

Kerby News

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for the **55** plus

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

2019
October

Volume 35 #10

Women are Persons ...



Part of the Famous Five monument “Women are Persons” located in Olympic Plaza, Calgary. Photo by Jerry Jonasson.

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Thanksgiving Day,
Monday October 14,



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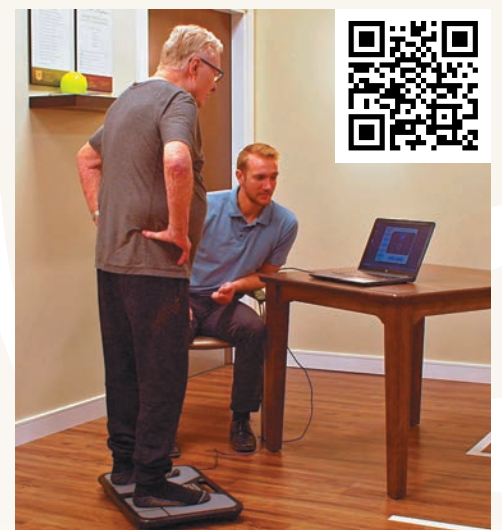


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BY ZANE NOVAK
President of Kerby Centre

Another busy summer has come and gone.

Another busy summer has come and gone.

I was able to do a few of the things that I set out to do, but time often seems to get away from me. I look back and wonder, where did summer go?

September brought some new programs to Kerby along with our regular events - always a great way to kick off the fall. Our

Expo is always a smashing success, along with events such as our Volunteer Staff Appreciation evening.

Volunteerism is so crucial to Kerby Centre and recognizing and appreciating the hard work and dedication that is given by our volunteers is so important. Have you ever taken the time to have a chat with one of our volunteers? Learn about them, their connection to Kerby, or explained to them what your connection to Kerby is and how it benefits you? Never hesitate to share your thoughts and perspectives with our staff and volunteers. There are so many fascinating stories which all have the common thread of how Kerby Centre has positively impacted people's lives, enriched them and helped to involve them in community and personal wellness.

So much can be learned by merely starting a con-

versation. Unquestionably, most of the best friendships, opportunities, and advancements in my knowledge were the result of me taking the initiative to start a conversation with a complete stranger. I challenge everyone, if this is not already a regular practice for you, to try striking up more first-time conversations with people you meet in your daily activities.

One of the most important events on my calendar, as I mentioned in the last President's Letter, is Thanksgiving. Is this one of yours? Are you able to share it with family members or others? The first official record of Thanksgiving in Canada was on Nov 6th, 1879. However, the Indigenous People of Canada have a much longer history of celebrating the fall harvest. When Sir Martin Frobisher landed in North America, he is credited with celebrating the first Europe-

an-influenced Thanksgiving in 1578, but even back then, this was not a new concept to the local inhabitants.

I know that for my small family, Thanksgiving is always special. I look forward to working with my family, cooking and organizing for our supper. The warmth and aroma that fills our home, all flowing from the kitchen. I have always felt that the kitchen is the true heart of a home. How many times have you been invited to someone's home for a meal and everyone gravitates toward the kitchen because of the warmth and smells of the meal being prepared?

Conversation flows, occasionally wine or tea is poured, and the atmosphere is embracing and relaxing. My thoughts and wishes are that all of our large Kerby Family is able to, in some manner, enjoy this Thanksgiving with those they love and cherish. ▲

October 2019

KERBY CENTRE'S MISSION:

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

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BY LESLIE TAMAGI
Interim Executive Director

The onset of fall always seems to be a time of change that elicits many emotions. A change in household routines as school resumes, a change in our environment as the leaves fall and the daylight time shortens, and a shift inward as we put away our summer sports equipment and start thinking about the upcoming holidays. Like most other service providers, I am feeling this fall will bring many changes, some opportunities, but also some significant challenges.

As the fall federal election approaches, there will be opportunities to make sure your voice is heard. I encourage you to ask candidates about the issues that older adults face, and have your voices heard.

On a provincial level, the Blue Ribbon Panel on Alberta's Finances (also known as the MacKinnon Report), released in August 2019, describes a critical financial situation. Information from the report

Time to be heard

will be used to plan Budget 2019, which we expect to be released this fall.

With the direction of no increases in taxes, the report states there can be no increases in government expenditures for four years and, in fact, the provincial government will actually need to reduce operating spending by at least \$600 million and substantially reduce capital spending. This is a significant challenge and will require the government to rethink how and what services are delivered. Many agencies which serve seniors are anxiously awaiting this budget as funding reductions are anticipated. At Kerby Centre we will continue to meet with MLAs to ensure that they understand how our programs and information services are vital to so many people.

Many programs for seniors receive funding through the municipal Family and

Community Support Services (FCSS) program. In Calgary FCSS is jointly funded, with the City contributing 25% to the overall FCSS budget and the Government of Alberta (GOA) funding the remaining portion. A reduction in GOA funding could result in decreases to FCSS preventative programs and services which offer vital resources to seniors that improve their health and well-being, reduce isolation, and enhance community participation.

So while you are signing up for a fall program, or reconnecting with friends at a drop-in group, please take a moment to reflect on what these services mean to you, and the impact that would result if they were lost or reduced. I encourage you to make your voice heard by the government as they make important decisions that will affect all of us. ▲

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A problem with elderspeak?

By Sheila Addiscott

Elderspeak is a style of speech that occurs when people talk down to older adults. It occurs in many forms and all of them are disrespectful, though the intention behind them is most often not.

As well as being patronizing, elderspeak is also degrading, depersonalizing and just downright irritating to the person on the receiving end.

Baby talk or talking as if speaking to a child is a common form of elderspeak. The person may use terms of endearment such as “sweetie, dear or love” when speaking to an older person, instead of using their name.

It can be difficult to address this type of situation without causing conflict. However, it is important to address it, especially if it is the start of a new relationship with a caregiver or someone with whom you will have regular contact. One simple way to do that is to say, “Please call me Jane”, or “I like to be called Mr. Jones”.

An Alberta Health Care worker said that the first question she asks older adults whom she meets with is, “How would you like to be addressed?” She explained that it should be a common-place question for people of any age, as it also answers the question of whether William is Bill, Billy, Will or William.

There are times when dealing with a customer service person in a bank, an automotive repair shop for example, where a staff member

may gloss over the details of a transaction or suggest that you don’t need to know certain information.

One way to address this behaviour is to ask for clarification by requesting the details of what they are doing. Even if you are just ordering a coffee, if the customer service person is giving too many options or speaking at too fast a pace, ask them to slow down and ask for explanations. There is nothing wrong with asking people to repeat themselves.

Sometimes people may invite a family member or friend to come with them to medical appointments or to come with them when they are making big purchases, such as a motor vehicle. In these circumstances elderspeak can occur in a couple of different ways.

The salesperson may ignore the older adult and simply address all of their questions and information to the relative. It can also be the opposite, where the family member answers the questions directed at the older adult and interrupts them when they try to speak.

This type of behavior is very depersonalizing. In a health care setting, personnel are trained to deal with this kind of situation in a tactful manner. If they witness this conduct in an appointment, the care worker may stop the appointment and say that they would like to hear from both of the parties, but separately, so that they can get both perspectives.

An older adult can use this opportunity to convey their wishes clearly. Using

“I” phrases is a very direct and simple way to communicate. A statement such as, “I understand the risks and I am still choosing to do this”, can clearly convey a person’s wishes to both the healthcare provider and their relative.

Family communication varies greatly depending on the family. Family members may assume a role with their relative that is very different from what is expected of them. If their behaviour oversteps it may not be intentional and they may mistakenly believe that they are actually helping. It is important not to immediately judge, but to try to understand what is going on.

Lori loves her family and feels loved by them. However, one of the things that happens fairly often with her family is that she will ask a question and get the response “You have already asked me that”, or “I have already told you the answer”. These dismissive responses make Lori feel incompetent, and consequently, she tries to write everything down in a book so that she can look back on it, which she finds stressful.

Telling her family directly how their responses make her feel, would bring to their attention that they are not being respectful, and give them the opportunity to recognize their behaviour and change it, while not damaging the relationship.

Feelings that people are not listening to you and that staff are speaking over you are also signs of elderspeak. If someone finds them-

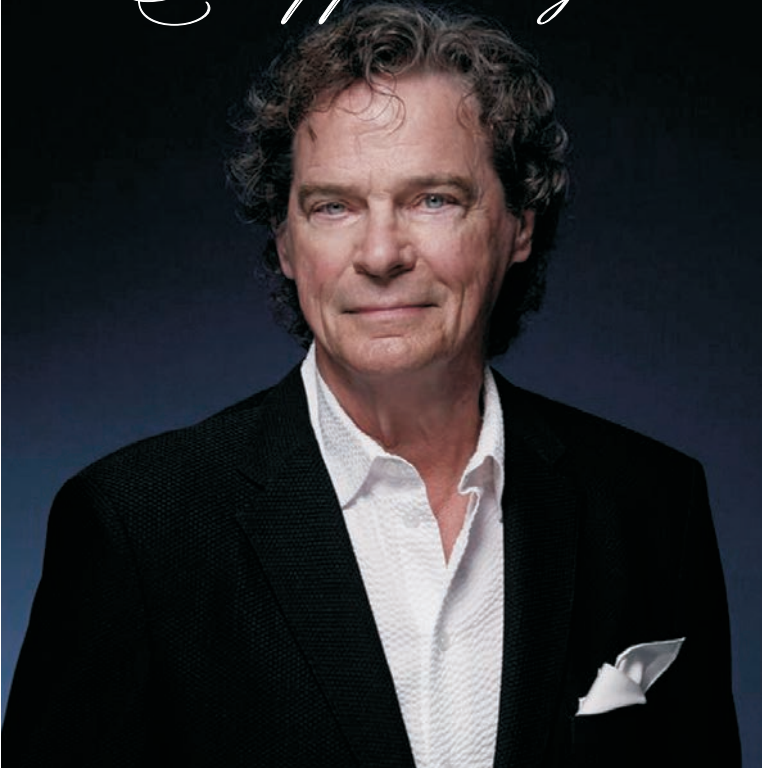
selves in that situation, one technique to get back on an equal footing is to wait for a pause in the conversation and to tell the staff member directly how you feel.


It is easier for someone to connect with an emotional statement such as “I don’t feel heard”, than it is to a statement like, “You’re not listening to me”. This creates an even playing field, allowing the other party to respond without feeling attacked.

If you encounter elderspeak in a situation, address it with that person. If you still feel that you are not being heard, especially in a care situation, raise the problem with managers or patient relations staff.

It is by hearing about people’s experiences and reminding people that they should speak to others as peers, no matter what age they are, that change can happen. ▲

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Life and liberty

BY LIBERTY FORREST

Don't expect your life to bring you joy. Bring joy to your life

I'll bet there have been times in your life when you've said, "I just want to be happy!" And I'll bet you've heard a lot of others say it, too.

Life should not be about "finding the way to happiness." It's not a destination. At best, happiness is fleeting. We are hard-wired to become discontented or dissatisfied. It's what keeps us evolving,

changing, inventing and creating. It's a survival mechanism that has helped our species to stay alive for many thousands of years.

But...does that mean you should never be happy?

Not at all. I'm just saying that thinking of happiness as a goal is pointless. And in fact, it's a problem. If I could just do this or just have that or just go there, then I'll be happy. Uhhh, nope. Maybe briefly, but that kind of "happiness" does not last.

No, life should definitely not be about finding the way to happiness. Instead, happiness should be the way of life — the way to Life.

There's a good chance you're thinking, yeah, sure, with all the misery in life,

how is that possible? How can you be happy when things are in turmoil, when difficult or terrible things are happening to you or to the people you love?

