

Kerby News

Published by
Kerby Centre

for the **55** plus

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

2019
June

Volume 35 #6

A Sensational musical line-up



Kerby Sensations band members, left to right, Joe Purves, Dave Botkin, Rob Thomson, Mario Praprotnik and Floyd Mueller.

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Wednesday June 5, World Environment
Thursday June 6, World War II D-Day Invasion
Sunday June 16, Father's Day
Friday June 21, Summer Solstice



Kerby Centre

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www.kerbycentre.com

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The Manor Village at Fish Creek Park

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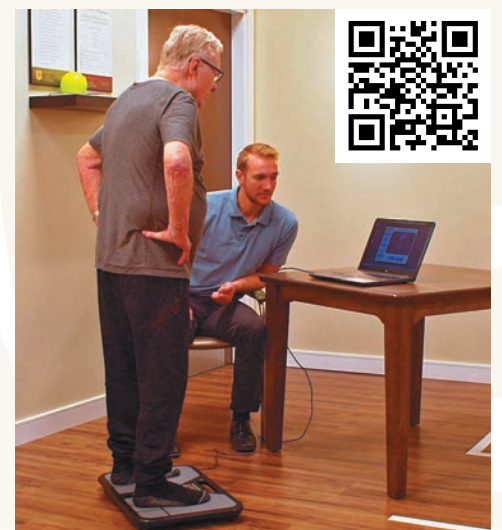


Memory Loss does NOT need to be a symptom of Aging

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

Kerby Centre welcomes a new interim executive director

As we continue the process of finding a new leader for Kerby Centre, I want to update our members and friends on the steps we have taken so far.

This is an exciting time for Kerby Centre as the board of directors seeks a new leader. We want to build

on the success we've had to date and to ensure Kerby Centre's ongoing contribution to our community.

In looking at the organization's future goals, the board has decided to use the title "Executive Director" rather than "Chief Executive Officer" (CEO) going forward, which is more standard in the non-profit sector.

Finding a new Executive Director is the most important task any board of directors has. We have chosen to enter into a search process supported by impact8 Inc., to help us make this decision. This will give our organization the time and focus to both maintain, and continue to strengthen, Kerby Centre during this time of transition.

To provide the space to carry out this work in a comprehensive way, we have



Interim Executive Director
Leslie Tamagi.

engaged an Interim Executive Director to provide support and leadership to Kerby Centre as we work through the process to find and appoint a new, permanent Executive Director.

Leslie Tamagi began her role in May as Interim Executive Director. She will focus on collaboration with the Kerby team and board while ensuring that Kerby Centre's leadership team can continue to provide quality services and programs.

We are fortunate to have Leslie Tamagi joining our Kerby team during this transition. She has deep experience with organizations in transition, having been the CEO of Habitat for Humanity of Southern Alberta during the consolidation of its southern Alberta chap-

ters, and as CEO of Vecova Centre for Disability Services and Research (Vecova) for more than 15 years, focusing on community integration. The board of directors is excited to be working with Leslie over the next few months to learn from her experiences and insights.

Celebrating the rich history of Kerby Centre and its positive impact for older adults in our community is a priority for the board. We are confident that our transition process will ensure stability in our operations, provide the opportunity to move the organization forward and honour that history. We appreciate your support through this transition. ▲

June 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 2018 - 2019

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

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Kerby News

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Kerby Centre parking lot under new management

Effective immediately, Kerby Centre is changing its parking lot management and enforcement company.

Kerby Centre has contracted with Park Indigo to provide parking registration capabilities and regular enforcement of all Kerby Centre parking lots.

This change of parking management does not affect any parking procedures at Kerby Centre, and therefore all rules and regulations will still apply.

As a reminder:

- Parking is only permitted in the lots while visiting Kerby Centre.
- All visitors must purchase a yearly parking pass with Kerby Centre membership, or sign in at the kiosks inside the Kerby Centre building upon entry.
- Kiosk sign-in will allow six hours of free parking, while you are in the building.
- All patrol, enforcement, and citations will be managed by Indigo, please do not contact Kerby Centre to dispute.

Thank you for your cooperation and patience as Kerby Centre makes this change. ▲

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Tickets \$5.00

Be the first to get your tickets at the Senior Week Launch on June 3rd. Can't make it? Tickets will be sold at Kerby Centre Ed & Rec (Rm305)



Calgary Stampede



Kerby Centre

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





This month in Ottawa
KENT HEHR

Member of Parliament for
Calgary Centre

New measures in place to support seniors' health and finances

In the latest 2019 federal budget, the government introduced important new plans to support seniors to stay healthy, active and financially secure.

Changes to finances include:

- Enhancing the GIS (Guaranteed Income Supplement) earnings exemption, so if you work, you keep more of your income. It increases the full exemption from \$3,500 to \$5,000 of annual employment and self-employment income for each GIS or Allowance recipient and spouse. Plus,

it adds a new partial exemption of 50 per cent on an additional \$10,000 of annual income.

- Ensuring you receive the full pension you're entitled to by proactively enrolling Canada Pension Plan (CPP) contributors who are 70 or older and have not applied to receive retirement benefits. This will help 40,000 seniors who might otherwise miss out on payments.
- Protecting employee pensions through new measures that increase fairness in the event of corporate in-

solveny, providing greater peace of mind for those who are facing retirement.

Healthcare changes include:

- Making prescriptions more affordable by laying the groundwork for national pharmacare. This includes creating a Canadian Drug Agency to negotiate better drug prices on behalf of all Canadians, creating a national strategy for rare disease drugs and ensuring consistent drug access across the country.
- Introducing a National Dementia Strategy that will

address areas such as prevention, early diagnosis, treatment, and support for caregivers.

- Increasing funding for the New Horizons for Seniors Program. In Calgary, funded programs include art classes, fitness equipment, and group meals that help connect seniors with their communities. ▲

Kent Hehr can be contacted by email kent.hehr@parl.gc.ca or phone on 403-244-1880.

Subscribe to email updates at www.KentHehrMP.ca/emailupdates



My Barbie Doll's story

This is the story of my wife's battle with bladder cancer. I think your readers need to hear about her frustration with trying to access medical assistance in dying.

My wife, Barbara Ann died on December 07, 2018 after an agonizing nine-month battle with cancer. We were married for almost 49 years. I called her my Barbie Doll because she was. She was the kindest, most caring person I have ever known. Anyone who met her, immediately fell

in love with her.

At the end of February 2018, while vacationing in the Dominican Republic, Barb suddenly experienced pain in the right side of her back. The pain was controlled by Tylenol, but lingered.

The day after we returned from vacation, we began testing to find out the source of this new pain. After several months of testing, a blockage was found in her right ureter. It was malignant, so the urologist had to remove Barb's right ureter and right kidney and put her on dialysis.

Her pain continued to worsen and started to spread throughout her body. The urologist referred Barb to an oncologist who said that if Barb's pain could be controlled, she could hopefully gain enough strength to try systemic chemotherapy.

Over the next several months, Barb was admitted to hospital many times

with increasing pain, given various narcotics, but they all made her confused. Finally, methadone controlled the pain with minimal side-effects.

But then Barb started vomiting everything she ate. More weeks of testing finally showed the cancer had spread to the middle of her chest, blocking the bottom of her stomach. She would need a feeding tube.

At this point, Barb made the difficult decision to stop all further treatment and be allowed to die with dignity. We applied for Medical Assistance in Dying (MAID), but Barb was declared too confused for MAID. Barb was irate. She

demanded that the nursing staff remove her feeding tube and IV immediately. Ironically, they complied, even though she had just been deemed mentally incompetent only moments earlier.

Barb was allowed to starve, suffering for several more weeks before dying, but was not allowed to die with dignity. As her medical advocate, I was allowed to starve my wife to death. If I had done this to my dog, I would be in jail right now. I had to watch my Barbie Doll die slowly, painfully, over the next couple of weeks. How is that right?

The MAID legislation needs to be changed to allow

easier access for patients with terminal cancers. These people are usually on opioid pain medications and can't qualify for MAID because they can't pass the required mental competency requirements.

I joined a group called Dying with Dignity Canada. They are a national lobby and support group dedicated to changing the current legislation.

I encourage all of you to get involved. Talk to your family and friends. Please share my Barbie Doll's story, so that we can change things for the future.

Sincerely,

Paul Morck

Do you have a Co-op number?

Thousands of Calgarians have a Co-op membership, and every spring, look forward to getting their annual member refund cheques in the mail. Part of a member's equity also gets deposited into an equity account that grows over time.

On the slip attached to the member's refund cheque there is an amount that shows how much share equity a member has. Share equity is cumulative over the life of a membership and can mount up to thousands of dollars over the years.

If you are 65 and over, you can redeem those equity shares by going on the Co-op's age policy.

To go on the age policy, a member will need to go into

a Co-op store and complete an age policy form. It takes approximately six weeks to receive a cheque.

If a member is unable to go into a Co-op store, they can also apply to go on the age policy by mailing in a signed letter or by sending a fax or email.

The policy enables members to withdraw all of their equity except \$1.00. The person will continue to be a Co-op member, but they will now receive 100 per cent cash member refund each year.

For a joint membership, both members must be over the age of 65.

For more information contact the Co-op member service team by phone on 403-219-6025. ▲

Calgary

PROPERTY OWNERS:

Your Property Tax is due June 28

Friday, June 28 is the final day to pay your 2019 property tax bill to avoid a 7% late payment penalty.

The deadline does not apply to property owners who **pay monthly** through The City's Tax Instalment Payment Plan (TIPP).

To join TIPP or for other ways to pay:

- Visit calgary.ca/propertytax
- or
- Contact 311

19-00416243

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Pat, Resident

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Life and liberty

BY LIBERTY FORREST

Books, covers, judgement and treasure boxes

Come on, let's be honest. We've all got some insecurities. Some of us have more than others. Some of us work at healing them so they don't bite us in the backside too badly. But we've all got 'em, whether we want to admit it or not. They're part of the human condition.

It's also very normal for us to want to be accepted, to want approval, to want to fit in, and to belong to a group. It's innate; we need it for our survival. Even the most spiritually evolved or emotionally healthy people need it.

Taken to the extreme, in order to make my point, they might say they do not in any way, shape or form require the acceptance of another. But they would struggle if there were absolutely no

people at all in their lives, if they had to live a life of complete isolation, or if there was not one other person on the planet who liked them, accepted them, or would speak to them.

Those people might be able to lift themselves out of their fearful, anxious or insecure moments a lot quicker than some other people, but they've all got them, because they are human, which means they can never be perfect.

Part of being an imperfect human means that we can tend to judge. Sometimes we do it without even noticing, and this is because to some extent, we have to judge in order to survive. Is this situation safe? Will this person cause me harm? Is that situation good for me?

So there is a natural judging that goes on in our heads without us even noticing. I like this person. I hate that colour. I don't like her dress. He is so irritating. That's a stupid TV show. This movie sucks. That person is boring. This book is exciting. I would never do that! What a flake! I love how he plays the piano. And on and on and on.

Sometimes life throws

situations and events at us that are really awful, or that cause us embarrassment. Sometimes we do it to ourselves because of the choices we've made — and we didn't think them through or they didn't go as planned, but the bottom line is, we end up in some kind of mess that we think makes us look bad.

In part, it's because we know that we can make judgements about others, even when we try not to do it, and we know, or expect, or fear that others are making judgements about us, too.

Maybe we've done things that are "outside the box," unconventional, that go against the grain, that will raise eyebrows, that will shock, that will offend, or that will make us look like fools. The list goes on and on.

And boy, do I ever know that stuff well. There's so much about my life that just begs people to judge me in a very negative way, or to think that I'm a complete flake. They can look at situations in which I found myself, or events that have happened to me and decide that I'm crazy.

They can look at what I've done in my life. They

can look at how many times I've been married, how many times I've moved, changed jobs, changed religions or continents and immediately they think I'm a scatterbrain, I'm flighty, or I'm just a big mess.

But they don't know far more than they do know about me. And if they want to judge, I don't give a rat's @\$\$.

Besides, just because most people do things a certain way, why does that have to be the only way? Why is it seen as the "right" way? Why does it automatically mean that another way is wrong, bad, faulty, flawed, or just plain nuts?

On paper, I look really unstable. I look like someone you wouldn't want to touch with a ten-foot-pole. In reality, there is an awful lot more to the picture. I am an extremely complicated woman, not that I try to be, but I just am. Perhaps complex is a better word. At least it sounds nicer than "complicated".

But whatever we call it, there's a lot more to me than meets the eye or than appears on paper.

Some people are uncomplicated. What you

see is what you get. Like a good book with a clear and unambiguous title. Open it up and the pages give you just exactly what you expected.

But sometimes, that book isn't really a book. Sometimes, you take it off the shelf, lift the cover and discover that it's one of those pretend books, that's really a secret hiding place for all kinds of treasures or trinkets, a collection of weird stuff, little odds and ends, that you had no idea would be inside.

What's happened or happening on the outside, the situations in which you have found yourself do not define who you are. Only you can do that by the thoughts you think, the beliefs you hold, the intentions you have and what's important to you. All of those are of your own choosing.

Never mind what has happened to you, what situations life has thrown at you. Whether you chose them or not is irrelevant. What anyone else thinks about them — or about you because of them - is irrelevant, because those situations are not YOU and they do not define you. ▲

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UK British pension freezes out Canadian expats

By Peter Sanguinetti

More than one million British State Pensioners live outside of Britain and many of them live in Canada. If you worked in the United Kingdom (UK) before immigrating to Canada you are entitled to a UK State pension because of the contributions you will have made through National Insurance (NI) deductions.

Of the one million expats receiving a UK pension, half will receive their pensions index linked, meaning that they are recipients of the annual cost of living increase, while the other half will not. Their pensions are ‘frozen’ simply because of where they choose to live in retirement. Commonwealth countries are home to 98 per cent of ‘frozen’ pensions, including the more than 157,000 pensioners who live in Canada.

The pension is based on the number of NI contributions made during your working life in the UK, including any top-up contributions made from overseas. In a so-called ‘frozen country’ the initial amount of pension is never increased. If you are already receiving the pension at the time you emigrate, it is ‘frozen’ at that rate.

The effective buying power of your UK State

Pension diminishes as the years go by. And it doesn’t end there, the exchange rate comes into play because your pension is calculated in pounds sterling so it will need to be converted into Canadian dollars.

The recent decline in the strength of the Canadian dollar has been to the benefit of the conversion. However, if the strength of the Canadian dollar is high you receive even less of your pension.

Is it only right, reasonable and fair to treat all UK state pensioners in the same way, no matter where the recipient lives. British Prime Minister, Theresa May said: “My government is committed to supporting people who have saved for their retirement. We are implacably opposed to all forms of discrimination.”

There is a volunteer-driven non-profit organization called The Canadian Alliance of British Pensioners (CABP) dedicated to gaining annual cost-of-living increases for all recipients of the British State Pension regardless of where they choose to live.

