


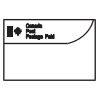
Let spring become the season of hope




No matter how bad the storm, rainbows are always around the next corner. Lesli Christianson-Kellow tells the story of a wonderful trip with her family to Vancouver Island this month on page four. Photo courtesy of Lesli Christianson-Kellow

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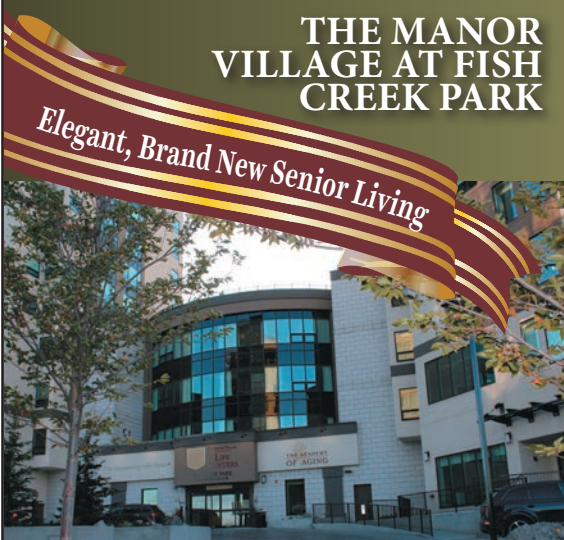
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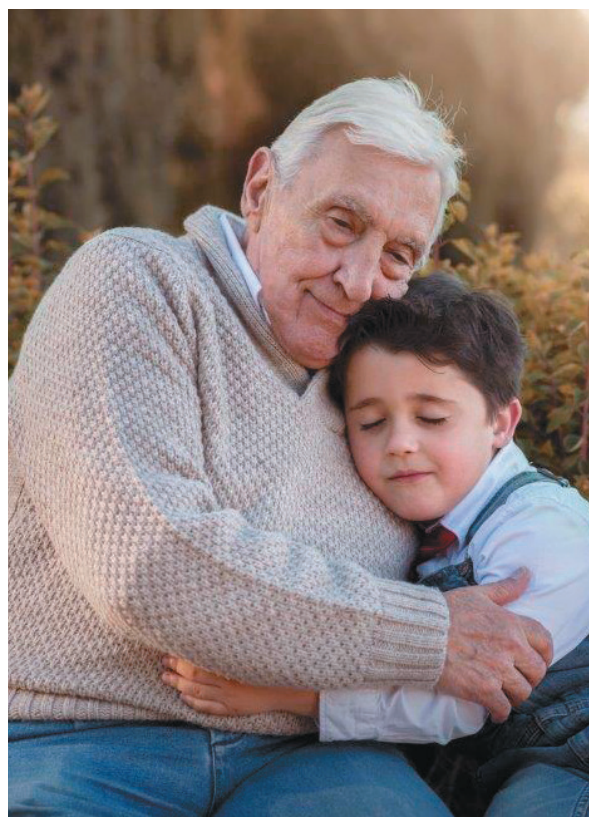
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BY ZANE NOVAK
President of Kerby Centre

I hope this message finds you well

I write this message weeks in advance due to timelines associated with creating a printed newspaper.

Recognizing this, many things can unfold in our fast-paced world in the meantime. At the time of writing, the situation around Covid-19 is changing on an hourly basis.

I want to start off by saying that I hope this message finds everyone well.

In the weeks to come, it's important for everyone in our community to practice self-care. Wellness is one of the most important values we have at Kerby Centre.

The health of our clientele, volunteers, and staff are always first and foremost in our mandate at the Kerby Centre.

Seeing a situation such as this makes many things come to mind. How prepared are we as individuals? Do we have a plan in place for crisis issues?

I also, think lots about the countless volunteers and frontline workers around the world. I think about our staff at Kerby and all the time, effort and self-sacrifice that they put in.

The second week of April is recognized as National Volunteer Week. Alberta and in particular Calgary, is noted for outstanding volunteerism.

Nationally, Calgary has always set the pace for volunteer hours in all of Canada.

During times of crisis and extreme need, Calgarians have never been faint of heart, they have always stepped up. It is very noticeable during events such as our flood of 2103, but it should be just as recognized on a daily basis. Our city would not function without the work of our volunteers. In any given year, Kerby Centre has upwards of 1,000 different individuals step up to the plate and help.

The work of Kerby Centre in our community could not be done without our volunteers, and I am inspired every day by their commitment to the community.

I would also like to thank and show respect and appreciation to our Board of Directors, our Past President, Hank Heerema, Vice President, Richard Parker, Secretary Tara Weber, Treasurer, Ken Lin, Directors,

Stephanie Sterling, Phil Dack, Peter Molzan.

In addition, I can't thank our incredible staff enough. Everyone from the senior management team to every single individual that's putting in long hours of self-sacrifice ensuring Kerby Centre continues to serve our community in the best capacity we are able.

I have had the pleasure and privilege of working side-by-side with this team through some very difficult, challenging times and I could not have wished for a stronger, more positive group of individuals.

In the coming weeks and months, let us all continue to work together for the best outcomes related to our health, whether it be physical, mental or personal.

It is my greatest hope that this issue of the Kerby News will bring a sense of calm and quiet to those dealing with the potential anxieties of social distancing and isolation. ▲

APRIL 2020

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

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Kerby News

Published monthly by Kerby Centre
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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
Proofing: Anita Dennis
Mailing: Don Sharpe, Ellen Hansell, Wayne Orpe, Peter Meyer, Anita St. Laurent, Lolita Kiemele, Shirley Evaskevich, Anne Prystupa, Rosa McDermott, Gloria Higgins, 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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Staying resilient at Kerby



BY LAWRENCE MATHIESON
Chief Executive Officer

Ed Note: Both the CEO and president's message were written before publication on March 20. For the most current information, please check the Kerby Centre website or social media.

A lot of our activity at Kerby Centre is purposefully designed to build a sense of community and to reduce isolation.

There is a lot of research that explains why this is important for all of us but especially for seniors.

What do you do in a situation that dictates

isolation and social distancing? This is completely counter intuitive for our volunteers and our staff.

On March 16th we made the difficult decision to suspend all education, recreation and wellness programming that goes on at the centre. It was the right decision but a hard one. We will continue to operate our Elder Abuse Shelter and will provide Information support over the phone. We will be increasing the support provided by Thrive.

Watch for updates on our website and our social media for changes to support programs. We know during this COVID 19 crisis more and more seniors will out of necessity, become shut in or self-insolating.

Our staff and our volunteers will need to assist more and more seniors to receive groceries and critical medications. We have removed our income criterion for this program so if you need support or know of another senior

who needs outreach support, please connect with us.

Please also think of seniors in your community or in your family, reach out to them to combat isolation and loneliness.

Please do so in ways that take into account wellness practices and advice our health care authorities are providing us.

Also at this time if you are well and you have not been financially affected by this crisis, please remember your favorite charity. Staff and volunteers across the non-profit sector in Alberta are working diligently to support Albertans through this crisis

On a closing note-make sure you read the paper's article on the Equally Safe Model on page six.

We couldn't be more proud to be partnered with these groups and collaborating in ways that makes sense in our community and in these economic times. ▲

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Kerby partners with domestic violence initiative

by Andrew McCutcheon

Domestic violence is a difficult subject to talk about, let alone address.

Historically, the conversations had on the topic are in hushed whispers, an offered cup of tea to a neighbour we may believe is not doing well or a panicked phone call to police services upon hearing shouts, banging or raised voices coming from close proximity.

That last act is of particular note: it's not easy to make the choice to involve the police, and some might worry it could exacerbate a situation to get other organizations involved, but it's often a necessary act.

According to a 2019 report by the Alberta Council of Women's Shelters, there were 23,247 incidents of victims being turned away due to a lack of capacity at shelters across the province: nearly double compared to the year previous. Roughly 66 per cent of the women entering shelters are at severe or extreme risk of being killed by their partner, according to the report.

However, Kerby Centre — along with a multitude of partnership organizations — is taking a leadership role in

a new program that aims to partner social workers with police service members to ensure a wraparound level of response to domestic conflict situations.

Andrea Silverstone is the executive director of SAGESSE — a community organization based in Calgary dedicated to breaking the cycle of domestic violence. She also helped head a recent initiative with the Calgary Police Service, creating the Domestic Conflict Response Team (DCRT): a first-of-its-kind partnership between diverse community agencies to tackle domestic violence.

"The uniqueness is a combination of the police working with community partners to give people who have been affected by domestic violence the best service we can," said Sergeant Glenn Andruschuk, who leads the DCRT. "We see the successes every day... Getting those families in touch with resources they might not have gotten without someone saying 'here is this resource.'"

The project has been years in the making and Andrea Silverstone has worked tirelessly with consultants and agencies to get it off the ground. Through

that work, the DCRT now has a method of addressing domestic violence incidents in a unique and preventative manner.

"When someone calls for police service when they are experiencing a domestic violence situation, one of two things happen," Silverstone explained. "Either it meets the threshold for charges ... or it doesn't meet the threshold for criminality."

In the second case, Silverstone said that in the instances where charges aren't filed, the individuals involved still need support.

"If we don't intervene, it could escalate and get worse," she said. "We can't just leave them hanging."

The DCRT works to follow up on these cases: a social worker would attend the home alongside a police service member with a variety of goals: everything from putting the individual in touch with various resources available to address the root causes behind the incident.

For a period of time, the DCRT was understaffed, however, with just six constables and two social workers.

In response, a multitude of organizations with different backgrounds for

services in the community came together to ensure the program would have the resources and human assets needed to continue.

"We thought, 'given the fact we're going into an austerity budget, how do we make sure that we continue this and build upon what's already there, and make it stronger,'" Silverstone said.

The question was brought to the Calgary Domestic Violence Collective, which consists of over 75 different agencies whose work either intersects or focuses on the issue of domestic violence.

"We pulled together all the key parties that would be interested in this kind of response," Silverstone said. "We began to hammer out the details of what was needed for a good, robust response."

This partnership would come to be known as "Equally Safe," and involved a group of organizations who committed social workers from their own organizations to assist the DCRT moving forward.

In addition to providing the social workers needed, several organizations brought a breadth of experience to match the various unique situations domestic violence

incidents bring along with them.

For example, two of the agencies are the Awo Taan Healing Lodge and the Calgary Immigrant Women's Association (CIWA). Indigenous women and recent immigrants are both more likely to experience violence, so in having these organizations involved, Silverstone said that the DCRT is able to provide more personalized and focused aid.

Kerby Centre is also one of the agencies who has provided a social worker to Equally Safe: as Kerby Centre's mission caters to older adults, it was uniquely suited to provide a leadership role when it comes to instances of elder abuse.

"Kerby Centre has always been at the forefront in providing much-needed wraparound services to older adults," said Kerby Centre CEO Larry Mathieson. "I see our partnership with Equally Safe as not only a natural evolution of our mandate but proof that Kerby Centre is able to adapt and innovate."

"Even when times are tough, we'll work to make sure that no services are dropped and no one gets left behind." ▲

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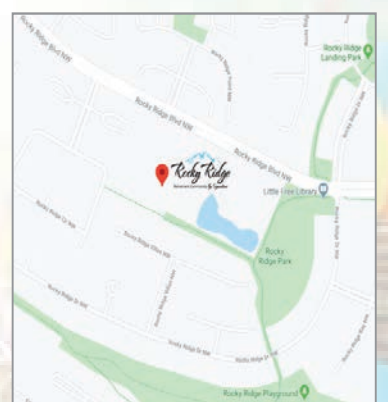


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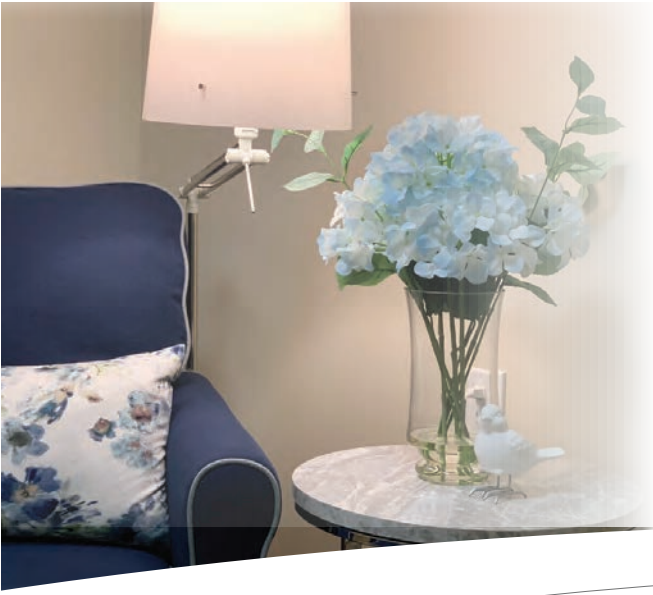
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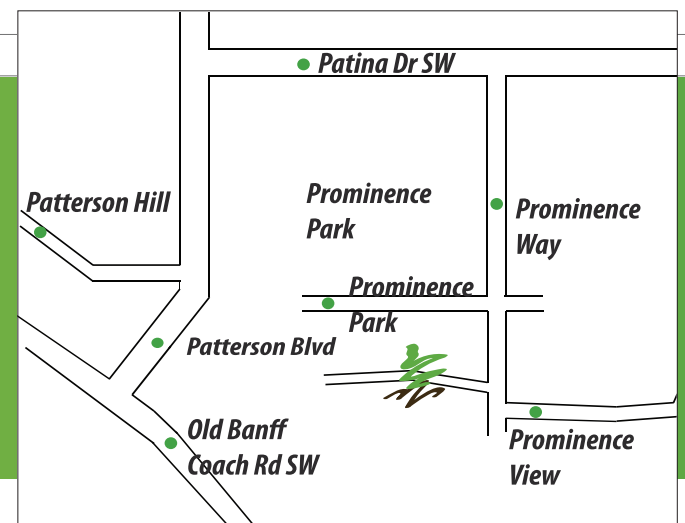
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I needed a job in a well heated office!

