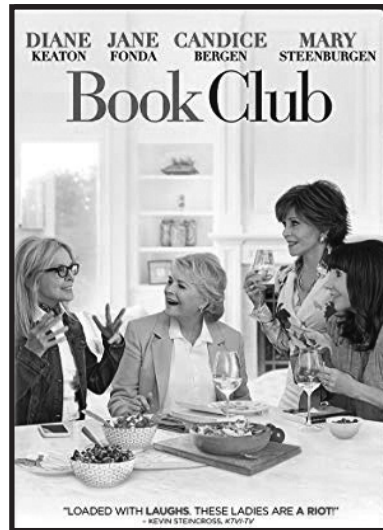
are all welcome. Event is on February 13 at Loft 112, 535 – 8th Ave. SE. Calgary from 7.00 p.m. to 9.00 p.m. Suggested donation for tellers and listeners is \$5.00.

Seniors United Now

Seniors United Now (SUN) is a non-profit, non-partisan organization that advocates on issues affecting seniors' quality of life. SUN has recently joined the Calgary Alliance for the Common Good (CACG). CACG brings together Calgary organizations and communities in order to build relationships among people from various community groups. For more information go to www.seniorsunit-ednow.com/calgary.

Friends of Fish Creek

Alberta Native Bee Council is the subject of the February Fish Creek Speaker Series on February 28 from 7 to 8 p.m. The speaker will be Megan Evans of the Alberta Native Bee Council. Registration is required. For information or to register please visit friendsoffishcreek.org/eventbees. The Friends are launching a monthly Fish Creek Meet-up group. The Meet-ups will be informal group walks with no registration, no fees, and no facilitators. They will take place at 2 p.m. on the second Sunday of each month at a different location each time. Dates and meeting locations will be posted on the Friends of Fish Creek events calendar: <https://friendsoffishcreek.org/events/2019-02>. ▲



BOOK CLUB
 Released 2018 (1 hr 44min) Rated Parental Guidance
 Comedy, Drama, Romance
Friday February 15, 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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Kerby Centre Department Directory

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

Accounting	403-705-3215	Fund Development	403-705-3235	Kerby News Editor	403-705-3229
Adult Day Program	403-705-3214	<i>Work with members and community to provide funding for Kerby Centre's vital programs.</i>			editor@kerbycentre.com
<i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i>			funddev@kerbycentre.com	Kerby News Sales	403-705-3238
	adp@kerbycentre.com	General Office	403-705-3249		advertising@kerbycentre.com
Diana James Wellness Centre	403-234-6566		generaloffice@kerbycentre.com	Kerby Rotary House	403-705-3250 (24 hour)
<i>Health services including footcare</i>	wellness@kerbycentre.com	Thrive	403-234-6571	<i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i>	shelter@kerbycentre.com
Dining Room	403-705-3225	<i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i>		Options 45	403-705-3217
<i>Serving nutritious meals to everyone.</i>	kitchen@kerbycentre.com		thrive@kerbycentre.com		options45@kerbycentre.com
Education & Recreation	403-705-3233	Housing	403-705-3231	Volunteer Department	403-234-6570
<i>Information source for programs at Kerby Centre</i>	program@kerbycentre.com	<i>Assists older adults in finding appropriate housing</i>		<i>Volunteers are the heart of Kerby Centre</i>	
Event Planner	403-705-3178	Information/ Resources	403-705-3246	Room Rentals	403-705-3177
events@kerbycentre.com		<i>The all-in-one older adult information source</i>	info@kerbycentre.com	President Zane Novak	403-705-3253
		Kerby News Classified Ads	403-705-3249	president@kerbycentre.com	
				CEO Luanne Whitmarsh	403-705-3251
				luannew@kerbycentre.com	

A reverse mortgage can help retirees stay in their own homes



By David Sahibzada

The dilemma for many retirees is that their biggest asset is their home, but they don't want to leave it. They are cash poor, but house rich. The solution for many is an equity release solution known as a reverse mortgage.

The most recent Canadian census shows that seniors now outnumber children for the first time in Canadian history. Not only has the number of Canadians over

65 jumped by 20 per cent since 2011, Canadians are also living longer and working later.

For many Canadians, their current retirement plan can't keep up. Many need a cash injection to pay off debt or their current mortgage, to improve their lifestyle, to renovate their home or to be able to help family out financially. Traditionally, downsizing has been an option, however, a recent market survey revealed that 93 per cent of Canadians 65 and over are determined to retire in their own homes and, 48 per cent of homeowners have no intention of downsizing.

In Canada, reverse mortgages have been favourably received due to Canadian regulations being more stringent about protecting the homeowner and because they can be a very senior-friendly solution to financial problems. The Canadian Association of Retired Persons, CARP, Canada's largest advocacy association for older Canadians, has even partnered with HomeEquity Bank, and officially endorses the CHIP reverse mortgage, which says a lot about the products.

Very simply, a reverse mortgage is a loan secured against the value of your home. There are no regular mortgage payments required — meaning you can allocate the money toward what you really need it for. The main

drawback to a reverse mortgage is that over time it eats away at the equity in the home and therefore reduces the size of the estate.

There are only two banks offering reverse mortgages in Canada. The most popular being HomeEquity Bank which offers the CHIP Reverse Mortgage that has been available in Canada since 1986, and Equitable Bank which launched the PATH Home Plan product in 2018. A client's individual circumstances determine which route they should take.

While a reverse mortgage is a great product, it may not be right for everyone. Certified mortgage brokers have access to reverse mortgages and other products and it's their job to work with clients and their families and help analyze their unique situations to determine if a reverse mortgage is right for them.

To determine if a reverse mortgage is right for you, there are a few things to consider. Here are a few of the most popular concerns and misconceptions:

- The bank does not own the client's home ever. The homeowner always maintains title, ownership and control of their home, and has the freedom to decide when and if they would like to move or sell.
- The homeowner or their estate will never owe more than their home is worth. More than 99 per cent of clients have equity remaining when the loan is repaid, with the average having more than 50 per cent of their equity left.
- A reverse mortgage is not a solution of last resort. More and more financial professionals recommend a reverse mortgage as part of a solid retirement strategy. It's a great way to release equity, provide financial flexibility and since it is tax-free money, it does not affect existing pensions and allows re-

tirement savings to last longer.

- It is possible to get a reverse mortgage even if there is an existing mortgage. Many seniors use a reverse mortgage to pay off their existing mortgage and other debts, which then frees up cash for them to use as they see fit in other areas of their lives.

The benefits of a reverse mortgage are:

- A client can access up to 55 per cent of the value of their home. This does depend on age. For example, someone who is 85 can access more than someone who is 55.
- Clients get to stay in their own homes.
- No regular mortgage payments are required.
- All money is tax-free and can be used for whatever the client wants.
- No medical checks are required.
- Money is distributed as a lump sum or as instalment payments, or in a combination of the two.

