

Kerby News

Published by
Kerby Centre

for the **55** plus

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

2019
May

Volume 35 #5

Explore life's third act through film



Film director Melissa Davey features Pat Weber from the Sun City Poms in her new film, *Beyond Sixty*.

Inside

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Sunday, May 12, Mother's Day



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The Manor Village at Fish Creek Park

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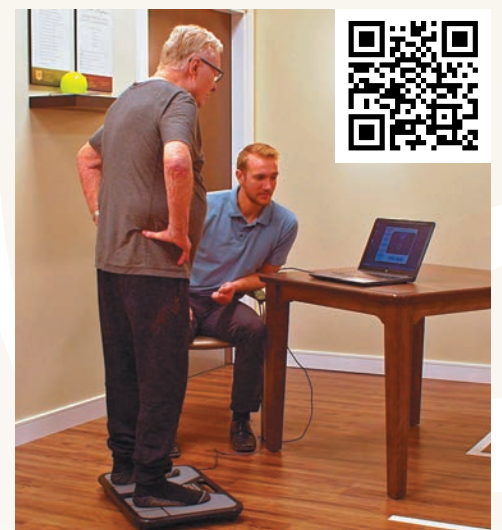


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BY ZANE NOVAK
President of Kerby Centre

Positive report for the AGM

Kerby Centre's Annual General Meeting was on April 30 and as I write this, I am spending some time looking back on the accomplishments of 2018, and also thinking of the challenges ahead.

Kerby Centre is a leader in services, programs, supports, and activities for older adults in Calgary. In 2018,

Kerby Centre served more than 30,000 unique individuals. We saw growth in our programs and found new ways to engage older adults.

As President of the Kerby Centre Board of Directors, I would like to thank the volunteers, staff, donors, members, and other supporters who make it possible for the Centre to connect with our community.

The world of seniors' services is changing rapidly as it adapts to accommodate the needs of the new generation of older adults, and Kerby Centre is ready to respond to those changes.

Kerby Centre remains committed to creating a purpose-built, next-generation seniors' centre. In July 2018, our proposed location

on Haddon Road was rejected by the City of Calgary. While we were disappointed with this decision, as we believed that the location was a good fit for Kerby Centre's needs, we have not given up.

We are still in the process of examining all of our options. Due to the rapidly growing "boomer" population, and as the services and number of older adults attending Kerby Centre has grown to 30,000 annually, so too has the need to expand and improve Kerby Centre's infrastructure in order to continue offering its services to an increasingly diverse population.

Kerby Centre staff completed the next phase of work on the Business Continuity Plan. Identified as a priority

after the 2013 Calgary flood, this plan encompasses all aspects of the Centre's services. The plan ensures that Kerby Centre is ready at a moment's notice to face any emergency or service disruption, and provides a road map for restoring services and supports almost immediately.

As well as continuing to develop the core plan, a comprehensive Crisis Communications Plan was completed.

I invite you to review the financial information included in our annual report, which will be available on our website. On behalf of the board, I am pleased to report a positive financial position for Kerby Centre at the end of the 2018 fiscal year. ▲

May 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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Recognizing volunteer milestones at Kerby Centre

Volunteers at Kerby Centre are at the heart of what we do. Kerby Centre strives to assist older adults to live as well as possible, for as long as possible, as residents in the community. Our volunteers help us fulfill that mandate. We couldn't do it without their support.

In 2018, volunteers contributed nearly 62,000 hours to our organization. Kerby Centre could not provide the services we do without the assistance of our volunteers.

The centre has around 400 volunteers who come in on a regular basis, and another 1000 people who volunteer at events throughout the year.

Every day we make decisions within our organization to ensure that those volunteers who choose to spend their time at Kerby Centre feel supported and are getting the appreciation and recognition they deserve.

Each year the volunteer department at Kerby Centre conducts a volunteer satisfaction survey and that survey includes the question: "How would you like us to appreciate you as a volunteer?" The majority of responses to that question are just as philanthropic as you would expect, such as: "Helping others is all the recognition I need." However, another recurring theme has emerged in recent years. Kerby Centre volunteers have told us that they would like to be recognized for their milestone achievements as volunteers.

Kerby Centre is thrilled to help make this great idea happen! A proposal for a milestone recognition plan

was proposed to the Kerby Centre Board of Directors in March 2019 and we are excited to report that it was approved. Beginning this year, we will be recognizing all active volunteers for their milestone achievements of reaching 1000, 2500 and 5000 volunteer hours.

The inaugural recognition for active volunteers who have currently reached these milestone hours was held at the Kerby Centre's Annual General Meeting on April 30, 2019. Close to 100 volunteers were recognized for their contributions. Moving forward, recognition will occur annually at our Volunteer Appreciation event each April, honouring all those volunteers who have reached milestones in the past 12 months.

We are proud of our volunteers. We are grateful for our volunteers. We are better because of our volunteers.

It is our hope that by being able to officially recognize these significant milestones that they too will feel proud and appreciated for the work they do.

"No one is more cherished in this world than someone who lightens the burden of another." Joseph Addison. ▲

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We all need to be part of the solution



This month in Ottawa
LEN WEBBER

Member of Parliament for
Calgary Confederation

I remember in school when a bully was confronted by a teacher after being caught picking on a fellow student. The bully said: "I'm not hurting anyone, they are just words."

What we witnessed during the recent election campaign, and what we see on the internet every day is far worse than anything that I ever heard that bully say.

Words are as powerful as any weapon, as useful as any tool, and their consequences can last a lifetime.

Over time I have noticed, and so have many others, that hateful, intolerant and offensive language

has grown in usage and proliferation on the internet, social media and even in daily conversation.

As I said in the House of Commons ahead of Remembrance Day: "Tens of thousands of Canadians fought hate. They gave up their lives to put down those who sought to reshape human existence through hate. They gave their future so that we could have one.

There could be no greater dishonour to their memory and their sacrifices than for us to give up on the fight against hate.

Yes, we have the freedom to speak our mind

in Canada, but that freedom was found in the fight against hate. Let us not forget that."

This type of hate and intolerance exists throughout the political spectrum. All justifying their own abhorrent behaviour against the conduct of those with whom they are in disagreement. Two wrongs do not make a right.

As a society, it is time for us to take a stand against this type of behaviour. It is toxic and can have many lasting, unintended and deadly consequences.

History is littered with examples of what happens

when hate and intolerance are allowed to grow within a peaceful society. Eventually that society ceases to exist. Let's not follow those dark paths of history.

When I spoke about hate crimes in Parliament I said: "If you are not part of the solution, you are part of the problem."

Please do something and take a stand against hate and intolerance in your own way.

We can no longer stand by, ignoring the hate and intolerance of others while trying to simply dismiss their actions as "just words".



This month in Ottawa
KENT HEHR

Member of Parliament for
Calgary Centre

\$168 million to protect Calgary from flooding

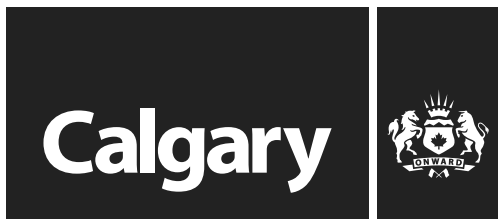
After the flood in 2013, the whole city was virtually shut down. Five lives were tragically lost and there were upwards of \$6 billion in financial losses and property damage. It wasn't a question of whether Calgary would flood again, but when.

The federal government has now announced a \$168 million investment in the Springbank Off-Stream Reservoir. This important and life-saving project will store water temporarily during a flood, keeping our city, people and businesses protected.

The money is coming from the government's \$2 billion Disaster Mitigation and Adaptation Fund, which is for infrastructure projects that will protect communities from natural disasters like floods, wildfires and droughts.

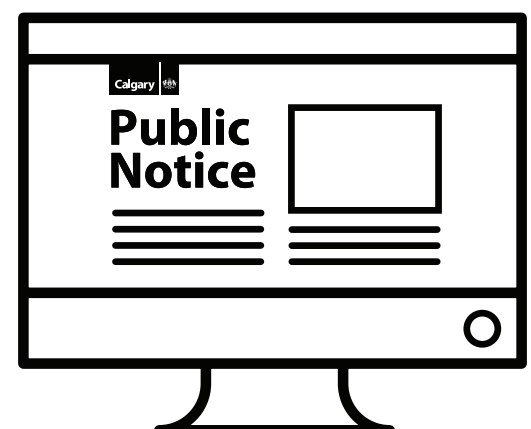
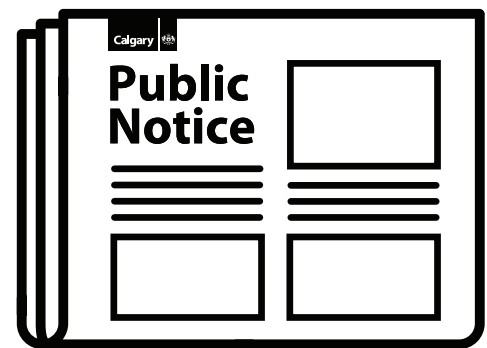
This is in addition to the

\$63 million that has already been invested in Alberta flood mitigation. These investments are about keeping our city protected, and allow people to build their lives, and businesses to build their operations, without the fear of having everything uprooted.



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit Calgary.ca/publicnotices to see detailed information on development activity in your neighbourhood.





Life and Liberty

BY LIBERTY FORREST

Imagine this: every morning, you get out of bed, put on your bathrobe and brush your teeth. Bleary-eyed, you stumble to the kitchen and put on a pot of coffee. While that's brewing, you haul out a frying pan, put it on some heat and chuck in some butter.

Next, you get a little bowl. You throw in an egg, a bit of milk and a pinch of salt. You mix it all up, drop a piece of bread in the bowl, flip it over to coat both sides, and once that butter is melted, you place the bread in the pan.

You stand there absentmindedly staring at the bread, mulling over the coming day without drawing any particular conclusions about it because you're not fully functional yet. You keep staring at the piece of bread and wondering how it looks on the bottom.

After a few minutes, it starts to smell like the bottom might be cooked. You flip it over and discover that it's a beautiful golden brown. Your mouth begins to water as you wait for the other side to cook.

You remember that you need to get the jam and other necessary breakfast things out so you stop watching the bread. You gather everything you need and put it all on the table.

You can smell the coffee as it's beginning to seep through the filter and into the waiting pot below. Your nose is happy, knowing that it's almost time to sip that potent nectar that will jumpstart your heart and get you moving for the day.

When the second side of the bread is cooked, you slide it out of the pan and onto a plate. You pad across the floor and put the plate on the table. Picking up a knife, you scoop some jam out of the jar and cover the golden French toast with sticky crushed berries and a light dusting of icing sugar (or perhaps you'd prefer syrup on yours).

You get your cup of coffee, return to the table and sit down to eat your French toast for breakfast.

And you do this every morning. Day after day,

If you keep doing what you're doing, you'll keep getting what you've got

week after week, month after month. The *same* thing. *Every* morning.

But wandering through your head now and then are strange thoughts. Occasionally, there is the one that says you'd really love crispy bacon and a couple of fried eggs and maybe some hash browns or toast. Perhaps a bowl of oatmeal, or an even stranger one saying that you might enjoy a bowl of homemade soup for breakfast. Or perhaps you would enjoy some freshly baked muffins.

Yes, those other thoughts wander through your mind, not just while you're standing at the stove and staring at the egg-soaked bread as

it fries in the buttered pan. Those thoughts creep in sometimes when you're at work or doing the laundry or even at the grocery store where you could actually buy what you need to make those other breakfasts. But you don't.

So there you are, wishing you could have one of those other breakfasts. But oddly, none of those ever appears while you're melting the butter in the pan and mixing the egg and milk every morning. No matter how often you stand there thinking about bacon and eggs or freshly baked muffins, all that ends up on the table is French toast and coffee.

Are you dissatisfied with your life? Do you keep saying the same things over and over again in an effort to resolve problems with your partner, your parent, or your child? Do you feel discontented, restless, stuck and frustrated, knowing something needs to change but then not changing it?

Well, as long as you don't change it, it won't change. Unless, of course, someone else does the changing first, but if you're going to wait for that, you might be waiting until they're selling ice cream in The Very Hot Place.

If your words aren't being heard and the problems

are not being resolved, find different words, a different approach, or another tactic. If you hate your job, start looking for a new one or turn a hobby into a business on the side and build it up over time. If you're tired of doing the same old things, then find some more exciting new ones.

The bottom line is, if you want your life to change, you've got to change your life. The possibilities for ways to improve it, to get it moving, and to make it better are endless.

But one thing's for sure. If you keep doing what you're doing, you'll keep getting what you've got. ▲

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Baron's ambition creates Bowness Park

If it wasn't for a land baron's ambitious plan to build a massive, luxurious, country community on the outskirts of the city, Bowness Park may have never happened.

In 1908, John Hextall bought the Bowness Ranche, a 2,482-acre piece of land west of the city. With his eye on the population boom in Calgary, Hextall intended to develop part of his land as a luxury country suburb.

Three years later, he built a bridge across the Bow River and pushed the City to extend the new streetcar line into "Bowness Estates". Streetcars were a relatively new, high-tech innovation for Calgary, having made their debut in 1909 with one dedicated line from downtown to the fairgrounds at Victoria Park.

The City agreed to extend the Calgary Municipal

Railway to Bowness in exchange for a couple of things: Hextall's bridge needed to be open for public use and he must donate two islands on the Bow River to the City in return for the service.

Hextall's grand plan for the luxury country estates never caught on. But the two islands then owned by the Calgary Municipal Railway were a hit and the area became known as Bowness Park. The narrow channel along the south side of the islands was dammed to create the lagoon and canal.

Popularity of the new recreation area grew and by 1919, the City of Calgary yearbook promoted Bowness Park as "Calgary's Coney Island". Railway Superintendent Thomas H. McCauley called it the "finest amusement park between Montreal and

Vancouver".

By this time, the Park offered swimming pools, boat rentals, a ferry service, picnic grounds, a refreshment booth, a dance pavilion, midway games and a merry-go-round — since relocated to Heritage Park. Hot water for picnics was provided by the municipal railway for free.

Only a 40-minute ride from downtown, street car service ran every 30 minutes from Eighth Avenue and Centre Street starting at noon each day. In the 1920s, the streetcars ran every 15 minutes on summer weekends and it was estimated that as many as 25,000 people would visit the park over the course of a weekend when the weather was good.

Over the years, other summer attractions were added such as camping,



The old boathouse at Bowness Park (Photo courtesy of City of Calgary Archives).

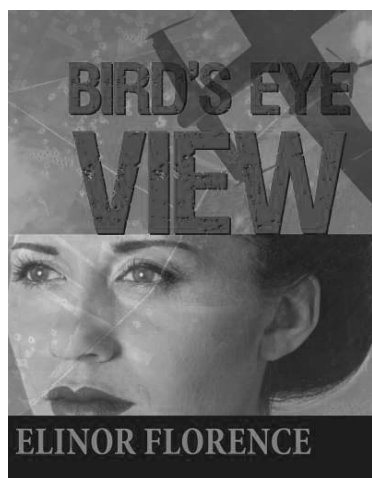
rental cabins, miniature golf, go-carts, a miniature train ride, a Ferris wheel and a roller coaster. Today, Bowness Park is still the jewel of the proud community that bears its

name, boasting year-round recreation for Calgarians from every part of the city.

The City of Calgary Archives



A tribute to Canadian women serving in WW II



Bird's Eye View Elinor Florence

Book review by Eleanor Cowan

A riveting page-turner, this historical novel follows a brilliant young woman from her loving farm family in the Saskatchewan prairies to 1940's England. Excited

about making a voluntary contribution to the World War II effort shortly after she graduates from high school, Rose Jolliffe waves goodbye to her devoted parents. She also says farewell to the talented young farmer across the road who has always loved her.

An optimistic and confident recruit, Rose joins the British Women's Auxiliary Air Force, where her talents are soon recognized. An observant officer, Rose is assigned the critical role of aerial photographic interpreter at the Royal Air Force base (RAF) in Medmenham, England. Over and over again, she distinguishes herself by

discovering the hidden hideaways of the enemy in the artistic landscape ruses intended to confuse the British Air Force pilots overhead.