By Jaroslav Maria

January 2020 was the fifty-first anniversary of my first and only employment interview for any job. It was an experience probably never to be repeated by anyone as hiring practices have changed so much over the decades. Businesses have indisputably evolved towards better practices emphasizing education, proper training and frequently turn to agencies for help. But the methods were simpler in the seventies, often subjective and also more egalitarian.

We immigrated to Canada in 1968 without any money and knew very little English. I had no university education, I wasn't a ticketed tradesman or a star hockey player.

Given the circumstance, it was a big adventure or even bigger foolishness. But necessity is the mother of invention. In our case escaping the communist oppression supplied the necessity, fool-

ishness was my own.

Having none of the attributes listed above, the employment and immigration office then located on 12th avenue and 4th street SW found me a job in a prefab plant for a local home builder four days after our arrival in Calgary. Mr. Friesen from the office drove me there and afterwards I was on my own. My \$1.9/hour job was to paint one-by-six boards for roof overhangs with a primer. The painting was done in the back of the yard. I worked alone. The foreman Joe gave me a bucket of primer, a roller and indicated the boards that required painting.

He was a man of few words and they would have been wasted on me anyway. I fell back on my father's teaching that the paint must be worked into the wood in thin layers to get lasting results.

I painstakingly painted the surfaces and the edges of the boards and worked hard through lunch and coffee

breaks because I wanted to make a good impression and needed money.

Joe came at the end of the shift, counted the fascia I had painted and found me lacking. This way I wasn't going to keep my job. Next day I doubled my output. Due to the need for speed, I didn't work the paint into the wood so well anymore and spilt a lot of it on the ground as I was hurrying. At the end of the day, the foreman still shook his head in disappointment but didn't fire me.

The third day I laid several boards side by side on two sawhorses, poured primer over them, spreading it with the roller. No such nonsense as working it in. The edges were not primed anymore, just streaked by the running rivulets of paint, but the output was deemed satisfactory. I was learning, material cheap, labour expensive.

The 1968/1969 winter was one of the worst on record. For days on end, the temperature stayed at -40 degrees Celsius. Stuffing newspapers for extra insulation into my gloves wasn't enough anymore. I started to look for an indoor job. I didn't care what as long as it would be close to a radiator. I spotted an ad in the "Classified" section of the *Calgary Herald* looking for a draftsman to draw roof trusses.

I looked up 'truss' in the dictionary and found out it was either: 1. 'an assemblage of members (as beams) forming a rigid framework' or 2. 'a device worn to reduce a hernia by pressure'. Since the ad mentioned roofs in the same sentence with trusses I guessed it was the

former. I had been trained as a highway designer and a land surveyor so I thought it was close enough and worth a shot.

I mailed out a resume and was called for an interview. I didn't expect too much from it. Canada was a very competitive capitalist country with an astonishingly high standard of living. People who created so much wealth had to be super educated, incredibly capable and hard workers; every one of them able to smash my best output of primed fascia boards on any day!

But there was not much pressure. Resigned to the fact that I had very little chance of getting a good job on my first try, it was just a trial run.

I knew nothing about the company, their business and what they were making. Those were the days before computers, the internet and websites. My strategy was simply to talk very little and answer 'yes' to every question. I had heard that in an office, one earned a salary so I calculated that to replace my current wages plus overtime, I needed at least \$350 per month.

A well-established building company, they kept opening new subsidiaries to support the core business. The company that advertised for a draftsman was manufacturing trusses using metal connector plates and provided shop drawings for their clients.

The receptionist sent me to the design office run by a professional engineer, Larry. He was a meticulous, steady, quiet and kind man. His desk was covered with several layers of papers that he care-

fully lifted one by one while holding the lower layers down by his left hand lest he disturb them. His was not the most effective filing method it looked messy, in conflict with his personality, but the system worked as long as the layers weren't disturbed. The more recent or urgent documents would work their way up to the top.

Larry asked several questions to all of which, true to my strategy, I replied 'yes', showed me a few drawings and asked if I could draw them. They looked quite strange to me, but I could draw what someone else designed so I said 'yes' again. Then he took me for a tour of the premises.

Next to his office was the drafting room with three desks, filing cabinets and large windows. The tour was short, there were just two draftsmen, one for the land development company, and the overworked truss designer/draftsman with whom I would be working. The drafting office looked similar to its European counterpart, perhaps simpler. Larry kept talking and I kept agreeing with him at reasonable intervals.

The door in the right-hand corner led into a bigger, posher office furnished with a large desk and a swivelling chair. This was where the owner sat. He was a short, stocky man in his early fifties. He smiled at me when Larry introduced me. Departing from the script instead of 'yes' I said 'hello'.

That was all, the whole interview took only a half-hour or so. Larry told me I was hired, that the pay was going to be \$420 per month and that I could start at 8:00 a.m. on the following Monday, to which I said 'yes'. I was leaving when he asked if I had any questions at all?

I blurted out: 'Did you say \$420 per month?' Now it was Larry's turn to say 'Yes'. Even though it was obvious that I could have been hired for less it didn't matter to him. I guess it was the starting salary, not negotiable in either direction.

When I came home to my wife and friends, I hesitated a bit for effect and then triumphantly announced: 'I got the job and it pays \$420 per month.'

We were rich!

I landed up working there for 23 years, and during the last eight years managed it for the owner. I never had to apply for a job in a heated or any other office again. ▲

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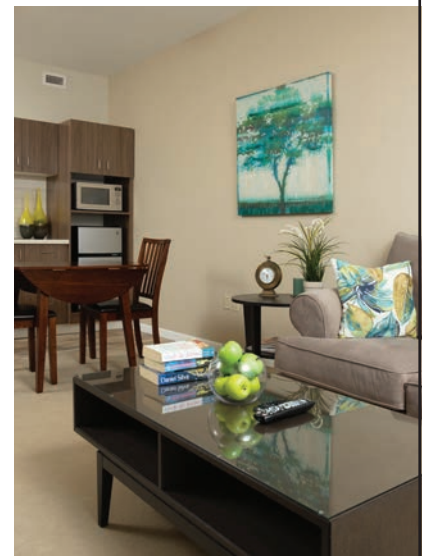
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Space is limited. RSVP today to **587-355-2031**.

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Utilizing honey to ward off seasonal allergies



Bees and their honey may do the trick this allergy season. Christine Wehrmeier photo.

by Amy Wong

April showers bring May flowers. Days become longer, weather becomes warmer, there's more sunshine, and the grass gets greener. Spring is on its

way and I am ready. Bring on the sun, the breeze and even the pollen of sorts. With my sweet local honey in hand, I have found my remedy in dealing with seasonal allergies.

Seasonal allergies, or

SA, are known by the common name of hay fever and the more technical name, allergic rhinitis. Springtime is the time when many plants produce pollen. Pollen is a tiny powder-like substance plants release. The pollen is then carried off by insects or by the winds for pollination and plants are reproduced. As pollen is released into the air, it gets into you when you breathe it in.

Sufferers of SA have an immune system that is overactive and sees the pollen as a dangerous invader, otherwise known as an allergen. The symptoms you suffer each spring is actually a case of mistaken identity. The body classifies the pollen as a threat and triggers a reaction by releasing a chemical,

called histamines. It's the histamines which in turn causes the common SA symptoms of congestion, sneezing, runny nose, and watery eyes: all this is an attempt to rid your body of the pollen.

But could something as simple as honey be the sweet remedy for sufferers of SA? The idea isn't so far fetched. I too once suffered this springtime misery. I had my fair share of sneezing, nasal congestion and a nose that would not stop running. For a while, a mountain of tissue took up residence in my garbage can. I really couldn't survive a day without taking some kind of over the counter allergy medication.

Despite the medication (anti-histamines) working, I was in search of a more natural way to find relief.

You see, honey can contain traces of flower pollen, an allergen. As bees pick up the nectar of flowering plants, they climb around the flower and also pick up the pollen from their environment. This is the same local pollen that may be causing your SA. The idea behind honey treating allergies is similar to that of a person getting allergy shots. When you go to an allergy clinic for these shots, you are actually slowly building up your tolerance to the allergen contained in the shots. In some people, the allergy can be alleviated altogether.

When a person consumes local honey, they ingest local pollen. Over time, regular exposure to this pollen can cause a person to become less sensitive, and experience fewer or milder SA symptoms. Much like allergy shots, the honey works to gradually desensitize your SA. And that's all there is to it. Sweet!

But is it a remedy? This question is actually more controversial than you might think.

On one side, there are allergy doctors and drug companies who are skeptical, arguing while it is true that bees pollinate flowers and make honey, the problem lies within the amount of pollen and the kind contained in the honey.

For example, when you consume local honey there is no way of knowing how much pollen there is. Whereas, allergy shots have

known amounts of pollen and have progressively increasing measurements.

Another point of controversy is that the pollen in local honey is mostly from flowers where bees harvest the nectar. Flowering plant pollens are not generally linked with SA. The main culprits of SA tend to be airborne pollen from trees, grasses and weeds, which are not pollinated by bees.

On the other side are many thousands of testimonials from people who have tried it and say it is working for them. Full disclosure, I am one of those people. Tried and true for me. I no longer suffer the springtime misery as I once did.

So what about the research? From what I could find, there have only been two well-designed research studies examining honey and its effect on SA. In 2002, a study conducted by the University of Connecticut found no evidence that local honey relieves SA. Then published in 2013, a 2011 study conducted in Malaysia found honey consumed in high doses did indeed improve a person's allergy symptoms. Despite the research, we are no further ahead. If anything, there's a consensus across both groups that more research is needed to conclude the role of honey and its effects on SA.

For some, it may appear that honey may just be a sweet placebo. And though it may be, that doesn't stop me from using a dollop in my tea or oatmeal. For me, I know a spoonful of honey will make this allergy season better for me.

In any case, you should NEVER give honey to children under the age of one, because raw/unpasteurized/unprocessed honey has the risk of botulism, a rare but serious form of food poisoning and can lead to severe illness and even death.

Also, for people who have a severe allergy to pollens and/or bees, ingesting honey can cause serious allergic reaction known as anaphylaxis. Therefore you should NOT consume raw/unpasteurized/unprocessed honey.

But placebo or not, honey might be a source of sweet relief for you, come this allergy season. ▲

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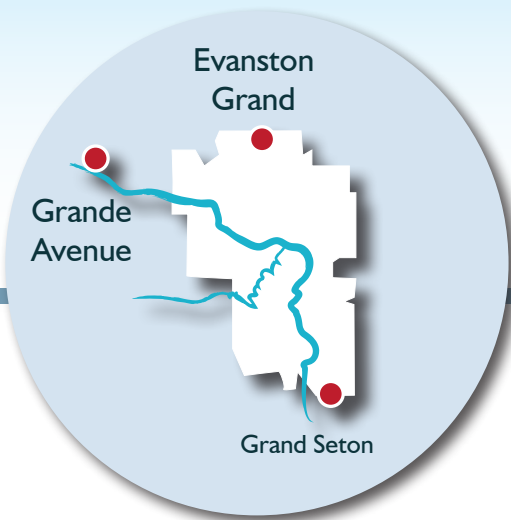
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Photographs; guardians of my memories



by Barbara Ellis

Recently I began a new project of putting all of my family photos into one folder. Originally, I was going to scan each photo and then transfer them onto a memory stick, but, if I did that, I was pretty sure that no one would ever look at them. I know I don't want to sit in front of my computer and look at disks of photos I have



A journey into memories through photography. Photos courtesy of Barbara Ellis.

taken, so why would I expect my nieces and their families to do that? No, I would gather the photos and put them all into a folder. Personally, I like photo albums and often look at the ones I created of my many travels. Albums are keepers of my memories, something I can look at whenever I want to and let them transport me back to when and where the photos were taken.