Well, that's the challenge. I didn't say it was easy. But it's well worth pursuing.

I've lived through some pretty awful stuff. That doesn't make me special; I know very well that I'm not alone. I'm just saying it so you know I understand. In fact, through my decades of working with people in various healing modalities, very few of them have said they've had relatively happy and uncomplicated lives. Most of us have a story, and often one that is filled with pain, loss and disappointment.

So is mine. I know what it is to suffer, to have terrible experiences, to be at the bottom of a big, dark hole and to fight my way out of it. My reason for telling you that is to say I'm living proof that it's possible to do it. You just have to decide it's what you want.

One of the best places to begin is to accept that all conditions of life serve a higher purpose. Now, I realize that you may not agree with that because not everyone shares the same beliefs. But the way I see it, I'd rather believe that there is some good, some purpose, or some reason for the rotten things that happen to us, than believe it's just a random bunch of miserableness. My belief about there

being a purpose to all of it has helped me get through an awful lot. And I do mean "awful".

If you can accept the difficulties and the horrible parts of your life as serving a higher purpose, this removes a lot of the angst and the struggle, and gives you peace. I can't even begin to tell you how wonderful it feels to do that, to let go of the frustration, the worry, the anger, and the regret. It is the sweetest relief when you can simply sink into a state of acceptance — like when you've endured horrific physical pain for a long period, or you've been extremely ill, and then the pain stops, the illness goes and there is nothing where they used to be, nothing but peace and relief.

The next step is in understanding that the search for happiness leads to anxiety, worry, competition and disappointment because once we have the desired object or situation that we believed would bring us happiness, the happiness fades and more desires for other objects or situations take its place. That kind of happiness is superficial and short-lived. And there's never a guarantee that you'll even get it. Searching does not guarantee success.

When we expect external events or other people to bring joy to our lives, more often than not this will only bring disappointment. We're basically handing our happiness to someone or something that's out of our control. Why would you do that?

It makes more sense to bring joy to every event, every day, every moment, and every interaction you have with another person. It is the only kind of joy that lasts because it is completely within your control, as it comes from inside you - from a choice you've made to bring that perspective to your life as you're living it.

Do not expect your life to bring you joy. Instead, bring joy to your life. This is the only way to lasting and true happiness. ▲

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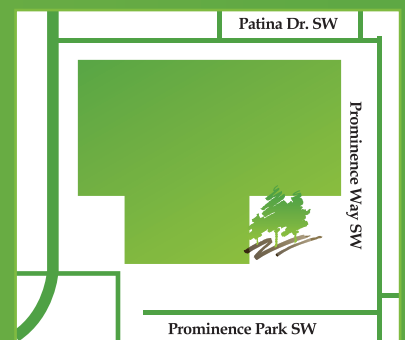
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Fighting aging through martial arts

By Riggs Zyrille Vergara

Motivated by hunger at a very late-night hour, the then 27-year-old Gary Ng decided to go downstairs in his home in Calgary to grab a snack from the fridge. But, as he felt the cold from inside the fridge, the next thing he saw was pitch-black. He passed out. Almost immediately, he woke up and saw items scattered on the floor. Although still feeling a little nauseous, he tried to go upstairs, but in the middle of the steps, he fell again. His mother and his wife heard the loud thump on the floor and ran to his rescue. Lying down, Gary could see the worried faces of his loved ones but as he tried to move his mouth or any part of his body, he suddenly realized he couldn't. "It was like an out-of-body experience," Gary recalled.

After a series of tests in hospital, it was determined that what Gary had was called a Grand Mal seizure, also known as a generalized tonic-clonic seizure. It is caused when there is abnormal electrical activity in the brain. It's usually a sign of having epilepsy but can also be triggered by extremely low blood sugar, a high fever or a stroke.

Talking about his experiences with his doctor, they have determined that Gary, earlier that year, had unknowingly had a milder episode of Grand Mal seizure. Because the episodes were so far apart, they told Gary that

he needed to be vigilant about having future episodes.

Now at the ripe age of 63, it has been several years since he last had a Grand Mal seizure episode, and he owes much of the reason to maintaining an active lifestyle and engaging in various martial arts, all the while being a financial accountant and a loving father to his family.

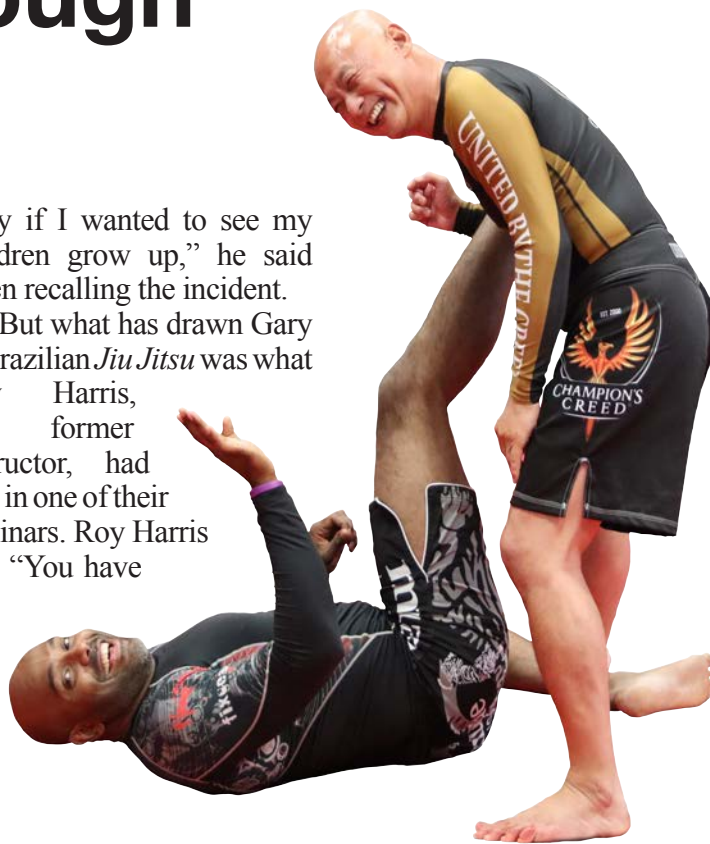
The Mauritius-born Gary is one of the esteemed coaches in the Champion's Creed gym in Calgary. It's a well-known martial arts gym with world-class facilities that specializes in *Muay Thai*, *Brazilian Jiu Jitsu* and *Wrestling*. Although he is usually seen teaching *Brazilian Jiu Jitsu* in this gym, Gary is a jack-of-all-trades when it comes to Martial Arts. He has years of competent experience in *Hapkido*, *Taekwondo*, *Kenpo* and *Karate*.

As people reach the age of 50 and above, the dread of old age inevitably comes along. According to Aleksey Belikov, a researcher on aging, cardiovascular disease, cataracts, osteoporosis, hypertension and Alzheimer's are only few of the diseases associated with old-age that become exponentially worse as people grow older.

After moving to Calgary from the UK in his early 30s, Gary stopped engaging in any routine physical activity that he used to do. Because of that, his body and his health drastically changed. His seizure incident became a wake-up call that it was time to focus on his health. "I needed to take care of my

body if I wanted to see my children grow up," he said when recalling the incident.

But what has drawn Gary to *Brazilian Jiu Jitsu* was what Roy Harris, his former instructor, had said in one of their seminars. Roy Harris said "You have



Gary Ng always makes sure that when he teaches martial arts, his students are not only learning but also enjoying in the class. Photo by Riggs Zyrille Vergara.

to let go of power, speed and athleticism because as you get older, these are the very first things that go away". Gary was already in his 50s at the time and noticed that he was not getting any faster than his colleagues in his former gym. This was when he realized that he needed to find a new avenue for being active. "No matter how good you are at something, sooner or later age will become a factor," he added. But when he heard those words from Harris, it hit him. It made him realize that there was still a chance for him to be physically active and fit in a way where his age would not be a hindrance.

Only 1 in 5 adults, and older adult Canadians, achieve the recommended 150 minutes of moderate-to-vigorous physical activity per week, based on the Canadian Physical Activity Guidelines,

according to a 2013 report by Statistics Canada. While it has been proven time and time again that being active reaps healthy benefits, most adults are reluctant to engage in physical activities mainly because of some perceived barriers that they have built for themselves. According to the National Academy for Sports Medicine, this can include fear of injury, depression and anxiety, being self-conscious and more. A lot of this comes from the feeling of not being good enough to engage in activities that require being active.

With someone like Gary, he is fortunate enough that even at the current age of 63 he has found something that not only he enjoys, but it also keeps him active. Because of *Brazilian Jiu Jitsu* in particular, Gary has maintained healthy

relationships with his family and loved ones. He has also found a community where he is welcomed and well-respected and, more importantly, where he feels safe and happy.

Some people may also think that having a physical activity while maintaining a nine-to-five job will only diminish the value of the work that you put in. But for Gary, martial arts has become his outlet after stressful days at work. It is his insurance that he will go home ready to be a caring father and husband to his family.

Because of his increasing age, there are also some things that he knows he cannot do anymore. But when asked about it he says, "I might not be able to do some of the things I've done before, especially if it's at a certain intensity, but I am doing this. I am enjoying it and not many people can say that." He also added that people around his age should not compare themselves with others just because they may have lost some of their physical abilities.

"For me this [being a martial artist] is the meaning of happiness," Gary shared when he was asked about how he regards martial arts. He emphasized that martial arts has now become more inclusive. People from all walks of life, not so young, not so limber or agile, nor as fit as the stereotype martial artist, are now joining the martial arts community. This might mean that many people of his age could be encouraged to join it as well. In this fast-adapting society, many communities, especially ones that deal with taking care of our physical bodies, have created more avenues to cater to people from diverse backgrounds, even ones in a much older community.

As Gary has said, those people who have the courage to join something that can be intimidating and scary deserve more than just a pat on the back. "They deserve respect, encouragement and a helping hand", he emphasized. When asked if he has a certain age in mind where he would stop engaging in martial arts, Gary answered "For as long as I'm having fun, I'll keep doing it; that's what I always teach my students as well — to have fun." Gary's persistence shows us that no matter what the age, there is a different kind of joy in being active and healthy. ▲

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A summer memory



By BARBARA ELLIS

It is raining again. This summer the rain has become an almost daily ritual. Rain, followed by a hot day, and then a cooling, and then followed by more inevitable rain showers. Today's rain is different, more intense. The winds are stronger and they hurl huge raindrops against my window. Now and then, a flash of lightning streaks across the sky. I have seen enough. I close my window, pull down the shades and settle into my easy chair to read

my book.

The crash of thunder startles me and when the rumbling stops, I think back to another summer...a deliciously hot summer, and to one particularly wonderful summer's day. I put my book down and reach for an old album filled with black and white photos. Flipping through the pages, I find what I am looking for - photos of one of our annual church picnics from long ago.

During August of every year, our congregation would gather at a farm for our annual picnic. We delayed our picnics until almost the end of summer, so that our farming friends could join in the celebration of fun and thanksgiving. As a rule, the harvest was in full swing and almost completed. Besides, this was the time that the Taber corn was at its best.

The picnic site varied each year, but the picnic that stands out in my mind

was the one just outside of Coaldale. The farmhouse was surrounded by a sprawling, well-kept lawn, which in turn was surrounded by tall poplar trees that provided shade when needed. The set-up was casual, nothing fancy. A few chairs and benches were set up in a haphazard fashion. Blankets and quilts were spread out over the grass.

The tables became more and more crowded as new arrivals added their contribution of plates and bowls of food for lunch. And what a lunch it was! The ladies prepared many authentic Hungarian dishes complete with homemade sausages, fried chicken from their farms, thick slowly roasted bacon, cucumber salad, potato salad, homemade bread and buns, cold cuts of every description and lots of cold buttermilk. Of course, there was regular milk, as well as pop for those who prefer, and rich strong coffee for the adults.

