

+50 NEWS | Kerby

"The most read publication in Calgary and Southern Alberta for older adults"

August 2020

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www.KerbyNews.ca

Sharing family recipes online



86-year-old Edmonton resident Mariano Trivelin started a YouTube channel with two of his grandsons. Now, thousands of people get to share in the cooking skills and big personality of Mariano himself. Photo by Mariano's Cooking.

Inside

- Learning the Ukulele at any age page 6
- Five ways to manage financial stress page 10
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- New provincial guide helps seniors age with pride page 20



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THANK YOU

THE COMMUNITY WITH HEART

To the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and blessing our skilled staff for their day to day assistance and care.

We continue to be disheartened that 79% of the deaths in Canada are elderly residents, living in Long Term Care Nursing Homes and Hospitals. Our hearts go out to their families.

Most of these vulnerable seniors were suffering from Chronic Health Conditions.

The Manor Village's Residents & Healthcare Staff Associates pray that Covid-19 will dissipate soon so seniors can enjoy the improved weather safely.

Our sincere thank you to the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and for blessing our skilled staff for their day to day assistance and care.



— Dr. M. Garth Mann: Director



From Residents and Families

"Your teams' diligence in regard to everyone's health and well-being is most appreciated."

"Thank-you to ALL Manor Village at Fish Creek Park Staff for their loyalty, dedication and hard work during this crisis."

"As a long-distance caregiver, I find great assurance in hearing the measures you are taking to protect my Mom and all of her friends at the Manor. This is awesome!! THANK YOU!!"

"Thank you so much for keeping us updated. Our parents are very precious to us and we are so glad to see that every precaution is being taken for their safety as well as the other residents and staff."

"Please know that we appreciate the sacrifices that you and your staff are making to take care of our loved ones in this challenging situation."

"Thank you for your emails, they are very informative and demonstrate the high level of care you are taking to ensure the safety and wellbeing of Staywell residents, which I appreciate very much. Thank you."

"Really appreciate the attention your staff gives to all the residents. Keep up the great work and I hope the staff stay safe and healthy. Your teams hard work goes a long way in keeping everyone well."

"I want to let you know that Mom is very happy living in Signature Park. she enjoys her sunny ground floor suite, says the food is great, and has met some lovely folks. I send my appreciation for all you and the staff are doing to maintain a healthy environment at the Manor, your regular updates are comforting."

"Thank you so much for taking all these wonderful precautions and caring for our loved ones. It is truly appreciated by both the residents and family members!"

"Appreciate you doing everything you can to protect the residence. Not an easy job...Thank you."

"Thanks to your team for all that you are doing! Rock stars!"

"Thank you for the timely updates. It's comforting to know my parents are in such capable and caring hands."

"You and all the staff at StayWell very much in my thoughts.Thanks for being there!"

"Thank you. Its a difficult time and we appreciate all the incredible work you and the staff are doing everyday."

"I want to thank you all for the frequent updates on what you are doing and the effort to keep our loved ones safe and active. Thanks again for everything the team is doing at Staywell."

"Thank you for all your staff are doing to care for and protect our loved ones during this pandemic. The stress on everyone must be immense and we appreciate all of your efforts. Thank you hardly seems sufficient."

"To all of the Staff at Varsity Manor Village. Thank you for the great job you are doing in keeping our family members cared for in these trying times. Your dedication is very much appreciated."

"To all of the Staff at Varsity Manor Village. Thank you for the great job you are doing in keeping our family members cared for in these trying times. Your dedication is very much appreciated. "

"Your team is conscientious and managing all new law implements. Keep safe and well!"

"Thanks A ton of work for you do, by keeping us updated and figuring out life for the residents. Thanks! Stay safe and staywell!!"

"Thank-you so much for all you are doing to protect our parents. We really appreciate all the polices you have put in place."

"Thank you so much for your reply and for listening. I am relieved. Thanks to you and all of your staff for everything that you are doing during these extraordinary times."

"Thank you ALL for doing your best in keeping the residents safe. Please take care of yourselves as well, and if there is anything else we can do to support you and your families please reach out."

"Thank you for all the information and updates. I appreciate the communication and admire the work that everyone is doing at Staywell to stay healthy and raise spirits."

"Stay vigilant and safe! Amazing work by every single employee."

"I thank you and your Staywell team for all that you are doing and caring for our precious parents. As family members we feel we need these periodic and timely communications."

"Strong work Manor team! Thank you!!!"

"I wanted to extend gratitude to you and your team for doing a great job of caring. I can imagine that over the past month your job has become a little more stressful. Know that we fully support you efforts. You are doing an exemplary job!"

"Fantastic job all around."

"I just wanted to say thank you so much for this detailed communication. I've been in frequent contact with my father and this direct communication from you is comforting. I just wanted to say thank you for your care, concern and compassion. Hoping everyone is able to stay healthy."

"You are doing a great job in very difficult times. Our prayers are with you, the 3rd floor staff and the 3rd floor residents. We hope the best for everyone."

"Thank you. All the staff are doing a wonderful job in this stressful time."

"Thank you for the great work you, your staff and residents are doing in keeping this virus from entering Staywell and keeping the families up to date on the measures being taken."

"Thank You so much for all you do to keep residents well, engaged and comfortable. It is so comforting to know you are so aware of what needs to be done to keep everyone safe. I do not worry about Mom at all, knowing how well taken care of she is. I wish everyone calmness and continued good health during this stressful time for our world."

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The Manor Village at
Huntington Hills
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The Manor Village at
Rocky Ridge
450 Rocky Vista Gdns NW
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The Manor Village at
Varsity
40 Varsity Estates Cir NW
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The StayWell Manor at
Garrison Woods
174 Ypres Green SW
(403) 242-4688

The Manor Village at
Fish Creek Park
22 Shawnee Hill SW
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BY ZANE NOVAK
President of Kerby Centre

A look back at 18 months of change

This message encompasses more than 2019: it reflects the past 18 months, as our AGM — due to the Pandemic — was not held in April.

It has been a period filled with challenges, resulting in innovation and growth for the Kerby Centre. Numerous situations have occurred where we have had to pivot the

direction and future of Kerby. We have become quite adept at this, turning obstacles into opportunities that have strengthened our organization.

Facing both internal and external stresses during this period has not always been an easy task for the Board and staff members of Kerby.

The stresses facing Albertans — and Calgarians in particular — are undeniable. Those same stresses have been felt by our organization.

We find ourselves not only in this pandemic, but often near the core of it, as our mission is to work diligently to keep our aging adult community safe. Seniors are most at-risk during this crisis, which required we work in new areas and with limitations we have never experienced before.

In addition to all the external issues in the past year and a half, we have had our fair share of internal challenges and changes.

As noted at our last AGM in April of 2019, the Board of Directors felt it was time to make a strategic change in upper management at Kerby Centre.

To help us transition to the next stage of Kerby Centre's development, Leslie Tamagi joined us as Interim Executive Director. After a long recruitment search, Larry Mathieson joined Kerby Centre as CEO in January of 2020.

On behalf of myself and the entire Board, I thank Leslie for her hard work in the role of Interim Executive Director. She joined us during an extremely difficult phase. I could not imagine any individual who would have handled it in more professional or positive fashion. Her contribution to the success of Kerby Centre is far greater than her brief tenure would suggest.

The advancements Leslie initiated are key to our future successes. Leading the charge, she

took us into the realm of updating our digital technologies, ushering in a new and very timely growth phase for Kerby as a whole, in addition to Kerby News specifically.

In light of the Pandemic we are facing, a robust digital presence is now a fundamental part of any successful organization.

This work has dovetailed with Larry's skill set. His background in technologies and how they apply to the non-profit sector is quite accomplished.

We could not have chosen a more capable individual to take the leadership role at Kerby Centre through these turbulent social times.

The opportunity for Kerby to move forward on good footing, to continue to be a leading force in our community, has never been better positioned.

Continued on page 4

AUGUST 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.

Kerby Centre Board of Directors 2019 - 2020

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

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Past President: Hank Heerema

Directors

Stephanie Sterling, Peter Molzan, Russ Altman
Deborah Durda, Jacquelyn Poetker,

Chief Executive Officer: Larry Mathieson

Kerby News

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1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 265-0661 • Fax (403) 705-3212
www.kerbycentre.com

e-mail: editor@kerbycentre.com

Publisher: Larry Mathieson, Keith Callbeck

Editor: Andrew McCutcheon

Production Manager: Winifred Ribeiro

Sales Consultants

& Distribution: Jerry Jonasson (403) 705-3238
jerryj@kerbycentre.com

David Young (403) 705-3240
davidy@kerbycentre.com

Classified Ads: Valerie Ying (403) 705-3249
Fax (403) 705-3212

generaloffice@kerbycentre.com

VOLUNTEERS:

Proofing: Anita Dennis
Mailing: Don Sharpe, Ellen Hansell, Wayne Orpe,
Peter Meyer, Anita St. Laurent,
Lolita Kiemele, Shirley Evaskevich,
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A report from the Kerby leadership team



BY LARRY MATHIESON
Chief Executive Officer

Kerby Centre has been serving Calgary's seniors for nearly half a century. Helping them live their best lives, to stay connected, to socialize, and to be part of their community.

In June of 2019, Kerby Centre was honoured by the City of Calgary with the Calgary Award for Community Achievement by a Community Advocate Organization. Every day, our volunteers, members, and staff help us live up to that standard.

For all the changes the Centre has had over its long history, none of them can compare to the past 18 months. In January of 2020, I took on the role of CEO — only the third person ever to hold this position.

After the exit of our previous CEO, in March of last year, the Board of Directors undertook an extensive search for the next individual to lead Kerby Centre. During that search, the Kerby Centre team had the privilege of being led by Interim Executive Director Leslie Tamagi.

Leslie brought a depth of experience to the role that led to a period of innovation and evaluation. Under her guidance, the senior leadership team tested new programs and evolved existing services. Important projects undertaken under Leslie's leadership include updating our policies, securing funding for new website development and beginning a long-overdue upgrade of our use of technology throughout the organization. We are grateful for her guidance during a challenging time.

The team had no way of knowing every moment of planning in 2019 would be vital to how the organization would answer the call to support seniors during COVID-19. On March 16 of this year, Kerby Centre closed its doors to the public and immediately began outreach initiatives to help isolated seniors. Programs such as our Thrive grocery delivery program were expanded, and others, such as Education & Recreation and

Information Resources, were completely reimagined for the new needs of Calgary's seniors.

Our ability to shift our programs to meet these challenges owes much to past funding we received from FCSS to create a Business Continuity Plan and a Crisis Communications Plan. These are planning documents that take an enormous amount of effort to create, and that one hopes to never need. Kerby Centre is identified as one of the Critical Service Providers under CEMA guidelines and we knew much would be asked of us in an emergency.

We thank every member of the staff and board who contributed to this plan.

We are very proud of the work our team and volunteers have done during the past months, but it was an important milestone to start reopening the centre to the public on July 6. The time the Centre was closed pushed us to find new ways to connect with Calgary's seniors. Through phone outreach, food delivery, and programming on Zoom, we have connected with thousands of isolated seniors.

To ensure that seniors who are still self-isolating are supported, these programs will continue.

Thank you for being part of the Kerby Centre community. ▲

Continued from page 3

The Kerby team has advocated non-stop for additional and unique funding streams and at present, I am thrilled to say that Kerby Centre is financially sound and healthy.

Whenever stress and chaos enter a scenario, many things tend to be revealed. In facing so many internal and external pressures, the Board has witnessed the staff of Kerby Centre rise to the challenge. The growth, commitment, and passion the senior team and the staff they work with exhibited, far exceeded the best we could have ever hoped for.

Staff efforts to implement change, to reach out to clientele during circumstances never before experienced by anyone, has been phenomenal. The manner in which we've continued to deliver an enhanced suite of services during a period of social distancing that has created serious isolation impacts for many, has been the gold standard in our province. This has been duly noted by all our stakeholders.

June 12, 2019 was a particularly rewarding day for myself, but more aptly, for

Kerby as an organization. I was privileged to accept the Calgary Legacy Award for Community Advocate Organization on behalf of Kerby Centre. Coupled with receiving the Western Legacy Award 2017, it speaks to the hard work and commitment of the entire Kerby team.

We truly are a determined and focused advocate for our members, our community, and our city. Our commitment to seniors in Calgary is only growing. We are finding new ways to bring services to you, our members.

For us to continue to be successful, we will continue to need your support, your spirit of volunteering, your participation in our programs and program development and, of course, your donations.

As we strive to meet the challenges and opportunities ahead of us, it will take all those aspects to succeed.

On a personal note, this report is of particular significance to me. After seven and a half years on the Board, I stepped down as President.