It seemed to be a rather straight forward project, after all, I had all the photos I was going to use, so just put them in order, start with the oldest and move forward. Well, this was easier in my mind than in my actual doing.

A few of my photographs reach back to the early 1900s, I am not sure how far back, but I have a vague idea that it is at least 1910, over a century ago. The photos are of my grandparents and at the time these photos were taken, they would have been in their twenties.

Photography was invented sometime in 1826 or so, and I am so glad that my grand-parents had their photos taken. Even though I did not know them all that well, I knew of them from my parents and when I look at their faces, I see the resemblance in my parents' faces and to a lesser degree, in my sister and me.

The photos from the early 1940s are tiny so I decided to scan those onto a memory stick and then have them developed. Some turned out better than others because I was told that the "pixels", whatever they are, cannot be stretched too much and still produce a sharp image. OK, fine, I won't be doing that again because I would rather have tiny than fuzzy.

But now I have various sizes of photos. New plan: the smaller photos I would attach with photo corners onto white paper. This would be even better because now I could write a description of the photos and even include some artwork if I want to. Then, back to the store for thick paper and photo corners and stickers.

Now I really was ready to begin. Wait for a second: who was I doing this for anyway? One of my nieces has always shown an interest in my family's history, perhaps she would be interested in keeping these family photos. I didn't want to assume anything so I

sad goodbye photos when we had to leave this idyllic life behind and move on to the next phase of our lives.

My father was a minister and was sent by the World Council of Churches to Australia to minister to the many displaced Hungarians there. We boarded a train to Trieste, Italy and waited until it was time to board the ship that was to take us halfway around the world. He recorded that incredible journey from Europe to Australia and ending at the Displaced Persons camp where we were billeted. Then came wonderful memories of our seven years in Sydney until once again, our father moved us to a new country, Canada.

From here, my time travel through the photographs will be easier and my nieces will also be more in tune with these memories.

Soon they too will be part of this photo album because I have the photos of their parents' marriage, then their own photos as young children and eventually their marriages and so on.

I have to make sure that this album will be interesting for them. They must want to rummage through these pages as they go on their own time travel and get to know their ancestors, even if just a little bit.

Whatever happens to this album after I am gone will not be my concern. Right now, for me, walking through my sister's and my life through these photos is a great experience. I am finding that the memories are just as fresh and precious as when Eva and I actually lived them. ▲



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Look for the helpers

By Andrew McCutcheon.



Malala Yousafzai refused to back down in her crusade for girls education, even in the face of extremist violence. Photo credit: Wikicommons photo

Fred Rogers, of Mister Rogers and PBS fame, had important things to say about helpers.

“When I was a boy and I would see scary things in the news, my mother would say to me, ‘look for the helpers,’ he said. ‘You will always find people who are helping.’”

In Canada, we know it better than most.

Who hasn’t had someone push them out of the snow when their tires are stuck in inches of the white stuff?

And better yet, who hasn’t reached out to help a complete stranger when it comes to getting them unstuck.

Canada — and the world over — is filled with helpers. And now, when things are roughest, it’s important to look to them for inspiration and hope in our time of crisis.

It’s harder with the conditions currently placed on us. Isolation is one of humanity’s greatest weaknesses.

We’re social beings. We like to be around those whose company we enjoy and we hate to be alone.

But no matter how isolated, we are never alone.

I believe in the power of the written word. I believe in it so strongly I made it my life’s work.

When you read this article, you’re not reading it alone.

You are reading this at the same time as over 50,000 others. So you’re not alone. You’re never alone. We are all blessed with the ability to listen to others. And I want to listen as well.

I want to hear your stories of when you’ve been helped or you’ve helped others. In next month’s issue, I’ll compile as many as I can to print in the Kerby News. I’ll show that beyond any reasonable doubt, people are willing to stand up and do what’s right when it’s really needed. My email address is andrewm@kerbycentre.com

Things may get harder before they get better, but they will get better. They always have.

Let everyone who faces these hard times come out of it unscathed, with only stories of how they were helped or how they helped others.

Those stories will preserve us and keep us strong the next time the embers of crisis burn.

But until then, we have countless stories across history that will inspire us, that will keep us warm and that will steel us against a seem-

Page design and layout by Winifred Ribeiro.

ingly ever-growing tide of anxiety and helplessness.

These are a selection of some of my favourite “helpers” across the breadth of human civilization. If at any time you feel yourself despair, think back to these brave folks who did what needed to be done, when it needed to be done.

Open your hearts and minds to the inspiration to be found and you may surprise yourself with what strength and bravery you might find within yourself.

Nicholas Winton

Nicholas Winton was a mild-mannered British humanitarian whose name might not be as well-known as someone like Oscar Schindler, but whose actions saved hundreds of lives over the course of World War Two.

Born in May 1909 in London to Jewish parents, he worked as a banker for most of his adult life.

He established an organization to rescue Jewish children whose families were at risk due to Nazi-dominated Germany. He set up an office at a dining room table in his hotel in Prague at the end of 1938. There were difficult obstacles, both of cost and bureaucracy of the governments at the time. Border guards were searching for refugees and would return any found back to Germany, despite the horrors of what was happening to Jewish individuals already being well-known.

Ultimately, Winton would relocate and save 669 children, finding them homes in Britain. Many of their parents would ultimately go on to perish in concentration camps.

Winton’s efforts would go unnoticed for over half a century, but the wider world would find out about his work in February of 1988 during an episode of a BBC television programme Winton was invited on as a member of the audience.

During the programme, Winton’s scrapbook was shown off and his many achievements were explained to the audience. The host of the programme stopped near the end and asked if anyone in the audience owed their lives to Nicholas Winton.

This was when Winton was surprised as over two dozen people on all sides of

him stood up. The rest of the audience was comprised of the children he had saved, now adults, as Winton finally got to see the fruits of his efforts and hard work those decades ago: adults, men and women now with children of their own, who had the chance at freedom, at life and to grow old themselves, all because he refused to back down in the face of indifference and struggle.

Winton responded by dabbing a single tear from his eye.

Winton died peacefully in his sleep on July 1, 2015, at the age of 106. It was 76 years, to the day, after 241 of the children he had saved had left Prague for their new, peaceful lives in Britain.

Viola Desmond

If the name of Viola Desmond isn’t familiar, her image definitely is.

Her face is on the newest \$10 Canadian bill and her story is one of resilience.

She was a hair salon owner, who in November 1946, decided to take in a movie at the Roseland Theatre in New Glasgow, Nova Scotia.

Desmond, unaware that this theatre had a segregation policy, took a seat on the main floor. She refused to move to the balcony where other black patrons were expected to sit. In response to her refusal, she was dragged out of the theatre, arrested and spent a night in jail.

She was charged with tax evasion, as she had failed to pay the full tax on a main-floor movie ticket. The difference between the two was a total of a single cent.

For others, the story may have ended there, but Desmond refused to give up.

She took her case all the way up to the province’s Supreme Court.

She appealed her conviction. Ultimately, however, she lost. But her stand against the injustices facing the black community in the province kick started a civil rights movement in Canada.

Her legacy would continue on for decades to come. The rightness of her actions were recognized in 2010 when the Lieutenant Governor of Nova Scotia posthumously pardoned her, removing the conviction from the historical record.

Although Desmond would pass away in 1965, her sister Wanda still lives in Nova Scotia and continued to be inspired by her sibling’s story.

At age 73, she went back to school and finished a bachelor of arts degree. Wanda

now speaks to youth about combating racism in all its forms, even today.

Malala Yousafzai

The youngest on our list, Malala Yousafzai is a teenage hero.

She was born on July 12, 1997 in Pakistan to parents who were determined to give her every opportunity.

Her father was a teacher and ran a school for girls in their village. However, when the Taliban took over their place of living, they banned numerous things, including television or playing music. They also said girls could no longer attend school.

In January 2008, when Malala was just 11 years old, she bid her farewell to her classmates not knowing if she’d see them again.

She continued to campaign for her own education and the education of others like her, however. She spoke out publicly on behalf of girls and their right to an education. This made her a target of extremists.

In October of 2012, on her way home, a gunman wearing a mask boarded the bus Malala was on. He asked, “Who is Malala? Speak up, otherwise I will shoot you all.”

Malala identified herself and was shot in the head.

However, she made a miraculous recovery. She awoke in the latter half of October in the U.K. after being treated by Pakistani and British doctors.

It was then, Malala said, she knew she had a choice:

she could live a quiet life of safety in her new home or she could press forward.

She was determined to continue her fight and with the help of her father, established the Malala fund: a charity dedicated to giving opportunities and education to young girls. In December of 2014, Malala was the youngest ever to receive the Nobel Peace Prize. She has continued her work and is now studying philosophy, politics and economics at Oxford University.

She continues to travel across the world to meet others where she was: young women fighting discrimination, poverty and war, with the aim of making sure their stories are told and to create a world where education is an equal opportunity.

James Harrison

James Harrison has been called “The Man with the Golden Arm.”

He’s not a baseball player, however. Nor does he play any sport. His arm is unique and his sacrifices special in a different way.

When he was 14 in his home country of Australia, Harrison got sick. One of his lungs needed to be removed and he needed a lot of blood.

After received almost two gallons of donated blood, Harrison said that he’d never forget others’ generosity and vowed to give back.

Harrison began giving blood and plasma regularly, more so than most: every three weeks for 11 years.

At the same time, many



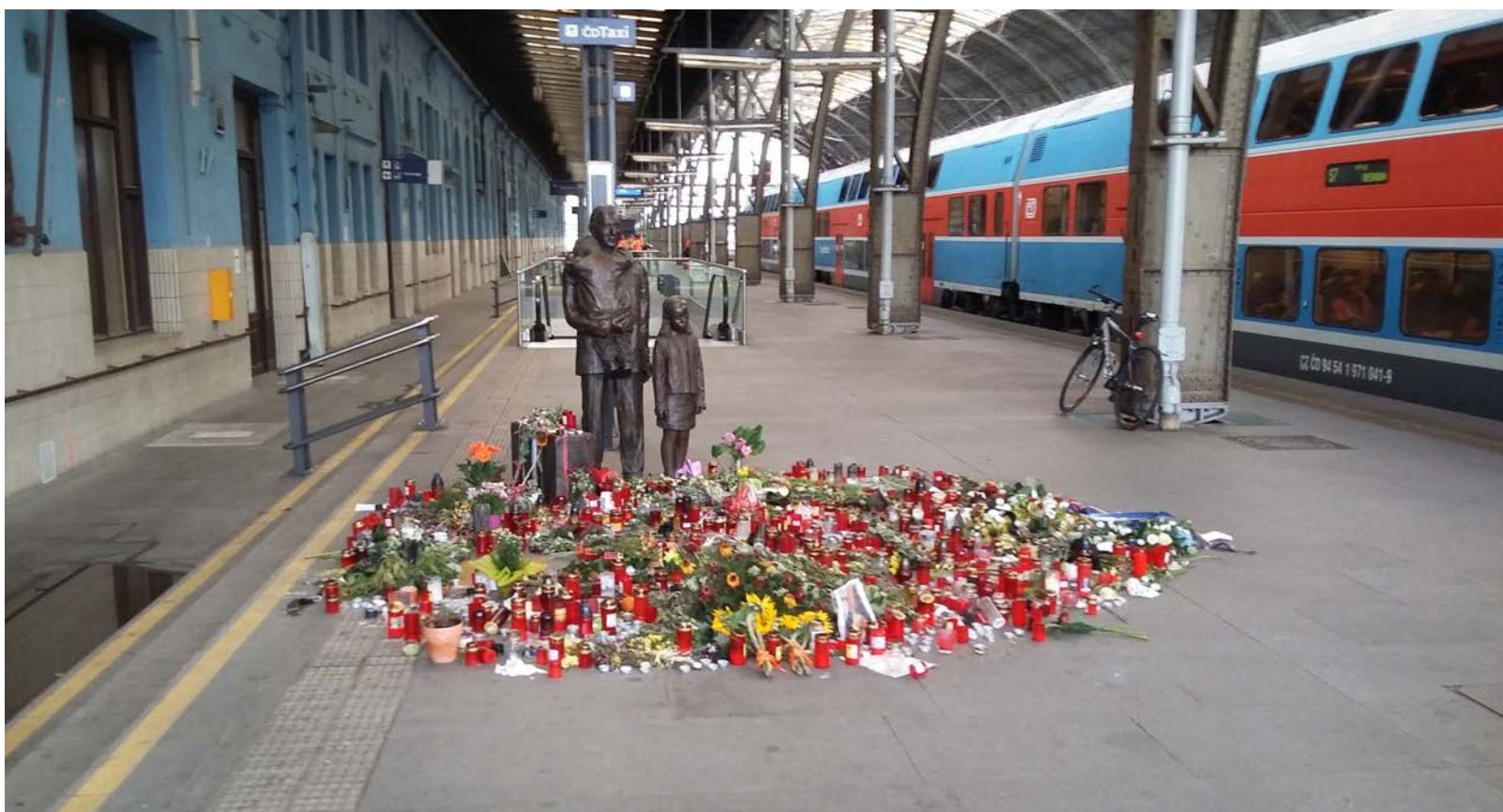
Viola Desmond is a Canadian Civil Rights hero who refused to back down in the face of discrimination. Photo credit: Wikicommons photo.

doctors were having issues with a condition known as Rh incompatibility. It’s potentially lethal and occurs when a pregnant woman has an Rh-negative blood type and her child is Rh-positive. Doctors needed some method to fix this condition, and in Harrison’s blood, they found it: an extremely rare antibody known as Rh immune globulin, also known as “anti-D.”