The Canadian alliance has been strengthened because it is now part of the International Alliance of British Pensioners, so British

Pensioners living in Australia, New Zealand and South Africa are all part of the same non-profit organization with exactly the same goal, that all pensions are to be paid at the same rate.

CABP is an extremely active organization. A lot of work has been done by volunteers who are spearheading

Why getting up every day may save your life

By Steven Snell

Learning to get down on the floor and stand back up might literally save your life. Writing in the European Journal of Preventive Cardiology, Dr. Claudio Gil Araújo wrote that being able to sit down on the floor and stand up is “remarkably predictive” of physical strength, flexibility and coordination.

Dr. Araújo said: “If a middle-aged or older man or woman can sit and rise from the floor using just one hand, or even better without the help of a hand, they are not only in the higher quartile of musculo-skeletal fitness, but their survival prognosis is probably better than that of those unable to do so.”

We’ve long understood that cardiovascular health is predictive for life span. What

the campaign to have the injustice of the ‘frozen’ pension put right. They need the support of all British pensioners to keep up the pressure on the British government.

On October 31, 2018, a petition containing 218,660 signatures was hand delivered to No 10 Downing Street by Anne Puckridge, a

the research proves is the importance of also being strong and mobile.

In addition, as falls are the leading cause of accidental death in older adults, developing the ability to comfortably get up off the floor and complete this movement will help you brace for a slip. Spending time on the ground might save you from falling onto the ground.

Tomorrow morning, after you’ve climbed out of bed try this exercise.

From standing, make your way down to a lying position on the ground. Find a comfortable position on your back, your stomach or your side, whichever feels natural to you.

Now, from this lying position, get up, it’s that simple, You just performed a foundational exercise that correlates

lady aged 93 who did her bit during the war, and now lives in Canada. She is a victim of the British Government’s ‘frozen’ pension policy.

If you would like more information about the Canadian Alliance of British Pensioners go to www.britishpensions.com or email info@britishpensions.com. ▲

with living longer.

Start with whatever movements you need to make to get down and get up. Do what you need to complete the movement. That may mean you need to use your hands or knees for assistance. One quick tip is to keep your tummy tight and your gluteus muscles (your butt muscles) flexed.

Do this exercise five or ten minutes each morning and you’ll expand this total-body strength exercise into a solid cardio workout.

You’ll improve your strength, balance and mobility. By doing the exercise repeatedly you’ll get your heart beating. Just five or ten minutes every morning and you’ll have a solid start to your day.

Just getting out of bed might literally save your life. ▲

Kerby Centre Department Directory

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

MAIN SWITCHBOARD 403-265-0661

<p>Adult Day Program 403-705-3214 adp@kerbycentre.com</p> <p>Socializing and health monitoring program for physically and/or mentally challenged older adults</p>	<p>General Office 403-705-3249 generaloffice@kerbycentre.com</p>	<p>Options 45 403-705-3217 options45@kerbycentre.com</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>Diana James Wellness Centre 403-234-6566 wellness@kerbycentre.com</p> <p>Health services including footcare</p>	<p>Housing 403-705-3231 housing@kerbycentre.com</p> <p>Assists older adults in finding appropriate housing</p>	<p>Taxes 403-705-3246 info@kerbycentre.com</p> <p>Low income tax preparation</p>
<p>Dining Room 403-705-3225 kitchen@kerbycentre.com</p> <p>Serving nutritious meals to everyone. Available for catering events.</p>	<p>Information / Resources / Taxes 403-705-3246 info@kerbycentre.com</p> <p>The all in one older adult information source</p>	<p>Thrive 403-234-6571 thrive@kerbycentre.com</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>Education & Recreation 403-705-3233 program@kerbycentre.com</p> <p>Information source for programs at Kerby Centre</p>	<p>Kerby News Editor 403-705-3229 editor@kerbycentre.com</p>	<p>Volunteer Department 403-234-6570 volunteer@kerbycentre.com</p> <p>Volunteers are the heart of Kerby Centre</p>
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BY MANSOOR LADA

I'm back! I have been away for a few weeks, on a trip which took me to England, India and Dubai. I was excited at the thought of taking the longest vacation in my life, but then again what is retirement for if you cannot enjoy travelling.

This trip took me and my wife to rainy and miserable London, to scorching Mumbai and to glamorous Dubai. Usually, we go on a two-week holiday, but this time we decided to take five weeks – a fringe benefit of being retired.

Planning for a long journey can be exasperating and frustrating. First of all, to pack enough clothes to last you for the whole journey can be challenging. One is never sure if hotels will provide laundry service or not. Hence, you are tempted to pack as much as you can in a bulging suitcase.

Leaving Calgary in February and March can be daunting as it's still winter here, forcing you to wear your winter coats and boots while departing from home. Arriving in places like balmy Mumbai draped in winter coats, will make you the laughing stock of amused onlookers.

Being seniors, along with your regular medications, you will need a supply of over the counter medicines for headaches, coughs and stomach troubles.

Most important of all, one must ensure that the medication is packed in your carry-on bag. This is to guarantee that in case your check-in luggage is lost, you at least have your medication with you.

As a travel writer, I have had an opportunity to travel on many airlines in the world, but this time I got the shock of my life when I travelled with Emirates airline, which is owned by the Dubai government. My wife and I had two suitcases each to check in and one carry-on full of medicines and toiletries which we were expecting to take with us on the flight.

The suitcases were underweight, but the carry-on was overweight by two pounds. The counter staff asked me to take some stuff out of the overweight bag and put it in the underweight suitcases. I didn't see the rationale as the same plane was carrying

Home from the longest vacation of my life

all three bags. A little embarrassed to open suitcases in front of fellow passengers, I had to open all three suitcases to distribute the stuff while the line-up watched the exercise with some curiosity.

In London, we stayed at a conveniently located hotel in Swiss Cottage, surrounded by excellent restaurants, shops, boutiques, theatres and the underground station. My hangout is a homely pub close by, serving English fish and chips and a pint of bitter to wash it down.

In Mumbai, we stayed at Mumbai's Taj Mahal Palace hotel. Known locally, as simply "the Taj". It was built in 1903 and overlooks the Arabian Sea. It is a beautiful place. However, its long and distinguished history was marred by the 2008 Mumbai attacks. A group of terrorists attacked the hotel killing 174

people and injuring more than 300 others. Following this incident, security at the hotel is very tight.

By some coincidence, the film 'Hotel Mumbai', a film dramatization portraying the Mumbai attacks, was playing in theatres when I returned to Calgary.

At first Mumbai will strike you as a city with feverish traffic and frantic noise. Taxis, rickshaws and other vehicles zigzag through traffic, driving like maniacs. No one follows any traffic rules. But apart from being a city with bumper-to-bumper traffic, the city offers unique dining experiences from restaurants and street foods, markets, temples and monuments.

One of the most populated cities in the world, this is the city where people from all over India come to try to make their fortunes. Some of

India's wealthiest residents share the city with some of the poorest people in the world.

Returning home after such

a long trip is a relief. It doesn't matter how fabulous or exotic a place you go to, home is always sweet home. I'm glad to be back! ▲



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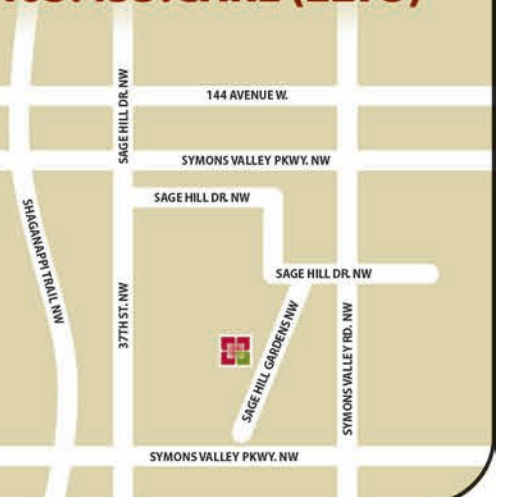
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PROUDLY CANADIAN



Take a sentimental journey with the Sensations

By Sheila Addiscott

If you drop in to the Kerby Centre on a Wednesday afternoon, you will be treated to the big band sounds of Duke Ellington, Glenn Miller and other musical greats drifting through the halls, all brought to you by the musical talents of the Kerby Sensations. A band whose claim to fame is that they have never rehearsed together, not once.

Dave Botkin, band leader, co-music director and vocalist said: "We play all of our music by ear. Learning and remembering the music isn't a problem, it's the lyrics that we need to keep handy. We play hundreds of songs and I don't have room in my head for that many lyrics."

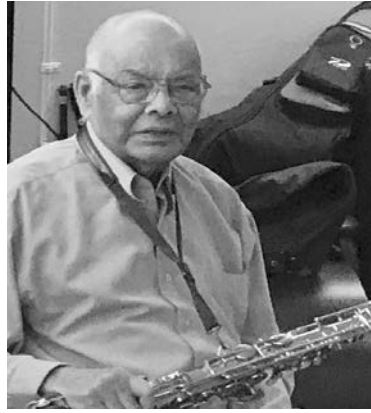
The Sensations are a volunteer band originally founded by Marjorie, (Marj) Lowe, a highly-experienced pianist and entertainer, along with drummer Keith Kemper, and several of their musician friends. The band's passion for music is something that they have been sharing with their fans for the past sixteen years. Lowe retired from the band three years ago and long-time drummer Kemper retired this year.

Today's band members continue that tradition. Each member of the group has many years of musical performance experience. They are retired people interested in maintaining their musical "chops", and all able to quickly master repertoire, including jazz and swing era classics, along with varied Latin, country, and ballroom music. They bring in their own instruments and are focused on getting people out on the dance floor.

After Lowe's retirement Botkin stepped up and became band leader. He has been with the band for eight years as bassist and lead vocalist. Botkin's first musical experience was during junior high, when his Scottish grandfather enrolled him in a youth pipe and drum band. Later, while attending university, he began strumming guitar, singing folk and rock songs.

It wasn't until he was of retirement age though, that Botkin was able to take a more focused approach to music, studying bass with local pro players including Roli Mac, and Chris Byrne. He played with local musicians, including the late "Back Alley John" Wilson, and Bryan Strand, twice semi-finalists in the Calgary Blues Association competition.

In addition to bass and vocals, Dave never gave up those bagpipes and for the last 12 years has toured all over



Saxophone player, Salas Fernandes.

the world as a member of the Cochrane Pipe Band.

Other musicians are welcome to come and sit in and try out for the band.

"We had one guy show up with a tin-ear, who should never have been allowed anywhere near a saxophone, but we let him try out. But if they can't keep up and pick up the music, they are politely sent on their way," said Floyd Mueller, horn section leader and co-music director.

Mueller has been with the band for 15 years, so is a key member of the Sensations. Born and raised in southern Alberta, Mueller comes from a musical family.

"My mother, my father, my grandfather, everybody played an instrument. I kind of learned by osmosis. When my parents went to a dance, they would take my brother and me along. When we got tired, they would put us on stage behind the piano and we would sleep until we went home."

Mueller has an exceptional ear for music, he never took lessons, he learned by listening to his parents and other family members play. If he hears a song a couple of times he can usually play it.

His first instrument was the accordion, but he quickly picked up the guitar and keyboards and has been an entertainer his entire life. When he retired from his career in the oil industry, Mueller decided to take up another instrument, the saxophone, which has become his new favourite.

Saxophone player, Salas Fernandes, "Sal", started his music career playing homemade drums as a child in Tanzania. Later on, with some young friends, he formed a more serious group playing in night clubs and at festivals.

After he emigrated to Canada in 1968 he joined an Italian-music band and played various Italian-theme events for many years.

When he was reaching retirement, Fernandes joined the Sensations and has been playing and singing with them ever since. After 12 years, he is another long-serving member of the band. ▲

Mario Praprotnik has been in the band for five years. He started playing the trumpet back when he was a six-year-old child in Slovenia.

"I went to see a movie where Harry James was playing the trumpet, and after I saw him, I asked to learn how to play," said Praprotnik. He went on to play the trumpet professionally in Switzerland for 15 years.

The band jokes that Rob Thomson isn't really a musician, but that he's is a geologist who wishes he was a musician.

Over the past 30 years Thomson has worked as a geologist, looking for oil and gas in Canada, Europe, South America, Asia, and even in the jungles of Papua New Guinea.

Between all that and raising a family, there wasn't a whole lot of time to play guitar. A plus side of the current downturn in the oil patch is that he now has the time to devote to his musical hobby.

Thomson is especially fond of the tunes from the big band era that his father used to play on the "Hi-Fi" when he was a kid. Although Thomson has played guitar off and on since he was a teenager, it was only in the fall of 2018, when he was invited to join the Sensations, that he has now finally made it onto "Bandstand".

Mike Jameson is new-ish to the band, having played with them for about a year. Jameson is a retired lawyer turned piano player and vocalist. He has a shared musical interest with his family, where they all played together.

Mike also plays piano with the "Sentimental Journey Big Band" a well-known large group who play several special events around the city each year.

Joe Purves is the newest member of the Sensations, taking over from drummer Kemper. Purves started playing drums at age 16 in Winnipeg, a city with a very active live music scene. He continued playing drums while getting a degree in physics, then moved to Toronto for his day job, all the while also playing drums professionally.

He moved permanently to Calgary in 1976 and played with local bandleader Keith Hitchner, who backed many artists, including Ian Tyson, Tommy Hunter, and Al Cherny.

When this motley crew steps on stage each week joking and playing music for their audiences, people stop and listen, enjoying the sentimental journey, even if their dancing days are behind them. ▲



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Let the Seniors' Week celebrations begin, you've earned it!

By Anna Ryan

Get out of the house and let the city celebrate you! Seniors' Week is celebrated June 2-8, at venues across Alberta to acknowledge the contributions of older adults. Free events are offered throughout the week at different locations across the province.

The province-wide Seniors' Week was inspired by the vision of the late

Alice Modin. More than 30 years ago, she began a campaign to start a seniors' day in Strathcona County that helped pave the way for Seniors' Week. This year marks the 33rd Seniors' Week in Alberta.

Each year, Alberta Seniors and Housing partners with a community organization to co-host the Seniors' Week kick-off event. This year, the City of Medicine Hat will co-host the provin-

cial launch on June 3.

The new Minister for Seniors and Housing in Alberta, is Josephine Pon, MLA for Calgary-Beddington.

Minister Pon said: "Seniors should be the most cherished citizens in any community, having served their families, friends and their communities for a lifetime. These innovative pioneers laid the strong foundation from which this great province was built. And they're not finished contributing yet. Today, our seniors are living and working longer, and volunteering more.

These seniors deserve more than just a thank-you. Our government is pleased to declare June 2-8, as Seniors' Week in Alberta, and we urge all Albertans to attend a community event and celebrate a senior in their life."

Seniors can enjoy free admission to Alberta's historic sites and museums across the province during Seniors' Week. For those willing to travel further afield these sites include Frank Slide Interpretive Centre, Head-Smashed-In Buffalo Jump and the Royal Tyrell



Rockin' out at the Bell Centre. (Photo credit Leblond Studio)

curling, dance and Tai Chi. Contact the facility nearest to you for details.

