

# Kerby News

Published by  
Kerby Centre

for the **55** plus

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

**2019**  
**November**

Volume 35 #11

## Canadian Fallen Heroes



Memorials dedicated to those who died in the line of service displayed upstairs in the Kerby Centre. (Photo credit Andrew McCutcheon)

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Friday November 1st



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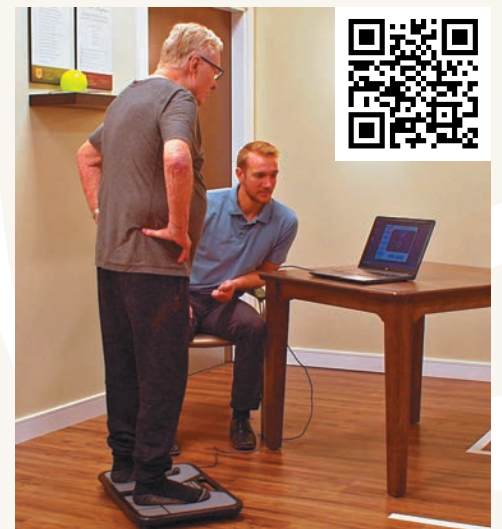


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BY ZANE NOVAK  
President of Kerby Centre

## November 11 brings reflections on life and death

What is the measure of a man or a woman? That is a question that has been asked since time immemorial. I think that through the course of our lives we often ask ourselves if we have done enough? What are our accomplishments? What will be our legacy? I know from examining my own life, the question that haunts more often than not at night is:

have I given enough, have I done enough for my family, neighbour and community?

There is a bible scripture, Leviticus 7:1, that says: "The day of a man's death is better than the day of his birth." As a child in church, I read that scripture and it made no sense to me. I wanted to live, learn, and experience life. Death was awful, foreign to my mind. Throughout my life, I have dug deeper to see what the real meaning of that statement. As time has gone by, the real meaning of that scripture is very clear and real to me.

When we are born, who are we, what have we accomplished, how have we left our mark, our legacy?

November 11.

This day signifies all that, for hundreds of millions of people, possibly billions. The ultimate sacrifices were given, the legacy that lives on, individually and collectively. The price paid by so many individuals to take a stand based on the principles of freedom, justice and humanitarian morals. This is a somber day, a day of reflection and respect. It is the

day in which we can show honour and appreciation for the millions who made the ultimate sacrifice for our future. This, our opportunity to show them that we remember them and value their legacy, their sacrifice and in many cases their death.

We will be observing Remembrance Day at the Kerby Centre on November 11. The doors will be open at 10:15 am. We welcome all to the Kerby to come and observe this incredibly important day.

November is an important and interesting month for many people and many reasons. Remembrance Day is one reason, but it also sets the pace for so much that involves family, community and respect and love of neighbour.

For many, Christmas is one of the most epic events of the year. Time to shop, organize, invite, prepare, the idea of some time off to catch up with family or friends, or time to ourselves, to recharge and rejuvenate.

Many have little or no families so this can easily be a challenging time, a bit

of that scenario where you feel you are on the outside looking in. I was raised in a family that did not observe Christmas, so I know well that feeling. Do not despair, there are so many things to do in Calgary. Our world-class Zoolights at the Calgary Zoo, Craft Festival at the BMO Centre, this list goes on. Check out your local community and community hall, as many host events leading up to Christmas. If that theme isn't your flavour, there are lots of other events that embrace the chilly season and help to break-up our winter days.

And never forget Kerby Centre. We have a full slate of programs and activities. Our Men's Shed is now in full swing; check out how you can become involved. Come by for a coffee and a visit with friends old and new.

Did you know that we often have live music in our cafeteria? Your coming to a centre like Kerby builds that vibrancy, and it embraces others in turn. You are the key to creating a positive environment.

Come say hi! ▲

### November 2019

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

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BY LESLIE TAMAGI  
Interim Executive Director

## Participate in increasing awareness and helping create change

in ten senior citizens report some sort of abuse—financial abuse, psychological abuse, physical abuse, or neglect. Sadly much of this involves other family members. In addition, many scams and frauds are targeted at seniors.

The Calgary Police Service, Kerby Centre and Carya are all partners in the Elder Abuse Response Team (EART). This team of social workers and specially trained police respond to allegations of abuse and neglect of older adults and also provides advice, risk assessment and training to other units within the Calgary Police Service.

Kerby Centre operates the first purpose-built shelter in North America for older adults facing elder abuse. It is one of three shelters in Alberta dedicated to older adults and serves both men and women. Our shelter provided 3,373 safe nights to older adults feeling abuse or at risk of homelessness in 2018 and this year the statistics are even higher. The shelter provides a safe place to escape from the abuse and take time to

recover from the trauma and make plans for the future.

One 60-year-old woman fleeing verbal, emotional, financial and physical abuse from her spouse stayed at the shelter for 27 days while she healed and made arrangements for a new place to live. She writes "To you, the caring staff and all who have been involved in any way in offering me a shelter in the very tough period of my life. Thank you for providing me with a warm home away from home. God bless..."

As sad as such stories can make us, I am also very proud to know that the work done by the team at Kerby Centre focuses on correcting those wrongs, healing those wounds and making our community stronger every day.

It is important that we advocate for and support seniors who may be experiencing violence or abuse. To report a suspected case of elder abuse, please call the Elder Abuse Resource Line at (403) 705-3250.

# The Final Frontier; staying safe and healthy with immunizations

By Andrew McCutcheon

A ship traveling in the farthest reaches of space approached by foreign and alien assailants primes its shields for the onslaught of an unknown, confusing attacker.

It sounds like science fiction, but it's an apt meta-

phor used by Dr. Mary Szabo during an immunization information event held at Kerby Centre on October 1.

Speakers included Szabo, a family physician with over 30 years of clinical experience; Dion Neame, a medical advisor with the Sanofi Pasteur pharmaceutical company and Anjali Acharya, a local

pharmacist with a wealth of vaccine information. They spoke about the vital importance of immunizations and vaccines year-round, with a focus on the upcoming influenza season.

"Roll up your sleeve and keep vaccinating every year," Szabo says. "Say to your family: 'You love me, don't you? If you love me, vaccinate yourself.'"

Szabo recounted the story of one of her patients, Eleanor, who contracted the flu and a whole host of complications due to the virus.

"I don't want to scare you, but I want to give you the reality," Szabo says.

Eleanor often traveled, but after getting influenza, she developed heart and kidney failure and needed hospitalization for three weeks. Following that, she was in a rehabilitation facility for two weeks, needed help daily following that, and couldn't travel for 18 months following the incident.

"The story is not to scare you, but to summarize how scary the flu is to us," Szabo says. "It can threaten quality of life and threaten the independence we treasure."

Neame said there is a connection between infectious diseases — such as influenza — and non-communicable diseases like asthma.

There are direct complications that connect the two, such as making conditions such as bronchitis and pneumonia worse, but there are also indirect complications: strokes, heart attacks and organ failures which can affect the independent living of older adults.

Complications, which dis-

proportionally affect older adults and those 65 and over, account for 90 per cent of flu-related deaths and 80 per cent of flu-related hospitalizations.

All three speakers agreed that, while there are several ways to help to improve your chances of avoiding the flu — such as consistent hand washing, staying away from contagious family and friends and wearing a mask — the easiest and most effective is to vaccinate, vaccinate, vaccinate.

It's important, not only for older individuals to get vaccinated, but to encourage all those who can get their seasonal flu shot. The more people who are protected, the less ability the virus has to spread through the population.

Canadians have a lower vaccination rate compared to most other developed nations, according to Szabo, and in the 2018/2019 flu season, 567 Albertans in the Calgary zone were admitted to hospital with lab-confirmed influenza.

In addition to ensuring that you, yourself, and everyone around you gets the inoculation, make sure that you can get the appropriate flu shot, Szabo recommends.

There is a high dose flu shot that "really kicks the immune system in the leg and tells it to wake up," says Szabo. The high dose flu shot is designed for seniors, but only covers three different strains of the influenza virus, compared to the publicly available flu shot which covers four. The high-dose vaccine also is not covered by Alberta Health Services

and seniors may face an out-of-pocket cost of up to \$75.

"We will offer an injectable quadrivalent vaccine that protects against four strains of influenza, and is intended for all Albertans six months and older. This aligns with recommendations from Canada's National Advisory Committee on Immunization," a spokesperson with the Alberta government said in an email to Kerby News.

"As more research becomes available, our use of other vaccine products will be re-evaluated. We are committed to protecting the health of Albertans," the statement continued. "We recommend that individuals receive the vaccine offered by the Alberta immunization program rather than trying to go through their doctor to acquire a different product through the private market."

The best way to ensure that you're getting the appropriate level of protection is to ask your doctor, your general provider or a public health officer for further information.

Clinics are being held across Calgary and southern Alberta in November and December. Times are available on the Alberta Health Services website, or you can visit your local pharmacy or general clinic to receive an inoculation as well.

Vaccines save a life every five minutes, and continued education is important. Susan Gannon, who recently joined Kerby Centre as a member and was in attendance enjoyed the informational event.

"It was really great," Gannon says. ▲



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**Kerby Centre**

## Simply boring but effective handwashing

By Amy Wong

The weather is changing and winter is fast approaching. Now is the perfect time to remind everyone about the simple task of hand-washing. According to one study, only about five per cent of people wash their hands correctly. Some wash for only six seconds. Some didn't use soap and some only washed the palms of their hands.

Little do they know that germs like to hang around the fingertips and underneath the nails, too. The fingernails harbour the most microorganisms. Washing your hands not only prevents you from getting sick, but it also prevents others from getting sick, by stopping the spread.

Germs, also known as microorganisms, are EVERYWHERE. Our hands are

very efficient at picking them up from all kinds of surfaces such as tables, door knobs, handles of sorts, and nowadays even from our cell-phones and other devices.

As you can imagine, some of these surfaces are touched by many throughout the day. You touch germ-covered surfaces all day long, often without even realizing it. These shared objects are places where germs are left by one person and then picked up by another.

On average, in one minute, you can easily touch around 30 surfaces or objects. Most winter illnesses, such as the common cold, flu and pneumonia are caused by bad germs entering our bodies.

Someone who is sick, sneezes or coughs into their hands, and then touches

a door handle. You come along five minutes later and touch the same handle. Then you rub your tired eyes, scratch an itchy nose, and/or put food into your mouth and boom! Now, you come down with the common cold or flu.

That easy? Yep, it's that easy! Remember, only about five per cent of people wash their hands correctly. Couple that with the fact that about 80 per cent of common infections are spread by the hands.

However, the whole point is to remind you about the simple task of hand-washing.

Washing your hands, at least five times a day, has been shown to decrease the risk of getting sick and also helps to prevent the spread of illness. Simple, boring, but highly effective: so you can continue to do the not-so-boring things in your life. ▲

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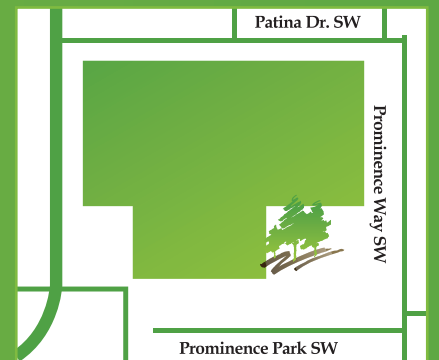
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BY LIBERTY FORREST

# Destination unknown, but I don't care

I'm a very determined woman. You could call me strong-willed; that'd work, too. Some would just say stubborn. My mother certainly did...

But did you ever notice that people call it "strong-willed" when they approve of what you're doing, and "stubborn" when they don't?

Whatever it is, I've got it. In spades. My astrologer would tell you it's because I was born with my Moon in Taurus. I'm not an astrology expert so all I know is that I was born with my moon being spanked by the doctor who delivered me. (Isn't it nice that we don't do that to babies now?)

Interestingly, I've also got the ability to change and adapt very easily. Supposedly a Pisces trait, being a wa-

ter sign, but whether it's due to personality or astrology, thank heaven I've got both ends of the spectrum covered so I can dig in my heels when I need to do it (thanks, Taurus, you stubborn old bull) and I can bend and "go with the flow" when that's the best option.

I have to say, over the years I've figured out that "stubborn" can also mean a dogged refusal to see or do anything another way with no particular reason other than "just because." It can be a complete unwillingness to have an open mind and to make an informed decision. "I've always done it this way." Or "I don't want to know about another way." Or in some other way, just not being willing to budge or change without having a good reason for it, even if the reason is simply: "It doesn't feel right."

At least that's a decision, not just self-destructively clinging to an idea for the sake of it.

The trick has been to learn when to be "strong-willed" and not "stubborn," and when to be adaptable

and not a doormat, changing just to please everyone else.

I've had to learn to choose my battles carefully and believe me, I've done that the very hard way - which is pretty much the same way I've learned everything else, to be honest. Part of the problem is that I'm a woman of principle. If I believe in something, if I think something is unfair, if I hear my dad in my head saying "It's the principle of the thing!" as he used to do, it's really difficult for me to back down.

I suppose this is what helps me when I'm confronted with huge obstacles. When things just aren't working out as planned, I just have to keep knocking on doors. If this one doesn't open, maybe that one will. And if not that one, then perhaps another one.

Sometimes I've knocked on so many unanswered doors, I've felt like I was in a condemned building where no one has lived for years.

So then what?

I keep knocking. Per-

haps the building isn't condemned. Perhaps there will be an answer at just one of those doors, and that's all I need. And if I run out of doors in that building, I move on to the next one and start knocking there.

I mean, what else am I gonna do? Sit there on the street and do nothing? That sure as heck won't open any doors for me.

So I might as well keep knocking. At least that way, there's a chance of getting an answer. If you want to overcome that obstacle badly enough, giving up is not an option. Not ever.

Maybe at some point, you discover that Plan A just isn't the right one and you need to course correct. That's not failure; that's just sensible. So you move on to Plan B and head in a different direction. But keep knocking.

Switch hands when your knuckles get sore. Grab an object to do the knocking for you when both sets of knuckles are bleeding and raw. But keep knocking.