Captivated by Rose and her unique ability to locate these carefully crafted false artillery camps, her commanding officer pursues a secret relationship with her. Over the next two years, from her bird's eye aerial view, Rose continues to uncover hidden enemy secrets by carefully scanning and interpreting the landscape photographs of enemy territory.


During this tense time before the war is won, she also unearths her precious

personal values. This Canadian intelligence officer learns about what she holds most dear. Powerfully educational, beautifully written, this richly-researched story overviews the cruelty of oppression, and details many specific strategies employed by both British and German Intelligence.

Historically accurate, and in the spirit of the television series *The Bletchley Circle*, the story brings to our attention the powerful impact of the work Canadian women contributed to winning the Second World War.

A wonderful read for veterans and World War II history buffs.





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Calgarians can now apply to keep livestock emotional support animals

Balancing the needs and emotional well-being of Calgarians with the welfare and appropriate care of animals, the city has just launched the application process for livestock emotional support animals (LESA).

People will be able to keep a livestock animal on their property if they meet the requirements of the permit application.

To be approved, requirements include a letter from a licensed psychologist or psychiatrist recommending the animal as part of a treatment program for mental health, the contact information of a licensed veterinarian that can provide specialized care for the livestock and an al-

ternate home for the animal outside Calgary should the permit be revoked or the owner is no longer able to care for the animal.

Before a permit is issued a site visit will be conducted to verify the yard has the necessary space to properly care for the animal.

The city's planning and development requirements must also be met in the event that a structure to house the animal is built by the owner.

"In October of last year, the Responsible Pet Ownership Bylaw was amended to allow Calgarians to keep livestock emotional support animals," says Aalika Kohli, Business and Policy Analyst, Calgary Community

Standards.

Kohli also says this permit is part of the city's commitment to supporting the mental health needs of Calgarians, as this furthers the mandate put forward in the Community Action on Mental Health and Addiction.

Dogs, cats and other domestic animals that provide emotional support do not require a permit as they are allowed under the Responsible Pet Ownership bylaw. While dogs and cats do not require a LESA permit, they do require a license.

For more information about obtaining a LESA permit and the application process, visit www.calgary.ca.



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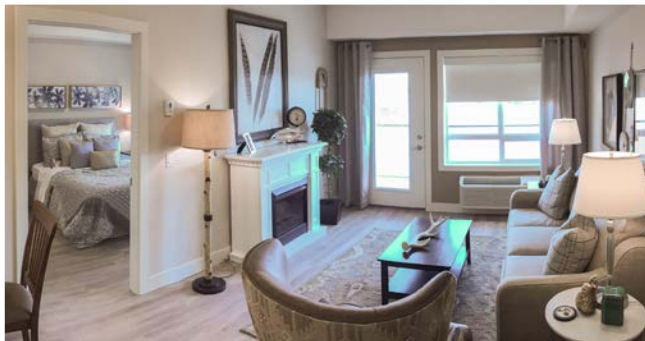
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Do you remember when you could dance like this?



BY BARBARA ELLIS

Recently my Australian friend sent me an email with an attachment and asked, "Do you remember when you could move like this?" I was intrigued and opened the attachment and beheld some incredible dancing. The video was of the finalist in some jitterbug and jive competition, and boy did they ever move!

I enjoyed the music and loved watching the dancers as they took their turn and tried to outdo one another on the dance floor. And yes, Stephen, I do remember when I could move like that and what is more, I could keep it up for the whole length of the song.

I love music and dancing. I am from an era when people actually did more than just jump about on a dance floor.

In my teens I learned how to samba, tango, waltz and of course jive.

I loved Bill Haley and the Comets, and in fact, I was one of those teens who got out of her seat during the opening to *BlackBoard Jungle* and jived up and down the aisle to Rock Around the Clock. Not just me, the whole theatre was jumping. What a sound and what rhythm! Any time I hear that music, it takes me right back to that moment in time.

We did more than just jive though, we loved to snuggle close-in to a tango and to Nat King Cole, Pat Boone or my favorite, Perry Como. We did the samba to Naughty Lady of Shady Lane, then smoothly slid around the floor to a number of Strauss waltzes. Oh, it was so much fun and I am so lucky to have experienced it all.

My love of music and dancing began at an early age when I was introduced to both as a young girl. My mother wanted me to learn the piano and my father got me involved in a Hungarian Folk Dancing Group. I liked the piano, but resented having to spend hours practicing while my friends

were playing outside. Dancing was much easier to enjoy.

There were ten of us in the dance group, all in our early teens. We forged a strong bond during the rehearsals laughing and giggling as we learned some intricate dance steps to the music. When it was time to perform we crammed into station wagons to be taken to the various community halls.

I am happy to say that after so many years, I still have a couple of friends from that time.

Dancing with this group was not enough for me and I enrolled in ballet and tap too. I loved both, but ballet is something one has to start early in life, and I found I was better suited to tap. I must admit that during these early childhood days, I had visions of myself as an entertainer, but of course, life has a way of redirecting one's dreams. I grew up in Sydney, Australia, and my father decided to immigrate to Canada when I was 16. This in essence put an end to my dancing ambitions.

Time passed and I settled down and began to love my new country and enjoyed all it had to offer. I missed the

beaches and the sea, but here I had the Rockies and the snow. Eventually I married and life changed once more.

I never lost my love for dance. My husband and I, along with another couple, would go to one of the small communities around Taber and Warner for a real down home sort of dance. The musicians were all men from the area and after putting in a hard day on the farm, they got up on stage to play the fiddle, the piano and the drums. They sounded wonderful, sometimes hitting a wrong note, but nobody minded.

During those wonderful Saturday nights I learned how to do the Butterfly and even did a little square dancing. The Butterfly was my favourite, I loved the idea of having a man on each arm.

We also did a little line dancing, but it was not called that back then, we just all seemed to know what to do because the dances seem to follow a sort of pattern. Maybe it was the musicians who set the tone by playing the same songs in the same order each time. It didn't matter, we all knew the songs and the lyrics and everyone sang as we danced.

When the band took a break, so did we. I don't remember any booze being served, oh there probably was some somewhere, but we mostly had soft drinks, wonderful sandwiches and the best homemade cakes ever. We did not worry about the calories as we worked off all that extra food with the next round of dancing.

Nobody wanted to hear the *Last Waltz*, because that was the sign that told us it was time to go. We bid farewell and said thanks to our wonderful country neighbors and headed for home.

Even going home was part of the fun as we drove home with the couple we came with. The two men sat in the front and the two woman in the back, but that was okay too, that was just the way it was done back then. We laughed and sang all the way home.

We told each other about the many times our feet had been stepped on and how each of us danced an obligatory dance with a person who had no sense of rhythm.

None of that mattered, we had fun and looked forward to the next down home country dance. ▲

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‘When we came to Evanston Summit we heard laughter. Other places were like ‘no talk zones’ but here people are having a good time’

FRED AND CATHY
EVANSTON SUMMIT RESIDENTS

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Welcomed by Evanston Summit’s high ceilings and bright and friendly interiors, the real difference, Fred said, was the people.

“When we came to Evanston Summit, we heard laughter, which we didn’t hear in the others,” said Fred.

“Other places were like a ‘no talk zone’ but here, people were laughing and having a good time.”

Fred and Cathy are enjoying their retirement at Evanston Summit. With bright and cheerful suites, executive chef prepared meals, games, crafts, activities, a theatre and more, it’s a lovely space to enjoy.

However, it wasn’t an easy decision to sell their family home and move to an independent living community. It was Fred and Cathy’s daughter who suggested it was time to make a move. Cathy has early stage dementia and Fred has been running their large family home.

“Our daughter had wanted us to move into a place where we didn’t have to do things on our own, like cooking and cleaning,” said Fred.

“It was a lot just to walk around the whole house and take care of everything.”

With the help of their daughter, they began the search for their new home. After a handful of site visits, they quickly narrowed the search.

“We went to several places, four or five, said Fred. “This one was different.”

It was a community, a vibrant place, full of life and laughter. People having fun and enjoying their retirement years and that was the lifestyle Fred and Cathy were looking for.

Evanston Summit is an affordable option that offers savings through its life lease and rental agreements.

With a life lease, you pay an entrance fee that’s 99% refundable. It’s this refund when you move out that keeps your savings intact. The entrance fee is held by the Covenant Family of organizations that have served 100,000+ Albertans and has 100 years of history in this province. The monthly savings with a life lease will generate better returns than a 5% GIC.

Now that they’re living at Evanston Summit without the stress of daily chores, Fred says they have time to join in the laughter. Both take part in the exercises and are looking at joining in on other activities soon.

“The laughter we heard is exactly what we have here. This is a place where people are laughing and doing activities.”

Evanston Summit prides itself on great value and low monthly fees that include everything other than phone and cable tv. Home is more than just a place to sleep and eat, it’s a community and a lifestyle. Evanston Summit is proud to offer an active and vibrant community for its residents. With 24-hour concierge service ready to assist you, help of any kind is at your fingertips. You can choose from one or two bedroom bright, affordable suites including some with walkouts to the garden patio.

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to be an option that meets your appetite.

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Join a Jane's Walk

By Anna Ryan

Jane's Walks are taking place around Calgary this May 3, 4 and 5. Jane's walks are free locally-led neighbourhood walking tours held in cities around the world each May, inspired by the work of writer and activist Jane Jacobs.

Jane Jacobs was an urban activist who argued that urban renewal did not respect the needs of those who lived in the communities that were being renewed. She organized grassroots efforts to protect neighbourhoods from development that did not enhance the lives of the people who lived there.

Jane's Walks encourage people to share personal stories about their neighbourhoods and to discover unseen aspects of their communities, using walking as a way to connect.

The walks encourage people to plan and lead a walk around some area of the city that they know well. Senior's groups, students, artists, urban planners have all led Jane's Walks through the city. The walks focus on almost any aspect of a neighbourhood. They are more like walking

conversations than walking lectures.

Here is a sample of some of the walks taking place this year:

On May 4, the Windows to the Past walk takes in four blocks in Capitol Hill NW, exploring window design from the 1950s.

The cREative Realm: Exploring Local Art and the Creative Process takes place on May 3, it is a two-hour walk along 17th Avenue SW from the perspective of local artists, with a focus on public art.

Kerby Centre's Active Aging Along the Bow walk, takes place on May 3. This walk follows the Bow River Pathway and will stop by the popular 10th Street Wave, stroll through Prince's Island, meander across the iconic Peace Bridge, and along the way engage in a lively discussion on Active Aging.

On May 5, discover the old businesses of downtown Bowness dating back to the 1930s on the Bowness Historical Society's 3rd Annual Tour of Main Street Bowness walk.

A Historic Walking Tour of Crescent Heights NE also takes place on May 5 and takes a tour of this



Active Aging Along the Bow river pathway. (Photo credit by Kari Stone)

neighbourhood's tales of the Giant Gorilla, the old speakeasy and Calgary's second airport.

If you are interested in natural history the Rocks, Ridges, and Rivers: The Geology of Calgary Around You explores Calgary's geological history from

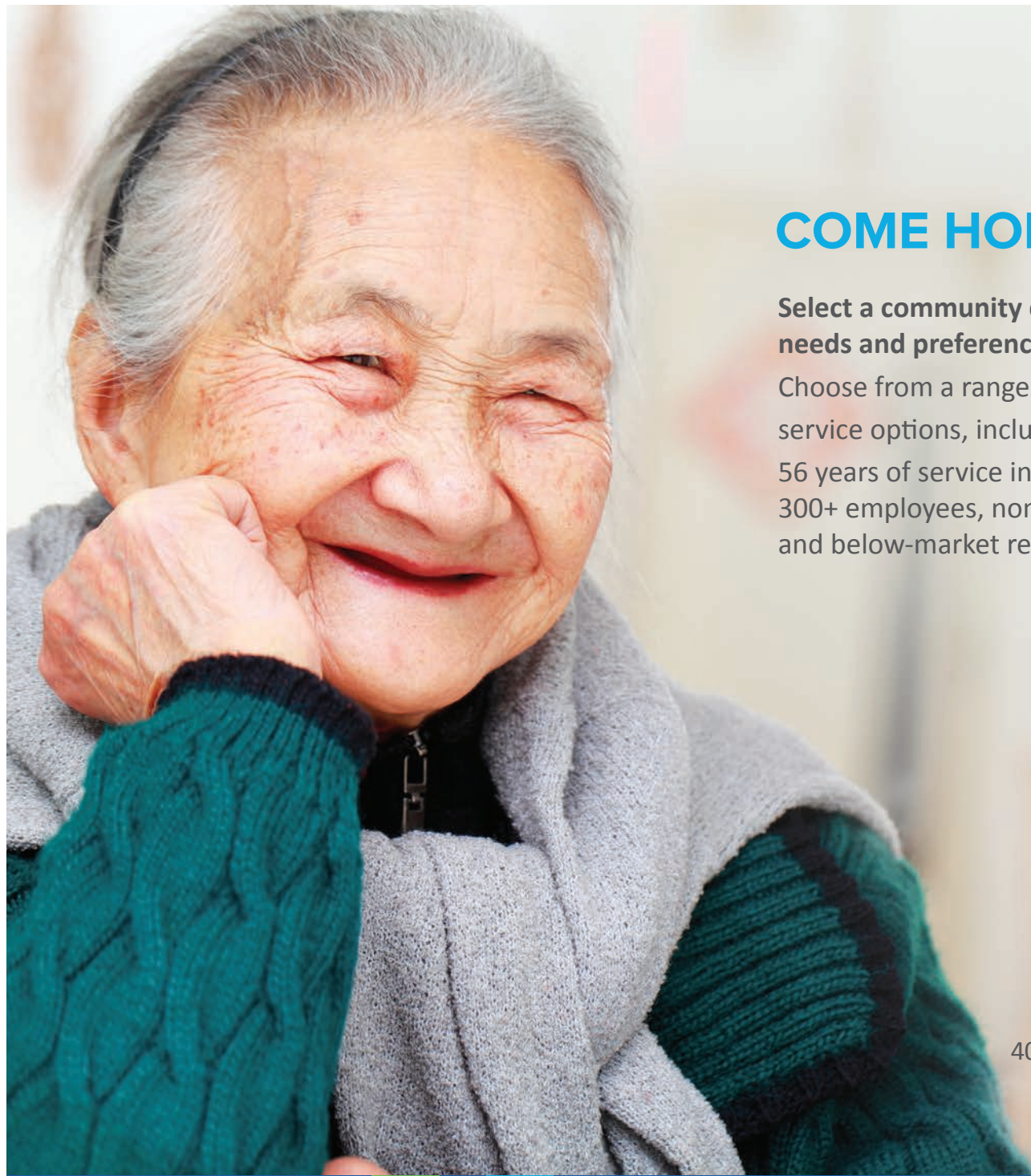
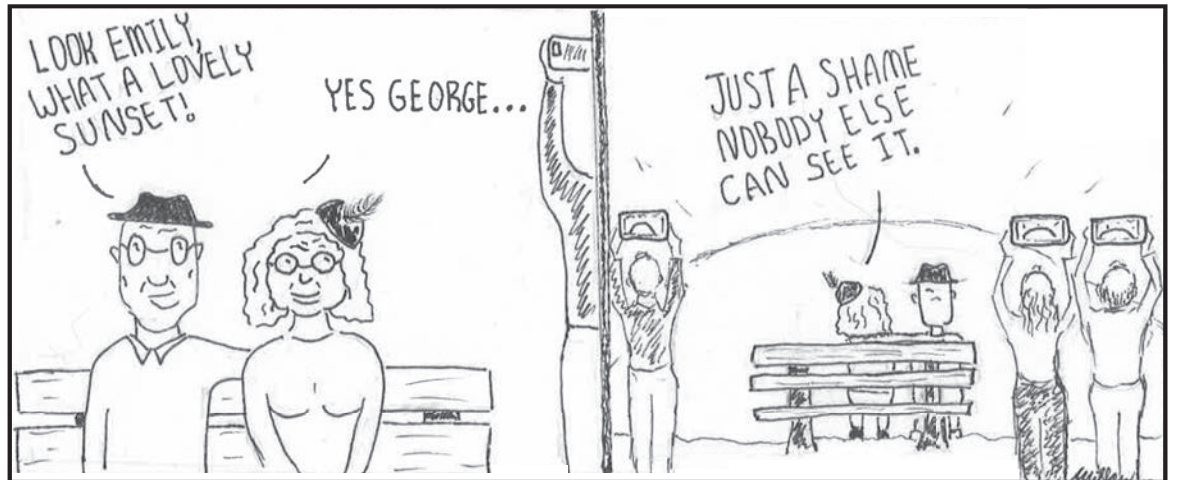
scenic vantage points of Nose Hill Park – glaciers, floods, mountains and rivers on May 4.