For more information on all of these Seniors' Week events check out the City of Calgary calendar on www.calgary.ca/seniorsweek.

Carya is launching Senior's Week at Bowness Community Hall on June 5, with activities and booths on how to age well in Alberta. There is a formal program, entertainment and a complimentary lunch. For more information call 403-269-9888 or email info@caryacalgary.ca.

F.O.C.U.S on seniors has activities taking place June 3-6, at the Genesis Centre, including a Seniors' Multicultural Festival on June 6. For more information go to www.focusonseniors.ca.

Okotoks is hosting a free Seniors' Week Celebration Tea on June 7, at the Okotoks Recreation Centre, Curling Rink. For more information go to www.okotoks.ca/discover-okotoks.

These community events and more are listed on the Alberta Seniors and Housing's online calendar, found at www.alberta.ca/seniors-week.aspx. ▲

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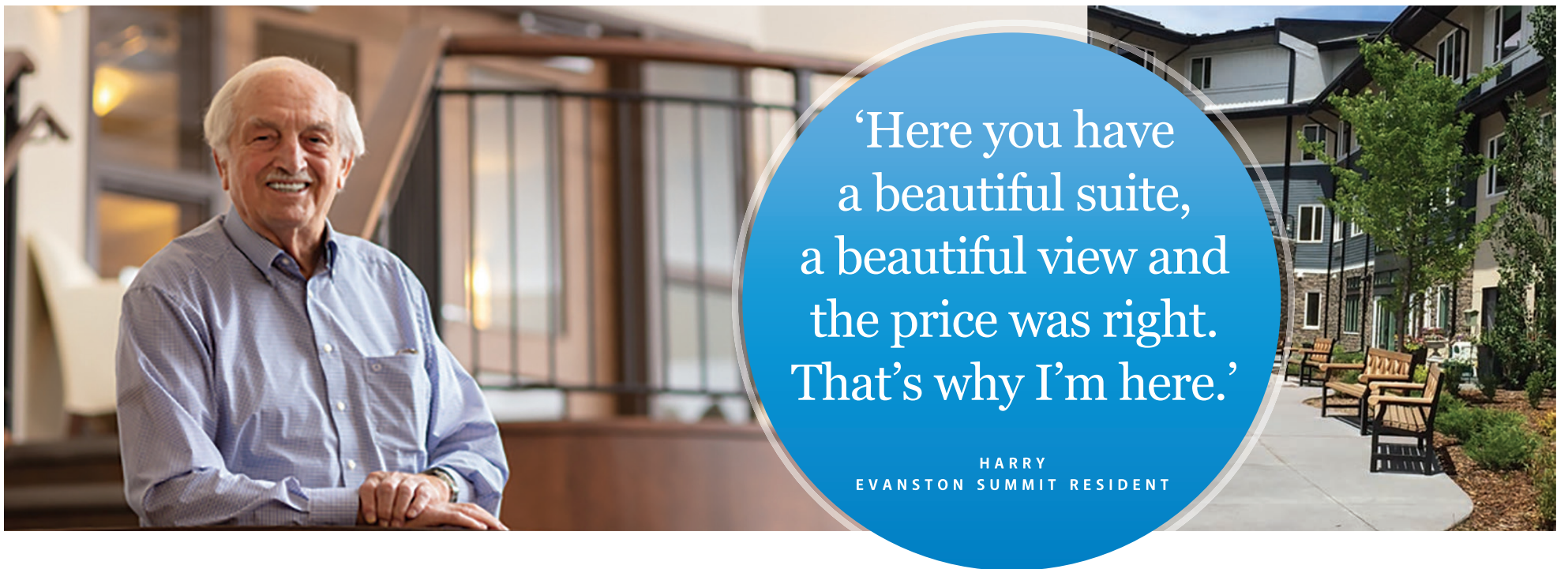
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“I have a fourth floor suite. I could never be on the ground. I like the view. I am always at the top! I can see just the end of the mountains.”

Harry has decorated his suite with antiques collected over the years and Harry is taking part in some of the many activities and social events Evanston Summit has to offer.

“I enjoy lunch and yoga, I listen to my music and read my books. In the summertime, there is a beautiful garden and a nice water fountain for the days when it’s hot.

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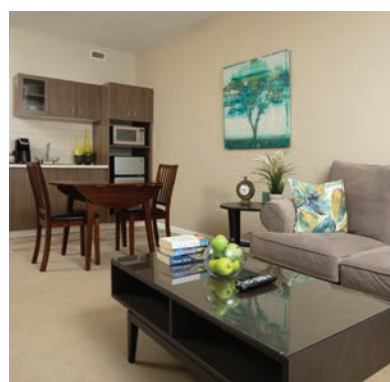
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First woman to ride a bicycle in her city

By Allan Cooper

My grandmother, Dorothy Solomon, used to ride her bicycle through the streets of 1940s Rawalpindi, Pakistan. It is easy for me to imagine the astonished stares she created, because it was the first time people in her community would have seen a woman riding a bicycle. I suspect that this fact would have added to her enjoyment of the activity.

During this time, women in India mainly stayed at home. My grandmother's parents were of mixed ethnicity and they belonged to the Anglo-Indian community. An Anglo Indian is person of British and Indian descent. This afforded her more freedom from some of the

rules that other Indian women had to obey, but she would have still been expected to behave in a way that was appropriate for women.

Appropriate behaviour did not include my grandmother's favourite activity of riding around the town alone, on a bicycle, with her long braid neatly coiled in the basket affixed to the handle bars.

Anglo-Indians' first language is English. They dressed in western attire and they were educated in English. The usual attire for Indian women at that time was the shalwar kameez, a traditional outfit of shalwars, trousers, and kameez, a long shirt or tunic, worn together. However, Anglo-Indian women generally

wore dresses. Anglo-Indian women were allowed to work and pursue secondary education, but aside from these individual pursuits they were expected to be at home with their families.

During the Second World War, my grandmother enlisted in the Women's Auxiliary Corps India (WAC(I)). WAC(I) was formed so that women could take over sedentary duties normally performed by male soldiers. This made more men available for active service. Indian women at the time did not mix with men and a large part of the corps was made up of Anglo-Indian women.

Dorothy first learned to ride a bicycle while she was in the military. As she worked in administration, there was no need for her to know how to ride a bike, but she taught herself how to ride anyway. Dorothy was extremely stubborn and determined to achieve things that were difficult to do.

She would often wear her military uniform in public, which would have also made her stand out from other Indian women. She was stationed at a supply depot in Rawalpindi where she was promoted to the rank of Staff Sergeant. Staff Sergeant is the highest rank of non-commissioned officers in the army.

Her duties included ensuring the smooth operation of the facility and teaching new recruits how to salute and march properly.

In 1967, her eldest daughter, Eleanor, sponsored her so that she could immigrate to Canada. Her husband had passed away a few years after her daughter was born so she had been a widow for the majority of her adult life. She settled in Calgary, becoming a substitute teacher. Her military experience served her well during this new period in her life. I remember as a child telling her about how my classmates tended to misbehave more when we had a substitute teacher and I wondered if she had to deal with the same problem.

She shrugged and said: "No, not really."

She explained that she always started her classes the same way. She would stand at the front of the class and tell the pupils her name. Then, she would stare all of them in the eye and say: "If you misbehave in my classroom I will not send you to the principal's office, you will have to stay here and deal with me." She said after that she never had any problem. ▲



Dorothy Solomon in 1942.



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How to know when it's time to hang up the car keys



Mary Duborg is wondering when she should stop driving.

By Sheila Addiscott

Learning to drive is a major milestone in many people's lives. Getting a driving licence is the key to freedom and adulthood, so giving up that independence is a very difficult decision to make.

Unlike when you get your driver's licence, there is no set age for hanging up your keys. Each person is different, but most people drive years longer than they should. Drivers aged 65 or older are more likely to be involved in a car accident, particularly if they are more than 70 years old.

Under Alberta law, at age 75, 80 and every two years after, you need to provide a medical report from a doctor to renew your driver's licence. If your doctor feels that a change in health might affect your ability to drive safely, they can request a driving assessment. This can be requested at any age if a doctor has doubts about safe driving.

Although most older adults are careful and cautious drivers, a profile of older drivers from Statistics Canada highlights the fact that people aged 70 and older have a higher accident rate than any age group except young male drivers. In addition, they are more likely than younger people to be killed when they are involved in an accident.

Sometimes it is a doctor who brings up concerns, but most often it is other family members, a spouse or adult children, who worry about an older adult's ability to drive safely.

People need to balance their desire to drive and keep their independence with the need to be safe. There are key indicators that people should be aware of that can be an indication that their driving time is up.

Despite the statistics, it is not age that should determine when someone should stop driving, but rather an individual's medical condition. Difficult as it is, drivers need to do a hard self-assessment of three key indicators, vision, motor skills and cognition,

to help them decide if they should still be driving.

Taking an eye test is an easy way to make sure you can see well enough to drive. For those people who have never worn glasses, an eye test may not be on their radar. However, they could still have vision issues.

Problems like cataracts, glaucoma and macular degeneration develop slowly over time, so drivers may be unaware that their vision is declining.

An optometrist can detect any vision issues and correct them, actually allowing someone to drive safely for longer.

Some people can safely drive during the day, but have poor night vision making nighttime driving hazardous. An eye test can help determine if an individual needs to make adaptations to their driving so it is safe and right for them.

Mary Duborg is 84 and set to renew her driver's license again this year. She is in that grey area, checking every year to see if she is still fit to drive.

"My mother who lived to be 98, gave up driving when she was 80, and I said I was going to give up at 80. Well when 80 came along I decided I wanted to keep driving. It has always been a part of my life," she said.

Duborg has macular degeneration and gets her eyes checked every three months. She is still able to drive, but has chosen to adapt where and when she drives so that she feels safer.

"I no longer drive on Deerfoot or Glenmore and I don't drive at night, because of my eyesight," explained Duborg.

Other questions you need to ask yourself about your physical ability to drive include: Can you physically drive your car? Are you able to shoulder check? Can you move your feet fast enough between the pedals to be safe?

Merging can become difficult if you cannot move your head and neck to be able to shoulder check driving blind spots. Reaction times are also tied to physical abil-

ity. Driving slowly and reacting slowly can be as hazardous on the road as speeding.

To safely drive a car, you have to be able to make quick decisions, remember the rules of the road and remember the direction to your destination. If you are getting lost and forgetting the way to locations that you have been driving to for years, it's definitely time to talk to your doctor and have a cognitive assessment done.

Other indications that it may be time to hang up those car keys are if a driver has been in more than one accident in a year and is finding that they are now getting traffic tickets, even though they had a previously clear driving record.

A sudden change in cognition, could be a side effect from a newly-prescribed or over-the-counter medicine. Drug side effects can have a profound effect on cognitive abilities.

They can interfere with memory, cause confusion, reduce attention span, cause dizziness and have a sedating effect. A simple adjustment to a medication may be all that is needed to reverse those effects.

Being able to hear is not a determining factor in assessing a person's fitness to drive, because people who are hearing impaired have the legal right to drive.

You may also think that being diagnosed with dementia means an immediate suspension of a driver's license, but it doesn't. The College of Family Physicians of Canada has a checklist of five factors that a family doctor should consider when trying to discern if a dementia patient is still able to drive.

- History of driving accidents or near accidents
- Family members concerns
- Clock-drawing test
- Cognitive test scores
- Dementia severity

Even though you may still be able to drive in the early stages of a dementia diagnosis, the driver will need to be monitored closely. As the disease progresses, the driver will eventually have to stop.

"Every six months to a year, I reassess my decision to drive now. If my eyesight gets worse, if my confidence in my driving slips or if I had an accident, I would definitely stop," added Duborg. "Because I am in the grey area, I am using other forms of transportation more and more. I am getting used to taking the bus, and I walk as much as I can, preparing for

the day when I can no longer drive."

The Canadian Automobile Association (CAA) has a simple driving assessment that you can download at home to do a self-assessment of your driving. The

completed assessment gives you a score that indicates whether you are safe to drive, need to make some changes or if you need to talk to your doctor. Go to www.caa.ca for more information and to download the assessment. ▲

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Volunteer Spotlight



Geetha Chandrasekaran

Geetha has contributed more than 559 volunteer hours.

She is a very hard working and dedicated volunteer.

She volunteers in different departments, such as support to the Adult Day Program, clinic worker in the Diana James Wellness Clinic, kitchen worker in our food services and as a special event worker.

She enjoys working at the Kerby Centre because she likes to spend time with older adults. Geetha says: "Kerby Centre is a wonderful place to volunteer. I feel happy coming here every day."

Geetha is very much appreciated by the Adult Day Program clients, and the departments for her kindness and excellent performance.

Her favourite hobbies are reading, knitting, watching movies and spending time with her grandchildren.

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

A 20th anniversary with a lot to celebrate

By Sheila Addiscott

On June 12, the Prostate Cancer Centre (PCC) celebrates its 20th anniversary. Dr. Bryan Donnelly and Dr. John Saliken co-founded the centre with a vision to provide a one-stop men's prostate health service.

Dr. Donnelly's vision was to have all the urologists in one place, to bring biopsies into one place and to have volunteers who have had prostate cancer there for support.

"Back in 1998, men didn't know what prostate cancer was, nobody ever talked about it. So consequently, if a man was diagnosed, there was nobody to talk to and nowhere to go to get information," explained Linda MacNaughton, Director of Resource & Communi-

ty Development at PCC.

It is the largest and most comprehensive urology centre in Canada. This is in large part due to the creation of Rapid Access Clinics (RAC). Prior to RAC, patients could wait between three and five months to see a urologist, now a newly diagnosed patient can see a specialist within 11 days.

The RAC clinics also provide rapid access to treatment, post-op care and follow-up.

"In the past, ninety per cent of the men I saw had advanced prostate cancer. Today, ninety per cent have treatable cancer. The one and only difference is Prostate Specific Antigen (PSA) blood testing," said Dr. Donnelly.

In Alberta, one in six men will be diagnosed with

prostate cancer during their lifetime. When detected early, prostate cancer is one of the most successfully treated types of cancer.

"Every patient at the clinic is followed up for a full year, and then after that for three to four years. Nobody falls through the system anymore," explained MacNaughton. "We are here to make sure that no man is ever alone with this disease."

Doug Richards was diagnosed with prostate cancer in the fall of 1998. He was accepted into Dr. Donnelly's clinical study for a new treatment called cryotherapy, which freezes prostate cancer cells causing the cells to die.

Richards subsequently became a volunteer at the centre, and has been there for twenty years. He was also one of the first volunteers to



PCC volunteers from left, Keith Donaghy, Brandon Potter, John Radermacher, Greg Wilson and Doug Richards sitting.

work on the Man Van, which offers Canada's first and only mobile PSA testing program. The vans travel around Calgary and rural Alberta offering on-the-spot PSA blood testing to men 40 years of age and over.

The Man Van program also offers the 'Know Your Numbers' men's health ini-

tiative, to raise awareness about maintaining a healthy life style. Blood pressure, blood glucose and body mass index (BMI) measurements are checked.