The dessert table was straight out of paradise. There were delightful cakes that usually included delectable *dobos torte*, almond *torte*, poppy seed and walnut rolls, apple and cherry *strudels*, and if that wasn't enough, ice

cream for all.

After lunch there were games to play, horseshoes for the adults, and sack races, three-legged races, and musical chairs for the more energetic young. My favourite was the three-legged race. I don't recall ever coming in first with any of my partners or even getting to the finish line. It was such fun to be tied to someone else and trying to co-ordinate our legs to move at the same time. I do remember falling down in uncontrolled giggles and laughing until my stomach hurt. I wasn't any good at the sack race either, as my legs got tired of jumping halfway to the end and I usually finished last. As for the musical chairs, well, I landed on the grass more often than on a chair.

After such a boisterous afternoon we changed into our swimsuits and headed for the river to cool off. The Old Man River diverted a sort of rivulet through the property which suited our purposes to a tee. This little stream was mostly shallow, but had a few deeper spots to swim in. The water was warm and felt like silk as it flowed around us. Boys being boys still had

enough energy to throw water at us in the play buckets they brought with them. We naturally squealed and protested, but loved every moment of it, in fact, we even retaliated.

When the sun began its retreat in the west, we gathered around for a heartfelt round of hymn singing. When the singing came to an end, we simmered down to listen to our minister give thanks for our day of fellowship and fun in this bountiful land we call home.

As the long shadows of evening began to creep across the land, we knew it was time to pack up our things and make our way home. We lingered as long as we could with our good-byes, but eventually, one by one, the cars pulled away with passenger arms waving out of the windows and shouts of thanks coming from all directions. Yes, it had been a memorable day. I am so thankful that I can relive it and recall it from the memory book of my mind. Sitting in my chair, my eyes fill with happy tears as those warm memories wash over me and transport me back to that happy wondrous time. ▲

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The home for unwanted girls

by Joanne Goodman

Book review
by Eleanor Cowan

Shortly after Quebec women were finally permitted to vote in 1940, young mothers were still forced to surrender their 'illegitimate' babies to orphanages run by those in charge.

Maggie, an English mother, is forced to give up her loved new baby whom she names Elodie. At sixteen years old, she's also compelled to end her love relationship with her 'unacceptable' French-Canadian farmer boyfriend. Unbeknownst to Maggie, her love child is first sold for money to American buyers through a Montreal lawyer, but the deal sours when Elodie is found to be sickly. Soon sent to a religious orphanage, Elodie is treated

decently and educated until, that is, Maurice Duplessis, an extremely conservative Premier of Quebec, made a despicable deal that earned a lot of money for the religious rulers running Quebec's psychiatric hospitals. The new law allocated more money per head to the mentally ill than to orphans.

Along with thousands of other children in Quebec, Elodie is soon declared disordered. In a congested psychiatric ward, she is drugged nightly, abused, and forced to clean and sew. She remains uneducated. Such suffering garnered a conscienceless church lots and lots of extra money.

The story, set in 1950s Quebec, repeatedly features the appalling aspects of the uncontested patriarchal collusion of government and religion. Both employed the same invisible tools wielded by every oppressive regime. These are shame, silence, and separation.

Modernist English author and educational reformer, Virginia Woolf, (1882 – 1941) once said that the personal is political and the political becomes personal. In this story, we see the suffering of those born into an unjust system of human organization.

In 1950s Quebec, the French and English tolerate each other with precarious civility—much like

Maggie's parents. Maggie's English-speaking father, Mr. Hughes, has lofty ambitions for his daughter that don't include marriage to a poor French boy from the next farm over. Despite his secret betrayals of his wife, Mr. Hughes insists that his daughter obey the unjust censures of the time.

Beautifully written and well-researched, the story charts the on-going cost of Maggie's obedience to her parents. It also details Baby Elodie's grim crawl through the abuse of two religious-run mental hospitals in Quebec.

In this suspenseful, provocative novel filled with love, shocking secrets, and surprising twists and turns, I paused to celebrate passionate activists. I stopped to consider all the magnificent individuals who fought hard for change. Today, a single mother can take her baby to the local polling station and cast her vote for a party that honors her rights. She can enjoy all that her community has to offer, just as any other Canadian citizen.

Anthropologists caution us not to assume we're always on a forward course of human evolution. They warn us that a society can regress in a single day! With a Canadian election happening soon, let's take charge of our right to vote and ensure that there will be no more 'unwanted girls.' ▲

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Orange pumpkins, Thanksgiving and garlic



Persian Star is a Purple Stripe garlic. This bulb was grown locally.



Planting Garlic: The tunic of the garlic bulb has been broken and half the bulb has been separated into its individual cloves. The half of bulb next to the red dibbler still has part of the hardneck extending up the center of the bulb. The basal part of the bulb, from which the roots grow, has a ringed outline that is clearly displayed on the clove to the left of the dibbler. The clove in front of the dibbler shows the correct orientation of the clove when planting. A dibbler is a handy tool for making a planting hole to a required depth.



By Deborah Maier

It's that time of year when thoughts turn to orange pumpkins and Thanksgiving. For some gardeners, it's a month with a scramble to get the last of the veggies harvested in time for our Thanksgiving feasts. Thanksgiving, after all, is for taking time to recognize and appreciate the bounty of the harvest. I usually leave my carrots in until Thanksgiving weekend and use them and other garden grown veggies as part of my Thanksgiving dinner.

Frequently, October is the month to do the last of the garden and yard tidying. Tasks include making sure all the leaves of plants with any signs of disease are cleaned up, bagged and placed in the black garbage bin. Peonies and lilies are trimmed back to help prevent the development of fungal disease. It's when tender plants that need a bit more protection are mulched.

But did you know that it is a planting month? In Calgary, October is the month to plant garlic. To have a

great start on the garlic growing season, plant garlic in the fall. Fall planting should produce better yields and larger bulbs.

The garlic type to plant is "hardneck" which is cold-hardy and performs well in Calgary. It gets its name from the flower stalk (scape) that grows up the center of the bulb and forms a hard stalk when the plant matures and dries. There are three main kinds of hardneck garlic: Porcelain, Purple Stripe and Racambole. Porcelain has a thick white papery skin, the tunic, surrounding the bulb and a strong flavour. It stores the best of the hardneck garlics. Purple Stripe becomes sweeter after cooking and has purple striping on the tunic. Racombole usually has pink to purple colouring in the tunic, is rich in flavour and is the most commonly grown hardneck garlic. It produces beautiful double-curling scapes that are delicious. Within these groups there are many varieties to choose from bearing

names such as Music, Chesnok Red and Spanish Roja.

To plant garlic, prepare the bed. It should have light, rich soil and be well-drained. Garlic does well in a raised bed. Having a well-drained soil is important, otherwise the bulb may rot before spring. Light soil yields readily to the emerging garlic sprout and will make lifting the bulbs next summer easier. As well, light soil usually readily sheds excess moisture. Add compost before planting to give the soil a nutritional boost that the garlic can use when it starts to grow in the spring.

Inspect the bulbs. There should be no signs of mould. If there is mould, cool, damp weather may cause the mould to flourish and grow into the flesh of the clove. Break and remove the outer paper tunic of a healthy bulb and divide it into its cloves. Leave the protective paper on the cloves. Cloves are planted with the pointed end up and the basal end down. The roots grow from the basal end and the green

shoot from the pointed end.

Garlic is a member of the Allium genus, so practice crop rotation to help ensure plant health, and do not plant garlic where garlic or onions were planted the previous year.

Plant the cloves 5 to 10 cm deep and space them about 15 cm apart. If the soil is dry, water it. Cover the bed with 10 cm of mulch. Dry, chopped leaves, straw or grass clippings can be used as mulch. The mulch, by providing an insulating layer, helps prevent the cloves from being heaved out of the soil by the freeze-thaw cycles, maintains the soil moisture content and helps to regulate the soil temperature.

If you are growing more than one variety of garlic, place identification labels in the bed. Consider the options when choosing garden tags, to pick one that works best for you. Plastic tags may become brittle in the cold, so place them where they won't be disturbed. Bare wooden tags may become too soiled to read, so coat the tag with a clear finish after adding the label to protect it. Metal tags are a bit more expensive, but they usually over-winter well. Also be aware that permanent marker ink may fade if left in direct sunlight. Be sure to supplement the bed markers with a journal notation, then next summer you can check your journal to determine what was planted where, if the labels are unreadable or can't be found.

May you have a wonderful Thanksgiving with family and friends, sharing the harvest from your garden. Perhaps you can include planting garlic on Thanksgiving weekend as one of your festive traditions

If you are interested in learning more about gardening in Calgary, visit the Calgary Horticultural Society's website, calhort.org ▲

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Partial breast radiation can be completed in just five days instead of several weeks

COLUMBUS, Ohio – The risk of breast cancer increases with age, with many women diagnosed over the age of 50. While regular screenings can help to identify and treat breast cancer early, the more than 200,000 women diagnosed with early-stage breast cancer each year in the United States still have tough decisions to make. Until recently, the choices were mastectomy or removal of just the tumour and then having several weeks of radiation to the breast. Now, a new option may help to make the choice easier for some women. Partial breast

radiation focuses treatment on the small area where the tumour was removed, and can be completed in just five days. A new study finds this method not only makes treatment shorter and more accessible, but for most patients, it can also result in no increase in cancer recurrence rates.

“If the cancer comes back, it is almost always in the same area where the tumour was removed,” said Dr. Julia White, co-principal investigator of the national trial and head of breast radiation oncology at The Ohio State University Comprehensive Cancer Center–Ar-

thur G. James Cancer Hospital & Richard J. Solove Research Institute (OSUCCC – James). “By just irradiating that small section of tissue, we’re able to reduce treatments that were lasting four to six weeks to only five days, a difference that can be a major factor when making the decision about breast conservation surgery.”

The study followed 4,200 patients who had lumpectomies after being diagnosed with early-stage breast cancer at various cancer centres across the United States, including the OSUCCC. After 10 years, the rate of cancer recurrence was less than five



Dr. Julia White led a study at The Ohio State University Comprehensive Cancer Center– Arthur G. James Cancer Hospital and Richard J. Solove Research Institute that found many breast cancer patients can benefit from partial-breast radiation, an option that is much shorter than standard radiation after lumpectomy.

per cent among all patients, and the difference between those who had full and par-

tial breast radiation was less than one per cent. While partial breast radiation is not for every breast cancer patient, it works well for those over the age of 50 with a hormone-sensitive, low-risk form of the disease.

“We found no difference between the two types of radiation treatments in this group, and more than 97 percent of these patients remained cancer-free after ten years, which is tremendous,” said White. She hopes the results of the study will encourage more hospitals to offer partial breast radiation as an option.

Study at The Ohio State University Comprehensive Cancer Centre– Arthur G. James Cancer Hospital and Richard J. Solove Research Institute. ▲

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Wendy Lybarger preaches at a church in Dayton, Ohio. She was able to continue working through breast cancer treatment thanks to a new radiation method that shortens treatment time without compromising effectiveness.

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Downsizing for retirement relief

For some of us, the countdown to retirement is well underway. As we draw nearer to that anticipated work-free lifestyle, downsizing our homes is also becoming a big priority. After all, we still want to live comfortably even without a regular paycheque — and moving into a smaller home is one way to make that happen.

If you’re just starting

to think about downsizing, decluttering experts say the time get rid of stuff is now. Decluttering can be overwhelming, so the sooner you can clear things out the easier it will be when it finally comes time to move. If you’re feeling super sentimental or undecided about giving away certain items, consider storing them elsewhere to see if you miss them. You might be sur-

prised by just how little you really need.

