

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

December
2020

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Santa's elves are hard at work!



With the holidays looming, lots of folks are looking to buy from and support local businesses. Folks are using #SupportLocalYYC as they do their shopping and even those at the Kerby Woodworking shop are getting into the spirit of locally made goods. Those looking for some additional holiday cheer can read our monthly columnist, David Darnielle, discussing the holidays on page 6.

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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 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."

"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."

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At Kerby Centre, we will always persevere



Larry Mathieson, CEO.

As I write this, I'm not sure whether we're heading into a second wave or on our way out of it.

Hopefully, it's the latter.

I realize that COVID-19 has not made your life better or easier. There are likely friends and fam-

ily members you have not seen for a while or as often as you would have liked to. We have decided that our theme for Kerby Centre this month is "persistence." Calvin Coolidge said something extremely striking on the subject of persistence.

"Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent are. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

We have decided that no matter what this pandemic or the economy throws at you, or

at us, we will persist in finding new ways to support and create a community for our members and our users.

Whether we need to social distance, use online tools such as Zoom, or hold programs outdoors under the glow of propane heaters; we will continue to offer outreach, classes and support groups.

Last month was a first for the Kerby Centre as we did not hold our annual Remembrance Day celebration in our auditorium. Instead, we ran it virtually.

In 2019 our ceremony hosted more than 250 families and friends. This year, we did not feel having even 25 people in our gymnasium was the right thing to do for our members

and volunteers. But we also knew for our members and our community we needed to honour the day.

When you think of persistence you also have to think what if our military or our fallen heroes had not "persisted" on our behalf?

We are not planning on letting this situation stop us from supporting our community.

You can count on our volunteers and our staff finding new and creative ways to persist, though out this pandemic.

Keep reading Kerby News, checking our website and our social media, we will continue to provide you ways to connect with other members of our Kerby Community.

DECEMBER 2020

KERBY CENTRE'S MISSION:

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

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Keep safe and stay connected



Richard Parker, President.

December is traditionally a busy time of year with lots of activities going on, such as school concerts, community fairs and family gatherings.

These often create opportunities to connect with people we've not seen for a while. This December will be different because of COVID-19 restrictions on many of our traditional gatherings and activities.

While we need to social distance, it doesn't mean we don't need social connections; it just means we may need to connect in different ways, some of which may require a little more effort.

Here are some ideas to get you started:

•If you traditionally send a card to friends just saying "Seasons Greetings," take a little extra time to include a few words or even a let-

ter about whatever it is you would normally have a chat about.

•Pick up the phone and call someone you haven't talked to in a while, even just to ask how they are doing. Make an extra effort to do so to people who live alone or cannot get out of their home easily. During the initial lockdown back in March and April, Kerby staff and volunteers spent many hours calling seniors who were locked-in, just to say "How are you today?" We could tell from the voices on the other end that these calls were very much appreciated — and in some cases — were an eagerly awaited highlight of a person's day.

•If you're connecting with your family or friends via Zoom, ask yourself: is there a friend who lives alone who we could invite to join our session? It's amazing how many people have learned to use technology and would appreciate the opportunity to connect with others this way.

•If you like to read with children, contact the family of a young person you know and say "I love to read, can we read together over Zoom or on the phone". I love reading with my youngest grandson this way. Your local public library would be able to help you choose

appropriate stories.

•When you are out for a walk and you see someone standing in a window or on a porch give a friendly wave or say, "Hi, how are you today?" It's amazing how a small neighbourly act might improve someone's whole day!

•Look at the range of upcoming programs Kerby has to offer, available here on page 28. Many of these are offered over Zoom. Perhaps you and a friend could join one together and stay connected that way.

Taking the time to connect with others during this pandemic will help everyone. You will feel better and others will appreciate it as well.

Let me close this message by wishing you all the very best for this holiday season, however you may choose to celebrate it.

And most importantly, remember to connect with your friends and family by taking whatever means you can to say: "we may not be able to physically spend time together this year but I am still thinking of you at this special time."

On behalf of the volunteers, staff and board of the Kerby Centre: season's Greetings, keep safe and stay connected.

Albertan research shines light on dementia and Alzheimer's



Dr. Athan Zovoilis and his team recently published breakthrough research on the subject of neurodegenerative diseases. Graduate students played an important role in this research. Bottom row, left to right, are Luke Saville, Chris Isaac and Yubo Cheng. Top row, left to right, are Travis Haight, Cody Turner and Liam Mitchell.

By Andrew Glen
McCutcheon

University of Lethbridge researchers have shed some light on the complex processes behind dementia — potentially leading to better understanding and treating the debilitating condition.

Genome scientists at the U of L, led by Dr. Athan Zovoilis, were recently published in a prestigious biomedical journal called “eLife” as part of work

done at the new Southern Alberta Genome Sciences Centre. It approached unresolved questions regarding a set of biological particles known as “SINE non-coding RNAs.”

These particles are known as the “dark matter” of human DNA, and have recently discovered to be an important part in the function of our bodies’ cells. The research done by Zovoilis and his team have shown these particles are connected to neurodegen-

erative conditions such as Alzheimer’s disease and dementia.

“These RNA molecules are integral parts of the function of healthy brain cells,” said Zovoilis. “However, in Alzheimer’s disease, [these RNA molecules] become over-responsive, creating a vicious circle that, instead of the protecting the human brain, finally leads to death of brain cells.”

“Finding a way to bypass this vicious cycle

is vital for finding ways to delay or even prevent the development of this disease.”

Alzheimer’s disease is the most common cause of vital decline in older adult populations. More than 44 million individuals currently live with Alzheimer’s or comparable dementia across the world and costs related to its treatment and effects are in the excess of \$12 billion in Canada.

Some treatments exist to treat and improve the

symptoms of neurodegenerative conditions, but these effects are either temporary or only slow the process of its effects. Currently, no cure or way to reliably detect early risk indicators for Alzheimer’s exists and the underlying causes are still unclear.

The study conducted by Zovoilis and his team use technologies that can “read all the pages of DNA” like a book in a matter of hours, and are used to focus on the complex and voluminous amounts of information encoded into human genetic material.

“Our results have revealed the broad role of SINE RNAs in molecular pathology in the brain,” Zovoilis said. “This has significant implications for conditions such as Alzheimer’s disease.”

The research continues as the team now aims their research and their findings in human patients in further studies. This additional study, along with the original one that revealed these findings, were in part funded by the Alberta Prion Research Institute and the Alzheimer’s Society of Alberta and Northwest Territories.

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Let your heart be light

By David Darnielle

Christmas and the holidays are here. And with it the regular host of events, traditions and festivities.

Is what I would be saying if there was anything regular about this year whatsoever.

But we will make do with all the small little celebrations we can. We will take the good with the bad, as folks have for centuries past.

There are always bad parts to the holidays, of course. We may remember “around” the bad bits like we eat around the frozen parts of the holiday ham our familial chefs may have not quite cooked to fruition.

I know, for myself, that there are certain as-

pects to the holidays that make me sigh in frustration and angst every single year.

The majority of which have to do with Sir Paul McCartney’s “Wonderful Christmastime.”

We will take the good with the bad as folks have for centuries past.

If I were given the opportunity, I could write an entire column just devoted to my single-minded hatred of the so-called holiday classic.