Qualifying for a reverse mortgage is much easier than qualifying for a loan, line of credit or regular mortgage as there are no payments to take into account.

To qualify, you must be a Canadian homeowner aged 55 or older. All of the people listed on the title must be on the mortgage and the home must be the client's principal residence.

People use the money for different things. Some common uses are: to eliminate an existing mortgage and other debts (credit cards, loans, etc.), to increase monthly cash flow, to renovate, to make a home more accessible or to complete needed home repairs, to help family with an early inheritance or gifts, to help pay for medical bills and home healthcare or even to go on a dream vacation or purchase a vacation property.

The costs associated with a Reverse Mortgage include

the initial setup fees, and the ongoing interest. The initial setup fees are similar to the costs one would pay if they were refinancing an existing mortgage. Current costs are estimated to be:

- A property appraisal: \$300
- Lender administration fees: \$1,795 (can be paid from the money being advanced)
- Independent Legal Advice: \$500 (can be paid from the money being advanced)

Reverse mortgages can be set up with either a fixed rate or variable rate. Here is a comparison of rates for different types of loans and mortgages as of Jan, 1, 2019. But do keep in mind these rates can change without notice.

Reverse mortgages have neither the highest nor lowest interest rates. Their value is in that they are the only product that does not require repayment.

- Reverse Mortgages: 6.49% (3 Year term)
- Fixed rate Mortgage: 3.69% (5 year term)
- Secured Line of Credit (HELOC): 4.45%-4.95%
- Non-Secured Lines of Credit and Loans: 7-9%
- Second Mortgages/Private Lending: 10% and up

So to recap: a Reverse Mortgage is a loan secured against the value of your house, you must be 55 or older to qualify; the home must be your principal property. No regular mortgage payments are required, the money can be taken in a lump sum or in instalments. You can use the money for whatever purpose you choose. A reverse mortgage is a great solution for many, but not for everyone.

Contact a mortgage broker and they can help you figure out if a Reverse Mortgage is the best solution for you. Used properly, reverse mortgages can be truly life-changing and stress-relieving for seniors and their families. ▲

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OVERVIEW

	Current	10 Years
Estimated Home Value	\$500,000.00	\$671,958.00
Initial Advance	\$250,000.00	\$250,000.00
Interest	0	\$223,503.00
Remaining Home Equity	\$250,000.00	\$198,456.00

The calculation and chart is for illustrative purposes only. In this example a homeowner borrowed \$250,000 and the assumption is home prices increase by three per cent every year.

Easy in one

Page design and layout Winifred Ribeiro

Skillet contains a collection of quick recipes, all easily achieved within one pan. The flavorsome dishes incorporate simple ingredients with straightforward steps, making them incredibly easy to pull together at any time of the week.

Featuring burgers, curries, risotto, pasta, and pizza, from roasted squash panzanella to Israeli couscous paella, to beer-braised short ribs,

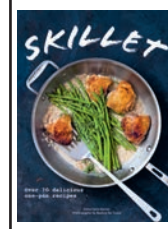


CAULIFLOWER FRIED RICE ©

Serves: 4

- 1/2 large head cauliflower (about 750 g/1 lb 10 oz), cut into florets, tough stems discarded
- 2 tablespoons coconut or vegetable oil
- 1 red (bell) pepper, cut into small pieces
- 2 spring onions (scallions), thinly sliced
- 20 g (3/4 oz) piece of ginger, peeled and cut into thin matchsticks
- 3 tablespoons soy sauce
- 2 teaspoons chilli paste
- 2 teaspoons honey
- 4 large eggs, lightly beaten
- 150 g (5 oz) frozen peas, thawed

Pulse the cauliflower in batches in a food processor until it resembles rice. Heat a large cast-iron skillet over medium-high heat. Add 1 tablespoon oil, then stir-fry the pepper, white parts of the spring onion and the ginger for 2 minutes. Add the cauliflower, toss and cook, covered, for 5 minutes, stirring once. Whisk the soy sauce, chilli paste and honey together. Push the cauliflower mix to one side of the pan, add the remaining oil, then the eggs, scrambling until cooked. Remove from the heat; fold in the eggs, sauce and peas. Serve with the spring onion greens.



Skillet:

by Anna Helm-Baxter

Published by Hardie Grant Books (ISBN 9781784881566)

Photography credit: Beatriz Da Costa

Recipes excerpted with permission from *Skillet* by Anna Helm-Baxter, published by Hardie Grant Books.

Anna Helm Baxter provides a creative selection of effortless dishes. you'll be amazed at how versatile your skillet can be. Thus, there are no hard-to-find ingredients or lengthy directions here. What you will find are easy, flavourful, complete meals that leave an easy clean-up plus quick cook times make one pan dinners a winner any night of the week.



EASY FISH PIE ©

Serves: 6

- 3 tablespoons olive oil
- 300 g (10. oz) mushrooms, sliced
- 200 g (7 oz) crème fraîche (Crème fraîche is a version of sour cream with a higher fat content.)
- 2 tablespoons finely chopped dill
- 1 teaspoon grated lemon zest
- 50 g (2 oz) panko breadcrumbs
- 50 g (2 oz) Parmesan, finely grated
- 700 g (1 lb 9 oz) boneless skinless fish, such as salmon, smoked haddock or cod
- sea salt and freshly ground black pepper

Preheat the oven to 220°C (430°F/Gas 7).

Heat a large skillet over medium-high heat. Add 2 tablespoons oil and cook the mushrooms for 6–8 minutes until golden brown and the liquid has evaporated. Remove the pan from the heat. Combine the crème fraîche, dill and lemon zest. In another bowl, combine the panko with the remaining oil, then add the Parmesan. Season the fish and place in a single layer on top of the mushrooms. Pour over the crème fraîche and sprinkle over the breadcrumbs. Bake for 15–20 minutes until the fish is cooked.



UPSIDE-DOWN BANANA CAKE ©

Serves: 8-10

- 6 ripe bananas
- 110 g (4 oz) unsalted butter
- 225 g (8 oz) soft brown sugar
- 100 g (4 oz) granulated sugar
- 3 large eggs
- 1 teaspoon pure vanilla extract
- 250 g (9 oz/1 2/3 cups) plain (all-purpose) flour
- 2 teaspoons baking powder (soda)
- 1/2 teaspoon salt

Preheat the oven to 180°C (350°F/Gas 4).

