

Kerby News

Published by
Kerby Centre

for the **55** plus

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

2019
September

Volume 35 #9

Intergenerational events inspire everyone



Young visitors learn origami from a skilled Kerby Centre member. (Photo credit Kari Stone)

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Monday September 2, Labour Day



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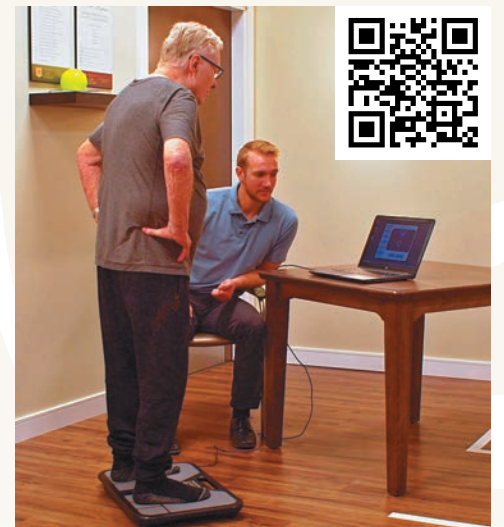


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BY ZANE NOVAK
President of Kerby Centre

Embracing inevitability

For many of us, change can be uncomfortable, even to the point of creating anxiety. I respect that. I am comfortable in my habits and schedule and when change comes along it can be hard to embrace.

For instance, I love summer, I enjoy walking out without a coat or winter boots. So when I see the leaves changing, the thought

of snow inevitably follows, and I feel anxious. As silly as it may seem, changing seasons have an effect on my mood and anxiety level.

Now of course to some people that is funny, and I get it. But change is an inevitability, that we all must face, and more often than not, change is good.

In my case, my concern with autumn is unfounded, it's an amazing season. Fall colours, farmers' markets, walks by the river with a coffee in hand, and leaves on the path.

Thanksgiving is one of my favourite weekends of the year, an excuse to cook and invite friends over and be with family. There are so many things to embrace and enjoy, so the issue isn't the arrival of fall, but rather how I view it.

Change and the stress it may bring, but that does not always have to be handled on our own. As our lives progress and we find new challenges, we also find new opportunities. At Kerby Centre September brings in all of our new fall programming.

One of the programs we are most excited about is our artist mentorship drop-in program. This is an opportunity for people who love art and would like to express their creativity, to learn and further develop their skills among their peers. Take a look at the Activities Page in this issue for all of our drop-in groups.

Speaking of exciting new initiatives, September

brings the official opening of the Men's Shed. Being a man myself, I can attest to the fact that socialization and getting involved is not always our strong point. We are thrilled to have the space to facilitate this vital program for the men in our community. We have many interests, and there is plenty of room, so please come and join us.

A good friend of mine, Ron, along with his buddies, have a perogy club. In the fall they all get together and make hundreds of perogies. I was so impressed. What a brilliant, fun idea that brings people, conversation and friendship together. The Men's Shed embraces similar ideas. Getting together to play cards, watch sports, work in the Kerby woodshop etc. It is a program that is defined by the participants and we could not be more thrilled to be hosting this at our facility.

September is also the month when we host the Kerby Expo. It is on Saturday, September 21. This has become a keystone event for us, our community and those who sponsor it.

I urge you to come out and visit the booths and enjoy the vibrant atmosphere. It is a great window to the many products and services that can make our daily lives easier.

Continuing on with the theme of change is the way that change is affecting our own organization, Kerby Centre. As most of you

know, we have had a change at the most senior level. Leslie Tamagi has been our Interim Executive Director for the past few months and what a stellar job she is doing. But we are now ready to actively move forward with our recruitment to fill the role of permanent Chief Executive Officer (CEO).

This is all according to the Kerby Centre Board of Directors' long-term strategy. It is a time of change, and as we have said, change can be accompanied by anxiety and it can feel like chaos. In this case, I have none of those feelings as I know that it is a time of excitement and opportunity.

All of our stakeholders are enthusiastic supporters of Kerby Centre. Our municipal and provincial governments are looking forward to what the future holds for us along with all of our peer organizations.

If you know of anyone who may be interested in supporting Kerby Centre's move forward, whether it is through volunteering, giving a donation, or as a potential candidate for the CEO position, please reach out and we will help to make that connection. The posting will also be on our website.

I am working on embracing the changes that occur in my life, starting with my thoughts regarding the fall season. I think my first step will be to start planning that Thanksgiving dinner menu. ▲

September 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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Kerby News

Published monthly by Kerby Centre
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
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The following volunteers assist our professional staff in the production and distribution of Kerby News each month. We are indebted to them for their help:

Editorial Assistant: Margaret McGruther
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Mailing: Don Sharpe, Ellen Hansell, Wayne Orpe, Margaret Walker, Peter Meyer, David Kaufman, Anita St. Laurent, Lolita Kiemele, Shirley Evaskevich, Gloria Higgins, Anne Prystupa, Rosa McDermott, John Becker

Kerby News is the official publication of Kerby Centre. Of the 30,000 copies printed monthly, 3,200 copies are mailed to its members. In addition, 26,800 copies are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

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Pool closures leave holes in Inglewood and the Beltline

By Anna Ryan

The closure of the Beltline and Inglewood swimming pools at the end of 2019, will leave a big recreation gap for those living in Inglewood and the Beltline who use those facilities.

For older people, having a facility close to home can be the difference between keeping fit and healthy or just staying home, especially in winter.

A statement from the City of Calgary states: "The aging configuration of the facilities is no longer meeting citizen's service level expectations for public recreation. Changing citizen preferences have resulted in limited and declining participation at these two facilities.

However, the City of

Calgary council has requested that Calgary Recreation actively explore whether other service providers would be interested in operating the Beltline and Inglewood pools to maintain service beyond 2019.

Calgary Recreation will be reporting its findings to Council on September 30, 2019.

In the interim, Calgary Recreation continues to work directly with user groups, swim clubs, pass holders and recreation program participants at those facilities to identify potential relocation options at other City-operated and City partner facilities."

The next closest pool to those living in the downtown area and affected by the Beltline pool closure is the Killarney Aquatic &

Recreation Centre, 5.5 km away on the west side of the city.

The Eau Claire YMCA is closer at 2 km away, but is not part of the City of Calgary low income recreation pass program. However, qualified applicants can apply for other financial assistance through the YMCA Opportunity Fund.

Residents in Inglewood affected by the facility closure can go to the closest Calgary recreation facility which is Renfrew Aquatic & Recreation Centre located 7.0 km north.

Low-income seniors with a City of Calgary Fee Assistance card receive a 75% discount on general admission drop-in rates at all indoor pools, fitness and leisure centres. ▲



BY LESLIE TAMAGI
Interim Executive Director

It is no surprise that physical and mental health signifi-

Fortify yourself with Vitamin S

cantly impact our day-to-day existence, but social connectedness is now recognized as playing a critical role in overall health and longevity.

Much has been written about isolation and loneliness and their link to our quality of life. Researchers found that people who were not connected to their communities had a 50 percent chance of dying earlier than those with strong social networks. One of the reasons women live longer than men appears to be their stronger

social support networks. Men tend to be less engaged, and less willing to talk about their feelings.

All of us can attest to the benefit of a therapeutic chat and laugh with close friends and family. Maintaining your social network can be challenging as we age – we may lose social opportunities when we retire, or when people move away or when health issues interfere with their availability. It may take some effort but spending at least 30 minutes a day with members of your inner circle is a worthwhile investment. Listen, laugh and spend time appreciating each other.

Winter will be upon us all too soon, so now may be a good time to peruse the more

than 60 programs and 20 drop-in groups offered this fall at Kerby Centre, or just drop into our dining room for a great meal and chat with our friendly staff and volunteers.

Kerby Centre's new Men's Shed program is designed specifically to address the risks of social isolation among men. This friendly, inclusive and fun drop-in program opens in September.

With an increasing number of seniors choosing to live in their homes for as long as possible, innovative use of technology can also help to address isolation. One example is Seniors' Centre Without Walls, a seniors' centre from the comfort of your own home that

offers a variety of interactive telephone-based social and health programming on a wide variety of topics, free of charge. It provides opportunities to socialize, learn new skills and stay connected.

National Geographic Fellow, Dan Buettner, interviewed a centenarian who exercises every morning and then meets with a group of other seniors who stand in a circle and laugh. When asked why he said: "It's Vitamin S, you smile in the morning and it fortifies you all day long." Let's all try to get a daily dose of Vitamin S to promote long, healthy lives.

For more information on Seniors' Centre Without Walls contact 780-395-262. ▲

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City of Calgary recruiting new board members

The City of Calgary is looking for citizens to fill positions on 18 boards, commissions and committees. These members will provide City Council with perspective and recommendations on important civic issues.

Membership requirements vary depending on the Board, Commission or Committee (BCC), however, residents

must be at least 18 years of age with a desire to give back to the community. They must also have specific expertise relevant to the qualifications required, and be interested in the legislative process. They must also have time available to commit to membership.

Vacancies exist on many BCCs including: the Advisory Committee on Accessibil-

ity, the Assessment Review Board, Calgary General Hospital Legacy Fund Review Committee, Calgary Police Commission, Social Wellbeing Advisory Committee and many more.

Applications are being accepted until September 14, 2019. For more information go to www.calgary.ca/boards. ▲

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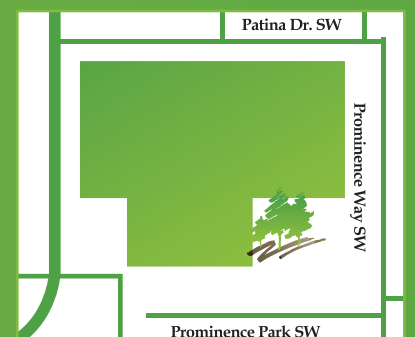
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Elections are coming up
this fall.

Even if you do not support
a candidate (or their
volunteers) who comes to

your door, please treat them
with respect and remember
that they are simply trying
to advocate their position
for a better Canada.

We would not enjoy the
healthy democracy we have
in Canada if we did not
have a variety of candidates
and policies to choose from.

Some residents have
contacted my office wonder-
ing if they are registered
to vote.

In the past (a long time
ago) Elections Canada used
to go door-to-door to reg-
ister voters, but now they
maintain a permanent vot-
ers' list instead.

This list is updated reg-
ularly using various gov-
ernment database sharing
agreements, but this does

not guarantee you are regis-
tered to vote.

Ensuring you are regis-
tered to vote will make sure
that your voting experience
is as simple and as efficient
as possible. While you can
still vote if you are not reg-
istered, the process requires
additional effort and time
on voting day.

You can check to see if
you are registered by visit-
ing www.elections.ca and
following the links.

Finally, voting is a re-
sponsibility of citizenship.
There are thousands of Can-
adians who died so that
you have the ability to vote
in a free and fair democra-
cy. Honour their sacrifice
by exercising your right to
vote. ▲



Being active contributes to healthy living.

Celebrate active aging

Active Aging Week
takes place during the first
week of October, coincid-
ing with the Internation-
al Day of Older Persons,
October 1, a day set aside
to recognize the important
contributions of older Can-
adians.

This year the event is
shining a global spotlight
on the importance of en-
gaged aging. For the first
time in human history, the
total world population has
more people than children
under five.

As these changing de-
mographics open doors to
new opportunities and un-
precedented challenges, ex-
perts are realizing that how
we treat aging and adapt to
it will shape the future of
individuals, families, com-
munities, nations and the
world as a whole.

The week-long event
promotes the benefits of liv-
ing a healthier more active
lifestyle. The theme of this
year's Active Aging Week
is "Redefining Active" be-
cause active aging is about
so much more than just ex-
ercise. It's about broader
engagement — physical,
social, spiritual, emotional,
intellectual, vocational and
environmental.

Active Aging Week
challenges society's dimin-
ished expectations of aging
by showing that, regard-
less of age or health condi-
tions, adults over 50 can live
as fully as possible in all
areas of life.

Active aging is about
engaging with family,
friends and community. It's
about learning and trying
new things, volunteering,
mentoring, pursuing further
professional development
or entrepreneurial endeav-
ors.

It encompasses trav-
el, maintaining an active
spiritual life, and leading a
healthy lifestyle with good
nutrition, exercise, mind-
fulness and other forms of
stress-management.

To celebrate, Kerby Cen-
tre is hosting a free, fun-filled
afternoon of aquacize, swim-
ming and hot tub hydrother-
apy at the Killarney Aquatic &
Recreation Centre.

Come and enjoy snacks
and some time with friends.
Registration is required. For
more information call 403-
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- Mabel, Evanston Summit Resident

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Support Audrey's Amendment to MAID

By Judy Hunt

The Medical Assistance In Dying (MAID) law (Bill C-14) is up for review by Parliament in 2020, and Dying With Dignity Canada (DWDC) is asking for your help to get the law amended so that people don't have to worry about their approval for assisted dying being revoked at the last minute.

Death did not come quickly or peacefully enough for my mother as her bodily functions gradually shut down due to frailty and old age. Sound of mind, but physically dependent on others for her most basic needs, she begged for assistance in hastening her death. However, this option was not available in 2010.

Nine years later, what is now known as Medical Assistance In Dying is legal across Canada. Bill C-14, passed in Parliament in June 2016, changed the Criminal Code to allow doctors and nurse practitioners to help critically ill patients end their own lives.

By the end of 2018, more than 7,000 people, including 575 patients in Alberta, had availed themselves of Canada's MAID law. Now, about one person out of every 100 people who die each year in Canada ends their life with medical assistance. That rate is growing as more people learn about this important end-of-life option.

Even though MAID is becoming more common, many critically ill people who request it face enormous barriers in their quest to have a peaceful, assisted death. One such barrier led Halifax's Audrey Parker to spearhead a national campaign to fix an unfair flaw in Canada's assisted dying law.



Audrey Parker.

In the weeks before she accessed assisted dying on November 1, 2018, Audrey shone a light on the difficult choices imposed on people who had already gone through the rigorous process of applying for MAID and being approved as eligible for the procedure.

At 57, Audrey Parker had already been approved for MAID. Living with incurable breast cancer that had spread to her bones and the lining of her brain, Audrey requested assisted dying. She hoped to wait until after Christmas, her favourite time of year, to end her life with her clinician's help. But a requirement in the law forced her to end her life earlier than she had planned.

In order for MAID to proceed, the patient must reconfirm their wishes right before the procedure is to take place. If the person is incapable of giving their clinician the final go-ahead, then MAID cannot be administered.

This rule imposes a heavy burden on critically ill patients at the end of life. People who've been assessed and approved for MAID sometimes wean themselves off much-needed pain medication out of fear it will render them incapable of giving their final consent for MAID.

In Audrey's case, this rule led her to make the heartbreaking decision, to access MAID several weeks earlier than she'd planned rather than wait longer and risk losing capacity and with it, her ability to have what she called a "beautiful death".

Her story highlights how much work still needs to be done to ensure that people at end of life have fair access to the choice of an assisted death.