Paul McCartney may be one of the founding members of the most popular rock band of all time, but his karmic balance has equalled out to neutral with the release of this saccharine, soulless holiday cash-in.

Everything from the off-kilter children’s choir to the yawn-inducing melody; the thoughtless repetitive singing and the absolutely infectious — in the worst way — chorus.

I digress but truly: whenever I hear the opening notes, it just reminds me of all the

things I can’t stand about the holidays.

I’m no grinch, though. I promise you that. But I’ve always noticed — even beyond the seasonal songs from former Beatles bandmates — there is an air of melancholy and heartbreak to the holiday season.

Another Christmas song, one leagues better than Sir Paul’s travesty, touches upon it quite well.

“Have Yourself a Merry Little Christmas,” always fills me with a touch of an emotion I can’t quite place. If I had to put words to it, I’d call it a warm sadness.

Judy Garland’s version is a personal favourite and I recommend giving it a listen, perhaps even as you read this.

It’s the feeling that, despite our best efforts, the time that is supposed to be bright and cheery seems so difficult to obtain; that it’s just barely out of reach.

So what’s the average holiday fan to do? Especially with a year that has been filled with so much strife.

The best thing I can recommend is to embrace the sadness and the melancholy when it comes. Sometimes not being okay is, in fact, okay.

Putting so much pressure on making holidays perfect when we are, ourselves, imperfect beings

living imperfect lives is a sure way to drive yourself batty.

Take deep breaths and unclench your jaw. Relax your shoulders and sit up straight if you can.

Remember that there will be good holidays and there will be less-than-good ones, and the world has seen itself through both and come out the other side.

Take great pleasure in small things: a Christmas cookie and a cup of peppermint tea; holiday songs and long phone calls with old friends; remember the best holidays you’ve ever had and think about all the people in the world who you adore, and remind yourself that they adore you right back.

Even if they aren’t around to tell you that: they do.

We might not get the

But even if we are by ourselves, we are never alone.

chance to be together. It depends on what the fates allow, this season more than previous ones.

But even if we are by ourselves, we are never alone. We can still cling tightly together and remember the most important part of the holidays is our belief; the belief that the coldest, darkest days are important.

They are important not because they are cold, but rather they remind us that no matter how cold it’s gotten before, sun and spring and blooming flowers are only a season away.

Remind yourself of that believe and cling tightly to it. Cling tightly to those that are nearest and dearest to you.

And hope against hope that next year? All our troubles will be miles away.

Happy holidays and Merry Christmas.



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Girl Guide cookies donated to local seniors



By Andrew Glen
McCutcheon

Some folks might not think having 100 boxes of Girl Guide cookies lying around would be a problem requiring a solution — unless that solution involves a tall glass of milk.

But when local guide leader Laura Istead found herself with 16 cases — over 100 boxes worth — it was the result of unfortunate happenstance.

“We received the cookies before the shut down and were supposed to get them back to the main district office,” said Istead, who leads both a group of Brownie and Sparks Girl Guides.

However, one mix-up and some minor miscommunication and Istead was left with a heck of a lot of cookies. Since COVID-19 had shut down the normal method of selling to the public, the majority of Girl Guide cookies had been distributed to participating

grocery stores to be sold on behalf of the organization.

So now what was Istead to do? The chance to get them back had passed, it was the end of the summer and those boxes were still lying around!

Istead did what many others do when faced with a seemingly insurmountable problem: she turned to the internet.

“I went on Facebook and said ‘Hey, cookies for sale! But if anyone wants to gift them to a senior in the Calgary community, I’ll include a homemade card.’”

The response was overwhelming; folks came in droves to not only help with Istead’s little cookie problem, but also to help donate those delicious sweets to older adults locally.

At the start of November, 100 handmade cards and over 100 boxes of cookies were given to the Kerby Centre for distribution.

“While we can’t meet [with older adults], we’re trying our best to bring the joy that we can,” Istead said. “We’re finding ways we can build connections with the community.”

Istead’s next project? She and her squads are making hundreds of crafts for several assisted living facilities in SE Calgary.

“Hopefully these kinds of projects, cookies, and cards, and beads, teach the young people values and that everyone in our community is important regardless of their age,” she said.

In addition to bringing a small bit of joy to older folks in the community, Istead said that it’s having a positive effect on the youth and their families who participate.

“I think for the littler [sic] kids, it’s tough,” she said. “They are feeling residual effects from the stress... they might be young, but the impact is not lost on them.”

With projects like the current crafts being created, Istead said it’s something for the youth and their families to work on together, giving kids something to focus on and work towards even as other recreational activities are being canceled.

“We try to remind that there’s a lot of people out there, there are lots of things we can do, they don’t have to be big or fancy, and that planting the seeds are still worth it.”

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Research aims at vaccination priorities



By Shannon MacDonald

Canadians will get their say on who they think should get any COVID-19 vaccine first, thanks to a research team led by the University of Alberta's Shannon MacDonald, assistant professor in the Faculty of Nursing. Canada's National Advisory Committee

on Immunization (NACI) has just unveiled its list of priority recipients (click Recommendations). Priority groups include health-care workers, people in long-term care, teachers, transit workers and those with chronic conditions.

MacDonald's team will issue a national survey to find out what Canadians think

about the list, part of a COVID-19 rapid response research project funded by the Canadian Institutes of Health Research.

"Our survey will ask people in the prioritized groups whether they even want to get the vaccine first," said MacDonald. "If you plan to give it to X group first, but X group has no intention of get-

ting it, then your plan is not going to unfold how you anticipate."

MacDonald expects a viable vaccine to be available by next summer, but she pointed out that supply will be limited and it will take months before public health protective measures will be eased and life can return to "normal."

According to MacDonald, deciding who gets vaccine access first is just one of the tasks facing the Canadian health-care system as it prepares to carry out the largest immunization campaign in our history.

There are 45 vaccine candidates in some stage of clinical evaluation around the world, and hundreds more in development. They all hope to be one of the first to show they can prevent infection by the deadly virus, which has killed 1.2 million people and infected more than 47 million global-

ly to date.

MacDonald pointed out there can be a big difference between efficacy in the controlled environment of a clinical trial and real-world effectiveness.

"When you are developing and testing a vaccine, you must measure efficacy in healthy patients who are all within a certain age range in order to get a licence," she said. "That shows how well the vaccine works in a perfect scenario."

"However, many factors can impact real-world effectiveness," she said. "For example, if it ends up being a two-dose vaccine and you get only one, or you get them too close together or too far apart."

MacDonald also noted the unfortunate irony that those who are older or have compromised immune systems, and are thus most vulnerable to severe COVID-19 disease, are also most likely to have a poorer response to a vaccine.

MacDonald said national governments will have to make the judgment call about whether a vaccine is effective enough.

"In part it will depend on your expected uptake," MacDonald said. "If you think you're only going to be able to vaccinate half the people, then you really need the vaccine to work well in order to achieve a population-level benefit."

The Canadian government has committed \$1 billion to purchasing deals with a handful of international pharmaceutical companies that seem to be at the front of the pack in the race to produce a safe and effective vaccine. It has also sent \$440 million to the international COVAX initiative, which is meant to ensure that no matter which country gets the breakthrough first, the resulting vaccine gets shared equitably around the world.