"One day, I was volunteering on the van. It was a quiet day, and the nurses took my blood to check my PSA, and my PSA was high. It turned out that the cancer was back. Dr. Donnelly tried one treatment, but it didn't work," said Richards. "I was clear for 16 years before it came back. Cancer is a mean little disease."

At that time, the researchers at the centre had a new worldwide study going called the Spartan Study. Richards volunteered for his second study, and though he didn't know it at the time, was put on a placebo at first.

"My PSA was still going up, but because I was on that study they were able to give me the real drug that worked, and took my PSA levels right back down," said Richards.

"When I was diagnosed the first time there was very little information available. The second time around there is so much knowledge out there and it is the right information for men, which is key," he added.

Richards also volunteers with peer-to-peer support groups.

"I get my comfort in helping others, because I know prostate cancer can be fixed, and if it does come back like mine, there are things that can be done to make your life better," said Richards.

The Prostate Cancer Centre continues to look for new treatments through its numerous ongoing research projects.

Clinical trials are conducted with researchers around the world trying to understand how cancer develops, and how better to diagnose and treat prostate cancer.

Dr. Donnelly's dream for the PCC, is that one day someone will find a cure for prostate cancer and that the centre will finally close. ▲



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Memories of the way we were



By BARBARA ELLIS

Recently my big sister, Eva, passed a big milestone, her 80th birthday. Sadly, a few months earlier, she'd had a mild stroke. This impeded her speech a little and to some degree, it also affected her memory, though not her spirit.

Eva and I have been through so much in our lives, so I was deeply moved by the fact that she could not remember some of our experiences. I decided to make her a special birthday present, an album filled with photos. A sort of book of memories, with her biography written from my perspective.

She is the only person alive today who has been a constant in my life. Older by two years, she was there when I was born and as children we lived side by side, in one another's shadow.

We were born in Budapest and were children of the war. Because our parents wanted to get away from the aftermath and devastation in Hungary, they courageously decided to escape their homeland. After many months we ended up on a refugee ship that took us to the other side of the world, Australia.

In the beginning, we did not speak English so we were mostly housebound. The only time we went out was to go to school, but going to

school was not preferable to staying home.

We could not converse with the other children so it was difficult and frustrating. People say that children are resilient and adjust quickly to new situations. While this is somewhat true and we did adjust, I don't remember that it was so quick.

Things certainly improved as we learned the language and could communicate with people. We made new friends in school and with this new-found freedom, we learned to love our new adopted country.

My father always wanted to live in North America so, after seven years in Sydney, the decision was made to move again, this time to Canada. Once again, Eva and I had to leave our friends behind and immerse ourselves in a new culture and a new way of life. At least this time around, we could speak the language.

However, for two sun, sea and surf-loving teenagers, the move to the Alberta prairies was not easy. At first we wrote letters to our friends in Sydney and tried to keep in touch, but as time passed and as our lives got busy, the letters became sporadic and then stopped altogether.

We grew out of our teens, we both got married and our times together became less frequent. Over the next few decades our lives took us in different directions and we became separated, first by a few miles, and then by hundreds of miles when Eva moved to California.

As I started to write her life story, I began to realize just how much she had been through and how many lives she has touched. I became more determined than ever

that these memories would not be lost to her.

I filled the album with her baby photos, her teen years, her marriage, her children and grandchildren. She was thrilled when the album arrived. She said she shed a few tears as she relived every photo and my written account of her life. I told her that in future, if she has some memory lapses, then maybe this book may help restore her misty memories.

She laughed as she read about the time I introduced her to two very handsome young entertainers from New Zealand. We talked about the look on their faces when Eva took one step toward them and then landed flat on her back. We made a quick retreat as she was too embarrassed to go out for a milkshake with them after that.

We also talked about the night she was a debutant, and when I told her that, to me, she was the most beautiful girl that night, I heard her choke back a sob. We both got emotional then and I was so glad that my gift brought back happy memories for her.

With the advent of things like e-mail, Skype and Facebook, I have been able to reconnect with some of my Australian friends. With each conversation and e-mail, we filled in the happenings during our missing years. Old friendships have been revitalized and now are as strong as ever.

Time takes a toll on all of us and I find that the more I communicate with my friends, both here and overseas, the more I hear about problems with foggy memories. In all honesty, I too find that my memory is not what it was. Some of my memories are a little misty, sort of

like a washed out water colour painting.

Looking back over the years, I realize how many people have touched my life and who have meant so much to me. Each friend and loved one has enriched my life, and left an indelible imprint on my heart. I certainly don't

want to forget any of them or the happy times we shared.

With this in mind, I have begun to compile my own book. Then if, or when, my memory fades, I will be able to flip through the pages, read about our times together, and hopefully recall my own precious memories. ▲

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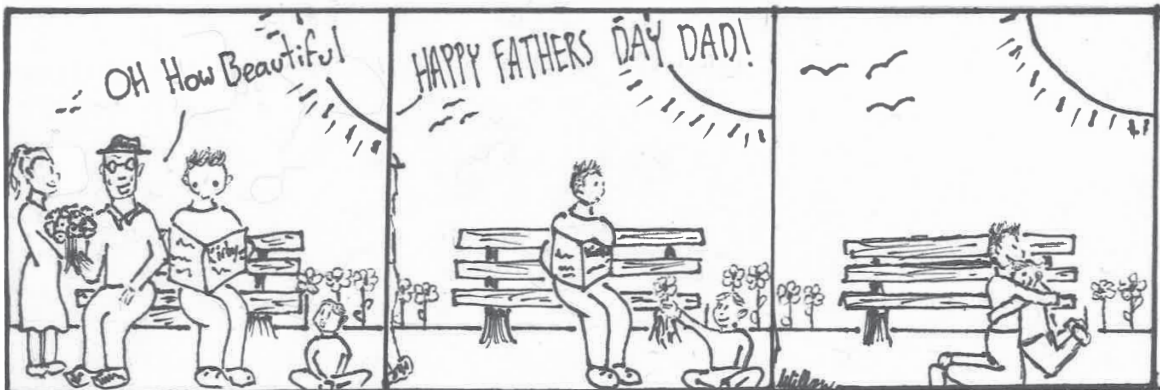
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Taking the path less travelled in Japan

By Rita McGillivray.
Page layout and design by Winifred Ribeiro.



Another day on the Kumano Kodo trail.

I remember being mesmerized by a beautiful calendar that hung in my grandmother's farmhouse when I was a girl. It was a calendar of Japanese gardens, each month featuring a different beautiful lady dressed in traditional kimono with a fabulous garden in the background. I still remember those beautiful pictures all these decades later.

I have harboured a longing to see the cherry blossoms and gardens of Japan ever since that time, and when an exciting travel opportunity presented itself, it just begged to be seized upon. I discovered a tour company that was offering guided hikes through two ancient mountain trails in Japan, and knew I had found the perfect cornerstone adventure, around which my husband and I could design a spring-time voyage to Japan.

We signed up to hike the 90 kilometre mountain to sea

pilgrimage trail, located in the Kansai region, in the southern-central region of Honshu, Japan's main island.

This trail has been in use for more than 1200 years. It travels through the cultural and spiritual landscape of Shinto and Buddhist religious sites, small villages and mountainous terrain. The Kumano Kodō network of trails is a UNESCO world heritage site.

In Japan, there are websites that help predict when and where the cherry blossoms are expected to appear. Since we knew the hike would begin March 31, it was a matter of studying the cherry blossom predictions and then planning the rest of the itinerary for the trip.

We decided to begin our exploration of Japan in Osaka, the second largest metropolitan area in Japan, and an important commercial centre and port city in the Kansai region. According to the cherry blossom predictions, we expected to land just in time for us to appreciate the peak of the blossom festival.



Nachi Taisha Shrine and waterfall at the trail end.



A delicate garden in Hiroshima.

Our arrival in Osaka brought the most spectacular realization of my long-held vision of Japan, as true to predictions, the city was literally glowing with the delicate soft pink petals everywhere.

Walking directly out of our hotel we headed for the Kema Sakuranomiya Park, where 5,000 cherry trees line the Okawa River promenade. We spent a delirious morning gazing at the blossoms, standing in them, sitting on the grass under them and trying desperately to capture their essence on our cameras. We had beautiful spring weather, about 24 degrees, and we were able to wander a good 20 kilometres throughout the city, including exploring the grounds of Osaka Castle where another 4,000 cherry trees were bursting with blooms.

Later we explored the Dotonbori area, one of Osaka's most famous tourist destinations. Built along the Dotonbori canal, this is a busy entertainment, shopping and foodie paradise. It was truly a sensory overload with colourful street fronts, hundreds of tiny eateries and shops with a dizzying array of merchandise piled high to the rafters.

It was here that we sampled our first of many local dishes, Takoyaki, octopus dumplings purchased from a street-side stand, and Okomiyaki; pancakes made with yam flour, shredded cabbage and filled with all manner of meat such as pork belly, octopus, squid or shrimp that we enjoyed in a tiny eatery right on the strip.

Just to make sure we got our fair share of cherry blossom viewing, we returned by taxi later that first evening to the Osaka Castle, where we were delighted to find Japanese families celebrating *hanami*, enjoying their evening meal together under the trees that were beautifully lit by soft lantern light.

Our introduction to Japan will remain one of the most beautiful and peaceful experiences we have ever had in a big urban centre. We were so fortunate to be in the fine city of Osaka exactly when the *hanami* was perfect.

After a couple of days in Osaka, jet lag was no longer an issue and being old hands at the train system, we headed by rail to the industrial city of Wakayama where we met our Japanese guides and a small group of hikers with whom we would spend the next ten days walking the pilgrim trail from the village of Kayosan in the mountains, down to the Nachi Taisha shrine at Koguchi by the sea.

Once our group had assembled, we were 11 hikers, all from Western Canada, mainly Canmore and Calgary, and two Japanese Canadian tour guides, who would shepherd us through one of the most amazing cultural immersion experiences a traveller could hope for.

The world heritage site of Kayosan, situated on top of a mountain, is an important Buddhist centre, and our pilgrimage began with a very informative walking tour through the village. Our guide was a local woman, who first taught us the cleansing ritual of pouring water over our hands, eyes and mouths before entering the sacred sites. She explained the significance of three of the major shrines, and some of the important mausoleums in the extensive cemetery nestled in the shady forest.

Our first night was spent in a Buddhist monastery where we were cared for by the monks who live there. Here we slept on tatami mats on the floor and wore the *yukata*, an informal version of the *kimono* and we learned how to sit on the floor to



A favourite garden for traditional photography.



Japanese garden around a temple.



The exciting district of Dotonbori in Osaka.

eat our meals.

This is not easy for older adults and especially for men not accustomed to the delicate ways one should sit when wearing an open robe. We had several good laughs that evening as we struggled to keep our modesty intact and our knees and feet from aching while sitting on them.

Early the next morning we attended temple service while it was still dark. The monks chanted morning prayers and banged the temple gongs, before we set off on the trail.

Over the course of the next week we walked 12 to 16 kilometres each day through winding forest trails and across mountain passes. The hiking was challenging with steep ascents and descents to valley bottoms, sometimes up to 1100 metres up and down. We would seldom encounter another individual on the trail and considering what a highly populated country Japan is, we found it extraordinary to have the mountains and the trail to ourselves.

We came across abandoned tea houses in the forest, where we could see shards of pottery, stone ruins of foundations, and small shrines that dotted the landscape from time to time.

Each evening we were treated to traditional accommodation, sometimes staying with a local farmer and his wife at their home or often in a *ryokan*, a traditional Japanese inn. In one farmhouse we were treated to a special treat of a raw egg, still warm from the nest stirred into a bit of rice.

At every stop we would be urged to remove our hiking wear in favour of the *yukata*. We decided that it is a very comfortable and civilized way to dress for relaxation at the end of a strenuous day of hiking.

But perhaps the most delicious cultural experience we all learned to crave was the *onsen* ritual bathing experience. *Onsens* are traditionally outdoor bathing areas, normally situated around a thermal spring, of which Japan has thousands scattered around the country. Today, *onsens* may be indoor or outdoor, but no matter what, they are a wonderful way to cleanse and relax at the end of the day.

Men and women head off to their own bathing room, where they thoroughly cleanse in the communal shower enjoying a great selection of beauty products; rinse off and then join our colleagues for a luxurious, nude, soak in the hot spring before dinner. We absolutely loved this daily experience and looked forward to a new *onsen* nearly every day on the trek.

I found it interesting each evening at mealtime to see all the inn's guests wearing identical *yukatas* and slippers provided by the inn. With everyone freshly bathed, and thoroughly



A pre-dinner chat at a farm stay.

relaxed from the *onsen* bath, we were more than ready to sit down to nightly meals that look as though they had been prepared by artists. Each meal would be presented in about 10 different china plates and bowls painted in different artistic patterns and colours.

Every meal consisted of delicious offerings of fish, meat, vegetables, rice, bean curd and noodles. All exquisitely prepared, garnished, decorated and delicately presented like dainty ornaments. Happy are a group of tired hikers who have earned the right to dine on such sumptuous fare!

Everyone in our group was collegial and we shared our days pleasantly. Our two guides Hiro and Shin were consummate professionals, very knowledgeable about the pilgrimage trail, and great tutors on the cultural norms we were encountering.

Without them it would have been very difficult to navigate through this intensely rural setting, with large distances between amenities and settlements, and almost no chance of understanding the language.

Hiro and Shin took time to explain the significance of sacred sites and to prepare us to enter shrines in accordance with respected traditions. They were also always helpful to answer a query and to interpret labels on items we wanted to buy in little convenience stores.

One cold morning, while hiking through some drizzling rain, we were stunned to come to a roadside vending machine in the middle of nowhere. We were more stunned to learn that we could purchase hot coffee in a can from the same machine that would dispense a cold beer! We were skeptical as we watched the guides avail themselves of a can of hot coffee and within minutes, we were clamoring to buy one for ourselves.

The finale of the pilgrim trail is the Nachi Taisha shrine at the village of Koguchi nestled in the Kii Mountains. This Shinto shrine is located in the midst of a cedar forest with the Nachi waterfall nearby. By the time we arrived, we had already visited three famous Kuman Sanzan shrines, which originated in prehistoric times predating



Dotonbori district of Osaka.



Itsukushima Shrine, Hatsukaichi Japan.



Genbaku Dome in the Hiroshima Peace Memorial Park.

Our final few days were spent in Tokyo, where we were to marvel over and over again at how a city of 38 million inhabitants in the greater metropolitan area could be so...well, calm and peaceful.

We walked the streets, rode the local trains, visited the sights and not once did we ever feel overwhelmed by crowds, noise or feel unsafe in any respect. The kindness and grace of the Japanese people were with us from the moment we arrived in this country.

We enjoyed a morning wandering through the world's largest fish market, Tsukiji which has been operating since 1935. There are 2,000 tons of fish auctioned at the market every day. We were happy to stand in line in front of a tiny little diner with only a few seats, where we happily dug into a lunch of the freshest sushi we had ever tasted.

