

# Kerby News

Published by  
Kerby Centre

for the **55** plus

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

**2019  
July**

Volume 35 #7

## Calgary Awards recognizes Kerby Centre



Kerby Centre President Zane Novak (centre) receives the Community Advocate Award on behalf of Kerby Centre from Mayor Naheed Nenshi (right) and Councillor Jeremy Farkas (left). (Photo credit City of Calgary)

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**Monday July 1, Canada Day**



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**The Manor Village at Varsity**

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The Manor Village at Fish Creek Park

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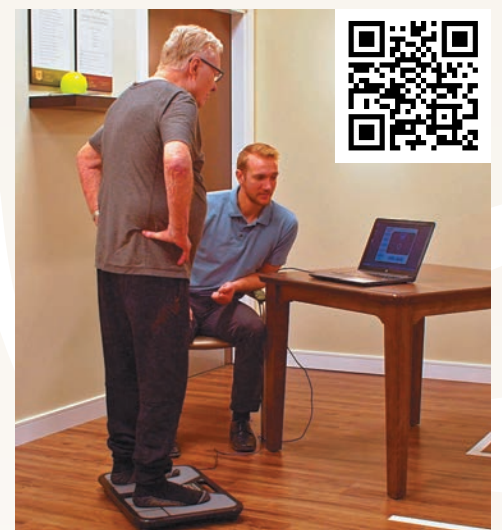


## Memory Loss does NOT need to be a symptom of Aging

Ischemic Memory Loss is a vascular disease that is preventable. This includes daily exercise, a healthy diet, quality nightly sleep and de-stressing with Mindful-Meditation.

## Many Falls are preventable

Balance-Tracking assessments and regular exercise programs that improve balance, stamina, stability and also provide confidence for walking are available to all Manor Village residents. *Scan the code or visit <https://vimeo.com/308826733> to the right to learn more about Balance-Tracking and Fall Prevention*



## A lifestyle filled with experiences enhances your Memory

### Seeing IS Believing

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BY ZANE NOVAK  
President of Kerby Centre

# The future is so very bright

On June 12, I was thrilled to be asked to accept the Calgary Award for Community Advocate Organization on behalf of Kerby Centre.

The Calgary Award is presented by the City of Calgary every year to Calgarians and organizations who have contributed to making this an even better city to live

in. It was humbling to be included with this group of inspiring people who have the passion and vision to make our community better every day.

Kerby Centre has been part of the fabric of this city for more than 40 years. Through this time we have grown and diversified our programs, and our commitment to working with our older adult community is as strong as ever. Our future is so very bright.

It's very encouraging that we have had the privilege of receiving this award at this point in time. 2019 really is a watershed

year for us. We have a new vision that we are putting forward.

We are building on our many collaborative relationships such as the ones we have with the City of Calgary, one of our biggest supporters, with our peer organizations and with all levels of government.

Kerby Centre's vision is "a happy, healthy older population". Its model of service and support is the development of programs that are holistic in nature, encompassing the needs of the whole person and keeping the focus on the best quality of life for older adults.

The youngest of the baby boomers will turn 55 on December 31, 2019. That puts all of that generation, myself included, into the older adult category.

We live in a time when our demographic is expanding. We at Kerby Centre have been around for forty-plus years, and we hope to be around for at least forty more.

We are able to do what we do because of our staff, our volunteers, and our community. I thank the City of Calgary and our community for this honour and I know that you will be with us every step of the way. ▲

## July 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.

### Kerby Centre Board of Directors 2019 - 2020

1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

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**1st Vice President:** Richard Parker  
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**Editorial Assistant:** Margaret McGruther  
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BY LESLIE TAMAGI  
Interim Executive Director

My first month as Interim Executive Director at Kerby Centre has been a whirlwind of meeting the passionate and dedicated staff and volunteers, in addition to learning about the broad areas of innovative and essential services and supports we provide.

What is evident in my short time here is how important Kerby Centre is to the people who come here. Whether accessing information on housing or guardianship, engaging in social opportunities that reduce isolation, attending an educational seminar, or getting respite through our day

## Joining a thriving community

program, we are a lifeline to many.

In my role as interim, I am responsible for enhancing communication both internally and with our external stakeholders, and identifying and developing strategies that will build the capacity of the agency so that we can continue to deliver quality services.

I will also assist the Kerby Centre Board of Directors with creating a profile of our ideal future

leader and help to pave the way for the transition when the new leader is hired.

The recent recognition of Kerby Centre, winning the prestigious City of Calgary Community Advocate Organization award and being voted Best Seniors' Service through Star Metro Calgary Community Choice is well deserved.

I hope you can join us at our Stampede Breakfast on July 12. I am looking forward to meeting you. ▲



**Enter To Win Kerby Centre's Stampede Raffle  
Win A VIP Stampede Chuckwagon Experience For 4 People  
At The Rangeland Derby Finals on Sunday, July 14th**

#### Package Includes

4 entries into the Stampede grounds & 4 VIP passes to the Calgary Stampede Barns for an unforgettable & exclusive experience of dinner for 4, hosted by the Calgary Stampede Chuckwagon Committee in their private tent at the barns. Meet the chuckwagon drivers, tour their barns to learn about the sport of chuckwagon racing and see all the behind the scenes action. Then enjoy all the excitement of the Rangeland Derby Chuckwagon Finals from your Infield Seats!

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Tickets available at Kerby Centre Education & Recreation (Rm305) until July 12th & at Kerby's Stampede Breakfast on July 12th  
For information call 403 705-3233 or 403 705-3178



Tickets Draw takes place at 10:30 am at Kerby Centre's Stampede Breakfast on Friday, July 12th, 2019. Winner does not have to be in attendance and will be notified. For more details, visit [www.kerbycentre.com](http://www.kerbycentre.com)

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**This month in Ottawa**  
KENT HEHR

Member of Parliament for  
Calgary Centre

Our federal government is investing in Calgary seniors. This includes funding to help you stay active, have fun, socialize, and be able to access more locations in Calgary, regardless of any disability you may have.

Through the Enabling Accessibility Fund, Calgary seniors' organizations are receiving federal funding to

## Government is funding initiatives that benefit seniors

pay for new construction, renovations and equipment to increase accessibility for clients, staff and the public.

These projects are especially beneficial for seniors and people with a disability. At Kerby Centre, the funding provides upgrades to the elevator at the Kerby Rotary Shelter.

Other examples of funded accessibility projects include Good Companions' 50 Plus Club's games room renovation, Scarboro United Church's new barrier-free ramp and automatic doors, and L'Arche Association of Calgary's improved fire safety.

Through our Canada Summer Jobs program hundreds of not-for-profit organizations receive federal funding to help pay the wages of summer students. The funding creates more jobs for young people, while

helping organizations and the people they service — like you.

Another way the government is helping seniors is through the New Horizons for Seniors Program. For example, in Calgary we are providing financial support for "chow and chatter" seniors' community gath-

erings in the East Village, seniors' art classes, fitness equipment, and groups that gather to discuss seniors' health and finances.

Combined with our improvements to Old Age Security and the Guaranteed Income Supplement, as well as moving the retirement age back to 65 years

(from 67 years), the federal government is making big investments to support Calgary's seniors.

Kent Hehr can be contacted by email [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or phone on 403-244-1880.

Subscribe to email updates at [www.KentHehrMP.ca/email-updates](http://www.KentHehrMP.ca/email-updates). ▲

## It's not too late to set a Guinness World Record

All Calgarians are invited to come together on Labour Day weekend in an attempt to create the world's largest human maple leaf.

The Guinness World Record for the largest number of people standing in the shape of a maple leaf has been contested over the last few years, and event organizers think it's time Calgary held the record.

The current official record is 1589 people, set by Grouse Mountain, BC, in 2017.

Another attempt in Winnipeg in 2018 drew 3600 people, but did not meet the requirements for an official Guinness World Record.

"We'd like to beat the record soundly, whether it's official or not, so we're shooting for 5000 people," said Wes Nelson, the event's organizer. "We invite local businesses, groups, families, and individuals to participate in this demonstration of Calgary pride."

Nelson likes to create and do things that are unusual. This idea came to him one day as he was flipping through a *Guinness Book of World Records* and saw the listing for the world's largest human maple leaf. In

a city of more than a million people, he thought Calgary would have a good shot at breaking this record.

This will be a second world record for Nelson, who helped Telus Spark get into the upcoming 2019 Guinness Book by designing and building the world's largest Rubik's cube.

The record attempt will take place on the grounds of Fort Calgary from 10 a.m. to 2 p.m. on Saturday, August 31. Participants will be served lunch and get a commemorative t-shirt to wear for the attempt.

Proceeds from the event will go to support BRAVE Education for Trafficking Prevention. BRAVE is an

educational program to prevent children from being recruited for trafficking.

"This is a fun event to close out the summer. It's something different, and a unique experience to remember. It helps support an important cause in our community. And everyone gets their picture in the *Guinness Book of World Records*, which is just cool," added Nelson.

Cost is \$35 per person. Early-bird pricing is \$30 per person for the first 1600 people. Pre-registration is required to participate and registration closes July 31.

To register go to [www.maketheleaf.com](http://www.maketheleaf.com). ▲

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We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep. This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada, supported by the Royal Canadian Legion Alberta- NWT Command, has been approved by the Canadian Institute for Military and Veterans Research (CIMVHR), and the Health Research Ethics Board of the University of Alberta.

**To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at [cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca)**



UNIVERSITY OF ALBERTA  
FACULTY OF REHABILITATION MEDICINE  
Department of Occupational Therapy

## City seeks Calgarian's views on smoking and vaping

The City of Calgary is considering whether the current smoking and vaping rules are best supporting public health and preserving public spaces.

They are collecting citizens' opinions on whether the Smoking and Vaping Bylaw should be further strengthened, with consideration to prohibiting:

- Waterpipe smoking in workplaces, public premises and specified outdoor places.
- Smoking and vaping in outdoor public parks and at outdoor public events.
- Smoking and vaping in hotel and motel rooms.

This direction reflects the growing trend toward smoke-free environments.

Tobacco is the leading cause of preventable death in Alberta, so reducing tobacco use is an important aspect to supporting public health.

Long term national trends in smoking rates are steadily declining, however the most recent data available from 2017 reveals that approximately 18% of Al-

bertans continue to smoke. Further, a school-based survey of students in grades 7 through 12 reveals a three-fold increase in youth vaping in Alberta.

Canada released a Tobacco Strategy in 2018 with a goal to reduce tobacco use to less than five per cent by 2035. Given current trends and Canada's public health goals, the City wants to hear from Calgarians if parks, outdoor events and hotels/motels should be smoke-free.

While cigarette and tobacco smoking is generally prohibited indoors in Calgary, waterpipe smoking of non-tobacco products is not.

We want to hear from Calgarians whether shisha smoking and vaping should be prohibited in indoor public places in the same way that cigarette smoking is prohibited.

Calgarians are invited to give their feedback until July 7 at [www.engage.calgary.ca/smokingvaping](http://www.engage.calgary.ca/smokingvaping) or if you call 311 a service advisor will help you complete the survey. ▲

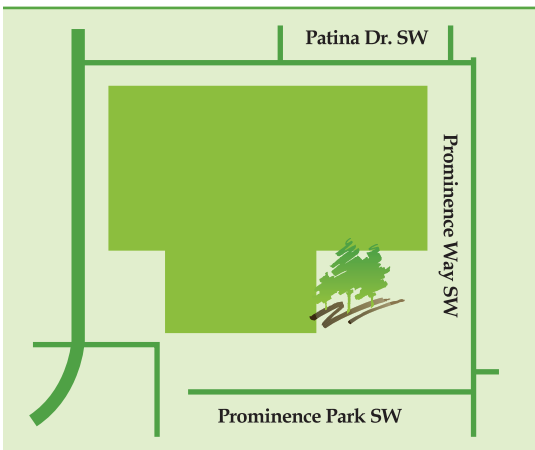


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# Empowering girls for more than 40 years



Anne Jaenen holding her Promise Award from the Provincial Commissioner, for 40 years of service as a leader with Girl Guides of Canada.

By Sheila Addiscott

When Anne Jaenen was eight years old and making her Girl Guide promise to do

her best and take action for a better world, she had no idea how much of her life she was going to spend fulfilling that promise. Since her years as

a Guide, Jaenen has spent 40 years as a leader with Girl Guides of Canada and has been awarded the Provincial Commissioner Promise Award in recognition of her service.

More than just another pin, the Provincial Commissioner Promise Award recognizes that Jaenen exhibits the ideals of the Guiding movement in all aspects of her life. She is a role model and mentor for the many Guides in her circle.

Jaenen started as a Brownie in Winnipeg, Manitoba, moving up through the years to Girl Guide and Air Ranger. In 1967 she earned her Gold Cord, which at that time was the highest award a Guide could earn.

She had to wait until she was 18 to become a leader, and began that journey in 1978 in Edmonton, Alberta,

continuing to volunteer as a leader at every level from Sparks to Guides, right through to Trex after moving to Calgary in 1988.

“I loved being a Girl Guide, especially the camping. As an adult, I got involved as a Guide Leader as a way to give back to my community,” said Jaenen. “I encourage the girls that I’ve worked with to become leaders themselves not only in doing their unit activities, but also in what they are doing in their everyday lives.”

The Guiding movement has changed a lot since Jaenen was a guide. Some of the badges she collected such as the Ironing, Sewing and Housekeeping badges, are no longer in service, which she thinks is a good thing.

“I’m not a seamstress, so I’m not sad at all that the

sewing badge is gone. The girls now get to do many more outdoor activities and much more adventurous activities,” she added.

“Guiding is an empowering movement and it has really changed a lot over the years, and for the better. There is a program, but the girls get a say in their activities, which is very important if we want them to become leaders,” said Jaenen.

It is no surprise that she also holds the Medal of Merit and Alberta Rose Awards presented for exceptional service to Guiding.

In addition, Jaenen has the Honorary Life Member award, which is granted to adults who are still actively involved after retirement. This is just as well, as she has no plans to stop being a Guide Leader any time soon. ▲

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**Membership with Kerby Centre provides a number of benefits, including:**

- Kerby News mailed directly to your home each month
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\*conditions may apply

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## Letter to the Editor

### Medical assistance in dying

**Re: Paul Morck's letter in the June Kerby News regarding his wife's inability to access Medical Assistance in Dying**

It is very unfortunate that Barb Morck, suffering from terminal cancer, was unable to realize her wish for a medically assisted death. Our hearts goes out to her family for their loss and for the pain and discomfort Barb suffered in the last

months of her life.

We thank Paul for drawing attention to Medical Assistance In Dying (MAID) as well as the barriers that Canadians continue to face in accessing this important end-of-life option. Like many people who request MAID, Barb was told by one of her clinicians that she was not competent to make decisions about her care. Because of her resulting emotional distress about this disqualification, she and Paul did not request a second MAID assessment.

Paul's story demonstrates the need for more education surrounding MAID and other end-of-life choices. Many Albertans still don't know that medically assisted dying is available, let alone what the rules are, even though it has been legal since June 2016.

Thankfully, there are resources available for individuals and families who are navigating a request for MAID. Alberta Health Services' MAID Care Team can help patients and families throughout the assessment process. There is also Dying With Dignity Canada, a national charity that provides education and patient support to people considering their rights and choices.

We are glad Paul Morck is sharing Barb's story. But I am very sorry that she was unable to receive a full MAID assessment and a review of her case in the last, pain-filled weeks of her life.