Continued on page 21.



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Making tracks: Hiking and snowshoeing brings people together outdoors

By Lesli Christianson-Kellow

“Winter’s long. Embrace it, don’t hate it.”

Those are the wise words of 64-year-old Andy Dragt, founder of Slow and Steady Hikers in Calgary. Dragt escapes the city as often as he can, even in the winter. I interviewed him over the phone last month. I was curious to find out more

about the popular hiking club and to get his take on one of my favourite winter activities - snowshoeing, which is basically hiking with snowshoes.

“We did a hike last week up Grizzly Peak, it was a steep little bugger of a hike with patchy snow.” Dragt says. “My advice, you want to pace yourself, if you can’t hold a normal conversation

on the trail you’re going too fast. If you’re gasping you should just slow down a little, where you’re going is going to be there, it isn’t going anywhere. I’ve done the tortoise and the hare game and the tortoise usually wins.”

There was a time when Dragt belonged to a competitive hiking group. He and the other members would rush up and down a mountain, rarely stopping to take in the beauty that surrounded them. Eventually Dragt realized that he didn’t enjoy the competitive pace anymore. At his wife’s suggestion, he created his own hiking group.

Dragt started by posting a few hiking events on Meet-up (a platform where events are arranged to unite people with similar interests).

“I thought Slow and Steady was a great name for the club.” said Dragt. “I thought if I could get a bunch of like-minded individuals of different abilities together, and then work on encouraging our own speed. The philosophy of the hiking club is that we do it at a slow and steady pace. We take time to smell the roses. It’s not a race to the summit. We’re in the mountains after all. What’s the hurry to



Andy Dragt on Grizzly Peak in Kananaskis, photo courtesy of the author.



The writer snowshoeing at Chester Lake, photo courtesy of the author.

get back home?”

Slow and Steady Hikers has become a popular outdoor club in Calgary. With over 11,000 members, people can walk, hike, snowshoe and take part in a multitude of other activities while enjoying nature and, of course, the mountains. Events are scheduled every week on the Slow and Steady Hikers Meet-up page.

The corporate headquarters of Meet-up located in New York reached out to Dragt to let him know that the Slow and Steady Hiking Club is one of the most prolific Meet-up clubs they have. Dragt says that this is partially due to the fact that Slow and Steady has 179 organizers. Dragt has trained interested members and delegated the role of organizer for hundreds of outdoor events, which has helped to support and grow the membership.

The best part of the club is that people of all strengths and abilities can participate. There’s opportunity to meet and make connections with others looking for the same type of experiences.

“We do everything from walking in Fish Creek Park to climbing big mountains.” says Dragt. “People find us through Meet-up or Facebook. I saw a trend right from the start, two thirds of the club is made up of women and the members of the club range in age from 40 to 80-years-old.”

“We went on this one hike and there were members in their 70s & 80s and they left us in their dust.

They weren’t even getting winded. Some of these people have been doing this for 40 years. Age is not a barrier.”

Slow and Steady has an Introduction to Snowshoes program. Participants learn about proper gear and clothing, how to handle an emergency and how to become a competent snowshoer. Dragt says it’s all baby steps. The beginner program starts out with really easy trails, with lots of stops, lots of talking and by the end of the program, you become comfortable snowshoeing.

“One of the selling points of snowshoeing is that we have six months of winter, at a minimum. It’s awesome - it extends your hiking season to all year, just add some snowshoes. It’s such good exercise, and it makes you a stronger hiker.” Dragt says, “Plus, the mountains in the winter are just beautiful.”

“We can be in the mountains in awful weather and we’re like ‘wow this is so much better than being in the city.’” Dragt says. “I’ve done Chester Lake 100 times, it’s one of our snowshoe go-tos, and every time it’s still beautiful.”

Dragt says he usually starts snowshoeing in December in Banff and Kananaskis. Areas Dragt recommends for snowshoeing are Rummel Lake, Sawmill Snowshoe Loop, and Hogarth Lakes Loop Snowshoe Trail.

Into the forest I go, to lose my mind and find my soul - John Muir

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 **SILVERA**

To all Albertan older adults and the children and caregivers of older adults:



Photograph courtesy of Sheggo Laker, via Unsplash.com.

This message is from the Calgary chapter of the Canadian Association of Retired Persons (CARP), “A New Vision for Aging.” We are Canada’s largest advocacy association for older Canadians and, among other things, we promote equitable access to health care, financial security, and freedom from ageism.

CARP Calgary is petitioning the Alberta Provincial Government to reinstate the Seniors Advocate Office. In 2016 the first permanent Seniors Advocate, Sheree Kwong, was appointed. But it was not enshrined in legislation, so at the end of December of 2019 the current government did not renew the ministerial order that had created the Office.

Alberta has seven other advocate offices, all created via legislation, so they are not easily discontinued. Currently, older adult health issues are handled through the Health Advocate. As we all know, health is only a part of the issues older adults face in Alberta. Housing, financial challenges, abuse, isolation, food security, and many other issues face older adults in Alberta. While the Seniors Advocate Office was in place, they looked after more issues than the other four health related Advocates.

CARP Calgary is gaining support on this

issue from many seniors’ organizations in Alberta as well as some MLAs. We are also working with CARP Chapters in Saskatchewan and Manitoba as well as our National organization on this issue. British Columbia already has a Seniors Advocate, and if we are successful in all of the three provinces, we will have a very strong voice in Western Canada.

If you support this proposal, please contact your constituent MLA and talk to them about the need for a Seniors Advocate Office. Phone calls are going to be the most effective way of pressuring the Alberta Government on this issue. Now is an opportune time for this, as COVID-19 has highlighted many of the issues older adults face (social isolation, abuse, lack of protection from contamination to name a few).

Please consider using the points below when speaking with your MLA. And if you have any related personal stories where the Seniors Advocate Office would have helped you, please do share those with your MLA.

1.
A Seniors Advocate helps older persons, or their family members or caregivers, to resolve issues, as well as provide information and recommendations

to various stakeholders and government as to trends, necessary policies and programs.

2.
Older adults in Alberta are your most consistent and, by percentages, largest group of voters.

3.
When the very busy Office of the Seniors Advocate was terminated at the end of December 2019, all health issues being experienced by older adults were forwarded to the Office of the Health Advocate. However only about 25 per cent of the issues addressed by the Seniors Advocate (according to her final, never released, report from the Seniors Advocate’s Office) were about health challenges. The rest included housing, elder care, finances, interpersonal violence issues and ageism. Older adults, their families and caregivers now have no voice in resolving such issues.

4.
The Office of the Seniors Advocate must be legislated so that the Seniors Advocate is appointed by the Lieutenant Governor and reports directly to the Legislature. Politics must be removed from Office so that the whims of the governing parties or their Ministries do not interfere with the work of the Office nor the Seniors Advocate her/himself.

If you would like to know more about this advocacy project please do contact us at Carpcalgary@gmail.com

We look forward to your participation in the reinstatement of the Office of the Seniors Advocate.

Editor’s Note: The views expressed in this piece belong to the author of origin and do not necessarily reflect those of Kerby Centre.



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The most enjoyable pasttime



Photo courtesy of the author.