Harrison became the first Anti-D donor in Australia and gave blood for over 60 years.

It was estimated that he donated enough blood to save over two million babies, including his own grandson, Scott.

By 78, Harrison donated a whopping 1,106 times, and continued to donate until he hung up his golden arm at 81 as “anti-D.” ▲



Nicholas Winton’s efforts to save 669 Jewish children was almost forgotten, but now a statue commemorating him stands in Prague.



Many folks give blood, but James Harrison’s unique blood allowed him to save the lives of unborn children. He gave over 1,100 donations across his lifetime and saved an estimated 2.4 million children. Photo credit: LuAnn Hunt photo.

Medication management and wellness

by Andrew McCutcheon

Routines are important. We've all had those routines we've kept since we were young and first starting out as an adult: Showering, coffee, maybe scarfing a banana on the way down to the car or the bus stop.

These well-worn paths are carved into our minds, things we've done daily for years, and even then we might make mistakes, not out of carelessness but rather operating on our auto-pilot.

However, making those small missteps when it comes to daily prescriptions, medications or vitamins might have negative consequences that range from the mild to the severe, and it can only get more

difficult as new, sometimes confusing actions are added to our routine.

With a variety of doctors, conditions and prescriptions, it's important to nail down one of the biggest aspects which contribute to wellness and active aging in the latter part of life.

Debbie Franchuk, a former RN and aging expert with Home Instead Senior Care Calgary, knows full well how this can be challenging in the daily lives of older adults.

"Medication management can be a challenge, in general," Franchuk said. "Regardless if an individual is cognitively affected or not, it's difficult to keep them all straight."

According to a 2016 report by the Canadian Institute for

Health Information, 65.7 per cent of Canadian adults over the age of 65 were prescribed five or more different medications.

With each drug potentially treating a different condition or side effect, figuring out what the medications are, what they do, when to take them and what to take them with can be an arduous task.

Franchuk said it's not easy and there are a myriad of reasons why an individual might have issues compiling all the bits of information surrounding their prescriptions.

For one, often when someone is prescribed something at a walk-in clinic or emergency room, they aren't feeling well in the first place. Unless it's written down with proper instruction and explanation, the haze of illness might cloud important details.

"It's very stressful, people are worried and things get forgotten," Franchuk said.

With multitudes of information — all being told to someone at once, sometimes in a busy emergency room discharge — hearing impairments, whether slight or severe, can add to the disconnect.

Franchuk said it's important for older adults to advocate for themselves and speak up: clarify confusion, ask questions, take notes or have someone with you to help with

processing the information about your medications: what they're for, when to take them and what to take them with.

The fear of being impolite or taking up someone's time impedes people from speaking up, Franchuk said.

"Stop the politeness," she recommended. "It's people's jobs and it's much harder to get important information after the fact."

"It's okay to say you're confused."

It's also recommended that individuals centralize their medications by ensuring they are managed at one pharmacy and to do timely reviews of their medications with either their pharmacist or GP. If you've gotten a prescription from a walk-in clinic or a hospital pharmacy after an emergency room visit, reconcile them with your current pharmacist.

"Have a list of all the medications that you're on, their dosages and when you take them. Carry it with you," Franchuk said. "It's good for when you're at the pharmacist, when you're at the GP, to ensure that information is up to date."

The potential ramifications if medications are handled or taken improperly are various: first of all, the initial problem for which they were prescribed is being untreated.

Moreover, Franchuk said, there can be bad side effects or interactions between both prescription drugs and over-the-counter remedies. She recommends telling your pharmacist if you're taking daily vitamins, antacids or natural remedies.

Caretakers or family members can also assist in ensuring their loved ones are adhering to proper medication schedules. Franchuk said they should keep a look out on the use of prescriptions: whether someone is taking too many or too few, whether they're taking them at the proper time, whether they're stored in the original containers or scattered about.

Franchuk said that managing prescriptions properly is one of the best ways for older adults stay as well as possible, as long as possible.

"Meds are a simple way to stay health on track, and stay connected with [one's] health," she said. "If we empower people, they want to get well and they want to stay well."

"The risk for them to have problems due to not taking medications properly brings them back into the system."

By keeping prescription information in line, sticking with it and caring for one's self-same well-being, folks can stay independent and healthy far into their futures. ▲

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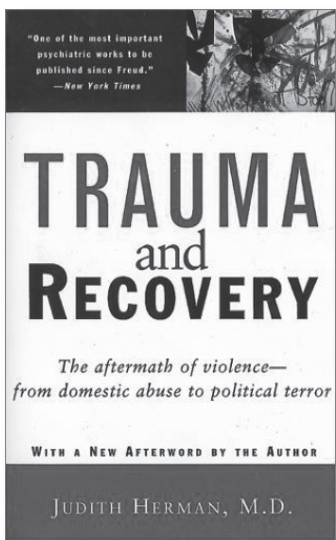
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Book Review: *Trauma and Recovery*



Trauma and Recovery
by Judith Lewis Herman

Book review by
Eleanor Cowan

Early in her career, Dr. Judith Herman, American psychiatrist, author, teacher, and researcher began to make a link between political and individual violence. While she also studied the overwhelming feelings of terror and helplessness resulting from traumatic accidents, natural disasters, and more, Herman also began to link political trauma to personal trauma.

Herman contends that in a patriarchal world — which means an unequal world — some causes of PTSD, such as violent, unhampered aggressiveness, will continue until equality exists for everyone. She and her team examined PTSD stemming from cumulative acts of terror forced upon innocent, unsuspecting people.

For example, Herman and her team studied Vietnam war veterans: soldiers who slowly came to realize that the war they were fighting was wrong, and could have ended far, far sooner than it did.

Yet, under orders to obey their superiors, they became complicit in political crime. Betrayed by those who profited from the prolonged war, yet locked into subservience, their lives got complicated.

Shackled to their fate, and long after ‘Nam, war vets were scorned for fighting an unjust war.

At the same time, Herman studied the children of pedophiles, a victim group who’d also been

tethered to the adults in charge, and dependent on their abusers for a home, food and family.

In further twists of complex PTSD, abused children often enshrine, buy gifts for and cover-up for their abusers.

Both the war vets and incest victims learned that their repeated trauma was irrelevant to those in authority.

Herman’s work emphasizes that what happens in the wider world of politics and society is always paralleled in the personal lives of its citizens.

A giant part of the problem of on-going terrorism is the silent complicity of those who are aware of the abuse — and do nothing. This does not include those frozen in terror.

For example, while famous and wealthy moguls alone stand trial for their crimes, all those who knew all about it — and were paid to cover it up — remain unpunished. Their conscious collusion allowed evil to persist unchecked.

Recently, a powerful sports icon died tragically. Facebook posts pointing out that this married man and father had raped and choked an innocent woman were met with indignation.

Even though he’d vehemently denied his crime until his DNA was found, huge outcries shamed those who mentioned the rape. How dare anyone allude to the crime of an icon whose fame far surpassed his abuse of a teenager — a nobody?

Herman states that through shaming and silencing, victims of trauma are often re-traumatized when they dare to tell their story.

On the other hand, chronic suppression of terror can cause dissociation, freezing of the full personality, disconnection, constant low-grade depression, or more profound depression.

Actress Rose McGowan, who accused a notorious sexual predator, is among today’s “silence breakers.” She disclosed the rape despite her dread of backlash.

Fully aware that truth-telling is a dangerous business in our society, McGowan defied

patriarchy’s permission to abuse without consequence.

For years, Herman and her psychiatric team listened to the stories of appalling human evil — from thousands of molested children in city shelters, and refugees from all over the world.

And themes of healing emerged.

Herman learned that recovery from trauma could happen, but with one condition: The traumatized individual must be able to enter a recovery zone. Many are so flattened by shock that they end their lives. Others endure severe physical complications that stall recovery.

Healing is a gift not every traumatized individual can receive. Herman’s team learned that rebuilding entails three critical conditions.

The first is safety: reliable, secure, fortification is vital. There are outstanding organizations and shelters for, among others, families of murdered children, refugees from dictatorships, trafficked slaves, the homeless, abused elders, war vets, and animal/pet groups.

A recent CBC news article headline reads, “Women and children turned away from shelters in Canada almost 19,000 times a month.”

Another essential condition is remembrance and mourning. Telling the trauma to someone who cares, believes the speaker, and understands that the blood-red threads of grief take time to weave into the tartan of a revised life.

Concealing trauma keeps it alive and fermenting within, a psychosis waiting to be triggered. When ready, each survivor tells in a preferred way, some by writing, others through activism, song, or art. One famous art piece, *Guernica*, was painted by Picasso after the innocent civilians of Basque were aerial bombed in 1937.

The third imperative to recovery is that traumatized individuals connect with like-minded others for comfort and encouragement. Those who can, do even more.

Together, they galvanize the energy of their

pain to establish new policies and laws to advance an imbalanced society.

One example is that the Saskatchewan police now alert former victims of stalkers weeks before the stalkers are released from jail.

The police contend that jail time doesn’t mean healing time. Physical incarceration doesn’t guarantee changed behavior.

In November 2015, Maria Fitzpatrick — a former Canadian Track and Field sprinter, trustee on the Lethbridge Labour Council, VP of the Canadian Federation of University Women, and Chair of the Regional Women’s Committee of the Public Service Alliance of Canada — addressed the Alberta legislature about her former husband’s terrible abuse of her.

She earned a standing ovation, and the bill to improve supports to victims of in-home violence unanimously passed its second reading. Fitzpatrick, like McGowan, broke the silence taboo, connected with

like-minded others and supported the traumatized in her community.

Sometimes overwhelmed in her line of work, Dr. Herman nevertheless continues because of the inspiration of PTSD individuals who succeed in reclaiming their lives.

Herman urges the broad base of society to confront injustice in our immediate neighborhoods as well as politically.

In this way, we help to starve the enemy, deflate the bully, and collapse dictatorships both inside the home and in society: a simple hello, a cup of tea together, signing a petition, attending a course, donations or volunteering in groups of our choice are vital.

In this way, we are conscientious objectors to systemic, entrenched terrorism.