Is that being strong-willed? Stubborn? Deter-

mined? I don't know. Perhaps. Or maybe it's just understanding that if we really want to change our situations, we have to do something. It doesn't work if you just sit there and wish.

Sometimes busting your backside doesn't work either. But then at least you can say you gave it your best shot and you won't spend the rest of your life wondering, "what would have happened if..."

If it's worth wanting, it's worth the effort. If you're not willing to put in the effort, then stop wanting it. Whether it's complaining about your job or your relationship or your lack of physical fitness or your bad habits or your garden that's way too full of weeds or that book you said you'd write or 14,000,000 other things that you keep talking about fixing or changing, do it. Keep knocking on doors till you get the answer that works, till you find the solution, till you find the opportunity that is the right one.

It's a lot easier to do that than it is to stop wanting what you really want. ▲

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# Cancer survivor applauds exercise program

By Betty Rice,  
University of Calgary

When Joyce Nishi was told she had breast cancer in late 2017 following a routine mammogram, she knew what she needed to do.

The hospital pharmacist from Medicine Hat required surgery and underwent four cycles of chemotherapy and a year of intravenous biologic therapy. Just last month she finished treatment and is now considered to be cancer-free.

But through her personal journey, Nishi also learned there's more to recovery than the prescribed medical routines that many patients endure. As a person who has had cancer, Nishi is now also a graduate of a specialized program that takes a holistic approach to battling the disease, focusing on aspects of both physical and mental wellness.

Dr. Nicole Culos-Reed, PhD, has spent the last two decades working on the idea that building a program of both exercise and wellness into the journey of the cancer survivor can allow them to experience a positive environment, along with others who are also dealing with the disease.

She conducted various

studies on the benefits of yoga and/or physical activity (exercise programs) in breast, head and neck, brain, lung, and prostate cancer survivors.

In all of them, she found that participants who took part in group-based class delivery tended to stick with the programs, get benefits, and for many, continue to stay active beyond their initial wellness program.

Two years ago, working in partnership her colleague at the University of Alberta, Dr. Margie McNeely, PhD, received funding from Alberta Innovates to launch a five-year pilot program, The Alberta Cancer Exercise program, or ACE.

It's a province-wide initiative that brings trainers and cancer survivors together twice a week for 12 weeks of fitness and wellness sessions that are delivered in a community-based group setting.

"This program is important because the evidence clearly shows that exercise should be part of standard cancer care," Culos-Reed says. "There are huge potential benefits and really, no drawbacks to being physically active."

"Cancer survivors deserve support for wellness within their illness journey," she continues. "This support ensures a healthier cancer survivor, and ultimately, less burden on our health-care system. ACE is a program to which all cancer survivors

should have access," she says, "in order to optimize quality of life."

Working with McNeely and now with additional funding from the Alberta Cancer Foundation, Culos-Reed has developed ACE across the province, with multiple program locations operating in Calgary and Edmonton, as well as sites in Red Deer, Lethbridge, Medicine Hat, Fort McMurray and, coming later this year, Grande Prairie.

Two years into the five-year funded program, there are more than 1,500 cancer survivors in the database for the program, which runs four times a year. Registrants' costs are covered by the funding, and after the initial 12-week program, participants are able to register and self-pay for the ACE maintenance program.

"This has been extremely popular, as we're seeing approximately 70 per cent of our ACE'ers uptake into a maintenance program or transition into another fitness program in their community," says Culos-Reed.

"Maintenance is so important, as we are trying to support long-term behaviour change in our cancer survivors. We want them to build the habit of being physically active."

Programs such as ACE are particularly important to people living in rural and remote communities, as they typically don't have access to the same support resources

that are found in larger centres. Organizers match the program to local sites and personnel, and support them by providing the ACE training to allow them to directly deliver the classes to cancer survivors and support persons.

ACE relies on these community partnerships with fitness facilities and cancer support services to deliver the program. Instructors in the communities are provided training through online and on-site methods.

"We can very economically deliver and support exercise classes, and don't need to reinvent the wheel," explains Culos-Reed. "By providing a cancer-specific exercise setting, we are helping to build a community that supports wellness in cancer survivorship — one that recognizes the unique needs of this population and can address such needs in an exercise setting."

"This results in a cancer survivor who is healthier and has a better quality of life. Ultimately that translates to less burden on our health-care system."

Joyce Nishi heard about the program from a friend who works in oncology and who highly recommended it; she also saw a poster advertising the program at the Margery E. Yuill Cancer Centre in Medicine Hat. The program was held at a nearby family leisure centre.

Nishi says her profession and her understanding of the

need to learn more about the disease were key factors in her decision to sign up. "As a health-care worker, the benefits of research and the need to do research also motivated me to join the ACE program."

"For exercise to become part of standard cancer care in Alberta," says Culos-Reed, "we must be able to show that we can deliver a sustainable model across the province."

We also must be able to provide access to these exercise resources where cancer survivors live — not just where they get treated — if we want to support long-term behaviour change.

"ACE is doing this by partnering with local fitness facilities, training those fitness professionals to deliver our safe and effective ACE program, and then supporting cancer survivors by continuing to offer fee-based cancer survivor-specific classes."

Nishi agrees and says the benefits of the ACE program are not just physical, but also social and mental. "The program provided structure and motivation," she says. "I knew I had to get to the program even on days when I felt tired or lazy."

Nishi's advice for anyone who has the opportunity to participate? "This is one of the best choices you can make for your health and well-being, and I am very grateful for all the support from our local leaders and all the participants." ▲

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## Calgary perceived as pricey, study states

By Andrew McCutcheon

Calgarians view their city as a pricy place in which to retire, but a good spot to raise a family, according to

a recently released report by the Calgary Foundation.

Their 2019 Vital Signs report polled a selection of Calgarians divided equally by demographics. Only 26 per cent of respondents believed "seniors have access to affordable housing" and 34 per cent believed that "our aging population has a high standard of living."

Thirty-eight per cent of those polled answered that they feel Calgary is a "great place for seniors to live."

Moreover, there are an estimated 20,000 seniors in Calgary who identify under the LGBTQ2S+ umbrella according to the study, who have a variety of specific concerns for their cohort.

These concerns include worrying about their general comfort or discrimination related to gender and sexuality if they were to move into a seniors' facility.

Out of that group of respondents, 34 per cent feel unsafe or insecure in their current home or neighbourhood.

Compared to those results, 69 per cent of those Calgarians polled said they "feel our quality of life is good or excellent" and 68 per cent said they think the city is a "great place to raise children."

The areas of improvement listed in which Calgarians felt they could be better off included: more reliable and affordable transit, better-planned neighbourhoods and more affordable planning.

Currently, Calgary is a young city when it comes to median age compared to the rest of Canada.

Canada's median age is 40.8 years, whereas Calgary's median age sits at 36.9.

Despite this, its older adult population is on the rise. The most recent Calgary census results showed that senior citizens were the fastest-growing demographic, with the number of 65-74-year-olds risen by 18,079 in the past three years — an increase of 23.1 per cent.

Questions regarding the values of Calgary citizens revealed the generosity of the folks living here: 86 per cent of respondents donate to charity and 69 per cent volunteer, with a larger percentage of Calgarians making charitable donations compared to other major cities within Canada. The study was performed and published by the Calgary Foundation, a registered charity with a mandate focused on social, cultural and community needs in Calgary and the surrounding area. ▲



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# In memoriam of Canadian fallen heroes

By Andrew McCutcheon

Those who've walked the top floor of the Kerby Centre may have noticed the Hallway of Valour: a fixed in-memoriam for those who paid the ultimate sacrifice overseas during times of conflict.

These memorials are just a scattered few of the over 117,000 soldiers who have died in various wars representing Canada and the commonwealth. They are researched and printed by an organization called Canadian Fallen Heroes, which aims to remember and record the history of those departed.

Bob Cowie, the Research and Fund Development Manager for Canadian Fallen Heroes in Western Canada, details the painstaking research that goes into each print.

"We start off with basically the soldier's name. We find out where she's from, where he enlisted, finding the photograph and writing a biography that suits that person," Cowie says. "Each person is going to be a little bit different."

The difficulty in reaching back decades to archived written records to research and write on even an individual soldier is breathtaking. To do it for 117,000 people is truly staggering. But that is the mandate of Canadian Fallen Heroes — and its founder, Mark Norman — who aim to have at least a photo and short biography for every single person who lost their lives in battle.

"We're committed to individually recognizing the men and women who made the ultimate sacrifice for our



Caption. Photo by Andrew McCutcheon

country," Cowie says. "Unfortunately that list is growing, with each conflict the world has, there are more soldiers."

The foundation's efforts cover not only both World Wars, but also everything from the Boer War in South

Africa — early in Canada's history — to contemporary overseas peacekeeping missions; researchers and biographers working for Canadian Fallen Heroes do it all.

But their task is extensive: which is why they accept help from individuals

across Canada in their search.

If you know of a family friend or distant relation who fought and died overseas, all it takes is a simple search to see whether they've had their biography and photo uploaded to Canadian Fallen Heroes' extensive online archive.

Photographs, information as to where they were from or where they enlisted, their unit or branch of service and any other relevant information can be sent to Canadian Fallen Heroes to help them in their goal of providing a memorial for every single individual in their scope.

All physical photos will be scanned and returned to the sender, and every single submission aids the foundation. They've even teamed up with schools, such as Crescent Heights High School in Calgary, to let students become amateur researchers by helping find photos and details of soldiers online.

"Students will help out trying to find information," Cowie says. "Sometimes, we've done everything in our power and a student comes up with the exact photo we've been looking for. How they've done it? We have no idea."

For Cowie and the foundation, the work is incredibly worthwhile: the dedication and difficulty that goes into research is fruitful when it allows each individual's twilight story potentially see the light of day once more.

"It shows what our country has stood for for many years," Cowie says. "I'll think to myself while I'm doing this, what would have happened if we didn't go into war? What would have happened if they didn't sign up? Where would this world be?"

"They should be and have to be honoured for that alone."

Monetary donations and commissions for the creation of prints can also be made online at [www.canadianfallenheroes.com](http://www.canadianfallenheroes.com)

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# Former Kerby Centre president passes away

By Andrew McCutcheon

Former Kerby Centre board member and president Maureen Wills passed away at the age of 84 after a lifetime of volunteering and service in communities across southern Alberta.

Maureen was on the Kerby Centre board from 2005 to 2015, served as president for a period and was made an honorary lifetime member for her achievements. Kerby Centre employees remember her as being caring, kind, compassionate and absolutely dedicated in her service towards her friends and community.

“The Board and staff were saddened to hear of Maureen’s passing,” said current Kerby Centre president Zane Novak. “Her contribution to Kerby Centre, including as President of the Board of Directors, helped shape the organization Kerby Centre is today.”

“It was my privilege to sit on the board with her for several years and we all aspire to meet the standard she set.”

However, Maureen’s story started in Yorkshire, England in 1935 when she was born. She started young with community service, becoming a brownie at five-years-old. After attending the York School of Agriculture, she worked for four years as a radar operator with the Royal Air Force. When she saw pictures of Canada — chuckwagons, horses and the Royal Canadian Mountain Police — she knew she wanted to move to Canada.

She convinced two friends to move alongside her and arrived in Calgary when she was 24 with only \$18 to her name and no work prospects. She started work at a ranch, acting on her adoration of animals and horses.

“An overwhelming feeling came over me as I looked at the view,” Maureen said in an interview with the *Cochrane Eagle* later in her life. “I knew then that this is where I wanted to spend the rest of my life.”

This is where she met her future husband Frank and near where she’d set stakes down, volunteering and helping out in her community while also working as a school bus driver and while on the Town Council for Cochrane.

She started the Handibus Society in Cochrane in 1977, serving as a driver as well, and also founded an

affordable housing group and working with Family and Community Support Services for over a decade.

“Maureen was a true pillar of our community whose contributions will continue to be celebrated for years to come,” the Town of Cochrane wrote in a statement to The Kerby News. “Maureen brought passion, kindness, optimism, commitment, respect and humour to everything she did.”

In her time at the Kerby Centre on the board and also as president, she was instrumental in the “Grey Matters” pilot project alongside the University of Calgary, which aimed at collaborating with seniors

for academic research. She served on Kerby’s board for 10 years, with three of those as president, before she was awarded a honorary lifetime membership for her dedication. Kerby Members and employees said that she consistently gave so much to and supported the centre in her work, going as far as to drive seniors in from Cochrane to play bingo at the Kerby Centre.

Her numerous accolades include receiving the Commonwealth Golden Jubilee Award, the Provincial Senior’s Service Award, and the Star of Alberta Award.

Maureen Wills will be fondly remembered by the staff and friends of Kerby Centre. ▲



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# The versatile and exuberant poppy



By BARBARA ELLIS

My wonderful mother baked poppy seed and walnut rolls every Christmas.

Actually, Christmas without the poppy seed and walnut rolls just would not have been Christmas in our house. She baked many other things with poppy seeds such as muffins, cookies and poppy seed pound cake, but the one that mattered the most was the one she baked for Christmas.

The poppy seeds, or bread seeds as they are sometimes called, come from the big opium poppies which have been used and eaten by

humans for countless generations. Their smaller cousins, the common or corn poppies, are an annual species and are considered to be a weed that grows alongside agricultural crops.

Hungarians love poppies, and — in fact — most Europeans incorporate poppies into their cooking, their paintings and embroideries. I did not grow up in Europe and did not fully comprehend the hold they can have on a person until I saw them for myself.

The first time they took my breath away was in Spain. I was there during May when the poppies were in full bloom and to see them in their millions is a spectacle not to be forgotten.

As we drove along any road, they literally covered the meadows in a blanket of crimson. The common poppy may be a weed, but oh my, they are glorious. We stopped many times and took photos of them as they crowded one

another right to the edge of the road. Mixed in amongst them and trying very hard to get their share of the sun were white daisies, some blue corn flowers and a mixture of yellow and orange wild flowers.