Finally, A Walk Through the Old Currie Barracks is a memorial walk to revisit the former Canadian Forces Base Calgary during its operation takes place on May 5.

There are dozens more walks to choose from.

For more information on the walks taking place in your neighbourhood, go to www.janeswalk.calgaryfoundation.org. You can search by date, interest, quadrant of the city and accessibility. ▲

Emily and George



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Steps you can take to age in place

By Renato Cavaliere

A home is a haven for nostalgia, chock-full of all kinds of memories, such as Christmas mornings, bedtime stories, backyard barbecues, scraped knees, watching children play hide and seek with their siblings, and Spaghetti Thursdays. And while some memories may escape you, your home remembers it all.

Home means something extra special, every room has a story. This may be where you started a family and experienced all the joys of raising children. As children age they look to gain their independence and leave home. But as older adults age, they look to retain their independence by staying in their own home.

It may not be possible forever, but there are things you can do to help you stay in your own home for as long as possible.

One of the easiest ways to keep living in your own home longer, is to safeguard it against any hazards. Every year, seniors sustain life-altering injuries such as hip fractures or lacerations from falling in their own homes.

First and foremost, you want to clear all regular-

ly-used living spaces of clutter and debris. This may include re-arranging furniture so that all areas can be easily navigated. You may consider removing area rugs as well, as they are notorious tripping hazards.

Late-night bathroom visits can quickly become dangerous if lighting isn't sufficient. Adding motion-activated nightlights to hallways and common areas, as well as handrails in appropriate locations can create an extra layer of protection. Motion sensor lighting is helpful if you are living with someone who has dementia, as lights will come on automatically.

Consider changing round door handles and faucet handles that need to be turned, to the lever style. This will make it easier to use, for example by someone who has arthritis in their hands.

One of the biggest danger zones in a home is the bathroom. Even if the existing shower and bathtub don't pose a problem yet, plan ahead and add grab bars and rails not just in the bathing areas, but also next to the toilet and by the sink.

They help people to get on and off the toilet and can

protect against slips.

Many older adults have difficulty getting in and out of regular showers and bathtubs. These can be changed for one of the many styles of walk-in showers and bathtubs on the market. This makes bathing accessible for people of all abilities, including those who use a wheelchair.

Bathroom floors can be slippery, especially tiled floors, when wet. Purchase non-slip bath mats for the floor and for the tub or shower to increase safety.

Older toilets are often lower down and difficult to use. These toilets can either be replaced with a model that is taller, or a cheaper fix is to install a tall toilet seat that sits on top of the existing toilet.

Unfortunately, as you age, the kitchen looks less like a room to create delicious masterpieces in, and more like an accident waiting to happen. After all, there are sharp objects, heavy appliances, and hot surfaces to contend with.

Thankfully, the kitchen can be safeguarded as well. Move objects that are used daily to more easily accessible areas by organizing them into drawers or lower cabi-



Enjoying life at home.

nets. If possible, add brighter lighting in this room as well.

Once simple tasks, like getting groceries to stock that kitchen or going to the pharmacy can become difficult. Luckily, we live in an age of convenience. In fact, groceries, prescriptions, and even birthday gifts can all be delivered right to your front door through most grocery chains. The Calgary Public Library will even deliver books and DVDs directly to your home.

A lot of seniors' centres offer personal food shopping services too, and will not only shop and deliver groceries, they will also come into your home and put things away. Don't suffer in silence, ask for help

and accept assistance to make these changes so that you can help make your own life a little easier.

Spending a little money to renovate a home and creating a safe and accessible space can lead to many more years of being able to stay in your own home. Studies have shown that when seniors stay in their home, they are generally happier, as they're in a familiar environment and report a higher quality of life.

While you may not be as mobile as you once were, it doesn't mean that you can't still enjoy your home and independence. With memories that permeate through every wall and reminders around every corner, there's truly no place like home. ▲

Kerby Centre Department Directory

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

MAIN SWITCHBOARD 403-265-0661

Adult Day Program 403-705-3214

adp@kerbycentre.com

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

Diana James Wellness Centre 403-234-6566

wellness@kerbycentre.com

Health services including footcare

Dining Room 403-705-3225

kitchen@kerbycentre.com

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Education & Recreation 403-705-3233

program@kerbycentre.com

Information source for programs at Kerby Centre

Event Planner 403-705-3178

events@kerbycentre.com

Finance 403-705-3215

Fund Development 403-705-3235

funddev@kerbycentre.com

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

General Office 403-705-3249

generaloffice@kerbycentre.com

Housing 403-705-3231

housing@kerbycentre.com

Assists older adults in finding appropriate housing

Information / Resources / Taxes 403-705-3246

info@kerbycentre.com

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Kerby News Editor 403-705-3229

editor@kerbycentre.com

Kerby News Sales 403-705-3238

jerryj@kerbycentre.com

or 403-705-3240

davidy@kerbycentre.com

Kerby News Classified Ads 403-705-3249

Kerby Rotary House 403-705-3250 (24 hour)

shelter@kerbycentre.com

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

Room Rentals 403-705-3177

Information on renting rooms at Kerby Centre.

lauren@kerbycentre.com

Options 45 403-705-3217

options45@kerbycentre.com

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

Taxes 403-705-3246

info@kerbycentre.com

Low income tax preparation

Thrive 403-234-6571

thrive@kerbycentre.com

Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.

Volunteer Department 403-234-6570

volunteer@kerbycentre.com

Volunteers are the heart of Kerby Centre

CEO 403-705-3251

generaloffice@kerbycentre.com

Celebrating older adults through film



Swimmer Paula Yankauskas is the oldest US woman to swim the English Channel.

By Sheila Addiscott

This is the second year of the ThirdAction Film Festival, a unique festival that celebrates aging and the accomplishments of older adults through film here in Calgary. The films either have older adults in leading roles or deal with issues related to being an older adult.

“The film festival’s mandate is to help make an age-positive culture shift by reframing discussions on aging. We want to show our audience the amazing possibilities that the third act of life can hold and to build resiliency for when they are faced with some of the harsh realities that can come up,” said Mitzi Murray, Executive Director of ThirdAction Film Festival.

There are 22 different films playing over three days, including the Canadian premier of the *Beyond Sixty Project* and the short film *Beyond Housing* filmed here in Calgary.

Beyond Sixty Project

First-time film-maker Melissa Davey’s documentary film the *Beyond Sixty Project* is showing in Canada for the first time. Davey left her corporate job at the age of 65 and embarked on a new career as a film maker only three years ago, and her first film is being met with widespread acclaim.

“My goal with this film was to find everyday people that you would pass on the street and not know who they are. In society, women over the age of 60 become invisible. To see someone as just an older woman, it just doesn’t tell you their story,” said Davey.

This film is about storytelling, aging and visibility and inspiration.

“You reach a certain age and people expect you to do certain things and this film is about pushing against that. I hope that by listening to these stories people will be inspired to maybe do something they thought they couldn’t or shouldn’t do,” said Davey. “When I said I was going to be a filmmaker, I was 65 years old. More than one person looked at me like ‘You’re kidding me, why would you do that now?’”

Davey faced a lot of negative questions when she said she was quitting her corporate job in a large national company to become a filmmaker, so why did she do it?

Four years ago, director M. Night Shyamalan was filming a movie not far from Davey’s house. She went onto his website and saw that there was a fundraising competition to win a day on the set with Shyamalan, and all the money raised was going to charity.

Davey started bidding and didn’t stop until she had won. She got to spend a 12-hour day on set watching and learning about film making.

“I had such a great day and we were eating lunch together when Shyamalan asked me what I did. I tried to explain this convoluted job that I had in social security work and he stopped me. Shyamalan said ‘No, what do you really want to do?’ Without stopping to think I said ‘I want your job’ and he said ‘Well, you better hurry up then,’” said Davey.

“It was one of those ‘aha’ moments. It hit me physically when he said that, it was the truth. By the time I got home that night I walked into my house and I told my husband I’m quitting my job and I am going to make a film. He said ‘Seriously?’ I was like, ‘Yeah’, and that’s how it all started.”

Davey had no filmmaking education or experience so the learning curve was steep, but she knew right away that she wanted to make a documentary.

“What I wanted to do with this film was to not only inspire older people, but also to speak to the younger generation to show how important it is to connect with older women because the stories and the experiences they have had are phenomenal and can help guide them through some of the phases of life they will

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Continued on page 13

Continued from page 12

go through in the future,” she added.

Davey started by creating a list of subjects, choosing the stories that she was drawn to.

Nine people were finally picked for the film. All come from varied backgrounds, with very different stories.

“Paula Yankauskas, the veterinarian, is totally unassuming, and when I called her to see if she would be willing to talk to me, she said you really think that people would think it was interesting that I swam the English Channel? She was the oldest US woman to swim the channel!

None of these women were putting themselves out there as people that needed to be seen or heard. They are very humble about what they do. They are just quietly trying to be good in this world and make it a better place without any fanfare,” said Davey.

One of the other women featured is Susan Bennett, the original voice of Siri. Bennett worked from home as a voice artist and spent much of her life not doing much outside her home.

“When it was revealed that Susan was Siri, the world came to her. She was doing interviews and traveling, and she discovered it

was fun. She’s now traveling the world,” said Davey.

“The message is that you are never too old to do something new and you should always take that detour. If you always eat at the same restaurant, or drive the same route, take a different route. These things can turn into opportunities. All of the times I moved forward in life it was because I took a risk. I found something right in front of me that I wouldn’t have seen if I had gone the other way,” added Davey

“If we don’t push ourselves in a different direction we will stay on the same path. We can get better with age. And I hope people think about how they can make the world around them better too,” she added.

Beyond Housing

Also featured at the festival is the short documentary *Beyond Housing* about seniors and homelessness here in Calgary. It was created by local filmmaker Joe Kelly and University of Calgary Professor, Dr. Victoria Burns.

“In this documentary we want to challenge ageist stereotypes. This film shows the diversity of homeless people and talks about the idea of what a home is,” said Dr. Burns.

Beyond Housing has received attention from around the world and will be playing at festivals in New

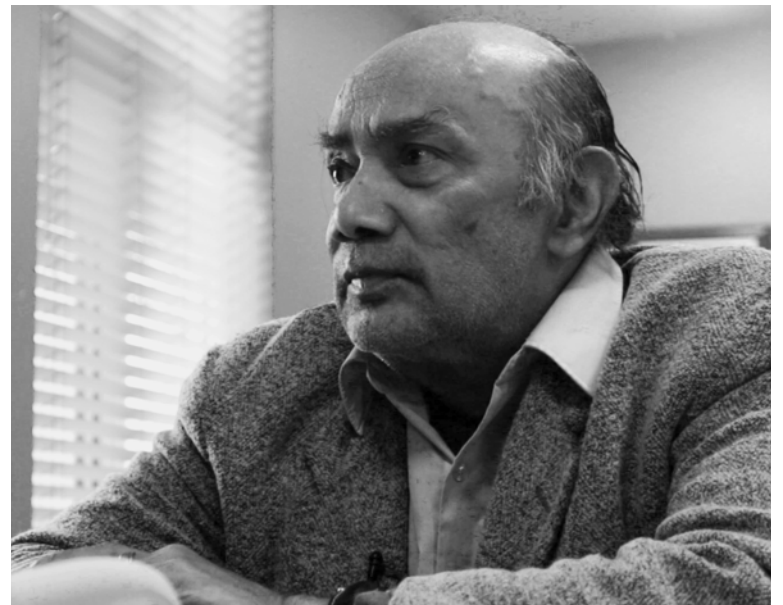
York, Tokyo and Toronto.

The film follows George and Hilary talking about their experiences with homelessness. They describe their lives and feelings about being homeless, displaying an eloquent understanding of their situations.

“Most people think of the street homeless, when they think of homelessness. But that population is only two per cent of the homeless population. Homelessness is not just being on the street, it includes four different housing circumstances. There is the street homeless, the shelter homeless, the invisible homeless - couch surfing or staying with an abusive partner to avoid being homeless, and then there are the ‘at risk’ people who live cheque to cheque where one extra expense could send them out to the street,” explained Dr. Burns.

“We are in a very ageist and classist society. Homelessness is increasing significantly. Fifty-year-olds and up now make up 50 per cent of the homeless population compared to 10 per cent 20 years ago. That stigma needs to be challenged and part of that is showing our common humanity, which I think the film does. It shows the likeability and quirkiness of the people,” said Dr. Burns.

One of many poignant moments in the film is where



George shares his feelings about being homeless, and what home means to him. (Photo credit Joe Kelly).

George is talking about the food at Peter Coyle, a residence for older people, and says, “the food is out of this world, you can even have seconds if you feel like it”, it is a very humbling moment.

“I learned how resilient this population is. It amazes me that desire and drive for purpose is so strong and pertinent for this population. Housing is so much more than four walls,” she added.

In the film Hilary, speak-

ing as an advocate, expresses the feeling of the film beautifully when she says: “Dignity is tied to a human being, it is not tied to a set of keys.”

Beyond Housing is expanding later this year into a full length documentary featuring Hilary, George and five others.

For more information on the ThirdAction Film Festival go to www.thirdaction-filmfest.ca. ▲

Nakoda film explores the importance of elders

Nakoda Audio Visual Club have a short film in the festival where they ask the question “What is an Elder?” to young indigenous people. The club is a volunteer production society.

The film is a collaboration of the work of club members. Knowing that elders are an important part of their culture they created this film as part of a journey to explore how and why el-

ders are important.

The film is part of a bigger journey that the film makers are on, which is to become storytellers. Story telling is an important part of Nakoda culture, it means something different than in western culture. For some it means that they will go on to make movies, some will work in archives, some will create art, it can mean many different things.

The filmmakers interviewed indigenous youth from across Treaty 7 territory and through the film they learned that elders have a deep meaning for young people. They are viewed as teachers, a role model in society, a protector, someone wiser, the answer was different for each person.

One of the aims of the club is to raise interest in film as a modern form of the ancient tradition of storytelling and to use this to support the strengthening of local culture for Nakoda youth. The group believes that filmmaking is a means for youth to gain wellness and communication skills which will help them to be successful in all aspects of their lives. ▲



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Treasured memories of our mothers

Mother's Day is celebrated around the world. It's a time when we acknowledge and honour the sacrifice and love we have received from our mothers. This Mother's Day, we reached out to older people around the city and asked them to share their favourite memories of their mothers.

By Sheila Addiscott

"We lived in Owen Sound, Ontario. My mother was a single parent and one year, she decided that we were going to drive out across the prairies to see the Rockies. We had a car and tent trailer and we made it as far as Winnipeg when the trailer broke down.

We visited all around Winnipeg while the trailer was being fixed and never made it out to the Rockies, but my mom made sure that we still had a good time. There were six of us, and I was the oldest at 13. I look back now and I see how adventurous she was for the time."

Holly Sweeney

"My mother made the best apple pies. We lived in Ardnacrusha, County Clare, Ireland, in a house with no electricity and we drew our water from the well. My mum would cook on an open fire. There was a crane with a cast iron pot that she cooked in and she would make these delicious apple pies in that pot. I have never tasted an apple pie like that in my life since. We had nothing, but

she was always singing and happy."

Kathleen Sahibzada

"My mother was so elegant. She was a school teacher and she always dressed up for school in nice clothes and high heels. In 1968 when I was going to the University of Winnipeg, my mother decided to go too and she went to the university to get her Bachelor of Arts. There weren't many older people at university then, but I used to see her in the cafeteria surrounded by people, she was very popular."

Robin O'Connor

"I grew up in Nova Scotia and my dad liked to go fishing every Sunday morning. My mom would make a picnic lunch and make us sandwiches we carried in metal tins. We would go to some river my father knew and then he would disappear all day fishing. We would have a picnic with my mother and then she would sit and study for her teaching certificate. There were three of us kids and we would get to take off and run and play. That sense of freedom

running around in the natural environment is one of my favourite memories."