We, the citizens on the ground, can hold the standards bar high and invest our goodwill — not as pawns for the manipulative, but as activists for humanity. ▲

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Mountains, trees and geysers (Old Faithful), hot springs, wildlife, waterfalls, the Fishing Bridge, Yellowstone Lake, Butte featuring the 90-ft tall Our Lady of the Rockies, Copper King Mansion, Underground city tour, Helena capitol state bldg, city trolley ride and more.		
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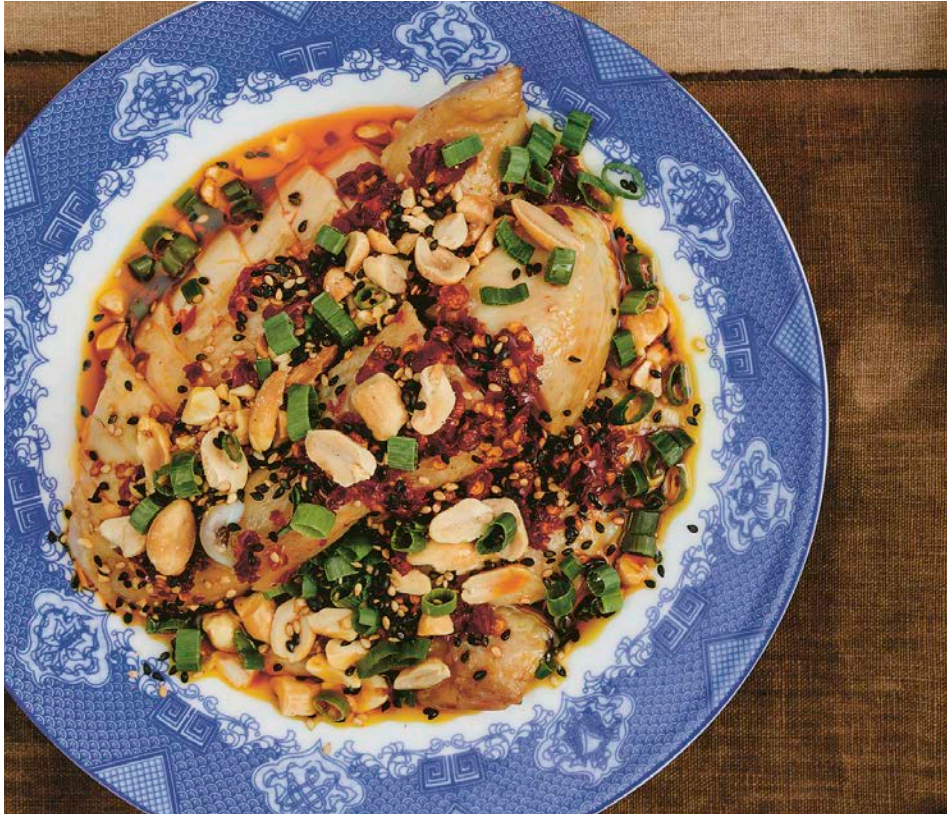
SENIORS

Dont miss out on your restaurant favourites

Compiled by Winifred Ribeiro

Home to a vibrant food community of local chefs, farmers and producers, Calgary has become one of the most exciting dining destinations in the country. Calgary Eats serves up a collection of 80 signature dishes by the city's top chefs. With chef-tested recipes and stunning photography by Chris Amat, re-creating your favourite restaurant dishes has never been easier.

Have you ever gone out to a restaurant, and thought this meal is so delicious, I wish I could try to make it myself. It's a common scenario for food lovers: finding a restaurant dish so perfect that we wish for the recipe so we can make it at home any time of day or night. Now you can with the help of the cookbook *Calgary Eats*. With many of your favourite restaurants temporarily closed due to Covid-19 you may be inspired to try some of these dishes yourself.



"Mouthwatering" Sichuan Chicken

Two Penny gives cold chicken the respect that it deserves. This dish is so good you'll be tempted to skip the niceties and eat it with your fingers, picking it straight off the plate while standing in front of the open refrigerator. Served with Two Penny's signature Sichuan chili oil, this fiery, numbing dish will kick start the appetite

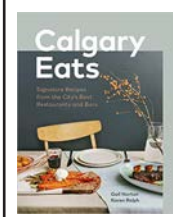
Serves: 2-4 as an appetizer

4 cups chicken stock
2 tsp kosher salt
1 (3- to 5-lb) whole chicken
1/2 cup Sichuan oil (preferably Lao Gan Ma), for garnish

1/4 cup finely chopped green onions, for garnish
2 Tbsp roasted peanuts, for garnish
1 Tbsp sesame seeds, for garnish
1 Tbsp Maldon salt, for garnish

Bring stock to a boil in a medium saucepan. Add salt and chicken, reduce heat to medium and simmer for 10 minutes, or until chicken is cooked through. Using tongs, transfer it to a bowl and cool in the refrigerator. (The stock can be reserved for another use, such as soups and stews, or reuse it for more cold chicken.)

Separate the legs and split the breasts. Slice chilled chicken into bite-sized pieces. Place chicken in a shallow bowl and cover it generously with oil. Garnish with green onions, peanuts and sesame seeds. Finish with Maldon salt.



Recipes excerpted from *Calgary Eats*

Signature Recipes from the City's Best Restaurants and Bars

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Prawn and Sausage Tagliatelle

Prawns and sausages are found paired together in dishes the world over, and the combo is magical. This recipe is made with a cured Hungarian sausage, but feel free to substitute your favourite cured sausage.

Serves: 4

2 cups diced cured sausage
1/4 cup extra-virgin olive oil, plus extra for frying
1/4 cup (1/2 stick) unsalted butter
1 onion, thinly sliced
1 red bell pepper, seeded, deveined and cut into thin strips
1 fennel bulb, cored and cut into thin strips
4 cloves garlic, finely chopped

1 cup dry white wine
16 tiger prawns, peeled and deveined
1 lb tagliatelle pasta
Kosher salt and freshly ground black pepper, to taste
1/2 cup grated Parmesan
1 heaping Tbsp finely chopped Italian parsley

Heat a generous splash of oil in a large frying pan. Add sausage and cook for 10 minutes, or until slightly brown and cooked through. Transfer to a plate and set aside.

Heat oil and butter in the same pan over medium heat. Add onion, bell pepper, fennel and garlic and cook for 10 to 15 minutes, until vegetables are softened and onion is translucent.

Meanwhile, bring a large pot of salted water to a boil.

Add sausage and any juices that have collected on the plate to the pan of vegetables, pour in wine and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes, or until the sauce is reduced and has thickened.

Add pasta to the pot of water and cook according to package instructions until al dente. Drain.

Add prawns to the frying pan with the sausage mixture and cook for 4 minutes, or until pink, opaque and cooked through. (Do not overcook.)

Place pasta in a deep serving platter and top with sauce. Sprinkle with salt and pepper. Parmesan and parsley and serve.



Pissaladière

Whether it's a snack with a bottle of rosé or a savoury starter for your next dinner party, this classic anchovy, caramelized onion and olive tart, hailing from southern France, is perfect for sharing. Anchovies add a hit of umami, but we prefer the milder white anchovy that is packed in vinegar and oil.

Serves: 4

3 Tbsp olive oil
3 large yellow onions, thinly sliced
1 sheet puff pastry
12 white anchovies
3 cups baby arugula
12 Niçoise olives (

Heat oil in a heavy-bottomed saucepan over medium heat. Add onions and sauté for 10 minutes, or until onions start to soften and colour. Be sure to scrape the bottom of the pan so the onions don't stick. Increase heat to medium-high and sauté for another 10 to 15 minutes, until onions turn a rich, dark amber colour.

Preheat oven to 375°F. Line a baking sheet with parchment paper.

Roll out the pastry sheet to a 1/8-inch thickness. Transfer to the prepared baking sheet and, using a fork, puncture pastry to allow the steam to escape. Bake for 15 minutes, or until just slightly brown. Remove from oven, cool for 5 minutes and top with caramelized onions. Bake for another 20 minutes, or until golden brown. Remove from oven and set aside for 10 minutes to cool.

Place on a family-sized platter and arrange anchovies on top in a criss-cross pattern. Top with arugula and olives.

Getting ready for our spring gardening

By Deborah Maier
Calgary Horticulture Society

Finally, after months of cool grey weather, we can say spring and the gardening season is here! Several seed packet instructions include lines such as, “plant as soon as the soil is workable.”

Well, April is the month we start to find the ground thawing and workable in the sunny spots in our yard.

If you want to hurry soil

thawing along, cover the soil with black plastic or landscape fabric: it will act as a heat sink and quickly warm up the bare soil garden plot.

If you want to get rid of weeds, use clear plastic. The heat and light during the day will trigger seed germination, while the freezing temperatures at night will kill the newly sprouted plants.

Cultivate the plant material back into the soil to add organic matter and nutrients to the soil and expose more

weed seed. Repeat this process for a couple of weeks, and you’ll be ready to plant in a warmed, weed-free bed.

It’s also time to set up and seed cold frames and hoop houses. Hoop houses are a variation of a row cover. The “house” has metal or plastic poles bent into arcs that are anchored in the ground then covered with a white frost cover fabric. It has a greenhouse effect, helping to warm the air over the bed and hold the

warmth into the night.

The covers also help deter pests large and small. If properly sealed, the fabric barrier deters insects, birds, rabbits and deer.

Because of its pest deterrent qualities, some gardeners keep their hoop house up all season long.

If the temperature inside the hoop house gets too warm, the cloth can be rolled to one side to allow heat release and increase airflow. Due to the heat retaining and frost protecting cloth, it’s a great tool for extending the gardening season into the spring and in the fall.

If you winter-sowed in jugs, your plants should be sprouting. Once the seedlings are 4 cm tall, remove the tape holding the top to the bottom of the jug.

These seedlings are temperature hardy but need to become acclimatized to the wind and exposure to direct sunlight. Open the jugs for a while every day: start with about 15 minutes, increasing the amount of time daily. After about a week of this hardening off process, they should be ready to plant in a pot or bed.

Mid-April is also when the summer gardening plant

stock starts to fill garden centres. It’s fun to look at all the new plants. However, these plants likely come from warmer climates than southern Alberta and — like the seedlings grown indoors — for the best-growing success, even trees and shrubs need a little hardening off before being planted in the garden.

If you take any of these early finds a home, put them in a sheltered spot next to the house or garage. If it gets cold again — it is Calgary after all — put them in the garage or shed or cover them with a frost blanket for a little extra protection. After a few days in the sheltered spot, move them to their planting location and let them acclimatize there for a few days in their pot.

Prepare the hole and, once everything is ready, remove the pot and plant.

April frequently brings many opportunities to learn about gardening in Calgary. There are some great online resources. Even the Calgary Horticultural Society is starting to offering gardening programs online. Visit calhort.org/What’s Happening for details.

Come grow with Us!



Kerby Centre



Annual General Meeting

Due to the Covid-19 precautions, Kerby Centre is postponing the Annual General Meeting until further notice.

Information will be emailed to our members when details are available.

Please check our website or phone (403) 265-0661 for updates

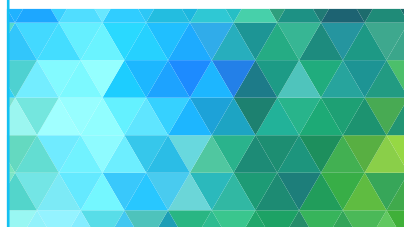
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A grand old affair at the Calgary ReProm event

By Stephen Ditchburn
Rainbow Elders

It was a remarkable moment in my life when I recently opened my email and saw the subject line: "Will You be my date?"

Me? Little ol' me? Then I was extra flattered as it was from Lois Szabo! What an honour!

You see, Lois is very highly respected and well-known in Calgary's gay community. In 1964, when homosexuality was illegal in Canada, she came out to her husband and family. Can you imagine what a huge step that was for anyone back then? Even today, coming out remains a frightening moment for many gay people, young and old. Lois, however, went on to be one of the co-founders of Club Carousel, Calgary's first gay club, which was down in the basement at 1207 1st St SW. The Club lasted for almost 10 years and Lois, now 83, is the last surviving co-founder. She remains a very active member of Calgary's gay family and in recognition of everything she'd done for gay rights over the decades, she was chosen to be Grand Marshall in Calgary's Pride

Parade in 2017!

Our date was to be A Very Grand Affair held at the Hyatt Regency Hotel on a Saturday night. Because of her celebrity status in Gay Calgary, Lois had received a couple of free tickets to ReProm 2020. There were over 250 people in attendance but this was to be expected because it was also a fundraiser for Calgary's Centre for Sexuality, an amazing organization that provides all sorts of assistance and programs dealing with sexual issues to everyone. She has a very infectious smile and wore it all evening, beaming like crazy. She never had a chance to complete high school, let alone celebrate graduation. She'd also told me I didn't need to get her a corsage for our rendezvous but she got one anyway, one with a pride ribbon and a rose.

I barely remember going to my high school grad. Reflecting, I think I had a good time, but maybe not the celebration that I've remembered and treasured. Our graduating class at Lord Beaverbrook High School was huge and we never had a banquet most probably because there was no place in the city at that time

to accommodate us all. I do remember dinner at the Moose Factory and dance in the fancy ballroom at the Palliser Hotel, but I can hardly recall anyone I went with. I do know that my date was someone of the wrong sex as I wasn't able to celebrate with the guy I truly wanted to be with.

Sadly, these days it's still somewhat of a taboo to attend graduation with a member of the same sex. The bullying continues everywhere and is made even worse with social media and cyber-bullying where evil cowards can hide and harass at will. Despite the many changes that have occurred regarding human and gay rights, it still takes a very brave and confident soul to attend high school grad with a same-sex date.