Sincerely,  
June Churchill  
Co-chair, Calgary Chapter of Dying with Dignity Canada

## Kerby Centre Men's Shed

### Information Session

July 16 10:00 am Kerby Centre room 108

Men's Sheds is a program that started in Australia about 20 years ago and spread quickly. Sheds now exist in several countries including more than 20 in Canada.

*Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of friendship.*

- Australian Men's Sheds

Join us for an information session and share your ideas and projects. Call Keith at (403) 234-6569 for more information.





Donna (left) and her friend Adrienne (right) enjoying lunch together at Evanston Summit.

## Convenience And Comfort At A Low Monthly Cost

Living an affordable lifestyle is just one of the many perks Donna enjoys while living at Evanston Summit.

She also likes that the meals are prepared for her and she enjoys fine dining twice a day.

“I have friends here, a community and I never have to be alone when I’m eating. You never know what to cook for yourself when it’s just you,” she says.

**“Here it’s served, no dishes!  
And I find the food is delicious.”**

Donna also takes advantage of the country kitchen where she can fix herself something and take it back to her room.

“I’m not a morning person,” she said with a laugh, “so I like to stay in and eat breakfast in my room.”

Being in an easy-to-access location in Calgary’s North West, Donna has her family visit

regularly. If her guests come from out of town and want to stay the night they can access the onsite guest suite.

Like any great community, Evanston Summit is all about the people. For Donna, this means being able to join activities and socializing at her convenience and pleasure.

**“We have card games and curling and bowling. I mostly take part in the craft sessions. I really like the crafts.”**

And being within an established community with shops nearby Donna enjoys short walks through the neighbourhood.

“I find everyone, including the staff, very friendly. You couldn’t ask for anything more.”

Evanston Summit is an affordable option that offers savings through its life lease and rental agreements. With a life lease, you pay an entrance fee that’s 99% refundable. It’s this savings intact.

The entrance fee is held by the Covenant Family of organizations that have served 100,000+ Albertans and has 150 years of history in this province. The monthly savings with a life lease will generate better returns than a 5% GIC.

Evanston Summit prides itself on great value and low monthly fees that includes everything other than phone and cable tv. Home is more than just a place to sleep and eat, it’s a community and a lifestyle.

Evanston Summit is proud to offer an active and vibrant community for its residents. With 24-hour concierge service ready to assist you, help of any kind is at your fingertips. You can choose from one or two bedroom bright, affordable suites including some with walkouts to the garden patio.

Evanston Summit’s regular activities will keep you as busy and social as you like, including guided fitness programs, crafts and card playing, movie nights and happy hour at the Bistro.

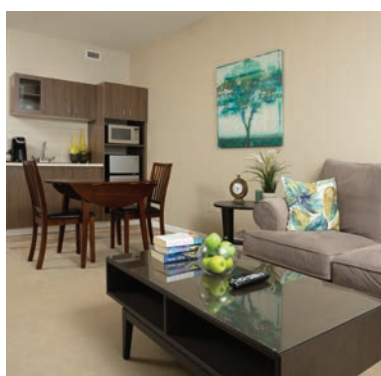
The executive chef prepared meals offer not one choice, but many so there is sure to be an option that meets your appetite. Evanston Summit has a gorgeous high-ceiling dining room, great room with a fireplace, craft room, library, games room, theatre and more.

There is underground parking, weekly house-keeping, no shoveling or raking leaves and the chores are taken care of for you. Take part in a stress-free lifestyle at Evanston Summit.

With monthly rentals starting as low as \$2,987 we’re happy to tell you all the reasons why we’re an exceptional place to live, but we’d rather you come see for yourself.

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**Life and liberty**

BY LIBERTY FORREST

Are you content with where you are in life? Perhaps you are thinking you could do with a little change here or there, tweak a couple of things but for the most part, it's all good?

Or do you want to progress in your life? Do you want to grow and develop personally and spiritually? Do you wonder just what else you might be able to achieve or accomplish if you just set your mind to figuring it out?

# Challenge yourself — you're worth it

Although it's absolutely none of my business, I hope you said: "Yes" to those last three questions because personally, I think life would be pretty dull otherwise (but that's just my opinion, of course).

If you did answer "Yes", are you ready to go for it? Are you ready to begin taking steps to actually make all of that happen? Or are you going to just sit on the ideas, but never really do anything?

I hope not because that would be a terrible waste of a perfectly good life.

Assuming that you do want to see what else you can learn about yourself and create in your life, you must be prepared for a challenge. You'll need to be prepared to be faced with people who

push your buttons, because as soon as you start to do things differently, you're going to hear about it from the people closest to you in particular.

One way or another, at least some of them are going to let you know that they don't like the changes you're making or the things you're learning or the direction in which your life is going. Some of them are going to object and tell you all the reasons why you're making a huge mistake or why you're wrong or just plain foolish.

They'll say whatever it takes to try to get you to be the way you used to be because they don't know how to react to the new-and-improving you. They don't have a clue about what's

expected of them, or how to relate to you, and the more different you become, the more they're going to feel it.

And for some of them, that means the more they're going to keep needling you to try to make you be the way you used to be.

This is especially true when people start to heal their emotional wounds and the nature of their relationships begins to change. They stop responding in familiar ways. They develop better boundaries and don't allow others to walk all over them any more. They begin to speak up instead of swallowing insults, abuse or criticism. They upset the family apple cart and it doesn't go down well at all.

But whatever it is you're changing about yourself and

your life, and whatever the responses you get from the people who are in your circle of family and friends, they'll be presenting you with opportunities to choose how you react. Will it be with anger, jealousy or fear? Or will it be with love, tolerance, acceptance, or a look inside yourself to see what needs healing? Will you choose action or reaction? Will you act on your desire for learning and growth, and on the opportunities to stretch yourself in search of a harmonious life?

When you're challenged in this way, you must remember to think about your intentions. What are they, and what do you hope to accomplish? If you don't know the answer to those questions, you won't be able to grow or deepen your sense of self-awareness.

You have to know where you're starting from if you want to get to the end. You can't pin the tail on that donkey if you've been blindfolded and spun around a bunch of times so you don't even know what direction to take.

To create authentic power, you have to be completely aware of yourself, your feelings and your intentions. If you're in a state of unawareness, you can't possibly fix or change them in a way that is going to be purposeful and help you along your path. As Dr. Phil McGraw says, "You can't fix what you don't acknowledge."

First, you have to know what needs changing — or what you want to change. This will tell you what your intentions are and will help you to make choices that are in alignment with them. And just like the others around you may begin to rebel and try to make you be the way you used to be, part of you is likely to do the same thing.

There is often a battle between the soul, and human desires, emotions and ego. So you will be challenged by your intentions, whatever they are. You will be challenged by your fear, betrayal, anger, and any painful emotions that you are allowing to control you.

When you stop allowing it, you take back the control and you are behind the wheel, just where you should be.

It takes time and practice, but with the right intentions, you will create authentic power if that's what you want. If it is your intention, the choice has already been made. And don't let anyone derail you, not your family, your dearest friends, and especially not yourself ▲

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# SeniorConnect helps good neighbours look out for each other

By Sheila Addiscott

If people are concerned about older adult family members, they will talk to their doctors, consult other relatives or will contact agencies and community resources to get them assistance. But if you are concerned about an older adult who is a neighbour or someone you don't really know well, who do you turn to for help?

Recently, Bill Masson found himself in a situation where he and his neighbours were concerned about another resident on their street. The resident lives alone and has no relatives in the city. Increasingly concerned about this person, Masson did not know who to call.

He contacted different agencies, but he found nobody was able to talk to him because he wasn't a relative. A retired social worker, Masson is aware of all the regulations around privacy, and he was not willing to give up. He finally reached an agency that was able to help him and was connected to the people at SeniorConnect.

"I was trying to raise an alert and I was having

difficulties doing that, simply finding that information seemed tougher than it should have been. It was such a relief to talk to the people at SeniorConnect. There is a limit to what I can do, but they can provide real help," said Masson.

SeniorConnect is a preventive community-based program that provides an essential link between seniors at risk and community support services. It is an initiative of Calgary Seniors' Resource Society and the Distress Centre Calgary. Referrals to SeniorConnect come through the Distress Centre Calgary and city emergency services.

The program began due to a tragic situation where a senior passed away in his home and wasn't discovered for three months. Despite signs of mail and newspapers gathering in his yard, nobody investigated or knew who to call.

A group of service providers including Calgary Seniors' Resource Society, the Calgary Police Service, the Distress Centre, Kerby Centre, Alberta Health Services and The City of Calgary came together to develop a community plan

to identify and help at-risk and isolated seniors in the community, while retaining their dignity and independence. This effort produced the SeniorConnect program.

As the population ages, an increasing number of older adults are living alone. Approximately ninety-three per cent live in their own homes and thirty per cent of them are living alone without partners.

"SeniorConnect helps to fill the gap in services available for older adults who need urgent help, and who may not be able to independently reach out for help themselves," said Catherine Fallon, Community Outreach Manager at Calgary Seniors'. When an older adult is found to be at risk it is usually due to one of three reasons. They are unaware they need help, they are unable to get help or they are unwilling to get help.

Anyone who recognizes signs, symptoms and behaviours that might be pointing to a problem in the life of an older adult can reach out to the Distress Centre with their concerns. The decision to make that phone call can help to connect a senior who

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is experiencing difficulty, with the community resources that they need.

It is important to notice troubling or unusual behaviours that are happening consistently over time rather than a one-time occurrence. Things to look out for are: a change in physical appearance, e.g. changes to grooming, appearance of weight loss, untreated wounds or bruises.

Changes to mental health include signs of confusion and memory loss such as dressing in inappropriate clothing for the weather, personality changes including sadness or the person expressing irrational beliefs. It could also be noticing a home that was previously being taken care of, but is now unkempt, newspapers piling up on the doorstep, or finding out that utilities are being cut off.

The program seeks to identify seniors with unmet needs before a crisis de-

velops, and to help people stay safe and healthy in their homes for as long as possible. No concern is too small or too big and all calls are treated seriously.

A 24-hour helpline is provided by the Distress Centre and all concerns related to a senior are referred to the SeniorConnect program where a social worker will follow up with the senior and caller as needed.

In most cases the social worker will make a home visit and personally assess the situation, attending to any urgent needs and stabilizing any crisis in the home. At all times seniors have the right to accept or refuse recommended services.

Distress Centre Calgary Help Line is 403-266-4357. Calls are answered 24 hours a day, 7 days a week. State that you are making a call about a senior.

If someone is at immediate risk, call 911 immediately. ▲

## Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary [www.kerbycentre.com](http://www.kerbycentre.com)

**MAIN SWITCHBOARD 403-265-0661**

<p><b>Adult Day Program 403-705-3214</b> <i>adp@kerbycentre.com</i></p> <p>Socializing and health monitoring program for physically and/or mentally challenged older adults.</p>	<p><b>General Office 403-705-3249</b> <i>generaloffice@kerbycentre.com</i></p>	<p><b>Options 45 403-705-3217</b> <i>options45@kerbycentre.com</i></p> <p>Options 45 is a weekly drop-in group for mature workers in Calgary (age 45 plus) interested in job transitioning, new careers strategic networking and volunteering.</p>
<p><b>Diana James Wellness Centre 403-234-6566</b> <i>wellness@kerbycentre.com</i></p> <p>Health services including footcare.</p>	<p><b>Housing 403-705-3231</b> <i>housing@kerbycentre.com</i></p> <p>Assists older adults in finding appropriate housing.</p>	<p><b>Taxes 403-705-3246</b> <i>info@kerbycentre.com</i></p> <p>Low income tax preparation.</p>
<p><b>Dining Room 403-705-3225</b> <i>kitchen@kerbycentre.com</i></p> <p>Serving nutritious meals to everyone. Available for catering events.</p>	<p><b>Information / Resources / Taxes 403-705-3246</b> <i>info@kerbycentre.com</i></p> <p>The all in one older adult information source.</p>	<p><b>Thrive 403-234-6571</b> <i>thrive@kerbycentre.com</i></p> <p>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.</p>
<p><b>Education &amp; Recreation 403-705-3233</b> <i>program@kerbycentre.com</i></p> <p>Information source for programs at Kerby Centre.</p>	<p><b>Kerby News Editor 403-705-3229</b> <i>editor@kerbycentre.com</i></p>	<p><b>Volunteer Department 403-234-6570</b> <i>volunteer@kerbycentre.com</i></p> <p>Volunteers are the heart of Kerby Centre.</p>
<p><b>Event Planner 403-705-3178</b> <i>events@kerbycentre.com</i></p>	<p><b>Kerby News Sales 403-705-3238</b> <i>jerryj@kerbycentre.com</i> or 403-705-3240 <i>davidy@kerbycentre.com</i></p>	<p><b>Interim Executive Director 403-705-3251</b> <i>leslieT@kerbycentre.com</i></p>
<p><b>Finance 403-705-3215</b></p> <p><b>Fund Development 403-705-3235</b> <i>funddev@kerbycentre.com</i></p> <p>Work with members and community to provide funding for Kerby Centre's vital program.</p>	<p><b>Kerby News Classified Ads 403-705-3249</b></p> <p><b>Kerby Rotary House 403-705-3250 (24 hour)</b> <i>shelter@kerbycentre.com</i></p> <p>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</p> <p><b>Room Rentals 403-705-3177</b></p> <p>Information on renting rooms at Kerby Centre. <i>laurenr@kerbycentre.com</i></p>	



# I'm changing, little by little, I'm changing



By BARBARA ELLIS

I'm changing. Can't really put my finger on it, but I know I am changing. I can feel it, there is an unmistakable or imperceptible change taking place. I don't want to admit it to myself, but I must.

A few weeks ago I woke up with a sore right shoulder. For the rest of the day I found it difficult to lift my arm above my head, the soreness abated and after a couple of

days it disappeared altogether.

Then the middle finger in my right hand became sore. I could not twist the cap off a bottle and the harder I tried the worse the pain became. The next day I experienced pain not only in my finger, but my whole hand. Arthritis? Maybe it is, and if it is, then what? What does Arthritis really feel like? How does it start? My friends told me to go see my doctor. I am not one, nor have I ever been, the sort of person who runs to the doctor for minor things, besides, I am not sure I want to know the answers to my questions.

This past week, the middle finger in my left hand began to act up, just like the one on my right hand. Should I now be concerned? If I went to the doctor, what could

she do for me? Probably prescribe some pills to ease the pain. But it's not really a pain, but more like a dull ache and does not disrupt my daily activity. At this stage of my life I have to expect changes. After all, everything mechanical has a shelf life, why shouldn't I?

A few weeks ago I watched a very good program on PBS about dementia. The program's narrator was looking through a microscope and saw what she described as little green snowflakes. Yes, the doctor said, those tiny things are bits of plaque.

The doctor went on to explain that those fluffy snowflake-looking things cover the healthy brain cells and eventually kill them. It is like coral in a coral reef, if it gets covered by sand that it can't shake off, it dies.

The narrator asked if there was any research being done to remove these bits of plaque and the doctor answered that there was, and then added something very interesting. While science is working on how to remove them, she said, our brain does it naturally while we sleep. She said that our brain washes itself while we sleep and that is why we need a good six to eight hours sleep a night so our brain can do its wash and rinse cycle.

I wondered how this could be affecting me. I usually get about five hours sleep a night, so is that enough time for my brain to do its washing? There are times when I am speaking, I find I can't remember the name of a city or television program, or I will go into my bedroom for something, and then can't

remember what I went in there for. Does this mean I have already started walking down that road to dementia? No, no, no! This happens to everyone around my age. No point looking for problems where there are none.