Heather Hiscock

"My mother used to bake the most fabulous cakes long before it was popular to make such fancy ones. She used to make them with different themes, pirates and cowboy cakes. She used to make an angel-food cake with a doll in the middle that she decorated like a beautiful southern belle. In 1956, my dad bought a summer cabin in Mable Lake, British Columbia. It had an outdoor toilet and a woodstove. My mom could still bake amazing muffins and pies in the old stove. I loved her baking."

Vicki Barnett

"I was born on April 11, 1945, in the countryside of Westphalia, Germany, during the last days of the war. When my mother was in labour with me, my father had to go on his motorbike to the village to get the midwife. Planes were flying overhead shooting bullets into the ground, and many times he had to dive into the ditch to avoid being shot. During my mother's labour they tried to keep the bedroom door shut, because American and Canadian soldiers were regularly coming into the house. They were searching all of the houses looking for hidden German soldiers.

A few days after I was born, some American soldiers again came into the house with their machine guns slung over their shoulders. They came upstairs to the room where I was in my crib with my sister. They took off their guns and put them aside in the corner, exclaiming, "A new baby" and pulled out photos of their own families back in America. My mother cried whenever she told me this story."

Lisa Schulte



Maxinne Barnett holding her daughter, Vicki Barnett.

"I am the second oldest boy of seven boys and my mother also had two girls. We lived in Winnipeg, Manitoba, in the 1950s. At the time there were those pants that were all the rage called drapes, and they were worn with rubber boots with buckles on them that made a noise when you walked. Even though we didn't have a lot of money and there were nine of us, my mother always made sure that we were well-dressed. My brothers and sisters and I got to wear drapes and those black boots, and to this day, I don't know how she managed it."

Jack Dupont

"In the 1940s we lived in Trenton, Ontario, it was a small town and my dad was in the army. My mother raised five boys and five girls. Our house had no running water and we used to heat it with a stove. They used to come and dump the coal in front of the house and we would haul it to a bin in the basement. My mother loved to cook. She fed us a lot of wonderful food that she would make on a wood-burning stove. I never once saw my mother open a cook book, every recipe was in her head. My favourite dish was her homemade macaroni and cheese."

Bruce Turgeon

"We lived in Montreal, Quebec, I am one of five boys and we had a wonderful mother. We didn't have a lot of money, but my mother made ends meet. She was a wonderful seamstress. She would make dresses, suits and quilts and sell them to people to earn money for

us. When we were young I remember her sitting at her sewing machine. She made a quilt for each of us and we all still have those quilts in our homes."

John Gagonon

"I grew up on a farm in Zhoda, Manitoba in the 1950s. I am the oldest of eight children, my mother had ten children, but the first two children died. We lived in a three-bedroom house. My mom didn't just do housework, she would be out on the farm milking the cows too. She would make the most amazing Ukrainian Christmas dinners for us. She prepared all 12 dishes by hand, making cabbage rolls, perogies and baked bread all on a wood stove. On Ukrainian Christmas Eve, January 6, she would make us all stand at the window and watch for the first star."

Ollie Schwartz

"I grew up in Manila in the Philippines. I am the second youngest of seven children. We lived in a one-room house and we all slept on wooden mats on the floor, we were very poor. My mother would cook simple dishes that could feed the whole family. It would have a small cup of meat and she would fill the rest of the dish with vegetables. She would buy vegetables in bulk and then sell them in the neighbourhood to make extra money. We didn't ever feel as if we were missing out. She took us to every free day at the zoo, and for picnics in the park. My mother taught us how to survive and she gave us wisdom growing up so that we had a direction in life."

Leonor Licardo

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A quest to uncover the roots of “Chop Suey” cuisine

By Sheila Addiscott

In 2016, food writer Ann Hui drove across Canada visiting Chinese restaurants in small towns and cities from Vancouver to Fogo Island, Newfoundland. This journey to discover Chinese-Canadian cuisine, “Chop Suey” cuisine, led her on a mission to discover her own family’s roots.

Raised in a Chinese-Canadian family in Vancouver, as a child, Hui lived across the street from her school. Every day, Hui and her two sisters went home for lunch. There was one day a year, when they were allowed to stay at school for lunch, Chinese New Year.

“None of these foods looked like anything we ate at home. I could only sit there baffled. The banner in the cafeteria called this “Chinese” lunch. The school had called it “Chinese” too. So why had I never seen it before? Whose “Chinese” food was this?” says Hui in her new book *Chop Suey Nation*.

Looking back, Hui realized that this moment was her first introduction to Chinese-Canadian or “Chop Suey” cuisine.

“The reason I started using “Chop Suey”, is because it is the perfect symbol of this whole cuisine. It comes from the Cantonese that means “this or that”, or a mix of assorted stuff, while there isn’t a perfect translation, it is an apt description for all of this type of food,” said Hui.

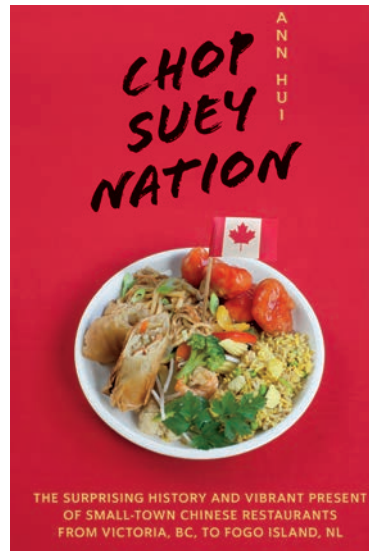
In Vancouver, going out to eat Chinese can mean so many different things.

“Growing up, there was this really diverse range of Chinese food that we would eat. Going out to eat could be anything from wonton noodles, to soup dumplings, to going to a Sichuanese restaurant to eat tofu,” said Hui.

But every time we would leave the city and go to the smaller communities and towns we would find these other kinds of Chinese restaurants that were so different from what I was used to and they had menus filled with dishes that I wasn’t familiar with like ginger beef, or almond chicken.”

So Hui set out on a cross-country road trip to find out the history of this food and where it came from.

“These restaurants and this cuisine in a lot of ways tell the story of Chinese immigration to Canada. A lot of these restaurants were started by the first men who arrived to Canada from China in the late 19th century. Many of these men had original-



Ann Hui’s new book.

ly come to Canada as part of the gold rush or to work on the railroads. As soon as that work dried up they were faced with racism and deep discrimination,” said Hui.

At that time there were laws and policies in place that prevented Chinese men from entering most professional jobs and industries. That left them with what was considered “women’s work” at the time, and they were allowed to work in laundromats, convenience stores and restaurants.

“That’s why a lot of these restaurants were started. For the most part the men weren’t trained cooks, and they didn’t have Chinese ingredients or Chinese customers. So they had to adapt, improvise and create dishes that they thought might be appealing to local palates. They deep fried a lot of things, they added flavours that would not have been accepted at the time within authentic Chinese foods, because they had to get beyond the fears of authentic cuisine,” she added.

This led Hui to appreciate the ingenuity behind the

food and the creativity that it exhibits.

Since she started writing the book Hui has really begun to question this idea of authenticity in food, the idea that any one adaptation or interpretation of a dish is more authentic than another.

“First of all it assumes that even in the place of origin of a dish, that there is only one accepted way of cooking that dish. Anybody who enjoys food knows that is preposterous. My husband and I drove across Italy, and even within a specific town, you can find dozens of different types of one kind of pasta dish.

“When we talk about authenticity, we are talking about people’s stories, about whether a dish is authentic to a culture,” explained Hui. “These dishes are authentic to their stories. “Chop Suey” cuisine is very authentically telling the story of Chinese people who came to Canada, and it is also authentic to the many generations since who have grown up eating and loving this food,” said Hui.

One of Hui’s favourite stories in the book is the trip she took to Feng Zhu Huang’s restaurant, on tiny Fogo island, Newfoundland.

“She runs the restaurant alone, 365 days a year, by herself and speaks very little English. I was expecting to find a story that was lonely and sad.

Feng Zhu Huang and her husband live in separate towns so that they can have two restaurants and two incomes. Far from being lonely and sad she was filled with joy and pride at what she and her husband had been able

to build for themselves and their children. It just exemplifies the stories that I heard across the country from these restaurant owners. It’s sacrifice, love, selflessness and endurance. I feel honoured to have met them,” said Hui.

Asked for her own favourite Chinese dish, it is a surprisingly simple dish found on Chinese menus everywhere.

“I love spring rolls and would happily eat them everyday if I could,” she said. ▲

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A father's passion creates magical childhood memories

Story and photos by Jerry Cvach.

Page layout and design by Winifred Ribeiro.



Hagar the Horrible.

I have many cherished memories of the marionette theater that my father had built starting in the late 1930s for my older sister and me. We spent many wonderful years expanding the theatre by increasing our collection of marionettes and building new scenes and stage props.

articles on the Festival of Animated Objects brought back so many memories for me. The stories delve into the world of puppets and marionettes here in Calgary, which reminded me of the beautiful marionette theater I grew up with.

There is a very strong history of puppetry in the Czech Republic going back to the 17th



"Kaspareks", the heroes of Czech fairy tales.

century. The travelling performing troupes were run by the same families for generations. Czech puppets Spejbl and Hurvinek conceived in 1920 by Josef Skupa are known in puppetry circles worldwide, even having their own television show, on a par with the popular English duo Punch and Judy.

Home size marionette theatres became all the rage in middle-class homes between the two world wars. There were several marionette-making companies in southern Bohemia. Some were commercially made, but many others were hand crafted. The puppet heads were exquisitely sculpted, then cast and painted. The costumes were made by skilled seamstresses from quality materials and are still beautiful 85 years later.

We were very lucky that our father, who albeit being in his

late thirties, early forties when I and my siblings were born, was still young at heart. Playing with us, he involved me, particularly, in building the scenes and everything else we needed to stage plays that he wrote himself. I loved the marionettes. I learned to design the scenery, make the props and other skills that remained with me for the next 70 years and counting.

The theater was set up all winter and we played with it on weekends, changing the scenery, making our own little stories and playing them out just for each other. Our father, my brother and I performed for the cousins and friends' children. We usually had one "gala" performance of my father's plays and that required special props that we made, like diving helmets complete with air cylinders or weapons, furniture,



Water Devil in all his finery.

even trick scenery.

I was born at the beginning of World War Two in the then German Protectorate, now the Czech Republic. One must remember that the war, followed by an almost immediate onset of the communist regimes in Central Europe, isolated us from the ever-expanding, commercialized western world. There were unpleasant consequences for our parents because of the ensuing shortages, but we learned to be self-sufficient in our play. Having an understanding parent was a real bonus!

Our father really liked to tinker with the theater and our mother recalled that she dreaded the pay day when, directly from the office he headed to the marionette store to buy yet another character. I still have all the marionettes my father collected, and there are prices written in pencil

on the controls, so I know that a marionette cost 30 "korunas" then, equivalent to ten loaves of bread. I have no idea whether that was a lot of money, but mother sounded as if she would have preferred to spend the money more prudently.

Marionettes plays are usually fairy tales, with firmly set characters. As they are inanimate persons, however, we, the puppeteers, are allowed to take liberty with them and add our own type of whimsy.

Many of the characters recur in different stories. In any culture the devil is bad, of course, but in Czech puppet stories, he is also glib and easily outfoxed by the folk hero "Kasparek". Kasparek is a cheerful, innocent young man who succeeds by tricking his rivals with his cleverness and honesty.

One of my favourite stories



Pictured left to right—Village people—Red Riding Hood (Červená Karkulka), Hermit (poustevník), Village Dummy (Hloupý Honza) Farm Hand (čeledník), Police Officer (Policaj) and Forest Ranger (Myslivec).

is about the devil's partner in crime, the water devil. He is also evil and famous for drowning careless swimmers, and then holding their souls in pots under lids, so that they can't go to heaven where they belong.

The water devil lives in the lake above a mill that is powered by a wheel. He is in love with the miller's daughter and being very ugly, dresses in fancy clothes to attract her. His evil powers depend on proximity to water and if he has to go on dry land he keeps a wet sponge in the pocket of his coat tail. All Kasparek has to do is to wring the sponge dry and the water devil is defeated. Kasparek then lifts the pot lids and the souls escape.

Then there are the other characters such as the kings and queens, the princes and princesses, the castle staff, the village craftsmen and the village idiot, a whole little world of characters to be placed into the stories. Eventually in our home, our inventory of marionettes was 30 different puppets.

In time, my father's plays became politicized, such as Kasparek fighting off the Nazis and the Gestapo, then later having issues with the communists. It is wonderful the way marionettes can get away with saying things that real people can't.

When I moved to Canada in 1968, this magical world was left behind. However, over time, we began to travel and I wanted to bring back from Europe a nice old marionette as a souvenir. Well, at that time, as it turned out, there weren't any available.

Being determined, I decided to make one myself. Surprisingly, there was quite a bit of literature on how to make them in the local library, so I embarked on the wonderful journey of marionette making.

It requires an idea, some modelling, casting and wood-carving skills, and most notably having to make the costumes. I'm not going to deny that having to tailor a tail coat for a 20" tall water devil was a challenge! Not having any patterns, I kept re-sewing and sewing until finally,

the fifth one fit.

The first marionette I made wasn't that bad, but it wasn't good either. It turns out that I wasn't the only one who loved marionettes as I sold it at the Centennial Gallery downtown. I kept making more pieces, selling them and improving with each one. After the first 28 or so, I kept the last few, the best ones I think, for myself.

I discovered that both marionette makers and buyers become attached to the little puppets, as if they were their babies. It was hard for me to sell some of them, and there are two or three I would still like to get back.

One day I got a call from the gallery in Banff, where the buyer of my Grim Reaper named "Freddie" called me, and promised that she would take a good care of him and offered that I'm welcome to come to her house anytime and visit with him. Right away she understood the attachment.

Puppets have been around for centuries and predate even the Christian era. One time I was notified that one of my three devils was finally sold. The gallery owner told me that the eventual buyer kept coming back, playing with it, but always putting him back on the shelf and left undecided. Then, one day he came in, went straight to the counter and bought it.

The buyer explained that he really had wanted the marionette from the beginning, but that being a priest, he had to think hard about whether he should purchase it. "So what changed", the clerk asked. "Well," the priest said, "As I looked around my apartment I realised that all my décor is related to the Bible, and I thought, that the devil is part of the Bible as well, so here I am."

If you go out and seek a puppet of your own, remember, having marionettes is akin to having pets, you will get very attached to them. As I write this, all 30 of my father's marionettes are with me in my office, spirited out of the Czech Republic 20 years or so ago. They were restored and are lovingly cared for

by me, reminding me every day of the great father I had.

Two of the last four of the marionettes I made are also here. The knight keeps me safe and the Hagar the Horrible makes me smile. The other two, the devil and the water devil guard me during the night, sitting on top of my bookcase in the bedroom.

Puppets have entertained us and given us joy in good times, and in bad times, hope. Even in the era of electronic entertainment, television and the computer animated films, I believe that the more traditional, hands-on and creative art forms like live theatre, opera and, yes, the puppets will survive.



▲ Jerry Cvach and "The Devil".



The Devil.



The bad guys of Czech fairy tales.



Knight with the city of Brno crest.

Get your gardening gloves on



By DEBORAH MAIER

It's finally May. The wait seemed especially long this year, but gardeners now can really dig into implementing their gardening plans. Tasks for this month can be split into three periods, the beginning, middle and end of the month.

At the beginning of the month, we may be eager to head to the local garden centre and purchase an assortment of plants to enhance our garden and perhaps, our culinary choices, but first we need to prepare.

Start by cutting down remaining dry plant stalks and clean up leaf debris. If there are a lot of lady bugs in your yard, don't remove all the leaves at once. By cleaning up in stages these beneficial insects can find new sheltering places in your yard and will be around to help take care of pests, such as aphids, later in the summer.

The ground should be frost free, loose and soft.

Any digging projects are easier to do when a spade or an edger can readily slice into the earth. Use an edger to freshen the break between the lawn and the garden bed. A yard looks tidier if the grass is cleaned from the edge of walkways and curbs.

Rake the lawn to lift the grass and remove the old dry grass. Using a leaf rake is usually enough to freshen up the look of the lawn. Leaving some thatch behind helps protect the grass from heat and keeps moisture in the soil as the air temperature warms up. Remember to use the green bin for all yard waste.