Mash 3 bananas in a large bowl. Melt the butter in a 23 cm (9 in) cast-iron skillet over medium heat until golden. Remove from the heat, transfer the butter to the bowl with the bananas. Sprinkle 150 g (5 oz) brown sugar evenly over the base of the skillet. Slice the remaining bananas in half lengthways and arrange in a single layer, cut side down, on top of the sugar. Add the remaining sugars, eggs and vanilla extract to the bananas. Sift over the flour, baking powder and the salt; fold to combine. Pour over the bananas, place a piece of foil on an oven rack, put the skillet on top and bake for 40–45 minutes until a skewer inserted in the middle comes out clean. Leave to stand for 5 minutes, then invert onto a serving plate

Kerby Centre's tax clinic starts in March

Kerby Centre will start booking tax clinic appointments February 1, 2019. The tax clinic will begin March 4, 2019. Appointments can be made by calling (403) 705-3246

Every year, the Kerby Centre tax clinic offers free assistance to low income individuals filing personal tax returns, as required by Canada Revenue Agency (CRA).

The 2019 tax clinic will begin **Monday, March 4, 2019** and will run on Mondays, Tuesdays, Wednesdays and Thursdays from 9 a.m. to 3 p.m. This service continues until **Tuesday, April 30, 2019.**

Kerby Centre is unable to provide a tax service at home. Low-income individuals, who are unable to leave home, can get volunteer assistance from Canada Revenue Agency. To access this service, or for any general inquires, the Canada Revenue Agency can be contacted on:

1-800-959-8281.

What's new this tax-filing season

This tax-filing season,

many important changes and improvements were made to services, benefits, and credits for Canadians. Here's what you need to know:

There are new and improved credits.

- The **Medical Expense Tax Credit** has been expanded to allow expenses related to service animals who are specially trained to perform specific tasks for a patient with a severe mental impairment that help the patient cope with the impairment. Eligible expenses paid in 2018 include the cost of the animal, the care and maintenance of the

animal (food and veterinary care), reasonable travel expenses paid for the patient to attend a school, institution, or other facility that trains in the handling of these animals, and reasonable board and lodging expenses paid for the patient's full-time attendance at a school, institution, or other facility.

- The **Climate Action Incentive (CAI) payment** can be claimed by eligible individuals who are residents of Saskatchewan, Manitoba, Ontario or New Brunswick. A new Schedule 14 will be included with the T1 package for these jurisdictions. Simply complete the new schedule to claim the amounts you may be entitled to, based on your family composition, and indicate the amount on line 449 of your income tax and benefit return. The CAI payment will first reduce any balance owing, and may create or increase your refund. A 10% CAI supplement is available to residents of small and rural communities who live outside a Census Metropolitan Area (CMA), as defined by Statistics Canada.

New services

- **View transactions and pay balances with MyCRA** – This app lets you view and pay your account balance with your Visa® Debit, Debit MasterCard®, or Interac® Online debit card, and by pre-authorized debit, and at any Canada Post outlet for a fee by generating a quick response (QR) code.

- **Email notifications** – In February 2019, CRA is merging Online mail and Account Alerts notifications and launching an improved email notification service. Once signed up for the service, you will now receive an email notification when eligible correspondence is available to view in My Account and MyCRA mobile web app or when there are important changes made to your account, such as an address or direct deposit update.

Enhanced Services

- CRA modernized telephone service – The CRA telephone enquiries program has moved to a new telephone platform. Now when you call, you

will receive an estimated wait time to speak with an agent. You can then decide either to wait in the queue, call back later, or use our self-serve options.

- **ReFILE** – Available in all tax software, the ReFILE service lets you change your tax return after you receive your notice of assessment.

- The **new all-in-one 2018 Income tax package** – The CRA has made it easier for people who choose to file their taxes on paper to get everything they need to file their tax returns. The new 2018 Income tax package includes the General Income Tax and Benefit Guide, the Provincial or Territorial Information Guide, and two copies of the return and schedules (i.e., a working copy for your files and a copy to submit to the CRA).

- **Mailing a paper 2018 Income tax package to your home** – The CRA will mail the new all-in-one 2018 Income tax package to Canadians who paper-filed in the previous tax season. Those who want to file on paper and haven't received a tax package from the CRA by February 11, 2019 can find what they need online or order a paper copy from the CRA. An order limit of nine packages per individual will ensure that all Canadians have access to what they need this filing season. A limited number of tax packages will also be available for pick up at Canada Post, Service Canada, and some Caisse populaire Desjardins locations by February 18, 2019.

- **Protect your account with email notifications** – For added security, you can subscribe to have the CRA send you an email notifying you of recent activity on your account when a representative is added, deleted, or changed on your account.

- **My Account redesign** – A redesign of My Account was launched in October 2018 that allows users to quickly view their tax and benefit information and easily update their personal information with the CRA. ▲

Your necessary documents may include:

- A copy of your income tax from last year if not prepared at the Kerby Centre and your Notice of Assessment.
- All reporting slips (T-slips) for each type of income you receive.
- Details and amounts of any foreign incomes (including foreign pensions, social security, interest or dividends).
- Details of any deductible items that you may be eligible to claim: medical (yearly printouts from Pharmacy for prescriptions), services and medical devices, premiums to private medical plans, bus passes, charitable donations etc.
- Records of any tax installments paid for 2018.
- Void cheque (if you are not already set up for Direct Deposit with CRA).

If you are unsure of what you should bring, please discuss this with Kerby Centre when making your appointment.

Unfortunately, Kerby Centre is unable to provide a tax service at home. Low-income individuals, who are unable to leave home, can get volunteer assistance from Canada Revenue Agency. To access this service, or for any general inquires, the CRA can be contacted on: 1-800-959-8281.

I am and have the following:	If any of the following apply, you are <u>unable</u> to access the Tax clinic
Over the age of 55 or receiving AISH: Income for a single person is less than \$35,000 or for a couple, less than \$45,000. Tax return is simple and includes any of the following: <ul style="list-style-type: none"> • Simple income: CPP, OAS, GIS, ASB, Alberta Works Support Income, AISH, CPPD. • Rental Income with all deductible expenses totaled and categorized. • Deceased person's taxes if they are simple. 	Under the age of 55. Income for a single person is more than \$35,000 or for a couple, more than \$45,000. Tax return is complicated and includes any of the following: <ul style="list-style-type: none"> • Business Income, Farm Income, Capital Gains Trade Summaries. • Estate tax returns or bankruptcy returns. • Deceased persons taxes if they are complicated.

You are invited to our

FREE Tax Clinic




Kerby Centre


We will do your Income Tax For free!

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ Starting March 4th to April 30th, 2019

The income limit for this service is:
 \$35,000 per year for single or
 \$45,000 per year for a couple (combined income)

By appointment only
 We will begin booking from February 1st, 2019.
 To schedule an appointment please call the Information Office at **403-705-3246**

Our Address: Kerby Centre 1133-7 Avenue SW, Calgary T2P 1B2



Are you 71? Happy Birthday!

71?