Everywhere I traveled in Europe I found this little flower in every tourist shop embroidered on tablecloths or pillows, and they were even in paintings that covered the walls. When I got home, I too began to paint poppies, and now many of these paintings hang on the walls of my family and friends.

Every decade or so, there is a rare happening called a super bloom in California and this was the year for that event. Conditions have to be just right so the seeds — which may lie dormant for years — can germinate, and produce the elaborate display such as the one they put on this year. Poppies bloom all over California, but the very best blooms were in Antelope Valley where they covered the rolling hills in all their magnificence.

Of course, there were many other wildflowers buried in the mix, but it was the poppies that drew the crowds. Thousands of people came

to see Mother Nature's masterpiece, but when they began to trample them down, authorities had to close the area and turn people away. I was not aware until this year that the poppy is California's state flower, and I would love to have seen those flowering hills for myself. Unfortunately I only saw them on the news and the internet.

This unassuming little flower has become an important symbol for the fallen soldiers who died in battle. Every November, we wear the poppy with pride to thank our veterans for their service. The poppy was first noticed and came to prominence after the Napoleonic wars.

People were amazed that the poppies began to grow and flourish where the ground had been disturbed by the horrors of war. It was again noted after the first world war that the fields where the greatest of battles were fought, was where the poppies began to bloom, in fact, it was the only flower that could tolerate the destroyed soil.

In that horrible war, the one to end all wars, a young Canadian soldier penned that poignant lament: "In

Flanders Fields." Seeing the flowers emerge from the torn up blood-soaked soil, Lieutenant-Colonel John McCrae wrote the poem which has become an anthem of sorts, and is recited every Remembrance Day.

In Calgary something extraordinary has been happening during the latter part of October. It started a few years ago when we first witnessed the planting of white crosses along a portion of Memorial Drive. Each cross bears the name of a Southern Albertan brave man or woman who made the ultimate sacrifice for us.

After the crosses are perfectly spaced and aligned in rows, school children place a red carnation on each one. We now look forward to seeing those crosses and the sunrise service that happens every day from November the first to the eleventh. In our past, so many years ago, armistice was declared and that horrible First World War was ended at 11 o'clock on the 11th day of that 11th month. I hope that the day never comes when we no longer observe this very important and special day, indeed. . . "Lest We Forget." ▲

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## Two amputees share a special bond

*Submitted Article*

Sean Borle, 24, recalls meeting Second World War veteran Lloyd Brown, 96, for the first time six years ago at a Remembrance Day ceremony. "We had this magical moment where I reached out my right hand and he put out his left, to shake hands," he says.

Borle was born missing his left hand, and Brown

lost his right arm due to the shrapnel of a shell on October 18, 1944, while serving with the Loyal Edmonton Regiment in Italy.

On Remembrance Day, the pair share a special tradition of laying a wreath on behalf of The War Amps, an organization entering its second century of service this year.

The War Amps was started by war amputee veterans

returning from the First World War to help each other adapt to their new reality as amputees. They then welcomed amputee veterans following the Second World War, sharing all that they had learned.

Borle grew up in The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs, emotional support and regional seminars to young amputees across Canada. It was started by War Amps Members, such as Brown, who realized their experiences of living with amputation could help others.

Through what they call "Operation Legacy," Borle and his fellow members of CHAMP have now "taken up the torch" of remembrance to pay tribute to the veteran members of The War Amps, whose efforts have made a difference in the lives of thousands of amputees.

When Brown attends the Remembrance Day ceremonies, he reflects on all those in his regiment who never came home. "It's heartbreaking to think of all those who lost their lives and it's important to remember them," he says.

And for Borle, it's special to share Remembrance Day with Brown. ▲

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# Accessing Medical Assistance in Dying

By Judy Hunt

Medical Assistance in Dying, also known as MAID, is legal across Canada. It provides another choice at the end of life by giving some control to the sufferer. Bill C-14, which passed in Parliament on June 2016, changed the Criminal Code to allow doctors and nurse practitioners to help critically ill patients to end their painful suffering.

This legislation has given critically ill Canadian adults, who qualify, the legal right to a planned medically hastened death.

To qualify, applicants must be mentally competent, irremediably ill, suffering unbearably, with their end of life reasonably foreseeable.

It is important to understand that in Canada, health-care is a provincial jurisdiction and each province manages the regulations surrounding MAID differently.

In Alberta, those interested in having their death hastened, must submit their own request for Medical Assistance in Dying.

Health care professionals, such as doctors, nurses, social workers may or may not mention MAID when discussing end-of-life options. It is up to the individual to initiate Medical Assistance in Dying as a self-directed request.

A recent news report on Global News mentioned that Alberta patients currently face challenges in accessing Medical Assistance in Dying. Patients often are in a hospital when they choose MAID.

They then turn to the hospital staff for help with the procedure, only to find that the staff may not know the application process.

Should MAID be your choice, this is the procedure to access it in Alberta:

- Phone Health Link at 811 for information about how to access MAID.

- Send an email to MAID, [careteam@ahs.ca](mailto:careteam@ahs.ca) with your request to apply for Medical Assistance in Dying. You can expect a response in five business days.

- Google AHS MAID. Research the Alberta Health Services website that pops up.

- Or go directly to <https://www.albertahealthservices.ca/info/Page13497.aspx>

- Download the 'Record of Request for Medical Assistance in Dying Form'.

This Record of Request Form must be filled out by the applicant or a proxy,

witnessed by two independent witnesses who are not beneficiaries of the applicant's will and who are not involved in their healthcare.

The completed form is then faxed to 403-592-4264 Calgary for Central Alberta, 403-592-4265 for Southern Alberta, or 780-641-9123 for Edmonton and North.

-The MAID Care Team staff, known as 'navigators,' will take it from there. There is a minimum 10-day period of reflection from the time the Record of Request is signed.

During this time, the navigators will assist the applicant to arrange for the required mental and physical assessments by two independent doctors.

It must be emphasized

that MAID is carried out only at the request of an individual who is mentally competent to make the decision both at the time of the assessments and at the time of provision of the prescribed drugs.

This requirement ensures that the individual understands what they are requesting and that their death is the outcome of their actions.

Since mental competency is critical and competency can vary depending on the medical condition and treatment, do stay in touch with the navigators and request another assessment if necessary.

Start the application process earlier rather than later to ensure it runs smoothly. The approved Medical As-

sistance in Dying Request does not need to be exercised immediately.

There are many variables when people are at the end stage of their life. Once the applicant has been accessed and approved for medical assistance in dying, the timing can be adjusted to suit the situation.

Be assured that requests can be withdrawn at any time after approval even right up to the provision of the drugs.

However, MAID is not an end-of-life option if an application and complete assessments are not in place beforehand.

Medically hastened death, through Medical Assistance in Dying, is a palliative care option just as palliative sedation is at end-

of-life. Having the option to hasten one's death, even by mere days, brings peace of mind to the individual and to those around them.

In February 2016, an IPSOS survey found that 84 per cent of Canadians approve of having Medical Assistance in Dying as an end-of-life choice. How we die matters. Just as when we are living, we want to have autonomy and ownership of our decisions.

MAID may not even come into play in your dying process, but it is comforting to know that it is a legal and available end-of-life option. ▲



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# Preventing slips by learning from penguins

By Andrew McCutcheon

Icy roads and slippery sidewalks have quickly replaced the dark rainbow of fall leaves hitting the ground in Calgary and across southern Alberta this year.

The snowstorm which rattled a good chunk of the province at the beginning of October also ushered in

the winter season within the span of a blink, and dangerous conditions could cause a heartbreaking accident in the same abrupt manner. By learning from the penguin, however, everyone can take measures to help reduce their own risk of slips, trips and falls related to icy surfaces.

Falls pose a significant

health risk for adults over 65 years of age, according to Alberta Health Services. Between 2000 and 2013, over 1,400 older adults died as a result of falling; averaging over 100 fatalities every year, with statistics indicating a steady rise over the same period.

Albertans are also at greater risk — compared to other provinces, such as Ontario — when it comes to hospitalization due to falls, as well, according to Statistics Canada.

However, careful consideration and proper planning can greatly reduce potential hazards and ensure the winter season is spent on warm walks, with hot chocolate and visits with family and friends, instead of being holed up recovering from a nasty slip.

The first — and sometimes least obvious — recommendation is to be aware of your surroundings. Running daily errands and regularly going from place to place can lead our minds to wander and go onto autopilot or cruise control.

It only takes a moment when getting out of a vehicle, or moving onto or off a sidewalk to examine your surroundings. Look for black ice on pavement and be extra sensitive to where you step, especially following a quick cold snap after a period of melting. Everything outside may have turned into

a skating rink and, unless you're Maurice Richard, it's important to plan your steps carefully.

Avoiding ice isn't possible all of the time and there may come a moment when you'll need to navigate some slick surfaces. Folks of all ages are recommended take things slowly and "walk like a penguin!"

This means pointing your feet out slightly, walking flat-footed with your legs spread apart, taking short shuffle-like steps, and keeping your arms at your sides.

The mental image might look silly in your head, but there's nothing silly about not wanting to spend the holiday season in a cast.

When it comes to planning, don't dress for fashion: make sure you're in a good pair of shoes or boots with ankle support and slip-resistant soles. If you use a cane, investing in an ice pick will add another layer of traction and safety when you're out and about.

If you know ahead of time that you'll be carrying items later — such as groceries or the weekly shopping — grab a sturdy backpack. This will keep your arms free, not only to retain your balance but also for utilizing available handrails and helping to protect yourself in the event of a fall.

Regular exercise will include general strength and balance. In particular, fo-

cus resistance training on the lower-body is an obvious way to ensure our muscles are prepared for when a slip comes, so that it doesn't turn into a fall.

What might be less obvious is the importance of core muscle strength. Core muscles — which include your abdominal, lower back and pelvic floor muscles — help to maintain stability and better utilize your upper and lower limbs.

Core muscles end up being the first and foremost muscles when it comes to quickly recovering from a sudden loss of balance. Talking to your doctor, personal trainer or physiotherapist can give you a better idea of low-impact ways to train your core muscles. Pilates and yoga are two common activities which, in addition to helping prevent falls, can also be recreational, with a bevy of mental and social benefits.

While you're talking to your doctor, you can also discuss whether you may be on any medications that could cause sudden dizziness or disorientation. Every extra step of preparedness will add to your defence against slips, trips and falls.

And remember: falls aren't necessarily a guarantee when it comes to getting older. As with any activity, taking proper measures can reduce your risk to a manageable level. ▲



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## REMEMBRANCE DAY



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# Diving into The Expressive Arts at Kerby Centre

By Alicia Zubot

Kerby Centre is providing a new and ongoing Education and Recreation program that began in January 2019. I am overjoyed to have the wonderful opportunity of engaging the 55-plus population in the Expressive Arts.

The Expressive Arts setting is a safe and creative space in which individuals and group members move from one art form to another, and then another; forming a beautiful tapestry of self-expression — a method of self-knowing.

No artistic skill is necessary in any of the art forms introduced during a class. The key is openness to imagination and discovery through a willingness to explore the art materials provided, and facilitator-directed activities (which include options from which participants can choose). I invite group members to experiment with creative writing, story-telling, visual art, body movement/dance, and music making. The creative space is free from analysis of artwork, or being judged as good or bad.

It is an environment of encouragement that welcomes endless possibilities.

The field of Expressive Arts Therapy is a recent phenomenon within the last 50 years. The implementation of the theory and practise was introduced by such forerunners as Shaun McNiff, and Paolo Knill, among others. The Expressive Arts aims to bring society back to its anthropological roots of integrating the arts into the cultural fabric of living a life that is fully alive.

Within my own experience of the Expressive Arts, I have encountered healing and growth, and gained insight into directions I wished to travel through the discovery of the inner resources I carry in my handy life toolbox.

The Expressive Arts process is a resource-oriented approach to discovery in which the participant remains an active decision-maker as he or she explores the art-making materials and moves from one art form to another. I, as facilitator, guide the session in an open framework so that each group member can arrive at their own findings and conclusions.

Many participants who have attended my Expressive Arts Series have expressed their appreciation that Kerby Centre is providing such a new and fascinating program. I have witnessed group members discover new as-

pects of themselves that were hidden until now, increase in self-confidence and renew life passions such as gardening or connecting more with others.

Others have expressed that they have come to experience a sense of community and vitality in their own lives as a result of attending the Expressive Arts program.

Through my work at Kerby Centre, I seek to bring out the unique life story journey of each person who enters the Expressive Arts creative space. I wish to enable people to discover their strengths amidst struggle and use them to create hope in ways that are tangible and long-lasting.

When we feel isolated and alone it can be difficult to rediscover a life passion or try something new, but when we get out around other peo-



An example of what can be created through Expressive Arts. Photo submitted by Alicia Zubot

ple, a spark of curiosity may be just the right medicine to encourage that initial step outside the box of comfort.

The rest of the journey

becomes an optimistic adventure. For more information about Kerby Centre's Expressive Arts Series, call 403-705-3233.

To learn more about the Expressive Arts experience, please feel free to visit my website at [www.aliciazubot.com](http://www.aliciazubot.com). ▲

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PROUDLY CANADIAN



# Lou Lamy and 1st Canadian Parachutes

Story by Andrew Glen McCutcheon

Page layout and design by Winifred Ribeiro.



Lucien "Lou" Lamy at enlistment back in 1942. He was 17-years-old at the time. Courtesy of Lou and Marion Lamy.

Lucien "Lou" Lamy was born in northern Manitoba in 1925. He served in the 1st Canadian Parachute Battalion in World War Two. Every year, his group of former paratroopers would meet on the anniversary of D-Day in June to commemorate the event. Lamy is the last surviving member of this group. He still plans to attend in 2020.

Born on a homestead, Lamy worked and helped on the farm when he was just a young man. At 17, he had heard the news of the war overseas when the Airborne first came looking for volunteers.

"I read quite a bit about it and heard about it. It was exciting," Lamy says. "I told them that that's what I wanted to do."

Formed in July of 1942, the 1st Canadian Parachute Battalion was the first of its kind in Canada. Colonel E.L.M. Burns forged the path for its creation, although he was first denied due to a perceived irrelevance when it came to defending Canada itself. Burns argued that airborne

infantry would be an efficient way to get soldiers into the difficult areas of Canadian terrain if an invasion were to occur.