Three wonderful weeks in Japan and we know we only scratched the surface of this interesting, beautiful and historically intriguing country. ▲



A typical dinner, artistically prepared.



A busy morning preparing Tuna at Tsukiji fish market in Tokyo.



Shinkansen high speed train.

Your father, is your father, no matter how old you are

You sometimes hear people say that Father's Day was created as a commercial holiday in order to balance out Mother's Day. For those cynics out there, the truth is that Father's Day predates Mother's Day by hundreds of years and has been celebrated in Europe since the Middle Ages.

However, it was not celebrated in North America until 1908, when the day can be traced back to a church minister who conducted a service for the 367 men killed in the Monongah mining disaster, West Virginia. Two hundred and fifty of the miners were fathers, leaving behind more than one thousand fatherless children.

Touched by her community's grief, loss and love, as well admiration for her own father, who had died nearly 20 years earlier, Grace Golden Clayton requested that her minister hold a service to honour the fathers, brothers and sons who were lost. That service was the first documented celebration of Father's Day.

Fathers come in all shapes and sizes and characters. As these funny, happy and wonderful memories show, it doesn't matter who they are, Dads have a life-long impact on our hearts.

By Sheila Addiscott

"I grew up in Renton, near Seattle, Washington. My father worked for the Boeing aircraft company as an inspector of parts. My dad loved to fish. He would come home after work and tie the row boat on top of the car and take us out fishing to a nearby lake. One day in spring, coming home from a fishing trip, we saw a sign that said 'free ducklings' and we stopped to take a look.

After much begging, he finally agreed that we could take two of the ducklings home, as long as we agreed to eat them for Thanksgiving dinner. Well Daisy and Donald lived in the yard eating bugs and slugs and swam in the old baby bathtub, because we didn't have a pond. They would come running whenever we called them, and they became our pets.

Even though they ate all of his cucumber plants, when Thanksgiving came around my Dad couldn't bring himself to eat Daisy and Donald. We couldn't keep them over winter in our small yard and he ended up giving them to a duck farmer for safe keeping."

Cathy Sheridan

"My father was a doctor and we lived in Toronto in the 1950s. From when I was a baby, my dad used to read to me every night. He would read the Winnie-the-Pooh stories to me and would put on all the different voices. When I got older and could read the books myself, I used to read them back to him with the voices. By coincidence, my mother actually went to school with the real Christopher Robin when she was a little girl in London, England."

Mary Bennett

"When I was five or six, we lived in Toronto. I remember one time when we went for a picnic in the park. I was running around with the other kids and after a while I got tired and came to sit down. My father was an aircraft designer. He brought out a pad of paper, and while the other adults chatted together, he drew pictures



Brothers Murray (left) and Barry (right) have very happy memories of their father Sandy Luft (centre).

of all the trees in the park. They were beautiful detailed pictures of elms, oaks and maples, and he showed me how to identify each tree. He was patient and kind. We were so comfortable, just the two of us sitting together."

Kathy Lewis

"My Dad grew up in a poor family, in Riverside, Calgary. When he was young he taught himself to play the harmonica, and when he was 12, he formed a trio with two of his friends, who played the ukulele and clarinet. They would regularly perform on street corners in downtown Calgary.

One day a driver for the Golden West Bakery jumped out of his truck and told them they were talented and he could get them on the radio. Golden West Bakery

sponsored a radio program on CFAC, Calgary's first radio station, and they got to play on the radio, as the Golden West Bread Boys.

Years later in the 1940s, when I was four years old, my dad taught me to play the harmonica. At night, when my little brother and I were small and had trouble falling asleep, he would come and play his double reed harmonica in our ears, which had a lovely echo to the sound, and we would fall asleep right away."

Barry Luft

"I was born in Kitchener, Ontario, and the climate there is quite mild. In the back of our house was a large garden. My Dad was an avid gardener.

Continued on page 21

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Seniors Scene

Open Door Seniors 55+

The Line Dancing class at Open Door Seniors will help to ready folk for activities at the Stampede. On June 13 there will be a trip to Rosebud to see *The Kite*, the cost for which is \$100. The annual membership fee is \$20, plus a \$2 drop-in activity fee for all classes. Open Door is located on the lower level of 1307 4 Street SW (wheelchair accessible). For more information call the office at 403-269-7900 or email opendoorse-niors@gmail.com.

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

F.O.C.U.S. on Seniors will hold ESL Chit Chat on June 18 at SaddleTown Library from noon to 2 p.m. There is a multicultural festival on Thursday, June 6 at the Genesis Centre. During Seniors' Week there will be free workshops on June 3, 4, and 5.

Please call 403-930-3370 for details and to register.

Bow Cliff Centre for 50+

Join us for our annual community picnic, June 22, from 11 a.m. - 2 p.m. Food and drinks for purchase. Try out lawn bowling. The fourth Friday of every month is our social event. The next social event is on June 28, at 6 p.m. Supper is free, but donations are welcome. For more information, call 403-246-0390, email info@bowcliffseniors.org, or visit our website www.bowcliffseniors.org.

Greater Forest Lawn 55+ Society

Greater Forest Lawn 55+ Society will host Five Star Bingo on June 6 and July 4. For more information call 403-248-8334. Saturday night dances will be held on June 1, with music by Sentimental Journey, and on June 15 and 29 with The Good Timers. Doors open at 6:30 p.m.,

dance at 7:30 p.m. The cost for members is \$12, and for non-members \$14. Wednesday lunches are at noon, with a cost of \$7, bingo to follow. On June 19 there will be a cake walk. The centre is located at 3425 26 Avenue SE. For more information please call 403-272-4661.

Inglewood Silver Threads

Inglewood Silver Threads is a 55+ seniors' activity centre focusing on group activities. It is located at 1311 9 Avenue SE. Annual membership is \$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. Day trips are offered in and around Calgary. For more information please call Wendy at 403-264-1006.

Seniors United Now

Seniors United Now (SUN) is the voice of seniors in Alber-

ta. There will be a meeting on Thursday, June 13, at 1 p.m. in the second floor lounge at Kerby Centre, 1131 7 Avenue SW. The topic is 'Downsizing and Moving - where to start?' Members and non-members are welcome to attend. For more information check the web page at www.seniorsunit-ednow.com.

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. We meet every sec-

ond and fourth Friday at 2 p.m. at Kerby Centre. June 1 and 2, Calgary Queer Arts Society Fairy Tales Queer Film Festival. For more information on other events visit www.rainbowelderscalgary.ca.

Good Companions 50+ Club

Good Companions is hosting an e-cycling/recycling fundraiser on June 1 from 11 a.m. - 2 p.m. Bring electronics or bottles for recycling. Potluck supper with live entertainment will be on June 11, \$6 with a dish/\$12 without a dish. Stampede breakfast for \$7 is June 22. For more information call 403-249-6991. ▲

Continued from page 20

He had peach, apple and pear trees and a huge vegetable garden. It was the 1950s, and he worked inside a factory all day, building furniture. I think that's why he loved being outside so much. He lived through the winters with the expectation of spring and summer. Even as he grew older, he lived for his garden, it was his playground. When I grew up, I also had a garden, and I also had that same thrill in the spring to get out and dig in the dirt and feel the sun. Now my son has recently bought a house in Langdon, and I am out there helping him to build his garden."

Rod Zillman

"I grew up in Montreal. My dad owned the first Volkswagen dealership in Canada. He always said he couldn't sing. But, I remember he used to sing in the shower. As a young girl it would make me smile to hear him sing, and he was a pretty good singer in the shower. However, whenever he had to sing in church, somehow he couldn't carry a tune."

Deb Campbell

"My dad was a lawyer and we lived in New York City, but we had this wonderful 100-acre farm in Vermont. The farm was 30 per cent woodlot, 30 per cent pasture for cows and 30 per cent for growing everything else. I remember one time, in the 1930s, when we were on the farm, I had been bad and my mother told my father that I needed to be switched. So my father said that we had to go and look for a proper switch.

As we were walking and searching, he told me stories

about when he was a boy and when he was bad. We found a switch and kept walking and talking all the way back to the farmhouse. When we got back we both remembered that he had forgotten to switch me. I never did get switched, and I never did that bad thing again."

John Brook

"I grew up on a farm in Balzac, Alberta. My dad was a dairy farmer and I liked to follow him out to the cow barn and play. We had a lot of farm cats and they lived in the barn. When he was milking the cows, the cats would line up waiting, and he would turn the teat and spray the milk at them and they would lap it up straight out of the air like that. My father's favourite saying was "wait and see

what the weather is like". It was also his answer to pretty much every question. I didn't understand it at the time, but now, I say it all the time, I kind of live by it."

Nancy Roberts

"I grew up in Jian, India, with my four brothers in the 1940s. I have very happy memories of my father. He was a factory owner and had many different factories based in Tanzania. My father used to meditate, do yoga and reflexology. As kids, we would ask him what he was doing, and he decided to teach us. No matter how busy he was, he made time every evening to sit down with us and teach us how to meditate and do yoga."

Shalinder Singh ▲

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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
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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

June 3rd
10:00 am – 2:30 pm



Wise Owl Boutique 1/2 Price Sale

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

June 3rd
10:00 am – 3:00 pm

A Group For Mature Jobseekers



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

June 4 It's Never Too Late To Build Your LinkedIn Profile
Participate in an exclusive group session to receive tips about: Using LinkedIn strategically to create professional networks and LinkedIn trends for 2019

June 11 Networking—Learn how to use networking to find a job

June 18 Job Search Strategies

June 25 Resources Available At The Calgary Library For Job Seekers

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

KERBY DAY TRIPS

Granary Public Market & Perogies Cooking Class

Wednesday, July 24th, 2019

Ghost Lake Boat Trip

Wednesday, July 31st, 2019.
Waitlist Only

Enjoy "An Evening At The Glenbow Museum"

Thursday, August 1st, 2019

Hutterite Colony Tours

Wednesday, August 14th & August 28th

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

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

June 3rd - 7th - 2019

Alberta Seniors' Week At Kerby Centre

Join us at Kerby Centre for a week-long celebration of Seniors. Social events, information presentations & special programs will be featured daily, beginning with:

June 3rd - A County Fair Strawberry Social And Presentation
By Stephen Franchuk of Home Instead Senior Care

Featuring Entertainment By The Dixie Knights & The Launch Of Kerby Centre's Stampede Raffle. Win A VIP Stampede Chuckwagon Experience on Sunday, July 14th for 4 people. Check Out The Ad In This Issue, or Visit www.kerbycentre.com

June 4th - Benefits & Pensions Presentation; Twin Hearts Meditation & Options 45/Its Never Too Late To Build Your LinkedIn Profile

June 5th - Understanding Dementia & Brain Health by the Alzheimer Society; & "Swingin with the Kerby Sensations" Afternoon Dance

June 6th - Expressive Art Workshop & the Repsol Choir

June 7th - Planning Ahead For Housing & Financial Security & Rainbow Elders Calgary

Check Out The Ad In This Issue Of Kerby News Or Visit www.kerbycentre.com For A Full Schedule of Events & Details

A Special Thanks To Our Senior Week Sponsor



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

It's finally time to plant outdoors

By Deborah Maier

After May's flurry of tiding and preparing, it's now time to plant those seedlings, which were started indoors, outside and seed the tender vegetables in the garden.

Before seedlings are transplanted, they need to be hardened off. Hardening off is the gradual process of acclimatizing seedlings to outdoor conditions. For weeks, these indoor seed starts have been living in the climate-controlled conditions of a warm home environment. These plants also aren't used to the extreme temperature fluctuations between a Calgary day and night.

To ensure that the seedlings transition well to the outdoors, start by placing the plants in a sheltered, shaded spot outside. Keep the plants outside for a couple of hours and then bring them back in. I usually like to start hardening off my plants on a Saturday morning, so that by Monday morning I can leave them outside for the whole day.

After a couple of sessions of being outside in the shade, the plants are moved into a dappled or morning-light area. If the plants seem to be doing well after four days of bringing them back in at night, I will leave them outside in the greenhouse, placed next to the house, overnight.

The greenhouse isn't

necessary, but it gives me peace of mind if there is a sudden inclement change in the weather and I'm unable to move the plants inside.

While hardening off the plants, pay attention to soil moisture. The sun and breeze may rapidly dry the soil. I prefer to water in the morning for two reasons, moisture is readily available to the plant during the daylight growing period, and the soil is not wet at night chilling the plant roots.

The hardening off period should last seven to ten days. Placing the plant tray in the garden, the day before planting, will also help prepare the plants for the conditions of their future growing environment.

Once the plants are hardened off, they should have firm stems and a rich leaf colour. When transplanting, the hole should be dug before removing the plant from its starter container. Plant roots should have minimal exposure to the air and sunlight and should never be permitted to dry out.

Transplant in the early morning or evening. Water the new transplants the next morning. Using a plant starter fertilizer will help prevent transplant shock and encourage root growth. Good root development yields lush leaf growth, beautiful blooms and fruit.

Vegetables usually started inside, or purchased at a garden centre, for transplanting to a home garden include cucumbers, tomatoes, peppers and herbs such as basil. These plants are warm season crops that are only planted outside after the soil has warmed up in June.

They perform best if they are grown in a protected area that retains heat overnight. Warm season vegetables that are directly sown in the garden include beans and squash.

I usually plant my vegetable garden in June. Peas, carrots, beets, lettuce and parsley seeds are planted at the beginning of the month. If it is a cool June, I will wait as late as June 15 to plant wax beans. Plant zucchini in a warm sheltered area, anytime during the first two weeks of June. Using raised beds helps to ensure that the soil warms enough for seed germination.

Vegetables are best planted in full sun. Full sun means the garden bed receives at least six hours of direct sunlight. Planting in less than ideal conditions should still produce a harvest, but it usually means it will be less bountiful.

Now that your garden is planted, watered, and weeded enjoy watching it grow. For more information visit www.calhort.org.



Plant warm season herbs in a raised container.



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Exams are free-of-charge for Kerby Centre members.

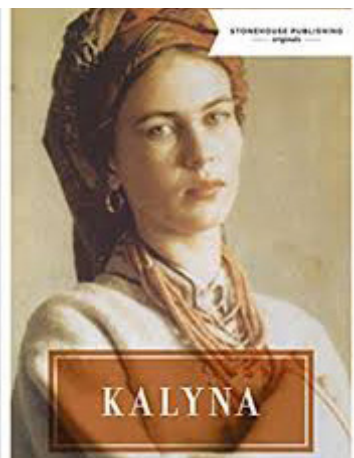
To book an appointment contact the Diana James Wellness Clinic

at 403-234-6566.

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A moving story of Ukrainian Canadian internment



Kalyna

Pam Clark

Book review
by Eleanor Cowan

Some say cries can still be heard from the present-day location of Alberta's former internment camp at the base of Castle Mountain, even though it's long gone.