Actually I am smiling as I write this, because my friends and I often get stuck on the name of a person or a place. We have a little get-together almost every afternoon for tea and nibbles, and every once in a while none of us can remember something like the name of a movie star. We sit there in a fog trying hard to remember. Then all at once we blurt out the name in unison and then have a good laugh over such a frustrating memory.

There is something very comforting in living with people my own age. People who have lived through the same decades as I have, people who pretty much share the same values as I do, people who are just as inept as I am when it comes to cell phones and computers and people who are imperceptibly changing as I am.

My body has been good to me, better than I deserve because I did not always treat it with respect. Now I try to look after myself better, and I probably could improve on things I have already improved upon.

It is true, I am changing, my bathroom mirror tells me that every day. The truth is that I have been changing from the moment I was born. We all have. This is nothing new. The biggest difference is that now I am aware of it and in some respects, I can do something about it. Yes, I eat better, I go for long walks when the weather co-operates, and when it doesn't, then I walk the halls in my building. My favorite saying now is, "Que Sera, Sera". I know Doris Day would be proud of me. ▲

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# Plastic-free YYC presents first ever Zero Waste Festival

By Briana Loughlin

Plastic-Free YYC is hosting Alberta's first Zero Waste Festival on July 20, at the East Village. The Zero Waste Festival is a free, family-friendly event that aims to raise awareness about the growing issue of plastic pollution locally and internationally.

Plastic-Free YYC is a non-profit organisation that aims to be the leading voice of waste reduction and creates awareness about plastic pollution in the City of Calgary. Their target is to engage all sectors of the community to help promote a plastic-free Calgary.

They have many initiatives in place, one of which is Ban the Bag YYC, which encourages municipal lead-

ers to create policies that will help the city to have a more sustainable future. Plastic bags are costly to clean up. They are used in extremely high volume by consumers and never biodegrade.

In addition, very little plastic is actually recycled in Calgary. Plastic bag recycling is divided 50/50 between North American and Asian markets. Because of this, many plastic bags intended by consumers to be recycled wind up slated for the dump, where they contribute to overburdened landfills.

The Last Straw Calgary is another waste reduction program, which encourages bars and restaurants to go straw-free, or straw on request only. Plastic straws are non-essential for most

people and the simplest way to reduce their use is to stop using them. Either drink out of a cup without a lid or use paper or reusable straws.

The newest initiative, launching this fall, is Re-Construct YYC, which aims to reduce waste created by construction and demolition activities within Calgary. More than 90 per cent of construction waste is taken to landfills. A lot of these materials are raw and easily recyclable, yet they are not being diverted from landfills. Many countries in Europe have laws in place that mandate new construction projects recycle a minimum of 75 per cent of that waste.

The Zero Waste Festival aims to educate, inspire and encourage Calgarians to apply zero-waste solutions in



Everyday plastics. (Photo credit Stefan Schwehofer)

their lives. People can learn about sustainable living from experts and connect with innovative waste-free businesses.

"The festival is a celebration of businesses and local organisations who are leaders and offer innovative solutions, services, and products to solve the plastic waste crisis," said Isabelle Couture, Co-Founder of Plastic-Free YYC.

Plastic-Free YYC is engaging all sectors of society, inspiring people to make a positive change in their lifestyles and reaching out to governments to create policies focused on waste reduction.

Apothecary in Inglewood is the first zero-waste refillery in Calgary.

"The more opportunities there are for people to gather and share their tactics for reducing waste, the faster the movement will spread and hopefully become mainstream. Since we added our refillery in 2017, the response has been tremendous. It's heartening to see people so excited about reducing their impact," said Jill Hawker, owner of The Apothecary.

The Zero Waste Festival is on July 20, at the East Village, Crossroads space from 11 a.m. to 6 p.m. For more information visit [www.plasticfreeyyc.com](http://www.plasticfreeyyc.com). ▲

## Move like a child to build strength

By Steven Snell

A plank is one of the first strength-based positions you perform. As you develop from being a baby, you lift your head, you roll, you plank on your knees, you crawl and then you walk. Watching an infant move in their new world can inform how to start older adult strength training.

"I don't like planks," my mom pronounced. She's in her 70s and has walked for miles every day, for as long as I can remember. "Can I just arm-curl the laundry detergent bottle?" she inquired.

"Start planking every day, mom. Arm curls are fine, but it's best to return to the basics. Once you can hold a plank for 30 seconds, then I'll introduce you to kettlebell swings. You'll be bulletproof," I said.

The plank is a simple, but effective core body-weight exercise. There are many versions of the plank, but the most common plank is the forearm plank. This is where the body is stretched out in a push-up position, but the forearms and elbows are flat on the ground.

I introduce the plank to all of my fitness clients. It introduces them to their inner child by encouraging them to become deeply aware of how they move, and of how they should begin to move. But first, we balance on one foot, next get up off the ground, next pick something up and then learn to plank.

This is where to start with the principles of strength training. You need to have a strong foundation on which to build your tow-



The plank builds core strength. (Photo credit Viktor Ristic)

er or you'll lean over more than the tower of Pisa. Don't start with a fitness program, at least nothing more than a conceptual outline of movement patterns to perform every day.

It can be tempting to start a fitness program, to join a class, or to buy a pass for the gym. While moving is better than not moving, as in you'll get somewhere, if you walk long enough. If you don't know how to stand well, you can't expect to walk well. That flashy class might not serve your long-term goal to be strong.

Start as an infant, move to toddler and embrace active living like a child. Soon you'll be walking with weights and sweating like a teenager. You won't care what the scale says, and what it says doesn't mean much. You'll feel stronger, more agile and balanced, both literally and figuratively. It will impact your daily quality of life and ability to enjoy the things you love most, including that gym class.

The key take-away to living a long active life and being strong, is not to adhere to a fitness program for years. It is to be educated in the principles of long-term strength training, and to re-

discover the foundational patterns of movement. To be a baby again, and maybe move so well that you get back to feeling like you're 20 again.

It takes years to build proper strength. In life, as in athletics, you start with a foundation, and progress from simple to complex.

Work with a trainer and focus on the infant movements first. Pour concrete on these. Find joy in rolling and standing and sitting. Build from there, because how much you lift isn't your only metric of success, focus on mobility and control as well. Once you have the movement down, then you can build work capacity, strength, power, and speed.

The solution to living a long active life starts with a return to your early movement patterns and planks. You can't undo decades of modern living and bad posture with a 10-card pass at the gym.

If you return to your infant years, and naturally progress to toddler, then adolescence, you'll be rewarded with a strong foundation, a love of active living, and you may even find joy in doing the plank and swinging kettlebells, if you're so inclined. ▲

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## Contemporary Calgary opens its doors

By Anna Ryan

There are signs of life coming from our neighbours next door at Contemporary Calgary (CC), once known as the Planetarium. Not content to wait for the next phase of renovations to begin, CC is opening its doors to the community with three exhibitions, Collider, Brutal Visions and A Future City from The Past, under the banner Temporary Contemporary.

Taking its cue from a collider, a type of particle accelerator, the Collider exhibit serves as a catalyst for collaborative experimentation and discovery through the collision of ideas and actions.

This inaugural project employed a peer nomination process that invited 30 local artists to make Contemporary Calgary their studio and community hub. Visitors to Collider will be able to wander through open studios and meet the artists at work in the Grotto.

The resident artists are creating work for CC's fall exhibition Planetary. The residents have been asked to consider ideas ranging from galactic exploration and speculative futures

to meaningful memories triggered by the historic context of the former Planetarium.

Chief Curator of Contemporary Calgary, Ryan Doherty said: "Our new programming is an effort to explore the context, history, relationships and ambitions that have and will continue to shape our new home as a place that registers deeply in the hearts of our community. We are thrilled to begin opening our doors with diverse and engaging programming."

Upstairs in the Ring Gallery, Brutal Visions explores the archival past of Canadian brutalist buildings, like the recently reawakened Centennial Planetarium. Brutal Visions invites viewers to explore the history, architecture and future ambitions of CC's new home.

The exhibition provides an overview of brutalist architecture, highlighting the Jack Long designed Planetarium, winner of a Massey Medal for Architecture, as one of Canada's superlative examples of the movement.

The project continues with a short survey of Canada's 1967 Centennial

building projects celebrating the Planetarium as Calgary's officially designated contribution. With optimism and space-exploration shaping the nation, the Centennial Planetarium captured the hearts and imaginations of our community and continues to provoke strong sentiments some 50 years later.

Among sketches and preliminary models, joined by historic photographs, original posters and artifacts, "Brutal Visions" revisits a past driven by raw honesty and optimism to serve as the foundation of a promising future.

At first glance the buildings and cityscapes in Berlin-based artist Clemens Gritl's body of work, A Future City from The Past, appear to be illustrations of real buildings. But on closer inspection, the viewer realises that these fantastic images are artificial architecture models depicting a futuristic metropolis.

The gallery is open to the public on Thursdays from 10:00 a.m. to 9:00 p.m., and Sundays from 12:00 p.m. to 5:00 p.m. The exhibitions are on until September 1 and attendance is free. ▲

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# Engaging storyteller brings cattle country history to life

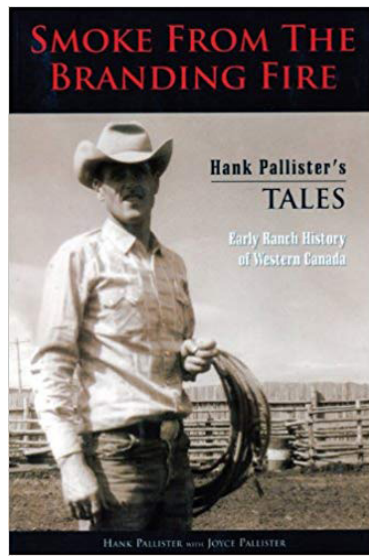
This engaging history book brings to life stories of fires and floods, successes and failures, good deals and bad in Alberta's cattle country.

The book was written by Hank at the end of his career and compiled by Hank's devoted wife, Joyce Pallister. It is an autobiography and history of the cattle industry and ranch life in Alberta.

In 1888, Hank's father, Guy Pallister came to the ranching frontier from Sheffield, England, and married Evelyn Metchette, Hank's mother. Hank was the only one of their ten children to make a life in the cattle business.

After finishing high school, Hank worked on various ranches including the late Joe Bews' Y Cross Ranch in the spring of 1948 until the fall of 1949. Joe gave him a horse named "Dandy", which had been raised by Guy Weadick at the Stampede Ranch. That gift was the beginning of Hank's love for schooling horses.

One of Hank's revered rituals was to attend the famous Range Men's Dinner generously offered by Calgary's Palliser Hotel every



## Smoke from the Branding Fire

Hank Pallister  
with Joyce Pallister

Book review  
by Eleanor Cowan

year during Stampede week. Hank attended his first dinner in 1956 with his father, Guy, who was a guest at the inaugural feast in 1929. Years later, and with his son, also named Guy, Hank participated at the last supper offered by the Palliser Hotel, and counted it a privilege to be recognized as a pioneer's son.

If you ever want to verify that your forebears were

ranchers in Southern Alberta, check the detailed index at the back of *Smoke From the Branding Fire*, where you'll find family names in alphabetical order and stories about each rancher Hank Pallister knew. A skilled rancher, cattleman, and cow brand inspector, Hank went to court many times, called by the RCMP's 'K' division to give expert testimony as to which stolen stock belonged to which ranch.

Hank organized the Old Timers section of the Calgary Stampede for more than 25 years and was on the committee that established the Bar U Ranch National Historic Site near Longview.

Highlighting this well-written history are the many letters from older ranchers in response to the Canadian Pacific Railroad notice, published in the Calgary Herald, inviting those who qualified to attend the Old Time Open Range Men's Dinner on July 29, 1929.

Here's a sample letter that earned the writer a seat at the table.

*Dear Sir,  
I rode the range between the Little Bow, Mos-*

*quito Creek, the Livingstone Range and boundary line having a ranch between the north fork of the Old Man River and the foothills on what was called Todd Creek. I used 646 for my brand and owned the J - [ (this is the cattle brand) cattle which I sold to Geo. Lane. I worked with the WR and Pincher Creek and McLeod round-up wagons. I was boss in 1873 and riding that range from 1890 to 1903.*

*Everyone I have spoken to in this district who is eli-*

*gible has already received a letter from you.*

*Yours truly, F.A. Mead*

This smoking biography of heartwarming tales is sure to please all farmers, cattlemen, ranchers, and branders, many of whom still work, as Hank once did, the four jobs under one cowboy hat.

*"The heart is like a treasure chest that's filled with souvenirs. It's where we keep the memories we've gathered through the years."*  
*(author unknown)* ▲

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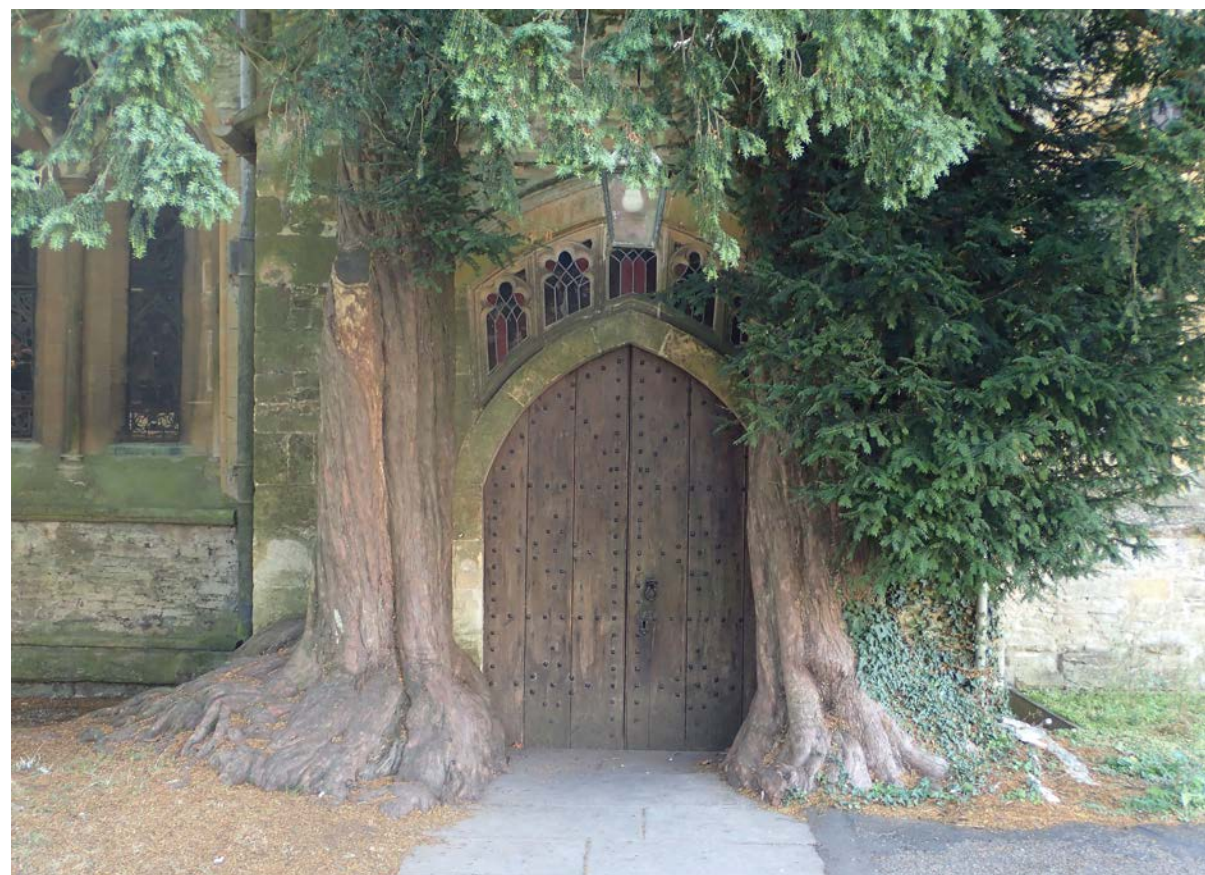




# Walking in the Cotswolds, the heart of England

By Linda Rainey.