The beginning of the month is also a great time to get a jump on weeding. The soft earth makes it easier to pull weed roots out whole, even grass from flower beds. However, care must be taken not to damage the emerging garden plants. A diligent job done in May, makes weeding less onerous during the rest of the season.

Pulling mulch away from the crowns of perennials and the base of trees and shrubs is a good beginning of the month task, too. Mulch left on these plants may cause rot or shelter pests.

Once everything is cleaned up, it's time to refresh and prepare for the new. If you use containers and have left the soil in them over winter, start by removing at least one-third

of the soil.

Clean under and around the pots, reposition and level them if needed. Add some slow-release fertilizer. Mix it in and add fresh soil with composts and worm castings. Mix in another serving of slow-release fertilizer and the pots are now ready for planting.

The vegetable garden or raised bed will also benefit from soil amendment. Add compost to the surface. The current philosophy is that there is no need to dig up the garden. If the soil is healthy, the microbes and insect life will work the nutrients deep into the soil and make it more readily available to plants.

Rigorously disturbing the soil by digging is considered harmful. Regardless of your method of application, adding fresh nutrients will help plants to grow better. Applying it in advance of planting, will ensure it is available when the new plants or seeds are added.

If you are looking for a little early season colour, primulas, dianthus and pansies are flowers that can handle cool weather and even some snow. Make a spring arrangement with these plants, and swap them out with warm weather ones in late June.

Perennials, trees and shrubs may be planted in the middle of the month, while there is still a risk of frost. If you know what you're getting and where you're placing it, dig the hole before heading to the garden centre. Make the hole twice as big as needed.

Mix some compost and slow-release fertilizer into the removed soil. Fill the hole with water. Mark and cover the hole for safety. A plastic tote staked down over



Jenny Moerkerken, left, and Ron Volk, right, with their completed spring containers. (Photo credit: Deborah Maier)

the hole worked well for me. Now with all the prep work done, on your return from the garden centre, the new plant can quickly be planted.

Before removing the plant from its pot, check the size of the hole. There should be enough space to return some of the amended soil to the hole and have the crown of the plant at ground level. Be sure to remove staples from the sticks that are often attached to the garden centre container, and any ties, before trying to remove the plant.

If the roots are coiled at the bottom of the root ball, loosen them apart. Loosen some of the roots around the sides as well. Loosening the roots will encourage their spread. If the hole is too small and the soil is hard, coiled roots may never spread and may even continue to coil and eventually choke the plant.

After placing the plant in the hole, fill the spaces with the amended soil. Firmly press the plant in place to remove air gaps and ensure that the roots and soil have firm contact. Water the plant the next morning.

I prefer to plant in the

early evening. Plants are actively growing during the day. Most plants are more idle and stop growing at night. Planting while the plant is heading into its idle period, gives it an opportunity to recover from the planting process before being required to photosynthesize and engage in active growth again.

After the last expected frost date, around May 22, it's time to start the end-of-month garden tasks. These activities include planting hardy vegetable seeds, hardening off seedlings that were started inside, and planting, planting, planting.

If the weather cooperates, May is the busiest gardening month for Calgary gardeners and the busiest month for garden centres.

By choosing to go to the centre at a less crowded time, early in the morning or later in the evening, it may make your visit more enjoyable.

I'm sure a whole book could be written about gardening tasks that could, or should, be completed in May. If you are looking for more information about gardening, visit www.calhort.org. ▲

Rainbow Elders Calgary is growing

By Stephen Ditchburn

Rainbow Elders Calgary is a passionate group of 55+ LGBTQ2S+ volunteers who have come together to advocate for and support LGBTQ2S+ seniors.

We are a group created to address some of the concerns and issues that LGBTQ2S+ seniors face. For example, did you know that coming out remains an issue for some elder folk? Finding gay-friendly accommodation is a concern as well as finding safe, accepting places to socialize and make new friends.

Earlier this year, on the recommendation of

Rainbow Elders Calgary, a major study was conducted to help determine the housing and support needs for aging in the LGBTQ2S+ community.

This important study was done by the Calgary Homeless Foundation, the SHARP foundation, Habitus Consulting Collective and Mount Royal University. We are anxiously awaiting the results of this groundbreaking research.

The highlight of the last year was being in the Calgary Pride Parade. We received a truly wonderful, in fact overwhelming, reception from the crowds along Sixth Avenue. It's safe to say

that when we were young we never ever imagined that one day we would be proudly marching through downtown Calgary. It was a powerful and emotional day for all of us.

We invite you to find out more about us. Perhaps you or someone you know would be interested in joining us or being part of our activities.

We meet at Kerby Centre on the 2nd and 4th Fridays of each month. We also have a mailing list and can be reached on rainbowelderscalgary@gmail.com or visit our website for more information at www.rainbowelderscalgary.ca. ▲



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www.mvsh.ca



More than 110 years of tradition on show

According to the April 10 issue of the *Morning Alberta*, The Calgary Horticultural Society was founded in April 1909 to “Make Calgary bloom like a rose”.

The society was part of a vision to realize the potential for Calgary to be one of the most beautiful cities in

North America, and to recognize the value of horticulture in an urban setting.

From this early beginning, the society has been bringing Calgarians together to showcase and share knowledge about how to be a successful gardener in Calgary. The annual garden

show is an important part of that tradition.

The Calgary Horticultural Society is a charitable not-for-profit organization. The garden show is the society’s major fundraiser of the year. Money raised at the show funds year-round programming and continues the

work of beautifying Calgary. For the first time in ten years, the show is being held at a new location, the Max Bell Centre, and has changed its date to later in the season, being held May 4 and 5.

The show is all about gardening in Calgary. An exciting line-up of speakers

will talk about sustainable organic vegetable growing, soil and compost, hardy flowering plants and yard design. Learn from experts, discover plant and gardening specialty groups or find a new idea for your garden.

For more information go to www.calhort.org. ▲

How to block those unwanted phone calls

Those unwanted marketing calls in the middle of your dinner can be very annoying, but there are a few ways that you can block those calls and eat your dinner in peace.

Since 2004, the Government of Canada has had a national Do Not Call List (DNCL). The DNCL is a registry that restricts telemarketers from contacting telephone numbers listed on the registry.

You can register your home and cell phone numbers, and registration is free.

According to the Government of Canada DNCL website, telemarketers have 31 days from the date of registration to stop contacting you.

The idea is that you will receive fewer unsolicited marketing calls.

Note that there are groups that are exempt from the DNCL, including registered charities, political parties, people conducting surveys and market research.

However, if you tell any caller specifically that you do not want to be contacted, they must abide by the

DNCL rules and can be reported.

You can file a complaint on the DNCL website. If you suspect that the call may be part of a fraud scheme, call 1-888-495-8501 or the local police department.

Once you register your number, your number will stay on the list indefinitely unless you ask to have it removed.

To add your number to the DNCL list call 1-866-580-3625 or online at www.innate-dncl.gc.ca.

If this doesn’t stop the unwanted calls, most cell phones offer a feature that allows you to block specific numbers.

On a smart phone, go into the phone’s settings. Under phone, there is a drop-down list for Call Blocking & Identification. Here you can add specific numbers that you want to block.

If you need assistance to set up this function, contact your cell phone provider.

On your landline, you will need to contact your service provider, such as Telus, as they each offer different options for blocking unwanted callers. ▲

SUDOKO PUZZLE

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CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

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Drag queens spill the tea on history at Lougheed House



Bonnie Bigras with her daughter Kayla, drag queen Iris Georgina Chardonmay.

By Sheila Addiscott

Lougheed House explores local history with its new 11-week *Roar Festival*, a series of exhibits and events that examines queer history in Calgary.

At first glance the *Roar Festival* appears to take a

giant leap away from the museum's conservative roots. However, in among its long history, is the fact that the house sits in the middle of what was once known in the local community as "the Fruit Loop", because of the presence of the queer community in this area.

"Where Lougheed House is situated in the Beltline, the queer community has often lived, worked and spent their lives in this area and as a part of the community we wanted to create an exhibit that would reflect that history," said Program Manager, Holley Rohm.

As part of the festival, one of the events being held at the house is *The Drag Tea Party*. It's a fine occasion to sit and enjoy high tea, while getting history lessons from three drag queens.

From a theatrical standpoint, drag is as old as theatre itself. It was canonized during the Shakespearean period where women weren't allowed to perform on stage and men played all the parts.

There was a standardization of the practice in the 1600s, of men dressing up as women on stage. Dressed Right As Girl, became the acronym DRAG, for these female roles being played by men in dresses.

"This tea party turns learning about history into something fun. It is a very interactive history lesson with the opportunity to ask the performers questions too," said Rohm.

At the Lougheed House *A Drag Tea Party*, drag characters Lady Josephine Pompington and Iris Georgina Chardonmay are joined by drag monarch Eugene Darlington the VII, as hosts for afternoon tea. A drag monarch blends drag queens and kings together.

"A drag monarch is gender exploration as opposed to an interpretation," explained Monarch Darlington.

"*The Drag Tea Party* is like a typical high tea. Guests are seated in the drawing room, the grandest room in the home, and are served a petit fours high tea. They also get a complimentary glass of prosecco. We are sharing the world of drag in an elevated way," said Rohm.

A big part of the event is learning where drag comes from. Throughout the performance they also share with the audience different perspectives on drag and the history of drag.

Lady Josephine started the show by asking: "Are you a friend of Dorothy?" A puzzled audience looked around as she explained what it meant, and then realized that the history lesson had begun.

The question "Are you a friend of Dorothy?" dates

back to World War II when it was illegal to be gay. It was a euphemism for discussing sexual orientation without putting yourself in danger by revealing yourself to the wrong person. Dorothy is a reference to Judy Garland, a gay icon and her character Dorothy from the *Wizard of Oz*.

Lady Josephine takes the conversation into anti cross-dressing laws. These laws have existed for both men and women for decades. In the 19th and 20th centuries legislation was passed across North America barring women from wearing trousers.

However, in the 1950s and 60s, in New York and other cities there was a 'three-piece rule' brought in specifically to target the queer community.

"Both women and men had to wear at least three pieces of clothing from the gender of their birth," explained Lady Josephine. "Or they could be arrested."

Lady Josephine takes this serious turn in conversation further into discussing the Stonewall riots. The Stonewall riots took place in Greenwich Village, New York, when the LGTBQ community fought back against a police raid in the Stonewall Inn. It is considered by many to be the start of the fight for LGTBQ rights.

The history presented is not a straight line, but significant moments in time for the queer community.

Much of the conversation is funny and entertaining information about drag invoking a lot of laughter. The hosts talk about drag through the decades and the influence of each decade on drag, from clothing and makeup to dance.

"Queer stories have

become part of mainstream television now, through *Glee*, *Modern Family* and *Ru Paul's Drag Race*. It has given us a jumping off point. There are so many different kinds of drag. Drag is engaging, entertaining and not scary. It is a place for a lot of fun and exploration. Anyone can do it," said Iris Georgina Chardonmay.

Iris Georgina Chardonmay explained to the guests a regular reference on Ru Paul's to a "drag mother" and what that means.

"She is the person who puts you into drag for the very first time, usually an experienced drag queen," she said. "They have a mentor-apprentice type of relationship."

"The important thing about drag performers is that they are up there for the love of it, to tell their story and to entertain," added Lady Josephine.

Calgary is a special place for live theatre and that includes drag shows, they are performed in different venues around the city throughout the year.

"What I have learned through this project, in the context of queer history, is that the teas are a very successful way for people to engage with this part of history. It is so theatrical, it is fun and an easy access point for the straight community to access the gay community, it's a safe meeting ground," added Rohm.

On May 9, the museum launches the *Outliers* exhibit. A collection from the Queer Arts Society of art and artifacts and books and newspaper articles that encapsulates different aspects of Calgary's queer history over time

For more information on the events, go to www.lougheedhouse.com.

Volunteer Spotlight



Valerie Davies

Valerie has contributed more than 362 volunteer hours. She has worked as a Switch Board Receptionist since May 2017. Valerie has also volunteered in the Education and Recreation Department, the Next to New Store and Special Events.

She enjoys working at the Kerby Centre because she loves interacting with all of the positive staff, volunteers and members.

Valerie has excellent people skills and she is able to remain calm and patient during difficult situations.

Her favorite hobbies are reading, colouring and doing crafts.

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



Iris Georgina Chardonmay, left, Eugene Darlington VII, centre, and Lady Josephine Pompington, right. (Photo credit: Sam Brown)

Moving across Canada after living in Calgary for 52 years

By Sheila Addiscott

Moving house at any age is considered to be one of life's most stressful experiences, so how do you make the decision to move after living in the same place for more than 50 years?

There are many reasons why older people who have lived in the same place for decades decide to move. Some retire to warmer climates, some decide to downsize, and some decide that it's time to move closer to family members, even if they are on the other side of the country.

For Jeanenne Seaward, she has decided to move across the country to be closer to her family.

She has made this trip before, in the other direction, when she first moved to Calgary from Newfoundland in 1967 along with her two young children. Fifty-two years later, she has sold her home and is moving back east, this time to Nova Scotia.

"This decision was a long time coming. It was actually overdue," said Seaward. "My brothers and sisters in the east have been telling me for years that I should come home, and I admit that there have been times when it has been lonely out here."

It was during a visit to her oldest daughter, Tanya, in New York at Christmas time last year, that her daughter sat her down for a heart-to-heart talk, and Seaward realized that it was time to make a decision.

"I know it's a part of aging, but one of the reasons that I am relocating is because I am getting older and my cognitive skills are not as swift as they used to be. My memory is not as good as it once was," she explained.

Her daughter pointed out that she was alone in the city

with no relatives here and nobody to help her with practical things or for companionship.

Seaward had been living in the same house for 30 years and she had mixed emotions about selling her house.

"I worked so hard to save up enough money so that I could buy my first, and only, house and not have a mortgage hanging over my head. It is very small, about 700 sq. ft., like a doll's house. I am proud to say that the first night I slept in my own house, it was my house, not the bank's house," said Seaward.

"Moving is bittersweet. It was hard to give up my home. I know the neighbourhood and I know all of the long-term neighbours. I have been going to the same grocery store all this time too."

No matter what kind of home you have, home is home. It is the place where we have decades of memories. It is also a place where we feel safe, not only inside our homes, but also outside doing our errands in the neighbourhood and seeing familiar faces.

Once she decided to move, where to go turned out to be a fairly easy decision. She has two brothers in Halifax and has chosen to move where they are. She will be living with her youngest brother, helping him to run his bed and breakfast until she finds her own place in Halifax.

"At my age, I won't be buying a house. I'm not taking my snow shovel with me or my lawn mower. I don't want to have to do those things anymore. But I will have my own place somewhere in Halifax in an apartment or condo," said Seaward.

Then there is the logis-

tical challenge of selling a house and clearing out 50 years' worth of furniture and memories. Seaward put her house on the market and was delighted when it sold in just one day, to the first family that came to see it.

Surprisingly, deciding what items to keep and what to leave has been just as easy. What matters most to Seaward are her baby books, photos of her children when they were growing up, her Bible and her jewellery.

"I have no emotional attachment to any of the other stuff, my wall hangings and furniture, even though I own it all, I don't want to drag that with me across the country," she added. "There are a few boxes of special things that my kids have given me over the years that I will pack and ship, but that's all."

For many though, trying to figure out where to start sorting all of those items and trying to decide what to keep and what to give away is traumatic. Just thinking about packing can make people not want to move.

Seaward's daughter came down to Calgary to help her mother sort out all her things. It is a great idea to ask for help, sometimes a little help is all you need to get a task started. It can feel liberating to clear out clutter and it can give you back some of your independence by freeing you from looking after all of that stuff.

Seaward has this simple advice to anybody else who is living alone in the city and is considering a move like this.

She said: "Don't wait, go and live closer to your family. I am really looking forward to being close to my family. And I have surprised myself by how excited I am about living somewhere new." ▲



Jeanenne Seaward is looking forward to her upcoming move across the country to Halifax.

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For more information visit www.calgarymemorial.com, or call the CCMS at 403-248-2044 or 1-800-566-9959.



Having fun at the volunteer lunch



Volunteers and staff had a wonderful time at Kerby Centre's Volunteer Appreciation lunch.