By Barbara Ellis

A neighbour and fellow knitter asked me to help her out by knitting some pre-

mie-baby caps and mittens. I accepted with enthusiasm because I have always loved to knit. Unfortunately, as I began the first cap, I found

that my fingers were not as agile as they once were. Not long ago, it would have taken me less than an hour to knit such a tiny garment.

When I was finished, I fingered the soft bonnet and tried to remember how many years I have actually been knitting.

I am a World War Two baby and my homeland, along with most of Europe, was devastated by the war. Necessities of life were in short supply or did not exist at all. Food shortages were extreme and starvation was a real concern. In 1946, my father was able to send my mother, sister and me to Switzerland for a few months of peace and quiet: a sort of respite to regain our mental and physical strength.

As soon as we arrived in the little town of Tramelan, we were split up and billeted with different families. I was taken in by a young couple who welcomed me and made me feel right at home. It was there in the home of my foster mother that I learned to knit. The first night I was there, she decided that it was cold and so she knitted me a pair of bed socks. It took her no time at all and I remember being woken up when she

had finished them and put them on my feet.

Within a few days, I became aware of the fact that this lovely lady had magical fingers. Indeed, the knitting needles seemed to have a life of their own as they clinked and clattered as she produced beautiful sweaters, socks or pullovers for me. I was fascinated as I watched the ball of yarn diminished while a sock or sweater sleeve emerged from below the needles. She did not use patterns but would hold the back or front of a sweater up against me to make sure of the size.

One day she invented a little game. Madame would throw the ball of yarn down the hallway and we would watch it un-twirl as it flew through the air. She would then send me on a small errand to get something or find some object in one of the other rooms. The idea was that by the time I got back to the kitchen, the ball of yarn would be used up and laying at her feet. Indeed very seldom did I return and not find the ball of yarn close to her feet.

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Vancouver Island: The world apart

By Jerry Cvach

I came down from Whistler to Horseshoe Bay ferry terminal on a highway that closely hugs the contours of a steep mountain side.

My destination was Vancouver Island. When planning a trip to BC's west coast in the fall, it is prudent to monitor the weather and — once the rain stops — pounce!

It is a wet country. Even if it is hot and sunny, the roads and trails are still damp in the morning and remain that way in the shade.

Car air conditioning causes the windshield to fog over, an unknown phenomenon on the prairies.

Even KFC fries were soggy.

But the vegetation is spectacular, the forests are lush, with mosses hang from the trees. When the sky is clear, the morning sun rays deflect from the dew on leaves, needles, trunks and branches, even off the ground plants like ferns. The forest sparkles.

BC Ferries' rules were to stay in cars and go up to passenger decks only if you really had to. Majority obliged, but few renegades were crouching in the seats, looking out of the windows, like os-

triches thinking it would render them invisible. The Security didn't bother them.

From Nanaimo at I headed north. Where there used to be open fields 40 years ago, the city now spreads. Like COVID, it's a pandemic.

There are the usual suburbs, shopping malls and businesses. Everything is modern, neat and beautifully landscaped. Modern, fast Island Hwy. 19 is a quasi-freeway running north from Victoria to Campbell River. It bypasses towns and offers few scenic views.

I selected the old Oceanside Route, but I was not leaving the city landscape yet. Nanaimo becomes Parksville that morphs into Qualicum Beach, a continuous habitation. Finally, before Courtney there was some breathing room.

North of Courtney lies an imaginary east west divide, the Hadrian's Wall of Vancouver Island. The south is the populated half and the north is the forested land, peppered with lakes, deep inlets and quaint port towns.

Somewhere by Black Creek I lost the Oceanside Route. This was the first time I was victimized by the lousy highway signage on Vancouver Island. Later in the week I learned to be wary when taking side trips to tourist attractions located close to more densely popu-

lated areas. I had hard time getting back to the main road after visiting Kinsol Trestle or navigating from Victoria to Sooke through View Royal and Langford. One has an impression they want to keep their Shangri-

All over the world people are attracted to falling water, be it big, small or unusual falls and cataracts.

La to themselves by keeping tourists stranded until they are covered with mosses.

The principal town in the north is Campbell River. It is eight kilometers long and only about one kilometer wide. The downtown and the port are at the north end. It has a lot of character. The Discovery Pier designed for fishing was opened on July 4, 1987.

Probably more a tourist attraction since in the next four days I never saw any fishermen on it, but perhaps it was off season and also, what do I know about fishing anyway?

Marina next to the pier holds mostly the pleasure

and small fishing boats, and the ferry terminal for Quadra Island. The best thing about Campbell River is that it is a hub for interesting side trips. Motels are reasonably priced, beachcombing enjoyable and the Elk Falls Park is close to town.

All over the world people are attracted to falling water, be it big, small or unusual falls and cataracts. The Elk Falls are the interesting kind being more a cataract than falls, set in first growth forest. A suspended bridge over the gorge sways making crossing joyful for children, challenge for the infirm.

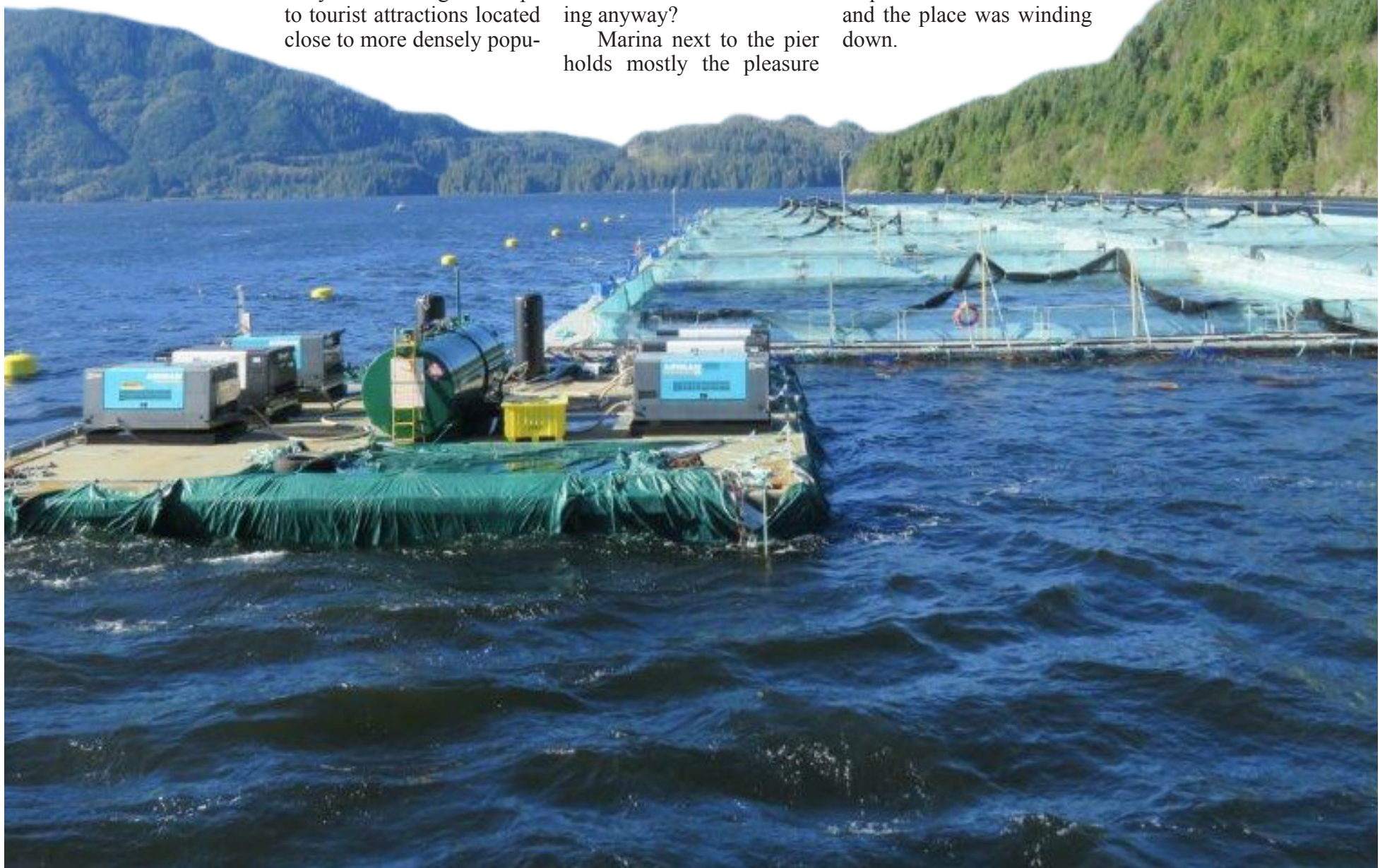
Paved Hwy. 14 goes as far west as Gold River. One can continue on a gravel road to Tahsis, then to Woss and back to Campbell River on the Hwy. 19.