Page layout and design by Winifred Ribeiro.



Majestic Yew trees St Edwards Church, Stow-on-the-Wold.

There are more than 3000 miles of footpaths that lead through quaint villages with centuries-old limestone buildings, lush forests, woodlands, rolling hills and open meadows in the Cotswolds.

In 1966, the Cotswolds were declared an Area of Outstanding Natural Beauty. The region was named after the sheep enclosures in the rolling hills that housed the Cotswold sheep, a rare breed that looks like a lion with long fleecy wool.

The Cotswolds is a rural area in south central England that runs from southwest to northeast, through five counties, Gloucestershire, Oxfordshire, Warwickshire, Wiltshire and Worcestershire.

Pathways are well defined and maintained and there is a walk to suit everyone who loves hill walking, whether you choose the longer routes or the shorter routes that circle around the small towns and villages. You'll see people of all ages, from very young to very old, enjoying the beautiful English countryside.

Some of the walks take you through farmers' fields and pastures. The English footpath and public right-of-way system allows walkers to cross private lands, provided you keep to the paths and don't leave gates open.

We booked our trip through one of the many walking tour companies based in the Cotswolds and they arranged our



Aerial view of campus, one of thirty-eight colleges in Oxford.

accommodations and luggage transfers. They provided maps, directions, and guidebooks.

My husband Michael and I spent a couple of days in Oxford visiting the University of Oxford, one of England's oldest and most prestigious universities, dating back to the year 1096. There is no main campus. However there are 38 colleges situated in the core of the city.

We visited The Old Ashmolean Museum of Science, which displays a large collection of historic, scientific and mathematical instruments that were used for research and teaching in physics, chemistry and photography. The gallery displays radio equipment from the Marconi Collection, clocks, globes, sundials and astrolabes. In 1924, Lewis Evans, a prolific collector of scientific instruments, including many Islamic instruments, donated his entire collection to the museum, now known as the Lewis Evans Collection.

We toured the historic Christ Church Cathedral, which combines both an Oxford college and an Anglican cathedral. We attended evensong, sung by the collegiate choir. Choristers are educated at the Christ Church Cathedral School. The acoustics were superb.

There is a watching loft, a bell chapel, a Latin chapel and a high altar. The grand marble hall staircase, with its fan vaulted ceiling, leads to the great hall

where long rows of dining tables are set with fine linens, china, crystal and silver. The walls are adorned with historical paintings. Many extravagant banquets have taken place in this hall since the sixteenth century. The hall seats up to 300 people, and is still used daily to serve meals to college members. Eighty thousand meals are produced and served to the Christ Church community every year in the great hall.

The Meadow Building provides housing for students and staff and is bordered by the Cherwell and Thames rivers. Large wooden longboats are moored under the bridge.

At day's end we visited the local pub for a steak and kidney pie and a pint of English ale. Next day we arrived in Moreton-in-Marsh, the starting point for our walk. You can take the train here from London Paddington Station. This charming thirteenth century town has a market hall and well-preserved old buildings on the High Street with antique shops, traditional inns, and pubs, of course. The oldest building is the Curfew Tower where the bell was rung nightly until 1860 to remind people of the risk of fire at night and to guide travellers lost in the fog.

The main roadway is very busy, with trucks, buses and large

farm vehicles. We walked along Fosse Way and turned into Parkers Lane, through a field gate, and a kissing gate and to the far side of the field. A field gate is a wide farm gate and a kissing gate is a small gate on hinges in a cage so walkers can pass through a hedge or wall, but animals cannot. There were many gates along the way.

We followed the Monarch's Way through field gates, graveyards and past Lower Keepers Cottage. We walked through wooded areas, past Sezincote House and Longborough churchyard, just as the guidebook said we would, so we knew we were on the right path. Some of the directions simply said to walk by the water spout and the drystone wall or the HA-HA, which is an ornamental ditch that is actually a barrier to keep animals out.

We eventually always came to the signpost markers. Sometimes the way marker was just a big old tree stump with a small signpost on it. It's hard to identify what you're looking for until you pass the landmarks. We crossed a couple more busy motorways and continued walking for 12 km until we reached Stow-on-the-Wold.

I love the names of the villages and towns in the Cotswolds! Stow-on-the-Wold was originally named after the town's patron saint Edward the Martyr. The town is situated high on a hill, the perfect location for an Iron Age Fort in the 1100's. A local rhyme says "Stow-on-the Wold, where the wind blows cold" in this, the highest village in the Cotswolds.



Lower Keepers Cottage, Moreton-in-Marsh, starting point of Cotswold Walk.

Stow-on-the-Wold is a market town of 3000 people located at the junction of the Fosse Way and other major converging roads. There are many alleyways running between the buildings into market square that were once used to herd sheep into the square to be sold. On some days up to 20,000 sheep were sold before the wool trade declined.

The bed and breakfast (B&B) we stayed at is renowned as the oldest British inn, built 1000 years ago. The ceilings were low, with huge wooden beams. The doorways and stairwells were narrow, and antiques filled every nook and cranny. Art galleries, cafes, and the beautiful St. Edward's Parish Church on Sheep Street captured our attention with its massive yew trees growing around the entrance door.

Our destination the next day was Bourton-on-the-Water, known as the Venice of the Cotswolds, because of the arched bridges over the river, an easy seven kilometre walk along the Gloucester Way. We passed the Quarwood Cottage, an elegant fifty-five room Victorian mansion, with horse paddocks, immaculate stables, a riding track and some guest cottages.

We walked past fishponds, pastureland and crossed a stone bridge over the Windrush River to a converted watermill. We followed the Wardens Way over the River Eye to the centre of Bourton, a village known for its traditional stone houses and low bridges.

There are many family activities and much to see and do



Wesley Guesthouse, High Street, Winchcombe.



The well-preserved Roman Bath Museum in Bath.



Charming thatched roof cottage, in Broadway, Worcestershire County.

in Bourton-on-the-Water, such as the Cotswold Motoring Museum with its vintage cars and toy collection. Birdland features parrots, owls and model dinosaurs. There are tearooms where you can enjoy scones with clotted cream while admiring the beautiful English country flower gardens. Our B & B was built in 1880 and was a hospital originally. The room was clean and comfortable and we enjoyed a full English breakfast of eggs, ham, beans, mushrooms and toast.

Next day took us on a 10 km walk to Guiting Power, in the Windrush Valley, where the path descends past a plantation and golf course. The guidebook warned us to watch out for stray golf balls as we continued past blue bridge way markers along a farm track. It was tempting to stop at the Black Horse Pub but we continued on through the woods and fields until we reached Guiting Power, a very small village with a population of less than 500 people.

Guiting means rushing stream. We stopped at the Hollow Bottom Pub, where they claim that many years ago customers had a whistle baked into the rim of their cup and when they wanted a refill, they would blow the whistle for service. The phrase "Wet your Whistle" came to pass from this practice. There's not a lot going on in Guiting Power in September, but if we had visited in July, we could have attended their classic blues and jazz outdoor music festival, now in its forty-ninth year.

Guiting is such a quaint village, perfect for a festival. The guest house we stayed in was lovely. The new owners had recently bought the property and moved from Manchester to get away from their fast-paced life. Next morning, after breakfast we

opped into the bakery to pick up a treat to take on our walk that day. The 95-year-old proprietor starts baking every morning at 4 a.m. and had just taken some delicious raisin scones out of the oven!

Winchcombe, originally known as Winchcombeshire during the 11th century, was our next stop, a 10 km walk away. The current population is 5000. We passed the Syreford Quarry where cream coloured oolitic limestone is excavated. Skilled stone masons were busy crafting huge pieces into building stones for housing, fireplaces and pathways.

The Wardens Way led us through a rain forest, a grove of towering cedars, and a pheasant rookery. There were hundreds of colourful pheasants running across the path in front of us. Eventually the 15th century Sudeley Castle came into view.

The sixth wife of Henry VIII is buried in Sudeley's chapel. There is a Tudor physic garden which grows culinary and medicinal plants for family members who still occupy certain wings of the castle. Seventeen species of rare pheasants are bred on the castle grounds.

Our destination the next day was Stanton. The weather was overcast and windy, but it was a short, 9 km walk. We saw the 14th century wall paintings at the



Linda climbing over a stile, en route to Guiting Power.



Motor Museum, mini car covered in vines, Bourton-on-The-Water.

tiny Hailes parish church, where in 1277 the Hailes Abbey was built by Richard, Earl of Cornwall. Now just ruins remain.

Our walk led us through pasture lands of horses, large herds of cows and a sheep farm. The village of Stanton is right out of a storybook. The 16th century cottages have pitched, gabled roofs, mullioned windows and limestone walls. Most of the homes have exquisite flower gardens and hedges. There are no shops, just one pub high on Shenbarrow Hill where you can enjoy expansive views across the Vale of Evesham and the Malvern Hills, while you sip a pint of ale on the outdoor patio.

The walk to Broadway, considered "the jewel of the Cotswolds" and "the show village of England" because of its beauty and magnificence, is lush with rolling hills, ridges and furrows and horse chestnut trees. The Broadway Tower was built in 1799 and, standing 1024 feet above sea level, is the second highest point on the Cotswold Ridge. Broadway is a charming village with lots of pubs, antique shops, museums, galleries and churches.

We left Broadway at the War Memorial for our final 9.5 km walk to Chipping Campden and took a footpath over a bridge into the National Trust Clump Farm, a well maintained conservation area. The route was well marked with some nice rest stops along the way.

Chipping Campden is home to Hidcote Gardens, one of the most influential Arts and Crafts gardens in Britain, featuring topiaries, "rooms" of hedges, and decorative fountains. Kiftgate Court Gardens are the creation of three generations of women and are known for their rare scented climbing roses. Our Cotswold walk ended here.

We continued on to Bath, in the county of Somerset, to see some of the world's best pre-



Red telephone booth, a British icon.



Bourton-on-the-Water, Venice of the Cotswolds

served Roman baths, once called Aquae Sulis, built around Britain's only hot spring. The baths were designed as a gathering place for people to bathe and socialize. The Romans built the bathing complex and temple in 43 BC that is no longer used, but still flows from natural hot springs. The water looks green because of the algae growing in it. The museum has many unique Roman artifacts.

We toured the magnificent Bath Abbey Churchyard, with its outstanding stained glass windows, founded in the 7th century, where people have prayed for more than 1200 years. We enjoyed a boat cruise on the Avon River and had the best roast beef dinner ever, with Yorkshire pudding, gravy, potatoes, local vegetables and wine.

England is a beautiful country. Some may prefer London, but I love the tranquility of the English countryside and can't wait to visit again and spend more time in the peaceful towns and villages of the Cotswolds. ▲



Lovely English rose garden, High Street, Stanton.



Wooden Narrowboats moored on River Cherwell, Oxford.



# Women of the west at the Calgary Stampede



Flores LaDue was a world champion trick rider who competed at the 1912 and 1919 Calgary Stampedes. She helped start the Calgary Stampede with her husband Guy Weadick. (All photos courtesy of the Calgary Stampede archives)

By Sheila Addiscott

This year the greatest show on earth has a lot to celebrate with the 2019 Stampede poster acknowledging the independent and hard-working women of the west and the 100th anniversary of the 1919 Victory Stampede.

The entire world was celebrating the end of the war in 1919. At that time, Calgary was in a recession, crop yields were low and along with the considerable human losses from the war, the city was divided and the people were suffering.

The big four founders came together and funded the first stampede since 2012 to be a victory celebration and to build community spirit. The population of Calgary was around 60,000 and there was a patriotic flare to the entire series of events.

“In the days and weeks after the war, the toll on the city became increasingly apparent. It was during this time that Exhibition manager, Ernie Richardson, proposed holding the Victory Stampede,” explained Dr. Christine Leppard, Calgary Stampede Historical Specialist.

A lot of the advertisements for the Stampede that year connected the bravery of the soldiers who fought on the western front directly with the

mettle, courage and pursuit of democracy that local ranchers had.

“The Stampede Souvenir program proclaimed that: ‘The cowboy’s fight for democracy had not been limited to the war.’ The 1919 Victory Stampede offered Calgarians a collective local identity by stitching together and celebrating western heritage and values with the local contributions to the war effort,” said Dr. Leppard.

Life in the west was already breaking gender roles for women, particularly during the war as women took on work that was more traditionally done by men. On working ranches you would see women on horseback riding astride and they would herd and brand cattle and raise livestock in addition to keeping the household and raising children.

This was very unique to western culture. It is one of the reasons Alberta women pushed for suffrage (women’s right to vote) in the west, before it became legal in other parts of the country. This independence was also reflected in the events of the 1919 Stampede, where women competed in many more events than they do today.

There was fancy and trick riding for cowgirls and they competed in saddle bronc competitions, relay races and tie-down roping, events that they don’t compete in today.

These women of the west had a level of independence few women in other parts of society had during that time. As society changed over the next decades, these events for women started to disappear. Women became barrel racers later in the 20<sup>th</sup> century and this year the Calgary Stampede is returning with its second year of side-saddle racing.

The program states: “Dressed in historically inspired wardrobe, these racers take you back in time to where women gained independence on horseback and began to participate in western sport. While graceful, the sidesaddle racers are extremely skilled and fiercely competitive.”

The 2019 Calgary Stampede poster is a salute to these western women. It shows a woman on horseback, face partly hidden by her cowboy hat. It was drawn in pastel by Rebecca Shuttleworth and inspired by a photograph taken by another young Alberta artist, Samantha Callioux.

One wonders what the tough, self-reliant, hard-working western women of 1919 would think of the present day 2019 stampede.

For more stories on the 1919 stampede, check out Dr. Leppard’s Victory Stampede series of articles on the Calgary Stampede blog [www.calgarystampede.com](http://www.calgarystampede.com). ▲

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Tillie Baldwin in the Cowgirl's Saddle Bronc competition at the 1919 Victory Stampede



Daisy Parsons was an American cowgirl. Seen here performing the “Russian drag” manoeuvre.



# Calgary Stampede pancake breakfasts and more...



A sampling of some of the more unusual Stampede breakfasts and a barbeque, being offered around the city.

All events are free unless otherwise stated. Great food, great friends and great fun. Yahoo!

**Kerby Centre's 27th Annual Stampede Breakfast**  
July 12, 8:00 a.m. – 11:00 a.m. Free pancake breakfast and music. Located at: 1133 7 Avenue SW.

For more information go to [www.kerbycentre.com](http://www.kerbycentre.com).

**Calgary Latin Stampede Breakfast**

July 10, 8:00 a.m. – 10:30 a.m. *Cachapa con queso*,

red Mexican *chilaquiles* and coffee. Located at 128 50 Avenue SE. For more information go to [www.unimarket.ca](http://www.unimarket.ca).