Audrey's campaign to fix the late-stage consent rule in the federal assisted dying law carries on after her death. With her blessing, the human-rights charity Dying With Dignity Canada (DWDC) launched the Audrey's Amendment campaign calling for Parliament to protect the rights and choices of people who have been assessed and approved for assisted dying.

To date, more than 21,000 people have signed an online petition urging the federal government to allow patients in the Assessed and Approved category to waive the late-stage consent requirement.

Audrey Parker believed that no one who's been assessed and approved for assisted dying should have to choose between ending their life too early and waiting until it's potentially too late. As it turns out, most Canadians agree.

In an Ipsos poll commissioned by DWDC, 82 per cent of respondents said that a person who's already been approved for MAID should be allowed to receive it after they lose capacity. But it'll take a change to the law, not just favourable poll numbers, to protect the rights and choices of people in this

group.

On the DWDC website, there is information on how to ask election candidates in your riding to commit to supporting Audrey's Amendment.

This vision of choice is one she dreamed of, but never realized. It's a choice

my mother would have been thrilled to have, too.

The "email a candidate" petition can be found at www.dyingwithdignity.ca/tell-your-candidates.

For more information on the DWDC Calgary chapter go to www.dyingwithdignity.ca/calgary. ▲



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--	---	---

If you have checked any of the above please call for an appointment.

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Colon cancer growth reduced by exercise

Exercise may play a role in reducing the growth of colon cancer cells according to new research published in *"The Journal of Physiology"*.

The study found that after a short session of high intensity interval training (HIIT), growth of colon cancer cells was reduced, and this also increased indicators of inflammation.

For a long time, the focus on exercise has been on the positive changes in the body that occur following a longer period of training. However, these findings suggest that the effects following a single session of HIIT, an exercise regime involving short, high energy bursts are also im-

portant.

These results reinforce the importance of doing regular exercise and maintaining a physically active lifestyle.

The study conducted by The University of Queensland, in conjunction with the University of Waterloo, Ontario, involved colorectal cancer survivors completing either a single session of HIIT or 12 sessions over four weeks.

Their blood samples were collected either immediately after the single session of exercise or at rest after four weeks of training, and were then analysed to study the growth of colon cancer cells.

Lead author on the re-

search study, James Devin, said: "We have shown that exercise may play a role in inhibiting the growth of colon cancer cells. After an acute bout of HIIT there were specific increases in inflammation immediately after exercise, which are hypothesised to be involved in reducing the number of cancer cells."

This suggests that a physically active lifestyle may be important in tackling human colorectal tumours. We are now going to look at how these changes in growth occur, to understand the mechanisms by which biomarkers in the blood can impact cell growth." ▲

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Those far away places are calling me



BY BARBARA ELLIS

That old travelling bug bit me early in my life and it is something I can't shake, not even after 70 years. My family immigrated from Europe to Australia on a small reconfigured cargo vessel. Being unaware at that time of the dangers that such a voyage presented, I relished every day and loved being tossed about on the ocean.

This ship was pressed into service to transport displaced people after the Second World War. *The Goya*, as she was called, was no cruise liner and comforts were almost non-existent. However, for a child such as I, it was simply fun and games. In school I was for-

tunate to have a teacher who had travelled extensively and she brought history and geography to life for us. Her photo albums and the stories of her experiences made it so exciting and interesting, that we could hardly wait for the next class to begin.

It was on one such occasion that I was introduced to South America, the mighty Amazon and the cities of Rio de Janeiro and São Paulo. She showed us a photo of the statue of Christ the Redeemer standing tall on Mount Corcovado and I made myself a promise that one day, I would see this wonder for myself. The only thing I would have to decide was whether I would sail into the harbour of Rio and look up at him, or fly in and look down on him.

As a young woman I had no chance to travel and so I would wish and dream about the places I wanted to see. Going about my daily chores I could visualize the Taj Mahal or the Swiss Alps or the Grand Canyon. I knew I would rather be anywhere else except where I was, on my knees, scrubbing floors. Perry Como's rendition of "Far Away Places, Are Calling To Me", echoed in my ears and with tears in my eyes and longing in my heart I would say, "Someday".

It took two more decades

before I was able to travel, and as the world opened up to me I began to cross off places from my bucket list. My soul rejoiced every time I boarded a jet that took me high into the sky bound for one of those far away places.

Happily, I can say that I have been to Rio and cried tears of joy when my photo was taken at the foot of Christ the Redeemer. He was as tall and imposing as I had imagined.

Next I rode the gondola to the top of Sugar Loaf Mountain and beheld all of Rio at my feet, the good and the bad. The *favelas* where the poor people live, and the deluxe high rises that line the beaches, where the rich people live.

A trip aboard a true luxury liner, the *Golden Princess*, took us to the bottom of the world. One of our many stops included the Falkland Islands where, at a sanctuary, I was privileged to walk with some penguins. These creatures were an utter delight! Most of them were just past babyhood and were completely at ease around people. They wandered among us and nipped our pant legs, trying to decide if anything was edible, then once satisfied, they waddled on.

We sailed into the Southern Ocean and experienced

immense waves that rocked and rolled us to sleep. As we neared the Antarctic we were met by a flotilla of huge icebergs, glistening in the muted sunlight and sculptured by the wind and waves. The colours varied from baby blue to cobalt and shades of orange to brown.

We arrived at the Gerlache Strait, a channel separating the Palmer Archipelago from the Antarctic Peninsula, on an absolutely perfect day, reaching the end of the Andes Mountain range. The narrow passage was calm and the mountains were reflected perfectly in a sea that doubled as a mirror.

It has taken me many years to achieve my travel dreams, but once started, I made up for lost time. I have been to some of the most beautiful cities in the world, including Paris, Vienna, Florence, Rome and my birthplace, Budapest.

I have even been to places I had not dreamed that I would ever be able to visit, such as the Pyramids in Egypt, Jerusalem and the Holy Lands. I also visited Petra, the city of stone.

I fell in love with Petra when, a few years back, the Glenbow Museum had a display of artifacts from that city. I pinched myself as I stood staring up at the Treasury, a magnificent facade

carved into pink sandstone some two thousand years ago.

There are places of course that I have not been able to reach. They wait patiently for my arrival. My travel bug is as strong as ever! However time is running out and they may wait in vain. I am not complaining, I have done more than I ever dreamed I could.

However, this year I will be able to cross off one more place from my bucket list, the South Island of New Zealand. I am looking forward to sailing in her fiords, paddling in a canoe on Lake Pukaki, but most of all, I am looking forward to visiting a planetarium and staring into the dark sky of the southern hemisphere. I have always loved star gazing and to see the southern nebula known as the *Eta Carinae Nebula*, will be a heart-pounding experience for me.

I feel extremely fortunate to have had the opportunity to visit as many places as I have. It is sad that most people do not get the chance to see this incredible world of ours. Maybe if they did, they would be more inclined to take care of it, to become lovers of nature and treasure our wild places, because we live on a beautiful planet and it is certainly well worth preserving. ▲

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Photo credit Ryan McGuire.

Ice Bucket Challenge 5th anniversary

Five years ago, the Amyotrophic Lateral Sclerosis (ALS) community was given an amazing gift. The ALS Ice Bucket Challenge went viral, forever changing the landscape of ALS awareness and research in Canada.

In Alberta, a remarkable \$2.8 million was raised, with \$2 million allocated to national ALS research, and \$800,000 remaining in the province for client support services.

ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord.

Amyotrophic Lateral Sclerosis (ALS) research has continued to progress since the Ice Bucket Challenge, with the largest grant in Canada awarded to Dr. Sanjay Kalra out of Edmonton, Alberta, who is leading a cross-country study of biomarkers in the brain, comparing brains of people living with ALS and people who are not.

The ALS Society of Alberta was also able to launch a province-wide educational program, the Education Project, with the goal of educating frontline staff about how best to care for someone living with ALS.

The society's client services staff have championed the program, making presentations across rural communities and within medical care facilities to ensure every client is provided with the opportunity to make each day the best possible day.

Director of the Calgary Neuromuscular Program, Lawrence Korngut, said:

"We are so grateful to ALS Alberta, all of the ALS patients and families, and the whole community who came together to make the Ice Bucket Challenge such a tremendous event. The funds raised went directly to research resulting in an unprecedented impact around the world.

Here in Alberta, the

funds have supported the Canada-wide clinical trial of Pimozide for ALS. This is an important study that will provide us with much needed information about the potential benefit of this treatment for ALS."

The Ice Bucket Challenge was spearheaded by Pete Frates from the United States.

Pete Frates was a Boston College baseball player who was stricken with ALS in 2011. He helped launch the Ice Bucket Challenge which became a viral sensation.

The Ice Bucket Challenge gave clients hope, which is the biggest gift the society could ask for.

It also brought ALS into the consciousness of the nation. The Education Project is continuing to build on that momentum and awareness.

To donate in honour of the Ice Bucket Challenge 5th Anniversary go to www.alsab.ca. ▲



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Travel light. Let go of pain. Ignore the petty annoyances and irritations that really don't matter. I can assure you that none of them will matter in 100 years.

Forgive. That doesn't mean it's okay that people were horrible to you. It just means you refuse to carry the hurt about it anymore.

Let go of the past. It does not exist, except in your thoughts. It can only hurt you if you let it. Look ahead, and only ahead, for that is the only place you can still have some influence.

Begin each day with a clean slate. Before you go to bed at night, wash away the anger, guilt, regret, hurt, and worry from that day and every other day before. They've had their chance, they've taken their toll. Do not forget the lessons you learned from those troubles, but let that be all you carry forward from those experiences.

Allow yourself the freedom and release that come from leaving your pain behind you. Allow yourself to replace all your dwelling and miserable thoughts with only happy thoughts of what you desire, how you plan to show up in the world, how you are healed

BVAS turns 40

The Burns Visual Arts Society (BVAS) is celebrating 40 years as an artists' co-op this year. BVAS is the longest running art studio cooperative in Canada.

In 1979, the Burns Building's evicted artists, united by a loss of studio space, held a meeting. The result was the establishment of BVAS. The primary mandate of the cooperative society was to provide low cost individual studio spaces for visual artists.

BVAS will be holding an anniversary exhibition and birthday bash during the East Side Studio Crawl being held on September 21. The East Side Studio Crawl is an annual open studio event that takes place each September in the communities of Inglewood and Ramsay.

The Crawl is fun, free and family friendly. For more information go to www.burnsvi-sualarts.com. ▲

Travel light, and I don't mean suitcases

and healing, changed and changing, how much stronger and wiser you are and will be.

One sad truth about life is that there are few things you can control. But one of these is among the most important. You can control your thoughts. Yes. You really can. But only if you're willing to make the effort.

Imagine you're on your deathbed. You're reflecting on your life. The sand has almost run out of your hourglass. Are you going to remember fondly all the time you spent dwelling, regretting, agonizing, and worrying? Are you going to consider any of that as having been time well spent?

When you're running out of minutes, and I can promise you, that day really will come, you will wish you'd spent all the previous minutes

as wisely and lovingly as possible. You will wish you had not wasted a single precious moment on harbouring any negativity, whether it was directed at yourself or someone else because you'll see how it tainted your life with toxic black sludge and you will wish you had let every bit of it go.

So do it now and save yourself that grief at the end of your life.

Forgive yourself.

For most of us, this is one of the most difficult challenges you'll ever face. It's also one of the most important and meaningful. You must be at peace with yourself to have authentic power and to be truly happy. If there are parts of yourself that trouble you, change what you can, apologize where you should, for-

give others, forgive yourself and let it all go.

There is more healing in offering an apology than in countless hours in a therapist's office. If you know you owe an apology to someone, give it. Even if that person has moved, disappeared, or died, even if you do it without intending that the person will ever see it, do it on paper, in your mind or in your heart. Offer it anyway. The universe will deliver your healing message. It's a huge step toward your finding peace.

Be sure to apologize to yourself, too, for all the times you beat yourself up, for all of the negative self-talk, the self-destructive behaviour, the regrets and guilt.

And then, you must remember that an apology means you're honestly not

intending to do the offending "thing" again so don't go sliding back into regret and hurting yourself with more of those nasty, toxic thoughts.

Strive for purity of heart and mind by emptying them of negative, destructive and hurtful thoughts, whether directed at yourself or anyone else. This will keep you connected to your higher self, which will help you to make the best choices on your path to a happy and fulfilled life.

If you slip off that path, it's okay. It's bound to happen from time to time. What's most important is that you recognize it as soon as possible and "course correct". You can do that any time you want.

And remember, every moment is a chance to begin again. ▲



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Finding Mary Livingstone

As told to Thelma Parker

“Civil Service Exams being conducted in Calgary...” Well, what did I have to lose?

I had been odd-jobbing around since my graduation from high school in June of 1948 and I had no plans for what I would do next and Ma was getting grumpy.

One thing I did know for sure was that my mother expected all of her children, three boys and two girls, to find work and support themselves as soon as the school

door closed.

“No hanging around doing nothing but eating, in MY house,” that was Ma’s motto.

So I immediately arranged to write the Civil Service Exam and surprised myself by passing it. Every time Ma prodded me with, “You got a job yet?” I would say, “Yep, just waitin’ to see when I leave for the Arctic.” Teasing, I figured, that should get a mother’s sympathy.

The winter of 1950 was the coldest Edmonton had ever known. Every day, I

made the long trip to my class given by Transport Canada. I looked forward to a job anywhere, but Edmonton.

When I found out that I really had been posted to the Arctic, I knew I had been well conditioned for any weather the North could deal out. After weeks of 50 below, how much worse could it get?

It was a bit of a shock when reality struck and I was told to get a medical and have all my dental work done in preparation for isolation in Coral Harbour, Northwest Territories. As I sat in the dentist’s chair, bracing my feet against the crunch of my wisdom teeth being extracted, I had second thoughts about the commitment I had made. But, between Transport Canada and Ma, there was no chance of backing out now.

I waited almost two weeks in Churchill, until finally an air force plane packed me in with the supplies being taken to Coral Harbour.

The Northern Affairs officer who was also the school teacher, his wife, who was the nurse, their little girl, and a Catholic priest, made up the bulk of the population of this remote spot on the map.

We could not even mingle with those few people, as we had no way to get off our base, which was not actually in Coral Harbour.

Ten of us assorted men had our cots in one big bunk room and we were well fed by the cook with whatever the supply ship brought on its yearly trip from Montreal.

I spent my days making hydrogen from aluminum filings and lye. This was used to fill the weather balloons



George Parker on the day Mary Livingstone was found.

which recorded temperature and pressure. When the balloon burst, the data was then transmitted by radio to Churchill and on to Winnipeg and finally to Ottawa.

Life was not what a nineteen-year-old would call exciting, but I learned many things that served me well during the rest of my working years. Best of all, I was earning great pay, \$150 every month! I never saw or had any use for the money while in the Arctic, but it was piling up in the bank back home in Calgary. Ma was pleased.

While trading with Hudson’s Bay, associating with the military and the priest, most Inuit spoke some English, but they never wasted their words. When speaking to us, they said what was necessary, and not much more.