With three new Board members being nominated at this time, I felt that the



Zane Novak accepting a Calgary Legacy Award on behalf of Kerby Centre.

smoothest transition — for Kerby, the Board and the Staff — would be for me to retire now.

It has been a privilege to work with my fellow Board members, the staff, and all the members of Kerby. I feel that I have given lots of heart and soul to the Kerby Centre, but I believe that I have received more in return.

The knowledge I have gained, the insight into our aging adult community, the friendships I have made, are immeasurable. The current Board of Directors who are

so dedicated to Kerby, are a source of pride for me. The team that is caring for and guiding this organization are really without peer and I want to sincerely thank them for all that they have done to help position Kerby to confidently face the future.

After almost twenty years and over 20,000 hours of volunteering in the Calgary community, you may well ask, what does the future hold for me now? This is a very apropos question.

No, I am not going quietly into the night or into a

secluded retirement. I have decided to commit even greater time, effort and energy to our community and our fine city.

I would encourage everyone to keep me on their radar as I am hoping to continue to do everything in my power to make Calgary into the best version of itself that we have ever experienced.

I leave Kerby confident of its future and in the best hands I could ever wish to leave it in.

Thank you most sincerely and truly. ▲



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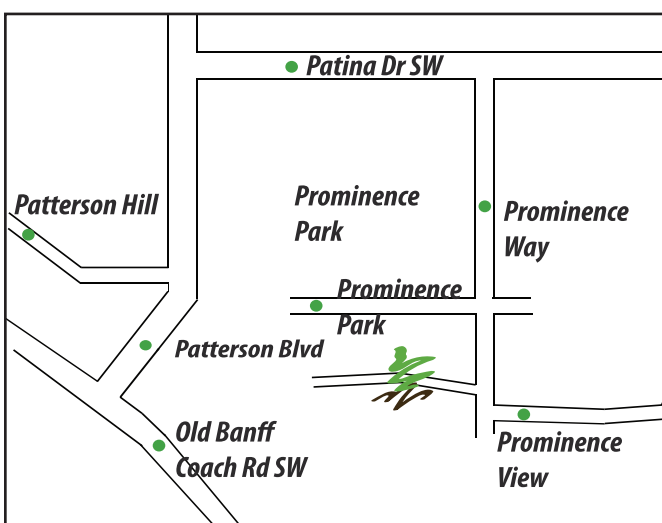
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Kerby Centre releases annual report

Kerby Assembly Statement of Financial Position As of December 31		
	2019	2018
ASSETS		
CURRENT		
Cash	\$ 523,575	\$ 758,448
Short-term investments	2,683,245	2,666,516
Accounts receivable	251,075	95,255
Inventory	7,493	9,249
Prepaid expenses	59,827	31,817
Remainder Trust	225,000	-
	<u>3,750,215</u>	<u>3,561,285</u>
PROPERTY AND EQUIPMENT	1,539,639	1,506,348
REMAINDER TRUST	-	225,000
	\$ 5,289,854	\$ 5,292,633
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable	\$ 293,260	\$ 154,949
Deferred revenue	578,792	615,657
Remainder trust	225,000	-
	<u>1,097,052</u>	<u>770,606</u>
REMAINDER TRUST	-	225,000
	1,097,052	995,606
NET ASSETS		
Unrestricted fund	1,389,467	1,843,419
Restricted fund	1,566,006	1,235,827
Invested in property and equipment	1,237,329	1,217,781
	<u>4,192,802</u>	<u>4,297,027</u>
	\$ 5,289,854	\$ 5,292,633

Kerby Assembly Statement of Operations for the years ended December 31		
	2019	2018
REVENUE		
Government grants	\$ 1,766,076	\$ 1,767,029
Services	1,522,862	1,972,536
Donations	318,987	376,674
Investment revenue	304,910	(33,390)
	<u>3,912,835</u>	<u>\$ 4,082,849</u>
EXPENSES		
Salaries, wages, and contractors	2,584,501	2,641,751
Services	645,769	619,235
Administration	691,079	674,261
Amortization	95,710	100,452
	<u>\$ 4,017,059</u>	<u>\$ 4,035,699</u>
EXCESS OF REVENUE OVER EXPENSES	\$ (104,224)	\$ 47,150

The Board has appointed three new Board members, Russ Altman, Deborah Durda, and Jacquelyn Poetker. The appointment of these new Board members will be ratified at the next Annual General Meeting.

1. Russ Altman is the former director of business development for an IT organization and brings to us a variety of experience including, a number of years in the oil and gas industry, living and working abroad, and as a volunteer guide at the Calgary Zoo.

2. Deborah Durda is an experienced human resources consultant who has worked for a variety of organisations and has served on a number of volunteer boards.

3. Jacquie Poetker is a retired social worker who specializes in gerontology and has many years' experience in a variety of roles on volunteer boards.



Due to the on-going challenges of COVID-19, and the specific risk of public events involving older adults, the Kerby Centre Board of Directors has postponed the 2020 Annual

General Meeting indefinitely. The Board explored options such as holding it via Zoom or other options, but did not feel it was a practical solution at this time.

Under the guidelines set

out in the Kerby Assembly bylaws, the Board has voted to take certain actions to ensure the strength and continuity of the Board, as well as to best support the on-going work of the Centre. The

Kerby Centre Board is very proud of the work our staff and volunteers continue to do in our community to assist isolated seniors during these unique times.

On July 2, Zane Novak resigned his position as president of the Board. Zane is stepping down from the Board to explore new opportunities to serve the Calgary community. Zane served as president since 2015 and led the Board through many challenges and successes.

As laid out in our by-laws, Vice President Richard Parker will assume the functions of the President pending election of a new president. Hank Heerema will continue to serve as Past President.

Other changes to the board include the reappointment of Stephanie Sterling for a second term and Philip Dack stepping down at the end of his term.

We thank Philip and Zane for their commitment to the work of the Centre. Philip contributed greatly to the long-term planning related to relocation, and his efforts will continue to benefit Kerby Centre for years to come.

Zane's role as President was particularly important. He led significant change in the way the Board operates, Kerby's Management Structure and the response to COVID-19. We wish both Zane and Phil all the best in their future endeavours.

Our 2019 Annual Report has been released and can be found on our website at www.kerbycentre.com/annualreport.

These are certainly unusual circumstances and we appreciate the support of our members. One important element of an Annual General Meeting is the opportunity for members to ask questions. Until we can do so in person, we invite you to send questions to us at larrym@kerbycentre.com.

We will post the questions and answers on our website at www.kerbycentre.com/annualreport.

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86-year-old chef teaches Italian cuisine



86-year-old Mariano Trivelen has his own online show teaching his favourite recipes.

by Andrew McCutcheon

It's very easy to get the feeling that Mariano Trivelen doesn't measure to the milliliter, in some calculated fashion like other chefs you could watch at home.

In the 86-year-old's video on how to make homemade gnocchi pasta, he takes a bottle of chardonnay and begins to pour a fine splash lackadaisically into the sauce. He explains that all the alcohol content cooks off as the sauce hits,

but before he can finish his thought, he realizes he forgot something.

He reaches into one of the many decorated cabinets in his home kitchen and retrieves a wine glass.

"Ihavetotry[it]," Mariano says. "Chardonnay? You can't go wrong with that."

Mariano is as bursting with character and energy as his recipes are with flavour and colour: recipes he's now sharing with a wider audience thanks to YouTube, Facebook and the assistance of two grandsons.

The show started and has remained a family affair. One of his grandsons, Stephen Komarnicki — who is the general manager of Capital Fine Meats in Edmonton, a fourth-gener-

ation family-owned business — had the idea at first.

"We had a cooking show we were doing that was filmed from the top-down, with hands doing the cooking," he explains. "We didn't have a host, we had no personality to the show... I said, Alex, why don't I go down and film nono making a recipe?"

Alex Trivellin, Mariano's other grandson — related, despite the different spelling of his last name — jumped on the idea. Alex acted as cameraman and editor, Stephen produced and managed the videos and Mariano? Mariano was the star of the show.

"Just because I'm Italian, yeah I can cook pasta in about 10 different ways," Mariano says. He speaks rapidly, as if each, next word is another ingredient of immediacy. "I cook meat, I can cook fish, but I prefer to cook pasta. I grew up with pasta! My mom makes homemade pasta and she was born in 1922."

"We went through the war, we had no food. We had what we had, and we didn't have much."

With Mariano's flavourful personality, home kitchen and a video process set-up by Alex, the first videos were filmed. But Stephen had little doubt when it came to the potential for success.

"I had a feeling that Mariano was somebody special and I feel that our family has always

known that," Stephen says. "He's just never had the opportunity."

"When I watched that very first episode, I thought it was something special ... his personality came through the video."

And the videos were a wonderful success. Mariano's channel now has thousands of views, with cooking that covers everything from the perfect tomato sauce to lasagna; homemade pizza to Italian wedding soup.

And although Mariano has no formal training, he has a lifetime of experience that's impossible to replicate. The videos themselves are easy enough to follow, but Mariano's charisma is what makes each one unique and a pleasure to watch.

Recipes are a smidge of that, a pinch of this; this ingredient reminds of him of a story he absolutely has to share; two of those, one of these and a green pepper, because why not? Have to knock on the window when it's all finished, too, so that Mrs. Mariano can come by for a taste.

"I do what I can, I didn't go to school for cooking. I was eight years single before married," Mariano explains. "Then, I cooked for me. I cooked for years."

"Anybody could do it." And Mariano shows no sign of slowing down. He's going to be in the kitchen, enjoying the spice of life, for yet to come. ▲

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Five ways to manage financial stress

We are living in challenging times and every day Albertans face the unprecedented combination of economic uncertainty, ongoing COVID-19 dangers, volatile stock markets, a shaky job market and rising costs of living expenses.

In a recent national poll by FP Canada, more than 40 per cent of people in Alberta ranked money as their biggest cause of stress in life and more than half said the pandemic had impacted their finances.

Financial stress can impact your health and relationships, while negatively affecting how you approach money and planning for your future.

The good news is that you can take control and do what's right for you. By taking these five steps you can reduce your stress level, optimize your expenses to weather the storm and avoid unwise investments.

Start with your budget

When it comes to your finances, there is no better ally than your budget in order to understand where your money goes and give you a plan

of action that can relieve stress. If you don't have a current budget or know how to make one, visit CheckFirst.ca to build your own. Compare the money you bring in to the house, and your expenses.

Consider looking for areas where you can reduce unnecessary costs and make a few changes if you're spending more than you make.

For example, maybe you can take that step you always talked about and cut your cable or stop using food delivery services and cook at home instead.

Once you have built your budget, make sure you review it at the end of each month to stay on track. Take note though, a budget isn't a dream scenario – use real numbers and take action based on what you learn.

Establish or strengthen your emergency fund

Unforeseen events happen. Whether your hot water tank goes on the fritz or you unexpectedly lose your job, unwanted expenses can strike when you least expect them.



Times are tough and the stress of economic uncertainty weighs on us all. However, certain strategies can help. Photo by Sharon McCutcheon.

Saving and protecting emergency funds are a great way to hedge your bets against these unforeseen circumstances and avoid the financial impact and stress that can occur.

A solid budget includes dedicating some of your income to an emergency fund. Open a separate savings account, ideally one with a decent interest rate and low or no fees, and start automatically contributing what you can.

Even \$40 every two weeks can net you \$1,000 in savings within a year – the key is to consistently save the amount you are comfortable saving, no matter how small.

Defer payments

You are not alone in feeling the financial stress of COVID-19. Many Albertans are facing unprecedented challenges, which has made meeting financial obligations like paying mortgages, utilities, and other monthly expenses more difficult.

Fortunately, many businesses, banks, service providers and municipalities recognize this and are providing payment deferrals for up to six months to help ease your financial stress. If you've reviewed your budget and removed all unnecessary spending, your next step is to identify bills that may qualify for a deferral.

Try and pinpoint the smallest bills you

can defer that will help you balance your budget. Just remember that deferred payments still have to be paid – they do not cancel or eliminate the amount owed, but instead put them on hold to give you time to either grow your income, or further reduce your expenses.

Consider using an investment adviser or planner

Sometimes calling in an expert is a necessary step to help reduce the stress you might be feeling about your financial future. If you have investments, you are not alone in worrying about the volatility of the stock markets and the rapid changes in your portfolio.

Making an appointment with a registered financial adviser or planner and seeking their knowledge and guidance can be a great way to review your investment portfolio against your financial plan, ensure you're staying on track with your goals, and make any adjustments as needed.

Learn how to ask the right questions and check the registration of your investment adviser by searching "Choosing the right financial adviser" on CheckFirst.ca.