If you turn 71 this year your RRSP will become a RRIF by December 31st.
 Do you understand this change?
 Do you have a plan?
 For a clear explanation please call or e-mail lgeritsen@telus.net

Lawrence Gerritsen at 403-804-4460

Portfolio Strategies Corporation

Bold flavours, fast and reliable cooking

Page design and layout by Winifred Ribeiro.

The Instant Pot is a multicooker that replaces a Pressure Cooker, Slow Cooker, Rice/Porridge Cooker, Yogurt Maker, Cake/Egg Maker, Sauté/Searing, Steam, Warm and Sterilize in one small appliance. Some of the benefits of cooking with this appliance are that you save time & energy, retain food's vitamins & nutrients, preserve food's appearance and taste, and eliminate harmful micro-organisms.

Instant Pot Fast & Easy by Urvashi Pitre has developed all kinds of boldly flavored, tasty and internationally-themed recipes—Mexican, Thai, Moroccan, and more. Pitre's well-tested recipes will work perfectly every time and are ready in a fraction of the time they would take using traditional cooking methods.

As with all of Pitre's recipes, the focus is on whole foods instead of artificial convenience ingredients, so the recipes are delicious, easy, and healthful too.



Recipes excerpted from *Instant Pot Fast & Easy*© 2019 by Urvashi Pitre.

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CHICKEN WITH CUMIN-CHILE SAUCE (POLLO CON SALSA ROJA)

Super-simple yet flavorful Mexican-style chicken is fast, delicious, and extremely flavorful. As long as you use chili powder, which is a mix of ground cumin, cayenne, and a few other things or if it's not available, use ½ to 1 teaspoon of cayenne pepper, 1 teaspoon oregano, and a 1/2 teaspoon sweet smoked paprika instead you will have lots of flavour. Shred the chicken a bit more when it's done if you're using it for tacos, or serve it over rice.

Serves: 8

ACTIVE TIME: 10 minutes **FUNCTION:** Sauté; Pressure/Manual (High)

RELEASE: Natural/Quick **TOTAL TIME:** 30 minutes

Dietary Considerations: Grain-Free, Gluten-Free, Egg-Free, Nut-Free, Soy-Free, Dairy-Free, Paleo, Low-Carb

4 1/2 teaspoons ground cumin
4 1/2 teaspoons chili powder
1 tablespoon salt
2 pounds boneless, skinless chicken thighs, cut into bite-size pieces
2 tablespoons vegetable oil
1 (14-ounce) can diced tomatoes, undrained
1 small white onion, chopped
1 (5-ounce) can tomato paste
1/4 cup pickled jalapeños, drained
3 garlic cloves, minced

1. In a small bowl, combine the cumin, chili powder, and salt. Place the chicken in a large bowl. Sprinkle the chicken with the spice mixture. Toss well to coat.
2. Select SAUTÉ on the Instant Pot. When the pot is hot, add the oil. When the oil is hot, add the chicken. Cook, stirring, until the chicken is lightly browned, 4 to 5 minutes. Select CANCEL.
3. Add the diced tomatoes and their juices, onion, tomato paste, jalapeños, and garlic to the pot. Stir to combine.
4. Secure the lid on the pot. Close the pressure-release valve. Select MANUAL and set the pot at HIGH pressure for 15 minutes. At the end of the cooking time, allow the pot to sit undisturbed for 10 minutes, then release any remaining pressure. Serve with tortillas, sour cream, and guacamole, or over zucchini noodles.

MULLED CIDER

Making infused drinks in an Instant Pot is not only fast, but it also provides a deeper, more robust flavor. One word of caution: An important piece of advice is not to put whole citrus fruit with rind in this as it makes the cider very bitter.



KENYAN BLACK-EYED PEAS WITH PEANUTS (KUNDE)

Black-eyed peas and peanut butter may sound like an unusual combination but is in fact popular. You can vary the vegetables and the greens you add to suit your own tastes, making this a very versatile dish that can be made largely with pantry and freezer ingredients.

Serves: 6

ACTIVE TIME: 10 minutes **FUNCTION:** Pressure/Manual (High)

RELEASE: Natural/Quick **TOTAL TIME:** 45 minutes

Dietary Considerations: Grain-Free, Gluten-Free-, Egg-Free, Nut-Free, Soy-Free, Dairy-Free, Vegan, Vegetarian

2 1/2 cups water
2 cups frozen Swiss chard
1 cup chopped yellow onions
1 cup drained canned diced tomatoes
1 cup dried black-eyed peas
1 teaspoon salt
1 teaspoon black pepper
1/2 cup peanut butter

1. In the *Instant Pot*, combine the water, Swiss chard, onions, tomatoes, black-eyed peas, salt, and pepper. Stir to combine. Add the peanut butter to the top of the mixture; do not stir in. Be sure that everything, including the peanut butter, is submerged under the liquid. (This is to prevent the peanut butter from sticking to the pot and burning.)
2. Secure the lid on the pot. Close the pressure-release valve. Select MANUAL and set the pot at HIGH pressure for 15 minutes. At the end of the cooking time, allow the pot to sit undisturbed for 10 minutes, then release any remaining pressure.
3. Stir thoroughly before serving.

VARIATIONS:

- Omit the Swiss chard.
- Substitute spinach for the Swiss chard.
- Substitute 2-inch cubes of peeled pumpkin or butternut squash for the Swiss chard.
- Stir in chopped fresh cilantro and chopped scallions after cooking.
- Add 1 teaspoon curry powder.

Serves: 4

ACTIVE TIME: 10 minutes **FUNCTION:** Pressure/Manual (High) **RELEASE:** Natural

TOTAL TIME: 40 minutes

Dietary Considerations: Grain-Free, Gluten-Free, Egg-Free, Nut-Free, Soy-Free, Dairy-Free, Vegan, Vegetarian

4 large Granny Smith apples, cut into 8 wedges and cored
4 cups water
1/2 cup sugar
1 1/2 teaspoons ground cinnamon
1/2 teaspoon freshly grated nutmeg
1/2 teaspoon ground cloves
Whipped cream or coconut cream, for serving (optional)

1. In the *Instant Pot*, combine the apples, water, sugar, cinnamon, nutmeg, and cloves.
2. Secure the lid on the pot. Close the pressure-release valve. Select MANUAL and set the pot at HIGH pressure for 10 minutes. At the end of the cooking time, allow the pot to sit undisturbed until the pressure has released.
3. Stir the mixture thoroughly. Place a large strainer over a large bowl. Ladle the apple mixture into the strainer. (You don't want to just lift the liner out of the pot and pour all of it in one go, as it won't all go through at once.) Using the back of the ladle, mash the apples a bit to get some pulp into the cider.
4. Serve the cider hot or chilled, topped with whipped cream or coconut cream, if desired.