One day as we waited around for the cook to holler, “Come and get it”, there was a pounding on the door of our station house. Someone opened the door to find two Inuit men peering at us out of their fur parkas. A dog sled with a team of huskies waited near them.

“Come,” said one of the men. “Got somethin’ to show you guys.”

Four of us pulled on our clothes and climbed into the big Bombardier snowmobile. The driver revved up the motor and the cold rotating tracks began to turn. The big skis attached to the front of the machine steered us along at a lively speed behind the dogsled.

After crunching along the white landscape for about twenty minutes, the dogsled guide stopped at a mound of snow. After digging a bit with his big mitts, our guide pointed to the hole in the snow and announced: “Bear cub for you guys. We shot the mother. You take her.”

Then he climbed on the dogsled, hollered “Mush”, and never looked back. After a running start, his silent companion also scrambled aboard and they were gone into a sea of white.

I gathered the small, white, fluffy bundle in my arms and we got into the Bombardier and took our baby back to camp. The poor little Polar bear cub, hungry and missing her mother, pressed her sharp teeth into my fingers as she sucked and munched on them. One of the boys took my picture before we treated her to a dish of warm Cream of Wheat cereal and she settled down for a nap.

We thought it best to let the Northern Affairs officer know that we had a Polar bear cub and he took her to his home. By the first available transportation, the little bear was flown to Calgary.

Do you remember a Polar bear called Mary Livingstone? She arrived at the Calgary Zoo in the early spring of 1951, and lived there until her death. Many of us visited her there, did you?

George Parker worked for many years as an avionics technician a job that took him to various places in Canada’s far north like Inuvik, Tuktoyuktuc, Resolute Bay and Baffin Island. ▲

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Older adults have the right to sexual expression

By Sheila Addiscott

No matter where someone lives, older adults have the right to privacy and sexual expression. Human touch and healthy sex lives can evoke sentiments of joy, romance, affection, passion, and intimacy. Whereas despondency and depression are often the result of an inability to express one's sexuality.

Although it is generally believed that sexual desire decreases with age, researchers have identified that sexual desires, thoughts, and actions continue throughout all decades of life. Pleasure is linked to attachment, connectedness and a sense of wellbeing which are all indicators of quality of life and positive health outcomes in aging.

An expression of sexuality is more than just intercourse and masturbation. Sexual expression includes hugging and affection, kissing and flirtation.

Health care providers can be uncomfortable discussing sexual expression and intimacy, so it is important to understand your right to privacy and respect, regarding your sexual expression and sexual health, whether living independently or in long-term care.

There are many issues that residents face in care facilities that obstruct the right to privacy. Some facilities have a "no closed door policy" and no locks on the doors. Semi-private rooms may have only curtains separating them. Also, staff may not knock on a door and wait to be invited in, they just knock and walk straight in.

While staff must maintain a safe and orderly environment for the safety of residents, it's within a resident's rights to ask staff to knock and wait, before entering a room and to close the door when they exit. Neither of these actions inhibits the running of a facility, but they do take into account a patient's dignity.

Hanging a "Do Not Disturb" sign on a door is a simple and effective way to let people know that you are having private time. Some centres have private rooms with locking doors that residents can book to spend time with a partner.

In some cases, care staff can interpret sexual expressions as behaviour problems and something to be stopped. Many facilities have brought in sexuality training for staff to educate them and encourage them to have more positive and respectful behaviours.

Most facilities have also developed sexual expression

policies for residents, their families and staff, recognizing sexuality as a part of life of residents in care. Mentally healthy residents have the right to sexual expression and family members do not need to be informed about a resident's activities and cannot determine what sexual expression they engage in.

If you feel your privacy is not being respected, talk

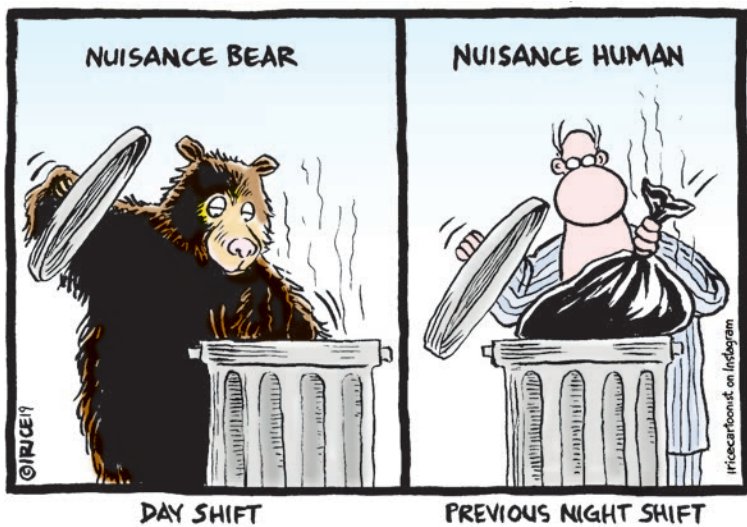
about it. Nothing will change unless your feelings are made clear. That does not mean that you have to discuss every aspect of your sex life, only that you want to discuss your right to privacy.

Treating people how they wish to be treated, not how we wish to be treated, is respect.

For more information contact www.centreforsexuality.ca.



Image courtesy of ArtTower.



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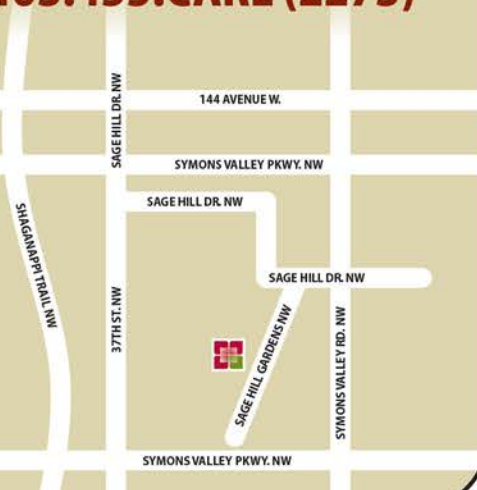
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PROUDLY CANADIAN







Demonstrating compassion gives hope to others

By Stephen Ditchburn

Ten years ago, a 15-year-old gay kid from Ottawa called Jamie Hubley killed himself because he was depressed and being bullied at school. I never met Jamie,

and nor did Canadian satirist Rick Mercer, who on his TV show, *The Rick Mercer Report*, spoke of Jamie and how we all had a responsibility to “step up to the plate” and that gay adults especially needed to become role models for

kids like Jamie.

When I was in high school, I figured I was the only gay kid in my school. I don't remember any talk, lessons or assemblies about bullying. I never learned about human rights, gay rights, leadership, citizenship and similar issues. There were no Gay Straight Alliances (GSAs), no safe places, no awareness campaigns, no internet. Having struggled through, I realised that Rick was right, I needed to help make it better.

At that time I was teaching with the Calgary Board of Education. I reacted quickly to Rick's words and before I knew it I'd organized powerful anti-bullying and gay-awareness assemblies. And way before they became a hot political issue in Alberta, we had a Gay-Straight Alliance established

at my school.

When I was introduced to Rainbow Elders Calgary a year ago, I was very happy to see that one of the group's missions was to connect with youth. We would be role models and hopefully offer inspiration and some form of support for LGBTQ+ youth.

We were invited to a GSA meeting and also organized our own intergenerational events, where there were opportunities to meet and chat. What rewarding experiences. Imagine, 14-year-olds chatting with us old folk! So many stories to listen to and share.

The youth we met with were so very inspiring and eye-opening. Some were very proud and positive of who they are. They credited GSAs for giving them opportunity, strength and allies. These

amazing young adults were very much aware of their rights and were especially concerned and worried about the possible disappearance of GSAs in their schools. Some young adults were still afraid about coming out. Would they be shunned, ostracized or rejected by their family and so-called friends?

It's difficult to find accurate statistics regarding gay youth suicide in Canada, but whether it's one or 300 a year, as Rick says, it's too many. Despite all the technology and resources, programs and events, despite the positive pro-gay messages and the abundance of gay characters on television, it's still a scary world out there for LGBTQ+ people.

Being gay or talking about it is no longer taboo, but coming out can still be terrifying. As part of Rainbow Elders Calgary, we are learning so much about the issues facing today's LGBTQ+ young adults.

Sometimes, you never really know if you've made a difference in someone's life, but I know we have touched upon the lives of many young people by demonstrating compassion, giving hope and the message that it does get better. ▲



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Touch the item on the screen and it circles the item so that you can come back to it later. The app is not just for finding food. Search for computers, lawnmowers or lipstick.

You can also create shopping lists, add loyalty cards and browse coupons. ▲

There's an easy way to determine if you are doing too much

By Steven Snell

My Dad is an avid hiker and he can give you a summary of his step-by-step elevation gain, distance covered, bearing, altitude, GPS coordinates and heart rate. All by looking at his wrist.

He has been able to easily monitor his exertion level by consistently measuring his heart rate for as long as the wearable technology has been widely available. His wrist-based heart rate monitor provides him with immediate and continual feedback on how hard he is hiking up that mountain.

For those of us who might not be so high tech, there is another means of monitoring your exertion level, by using the Borg Rate of Perceived Exertion (RPE). RPE helps you estimate how hard you are working during physical activity, and this really is a lot less complicated than it sounds.

The scale has been demonstrated to closely align with a person's exercise heart rate. When you exercise, your heart beats faster. How fast your heart is beating, tells you how much effort and how hard your body is working.

While you are doing an activity, think about your overall feelings of physical effort, stress and fatigue. Don't focus on one single thing, such as pain or shortness of breath. Try to concentrate on your total feeling of exertion.

I can consistently monitor a client's workout intensity through a verbal

feedback scale of 1 to 10. She can describe to me how her activity feels from light, moderate, hard and so on. One being light and 10 being maximum effort. When you become used to using these numbers, you become proficient at estimating your heart rate and can determine the appropriate level of exertion for a given activity.

Here is the scale along with the descriptive elements that I use with my clients. You might begin to use these when you exercise, to monitor if you're meeting your intended activity goal. Note, I haven't yet had anyone describe an exertion level of 10, although there have been a few at level 11!

Level 1: I'm watching TV. You might call this your Netflix level of exertion.

Level 2: I'm comfortable and could maintain this pace all day long. This might be walking about a grocery store or mall, but likely does not include Christmas shopping.

Level 3: I'm still comfortable, but I'm breathing a bit harder. This is a nice pace where you're out with a friend or loved one enjoying the beautiful Alberta outdoors.

Level 4: I'm sweating a little, but feel good and can carry on a conversation effortlessly. I call this a steady level of exertion. You'll see running groups often at this level. Jogging just hard enough to have a light chat with their running buddy.

Level 5: I'm just above comfortable, I'm sweating more and can still talk easily. You're still having that conversation with your run-

ning buddy, but likely not at the talking continuously level.

Level 6: I can still talk, but am slightly breathless. This is a solid exertion level that you should be feeling a few days a week, and whew, don't you feel alive?

Level 7: I can still talk, but I don't really want to. I'm sweating. Week after week of hitting a level like this and I'll definitely be signing up for a road race!

Level 8: I can grunt in response to your questions and can only keep this pace up for a short time period. Please don't perceive my grunting as being engaged in what you're saying. If you're my trainer, I might be loathing you, but after I've finished this set I'm going to give you a loving, sweaty hug!

Level 9: I am probably going to die. Who am I? What is my name? Is the race over? Did I place in the top ten? Where do I pick up my medal?

Level 10: I am dead. Is that bile I'm tasting? Once this terrible feeling passes I'm going to feel as though I could levitate. Bring on the post-peddle-to-the-floor endorphin rush!

I like my clients training at six or seven, with the occasional dabble into eight. You might consider this an appropriate level of exertion for your workout two to three days a week.

Of course, have medical approval before your foray into grunting responses. But once you do, go after it. I look forward to hearing about that road race result!



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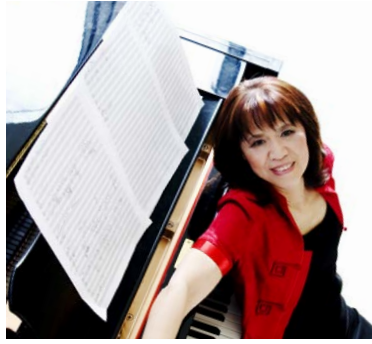
Great music returns to Calgary with Honens

By Sheila Addiscott

Seventeen years ago, Esther Honens left a \$5 million dollar endowment to be used to create an international piano competition right here in her hometown of Calgary, and the Honens International Piano Competition (Honens) was born.

Honens, considered to be one of Canada's most prestigious classical music events, takes place in Calgary once every three years.

Celebrated JUNO award winning Canadian compos-



Alexina Louie @ 70.

er Alexina Louie brings her extraordinary work to Honens this year with the concert "Alexina Louie @ 70", in

honour of her 70th birthday.

Her uniquely personal style, rooted in a blend of East and West, draws on a wide variety of influences connecting her Chinese and Canadian heritage. Already celebrated around the world for her award-winning solo piano compositions, this concert focuses on several of Louie's chamber works.

Honens Artistic Director Jon Kimura Parker said: "I'm thrilled that Alexina will be with us at this concert and even more so that Hon-

ens prize laureates Nicolas Namoradze and Katherine Chi, and some of Calgary's finest young talented pianists, will join me in bringing you into the world of Alexina Louie's piano music."

In 1988, Parker decided to commission Louie to write a piece of music for him.

"The result of this collaboration, "Scenes From a Jade Terrace", has become one of the most often performed piano works by any Canadian composer," explained Parker.

Louie has had enormous

success with large scale orchestral works and Canadian orchestras have performed her music worldwide.

"It's a feather in Honens' cap that one of Alexina's works, "Put On Your Running Shoes", came into existence through a commission for Honens Prize Laureate Katherine Chi," added Parker.

Esther Honens vision and love of music continues to touch the lives of music lovers around the world. For more information on the festival go to www.honens.com. ▲



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



West Wind Calling

by Carolyn Pogue

Book review
by Eleanor Cowan

In the England of 1895, little Gwen found herself an orphan, but not before she received two priceless gifts from her dying father. The first was to listen to a live performance by the Mohawk poet, E. Pauline Johnson of Canada. The second was to receive a precious copy of Johnson's poems entitled *White Wampum*.

On that enchanted evening, Gwen forged a dream. One day, she too would write and perform her creations. This passionate goal kept Gwen's brave heart pumping despite the unexpected tumult soon to come.

Upon the death of her father, Gwen found herself among the 100,000 Home Children who came to Canada to work as servants and farmhands. Assigned to the land of her beloved Pauline

Johnson, Gwen was thrilled. Whatever happened in her new country, good or bad, Gwen imagined a title for a future play. But first, she had to learn to read and write.

In 1898, Gwen was 13 years old and living in Brantford, Ontario. Contrary to plan, she once again finds herself in transition. On a westbound train with her suddenly widowed caregiver, Mrs. Brown, she learns they're on their way to a town called Calgary in the Northwest Territories.

The young teen and the loving woman, who is like a mother to her, now form a family.