Beware of "get rich quick" opportunities

Current economic conditions create a breeding ground for fraudsters

looking to capitalize on the fear and vulnerability of hard-working people trying to make ends meet.

Fraudsters use economic uncertainties and current trends to sell COVID-related investments, forex trading work-from-home opportunities, and too-good-to-be-true offers with the sole purpose of stealing your money quickly and efficiently.


If you're approached with a red flag of fraud such as an investment opportunity with the promise of significant returns with little to no risk, you could be dealing with a potentially fraudulent investment that could make your financial situation worse.

Don't make rash decisions with your money. Learn more about the red flags to be wary of, and always check the registration and disciplinary history of the individual or firm offering you any investment at CheckFirst.ca

Financial stress is an overwhelming reality for many households across Alberta. Take control of your financial security and relieve stress by taking action through these five steps. Visit CheckFirst.ca for free, unbiased resources to empower you through every step of your investment journey, detours and all. ▲

Submitted by the Alberta Securities Commission



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Learning the ukulele at any age



BY LESLI
CHRISTIANSON-KELLOW

I'm holding my ukulele as my fingers awkwardly strum a rhythm pattern. It's a combination of up strumming and down strumming while changing between the A minor and G chord.

I've taken a few lessons in the past. Lately, I've been taking free lessons online on YouTube.

I started dabbling in ukulele a few years ago after a trip to Ucluelet, B.C. My husband and I were staying at a bed and breakfast overlooking Little Beach Bay.

One evening, while sitting on the deck watching the sun sink into the ocean, I heard the strumming of a soulful tune behind me.

It was so fitting for the moment that it gave me a little shiver despite it being a warm evening. I couldn't quite place what instrument it was. I turned to the source of the music and saw an older couple sitting together nearby.

The fellow was playing a ukulele. I turned

back around and settled into my adirondack chair. I looked out at the rolling waves while the music filled the air. It was one of those moments that I'll always remember - the ocean, the night sky and the accompanying music. The stars came out and the moon shone brightly in the sky. Eventually, I returned to my room, but only once the couple retired to their room, taking the ukulele with them.

In the morning, being the only other guests at the bed and breakfast other than the ukulele couple, we ended up sitting together for breakfast. We exchanged introductions and it wasn't long before I was asking Max questions about his ukulele: when he had learned to play it and what his experience learning to play it was like.

Max said that he had been playing the ukulele for about 10 years. After he retired he had read that learning something new would be a good way to keep his brain challenged after removing the stimulation that his day job had provided. He had always wanted to play a musical instrument. So, he chose the ukulele.

Max said he took some private lessons for 6 months and then joined a weekly ukulele group. The group included musicians of all levels, so there was always someone to help him when he needed it.

He became good friends with a few of the ukulele players in the



Kerby Centre ukulele players. Photo courtesy of Alberta Health Services.

group and even travelled with some of them (with ukuleles in tow!)

The neat thing was that after a few years it was now his turn to mentor new ukulele players. He encouraged me to get started and reminded me that there was no 'right' age to start learning the ukulele, or anything for that matter.

After hearing how Max had learned to play the ukulele at 60-years-old, I was excited and inspired to play the ukulele, too.

So, on my next birthday, I received a ukulele and have been strumming away ever since. I have to say, although it's an easier instrument to learn to play, it still takes time and practice.

Maybe you've seen the Hawaiian ukulele player Israel Kamakawiwo'ole play *Somewhere Over the*

Rainbow on YouTube.

It looks pretty simple, but to play that song you need to learn six chords. Once the chords are learned, then you need to practice transitioning between the chords. That's the part I find tricky.

Somewhere over the Rainbow was one of the first songs I tried to learn to play, but eventually I got frustrated and gave up.

Luckily, there are lots of songs that only require three or four chords to transition between. Songs *Lean on Me*, *Clementine*, *Amazing Grace* and *Happy Birthday* are better songs to begin with.

At first, it's a lot of coordination of your fingers and hands and reading and recognizing the chords. Believe me, your brain works hard.

And learning an instrument is indeed good

for your brain. When you learn to play an instrument you use both hemispheres.

You use the left side of your brain to learn the notes and where to place your fingers.

You use the right side of your brain for your creativity — to feel the rhythm, to maybe write your own songs or lyrics. Plus learning the ukulele stimulates blood flow in your brain, creates new synapses and challenges your memory.

I look away from the computer where an upbeat guy is trying to coach me through the strumming rhythm.

I give myself a few minutes and then start practicing on my own. I know my fingers will get the hang of the transitions and rhythm on this song eventually, and when I do it's going to feel great ▲

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2. The more you take, the more you leave behind. What am I?
3. What has a head, a tail, is brown, and has no legs?
4. What comes once in a minute, twice in a moment, but never in a thousand years?

1. Yesterday, Today, and Tomorrow.
2. Footsteps.
3. A Penny.
4. The letter "m".

Answers

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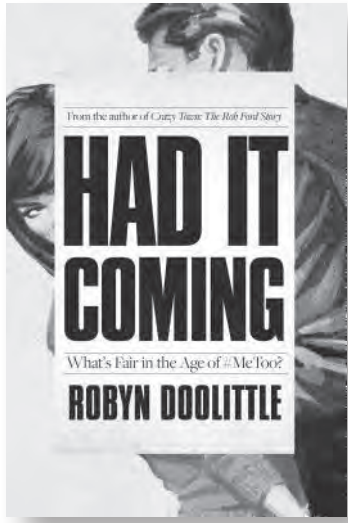
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Book review: *Had it Coming*



“Had it Coming; What’s Fair in the Age of #MeToo?”
by Robyn Doolittle

Book review by
Eleanor Cowan

While studying this thoughtful, engaging, easy-to-read feminist contribution on a park bench, I was asked why I was reading “such a depressing book.”

The unwelcome question underscored for me the still prevalent shaming and silencing tool used against

women who prioritize learning over chick-lit. I turned the page.

In a calm, measured tone, Doolittle, a Canadian investigative reporter for the *Globe and Mail*, weighs a variety of attitudes toward sexual abuse. She seeks the answer to the question, “What’s fair in the age of #Me Too?” Very early on, the research is clear and urges much more in-depth training for both police and judges.

Doolittle’s research explains the need to dispel antiquated hangover myths held by many police and judges, such as why a distressed rape victim would wait a day, a month, two years, or 36 years (in the case of Christine Blasey Ford) to disclose the attacks they suffered.

Even though Canada has the most progressive sexual abuse laws in the world, old fashioned police still have a hard time comprehending why a rape victim would not run screaming and yelling to the closest police station

immediately after the abuse.

Trained, knowledgeable officers, however, do understand.

Doolittle also interviewed judges eager to learn new ways – as well as those unwilling to budge and adjudicators more concerned about defending their somewhat dated privilege.

I wondered, as I read, what kind of judge would not study the latest research that could forever impact a person’s life?

Doolittle posits that Canadian laws are not the problem — it’s the unwillingness to enforce them despite the fact that every two and a half days, a woman or girl is murdered in Canada.

One feature of post-traumatic response is a tendency of some (not all) victims to re-engage with their abuser. Why? Trauma experts say it’s a misguided attempt to expunge, erase, normalize, make it all better, or even deny the unbearable abuse occurred — children often buy birthday presents for the father who molests them,

hoping he’ll stop hurting them. This misunderstood abuse-response has, unfortunately, been used against courtroom complainants who continued to associate with their abusers. In other words, “If it was so bad, why did you go back for more?”

In an unequal patriarchal society, women are groomed to keep the peace, forgive and normalize the abnormal.

Doolittle interviewed a senior feminist writer who unabashedly attributes some (not all) responsibility for their abuse to some (not all) of the women Weinstein molested, actors who, to further their careers, continued to associate with an obvious predator. As an interviewer should, Doolittle listened to the older scholar without comment.

Later, she considered that as a mother, she would warn her daughter, as have I, to be vigilant against predators at university parties - and everywhere else. Nevertheless, millions of women, like myself, had no idea our bosses slipped

a drug in our drinks before raping us. There was no chance to self-defend. We were in no way to blame.

Today, thanks to countless feminists - meaning men and women who care about equality – our society has changed for the better. Harvey and Bill are in jail. Andrew and Jian are demoted and disgraced. Hundreds of actors, politicians, etc. have lost their reputations and livelihoods.

All the more reason today’s accusations be accurate. False allegations of sexual molestation are terrible. Character assassinations weaken the credibility of true victims and cause life-long wreckage for innocent men.

In comparing yesteryear to today, Doolittle looks at many aspects of “What’s fair in the age of #Me too?” Her answer to that question is fair-minded and commendable. Filled with stories of about Canadian law and history, this educational book is highly recommended. ▲

Mandatory mask bylaw comes into effect Aug. 1

by Andrew McCutcheon

A new bylaw will take effect on Aug. 1 requiring Calgaryans to wear face masks in public areas — with a few exceptions.

On July 21, Calgary city council voted 12 to 3 in favour of the bylaw, in the hopes of curtailing the spread of COVID-19, which has rebounded across the province in July.

“This wasn’t an easy decision,” said Mayor

Naheed Nenshi in a statement following the successful vote. “No one takes this decision lightly. Those calling for it are looking at the data and making decisions based on our collective health.”

“We have an opportunity to get this right, and we know this is how to do it.”

The bylaw draft states that face coverings will be required in all public buildings spaces, unless there are external factors that would limit transmission — such as plastic screens or barriers.

This means any indoor place the public has a right to access — such as grocery stores, shopping malls or Calgary transit — would require the wearing of a mask or other face covering.

Included in the bylaw are places of worship, such as temples, churches or mosques. However, masks may be removed temporarily for patrons to receive communion and other comparable religious services.

In the same vein, if a mask prevents an individual from receiving a service, such as going out

for a meal, masks will not be required.

Fines between \$100 to \$200 could result from non-compliance with the bylaw, although the city has said the aim of the legislation is educational in nature.

There are exemptions for individuals that would allow them not to wear a face covering where normally they would: children under the age of two, individuals with previous conditions that inhibit their ability to wear a mask, or those who cannot utilizing a mask safely without assistance, such as those with physical or mental disabilities.

Mayor Nenshi said the reasoning behind the legislation of the bylaw was threefold.

“Firstly, we’re doing this to ensure public safety,” Nenshi said. “Wearing a mask won’t protect you as the wearer, but it will protect others from you ... we’re all keeping each other safe, and that improves our strength and resiliency.”

Nenshi then went on in his statement to reference the economy, expressing that while the

first shutdown to the economy was necessary in the face of the threat of COVID-19, having said that it’s “critical that we do not allow the virus to spread to the point where the Province is forced to do that again.”

“If you’re concerned about the economy, the answer is simple — wear a mask!”

Lastly, he said that Calgaryans need to act fast as schools are set to reopen in September. With only six weeks, progress needs to be made and evident to achieve peace of mind with students returning to school.

“This bylaw will come into effect for August 1, but you can start to make the decision to protect your community today,” he ended the statement.

Kerby Centre remains a mask distribution centre. Those in need of face coverings can visit Kerby Centre from 9 a.m. to 3 p.m. during the week to pick up a mask or call our hotline at 403-705-3175. By leaving your name, phone number and address, our volunteers will be able to deliver masks to your home. ▲

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The longest journey

Story and photos by Jaroslav Maria

Page design and layout by Winifred Ribeiro



The first house the author of the letter from 1906 referenced in this piece. Photographer unknown.

Just like many others before us, one day we left home to improve our lives. The reasons vary. It is usually either for religious, political, wars or penury reasons, but the result is the same. We didn't know that by emigrating we were embarking on the biggest and most educational trip a person can make. Vacation trips no matter how long and interesting, please, step aside!

We have been observing, adjusting and learning for 52 years now. With our life experiences formed in inflexible and static European society, steeped in history and in a very small country, we flew on a jet plane in short ten hours into an entirely different world, to Canada. It was a Bizarro World! So much of what we saw was the exact opposite of what we had known. Besides of learning a new language, a huge effort in itself if one wants to become reasonably conversant, there were many thought-provoking, surprising and even amusing experiences that have made this still ongoing trip of discovery so fascinating.

Canadian lifestyle is governed by practicality rather than by conventions or traditions we had known. Here the house is not necessarily something to last eternally, built from brick and mortar. Canadian wooden houses "best before" time is hundred years henceforth. The benefit is that they are contemporary, easy to renovate and maintain. The sprawling cities created a new religion called automobilism, or was it the other way around?

North America is the land of flexibility and opportunity where an upward movement is encouraged. Although there are class differences, one can actually move up if determined, has a little bit of ability, a great deal of impudence and some luck.