"They were afraid that Canada was going to be attacked," Lamy explains. "We were supposed to stay in Canada."

It wasn't until the success of the Fallschirmjagers — the German division of airborne infantry — and the creation of parachute regiments by both the United States and Britain that the Canadian military granted Burns' request.

The 1st Canadian Parachute Battalion was formed on July 1, 1942, with 26 officers and 590 other soldiers across other ranks. Some trained at Fort Benning in the United States and others at the Canadian Parachute Training Wing at CFB Chilo in Manitoba.

"We had to do five jumps out of the airplane to get our wings," Lamy says of his training. "I thought that it was a lot of fun."

"The first time was the best of all. I didn't know what to expect. They just march you up to

the door with the captain in the back ... and then you're floating around in the air."

After getting his wings, it was time for Lamy and the 1st Canadian Parachute Battalion to head overseas.

"Everything seemed to happen very fast," Lamy says. "I wasn't nervous. I was training as hard as I could to get there."

After arriving, they waited in Britain for six months, training at the RAF Ringway in England. The Battalion was assigned to operate under the British 3rd Parachute Brigade, which was itself part of the British 6th Airborne Division.

After training day after day, preparing for the battles to come, it was time.

"They told us 'that's enough training. It's time to go to work now'."

The Canadian Parachute Battalion was transported to France in 50 aircraft, flying in the dark of night as the battalion participated in Operation



1st Canadian Parachute Battalion paratroops taking part in British parachute training at the Royal Air Force Training School, Ringway, Cheshire, England. April 4, 1944. Library and Archives Canada Photo.



The first group of Canadian parachute candidates preparing to jump from a Douglas C-47 aircraft, Fort Benning, Georgia, United States. September 7 – 11, 1942. Library and Archives Canada Photo.

Overlord. The Battalion was to land one hour in advance of the rest to secure the drop zone, or DZ. Then, they were to destroy the bridges over the River Dives and Varaville and take over strong-points at vital intersections.

Each soldier had 70 pounds of equipment in addition to their normal armaments: a knife, a toggle rope, an escape kit with French currency and rations to last them 48 hours.

They landed after 1 a.m. on June 6 and were the first Canadian unit with their boots on the ground in France. However, poor weather and even worse nighttime visibility led to many soldiers being strewn across the countryside, some of them quite

distant from their planned DZ.

While Lamy wasn't part of that initial drop, he quickly joined up with the rest of the Battalion following D-Day to reinforce them. The higher-ups in the military decided against future night drops for subsequent airborne operations.

"We dropped during the night. That wasn't very good," Lamy recalls. "They decided we'd never do that again."

By mid-day, however, all objectives were successful and the soldiers of the Battalion had accomplished their aims. This was the first instance of something which would become part of their extraordinary reputation: the 1st Canadian Parachute

the coldest on record in half a century according to some reports, but Lamy had a particular advantage: he grew up in Northern Manitoba.

"The snow didn't bother me much," Lamy says. "In Northern Manitoba, when it's cold, it's cold."

Still, conditions were not kind to the Battalion and they worked hard at keeping warm and fed, all the while constantly patrolling to defend against any German attempts to infiltrate their lines.

The 1st Canadian Parachute also had the unique privilege of being the only Canadians to participate in the Battle of the Bulge, and in their next operation — named Operation Varsity — would be the Canadians who advanced the deepest into enemy territory.

The Battalion returned to Britain on March 7 following the Battle of the Bulge to train for Operation Varsity, which would involve crossing the Rhine. It would be the last airborne operation for the 1st Canadian Parachute Battalion.

It was a warm, nice day when Lamy dropped in with the rest of his battalion at around 10 a.m. There were soldiers: thousands and thousands of them, and unfortunately for Lamy, his drop took him directly into a tree, hanging perilously in the air.

Having trained for such a situation, Lamy made the 15-foot drop to the ground.

"That's where your skill with the falling was displayed," Lamy says. He picked up his Bren light machine gun and headed into the fray, where he quickly found a sergeant of his.

The two worked their way through deep, ditch-like canals, keeping low to avoid the keen eye of German snipers that could fire upon them without warning.

Tragedy struck. "We were crawling on the ground and all of a sudden he stood up, and I told him: 'get down!'"

"And he was dead."

Lamy kept low, raising his own helmet on a stick as a makeshift distraction. When a shot rang out mere seconds later, he aimed out from his position. His weapon was steady and he aimed at a gun pit where he saw an enemy soldier still holding a smoking rifle.

"I emptied my gun into that pit and got them all."

"Then, I felt better."

"By that afternoon, everything was quiet."

The Battalion had landed at around 10:00 a.m. and by 1:00 p.m., the majority of the fighting was finished. Prisoners were captured and the Battalion had swiftly secured its objectives.

They would go on to advance nearly 500 kilometres in

37 days, marching or riding on tanks, eventually making their way to Wismar.

It was here that the Russian army was to approach. The Battalion set up a blockade and not four hours later, their Russian counterparts arrived.

"We knew they were coming," Lamy says. "They were very surprised. They didn't know there was going to be someone to meet them there."

The Battalion was the only Canadian army unit to meet face-to-face with the Red Army during World War Two and it was their job to keep them from pushing farther towards Berlin.

The Russians stopped around 300 feet away and erected their own barricade to face the Canadians.

Lamy's captain, who also happened to be from Manitoba, took a fellow soldier who spoke Russian over to speak to the other side.

"He told them 'Any one of my men will take on any four of yours. So if you want to fight? Go for it.'"

There, a quiet, uneasy stalemate occurred between the two blockades. Three days passed.

Then, the war was over.

"When the word came out that the war was over, everyone dropped their weapons and met each other."

"That's what happened."

They stayed there for ten days longer and an aircraft brought them back to England. They were told they were going home.

But, as the train was leaving for the ships that would take them home, it stopped all of a sudden.

The famous Field Marshal Bernard Montgomery was there, Monty as Lamy and many others called him. Every soldier, nearly 700 of them, lined up and Montgomery shook each one of their hands before they left.

"He always looked after us. He used to say we're 'his Canadians,' and he had to keep

us from getting hurt," Lamy says. "We said bye to him and got on the boat and went home."

Lamy returned to Canada and to Marion, who he knew before the war. They were married within the year and most recently celebrated their 73rd wedding anniversary.

The 1st Parachute Battalion was officially retired on Sept. 30, 1945. Lamy would meet up with some surviving members at a monument every year on the June 4.

"And now there's only one," Lamy says.

"I don't know how much longer I'll be able to do it. I enjoy it!"

Lou Lamy at an event marking the anniversary of the Normandy Landings

Courtesy of Lou and Marion Lamy.



1st Canadian Parachute Battalion paratroops getting dressed for a jump at the Royal Air Force Training School, Ringway, Cheshire, England. April 4, 1944. Photo credit — Library and Archives Canada Photo.



A mass parachute drop performed across the countryside. Photo credit — Courtesy of Coogan Wilson and 1st Canadian Parachute Battalion Virtual Museum.

He may be the last of the 1st Canadian Parachutes, but there is another group now, out of Edmonton. Young folks who've taken up the flag and keep the tradition going for the younger generations.

When Lamy goes there now, he's surrounded by the colours he proudly represents.

"I enjoy going there. The young fellows all come around and want to know what happened. There isn't a spare minute," Lamy says.

"I don't know how much longer I'll be able to do it. I enjoy it!"



Lou Lamy, in his Calgary home at age 94. Photo credit — Andrew McCutcheon



# Tiny homes for Canada's larger-than-life heroes

By Sheila Addiscott

In November, on Remembrance Day, we remember those who have given their lives in service for Canada. Nevertheless, there are thousands of Canadian Armed Forces (CAF) veterans who return after their service who struggle to find their way home.

Calgary-based Homes for Heroes Foundation has tackled this issue head-on, and this November is opening Canada's first village of tiny homes in Calgary, providing an innovative and caring solution to homelessness among veterans.

The Homes for Heroes Foundation was the idea of Murray McCann and co-founded with Dave Howard in response to the growing number of military veterans struggling to reenter civilian life after leaving the armed forces.

Homes for Heroes Foundation President, Dave Howard, has been helping Canadian Armed Forces for more than 13 years. He has been running the Field of Crosses project for founder Murray McCann for more than 10 years. The Field of Crosses is an annual display

of white crosses on Memorial Drive, in Calgary. The crosses have the names of military personnel on them who lived in Southern Alberta and lost their lives during active service with the Canadian forces.

McCann approached Howard three years ago with an idea he had to use tiny homes as a way to support homeless veterans.

"We started to look into this issue across Canada and realized that homelessness was an epidemic. The government estimates that there are about 3,500 homeless veterans, but the research we did showed the number is closer to 6,000," said Howard.

There are an estimated 180 homeless veterans in Calgary and 200 in Edmonton. Many of the homeless counts are done in shelters. Veterans are a proud group and are not self-identifying. There are also many who move from couch to couch, who are not included in the counts.

After realizing the extent of the problem, the first goal was to get a better understanding of why this was happening and speak to veterans to understand

what type of program would work. They quickly realized that if they were going to build houses, it had to be more than four walls and a roof. They needed to build communities.

"We realized that if we were going to build something, we had to build a village in a city and have access to amenities, social services and provide full wraparound services," explained Howard. Understanding and addressing the reasons that veterans become homeless is at the heart of the program.

"Veteran" is a great misnomer for people, as they only think of a veteran as their great-grandfather that served in the Second World War. But there are a lot of veterans that come back from Afghanistan and peacekeeping missions that are suffering, from post-traumatic stress (PTSD) and other disorders," said Howard.

Canada Armed Forces has troops on peacekeeping missions with the United Nations, operates counter-terrorism operations in the Arabian Sea, and responds to international emergencies around the world.

"The reason I started working with veterans is



The interior of one of the "Homes for Heroes." Photo by Sheila Addiscott

because I had a grandfather who was suffering. He had an injury, post-traumatic stress. What I saw was a broken person, and it drove me to learn more about what was happening with vets, and I discovered that there are thousands of veterans that need our help," explained Howard.

"When we consulted with veterans about what they wanted and needed, their goal is to come into a program to work on themselves and get back on their feet, and then exit the program to make room for the next individual. So this isn't meant to be permanent housing, it's transition housing

and people can stay for one year or three years. The idea is to get veterans reintegrated back into civilian life and then go on to become mentors for the next tenants," he added.

There are 15 homes in the village designed in a barracks-style format that is again part of the larger community of Forest Lawn. Each home is stocked with all the furniture, cooking utensils, cleaning products and linens needed. Veterans are allowed to have service animals in their new homes. There is also a suite available so that family members can come and spend the night and take part in the programs.

Within the village there is an on-site counsellor and social services, providing post-traumatic stress disorder support and other rehabilitation programs tailored to meet each individual's needs. When a veteran is ready for employment, they will work with employment services to take that next step.

Each of the homes is named after a fallen Canadian veteran. "The village is dedicated to those that have served that need our help and to those that have fallen," said Howard. "It took a community to raise this village. The community as a whole has helped to cover the cost of the program. Atco has donated \$1.5 million and CP Rail has raised more than \$800,000 for the foundation. Calgary is proud to support those that serve and those that continue to serve." ▲

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# Photo research illustrates difficulties for immigrant seniors



Photo left: A display of photos capturing the difficulties of immigrant seniors dealing with the tribulations of financial literacy.

Photo right: A simple thermos, which might be an easy purchase to some, becomes more difficult. Photo credits: Faculty of Social Work, University of Calgary

By Andrew McCutcheon

A picture is worth 1,000 words according to the adage, and so many words are needed to help advocate for those most vulnerable in our diverse communities.

The University of Calgary's Faculty of Social Work partnered with resource organizations and a selection of immigrant seniors to capture their relationship to financial literacy and money, which can be a difficult subject for those who've come to Canada and are growing old.

Dr. Ilyan Ferrer of the U of C was instrumental in facilitating and presenting the research, which detailed older immigrants living on an average monthly income of \$1,400, all while continuing to work and support their families, communities and nations-of-origin.

"A lot of them spoke of not having enough pensions, issues with immigration policies, and how it makes older adults reliant on their adult children," Ferrer says.

Many of the participants came here under a program of sponsorship with a 10-year dependency clause, which forced them to be structurally dependent on their sponsors — their adult children — both economically and socially for a strict period of time. In more recent years, policymakers have increased the time of this clause from 10 to 20 years.

"When they needed financial resources, and when they approached service agencies, you weren't eligible because you had a sponsor," Ferrer says. "[I knew of an] older gentleman who had to go to loan sharks because he wasn't receiving enough pensions ... Even though they were retired in their home country, they had to work into their 70s and 80s simply to survive."

The research program partnered with a diverse selection of immigrants in Calgary to take photos of their day-to-day experience when it came to their financial activities.

They took pictures of the childcare they provide to adult children, their workplaces, or simple things they would like to purchase — even as small as a thermos — but could not without asking their adult children for support.

"Because they're under the 10-year period, they need to have the conversation with what they can and cannot buy," Ferrer said. He said this is difficult for many to be dependent on others, when in their country of origin, they would have had the financial independence which comes with adulthood.

Their difficulties are compounded by structural and policy issues: for example, many immigrants who were well-educated and experienced in their nations-of-origin are working in service positions due to their credentials not being recognized. Being in these labour markets forces them to be paid on a level not equal to their education or experience.

Moreover, when they need financial resources, Ilyan says, they are not eligible due to the aforementioned 10-year dependency clause, with the assumption that their sponsor will take care of them.

"The common perception ... is that [we as Canadians] have to safeguard existing healthcare and social services to ensure [immigrants] are not a burden on our institutions," Ilyan says. "It's very harmful, as it downplays the contributions they make in childcare, as ambassadors and stewards to their language and culture."

In addition to childcare

and active work, many immigrant seniors work as cultural ambassadors and representatives within their community. Without hearing their voices and listening to their experience, Ilyan said, folks can miss out on the many positive contributions they can have on society as a whole.