Near the muddy wooden sidewalks of Stephen Avenue, and across a river called the Bow, there's a grassy field upon which sits a dusty, run-down, mouse-ridden house. Mrs. Brown rents it for ten dollars a month, cleans it from top to bottom and opens its doors as a boarding house.

Gwen and Mrs. Brown meet a cast of characters who enhance their lives. There's Grand Mary and Big Tom, two noble Cree

and Blackfoot personalities who reassure the new family with their warmth, kindness, and protection.

There's generous Mr. Wong who shares the fish he catches. He teaches food-growing skills to the new family, while he waits for the time he can be reunited with his wife and child still in China. Then there's Constable Daniels who kind of understands the prejudices of some townsfolk, but who also knows right from wrong.

Enter certain bullies who don't like the idea of a caring family of two who get along with everyone.

This pioneer story builds on a universal ebb and flow of a caring community who find a way through irrational hostilities. Gwen accomplishes this nobly and receives a third gift, a stunning surprise, guaranteed to thrill every reader.

Beautifully written and well-paced this Canadian story weaves actual history with fiction and can inspire readers from seven years old to a hundred years old. ▲





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Deciding when to stop driving

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

Thank you for your thoughtful and informative piece in the June 2019 issue of Kerby News. I am a 63-year-old, retired physician. I especially like several aspects of the article: "People need to balance their desire to drive and keep their independence with the need to be safe." and "Learning to drive is a major milestone in many people's lives...so giving up that independence is a very difficult decision to make."

Mary Duborg is trying to be a caring and responsible citizen. She has recognized and acknowledged her limitations and is being responsibly supervised and guided in her decisions and actions. She intends to stop driving when safety is compromised beyond her ability to compensate for her limitations.

In order to facilitate her transition to a life without driving she has committed to getting around as much as she can by using public transit in combination with her own individual physical efforts. By my estimation, Mary is thinking of both her independence, her safety, and ours. Thank you Mary!

I have some comments I would like to make that I hope will add further value to the article:

If individuals remind themselves of their responsibility to maintain public safety and work to enhance self-awareness of their strengths and limitations they will be in the best position to make a decision when to retire their car keys. This is the ideal as it maximizes freedom of choice.

Rules are, at best, a poor second choice to informed, reflective, and responsible personal action based upon ethical choices. Mary, like all of us who live long enough, will have to, at some time, forgo driving. That will be a difficult decision and I am grateful Mary has committed to it.

While personal limitations are at the forefront of the article and are important, there is one additional factor I have observed that impacts my driving, the behaviour of other drivers. I have found that some driving habits I de-

veloped as a youth are now unquestionably dangerous. Of course, they were always dangerous and, quite frankly, some of them were just plain stupid. However, I have observed that the increasing number of drivers has, at least in my mind, greatly increased risk.

I have noticed that drivers seem to be interpreting driving laws increasingly in alignment with their own desires and to the detriment of public safety. For example, the sign 'Slow drivers keep right' traditionally meant to me that common sense, respect, and courtesy should be employed when driving. Now it seems to me that the sign is interpreted as 'speeders in left lane only'.

People regularly speed as if speed limits are only suggestions and they have a right to do so. People intimidate other drivers by tailgating, flashing headlights, honking horns. Drivers, in an attempt

to avoid being bullied, are quick to pull over. This often forces slower drivers to tailgate and risks windshield damage from debris thrown up by the rear tires of vehicles in front.

These driving habits substantially increase the risk of driving for all of us – especially those of us with increasing physical and cognitive limitations. I have noticed, for example, that my reaction time has increased. Therefore, tailgating is especially dangerous for me.

I have to factor in the behaviour of other drivers on my ability to drive safely in order to make a proactive decision to hang up my car keys.

Your article touches on this by stating that "driving slowly and reacting slowly can be as hazardous on the road as speeding" and with the recognition that Mary has decided not to engage drivers on Deerfoot or Glenmore.

Mary's decision reflects an innate understanding of the risks. The risks, however, are only increased because of a lack of respect for Mary and others like her.

Are you able to shoulder check? This is a particular pet-peeve of mine. Shoulder checking is promoted as a technique to enhance safety by helping to ensure drivers check blind spots before acting. It is also an expectation in law. I am not aware of any data that leverages that belief and justifies the law.

It is true that older people may be unable to optimally perform a shoulder check because of physical infirmity. However, old and new technology can help to ensure that blind spots are not in play. Rather than insist that drivers do a shoulder check it makes more sense to me to remind them of their responsibility to manage blind spots and to help other drivers do the same.

When driving I do this by trying to keep track of all traffic by regularly checking my mirrors when it is safe to do so. I recognize this is insufficient. I also have supplemental convex sideview mirrors that unveil the blind spots of my vehicle. I check them and do a brief shoulder check before changing lanes in a deliberate and graded manner. I cannot fully compensate for the driving habits of others. While a shoulder check can be useful, it is certainly not fail-proof or fool-proof.

Physicians are reluctant to do anything that interferes with autonomy and sometimes, it does not seem possible to make an ideal decision. So, make it easy for your physician by taking full responsibility yourself and by using your physician as a guide and a coach rather than as a referee.

Sincerely,
Dr. Scott A. Lang
Calgary, AB



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Entire nations are on the move again

Story and photos by Jaroslav Maria
Page design and layout by Winifred Ribeiro

It is the 21st Century and entire nations seem to be on the move. It is catastrophic because it's so raw, physical, and huge. It is to the credit of developed countries, that they are helping as much as they can.

With determination born from desperation, millions of men, women and children struggle across deserts, sail the Mediterranean Sea in dinghies, walk the length of Central America and scale border walls. They are looking for safe sanctuaries after escaping ruined home countries that no longer nourish them, or where they face genocide in the name of nationalism or religion.

Wave after wave these refugees threaten to overwhelm their host countries by sheer numbers. They are exhausted, tired, famished and sick, and have already reached the bottom of hell. They must be received and supported on humanitarian grounds. Many countries have already reached the limits of their resources and the resentment is setting in, thus the desperate are facing another peril, hatred.

Fifty-one years ago my family and I were also a part of mass emigration. We were destitute as well, though not physically raw and bloody. It was also a quest for dignity, regaining human rights and peace of heart and mind.

The mass exodus from Czechoslovakia was caused by relentless oppression by extreme left-oriented ideology. In February 1948, communists took advantage of Soviet troops stationed in the country since the Second World War and staged a *putsch*, a violent attempt to

overthrow the government.

Right away they started building a socialist regime. Democracy was dismantled by outlawing all opposition parties and dictatorship of the proletariat was established, dictatorship being the operative word. Eventually all industries were nationalized without compensation and were operated by party hacks who had neither managerial training, nor experience or ability.

It was interesting to experience how the noble principle of economic equality, once strictly enforced and combined with incompetence, leads to an eventual economic collapse. The communist idea to distribute wealth according to peoples' needs, rather than their contribution to society, kills all initiative. People soon realized that trying harder gets one nowhere, only membership in the party does. The hypocrites started to flourish.

Soon the economy crumbled and there were shortages, followed by corruption. The government became unpopular and resorted to oppression to retain power. Although unable to run factories, they operated the police state perfectly.

Secret files called 'attitude evaluations' were kept on everyone. Citizens were divided into two groups based on the stated principle that 'Who is not with us is against us'. Those in the 'against us' camp, were excluded in every way. No higher education, no housing, no prospects and most of all no freedom, and no liberty to travel abroad.

Opposition politicians were executed or fled, and other prominent citizens thrown into



Hiking in Czechoslovakia before leaving for Austria.

jails. Thankfully there was no war, shooting or bombing of cities, and we weren't hungry.

That was the state of affairs in the late 1960s. The capable were on the sidelines and the incompetents in charge. Even the Communist Party realized that there had to be reforms lest the country go bankrupt. In 1968 the new Communist Party Secretary, Alexander Dubcek, tried what Mikhail Gorbachev later called *Perestroika*. But Dubcek was ahead of his time and the Russians stepped in and stopped him.

On the night of August 21 to 22, 1968 at 4:00 a.m. my cousin called: "Jaroslav, turn on the radio." Through open windows we heard the rumbling of tanks, a menacing sound in our otherwise peaceful town. We were invaded by the Warsaw Pact armies led by Russians.

Frantic telephone calls with friends and relatives ensued. The radio kept blaring the same message of invasion. People were frightened out of their minds. There were tanks in the streets for the first time since the war 23 years earlier. Everybody was in the streets. There were shots fired in the distance, but no news of casualties. We were trapped and wanted to escape, to leave right away. It was over. The Dubcek freedoms were gone and totality restored.

The next day the sun was rising, it was going to be a nice summer day and we wanted to

get out on our motorcycle, to put our little daughter between us and head for the border with Austria, in hopes that it wasn't closed again. But the city exit roads were blocked by tanks and patrolled by Russian soldiers armed with submachine guns.

I tried to negotiate with a soldier: "Let us through, we have a vacation and are going to our cabin in the country." The Russian we learned in school was suddenly useful.

"What are you doing here, Jaroslav?" he asked.

"Oh, I came to pick up an exit permit. We are going to Vienna for the weekend," I told him.

"Are you?" He looked straight into my eyes, took my hand, and said: "Have a good life." He knew.

The last obstruction was to secure an Austrian visa, surprisingly a more challenging chore than getting the exit permit. The Austrians were very structured and were going by the book. It turned out that I needed a sponsor, their name and street address. Not having one, I became creative.

There are many Schmidts in German-speaking countries so I used the name, and reasoning that Austrians, being staunch Catholics, would have at least one Church Street in every town, my imaginary sponsor lived on Kirch Strasse, Numero 12.

On the way home I purchased bus tickets for the next morning. It left us with very little time to pack, but I was afraid that the border would close at

any minute. We had just one suitcase and a friend lent us another, so two suitcases of possessions became our limit.

The bus from Brno to Vienna passes Mikulov, the last town on Czechoslovakian soil. Just when the border-crossing buildings became clearly visible, so were the two Russian tanks blocking the road, parked crosswise. Minutes later the bus stopped.

I hid my five English pounds, the only foreign currency we carried, in the creases of the bus upholstery. Holding unauthorized foreign currency was a criminal offence. The bus driver collected all the passports and took them into the customs office.

Soon the driver returned with the passports and the bus was moving again. Down the hill to the actual border marker, then back up to the Austrian passport control. There the official checked our faces against the photos, smiled, and we were through the Iron Curtain.

That was September 11, 1968, 21 days after the invasion. We arrived at the bus station in Vienna in mid-morning. We had the address of our Brno friend's aunt, Trude Rath. She was supposedly well off, had a car, lived close to the old town and would be happy to help us. Not having money to spare we set out to find Trude's house on foot. She was the only contact we had and hoped she would be home.

In our impoverished country the perception of wealth was so skewed, that owning a car and living in an apartment without one's parents or grown-up married children signified wealth.

Trude's car turned out to be a Citroën 2CV, at the time Europe's poorest car. Her two-room apartment with paper veneered furniture was located in the poorest part of the inner city in a house built in a pre-industrial revolution time. But her good heart and her willingness to help was real. The bonus was that she was a social worker who understood the needy and how to get social assistance.

For the next two days we walked the streets, dense with refugees who were easy to spot. We were the loafing pedestrians in unfashionable clothes, without destination, confused,

exhilarated and hopeful all at the same time.

The streets were our billboard. 'You can go to the Red Cross and get vouchers for much needed X-rays for North America'. 'Salvation Army has a warehouse nearby'. 'UN has an office for refugees around the corner'. 'The Republic of South Africa guarantees professional jobs, free passage on a cruise ship and language courses.'

The truth was that all countries in the world would accept us, only the conditions were different. Only later did we learn the free economy rule: the better the offer, the more should one investigate. The Republic of South Africa's offer was the best, because we were white, but it clearly was a country heading for serious political trouble.

In retrospect, emigrating was a very risky enterprise. We had no well-thought-out plan, no goals. We had lived in a prison and suddenly became unshackled by the invasion and an open border which we squeezed through before the door could be slammed shut again. But at least we had nothing to lose.

If we had thought about it rationally before we boarded the bus in Brno, we probably wouldn't have left. We spoke no foreign languages other than our 'kitchen' German, all Czechs know a little. My English was limited to grammar and a tiny vocabulary, not much of marketable education or skills to succeed in the competitive western world, and no money other than the five English pounds.

The bridges were burned and we needed to find a place to settle. Some made mistakes and had to resettle later one more time. Emigration was a two-step process. We left our homes to escape an oppressive regime first, then looked for a new home second.

We decided to try for Canada. We didn't want to stay in any of the overcrowded European countries, where we believed that we would never be considered equal. We wanted to learn English because it is the world-leading language and we wanted a traditional immigration country that would want us.

We didn't want to be as far away as Australia or New Zealand and we didn't like the USA because we feared that it would be too competitive and harsh. Canada seemed to be "middle of the road". A prosperous, peaceful country with a human face, and it had a leaf on its flag, so how bad could that be?



Canadians now, Jaroslav Maria visited Prague after 23 years. We are standing on Charles Bridge, in the background the Prague Castle.

We applied and were invited for an interview. The embassy was well organized and even flew in translators from Canada. The interview was short and sweet, the main concern being if we had been members of the communist party. No problem there. At the end we were asked where in Canada we wanted to settle and we said Toronto.

I couldn't come up with any other town except the French-speaking Montreal. The clerk explained patiently: "You can settle down wherever you choose. But so far most Czechoslovakians have selected Toronto. Once they finish their English courses the job market will be flooded. You are both construction people. The City of Calgary's population is 330,000 and it is the fastest-growing city in North America. There will be plenty of jobs."

The same size as Brno. That felt good. The lady opened up a folded map of Canada. Calgary was close to the Rocky Mountains, and living in the mountains appealed to us.

Our departure was set for October 9. The day before departure we went to the Canadian Embassy to pick up our documents. The waiting room was full of expectant refugees. Everyone wanted to know where we were headed. I said Calgary, but nobody knew where that was.

On the wall hung a huge map of Canada and I went to show them. Remembering that Calgary was in the mountains and seemingly not too far from the Atlantic Ocean I was looking for it somewhere in the middle of Quebec. Suddenly I heard my wife's voice from far away. Calgary was at the other end of the room.

Cockily I said: "There, look," but it was a shock. During the interview, the map must have been left partially folded with Ontario, Manitoba and Saskatchewan hidden. Choosing Calgary was one of those serendipitous mistakes that we made in our lives.

Winnipeg was our point of entry. At passport control we were issued two-by-eight-inch Landed Immigrant Slips. These ever-so-precious pieces of paper were filled out in longhand and looked rather flimsy. Canada truly seemed an untroubled, simple and easygoing country compared with straightjacketed central Europe.

We boarded the same plane again and continued on to Edmonton and further to Calgary. It was after midnight when we



Reunited with family after the fall of communism. In the background the bell chapel above Mikulov, the last thing we saw when looking back from the border in 1968.

arrived. The plane was banking and below us was a sea of lights, a huge city spreading out to the horizon.

"Oh God, another stop on the way to Calgary," I thought. This huge metropolis couldn't possibly be the city of 330,000 people. Well, it was Calgary after all, measuring more than 30 km in all directions.