The enormity of this continent with just two countries, three if counting Mexico, on it is shocking. It flabbergasts the new arrivals. Besides the distances we were also surprised that at thousand meters above sea level Calgary was not yet in the mountains. We had to adjust



Grandpa fully Canadianized.



We didn't expect that the military uniforms we would see in La Citadelle de Québec would be British "Red Coats".

eight hours for the third day now, right?" she asked. "Right". "Then, when will the corn-fields end?" "By tonight we'll cross the Missouri River. After that we'll drive for another two, three days through North Dakota and Montana, up to Canada all the way to Calgary over the prairie, it'll be just cattle, grass and some wheat."

If the distances intrigue the modern man, it had to be an even bigger shock for the travellers in 1900. Recently I came across a letter describing immigration adventures in 1906. These people also left their homeland in a quest for a better future, and their plan was as vague as ours was in 1968. They were courageous, hardworking and tough people! They were also a bit undecided, just like we had been, where to settle and kept adjusting as they went.

In 1906 an immigrant crossed Atlantic Ocean by a ship and then travelled to the Promised Land by train where they could start farming, but the first things they had to cope with were the distances and open spaces:

The shipping company asked us where we want to go and I said to Nebraska, but they were suggesting to go to Canada where you can get a farm for \$10.00 and become a farmer instantly, so I looked up Winnipeg (sic) that was a beautiful big city.

In Hamburk (sic) we stayed a week so we had time to see everything because we missed the sailing by a day. They put us into a hotel free of charge food included. We sailed for 14 days. All people from our group of 24 including the children, were sick. I was healthy, my wife was sick two days and the others the whole week. I had shivovitz from home that kept us healthy. We disembarked in Halifax in Canada.

My eyes were coming out of sockets as I looked at those rocky hills, nothing but boulders, woods and big lakes without end, tunnels through mountains and water and rocks again. I stopped liking it and was telling myself that if they will kill



Our first house, bought in 1971, only three years after arrival - better than the 1906 prairie models!

us off the train here, what we were going to do! On the third day, it started to look better and suddenly the train stopped on the edge of the woods and we were all getting off where there was a big building for all of us to stay overnight.

The next day the train came back for us so we boarded it and we arrived in Winnipeg (sic) which we liked. The conductor, Polish guy, came and said that we can't stay at the station and took us to his home for the night for ten cents each but the trickster didn't tell us that there is no heating and that we have to make our beds with whatever we have with us, so everyone did wherever they could.

This Polish fellow was giving us a bit of good advice to go on further west. Regina is located in a pleasant flat country and it was a wasteland on which human leg hasn't walked yet....

For us getting "here" was just the beginning. In 1968 Canada was a refreshingly easygoing country with minimal bureaucracy. The best example was the identification document. In Communist countries, it had been a booklet like a passport. In it was all kinds of information, including our nationality, ethnicity, citizenship and even place of employment, useful if one wanted to avoid being charged with vagrancy. One had to always have it on him, even when picking mushrooms in the woods.

Canadian most potent piece of identification was, and still is, the driver's license. For us, it was hard to believe. This most powerful of all documents with which one could cash cheques, be identified when dealing with the government, banks and so on, was a bland-looking little piece of slightly heavier paper the size of a credit card. There was just one's name and address on it with a number and expiration date that made it official, but not even a photograph. What about people who didn't drive?

Well, there weren't that many, as we soon found out.

But there was one thing the driving license couldn't do. Shortly after I started working in an office, my English still bad and accent horrible, I had to answer the telephone one day. US border guard from Coumts Montana was on the line. They had my colleague Ted there. He had forgotten his birth certificate at home and tried to cross the border with just the driving license.

The agent asked me if I knew Ted. I did. Can I confirm that Ted is a Canadian citizen? I said I thought he was as he had told me he was born in Lethbridge. That satisfied the officer, even though I certainly couldn't sound credible with my English and the poor accent! I could only imagine how Ted and I would have been laughed at on any border crossing in Europe before the EU was formed.

Shopping for groceries was another enigma, starting with large supermarkets! That part was great and we soon mastered it. A few years later "grandpa" was our first visitor from "back home". Soon we took him grocery shopping in Safeway. It would be, we thought, quite intriguing for him to see the abundance of merchandise, while in communist Czechoslovakia shopping was still nightmarish because of shortages. The failings of the Five-Year Economic Plans by which their economy was run were legendary. When one time they forgot to plan for toilet paper it was unobtainable. People would cut newspapers into little squares and crumple them up to make them soft. It wasn't actually working that badly, except for the ink smudges.

It didn't take long before we lost grandpa. I found him in the aisle with household goods studying a four-level shelf in front of him.

"What is all this stuff?" he asked, incredulous.

"Rolls of toilet paper". Toilet paper was sold folded in

packages in Czechoslovakia so I thought that was confusing him. "That's what I thought. But why does it come in so many colours?"

"Well, you may want to match the colour scheme of your bathroom", I said.

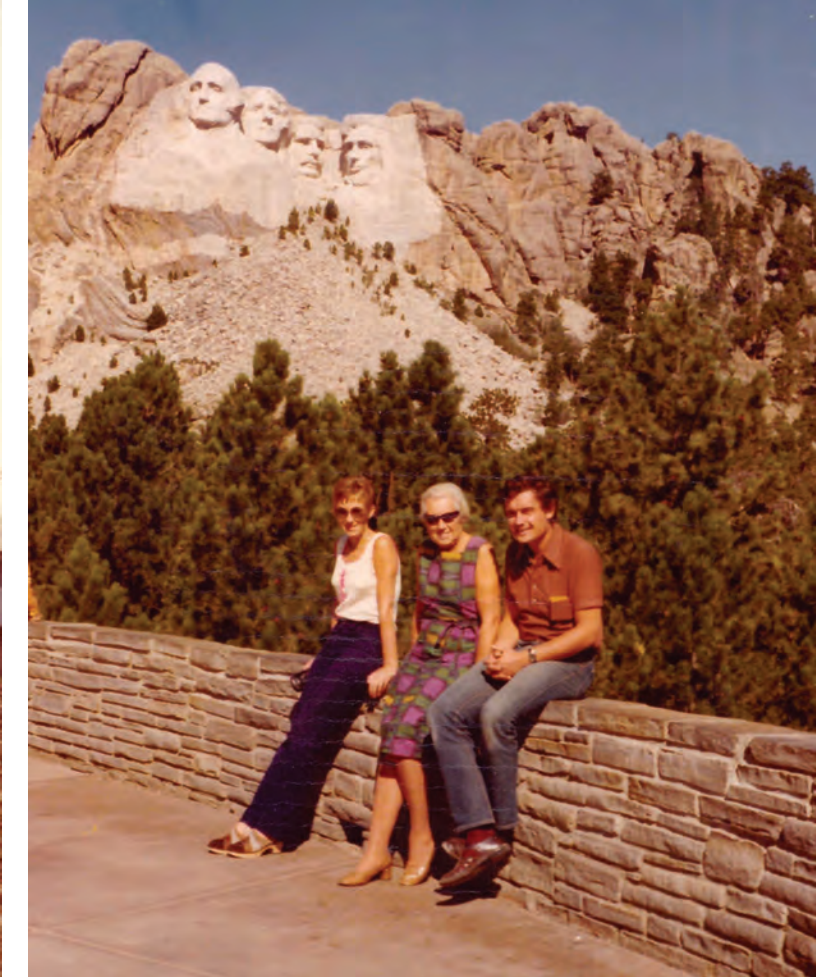
"Hmm. But why are there another four shelves of the same stuff next to it again?"

"That is a different brand if you don't like the first one. Softer one, maybe".

"Incredible!" It looked as if the toilet paper situation in Czechoslovakia hadn't been completely resolved yet.

Another thing we were intrigued by was the exciting world of investments, stock exchanges and apparently an easy way to become rich with no effort at all. Just by "playing the market".

One Saturday we met our Czecho/Canadian mentor, an old-timer Dan. He was just about to make few easy bucks. We were curious about how that



My mother and us at Mt. Rushmore when we were driving from Kitchener to Calgary.

would be done.

On Monday he was going to get up at 2:00 AM to call his broker in England and buy Husky Oil shares. The company announced late on Friday that they bought huge leases up north and would drill for oil. Because of the time difference, he will still buy at Friday's closing price when buying in England. Their shares will go up on the Toronto Stock Exchange when trading starts on Monday.

I thought, how devilishly clever! What a country where one can make money easily if one is savvy enough! But right now, we needed to buy bread, not oil shares, but we were learning.

Two weeks later we met Dan again.

"So how did it work?" I asked.

"How did what work?" "You know, that time you called London Stock Exchange and bought Husky Oil?"

"It didn't work out, as a matter of fact, I lost quite a bit."

"How come?"

"What happened was that concurrently with the announcement about new leases, it was also reported that Husky had suffered a loss in the previous quarter. The market reacted to the negative financial report, not the positive news about the drilling."

Once bitten twice shy! Luckily it was Dan who got bitten, but it was I who became shy. So, this is how investing is fickle! Fifty years later I've yet to call a broker because playing the market is still one of the many things, I know nothing about. We have financial experts to handle our money and gladly pay their fees.

The journey of discovery continues from one lesson learned to another. 52 years later, maybe, we're getting closer!

I often wonder what it is like for immigrants from Southeast Asia, Africa or South America? It's surely just as fascinating but the learning curve different. The result is the same, though. This is a good place to be. ▲



Seven years after arrival we were fully accustomed to Canadian winters.

Help is only a single phone call away

Submitted on behalf of Jewish Family Services Calgary

Are you a senior who is socially isolated, and feeling depressed? Or feeling overwhelmed and anxious? Are you struggling with addiction and do not know who to turn too? If any of these things sound like you and you are over the age of 55, consider contacting JFSC’s “Seniors Mental Health and Addictions Response Team” at (403) 287-3510.

Loneliness can have a negative impact on your health, and seniors are presently more at risk than ever of social isolation during this global pandemic. Jewish Family Service Calgary has launched a new “Response Team” to work with seniors in the community, and advocate for their well-being. This team focuses on the mental health of seniors, as well as partnering with those who are struggling with addictions.

Jewish Family Services has been enriching lives since 1960, by providing

social services to individuals and families in all walks of life. JFSC houses multiple programs depending on your needs -from home support services, to providing food hampers, to a mental health support line created in response to COVID-19. JFSC’s “Mental Health and Addictions Response Team” for seniors has already been able to support multiple people in various circumstances in the community. Here are some examples of scenarios in which we have intervened:

Sue lives by herself. She has a great deal of anxiety and finds her mental health is steadily declining. Sue has two children and many grandchildren. She does not want to ‘burden’ them with her problems, and so she keeps her concerns to herself. She feels lonely and isolated. She struggles with making decisions and knows she needs to move but isn’t sure where to start.

Donna’s husband was diagnosed with Dementia two years ago. She feels like she has lost her main source of companionship.



Social isolation can have negative effects on physical health. Photo courtesy of Jude Beck.

She does not understand her partner’s diagnosis and worries there could be more happening for him and recognizes she needs some support.

John lives alone but has one son who lives 15 minutes away. His son loves his dad, but has a very busy life, and is not able to come see his father more than once weekly. John is doing well physically, but was just diagnosed with dementia, and it is hard for his son to spot

the changes. He does not understand why his dad is acting so aggressively. One day his son pops by to visit, and John had just taken his two blood pressure medications, forgetting he already took them. John becomes very dizzy and passes out. He is then rushed to the hospital. Luckily, John was okay, but his son realizes he needs someone to come in and give him some guidance on how to help his dad.

The Response Team

has supported these individuals by advocating on their behalf, connecting them with mental health or medical supports, accessing community groups, social supports, conducting safety interventions, addiction treatment referrals, and working with them to increase their wellbeing.

If you or a loved one needs help, don’t hesitate to call the number above. You don’t have to battle this alone. ▲

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The power of Epsom salts

by Angie Friesen

Those of you that know me are likely well aware of my love of Epsom salts. Often when I have a student ask me about managing my chronic pain, you'll hear me sing praises of its benefits and the many ways I use them in my self-care routine.

There seems to be a few different stories as to how Epsom salts came to be. The origins of Epsom salts are traced back to Epsom, England around the year 1618. There are a variety of stories of how Epsom salts came to be (most historians crediting a donkey or a cow choosing not to drink water from a newly found natural "Epsom salt spring" in a time of drought.

Because the water was not suitable for drinking, they instead found benefits in bathing and used the water for healing purposes) It can be agreed that Epsom salts have been around for a very long time. I have had some students remark on how their parents or even their grandparents commonly would use Epsom salts as a regular home remedy.

Epsom salt is also known as magnesium sulphate. The combination of magnesium and sulphate are believed to have many healing benefits. Science suggests that Epsom salts can help with inflammation and joint pain (one of the reasons I use it almost daily).