Join buy, swap and sell sites to turn your items into cash or organize a garage sale in your neighbourhood. Keep in mind that charitable organizations like Diabetes Canada are always looking for textiles and small household goods and will gladly take items off your hands. Arrange a pickup, find a donation box near you. (NC) ▲

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Celebrating the 90th anniversary of the ‘Persons Case’

Compiled by Winifred Ribeiro

Prior to 1929, women in Canada were not considered ‘Persons’ — at least not in the fullest legal sense of the word.

Section 24 of the British North America Act (at that time, Canada’s constitution, the source of its highest laws) said that only “qualified persons” could be appointed to the Canadian Senate. The Canadian government had consistently interpreted this phrase as meaning men only. This was based on historical precedent; when the law was written, it had been intended to mean men and should continue to refer only to men.

Outraged suffragists like Emily Murphy led the battle to have Canadian women recognized constitutionally as “persons” who were eligible to be named to the Senate.

On August 27, 1927, she invited four of Alberta’s brightest and most determined women activists — Irene Parlby, Louise McKinney, Henrietta Muir Edwards and Nellie McClung, to her Edmonton home. On Emily’s veranda, these ladies who became known as the Famous Five signed a letter petitioning the Supreme Court to look into the matter of whether the government could appoint a female senator.

This interpretation suggested that women were not “qualified persons”. Determined and ready to fight, Emily found a way. She discovered a little known provision in the Supreme Court of Canada Act that said any five persons acting as a unit could petition the Supreme Court for an interpretation of any part of the constitution. So on a fine summer’s day the matter quickly became known as the ‘Persons Case’. It was debated on March 14, 1928, with the Supreme Court eventually ruling that women were not “qualified persons” as it related to Section 24 of the BNA act. One woman, Mary Ellen Smith from British Columbia, reacted to the news saying, “The iron dropped into the souls of women in Canada when we heard that it took a man to decree that his mother was not a person.”

The Famous Five, however, were not daunted. At the time, there was one authority even higher than the Supreme Court of Canada: The Privy Council in England. So they petitioned the Privy Council to rule on the matter. On October 18, 1929, Lord Sankey arrived to a packed courtroom in London to read the Privy Council’s judgement. To the relief and

joy of the Famous Five and women across Canada, the Privy Council said that yes, women were indeed persons and could become Senators.

Sankey took things one step further, saying, “The exclusion of women from all public offices is a relic of days more barbarous than ours.” This had reverberations throughout the British Empire (later the Commonwealth), for it clearly asserted that anti-suffragists could no longer suppress women’s rights through clever legal arguments and prejudiced traditions.

This decision marks the abolition of sex in politics.... “Personally I do not care whether or not women ever sit in the Senate, but we fought for the privilege for them to do so. We sought to establish the personal individuality of women and this

decision is the announcement of our victory”.

— Henrietta Muir Edwards, 1929

October 18 is now known as ‘Persons Day’ in Canada.

The Women are Persons! Monument is located in Calgary’s Olympic Plaza. It was commissioned by the Famous 5 Foundation to “honour the Famous 5, to commemorate the ‘Persons’ Case, and to recognize the achievements and contributions of Canadian women in the building of Canada”.

The monument was unveiled by Governor General Adrienne Clarkson at a special event on October 18, 1999. A similar monument was erected in Ottawa on October 18, 2000.

October is Women’s History Month in Canada, time to celebrate the many



Part of the Famous Five monument ‘Women are Persons’ located in Olympic Plaza, Calgary. Photo by Jerry Jonasson.

amazing women in Canadian history!

In Canada, October 18th is celebrated as ‘Persons Day’. Be sure to visit Olympic Park and view these famous sculptures that honor

the Famous Five, five women who fought for their rights on behalf of all Canadian women.

Remember these courageous women and take time to vote on October 21. ▲

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Story, original art and photos by Jaroslav Maria.

Page design and layout by Winifred Ribeiro.



Rock Garden.

Looking at the mast-head of Kerby News the other day, I was reminded that this is a paper for the 55 plus crowd. How could I have missed that tag line over the years? I was already 55 years old in 1996!

Oh, those were the simple and innocent days! Three quarters of the Beatles were still with us, the Yankees won the World Series and the Colorado Avalanche won their first Stanley Cup. Computers and mass communications were just starting to enter the

mainstream. The first mobile phones were only 22 years old and personal computers were 19 years old. Skype came on the market in 2003 and Twitter started in 2006. iPhones were made possible by miniaturization.

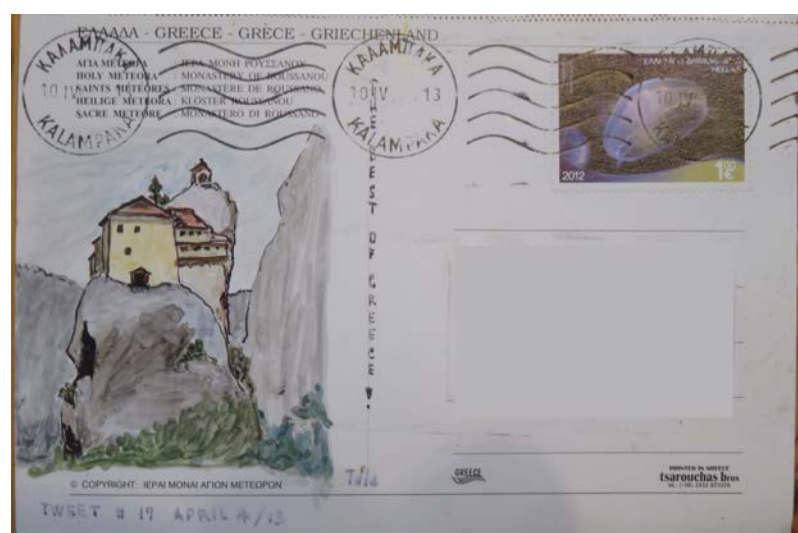
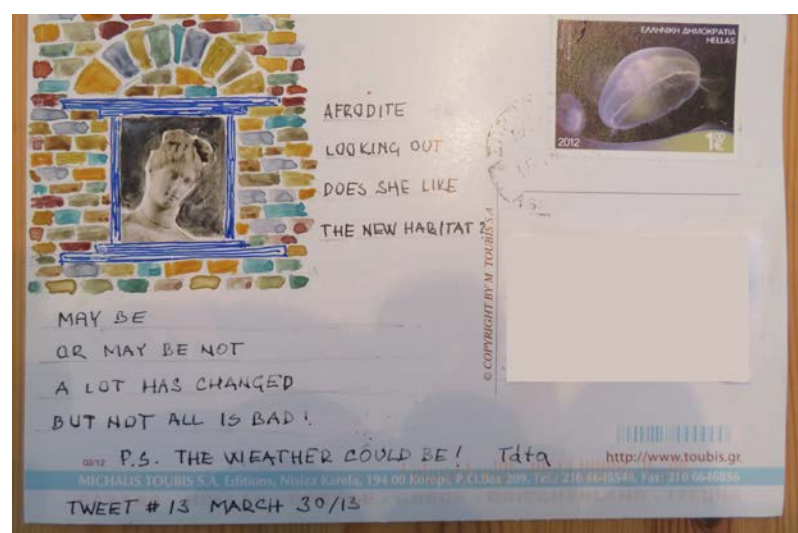
In 1996, who knew what a roller coaster we were getting onto, with the new gadgets and technology. In our generation, the first adopters of this new technology were gullible grandparents. After all, who could resist being "virtually there" and baby-talking

by talking with grandchildren on Skype. Even tucking the little ones in from many kilometers away was possible on Skype.

My pragmatic daughter, yes, the child born from my flesh, started remaking me into a new Renaissance man. When my wife and I were travelling, the pressure from her to be "connected" by technology intensified. This was under the guise of wanting to know where we were and if we were okay, but I'm sure that she wanted to be able to

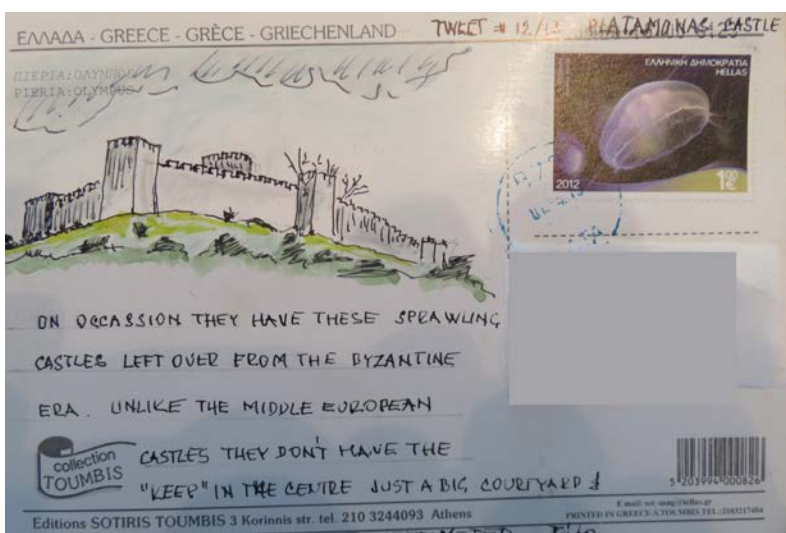


The "embryo" of the triangulation painting idea.



showcase parents who were "with it". The child we used to "baby" started to baby us, a complete reversal of form.

Once the avalanche of technology was released, it



Part of a set of 19 postcards painted by the author and posted to his child — representing his "tweets" while travelling.

vacation. Eventually, under relentless pressure I broke down and promised to send "tweets" from our next trip every day. Now I realize that they were more like texts than tweets, but not knowing any better, that's what I called them.

However I lacked the electronics and the necessary skills - not to mention the European SIM card. I also had no confidence that there would be Wifi in small villages in the backcountry of Europe. So I packed my water

colours, a dozen or so properly sharpened Faber Castell pencils, hardness HB and 5B, a pen with a nib, a bottle of old fashioned Parker ink, a pair of scissors and a glue stick. Every day I bought a plain postcard on which to create a scene. During our liquid lunches in an open air cafe in France or Greece, or during the long evenings in our hotel rooms I painted "tweets" for my daughter. Here are some of the tweets that I mailed daily.

It was a creative diversion while on vacation, and I



Helliopsis.

fancied myself as a clever innovator. It wasn't all smooth sailing because, as in any new enterprise, there were hiccups. In 2013, in Kastraki, Greece, we lost several days of tweets due to the country's well-documented financial troubles. Mail pick-up was eliminated in small towns. For all I know, the tweets I painted are still in Kastraki today. Even after the joke wore off I kept up the postcards for several trips later.

I was determined to turn the tables on the relentless modernization and, bucking the automatization of my life, I found that I enjoyed the challenge of having to come up with a different subject, a new medium and style daily for three weeks in a row. It fostered imagination and innovation. Half of a postcard is a small canvas that begs simplification, it is miniaturized minimalism. But, there is

a lot of inspiration in a coolugin and tonic, or a glass of wine while sitting under an umbrella on a hot Mediterranean day. In my career as an amateur artist I have always let the medium guide me. I don't like mixing colours when painting because I'm not very good at it. I like to draw an outline and fill the colour in, which is likely a remnant of being a land-surveyor and draftsman at one time. Instead, I like working with materials that naturally blend the colours, as glazes do in ceramics, or dyeing fabrics when making batiks, or just sculpting with soapstone where the colour is in the stone and comes out when it is polished.

It was during a pleasant evening on the last day of a Mediterranean vacation when, completely out of ideas, I went all the way back to my technical roots. I wondered

what would happen if I transformed a realistic image into a grid of small triangles to show a genuine object in a way that would challenge the observer. Would a tree become an abstract object when painted using only straight lines and, when viewed from a distance while squinting, would colours blend although they are rudely separated, and would even weird colour combinations work together because they set each other off?