Our reception was outstanding. The government had set aside some money to support the Czechoslovaks, enough to get us started without spoiling us, until my first paycheck three weeks later. It was amazing how welcomed we were, not only by government agencies, but most notably by hospitable, understanding, kind and helpful Canadians.

To buy essential clothes and kitchen stuff, we received vouchers for the Hudson Bay store. From the motel it wasn't that far, we thought, so we walked. The store fascinated us. Floor upon floor packed with merchandise and so many choices. Having choices isn't always a good thing. By the end of the day we were carrying our dead-tired child and so many shopping bags that we didn't have enough hands. We had to take a bus. The whole city block,

where the Hudson Bay store still is, was rimmed with bus stops, but it was impossible to know which one we wanted.

I asked a lady standing next to one of the bus stop signs what line to take. It took a while before she understood what I wanted and she was apologetic. She had never been on a bus in her life and was just waiting for her husband to pick her up. A moment later the largest passenger car we had ever seen pulled up. After a short exchange between the husband and wife they asked us to hop in.

They were curious as to who we were, about Czechoslovakia and our adventures so far. Explaining myself with considerable difficulty, at one point I said: "You Canadians..." That earned me a reprimand.

"You have come here to live, haven't you? Are you landed immigrants?" she asked.

"Yes," I said. "Then, you are Canadians just like us, and even more so because we were born here, while you chose this country!"

There and then we knew we had chosen well. We were home! Just as the immigrants to Canada always were, and hopefully always will be! ▲



Our daughter in the old kitchen in Czechoslovakia.



First winter, in our first apartment in Calgary.



It is colder here than "back home"!



One of the first hikes we made in the Canadian Rockies.



Jaroslav Maria with friends at Glenmore reservoir shortly after arriving in Calgary.

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If you can breathe, you can do yoga

By Angie Friesen

Ayurvedic healer and father of modern yoga Sri Tirumalai Krishnamachary said: “If you can breathe, you can do yoga.” Breath is life, and I have learned that when I step into the unknown, in times of uncertainty, I focus on my breath.

Holding a hot mug of tea, I watched the raindrops outside slowly sliding down the window from our new living room. The rainy winter weather in Auckland, New Zealand that day matched exactly how I was feeling...dreary and uncertain. Just the day before, our family had made the journey from Calgary to Auckland, a day I had been anxious about for months.

We had just moved to the other side of the world, and not knowing a single soul outside my own house, with no internet or phone service, I felt very isolated and alone. After taking a slow deep breath in, and a slow releasing breath out, I made a choice. I was not going to spend my next five months in sadness. I needed to step out of my comfort zone, put myself out there and meet people.

Just months before our trip, I became a certified yoga teacher. I wasn't planning on teaching while we were overseas, but I thought I could at least attend a class or two as a student and perhaps that could be another way to meet people, and a way to take care of myself.

I found a local yoga class that I could easily walk to. The teacher, Jacqui, was knowledgeable, kind and we became good friends. Many of my classmates were also very friendly and very curious about their new Canadian classmate.

On a sunny, warm, November day, our community held a craft sale. We were standing at a booth that sold beautiful, candy-covered gingerbread houses, when the seller asked: “Where in Canada are you from?” Sandy, originally from Toronto, had heard my Canadian accent. We stood chatting for a few minutes when she asked what I did for a living.

I mentioned being a stay-at-home Mom and a newly certified yoga teacher and she immediately smiled. As it turns out, in addition to being an expert gingerbread

house designer, she was also the Programs Director at a Catholic Seniors Residence. She asked if I would be interested in volunteering my time teaching yoga to the residents as she had heard about all the wonderful benefits yoga can bring. I immediately said yes.

I remember walking up the colourful garden path to the entrance of the building for the first time, feeling the warm sunshine on my face. I remember feeling nervous and excited entering the room, once again dancing with the unknown. I would say to myself with each inhalation the word “Let” and with each exhalation the word “Go”. Giving myself a gentle reminder to “Let Go”.

Looking around the room, there were about 20 residents. Some were using walkers, some had walking canes, some were in wheelchairs and two residents were wheeled in on their beds.

We started with the same “Let Go” breath that I had practiced myself walking into the room. I could feel the room quiet and relax. When we finished our breath work, many had smiles on their faces. I remember hearing someone say: “That felt really nice.”

We did our yoga poses together and I adapted the yoga poses to make it work for all the participants, including those in their beds, and then we ended the class with 10 minutes of relaxation.

Over the next few months I got to know many of the residents quite well and they would share with me their stories of how yoga was helping them. One of the residents who was wheeled in on his bed for each class shared with me that when he was feeling down or had trouble sleeping he would do some gentle yoga movements in his bed or even just focus

on his breath and it would help him relax. He now had tools that he could access anytime he wanted. That made my heart sing.

Word got out to the residential nuns that I was doing yoga and I was approached to teach a private yoga class to the sisters. This is where I met Sister Mary. Sister Mary was quite traditional and always practiced in her long tunic and habit, but there she was learning to do yoga at 99 years of age.

I enjoyed my time with the residents and knew that when I returned home to Calgary, I wanted to continue working with older adults. On my last day of teaching in New Zealand the day was filled with hugs and laughter and even a few tears. Many residents were excited to share with me how they had told their grandchildren that they were doing yoga, and even



Ron Simpson demonstrates the tree pose.

though they couldn't touch their toes, they could still do yoga.

I have now been teaching yoga to older adults for almost a decade, and I continue to be amazed and inspired by them as they grow into their yoga practice.



Charlotte Lang does gentle stretching before class.



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Building a love of literacy one story at a time



Grandpa Dave Smith reading to a couple of captivated listeners

By Rita McGillivray

Hillhurst School's Grandparent Reading Program, is looking for volunteers to come into the school and read to children.

This is a bi-weekly program whereby a group of enthusiastic seniors spends the morning with a rotation of young students from kindergarten through Grade 3, reading or being read to individually and then celebrating by playing popular board or card games afterward.

The program has continued without interruption every school year since it began in the 1980s, and the school is proud of the legacy of literacy that the program has helped to grow.

"The program's vision is to build intergenerational relationships, between students, parents, and grandparents around the love of literacy," said School Principal, Prem Randhawa. "We think it's a good fit for retired people and we really need to have more grandparents join us."

Many of us can remember fondly the countless hours and bedtime routines of our childhood spent cozily nestled beside a parent, grandparent or another caregiver. These were precious moments, where we felt safe and secure while we let our childish imaginations take flight. No doubt most of us could recount a favourite childhood story even now, decades later.

Children today are no different and there is still something very life-affirming about bringing a story to life for a child who is listening raptly, studying the colorful illustrations accompanying the tale. And now we seniors get to do the reading.

"This program enables

Hillhurst, as a school, to continue our focus on getting all students to grade level for their reading skills, and it facilitates a fun celebration for playing games with a grandparent," added Randhawa.

Not all children have an equal chance to read or to be read to and for those of us who are lucky to be good readers, we have a wonderful opportunity to help make the difference in the life of a child, and have fun doing it.

According to Randhawa, the school has about 12 - 15 grandparent volunteers currently with about 70 children participating, but they are eager to grow this complement as it allows more children to have one-on-one reading support.

The term grandparent extends to all the volunteers, regardless of whether you have grandchildren of your own or not. Once you are a volunteer in the program you are a *de-facto* grandparent to several children.

I have completed my second year as a grandparent in the program and it feels good when I encounter one of my "grandchildren" at a shopping mall or elsewhere in the community. They are always quick to call out a greeting to me when they see me.

Other grandparents in the program have mentioned that even as the kids have grown older and moved on to other schools, they still remember their "grandparent" from the Hillhurst reading program, even when they see them years later.

Once the children have completed the reading component of the program, it's time to play games. It is delightful to see kids enjoy old favourites like Sorry, Uno, Snakes and Ladders, checkers and of course Bingo.

Some grandparents arrive with their own goody bag of games from home.

There are some grandparent volunteers who have been participating in the program for 20 years. Some joined when their own grandchildren arrived at the school and then just stayed on long after their grandkids moved on to higher learning. One grandparent currently in her 90's attended the school herself as a young girl!

"I come here because I love the children's laughter and innocence, and we just don't have enough of that in our daily lives," she said.

A good grandparent reader starts with a basic love of literacy and enjoyment of being in the company of young, exuberant children. This, coupled with a commitment to attend the scheduled morning sessions and completion of the volunteer clearance process of the Calgary Board of Education, is all it takes.

"The children are counting on their grandparents' coming to the sessions. The consistency and predictability are important to the kids," said Hillhurst School Council Executive Director, Shannon MacLeod.

This September, as the new school year arrives, and the long lazy days of summer give way to the short days of autumn, maybe there are a few new grandparent readers willing to come forward and help to move children along in their quest to read.

If Hillhurst School isn't the right community for you, check with other elementary schools in your neighborhood. There's a child waiting to be inspired. For more information contact Hillhurst School at 403-777-6360 or email shannon.macleod@icloud.com. ▲

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How to keep safe from lightning strikes

In Banff National Park, three people were struck by lightning in two separate instances and lightning strikes

killed four people and injured more than 100 people in Poland last month.

Every year in Canada lightning is the cause of as many as 10 deaths and 160 plus injuries.

The unpredictable weather in southern Alberta means people are at risk if they are caught outside without shelter in a sudden thunder storm. If that happens there are steps you should take to protect yourself.

Lightening can strike before, during and after the rain has started. If you can hear thunder take shelter immediately. Get into a building or a vehicle with the windows

closed and stay inside until the storm passes.

If you are outdoors stay away from isolated tall objects such as trees, poles, and open fields. Stand in the middle of groups of shrubs or small trees of uniform height. Seek safety in ditches, trenches or another low-lying area.

Assume the lightning position by making yourself small, by crouching down. Do not lie flat on the ground as you are trying to have minimal contact with the ground.

And if you feel the hairs on your head or body stand up for no apparent reason, duck down, as a lightning strike may be imminent. ▲

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www.beakerhead.com

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CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

A TEN FROM A HEN

ACROSS

- 1 Cookout rod
- 5 Long wedge-shaped inlet
- 8 Dermal drawing
- 14 Alfalfa's girl in "Our Gang"
- 19 Lacking a permanent shelter
- 21 Sponge up
- 22 Hawke of the screen
- 23 Get closer
- 24 Gated water channel
- 25 Blue-footed bird
- 26 Start of a riddle
- 29 Sippy cup part
- 30 "— yellow ribbon round ..."
- 31 "Little" actress Issa
- 32 Web page visitor's directory
- 36 With 53-Across, walks across
- 39 World power until '91
- 41 New title for a bride
- 43 Italian cardinal Borgia

- 44 Riddle, part 2
- 48 "— à son goût" ("Each to one's own taste")
- 51 Big-billed bird
- 52 Actress Novak
- 53 See 36-Across
- 54 Violin master Hilary
- 55 Big-billed bird
- 58 Increase
- 61 Belief set
- 62 Just slightly
- 64 Insects in forest trails
- 65 E. African country
- 67 Riddle, part 3
- 74 River in Switzerland
- 75 Real heels
- 76 More like heaven's gates?
- 77 In the company of
- 81 19th-century German industrialist Alfred
- 83 Roman 2,505
- 84 Sphere
- 85 Root used to make poi
- 86 Darjeeling, e.g.
- 87 Singer Ocasek of the Cars

- 89 Like the firstborn child
- 91 End of the riddle
- 97 Soprano Auger or actress Sorkin
- 98 Soccer's Hamm
- 99 West African land
- 100 Big name in baseball cards
- 104 Put on anew, as a play
- 106 "Lili" studio
- 108 Done, in France
- 110 Liquid in la Seine
- 111 Riddle's answer
- 116 Major port in Japan
- 119 Terrarium creature
- 120 Like firefighters and cyclists
- 121 Swanky watch
- 122 Like single-guy bands
- 123 Extensive essay
- 124 Megaphone noise
- 125 Mole zappers
- 126 Former JFK jet

- 127 Behaves
- 38 Beatles' bud Sutcliffe
- 40 Fleecy male
- 42 Noted Fifth Ave. store
- 45 Puzzlement
- 46 Started a play-for-pay career
- 47 Drunk, slangily
- 48 Cartoonist Addams, for short
- 49 Padlock part
- 50 "Alas"
- 56 Frat party dispenser
- 57 Place to stay the night
- 59 Off-road trucks, briefly
- 60 British verb suffix
- 61 Singer of the hit "Believe"
- 63 Neither hor. nor vert.
- 64 Take — (doze)
- 66 Go on a trip
- 68 Hosp. part
- 69 Tach abbr.
- 70 "My pleasure!"
- 71 Suffix with multimillion
- 72 Roger of "Cheers"
- 73 "Damn it all!"

- 77 In a conflict
- 78 Skiing gold medalist Phil
- 79 Tough tests
- 80 Student at a lecture, often
- 82 Chicago mayor Emanuel
- 83 Golden Arches java chain
- 86 Faint trace
- 88 Suffix of elements
- 90 Drunk, slangily
- 92 Cleaver
- 93 Musical tone qualities
- 94 "I dunno!"
- 95 Detrains, e.g.
- 96 Dawdles
- 101 Relating to digestion
- 102 Least ruddy
- 103 High-end leathers
- 105 Rave about
- 107 Cheek tooth
- 109 Speck in the sea
- 112 Sushi staple
- 113 Some male dolls
- 114 Doc bloc
- 115 Prefix with tarsal
- 116 Sphere
- 117 Fa-la link
- 118 — mode

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Solution on page 35

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Answer on page 35

Project Inspire is linking generations through art

By Sheila Addiscott

Connecting youth and older adults through art and creating strong intergenerational age-friendly communities is the goal of Project Inspire.

LINKages Society of Alberta partnering with the United Way, United Active Living and the Calgary Chinese Elderly Citizens Association (CCECA) are all part of Project Inspire.

The current program has been meeting every week all summer at the Greater Forest Lawn 55+ Society's (GFLS) community centre. CCECA participants are bused in and work alongside GFLS members and children from local schools Holy Cross and Ian Bazalgette taking part in the program.

"I was interested because I really like art and it gives me something to do for the summer. I'm trying my best to get to know my partners, they are a lot of fun," said Christina, one of the youngest participants.



From left to right: Sara Habibi, Lorna Diprose and Halima Mohammed connect at Project Inspire.

One of the adults who has been coming all summer, Kusum Deelwal said: "I like working with the kids because they think differently. They are very creative, some are funny and they do things with great enthusiasm. Older people tend to lose their enthusiasm and young kids are brimming with energy and new ideas."

This group meets every Thursday and they are working on therapeutic art. The focus is on sharing both perspectives on different emotions and physical feelings.

The current project is about body mapping. The artists learn about how people express how we feel in different parts of the body. Colours can represent anger or peaceful feelings and the location is where inside of a body you might feel these emotions.

"This program is really fun, it's good to get out of the

house and do art. I like working with the seniors, they are very polite and kind and it's cool to see how they see the world compared to youth," said Sara Habibi one of the students. "We are surrounded by youth at school and we all have the same perspective so it's interesting to see how seniors look at the world in a different way."