Star Man leaves a remarkable legacy for all of us

By Johnnie Bachusky

When the Olds & District Evergreen Centre asked me to do a photography show for a date in November about country grain elevators, I was immediately hesitant.

Yes, I had literally thousands of good shots. Many of them as good as one can view anywhere, but there was a huge problem. To do this right, one had to present them with an extra shot of passion and knowledge to make the show a winner.

I thought of Jim Pearson, the Star Man, a fellow whose knowledge and passion about country grain elevators was second to no one in Canada. Jim agreed to join me for the show and it was a spectacular success because of him.

Sadly, the Star Man, whose health had been failing for quite some time, passed away December 30. A memorial service, attended by more than 200 friends and family members, was held to celebrate his life on January 11 in Drumheller.

Jim Pearson was the Star Man because he was always looking ahead, looking to the future. He was a huge Star Trek fan, whose passion to embrace man's endless possibilities inspired him to push past any adversity. He was a talented graphic artist whose passion for Star Trek

and the future led him to design the famed commemorative star ship in Vulcan. Jim was the Star Man because he wanted a better world in the future for the young, for each and every one of them to never forget where they came from and how.

I first met this lovely man nearly 20 years ago when he was living in Delia. Jim and I instantly became friends with the shared passion for historic country grain elevators. My passion centered around their beauty, how they bonded so perfectly with the wide open expanses of the western flatlands of Canada. But Jim went much further than this scribbler and shooter.

Jim was determined that everything there was to know about these incredible pioneer structures had to be preserved for future generations. He came to know everything about how country grain elevators were designed, constructed and how they were operated. He built up a database of every grain elevator built, including private ones, across western Canada and beyond.

His never-ending research resulted in four self-published books on grain elevators across western Canada and countless presentations and shows for museums, historical soci-

eties and schools. Jim never said no to any request.

Jim and I hooked up for many shoots over the years, including meeting at a ghost town convention in Saskatchewan. Sure, ghost towns are neat, but let's document the old 'vator over there, was Jim's battle cry for preservation.

My fondest memory of Jim was spending a day with him a few years ago in Stettler, for a photo shoot I had to do of him for a magazine. Sometime earlier, I had discovered the ruins of ancient country grain elevators on a nearby farm that once proudly stood at a whistle stop named Sabine.

Jim and I headed over there, and he became reflective and quiet. He trudged across a ditch and moved up to the farmyard fence for a



Jim Pearson with Stettler's country grain elevators.

closer view. There was clear sadness in his eyes. I said it was remarkable that these ruins, probably several decades old, were still around.

"I will have to document these too," said Jim. "They are important as well, and can never be forgotten."

On that, Jim and I were perfectly aligned. Our friend-

ship was cemented forever.

And while he may no longer be with us, he has left us with a remarkable legacy. Jim Pearson, as the line in Star Trek goes, went boldly on earth where few bothered even to consider worthwhile.

The Star Man still shines brightly above. ▲

Seniors Scene

Open Door Seniors

Daily activities are available for seniors aged 55+ at Open Door Seniors on Monday to Friday from 9:30 a.m. to 3:30 p.m.

The membership fee is \$20 annually, plus drop-in activity fees. Technology tutoring is available by booking a private session to learn how to better use your cell phone, iPad, laptop, Facebook or other social media, preparing documents, etc. at \$2 per ½ hour tutoring session.

Open Door Seniors is located in the basement at 1311 4 Street SW. For more information about this and other activities available at Open Door please call 403-269-7900 or email opendoorseniors@gmail.com.

Confederation Park 55+ Activity Centre

Confederation Park 55+ Activity Centre will host a Valentine's Day Luncheon on Friday, February 15 from 12 p.m. to 2 p.m.

Tickets cost \$10 and are available at Reception. The Centre is located at 2212 13 Street NW. For more information about this and other activities please call 403-289-4780.

Inglewood Silver Threads

Inglewood Silver Threads members enjoy crafts, games day and two exercise programs for free. Annual mem-

bership costs \$20. Bingo is played every Tuesday for ten cents per card/game played. There is a \$2 Tea and Chat lunch and a monthly pot luck. Upcoming trips include Discovery Wildlife Park, Pasu Farm, Deerfoot Inn Casino and Arrowwood Hutterite Colony. Inglewood Silver Threads is located at 1311 9 Avenue SE. For more information please call Wendy at 403-264-1006.

Greater Forest Lawn 55+ Society

Greater Forest Lawn Society will host dances, on February 2 with music by Olde Tyme Sake, and on February 16, the Jeske's & Verna Dance. Doors open at 6:30 p.m. A light supper will be served. Cost for members is \$12, non-members \$13. Albert Park Seniors Breakfast will be held at Greater

Forest Lawn on February 21 from 9 to 10:30 a.m. Admission by donation. On February 21 there will be a Choklat trip from 12:30 p.m. to 3:30 p.m. Cost for members is \$45, non-members \$55, transportation and tasting included. Lunches every Wednesday at noon \$7, with bingo to follow. Greater Forest Lawn 55+ Society is located at 3425 26 Avenue SE. For more information please call 403-272-4661 or visit www.gfls.org. ▲



Kerby Centre

WHAT ARE YOU WAITING FOR?

Buy 2019

KERBY CENTRE MEMBERSHIP

today and enjoy!



MEMBER RATES FOR:

- Education and Recreation programs
- Foot clinic
- FIT Room use
- Select Kerby Centre Events



EXCLUSIVE REWARDS LIKE:

- Kerby News mailed directly to your home each month
- \$5 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Advanced ticket purchases and reduced fees for day trips
- Priority registration for classes
- Voting rights at the Annual General Meeting



ONE-TIME COUPONS* FOR:

- Voucher for one FREE beverage in the dining room
- \$10 discount off a first time foot care assessment
- One FREE Drop-in activity
- \$5 discount off a trip booked with the Travel Desk
- For first-time-registered-users of the FIT Room: a \$5 discount off a one month 'FIT Room' membership
- (* exclusions apply – please see individual coupons)



TO PURCHASE A MEMBERSHIP:

- Visit our membership desk Monday to Friday 8am to 4:30pm
- OR Phone 403-265-0661 ext. 256
- OR On our website at www.kerbycentre.com



Annual Membership costs \$25.00 plus \$5.00 for an annual parking pass. Membership is for a calendar year (expires December 31) MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE

Event and Meeting Space Available at Kerby Centre



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

- Free parking
- Storage space available
- Event set-up and take-down
- Space for 10 –550 people

403-705-3177 lauren@kerbycentre.com
www.kerbycentre.com/rentals



Celebrate the end of winter with Chinese New Year celebrations

By Sheila Addiscott

This year, the traditional Chinese calendar celebrates the official start of the Chinese New Year, on February 5. The Chinese New Year is not just one day, but is actually the start of a festival, which is celebrated

starting on the second new moon after the winter solstice and ending on the full moon fifteen days later.