Some years of experimenting later I know that yes, it can be done. To get back to the subject: the definition of the word twitter is "a short burst of inconsequential information, and/or chirps from birds". I proved to myself that tweeting using traditional materials and means can compete with high tech tweeting, and be a ton of fun.

So, who says a 78-year-old gentleman can't be "with it"?▲

5 ways to enjoy meals for one



There are more one-person households in Canada than any other kind, according to the most recent census.

While living alone might be a choice, it may also be the result of a life change, such as losing a spouse or relocating. But experts say it can be a positive experience that allows us to enjoy our own company.

As the stomach is known as a window to the heart, meal prep offers easy opportunities for self-fulfillment. Here are some tips for helping this happen:

Plan ahead. Take time to review your schedule and understand your needs for the week. Once these details are confirmed, you will be better suited to plan. Make note of when you'd like to eat out or order in.

Shop smart. Once you plan your meals, make a list with the required quantities. Shopping smart means buying items that will last all week and just enough to ensure nothing spoils. Keeping a balance of canned, frozen and fresh foods will help you get the most out of your food.

Prep ahead. Pick one day to prepare core meal items

for the week. Investing time up front greatly cuts down the overall time needed. For example, if you're a dessert lover, make cookie dough in advance and freeze single cookie-sized portions.

Treat yourself. Pick a day each week to create an experience. Make your meal an event and create a beautiful place-setting with your favourite flowers and music. You could treat yourself and order in.

"A great alternative, particularly if you have limited mobility, is ordering from a meal delivery service," says Jim Panoff, branch manager at Arbor Memorial. "Heart to Home Meals and the Canadian Red Cross Meals on Wheels program can deliver fresh, made-to-order meals straight to your home."

Invite a friend. Plan a get-together with friends and family. Much like eating a balanced meal is good for your body, finding a balance between the joys of eating alone and with others is good for your emotional health. Look for opportunities to share the experience. (NC) ▲

How to prepare for the federal election

The federal election is fast approaching, but you might be still on the fence about who to vote for or which issues you should care about.

Maybe you're a first-time voter or you recently moved. Need help? Here's a quick checklist to ensure you fulfill this important civic duty.

Do your research:

Find out who's running in your riding and read up on their party platforms. It also doesn't hurt to follow the party leaders on social media.

Get to know your candidates:

If you can, attend a local candidates' debate to get a sense of who they are. If you meet your candidate while on the campaign trail, don't be afraid to ask them tough questions about issues that matter to you.

Figure out the logistics:

Double check your

registration on the Elections Canada website, especially if you've recently moved, are a first-time voter or a student living away from home.

Once you get your voter card in the mail, check your name and address for any mistakes.

Remember you'll need to bring one piece of government-issued ID with your name, photo and address or two pieces of ID.

It is a good idea to mark your calendar or set a reminder on your phone to head to the polls, either on voting day or in an advanced poll.

Decide your top election issues:

Maybe you care deeply about climate change, Indigenous rights or refugees. Where does each candidate stand on these issues?

If human rights matter to you, check out Amnesty International Canada's 2019 human rights agenda at amnesty.ca. (NC) ▲

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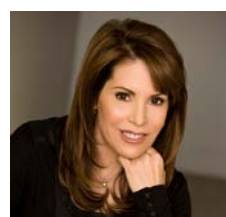
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Thanksgiving Yoga

By Angie Friesen

My favourite part of Thanksgiving is sharing delicious food with people I love. Recently one of my meditation teachers had our class try an experiment. We were asked to focus on making a meal infused with love, and see how it was received by those who shared the meal. He also encouraged us to find joy in the whole process of making the meal. If you cook while feeling angry or upset that will go into your meal. Sometimes in those situations ingredients can be missed or if you are in a rush to get it done, that can lead to food being undercooked or overcooked. If you cook happily and with love, you are likely paying attention to the task at hand, and the food honestly does taste better. This is often why we prefer meals home-cooked by those we love. In my cooking experiment, I invited my in-laws over for dinner. I was trying my hand at making a roast for the first time. I figured that if things didn't go as planned, I had a large selection of take-out menus I could call on if needed. I took my time, making sure I followed all of the instructions, adding all the ingredients in the correct order, putting all the love and care I could infuse into the meal. It turned out beautifully and my father-in-law said it was one of the best roasts he had ever had.

Engage all of your senses when you eat. (Sight, Smell, Sound, Touch and Taste) This will heighten your dining experience. Taking the time to savour every bite without rushing makes it easier for food to digest. It also allows us to be in touch with our bodies and avoid overeating. Science suggests that it can take around 20 minutes after eating for the brain to realize that the stomach is full.

Consider the journey your food took to get to your table. For instance, with pumpkin pie: a farmer planted a pumpkin seed. A plant grew from the seed and produced a pumpkin which grew and was picked. Next it was transported to a grocery store or to a processing facility to be canned, and

then delivered to a store. There it was unloaded and placed on display. It was purchased and brought home. It was then added to your pie crust (which could also be tracked on its own journey). Lastly it was baked and served. It really is amazing to be aware of the trek that one pumpkin took to become dessert.

While sitting down to eat, be aware of your posture. Sitting up nice and tall, gently rolling the shoulders back, with feet supported on the floor (or if your feet don't reach the floor, make an adjustment to the chair or get support for the feet) This is "Seated Mountain Pose". It helps align the spine, strengthen

the core, and you will be able to better digest your food with proper posture. It can take time to get into the habit of sitting this way, but the more you practice and become aware of your posture, the sooner it will come naturally.

A few hours after you eat, you can try a simple gentle twist. (Please don't attempt to do a twist on a full stomach, as it may cause you discomfort. Yoga poses are usually best done on an empty stomach or at least a couple of hours after eating. Also keep in mind that this is a gentle twist, so if you happen to experience discomfort or pain, please come out of the pose and check with your medical professional

to see if twists are right for you). Twists are wonderful for releasing tightness and tension in your spine and a great way to get the digestive system running smoothly. While sitting in "Seated Mountain Pose" you can bring one hand to your opposite knee (or mid thigh) holding your twist for 30 seconds to one minute. Gently release, then complete your twist on the other side, holding for the same length of time as on the previous side. Repeat a second time if it feels right for you.

Taking time to reflect on what you are thankful for is a powerful practice. I have a "Gratitude Journal", and it has space where I can write down items that

I am thankful for on a daily basis. You don't need to buy a specialty journal to do this, you could use a notebook, pad of paper or, if you're tech savvy, you could also type or store it digitally. I find comfort in reading through my journal if I need a little pick-me-up. Sharing with others what you are thankful for is heartwarming. Our family asks each person at Thanksgiving dinner to share one thing they are thankful for. Everything we are thankful for, whether big or small, all of it matters.

Yoga and Thanksgiving can go hand in hand.... with both I prefer to wear pants that stretch.

Happy Thanksgiving!▲



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We must manage the “Internet of Things” with care

Who will ensure devices have been tested thoroughly and are secure? Who will ensure our privacy is protected?

By Eamonn Brosnan

Back in the early 1990s, I came across a story about a Coke machine that you could query from anywhere on the Internet and it would tell you the temperature of the drinks, the last time it was stocked and how full it was. The machine was in the computer science department of Carnegie Mellon University, in Pittsburgh. Computer programmers live on caffeine, but who wants to walk all the way to the machines only to find that they're empty or the contents are warm?

These days, a multitude of devices created by programmers and hardware

designers similarly benefit our lives. Everything from smartphones to social media to home computers, to your fridge to your car, and from home security to your furnace.

This is the future — the Internet of Things or IOT — in which the items in our lives communicate and share information with other everyday things.

Today's security systems will notify you via an app on your phone of the status of your home — without paying for pricey monitoring companies. Video cameras can be rotated by the app to allow you to view your house from various angles while you're away. You can lock and unlock doors remotely,

and similarly adjust the temperature in your home. You can turn lights on and off, check to see if you left your oven on, and make certain that you locked your car.

And all of these conveniences — and more — will only become more prevalent as the technology becomes more affordable. The progression to the fifth generation of cellular technologies (5G) will allow even more data from more sources to be exchanged.

Cars will exchange information with traffic control centres, allowing authorities to respond to slowdowns and accidents more quickly. Those traffic control centres will direct cars (self-driving or otherwise) to take alternate routes when needed.

Medical devices already communicate wirelessly. Machines used to treat sleep apnea can be accessed by professionals to monitor the user's sleep quality. Pacemakers and insulin pumps can track the history of

events and have the information downloaded for review.

As we continue to improve and shrink devices, as well as communicate robustly with them, we'll be able to solve a multitude of health issues. The potential is immense.

But — and there is always a “but” — there are serious questions about malfunctions, privacy and security.

Should employers or insurance companies be allowed to review our driving history, as recorded in our cars? Should they be allowed to review the logs of our sleep apnea device to determine how often we fail to use it, or our pacemakers to determine our current health conditions?

Who will ensure such devices have been tested thoroughly? Who will ensure our privacy is protected? Who will ensure these devices are secure and can't be breached?

Ultimately, it's up to us

to ensure that governments do enough to protect us. We need to demand that our rights and safety are protected through laws, not just by the manufacturers.

Insulin pumps have been recalled because of weak security. Some pacemakers contain security flaws that could result in tragedy; they too have been recalled.

Ultimately, we're all responsible for the devices we use. But we can't be expected to know or understand how everything works. So we rely on others, from doctors to salespeople. They in turn rely on information from manufacturers and certifying agencies.

We need to ensure that this information is as accurate, and as thoroughly tested, as possible. I would hate for my car to crash as often as my computer.

Eamonn Brosnan is a research associate with the Frontier Centre for Public Policy. ▲



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Volunteering – a way to learn about yourself

Volunteering is a wonderful way to give back to

your community or lend a hand to a worthwhile cause. If you've been thinking about signing up for volunteer work but are unsure of where to start, here are some ideas:

Think about it. Why do you want to volunteer? Do you want to learn new skills, offer skills you already have, gain work experience or give to a cause? It's also very important to figure out how much time you can commit.

Check it out. Search volunteer databases in your community for opportunities that match your skills and interests. Read volunteer descriptions carefully to understand the requirements and duties.

Reach out. Contact the organization directly and ask any questions you may have about the role.

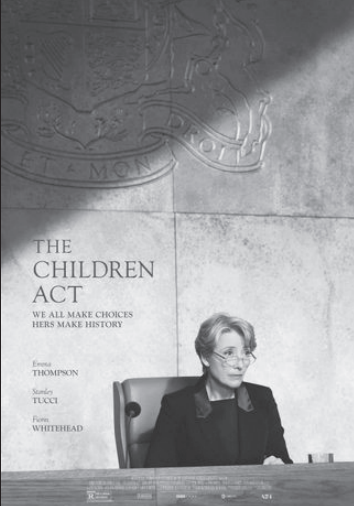
What is involved and

what do I need to do to apply?

Some organizations, like Amnesty International, require you to complete an online or in-person application, while others require a resume. You may be asked to participate in an interview or attend an orientation session.

If you're hoping volunteering will lead to full-time employment, keep in mind that your chosen organization might not be able to guarantee a job. However, you can use this volunteer position as an opportunity to network and build experience.

The time commitment required often varies. Depending on your availability, you can choose to sign up for a special one-time event or something on a consistent and on-going basis. And most organizations reimburse their volunteers for transportation costs. If in doubt, ask. (NC) ▲



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The impact of flu on older adults

In March 2017 Mike Leone's life changed forever. As he lay trembling on the floor, he shouted out for a neighbour to call 911.

This decision may have saved his life. Upon hospitalization, Mike was diagnosed with influenza – a virus which left him weak.