LINKages Community Program Coordinator, Dave Serrao, helps to connect the kids to the program. He is in contact with the school's principals and invited them to share the intergenerational program opportunities with their students.

One of the students from Ian Bazalgette School, Mi Nai, said: "Usually I wouldn't spend time with the older people in my communi-



CCECA volunteer Jacqueline Fu helps student Mi Nai paint.

ty. My teacher recommended this program to me and I really like it. I come here with my friends now."

Because of the success of the program, with both sides seeing the benefits of having these relationships, the program is growing. People young and old want to make a difference in their community. Both generations appreciate having a chance to exchange life experiences, stories, adventures and dreams.

"We bring the seniors here to be able to connect with the youth. They really enjoy the painting as much as the children," said CCECA volunteer Jacqueline Fu.

Lorna Diprose is working with Halima and Mohammed and Sara Habibi on their passionate person drawing.

"Some of the children don't have grandparents in Canada because their grandparents live in another country. I've always loved kids so this has been great for me. The beauty of getting all of these kids together is that you can really see how wonderful teenagers are," said Diprose.

Executive Director of LINKages, Ruby Lecot said: "We connect youth and seniors in the spirit of friendship and respect where both generations benefit from sharing their experiences, skills and knowledge. We have some pretty wonderful seniors involved in the program who are great examples of what it means to age well."

LINKages intergenerational programming started more than 15 years ago. They are trying to blend programming between youth and seniors and build long-term relationships between people.

Halima Mohammed said: "I don't have any grandparents here so it's cool to be able to hang out with them and have friends of different ages."

"Even if we don't live in the same communities we can all come together to do a program like this," she added.

The next intergenerational program will start up in autumn. If you would like more information about the program go to www.link-ages.ca or call 403-249-0853.



Christina models for artists Kusum Deelwal (left) and Eva from CCECA.

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Kerby Centre Lounge
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Free Event - No Registration Required

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Wednesday September 4th, 2019

Dyson Falls Hike - Kananaskis Country Sold Out—Wait List Only

Thursday, September 19th, 2019

Rosebud Theatre "A Christmas Story" Sold Out—Wait List Only

Rosebud Alberta - Wednesday, November 6th

Stay Tuned For Details & Dates To Be
Announced On The Following Trips

Avatamsaka Monastery * Strathcona Tweedsmuir
Spruce Meadows Market * Airdrie Festival of Lights

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

Still Undecided?



Join Us For A Calgary-Centre
Federal All-Candidates Forum

1:00 pm – 3:00pm

Saturday, September 14th

The Kerby Centre Auditorium
1133 7th Ave SW

Hosted by Kerby Centre,
the Calgary Leadership Forum,
and CARP-Calgary

Join Us In Celebration of the Day of the Older Persons in Alberta - Oct 1st, 2019

Kerby Centre is pleased to
Present *Kerby Talks*, featuring

**The Importance of Disease Prevention
& Immunization For Seniors, with
Special Guest Speaker, Dr. Mary Szabo**

Check Out Our Ad Inside This Issue or
Visit www.kerbycentre.com

Please Note!

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

Our General Craft Group features a variety of unique
handcrafted items for purchase each Wednesday in Rm 311.

Join us every 3rd Wednesday of the Month for a Craft Sale
10:00am - 12:00pm

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

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

Plant bulbs with thoughts of spring

By Deborah Maier

While you may be thinking of the fall as the time of garden maintenance and wrapping up for the season, like going back to school, it's actually a time of renewal. In September, our thoughts should be turning to spring and the next gardening season. It's time to plan and plant!

Can you believe that it's September already? Where did the summer go? It seems to be more fleeting each year. I hope that you took a moment to enjoy your garden at its peak, stopped to smell the roses, picked a pea from the vine, paused to marvel at the floral array and relaxed in the oasis that you've created.

Looking at the colour of blue in the sky and the wispi-ness of the clouds, there are signs that the season is changing, and frost is coming. The gardening envelope can still be pushed by using frost blankets and bringing containers in on those cool nights which may turn to freezing.

But, yes, it's time to plant. September and October are when we plant bulbs for spring flowers, and garlic for next summer's harvest.

One of the big challenges when planting spring bulbs, is how hard and impenetrable Calgary's soil becomes by fall. If you're making a

new bed for bulbs, definitely get the shovel out, dig the bed and prepare the soil before heading to the garden centre to purchase bulbs. This will make the planting task much more enjoyable. You are also less likely to over-purchase bulbs as you know how much space in the garden is going to be dedicated to them.

Another challenge faced when creating a spring bulb garden is making one that will have a visual impact. While a solitary tulip may brighten one's mood when spied after the long grey days of late winter, it is not a showy display. Large clusters of flowers have more impact than sparse rows.

Small bulbs such as scilla (*Scilla siberica*), glory-of-the-snow (*Chionodoxa luciliae*), grape hyacinth (*Muscari*) or snowdrops (*Galanthus*) should be planted in groupings of 20 to 50 bulbs. Ideally, there would be three of these groupings in the garden.

Tulips and daffodils should be planted in groups of five. Again, ideally, there should be nine to 15 groups in the garden. Giant flowered alliums look good when planted in groups of three. Having just one group of alliums could be a point of visual interest.

While this planting will have the most dramatic effect, it can be done in install-

ments. Choose a nice sunny spot that you will readily see in spring and plant all your bulbs in this one small area.

Focus your bulb choices on colour instead of variety. For example, choose to plant only yellow tulips and use more than one shade in the tulip group. Using this method helps to keep the garden theme going, even if a certain variety of bulb is not available in subsequent years.

Planting spring-blooming bulbs in September will give the bulb time to develop roots before going dormant again for winter. Good root development in the fall will allow the plant to grow quickly come spring and give you that fresh burst of colour that you've been anticipating.

And garlic? It's best planted in October just before the ground freezes. Unlike spring flower bulbs, garlic should remain dormant until spring. If you like garlic but have never planted it before, come to the Calgary Horticultural Society's Garlic Fair on September 28. There will be garlic talks, music, food to sample and garlic vendors. There will also be many gardeners eager to share their fall bulb planting stories.

If you are looking for more information about gardening visit www.calhort.org. ▲



In September, it's time to plant bulbs for spring.

Volunteer Spotlight



Krishna Kumari

Krishna is a very friendly volunteer. In June 2018, she learned about the many volunteering opportunities available at Kerby Centre. Since then, Krishna has volunteered in many different areas in the centre. You can see her at the Membership Desk, Wise Owl Boutique and Next to New. She is currently volunteering in the Diana James Wellness Clinic, happy to fill in wherever she is needed.

Krishna has her Masters in Botany from Mysore University in India. She worked as a teacher for 22 years in India and Oman. She taught in schools and was a botany lecturer at university.

Krishna enjoys the friendly environment at Kerby Centre and likes to come to Kerby as often as she can to help others.

When Krishna isn't volunteering she enjoys travelling, cooking and spending time with her family.

Krishna has contributed more than 458 volunteer hours.

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

AROUND TOWN EVENTS

September

Alberta Ballet Taj Express

September 25 – 28
www.albertaballet.com

Alberta Theatre Projects The Wedding Party

September 11 – 29
www.albertatheatreprojects.com

Calgary Philharmonic Orchestra The Music of ABBA

September 13 – 14
An Evening with Itzhak Perlman
September 21
Rush Hour: Greatest Opera Hits
September 27 – 28
www.calgaryphil.com

C-Space Theatre The Bench

November 1 – 2
Reduced price tickets for seniors on November 2, at 3:30 p.m.
www.brownpapertickets.com/event/4308582

Fort Calgary Murder Mystery Dinner Theatre: Love to Kill Ya Baby

September 18
www.fortcalgary.com

Honens Festival September 5 – 8

www.honens.com

Jubilations A Country Star is Born

September 1 – October 12
www.jubilations.ca

Lougheed House Exploring Métis Identity Past and Present

September 1 – September 29
www.lougheedhouse.com

Lunchbox Theatre The Pink Unicorn

September 14 – October 5
www.lunchboxtheatre.com

Morpheus Theatre Lend me a Tenor

September 27 – October 5
www.morpheustheatre.ca

Rosebud Theatre Opera House The Mountaintop

September 13 – October 19
www.rosebudtheatre.com

Theatre Calgary Noises Off

September 10 – October 5
www.theatrecalgary.com

Stage West Theatre There Goes the Bride

September 6 – November 10
www.stagewestcalgary.com

Vertigo Theatre Strangers on a Train

September 14 – October 13
www.vertigotheatre.com ▲

Kerby Centre Men's Shed

Every Wednesday 10am-1pm Kerby Centre room 108

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

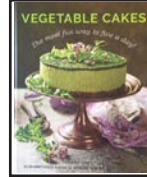


Visit menssheds.ca to find out more about Men's Sheds in other cities.

Vegetables - but not as you know them

Compiled by Winifred Ribeiro.

Sweet desserts that are full of hidden vegetables. A one-of-a-kind baking book, devoted to vegetables, with wonderfully original creations that promise deliciousness as well as health. Why aren't we using vegetables in desserts? They are as sweet as many fruits, and offer incredible flavors and visual appeal, and of course a wonderful boost of nutrition as well. This baking book with a difference brings you a kale and coconut gateau, asparagus and sesame cake, a carrot and cilantro traybake, cheesecakes made with fennel, pumpkin, arugula... along with all their goodness. From beet cheesecake to radish-topped pavlova, smuggling veg into meals has never been easier. Squashes, corn, carrots, spinach, peas, kale, onions and even fiddlehead ferns take you into a new culinary universe, where the tastes are intriguing and the results also irresistibly tempting to eat.



From *Vegetable Cakes* by Ysanne Spevack
Ysanne Spevack
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BROCCOLI CUSTARD FLAN SLICES©

Full of eggs, butter and wheat flour, this is a very custardy and old-fashioned bake, with delicate spears of purple or green broccoli adding a contrasting bite. This dessert needs no ice cream or pouring cream as an accompaniment, but if you want to add a little something, why not grate some white chocolate on top and sprinkle with some dried coconut strands?

Makes: 6-8 slices

115 g / 4 oz green or purple sprouting broccoli
30 ml / 2 tbsp unsalted butter, plus extra for greasing
150 g / 5oz / 3/4 cup maple sugar
750 ml / 1 1/4 pints / 3 cups full-fat (whole) milk
5ml / 1 tsp vanilla extract or 1 vanilla pod or bean, split
4 eggs
50 g / 2 oz / 1/2 cup cornflour (cornstarch)

For the pastry:

115 g / 4oz / 1/2 cup / 1 stick unsalted butter, frozen
150 g / 5 oz / 1 1/4 cups plain (all-purpose) flour, plus extra for dusting
30 ml / 2 tbsp maple sugar
1.5 ml / 1/4 tsp pink or sea salt
75ml / 5 tbsp iced water



WALDORF MUFFINS

Made with celery, apples, lettuce and walnuts, these Waldorf muffins are simple and quick to whip up. Apple sauce replaces the need for both eggs and sugar. A touch of coconut sugar bumps up the sweetness. Apple sauce can be purchased, but to make your own, simply cook peeled and cored apples with a little water until soft, say 10 minutes, then purée or press through a sieve. It's an invaluable ingredient to keep in the fridge. Like a Waldorf salad, but in a cake, a vegan one at that!!

Makes: 12 muffins

300 g / 11 oz / 2 1/2 cups wholewheat flour
70 g / 2 1/2 oz / 1/3 cup coconut sugar
10 ml / 2 tsp baking powder
10 ml / 2 tsp ground cinnamon
1.5 ml / 1/4 tsp pink or sea salt
4 large and 12 baby lettuce leaves
25 cm / 10 in stick of celery

50 g / 2 oz / 1/2 cup walnut pieces
375 g / 13 oz / 1 1/2 cups apple sauce
120 ml / 4 fl oz / 1/2 cup olive oil
12 apple pieces
30 ml / 2 tbsp canned coconut cream to drizzle, optional

- 1 Preheat the oven to 180°C / 350°F / Gas 4. Place 12 paper cases into a muffin pan.
- 2 Stir the flour, coconut sugar, baking powder, cinnamon and salt together in a bowl.
- 3 Tear the large lettuce leaves. Chop the celery into pieces, roughly 8 cm / 3 in.
- 4 Place the celery, torn lettuce and walnuts in a blender with the apple sauce and olive oil and blend on low, raising the speed to medium over about 30 seconds. It's ready when you can still see chunks of vegetables, but it's more like a chunky smoothie.
- 5 Pour the smoothie into the dry ingredients, and stir to combine. Fill the muffin cases until nearly level, and top with a piece of apple and a small lettuce leaf on each.
- 6 Put into the oven and bake for 30 minutes, until a toothpick inserted into the middle comes out clean. Leave to cool in the baking tin. If you like, drizzle over a little coconut cream for contrast and additional sweetness.

Cook's tips: To continue the Waldorf theme, add 50 g / 2 oz / 1/2 cup sultanas (golden raisins) to the dry ingredients. I also sometimes add a little raw cacao powder. For another frosting idea, combine one ripe avocado with one medjool date, blending well to create a paste. Spread on top of the muffins and serve immediately.

- 1 Grease a 15 x 20cm / 6 x 8in baking pan and line it with baking parchment.
- 2 To make the pastry, grate the frozen butter into a bowl and sift in the flour, and stir in the maple sugar and salt. Using your fingertips, rub the butter into the flour mixture to form crumbs.
- 3 Little by little, add the water until a dough forms. You may not have to use all of the water. Keep kneading the dough until it is smooth, but not sticky. Form the dough into a ball, and wrap it with clear film or plastic wrap, then place in the refrigerator for an hour, or overnight.
- 4 When ready, dust the counter with flour, unwrap the pastry, and roll it out into a disc that's about 5mm / 1/4in thick. Using your rolling pin to help, transfer the pastry into the pan, and press it into the base.
- 5 Slice the broccoli thinly lengthways, then put the butter into a frying pan or skillet and melt it on a medium heat with a teaspoon of the maple sugar. When the butter starts to froth, add the broccoli strips and coat with the butter, using a spatula to turn them.
- 6 Turn down the heat to low, and put the lid on. Sauté for about 6–8 minutes, until the broccoli is cooked to the desired softness. Set aside to cool. Preheat the oven to 180°C / 350°F / Gas 4.
- 7 Pour the milk into a small heavy pan, add the vanilla, and heat gently over a low heat until it's warm, but not boiling. If using a vanilla pod or bean, take the pan off the heat, add the pod and allow to infuse for about 20 minutes, then discard the pod. If using extract simply add to the milk at this point.
- 8 In a bowl, whisk the eggs, the rest of the maple sugar and the cornflour together with a hand whisk.
- 9 Put the milk back on a medium heat, and when it starts to boil, add the egg mixture in a slow stream, whisking it constantly as it's poured. As soon as large bubbles begin to appear around the sides of the pan, take the custard off the heat and pour it over the pastry base.
- 10 Bake for about 1 hour, until the top is brown and the filling only slightly wiggles in the centre of the flan when you gently shake the pan from side to side.
- 11 While still warm, arrange the caramelised broccoli over the top. Allow to fully cool in the tin before taking it out, cutting into slices and serving



SWEET POTATO CAKES

15ml / 1 tbsp coconut oil, for greasing
500g / 1 1/4 lb sweet potatoes
45ml / 3 tbsp ground almonds
2.5 ml / 1/2 tsp ground cinnamon, plus extra for sprinkling
1.5 ml / 1/4 tsp ground cardamom
0.7 ml / 1/8 tsp baking powder
2 eggs, lightly beaten
Greek (strained plain) yogurt, to serve (optional)

This is one of my crowd-pleasing family favourites. These are haystack-like, crispy little cakes. Sweet potatoes come in many varieties, but all work well in this recipe. For a lighter option, substitute the ground almonds for wholewheat flour or gluten-free flours such as rice flour, fine cornmeal or potato flour. Simply replace the ground almonds with the same amount of your chosen flour. If you don't serve with yogurt, they are dairy-free.