Magnesium is also believed to relax muscles, remove toxins, reduce pain,

swelling and stiffness, help relieve stress and help us sleep better.

In my research, it looks like although Epsom salts in the past were also taken orally as a laxative, or as a way to internally detox the body, but I would not recommend this practice. Epsom salts should only be used externally.

When you purchase Epsom salts, many are not deemed with an official food grade to verify it is safe for consumption. For your safety and well being, I would welcome you to try using Epsom salts in these other safe ways listed below.

Also please do not apply Epsom salts to any open wounds, infections, severe burns or if you have sensitive skin. Please check with your doctor if you have any health concerns about using Epsom salts.

In the bath: add 1 cup of Epsom salt to running water. If you have dry skin, you could also add 1/4 to 1/2 cup of baking soda in addition to the Epsom salt as well. It is recommended soaking for at least 15 minutes if possible.

In the shower: Epsom salts can be applied like a scrub. Place about 1 cup into a container that can easily go in the shower. It can be applied directly to wet skin, or you can add it to a liquid body wash. Often I'll just have a dollop of body wash in the palm of my hand, and mix in the Epsom salts then apply directly to my skin for a few minutes, then rinse

off. Epsom salts can help exfoliate the skin and can help smooth skin and ingrown hairs. I find that even using Epsom salts in the shower, I still get the same healing benefits as I would soaking in the bathtub.

Make a warm compress (Joint/muscle stiffness, pain or help remove a splinter): Dissolve 1/2 cup of Epsom

salts to 4 cups of warm water. Place a facecloth into the mixture, wring it out and apply to the affected area(s)

Make a cold compress (Inflammation/swelling): Dissolve 1/2 cup of Epsom salt to 1 cup of warm water. Add 3 cups of cold water. Place a facecloth into the mixture, wring it out and apply to the affected area(s).

Foot soak: same directions as the compress listed above (but usually done without the facecloth), If you have a larger washbasin or bathtub to place your feet in, more water can be added if necessary. Soak for about 15 minutes (or less if that's more comfortable to you) and then gently towel dry your feet. ▲

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

WEIRD WARDROBE

ACROSS	DOWN
1 Ill will	1 Boulders
7 Accepted blame humbly	2 Oven brand
14 Creatures	3 Sherpa land
20 Mafia code of silence	4 Deep fissure
21 Person of the hour	5 An Amerind
22 Bill Clinton's #2	6 Brit. mil. fliers
23 Formalwear imparting a pleasantly optimistic feeling?	7 Get — of (obtain)
25 Flier Earhart	8 Implements
26 Tricky rascal	9 Closing parts
27 Some pipe shapes	10 Homer Simpson cry
28 Model of iPod	11 Rusty color
30 Weasel's kin	12 Avenged
31 Room, in Spanish	13 Singer — Marie
32 G-men, e.g.	14 Sheep's call
33 Appropriate underwear in a law court?	15 "Rum Punch" novelist Leonard
35 Gemini, e.g.	16 "Yeah, makes sense"
37 Unwanted plant growth	17 Nick of film
38 "Oh, sure!"	18 Heartache
39 Neckwear making people unable to move?	19 Scorches deeply
44 ICU tubes	24 "Angle" star Davis
45 Burnt residue	29 "Tommy" actor
48 Yellow hue	32 E-I linkup
	33 Royal flush card
	34 They're shot from air rifles
	36 Modest reply to kudos
	37 Comical sort
	39 Scots' toppers
	40 Many Apples
49 With 72-Across, 1920s-'30s design style	41 Paperless novel, e.g.
50 Royal flush card	42 Turkic language
51 A Marx brother	43 Bit of lifting lingerie
53 — Zedong	44 I, to Freud
54 Ukraine city	45 Curved line
57 Toadstool-shaped headwear?	46 Mani offerer
60 Kilt wearer	47 Quick trip
62 Stew sphere	50 Helper; Abbr.
63 Moral errors	51 Gardening implements
64 Actress Perlman	52 Stock up on
65 Women's wear encircling a magazine?	55 As is fitting
71 Tooth filler	56 Grabs the attention of suddenly
72 See 49-Across	57 Cut to bits
73 Abbr. of fair hiring	58 Counteract
74 Go bonkers	59 Buckeye State sch.
76 Beach where everyone dons athletic wear?	61 A bit drunk
80 Do a tally of	63 Plaintiff
82 Abbr. in personal ads	66 Regretted deeply
83 Sir Andrew — Webber	67 Lysol target
84 "— Day Will Come"	68 Jon who played Napoleon Dynamite
85 Be in debt to	69 Join together
86 Writer Joyce Carol —	70 Studio prop
	75 Earring part
	76 "I'm Real" singer's nickname
	77 Pixie
	78 Deteriorate
	79 Kiss go-with, often
	80 Stupefy
	81 Seal schools
	85 Mel who wore #4
	87 Helpers in crime
	89 — Mahal
	90 Painter's studio
	91 Used a sofa
	92 Elected (to)
	93 Platform for Apple devices
	94 Biceps, e.g.
	95 Brunch dish
	96 Thin
	98 Slightly off
	99 Regional
	100 Hush money
	101 Slide on a sled, say
	102 Polyphonic choral piece
	103 Opinion pieces
	105 Lysol target
	106 It's gathered in recon
	107 "Pippin" director Bob
	110 Mend, as socks
	111 Mets' former stadium
	113 Ending for lion or seer
	115 — culpa
	116 "Zip it!"

SUDOKU PUZZLE

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

ANSWER ON PAGE 31

SOLUTION ON PAGE 31

New guide helps seniors age with pride



LGBTQ2S+ seniors face various difficulties and obstacles as they age. A new provincial guide aims to aid and educate to help older adults “age with pride.” Photo courtesy of Ministry of Seniors and Housing.

A new guide released by the Ministry of Seniors and Housing is aimed at seniors groups and non-profits aims to ensure that identifying as LGBTQ2S+ doesn't make the lives of Albertan seniors any harder due to their gender identity or sexuality.

Entitled “Aging with Pride,” the document outlines the various difficulties faced by that demographic and how to address those difficulties with support, education and pride.

“The government of Alberta is committed

to meeting the needs of this diverse population through programs and services that help older adults remain active, healthy and connected to their communities,” the document states. “Addressing the social conclusion and full participation of older adults requires action and collaboration across organizations.”

The guide outlines how LGBTQ2S+ older adults have gone through incredible milestones and changes throughout their individual lifetimes.

By way of example, the article uses the life of

“Pat,” to show the massive amount of social advancement that could occur in just 70 years.

“Pat” was born in 1948 and is now more than 70 years old. The guide asks the reader to consider that Pat was only 21 when homosexuality was decriminalized in 1969, 25 when homosexuality was no longer classified as a mental illness in 1973 and 29 when being homosexual no longer made one inadmissible to Canada due to the Immigration Act.

More recently, “Pat” would have only been 48 when the Alberta Supreme Court made it illegal to discriminate based on sexual orientation, 57 when same-sex marriage was legalized and 68 when gender identity and expression was added as protected groups to Alberta’s Human Rights Act.

While these changes are historic, it also means that those who are older adults now grew up alongside open discrimination

and outright hostility for a majority of their lives, with many choosing to keep themselves hidden out of fear of reprisal.

“If I come out to the family, I risk giving up the ability to hold my grandkids,” one anonymous senior said.

And the discrimination hasn't ended. Compared to their counterparts, LGBTQ2S+ older adults are more likely to experience mental or physical illness, have smaller support networks and are more concerned about being lonely or growing alone according to the guide.

“You're asking me to live with people who bullied me 40 years ago?” said one anonymous man discussing seniors housing in Alberta.

How do seniors organizations, then, do their best to welcome and support older adults of all colours and varieties?

The provincial guide recommends a combina-

tion of education, training and formalized policies to protect and assist the population.

Using inclusive language, celebrating the community and intervening when hurtful comments arise are all part of working to become stronger allies to less privileged groups.

The guide was created in part by consultation with groups such as the Alberta Association of Senior Centres, Alberta Seniors Communities & Housing Association and Rainbow Elders Calgary.

Glossary of terms

Many new words are commonly used in discussions about the LGBTQ2S+ community. Here are some basic definitions from the Ministry's guide to help educate and share. ▲

Transgender/trans: A transgender person's gender identity is not in line with the sex they were assigned at birth.

For example, you were assigned male at birth, but identify as a woman. You may call yourself a trans woman or simply, a woman.

Note the correct term is transgender — not transgendered.

Cisgender: Pronounced “sis-gender,” a cisgendered person's identity is in line with the sex they were assigned at birth. For example, you were assigned female at birth and you identify as a woman.

Two Spirit: Two Spirit is “a term some Indigenous people use to identify themselves. Indigenous people believe that Two Spirit individuals house both the male and female spirit and that the degree of dominance of each spirit ultimately impacts the physical, emotional, mental and spiritual identity of each Two Spirit person.”

Queer: One definition of queer is abnormal or strange. Historically, queer has been used as an epithet or slur against people whose gender, gender expression and/or sexuality do not conform to dominant expectations. Some people have reclaimed the word queer and self-identify as such.

Gender Queer: A person whose gender identity or gender expression falls outside the dominant societal norm for their assigned sex, is beyond genders, or is some combination of them.

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Our most utterly precious resource: water

By Barbara Ellis

Water, without a doubt, is the most important element on our planet. It is transparent, has no taste and is made up of the most abundant elements in our universe.

Two Hydrogen molecules and one Oxygen molecule join together to make water. Nothing on our planet that I know of could survive without it.

I have to admit that for most of the time, I take water for granted. I am so lucky to live in a city where my water is clean, tastes good and is abundant.

When I turn on the tap, it flows without hesitation so that I can wash my clothes, my dishes, take a quick shower or luxuriate in a bubble bath. Best of all, it quenches my thirst as nothing else can.

When I visited the Antarctic, I saw water as huge blocks of ice, frozen solid for millennia in the form of gigantic icebergs. I marvelled at their size and colour as I watched them slowly glide by. Then I witnessed it as a raging cataract

and felt its power as it tumbled over the escarpment at Iguazu Falls.

Standing next to a fast-flowing river, it is hard to imagine that it began its life as a tiny trickle on some mountain top.

Even the mighty Amazon and Nile began life as a small insignificant rivulet. It all starts with the sun melting the snow which releases the moisture which then, drop by drop, willfully pushes forward and begins its journey towards a far-off ocean. That lowly little trickle becomes a rivulet moving forward and joining hands with hundreds of other rivulets and increasing in strength and size.

During these initial baby steps, the water tentatively creates small channels and continually builds momentum as it surges forward. Now as a crystal-clear stream, it nurtures embryonic fish eggs, frogs and countless other aquatic life, while along its banks, it waters grasses, bushes and a myriad of trees.

Mile by mile it grows and picks up speed as it hurtles down the mountain

to congregate in a pristine mountain lake.

This is just a moment of respite in its life, to sort of catch its breath before exiting and pressing on to its final destiny. Moving with powerful determination the river punches forward sculpting the land and moving rocks and even boulders that impede its way.

Sometimes the melting snow combines with torrential rains to cause cruel floods that destroy homes and many lives. Thankfully those occasions are rare and rivers sustain life much more than they destroy. They are welcomed wherever they roam by thirsty livestock and growing fields of vegetables and grains.

Eventually, they lose their wildness and grow old and fat and somewhat lazy as they meander through the countryside.

Near the end of its life, the river branches out into its delta and then slowly seeps and mingles with the welcoming salty ocean. In places there are miles and miles of Mangroves whose roots resembling tentacles, burrow deep into the mud

and give shelter to millions of tiny fish.

The oceans are a source of enjoyment for millions of people. I remember with great fondness growing up in Sydney and spending many wonderful summer hours surfing in some forgiving waves. I wasn't good at it and it was only body surfing, but great fun all the same.

Be it river, lake or ocean, I love being on the water. When I am on the ocean, I enjoy it most when the seas are unruly because the moving waves remind me of being young and riding a rollercoaster at an amusement park. I also love standing on a high cliff to watch some enormous waves come crashing into the rocks.

The force of the crash sends water high into the air, just as if the wave was trying to climb over the cliff. The power behind those waves is tremendous and somewhat intimidating and makes me feel feeble in comparison.

Rivers also have great power which they show off most notably at places like Niagara Falls.

When I visited there, I

took the cruise aboard the Maid of the Mist. What a thrill that was! As we neared the falls our little boat began to rock and roll and the closer we got.

The noise from the falls became a beastly roar. It was impossible to have a conversation even with a person standing next to me.

I don't know how close we got to the falls, but I certainly felt its mighty power as it thundered in my ears.