During his stay in the hospital, Mike developed two bacterial pneumonias and sepsis, had a trachotomy done and was diagnosed with congestive heart failure.

He spent 93 days in the hospital and 48 days in the ICU.

Prior to contracting influenza, Mike was active and enjoyed socializing with friends. He now lives on just the first floor of his home, can no longer drive and is dependent on personal support workers.

"The hardest part for me is not being able to live a normal life," said Mike Leone. "I can't go to the senior club every day as I used to, and I don't feel like myself anymore."

His son Umberto Leone, a pharmacist, remembers vividly how difficult this journey has been for their family. "We thought we were going to lose him," said Umberto Leone.

"I'm so grateful my dad made it out of the hospital. This experience opened my eyes to the dangers of influenza and the importance of being protected."

Mike is one of 12,200 people hospitalized for influenza-related illnesses every year in Canada, with seniors accounting for 66% of this number.

Influenza is one of the leading causes of death in Canada, resulting in an average of 3,500 deaths each year. While people of all ages can contract the flu, adults 65 and older are more at risk, with up to 91 per cent of flu-related deaths occurring in seniors.

Our immune systems weaken naturally as we age, meaning older adults have lower responses to infections and greater susceptibility to the flu.

They are also at high risk for complications or hospitalization if they do get the flu. The flu can also trigger a heart attack or stroke, or worsen conditions like diabetes.

Vaccination is critical for protection from the flu. It can help prevent infection and reduce the severity of

symptoms. However, the standard flu vaccine is not as effective for those over 65 years of age as it is in younger, healthy adults.

In its recommendations for the 2019 to 2020 flu season, the National Advisory Committee on Immunization, the national committee of experts that provides public health advice related to immunization, concluded that the higher dose flu vaccine provides superior protection compared to the standard flu shot and should be offered to adults 65 years of age and older.

There are now effective flu vaccines designed specifically for seniors.

Ask your doctor about the flu vaccine that is recommended for you. [NC] ▲





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Diverse German cuisine - from contemporary to traditional

Recipes compiled by Winifred Ribeiro.

Germany is made up of a series of distinct regional culinary cultures. From Hamburg on the north coast to Munich in the Alpine south, and from Frankfurt in the west to Berlin in the east, Germany's cities and farmland yield a remarkable variety of ingredients and influences.

This authoritative book showcases this diversity, with 500 recipes including both beloved traditional cuisine and contemporary dishes representing the new direction of German cooking — from snacks to desserts, meat, poultry, and fish, to potatoes, dumplings, and noodles. An introduction showcasing the culinary cultural history of the country introduces the origins of the classic recipes.

These recipes have been tested for accuracy in a home kitchen, making them

fully accessible to a wide range of cooking abilities. Icons indicate everything from vegetarian, gluten, and dairy-free options to recipes with five ingredients or fewer and simple one-pot dishes.



Recipes excerpted from *The German Cookbook* © 2018 by Alfons Schuhbeck. Reproduced by permission of Phaidon. All rights reserved.



APPLE STRUDEL (ALL REGIONS)

Serves: 4 **Preparation time:** 20 minutes **Cooking time:** 25 minutes

4 dessert apples

1/3 cup/1 1/4 oz (35 g) sliced almonds

1/3 cup/1 1/4 oz (30 g) caster (superfine) sugar

1/4 tbsp ground cinnamon

1 1/4 oz (30 g) Rum-Soaked Raisins

1/2 lemon, juiced

2 oz (50 g) sponge cake crumbs

2 sheets strudel or filo (phyllo) pastry flour, for dusting

2 tbsp melted butter

whipped cream, to serve

Peel and core the apples and slice with a mandoline. Alternatively, peel, quarter and core the apples. Cut the quarters into 5–10 mm (1/4 – 1/2 inch) dice.

Lightly toast the almonds in a dry frying pan or skillet, stirring constantly. Let cool. Mix the sugar with the cinnamon, then add, together with the Rum-Soaked Raisins, lemon juice, sponge cake crumbs and almonds, to the apples and mix.

Preheat the oven to 200°C / 400F / Gas Mark 6. Line a baking sheet with greaseproof (wax) paper. Lay one pastry sheet on a floured work counter and lightly brush with the melted butter. Lay another sheet over it and brush with melted butter.

Make a thick line of apple filling along the length of one side of the pastry. Leave a 5 cm (2 inch) wide space free of filling at both ends of the sheet and fold over the filling. Slide the strudel onto a cloth and use it to roll up the strudel, pressing in the ends. Lay the strudel, seam-side down, on the baking sheet. Brush with the leftover melted butter, put the baking sheet on the lowest shelf of the oven, and bake for 20–25 minutes until golden brown. Serve with whipped cream.

RUM-SOAKED RAISINS

Serves: 4 **Preparation time:** 10 minutes **Resting time:** 2 hours

1/2 tbsp black tea leaves

3 tbsp rum

1/3 cup/2 oz (50 g) raisins

Bring 100 ml (scant 1/2 cup/ 3 1/2 oz) of water to a boil in a pan. Remove the pan from the heat and add the tea leaves. Cover with a lid and steep for 5 minutes.

Strain the hot tea through a sieve into a bowl and add the rum. Add the raisins and let steep for at least 2 hours. Let drain before use.



BREADED PORK SCHNITZEL (ALL REGIONS)

Serves: 4 **Preparation time:** 10 minutes **Cooking time:** 10 minutes

2 eggs

1 pinch unwaxed lemon zest

freshly grated nutmeg

1 tbsp double (heavy) cream

3/4 cup / 3 oz (80 g) plain (all-purpose) flour

2 3/4 cups / 7 oz (200 g) white breadcrumbs

8 x 2 1/4 oz (8 x 60 g) very thin pork cutlets salt

freshly ground black pepper

2/3 cup/5 fl oz (150 ml) oil

2 oz (50 g) Beurre Noisette

lemon wedges

Crack the eggs into a deep plate and beat. Add a pinch each of lemon zest, nutmeg and the cream and mix well. Put the flour and breadcrumbs into separate deep plates. Season the cutlets with salt and pepper. Dredge the cutlets one at a time in the flour and tap to remove the excess. Then dip in the egg and cream mixture and finally dredge in the breadcrumbs, pressing very lightly.

Heat the oil and Beurre Noisette in a deep frying pan or skillet and fry the breaded cutlets over a medium heat, first on one side, until golden brown, then turn over and fry on the other side. Add more oil if necessary. Lightly shake the pan, letting the oil cover the schnitzels. You can also spoon hot fat over the schnitzels.

Fry until golden brown. Drain the schnitzels on paper towels. Arrange the schnitzels on warmed plates and garnish with lemon wedges.

BUERRE NOISETTE (all regions)

Preparation time: 15 minutes **Cooking time:** 5 minutes

Makes: about 200 ml (3/4 cup / 7 fl oz)

1 cup/9 oz (250 g) butter

Put the butter in a small pan over a medium heat and slowly heat until it melts, turns golden and gives off a nutty aroma.

Remove the pan from the heat and pour the butter through a sieve lined with a paper towel. Pour into an airtight glass jar and store in the refrigerator until needed.

BEER-BRAISED BEEF (BIERFLEISCH) (BAVARIA)

Preparation time: 20 minute **Cooking time:** 3 hours to 3 hours 30 minutes **Serves:** 4



2 lbs 4 oz (1 kg) braising steak

2 large onions

3 tbsp oil

1 tbsp tomato purée (paste)

2/3 cup / 5 fl oz (150 ml) brown ale

4 1/4 cups / 34 fl oz (1 litre) chicken stock

2 cloves garlic

1 tsp cumin seeds

1 tsp dried marjoram

salt

1/2 - 1 tsp grated unwaxed lemon zest

1 floury potato

1/2 - 1 tsp paprika

mild chilli powder

4 rashers (slices) bacon

5 oz (150 g) chanterelle mushrooms

1 tbsp butter

1 tbsp finely chopped parsley

tagliatelle, to serve

Cut the meat into 3 cm (1 inch) cubes. Peel and finely chop the onions. Heat 2 tablespoons oil in a casserole (dutch oven), sear half of the meat at a time, and set aside.

Sauté the onions in the oil and fat released from the meat until they turn translucent. Stir in the tomato purée (paste) and cook briefly. Deglaze the pan with the beer and reduce a little. Return the meat to the pan and add enough stock to just cover. Cover with the lid, leaving a small gap, and braise for 3 hours–3 hours 30 minutes until tender. Remove the lid after 2 hours.

For the goulash seasoning: Peel the garlic and finely chop together with the cumin seeds and marjoram. Mix with a pinch of salt and crush with the back of a knife, then mix with the lemon zest.

Towards the end of the cooking time, peel the potato and finely grate into the goulash seasoning mixture. Dissolve the paprika completely in a little water with 1 teaspoon oil and mix into the beef with the goulash seasoning. Let infuse for 5–10 minutes, then adjust the seasoning with salt and a pinch of chilli powder.

Heat the remaining oil in a frying pan or skillet and fry the bacon on both sides over a low heat until crispy. Drain on paper towels.

Clean, wipe dry and lightly chop the mushrooms. Heat the butter in a frying pan or skillet and sauté the mushrooms over a low heat. Season with salt and stir in the parsley.

Serve the beef in warmed deep plates, garnished with the bacon and mushrooms and sprinkle with parsley. Accompany with tagliatelle.



Accolades for Kerby News

I picked up the Kerby News this morning at the Parkdale Petfest. I have not been a Kerby reader of recent years, and to be honest I think the look of the Kerby News just didn't inspire me to read between the pages - my loss. While relaxing, I opened the Kerby News to Zane Novak's article, *Embracing Inevitability*. Not only was it a reminder, of attitude being the main ingredient, in whether we change to be a good or a bad thing, the article was down to earth, intelligent and relatable.

Leslie's article on 'Vitamin S' made me smile, and I earned quite a number of endorphins points.

Celebrate Active Aging, October 1 was next in line. It was another reminder to make our own mark on that date. What will I do? Probably take to the hills and valleys right under our nose - Nose Hill.

Then came the *Audrey's Amendment* article by Judy Hunt. Fantastic!

Barbara Ellis's 'those faraway places...' sparked memories of starry nights in Central Australia and evoked the comfort of the dusty prairie roads of home.

Liberty Forrest? Who even thinks of a name like that? Fabulous! And the phrase 'travel light' has so many sheens to it, it's difficult to articulate. It is too true that the unforgotten, and even some of the forgotten, become very weighty on the heart when the days get shorter.

All of this, and I'm only on page 12 of your 36-page newspaper!

I think now is a good time to crack open the pistachio cookies, make some chai tea and enjoy what is yet to come.

Thanks so much for your energy in making me smile at newsprint.

Cheers for now, and all the best for the rest of September...meet you in October!

Deb Anthony

AROUND TOWN EVENTS

October

Alberta Ballet
Frankenstein
October 23-26
www.albertaballet.com

Alberta Theatre Projects
Disgraced
October 16 to November 3
www.albertatheatreprojects.com

Calgary Philharmonic Orchestra
Modern Masters with Jan Lisieki
October 4-5
Disney in Concert: Mary Poppins
October 11-12

Electra Rising: Forsyth Cello Concerto
October 18-19
Ghostbusters in Concert: Halloween Spooktacular
October 25-26
www.calgaryphil.com

Fort Calgary Theatre
Murder Mystery Dinner
Halloween Horror: A Night at the Grimmies
October 31
www.fortcalgary.com

Honens Festival
Hinrich Alpers Solo Recital
October 27
www.honens.com

Jubilations
A Country Star is Born
To October 12
Old Time Rock 'N Roll
October 19 to January 11, 2020

www.jubilations.ca

Lunchbox Theatre
The Pink Unicorn
To October 5
In Flanders Fields
October 19 to November 9
www.lunchboxtheatre.com

Morpheus Theatre
Lend Me A Tenor
To October 5
www.morpheustheatre.ca

Rosebud Theatre Opera House
The Mountaintop
To October 19
www.rosebudtheatre.com

Stage West Theatre
There Goes the Bride
To November 10
www.stagewesttheatre.com

Theatre Calgary
Noises Off
To October 5
Iceland

October 15 to November 2nd
www.theatreocalgary.com

Vertigo Theatre
The Tempest
October 1 - 5
Strangers on a Train
To October 13
www.vertigotheatre.com

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We offer innovative therapies to optimize well-being and enrich lives including Virtual Reality, Individualized Music Therapy, and Intergenerational Art Therapy.