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Community Events

Germans from Russia (AHSGR)

Germans from Russia will hold a lunch meeting on May 25 at 12 noon. Lunch costs \$20. The program starts at 1 p.m. Doors and library open at 10 a.m. Meetings are in English. To reserve lunch, please call 403-273-8178, by May 15. Library dates are the second Tuesday of each month from 2 p.m. to 7 p.m. and research assistance is available. The centre is located at 1432 19 Street NE. For more information please call 403-273-8178 or check the website: www.calgarychaptererahs-gr.ca

Calgary Horticultural Society

Garden show

The Calgary Horticultural Society's Garden Show will take place at the Max Bell Centre, 1001 Barlow Trail SE, on Saturday, May 4, and Sunday, May 5, 9 a.m. to 5 p.m. This event is all about gardening in Calgary. For more information visit www.calhort.org or call 403-287-3469.

May talks and workshops

— Feed your soil, feed yourself

Learn about soil nutrition, compost, organic amendments and cover crops for vegetable gardening. This talk will take place in Southwood Community Association at 11 Sackville Dr. SW on May 9 from 7 p.m. to 8:30 p.m. no preregistration is required. There will be a \$10 charge at the door (cash only). The speaker will be Rod Olson.

— Design your yard

This is a three-day workshop to learn how to create a well-thought-out functional yard. Homeowners will work on scale layouts of their own properties to complete a design that meets their needs. It will take place on Thursdays, May 9, 16 and 23 at the Mahogany Beach Club, 29 Masters Park SE. Two people residing at the same address and working on the same yard may attend the workshop together for one workshop fee, but both names must be provided at the time of registration.

- Perennial plant ID

The perennial plant ID course will be held at the Calgary Horticultural Soci-

ety meeting room and garden on May 25, June 1, 8 and 15 between 1 p.m. and 4 p.m. Registration is required and fees apply. Students will learn to identify more than 25 perennial plants that grow well in Calgary, using the common and botanical names. The instructor will be Ann Van De Reep. Visit www.calhort.org for more information and to register for talks and workshops.

Friends of Fish Creek

— Planting for pollinators

Friends of Fish Creek will host a meeting at the Fish Creek Environmental Learning Centre at Shannon Terrace on Thursday, May 16 from 7 p.m. to 8 p.m. The subject is Planting for Pollinators – How Native Species Beautify Your Garden and Attract Pollinators. The presenter will be Catherine Dowdell of cath-earth-sis Services Inc.

- Capture nature photo contest

This year's themes are: Symmetry, Lunch! and Movement. The contest runs from May 1 to July 31.

- Good grief: nature walking through grief and loss

Good Grief is an eight-week nature walk program

that brings together people moving through the shared experience of loss, with the intent that they will find support from each other, their community and their time in nature.

For more information on programs and to register go to www.friendsoffishcreek.org.

PROSTAID Calgary

PROSTAID Calgary is running monthly online educational sessions on May 15 and June 20 at 2 p.m. The program is intended for prostate cancer patients who have been on ADT (hormone therapy), or are about to start, and their partners. The class consists of a single online, interactive, facilitated class using the GoToMeeting platform. Canadian attendees will receive a free copy of the book: 'Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones'. To register, fill in a form on the home page at www.lifeonadt.com or send an email to lifeonadt@gmail.com.

TALES

TALES host, Betty Hersberger invites tellers and listeners for a Tellaround, a sharing of stories, both factual and fanciful, about Salt.

First timers, professional tellers and listeners are all welcome. The Tellaround will take place at Loft 112, 535 8 Avenue SE on Wednesday, May 8, and on the second Wednesday of each month (except June, July and August). For more information contact Maria by email at calmari@shaw.ca or phone 403-238-4111 or email Betty at north40sories@hotmail.com or call 403-690-9415. Visit www.talesalberta.org for more information.

Advance Care Planning and Personal Directive Workshop

Advance Care Planning is now the best way to ensure you will have the medical treatment you want, and the end-of life care you deserve when you are suddenly unable to speak for yourself. Decide who would be an appropriate agent, and draft your own unique plan. The Advance Care Planning and Personal Directive Workshop will be held in the Lecture Room at Kerby Centre on Saturday, May 4 from 1:30 to 4 p.m. A donation will be appreciated by the sponsor, the Calgary Chapter of Dying with Dignity Canada. RSVP to events@DyingwithDignity.ca or call 1-800-495-6156. ▲

Seniors Scene

Open Door Seniors 55+

Activities at Open Door Seniors (55+) from Monday

to Friday 9:30 a.m. to 3:30 p.m. include bridge, mahjong, cribbage, ping pong, chair yoga, line dancing, art, meals and more. There will be trips to Pasu Farm on May 17, and to Rosebud on June 13. The annual membership fee is \$20 plus \$2 drop-in activity fees. Open Door Seniors is located in the lower level of 1307 4 Street SW (wheelchair accessible). For more information please contact Carol at 403-269-7900 or opendoorseniors@gmail.com.

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

F.O.C.U.S. on Seniors runs English as a Second Language Chit Chat groups every Tuesday from May 1 to June 25 from 1 p.m. to 3 p.m. at Saddletowne Library and Village Square Library. For more information call 403-816-8145.

Bow Cliff Seniors

Bow Cliff Centre for 50+ will hold their annual garage sale on May 4 from 9 a.m. to 2 p.m. Sale item donations are welcome. A Mothers' Day tea will be held on Saturday, May 11, from 10 a.m. to 1 p.m. Tickets cost \$12 and may be purchased at the office. Bow Cliff Centre is located at 608 Poplar Road SW. For more

information contact the office at 403-246-0390 or email info@bowcliffseniors.org or visit the website www.bowcliffseniors.org.

Greater Forest Lawn 55+ Society

Greater Forest Lawn 55+ Society will host Five Star Bingo on May 2 and 16 at 4980 25 Street SE. For information call 403-248-8334. Dances will be held on May 4 with music by Olde Tyme Sake, and on May 19 with music by Sentimental Journey. Doors open at 6:30 p.m. dance starts at 7:30 p.m. A light lunch is served at 9:20 p.m. The cost is \$12 for members, \$14 for non-members.

There will be a Mothers' Day Brunch on May 7 from 11 a.m. to 1 p.m. There will be door prizes and entertainment. The cost is \$10 with fancy hat, \$11 without fancy hat. There will be a prize for the best hat. The annual garage sale is on May 10 from 9 a.m. to 3 p.m. The Concession will be open. Greater Forest Lawn Seniors is located at 3425 26 Avenue SE. For more information call 403-272-4661.

Inglewood Silver Threads

Inglewood Silver Threads

is a seniors' activity centre focusing on group activities, located at 1311 9 Avenue SE. Annual membership is \$20. The annual Spring Fling tea, bake and craft sale will take place on May 4 at 10 a.m. Lunch will be \$5. There will be a trip to Pasu Sheep Farm. This will cost \$25 including lunch. For more information please contact Wendy at 403-264-1006.

Heritage 50+ Seniors

Heritage 50+ Seniors will host a Strawberry Tea on Sunday, May 11 from 1 p.m. to 3 p.m. at St. Andrew's Presbyterian Church, 703 Heritage Drive SW (lower level). Take the ramp from the parking lot. There will be tables of baked goods, books, puzzles, crafts and jewelry. For more information contact 403-255-7613.

Confederation Park 55+ Activity Centre

Confederation Park 55+ Activity Centre will celebrate Mother's Day on Friday, May 10, with a lunch of chicken primavera with rice, salad and dessert. Lunch will be served at 12:15 p.m. Tickets, at \$10, are available online, at reception and in the office. For more information, please call 403-289-4780. ▲



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Feldenkrais Method reconnects mind and body

By Sheila Addiscott

If you are wondering ‘Feldenkrais who?’ you are not alone. However, the Feldenkrais Method has been practiced around the world since the 1950s.

The method uses slow, gentle movements to teach new patterns of moving. This method is from the school of somatic education, which intends to undo students’ habits of using the same thoughts and movements. Soma means the experience of body, mind and local environment, together, as one thing.

The method was created by Moshé Feldenkrais, as he sought to find a solution to the chronic pain he experienced from a knee injury he received while playing soccer. Faced with surgery to correct the problem, Feldenkrais refused the surgery and decided to try to rehabilitate himself.

He was an engineer, doctorate physicist and had a second degree black belt in judo. Using his knowledge he was able to rehabilitate his knee so that he could continue practicing judo.

Feldenkrais went on to study biomechanics and with the knowledge he obtained through his self-rehabilitation, he created what came to be known as the Feldenkrais Method.

Dr. Ryan Hoffman, who has a PhD in biochemistry, has been studying and teaching the Feldenkrais method for more than seven years. He has a lot in common with Feldenkrais, as he is also an athlete and scientist and started using the Feldenkrais Method for his own injuries.

He grew up playing hockey and then went into boxing. Dr. Hoffman ended up being the last boxer coached by the legendary

Art “The Bullet” Pollitt, at the Bowmont Boxing Club. So he is no stranger to sports and injuries.

Open to exploring all kinds of medicine to help stop his pain, he eventually came to the Feldenkrais Method and it worked for him.

“I went to see a physiotherapist who was trained in Feldenkrais, and I thought maybe I’ll feel better or maybe not, I’m a scientist so I embrace skepticism. She listened to all my complaints and from the first session, I immediately started to feel better. I was blown away and I wanted to learn more,” said Dr. Hoffman.

“Feldenkrais helps people move with more self-awareness and with more comfort, able to adapt to their surroundings, and this can help people navigate their way out of a chronic pain loop.”

Dancers, gymnasts and cyclists are just a few of the athletes that use Feldenkrais Method to help focus their performance by relieving the unnecessary tension they are using in their bodies when they perform.

Most body pain and dysfunction can be understood as a mismatch between what a person is doing and what is appropriate for the situation.

“I think of Feldenkrais as a martial art for everyday things. Nobody prepares us for sitting in a chair or interacting with a computer or interacting with a car, these are the things that are going to hurt us, but we don’t approach them as a movement challenge, we look at them as a performance challenge,” he explained.

People think that there is a right way to sit in a chair, and if you don’t sit

in the chair the right way, you’re going to feel bad and it’s your fault because your posture is bad. The idea that sitting in a rigid position is healthy no matter what chair you are sitting in is absurd.”

Feldenkrais is a way for people to adapt as they are doing things so that they adapt dynamically and comfortably, so that whatever they are being asked to do, they can do without injuring themselves in the process.

“We think that we can be doing repetitive, painful tasks, and that they don’t have an effect on our minds as well as our bodies. This process of separating mind and body lets us do injury to our body. The basic tenet of attending to what your needs are, while you are dealing with the world, that’s what Feldenkrais improves,” said Dr. Hoffman.

Lessons can be done in a chair or on a mat. In a lesson everyone gets comfortable and then they get instructions to do a non-habitual movement. It helps people to get out of the ruts that they are in. Different ways of doing the movement are tried and they see that their own system is finding its own way of doing things.

For older people the Feldenkrais method helps them to move more easily and not get injured, so that they can maintain their autonomy. This makes them feel better, and in turn makes them want to do more, to be more active.

Feldenkrais leaves people with a new way of organizing themselves. Students feel better and move differently without having to manage themselves.

Donna Cheyne is 70 years old and is an enthusiastic Feldenkrais student, she said: “This has been life-altering for me.

Over time my balance, my mobility and my flexibility have improved so much. They are all better than they were 20 years ago.”

There are group classes called Awareness Through Movement®, and individual classes are called Functional Integration®.

“When I work one-on-one with an individual I can feel the habitual patterns that the student has. I can take a person who is in a lot of pain and show their nervous system how to do things comfortably. They

will spontaneously begin to move differently.

“I work with Parkinson’s patients and people with Multiple Sclerosis (MS), but I don’t tell them that this is going to make them recover from their challenges. What I tell them is that as you live your life you are going to do it with more autonomy and more comfortably if you study Feldenkrais.”

For more information go to www.somati.ca or call Kerby Centre Education & Recreation at 403-705-3233. ▲



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Feldenkrais students with instructor Dr. Ryan Hoffman.

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Don't phone for take-out!

Page design and layout by Winifred Ribeiro.

Jet Tila knows a thing or two about authentic Asian cuisine. From a kid growing up in LA in a Thai and Chinese family to a prominent chef, restaurant owner and judge on Cutthroat Kitchen, he brings his years of experience and hard-earned knowledge together in this break-through book. Learn the secrets to making 101 Asian dishes that taste better than takeout and will impress your friends and family, not to mention all sorts of chef-y tips on flavor, technique, history and ingredients that will make you a better cook. If you haven't made your own Sriracha hot sauce yet, Jet's recipe will change your life. With Asian cooking made this simple it's time to stop ordering take-out and bring out your wok.



Yang Chow Fried Rice

Fried rice was the first dish that my grandmother taught me to make. It's deceptively simple, one of the toughest dishes to make well. Also known as Yangzhou fried rice, from the province of the same name, there are two classic versions. "Silver-covered Gold" technique is cooking the egg first until cooked then tossing in the rice and other ingredients after. This is how my grandmother made it when I was a kid. As my career blossomed and I cooked with some masters while in Vegas, I learned the "Gold-covered Silver" technique, where you surround the rice in wet egg and cook them together. I realized this makes the rice light, fluffy and amazing. This dish is the perfect metaphor for my career.

Serves: 4

2 tbsp (30 ml) canola oil
 2 eggs, beaten
 4 cups (450 g) cooked long-grain or jasmine rice, cooled to room temperature
 1/4 cup (95 g) finely diced cooked Chinese BBQ pork
 6 medium shrimp, peeled and cleaned
 1/2 tsp kosher salt
 2 tbsp (30 ml) soy sauce
 1 tsp powdered chicken bouillon
 3 tbsp (45 ml) oyster sauce
 1/2 tsp sugar
 2-3 green onions, sliced on the bias
 Pinch white pepper

In a large wok or skillet, heat the oil over high heat until a wisp of white smoke appears. Pour in the eggs and add the rice immediately. Using a wide silicone spatula or wooden spatula, work the rice into the egg in circular motions, making sure not to break the rice grains.

After about 30 seconds, the egg will start to coagulate and surround the rice.

Add the pork and shrimp and cook until the shrimp are almost cooked through, about 1 to 2 minutes. Keep scraping the pan and folding the rice back into the middle.

Add the salt, soy sauce, bouillon, oyster sauce and sugar. Work all the seasonings into the rice until the color is uniform, about 1 minute. Don't be afraid to scrape egg or rice bits stuck to the bottom of the pan. Cook until the rice absorbs the sauces and egg but is still fluffy and moist, about 2 minutes.

Sprinkle on green onions and white pepper and work them gently into the fried rice. Serve immediately



Recipe and photography excerpted with permission from *101 Asian Dishes You Need to Cook Before You Die* by Jet Tila. Copyright © 2017. Published by Page Street Publishing.



Chinese Chicken Salad

I guarantee that this recipe will be one of the most popular dishes in your repertoire. You can also use just about any protein or none at all. This is a great dressing to just keep in the fridge rather than buying ready store bought. You can double this recipe, store it in a squeeze bottle and look extra chef-y.

Serves: 4-6

Makes: 2 1/2 cups (591 ml) of dressing

Dressing:

5 green onions (2" [5-cm]) white parts only, thinly sliced
 1 tbsp (15 g) Chinese dry mustard, made into a paste by stirring in 1 tbsp (15 ml) water
 1/3 cup (85 g) Japanese pickled ginger, packed
 1/2 cup (120 ml) lime juice
 1 tbsp (9 g) roughly chopped garlic
 2 tbsp (20 g) roughly chopped shallots
 1/2 cup (160 g) honey
 2/3 cup (160 ml) Japanese soy sauce
 1/3 cup (80 ml) rice vinegar
 2 tbsp (16 g) roughly chopped ginger root
 2 cups (480 ml) peanut oil

For the Dressing:

Combine all the ingredients except the peanut oil in a blender. Blend them thoroughly for about 10 seconds, until no one item is recognizable. With the blender running, slowly drizzle in the peanut oil until the dressing is smooth and even. You can use immediately or store in an air-tight container for a week.

For the Salad

In a large salad bowl, toss the tangerines, cabbage, carrots, radicchio, greens and chicken.