I was tempted, but it seemed too much for my low bodied Pontiac G6.

The drive to Gold River through majestic forests and along the banks of lakes is spectacular enough. There is only one inhabited place at about halfway point, the Strathcona Park Lodge on shore of an enormous lake, a getaway for young and restless judging by the equipment strewn all around the cabins and by the pier. The view across the lake was exquisite. It was off season and the place was winding down.

Man holding a good, commercial grade camera loafed on the pier waiting for the morning fog to lift. He seemed apprehensive about me approaching, but I was trespassing just like he. He turned out to be an activist taking pictures of the forests on the opposite side of the lake that are threatened by logging in an endless tug of war between the environmentalists and the commercial interests. I'm familiar with the issues through my past association with the wood related industries. He was not pleased when I said that clear cut areas support abundance of wildlife and that in only 80 years or so later the trees grow back getting closer to being "harvested" again, as the logging companies like to term it. Looking at issues from both sides I appreciate everyone's point of view. Surely the lodge owners would worry about spoiling the views and the wilderness feel they are selling, while so many people depend on the logging industry for their livelihoods.

On the edge of Gold River there is a now closed



Photos Courtesy of Jerry Cvach



Visitor Center, with much appreciated washrooms in a standalone building. Puzzling sign directs the users to keep its doors open after use.

For the use by bears, to ventilate them, to show off how clean they are?

A very large carving of a hiking boot stands at the other end of the parking lot drawing attention

to the 63.5 kilometer Great Walk, an annual fund raising event sponsored by the Tahsis Lions Club and takes place between there and Gold River.

Walkers receive a T-shirt and the coveted Burning Boot Award. Much deserved, but it requires that you average four kilometers per hour for 16 hours including the stops.

I stopped in a coffee shop where besides of latte I also got a free advice to go further down to the coast and book a spot on MV Uchuck III, a refurbished WWII craft. The ship sails every Tuesday, year-round, regardless of the weather and they take a limited number of passengers with them. It is a daytrip around Nootka Sound, its many inlets and

waterways delivering supplies to logging and fishing camps, government installations and fish farms inaccessible any other way.

They put on a good pitch by pointing out that the next sailing is tomorrow, the weather forecast is excellent and the cost reasonable \$77.00 per person, that the ship has a small cafeteria and if you don't mind having your innards completely obliterated, the chili is very tasty! The passengers stay on deck and observe the crew at work.

I drove down and

To an in-lander the scenery where the mountains meet the sea is especially fascinating.

booked the trip although I would have to get up early in Campbell River, where I lodged, and make a mad dash to Gold River for 9:00AM sailing, but it was worth it and possibly the highlight of the whole vacation. To an in-lander the scenery where the mountains meet the sea is especially fascinating. Duration of the excursion is just about right and watching the spectacle of loading and unloading of truly eclectic supplies is very rewarding if

one likes to watch well-coordinated crew doing their job. The most notable was the workings of the lifting device so typical for ships. It consists of two splayed poles, pulleys and cables winding or unwinding on drums. A very skilled lady operator Christine was in complete control. She could lift a pallet out of the hold and place it on the back of a pick-up truck on the pier in one continuous motion with the virtuosity of a piano player. There is a lot of commerce in the channels and around the islands and they all depend on the supply ship for existence.

Last but not least the Nootka Sound offers a glimpse into history of 18th century explorations. In March 1778, Captain James Cook was on his final voyage looking for the elusive Northwest Passage back to the Atlantic. One of his ships, Resolution, was short of drinking water and needed some work done on its foremast. Cook selected a remote bay in Nootka Sound now called Resolution Cove, to drop the anchor. During their stay the

crew traded with the native people, the Muchalaht, a preamble to eventual colonization.

Uchuck is a working ship. Its stops are determined not by the passengers, but by its customers. On this day we were lucky that we sailed by the historic cove. Our ship slowed down and the captain gave us a short lesson in history. There was the wooded foreshore, the rocky bluff bordering on



the beach where the carpenters had worked. There was nothing else. This was the cove as Cook had first seen it. I stood on the deck and tried to imagine the scene, it was a powerful moment.

Another interesting side excursion from Campbell River was an eight kilometer return hike through a typical west coast rainforest to the view point above the Ripple Rock, an underwater obstruction originally located in the Seymour Narrows of the Discovery Passage. It was blown up on April 5, 1958. At the time it was the second largest man-made explosion in the world after the atomic bombs dropped on Hiroshima and Nagasaki. The view point shows nothing special, just smooth water and the ships going by, now navigating the narrows safely.

An attraction of travelling in the far north end of the Island is the total immersion in the maritime lifestyle

An attraction of travelling in the far north end of the Island is the total immersion in the maritime lifestyle and observing logging practices. The settlements are al-

most exclusively close to the shore. There are marinas and ports, support industries are centering on fishing, transportation and extraction of resources.

After Campbell River the road north leads to Port Hardy and from there one cannot get much farther any more before reaching the ends of the roads. The further one goes, the more peaceful the lifestyle and the bigger the isolation. The citizens are either the old-timers or natives accustomed to solitude. There are also refugees from populated Ontario, nature lovers and retirees seeking cheaper accommodations.

Just before Port Hardy is the Telegraph Cove. There was a telegraph station there during the WWII, now it's purely a touristy stop with whale watching excursions going out twice a day. It is a pretty, petite little harbor where you can have a lunch and buy souvenirs. They make much of their money by charging for parking, bring the change.

There wasn't anything in Port Hardy that interested me. It is another place to take fishing trips from. The Winter Harbour to the southwest was worth the side trip, it's a quaint village, truly at the end of the world. If the earth were flat this would be the place where we would fall off the edge.