This year, 2019, is the Year of the Pig, which ushers in a year of prosperity. The Pig is a symbol of wealth and good fortune. If you are a

believer in the zodiac, 2019 is a good year to make and invest money.

Chinese New Year is celebrated by more than twenty-five per cent of the world's population including North and South Korea and Vietnam. It is also called the Lunar New Year and Spring

Festival, because it marks the end of the cold weather.

This is a time when families gather. Wherever in the world they may be, people are expected to return home to celebrate the festival with their families.

This migration home, is the world's largest human migration. In fact the dinner that is eaten on the New Year's Eve is known as the 'reunion dinner'.

Red is the colour of Chinese New Year as red is believed to be lucky, it also symbolizes joy. People dress in red and hang red decorations. Red envelopes

containing money, are presented for luck to children and single people by married couples.

The Lunar New Year ends with a lantern festival on the last day, celebrating the lunar year's first full moon. Celebrated at night, the lanterns are beautifully lit up displays depicting animals and flowers as well as the more traditional sky lanterns.

There are Chinese New Year activities taking place at various centres in Calgary, including Kerby Centre's own traditional Chinese New Year lunch. For tickets contact 403-705-3233. ▲

Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

O - E VEY!

- | | | | | | |
|--|--|--|---------------------------|----------------------------|----------------------------|
| ACROSS | 47 Small knapsack | 89 Betray by selling out | DOWN | 42 Ayres of "Holiday" | 81 Baseball's Vizquel |
| 1 Much of the Western Hemisphere, with "the" | 49 — Island (immigrants' gateway, once) | 90 French circle dance | 1 "Ad — per aspera" | 43 Prefix with acoustics | 82 Preceders of xis |
| 9 Accuse of misconduct in office | 50 Pull back (in) | 93 Greek philosopher who never overtook other travelers? | 2 HBO host Bill | 44 74-Down in egg whites | 83 Preceder of tee |
| 16 Aloe — | 51 Liveliness | 98 Earthy shade | 3 Pick by ballot | 45 Poetic "always" | 85 Year, in 46-Down |
| 20 Base for some dressings | 52 Andrew Lloyd — | 99 Sea marker | 4 — avis | 46 — de Janeiro | 88 Brothers, e.g. |
| 21 Tiny sand bit | 54 Command to list a team's players? | 100 Locating a city in Alaska? | 5 Shrine figure | 47 Small, silver fish | 90 Donating |
| 22 Kiln, for one | 61 "Last Stand" general | 103 Slugger? | 6 Amass | 48 Sheepskin boot brand | 91 Jennifer of "Friends" |
| 23 Group of shorthand pros throwing dice? | 63 Watergate senator Sam | 105 Fuel additive brand | 7 Feel malaise | 51 X minus two | 92 Redgrave of "Atonement" |
| 25 "— all been there" | 64 In want | 108 Lao- — | 8 Missteps | 53 Like blood | 93 Cpl., for one |
| 26 Remember | 65 \$\$\$ source | 109 Entre — | 9 Rapper — Azalea | 55 Choppers | 94 Resistance unit |
| 27 Fork out | 66 Particular style of rounded roof? | 110 Rankle | 10 Loose coat | 56 Go wrong | 95 — -wee Herman |
| 28 Russian news agency | 71 Rail support | 111 Inaptitude for music | 13 Mommy or Daddy's sis | 57 Campers, for short | 96 More wacky |
| 30 Lip | 72 Crackly | 114 Teeny-tiny | 14 Novelist Hermann | 58 Warming in hostilities | 98 GM security system |
| 31 Monet works | 75 Implied wordlessly | 116 Rejection a president issues with no doubt whatsoever? | 16 Promise | 59 Particular issue | 101 Cosmic bursts |
| 32 Besides that | 76 Sticky — (tough spot) | 121 Schnozzola | 17 Actor Sloane | 60 Bagel variety | 102 Party invitee |
| 34 Take a hammer to one's Mexican coin? | 79 Jazz instrument that tightens your face when you play it? | 122 Generally | 18 Drop in again | 62 Go in circles | 103 To and — |
| 38 — -Cola | 84 C.S. Lewis' land | 123 Tall, tapering pillars | 19 Flowerlike sea polyp | 63 Perform | 104 "No kidding!" |
| 40 Part of LED | 86 Tropical kin of a raccoon | 124 Eat away (at) | 24 Scot's denial | 64 "Green" prefix | 105 Smarts |
| 41 '60s protest | 87 Rumble (up) | 125 Sheetlike gray cloud | 29 Vidal of hair care | 65 CEO or prez | 106 Carpet nails |
| 42 Study every method of seizing defaulters' property? | | 126 Requiring no cables | 33 Bert who played a lion | 66 Diary author Anaïs | 107 Paper printer |
| | | | 34 Drink a bit of | 67 Long skirt | 110 Cold treats |
| | | | 35 Besides that | 68 "Green" prefix | 112 Inactive |
| | | | 36 Ave. crossers | 69 CEO or prez | 113 Musician Tennant |
| | | | 37 Trudeau of Canada | 70 Diary author Anaïs | 115 Hedge shrub |
| | | | 38 Baby beds | 71 Freightage | 117 "... boy — girl?" |
| | | | 39 Beginning | 72 Word before Kat or Glue | 118 Umpire's cry |
| | | | 40 Lairs | 73 Part of ESL | 119 Winter worry |
| | | | | 74 Product of amino acids | 120 DOJ division |
| | | | | 75 Freights | |
| | | | | 76 Word before Kat or Glue | |
| | | | | 77 Freightage | |
| | | | | 78 Word before Kat or Glue | |



Year of the Pig 2019
Chinese New Year

Join Us For Kerby Centre's Chinese New Year Luncheon

As We Celebrate The Year of The Pig

Tuesday, February 12th, 2019

Kerby Centre Gym - 1133 7th Ave SW

Doors Open at 11:30 am * Lunch Served at 12:00 pm

Enjoy a tasty Chinese lunch followed by a fun and cultural entertainment experience, featuring a traditional Lion Dance, Chinese music, dancing and WooShu demonstration provided by the entertainers of CCECA, a performance by the Harmony GuZheng Ensemble and more!