Heat the oil in a small saucepan over medium-high heat. Cut the wonton skins into 1/4-inch (6-mm) wide strips. When the oil reaches 365°F (185°C), fry until the strips are golden brown, about 30 seconds on each side. Drain the wonton strips on a paper towel and allow to cool. You'll need about 2 cups (90 g) of wonton strips. Toss them with the salad.

Toss your salad with 1 cup (240 ml) of the dressing. Add more dressing if needed, a little at a time. Sprinkle the salad with the sesame seeds and serve.

Salad

1 cup (240 g) canned tangerine segments, drained
 5 cups (500 g) Napa cabbage
 2 carrots, peeled and cut into thin strips
 1 head radicchio, cut into thin strips
 4 cups (170 g) mixed baby greens
 2 lb (900 g) boneless, skinless chicken, cooked, cooled and diced
 3 cups (711 ml) oil

5 wonton wrappers
 2 tbsp (12 g) toasted sesame seeds
 1/2 cup (160 g) honey



Salt and Pepper Shrimp

This is the classic Cantonese shrimp dish with the heads and shells left on the shrimp. I know this is scary for some. The recipe is left traditional, but you can substitute peeled shrimp if you prefer. I think the shells and head hold the seasoning perfectly. You can choose your own adventure here, but I hope you try this dish as it was meant to be eaten.

Serves: 4

2 tsp (10 g) kosher salt
 1 tbsp (30 g) chicken bouillon powder
 1/2 tsp white pepper
 2 tbsp (60 g) finely chopped scallions
 1 tsp sugar
 1 1/2 lb (600 g) large shrimp, unpeeled
 1 cup (115 g) cornstarch
 2 qt (1.8 L) vegetable oil for deep frying plus 2 tbsp (30 ml) for stir-frying
 2 tbsp (20 g) finely chopped garlic
 1 tbsp (10 g) minced ginger
 1 red jalapeño pepper, sliced thin, with seeds

In a small bowl, combine the kosher salt, bouillon powder, white pepper, scallions and sugar and reserve.

Rinse the shrimp under cold water, drain them quickly in a colander, but leave them moist to absorb the cornstarch to make a crust.

Heat the oil in a 6-quart (5.7-L) Dutch oven or pot until the oil reaches about 375°F (190°C). Place the cornstarch in a large bowl, dredge the shrimp in cornstarch and then shake off the excess. Deep-fry the shrimp for 2 to 3 minutes in three small batches. Drain on a sheet pan as you are heating your skillet or wok.

While the shrimp are cooking, heat a large skillet or wok to high. Spoon in 2 tablespoons (30 ml) of oil. When the first wisp of white smoke appears, stir in the garlic, ginger and jalapeño and cook for about 30 seconds until light brown.

Toss in the fried shrimp and reserved sugar-and-salt mixture. Continually toss the shrimp to coat well, about 1 to 2 minutes. Once the shrimp are heated through, plate the shrimp and top with crispy bits from the pan.

Dry eyes need more than a drop of help

By Anna Ryan

Dry eye syndrome (DES) is one of the most common conditions encountered in optometric practice and eye drops are not the cure-all for dry eyes, as there is more than one type of dry eye issue. This problem can occur at any age, but is more common in older adults.

Our eyes need tears to stay healthy. Every time you blink, tears are spread across the eye, which helps to keep the surface of the eyes moist and healthy.

Symptoms of dry eye are dry, itchy, burning irritated eyes with or without discharge. Vision may also be blurry and the eyes can feel tired. Symptoms can be constant or happen occasionally, which can make it difficult for someone to pinpoint the problem.

“People tend to blame their dry eye symptoms on environmental irritants associated with the changing of seasons,” said Dr. Troy Brady, President of the Alberta Association of Optometrists. “But there are many different factors that can cause dry eye symptoms.”

If left untreated, dry eye can cause tissue damage and scarring of the sensitive corneal tissues of the eye, leading to impaired vision.

While the prevalence of DES is the same in provinces across Canada, the dry climate of Alberta can make the symptoms more severe. This is both a blessing and a curse explained optometrist Dr. Benjamin Barrus.

“Because people with dry eye disease experience more extreme symptoms here in Alberta, they are likely to go to their optometrist sooner, which means that we can catch it sooner and hopefully reverse any damage and take steps to prevent any further injury to the cornea,” said Dr. Barrus.

There are different subsets of dry eyes that can roughly be broken into two big groups, aqueous deficiency and evaporative dry eye. People can suffer from either form or a combination of both.

Aqueous deficiency is simply where a person doesn’t make enough tears. Evaporative dry eyes are driven by Meibomian gland dysfunction, simply not enough oil.

You may not have

heard of Meibomian glands before, but there are more than 25 of these glands located inside each of our eyelids. These structures secrete the oily layer that sits on top of our tears. This oily layer is there to act as a barrier between the tears and the atmosphere. Without this layer, your tears are easily disturbed by wind and temperature fluctuations.

Evaporative dry eye is caused when the oil layer, created by the Meibomian glands, that sits on the aqueous layer breaks down and the tears then evaporate into the atmosphere. You can have a breakdown in those glands for different reasons, due to infection, dietary oil content, or genetic predisposition.

Other glands in our eyes are the lachrymal glands that make our tears. This gland is located in the upper eyebrow area. More rarely, these can also break down and stop producing enough tears to keep eyes hydrated.

Eye drops are used to help DES that is caused by aqueous deficiency or evaporative dry eye. They lubricate the eyes, in effect becoming artificial tears. Unfortunately, there is not one type of eye drop that works for everyone.

Optometrist Dr. Benjamin Barrus said: “People need to visit their optometrist to get a proper diagnosis on what is causing their dry eyes, versus just taking eye drops. Eye drops are a treatment for the symptoms of dry eye, but they don’t really fix gland break-down or tear secretion problems.”

The successful treatment for dry eyes depends fully on the type of dry eye that someone has.

One treatable cause is blocked Meibomian glands. You might notice small bumps on the water line of the eyelids, these are blocked glands. These glands are primarily clogged with thickened oils that restrict their ability to discharge when you blink. Correcting this issue requires nutrition supplements and treatment to promote the gland function. Additional issues are caused by a simple lack of hygiene in the eye area.

“I tell my patients that they can wear make-up, but they have to keep it out of the inner lash lines, that is my area. Patients also need to take particular care to gently clean their eyes.



Dr. Benjamin Barrus discussing dry eye symptoms.

Men are actually worse culprits than women with eye hygiene, though they generally aren’t wearing make-up. Everyone needs to gently cleanse the eye area with warm water, especially around the lash line. You can buy products from your optometrist if you have particularly sticky eyes,” he added.

In addition, check expiry dates on cosmetics and throw them out regularly. The Food and Drug Administration recommends that mascara be thrown out every two to four months.

Diagnosis and treatment for DES is covered by Alberta Health Services (AHS), and there are additional treatments that are available in the optometrist’s office. As with many health services, there are many different types of treatment and diagnosis offered and some of them have costs associated with them, so ask your practitioner before treatment what is and isn’t covered by AHS.

There are also some simple steps that you can take at home to help the condition. One of the best things that people can do is to take an Omega 3 supplement.

“We have had great success treating DES with people regularly taking Omega 3 supplements. Omega 3 is also found in oily fish and flax seeds,” he said.

“Don’t sit or sleep with a fan blowing onto your face. People do this all the time and don’t realize how much they are causing tear evaporation and drying out their eyes,” said Dr. Barrus. “Because oil and water don’t mix, that oil layer acts like a seal on top of the tears. Without that function, tear stability becomes inconsistent. The cornea

is akin to a salamander, in that if it is not wet, it is not breathing, and neither is your eye. So you have to protect that environment.”

Keep a humidifier in your home. There are small desk-size humidifiers that people should use if they are sitting at a computer for long periods of time.

Rest your eyes. No matter what screen you are staring at, television, cell phone or computer, blink often. Also take breaks when reading. Resting your eyes helps them to regain their moisture.

If you are outside, wear sunglasses to protect eyes from the drying effects of the wind.

“I cannot stress enough how important it is to visit your optometrist with any eye issues. Good vision is about quality of vision,

prevention and having the good quality of life that comes with that,” he added.

Medically necessary visits to an optometrist for concerns such as dry eye symptoms, eye infection or injury, foreign object in the eye or sudden changes in vision are covered by Alberta Health Services (AHS). For more information contact your optometrist. ▲

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Discover the simple pleasures of seasonal baking

Page design and layout Winired Ribeiro.

Inspired by the abundance of the farms, orchards, and gardens of her childhood, Marcella DiLonardo has always loved baking throughout the year with the wide range of fresh fruits and vegetables that accompany the changing seasons. With a few quality pantry essentials, Marcella focuses on simplicity in *Bake the Seasons*, sharing over 100 mouthwatering sweet and savoury recipes for treats and pastries that celebrate seasonal flavours. Marcella serves up options for any time of day, for breakfast, lunch, and dinner or treats to accompany a cup of afternoon tea. With modern twists on familiar classics these recipes will quickly become tried and true favourite dishes.



Excerpted from *Bake The Seasons: Sweet and Savoury Dishes to Enjoy Throughout The Year* by Marcella DiLonardo. Copyright © 2019 Marcella DiLonardo. Photography by Marcella DiLonardo. Published by Penguin Canada, an imprint of Penguin Random House LLC. Reproduced by arrangement with the Publisher. All rights reserved.

Almond Apple Rose Tart©

Elegant and gorgeous, and simple to make. For the longest time, I avoided baking apple rose tarts because it looked like so much precision was involved and I assumed they required a fancy kitchen tool to slice the apples. None of that is true! I just thinly slice the apples crosswise and cook them briefly so they're more flexible to work with. The almond filling reminds me of a less sweet version of marzipan.



Servings: 6 to 8 **Prep time:** 20 minutes **Cook time:** 30 minutes

Almond Tart Crust

1 cup (250 mL) all-purpose flour
1/2 cup (125 mL) almond meal
1/4 cup (60 mL) turbinado sugar
1/4 teaspoon (1 mL) fine salt
6 tablespoons (90 mL) unsalted butter, cold and cubed
1 large egg yolk
2 tablespoons (30 mL) ice water
1 teaspoon (5 mL) pure vanilla extract

Almond Tart Filling

1/2 cup (125 mL) turbinado sugar
6 tablespoons (90 mL) unsalted butter, melted
2 large eggs
1 teaspoon (5 mL) pure vanilla extract
1 teaspoon (5 mL) pure almond extract
1/2 cup (125 mL) almond meal
1/2 cup (125 mL) all-purpose flour
1/4 teaspoon (1 mL) fine salt

Apple Rose

5 medium apples, cored, thinly sliced crosswise and cut into half-moons
1/4 cup (60 mL) sweet apple cider
2 tablespoons (30 mL) turbinado sugar

- To make Almond Tart Crust**, in a large mixing bowl stir together the flour, almond meal, sugar and salt. Add the cubed butter and work it in with your hands until the mixture forms pea sized crumbs.
- In a small bowl whisk together the egg yolk, water and vanilla. Pour over the crumb mixture and work it in with your hands just until the dough begins to hold together.
- Transfer the dough to an 8-inch (20 cm) tart pan with a removable bottom and press over the bottom and up the sides to form an even 1/4-inch (5 mm) thick crust. Place the tart shell in the refrigerator while you prepare the remaining layers.
- Preheat the oven to 350°F (180°C).
- To make the Almond Tart Filling**, in a medium mixing bowl combine the sugar, butter, eggs, vanilla and almond extract. Whisk until blended. Using a wooden spoon, stir in the almond meal, flour and salt until smooth. Set aside.
- To make the Apple Rose**, in a large saucepan combine the apples, cider and sugar. Toss to coat. Cover and cook over medium heat for 2 to 3 minutes, until the apples have slightly softened but still hold their shape. Remove from the heat, uncover and let stand until cool enough to handle.
- To assemble the tart**, pour the Almond Tart Filling into the tart shell and smooth flat with an offset spatula. Beginning at the outside edge of the tart, arrange the half-moon apple slices, skin side up and slightly overlapping, in a circle. Continue to make a spiral, working your way to the centre of the tart, keeping the apple slices close together and tight.
- Bake for 25 to 30 minutes, until the crust and apple slices are golden. Let cool to room temperature before serving, about 30 minutes.

Baker's Note: In this recipe almond meal and almond flour can be used interchangeably. Use a firm flesh apple that will hold its shape, such as Honeycrisp, Northern Spy or Golden Delicious.

Ratatouille Gratin©

This gratin is a baked twist on ratatouille. It features a wonderful variety of fresh late-summer produce as well as the ingredients you would find in a traditional ratatouille. The colours are so vibrant that even those who refuse to eat their vegetables won't be able to resist this dish!

Servings: 6 to 8 **Prep time:** 20 minutes **Cook time:** 60 minutes

Vegetable Layer

1 zucchini, thinly sliced
1 small yellow squash, thinly sliced
1 small eggplant, thinly sliced
3 Roma tomatoes, thinly sliced
1 teaspoon (5 mL) fine salt
2 tablespoons (30 mL) extra virgin olive oil
2 cloves garlic, minced
1 teaspoon (5 mL) chopped fresh thyme
Freshly ground black pepper

Onion Layer

2 tablespoons (30 mL) unsalted butter
2 tablespoons (30 mL) extra virgin olive oil
2 cloves garlic, minced
2 medium onions, thinly sliced
1 teaspoon (5 mL) chopped fresh thyme
Salt and pepper

Gratin Topping

1 cup (250 mL) freshly grated Parmesan cheese
1 cup (250 mL) panko breadcrumbs
2 tablespoons (30 mL) extra virgin olive oil
1 teaspoon (5 mL) chopped fresh thyme
Salt and pepper

- For the Vegetable Layer**, in a large mixing bowl combine the zucchini, yellow squash, eggplant and tomatoes. Sprinkle with the salt and toss to coat. Let the vegetables sit for 15 minutes to allow the salt to drain out any excess water. Drain the vegetables in a colander, then return them to the bowl and add the oil, garlic, thyme and pepper to taste. Toss well. Add more salt, if desired. Set aside.



- For the Onion Layer**, in a large skillet over medium heat, melt the butter. Add the oil and garlic and cook, stirring, until the garlic is fragrant, about 30 seconds. Add the onions, thyme, and salt and pepper to taste. Cook, stirring often, until the onions are translucent and soft but not caramelized, about 10 minutes. Remove from the heat.
- Preheat the oven to 350°F (180°C).
- Evenly spread half the cooked onions in a medium casserole dish. Top with half the vegetables, spreading evenly. Spread the remaining onions over the vegetables and top with a final layer of the vegetables.
- To make the Gratin Topping**, in a small bowl combine the Parmesan, panko, oil, thyme, and salt and pepper to taste. Spread the topping over the layered vegetables.
- Bake for 45 minutes, or until the vegetables are cooked through and the top is golden brown. Serve warm.

Chamomile Blueberry Scones©

Scones are often enjoyed alongside a cup of hot tea, and I play on that tradition here. These scones feature a hint of chamomile flavour from steeping the tea in the cream. I recommend using a fresh, quality tea for maximum flavour. I love these scones' combination of slight flowery notes from the chamomile and juicy, bursting-sweet blueberries.

Makes: 8 scones **Prep time:** 15 minutes **Cook time:** 25 minutes

3/4 cup (175 mL) heavy cream, plus more for brushing
1 chamomile tea bag
2 1/4 cups (550 mL) all-purpose flour
1/2 cup (125 mL) turbinado sugar, plus more for sprinkling
1 teaspoon (5 mL) baking powder

1/2 teaspoon (2 mL) baking soda
1/2 teaspoon (2 mL) fine salt
1/2 cup (125 mL) unsalted butter, cold and cubed
1 large egg, lightly beaten
1 teaspoon (5 mL) pure vanilla extract
1 cup (250 mL) fresh blueberries

- Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
- In a small saucepan over low heat combine the cream and chamomile tea bag. Bring to a simmer, then remove from the heat and let steep for 5 to 10 minutes. Discard the tea bag and set aside the infused cream to cool.

- In a large mixing bowl sift the flour, sugar, baking powder, baking soda and salt. Add the butter. Using your hands or a pastry cutter, work in the butter until the mixture resembles pea-sized crumbs. Add the egg, vanilla and cooled cream. Stir just until the dough comes together. Fold in the blueberries.