"One took photos of educational items in Russian," Ilyan said. "They see it as their responsibility."

The research project was presented in Calgary on Oct. 7 and Ilyan said it was quite eye-opening for many of those in attendance.

"Older adults from different immigrant communities attended as well as the participants and a lot of them were motivated to share those stories," he says. "There was a lot of nodding as I provided an overview of the project."

Showing off the photos and voices of the normally unheard and unspoken through this project is part of the "Positive Disruption" series of events curated by the University's Faculty of Social Work.

The series aims to "spark conversation and create positive change" as it engages with the public and "forces people to find new solutions, to make new connections and [challenge] old assumptions."

For Ferrer, there are several ways the public can further engage with the issues of financial literacy facing older immigrants. The first, according to Ferrer, is to engage with our elected representatives: "Going and collectively approaching our policy makers at the federal and municipal levels to address these realities."

Beyond that, the other important aspect is keeping in mind the consistent value that immigrant seniors provide to our communities at large.

"We should acknowledge, honour, and recognize the stories and contributions that older immigrants make to Canadian society," Ferrer

said. "They're not a burden. Their labour contributions and cultural contributions need to be recognized and adequately compensated." ▲

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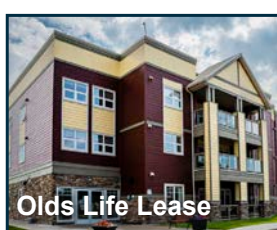
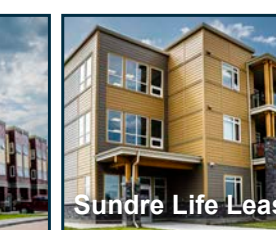




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# Checking for black knot during fall



Above: An example of a plant with matured black knot gall tips. Photo by Deborah Maier

By Deborah Maier

Before you put your feet up and call an end to the gardening season, there

are still a few tasks that should be done now. A key one is inspecting trees and shrubs for black knot.

Black knot is caused

by the fungal pathogen *Apiosporina morbosa*. It was first reported in Massachusetts in 1811. Until 1875, when its spread to the central states was observed, researchers believed black knot was only a problem in the northeastern states.

Now it is found across the United States, Canada and even Mexico.

An established infection is easy to spot once the leaves are off the trees. Black knot, as the name suggests, appears as a lumpy black, knotty, growth on infected branches. A notable, lumpy black growth usually indicates that the infection is at least 1 year old. The fungal infection is spread by spores. A warm, damp spring is conducive

to fungal growth and spore production. The initial infection can be caused by spore germination on a thin film of moisture at a leaf juncture. Tender, growing tissue such as fruit spurs or branch tips are susceptible.

During the first summer, the infected portion of the branch will swell irregularly. By the fall, these swellings will have evolved to olive-coloured galls. Over the winter the fungus is dormant. In the spring the galls will grow vigorously, splitting open and releasing spores that will infect other branches on the host and branches of susceptible neighbouring trees and shrubs.

Black knot can make the tree unsightly but usually doesn't kill its host. If the fungus girdles a branch it will kill the portion of the branch above the gall.

However, the galls are entry points for insects and the secondary infections that may accompany the insect. The stressed tree may not have the resources to ward off these additional pests, which will ultimately cause its demise.

The best way to control black knot is by removing and destroying the affected plant tissue in the first winter of infection. Prune off the infected plant tissue at least 15 cm below the gall. The cut tissue should be healthy. The infection is within the branch, not just

on the surface. Ideally, the cut would be taken back to a branch collar. Place the infected plant material in a bag, seal it, then place the bag in the black bin.

Research notes that black knot can shed spores for four months after being removed from a tree, so it's important to dispose of it immediately. Be sure to disinfect your tools between cuts and thoroughly clean your tools before placing them in storage.

So, while the ground is frozen, but not covered in lumps of ice, take a walk around and look for the obvious black, lumpy tar-looking galls on the branches of maydays, chokecherries, flowering plums and other *Prunus* species.

Take a closer look for any irregular thickening of branches or small galls indicating an infection that occurred this past spring. If you see any of these signs, start pruning or contact a certified arborist to take on the job.

Black knot is widely spread across Calgary. Let's do our part to keep our trees healthy and fully contributing to our environment before calling an end to this outdoor gardening season.

If you are interested in learning more about gardening in Calgary, visit the Calgary Horticultural Society's website, [calhort.org](http://calhort.org). ▲



Above: Branches thicken as the black knot infection grows. Photo by Deborah Maier

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Dear Barbara,

I just had to write to say how much I enjoy your col-

umn in the Kerby News.

It is such a memory-stirring, warm-hearted column to read and a definite and much needed counter to all the sad news in the papers these days.

We certainly did grow up in, what to us, was an idyllic age and this is --- what comes to mind through

your writing. Barb, please keep it up! To those of us who are mobility challenged and somewhat homebound, it is a god send.

Take care and all the best in all your many endeavours.

Carol Ingram

# Rainbow Elders: The RuPaul Effect

By Donna Thorsten

Many people are familiar with drag queen RuPaul Andre Charles aka “RuPaul.” His reality competition television show RuPaul’s Drag Race has brought drag queens into mainstream conversation while challenging gender norms and roles.

Drag queens are entertaining in so many ways. Elaborate fashions, death drops, amazing splits and that hair. I have always enjoyed watching drag queen shows. They use humour, wit and artistry to entertain and bewilder their audiences.

Drag queens transform feminine gender roles for entertainment. They spend an inordinate amount of money on wigs, clothing, and makeup to create those amazing looks. Then there are the physical demands they place on their bodies as those transformations take a lot of time and duct tape.

But contrary to what many people think, drag queens are not men dressing up to be women. As RuPaul said: “I do not impersonate females! How many women do you know who wear seven-inch heels, four-foot wigs and skin-tight dresses? I dress like a drag queen!”

With the popularity of his show, RuPaul and many of his queens have become household names. Names such as Bianca Del Rio, Bob the Drag Queen, Trixie Mattel and Alyssa Edwards are talked about at the dinner table. One of Canada’s very own drag queens, Brooke

Lynn Hytes, finally got to participate in season 11 of the show.

These talented queens now deliver top performances on stages around the world. They have their own TV shows, Netflix series and YouTube videos. Many of them even come to Calgary to perform. These queens are enjoying star treatment and making a good living performing drag. All of this is because of the popularity of RuPaul’s drag race bringing drag into popular culture.

As wonderful and promising as this is, I believe, that many queens still live in fear and are not able to live their lives as they would like. Drag queen history is littered with discrimination and homophobia because some don’t see them as being “normal”.

Many drag queens are typically gay cisgender (a person whose identity corresponds with their gender and birth sex) men. However, drag queens cross a much wider spectrum of sexual orientation and gender identity as mainstream culture’s understanding of sexual and gender expression has changed.

It was during the Stonewall uprising in New York in 1969 that some queens finally got recognition. They had always existed on the margins of society, but drag queens were one of the first groups to stand up against the ongoing police brutality against the LGBTQ+ community.

Discrimination and violence were rampant

during this period, many drag queens were beaten and some were killed. Many queens also had difficulties being accepted within the gay community. When you look at pictures of the riots the queens are standing up at the front of the pack. Drag queens like, Marsha P. Johnson and Sylvia Rivera are just two of the unsung heroines of Stonewall. These historic queens took the very first steps fighting for gay rights and the rights of drag queens, paving the way for the acceptance of queens in society today.

The thriving local drag scene in Calgary has evolved based on all of this history. The Calgary drag queens have expanded their repertoire. They do drag shows, but also drag queen brunches, and drag queen storytelling times at our local libraries. Wow! Times have changed.

Even one of our local drag kings, yes there are drag kings, Duke Carson, is enjoying national success (check out CBC arts) and was the first drag king to be named “Alberta’s Next Drag Superstar” in the 2018 competition.

There are many ways to enjoy drag. You can go out and enjoy some local entertainment, like the Fake Mustache Drag Troupe, western Canada’s longest-running drag troupe or one of the many other local drag shows. Or grab a cocktail and get comfy in your favourite chair, because RuPaul’s Drag Race has been picked up again for season 12. ▲

Merry Christmas  
& Happy Holidays!

Please Join Us For Our Annual

## Kerby Members Holiday Luncheon

Tuesday, December 3rd

Kerby Centre Gymnasium, 1133 7th Ave SW

Doors Open at 11:30 am

Holiday Luncheon at Noon

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



Back By Popular Demand, The  
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Harvey Fleming

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**\$15.00 per person Member Guests**

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or call 403 705 3233. Book soon! Tickets sell out quickly!

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# Korea, Canada's Forgotten War by John Melady

Review by Eleanor Cowan

After the deprivations of WW2, Canadians began life anew. Uniforms were exchanged for civvies, vets clocked into steady jobs and had children later known as Baby Boomers. Canadian society nestled into a much welcomed new normal.

Yet, in 1950, when the United Nations called for volunteers to rescue democratic South Korea from the maws of communist aggression by North Korea, 26,000 Canadians swelled the ranks of the 26 countries who signed up. Youth too young to fight in WW2 took their turn to serve an honest war.

Despite the enemy's appallingly cruel style of warfare, Canadian soldiers held their ground. When Canada's Princess Patricia Canadian Light Infantry (PPCLI) first surveyed the hill country of South Korea, they had no inkling how masterfully the enemy had exploited that geography. Below those rocky knolls, thousands upon thousands of armed enemy combatants buzzed in excavated tunnels and burrowed store-rooms, ready for a massive assault.

Melady based this beautifully written history upon hundreds of personal interviews with Korean War vets from all over Canada. Hear the voices of those who belonged to the Royal Canadian

Air Force, the Royal Canadian Navy, the Canadian Army's Light Infantry, as well as Canadian news and radio journalists. Melady writes with an even hand.

By squarely quoting their conversations, his interviewees speak for themselves. In this way, a recognizable cross-section of the beauty and ugliness of war emerges in the 219 pages of unforgettable, riveting dialogue.

No voice is unimportant to this author.

A stretcher-bearer with "C" Company, 2nd RCR, Ed Haslip from Sarnia, Ont., spoke eloquently of those he sought to assist. "I was most impressed by the Korean people. They gave me a greater respect for humanity, ...that a little nation such as Korea could go through as much over the years, and still refuse to be beaten down or give up, taught me a lot. We learned patience, honesty, and respect from the Koreans. Their villages were burned around them, but they still hung on and never gave up. I loved the Korean kids."

Major General John M. Rockingham, a beloved Canadian war leader, wrote the Foreword to Melady's first edition (1983) and expressed disappointment at the lack of mention of Canada's significant contribution in ending the Korean conflict. He hoped this book would set the record straight. Indeed,

it has. This author assures Army, Navy, and Air force combatants long-overdue recognition.

Among the dozens of moving personal stories, here's but a small heart-rending sampling:

Because other UN forces had been forced to retreat, the PPCLI found themselves all alone for three days and nights during the brave battle on Hill 677 in Kapyong. "Then, in the way that men who fought in Korea all remember, the enemy signaled their first attack on the Canadians."

Unseen, they rang bells, blew shrill whistles, and clacked sticks. The hair rises on the back of young necks. Some shocked soldiers were paralyzed into inaction by the weird sounds, as was intended by this ancient psychological ploy.

"Then there was screaming and shouting, and they

were coming through the brush towards us...From then on, the next few terrible hours were a complete blur. I remember being more terrified than I ever was or have been since," said Gary Gurny. "It wasn't till I was in Winnipeg in 1976 at the 25th reunion of the battle of Kapyong, that I really knew about the whole thing." Despite wave after wave of enemy storm outnumbering them 9 to 1, the PPCLI held firm.

Today, a stone cairn memorial in Kapyong honours the epic battle fought by the PPCLI in April 1951. A larger memorial, unveiled in 1985, is dedicated by the people of Korea to the memory of the 26,000 Canadians who served in Korea. Of these, 516 died, and 1,255 were wounded.

This reader was shocked to learn that Canadian soldiers spoke of unsung home-

comings, a silence that contrasted the wild ticker-tape parades for WW2 vets. Canadian Korean War vets saw no cheering crowds on main streets and no victory flags upon their return to Canada in late 1954.

One vet shared that his wife picked him up at the train station and on the drive home, told him the toilet needed fixing.

Exhausted field doctors and surgical nurses deprived of vital medicines and electricity in their Mobile American Surgery Hospitals (MASH) felt desperate, when, mid-amputation, the power supply shorted.

Frantic ammunition runners lost their arms and legs trying to deliver their urgent supplies and Canadian POWs, covered in lice and bitten by rats, focused on supporting each other.

I felt proud to learn that most infantry commanders insisted their soldiers be appropriately trained to efficiently face warriors with thousands of years of expertise under their belts. Canadians needing more training got it.

It was equally stunning to learn of a leader who couldn't care less one way or the other whether the soldiers under his watch lived or died. General MacArthur felt no need to include in his memoirs the grisly details of the outright slaughter of 313 ill-prepared U.S. soldiers (out of a group of group 752) near the Korean town of Chinju.

This reader reflected that it's bad enough to lose one's life under caring command in a just war, but quite another to die respecting a vow of unquestioning obedience to a narcissist.

Alive with histories of the Royal Canadian Air Force, Royal Canadian Navy, and Canadian Army Infantry who defended South Korea's right to freedom, this page-turner includes five detailed appendices. Names, ranks, awards earned, and dates of death are a real help to present-day researchers seeking data previously undisclosed about their family members. So many returned unable or unwilling to discuss their trauma.

The rate of civilian casualties in the Korean War was higher than in World War II and the Vietnam War. Perhaps we can best honour our Korean War vets by educating ourselves and valuing Canadians heroes who participated in securing the freedom of South Korea.

Lest We Forget.. ▲

## Volunteer Spotlight



### Eleanor Cowan

Eleanor is a very inspirational, dedicated and compassionate volunteer. In January 2019, she started volunteering at Kerby Centre as an ESL Instructor. Within the year, her class has grown to over 80 students. Eleanor chose to volunteer in the ESL class because she enjoys teaching so much. She has also volunteered as a book reviewer for the vibrant Kerby Newspaper. She said – "I love writing and the Kerby News staff warmly welcome my submissions. I'm also thrilled to facilitate the 'Polishing the Silver' workshop - an opportunity for Kerby members to share strategies about staying positive despite life's challenges". Eleanor likes to volunteer at Kerby Centre because she always receives appreciation and it warms her.