As Lois always reminds us, we must never give up fighting. Today in many parts of the world being gay is like being sentenced to death. Some places have even labelled themselves as gay-free zones. Despite all the awareness campaigns, gay people of all ages in our city continued to be threatened, bullied and ostracised.

However, on that evening in February, we were

all swept away, celebrating and having fun with our tribe. This was a time to forget for a moment the world's craziness and troubles for at

least a short while.

Indeed, this powerful evening of ReProm was certainly for me, and many others, A Very Grand Affair. ▲



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Kerby Centre is continuing to offer our vital outreach services to support Calgary's most vulnerable seniors.

If you, or a member of your family, are a senior in Calgary, contact us for an updated list of our programs.

www.kerbycentre.com or call (403) 265-0661



Kerby Centre

We rely on our donor community to provide us with the financial resources necessary to care for Calgary's seniors.

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How to wave a red flag at a bully



Life and liberty

BY LIBERTY FORREST

I suppose there are a few people on the planet who enjoy a good battle, or at least a bit of confrontation.

Or perhaps it's just that they enjoy a little bullying when they can create a reason for it or when they think they're so superior that they're entitled to push the rest of us around, trample our needs and our feelings, or be disrespectful of us.

I am not one of those people.

I spent too much of my life being on the receiving end of treatment like that, and not having a clue that I had a right to stand up for myself, to stand my ground and demand to be treated with respect.

That was because throughout my childhood, I learned that nothing about me mattered. I learned that I was not important but that everyone else was.

I learned that I was responsible for everyone else's feelings and happiness, but that mine were not up for discussion.

I learned to keep my mouth shut or risk the consequences. And they were consequences I knew I wouldn't like.

So I swallowed my feelings. I choked on my needs. I jammed an overwhelming amount of injustice down my own throat because if I didn't do it, someone else would.

This became an overriding theme in my life for decades. And it did a good deal of damage to me and to my children.

After a particularly nasty "rock bottom" phase in my life (and there have been several), someone planted a ton of dynamite right in the middle of it and blew apart everything I'd come to believe up to that point.

I will be eternally grateful to him for that because it needed to happen and it changed my life completely.

Or rather, I changed my life completely because this man showed me what needed changing and helped me to do it.

Because of him, I learned that I did matter, that my needs and feelings were just as important as those of everyone else.

I learned that I deserved to be treated with respect and that I did not - and in fact should not - have to tolerate injustice or bullying.

I learned that I had a right to speak up, to say what I think, to call others on their unfair treatment of me, whether they liked it or not.

I learned that bullies don't like it when you point out that their behaviour is out of line, no matter how appropriately you say it.

They'll turn it around on you, tell you that you're just trying to pick a fight and try to make it look like you're the one who's being unreasonable.

It's because they think they're the only ones who have a right to their feelings, and who should get to say how they feel.

The big difference is that they're being disrespectful of you, while you are only being assertive in appropriately and respectfully speaking your truth.

I learned to fight for what I believe is right, to fight for my principles no matter what anyone else thinks.

And I learned that sometimes, I would have to pay a high price in order to do it. But it's always been worth the cost.

I learned to choose my battles.

This was one of my more difficult lessons. I expect that it will be ongoing as I continue to be presented with challenges and obstacles that are placed in front of me by people who throw their weight around, people whose insecurities manifest as arrogance, people who try to shut me up, and who are completely dismissive of my rights or my feelings.

I'm not suggesting that learning any of these lessons - and acting on them - has been easy for me. In fact, it has been extremely difficult.

To become assertive has meant healing many long-standing wounds - a process which at times was at least as painful as the initial wounding.

It has meant learning to value myself, to understand that I am just as important as everyone else and that I must treat myself accordingly.

It has meant learning not to keep my mouth shut, to risk the consequences, knowing that whatever they might be, they will be worth having stood up for myself.

I will fight the battles that need to be fought. I

will fight for my principles, for what I believe.

Because in doing so, I respect myself. I honour myself. And if I don't do

that, I'll be on the receiving end of bullying for the rest of my life.

This is, quite simply, not an option. ▲

Volunteer Spotlight



Gloria Cortes

Gloria started coming to Kerby Centre in 2009 and she has been volunteering at Kerby Centre since January 2013. Her work in the Next to New Store gives her the chance to exercise her passion for assisting others. She enjoys knitting with our Craft Group and Knitting for a Cause Group and she is always willing to volunteer for our special events as it provides an opportunity to socialize with other older adults. She finds the staff at Kerby Centre positive as they are all polite, respectful and welcoming.

When she is not a Kerby Centre, Gloria enjoys meeting with friends and doing crafts in her spare time.

So far, Gloria has contributed more than **2578** hours.

We are delighted to have Gloria as our volunteer.

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



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A message from your MP

Dear constituents of Calgary Midnapore,

As you know, the COVID-19 virus is having a massive impact on all areas of our lives – here in Canada, and abroad.

We have been provided with expert advice from the Chief Public Health Officer of Canada as well as the Chief Medical Officer in Alberta.

In order to slow the

spread of the virus, it is imperative that we take their advice:

- Do not travel outside Canada. If you have existing plans for non-essential travel, cancel them.

- If you have recently returned to Canada from another country, you must self-isolate at home for 14 days.

- Wash your hands thoroughly, and often.

- If you do not have to

leave your home, don't.

- Practice social distancing.

- If you go out to purchase groceries/supplies, do not buy more than you need to last you for a two-week period. Be mindful of the needs of others.

•If you think you may have the virus, take the COVID-19 self-assessment test: alberta.ca/coronavirus.

- Check in on your neighbours to ensure they have what they need.

Canadians have a lot of questions. I want to assure you that I am keeping in close contact with municipal, provincial, and federal

representatives and working in a non-partisan fashion to find solutions to this unprecedented threat.

Everyone from small business owners, to parents, to seniors, is rightly concerned for their well-being.

Continued on page 26

SUDOKU PUZZLE

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ANSWER ON PAGE 27

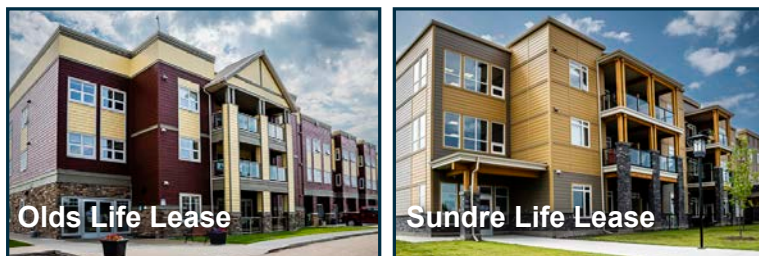
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CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo GROUNDED FOR LIFE

ACROSS 1 Tostada relative 5 Canonized nun of Assisi 12 Blind as — 16 Run- — (rap trio) 19 At the crest 20 Clung 21 "Ticklish" doll 22 Prefix with 53-Across 23 Result of an error in DNA replication 25 "— Enuuf" (1986 top 10 hit) 26 Pantry pest 27 Put back to 000, perhaps 28 "You Needed Me" singer 31 Hit song whose title means "kiss me a lot" 37 Klutzy guy 38 Dogma 39 Burden 40 Commas indicate them 42 Vientiane native 46 "I'm cold!" 47 Reactions to baby pictures 50 Tree cultivated to feed silkworms	52 "Pshaw!" 53 Stylishness 55 Instant, in some product names 56 Guinea- — (African country) 57 Month no. 10 58 Giant statues 61 T.Sgts., e.g. 63 Edible fungus cultivated in felled logs 67 Spanish muralist Joan 71 Acorns, e.g. 72 Notion, to Gigi 73 — and bred 74 Beelzebub 75 Bygone U.S. gas name 76 Output of R.E.M. or Nirvana 79 R&B great Marvin 80 Hematite, for one 81 Hex- ending 82 Crop further 86 "Hang on —" 89 Spyro — (jazz band) 90 Former JFK carrier 91 What a "discovery center" may be	95 Ukr., Est. or Lith., once 96 "Kewll!" 97 Chicago's business district 98 Wrote 100 "Qué —?" (Spanish greeting) 101 Wallach of "Article 99" 102 Get mellow 104 "Beverly Hills Cop" star 108 "Runaway" short-story writer 112 Really love 113 Perlman of "Hellboy" 114 Fancy affair 115 Statement about the bird hidden in nine answers in this puzzle 122 Detroit-to-Toronto dir. 123 Pindar works 124 Fitness pioneer Jack 125 Roof edge 126 Equine beast 127 Cager Curry 128 Triumph 129 Swab in a makeup kit	3 Scam 4 "Carmen" and "Elektra" 5 "— me?" ("Whadja say?") 6 Tribal figure 7 Talk to flirtatiously, to a Brit 8 "— sleeping dogs lie" 9 D-backs, on scoreboards 10 Vintage car 11 Novelist Ferber 12 Big name in life insurance 13 Police officers' sickout 14 Letters on a radio switch 15 Vegan staple 16 Quaint formal letter opener 17 1961-68 defense secretary Robert 18 Competitor of Chanel 24 Org. dues-payer 29 Edged (out) 30 Ceremonial routines 31 "Cabaret" director 32 Embellishes	33 Pledges 34 Raven's cry 35 "How's that?" 36 Egyptian god of the dead 41 Summer, in Brittany 43 "Tuesdays With Morrie" author Mitch 44 Kobe sashes 45 Big Apple sch. 47 Nos. on bank statements 48 "Slow down!" 49 In a smooth, lustrous way 51 Studying secondarily, with "in" 54 Mixed college squad 59 Pal of Hook 60 Litigious sort 62 Truck processions 64 Bridal vow 65 Relative of an I-beam 66 — -Rooter 67 Egyptian — (cat breed) 68 "Don't fall for that!" 69 Stuff swept away in a downpour 70 Every 24 hours 74 Lipstick slip	76 Big name in transmission repair 77 Christians' — Creed 78 Bungles 79 Pop singer Vannelli 82 Trio after Q 83 Tiers 84 Telephone connections 85 Antique item 87 "Terrific!" 88 Dialect suffix 92 Shoulder frill 93 German linking word 94 Dr.'s study 99 Senator Feinstein 100 What trig often is for calc 103 Grind, as teeth 105 Sites of bliss 106 Game plays 107 Ending for press 108 Locality 109 Big heads 110 Constructed 111 Lubricates 116 T, in Greece 117 Hybrid bus. 118 Fond du — 119 Portly 120 Roman 56 121 "Uh-huh"
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SOLUTION ON PAGE 27

Spice up your life

Compiled by Winifred Ribeiro

With its tranquil beaches, lush mountains, and incredibly delicious cuisine, Kerala, located in southwestern India, is often called paradise on earth. It's a place where traditional dishes are born of a unique geography and enhanced with spices such as mustard seeds, curry leaves, and coconut milk. In fact, it's one of India's most exciting culinary regions.

Coconut Lagoon by Joe Thottungal, a collection of 80 authentic, regional, easy-to-make recipes designed for home cooks including traditional vegetarian dishes that are served at the *Onam sadya*, the annual harvest festival.

Handy sections on ingredients and equipment as well as basic how-tos teach home cooks how to navigate the cuisine with confidence. Moreover, the book offers a list of gluten-free, dairy-free, and vegetarian recipes, making it an ideal reference for those with special dietary requirements. *Coconut Lagoon* is a delicious tribute to family, food, and home, Kerala style.



Beef Curry

Back home, my mother would stretch out this fragrant stew with lots of potatoes or plantains, to feed our large family on a limited budget. For a Sunday night supper, eaten with chapatis or parathas, it was a favorite of mine. At *Coconut Lagoon*, we use tenderloin tips for this dish, but stewing beef in a pressure cooker works very well.

Serves: 4-6 **Dietary:** DF, GF

1/4 cup coconut oil	1/4 cup ground coriander
6 onions, coarsely chopped (4 cups)	1/2 tsp coarsely ground black pepper
1 1/2 tsp salt (divided)	2 large ripe tomatoes, chopped
1/4 cup Ginger-Garlic Paste	2 lbs stewing beef or beef tenderloin tips, cut into 1/2-inch cubes
3-4 Indian or Thai green chiles, coarsely chopped	1 cup coconut milk
20 curry leaves	1 tsp Garam Masala
1 Tbsp ground turmeric	C
1 Tbsp red chili powder	hapatis or Malabar Parathas, to serve

Heat oil in a heavy-bottomed frying pan over medium heat. Add onions and 1/2 tsp salt and sauté for 7 minutes, until softened and translucent. Add ginger-garlic paste, chiles, and curry leaves and cook for another 3 minutes.