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theBSF.ca
403.242.5005

Why I march

By Stephen Ditchburn

When I was a wee lad growing up in a small town in Northern England in the sixties, I remember learning about a quick way to remember the colours of the rainbow. It was a simple mnemonic: Richard Of York Gains Battle In Vain. I never really understood what it meant. I didn't know who Richard of York was, nor why he was fighting, but for some reason I found that I'd memorized it.

It turns out that I've had the fourth word wrong all this time! Google reveals that it's really Richard of York Gives Battle in Vain (Translation: He's losing the battle.) Still ROYGBIV - the colours of the rainbow are: Red Orange Yellow Green Blue Indigo and Violet.

How strange it is that for some reason way back then it was planted in my mind that rainbows would become a central part of my life and some mysterious phenomenon had ensured that, for whatever reason or use, I would never forget the colour scheme of the rainbow! Who knew way back then that the rainbow would become a symbol of gay pride? (On the pride flag you'll notice that the last two colours are represented by the colour purple.)

I was thinking about all this a few Sundays ago as I was getting ready to walk with the Rainbow Elders Calgary in Calgary's Pride Parade. It was a dreary, drizzling morning and here I was, suffering from seasonal allergies and a massive pain in my neck due to a tumble in the garden. This would be the second time that my partner and I would be participating in the parade, which is pretty good since we've only been together for just over a year and a half. This year there was a lot of extra excitement as we were going to be in third position out of over 175 floats. What an honour!

Gradually the mist and gloom lifted and our city centre became awash in rainbows and smiles. It was time to go! Thousands of people lined the street cheering and smiling and waving. It was heart-lifting.

Why are we marching? Donna, manager of Rainbow Elders, marches so that "other LGBTQ+ seniors can see that I am a proud, OUT Lesbian. We don't have to hide. It's OK to be who we are."

I realised as the parade began that I had many reasons to march. Along the route were smiles and rainbow flags and innocent young

faces and I came to see that I was marching and hoping that none of those young people will have to face being ridiculed, attacked or threatened for being who they are.

For the millions of gays around the world who live in fear of being outed and killed, our nation's Pride marches and human rights laws demonstrate to the world that this is what civilized society is all about. We are part of the same tribe and that's a great reason to march. Bob was one of the founding members of Rainbow Elders Calgary and throughout the years has been active in Calgary's gay community. However, as he got older he found himself in accommodation that forced him to go back into the closet. At first Bob was very reluctant to have his photo taken with our group, so it was a remarkable moment when Bob proudly joined us and

was part of last year's parade. Sadly, Bob passed away in February 2019. I march for him and others with similar experiences.

And then there's Rowena who, after appearing on the front page of August Kerby News, was harassed and bullied in the building where she lives - 80-year-old bullies. Whoever would have believed it? I will always march with and for Ro.

I march for Lois and her bewitching smile. Lois, 83, was one of the original organizers of Calgary's first underground gay bar in the 1960s on 4 Street SW. I march proudly in honour of her and all those who have fought for our rights to be who we are.

I march to show the bigots, supremacists, racists and haters in our diverse city. Their hatred only makes me and others more resilient and determined to stand up for our human rights. Their actions emphasise to everyone the exact reasons why we have Pride parades and celebrations.

And I march for gay kids who are struggling at this very moment with bullying, being ostracized and perhaps contemplating suicide. Hopefully, the march serves as a source of inspiration and that it's okay to be you. Things do get better. Now my home is full of light-catching crystals that reflect the beauty of the rainbow. I can't wait until the next parade as I have so much

to march for. Until then I'll be on the lookout for all rainbows: *Richard Of York Gains - oops - Gives Battle In Vain.*

Rainbow Elders Calgary is a passionate group of volunteers who work to promote awareness of the issues and concerns of LGBTQ+ seniors. Visit them at www.rainbowelderscalgary.ca or email: rainbowelderscalgary@gmail.com. ▲



Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB
403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager

Become a member today!

Kerby Centre

for the 55plus

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

- Kerby News mailed directly to your home each month
- \$5 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Priority registration & member rates for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre events
- Special advanced ticket purchases & reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

One-time coupons* for:

- Voucher for one FREE beverage in the dining room
- \$5 discount off a one month 'FIT Room' membership (for first-time registers FIT Room users)
- One FREE Drop-in activity
- \$5 discount off a day trip booked with the Travel Desk
- \$10 discount off a first-time foot care assessment

*conditions may apply



To purchase a membership:

- Visit our membership desk Monday to Friday 9 - 3
 - Phone 403-265-0661, ext 256
 - On our website at www.kerbycentre.com
 - Mail this form with a cheque for payment and we will follow up by phone
- Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

Name _____

Address _____

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Membership for 2019 is \$25.00 plus \$5.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2019).

MEMBERSHIPS ARE NON-REFUNDABLE



Kerby Centre

Volunteer Spotlight



Jerron Domstad

Jerron is a very dedicated volunteer. In February 2019, she started volunteering at Kerby Centre as a temporary volunteer on the Membership Desk during the Tax Clinic. Jerron enjoyed her volunteer role and continued as a permanent volunteer. Since then, she has volunteered in many different areas in the Centre. You can find her at the Membership Desk, Wellness Clinic and helping with workshops and special events.

Jerron has a diverse professional background. She has worked in a warehouse and storage company, for Brink's, as a Lunch Room Supervisor and as a teacher's assistant. Jerron is also a mother of 7 children and has 12 grandchildren (8 are married) and expecting her 15th great grandchild!!

Jerron enjoys the friendly environment at Kerby Centre. She likes the cheerful people who work here and the clients who are always willing to share their knowledge.

When Jerron isn't volunteering she enjoys reading, attending classes, meeting new people and travelling.

Jerron has contributed more than 245.5 volunteer hours.

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



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

Join Us For

Music Therapy

Presented By
Nynne (Nuna) Collins
Musician & Accredited Music Therapist

Monday, October 21st 2019

10:30AM – 11:30AM

Kerby Centre Lounge

FREE EVENT - No Registration Required



SAVE THE DATE FOR Kerby Centre's Remembrance Day Service

Monday, November 11th
10:00 am - 12:00pm

A Group For Mature Jobseekers

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



Oct 1st **How To Market Your Transferrable Skills & Network**

Participants will receive information & tips on:

- Marketing the skills you have to get the job you desire
- How networking can help in your job search

Oct 8th **Networking & Social Media**

Oct 15th **Your Elevator Pitch**

Learn how to craft a perfect elevator pitch that explains to people who you are. What you do and what kind of position you are seeking

Oct 22nd **Multi-generational Workforce**

Oct 29th **Interviewing Skills**

Participants will receive information & tips on:

- How to answer the behavioral interview questions
- Interview do's and don't's

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

November is Fall Prevention Month

Join Us To Learn About

Fire Safety and Falls Prevention

Presented By
Shelley Steele (Calgary Fire Department)

Monday, November 25th 2019

10:30AM – 11:30AM

Kerby Centre Lounge

FREE EVENT - No Registration Required

KERBY DAY TRIPS

Rosebud Theatre "A Christmas Story"

Second Trip - Space Available

Rosebud Alberta - Thursday, November 14th

Spruce Meadows Christmas Market

Friday, November 22nd

Cross Iron Mills Shopping Trip

Monday, December 2nd

December Strathcona Tweedsmuir Luncheon & Concert

Tickets On Sale Monday, October 7th

Watch for Details On The Airdrie Festival of Lights

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

Our Kerby Centre General Craft Group

features a variety of unique handcrafted items for purchase each Weds in Rm 311

Join us every 3rd Wednesday of the month for a Craft Sale

10:00 am - 12:00 pm



Did you know that older adults are at greater risk for serious complications from Influenza!

Be a Flu Fighter & Get Immunized

KERBY CENTRE FREE FLU CLINIC

Tuesday, October 29th

10:00 am to 12:00 pm

Kerby Lounge 1133 7th Ave SW

No Appointment Required

Presented By



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 companies; 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

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>KNITTING FOR A CAUSE DINING ROOM 10:00 AM – 12:00 PM FREE</p> <p>MAHJONG (RM 308) 10:30 AM - 12:30 PM \$2.00</p> <p>RECORDER GROUP (RM 313) 1:00 – 2:30 PM \$2.00</p> <p>CRIBBAGE (RM 308) 1:00 – 3:30 PM \$2.00</p> <p>PICKLEBALL (Gym) 3:30 - 5:00 PM \$2.00</p>	<p>OPTIONS 45 Employment Workshops (Lounge) 1:30 - 3:00 PM \$2.00</p>	<p>GENERAL CRAFT GROUP (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>KERBY CENTRE MEN'S SHED 10:00 AM - 1:00PM FREE</p> <p>ENGLISH CONVERSATION (Semi-Private Dining Room) 10:30 AM - 12:00 PM \$2.00</p> <p>BOARD GAMES & CARDS (RM 301) 1:00 - 3:00 PM \$2.00</p> <p>WEDNESDAY DANCE (Dining Room) 1:00 - 3:00 PM \$2.00</p>	<p>KERBY CENTRE TOUR MEET IN THE DINING ROOM 10:30 AM</p> <p>ARTIST GROUP (RM 313) 10:00 AM - 3:00 PM Mentors Available \$1.50 half day</p> <p>BINGO (RM 205) 11:00 AM - 3:00 PM</p> <p>FLOOR CURLING (GYM) 2:15 - 3:30PM \$2.00</p> <p>PICKLEBALL (Gym) 4:00 - 6:00 PM \$2.00</p>	<p>INFORMATION RESOURCES AT ST ANDREW'S CENTRE #1 10601 SOUTHPORT RD SW 9:30 AM - 3:00 PM</p> <p>SPANISH CONVERSATION GROUP (RM 311) 10:00 AM - 12 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB (Woodshop RM 102) 10:00 AM - 3:00 PM \$1.25 per hr</p> <p>BADMINTON & PING PONG (Gym) 10:30 AM - 12:45 PM \$2.00</p> <p>MONTHLY MOVIE (Lounge) 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>

Seniors Scene

Inglewood Silver Threads
Inglewood Silver Threads is a 55 plus senior activity centre focusing on group activities, located at 1311 9 Ave S.E. Calgary. Annual membership is \$20.00. Early Bird membership begins on September 20. Paying the membership fee between Sept. 20 and November 27 makes you eligible to win your fees back. Members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday for ten cents per card per game played. There are also \$2 Tea and Chat sessions, and a monthly potluck. For more information please contact Wendy at 403-264-1006.

Open Door Seniors 55+
Technology Tutoring - Uncomfortable with technology? With Open Door membership (\$20/year), book a private tu-

toring session to learn how to use your cell phone, iPad, laptop, social media, etc. Activity fee \$2 per half-hour tutoring session. (403) 269-7900, opendoorseniors@gmail.com. Carol Airey, Coordinator

Good Companions 50+ Club
The Good Companions 50 Plus Club's Speaker Series on Monday, October 7 at 12 noon will feature a 'Life Enrichment' presentation by Amica Aspen Woods. Cost is \$7, including soup, sandwich, and dessert. Oktoberfest Social Supper will be on Tuesday, October 15, with Happy Hour at 4:30 p.m., and dinner and dance to follow. Tickets are \$20 for members, \$22 for non-members. Good Companions 50 Plus Club is located at 2609 19 Avenue SW. Please check the website for all details: gc50plus.org.