According to her – "The Kerby Center is a hub of purposeful neighbors from all over the world who care for each other. It's a wonderful example of world peace, love, and celebration".

Her hobbies are reading, writing, public speaking and teaching. She finds herself lucky and grateful to be able to work with her hobbies as her career!!

Eleanor has contributed more than **589** volunteer hours.

Thank you Eleanor, for all that you do for Kerby Centre!



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# Excite your senses with easy, seasonal, vegetarian recipes

Page design and layout by Winifred Ribeiro.

Jeanine Donofrio, founder of the wildly popular Love and Lemons food blog, has redefined fresh vegetarian cooking with her inventive recipes using seasonal ingredients. Now in her second cookbook, Jeanine presents simple techniques for cooking bright, beautiful food every day. With more than 100 recipes for breakfasts, lunches and easy suppers, as well as quick flavor charts for salad dressings and other staples, this cookbook proves that getting in your kitchen every day can be rejuvenating. Jeanine's philosophy is that simple combinations are the key to flavorful, exceptional meals.

*Love and Lemons Every Day* cookbook, will, both excite your senses and give you the practical tools you need to cook every day with confidence.



## FRUIT CRUMBLES

### 4 WAYS

**Serves:** 4-6

#### BASE CRUMBLE RECIPE:

1/3 cup gluten-free whole rolled oats  
1/3 cup chopped walnuts, pecans, or pistachios  
1/4 cup almond flour  
1/4 cup brown sugar or coconut sugar  
1/2 teaspoon cinnamon  
1/8 teaspoon sea salt  
1 tablespoon firm coconut oil, plus more for greasing  
1 scant tablespoon water 3 1/2 cups fruit filling

#### SPICED GINGER PEAR

3 ripe pears, cored and diced  
2 teaspoons grated fresh ginger  
1/2 cup dried cranberries  
1 teaspoon apple cider vinegar

Preheat the oven to 350°F and grease a 7 × 9-inch baking dish with coconut oil.

In a food processor, place the oats, nuts, almond flour, sugar, cinnamon and salt. Pulse until just combined. Add the coconut oil and pulse again. Add the water and pulse again.

In a medium bowl, mix together the fruit filling. Transfer to the baking dish, top with the crumble and bake for 20 to 28 minutes or until the fruit is soft and the topping is lightly browned.

Serve with vanilla ice cream.



Recipe and photography excerpted with permission from *Love and Lemons Everyday* by Jeanine Donofrio  
Published by Penguin Random House Canada



## VEGAN CAULIFLOWER GRATIN

Once fall hits, I crave creamy, cozy foods, which is why I'm pretty obsessed with this cauliflower side dish. Instead of cheese and heavy cream, the "cream" sauce here is made by chopping and blending the core of the cauliflower with cashews, a little lemon juice, and a touch of Dijon mustard (which you won't really taste, but it adds a necessary tang). I love serving this one as part of a holiday dinner.

**Serves:** 4

1 small cauliflower (1 pound)	<b>Topping</b>
1/2 cup raw cashews	1/4 cup panko bread crumbs
3/4 cup water	1/4 cup crushed pine nuts or hemp seeds
2 tablespoons fresh lemon juice	1/4 teaspoon sea salt
1 tablespoon miso paste	1/4 cup finely chopped fresh parsley
3 garlic cloves	1 red jalapeño pepper, sliced thin, with seeds
1/2 teaspoon Dijon mustard	
3 tablespoons extra-virgin olive oil, plus more for brushing	
1/2 teaspoon sea salt, plus more to taste	Freshly ground black pepper
1 small yellow onion, thinly sliced	

Preheat the oven to 400°F and brush an 11 × 7-inch baking dish with olive oil.

Break the cauliflower florets into small bite-sized pieces and set aside for later use.

Roughly chop the cauliflower cores. Bring a medium pot of salted water to a boil and boil the cauliflower cores (not the florets!) for 5 minutes or until fork-tender. Transfer to a blender along with the cashews, water, lemon juice, miso paste, garlic, mustard, 2 tablespoons of the olive oil, the salt and several grinds of black pepper. Blend until creamy.

Make the topping: In a small bowl, mix together the panko, pine nuts, and sea salt. Set aside.

Heat the remaining tablespoon olive oil in a large skillet over medium heat.

Add the onion and pinches of salt and sauté until softened, about 5 minutes. Stir in the cauliflower florets and half of the sauce. Toss to combine and transfer to the baking dish. Evenly pour the remaining sauce on top and sprinkle with the panko mixture. Bake for 30 minutes or until the cauliflower is golden brown and tender. Top with the parsley and serve



## SHEET PAN SQUASH SOUP

Over the years I've streamlined this recipe. I simply roast the vegetables on a sheet pan and blend them with broth, miso and a splash of vinegar for a soothing bowl of soup.

**Serves:** 4

1 (2-pound) butternut squash 1 small yellow onion  
3 tablespoons extra-virgin olive oil 5 unpeeled garlic cloves  
2 cups vegetable broth  
1 1/2 tablespoons white miso paste  
1 teaspoon white wine vinegar  
Sea salt and freshly ground black pepper Coconut milk, for garnish (optional)

Preheat the oven to 400°F and line a baking sheet with parchment paper.

Cut the squash in half and scoop out the seeds. Cut the onion into quarters. Place the squash and the onion on the baking sheet and drizzle with 1 tablespoon of the olive oil and pinches of salt and pepper. Arrange the squash and onions cut-side down. Wrap the garlic in foil and place on the baking sheet. Roast for 40 to 50 minutes, or until the squash is soft and the onion is nicely browned.

Scoop the flesh from the squash and place in a blender with the onion, peeled garlic, vegetable broth, miso paste, vinegar and the remaining 2 tablespoons olive oil. Blend until creamy, about 1 minute. Season to taste with salt and pepper.

Serve with a drizzle of olive oil and a spoonful of coconut milk, if using.

# Seniors Scene

## Good Companions 50 Plus Club

At Good Companions 50 Plus Club, Pub Night will be on Friday, Nov. 15 from 7 p.m. to 9 p.m.

There will be snacks and a cash bar, with entertainment by The Jammers. Admission by donation. Diner en Blanc Fundraising Gala will be held on Nov. 19. Wear white. Happy Hour begins at 4:30 p.m.

Dinner will be sponsored by The Journey Club, and a performance by Canadian tenor, Leon Leontaridis, will be sponsored by Qualicare. Cost for members is \$20, non-members \$22. Good Companions is located at 2609 19 Avenue SW.

For more information and to purchase tickets please call 403-249-6991.

## Rainbow Elders Calgary

Rainbow Elders Calgary will host their second annual winter Festivus on Saturday, Nov. 23, from 4 p.m. to 8 p.m. at Kerby Centre, 1133 7 Avenue SW.

This will be a safe social fun event for LGBTQ+ seniors, their friends and allies. Free tickets are available online from Rainbow Elders Calgary through Eventbrite.

## Carya (formerly Calgary Family Services)

In a joint project with the Bowmont Seniors Assistance Association, Carya holds a Tea and Conversation session on the fourth Tuesday of every month. All seniors are welcome. This event takes place at the Bowness Seniors' Centre, 6422 35 Avenue NW. A snack, tea and coffee is served. To attend, please call the Bowness Carya office at 403-286-1811 so that sufficient food will be on hand.

## End-of-Life Information You Need to Know

Nov. 30. 1:00 – 4:30 p.m. Kerby Centre, Lecture Room, 1133-7th Avenue SW, Calgary  
Please RSVP your attendance events@dying-withdignity.ca or 1-800-495-6156. Free parking is available on the north side of the LRT Station. ▲

<b>Life Time Highs</b>		www.lifetimehighs.club
cathymunro@lifetimehighs.club		587-223-0203
~ Traveling Together ~		
<b>Coeur D'Alene, ID</b>	Dec 1 - 4, 2019	Spokane Shopping & Xmas Light Cruise \$415 pp/dbl
<b>Edmonton, Ab</b>	Jan 19 - 21, 2020	River Cree and West Ed. Mall \$285 pp/dbl
<b>Bonnars Ferry, Id</b>	Feb 2 - 5, 2020	Super Bowl Action \$385 pp/dbl
<b>Moose Jaw, Sk</b>	Mar. 1 - 4, 2020	Temple Gardens, Spa, Casino \$425 pp/dbl
<b>Camrose, Ab</b>	May 24-28	Camrose Resort & Casino \$229 pp/dbl
<b>Yellow Stone</b>	Jun 21 - 27, 2020	Old Faithful, Sightseeing \$1400 pp/dbl
<b>China</b>	April 6-23, 2020	Amazing Deal - 18 days \$5300 pp / dbl
All Inclusive - Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship w Cabins and Balconies, Bullet Train, Panda Research Center, Silk, Pearl, and Jade Factory Shopping, Ghost City, Bird's Nest Olympic Center & More		
Free Info Session: 3407 Caribou Dr. NW, Calgary		
Wed, Oct. 23, 7:00 - 9:00 PM <b>WOW!</b>		
RSVP to cathymunro@lifetimehighs.club / 587 223 0203		
<b>Overnight Trip:</b> Stoney Nakoda Kananaskis: Nov 12-13, 2019, Feb 13-14, 2020		
<b>Day Trip:</b> Great Canadian Barn Dance - Cowboy Christmas Nov 23, 2019		

## SUDOKO PUZZLE

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Answer on page 31

# CROSSWORD PUZZLE

## PREMIER CROSSWORD/ By Frank A. Longo

## POWER USERS

<b>ACROSS</b>	<b>DOWN</b>	<b>POWER USERS</b>
1 It may follow "Co."	1 Steel girder	75 Restaurant rendezvous
4 Give a hug	2 Measurable in microns	78 Crank's cry
11 Fave buds	3 Cow carrier on rails	80 2001 title role for Audrey Tautou
15 Location	4 With	82 Guide for a DIYer
19 Sheep sound	5 Drone, e.g.	83 Nobel winner Sadat
20 Flan topping	6 Dudes	85 Sauna alternative
21 Smell — (be suspicious)	7 Demand from a kidnapper	86 Remarkable events
22 — -pedi	8 Gallic friend	87 Lawn locale
23 Groups with queens and workers	9 Fair grade	89 Kit — bar
25 Talk wildly	10 Golfer Ernie	90 Graceful bird
26 Lickety-split	11 Brand of root beer	91 Slangy refusal
27 — IRA	12 German wife	92 From — B
28 Ending for host	13 — bean (risotto bit)	99 Unmoving
29 Nitric acid, old-style	14 Tennis great Edberg	100 Drone, e.g.
31 Knife incision	15 Mobile device worn on the wrist	101 Most docile
33 Best Actor awards, e.g.	16 Adhesive in an art class	102 Litigant
37 Blood vessel	17 Broadcasting	103 — Park, Colorado
38 Dairy Queen treat	18 Buzzed	104 Fire initiator
41 Freshen up	24 See 4-Down	105 March 14, to math lovers
43 Apple product	29 "How — you?"	106 Stores safely
44 Tax-taking org.	30 Salem's state	109 Pack animal
45 Razor-billed seabird	32 Victory	110 Gulf nation
46 Made a lap	34 Suffix with land or moon	112 Location
47 Xenon and neon		113 Storage site
51 Some nameplates		115 Org.'s kin
53 Certain recyclable		118 Logger's tool
		119 Spanish "a"
		120 Dowel, e.g.
		121 Figs. on a masthead

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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126							127				128								129

Solution on page 31



## What We Did On Our Holiday

Released 2015 (1 hr 35 min) Rated PG13 Comedy, Drama

Friday November 22, 2019 at 1:00 PM in the Kerby Centre Lounge

Tickets are \$1.00 from the Education and Recreation Department Room 305 Price includes a snack and a drink!

Sponsored by Prince of Peace



# Community events

## Antique Central at the Hangar Flight Museum

We are thrilled to announce that Antique Central, The Destination Edition, will be hosted by The Hangar Flight Museum on the first Friday and Saturday of November.

This historic 15,000 sq. ft multi-level venue houses restored aircraft and a myriad of interesting exhibits, proving to be a hidden gem itself. Door Prizes and an impressive Silent Auction featuring generously donated items by vendors, airlines, hoteliers, local restaurants and attractions will generate proceeds of which benefit the museum directly.

The Hangar is located at 4629 McCall Way NE with plenty of free parking. Nov. 1, 6 p.m. - 9 p.m. & Nov. 2, 9 a.m. - 4 p.m.

## Accordion Association of Calgary

On November 17 the Accordion Association of Calgary will present a student concert in accordion and piano. Members and their affiliated teachers will participate.

The concert will take place at 2 p.m. at the Southwood Community Hall, 11 Sackville Drive SW in the upstairs Event Room. Admission is free, and memberships for upcoming seasons will be available.

## Westwinds Music Society

Westwinds Music Society will host a jazz concert on Tuesday, Nov. 20, at 6:30 p.m. at the Ironwood Stage and Grill, 1229 9 Avenue SE, by the Bronze, Silver, Gold Jazz South and the Gold Jazz North ensembles. Tickets for adults are \$15, for students and seniors \$10, 12 yeqrs and under free.

## Edgemont Community Association

Edgemont Community Association's annual Winter Craft Sale will be held on Nov. 16 from 10 a.m. to 3:30 p.m. at 33 Edgevalley Circle NW. Snacks and drinks will be available. Admission will be free with a non-perishable food item or other donation for the food bank.

## Calgary Horticultural Society

Growing Under Lights is the topic of a talk to be given by the Calgary Horticultural Society on Nov. 14 from 6:30 p.m. to 8 p.m. at the Garden Retreat, 6510 1A Street SW. The talk will cover startup, lights, and access. Fees will apply, and preregistration is required. For more information telephone 403-287-3469 or visit calhort.org/What's Happening.