- Transfer the dough to a lightly floured surface. Using your hands or a rolling pin, shape into a disc 1 to 1 1/2 inches (2.5 to 4 cm) thick.

Cut into 8 even wedges. Arrange wedges on the prepared baking sheet, brush the tops with cream. Sprinkle with sugar, if desired.

- Bake for 20 minutes, or until the tops are golden brown. Let cool for 15 minutes on a rack before serving.





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Pre-registration is not required. Free Entry

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Presented By Patrycja Kujawa

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 Location: Kerby Lounge

Pre-registration is not required. Free Entry

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AROUND TOWN EVENTS May

Alberta Ballet
The Fiddle & the Drum
 May 1 – 4
www.albertaballet.com

Black Radish Theatre
Waiting for Godot
 May 1 – 12
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Calgary Opera and The Old Trout Puppet Workshop
Ghost Opera
 May 24 – June 08
www.calgaryopera.com

Calgary Philharmonic Orchestra
NMC & CPO Present: John Corigliano's Mr. Tambourine Man
 May 2

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May 3 – 4
Bach + Liszt with Konstantin Shamray
 May 10 – 11

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 May 17 – 19

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 May 24

Brandenburg 4
 May 25

Gershwin's Magic Key
 May 26

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 May 31 – June 1
www.calgaryphil.com

Handsome Alice Theatre
A Love Letter to Emily C
 May 4 – 11
www.artsccommons.ca

Jubilations
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Mamma Mio
 May 11 – July 27
www.jubilations.ca

Lougheed House
ROAR festival – Outliers: Queer History in Calgary, A Visual Exhibit
 May 9 – 30
<http://www.lougheedhouse.com/>

Lunchbox Theatre
RBC Emerging Director's Showcase
 May 6 – May 11
www.lunchboxtheatre.com

Morpheus Theatre
Gilbert and Sullivan's Princess Ida
 May 1 – May 11
www.morpheustheatre.ca

National Geographic
Talks in Calgary
Adventures Among Orangutans
 May 5 – 6
www.events.nationalgeographic.com

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

Theatre Calgary
Billy Elliot The Musical

May 1 – May 12
www.theatre Calgary.com

Urban Stories Theatre
Come Home
 May 1 – 11
www.urbanstories theatre.org

Vertigo Theatre
The Invisible – Agents of Ungentlemanly Warfare
 May 11 – June 9
www.vertigotheatre.com

Wordfest
 Memorial Park Library – 2nd Floor
 Events from May 1 – May 25
www.wordfest.com ▲

Stay safe online when purchasing bus passes

Calgary Transit has been made aware of a website that is illegally selling fraudulent transit passes to customers. www.cityonline.calgary.ca is Calgary Transit's only approved online vendor. Passes can also be purchased in person from:

- Approved vendors, including

- Macs, 7-11, Safeway and Co-op.
- Calgary Transit Customer Service Centres.
- Centre Street Platform 125 – 7 Ave. S.E.
- Bow Parkade 234 – 7 Ave. S.E.
- City corporate cashiers, located on the third floor

of the Calgary Municipal Building. Never provide your financial information to any unofficial sources and make sure to contact your financial institution immediately if you suspect a scam. ▲



THRIVE PROGRAM

Over 55? Low Income? Mobility Challenged?

Thrive Department at Kerby Centre can shop for & deliver your groceries

Call 403-234-6571
to see if you qualify



2019 Alberta Senior's Week Launch And Country Style Strawberry Social

June 3rd
 12:00 - 2:30 pm

Kerby Centre Gymnasium
 1133 7th Ave SW

BBQ Burgers & Strawberry Shortcake Available For Purchase. Free Admission 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

A Special Thanks To Our Senior Week Sponsor




To us, it's personal.

Join Us At Kerby Centre For A Weeklong Celebration of Seniors



2019 Alberta Senior's Week



Monday, June 3rd - Senior's 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, 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 your attendance 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*)

12:00—1:00 **Repsol Choir** performs in the Kerby Dining Room (FREE—Lunch available for purchase)

Friday, June 7th

10:00 - 12:00 **Planning Ahead For Housing and Financial Security.** An informative presentation on downsizing, housing options and financial and personal security. Presented by Debra & Peter Molzan, Myra Praxidio & Jack Bust, retired RCMP. Sponsored by TELUS Health (*Kerby Lounge - FREE - Please Register With Rob Locke at robl@kerbycentre.com*)

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

Financial Planning: Getting a tax refund? Spend it or not?

If you are entitled to a tax refund this year, you need to decide what you should do with it. Sure, you could spend it – but then it's gone. Here are six alternatives with longer term benefits for your financial future.

1. Immediately use your refund to make your 2019 Registered Retirement Savings Plan (RRSP). Make an (RRSP) contribution and you'll get the benefit of nearly an extra year of potential long term tax-deferred growth plus a tax deduction against your 2019 income.

2. Contribute to investments held in a Tax-Free Savings Account (TFSA). Your TFSA contribution room was increased by \$6,000 as of January 1, 2019. Your contributions are not tax-deductible, but you will not be taxed on the income generated by the investments in your TFSA, you can make tax-free withdrawals for any purpose at any time, and you can re-contribute any of those withdrawals in a future year.

3. Invest it. If your RRSP and TFSA are topped up, consider adding your refund to your non-registered investments. A tax-efficient

strategy is to hold stocks and equity based mutual funds outside an RRSP or TFSA because dispositions of these types of investments are taxed using a more favorable capital gain income inclusion rate plus dividends from many Canadian corporations are eligible for the dividend tax credit.

4. Pay for your kids' education. Set up Registered Education Savings Plans (RESPs) to fund their future post-secondary education costs. Contributions to investments within RESPs are not tax-deductible, but their growth is tax-deferred and they may qualify for Canadian Education Savings Grants (CESGs) of up to 20% of the first \$2,500 or \$5,000 you contribute each year. Depending on the primary caregiver's family income, you could receive an extra 10-20% of additional CESG on the first \$500 you save in your child's RESP each year.

5. Pay down costly, high-interest credit card debt and then pay down non-deductible debt such as your mortgage – a single prepayment could potentially save hundreds, even thousands of

dollars in interest payments.

6. If your refund is large, consider parking that cash in a short-term investment that you can access without penalty. That way, you'll have a ready source of money for a rainy day or a larger purchase such as a new car, without having to borrow or use credit. (A TFSA is also a good rainy day fund.)

Tax refunds are nice, but not as nice as enhancing your personal long term financial growth.

Talk to your professional advisor about a comprehensive tax-reducing financial plan that will help make it possible for you to achieve all your financial and life goals.

Note that a CESG is provided by the Government of Canada.

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



Kerby Centre

- **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

Sponsored by:



Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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

Please choose to make a difference today.

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



Kerby Centre



You can now donate your car and support Kerby Centre!
Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?

1-877-250-4904

www.donatecar.ca

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

Amount Enclosed \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

Classified Ads

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

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

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for June issue must be received and paid by May 16.



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

10 Health

CERAGEM Calgary
Sales Service Parts
403-455-9727

Hearing Aids

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

11 Foot Care

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

All About Seniors

offer quality foot care services provided by a certified professional foot care specialist with a caring approach and a gentle touch. 403-730-4070

www.allaboutseneiors.ca

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

12 Home Care

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

Home Health Care Aid
Available to an individual who needs supports. I have 9 years experience working with Adult individuals with various needs, Dementia, Schizophrenia, FASD, Body Injuries & many more. I am very positive, friendly, supportive & very professional. If your in need of supports contact me at staceybozak@hotmail.com

just4ufamilyservices.com
housekeeping/meal prep, In/out of home companionship. Accompany to appts, shopping. Corinne 403-590-2122 just4ufamilyservices@shaw.ca

HOME HEALTH HELP

Just name your needs and we offer the right solution: personal care, Alzheimer care, transportation, errands, companionship, light house-keeping and more. We go beyond your satisfaction, we amaze you! Our caregivers are carefully screened, bonded & insured. Call] Karev Home Caregivers today at 587-224-9852 Thank you – Merci – Gracias – Salamat – Dhanyavaad – Xièxiè – Go raibh maith agat

Need a break? We can help call us now surrogate care at its best? Respite Care, Medication Reminder, Meals preparation, Dressing, Grooming, Incontinence care, Cognitive impairment care, Mobility assistance Call 587-834-0261 or 1-866-505-0849 <http://www.firstchoicehomecare.ca>

Seniors Caring Companion Visits, outings, appts, shopping. Experienced Lynn 403-669-8173

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

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

Will visit in House/Lodge/ Nursing Home/Hospital Licensed & Insured Call Brenda, CPCA 403-540-9101

13 Mobility Aids

NOTE

Government assisted program for seniors 65+ on low income

Free Lift Chair

Free custom-made orthotics
Free Foot Assessment
Mobile service (in Calgary)
Lifetime warranty on our orthotics.

Call CBC Foot Products
Bay 8 6320 11 St SE
403-259-2474

To see if you qualify
Mention this CBC5689 code for your **Free** gift

Small Medi electric chair - 1 yr old \$4800, Manual wheelchair like new \$1000 OBO, Walker offers. Ph: 403-874-0862

20 Home Maintenance

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

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

Boy with Toolbox

Jack of all Trades, Handyman, Renovations Will fix anything! Seniors \$25 per hour Free quotes available Chris 403-827-8617

GLOBAL HOME ELECTRIC

Residential Electric Services, house wiring, troubleshooting, lighting, receptacles, panel upgrades and much more. Licensed, bonded and insured. Call Mario-Master Electrician 403-619-6262

Handyman, plumbing, electrical, painting, down sizing haulaways & general repairs. Best rates. BBB & Kerby member, Call Chris anytime 403-850-0005

Londonderry Painting
Int & ext painting. Ceilings, wallpaper, Sr. disc Free est. Howard 403-226-3456

Kerby News is the official publication of Kerby Centre

Millennium Contracting Ltd
For all your exterior home repairs/replacements. Int & ext painting. Roofing, siding, soffit, fascia eaves troughs, etc. Please check full details on our website: millenniumcontracting.ca or ph Shawn at 403-703-9132 I am a Kerby Centre member & a general contractor in Calgary for over 30 yrs.

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

Quality Painting

Responsible & senior friendly over 25 yrs exp on residential paint. Senior Disc. Reliable, Personal Service, Reasonable rates. Free Est. Call Les 403-863-0212

Senior working for seniors - will do small repairs, electrical, plumbing, carpentry work. Call Jim 403-249-4180, cell 403-519-8761

The Scottish Painter and Sons

Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Ph 403-284-5154 403-875-8077 Refs avail. www.thescottishpainter.ca

Tony Peterson Eavestrough
Quality work, prompt service. Free estimates 5" continuous gutter install. Cleaning & Repairs Service (Since 1997) Call Tony 403-230-7428

24 Landscaping

Action Lawncare

Spring Cleanup Hedge trim, eaves clean, fertilize 403-651-3900

Lawn cutting, summer yard care & haulaways. Best rates. BBB & Kerby member. Call Chris anytime 403-850-0005

"THE YARDIST LTD"
TREE & SPRAY SERVICE
Tree pruning/tree removal/fertilizing/insect & disease control. Certified arborist. Licensed. Insured. **Senior Discount. Ph: 403-242-3332**

26 Services

ABC Moving - Sr discount
Call for a free estimate 403-383-9864

Attention Caregivers:
Peace of Mind Adult Day Program located in NW Calgary is now open Mon - Fri 9am to 4pm. Get the respite you so deserve. Your loved one will enjoy our group activities and caring environment during the day-time. Call 587-887-4900 or visit www.peaceofmindcare.ca

AZPERLEGAL SERVICES
20+ yrs exp drafting Wills, Enduring Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer. I am a mobile service - I will come to you. Pls call 403-629-5702 or email cherrington@azperlegal.com for appt. AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit www.azperlegal.com

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All trash, incl yard clean up, tree trimming Free estimate 403-828-7373

Carpet cleaning, or garbage hauling -1 piece or whole bunch of garbage. Call Don @ 403-383-9864

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Let us help you start your downsizing journey. We Sort, Dispose, Declutter, Donate, Organize, Pack, & Unpack all of your Belongings. Laurie 403 519-2214 www.downsizing-tidygirls.com

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

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

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

House sitting & Welfare check, Day or night. All visits filmed & time stamped for insurance purposes. Licensed Alberta Security Specialist. BBB & Kerby member. Call Chris anytime 403-850-0005

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

New to or frustrated with computers & other technologies?

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In Calgary & Airdrie.

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FREE estimates
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www.asecondtime.ca

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30 For Sale

Comfortor Series Rise Electric Recliner - Med. Used once, Soft Brn Leather \$1100. Pam 403-969-5124

Mtview Devotion Garden, 4 sites 124A1-3 & B1 MNT-NVW values @ \$5700. ea. 403-701-2708

Royal Crown Derby old china Devonshire 12 place setting \$600. 403-259-8530

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33 Wanted

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

Buying estate valuables, jewelry, gold, vintage 50's & 60's items and more.
Calgary Sales 403-862-9950

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

45 For Rent

LEGACY ESTATES in Somerset SW Calgary Security and Peace of Mind Elegant Living for Seniors (55 & over) 2 bdrm condo. Well managed complex with too many amenities & social activities to list. Underground parking & utilities included. \$1275/mth
Call: 587-892-9723

New double car garage avail for rent in Killarney \$200/mth for 1/2 garage or \$400/mth full garage
Ph 403-249-6742

Nice suite for a great price. \$550 + heat and utilities Clean bright & spacious Available May 31. ph: 403-295-8474

Room for rent. Shared accommodation in furnished 2 bed 2 bath apt. Lease, negotiable terms. Female \$550/mo. Ph 403-836-4988.

Sooke BC Pacific Coast Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl. \$1000/mth. 403-720-8609

No pets, no smoking.

Tell them you saw it in the Kerby News

Pineridge 2 bdrm, 4pc bath bsmt suite Garage new furnace new large windows \$800/mo available now 403-807-7090 calgaryreese39@gmail.com

48 Real Estate

ADULT ONLY CONDOS
ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS
www.CalgaryAdultCondos.com
No Hassle. No Obligation
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Thinking of moving but need to sell first?
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Find out what homes in your neighbourhood sell for.
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50 Relocation Services

AAA-Brother's Moving Co.
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Brent 403-383-9586
ABC MOVING specializes in relocating seniors from one place to another. \$\$ low low rates \$\$
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I have cities, but no houses.
I have mountains, but no trees.
I have water, but no fish.
What am I?

Answer: A map

What is seen in the middle of March and April that can't be seen at the beginning or end of either month?

Answer: The letter "R"



IN MEMORIAM

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

- Albert Thomas (Bert) Keen
- Andrew (Andy) Soltys
- Bernard Philip Kam
- Betty Kathleen Cooper
- Douglas (Blair) Towill
- Elizabeth Salewicz
- Frank Neshine
- Henry Hillmo
- Joan Teghtmeyer
- Iain Alleyne Gibbons
- Margaret Doreen Skode
- Maria Germaine Young
- Mary Alice Cooper
- Ruby Margaret (Peggie) Lee
- Ruth Robinson
- Shinji Earl Odagaki
- Shirley Marguerite Kostashuk
- Winnifred Margaret Macdonald

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



SUDOKU ANSWER

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CROSSWORD SOLUTION

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FOR RESULTS ADVERTISE IN KERBY NEWS

CONTACT

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

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

Kerby News Business and Professional Directory

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

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E-mail: *HandyHelpersCalgary@gmail.com*
Website: www.HandyHelpersCalgary.ca



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Kimberly Wallace

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Email: *estate.lady.ab@gmail.com*

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NATURAL & ORGANIC



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Affordable Housing for Seniors

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

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

A New Lease on Life! Invest in your Future.

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

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

Amenities include:

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

EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES

Riverview Village Affordable Housing

2945 26 Ave SE, Calgary
403.272.8615

EVERY WEDNESDAY IN MAY 11AM to 3PM
SATURDAY, MAY 11 10AM to 3PM

Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary
403.254.9800

WEDNESDAY, MAY 8 & MAY 22 10AM to 3PM
SATURDAY, MAY 25 10AM to 3PM

Discover your new home today at
BethanySeniors.com

bethany
CREATING CARING COMMUNITIES