Greater Forest Lawn 55+ Society (GFLS)
On October 2 The Man

Van will be on hand from 11 a.m. to 2 p.m. No appointment necessary. Five Star Bingo will be at 4980 25 Street SE on October 3 and 17, for more information call 403-248-8334. Dances will be held on October 5 with The Good Timers and October 19 with The Jeske's. Doors open at 6:30 p.m., dance at 7:30 p.m., light lunch at 9:30 p.m. Cost for members is \$12, non-members \$14. Men's Shed on October 9 at 11 a.m. is an opportunity for men to socialize, take part in activities and learn something new. Every Wednesday, Lunch is at 12 noon, cost is \$7 with Bingo to follow. The Albert Park Pancake Breakfast will be on October 17 from 9 a.m. to 10:30 a.m.. For more information please call 403-272-4661.

Rainbow Elders
Rainbow Elders Calgary holds meetings on the 2nd and 4th Fridays of the month at 2 p.m. in Room 311 at Kerby Centre. For information email rainbowelderscalgary@gmail.com.

On October 11 from 1 p.m. to 2:30 p.m. at Village Square Library there will be a program where information will be given on who the Rainbow Elders are, what they do, how they advocate for connection, support LGBTQ+ seniors and connect with other generations in their community. ▲

Community Events

Calgary Horticultural Society

Calgary Horticultural Society will present a three-evening workshop 'Design Your Yard' starting on October 8 for Tuesdays, or October 23 for Wednesdays. Registration is required and fees apply. There will be a Garden Journaling Course on Sunday, October 20 from 1 p.m. to 4 p.m. Registration is required and fees apply. For more information please visit calhort.org. Calgary Horticultural Society is located at 208 50 Avenue SW.


On October 3 there will be a talk on Design with Plants by Jane Reksten, manager of the Botanic Gardens and greenhouses at Olds College, free for members of the Society, \$10 at the door for non-members. The talk takes place from 6:30 p.m. to 8:30 p.m. at Christ Church, 3602 8 Street SW.

Call 403-287-3469 to register for events or for more information or visit www.calhort.org.

Friends of Fish Creek

On Thursday, October 24, the Friends of Fish Creek will present a talk by Jenny Atamanik, Master of Science student at Royal Roads University, on the effects of recreational rock dams on water quality, and stream measurements in Fish Creek. These rock dams are created to provide walkways across the creek or to create a swimming hole. The talk will focus on the inventory and categorizing of the rock dams and the results of weekly monitoring. The talk will take place from 7 p.m. to 8 p.m. at the Fish Creek Environmental Learning Centre at Shannon Terrace. The cost is \$10.

On October 28 there will be a walking tour in the Bow Valley Ranch area of Fish Creek Provincial Park to learn about the ghosts that are rumoured to haunt it. Hot chocolate will be served. Please bring a travel mug, wear warm clothes and a Halloween costume, and good walking shoes. The walk will take place on flat ground and is less than 1km. It will take place from 6:30 p.m. to 7:30 p.m. The cost is \$7. Register through Eventbrite. ▲



Are you 71? Happy Birthday!

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

Lawrence Gerritsen at 403-804-4460

Portfolio Strategies Corporation

Kerby Centre Department Directory

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

MAIN SWITCHBOARD 403-265-0661

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

Topic: Protecting your Retirement Savings and Investments and Wills and Estate Planning

Location: Kerby Centre — 1133, 7th Avenue SW

Room: Kerby Centre Lounge

Date: Thursday, October 17, 2019

Time: 10:00 am – 12:00 pm

Cost: Free Presentation



Join us for coffee and cookies while learning about the most recent investment fraud trends and scams and how to protect your retirement savings and investments. Learn how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives.

Presenters:

Susan Soprovich – Alberta Securities Commission

Jonathan Ng – Underwood Gilholme

Please RSVP to Rob Locke,
Director of Fund Development

403-705-3235

or robl@kerbycentre.com

Sponsored by:



Financial Planning: Watch out for this scam targeting seniors

Many Albertans are approached with fraudulent investment opportunities through friends and family — people we trust. This is called affinity fraud and almost always involves either a fake investment or one where the scammer lies about the critical details, such as the risk of losing money, or where the money is going.

While sometimes these sources are fully aware of their intent to deceive, other times they are unknowingly involved. It is critical, therefore, that you know how to protect yourself from investment fraud no matter the source.

Scam artists often target organized groups such as community clubs, religious organizations, immigrant communities, seniors' homes and online chat forums.

This type of fraud is identifiable and avoidable. By following this checklist, you could help to save yourself or a loved one time, money and heartache:

• **Your friends can't be wrong about a great investment opportunity.**

People you trust may unknowingly be advising you to invest in a fraudulent deal — this is called affinity fraud. No matter who recommends the opportunity, always do your own research before investing.

• **Profit like the experts — "insider" information.**

These scams are pitched as opportunities known only to a select few who claim to be making a lot of money. This might include an invitation to a seminar where salespeople make misleading claims about a "secret" or "exclusive" technique for building wealth.

• **If it sounds too good to be true, it is.**

Don't be drawn in by promises of spectacular returns and low risk; these are classic warning signs of fraud. High returns with low or no risk. Usually, the higher the returns, the higher the risk.

• **Don't be pressured into making a decision.**

Take your time to understand the business and the risks involved. Buy now scam artists will pressure you into making a quick decision. They are doing so to exploit your fear of missing out on a "valuable" and "time-sen-

sitive opportunity" — and to limit the amount of research you conduct.

• **Be wary of investments offering little information.**

If you are being offered an investment and the promoter "doesn't have time" to provide details or you are told to keep the opportunity confidential, this could be a warning sign.

• **Check the salesperson's background.**

Anyone offering securities in Alberta generally must be registered with the Alberta Securities Commission. The ASC can also tell you if the salesperson has ever been subject to enforcement action. You can do a quick and free registration check by going to the ASC website.

Many people who fall victim to affinity fraud fail to report it because they feel ashamed, embarrassed or want to protect their friend or loved one. This enables other people to fall victim to the same scam and makes prevention difficult. If you suspect you have been approached with a potentially fraudulent investment scheme, you can find help and more information about the red flags of investment fraud at checkfirst.ca, email inquiries@asc.ca or contact the ASC at 1-877-355-4488. ▲

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 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.



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

1-877-250-4904

www.donatecar.ca

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

Amount Enclosed \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

Let meat take the back stage

Page design and layout Winifred Ribeiro.

Welcome to a celebration of the tastes, textures, colours, and possibilities that vegetables have to offer. 120 fresh, flavourful, delicious recipes popping with colour ranging from simple to complex. These easy-to-follow, triple-tested recipes put vegetables front and centre, and let meat and fish play a supporting role. With each recipe, Ricardo reinvents what vegetables can mean for the modern family, and always stays true to his philosophy: eat together, keep it simple, and make it tasty. This isn't a strictly vegetarian or vegan cookbook. This book is for the rising number of home cooks who want a more plant-based diet or for those inclined to vegetarianism.



Vegetables First by Ricardo Larrivee
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VEGETABLE CHILI WITH BLACK BEANS

PREPARATION: 20 MIN **COOKING:** 45 MIN **SERVINGS:** 6
FREEZES: YES

2 onions, chopped	2 cans (each 19 oz/540 ml) black beans, drained and rinsed
3 garlic cloves, chopped	1 can (28 oz/796 ml) whole tomatoes, roughly crushed
2 tbsp (30 ml) vegetable oil	1 1/2 cups (225 g) frozen corn kernels
1 red bell pepper, deseeded and diced	1/2 cup (65 g) finely chopped toasted cashews, plus more for serving
1 jalapeño pepper, deseeded and finely chopped	1/2 cup (15 g) finely chopped cilantro
3 tbsp (25 g) chili powder	Sour cream, for serving
1 tbsp sweet paprika	
3/4 cup (180 ml) vegetable or chicken broth	
1 sweet potato, peeled and diced	

In a pot over medium-high heat, brown the onions and garlic in the oil. Add the bell pepper and jalapeño. Cook for 2 minutes. Add the spices and continue cooking for 30 seconds, stirring. Add the broth, sweet potato, black beans, and tomatoes. Season with salt and pepper. Bring to a boil and let simmer for 30 minutes or until the sweet potato is tender, stirring occasionally.

Add the corn and cashews. Continue cooking for 5 minutes. Add more broth if needed. Adjust the seasoning. Add the cilantro.

Serve on rice with sour cream and cashews on the side.



GRILLED VEGETABLE AND SALMON SALAD

PREPARATION: 30 MIN **MARINATING:** 4 H **COOKING:** 15 MIN
SERVINGS: 4 **FREEZES:** NO

SALMON

3 tbsp (45 ml) whisky or bourbon
1 tbsp brown sugar
1 tbsp (15 ml) molasses
1 tbsp (15 ml) whole-grain mustard
1 tbsp (15 ml) vegetable oil
1 lb (450 g) fillet of salmon, skin-on, cut into 4 pieces

MUSTARD MAYONNAISE

1/4 cup (60 ml) mayonnaise
1 tbsp (15 ml) whole-grain mustard
1 tbsp (15 ml) water

GRILLED VEGETABLES

3/4 lb (340 g) baby potatoes, cut in half
3/4 lb (340 g) asparagus, trimmed
6 green onions, cut in half lengthwise
2 tbsp (30 ml) vegetable oil
3 radishes, sliced
1 cup (30 g) watercress

SALMON

In a glass baking dish, whisk together all of the ingredients except the salmon. Season with salt and pepper.

Place the salmon in the marinade and toss to coat. Cover and refrigerate for 4 to 8 hours. Drain and dry the fillets. Set aside on a plate.

MUSTARD MAYONNAISE

In a bowl, whisk together all of the ingredients. Season with salt and pepper. Cover and refrigerate until ready to serve.

GRILLED VEGETABLES

Place a grill wok on the barbeque. Preheat the grill to medium-high. Oil the grate beside the grill wok for the salmon.

Coat the vegetables with oil. Season with salt and pepper. Grill the potatoes in the wok for 10 minutes. Add the asparagus and green onions, and continue cooking for 5 to 8 minutes or until the vegetables are tender, stirring occasionally.

Meanwhile, grill the salmon skin-side down for 6 minutes, flipping halfway through the cooking time. It will be medium-rare.

Transfer the vegetables to plates, and top with the salmon, radishes, and watercress. Drizzle with the mustard mayonnaise.



ROOT VEGETABLE GRATIN

PREPARATION: 35 MIN **COOKING:** 45 MIN **SERVINGS:** 8 **FREEZES:** NO

2 cups (450 g) peeled and grated Russet potatoes
3 cups (450 g) mix of peeled and grated root vegetables (carrots, parsnip, kohlrabi, celeriac)
6 green onions, finely chopped
1 cup (250 ml) crème fraîche
2 1/2 cups (250 g) grated Edam or mozzarella cheese

With the rack in the middle position, preheat the oven to 400°F (200°C). Butter an 11- x 8-inch (28 x 20 cm) baking dish with an 8-cup (2 L) capacity.

In a bowl, combine the vegetables with the crème fraîche and 2 cups (200 g) of the cheese. Transfer to the baking dish and press down on the mixture slightly.

Sprinkle with the remaining cheese.

Bake for 45 minutes or until the vegetables are tender and golden brown. Let rest for 10 minutes before serving.

Delicious with roast beef or a leg of lamb.



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