There's an informative, interactive internment camp center at the Cave and Basin area in Banff, located at the winter site of this internment camp. A commemorative plaque states the facts in plain lettering for all to see. It reads:

"During Canada's first

national internment operation during World War One, thousands of immigrants from the Austro-Hungarian Empire, the majority of Ukrainian origin, some being citizens of Canada, were imprisoned as 'enemy aliens'. This forced imprisonment lasted from 1914 to 1920."

"Kalyna" is a compelling story of an enthusiastic Ukrainian immigrant couple, Katja and Wasyl Federchuk, who begin their new life in 'Kanada,' close to the Edna Star Ukrainian settlement, now called Star, Alberta. We learn of their deeply rooted love and commitment, not only to each other, but to their community and their new world.

Even though this hard-working farmer, Wasyl, is a credentialed immigrant with all his proper papers, he doesn't happen to have them with him one day in 1917 when he was stopped on the road by Canadian authorities. He is banished to the forced labour camp, his devoted Katja left behind to face a second dramatic and

traumatic betrayal.

Katya is a strong female voice. Her firm belief in the power of a community that works together, despite the cruel realities she faces, her deeply held values of forgiveness and hope help forge the strong leader she becomes.

Katya emerges as much an activist in her community as does Wasyl in his. Unjustly torn from his family and farm, this great man comforts and supports his fellow inmates in the forced labour camp in Alberta. He becomes the leader of a group of prisoners who built our Canadian roads through Alberta's mountain country.

Prepare to bow your head at the final wisdom in this moving read that unearths a little-known part of Canadian history, the internment of Ukrainian-Canadians during World War One.

But this story accomplishes even more. The remarkable and astonishing ending of this well-paced and insightful tale also traced a path straight to my heart.



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Isolation, fear and the gay elder

By Donna Thorsten

Today I was reminded again, when one of our members shared their story, that there are still gay elders in Calgary who do not feel safe to be out in the community.

I have been a member of the Rainbow Elders Calgary (REC) for about a year now. What drew me to this group was the opportunity to be with other LGBTQ+ seniors, to share our stories.

It was when I became part of this group that I became more aware of the extent of isolation within our gay elder community. I have met many people who still live in fear. It makes me sad and angry when I hear that they feel they have to stay closeted.

Many have stated that they can't be out at the long-term care or assisted-living facility that they live in. They remain isolated because of fear of being outed to their peers, to the staff or to their families.

One gentleman spoke about the consequences he faced coming out at the assisted-living facility where he lives. The other residents did nothing overt, but ostracized him and excluded him from invitations and activities.

Ostracism is a subtle and cruel form of bullying that causes pain and mental suffering to the recipient, and is

done with the sole purpose of pushing that person out of a group. It is very hard to find evidence that proves that this type of exclusion is going on as it is difficult to make a case that someone, or a group of people, is ignoring you.

This person didn't feel comfortable taking this issue to management, because the same issue was brought up in the past by someone else and nothing was done about it, so he was left feeling powerless. He is also on a limited income and doesn't have the option of changing his residence.

Many people have talked about this happening, and one of their greatest fears is of the reaction of the other residents in the facility, of not feeling comfortable and welcomed by their peers.

One woman was out when she was in Ontario, but when she moved out west she closeted herself again, because she was living closer to her family and she feared repercussions from her family.

Her worries, like those of other LGBTQ+ elders, revolve around fear that her family would not understand or accept her life choices. She was worried that they would exclude her from their lives because she is a lesbian.

Some people in the group have talked about staff at facilities trying to convert them

due to a staff member's particular religious beliefs. Many people report experiences of homophobia or attempts at religious conversion by medical staff in care facilities. Sometimes these experiences are overt, such as quoting Bible verses, while others are more subtle, including asking the resident to keep their orientation quiet.

This behaviour can leave elders feeling like outcasts and that somehow there is something wrong with them. Hearing other people's homophobic comments leaves people feeling alone. In addition, when it comes from staff members, it also makes them feel vulnerable, because they cannot be themselves or feel safe in their own homes.

If you have concerns about accommodations or services you or someone else is receiving you can contact the manager of the supportive living or long-term care facility. You can also make a specific complaint to Protection for Persons in Care by phone to 1-888-357-9339, by email on health.ppc@gov.ab.ca. For more information go to www.alberta.ca/protection-for-persons-in-care.aspx.

For more information on Rainbow Elders, email rainbowelderscalgary@gmail.com or go to www.rainbowelderscalgary.ca. ▲




**Kerby Centre's
27th Annual
Stampede Breakfast**

Friday, July 12th, 2019
8:00 am to 11:00 am
1133 7th Ave SE, Calgary

Join us in the "Kerby Korral" for a free pancake breakfast & music, featuring
**Country Recording Artist
Alex Hughes**

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**2019 Alberta Senior's
Week Launch And
Country Style
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**June 3rd
12:00 - 2:30 pm**

Kerby Centre Gymnasium
1133 7th Ave SW

**Free Admission - BBQ Burgers &
Strawberry Shortcake Available
Please RSVP Your Attendance**



For Further Details On Our Senior Week
Events, Please Contact Special Events at
403 705-3178 Or Visit www.kerbycentre.com

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Join Us At Kerby Centre For A Weeklong Celebration of Seniors

2019 Alberta Seniors' Week

Monday, June 3rd - Seniors' Week Kick Off Event

12:00 - 2:30 "Life is A Journey - Create Your Own MAP" (My Aging Plan), featuring a presentation by Stephen Franchuk of Home Instead Senior Care. Learn about the six topics research has shown that seniors and their adult children need to talk about now so why not invite your adult children to join you. Also, **musical entertainment by The Dixie Knights**, the launch of a **VIP Stampede Chuckwagon Entertainment Pkg. Raffle** & a country style **Strawberry Social**. **FREE ADMISSION**. Burgers, strawberry shortcake and more available to purchase (Kerby Gym - Please RSVP by May 30th to Kerby Ed & Rec - Rm 305 or call 403 705-3233)

Tuesday, June 4th

10:00 - 11:30 Benefits & Pensions Presentation By Lisa Despas, Service Canada (Kerby Lounge - FREE - Please Register at Information Services or call 403 705-3246)

1:00 - 2:00 Twin Hearts Meditation (Kerby Rm 308 - FREE - Please Register at Ed & Rec - Rm 305 or call 403 705-3233)

1:30 - 3:00 Options 45 - It's Never Too Late to Build Your LinkedIn Profile (Kerby Lounge - FREE - No Registration Required)

Wednesday, June 5th

9:30 - 11:30 Understanding Dementia & Brain Health, Presented by Padmaja Genesh, Alzheimer Society Calgary (Kerby Gym - FREE - No Registration Required)

11:30 - 3:00 "Swingin with the Kerby Sensations" Lunch /Afternoon Dance (Kerby Dining Room - No Registration - \$2 Drop-in Fee for Dance)

Thursday, June 6th

10:00 - 12:00 Expressive Art Workshop (Kerby Rm 308 - FREE - Please Register at Ed & Rec - Rm 305 / 403 705-3233)

Friday, June 7th

10:00 - 12:00 Planning Ahead For Housing and Financial Security. Debra & Peter Molzan will help take the stress out of downsizing ; Myra Praxixio will provide information on affordable housing options & Jack Bust , Retired RCMP will show you how to protect your financial & personal information Sponsored by TELUS Health (Kerby Lounge - FREE - Please Register With Rob Locke at 403 705-3235)

2:00 - 3:00 Rainbow Elders Calgary (Kerby Lounge - FREE - Please Register at Ed & Rec - Rm 305/403 705-3233)

Make it a vegan meal

Page design and layout Winifred Ribeiro.

The vegan revolution is here to stay and now it is easier than ever to embrace what many believe to be a natural, healthier and more environmentally-friendly way of life. This updated new edition of a great classic book brings the advice on key nutrients up-to-date and, along with favourite vegan mainstays, offers new exciting recipes to prove that being vegan does not mean excluding comfort food, sweet treats, or wickedly savoury delights.

A perfect introduction for newcomers to vegan cookery and a source of mouthwatering new recipes for established vegans which will soon become your go-to cookbook. There has never been a better, and easier, time to go vegan!



Baked squash with coconut custard©

A vegan recipe based on a traditional dessert from Thailand. Once the custard-filled pumpkin is baked, the flesh is scooped out with the custard and a hot coconut sauce is drizzled over the top. Sweet and fragrant, this delicious dish is sheer indulgence and a real crowd pleaser.

Serves: 4

1 small acorn squash, about 1.3 kg / 3 lb, halved, seeded and fibres removed
400 ml / 14 fl oz coconut milk
45 ml / 3 tbsp silken tofu
45 ml / 3 tbsp agave syrup, plus a little extra for drizzling
pinch of salt

For the sauce:
250ml/8fl oz coconut cream
30ml/2 tbsp agave syrup
pinch of salt

- 1 Preheat the oven to 180°C/350°F/Gas 4. Place the squash halves, skin-side down, in a baking dish.
- 2 In a large bowl, blend the coconut milk with a pinch of salt, the tofu and agave syrup, until the mixture is thick and smooth.
- 3 Pour the custard into each pumpkin half. Sprinkle a little extra agave syrup over the top of the custard and the rim of the pumpkin.
- 4 Bake in the oven for 35–40 minutes. The pumpkin should feel tender when a skewer is inserted in it, and the custard should feel firm when lightly touched. If you like, you can brown the top further under the grill or broiler.
- 5 Just before serving, heat the coconut cream in a pan with a pinch of salt and the syrup. Scoop out pieces of pumpkin flesh with the custard and place in bowls. Pour a little sweetened coconut cream over the top to serve.

Cook's tip: Cinnamon goes so well with squashes and pumpkins. Try adding a little to the sauce or sprinkle the squash with cinnamon and brown sugar before baking or grilling.

Variation: This recipe can also be made with butternut squash or pumpkin and, interestingly, with halved avocados, mangoes and papayas. Bear in mind that the quantity of custard and the cooking times may have to be adjusted.

Artichokes with beans and almonds©

Globe artichokes are a variety of perennial thistle and have been a renowned epicurean delight for hundreds of years. Prized by the ancient Romans and grown in the garden of Henry VIII, they are still well-deserving of a place in every vegan's kitchen. In this dish, the tender bottoms are filled with fresh broad beans and flavoured with dill.

Serves: 4 servings



Vegan Cookbook by Tony and Yvonne Bishop-Weston
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Spicy black bean and quinoa burgers©

These burgers use low-fat and fibre-rich canned black beans, which are a handy kitchen standby. Combined with hot jalapeño peppers, chilli, lime and fresh coriander leaves, quinoa adds protein and contributes to a wholesome, rustic texture. Serve in burger buns, or with potato wedges and coleslaw.

Serves: 6

1 small acorn squash, about 1.3 kg / 3 lb, halved,
115 g / 4 oz pearl quinoa, rinsed
350 ml / 12 fl oz water
30 ml / 2 tbsp vegetable oil
1 medium onion, finely chopped
1 stick celery, finely chopped
2 garlic cloves, crushed
6 jalapeño peppers, finely chopped
1 fresh red or green chilli, finely chopped
2 medium carrots, peeled and grated
75 g / 3 oz roasted peanuts

1 lime, rind and juice
15g / 1/2 oz fresh coriander, roughly chopped
400 g / 14oz can black beans, drained and rinsed
15 ml/1 tbsp quinoa flour, for shaping
salt and ground black pepper
burger buns, shredded lettuce, sliced tomato and plant-based crème fraîche or vegan mayonnaise, to serve

- 1 Place the quinoa and water in a medium pan, bring to the boil and simmer for 15–17 minutes until soft.
- 2 In another pan heat 15ml/1 tbsp of the oil and add the onion, celery, garlic, jalapeños, chilli and salt and pepper.
- 3 Cook for 2–3 minutes on medium heat, then add the grated carrot and cook for 3 minutes. Leave to cool.
- 4 Blitz the cooked quinoa, peanuts, lime juice and rind, and coriander in a food processor. Add the beans and pulse a couple of times to incorporate. Add the vegetable mixture to the processor and pulse briefly to combine. Test for seasoning.
- 5 On a board, shape the mixture into six burgers, handling lightly, and using quinoa flour as required to stop the mixture from sticking.
- 6 In a large non-stick frying pan, fry the burgers in the remaining 15ml / 1 tbsp oil, adding a little more if needed, and turning them halfway through cooking. Alternatively, spritz with oil and cook in foil on a hot barbecue.
- 7 Serve in halved rolls with shredded lettuce, sliced tomato and plant-based crème fraîche or vegan mayonnaise.

Cook's tip: Quinoa needs rinsing in water before cooking to remove natural saponins that coat the seed, which can give the seed a bitter taste. Most commercial quinoa is already rinsed, but it's likely that some saponins will remain. Running water through quinoa in a sieve or colander, and rubbing it with your fingers, will remove any residue.

275 g / 10 oz shelled broad beans
4 large globe artichokes
120 ml / 4 fl oz olive oil
juice of 1 lemon
10ml / 2 tsp sugar

75 g / 3 oz blanched almonds
a small bunch of fresh dill, chopped
2 tomatoes, skinned, seeded and diced
sea salt

- 1 Put the beans in a pan of water and bring to the boil. Lower the heat, then simmer for 10–15 minutes or until tender. Drain and refresh under cold running water, then peel off the skins.
- 2 Prepare the artichokes. Cut off the stalks and pull off all the leaves. Dig out the hairy choke from the middle using a teaspoon, then cut away any hard bits with a small sharp knife and trim into a neat cup shape. Rub the cup-shaped bases – called bottoms – with a mixture of lemon juice and salt to prevent them from discolouring.
- 3 Place the prepared artichokes in a large, heavy pan. Mix together the olive oil, lemon juice and 50ml/2fl oz water and pour the mixture over the artichokes.
- 4 Cover the pan with a tight-fitting lid and bring to a simmer. Cook the artichokes in the lemon juice and olive oil mixture gently for about 20 minutes.
- 5 Add the sugar, prepared broad beans and blanched almonds to the pan. Cover again with the lid and continue to simmer gently for a further 10 minutes, or until the artichokes are tender.
- 6 Toss half the chopped dill into the pan and season with sea salt. Mix all the ingredients together, then turn off the heat. Leave the artichokes to cool in the pan.
- 7 Lift the artichokes out of the pan and place them hollowside up in a large serving dish. Mix the diced tomatoes with the beans and almonds in the pan.
- 8 Spoon the bean and vegetable mixture into the middle of the artichokes and all around them. Garnish with the remaining dill. Leave to cool, then serve.

Cook's tip: Fresh globe artichokes should be treated the same as fresh flowers. As soon as you get them home, place them in a jug or pitcher of water until you are ready to use them.

Education & Recreation

Course Registration

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Registration opens June 3rd for members and June 17th for non-members
Register in person at Kerby Centre in Room 305
By telephone at (403) 705-3233 or (403) 705-3232
Online at www.kerbycentre.com
By mail to:

Kerby Centre
1133 - 7th Avenue SW
Calgary AB, T2P 1B2
Attn: Education & Recreation

Membership Saves

Please ensure you have your 2019 membership before registering for courses. Contact the Information Department to renew or to apply for a membership 403-705-3224.

Don't Miss Out!