## Jazzwalk at the Calgary Public Library

There are six free shows being held on Sunday, Nov. 10 throughout the day at the Family Friendly Central Library, located on 800 3 St. SE.

The events range from the Kelly Steele Quartet performing from noon to 1 p.m. on the main floor, an interview with Miles Davis Biographer and author Quincy Troupe between 1 p.m. and 2 p.m. in the basement conference room and the Rick Climans Trio playing from 4 p.m. to 5 p.m. on the second floor of the Central Library at the north end.

## Once Upon a Christmas at Heritage Park

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

Hands-on activities and entertainment are sure to delight guests of all ages. Come and get your fix of wholesome holiday cheer!

Saturdays & Sundays, Nov. 23 - Dec. 22, 2019. 9:30 a.m. to 4:00 p.m.

Admission is \$8.85 for seniors, \$11 for general admission, \$7.00 for youth (7-15) and \$5.70 for children (3-6).

## Remembrance Day Service

The Military Museums this Nov. 11 are hosting a special Remembrance Day ceremony to mark the 100th anniversary of the Armistice of World War One.

10:30 a.m. - Arrival of VIPs and the Guests of Honour

11:00 a.m. - Act of Remembrance

11:30 a.m. - Laying of Wreaths

On Remembrance Day, the Museum will be open following the service and admission is by donation.

Please dress warmly, and plan to arrive early as past events have been well attended.

## Greater Forest Lawn 55+ Society

Christmas Bazaar, Nov. 9. 9:00 a.m. - 3:00 p.m. Stocking Stuffers/Fish Pond/Crafts, Knitting, Bake Table/Meat pies.

Nov. 30: The Good Timers. Doors Open at 6:30 p.m. Dance at 7:30 p.m.

4980-25 St. SE. For more information call 403-248-8334.

## Downtown Winter Market

Please join us at our Winter Market downtown from 10 - 2 p.m. on Nov. 12, at main floor. It is perfect for all your Market needs! Free entry for all ages. Located at Gulf Canada Square, 401 9 Ave SW.. Call 403-203-9243 for details. ▲

## Kerby Centre Department Directory

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

### MAIN SWITCHBOARD 403-265-0661

#### Adult Day Program 403-705-3214

[adp@kerbycentre.com](mailto: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](mailto:wellness@kerbycentre.com)

Health services including footcare.

#### Dining Room 403-705-3225

[kitchen@kerbycentre.com](mailto:kitchen@kerbycentre.com)

Serving nutritious meals to everyone.

Available for catering events.

#### Education & Recreation 403-705-3233

[program@kerbycentre.com](mailto:program@kerbycentre.com)

Information source for programs at Kerby Centre.

#### Event Planner 403-705-3178

[events@kerbycentre.com](mailto:events@kerbycentre.com)

#### Finance 403-705-3215

#### Fund Development 403-705-3235

[funddev@kerbycentre.com](mailto: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](mailto:generaloffice@kerbycentre.com)

#### Housing 403-705-3231

[housing@kerbycentre.com](mailto:housing@kerbycentre.com)

Assists older adults in finding appropriate housing.

#### Information / Resources / Taxes 403-705-3246

[info@kerbycentre.com](mailto:info@kerbycentre.com)

The all in one older adult information source.

#### Kerby News Editor 403-705-3229

[editor@kerbycentre.com](mailto:editor@kerbycentre.com)

#### Kerby News Sales 403-705-3238

[jerryj@kerbycentre.com](mailto:jerryj@kerbycentre.com)

or 403-705-3240

[davidy@kerbycentre.com](mailto:davidy@kerbycentre.com)

#### Kerby News Classified Ads 403-705-3249

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

[shelter@kerbycentre.com](mailto: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](mailto:lauren@kerbycentre.com)

#### Options 45 403-705-3217

[options45@kerbycentre.com](mailto: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](mailto:info@kerbycentre.com)

Low income tax preparation.

#### Thrive 403-234-6571

[thrive@kerbycentre.com](mailto: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](mailto:volunteer@kerbycentre.com)

Volunteers are the heart of Kerby Centre.

#### Interim Executive Director 403-705-3251

[leslieT@kerbycentre.com](mailto:leslieT@kerbycentre.com)



# Celebrating the dead with *Dias de los Muertos*

By Andrew McCutcheon

Seeing folks in colourful costumes and skull-like make-up might make you check the calendar to ensure that Halloween has already passed.

But for Michelle Cortines and the folks at the Calgary branch of Casa Mexico, it's just the annual celebration of *Dias de los Muertos*.

"It's not Mexican Halloween," says Cortines, social media manager for Casa Mexico. "We do celebrate Halloween on the 31st. We do run around dressed up asking for candy."

Cortines explains that *Dias de los Muertos*, or the

Day of the Dead, doesn't have anything to do with worshipping dead people or praising death. Instead, she and Casa Mexico — an organization devoted to celebrating and sharing Mexican and Latin American culture in Canada — see the holiday as celebrating life itself.

"It's a celebration of life and of the memories of people that have passed away," she says. "Whether it's a grandfather from generations ago who had an impact on your family history or a friend who recently passed away."

The traditional holiday has garnered international interest in recent years with several popular depictions



Skull-like make-up is a popular symbol of *Dias de los Muertos*. Photo by Casa Mexico

in films and television.

In 2008, the United Nations Educational, Scientific and Cultural Organization deemed *Dias de los Muertos* part of the list of the "Intangible Cultural Heritage of Humanity."

Casa Mexico, which has branches in across major cities in Alberta and British Columbia, hosts an annual *Dias de los Muertos* event in November. This year, the main event occurs on Nov. 2, with a display of altars, or *ofrendas*, which runs from Oct. 28 to Nov. 8 at the cSPACE King Edward, on 1721 29 Avenue SW. There is also an altar exhibition at

the Telus Convention Centre from Nov. 1 to Nov. 8 at 120 9 Ave. SE.

Moreover, there's a showcase event with live music, art and craft vendors, workshops and contests on Nov. 2 at the Calgary Chinese Cultural Centre at 197 1 St. SW from 6:00 p.m. to 11:00 p.m. in addition to the altar displays.

The altars constitute an important part of the event when it comes to the celebration of *Dias de los Muertos*. The altars are decorated with things to represent the personality of those passed: their favourite foods, items to represent their hobbies, and pieces of memories long past, in addition to water, salt and candles.

The candle is meant to guide the spirits of the departed towards the celebration, and the salt is to represent purity. The water?

"The water is because the spirits are thirsty after they've travelled!" Cortines says.

Decorations also often include the Mexican *cem-pasúchil*, an orange marigold, the leaves of which are positioned in a variety of patterns: from spreading them like a carpet of flowers to intricate and special arrangements.

Families take the time to reminisce about those in the past, thinking about happy events, silly stories and anecdotes about their loved ones.

"It's a way of remembering people who are important to us," Cortines says.

*Dias de los Muertos* is traditionally celebrated throughout Mexico, particularly the central and southern regions, to coincide with All Saints Day and All Souls Day.

Academics have traced the roots of the event to indigenous festivals dating back anywhere from 2,500 to 3,000 years ago.

It has now synthesized with different Christian hol-

idays and beliefs to become a cultural fusion in its modern iteration. It's not uncommon to see Christian crosses or statues of the Virgin Mary at the altars decorated for the deceased.

Similar celebrations occur across Southern and Central America, including unique observances from places like Peru, Ecuador, Belize and Bolivia, all the way to the United States and southern California.

The variation of ways to observe *Dias de los Muertos* depends on different local traditions, but in addition to the ubiquitous altars and celebrations of life is the symbolism of the *calavera*, or skull.

Chocolate or sugar skulls are given as gifts, inscribed with names and offered to both the living and the departed. These skulls display colourful designs and patterns representing the individual personality of the person for whom it's meant. Also, a popular dish served during *Dias de los Muertos* is the *Pan de Muerto*, a sweet bun topped with sugar and decorated to look like bone-shaped pieces.

A common symbol found in popular depictions of the holiday is *calaveras* make-up: a distinct style of artwork used in a reverent manner to honour and celebrate those who've died.

This *Dias de los Muertos* event perfectly fits the mandate of Casa Mexico, which aims to represent and celebrate Mexican and Latin American culture. It doesn't matter where you're originally from, the events hosted by Casa Mexico are open to anyone who wants to broach new cultural frontiers and maybe even practice some of their Spanish if they're working on a second language.

"We're here for everyone, not just ourselves," Cortines says. "We're open to new collaboration and ideas." ▲



**Where independence and dignity are promoted**

<p><b>Personal care</b></p> <ul style="list-style-type: none"> <li>• Mobility</li> <li>• Toileting/dressing</li> <li>• Meal preparation and Feeding</li> <li>• Medication assistance</li> <li>• Bathing/bathroom</li> <li>• Personal hygiene</li> </ul>	<p><b>Home Making</b></p> <ul style="list-style-type: none"> <li>• Cleaning, dusting, vacuuming, mopping,</li> <li>• Laundry</li> <li>• Changing linens and making beds</li> <li>• Emptying garbage</li> <li>• Caring for plants</li> </ul>	<p><b>Companionship</b></p> <ul style="list-style-type: none"> <li>• Checkups and social events</li> <li>• Grocery shopping</li> <li>• Transportation</li> </ul> <div style="background-color: #0070C0; color: white; padding: 5px; text-align: center; font-weight: bold;">                     Our services are all designed to meet your unique and specific needs.                 </div>
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Call us for your free home assessment at 403-397-8069  
 info@jahdielhomecare.com www.jahdielhomecare.com



## The Mature Worker Action Team Project Participant Sessions

Have you been looking for work and getting nowhere?

Are you between the ages of 50 and 65 and have been transitioned out of your last position due to training, technology or other skills related issues?

Have you been out of the Canadian workforce no longer than 18 months?

Participate in an intensive 3-day Job Seeker program with workshops, experiential learning, and more to get you up to date on the latest job seeking strategies and employer expectations.

Starting September 24  
 Mature Worker Action Team Project

Hosted by Kerby Centre, Calgary, AB,  
 9am to 4pm

Three-day training program combines  
 classroom instruction and career  
 coaching.

Apply at  
[www.kerbycentre.com/matureworkers](http://www.kerbycentre.com/matureworkers)  
 or contact Nicole Bourgeois  
[nicoleb@kerbycentre.com](mailto:nicoleb@kerbycentre.com)

# Contemporary global Jewish cuisine

Page design and layout by Winifred Ribeiro

*The Jewish Cookbook* is an inspiring celebration of the diversity and breadth of this venerable culinary tradition. A true fusion cuisine, Jewish food evolves constantly to reflect the changing geographies and ingredients of its cooks. Featuring more than 400 home-cooking recipes for everyday and holiday foods from the Middle East to the Americas, Europe, Asia, and Africa - as well as contemporary interpretations by renowned chefs including Yotam Ottolenghi, Michael Solomonov, and Alex Raij - this definitive compendium of Jewish cuisine introduces readers to recipes and culinary traditions from Jewish communities the world over, and is perfect for anyone looking to add international tastes to their table.



Recipes excerpted from *The Jewish Cookbook*  
© 2019 by Leah Koenig.  
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## SHAKSHUKA

This North African dish of eggs poached in spicy tomato sauce has gained widespread popularity. This version is on the mild side, so increase the Aleppo pepper if desired.

**Makes:** 2

**Preparation time:** 10 minutes **Cooking time:** 25 minutes

3 tablespoons extra-virgin olive oil,  
plus more for serving  
1 medium onion, finely chopped  
2 medium red or yellow bell peppers,  
sliced into thin strips  
5 garlic cloves, thinly sliced  
1 teaspoon smoked paprika  
1 teaspoon onion powder  
1/2 teaspoon Aleppo pepper  
or 1/4 teaspoon crushed pepper flakes

1 can (28 oz / 795 g) diced (chopped) tomatoes  
4 tablespoons tomato paste (purée)  
1 teaspoon kosher salt,  
plus more as needed  
1/4 teaspoon freshly ground black pepper  
4 eggs  
2 oz (55 g) crumbled feta cheese (optional)  
\*Za'atar (available in grocery store  
international section) and  
fresh cilantro (coriander), for serving

In a large frying pan, heat the oil over medium heat. Add the onion and bell peppers and cook, stirring occasionally, until softened, 6–8 minutes. Add the garlic, smoked paprika, onion powder, and Aleppo pepper and cook, stirring, until fragrant, about 2 minutes. Stir in the diced (chopped) tomatoes, tomato paste (purée), salt, and black pepper. Bring to a simmer and cook, stirring occasionally, until the mixture thickens slightly, about 10 minutes. Taste and stir in additional salt, if desired. Using the back of a spoon, create 4 shallow wells in the sauce. Break one egg into each well. Cover the pan and cook, basting the eggs once or twice with the sauce, until the whites are set and the yolks are still soft, about 5 minutes. Remove from the heat and sprinkle with the feta, if desired. Scatter za'atar and cilantro (coriander) over the top and drizzle with a little more oil. Serve hot.

\* Za'atar as a prepared condiment is generally made with ground dried thyme, oregano, marjoram, or some combination thereof, mixed with toasted sesame seeds, and salt, though other spices such as sumac might also be added. Some commercial varieties also include roasted flour



## JEWELED RICE

What could be more beautiful and enticing than delicately spiced rice adorned with little jewels of dried fruit and sparkling pomegranate seeds? It is little wonder that Persian Jews traditionally serve large platters of jeweled rice, called *morasa polo*, at weddings and other joyous occasions.