Makes: 8

- 1 Preheat the oven to 220°C / 425°F / Gas 7. Grease a baking sheet with oil and line it with baking parchment.
- 2 Grate the unpeeled sweet potatoes using a food processor or a box grater, then spread them out on a clean dish towel to absorb any excess juices.
- 3 Put the grated sweet potatoes in a mixing bowl with the ground almonds, spices and baking powder. Add the eggs and mix to combine, working quickly.
- 4 Divide the mixture into 8 equal portions and put them on the baking sheet. Flatten each portion so they are round, and about 1cm / 1/2 in thick.
- 5 Bake for 15 minutes on one side, then remove from the oven briefly. Flip each of the cakes over and rotate the baking sheet before returning it to the oven. Bake for 10 minutes more, or until the cakes are crispy and brown.
- 6 Serve with Greek yogurt to dunk the cakes into, if you like, and sprinkled with cinnamon.

Community Events

Germans From Russia (AHSGR)

Germans from Russia will hold their next general meeting on September 14. Doors and library will open at 10:30 a.m., with a potluck lunch at noon. The program will feature Germans from Russia Games. The Harvest Lunch will be held on October 19, tickets are \$20, to be reserved by October 11. For more information, call 403-273-8178 or go to www.calgarychapterahsgr.ca.

Calgary Horticultural Society Garlic Fair and Growers' Exchange

Calgary Horticultural Society will hold a Garlic Fair and Growers' Exchange on Saturday, September 28 from 3 to 6 p.m. with speakers, workshops and vendors, music, food and drink and plenty of garlic. The event will take place at Golden Acre Home & Garden, 620 Goddard Avenue NE. To participate in the exchange, bring your cured, cleaned and labelled garlic to the society's office between September 7 and 20.

Bulbs for Fall Planting Talk

There will be a talk on the hardy bulbs that can be planted in the Calgary area, with tips on planting and care, and suggestions for how to use them in a garden. The talk takes place on Wednesday, September

18, 1:00 to 2:30 p.m. at Bloomfield Garden Centre, 243015 Boundary Road.

Putting Your Garden to Bed

Putting Your Garden to Bed Workshop is on Saturday, September 21, 10:00 a.m. to 12:30 p.m. at the society office, 208 50 Avenue SW. The workshop will cover seed-saving, garden cleanup, winter protection, winter pruning basics and mulch preparation for new beds. The program will start inside and will move out to the demonstration garden, so dress for the weather.

Master Gardener Program

The program is designed for gardeners interested in learning more about the art and science of gardening and for those who might be looking for future volunteer opportunities in the community. The Master Gardener Program is a 20-week program starting October 30, on Wednesdays from 9:30 a.m. to 2:00 p.m. at Living Spirit United Church, 629 49 Avenue SW.

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

Square Dance Calgary

Square Dance Calgary will provide an opportunity to try square dancing on Friday, September 6, from 7:30 to 9:30 p.m. at Highwood Community Hall, 16 Harlow Avenue NW. Free admission. No partner necessary. An experienced caller will introduce the basic steps of modern western square dancing. For more information email promotion@squaredancecalgary.com

or go to www.squaredancecalgary.com.

Friends of Fish Creek A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

A Taste of Autumn will be held on Friday, September 20, from 6:30 to 9:30 pm at Canyon Meadows Golf & Country Club.

Fish Creek Speaker Series Welcome to Night - An Introduction to the Wonders of Nighttime and the Night Sky

on Wednesday, September 25 from 7 p.m. to 8 p.m. This talk will cover biological life at night, night on other planets, and ways to explore and protect the natural night here on Earth. Explore how night happens, and get an introduction to the night sky. Topics include biological life at night, Presented by Doug Saul. **Registration required.** Free for Friends members and \$10.00 for non-members. Free for youth 16 and under with a registered adult.

Invasive Plant Species - Free tours are offered on September 16, 23 and October 14 to teach about the importance of native plants and how their existence is threatened by the continued spread of invasive plants and what we can do about it.



Photo credit Lubos Houska.

Autumn Birding Course – a birding course will be offered from September 2 to November 24 at 9:15 a.m. on weekdays, or 9:00 a.m. on weekends, with David Mitchell. Registration is required and fees apply.

Introduction to Photography in Fish Creek Provincial Park – An introductory photography class with Bob Bakker will be offered on September 14 to give help with photographic composition and camera operation. For more information on any Fish Creek program please visit www.friendsoffishcreek.org.

Queens & Jacks Square Dance Club

The Queens & Jacks Square Dance Club will sponsor introductory dances to modern square dancing on Tuesday, September

16 or 23 from 7 p.m to 9 p.m at Willow Ridge Community Centre located at 680 Acadia Drive SE. Free admission. No partner necessary. An experienced caller will introduce the basic steps. For more information email promotions@queensandjacks.com.

Kerby Centre

Inspired Living workshops will take place at Kerby Centre on Saturday, October 5. My House – My Castle is about understanding your housing options. Be Stronger – Be Inspired is about learning how to stay strong. Listen to a panel of inspired seniors who have overcome personal hurdles, ask questions and share your thoughts. Seating is limited and registration is required. Call Daphne at 403-873-3953 to register. ▲

Protect yourself from harmful chemicals in the home

By Anna Ryan

We think of our homes as safe places, but every day we are exposed to chemicals and pollutants in our air, food and water. Some of these products are hazardous, but with others you can sleep well at night, knowing that they are sitting safely in your cupboards.

Ethylene glycol, formaldehyde, DEET, lye and phosphates are some of the chemicals that are used in and around homes.

Ethylene glycol is the main ingredient of antifreeze and is extremely poisonous. Just inhaling the fumes can cause dizziness, and swallowing it can be fatal. If you spill antifreeze, don't touch it with your bare hands, and make sure that you wear gloves to clean it up. Keep pets away from leaks and spills as they are attracted to the sweet smell, and licking the fluid can kill them.

An alternative to ethylene glycol antifreeze is to buy propylene glycol which has a much lower toxicity level.

Formaldehyde can be found in many places in the

home. It can be emitted from building materials and furnishings including particle board and plywood that use formaldehyde-based adhesives, foam insulation, carpets, glues and even fabrics.

Formaldehyde is an irritant, and exposure to high concentrations can cause burning sensations in the eyes, nose and throat. Long-term exposure to formaldehyde has also been linked to breathing problems, especially in people with asthma.

Allow pressed-wood products to air outside before bringing them into your home. Over time products will emit less formaldehyde. For many building and household products, there are low or no formaldehyde options available, ask retailers if the products are available.

Phosphate was the main ingredient of many laundry and dishwasher detergents. Phosphates were considered harmless to people, but were found to pollute lakes and rivers by creating algae blooms that starved fish and other water animals of oxygen. The Canadian government regulated their use in household cleaners,

but phosphates are still allowed in cleaning products today, only in much smaller amounts.

Permethrin and DEET are both insecticides found in spray, dust and liquid form and both are considered safe for use on humans. Permethrin is found in lice shampoos and is used in the treatment of scabies. DEET is primarily found in insect repellents. DEET does not kill mosquitos. It acts as a deterrent as mosquitos do not like the smell.

DEET and DDT are often mixed up in people's minds. DDT is a banned substance. It was used as an insecticide and to control malaria in troops in World War Two. Its use was banned in Canada in 1985 because it is considered dangerous to wildlife, and presumably to humans.

Lye is the chemical of detective novels, used to dispose of dead bodies. Lye is a very caustic chemical and is the main ingredient in oven cleaners, as it works very well dissolving baked-on grease. Lye is also a key ingredient in bars of soap, disposing of dirt and grease in a much gentler way. ▲

Have Fun Learning

Choreographed Social Dancing At


CueSteps Round Dance Club

- Remain Active (Physically & Mentally)
- Enjoy a Casual, Friendly Atmosphere
- Regular Classes start September 15

VENUE: Winston Heights Community Centre
520 - 27th Ave. NE
(easy access off Edmonton Trail)

For further information:

Contact Ron or Donna at 403.851.1581
www.rounddancecalgary.com



Combat food waste

Page design and layout Winifred Ribeiro.

We're throwing a lot of perfectly good food in the trash. Usually called 'scraps', these neglected ingredients (from carrot and orange skins to broccoli stalks) are ideal for creating mains, snacks, spreads and soups. Save money and reduce food waste by using up almost every single part of the fruits and veggies while combating food waste in the process.

The Zero Waste Cookbook is the complete guide to how you can make your food stretch further by reducing your waste. From using a husk of corn



The Zero Waste Cookbook

By Giovanna Torrico and Amelia Wasiliev

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to make a vegetable stock, to using lemon zest to infuse vodka, or sunflower seeds to add crunch to bread, Giovanna Torrico and Amelia Wasiliev cover over 100 simple and creative recipes that make delicious, creative use of the food that usually goes to waste. With chapters on fruit, vegetables, bread, dairy, meat and fish, this book covers everything you need to know about how to make the most out of your daily food scraps helping you to save money and combat food waste.



Mixed Scrap Stir-fry©

Serves: 2 **Prep:** 5 minutes **Cook:** 5 minutes

1 tsp toasted sesame oil
5 pak choi (bok choi) ends, quartered
1 broccoli stem, julienned
4-5 coriander (cilantro) stems, finely chopped
skins from 1-2 carrots
1 red chilli, chopped
1 tbsp oyster sauce
2 tsp soy sauce

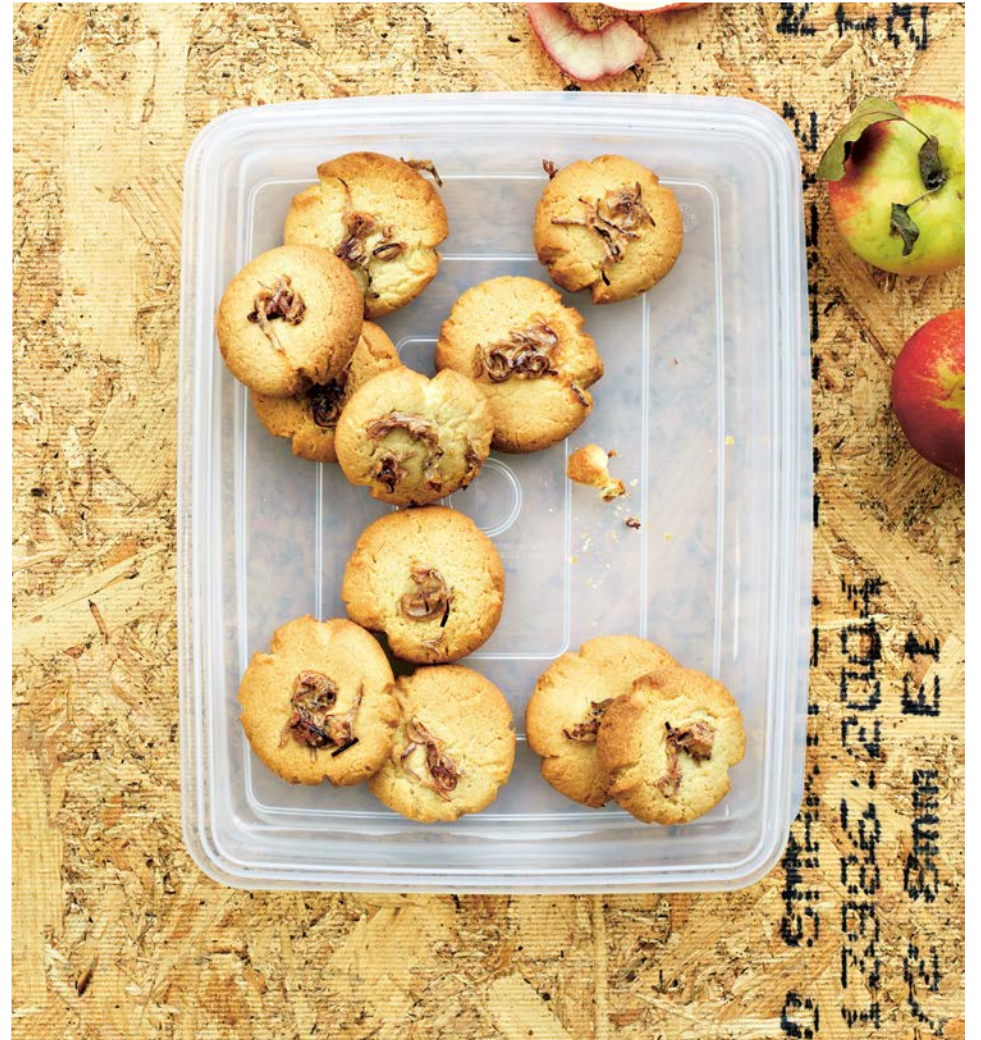


Heat the sesame oil over high heat in a frying pan (skillet).

Add the prepared scraps and stir to coat.

Pour over 1-2 tablespoons water and leave the vegetables to steam slightly as the water cooks off.

Add the chilli and sauces, and continue to cook for a few minutes to ensure the vegetables have softened and are coated with the sauce.



Apple skin biscuits©

Makes: 20 **Prep:** 15 minutes **Cook:** 20 minutes

125 g (4 oz) butter, softened
150 g (5 oz / 2/3 cup) caster (superfine) sugar
grated zest of 1 lemon
1 egg, lightly beaten
200 g (7 oz / 1 2/3 cups) self-raising flour
peel from 2 apples, julienned



Preheat the oven to 180°C (350°F/gas 4) and line 2 baking sheets with baking parchment.

Use a stand mixer to cream the butter, 100 g (3 1/2 oz/scant 1/2 cup) of the sugar and the lemon zest for a minute. Still mixing, slowly add the egg until it is well incorporated. Add the flour and mix briefly until the dough just comes together. Set aside.

In a saucepan, over low heat, combine the remaining 50 g (2 oz/ 1/4 cup) sugar with 1 teaspoon water. Let it caramelize slightly, before adding the apple skins. Cook for 2 minutes, stirring constantly.

Place spoonfuls of the dough on the lined sheet and top each with a teaspoon of caramelised apple skin.

Bake for 15 minutes, then leave to cool before serving.