**United Nurses of Alberta Stampede BBQ**

July 10 from 11:00 a.m. – 1:00 p.m. Hamburgers, hotdogs, pop, chips and live music. Located at 1422 Kensington Road NW. For more information call 403-237-2377.

**Wendy T's Gluten Free Stampede Breakfast**

July 6 from 9:00 a.m. – 11:00 a.m. Experience a gluten free authentic Stampede breakfast at the Marda Loop Community Centre. Members are free, non-members \$2 (Limited to 500 participants). For more information go to [www.calgaryceliac.ca](http://www.calgaryceliac.ca).

**Healthy Stampede Breakfast**

July 11 from 8:00 a.m. – 11:00 a.m. Smoothies, berries and omega-3 eggs. Located at the Repsol Sport Centre. For more information go to [www.repsolsportcentre.com](http://www.repsolsportcentre.com).

**Breakfast for dinner**

July 6 from 4:00 p.m. – 7:00 p.m. Eat breakfast for dinner. Located at New Horizon Mall, 260300 Writing Creek Crescent, Rocky View. For more information go to [www.newhorizonmall.com](http://www.newhorizonmall.com).

**Wood's Homes Bowness and Parkdale Stampede Breakfasts**

July 7 at Bowness and July 10 at Parkdale from 7:30 a.m. – 11:00 a.m. Pancakes, sausages, baked beans, watermelon and Starbucks' coffee. Bowness location

is at 9400 48 Avenue NW and Parkdale location is at 805 37 Street NW. For more information go to [www.woodshomes.ca](http://www.woodshomes.ca).

**Calgary Vegan Pancake Breakfast**

July 6 from 9:00 a.m. – 12:00 p.m. Free breakfast, animal cruelty isn't needed for a delicious meal. Located at Bridgeland Riverside Community Association, 917 Centre Street NE.

Calgary Stampede Caravan hosts breakfasts at shopping and recreation centres throughout the city including:

**Marlborough Mall Caravan Breakfast**

July 6 from 9:00 a.m.

– 11:00 a.m. located at Marlborough Mall, 3800 Memorial Drive NE

**Westside Stampede Breakfast**

July 6 from 9:00 a.m. – 11:00 a.m. Free pancake breakfast, live entertainment stage. Located at Westside Recreation Centre, 2000 - 69 Street SW.

**Cenovus Family Day Breakfast**

July 7 from 7:30 a.m. – 11:00 a.m. Free entry to the Stampede grounds and free breakfast.

For a complete listing of Stampede pancake breakfasts taking place this year. Go to [www.stampedebreakfast.ca](http://www.stampedebreakfast.ca) ▲

## On The House

**Bowness Movie in the Park**

Watch a movie in Bowness Park.

July 27 at sunset  
[www.mybowness.com](http://www.mybowness.com)

**Calgary Stampede**

July 5 Stampede Parade  
July 5 free entry 11:00 a.m. – 1:30 p.m.

July 7 free entry 7:30 a.m. – 10:30 p.m.

July 9 free entry for seniors all day long  
[www.calgarystampede.com](http://www.calgarystampede.com)

**Canada Day Salsabor**

City Hall Plaza  
July 1, 3:00 p.m. – 8:00 p.m.  
Free for everyone

**City of Calgary Canada Day Events**

Various free activities at locations throughout the city.

July 1  
[www.calgary.ca/CSPS/Recreation/Pages/Events/Canada-day.aspx](http://www.calgary.ca/CSPS/Recreation/Pages/Events/Canada-day.aspx)

**City of Calgary Music in the Park free concert series**

Central Memorial Park  
World Drum Festival – July 10, 24 and 29

Matt Masters – July 29  
Harp Angel Trio – July 30  
Aimee-Jo Benoit – July 31

[www.calgary.ca/CSPS/Parks/Pages/Programs/Music-in-the-park](http://www.calgary.ca/CSPS/Parks/Pages/Programs/Music-in-the-park)

**Glenbow Museum**

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Free admission from 5 p.m. – 9 p.m. on the first Thursday of every month.  
[www.glenbow.org](http://www.glenbow.org)

## Free events taking place in and around the city

**King Eddy**

No cover Canada Day  
July 1, 10:00 a.m. – 6:00 a.m.  
[www.kingeddy.ca](http://www.kingeddy.ca)

**Inglewood Night Market**

July 12  
[www.inglewoodnightmarket.ca](http://www.inglewoodnightmarket.ca)

**Lougheed House**

Métis Talk for Historic Calgary Week  
July 30  
[www.lougheedhouse.com](http://www.lougheedhouse.com)

**Salsa On The Street**

Casual weekly opportunity to dance Salsa.  
July 5 from 6:00 p.m. – 9:00 p.m.  
Eighth Avenue between 1 Street and 3 Street SE

**Spruce Meadows**

North American CS1 5  
July 3 – 7 (seniors' entrance is free)  
[www.sprucemeadows.com](http://www.sprucemeadows.com)

**Shakespeare by the Bow**

A Midsummer Night's Dream  
July 1 – August 18  
Prince's Island Park (Pay what you will, no tickets)  
[www.theatrecalgary.com](http://www.theatrecalgary.com)

**Studio Bell**

Free admission  
July 1, 10:00 a.m. – 6:00 a.m.  
[www.studiobell.ca](http://www.studiobell.ca)

**Zero Waste Fest**

July 20  
Promenade off 6 Avenue and 6 Street SE  
[www.plasticfreeyyc.com](http://www.plasticfreeyyc.com) ▲

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# WHO recommends steps to reduce risk of dementia

World Health Organization (WHO) has issued new guidelines about how people can reduce their risk of dementia. While there is no cure for dementia, managing risk factors can delay or slow down progression of the disease.

The new guidelines include getting regular exercise, not smoking, avoiding harmful use of alcohol, controlling weight, eating a healthy diet, and maintaining healthy blood pressure, cholesterol and blood sugar levels.

Dementia is a rapidly-growing public health problem affecting around 50 million people globally. There are nearly 10 million new cases every year.

Dementia is a major cause of disability and dependency among older people.

Additionally, the disease inflicts a heavy economic burden on societies as a whole, with the costs of caring for people with dementia estimated to rise to US\$ 2 trillion annually by 2030.

“In the next 30 years, the number of people with dementia is expected to triple,” said WHO Director-General Dr Tedros Adhanom Ghebreyesus. “We need to do everything we can to reduce our risk of dementia. The scientific evidence gathered for these guidelines confirms what we have suspected for some time - that what is good for our heart,

is also good for our brain.”

Dementia is an illness characterized by deterioration in cognitive function beyond what might be expected from normal ageing. It affects memory, thinking, orientation, comprehension, calculation, learning capacity, language and judgment.

Although dementia mainly affects older people, it is not an inevitable consequence of aging. Several new studies show a relationship between cognitive impairment and lifestyle-related risk factors, such as lack of exercise, smoking, unhealthy diet and alcohol. Other risk factors include social isolation and cognitive inactivity.

Adopting a Mediter-

anean-like diet is one of the new recommendations, as this diet has shown evidence of reducing the risk of cognitive decline. A Mediterranean diet emphasizes eating primarily plant-based foods, such as fruits and vegetables, legumes, nuts, whole grains and using olive and canola oil.

Dementia also results from a variety of diseases and injuries that affect the brain, including Alzheimer’s disease, hypertension, diabetes and stroke.

The new guidelines provide a knowledge base for health-care providers to advise patients on what they can do to help prevent cognitive decline and dementia. They will also be

useful for governments in developing policy and designing programmes that encourage healthy lifestyles.

WHO’s Global Dementia Observatory is a compilation of information about activities and resources for dementia in different countries, such as national plans, dementia-friendly initiatives, awareness campaigns and facilities for care.

Data from 21 countries has already been included, with a total of 80 countries now engaged in providing data. Creating national policies and plans for dementia are among WHO’s key recommendations for countries in their efforts to manage this growing health challenge. ▲



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# Volunteer Spotlight



**Hei-Ling Choi**

Hei-Ling has contributed more than 2011 volunteer hours.

Hei-Ling has been volunteering at Kerby Centre since 2014. She is a very friendly and dedicated volunteer. She volunteers with the Thrive Program as a grocery delivery volunteer as she enjoys the flexibility the department offers. Hei-Ling also helps out in special events. She enjoys working at the Kerby Centre because it keeps her busy all the time and it gives her an opportunity to interact with other older adults. She said: “Kerby Centre has a lot of entertainment programs for a very reasonable price.” Her favourite hobbies are reading romantic novels, playing piano, travelling and learning French.

Thank you Hei-Ling, for all that you do for Kerby Centre.

## Housing survey highlights need for a culture of respect

By Rocky Wallbaum

Fear of discrimination and stigma in a care setting is one of the key findings of The SHARP Foundations’ report on the housing needs of aging LGBTQ+ members in southern Alberta.

The foundation partnered with the Rainbow Elders and other stakeholders to research the housing needs of older LGBTQ+ adults.

LGBTQ+ seniors in care are concerned about facing discrimination from caregivers and other residents in senior care facilities. As a result, some LGBTQ+ seniors go back into the closet when they enter care.

The survey results recommend that care facilities be educated and prepared for dealing with LGBTQ+ clients. This should include awareness of degrees of openness about people’s identity, safety concerns, and recognition of previous trauma that older LGBTQ+ persons have experienced from institutional and societal bullying.

One respondent said:

“My current experience with seniors’ facilities while visiting a family member, is one where the LGBTQ+ community is ignored or where there are actively hostile residents and caregivers.”

One of the key considerations is that there are multiple generations within the ‘senior’ population. Everyone has different experiences and needs.

The report states that while there is no one-size-fits-all approach, there is strong interest in LGBTQ+ focused housing as an option to ensure safety and inclusion. Fifty-eight per cent of survey respondents would prefer seniors’ housing that is LGBTQ+ focused, and inclusive of allies. Sixty-two per cent of survey respondents say that it is important to be ‘open’ about gender identity or sexual expression, in the context of housing.

Although Calgary does not have dedicated housing or supports for LGBTQ+ seniors there are a number of emergent initiatives from housing and healthcare providers to address issues

of inclusion and to ensure staff and residents are prepared to respond with respect. These include seniors’ housing providers who have LGBTQ+ inclusion as a strategic priority and organizational audits and staff training opportunities.

Interviews confirmed that community activists and service providers are becoming more prepared to create and cultivate communities to provide inclusive and safe housing that supports everyone in their ‘golden’ years.

Four Rainbow Elders Calgary members joined the advisory board for the survey and two were trained as peer researchers. Peer researchers helped seniors to complete the surveys, and later helped to conduct interviews for the project.

The study surveyed 117 people, aged 50 and up about their housing needs as they aged. Researchers also interviewed 15 other groups including community members, professionals working with the LGBTQ+ community, activists and government representatives. ▲



## Instant Family

Released 2018 (2 hr) Rated PG-13 Comedy, Drama

**Friday July 26, 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!

**Sponsored By Prince of Peace**





# Creating community, one program at a time

By Sheila Addiscott

When Gary White moved into his own apartment in the affordable seniors' housing building, at Carter Place, he felt isolated. Rather than sit back and accept this situation, he tackled the issue head-on by using his talents as a musician and art teacher to create free programs for the other residents, which in turn has created a whole new community.

Many senior housing options offer an amazing array of programs for residents, but if you are one of the 10 per cent (*City of Calgary Seniors Population Profile*) of seniors who live in low-income subsidized housing in the city, you may be faced with no programming at all.

Originally from Newfoundland, White studied at the Nova Scotia College of Art and Design (NSCAD). He went on to own a flower shop in Calgary.

Seven years ago, White suffered a massive heart attack, which subsequently left him with congestive heart failure.

White said: "After the heart attack I moved into Carter Place and I was very depressed by my change in circumstance, I didn't know anyone and I thought, 'What can I do?'. So I had this idea that I'd try to make this building a better place to live in, and that's how I started doing this."

White knows that four walls and a roof do not create a home and set out to change that for himself and the other residents in his building along

with resident, June Grey. They started by putting dinners on in the Jean Goulden Hall Community area of the building for the other residents to get to know each other.

"We then worked on creating a library with the City of Calgary," he added. The library is now shelves of books of all genres that the residents can choose from.

At Christmas time, the residents went onto Kijiji, searching for free Christmas trees. Now they have six trees and ornaments, all free or donated, that they put up every year.

The building has two rooftop terraces and a greenhouse. The plants are all donated and lovingly tended by White and the other tenants. This spring they put out a call for patio furniture and have managed to furnish both roof terraces with donated garden furniture.

"There are wonderful people out there who have helped us," said White. "If someone moves into the building and doesn't have any furniture, we will come together as a community and find some. A lot of what we do is community-driven."

At NSCAD, White studied art under Canadian artist Roy Kiyooka and Anthony Mann, who designed four of the 1976 Montreal Olympic coins.

White previously taught art to adults in continuing education and in elementary and junior high schools. At Carter Place he started teaching music first. There are two pianos in the building and he teaches beginner piano to anyone who wants to learn.

He went on to establish an art group that has expanded to include a second group that he teaches at King Tower through the Alex Seniors' Space.

"When we started here, my students didn't draw. They knew nothing about art. I taught them drawing basics and they have advanced so quickly that they are putting me to shame. We are now branching out into portrait drawing and water colours," said White.

Juhlia Hilton, Tazim Esmail and Susan Schippling are just a few of his enthusiastic students. Companionship, creativity and learning something new are the top draws to the class for these students.

"I haven't done art since I was in school. I love the way Gary teaches, it is so much fun. It's my zen," said Schippling.

"The class means a lot to me. I love the atmosphere and the companionship," added Hilton.

Almost 70 per cent of the building is home to Chinese seniors because of its proximity to Chinatown. Some of White's students are Chinese who speak little or no English. Language is not a barrier to art though, as they regularly attend the classes and are as much a part of the art group as the other students.

White said: "Everyone is welcome. I love being a teacher, it fulfills me. What was the purpose of all I've learned, if not to give it away?"

"With my poor heart, every day is a gift. I'm happy, and it makes me happy to help people, to make people smile. This is my reward," he added.



Art students and teacher: from left to right: Jhet Tolen, Yuli Lie, Juhlia Hilton, Tazim Esmail, Susan Schippling, Gary White, Shu Tang and Xiang Wu. (Photo credit Sheila Addiscott)

Alongside teaching music and art he also offers meditation classes to the other residents, and there is no charge for any of the programs. However, the art group do have to buy all of their art supplies, which are expensive. The art group are currently looking

for donations of supplies and would welcome a sponsor to help pay for art materials.

"Society is missing out on older adults. They think we are just old people, but we are so much more and have so much to offer," he added. ▲

## Volunteering at 99 years of age

By Sheila Addiscott

In 1920 the last of the troops from World War I were returning home, flappers were all the rage, music was swinging, the economy was roaring and Erma Plunkett was born, June 13, 1920, in Lethbridge, Alberta.

Longtime Kerby Centre volunteer Plunkett marked a milestone in her life when she recently celebrated her 99<sup>th</sup> birthday.

Plunkett's husband worked for the Royal Canadian Air Force (RCAF) and his work took them from one side of Canada to the other, from living in Fort McLeod, Alberta, to Belleville and Trenton Ontario.

While living the life of a military spouse, Plunkett was still able to build her own career. She spent her working life with disabled children at schools in both Ontario and Alberta. She retired from the school board in Calgary after 29 years.

"I loved every minute of my

job working with the children. I loved every one of them. If I never did anything else in my life, working with those children made my life worthwhile," said Plunkett.