Stir in turmeric, chili powder, coriander, and pepper and sauté for 2 minutes. Increase heat to high. Add tomatoes, mix well, and cook for 2 minutes. Add beef and the remaining 1 tsp salt and stir for 3 minutes, until beef is well coated. Pour in 1 1/2 cups water and bring to a boil, then reduce heat to medium-low. Cover and simmer for 30 minutes, or until beef is tender.

Pour in coconut milk and bring to a boil. Reduce heat and simmer 2-3 minutes. Remove from the heat.

Sprinkle garam masala on top and serve with *parathas* or *chapati*



Excerpted from *Coconut Lagoon* ©
Recipes from a South Indian Kitchen
by Joe Thottungal
Reproduced by permission of Figure 1
All rights reserved.



Broccoli Thoran

Vitamin-packed broccoli is a kitchen staple, and this quick and simple midweek dish is perfect for those looking for new inspiration. A one-pan supper, it is packed with flavor from the fragrant tempered spices and grated coconut. Make sure not to overcook the broccoli spears, though—they need to maintain a little crunch—and feel free to modify the number of chiles to suit your palate.

Serves: 4 **Dietary:** DF, GF, Vegg

1 Tbsp coconut oil	2-3 Indian or Thai green chiles, finely chopped
1 tsp black mustard seeds	Salt, to taste
4 dried red chiles, snapped in half	3 cups finely chopped broccoli spears
4-6 curry leaves	
1 large onion, chopped (1 cup)	Basmati Rice, to serve
1/3 cup fresh or frozen grated coconut	
1/2 tsp ground turmeric	

Have a splash guard and measured spices nearby. Heat oil in a small frying pan over medium-high heat until nearly smoking. Immediately reduce heat to medium. (You can test the heat of the oil by dropping in a couple of seeds. The oil is at the correct temperature when the seeds crackle, but do not burn.) Add mustard seeds and temper (*see below*) for a few seconds, until they stop popping. (Cover with the splash guard, if needed.) Add red chiles and curry leaves and cook for a few more seconds. Transfer the spices to a large heavy-bottomed skillet.

Add onions and sauté for 7 minutes, until softened and translucent. Add coconut, turmeric, green chiles, and salt and stir. Add broccoli, mix well, and cook for 3 minutes, until the broccoli is al dente.

Serve with rice.

Tempering spices:

Tempering is a traditional method of extracting optimal flavor from Indian spices, and it is a skill learned with practice! Reducing the heat a little before adding the spices prevents the spices from burning and adding a bitterness to your dish. If they do burn, simply start again with fresh spices.



Black Chickpea Salad

In Kerala, the black chickpea (*kala chana*) is very common and, in my opinion, far tastier than the traditional white chickpea. Smaller and more intensely flavored than their white cousins, they are often used often in a classic breakfast curry that is slow-cooked and has a thick coconut gravy. Here, they're found in a tasty, healthy salad, perfect for a summer gathering. You'll need to soak the chickpeas overnight before cooking them.

Serves: 6-8
Dietary: DF, GF, Vegg

1 cup dried black chickpeas, rinsed and soaked overnight	1 1/2 Tbsp vegetable oil
1 red onion, finely chopped	1/2 tsp salt
1-2 carrots, finely chopped	1/4 tsp red chili powder
1/2 green bell pepper, seeded, deveined, and finely chopped	1 tsp cumin powder
1 1/2 Tbsp fresh lemon juice	Curry leaves, for garnish
	Cilantro leaves, for garnish

Drain chickpeas. Put chickpeas into a large saucepan, add 8 cups salted water, and bring to a boil. Reduce heat to a simmer and cook for 1 hour, until tender. Drain, then set aside to cool.

In a large bowl, combine all the ingredients and mix well. Garnish with cilantro and curry leaves and serve.

Growth outside of comfort zones

By Angie Friesen

Four years ago, I decided to purchase a 1976 Beachcomber trailer. Little did I know how much that decision to purchase my vintage fibreglass trailer would change me.

To be honest, I had no idea what I getting myself (or my family) into. It was love at first sight and upon entering inside, immediately I stepped into the 1970's with wood panelling on the wall and flower pattern lino floors.

I dreamed of all the fun and memories we would create camping, and how I could bring new life to the inside with some new paint and modern accessories.

The sale was made quickly and the next day we towed our little trailer in the rain back to our house.

Over the course of the first few weeks, I came to notice items that needed to be fixed; part of the floor and window had water damage, part of the wood frame need-

ed replacing due to wood rot, and a leaky vent that was simply shut with silicone instead of being properly fixed.

Every day it seemed like there was a new problem with my "dream trailer" and I had some "buyer's remorse" thinking that there was no way I would be able to fix all the problems with it as I had very little experience working with tools, let alone fixing up an entire trailer.

With some encouragement from my family, I decided to step out of my comfort zone and at least give it a try: after all, it still had "good bones" and some more life in it.

I started researching online and through the library for any resources on fibreglass trailers that could assist us with our new project. I found a helpful online community of Alberta fibreglass trailer owners that had plenty of information and resources on trailers.

I also got in touch with my parents for ad-

vice as they have owned several trailers in the past.

My stepdad helped install new subfloor and new flooring, my mom showed me how to remove and seal trailer windows, my husband showed me how to use power tools to rebuild some of the framework, my kids helped out with painting and I taught myself how to fibreglass.

After several months of hard work, we transformed the little trailer making the inside into a safe, clean and fun space to share.

I'm still learning and there's still been changes and other maintenance over the years, but that project showed me what is possible when I step out of my comfort zone.

There are some benefits when we step out of our comfort zone.

Positive stress can be a motivator. It allows us to get things done and is where our "survival instinct" is based. I often only had until dusk to get the work done for the day.

Some days I got more accomplished than I anticipated, while other projects took much longer or would have to be redone altogether. In the end, with persistence and making the most of the time that I had in a day, it all came together.

When we step out of our comfort zone, it allows us to connect with ourselves and others. My trailer was a labour of love shared with myself and my family.

There were moments that I happily worked solo and moments where we worked as a team. I also found a new online community that I could connect to anytime I needed advice or ideas. They also have a listing of a variety of events throughout the province where anyone can connect with other fibreglass trailer owners.

It gives you the confidence for the next time you step out of your comfort zone. I always think of how nervous I was when I first tried using a power saw to make several small cuts

in the wood frame to allow it to bend to the shape of the trailer shell.

On my first piece, one cut I made was too deep and in turn, it broke in half, so it had to be redone. On my second try, I wasn't quite as nervous operating the saw but had the mindset that I could always try again if it didn't work out, and I'm happy to say I had success on my second try.

I'm not as afraid of using power tools as I used to be and since have gone on to tackle a variety of different D.I.Y. projects.

You may just find a new passion, activity or skill that you love. Who knew I enjoyed working with power tools? Make learning something new an adventure.

It allows us to see the world through different eyes. New experiences broaden our horizons and you may just learn something new about yourself simply by stepping out of your comfort zone. ▲

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.

CEO 403-705-3251
LarryM@kerbycentre.com

THRIVE PROGRAM Over 65?

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

If you are a senior who cannot leave your home for groceries or medications, please contact the Kerby Centre Thrive Program.

We are opening the program to any senior regardless of income, including those in self-isolation.

Shopping is done by volunteers at any Calgary Co-op location. Calgary Co-op kindly applies a 5% discount to our clients on regular priced items as we cannot use an individual client's Co-op number.

We charge a \$4 delivery fee on top of the grocery bill.

Client can phone in their order, if phoning please have order ready before calling. We ask that you order at least 8 items per order.

With respect to our volunteers, we limit weight and size of items on the order

Clients have a variety of options for payment which we can discuss with you when you are placing your order.

**IF YOU NEED HELP,
CALL**

**Hours: 8am – 4pm Mon-Fri
403-234-6571
or 403-705-3222**

Financial Planning:

Beware of dishonest tax schemes that promise to reduce your taxes

(NC) As Canadians get ready to file their 2019 taxes, and, with the current pre Covid 19 emergency, Canada Revenue Agency is reminding everyone to be cautious of tax schemes and other scams. These questionable schemes often use false information and target vulnerable taxpayers like students, seniors and newcomers.

Some dishonest tax schemes can promise to reduce what you owe or convince you to pay less than what you owe. But these arrangements are often too good to be true and can lead to penalties, paying more taxes and jail time.

To protect yourself or someone you may help file, like your elderly parents or newcomers, always get professional and independent advice from a reputable source. Ask questions or enquire further before submitting personal information or your return.

Here are some other tips to help protect yourself:

— Be informed about who you are dealing with at tax time and what their qualifications are.

— Stay away from tax preparers who offer you false tax claims such as charitable donations, child care expense claims, or even business ex-

penses or losses.

— If you don't understand your return, don't be shy about asking questions.

— Make sure the tax preparer gives you a copy of your return for your records.

— Never sign a blank tax form.

— Remember that even if someone else prepares your tax return, you are responsible for all the information on the return.

— Generally, if it sounds too good to be true, it probably is.

If doing your taxes seems overwhelming or you think you might be missing out on benefit payments, there are some options available to help you. Through its Outreach Program, officers from the Canada Revenue Agency can visit an organization in your community such as a library, church or other organization that helps people in need.

This free service will present information and answer questions on benefits and credits available to you, how to get them, and talk about other services and programs that might help you, including free tax clinics. The CRA partners with community organizations to offer free tax clinics to eligible individuals with a modest income and a simple tax situation.

Ask a community organization near you about having an outreach officer talk to members of your community about taxes and benefits. This service may be suspended during the Covid 19 emergency. If you're involved with an organization, you can request a visit at canada.ca/cra-outreach.

To make sure you have the most up-to-date information available, check out canada.ca/tax-schemes.

Remember that Revenue Canada does not make direct calls to individuals asking for money or credit card information. Call and check if anyone asks for payment.

Revenue Canada has extended the tax return deadline to June 1, 2020

NOTE: Kerby Centre offers a free service for low income clients. Call 403-705-3246 to see if you qualify or e-mail info@kerbycentre.com.

In response to the Covid-19 and social distancing we are providing income tax returns drop-off-services. We are scheduling times to drop-off your tax papers.

You will need to bring in your T-4 and other tax slips and necessary information.

You will be dropping off your documents at the main Kerby entrance and will **not** be permitted into the building or to wait for your taxes to be completed.

We will call you with a time to pick up your tax return or if any other information is required. ▲

Protecting your Social Insurance Number

(NC) Your Social Insurance Number is a confidential number used for income reporting purposes. However, some organizations ask for the number for other reasons.

Whether you're being asked for your SIN for a new job or some other reason, remember that it can open the door to your personal information, exposing you to the risk of fraud and identity theft.

Some key steps you can take to protect yourself include: — Storing any documents containing your SIN in a safe place (don't keep them in your wallet).

— Shredding documents that contain your SIN.

— Providing your SIN only when it's legally required.

Find more tips on protecting your SIN and other privacy-related advice at priv.gc.ca/SIN ▲

Leave a Legacy of Inspiration

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



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.

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

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

Amount Enclosed \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

CLASSIFIED ADS

To place your ad call: 403-705-3249, Fax: 403-705-3211
or 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 May issue
must be received and paid by April 13.

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

10 Health

CERAGEM Calgary Sales Service Parts
403-455-9727

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

11 Foot Care

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

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

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

Susan's HomeCare is here for all of your needs. Medical/non-medical, everything from transportation, companionship, and everything in between. We also provide end of life care. Please call 403-818-1487 for more information. Reasonable rates, insured and bonded. susanshomecare.ca and find us on Facebook

13 Mobility Aids

Your classified ad could be here!

20 Home Maintenance

All types of electrical work, new, old, trouble shooting & renos Senior discount 403-239-5918/403-870-8687

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

Painter semi-retired
Low rates with good job
Call Wayne 403-804-2046

Senior Handyman, 40 yrs exp, interior & ext renos 403-604-9058/403-390-0211

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

The Scottish Painter and Sons
Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Refs avail. Ph 403-875-8077 www.thescottishpainter.ca

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

Quality Painting
Responsible & senior friendly over 25 yrs exp on residential painting Sr disc. Reliable personal service reasonable rates free est call Les 403-863-0212

24 Landscaping

Action Lawncare Spring
Cleanup - aerate, power rake dethatch, eaves clean, hedge trim, fertilize, 403-651-3900

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

26 Services

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

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

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

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

Corinne's Mobile Hair Service Perms cuts & style 39 yrs exp 403-589-2069

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

GEEK COMPUTER
PC Repair
Setup TV/Netflix
Serving Canada over 25 years
Senior Discount Available
403-560-2601

!! Great Haircuts!!
Sandra's Mobile Barbering Service. Have shears will travel. 25 years experience. Will go to your home, hospital, nursing home, etc. 403-288-5591 Please leave message if no answer.