The biscuits will keep in an airtight container for 1 week.



Pumpkin seed crackers ©

Makes: 24 **Prep:** 10 minutes **Cook:** 50 minutes

160 g (5 1/2 oz) chia seeds
seeds from a 2 kg (4 lb 8 oz) pumpkin, washed and dried
1 tsp sea salt
1 tsp rosemary leaves

Preheat the oven to 180°C (350°F / gas 4). Mix the chia seeds with 250 ml (8 1/2 fl oz / 1 cup) water in a bowl, waiting a few minutes to ensure the seeds absorb the water and become gelatinous.

Mix all the other ingredients into the soaked seeds and stir until combined.

Line a baking sheet with baking parchment and spread the mixture out on top. Use the back of a spoon to press the mixture as much as possible (the thinner they are, the more crispy the crackers will be).

Bake for 30 minutes. Remove from the oven and slice into 24 rectangles.

Flip them and return to the oven to bake for a further 20 minutes.

Remove from the oven and transfer to a wire rack to cool. These will keep in an airtight container for up to a week.



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:

Alison Trollope – 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: Types of retirement accounts

There are many different types of investment accounts that can help you save money or save on taxes as you prepare for and live through your retirement. In order to help you in your conversations with your advisor, here are some of the most common account types and their basic features.

Non-Registered / Cash Account

A non-registered account is so called because it is not registered for any special tax treatment with CRA, much like a standard bank account. It is the most basic type of investment account, able to hold the majority of securities that your dealer is able to carry.

Tax-Free Savings Account (TFSA)

A TFSA allows you to save money and earn interest or investment returns without having to pay taxes

on earnings that take place in the account. Even when you withdraw the earnings from the account, they are generally tax exempt. There is a limit on how much you can put into the account each year, and also some restrictions around re-depositing money that you withdraw from the account.

Registered Retirement Savings Plan (RRSP)

An RRSP is built to help you save for retirement by deferring taxes on the earnings in the account until you withdraw from the plan. There is a maximum amount you can contribute to your RRSPs every year that is calculated for your individual circumstances and provided by the Canada Revenue Agency (CRA). A Locked-In Registered Savings Plan (LRSP) or Locked-In Retirement Account (LIRA) functions similarly to an RRSP, with some additional restrictions on withdrawals.

open a RRIF by transferring the assets from your RRSP into it. The government requires that you open a RRIF in the year before you turn 72, and requires a minimum withdrawal every year once it is open.

Earnings in the RRIF are not taxed; they become taxable when they are withdrawn from the plan. A Locked-In Retirement Income Fund is similar to a RRIF and is what an LRSP or LIRA is rolled into to begin receiving income, with some additional restrictions on withdrawals.

Talk to your advisor about the most tax-efficient way to use these accounts in your retirement plan. Each account behaves differently in various circumstances, so it's important to understand which account is right for you.

Clients are advised to seek advice regarding their particular circumstances from their personal tax and legal advisors. ▲

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.

Registered Retirement Income Fund (RRIF)

While an RRSP is used to save for retirement, a RRIF is used to dispense that money to you as retirement income. In most cases, you

I believe that through knowledge and discipline, financial peace is possible for all of us.

Dave Ramsey



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

Amount Enclosed \$ _____

Payment by:

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Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

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

Seniors Scene

Bow Cliff Centre for 50+

Bow Cliff Centre holds a social event on the fourth Friday of every month. The next social event will be on September 27 at 6 p.m. Supper is free. The annual fall clothing event will be on September 28 from 10 a.m. to 2 p.m. Donations are welcome. For more information, contact the office at 403-246-0390 or by email at info@bowcliffseniors.org or visit the website: www.bowcliffseniors.org.

Greater Forest Lawn 55+ Society (GFLS)

Five Star Bingo will be held on September 5, at 4980 25 Street SE. For information about bingo call 403-248-8334. Dances are on Saturday, September 7, with The Jeske's, and on Saturday, September 21, with For Olde Tyme Sake. The Albert Park Breakfast is on Thursday, September 19, from 9:00 – 10:30 a.m., with a donation of \$5.00. Wednesday lunches are at noon, with \$7 bingo to follow. There will be a visit to Boundary Ranch, on Tuesday, September 17. The cost will be \$60 members, \$65 non-members. GFLS is located at 3425 26 Avenue SE. For more information

call 403-272-4661 or go to www.gfls.org.

Inglewood Silver Threads

Inglewood Silver Threads is a 55+ senior activity centre focused on keeping seniors socially active. The monthly pot lucks, weekly bingos, Tea & Chats and exercise programs are a great way to meet new people and socialize. The subsidized foot clinic and day trips help seniors to maintain a healthy lifestyle. On Friday, September 20, there will be a buffet lunch at the Happy Valley restaurant in Okotoks followed by shopping in Olde Towne, Okotoks. Cost to members is \$15.00. Early bird membership will start in September. For more information please call Wendy at 403-264-1006.

Rainbow Elders

Rainbow Elders Calgary is a group of LGBTQ+ senior volunteers dedicated to strengthening the ties between different generations of LGBTQ+ citizens in Calgary, while also being advocates for LGBTQ+ seniors. They meet every second and fourth Friday at 2:00 p.m. in Kerby Centre. Some dates

to note: Pride Parade is on Sunday, September 1, from 11 a.m. to 1 p.m. The starting point is 421 6 Avenue SE. Pride in the Park is on Sunday, September 1, from 10 a.m. to 6 p.m. at Prince's Island Park. Gay it Forward –Ushers will be on Saturday, September 14 from 12:45 to 5 p.m. at McMahon Stadium. Here and Queer Pub Takeover will be on Saturday, September 21 from 7 to 10 p.m. at the Hose and Hound Pub. For more information visit www.rainbowelderscalgary.ca.

Good Companions 50+ Club

Registration for Fall Programs at Good Companions 50 Plus Club will open on September 3 at 9:00 a.m. Classes will include Balance, Core & More, Chen Tai Chi, Fitness Worx, Hatha Yoga, Qi Gong, Beginner Ukulele and an Artist in Residence Series. Visit the website or call Good Companions at 403-249-6991 for details and pricing. Harvest Potluck will be held on Tuesday, September 17. Cost is \$6 with a dish or \$12 without a dish. Festivities start at 4:30 p.m. Bring a friend and enjoy a night out with some Good Companions!

Good Companions is located at 2609-19 Avenue S.W. For more information go to www.gc50plus.org.

Open Door Seniors 55+

Upcoming activities at Open Door Seniors are: Soup & Bun on September 6; learning about credit & debit card fraud (\$13/guests); full-day bus trip to the Tyrrell Museum in Drumheller on September 20 (\$40 guests). Daily activities offered from Monday to Friday from 9:30 a.m. to 3:30 p.m., include games, physical activities, art, music appreciation, movie matinees, and more. Annual membership fee is \$20. Open Door Seniors is located in the lower level of 1307 4 Street SW (wheelchair accessible). For more information, call the office at (403) 269-7900 or visit www.facebook.com/opendoorseniors. The coffee pot is always on!

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

F.O.C.U.S. on Seniors offers free Chit Chat English conversation classes every Tuesday from 12 to 2 p.m. in the 1000 Voices area at the Genesis Centre, call Domnic at 587-899-5077 for more information. A free visit to Telus Spark Science Centre is available to members at their convenience, call 403-816-8145. F.O.C.U.S on Seniors membership is available from August 2019 to July 2020 for \$10:00/year. Call 403-816-8145 or email foscalgary@gmail.com for more information. ▲



Young visitors learn about woodworking from skilled Kerby Centre members in the woodshop. (Photo credit Kari Stone)

Kerby Centre Department Directory

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

MAIN SWITCHBOARD 403-265-0661

Adult Day Program 403-705-3214

adp@kerbycentre.com

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

Diana James Wellness Centre 403-234-6566

wellness@kerbycentre.com

Health services including footcare.

Dining Room 403-705-3225

kitchen@kerbycentre.com

Serving nutritious meals to everyone. Available for catering events.

Education & Recreation 403-705-3233

program@kerbycentre.com

Information source for programs at Kerby Centre.

Event Planner 403-705-3178

events@kerbycentre.com

Finance 403-705-3215

Fund Development 403-705-3235

funddev@kerbycentre.com

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

General Office 403-705-3249

generaloffice@kerbycentre.com

Housing 403-705-3231

housing@kerbycentre.com

Assists older adults in finding appropriate housing.

Information / Resources / Taxes 403-705-3246

info@kerbycentre.com

The all in one older adult information source.

Kerby News Editor 403-705-3229

editor@kerbycentre.com

Kerby News Sales 403-705-3238

jerryj@kerbycentre.com

or 403-705-3240

davidy@kerbycentre.com

Kerby News Classified Ads 403-705-3249

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

shelter@kerbycentre.com

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

Room Rentals 403-705-3177

Information on renting rooms at Kerby Centre.

lauren@kerbycentre.com

Options 45 403-705-3217

options45@kerbycentre.com

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

Taxes 403-705-3246

info@kerbycentre.com

Low income tax preparation.

Thrive 403-234-6571

thrive@kerbycentre.com

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

Volunteer Department 403-234-6570

volunteer@kerbycentre.com

Volunteers are the heart of Kerby Centre.

Interim Executive Director 403-705-3251

leslieT@kerbycentre.com

Classified Ads

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

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

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for October issue must be received and paid by September 5.



Classified Ad Categories

- 10 Health
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- 12 Home Care
- 13 Mobility Aids
- 20 Home Maintenance
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- 33 Wanted
- 45 For Rent
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10 Health

CERAGEM Calgary Sales Service Parts
403-455-9727

Hearing Aids

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

11 Foot Care

Alberta's Mobile Foot Care
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Kerby Centre's Programs & Services help keep older people in their community

All About Seniors offer quality foot care services provided by a certified professional foot care specialist with a caring approach and a gentle touch. 403-730-4070 www.allaboutseneiors.ca

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

12 Home Care

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

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Kerby News gets read!

13 Mobility Aids

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NOTE

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20 Home Maintenance

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I am a Kerby Centre member & a general contractor in Calgary for over 30 yrs.

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24 Landscaping

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26 Services

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Kerby News can be viewed online at www.kerbycentre.com

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Kerby News is the official publication of Kerby Centre

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Website: roseofficecleaningservices.com

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30 For Sale

Your Kerby News Classified ad could be here!

33 Wanted

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45 Real Estate

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The Suggestion Box

Autumn is around the corner, and here in Calgary though it can mean anything from hot sunny days, to a foot of wet snow, it is always wise to prepare for the latter.

Now that the squirrels are busy knocking pine cones off the trees for winter, filling up their stomachs and your gutters, make time to clean them out. There is probably a sizeable collection on your lawn as well, so get raking.

Leaving all the raking until the last leaf falls will create a big job. It is better to rake the lawn up leaves and pinecones regularly, especially because in Calgary, there is no real way of knowing if that snow fall will disappear overnight, or still be there in Spring.



Tips for keeping your silver hair beautiful

Re: The beauty of grey

My husband and I pick up Kerby News every month

and I read it cover to cover! It is a very informative paper. I particularly enjoyed reading "The beauty of grey", August 2019. For 43 years I coloured my hair and only at the beginning of this year did I decide to let it go grey.

I could not believe the compliments I received when people I have known for a long time told me: it suits you, it makes you look younger, it makes your face look softer, and it makes your skin look better and on and on. I couldn't believe it,

as I thought my ash blonde hair made me look younger. How wrong I was.

The hairdresser at my salon suggested I use the purple shampoo, which was also suggested in your paper. I have taken that advice.

However there was a tip in your article which stated that the purple shampoo was only to be used every 2 to 4 washings. I did not know that so thank you, Kerby News, for that very important tip. I am following it. I certainly don't want violet hair!

Thank you for printing that information about grey hair and I plan to keep that article in a secure place for future reference. It was a very informative article.

Sincerely,
Barbara Jean Moore
Calgary, AB

Self-directed RRSP tax scheme alert

The Canada Revenue Agency (CRA) is warning Canadians about getting involved in tax schemes where promoters, including some tax representatives and tax preparers, are claiming that individuals can make withdrawals without paying taxes from their self-directed Registered Retirement Savings Plan (RRSP).

A self-directed RRSP is one where you control the assets of your RRSP and make the investment decisions yourself. Promoters of financial schemes promise RRSP owners that they can make tax-free withdrawals from their RRSPs.

Typically, the arrangement involves using an individual's self-directed RRSP to purchase the shares of a private company or interest in mortgages (usually at highly inflated values). The funds used to make the purchase are then loaned back to the owner of the self-directed RRSP at low or no interest.

These tax schemes contravene the Income Tax Act. They deceive taxpayers by promising to reduce the taxes they owe. For example, they may promise large deductions or tax-free income.

Consider the following before you withdraw from your self-directed RRSP:

Does the promoter's fee you are paying appear to be more than what is normally paid?

Do you understand the service being offered to you and why a fee is being charged?

Are you getting the funds back immediately, seemingly tax free?

Are you getting the funds back by debit/credit cards, offshore bank accounts or ownership in time-shares or any other type of benefit?

Are you promised unrealistic returns based on the current investment rates? Do some research of average returns to see if what you are being promised is reasonable.

Are you re-investing the original funds removed from your RRSP in order to get a new RRSP tax deduction receipt?

If you answered "yes" to any of the considerations above, this could be a scheme. Be wary of ads, word of mouth or seminars in which any of the above are present.

Through increased audits of promoters, improved intelligence gathering and strengthened communication with taxpayers, the CRA continues to identify and shut down tax schemes.

Those who choose to participate in these schemes, as well as those who promote them, face serious consequences, including penalties, court fines and even jail time. When CRA finds out about the scheme, you will be re-assessed for the amount of the RRSP used in the scheme including interest and penalties.

The CRA encourages all Canadians to seek an independent second opinion from a reputable tax professional on important tax matters. For more information go to www.canada.ca/en/revenue-agency/campaigns/tax-schemes. ▲

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PUZZLE ON PAGE 25



IN MEMORIAM

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

- Catherine (Cathie) Wilk
- Catherine Hutchinson
- Francis Clifford Evans
- James Bower McKinnon
- Jeanne Macdonald
- Joyce Saunders
- Marion Elliot

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



FOR RESULTS ADVERTISE IN KERBY NEWS

TO PLACE AN ADVERTISEMENT IN KERBY NEWS

CONTACT:

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

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

Kerby News Business & Professional Directory

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

HANDY HELPERS

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Website: www.HandyHelpersCalgary.ca



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

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

A New Lease on Life! Invest in your Future.

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

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

Amenities include:

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

EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES

Riverview Village Affordable Housing

2945 26 Ave SE, Calgary
403.272.8615

EVERY WEDNESDAY IN SEPTEMBER 11AM to 3PM
SATURDAY, SEPTEMBER 14 10AM to 3PM

Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary
403.254.9800

WEDNESDAY, SEPTEMBER 11 & 25 10AM to 3PM
SATURDAY, SEPTEMBER 14 10AM to 3PM

Discover your new home today at
BethanySeniors.com

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CREATING CARING COMMUNITIES