On the way back I decided to dip into the civilized part of the Island and stayed in a hotel in Duncan. I went to Victoria to see some Emily Carr pictures in the city Art Gallery. Emily is

my favorite Canadian painter who I value even above the Group of Seven.

By Duncan there is the Kinsol Trestle, a marvel of early 20th century railroad engineering. The short walk from the parking lot to see it is worth your while. When looking at the history of early B.C. logging, one realizes how many trees had to be sacrificed to be able to cut even more lumber commercially. The trestles, the pole roads, the skids and all the rest of it were necessary to take the harvested logs out to market. Modern equipment does that much more efficiently.

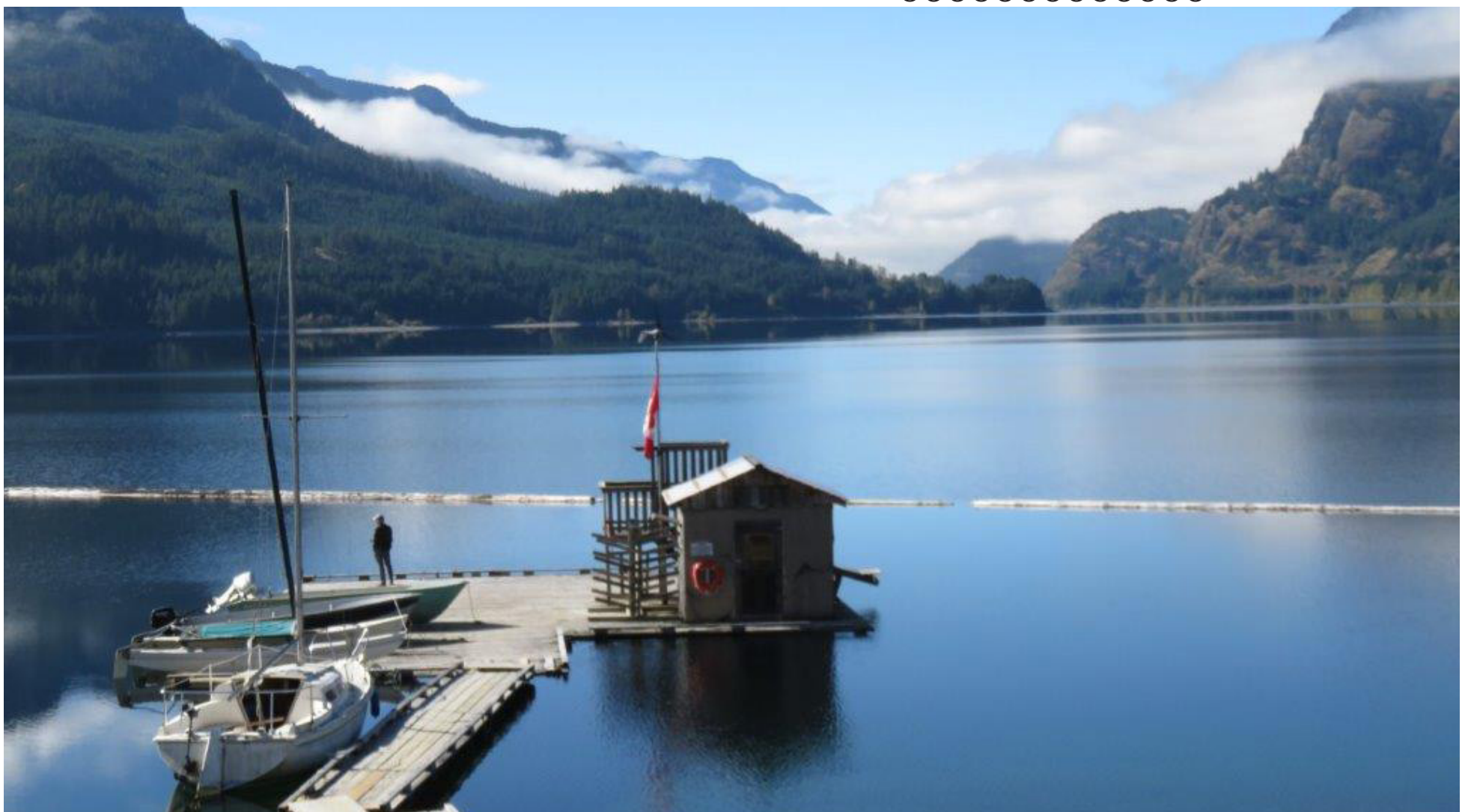
I returned from Victoria to Duncan by the coastal highway through Sooke and Port Renfrew, another quaint and a former end of the road place. Except for surfers and bikers not too many go that far. There is nothing there other than a bar and a dinky grocery store. It is also where the West Coast Trail terminates. Former logging road to Lake Cowichan is paved, thus completing the loop.

Returning to Horseshoe Bay by a ferry I was happy to see the rules changed in the interim to leave cars parked below and go up to passenger decks, a return to normal. Passengers gladly do, but there are again few renegades, this time crouching in the seats of their cars pretending to sleep, like ostriches thinking it will render them invisible. The Security doesn't bother them.

Oh those dissident la-la-landers!



Photos courtesy of Jerry Cvach



Nuts: A holiday treat

By Deborah Maier

It's that time of year when food takes centre stage. Almost all celebrations at this time of year feature some sort of edible treat. As a child, it was exciting when my parents came home in December with a box of red delicious apples—deep red, shockingly crisp, and chin-dripping juicy. Nuts were also on the special foods list. A bowl of assorted nuts, still in their shells, was set out a few days before Christmas. The bowl usually held walnuts, pecans (typically dyed red), hazelnuts, almonds, and Brazil nuts. For many years, the holiday season would be heralded at the grocery store by large bins of bulk tree nuts. Nuts in shells are a little harder to find now and have been replaced by shelled offerings.

Brazil nuts are the seeds in the coconut-shaped fruit of the Brazil nut tree (*Bertholletia excelsa*).

When the fruit are ripe, they fall off the tree to the forest floor where they are collected, usually between January and June. The fruit are cut open and the seeds extracted. The seeds are dried in the sun before being washed and sold. The trees grow in South America, primarily in Brazil, Peru, Columbia, and Ecuador. The nuts are forage harvested as the trees produce fruit in areas of undisturbed soils and have not been successfully cultivated.

Pecans are native to the southern United States and northern Mexico. It is not a true nut, but a drupe, which is a fruit with a single stone, encased by a husk. When the fruit is mature, the husk splits off. The shells were dyed to make them more attractive to the consumer. With the growing preference for natural products, dyeing nutshells has fallen out of favour.

There are hardy walnut trees, but the commer-

cially produced nuts grow on the English or Persian walnut (*Juglans regia*) that are grown in the west coast states of California, Oregon, and Washington. This tree has a nut with a thinner shell than the harder tree species.

Almonds (*Prunus dulcis*) are native to central and southwest Asia. They are grown commercially in California having been brought from Spain in the 1700s and then bred for this cooler environment. While they like to grow in well-drained soils, they require about 500 mm of rain annually. In California, they need supplemental irrigation until just before harvest. While we can't expect *Prunus dulcis* to thrive in a Calgary garden, there is a shrub relative, the Russian almond (*Prunus tenella*) which can grow here. The first one I encountered was growing in the boulevard in the Deerfoot Meadows Shopping cen-

tre. It has pink flowers in the spring and produces, like the pecan, a drupe in late summer. Unlike the commercial almond, these fruit and seeds are bitter and not suitable for human consumption raw. Wildlife enjoy the fruit and cover provided by this low-growing shrub.