Hairstylist in Motion
Mobile hair care in the comfort of your own home hospital nursing home anywhere Pls call Brenda 403-471-7500

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

Mature man will build or repair wooden fences & decks, smaller jobs only. Call Richard 403-289-5760 or rwheatley@shaw.ca

New to or frustrated with computers & other technologies?
Call **The Computer Helper,** Michele Madsen, for your customized, private, in-home appt. at 587-894-9487.
In Calgary & Airdrie.

WE FIX COMPUTERS
Computer repair & lessons, Great service
Affordable rates
403-481-8080
www.xentas.ca

30 For Sale

2 plots in Mtview Mem Gdns The Last Supper Garden, lot 225B1 & B2, selling pair for \$6000 403-255-7436

Burial plot at Eden Brook in Serenity Gardens. Valued at \$10,500 + GST. Price negotiable. Ph: 403-201-4369

Single depth plot (#314) located in the Garden of the Last Supper at Mountain View Memorial Gardens in SE Calgary. Asking \$2,000.00 Please contact ggbandw@telus.net or 403-541-1808 for more information

33 Wanted

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

Buying used firearms
Single or complete
Collections
Call: 403-291-4202

Room needed.
Rebecca 403-888-8854

55 yr old lady looking for place to live, preferably with non smoker. In exchange for helping around home & yard for reduced rent. Pls call Corrine at 587-580-8503

WANTED - a tech coach. I'm a lively, youthful 70 yr. old, but never-the-less, getting left behind. I've worked on my computer for years but am needing support with Netflix, Apple TV, iTunes, iTunes to iPhone, etc etc. I'm hoping for an ongoing mentorship/coach situation. Terms to be negotiated. Contact @ pamelaboyd@shaw.ca

45 For Rent

2 bdrm condo in a well managed 55+ Somerset SW complex. Underground parking & utilities incl. Too many amenities to list. \$1275. Call: 587-892-9723

Dirt cheap: hardwood, balcony, \$795/mth 403-229-0819

Sooke BC Pacific Coast
Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl. \$1000/mth. 403-720-8609
No pets, no smoking.

45 Real Estate

FOR SALE "GOING BUSINESS" - Revenue Residential Property with excellent tenants in two self contained suites of bi-level in Whitehorn. Get in on the "Ground Floor" before it is listed. 403-569-0790: 403-807-7090

50 Relocation Services

AAA-Brother's Moving Co. "Seniors deserve a break" Brent 403-383-9586

ABC MOVING specializes in relocating seniors from one place to another. \$\$ low low rates \$\$ Call Don at 403-383-9864 www.abcmoving.ca

A-SAV-ON MOVING
Serving Kerby clients for over 15+ years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**

Reminder:
Kerby News
Classified Deadlines
May issue - April 13
June issue - May 11
July issue - June 8

FOR RESULTS ADVERTISE IN KERBY NEWS

Con't from pg. 22

Public servants are working very hard to address all of our needs, and right now, it is helpful to remain calm, extend patience, and express our thanks to all of those working on the front lines.

Lastly, I'd like to inform you that I have made the decision to cease walk-ins and in-person meetings in both of my offices. This is of course, to slow the spread of the COVID-19 virus.

Help from the Alberta Government (for more information on this initiative please contact your MLA)

Individuals who meet the requirements established by Alberta's Chief Medical Officer of Health, [Dr. Deena Hinshaw] will be able to apply next week for Emergency Isolation Support.

This one-time payment of \$573.00 is expected to be deposited in bank accounts by the end of next week.

Albertans will be able to defer residential, farm, and small commercial utility bills for the next 90 days.

No one will be cut off from their electricity or heat during this time.

Student loan payments will have a six-month, interest-free moratorium for all individuals who are repaying them.

ATB will be joining other major financial institutions in a number of measures for financial relief for Albertans.

Deferral on their ATB loans, lines of credit, and mortgages for up to six months.

Small business customers, in addition to payment deferrals on loans and lines of credit, will be provided access to additional working capital.

Alberta's Credit Unions are also taking steps to protect Albertans. Credit Union members should proactively contact their providers to gain access to programs and solutions during the COVID-19 pandemic.

Employers will see their corporate income tax deferred until Aug. 31, 2020 which should free more than \$1.5 billion in funds to help cope with the economic fallout of COVID-19.

We need to take this day by day. We will get through it together.

Sincerely,
Stephanie Kusie
Member of Parliament
Calgary Midnapore ▲

City of Calgary Update

The situation around COVID-19 is rapidly evolving and I want to keep you updated as things change. The Government of Alberta declared a state of public health emergency on March 17, following the City of Calgary's declaration of a local state of emergency on March 15.

"These measures are necessary if we are to limit the spread of COVID-19 in our province. Our intention is to limit opportunities for disease transmission by limiting the amount of time Albertans are spending in large crowds and crowded spaces. All Albertans should take immediate action and follow all recommended public health measures. Protecting the health of Albertans is, and always will be, our top priority." — Dr. Deena Hinshaw, Chief Medical Officer of Health

What does the Province declaring a state of public health emergency mean?

Events of more than 50 people are banned. This includes weddings, funerals, and gatherings at places of worship. Albertans are restricted from attending: public recreational facilities, gyms, swimming pools, arenas, private entertainment facilities, racing entertainment centres, theatres, casinos, bingo halls, science centres, museums, art galleries, community centres, and children's play centres. Albertans are also restricted from attending bars and nightclubs.

What is not impacted?

Not-for-profit community kitchens, soup kitchens, and religious kitchens are exempt at this time.

Grocery stores, shopping centres, health-care facilities, airports, the legislature, and essential services are exempt. Supply chains in Alberta are being maintained and there are no issues with receiving food or supplies in Calgary. There is no need to stockpile or hoard and grocery stores will remain open.

All City services including police, fire, water, transit, water and recycling are continuing and managing well.

Calgary Police advised us they are not seeing increases in related criminal activity and the Calgary Fire Department is continuing to operate normally at this time.

For complete details on Alberta's response to COVID-19, and what you need to do to protect yourself, visit: alberta.ca/COVID19

What can you do to prevent the spread of illness?

You can prevent the spread of viruses by washing your hands, coughing or sneezing into your elbow, avoid touching your face, or by practicing physical distancing.

Public health is the mandate of Alberta Health Services and the Province of Alberta. Visit alberta.ca for the most up to date information.

If you are calling Health Link 811 and can't get through, please use the Alberta Health Services Self-Assessment Tool. Please do not call 911 unless it is a medical emergency.

We will get through this pandemic together. I encourage you to ask yourself, "How can I be a good neighbour and help?" One of the best ways to be a good neighbour, right now, is by staying home and avoiding physical contact.

Do not go out to public unless you need to. By staying home, you are helping to break the chain of infection and saving lives. Check in with vulnerable people, family, or friends over the phone. For those who might be unable to leave their home, offer up your assistance to buy groceries. Please do not hoard resources. We can still do things for one another.

These are unprecedented times. Just like the Calgary floods of 2013,

we have shown that we as Calgarians are resilient. I

SUDOKU ANSWER

5	2	1	8	3	4	9	6	7
9	6	8	7	1	5	2	4	3
3	7	4	6	9	2	8	5	1
2	5	3	9	7	8	6	1	4
8	9	7	1	4	6	3	2	5
4	1	6	2	5	3	7	9	8
1	8	2	4	6	7	5	3	9
6	3	9	5	8	1	4	7	2
7	4	5	3	2	9	1	8	6

PUZZLE ON PAGE 24



IN MEMORIAM

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

- Albert Frederick Jacobs
- Alexander (Sandy) Geals
- Barbara Anne Peterson
- Beth Margaret Cawthorn
- Donald Antonuk
- Elenora Wilson
- Frank Ivan Basil-Holden
- Hin Fai Leong
- Hjordis Yeates
- Ian William Mackay
- Joan Clipstone
- Joseph Rusak
- Joyce Emily Gray
- Kathleen Pullen
- Laidlaw William (Bill) George
- Laszlo Makranyi
- Lionel Clark
- Lynda Anne Swanberg
- Maria Kuzniar
- Marion Narum
- Mary C Elias
- Micheline Rostoker
- Peter Smeets
- Robert (Bob) Hedley Eccleston
- Rose Larkam
- Ruby Betty Elizabeth Jean Hall
- Yvonne Valerie Brager

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.



feel it too. However, we will get through this. When we do, it will be as a result of our community being kind to one another. It will be a result of all of us coming together.

*Cllr. Druh Farrell,
Ward 7 City Councillor*

CROSSWORD SOLUTION

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FOR DISPLAY AD INFO or TO BOOK AN AD CALL

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

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

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 Website: www.HandyHelpersCalgary.ca



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 or dynovacplus@shaw.ca

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Kimberly Wallace

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 Email: estate.lady.ab@gmail.com



Right Home Right Time Right Place

Bethany is a leading provider of the **full spectrum of housing and care options** for seniors and adults with disabilities in central and southern Alberta. We offer the right home at the right time in the right place.

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

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- 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

We are pleased to offer a **new affordable meal service** that offers delicious foods, made with fresh local ingredients and prepared according to your dietary requirements. Meals are pre-ordered and delivered to your doorstep.

A New Lease on Life!

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. Contact us for details!

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 Sundance access for all residents
- Shopping, restaurants and the Fish Creek Provincial Park on your doorstep

EXPLORE YOUR OPTIONS

Riverview Village Affordable Housing

2945 26 Ave SE, Calgary
403.272.8615

CALL FOR MORE INFORMATION

Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary
403.254.9800

CALL FOR MORE INFORMATION

Discover your new home today at
BethanySeniors.com



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30 For Sale

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Single depth plot (#314) located in the Garden of the Last Supper at Mountain View Memorial Gardens in SE Calgary. Asking \$2,000.00 Please contact ggbandw@telus.net or 403-541-1808 for more information

33 Wanted

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

Buying used firearms
Single or complete
Collections
Call: 403-291-4202

Room needed.
Rebecca 403-888-8854

55 yr old lady looking for place to live, preferably with non smoker. In exchange for helping around home & yard for reduced rent. Pls call Corrine at 587-580-8503

WANTED - a tech coach. I'm a lively, youthful 70 yr. old, but never-the-less, getting left behind. I've worked on my computer for years but am needing support with Netflix, Apple TV, iTunes, iTunes to iPhone, etc etc. I'm hoping for an ongoing mentorship/coach situation. Terms to be negotiated. Contact @ pamelaboyd@shaw.ca

45 For Rent

2 bdrm condo in a well managed 55+ Somerset SW complex. Underground parking & utilities incl. Too many amenities to list. \$1275. Call: 587-892-9723

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45 Real Estate

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50 Relocation Services

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Reminder:
Kerby News
Classified Deadlines
May issue - April 13
June issue - May 11
July issue - June 8

**FOR RESULTS
ADVERTISE IN
KERBY NEWS**

Con't from pg. 22

Public servants are working very hard to address all of our needs, and right now, it is helpful to remain calm, extend patience, and express our thanks to all of those working on the front lines.

Lastly, I'd like to inform you that I have made the decision to cease walk-ins and in-person meetings in both of my offices. This is of course, to slow the spread of the COVID-19 virus.

Help from the Alberta Government (for more information on this initiative please contact your MLA)

Individuals who meet the requirements established by Alberta's Chief Medical Officer of Health, [Dr. Deena Hinshaw] will be able to apply next week for Emergency Isolation Support.

This one-time payment of \$573.00 is expected to be deposited in bank accounts by the end of next week.

Albertans will be able to defer residential, farm, and small commercial utility bills for the next 90 days.

No one will be cut off from their electricity or heat during this time.

Student loan payments will have a six-month, interest-free moratorium for all individuals who are repaying them.

ATB will be joining other major financial institutions in a number of measures for financial relief for Albertans.

Deferral on their ATB loans, lines of credit, and mortgages for up to six months.

Small business customers, in addition to payment deferrals on loans and lines of credit, will be provided access to additional working capital.

Alberta's Credit Unions are also taking steps to protect Albertans. Credit Union members should proactively contact their providers to gain access to programs and solutions during the COVID-19 pandemic.

Employers will see their corporate income tax deferred until Aug. 31, 2020 which should free more than \$1.5 billion in funds to help cope with the economic fallout of COVID-19.

We need to take this day by day. We will get through it together.

*Sincerely,
Stephanie Kusie
Member of Parliament
Calgary Midnapore ▲*