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

Refund Policy

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

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

Computer Courses/Workshops are non-refundable.

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

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

Summer 2019

MAIL TO: Kerby Centre, 1133 7th Avenue SW, Calgary AB T2P 1B2

PHONE: (403) 705-3233/705-3232

Name: _____

Kerby Membership #: _____

Telephone #: _____

Courses you wish to register for:

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Method of Payment:

Cash: _____ (In person)

Cheque: _____ (In person/mail-in)



Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Tai Chi Member \$23 Non Member \$53
 Instructor: Adrian Buczek per course
Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A01 Monday July 8 – 29
 9:00 – 10:00am Gymnasium

A02 Wednesday July 10 – 31
 1:00 – 2:00pm Room 205

A03 Monday August 12 – 26
 9:00 – 10:00am Gymnasium

A04 Wednesday August 7 – 28
 1:00 – 2:00pm Room 205

Fitness with Dan Member \$28 Non Member \$58
 Instructor: Dan Leung per course
Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

A05 Monday July 8 – 29
 10:05 – 11:00am Gymnasium

A06 Wednesday July 10 – 31
 10:05 – 11:00am Gymnasium

A07 Monday August 12 – 26
 10:05 – 11:00am Gymnasium

A08 Wednesday August 7 – 28
 10:05 – 11:00am Gymnasium

Indoor Cycling Member \$68 Non Member \$98
 Classes held at Peloton Cycling
 109 1053 10th Street SW (8 Minute Walk from Kerby Centre or free parking is available)

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

A09 Tuesday July 9 – August 27
 10:30 – 11:15am

Feldenkrais Method To Increase Mobility Member \$49 Non Member \$79
 Instructor: Ryan Hoffman per course

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

A10 Tuesday July 9 – August 27 (No class July 23)
 10:00 – 11:00am Room 308

Pilates Fusion Member \$49 Non Member \$79
 Instructor: Cathy Morrison

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options are provided for all levels.

A11 Wednesday July 24 – August 28
 3:30 – 4:30pm Room 205



Muscle Strength & Core Balance Member \$38 Non Member \$68
 Instructor: Dan Leung

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

A12 Friday July 19 – August 30 (No class Aug 2)
 9:30 – 10:20am Gymnasium



Summer Hikes in the Mountains

Guided by John McFaul, Alpenglou Nature Hikes
 Member \$53 Non Member \$83

Ribbon Creek, Kananaskis
 Thursday August 15
 8:30 – 4:00pm

Dyson Falls in the Sheep River Valley
 Thursday September 19
 8:30 – 4:00pm

Please contact Kerby Travel for more information on these and other upcoming outdoor adventures!

Gentle Seated Yoga Member \$28 Non Member \$58
Instructor: Angie Friesen per course
Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A13 Wednesday July 10 - 31
1:00 – 2:00pm Room 308

A14 Friday July 12 – August 2
10:45 – 11:45am Room 308

A15 Wednesday August 14 - 28
1:00 – 2:00pm Room 308

A16 Friday August 16 – 30
10:45 – 11:45am Room 308

Yoga for You Member \$28 Non Member \$58
Instructor: Angie Friesen per course
In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off the floor, but a chair can be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

A17 Friday July 12 – August 2
9:30 – 10:30am Room 205

A18 Friday August 16 – 30
9:30 – 10:30am Room 205

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

A19 Wednesday July 10 - 31
11:00 – 12:00pm Room 205

A20 Wednesday August 14 - 28
11:00 – 12:00pm Room 205



Yoga for Gardeners Member: \$16 Non Member: \$46
Instructor: Angie Friesen
Grow and dig deeper into your yoga practice by learning how to create a yoga practice in the garden! This workshop is open to all yoga levels and we will learn how to get creative with our yoga practice outdoors and have fun while in the garden.

A21 Monday July 22 10:00am – 12:00pm Room 205

Yoga in the Park Member: \$16 Non Member: \$46
Instructor: Angie Friesen
It's time to take our Yoga practice outside! Come experience a new environment and all the benefits that come with it!

A22 Monday August 12 9:30 – 11:00am Meet in Room 305

Academic Courses

Arts in the Afternoon

Hats and High Tea! Member \$30 Non Member \$60
Instructor: Carol Marasco
All supplies and 'High Tea' are included.

Join us for a fun morning decorating beautiful summer hats and then partaking in a social high tea!
B01 Wednesday June 26
10:30 – 1:00pm Room 313/Dining Room



Advanced Watercolour Workshops Member \$20 Non Member \$50 per course
Instructor: Katy Morris
The cost of supplies is not included in the price.

Backgrounds
B02 Friday June 21
10:00 – 2:00pm Room 313

Trees
B03 Friday July 19
10:00 – 2:00pm Room 313

Waterfalls
B04 Friday August 16
10:00 – 2:00pm Room 313

Drama Member: \$16 Non Member: \$46
Instructor: Georgette Pare per workshop
Get on your feet and giggle galore. Through drama games and role playing, this class will sharpen all of your senses. Absolutely no experience necessary, just a willingness to put yourself out there! Rule of thumb – do everything like it's the first time. Leave your sensible nature at home and come give it a try!!! Please dress comfortably for comfort and ease of movement.

B05 Friday July 12 12:30 – 2:15pm Room 205
Spin a tale: in this workshop we will build a story from our magical interpretation (read imagination) of a lived experience and share it with the class.

B06 Friday August 9 12:30 – 2:15pm Room 205
Act Yourself: in this workshop, we will explore presentational and performative tools to make the best of everyday life.

B07 Friday August 23 12:30 – 2:15pm Room 205
Act Out: in this workshop, we will interpret a short script, then cast, prepare and present it to the class.

English as a Second Language Free
Instructor: Eleanor Cowan
Welcome to ESL Grammar and Fun Practice Group
No matter your level - beginner, intermediate or advanced, your language skills can improve as you enjoy a warm welcome, new friendships and fun activities with an encouraging, trained and experienced ESL teacher. Join learners from all over the world who gather to learn and share, each at their own gentle and respected pace. Come, give us a try! Drop-ins welcome.

B08 Monday July 8 – August 26 (No class August 5)
1:00 – 3:00pm Room 301

Expressive Art Member \$16 Non Member \$46
 Instructor: Alicia Zubot Supplies included
In this workshop, we invite you to come and slow down, tune into your imagination, and embark on journey of self-discovery. The flow of movement from one art form to another is utilized to spark personal inquiry, growth, and assist with transformation. A safe space is provided for creativity and expression--no artistic skill is needed.

B09 Monday July 29
 10:00 – 12:00pm Room 313

B10 Monday August 12
 10:00 – 12:00pm Room 313

Outdoor Safety & Awareness Member \$16 Non Member \$46
 Instructor: Don Muldoon per workshop
Join retired Calgary Police Officer Don Muldoon on a downtown walkabout to learn various situational awareness techniques and safety practices.

B11 Tuesday June 18
 10:00am – 12:00pm

B12 Tuesday July 16
 10:00am – 12:00pm

French Member: \$16 Non Member: \$46
 Instructor: Georgette Pare per workshop
French Workshops: In these three workshops, we will explore cultural aspects, namely Food and Festivities, of different French speaking destinations around the world. Emphasis is on listening to learn more French while appreciating the vast differences and similarities across French speaking cultures.

B13 Friday July 12 9:45 – 11:45am Room 301
 France - Food and Festivities

B14 Friday August 9 9:45 – 11:45am Room 301
 Quebec - Food and Festivities

B15 Friday August 23 9:45 – 11:45am Room 301
 The Caribbean - Food and Festivities

Spanish Member: \$60 Non Member: \$90
 Instructor: Norah Hutchinson per course
Conversation This course is designed for students with strong knowledge of grammar. It will give an opportunity to practice the language through discussion of selected material, situational conversation, and topics of interest in daily life. Emphasis will be on interaction, focus on pronunciation, listening and comprehension. Minimum Prerequisite: Advanced Spanish Grammar V.

B16 Tuesday July 9 - 30
 1:00 – 3:00pm Room 311

Pronunciation
Develop a native-like accent, be clearly understood, and gain confidence when you speak. This course is for students at any level, who have difficulties with pronunciation and want to improve. Focus will be on detailed articulation of sounds and systematic progress into patterns through practice and repetition.

B17 Wednesday July 10 - 31
 1:00 – 3:00pm Room 311

B18 Thursday July 11 – August 1
 1:00 – 3:00pm Room 311

Legacy Writing Member \$16 Non Member \$46
 Instructor: Christy Nich
Are you looking to document your life experiences to share with others but don't quite know where to start? These workshops will give you the tools and inspiration to create a permanent record to pass on to your future generations!

B19 Tuesday June 25 10:00am – 12:00pm Room 301
 Theme: Weddings

B20 Tuesday July 23 10:00am – 12:00pm Room 301
 Theme: Summer Vacations

B21 Tuesday August 20 10:00am – 12:00pm Room 301
 Theme: Back to School

Growing Native Plants Member: \$80 Non Member: \$110

Instructor: Latifa Pelletier-Ahmed
Native plants are uniquely adapted to growing in our climate. This course will teach you how and why native plant species are beneficial for the home garden including: providing habitat for native pollinators, and reducing watering requirements. Over four classes you will learn how to recognize and grow over a dozen native perennial species. Living plant samples will be brought in to give you a hands-on learning experience.

B22 Wednesday June 19 – July 10
 10:00 – 12:00pm Room 308

Beginner Plant Identification Member: \$16 Non Member: \$46 per workshop

Instructor: Latifa Pelletier-Ahmed
Learn the basic skills for identifying plants and the key features of common local plants. Instruction will also be given on how to use a plant identification key.



B23 Tuesday June 25
 10:00 – 12:00pm
 Outdoor Plant Walk

B24 Thursday August 22
 10:00 – 12:00pm
 Outdoor Plant Walk

Botany for Gardeners Member: \$25 Non Member: \$55

Instructor: Latifa Pelletier-Ahmed
Learn about the science behind how plants work, and improve your gardening abilities. All levels of gardening experience welcome.

B25 Thursday July 18
 12:30 – 3:30pm Room 301

Polishing the Silver Life Skills Workshop Free

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

B26 Friday July 19
 1:00 – 3:00pm Room 301

B27 Friday August 23
 1:00 – 3:00pm Room 301

Refresher Ukulele Member \$19 Non Member \$49
 Instructor: Judy Henderson per course
Keep up your skills with summer refresher workshops!

Wednesday July 31 & August 21

Level I
 B28 12:30 – 1:45pm

Level II
 B29 2:00 – 3:15pm

Guitar Member \$99 Non Member \$129

Instructor: Charles Franson
Are you looking to learn the basics of guitar or brush up on old skills? In this course you will learn all the basic chords in order to play your favorite songs and even learn to write your own songs!

B30 Tuesday July 9 – August 27
 1:00 – 2:30pm Room 308

Inspiring barbecue ideas for summer

Page design and layout by Winifred Ribeiro

This is your new go-to companion from the most trusted name in grilling. Much more than just a recipe collection, *Weber's Ultimate Grilling* is an entirely new take on grilling today, with every recipe step visually depicted in full-color photography. With these extensively tested recipes, anyone—from amateur to ace—can be a barbecue genius. Foundational recipes for popular grilled foods—steak, burgers, pork chops, ribs, chicken breasts and wings, and salmon fillets—are masterfully explained in this keepsake classroom-in-a-book. “Flavor Bomb” spreads offer inspiring, weeknight-friendly recipe ideas for how to create wonderful variations of the most-loved grilled foods. And fun food science facts, along with infographics, illustrations, and tips, help you get the absolute best results every time. The must have guide to total grill mastery.



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Pork Souvlaki with Tzatziki

Evenly cut cubes of pork marinated in iconic Greek flavors, then skewered and grilled, is like having Mykonos in your backyard. Leave a little room between the skewered pork pieces so the heat of the fire can reach all sides. Warm pita and a creamy yogurt sauce are the final opa!

Serves: 4-6 **Prep:** 30 minutes **Grill:** about 8 minutes
Special Equipment: 6 long metal or bamboo skewers (soak bamboo in water 30 min)
 1 1/2 pounds boneless pork loin

Marinade
 1/4 cup finely chopped fresh mint
 3 tablespoons extra-virgin olive oil
 2 tablespoons fresh lemon juice (from 1 lemon)
 1 tablespoon dried oregano
 3 garlic cloves, minced
 1 teaspoon kosher salt
 1/2 teaspoon ground black pepper

1 cup plain whole-milk Greek yogurt
 2 tablespoons finely chopped fresh mint leaves
 1 tablespoon extra-virgin olive oil
 1 tablespoon fresh lemon juice
 1 clove garlic, minced or pushed through a press
 1/4 teaspoon coarsely ground black pepper
 6 pita breads, each about 6 inches in diameter
 Lemon wedges

Tzatziki
 3/4 cup coarsely grated cucumber
 Kosher salt

1. Cut the pork loin into 1-inch-thick slices, then cut each slice into 1-inch cubes.
2. In a medium bowl whisk together all the marinade ingredients. Put the pork cubes in the bowl and stir to coat evenly. Cover and refrigerate for 2 to 4 hours.
3. In a fine-mesh sieve, toss the cucumber with 1/2 teaspoon salt, then press against the cucumber with the back of a spoon to force out excess moisture. In a bowl combine the cucumber and remaining tzatziki ingredients, stir to mix, and season with salt. Cover and refrigerate until serving.
4. Prepare the grill for direct cooking over high heat (450° to 550°F). Thread the pork onto 6 long metal or bamboo skewers, leaving a little space between the cubes.
5. Brush the cooking grates clean. Grill the skewers over direct high heat, with the lid closed as much as possible, until the pork is barely pink in the center, 5 to 7 minutes, turning once. Remove from the grill.
6. Grill the pita over direct high heat until streaked with light char marks, about 15 seconds on each side. To assemble, spoon some tzatziki down the middle of each pita and top with the meat. Wrap the bread around the meat and serve warm.



Chicken Breast with Green Herb Salsa

Chicken breasts are easy to overcook. Two simple adjustments will keep them juicy and flavorful. First, remove the tenders and cook them separately. Then make a few shallow cuts into the smooth side of each breast. Now the meat will cook more quickly, meaning less time to dry out.