Members \$20.00 Non-Members \$30.00

Limited Tickets On Sale Now! Visit Kerby's Education & Recreation (Rm305) or phone 403 705-3233
For more information, visit www.kerbycentre.com



Xin Nian Kuai Le! Gong Hei Fat Choi! Kerby Centre

Sudoku

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

Solution on page 31

Answer on page 31



Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE <i>DINING ROOM</i> 10:00 AM – 12:00 PM Free - 2nd & 4th Monday of each month	OPTIONS 45 Employment Workshops <i>(Lounge)</i> 1:30 - 3:00 PM \$2.00 <i>Please note that the Feb19 & 26th presentation, and those held in March & April, will take place in the Kerby Boardroom</i>	GENERAL CRAFT GROUP <i>(Rm 311)</i> 9:00 AM - 12:00 PM FREE	ARTIST GROUP <i>(Rm 313)</i> 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP <i>(Rm 311)</i> 10:00 AM - 12 PM \$2.00
MAHJONG <i>(RM 308)</i> 10:30 AM - 12:30 PM \$2.00	VARIETY BOOK CLUB Room 301 1:00 – 3:00 PM \$ 2.00 3 rd Tuesday of the month Featured Book North of Normal by CEA Sunrise Person <i>Please read book prior to drop in</i>	ENGLISH CONVERSATION <i>(Rm 301)</i> 10:30 AM - 12:00 PM \$2.00	BINGO <i>(Rm 205)</i> 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB <i>(Woodshop Rm 102)</i> 10:00 AM - 3:00 PM \$1.25 per hr
RECORDER GROUP <i>(RM 313)</i> 1:00 – 2:30 PM \$2.00	BOARD GAMES & CARDS <i>(Rm 301)</i> 1:00 PM - 3:00 PM \$2.00	WEDNESDAY DANCE <i>(Dining Room)</i> 1:00 PM - 3:00 PM \$2.00	FLOOR CLURLING <i>(Gym)</i> 2:15 - 3:30 pm \$2.00	BADMINTON & PING PONG <i>(Gym)</i> 10:30 AM - 12:45 PM \$2.00
CRIBBAGE <i>(RM 308)</i> 1:00 – 3:30 PM \$2.00			PICKLEBALL <i>(Gym)</i> 4:00PM - 6:00 PM \$2.00	MONTHLY MOVIE <i>(Lounge)</i> February 15, 2019 1:00 pm - \$1.00 <small>Date of Monthly Movie subject to change, Please see Kerby News for exact date each month.</small>

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

Financial Planning Today

Wills and Estate Planning & Tax Planning with CRA

Presented By: Jonathan Ng, Underwood Gilholme & Bonnie McIntyre, CRA

Location: Kerby Centre -1133- 7th Ave SW
Room: Kerby Lecture Room
Date: Tuesday, February 19, 2019
Time: 10:00 am – 12:00 pm
Cost: Free Presentation

Join us for coffee and cookies while learning how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives. Find out about the GST/HST credit, Medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit with CRA

RSVP Rob Locke, Director of Fund Development
 403 705-3235 or email robl@kerbycentre.com

A Group For Mature Jobseekers

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

February 5th - Resume Writing

February 12th - Interviewing Etiquette

February 19th - Difficult Interview Questions

February 26th - Holy Doodle! What Just Happened!
 An Interactive Conversation on Finance, Routine & Health

Please note that the Feb19 & 26th presentation, and those held in March & April, will take place in the Kerby Boardroom

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

HEALTH COMMITTEE FREE PRESENTATION

A Crash Course in Diabetes Management

Presented By
 Joshua Crouch, Pharmacy Manager

Monday, February 4th 2019
 Time: 10:30AM – 11:30AM
 Location: Kerby Lounge
 Free - No Registration Required

&

Senior's Mental Health and Wellness

Presented By Kimberley Feist
 (Calgary Mental Health Association)

Monday, March 18th 2019
 Time: 10:30AM – 11:30AM
 Location: Kerby Lounge
 Free - No Registration Required

Kerby Day Trips

Stoney Nakoda Resort & Casino

February 12th 2019
 Members \$26 Non Members \$36
 Cut-Off Date : Monday, February 4th, 2019

Free Concerts at the Cathedral Church of the Redeemer

Wednesday, February 6, 2019
 HYMN featuring Syrian Singer Ava Mhana

Tour of WestJet Hangar

Tuesday, March 5, 2019
 Members: \$22. Non Members: \$32
 Cut-off Date: Tuesday, February 19th, 2019

Aspen Crossing Train - High Tea

Friday, June 7, 2019
 Members: \$103. Non-Members: \$113.
 Cut-Off Date: Friday, March 29, 2019

Includes: transportation, high tea, finger foods, live music and train robbery

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

PLEASE MARK YOUR CALENDAR AND PLAN TO JOIN US FOR THE FOLLOWING UPCOMING SPECIAL EVENTS

 Join Us For Kerby Centre's **Chinese New Year Luncheon**
 Celebrate The Year of The Pig

Tuesday, February 12th, 2019
 11:30 am - 2:00 pm

Members \$20.00 Non - Members \$30.00

Limited Tickets Remain. Visit Ed & Rec Rm 305 or Call 403 705-3233 by February 8th!

For More Detail, See Ad Within Or visit www.kerbycentre.com

SAVE THE DATE & WATCH FOR DETAILS TO FOLLOW

St Paddy's Day Lunch - Friday, March 15th
 Kerby Dining Room - 11:30 am- 1:30 pm
 Irish Signature Meal & Entertainment

Kerby Centre AGM - Tuesday, April 30th

Mother's Day Brunch - Sunday, May 12th
 Open To Public - Kerby Dining Room - 11:00 am - 1:00 pm

Calgary Marathon - Team Kerby
Sunday, May 26th

To Register For Team Kerby Or To Support A Team Member
 Please Call Colleen @ 403 705-3178/Kari @ 403 705-3222 or Email colleenc@kerbycentre.com or kariss@kerbycentre.com

EDUCATION & RECREATION WORKSHOPS

Tablet & Mobile Solutions Presented by Grant Burns

B36 Thursday, March 21 10am – 12:00pm Room 205

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. **Member: \$2 Non Member: \$5**

To Register Visit Education & Recreation (Rm 305) or call 403 705-3178

Financial Planning: Safeguarding your enduring power of attorney

By Jonathan Ng

The Enduring Power of Attorney (EPA) is a crucial estate planning document that empowers you to appoint an “attorney” to make decisions during your life regarding: finances, real estate, and legal matters concerning your assets and liabilities.

Your attorney can be a family member, friend, or trust company. Your lawyer is not your attorney in this context.

The EPA is a relatively standard legal document, but it should be crafted to meet your individual needs. Described here are some of the common areas that deserve special attention when creating an EPA.

You may choose one, two or more people to act as “joint” attorneys. These individuals should act as a team and make all decisions unanimously. This is a double-edged sword. Multiple people bring their unique skills and perspectives to the table; however, they also

bring their emotional and personal baggage, which can frustrate the work that needs to be done.