By then the plastic raincoat I was given was completely drenched and the water from it was running into my sandals. I didn't care because to me the experience was magical and the sandals would eventually dry. When the boat turned away to head back to the dock, I saw many whirlpools all around us. The power of the falls churned the water into white foam as it swirled around us.

I will never forget the sights and sounds of Mighty Niagara. It certainly was one place I would have liked to revisit, but I am very thankful for every minute I spent close to that wonderful cataract. ▲

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Knowing the past to plant the future!



Keeping good notes and journaling your progress is a great way to capture important details. Photos courtesy of Deborah Maier and the Calgary Horticultural Society.

by Deborah Maier

Why keep a garden journal?

For the past couple of springs, I have heard gardeners' comment about the late starts of perennials. However, when I look at pictures that I've captured of noteworthy plants this year and last, they are emerging from winter dormancy about the same time.

It's apparent, we really can't rely on our memories to know what happened a year ago.

A garden journal, like any other journal, is a tool to capture one's activities and thoughts.

However, unlike a diary with a primary purpose of capturing a mo-

ment in time (and allowing the reader to revisit the past), the purpose of the garden journal is planning for the future.

You cannot expect change if you do the same things every year. To get a different result, something needs to be done differently, but which thing?

Recording what you're doing can help you decide what to do differently.

The more important the outcomes of your gardening efforts are to you; the more important journaling should be to you and the more thorough your entries should be.

Like watering a garden, when journaling is done at consistent intervals, as well as

when needed, it is most effective.

There are many ways to journal. The right way is the one that gets you to note what you're doing and lets you revisit the notes when you are ready to work on your garden plan.

I use a combination of photos captured on my phone, some of them marked up with drawing tools and saved back to pictures, and pencil notation in a hard-covered, spiral-bound, ruled notebook.

The photos capture a snapshot of the garden and are a tool that I'm always carrying. The notebook captures the details, comments, and ideas for the future. The phone isn't used for everything, as wet and dirty fingers are not compatible with digital devices (also, for me, typing notes on a phone keyboard is not as quick as writing them).

I like to use a pencil as

graphite doesn't smudge or smear when wet. The ruled pages help keep a scale to my sketching and alignment to my scrawls.

A hardcover that can be flipped to the back makes a book easier to hold and provides a firm writing surface. These are features that I find helpful, especially in the spring, when I'm planting in a rush and trying to capture the basics of what I'm doing in the garden.

Why write about journaling in August when most of the gardening activities that should have been recorded happened in the spring? August is the perfect time to reflect on what's happened in the garden.

It's usually at the maintenance stage — a time when walking around and checking on the garden's progress is encouraged. It will be obvious if something did not perform as expected. You likely can remember what you did in the past couple of months well enough to make decisions about what you could do next year to improve the outcome.

Since my notes tend to be a little haphazard, I also like to keep the tags from my plants, so I know for certain the specifics of the ones I have purchased.

Whenever possible, I photograph the plant with its tag after it's planted. That way I know which plant and tag go together and where the plant is in the garden.

I was able to purchase a box of plastic-sleeved, mini photo albums on clearance a while ago. I mark the tags with the year purchased and tuck them in the sleeve for a

quick, easy to see, record.

A lot of journaling advice recommends capturing frost dates, the weather and pests. At the end of the season, I may make overview notes about the weather and pests and how they may have impacted the garden, but my journaling focuses on the things that I do, as these are things that I can change.

The final piece of the journaling puzzle is finding the record when it's needed. I'm sure we've all experienced deciding to store something in a "new" great place and then not remembering where that was. Time-sensitive notes get pencilled in on my kitchen wall calendar. Yes, I still use one of those! I like the look and visual reminder.

I also can add a sticky note to the back for something I want to do next year.

When I got this year's calendar, I moved a sticky note to August that says, "try to cure the garlic in the spruce tree". I should be able to let you know how that worked out in October.

Notes on the calendar, notes in an electronic or paper journal, photos on a phone—these are simple ways to keep a record of what's happening in the garden.

They are truly of value when reviewed and used to create next year's plan. Let's use journaling, even journaling started in August, to build on this year's efforts to make next year's garden the best yet!

To learn more about gardening visit calhort.org, the Society's website — Come Grow With Us!



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Sensational Salads

Recipes compiled by Winifred Ribeiro

In *Mandy's Gourmet Salads*, Mandy and Rebecca talk you through how to create their coveted salads at home, including easy prep steps for essential ingredients, how to mix their famous dressings, and how to combine flavours and textures to create a salad masterpiece. Also inside are recipes for Mandy's nutritious, filling and fantastic grain bowls (for those who want a bit more sustenance) as well as chapters dedicated to smoothies and sweets (sharing Mandy's famous chocolate chip cookie recipe for the first time...). Perfectly timed for fresh summer living, *Mandy's Gourmet Salads* is a feast, for the eyes as well as the tastebuds!



Lumberjack Salad

We tried to think of the most "hungry carnivore man" ingredients for a salad (think heaping bacon, turkey, chicken, cheese, pita, etc.) and actually even called it the "Man Salad" for a time, until common sense got the better of us. This salad is for the very hungry. Plaid flannel not included.

Serves: 4

4 cups chopped romaine lettuce	2 slices bacon, cut into pieces and fried until crispy
1/2 avocado, diced	1/4 cup shredded mozzarella
1/4 cup cherry tomatoes, halved	1/4 cup sliced scallion (green part only)
1/4 cup sliced white mushroom caps	1/2 cup homemade pita chips (recipe right of page)
1/4 cup roasted chicken breast (store bought or homemade)	1/2 cup Caesar dressing (recipe below)
1/4 cup chopped sliced turkey	

Combine all of the ingredients in a large stainless-steel bowl. Top with the dressing, and using tongs, toss until well mixed and dressed.

Caesar Dressing

Makes: 2 cups (50 mL)

1/4 cup (60 ml) red wine vinegar	2 teaspoons Dijon mustard
2 tablespoons lemon juice	1 clove garlic
6 tablespoons (90 ml) store-bought mayonnaise	7/8 cup (200 ml) olive oil
1/2 cup packed (50 g) grated Parmesan cheese	1/2 teaspoon fine sea salt
	1 1/2 teaspoons freshly ground black pepper

In a blender, combine the vinegar, lemon juice, mayonnaise, Parmesan, mustard, and garlic.

Process on medium-high speed until smooth and well combined, 15 to 20 seconds. Stop the blender and scrape down the sides of the jar with a spatula as needed.

With the blender running on low speed, slowly drizzle in the olive oil until the dressing is emulsified and thickened, about 30 seconds. Add the salt and pepper, adjusting the seasoning to taste. Transfer the dressing to an airtight container and refrigerate until ready to use.

Note: FOR A KETO VARIATION ON THIS CAESAR DRESSING, replace the mayonnaise with 1 egg and 1 egg yolk and increase the olive oil to 1 cup (250 mL). You may also prefer to use avocado oil instead of olive oil.

R&D Extraordinaire Salad

We know, we know, what a name! Back in our early days, we had two special ladies working for us: Raegan Steinberg and Danielle Samuelson. Every single day they worked in our kitchen, they would make this combo of ingredients for lunch, and somehow they never got tired of it! It became so popular that we said, "All right, it's going on the menu!" Salty Parmesan shavings, creamy avocado, sweet, tart strawberries, crunchy pita chips, some fresh veggies, and a classic balsamic dressing—voilà!

Serves: 1



Excerpted from *Mandy's Gourmet Salads* by Mandy Wolfe, Rebecca Wolfe, and Meredith Erickson. Copyright © 2020 Mandy Wolfe, Rebecca Wolfe, and Meredith Erickson. Published by Appetite by Random House®, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.



Kale Caesar Salad

When friends and family saw the first Mandy's menu they asked "Where's the Caesar salad?" We were like, "Really, Caesar is what you want . . .?!" But we listened and made an especially good one, with a healthy twist thanks to the kale.

Serves: 1

3 cups chopped romaine lettuce	1/2 cup homemade pita chips (recipe below)
1 cup shredded lacinato kale	1 hard-boiled Jammy Egg, sliced in half and then dusted with freshly ground black pepper
1/4 cup shredded mozzarella	
1/4 cup Parmesan flakes	
2 slices bacon, cut into pieces and fried until crispy	
2 tablespoons capers, fried in 1 tablespoon of olive oil until they burst and crisp	1/2 cup Caesar dressing (recipe left of page)

Combine all of the ingredients in a large stainless-steel bowl. Top with the dressing, and using tongs, toss until well mixed and dressed.

Homemade Pita Chips

Makes: 4 cups

2 thin 6-inch pitas	Fine sea salt and freshly ground black pepper
3 tablespoons olive oil	

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

On a chopping board, cut the pitas into 8 wedges, then pull each wedge apart to form 2 triangles.

Brush each side of the triangles with olive oil, then arrange on the tray. It's okay if the triangles are very close together. Sprinkle generously with salt and pepper.

Bake for 5 to 6 minutes, then remove the tray from the oven and turn the chips over, and continue to bake until crisp and golden, another 5 minutes. Set aside to cool completely. These chips will keep in an airtight container for up to 1 week.

Variation: HOMEMADE GARLIC AND THYME PITA CHIPS

Follow the recipe as above, but sprinkle the wedges with 1 tablespoon garlic powder and 1 tablespoon dried thyme, as well as the salt and pepper.

Jammy Egg

Makes: 1 egg
1 egg

Place an egg in a small saucepan and cover with cold water. Bring to a rolling boil. Remove from the heat, cover the pot, and let stand for 8 to 10 minutes. Pour out all the hot water and rinse with cold water until the egg cools to room temperature, about 2 minutes. We call this "jammy" because the yolk is not 100 percent set, resulting in a smooth and creamy texture.

2 cups chopped romaine lettuce	1/4 cup Parmesan flakes
2 cups mesclun greens	1/2 cup homemade pita chips (recipe above)
1/2 avocado, diced	1/2 cup Classic Balsamic dressing (recipe left of page)
1/4 cup diced cucumber	
1/4 cup shredded carrot	
1/4 cup sliced strawberries	

Combine all of the ingredients in a large stainless-steel bowl. Top with the dressing, and using tongs, toss until well mixed and dressed.

Classic Balsamic Dressing

Makes: 2 cups

1/2 cup (125 ml) balsamic vinegar	1 1/3 cups (325 ml) olive oil
2 tablespoons honey	1/4 teaspoon fine sea salt
2 teaspoons Dijon mustard	1/4 teaspoon freshly ground black pepper

In a blender, combine the vinegar, honey, mustard, and olive oil.

Process on medium-high speed until smooth and well combined, 5 to 6 seconds. Be careful not to over-blend, as the dressing can become too thick!

Add the salt and pepper, adjusting the seasoning to taste.

Transfer the dressing to an airtight container and refrigerate until ready to use.

This dressing will keep, refrigerated, for up to 7 days.

Kerby Rotary Shelter

Help us break the cycle of elder abuse

Margaret's Story

Margaret, 77, was admitted to the hospital for routine hip surgery. When it was time for her to be discharged, she begged her nurse to let her stay at the hospital until she fully recovered. Margaret said that the day before her surgery her son yelled at her and slammed doors for hours because he had to drive his mom to various specialist appointments. Margaret didn't understand her son's behaviour considering she paid the rent and most of the bills as her son was unemployed.



Margaret was referred to Kerby Rotary Shelter where she was able to rest and regain her strength in a stress-free, supportive environment. She stayed at the shelter for three months where she received counselling, referral support, access to programs and assistance with housing.

During her stay, Margaret expressed her wish to move out of her son's house. Shelter staff helped her transition to a subsidized senior's facility close to where she grew up.

Margaret's time at the shelter helped her rebuild her confidence and strength so she could live

independently. She is now the process of reconciling with her son through happy and healthy and in

family therapy.

Sadly, Margaret's story is not unique. Many seniors in Calgary struggle with various forms of elder abuse, most often at the hands of someone they trust.

Help us end the cycle of elder abuse and provide comfort and support to vulnerable seniors when they need it most.

Donate today at www.kerbycentre.com/giveanewstart-campaign

Identifying information has been changed to protect the confidentiality of the clients.

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Charitable Registration #11897-9947-RR0001

Indoors or outdoors – delicious all-in-one grilling

Recipes compiled by Winifred Ribeiro

Simplify meal time with these one-dish recipes for tasty breakfasts, flavor-packed lunches, and no-mess dump dinners on your grill!

Make outdoor cooking even easier with a simple, everyday household item: aluminum foil. Simply combine the ingredients into a foil packet and then toss it on your trusty grill. Before you know it, the entire family will be enjoying a delicious and satisfying meal (not to mention, cleanup is a snap!).