Hazelnuts are my favourite nut. The shell is easy to crack and reveals an almost round nutmeat. It readily pops out of the shell without any need for a pry tool and has a slightly sweet flavour when eaten raw. The commercial hazelnut tree (*Corylus avellana*), like the other nut trees mentioned, also prefers a warmer than Calgary growing environment. However, Alberta is home to the beaked hazelnut shrub. The immature nuts are sweet, but the prickly husks make peeling them a challenge. To enjoy the full hazelnut flavour, the nuts need to be mature and roasted. As these nuts are very popular with wildlife and can be pestered by a weevil, it can be difficult to get mature nuts. There are Hazelbert (a hardy cross between wild and commercial hazelnuts) shrubs growing in the orchard area next to the Sunnyside-Hillhurst community gar-

den. This shrub produces nuts that are larger than the beaked hazelnut and is hardier than the commercial varieties. I visited the stand too late this fall to see any nuts.

In keeping with our family traditions, there will be nuts in my home for Christmas. I hope that you have some special seasonal treats in your home during this holiday season. This spring, as you think about which plants to add to your garden, consider trying nut-bearing shrubs, such as Russian almond, beaked hazelnut, or Hazelbert. To learn more about the Calgary Horticultural Society and gardening in Calgary, visit calhort.org.



Photo courtesy of author.

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E-mail: sam.smalldon@mvsh.ca

www.mvsh.ca



Reflections on a Kooky Year

By Stephen Ditchburn

This time last year I was writing an article for my favourite newspaper, the Kerby News. It was called Reflections and Celebrations of a Rainbow Year and there were many great things to celebrate. Perhaps the highlight for Rainbow Elders Calgary was participating in our second Calgary pride parade where we were truly honoured to be in the third position (right behind the parade marshal and ATB, the event's major sponsor!) out of over 170 floats. It was all wonderful and exciting and we were looking forward to another great rainbow year.

But who knew what was just around the corner? Who knew that a wonky, weird year awaited us?

It's been a year of fears and confusing news which added tremendous amounts of stress on a shocked population. Topping it all off was the fact that seniors were, and continue to be, the ones at the highest risk.

Seeing our city's econo-

my, which has been dealing with thousands of layoffs and high unemployment, was further decimated with the plunging price of oil. In April it was negative 37 USD! During the summer, which brought no tourists and visitors, even after some of the lockdown restrictions were lifted, it was truly sad to go downtown and see so many empty restaurants and patios.

In April, I had an important errand to run and drove on Calgary's empty streets.

It was a strange, scary, freaky feeling as if I'd entered some apocalyptic dystopian world that even the greatest writers of science fiction hadn't yet dreamed up. I half expected to see zombies coming out of nowhere and attacking me!

Some businesses and long-time favourite spots in Calgary couldn't survive. The favourite pub where my buddy Steve and I like to hang out, have a pop and discuss philosophy, was once a busy, packed place with a lovely patio.

It never managed to survive and reopen.

Now when I drive by the "For Lease" sign I think of the wonderful servers and other folks who worked there. What are they doing these days?

I had a few friends over in May for a socially-distanced birthday celebration on my deck. Face masks on everyone! How bizarre it was to not have the guest of honour not be able to blow out the candles on her cake.

And so, our lives in 2020 became lives with no sports nor concerts; no dancing nor choirs; no events nor celebrations; no stampede and not even, until recently, school.

As a retired teacher, I know how important school is to kids. Oh, they may say that don't like school, but deep down the general truth is that they love being with their friends and socializing and having fun. How sad it is that these young people have no teams to join or organized sports to play for most of the year. I feel especially for our young gay

students who must feel so terribly lonely and isolated on to of dealing with stress, being confused and feeling vulnerable.

As I write this column it's mid-November and the world is dealing with its second surge of rising infections and deaths. The website worldmeters.info keeps track of these things, and notes that the worldwide death rate is averaging over 9,000 a day which is 150 an hour.

Over 54 million people have been infected and there have been over 1.3 million deaths, which is 200,000 people short of metro Calgary's 1.5 million inhabitants. These numbers are just the ones that have been reported. Considering many nations don't have the sophisticated methods (whatever they may be) to track infections and deaths or perhaps choose to gloss over the real statistics, it's hard to know that the true numbers are. I wonder what the numbers will be by the time you read this?

One of the primary

goals of Rainbow Elders Calgary is to provide support for senior members of the LGBTQ+ community. This has been especially hard to do this year. We have tried to keep in touch and help each other out by delivering groceries and phoning each other. We have used that Zoom thingy to help connect with each other and provide support where needed but it has not been easy as some of our members had no computer access because the public libraries closed for several months.

In September we were able to re-start our meetings — just once a month with strict restrictions in place — at Kerby Centre, but with no hugs from Rowena, one of the greatest huggers I've ever been hugged by, well, it just wasn't the same.

About the only cheery thing to say about 2020 is, "Thank golly, it's just about over!"

Here's hoping that 2021 brings healing and happiness to us all.

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Research aims at vaccination priorities

Cont'd from pg. 10.

“If we haven’t picked the winner and somebody else has picked the winner and they’re part of the COVAX initiative, we’ll get a portion of their supply,” explained MacDonald. “But how much of that depends really on how much the manufacturer has been able to produce, and then how much is our allotment, because everybody else in the COVAX initiative will get a portion as well.”

The World Health Organization has issued guidance on the factors countries should consider when they decide on their priority groups for vaccination, but MacDonald pointed out that it’s not simply a question of who is the most vulnerable to serious infection. For

example, if the vaccine that comes out first proves to be ineffective for the top priority group, say seniors, then we may have to give it to the third priority group first.

“We may pivot and instead protect everybody who makes contact with the elderly, such as long-term care workers and household contacts,” she said.

No matter what happens, it will be important for public health officials to be up front about how they are making decisions.

“In 2013, during H1N1, the Calgary Flames got vaccinated before some health-care workers, so now people’s antennae are on high alert,” she said. “This vaccine must be distributed in a fair and equitable way.”

That will mean an extensive effort to ensure people with less

access to health care – whether in a remote community or an inner city – will also be offered the shot if they are eligible to receive it, MacDonald said.

Before we start giving anyone a shot in the arm, MacDonald said it’s key to have a system in place to monitor the safety of the vaccine. One challenge to overcome is the fact that health care is a provincial responsibility in Canada, meaning each province tracks this data in a different way.

“The fact that we don’t have a national immunization registry has been the bane of our existence for decades because we can’t easily link data from different provinces to look for issues with safety or effectiveness,” said MacDonald.

Now, thanks to COVID-19,

MacDonald will co-lead a team of researchers from the provinces through the Canadian Immunization Research Network.

“We are currently exploring ways to pool efforts and data to ensure a more unified approach to vaccine safety evaluation once COVID vaccines are released to the public,” MacDonald said. “It is a great opportunity to join forces to ensure optimal vaccine safety monitoring.”