Makes: 4 melts **Prep:** 15 minutes **Marinate:** 30 minutes - 24 hours;
Grill: about 8 to 12 minutes **Rest:** 3 minutes

Green Herb Salsa
 1 cup packed fresh Italian parsley leaves and tender stems
 1/2 cup packed fresh cilantro sprigs
 1/2 cup packed fresh mint leaves
 2 large garlic cloves
 1 small jalapeño or serrano chile pepper, stemmed and quartered
 1 tablespoon red wine vinegar

1 tablespoon fresh lemon juice
 1 teaspoon finely grated lemon zest
 3/4 teaspoon kosher salt
 1/2 cup extra-virgin olive oil

4 boneless, skinless chicken breast halves, tenders removed, each 6 to 8 ounces
 Lemon wedges, for serving (optional)

1. In a food processor combine all the salsa ingredients except the oil. Pulse to chop coarsely.
2. With the motor running, add the oil through the feed tube in a steady stream, processing until a pesto-like consistency forms (the herbs will be finely chopped).
3. Transfer 1/3 cup of the herb mixture to a shallow medium bowl and reserve the remaining salsa for serving. (The flavors of the salsa will develop as it stands while you marinate the chicken.)
4. Lightly score the chicken breasts on the diagonal, on the smooth (skin) side, making 3 or 4 evenly spaced slashes each about 1/4 inch deep.
5. Put the chicken in the bowl with the herb mixture and turn the chicken to coat evenly with the marinade. Cover with plastic wrap and refrigerate for at least 30 minutes and up to 24 hours, turning the chicken occasionally.
6. Prepare the grill for direct cooking over medium heat (about 400°F). Brush the cooking grates clean. Remove the chicken from the marinade, allowing any excess marinade to drip back into the bowl to avoid flare-ups. Place the chicken, smooth (skin) side down, on an angle to the grate bars over direct medium heat. (Discard the marinade.)
7. Grill on the first side, with the lid closed, until the chicken breasts are well grill-marked and release easily from the grates, 4 to 6 minutes. Flip the chicken and repeat on the other side, until firm to the touch and opaque all the way to the center, 4 to 6 minutes longer.
8. Remove from the grill and let rest for a few minutes. Serve with the reserved salsa and the lemon wedges, if using.



Monday Night Flank Steak

Flank Steak is versatile, it's quick to grill, and is relatively inexpensive. To ensure the flavorful meat retains all its beefy juices, let it rest for a full 10 minutes before slicing it across the grain. The horseradish sauce is not only easy but also great with any cut of beef.

Serves: 4-5 **Prep:** 15 minutes **Grill:** 8-10 minutes

Spice Paste
 3 tablespoons extra-virgin olive oil
 1 teaspoon sweet paprika
 1 teaspoon kosher salt
 1/2 teaspoon dried oregano
 1/2 teaspoon ground coriander
 1/2 teaspoon granulated garlic
 1/4 teaspoon ground black pepper
 1 flank steak, 1 3/4 to 2 pounds and about 3/4 inch thick, trimmed of excess fat

Horseradish Sauce
 1 cup sour cream
 2 tablespoons well-drained prepared horseradish
 1 tablespoon Dijon mustard
 2 teaspoons Worcestershire sauce
 1/2 teaspoon kosher salt
 1/4 teaspoon ground black pepper

1. In a small bowl mix together all the spice-paste ingredients. Brush the paste evenly over both sides of the flank steak. Let stand at room temperature while you preheat the grill and prepare the sauce.
2. Prepare the grill for direct cooking over medium-high heat (400° to 450°F). In a medium bowl whisk together all the sauce ingredients.
3. Grill the flank steak over direct medium-high heat, with the lid closed, until cooked to your desired doneness, 8 to 10 minutes for medium rare, turning just once for a deep sear.
4. Transfer the steak to a cutting board and let rest for 10 minutes.
5. Cut the steak across the grain into 1/4-inch-thick slices. Taste the meat and season with more salt and pepper if needed. Serve warm with the sauce.

Alternative, complementary, traditional – it’s all medicine

Alternative, or complementary, medicine is a term that is used to describe unconventional treatments. If you are considering an alternative medicine or therapy, one of the things you need to consider is its efficacy. Any therapy you choose should be able to provide solid evidence-based data to back up its claims.

The Canadian Medical Association (CMA) established a policy on Complementary and Alternative Medicine (CAM) in 2015. Their report states that: “The CMA’s position is based on the premise that health care interventions used in Canada should be based on sound scientific evidence as to their safety and effectiveness.”

There are hundreds of different kinds of complementary therapies in use around the world. They are, however, not all equal and do not all work. It is important to take the time to do your research on a therapy and look at the risks and benefits.

Chiropractic and other manual therapies such as osteopathy have been around since the 1890s. Yet there are numerous studies providing conflicting results both for and against the benefits of chiropractic medicine. In addition, within the profession, practitioners are also individual proponents of different techniques. This diversity of beliefs means that the treatment a patient receives can be completely different depending on the practitioner they visit.

Herbalism (herbal medicine) uses plants for medicinal purposes, as does traditional medicine. Some of our most commonly used medicines, Aspirin (based on birch), penicillin (based on mould) and digoxin (based on foxglove) are all plant based. According to the World Health Organization (WHO), approximately 25% of modern medicines are derived from plants.

If you are planning to use herbal medicine, it is very important to look at the proven safety

and effectiveness of the medicine. The source, where the plant came from, is vital as some herbal supplements have been found to be contaminated with herbicides and other poisons.

Some herbal medicines are helpful in the proper dose, but if the dose is too high, they can become toxic and cause adverse effects, even death. Herbal medicine can also interact with some traditional medicines that you are taking. For example, Coenzyme Q10 interacts with warfarin, decreasing the blood thinning effects of the medicine. Conversely, cranberry juice also interacts with warfarin increasing the effect of the medicine and can lead to bruising and bleeding.

Alternative medicine is big business. Canadians spend millions of dollars on these therapies every year trying to make ourselves feel better. If you are going to spend money on one of the many different therapies out there, check the facts and make sure that the therapy you use is safe and effective.

It is also important to check whether the practitioner is legitimate and will be providing the service that you are expecting. The editor of the Journal of the American Medical Association (JAMA), Dr. Phil Fontanarosa said: “There are vastly different types of practitioners and proponents of the various forms of alternative medicine and conventional medicine, and

there are also vast differences in the skills, capabilities, and the beliefs of individuals within them.” Choose your practitioner wisely.

The CMA policy report states: “Patients deserve the highest standard of treatment available, and physicians, other health practitioners, manufacturers, regulators and researchers should all work toward this end. All elements of the health care system should consider first the well-being of the patient.”

There are benefits to many of these alternative practices and therapies, but if you are thinking about using any kind of alternative medicine or therapy, talk to your traditional doctor first. ▲ *Brought to you by the Diversity Committee*

Missing the tax deadline can lead to benefits being cut

Each year millions of Canadian taxpayers miss the April 30 deadline. Filing taxes late can mean missing the deadline to receive benefits which are paid out in July.

Canadian senior citizens are eligible to receive a wide range of tax benefits. If a senior procrastinates and doesn’t file their return until later on in the year, they could potentially see those benefits cut off until such time as they file their taxes and get back into the system.

Failing to file your tax

return for months puts at risk federal and provincial benefits that are calculated based on annual tax returns.

Taxes can also be filed online even after the deadline, but penalties continue to increase if the tax payer owes money.

For assisted-living or nursing home accommodations for seniors or those with a disability, costs are based on affordability, which is again determined by the previous year’s reported income.

Kerby Centre provides a

year-round service to clients for filing their tax returns.

For appointments, Monday and Friday 9 a.m. – 3 p.m., call 403-705-3246.

A drop-off service is also available

Eligibility: 55 years and above and AISH clients; single with an income of less than \$35,000, and couples with a combined income of less than \$45,000.

Not allowed – bankruptcy, farm tax, or business/self-employment. ▲

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- (* 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

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ON THE HOUSE
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4th Street Lilac Festival
June 2
www.lilacfestival.net

City of Calgary Music in the Park free concert series
June 12, 16 and 26
www.calgary.ca/CSPS/Parks/Pages/Programs/Music-in-the-park

Inglewood Night Market
June 14
www.inglewoodnightmarket.ca

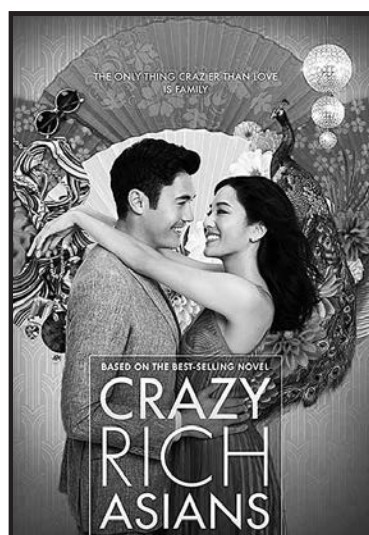
Spruce Meadows National
June 5 – 9 (seniors’ entrance is free)
Continental
June 12 – 16 (free)
Pan American
June 26 – 30 (free)
www.sprucemeadows.com

JazzYYC – JazzWalk
June 16

Gabriella Laconsay Quartet
Noon – 2 p.m.
JazzYYC Youth Lab Band
1 p.m. – 3 p.m.
Willy Joosen
1 p.m. – 3 p.m.

Rick Lett
2 p.m. – 4 p.m.
Joel Untinen Trio
2 p.m. – 4 p.m.
Mitchell Jantzie Trio
3 p.m. – 5 p.m.
Kate Melvina Trio
4 p.m. – 6 p.m.
Tim Williams
4 p.m. – 6 p.m.
www.jazzyyc.com/jazz-events/jazzwalk-free-events/

ARTWALK with Art
June 16
Free Guided JazzWalk Tours
For details or to register email:
artwalkwithart@gmail.com ▲



Crazy Rich Asians

Released 2018 (2 hr) Rated Parental Guidance Comedy, Romance

Friday June 28, 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 Trinity Lodge



Kerby Centre

Financial Planning: To probate, or not to probate

By Jonathan Ng

A common question faced by the executor of an estate is, "Do I need to probate?" Many families emerge from an estate administration with the perception that probate is an onerous process, taking years, leaving the family exhausted and committed to never wanting to see probate again. It is important to understand exactly what probate means and how it is designed to protect the wishes of the deceased and foster communication among the living.

Probate, formally known as a "Grant of Probate" is an order of the court that certifies the validity and originality of the will. It formally appoints the executor named in the will as the person in charge of administering the estate.

Applying for a probate involves submitting the will to the court along with documents describing the family members of the deceased and listing property and debts. Depending on the location of the court, the application period can take as little as a few weeks to three months. The application fee in Alberta ranges from a flat rate fee of between \$35 to \$525, depending on the value of the estate.

Probate is not required in all cases — after all, the will itself is presumed to give the executor the authority needed to manage the estate assets. So why would the executor need the court to certify the validity of the will? It all comes down to risk.

If a person passes away with a modest bank account, then the bank will often respect the authority of a will and transfer the account to the

executor. No need for probate. If the deceased owned a larger account, perhaps greater than \$10,000, then the bank may be less comfortable handing over this sizeable asset to the executor. More money equals more risk.


In these circumstances, the bank would require the executor to obtain a Grant of Probate, which will confirm the validity of the will — essentially, the bank is passing the risk to the court. If a person passes away with an interest in land registered in their sole name, then probate is almost always required for the executor to dispose of that property.

Probate may be a recommended course of action for other reasons too. Sometimes the validity of the will is a contentious issue. Therefore the probate process invites the interested parties to make their voices heard and ultimately allows the court to make a final ruling.

If the deceased left a surviving spouse, minor children, or disabled adult children, these "dependents" can make a claim for support from the estate. By obtaining probate, the dependents are given a six-month period to make their claim, thereby adding structure to the process and limiting the risk to the executor and beneficiaries.

Remember, the normal probate application period is weeks, not years. When someone describes probate as taking years, they are often describing the duration of the entire estate administration — that is, from date of death to the date to when income taxes are cleared and every penny of the estate is distributed. The probate process occurs early in the administration and ends within a few months, on the longer end. An estate administration can take years, but the average is approximately 16 months in Canada.

It is recommended that an executor seek professional advice to determine whether probate is required. For those preparing their wills, it is a worthwhile exercise to consider whether their executor would be expected to apply for a Grant of Probate.



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Financial Planning Today

Topic: All you need to know about Housing and Keeping Your Financial and Personal Information Safe

Location: Kerby Centre -1133- 7th Ave SW

Room: Kerby Centre Lounge

Date: Friday, June 7, 2019

Time: 10:00 am – 12:00 pm

Cost: Free Presentation



- **Debra & Peter Molzan – REMAX**
Thinking of downsizing? Overwhelmed?
Don't make a mistake – Age in the right place!
Learn how to sell your home, the process to find a new one and how to get started.
- **Myra Praxidio – Kerby Centre**
Kerby Centre can help you apply for affordable housing!
Learn about the various housing options available and the application process.
- **Jack Busst – Retired RCMP Officer**
Learn how to keep your financial and personal information safe and how to protect your savings and investments.

Please RSVP to Rob Locke,
Director of Fund Development
403-705-3235

or robl@kerbycentre.com

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

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

- Anonymous donor



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

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



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

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

Amount Enclosed \$ _____

Payment by:

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Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

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Address _____

City _____ Province _____

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Tell them you saw it in the Kerby News

See something on transit? Say something

Calgary Transit is improving its customer experience by giving customers the ability to discreetly report safety and security issues via text message.

As part of the Transit Watch program, customers can now text the issue to 74100 and communicate in real-time, 24/7, with Calgary Transit employees. All incoming text messages are handled with the same urgency as when a help phone is activated.

"Safety is a key element of our customer commitment," said Doug Morgan, director of Calgary Transit. "We want to ensure our customers always feel safe



IN MEMORIAM

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

- Brigid Carty
- Eugene T (Jeep) Hall
- Honorata Mikosz
- Howard Jans
- Joan Kraft
- John (Jack) Philisk Pidgeon
- Sister Mary Anne Mulvihill
- Terence John Kent

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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AROUND TOWN EVENTS
June

Alberta Ballet
Les Sylphides and Other Works

June 7 – 8
www.albertaballet.com

Calgary Civic Symphony
Rising Stars

June 2
www.calgarycivicsymphony.ca

Calgary Philharmonic Orchestra
Prokofiev + Mahler with Yefim Bronfman

June 1
Summertime Send-off with Measha Brueggergosman
June 7 – 8
www.calgaryphil.com

JazzYYC Summer Festival
June 12 – 16
www.jazzyyc.com

Jubilations
Mamma Mio
June 1 – July 27
www.jubilations.ca

Lunch Box Theatre
FLC Seniors Acting Lab More Than a Number All the Comforts of Home
June 2 and 9
www.lunchboxtheatre.com

Lougheed House
Royal Tea Time: A Drag Tea Party
June 9
www.lougheedhouse.com

Third ACTION Film Festival
June 7 – 9
www.thirdactionfilmfest.ca

Rosebud Theatre
The Kite
www.rosebudtheatre.com

Shakespeare by the Bow
A Midsummer Night's Dream
June 27 – August 18
Prince's Island Park (Pay what you will, no tickets)
www.theatrecalgary.com

Stage West Theatre
A Gentleman's Guide to Love & Murder
June 1 – June 23
www.stagewestcalgary.com

Vertigo Theatre
The Invisible – Agents of Ungentlemanly Warfare
June 1 – June 9
www.vertigotheatre.com

Wordfest
Tiny Lights for Travellers
June 25

CROSSWORD SOLUTION

L	O	B	B	I	E	D		I	M	P	A	S	S	E		S	C	A	R	F
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Riverview Village Affordable Housing

2945 26 Ave SE, Calgary
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Sundance on the Green Life Lease

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