**Serves:** 8;

**Preparation time:** 15 minutes, plus resting and soaking **Cooking time:** 45 minutes

1/4 cup (30 g) sliced or slivered almonds  
1/4 cup (30 g) unsalted pistachios,  
roughly chopped  
1/2 teaspoon saffron, crumbled  
1/4 cup (60 ml / 2 fl oz) boiling water  
2 cups (400 g) basmati rice, soaked in water  
for 15 minutes and then drained  
1/4 cup (60 ml / 2 fl oz) plus 2 tablespoons  
vegetable oil  
1 large onion, finely chopped  
1 1/2 teaspoons kosher salt  
1 teaspoon ground cinnamon

1/2 teaspoon ground cumin  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cardamom  
1/2 teaspoon freshly ground black pepper  
1/2 cup (90 g) dried apricots, very thinly  
sliced  
1/2 cup (70 g) dried cherries or cranberries,  
roughly chopped  
1/2 cup (70 g) golden raisins (sultanas)  
1/2 teaspoon finely grated orange zest  
1/2 cup (85 g) pomegranate seeds,  
for serving (optional)

In a small dry frying pan, toast the almonds and pistachios over medium-low heat, shaking the pan occasionally, until fragrant and lightly browned, about 5 minutes. Remove the pan from the heat and let cool. Set aside. In a small heatproof bowl, stir together the saffron and boiling water. Set aside. Fill a medium saucepan with water and bring to a boil over high heat. Add the rice and cook, stirring occasionally, until halfway tender, 5–7 minutes. Drain and set aside. In a medium frying pan, heat 2 tablespoons of the oil over medium heat. Add the onion and cook, stirring occasionally, until softened and lightly browned, 6–8 minutes. Add the salt, cinnamon, cumin, allspice, cardamom, and pepper and cook, stirring, until fragrant, about 1 minute. Stir in the apricots, cherries, golden raisins (sultanas), and orange zest. Remove from the heat and set aside. In a medium saucepan, heat the remaining 1/4 cup (60 ml / 2 fl oz) oil over medium heat. Spread half of the parboiled rice on the bottom and cover with the onion and fruit mixture, then the remaining rice. Let cook, undisturbed, until fragrant, about 10 minutes. Use the back of a wooden spoon or a chopstick to poke several deep holes in the rice to help steam escape as the rice cooks. Drizzle the saffron-water mixture over the rice. Cover, reduce the heat to low, and cook for 25 minutes. Remove from the heat and let rest, covered, for 10 minutes. Transfer the rice and onion/dried fruit mixture to a wide serving bowl and gently mix to combine. Use a spatula to carefully remove the bottom crust of rice from the pot and place on top. Serve hot, sprinkled with the toasted nuts and pomegranate seeds (if using).



## BRAISED RED CABBAGE AND APPLE

This dish of sweet and tangy braised red cabbage with apples is particularly welcome and warming during the colder months. German Jews traditionally serve the dish, called *rotkraut* (literally “red cabbage”), on Rosh Hashanah. The low-and-slow cooking process is key to achieving the dish's soft, velvety texture.

**Serves:** 6–8 **Preparation time:** 15 minutes **Cooking time:** 1 hour

3 tablespoons vegetable oil or unsalted butter  
1 onion, halved through the root and thinly sliced  
1 small head red cabbage (about 2 lb / 910 g), quartered, cored, and thinly shredded  
1 Granny Smith apple, peeled and chopped  
1 teaspoon sugar  
2 teaspoons kosher salt, plus more as needed  
1/2 teaspoon freshly ground black pepper, plus more as needed  
1/4 cup (60 ml / 2 fl oz) apple cider vinegar  
1 tablespoon balsamic vinegar

In a Dutch oven (casserole) or other large heavy-bottomed pot, heat the oil over medium heat. Add the onion and cook, stirring occasionally, until just softened, 5–6 minutes. Add the cabbage, apple, sugar, salt, and pepper. Cover, reduce the heat to low, and cook, stirring occasionally, until the cabbage is very tender, 50–60 minutes. Uncover and stir in the apple cider vinegar and balsamic vinegar. Taste and add more salt or pepper, if desired. Serve hot or warm.



# Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

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

### Kerby Centre, Doing More For You!

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

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

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

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

The Kerby Craft Group  
Presents Our

### Annual Christmas Craft Sale

Wednesday, November 27th  
9:45 am - 12:45 pm

The Kerby Centre Dining Room

A great way to kick off your  
Holiday gift shopping and get in  
the festive Holiday spirit!

*Why not make a day of it !?  
Shop then stay for lunch & our  
Wednesday afternoon dance!*

### A Group For Mature Jobseekers

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



#### Nov 5th Resume Writing

Participants will receive information and tips about

- How to write a customized resume
- Essential components of a resume and what makes it effective

#### Nov 12th Skills for the Workplace

#### Nov 19th Transferable Skills

Participants will learn about:

- How to identify transferable skills and why are they important for employers
- Market the skills you already have to get a desired job
- Sell the skills beyond your education & experience
- Networking and how can it help your job search

#### Nov 26th Interview Skills

Participants will receive information and tips about:

- Behavioural interview questions and how to handle them
- Interview dos and don'ts

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

### You're Invited

*The Seniors Acting Lab  
Presents A One Act Play*

### More Than A Number

1:00 pm - 2:00 pm  
Friday, November 29th

Kerby Centre Lecture Room

Free Event - Limited Space

Please Register Your  
Attendance By Visiting  
Kerby Education &  
Recreation in Room 305  
or Call 403 705-3233

### Consumer Awareness Presentation

Presented By  
Wayne Coristine

Consumer Education & Engagement Specialist,  
Utilities Consumer Advocate  
Service Canada

Understand your utility bill; how to  
deal with issues with utility compa-  
nies; learn how to reduce energy use  
and save Money, and much more

November 12th  
10:30 - 11:30 am

Kerby Centre Lounge

FREE EVENT - No Registration Required

### November is Falls Prevention Month



Join Us To Learn About

### Fire Safety and Falls Prevention

Presented By  
Shelley Steele (Calgary Fire Department)

Wednesday, November 13<sup>th</sup> 2019

10:30AM - 11:30AM

Kerby Centre Lounge

FREE EVENT - No Registration Required

### Next to New Sale

Thursday, November 14<sup>th</sup>  
10:00AM - 2:30PM

Everything in the store  
is 50% off!!



### KERBY DAY TRIPS

#### Spruce Meadows Christmas Market

Friday, November 22nd

#### Cross Iron Mills Shopping Trip

Monday, December 2nd



#### Airdrie Festival of Lights

Thursday, December 18th

#### Jubilations Dinner Theatre "Pitched Perfect Golden Girls" Play

Tuesday, February 25th

#### Watch for Details About

Snowshoeing in the Mountains in January  
Bowling & Pizza & Wings at the Glencoe Club in February

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

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

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

# Financial Planning: Estate planning to give you peace of mind

Peace of mind starts with estate planning — ensuring your assets are dealt with the way you intended so that your loved ones are provided for after your death. Many people choose the route of appointing a corporate executor, who is a professional trained in administering an estate, rather than leaving that task to a family member.

“Having a corporate executor becomes an especially important option for those who have no family, or who have no one in the family willing and capable to act as executor, or if family dynamics are at play,” says Murray Paszko, Manager Estate and Trust Services, Servus Credit Union.

“Some people can’t get along,” he says. “Or perhaps there isn’t a family member close by who is confident enough to look after your

assets. Without a properly trained, third-party executor, the administration of the estate can get bogged down, with people hiring lawyers to challenge everything the lay executor is doing — while that person is also dealing with their grief. Then the process not only becomes more time consuming, but also more expensive.”

Servus members use Concentra Trust, a trust company comprised of professional executors (as opposed to hiring a professional executor such as an accountant or lawyer). These officers have training and experience that allows Servus members to get the quality advice and help they are looking for.

“There is a lot of work there, plus the liabilities, for the corporate executor,” says Murray.

When you die, the corporate executor handles every-

thing:

- locating the will and contacting beneficiaries
- gathering and creating an inventory of assets
- safeguarding those asset

For example, if there is a house involved, and there is no one living in that property, the corporate executor would add vacancy insurance. Or, the corporate executor would ensure any money is invested in something like a term deposit, generating interest, while the estate was being administered.

- determining and settling all debt and liabilities of the estate.
- arranging for probate
- completing all tax returns

for the estate

- distributing assets to the beneficiaries
- administering any trusts from the will

If you want a family member or close friend as executor, there are services to help guide the lay executor, such as the Servus program, Executor EASE.

“Our members can come into our branches with their designated executor to arrange for estate planning, and when they do pass on, that family member or friend can also come into our branch for assistance,” Murray says. “For our members, we take it from cradle to grave, beyond the grave actually. We’ll look after their family’s financial needs, including their own estate plans.”

Estate planning is a part of the value provided to members who work with a Servus advisor. It will cover issues like family dynamics,

assets and liabilities, insurance, tax liabilities, and final expense estimates for things like funeral, cost of probate, lawyer fees and tax preparations.

An Estate & Trust specialist works with the Servus advisor to complete this important component of the member’s financial plan. We encourage you to speak to a financial advisor at your local branch for more information about how to access those financial planning resources.

Estate planning may seem complicated at the outset, but when you get into the process, it is more straightforward than you think.

Servus is ready to assist you, and help you feel empowered knowing your wealth and assets will be allocated the way you intended.

For expert advice, call Servus at 1.877.378.8728 anytime, or visit your local Servus Credit Union branch.

## Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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



Kerby Centre

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.



Feel good about your money.™



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

**1-877-250-4904**

[www.donatecar.ca](http://www.donatecar.ca)

## 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](mailto: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](mailto:generaloffice@kerbycentre.com)

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

Classified Rates  
Starting at \$18.50 (50 characters 2 lines)  
Classified deadline for December issue must be received and paid by November 7.



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

## 10 Health

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

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

## 11 Foot Care

**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](http://www.albertasmobilefootcare.ca)

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

## 12 Home Care

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

Margy the fun caring companion will go swimming, shopping, dr apts, companionship, travel. Call 403-984-7556 or cell 403-922-0841

*Kerby News can be viewed online at [www.kerbycentre.com](http://www.kerbycentre.com)*

Looking to free up some time or have some assistance **Light housing keeping, meal preparation.** Flexible schedule options. Mature women with 10 years exp. Your supplies or mine. References available. 403-607-1410 to schedule an interview with Trish Also available; vacation home checks, groceries for your return.

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

## 13 Mobility Aids

**NOTE**  
Government assisted program for seniors 65+ on low income  
**Free Lift Chair**  
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*Kerby Centre supports older people to live as residents in the community*

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Kerby News  
Classified Deadlines  
December issue - Nov 7  
January issue - Nov 27

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## TELL THEM YOU SAW IT IN KERBY NEWS

**REMINDER**  
**Kerby News**  
**CLASSIFIED DEADLINES**

**November issue**  
Oct 10

**December issue**  
Nov 7

**January issue**  
Nov 27

# So much is now owed to so few

By Andrew McCutcheon

I am fortunate to have been born into a time of privilege compared to previous generations when it comes to the realities of war.

The twentieth century was rife with conflict, with entire continents being ravaged by horrific carnage. A deep wound of trauma — both personal and in the very land itself — still exists across many countries and peoples.

This trauma persists despite the waning of wartime. Peacekeeping efforts have replaced total war in just a few short decades and, while conflicts still exist, the average Canadian is far removed from them.

As conflicts dwindle, so do the veterans of the wars of decades past. Each year, more of those fortunate enough to survive battle are no longer with us — and although their stories, committed to memory and paper, remain — each loss is representative of a larger, more poignant loss to the community as a whole.

And most importantly, even though there are fewer veterans who remain with us throughout the years, they remain a vital part of our community.

They do not make up large voting blocs. They may not have the greatest pull or the loudest voices in contemporary society, but

their value is immeasurable. It is a moral obligation and privilege to continue to keep veterans in our minds consistently, not just when November rolls around.

Because even now we see similar mistakes made over and over again, even with recent and smaller-scale conflicts.

Veterans of peacekeeping missions and conflicts overseas throughout the 80s, 90s and 2000s are facing the same battles as those who returned from World War One, World War Two and the Korean War.

And the battles they face are numerous: the fight to be heard; the fight to access treatment for wounds both of the body and the spirit; the fight to readjust to civilian life.

This doesn't even include those who work in our emergency services, and experience similar traumas of both mind and body.

Men and women put their bodies and minds on the line every time they hop into a vehicle with flashing lights to attend scenes of fire, injury and uncertainty. They deserve our attention and our social loyalty for similar reasons.

Someone wiser than I once spoke an important truth: the first step in solving a problem is to recognize that it exists.

The next step that follows recognition? Listening.

This doesn't mean listening to war stories or bothering veterans to tell tales of bravery and triumph. Those stories are for veterans to share if they choose, and younger generations should be careful to remember that Hollywood's portrayal does little to capture the reality of war.

It is listening of a different sort, to hear the voices of a group that includes very few Canadians, yet these voices are more important than we often realize.

To listen to their needs is to echo and raise our voices to those who may hear. ▲

## SUDOKU ANSWER

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## PUZZLE ON PAGE 25



### IN MEMORIAM

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

- Betty Clarke
- David A Bates
- Elizabeth Liske
- Herbert Legg
- Joan C Bell
- Joseph Saliba
- Major Fred Heintzman
- Maureen Wills
- Randall Herbert Coates
- Shirley Drisner
- Shirley Hughes
- Sjoukje (Simone) Schouten -van der zee
- Thomas Chacko Panicker
- Winona (Nonie) Miller
- Zarina Saleh Kassam

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



## CROSSWORD SOLUTION

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

## Editor greetings

Hello and warm greetings from me, myself and I: Andrew Glen McCutcheon, the newest editor here at the Kerby News.

I started in this position on Sept. 30 and I've had nothing but wonderful interactions and pleasantries with all the members, clients, volunteers and staff here at Kerby Centre.

Before this, I was working at a weekly newspaper in southwest Alberta called the *Pincher Creek Echo*, Alberta's second-oldest newspaper. Before that, I had a smattering of experience writing for *The Calgary Herald*, *The Edmonton Journal*, *The*

*Globe and Mail*, and a wonderful internship at *CBC Vancouver*.

I love everything to do with the written word, and the Kerby News is on the lookout to add to our ever-growing list of contributors. As with any community, we happily invite folk to participate with their submissions and feedback. I'd love to hear anything from your stories and photos of recent travels, to articles and columns of all shapes, sizes and topics.

I eagerly await meeting and hearing from many different people, and I'm thrilled to be part of this wonderful team. ▲

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