The EPA can take effect upon your loss of mental capacity to make financial decisions, which is usually determined by one or two medical doctors. Some feel they need immediate assistance with finances. Therefore they will direct their EPA to take effect the moment it is signed. This “immediate” form of EPA can be a valuable tool for seniors who have difficulty leaving their home or are inundated with the day-to-day tasks of financial management. An immediate EPA does not strip you of your authority to make financial decisions, but instead, creates a second version of you empowered to make those decisions. Remember that you may cancel an immediate EPA at any time if you have the mental capacity to do so.

Some attorneys find themselves in family conflict over the thorny issue of

accountability – where is the money and what is it being used for? You may include a direction in your EPA that requires the attorney to provide a periodic financial statement to certain members of your family to create transparency and prevent conflicts.

An attorney is not usually able to continue your charitable giving and gifts to family, namely birthday and holiday gifts. If providing these gifts is an important part of your life, then it is strongly advised that you give your attorney these special powers in your EPA.

Choosing your attorney is not a simple fill-in-the-blank task. Seek legal advice to ensure that you are building an EPA that is tailored to your personal circumstances.

Jonathan Ng is an estate lawyer.

Financial Planning Today

Topic: Wills and Estate Planning and Tax Planning with CRA

Location: Kerby Centre -1133- 7th Ave SW

Room: Kerby Lecture Room

Date: Tuesday, February 19, 2019

Time: 10:00 am – 12:00 pm

Cost: Free Presentation

Join us for coffee and cookies while learning how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives. Find out about the GST/HST credit, Medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit with CRA

**Please RSVP to Rob Locke,
Director of Fund Development
403-705-3235
or robl@kerbycentre.com**

Presenters:

Jonathan Ng,
Underwood Gilholme

Bonnie McIntyre –
Canada Revenue Agency



Kerby Centre

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“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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Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



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Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

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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 March issue must be received and paid by February 14.



Classified Ad Categories

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10 Health

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11 Foot Care

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12 Home Care

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just4ufamilyservices@shaw.ca

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13 Mobility Aids

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Kerby News is the official publication of Kerby Centre

Millennium Contracting Ltd
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26 Services

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33 Wanted

Buying antiques & collectibles, old jewelry, license plates, badges, watches, china, figurines, cup/saucers, tools.
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45 For Rent

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48 Real Estate

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Continued from page 30

48 Real Estate

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CROSSWORD SOLUTION

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PUZZLE ON PAGE 27



IN MEMORIAM

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

- | | |
|---------------------------|--------------------------|
| Alison Black | Jozef Bogucki |
| Audery Bernice Erickson | Lorraine McLaren |
| Dorothy Muirhead | Margaret Louise Metcalfe |
| Elodie Bernice Verboom | Marjoire Leigh Byron |
| Ernest (Ernie) Bunka | Lawrence |
| Gordon Thorne | Nadene Lois Janzen |
| Henry Lawson | Romesh Chander Anand |
| Ilena Melva Constant | Ruth Violet Keith |
| John Joseph Charles Dicey | Shirley Jean Coons |

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.



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CONTACT

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

David Young
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Seniors Communities: Living Made Easy

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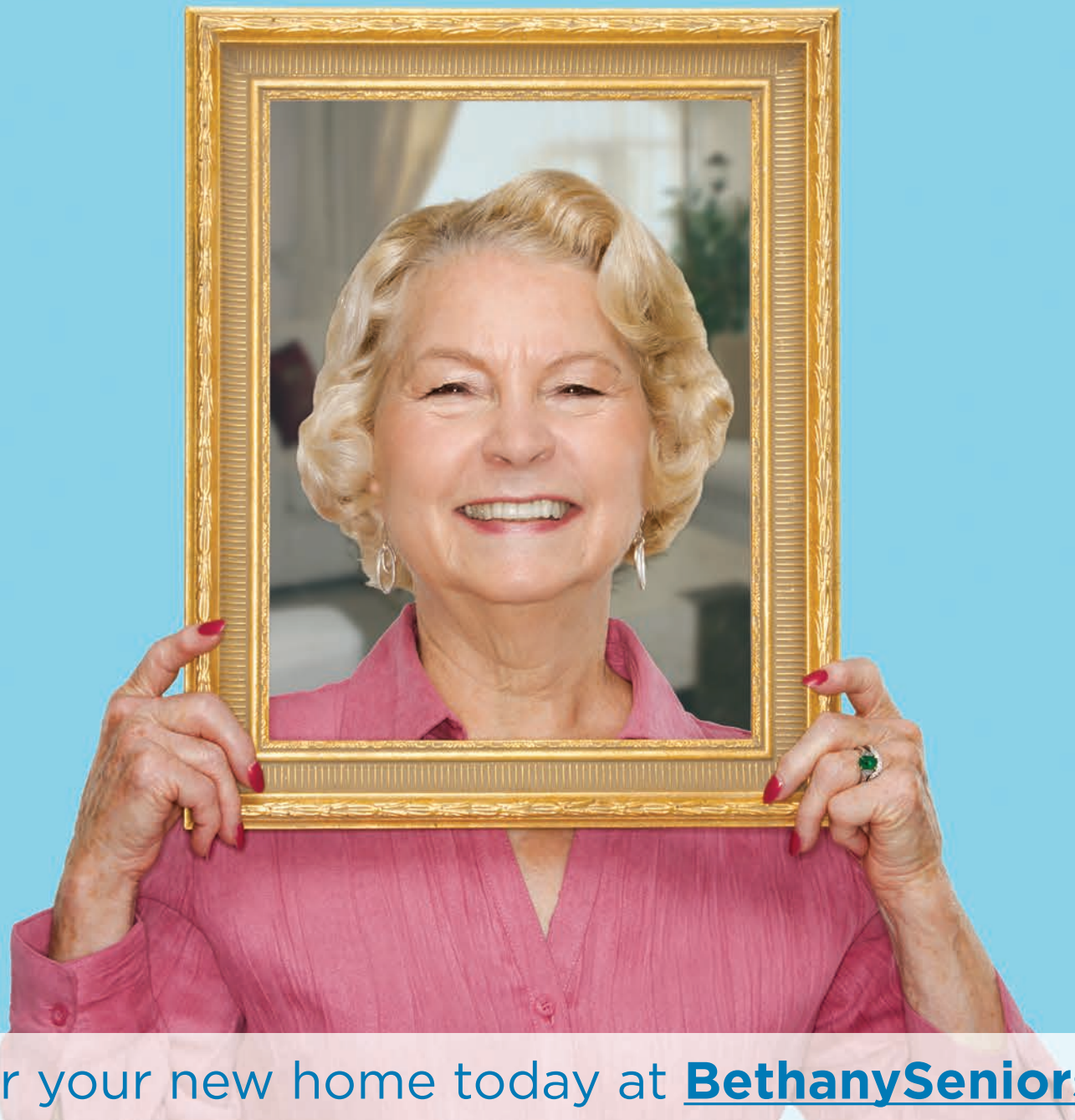
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