After she retired, doing nothing was never on the cards for Plunkett. The very next day she went to Kerby Centre and signed up to be a volunteer, that was more than 34 years ago.

She started by volunteering in the wool shop ordering paint for artists and buying wool and other craft supplies. She has taken on many different roles as a volunteer and was even on the board of directors for four years. These days Plunkett can be found helping out at bingo.

She said: "I needed to fill my time and I have a great time doing it here. I have met so many people that needed help, that needed someone to talk to, I think that's the most important thing I was able to give, it's what Kerby Centre is here for, to listen and help."

When asked what the secret



Erma Plunkett on her 99<sup>th</sup> birthday.

is to a long, healthy life, Plunkett said: "I never smoked, I don't drink, except for milk and hot chocolate, maybe it's the hot chocolate."

Plunkett and her husband finally found a permanent home when they moved to a house in Calgary in the 1960s to be close to her parents. She still lives independently in that same detached house today.

"A good life depends on where you come from, what you are looking for and what you expect from life. I didn't expect anything from life, but I have certainly received a lot," she added. ▲



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**Kerby Centre Mark Your Calendars For These Upcoming Events & Activities**

### Kerby Centre, Doing More For You!

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

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

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

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

### Next To New 1/2 Price Sale

50% Off  
Everything Sale

Friday, July 12th  
10:00 am – 2:30 pm



### Wise Owl Boutique 1/2 Price Sale

50% Off All Red Tagged Items  
(Some exclusion may apply)

Friday, July 12th  
10:00 am – 2:30 pm

### A Group For Mature Jobseekers

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



**July 2nd Job Search Strategies** - Participants will learn how to focus on essential components of a successful job search & create a personal action plan for the effective use of various job search strategies

**July 9th Goal Setting**

**July 16th LinkedIn** - Using LinkedIn to create professional networks & utilizing other LinkedIn products & platforms

**July 23rd Resume Building**

**July 30th Open Forum** - Get answers to all of your questions on Resumes, Interview, Networking & Job Search

For more information phone 403 705-3217 or  
email [options45@kerbycentre.com](mailto:options45@kerbycentre.com)

Friday, June 28th



Join Us For A Delicious  
BBQ Steak Signature Lunch  
For Only \$10

In The Kerby Centre Dining Room  
11:30 am to 2:00 pm  
No RSVP Required

### Please Note!

The Diana James Wellness  
Centre will no longer provide  
blood pressure and blood  
glucose testing services,  
effective July 1, 2019

FREE PRESENTATION

### Chemical Awareness and Learning Modules (CALM) Workshop

Presented By Odette Bose,  
Health Canada

Tuesday, July 30th  
10:30 - 11:30 am in the KERBY LOUNGE  
Please Register By Calling 403 705-3246

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summer for a fun and  
energetic outdoor game

### KUBB

Every Wednesday  
10:00 am to 12:00 pm

For more information, or to  
register, please contact Kerby  
Ed & Rec Rm 305

### KERBY DAY TRIPS

#### Granary Public Market & Perogies Cooking Class

Wednesday, July 24th, 2019

#### Enjoy "An Evening At The Glenbow Museum"

Thursday, August 1st, 2019

#### Regal Cat Café

Thursday, August 8th, 2019

#### Hutterite Colony Tours

Wednesday, August 14th & August 28th, 2019

#### Ribbon Creek Hike

Thursday, August 15th, 2019

#### Botanical Gardens, Silver Springs

Friday, August 23rd, 2019

#### Ghost Lake Boat Trip

Wednesday, September 4th, 2019.

#### Dyson Falls Hike - Sheep River Falls

Thursday, September 19th, 2019

For more information or to book a trip contact Kerby Travel at  
403-705-3237 or email [travel@kerbycentre.com](mailto:travel@kerbycentre.com)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>KNITTING FOR A CAUSE</b> <i>DINING ROOM</i> 10:00 AM – 12:00 PM Free On Summer Break Until Sept 9th  <b>MAHJONG (RM 308)</b> 10:30 AM - 12:30 PM \$2.00  <b>RECORDER GROUP (RM 313)</b> 1:00 – 2:30 PM \$2.00  <b>CRIBBAGE (RM 308)</b> 1:00 – 3:30 PM \$2.00  <b>PICKLEBALL (Gym)</b> 3:30 - 5:00 PM \$2.00	<b>OPTIONS 45</b> Employment Workshops <i>(Lounge)</i> 1:30 - 3:00 PM \$2.00  <b>VARIETY BOOK CLUB (RM 301)</b> 1:00 – 3:00 PM \$ 2.00 3 <sup>rd</sup> Tuesday of the month Contact Ed & Rec for the Monthly Featured Book Title (403) 705-3233  <b>FLOOR CLURLING (RM 205)</b> 1:00 - 3:00PM \$2.00	<b>GENERAL CRAFT GROUP</b> <i>(RM 311)</i> 9:00 AM -12:00 PM FREE  <b>ENGLISH CONVERSATION</b> <i>(Semi-Private Dining Room)</i> 10:30 AM -12:00 PM \$2.00  <b>BOARD GAMES &amp; CARDS (RM 301)</b> 1:00 - 3:00 PM \$2.00  <b>WEDNESDAY DANCE</b> <i>(Dining Room)</i> 1:00 - 3:00 PM \$2.00 On Summer Break Until Sept 11th	<b>KERBY CENTRE TOUR</b> MEET IN THE DINING ROOM 10:30 AM  <b>ARTIST GROUP (RM 313)</b> 10:00 AM - 3:00 PM \$1.50 half day  <b>BINGO (RM 205)</b> 11:00 AM - 3:00 PM  <b>PICKLEBALL (Gym)</b> 4:00 - 6:00 PM \$2.00	<b>INFORMATION RESOURCES AT ST ANDREW'S CENTRE</b> #1 10601 SOUTHPORT RD SW 9:30 AM - 3:00 PM  <b>SPANISH CONVERSATION GROUP (RM 311)</b> 10:00 AM - 12 PM \$2.00  <b>KRAZY KARVERS WOODCARVING CLUB (Woodshop RM 102)</b> 10:00 AM - 3:00 PM \$1.25 per hr On Summer Break Until Sept 13th  <b>BADMINTON &amp; PING PONG (Gym)</b> 10:30 AM - 12:45 PM \$2.00  <b>MONTHLY MOVIE (Lounge)</b> 1:00 pm \$1.00  <i>Date of Monthly Movie subject to change. Please see Kerby News for exact date each month.</i>



# Seniors Scene

## F.O.C.U.S. on Seniors

F.O.C.U.S. on Seniors will hold a Canada Day breakfast at the Zoo on July 1. Registration is required, at 403-816-8145. There is aquacize on Mondays and Thursdays from July 29 to August 22. Registration and payment are required. To register call 403-816-8145, and check [www.focusonseniors.ca](http://www.focusonseniors.ca) for more information.

## Bow Cliff Centre for 50+

Bow Cliff Centre will hold a social event on July 26 at 6 p.m. Supper is free and donations are welcome. This event is held on the first Friday of every month. For more information about the Centre please call the office at 403-246-0390, email [info@bowcliffseniors.org](mailto:info@bowcliffseniors.org) or visit the website [www.bowcliffseniors.org](http://www.bowcliffseniors.org).

## Greater Forest Lawn 55+ Society (GFLS)

Five Star Bingo will be held on July 4 and 18 at 4980 25 Street SE. For information about Bingo call 403-248-8334. On July 1, a Canada Day pancake breakfast will be hosted by Albert Park Radisson Heights (at GFLS) from 9 a.m. to noon. Music will be by Tumbleweed. Bring your own chairs.

On Saturday, July 6, the GFLS Stampede Breakfast will be served from 8 a.m. to 11 a.m. The cost is \$5, children 5 and under free. Dance to music by Olde Tyme Sake from 9 a.m. to noon. On Wednesdays lunch costs \$7, with bingo to follow. On August 24, The Legends with Stan Foster will be featured. Cost is \$35, seating is limited. Doors open at 4:30 p.m., and supper is at 6 p.m. For more information call 403-272-4661. GFLS is located at 3425 26 Avenue SE.

## Inglewood Silver Threads

Inglewood Silver Threads is a 55+ seniors' centre, focusing on group activities. Annual membership costs \$20, and members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday, and there are \$2 tea and chat lunches and monthly potlucks.

On Tuesday, July 16, there is a day trip to Discovery Wildlife Park near Innisfail. For more information about this and other programs please call Wendy at 403-264-1006. We are located at 1311 9 Avenue SE.

## Rainbow Elders

Rainbow Elders Calgary is a group of LGBTQ+ senior volunteers dedicated to strengthening the ties between different generations of LGBTQ+ citizens in Calgary, while also being advocates for LGBTQ+ seniors. They meet every second and fourth Friday at 2 p.m. in Kerby Centre. For more information visit [www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca). Some dates to note:

- From July 26 – 28, Hillhurst United Church is hosting Disruptive Faith – Affirmed United Church Annual Conference, register online.
- Book launch party for *A Queer Summer Night in Cowtown* at McHugh House on Sunday, July 14 at 7 p.m. The event is

free. Register for tickets on Eventbrite.

- The Great Queer Bannock Bake Off is hosted by Treaty 7 Dyke and Trans March at Community Wise Resource Centre, 233 12<sup>th</sup> Avenue SW on July 6 from 3 to 5 p.m.
- Gay it Forward serves dinner at the Calgary Drop-In Centre on Tuesday, July 2, from 5:30 – 7 p.m. Regis-

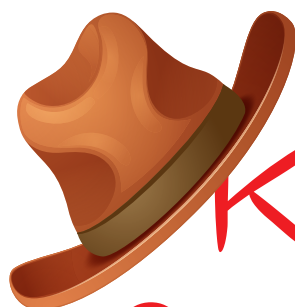
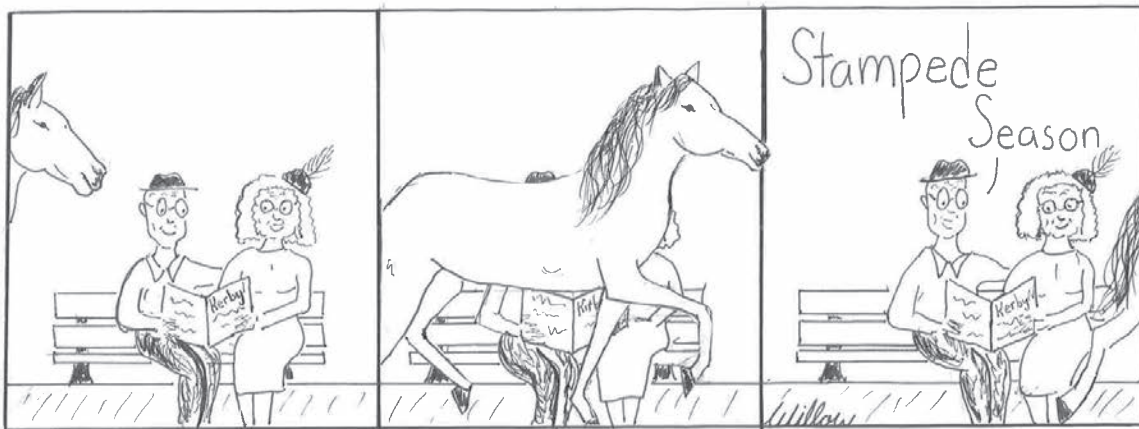
ter on Eventbrite.

- Pride Day Stampede 2019 (previously Gay Day) at Nashville North, Stampede Park, on Saturday, July 6 from 2 to 6:30 p.m.

## Good Companions 50+ Club

Good Companions 50+ Club will hold their annual Stampede Hoedown on Tuesday, July 2. Hap-

py Hour starts at 4:30 p.m. There will be dinner and dancing with music by Pure Country. Cost for members is \$20, non-members \$22. There will be a rummage sale on Friday and Saturday, July 12 and 13. Please call 403-249-6991 for times and details and any other information. Good Companions is located at 2609 19 Avenue SW. ▲



# Kerby Centre's 27<sup>th</sup> Annual Stampede Breakfast

**Friday, July 12th, 2019 8:00 am to 11:00 am**

**Join Us In  
The Kerby Korral at  
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For A Bootscootin'  
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**Featuring Country  
Recording Artist  
Alex Hughes**



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# Now it's finally summer, keep your garden looking great!

By Deborah Maier

Spring was all about planting, planting and planting! Now it's about maintenance and appreciation.

Lawns make a lovely base of green around flower beds, helping to showcase the flowers. An unkempt lawn though can be a detraction. Keep lawns tidy with regular mowing. The City of Calgary recommends that lawns be kept three inches long. That height helps conserve soil moisture and keeps the grass roots cool, helping lawns to look lush.

Keep the clippings on the lawn. The clippings are a natural lawn mulch that keeps weeds in check. As

the clippings degrade, they add nutrients to the soil, a free natural fertilizer. If you mow regularly, the clippings should be short and won't be noticeable. If you use a high nitrogen commercial fertilizer, the last application should be six weeks before the first frost date, predicted to be September 11 for Calgary, so before July 31.

To keep a polished look to the garden, use an edger to clean up the line between the end of the lawn and the start of the garden. Also trim away grass that overhangs curbs and walkways.

Sunny moist weather results in weed germination. Using a hand weeder to pull out seedlings is an effective weed control. Chickweed plants set flowers and seeds at the same time, so try to remove the plant before it flowers.

Water the garden, then spread mulch between the plants, keeping the mulch away from the crowns. If the crown is covered, there is a risk that the moisture-retaining mulch will cause crown rot. Mulching helps to conserve soil moisture and

inhibit weed germination and growth.

Also check for insect pests. Most of the time it's the damage caused by pests that is noticed before one sees the insects. An exception may be aphids. I have a Heliopsis (false sunflower) that occasionally is bothered by aphids. The whole stem becomes covered in what looks like trapeze artists flying off the stem, it's quite eye-catching. A quick wipe with a gloved hand and a nice hard blast from the hose diminishes their numbers.

Powdery mildew, a plant fungus, is unsightly and stresses the plant but is usually more of a nuisance than fatal. The usual recommendation is to ensure good air circulation and to water in the morning allowing time for the leaves to dry before evening.

Regardless of my efforts to follow this advice, I find my painted daisy (Tanacetum coccineum) is susceptible. However, by the time the fungus shows up, the blooms are finished and the plant can be cut back. Spraying susceptible plants with milk, in advance of symptoms, is another recommended practice.

Make a spray solution



Tom Martin deadheads chives to prevent self-sowing.

by mixing one part milk to two parts water. The fungicidal property is in the milk protein, so use any dairy milk you have on hand. Spray both sides of the leaves every 10 to 14 days. Research has found milk to be very effective in controlling powdery mildew on squash plants. I am trying this prevention method on my zucchini.