Perfect for any type of grill or even over an open campfire, *Grilling with Foil Packets* offers tips and tricks you need to master for foil packet cooking.

Mouthwatering recipes for weeknight cooking and even easier to make ahead.



Zippy Chicken Breast

This very basic chicken packet is delicious on its own but is also good served over foil-packet potatoes or rice made on a side burner or indoors on a stovetop. Other vegetables, such as zucchini or cabbage, can also be made in side packs to dress up the chicken.

Makes 1 serving | **Prep time** 10 minutes | **Grill time** 35 minutes
Rest time 5 minutes

Foil needed: 1 (12 x 9-inch) piece

1 boneless, skinless chicken breast half
1 teaspoon lemon pepper
1/2 cup snapped green beans
1/2 cup broccoli florets
1/4 cup zesty oil-based Italian dressing
1 slice lemon (optional)

1. Lightly spray the foil with nonstick cooking spray.
2. Place the chicken breast in the center of the foil and sprinkle with the lemon pepper.
3. Place green beans and broccoli on top of the chicken.
4. Pour the Italian dressing over the chicken.
5. Place a slice of lemon on top of the chicken and vegetables.
6. Pull the edges of the foil up and seal in a tent fold, with space above the food for steam to collect. Roll up the ends to complete the seal.
7. Grill over medium heat for 35 minutes.
8. Let rest for 5 minutes before serving.

Quick tip: Oil-based Italian dressings can be used to marinate almost any meat, or as a flavor base that also prevents sticking to the foil. Unopened, these dressings do not need to be refrigerated, so Italian dressing makes a good staple for your outdoor cooking kitchen.



Excerpted from *Grilling with Foil Packets* by Cyndi Allison

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Steak Teriyaki with Vegetables

The most common type of restaurant in the United States is Asian. Even my very tiny town of 832 people has a small Chinese buffet restaurant along with fried chicken sold at the gas station. While I enjoy having Asian food always available, I also like to make my own Asian-inspired foil packs from scratch.

Makes 4 servings | **Prep time** 15 minutes | **Grill time** 25 minutes
Rest time 10 minutes

Foil needed: : 8 (12 x 12-inch) pieces
1/2 pound steak (such as rib-eye, T-bone, or filet mignon), cut in 1 1/2 by 1/2-inch chunks
1/2 cup teriyaki marinade
4 red-skinned baby potatoes, cut in 1-inch chunks with skin left on
1 cup broccoli florets
1 small purple onion, cut in bite-size pieces
1 small green bell pepper, cut in bite-size pieces
salt and pepper, to taste

1. Combine the steak chunks and teriyaki marinade in a medium bowl.
2. Add the potatoes, broccoli, onion, and bell pepper. Stir until all the ingredients are evenly coated with the marinade.
3. Divide the ingredients equally among 4 foil pieces. Season with salt and pepper.
4. Top each portion with another foil piece; seal the edges to complete blanket-style packets.
5. Grill for 15 minutes over medium-high heat. Then flip the packet over and grill for an additional 10 minutes.

6. Remove the packets from the grill and let rest for 10 minutes to allow all the vegetables to finish cooking.

Quick tip: You can buy teriyaki marinade, but it's easy to make your own. In a quart jar, combine 1 cup soy sauce, 1 cup water, 1/3 cup brown sugar, 1/4 cups olive oil, and 1 tablespoon Worcestershire sauce. Add ground ginger, onion powder, and garlic powder to taste. I start with 1/2 teaspoon each and adjust if needed. Fasten on the jar lid and shake to blend.



Peaches and Blueberries

I live in peach country and always look forward to the peaches ripening each summer. I eat them lots of ways, but this may be my very favorite. Cooking peaches on the grill smell fabulous—and they taste even better.

Makes 1 servings | **Prep time** 5 minutes | **Grill time** 10 minutes **Rest time** 5 minutes

Foil needed: : 2 (12 x 9-inch) pieces

1 medium ripe peach, peeled and sliced
1 1/4 cups fresh blueberries
1 tablespoon butter
1 tablespoon brown sugar, to taste

1. Lightly coat a foil sheet with nonstick spray and put the peach slices in the center of the sheet.
2. Pour the blueberries over the peaches.
3. Cut the butter in small chunks and distribute evenly over the fruit.
4. Sprinkle the sugar evenly over the top.
5. Cover with the second sheet of foil and seal the edges closed.
6. Grill for 10 minutes over medium heat, or until heated through.
7. Let rest for 5 minutes before opening.

Quick tip: Like most fruits, peaches vary in sweetness depending on the variety, the weather, and when they were picked. If you have very sweet peaches, you may not need to add any sugar. For peaches that don't pack a lot of sweetness, just increase the amount of sugar called for in this recipe.

CLASSIFIED ADS

To place your ad call: 403-705-3229, Fax: 403-705-3211, e-mail: editor@kerbycentre.com

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Starting at \$18.50 (50 characters 2 lines)
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must be received and paid by August 10.



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

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Reminder:
Kerby News
Classified Deadlines

Sept issue—Aug 10
Oct issue—Sept 7

WHEN YOU USE THESE SERVICES TELL THEM YOU SAW IT ADVERTISED IN KERBY NEWS

Seniors scene

Good Companions 50 Plus Club

Good Companions 50 Plus Club is now open on Tuesdays and Thursdays from 10 a.m. - 3 p.m.

We are pleased to offer unique and fun activities to give you the opportunity to meet up with your friends in a safe environment following all safety protocols including safe distancing. Join us for Creative Corner, Drumfit, Bag Lunch & Bingo, Floor Curling and more!

All in-person activities are only \$3.00 for the Summer. Pre-registration required. We have also expanded our virtual programming to five days per week which are free and includes Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Coffee Chat.

Please visit our website at www.gc50plus.org to learn about services and programs offered. We hope you can join us!

August in Fish Creek

I'm a Calgarian!

Have you met some of your wild neighbours? Animals, both large and small, live in and move around Calgary. Deer, moose, bobcats and wood frogs are just a few of the Calgarians that are regularly spotted in and around Fish Creek Provincial Park. Calgary Captured, a wildlife monitoring program, has launched the "I'm a Calgarian" campaign to challenge human Calgarians to learn more about their wild neighbours, and how to peacefully coexist.

As well, we are inviting participants to join the wildlife monitoring team by helping to classify trail camera images by species found. Calgary Captured program partners are the Miistakis Institute, Friends of Fish Creek, City of Calgary, Weaselhead/Glenmore Park Preservation Society, and Alberta Parks, with support from Alberta Ecotrust, TD Friends of the Environment Foundation and The

Calgary Foundation. For more info visit www.rockies.ca/imacalgarian

Join our Growing Group of Fish Creek Provincial Park Protectors!

The Park Protector monthly donor program is one of the most convenient ways to show your support for Fish Creek every day. As a Park Protector - you never have to worry about keeping your donations up-to-date and you will get just one tax receipt a year. You will receive monthly updates on Friends activities so you can keep up with the good work your donations are supporting! For more information please visit <https://friendsoffishcreek.org/park-protector-signup>

Wellness Programs this August

Yoga Meditation - Igniting the Fire Within - Tuesday, August 18, 7:00 - 8:30 p.m.

Instructed by Naomi Parker. We will be working in a new moon cycle, and taking a moment to understand what your heart's deepest desire is. Our yoga practice will be centered about our third chakra (Manipura).

This is where we start our own fire within to motivate and pursue our wildest dreams. In order to go after our dreams we need to be confident and empowered to do so. <https://friendsoffishcreek.org/event/yoga-fire>

Self care series - Reset, Renew, Recharge - Wednesdays, August 5 and 26, 6:30 - 7:15 pm

Join Divya Singh, Meditation Instructor at the Art of Living Foundation for free online guided meditations.

Using evidence based tools like breath work and meditation, Divya will help you dive into key aspects of self-care and empower you to create a personal wellness roadmap. Every session will explore a different theme.

<https://friendsoffishcreek.org/programs/wellness-clinics>

Throwing your mask away

by David Darnielle

The views expressed in this op-ed do not necessarily reflect the views or policies of the Kerby Centre as an institution.

Allow me to be perfectly clear: the mask in the title of this piece is a metaphor.

As for the face coverings recommended by everyone from our local health experts to the World Health Organization, keep those on and handy.

Much sound and fury has been made recently over these masks in the news.

Some folks even ended up protesting the very concept of masks here in Calgary earlier in July.

I, myself, have been wearing one when I'm around others since around March. I've worn them before for a multitude of reasons.

Are they uncomfortable? Absolutely.

However as far as discomfort goes, I'd take a mask over a ventilator any day of the week; any month of the year.

With the advent of social media though, we get to see what all sorts of folks would prefer.

I've seen everything from people saying the masks fill them with panic and claustrophobia — a potentially legitimate concern — to how the entirety of COVID-19 is a farce which will end with Bill Gates inserting tracking microchips inside of us.

The irony of a person posting fears of digital tracking while on Facebook — a platform that gathers and compiles personal information national security agencies could only dream of — is not lost upon me.

But, there have always been those people out there who've believed in less reputable concepts.

I'd like to show even one person who rallies against vaccines the terrifying visage of those infected with polio less than a century ago if I think it would change their minds at all. But, in truth, many have their minds made up.

This piece is not for them. This piece is for those who may be on the fence or even slightly seduced by the anti-mask

scaremongers.

Do not throw your mask away.

I wasn't planning on engaging with this subject in my writing. I would have much preferred to write on my original topic: a love-letter to nursing staff in this city, who's despite being soul-weary and body-tired, see citizens at their most terrified, weak and worried.

These nurses stand in the fires of crisis without fear of being burned. It's a noble profession and I would have loved to extol their virtues and sing their praises.

However, a particular comment online filled me with such apoplectic rage, I felt like I was attending the funeral for the death of decent discourse.

Someone had likened the recent bylaw introduced by the City of Calgary to the Holocaust, attempting to connect, in some hackneyed and inaccurate way, that wearing masks to protect the more vulnerable would be to act similar to the reprehensible Nazis of the mid-20th century.

I no longer feel anger with this person. Rather, I feel only pity that they must hold such toxicity in their heart, such a cloud of confusion or chaos in their mind, that they could possibly liken wearing an uncomfortable cloth mask with the fascist murder of millions.

These people, however, exist. Whether it is a mask of anger, of fear or of ignorance that they wear to justify such views, I ask them: throw your mask away.

Rather, it was during this time earlier in the 20th century when our greatest generation chose their own personal discomfort in order to do the right thing by all.

We are at our strongest when we band together under a common banner, united by good policy making and sound science.

I will not argue the science, but I beg those around me to watch with a critical eye information you consume.

The Centre for Disease Control, the World Health Organization, our own provincial doctors and medical staff: for so long, we were happy to take their advice when it came to the com-



Photo courtesy of Anshu A. Accessed on Unsplash.

mon cold, broken arms and limbs, and as far as life-saving treatments for cancers and other conditions.

Yet now, when we are asked of a minor discomfort, we would rather turn to an online video shared through social media, with weak sources and strong agendas, when in the past we'd have been happy to trust our professionals with our well-being?

The only thing that has changed with the messaging our doctors and researchers pass onto us now is that it requires an onus of action.

A year ago, we would be happy to nod and agree when we'd take a course of antibiotics to cure our lungs of infection, but now when the recommendation asks of us to protect others, we hem and haw and holler?

Again, this does not apply to those with legitimate conditions for not wearing masks: but there

are too many who'd use it as an excuse to exercise their right to be a danger to others.

Yes, a seatbelt may be uncomfortable, but so is a full-body cast; in the same way, a mask may be uncomfortable, but so too is a ventilator. Here we see the comparison: legislation, only on the threat of fine, to modify the behavior of the many because sometimes common sense is not so common.

Older folks may remember similar hemming and hawing over legislation of seatbelts, but now the customary click to secure ourselves and our loved ones is subconscious. And it keeps us safe.

Now we have the same sort of discourse, but with a much more terrifying prospect if our common-sense regulations are not adhered to: a seatbelt protects an individual, but a mask protects society.

With cases ramping

up across Alberta in July and our children expected to return to school come September, what will you choose?

With our economy attempting to recover and businesses just now opening and finding footing, the threat of another prolonged shutdown looming if cases of COVID do not cut?

Will you take discomfort upon yourself to act in the common good, as recommended by our medical and scientific professionals?

Or would you rather wear another type of mask: the one characterized by fear, self-righteousness and an attitude of "my right to be comfortable supersedes the safety of society."

Please. I ask of you: throw away that mask.

For the benefit of the economy; for the health of our children and seniors; for the continued safety of our province: throw away that mask. ▲



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities



Kerby Centre Is Welcoming You Back, By Appointment!