Keeping the garden blooming and aggressive plants in control, is managed by deadheading. Going to seed is a life-cycle goal of plants. For most plants, the purpose of a flower is to attract pollinators so that fertilization occurs, and seeds are produced. Once

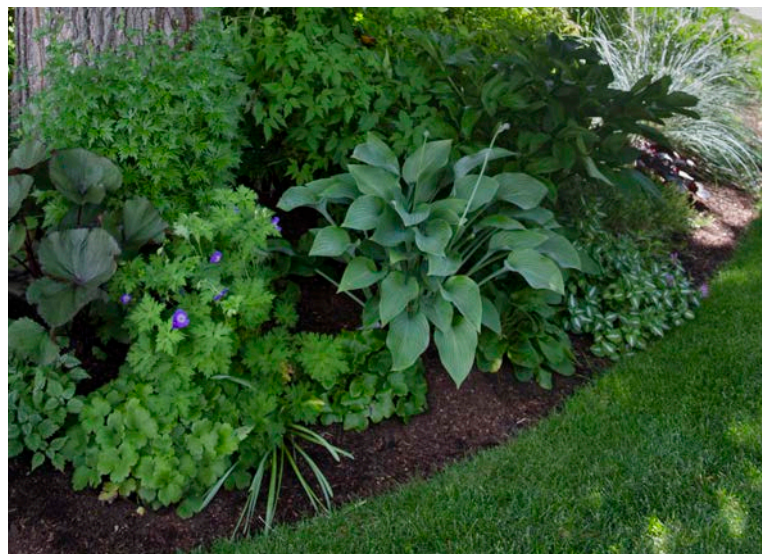
seeds start to form, the plant directs its energy into seed production. To interrupt the cycle, deadhead.

Cut or pinch spent blossoms off just above the next bud or the first set of healthy leaves. Removing the spent flowers will also stop plants from self-sowing—making aggressive plants more manageable. If garden snips are kept handy, and deadheading done whenever a spent blossom is encountered, it can be a relaxing activity instead of a chore.

Growing and flower forming uses a lot of energy and nutrients from the soil, so fertilize to feed the plants and aid their efforts to set new blooms.

If it's been hot and dry, water. If you're not sure if the soil is dry, use a moisture meter to check, they're not just for houseplants and can be used outside. I find a moisture meter especially helpful for checking the moisture level of raised beds and hanging baskets, which can go from wet to dry quickly.

While you're looking for garden tasks, be sure to take time to appreciate your hard work. Spend some time strolling and looking at how well it's all turned out. As all gardeners know, a garden is an on-going project with its setbacks and rewards. Take some time to smell the roses!



A beautiful neatly edged Calgary garden. (All photos by Deborah Maier)

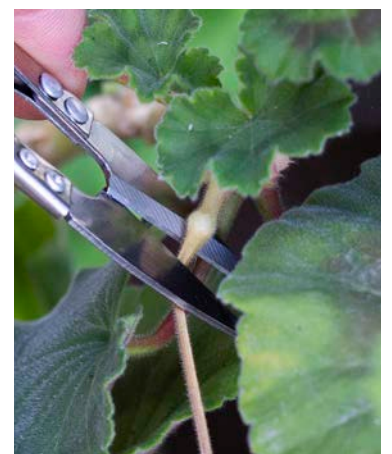
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Remove the spent geranium blossom above the swelling point of the stem to encourage more blooms.

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Winnipeg, Mb	Aug 11 - Aug 17, 2019, Casino Package	\$820 pp/dbl
	Aug 11 - Aug 17, 2019, Adventurer Package incl Casino	\$1015 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019, No rules, no regrets	\$665 pp/dbl
Coeur D'Alene, ID	Oct 25 - 28, 2019 w 2 days Spokane Shopping	\$415 pp/dbl
	Dec 1 - 4, 2019 1 day Spokane Shopping & Xmas Light Cruise	\$415 pp/dbl
Edmonton, Ab	Jan 19 - 21, 2019 River Cree and West Edm Mall	\$285 pp/dbl
Bonnars Ferry, Id	Feb 2 - 5, 2019 Super Bowl Action	\$385 pp/dbl
Yellow Stone	Jun 21 - 27, 2019 Old Faithful, Sightseeing	\$ Call

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RSVP to [cathymunro@lifetimehighs.club](mailto:cathymunro@lifetimehighs.club) / 587 223 0203

Stoney Nakoda Kananaskis Overnight Trips More in 2019 Call for Dates \$80 pp/dbl



# Financial Planning: Seniors can prevent financial fraud by taking a few easy steps

As an older individual, you can be a target for scam artists because many seniors have built a nest-egg for retirement, have property or a pension, making them attractive to scammers. In addition, seniors may be looking to maximize their investments to help them through retirement and leave money for their families.

Fraudsters prey on this perceived vulnerability and try to separate you from the money, investments and assets that took you a lifetime to accumulate. You can help yourself avoid becoming a victim by following the Alberta Securities Commission's (ASC) self-defence tips:

- Don't judge a book by its cover. Successful scam artists look and sound very professional, making even the flimsiest deal sound safe.
- Don't be a victim of your manners. It's okay to just say "no" to an offer you are unsure about.
- Understand your finances. Beware of individuals asking you to sign something you don't understand or urging you to leave everything in their hands.
- Watch out for salespeople who prey on your fears. Scam artists know that you worry about your future and focus on your fears and insecurities. All investment decisions should be made with a clear mind, with no pressure or emotions clouding your judgement.
- Monitor your investments and ask tough questions. Carefully review your statements and keep an eye on the progress of your investments.
- Look out for difficulties retrieving your money. If you receive any pushback or stalling tactics when you want to pull out your principal or profits, you may have uncovered someone trying to cheat you.
- Beware of "recovery room" scams. If you have already been a victim of investment fraud, you have an increased risk of being scammed a second time. Scam artists try to convince you that they'll recover your money for a fee. Once you pay, they disappear.
- Check registration. Check out the firm or person offering you an investment or providing you with advice by searching the National Registration Database online at [www.aretheyregistered.ca](http://www.aretheyregistered.ca).
- Report investment fraud or abuse. Scam artists count on the fact that you may hesitate to report a fraud out of embarrassment or fear. This allows them to spend your money and find new victims.

If you suspect you are involved in or are aware of a potentially fraudulent investment scheme, contact the ASC at 1-877-355-4488 or email [inquiries@asc.ca](mailto:inquiries@asc.ca). Visit [www.checkfirst.ca](http://www.checkfirst.ca) for more tips on how to protect yourself. (NC)

## Financial Planning Today

**Topic: Seniors Benefits and Credits with CRA and Budgeting for Seniors**

**Location:** Kerby Centre — 1133, 7th Avenue SW

**Room:** Kerby Centre Lounge

**Date:** Wednesday, August 14, 2019

**Time:** 10:00 am – 12:00 pm

**Cost:** Free Presentation



Join us for coffee and cookies while learning about the GST/HST credit, medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit. Learn the secrets of spending less, saving more, setting goals, and budgeting for a happier tomorrow.

**Presenters:**

**Bonnie McIntyre** – Canada Revenue Agency  
**Pamela Quist** – Money Mentors

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

**403-705-3235**

**or [robl@kerbycentre.com](mailto:robl@kerbycentre.com)**

Sponsored by:



"Take care of yourself, you are your most valuable asset. Love is your greatest asset, fear is your greatest liability, and joy is your greatest reward. Failure is your best asset, complacency is your worst liability, and talent is your greatest capital." You are your greatest asset in the business of your life."

Matshona Dhliwayo

**You can now donate your car and support Kerby Centre!**

Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?

**1-877-250-4904**  
[www.donatecar.ca](http://www.donatecar.ca)

### Leave a Legacy of Inspiration

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

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

- Anonymous donor

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

For Information please contact Rob Locke at [robl@kerbycentre.com](mailto:robl@kerbycentre.com) 403-705-3235

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

Please choose to make a difference today.

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

Amount Enclosed \$ \_\_\_\_\_

Payment by:  
 Cheque  Visa  Mastercard  
 Credit Card Number \_\_\_\_\_  
 Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_

Please send tax receipt to (Please print)  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Province \_\_\_\_\_  
 Postal Code \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

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

Please choose to make a difference today.

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2  
 Contact us at 403-705-3235 or email to [funddev@kerbycentre.com](mailto:funddev@kerbycentre.com) Charitable Registration #11897-9947-RR0001



# On-the go, healthy power snacking

Page design and layout Winifred Ribeiro.

There are moments in the day when you need a boost to keep you alert, a protein burst after exercising, breakfast on the go, or as a treat. Our bodies need energy throughout the day, but snacking on sugary or salty processed foods is not the healthy answer. Energy balls are the perfect healthy snack. Here are nutrient-dense and tasty fatigue-fighting snacks that are also



## Gingered beet & blackberry balls©

These vibrant deep purple power balls pack an energizing punch. Keep a pack of blackberries in the freezer and just take out a few when you need them; the beet will happily sit for a week or so in the vegetable drawer of the refrigerator, ready for action.

**MAKES:** 16 **PREP:** 15 minutes

DAIRY-FREE VEGAN NO ADDED SUGAR

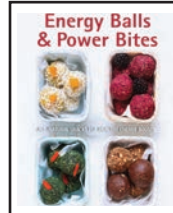
85g / 3 1/3oz / 4 Medjool dates, pitted  
 110g / 4oz / 1 cup porridge (rolled) oats  
 50g / 2oz / 1/3 cup unblanched almonds  
 15g / 1/2 oz / small piece fresh root ginger, peeled and chopped

75g / 3oz / 1 small trimmed beet, peeled and coarsely grated  
 50g / 2oz / 1/3 cup frozen blackberries

- 1 Add the dates, oats, almonds and ginger to a food processor and blitz together until finely chopped.
- 2 Add the beetroot and frozen blackberries and blitz again until the mixture begins to clump together.
- 3 Squeeze the mixture together, take out of the processor bowl and cut into 16 pieces. Roll each piece in the palm of your hands to make a smooth ball. Pack into a plastic container, interleaving the layers with baking parchment. Store in the refrigerator for up to 3 days.

**NUTRITION TIP:** Blackberries and beetroot get their very deep color from the antioxidant group of betalains. Plus, they contain vitamin C to boost the immune system, folates for new cell growth and DNA plus fiber.

**COOK'S TIP:** If you don't have fresh root ginger then add 1/2 tsp/2.5ml ground ginger instead.



From *Energy Balls & Power Bites*,

by Sara Lewis

Published by Lorenz Books

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good for you. Many can be made in a matter of minutes; others can be kept ready in the fridge, and even freezer, to pull out as you need. All packed with taste and goodness. Expert advice on diet and how to reduce sugar, with a nutritional analysis is provided for every recipe. Take some of these ultimate portable health snacks to the Calgary Stampede to help keep you going.



## Nectarine & coconut muesli bars©

You don't need many ingredients to make these tasty energy-boosting bars. Most of us have a bag of muesli in the cupboard. If you are not on a dairy-free diet then add butter instead of soya margarine and if you don't have a nectarine then add a finely diced apple or a couple of plums.

**MAKES:** 10 **PREP:** 15 minutes

DAIRY-FREE VEGAN

100g / 3 3/4 oz / scant 1/2 cup soya margarine  
 100g / 3 3/4 oz / generous 1/2 cup light muscovado (brown) sugar  
 225g / 8oz / 2 cups unsweetened fruit and nut muesli  
 40g / 1 1/2 oz / 1/3 cup unsweetened (desiccated) dry shredded coconut  
 50g / 2oz / 1/2 cup self-rising whole-wheat flour  
 1 large nectarine, halved, stoned and cut into small dice

- 1 Preheat the oven to 180°C/ 350°F/ Gas 4. Cut a square of baking parchment a little larger than a shallow 20cm/ 8in cake pan. Snip diagonally into the corners then press the paper into the pan so that the base and sides are lined.
- 2 Add the margarine and sugar to a saucepan and heat, stirring until the sugar has dissolved.
- 3 Take the saucepan off the heat and stir in the muesli, two-thirds of the coconut, the flour and diced nectarine.
- 4 Tip into the lined cake pan, press down flat then sprinkle with the rest of the coconut. Bake for 20–25 minutes until the coconut is light browned. Leave to cool for 10 minutes then mark into 10 bars. Cool completely in the pan then cut into bars, lift off the paper and store in a plastic container for up to 3 days.

**COOK'S TIP:** Ovens do vary and desiccated coconut can brown quickly so check on these muesli bars halfway through cooking and cover the top loosely with a sheet of foil if needed.

## Summer berry & minted yogurt balls©

Frozen summer berries make an immune-boosting vitamin C-packed standby ingredient for these summery-tasting power balls. Great for kids too.

**MAKES:** 20 **TIME:** 15 minutes

110g / 4oz / 1 cup porridge (rolled) oats  
 75g / 3oz / 1 cup quinoa flakes  
 150g / 5oz / 1 cup cashew nuts  
 3 tbsp / 45 ml sunflower seeds  
 20 mint leaves

150g / 5oz / 1 cup frozen mixed summer berries, no need to defrost  
 4 tbsp / 60ml natural (plain) low-fat yogurt  
 Unsweetened dry shredded coconut for rolling

- 1 Add the oats, quinoa flakes, nuts and sunflower seeds to a food processor and blitz together until a fine powder.
- 2 Spoon in the frozen berries, yogurt and mint leaves and blitz again until well mixed and smooth.
- 3 Scoop the mixture out of the food processor, shape into a ball (this mixture is a little softer than some of the other power balls) then cut into 20 pieces. Roll each piece in the palm of your hand to make a ball.
- 4 Roll the balls in a little coconut if liked then pack into a plastic container, interleaving the layers with baking parchment. Store in the refrigerator for up to 2 days.

**COOK'S TIP:** As these power balls contain yogurt, pack into a plastic box with a mini frozen ice block to keep cold or add to an insulated lunch bag to keep them chilled when out and about.

**NUTRITION TIP:** Protein levels are boosted with the quinoa flakes and sunflower seeds; these are finely ground in the food processor before adding the other ingredients so that you don't even notice that they are there.



## AROUND TOWN EVENTS July

**Calgary Stampede**  
July 5 – Jul 14  
[www.calgarystampede.com](http://www.calgarystampede.com)

**The Roundup MusicFest**  
July 10  
[www.roundupmusicfest.com](http://www.roundupmusicfest.com)

**Oxford Stomp**  
**Bryan Adams, Amanda Marshall and Odds**  
July 12  
[www.oxfordstomp.com](http://www.oxfordstomp.com)

**Fort Calgary**  
**Black and White Movie Night: Sunset Boulevard**  
July 26  
[www.fortcalgary.com](http://www.fortcalgary.com)

**Calgary Folk Music Festival**  
July 25 – July 28  
[www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)

**Jubilations**  
**Mamma Mio**  
July 1 – July 27  
[www.jubilations.ca](http://www.jubilations.ca)

**Lougheed House**  
**Exploring Métis Identity Past and Present**  
July 1 – September 29  
[www.lougheedhouse.com](http://www.lougheedhouse.com)

**Rothney Astrophysical Observatory**  
**Lunar Landing 50th Anniversary**  
July 20  
[www.science.ucalgary.ca/rothney-observatory](http://www.science.ucalgary.ca/rothney-observatory)

**Stage West Theatre**  
**Legends of Country**  
July 1 – September 1  
[www.stagewestcalgary.com](http://www.stagewestcalgary.com) ▲

### SUDOKO PUZZLE

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**Answer on page 27**

## The suggestion box – dryer sheets

Did you know that dryer sheets are good for more than just keeping your clothes static free and smelling fresh?

You can use dryer sheets in your shoes to freshen them up. They don't even have to be new ones, take the old ones out of the dryer and reuse them. Drop one

in the bottom of your laundry basket to stop the odours from dirty clothes from getting into the hamper.

Wipe a dryer sheet over items that are covered in animal hair and the antistatic ability will lift the hair right off clothes, floors, blinds and furniture.

If you are wearing

clothes that have static, rub a dryer sheet on the inside of the garment to eliminate that static cling. It works great for skirts and tights.

Dryer sheets can also deter insects. Place a dryer sheet in your sleeping bags and tents to help keep insects away.