Effective July 6, Kerby Centre has begun offering some in-person programs and services, available by appointment. For up-to-date information, or to book an appointment, please visit www.kerbycentre.com or call 403-265-0661

Our Wise Owl and Next to New Shops remain temporarily closed to the public

Join Us For Our Free Kerby Centre Online Health & Wellness Series

Visit www.kerbycentre.com for further details



The Unique Acapella Musical Stylings Of Marty Antonini

Tuesday, August 4th
10:00 to 11:00 am

Join Us For An Online Zoom Presentation as renowned actor and musician, Marty Antonini, shows us how he created and produces his innovative and unique acapella musical stylings featuring old standards and musical favorites like the Beach Boys, Broadway tunes and more!

FREE - Register at Eventbrite
<https://kerbypresentsmartyantonini.eventbrite.ca>



Tuesday, August 18th
10:30 - 11:30 am

Memory, and How it Changes With Age

Presented by
Cameron M. Clark, PhD, R.Psych.

Clinical Neuropsychologist - www.sharpthinking.org

Discover the basics of memory, the various types of memory and how the aging process impacts each. How much forgetting is normal and what can we do to maximize our memory abilities

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SAVE THE DATE

September is Alberta Arts & Culture Month

Join us as we will celebrate all month long with online presentations and event surprises featuring:

- Our diverse Alberta history and culture
- Art, Food, Music, Dance & Poetry

For details, pick up the September issue of Kerby News, visit www.kerbycentre.com or email colleenc@kerbycentre.com

A Group For Mature Jobseekers

Join Us For Our Informative Zoom Online Presentations



- August 4th **Resume Writing**
 - Information and guidance on writing a customized resume
 - How to write a resume based on the latest Canadian Labor standards
 - Essential components of a resume and what makes it effective
- August 11th **It's Part of The Job Search - Facing Rejection**
- August 18th **How To Narrow Down Your Career Choice**
- August 25th **Interviewing During Covid**

Please note: Zoom Meeting Links will be shared on the Options 45 LinkedIn page and via email prior to the presentation date.

For more information phone 403 705-3246

KERBY CENTRE IS SEEKING: INDIVIDUAL & GROUP DELIVERY VOLUNTEERS FOR A 7 WEEK SENIORS MEAL DELIVERY PROGRAM

- Aug 24th - Oct 9th, 2020 (excluding Sept 7th)
 - 1 day/week commitment
 - Meal pick-ups are Mon - Fri between 10am - 1pm
- Contact Lauren Riley
for more information or to apply
403-705-3177
lauren@kerbycentre.com



Do you still need to file your Income Tax !?



Kerby Centre has begun offering in person tax preparation service for seniors 55+ and AISH clients, strictly by appointment.

Please Note: Income limit is \$35k per year single or \$45k per couple (combined income). We do not prepare tax returns for self employment or business/rental income, capital gains/losses/bankruptcy.

To schedule your tax appointment call the Kerby Information Office at 403 705-3246

KERBY EDUCATION & RECREATION AUGUST ZOOM CLASSES

For further details on these programs and upcoming workshops (such as Storytelling & Creating a Pollinator Garden) please contact Education & Recreation at 403 705-3233 or email karis@kerbycentre.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY FITNESS 10:00 - 11:00 AM SPANISH CONVERSATION 1:00 - 2:00 PM	ESL 10:00 - 11:00 AM INDIGENOUS STUDIES DISCUSSION GROUP 12:30 PM - 1:00 PM TAI CHI 1:00 - 2:00 PM OPTIONS 45 1:30 - 2:15 PM	MEN'S SHED 11:00 - 12:00 PM SEATED YOGA 1:00 - 2:00 PM	ZUMBA 10:00 - 11:00 AM EXPRESSIVE ARTS 1:00—2:30 PM	MUSCLE STRENGTH & CORE BALANCE 9:30 - 10:30 AM YOGA FOR YOU 11:00 - 12:00 PM FELDENKRAIS 1:00 - 2:00 PM

Young trailblazers at camp fYrefly

The Rainbow Elders Calgary (REC) group was invited again to connect with Camp fYrefly (Canada's only national leadership retreat for lesbian, gay, bisexual, transgender, two-spirit, asexual, queer, questioning and allied youth).

Camp fYrefly began in 2013 and provides a space for youth to explore their identity, build resilience and enhance self-esteem. Due to the Covid-19 pandemic, the Centre for Sexuality committed to creating an online and remote option to their participants. Rainbow Elders are always appreciative of the opportunity we have to connect with our LGBTQ2S+ youth.

Hilary Mutch, the LGBTQ2S+ Community Engagement Coordinator for Camp fYrefly, put together the online workshop to connect the Rainbow Elders and the youths at Camp.

We were able to connect via Zoom meetup. This way of meeting has become the new "normal"

for meetups these days. Besides a few technical difficulties, the meeting proceeded on July 12 at 5 pm. Five members of the Rainbow Elders and 12 youths were able to attend.

The mediator used "Flippity" to input questions that participants provided before the meetup. It converts them onto an online wheel that is spun to initiate discussion.

We had many lively discussions with the youths. I believe they were able to discuss their feelings about a variety of topics.

It was a lively discussion but was over way too soon. The restrictions of online meetups were evident by the time constraints. Hopefully next year we can meet again in person.

Some Rainbow Elders wrote a few words about their experience. One participant wrote, "For the fYrefly youth who joined us — Thank you for making us feel welcome — and listened to. I really appreciated how you took the time to explain how you felt

about the topics raised. We were pleased at how well we managed to relax and share our thoughts without worrying about being 'aliens' in your world".

Another member wrote "The deep sense of joy and wonder I experience every time I meet the young folk of Camp Fyrefly is quite humbling for me, for they are living their lives according to their own rules and doing what I only dreamed of doing when I was their age exploring and expressing their authentic gender identities.

The fact that they accomplish this in a world that continues to be not particularly welcoming to their existence truly makes them pioneers: brave explorers traversing lands most have never heard of and claiming these for their own.

Those of us transgender folk who audaciously bet against the overwhelming odds of our day and affected our own transitions know well the courage these youths must have and seeing our diverse spirits

mirrored in these young people, we cannot help but reflect on what could have been; what should have been for us, had society in the 50s, 60s and 70s not been what it was.

That said, any regrets we may have carried into the meeting with the Fyreflies, seemed to become less burdensome as we came to know them, no doubt in the realization that these young souls are living proof that what we dared to do, as the earliest pioneers, actually may have made a difference in the world after all.

Then I asked myself, what could these wonderful, bright angels, who have the sum of human knowledge at their fingertips, possibly learn from us? I was soon to discover that times had not changed as much as I had thought and that familial acceptance and inclusion remains a very high priority with them.

I know for a fact that transgender and gender diverse youth experience heartache and great depres-

sion when their parents are not supportive of their decisions in this regard, and it was obvious that this lack weighed very heavily on a few of their minds.

I thought perhaps it may help if I related how my parents were in extreme opposition to my gender exploration and declaration at first and how they eventually came around and finally supported me. Well, this was exactly what they needed to hear, and one even thanked me for the optimism and hope they felt from my words.

So, if you are a grandparent (and if you're reading Kerby News, chances are...) and your grandchildren are transgender, non-binary, gender diverse, gay or lesbian, feel free to fully support and encourage them (and convince their parents to do so as well) and I promise you, those kids will never forget it. ▲

Submitted on behalf of the Rainbow Elders

FALL
PROGRAM
INFORMATION

Education & Recreation

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Hello Everyone!

Our programs are looking a little different this fall...change is certainly in the air! We are making a gradual return with our programs, and information on registration and fall course listings will be available on our website starting August 24th. or by calling our office at 403-705-3233. We look forward to continuing to provide you with opportunities to stay active, engaged & connected, whether it be online or in person!

Kari Stone Manager of Education & Recreation

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must be received and paid by August 10.



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12 Home Care
13 Mobility Aids - none
20 Home Maintenance
24 Landscaping
26 Services
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48 Real Estate- none
50 Relocation Services

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

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Reminder:
Kerby News
Classified Deadlines

Sept issue—Aug 10
Oct issue—Sept 7

WHEN YOU USE THESE SERVICES TELL THEM YOU SAW IT ADVERTISED IN KERBY NEWS

Seniors scene

Good Companions 50 Plus Club

Good Companions 50 Plus Club is now open on Tuesdays and Thursdays from 10 a.m. - 3 p.m.

We are pleased to offer unique and fun activities to give you the opportunity to meet up with your friends in a safe environment following all safety protocols including safe distancing. Join us for Creative Corner, Drumfit, Bag Lunch & Bingo, Floor Curling and more!

All in-person activities are only \$3.00 for the Summer. Pre-registration required. We have also expanded our virtual programming to five days per week which are free and includes Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Coffee Chat.

Please visit our website at www.gc50plus.org to learn about services and programs offered. We hope you can join us!

August in Fish Creek

I'm a Calgarian!

Have you met some of your wild neighbours? Animals, both large and small, live in and move around Calgary. Deer, moose, bobcats and wood frogs are just a few of the Calgarians that are regularly spotted in and around Fish Creek Provincial Park. Calgary Captured, a wildlife monitoring program, has launched the "I'm a Calgarian" campaign to challenge human Calgarians to learn more about their wild neighbours, and how to peacefully coexist.

As well, we are inviting participants to join the wildlife monitoring team by helping to classify trail camera images by species found. Calgary Captured program partners are the Miistakis Institute, Friends of Fish Creek, City of Calgary, Weaselhead/Glenmore Park Preservation Society, and Alberta Parks, with support from Alberta Ecotrust, TD Friends of the Environment Foundation and The

Calgary Foundation. For more info visit www.rockies.ca/imacalgarian

Join our Growing Group of Fish Creek Provincial Park Protectors!

The Park Protector monthly donor program is one of the most convenient ways to show your support for Fish Creek every day. As a Park Protector - you never have to worry about keeping your donations up-to-date and you will get just one tax receipt a year. You will receive monthly updates on Friends activities so you can keep up with the good work your donations are supporting! For more information please visit <https://friendsoffishcreek.org/park-protector-signup>

Wellness Programs this August

Yoga Meditation - Igniting the Fire Within - Tuesday, August 18, 7:00 - 8:30 p.m.

Instructed by Naomi Parker. We will be working in a new moon cycle, and taking a moment to understand what your heart's deepest desire is. Our yoga practice will be centered about our third chakra (Manipura).

This is where we start our own fire within to motivate and pursue our wildest dreams. In order to go after our dreams we need to be confident and empowered to do so. <https://friendsoffishcreek.org/event/yoga-fire>

Self care series - Reset, Renew, Recharge - Wednesdays, August 5 and 26, 6:30 - 7:15 pm

Join Divya Singh, Meditation Instructor at the Art of Living Foundation for free online guided meditations.

Using evidence based tools like breath work and meditation, Divya will help you dive into key aspects of self-care and empower you to create a personal wellness roadmap. Every session will explore a different theme.

<https://friendsoffishcreek.org/programs/wellness-clinics>



Letter to the Editor

To the constituents of Calgary Midnapore,

Restrictions have loosened, many businesses and public places have been able to re-open, and life is starting to feel a little more normal. For this, I am thankful. We have been through a lot, and like true stalwart Albertans, we have worked diligently together to move forward.

That being said, we must prepare ourselves for the challenges that lay ahead. We do not know what the full impact of the COVID-19 pandemic will be and how it will affect us individually.

This is a time of extreme uncertainty, which is deeply concerning to me as a Member of Parliament, a mother, and a Canadian.

Canadians need information in order to plan for their families' futures and the government has yet to provide us with an adequate forecast, or any semblance of a plan to help Canadians get back to work or to restart our economy.

I will continue to look for solutions to the issues that we're facing here, in Calgary Midnapore.

I encourage you to remain vigilant; taking proper health precautions as you visit with friends, families, and neighbours for BBQ's and other fun summer occasions. Please also take care of your mental health. There is a lot of negativity and divisiveness out there, and it can be a lot to carry on top of your other responsibilities and stresses. Take time for yourself, be patient with

others, and don't be afraid to ask for help if you need it. The Mental Health Help Line is: 1-877-303-2642.

Sincerely,
Stephanie Kusie
MP, Calgary Midnapore

Letter to the editor from Stephanie Kusie of Calgary Midnapore. Photo courtesy of Philip Davis, accessed on Unsplash.

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IN MEMORIAM

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

- Elizabeth (Betty) Jack
- John Lamb
- Paul Eli Viney
- Raymond Huard
- Ritva Rikkonen
- Rolande Parel

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.



Kerby News is FREE because of the companies and people who advertise in the publication. Whenever possible please support these companies, businesses and individuals that support us.

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Thank You

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Kerby News Business and Professional Directory

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

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