## CROSSWORD PUZZLE

**PREMIER CROSSWORD/ By Frank A. Longo** **WELL-PRESERVED**

<p><b>ACROSS</b></p> <p>1 Tribal emblems</p> <p>7 Sobbing</p> <p>14 Hunt for food</p> <p>20 Of a big blood vessel</p> <p>21 Church part near the altar</p> <p>22 Mistreating type</p> <p>23 Start of a riddle</p> <p>25 Starts a PC session</p> <p>26 Copies a cat</p> <p>27 Pop singer Grande, to fans</p> <p>28 Doctrine in copyright law</p> <p>29 Buy that can be deleted</p> <p>31 With 110-Down, decisive trial</p> <p>34 Hawk's nest</p> <p>37 Goldman's partner</p> <p>38 Riddle, part 2</p> <p>43 Fig and fir</p> <p>44 Foster</p> <p>45 Miner's strike</p> <p>46 Unruffled</p> <p>48 Plotting group</p> <p>51 Pastry variety</p> <p>57 Riddle, part 3</p>	<p>62 Pieces of gig gear</p> <p>65 Bridle part</p> <p>66 Of a central point</p> <p>67 Perform wonderfully</p> <p>68 Buck mate</p> <p>69 Apple's apple, e.g.</p> <p>70 Miss.-to-Minn. dir.</p> <p>71 Foyer floor protectors</p> <p>73 Linking word in Leipzig</p> <p>74 Befogged</p> <p>76 1960s radical Hoffman</p> <p>78 Huge hauler</p> <p>79 February 14 deity</p> <p>80 Riddle, part 4</p> <p>84 Weds on the fly</p> <p>85 University of — Dame</p> <p>86 Buddy from way back</p> <p>90 Group in a roundup</p> <p>93 Griffin who created "Jeopardy!"</p> <p>96 Debonair</p> <p>97 End of the riddle</p>	<p>105 Helmsley with hotels</p> <p>106 Beau —</p> <p>107 Rebuke to Brutus</p> <p>108 "Hel-I-Pl!"</p> <p>109 Divided into segments</p> <p>111 Cry of cheer</p> <p>113 Part of OTB</p> <p>116 Provoke</p> <p>117 Riddle's answer</p> <p>123 Fishing nets</p> <p>124 Vacillated</p> <p>125 Comic Boosler</p> <p>126 Most eccentric</p> <p>127 Cabbie's query</p> <p>128 More packed</p> <p><b>DOWN</b></p> <p>1 Shooting marble</p> <p>2 Cry of delight</p> <p>3 Stomped on</p> <p>4 Kin of -ess</p> <p>5 Japanese soup variety</p> <p>6 Investment bigwig Charles</p> <p>7 Hosp. section</p> <p>8 Bruins' org.</p> <p>9 "I did it!"</p>	<p>10 Bait</p> <p>11 More tender</p> <p>12 Mr. —! (old detective game)</p> <p>13 Foxy</p> <p>14 FDR's dog</p> <p>15 Wind section player</p> <p>16 Little kid</p> <p>17 "That being the case ..."</p> <p>18 Hostess in a kimono</p> <p>19 Borgnine of "Marty"</p> <p>24 Grouchy Muppet</p> <p>28 Familial fight</p> <p>29 Deeds</p> <p>30 Prune</p> <p>32 34th prez</p> <p>33 Priest's assistant</p> <p>35 Threw the dice</p> <p>36 Altar avowal</p> <p>39 Conducts</p> <p>40 In re</p> <p>41 "Damn it!"</p> <p>42 Relinquish</p> <p>47 The younger Saarinen</p> <p>49 Grammy winner Tony</p> <p>50 State frankly</p> <p>52 Grows older</p>	<p>53 Shoot down</p> <p>54 Rack up</p> <p>55 Old-style office scribe</p> <p>56 Clings (to)</p> <p>58 "Just Shoot Me!" actor George</p> <p>59 Mourner of myth</p> <p>60 Personal identifiers</p> <p>61 Pin it on</p> <p>62 Wise truism</p> <p>63 Roadhouse</p> <p>64 Basil-based sauce</p> <p>69 Overdue</p> <p>70 Boy, in Bolivia</p> <p>72 DVR pioneer</p> <p>75 Sci-fi power</p> <p>77 Family on "Married ... With Children"</p> <p>78 Jacket part</p> <p>79 Finish</p> <p>81 Court king Arthur</p> <p>82 Cookbook writer Rombauer</p> <p>83 Snow queen in "Frozen"</p> <p>87 Openers of many locks</p> <p>88 Chevy debut of 2004</p>	<p>89 Some watch displays, for short</p> <p>91 Leg up</p> <p>92 Pop's Carly — Jepsen</p> <p>94 Like a prof. emeritus</p> <p>95 Flashy Chevy, for short</p> <p>97 Texas city</p> <p>98 Got close to</p> <p>99 Doughnut-shaped figure</p> <p>100 Harmonious</p> <p>101 Hoists</p> <p>102 Took pains</p> <p>103 Physician, often</p> <p>104 Lay in concealment</p> <p>110 See 31-Across</p> <p>112 Roll call reply</p> <p>114 Proficient</p> <p>115 — -Grape (Ocean Spray flavor)</p> <p>117 URL part</p> <p>118 "Take that!"</p> <p>119 Sweaty, say</p> <p>120 Old Tokyo</p> <p>121 Prop- or hex-ender</p> <p>122 The, in Vienna</p>
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**Solution on page 27**

**WHAT ARE YOU WAITING FOR?**

# Buy 2019

**KERBY CENTRE MEMBERSHIP**  
*today and enjoy!*

**MEMBER RATES FOR:**

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- FIT Room use
- Select Kerby Centre Events

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- \$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](http://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



# Classified Ads

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

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

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



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

## 10 Health

**CERAGEM Calgary**  
Sales Service Parts  
403-455-9727

### Hearing Aids

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

## 11 Foot Care

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**All About Seniors**  
offer quality foot care services provided by a certified professional foot care specialist with a caring approach and a gentle touch.  
403-730-4070  
[www.allaboutseneiors.ca](http://www.allaboutseneiors.ca)

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

## 12 Home Care

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

*Kerby Centre supports older people to live as residents in the community*

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The Home Care Difference  
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## 13 Mobility Aids

### NOTE

Government assisted program for seniors 65+ on low income  
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## 20 Home Maintenance

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*Kerby News is the official publication of Kerby Centre*

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

**Boy with Toolbox**  
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Will fix anything!  
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Chris 403-827-8617

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Painter semi-retired est 1974 great rates. Wayne 403-804-2046

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## 24 Landscaping

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## 26 Services

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

**Handyman**, semi-retired, licensed, WCB, reasonable rates, flexible schedule, available for household repairs. For more info call Howard 403-235-1529

Mature man will build or repair wooden fences and decks. Smaller jobs only. Call Richard at 403-289-5760 or [rwheatley@shaw.ca](mailto:rwheatley@shaw.ca)

New to or frustrated with computers & other technologies?  
Call **The Computer Helper**, Michele Madsen, for your customized, private, in-home appt. at 587-894-9487.  
**In Calgary & Airdrie.**

**Watch and Clock Repairs**  
by A Second Time  
FREE estimates  
Please call us at 403-616-2545  
[www.asecondtime.ca](http://www.asecondtime.ca)

**WE FIX COMPUTERS**  
Computer repair & lessons, Great service  
Affordable rates  
403-481-8080  
[www.xentas.ca](http://www.xentas.ca)

## 30 For Sale

*Your Kerby News Classified ad could be here!*

## 33 Wanted

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

Occasional driver wanted for conversion van.  
Ph Marlene 403-275-0132

**Selling old gold?**  
Best prices paid.  
Call David at 403-498-4050

## 45 For Rent

Glenbrook Condo 980 sq ft 55+ 2 Bd-Bth All appli, pkg, FP, garden, util incl \$1350/mth Foto on Rent Fast 342017 ph 403-483-8559

Furnished room for rent for female, \$525/mth, everything included, etc. Available immediately. Rosa 403-252-1951 cell 587-439-5167

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

## 45 Real Estate

**ADULT ONLY CONDOS**  
ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS  
[www.CalgaryAdultCondos.com](http://www.CalgaryAdultCondos.com)  
**No Hassle. No Obligation**  
Debra & Peter Molzan  
RE/MAX Complete Realty  
403-605-3774

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

**SW BUNGALOW VILLA - 50+ IN SIGNAL HILL**  
3 minute walk to LRT, and amenities 2 minutes away, Double car attached garage, upgraded appliances.  
Call Kerry 403-620-6167

**Thinking of moving but need to sell first?**  
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Find out what homes in your neighbourhood sell for.  
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RE/MAX Complete Realty  
403-605-3774  
[www.PriceMyCalgaryHome.com](http://www.PriceMyCalgaryHome.com)  
**No Hassle - No Obligation**

## 50 Relocation Services

**AAA-Brother's Moving Co.** "Seniors deserve a break" Brent 403-383-9586  
*Kerby News can be viewed online at [www.kerbycentre.com](http://www.kerbycentre.com)*

ABC MOVING specializes in relocating seniors from one place to another. \$\$ low low rates \$\$  
Call Don at 403-383-9864  
[www.abcmoving.ca](http://www.abcmoving.ca)

**A-SAV-ON MOVING**  
Serving Kerby clients for over 15+ years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**

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## Community Events

### Calgary Horticultural Society

**Conversations in the Garden** July 10, 7-8:30 p.m. join us on the second Wednesday of each month this summer in the Calgary Horticultural Society garden for a relaxing evening chatting with fellow gardeners and our horticulturist, Kath Smyth. Bring a lawn chair, a mug, your love of gardening, and, of course, all your gardening questions. Tips to share are wonderful too! Talks take place rain or shine, so be sure to dress for the weather. Please note that in September the talk will take place on the third Wednesday. Space is limited, so registration is required.

**Portable Gardening - Presentation in the Park** July 16, 7-8:30 p.m.. Join us for a presentation in Central Memorial Park on non-permanent and portable gardening techniques that are great for patios and balconies of condos and apartments. This is a drop-in program. Bring a chair or blanket. This presentation is hosted by City of Calgary Parks and the Calgary Horticultural Society.

**Garden Coaching** July 18, 7-8:30 p.m. Join us in the Calgary Horticultural Society garden for this monthly hands-on workshop designed to coach you through the practical tasks required each month in your garden. Through hands-on participation, learn how and when to transplant and divide your perennials, how to tame unruly shrubs and how to dead-head effectively to maximize your garden's flowering potential. Bring any perennials you want to learn how to divide, or a sample of a plant that you want identified. This will be a collaborative workshop, so anything from your garden that could be a basis for practical learning is very welcome. Dress for the weather and for doing practical work. You may wish to bring gloves and something for note-taking. Space is limited, so registration is required.

Call 403-287-3469 or

visit [www.calhort.org](http://www.calhort.org) for more information on workshops and events.

### Friends of Fish Creek

**Wellness in Fish Creek**, get outside, enjoy some nature and sunshine, and support your mental, physical and spiritual health in the Process. Experience Raja Yoga, Good Morning Yoga, Blending Yoga and Qi Gong, Nature Babes, Success Without Stress/Meditation, Postural Pilates, and Saturday Wellness Workshops - Dealing With Grief Through Nature and Spring Forest Qi Gong, Spring into Shape and Keep Fit with Bungy Pumps!, Canine Meditation and Rainbow Wellness Workshop. All sessions take place at the Bow Valley Ranche in Fish Creek Provincial Park.

**Creekfest** takes place on Saturday, July 20, 11:00 a.m. - 4:00 p.m. at Bow Valley Ranche, Fish Creek Provincial Park. Creekfest is free and fun for the whole family! Creekfest is designed to raise awareness within local communities about preserving and protecting our local watersheds, and to strengthen our message of environmental conservation. Enjoy performances from Rattle and Strum, Bud Edgar, Michela Sheedy, and Sheila Edgar. Learn to juggle with Michelle and Peter - the Juggling Clowns. Take part in guided walks. There will be a variety of interactive games and activities by community-minded organizations, as well as exciting draws and refreshments.

The **Capture Nature Photo Contest** runs until July 31. This year's themes are: Symmetry, Lunch! and Movement. All photos must be taken in Fish Creek Provincial Park and can be submitted at any point during the contest, but the earlier the better!

Join us for our next **Fish Creek Community Showcase Meet the Artist Event** on Thursday, July 11, from 6:30-8:00 p.m. at the Cookhouse for an opportunity to meet local artist, Jim Pescott. Tea and treats will be available for your enjoyment. To register, visit [www.jimpescott.eventbrite.ca](http://www.jimpescott.eventbrite.ca).

**Walking and Minibus Tours**

Through both public and private tours, members of the public have the opportunity to participate in guided walks or hop on our minibus, the latter of which ensures that those with limited mobility also have the opportunity to enjoy the park. Here is a quick look at what we have to offer this year: ReWilding for Restoration, Leave it To Beaver, A Park is Born and more!

For more information and to register for workshops and programs visit [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org).

### PROSTAIID Calgary

**Wild Wednesday Cruise Nights** from 6 p.m. to 9 p.m. at the A&W restaurant at 80 Crowfoot Way NW. For more information go to [www.prostaidcalgary.org](http://www.prostaidcalgary.org). ▲



### IN MEMORIAM

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

- Alice Bernice Newman
- Alice Pearl Jaquish
- Betty Hemus
- Judy Elizabeth Schock
- Louie Lee
- Patrick James Toulgoet
- Robert Renaud
- William Evan Davies
- Anneliese Wendt

Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the forthcoming issue of Kerby News.



### SUDOKU ANSWER

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## CROSSWORD SOLUTION

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## FOR RESULTS ADVERTISE IN KERBY NEWS

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[JerryJ@kerbycentre.com](mailto:JerryJ@kerbycentre.com)  
or 403-705-3238

**David Young**  
[DavidY@kerbycentre.com](mailto:DavidY@kerbycentre.com)  
403-705-3240

## Kerby News Business and Professional Directory

Size: 3 1/4" X 2  
Cost: \$160

## HANDY HELPERS

Need help with tasks around the house? We can help you! Some of our common requests are: home/building maintenance, minor plumbing repairs, painting, cleaning, eaves trough cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, quotes on more technical work, & much more...

Call Jim at 403-992-9274

E-mail: [HandyHelpersCalgary@gmail.com](mailto:HandyHelpersCalgary@gmail.com)  
Website: [www.HandyHelpersCalgary.ca](http://www.HandyHelpersCalgary.ca)



Seniors' Discounts

## The Estate Lady

Wills, Powers of Attorney, Personal Directives  
Estate Probate/Administration Applications

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25+ Years' Experience

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Email: [estate.lady.ab@gmail.com](mailto:estate.lady.ab@gmail.com)





## Right Home Right Time Right Place

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

### Affordable Housing for Seniors

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

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

### A New Lease on Life! Invest in your Future.

**Sundance on the Green** is a community for independent seniors who enjoy active living. Enjoy a spacious suite through our Life Lease program. Purchase your Life Lease, offering peace-of-mind with a guaranteed buy-back of the lease agreement at appraised fair market value.

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

Amenities include:

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

## EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES

### Riverview Village Affordable Housing

2945 26 Ave SE, Calgary  
**403.272.8615**

EVERY WEDNESDAY IN JULY 11AM to 3PM  
SATURDAY, JULY 13 10AM to 3PM

### Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary  
**403.254.9800**

WEDNESDAY, JULY 10 & 24  
10AM to 3PM

Discover your new home today at  
**BethanySeniors.com**