MacDonald is also a member of the advisory committee for the Privy Council’s COVID-19 Snapshot Monitoring (COSMO Canada), which has been doing its own regular surveys of Canadians on COVID-related topics. Results from September show that just 65 per cent of Canadians would be willing to take a safe

and effective vaccine, while the latest numbers from the Angus Reid Institute indicate only 39 per cent of us would be willing to roll up our sleeves as soon as a vaccine is available. MacDonald advises caution in interpreting these numbers.

“With questions about COVID vaccine intention, you’re asking about something that doesn’t even exist yet, so what are you really measuring?” she asked. “It’s more about media coverage than anything concrete.”

“I think that the proportion of people who are expressing a desire to get vaccinated with a rapidly developed vaccine shows a great deal of trust in the system that is producing and approving the vaccine,” she said. “I actually find that very encouraging.”

When a vaccine is introduced in Canada, MacDonald would like to see targeted information campaigns about the potential risks and rewards, rather than a mandatory program. And trusted primary health-care providers such as family doctors and registered nurses are often seen as the most credible sources of information.

“We know that people don’t like to be told what to do,” she said. “We will need tailored messaging, because some people want to know the exact risk profile and some just want to know whether you would give it to your own kid, yes or no.”

“Public health’s job is not to sell a vaccine but rather to support people in making the decision to get vaccinated – really communicating that this is a dangerous disease that has put our lives on hold and if we want to get back to our everyday lives and protect the vulnerable in our population, it’s the right thing to do.”

Kerby Centre presents

Pop-up Bread & Soup Market for Seniors!

Stop by our Pop-Up Bread Market on the first week of December and get some soup generously donated by Soup Sisters! Stay cozy by grabbing some bread and a bag of soup.

Served on a first come, first served basis while quantities last! Recommended for cold winters and upcoming winter holidays.

December Schedule

Tuesday December 1st

10:30 am – 12:30 pm

Kerby Centre

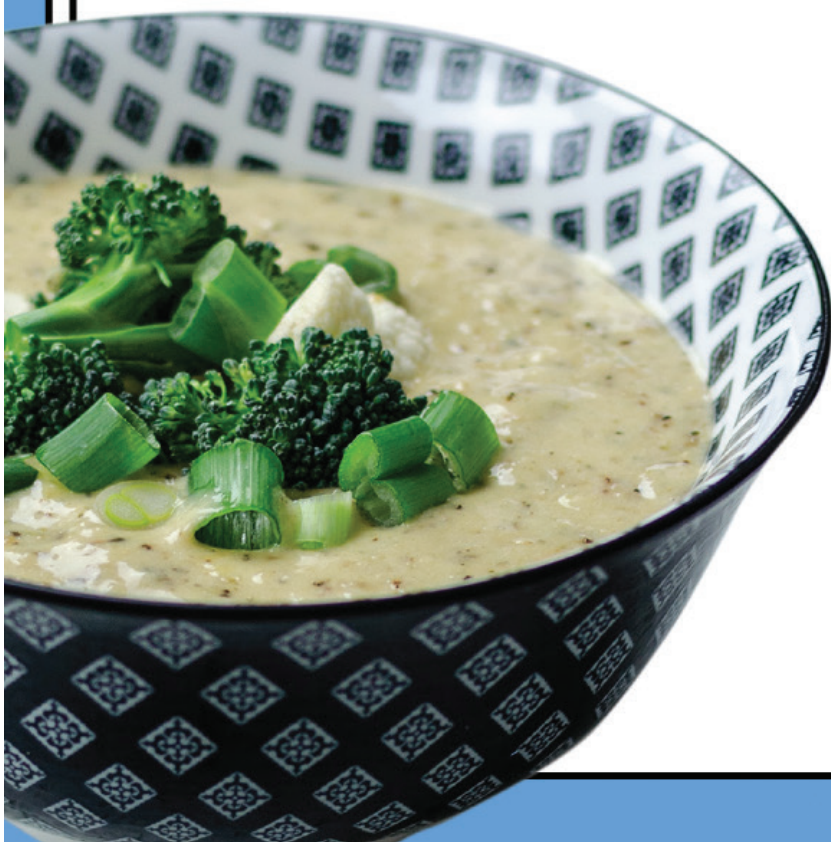
1133 7th Ave SW

Friday December 4th

10:30 am – 12:30 pm

Kerby Centre

1133 7th Ave SW



Logic Puzzle

There are 5 houses in 5 different colors. In each house lives a person with a different nationality. The 5 owners drink a certain type of beverage, smoke a certain brand of cigar, and keep a certain pet. No owners have the same pet, smoke the same brand of cigar, or drink the same beverage.

What we know:

- The English man lives in the red house.
- The Swede keeps dogs as pets.
- The Dane drinks tea.
- The green house is one house to the left of the white house.
- The green homeowner drinks coffee.
- The person who smokes Pall Mall rears birds.
- The owner of the yellow house smokes Dunhill.
- The man living in the center house drinks milk.
- The Norwegian lives in the first house.
- The man who smokes Blends lives next to the one who keeps cats.
- The man who keeps the horse lives next to the man who smokes Dunhill.
- The owner who smokes Bluemaster drinks beer.
- The German smokes Prince.
- The Norwegian lives next to the blue house.
- The man who smokes Blends has a neighbor who drinks water.
- The question? Someone owns a fish. Which person is that?

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

PREMIER Crossword

By Frank A. Longo

A STUDY IN SCARLETT

ACROSS

- 1 Acquire a wintry glaze
- 6 Ending for Rock
- 10 Dollars and cents
- 14 Woodard with four Emmys
- 19 Many a Jamaican believer, informally
- 20 Canine pain
- 22 "Yes, —!" ("Definitely!")
- 23 1936 film sequel with William Powell and Myrna Loy
- 25 Utter words
- 26 — Boys (hit rap trio)
- 27 "Lenore" poet
- 28 Suffered
- 29 Abbr. on a naval vessel
- 30 A wide physical variety
- 37 Stretch (out)
- 38 Oscar winner Jared
- 39 Seattle baseball team
- 40 Possible reply to "Who's there?"
- 43 Debater's platform
- 44 Model Klum
- 46 While lead-in
- 47 1997 James Bond film
- 51 — trial basis
- 52 Mess up morally
- 53 Locale of Ali's "Rumble in the Jungle"
- 54 Immune response trigger
- 59 Mess up
- 61 Canine coat
- 63 Scarf site
- 65 "Yay, me!"
- 66 Question about a weak effort
- 72 Woman on the throne
- 73 Designer Cassini
- 74 Father
- 75 LA-to-IN dir.
- 76 Apply via an aerosol
- 79 Rockabilly singer Chris
- 82 "Send help!"
- 84 Epoch
- 86 Influential Brian Eno album of 1975
- 90 Peter of "Columbo"
- 94 Dark beer
- 95 Rock guitarist Lofgren
- 96 No-brainer class
- 97 Cut across
- 99 "Le Roi d'Ys" composer Édouard —
- 100 Sun. church oration
- 101 Fifteen minutes of fame
- 105 Triceps' place
- 108 Quick snacks
- 109 Intense anger
- 110 Electrical resistance measures

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
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112							113	114				115	116	117				
118							119									120		
121																		
							122									124		

- 112 Shrink back
- 113 Novel and film whose last line is formed by six key words in this puzzle
- 118 "— Is Born"
- 119 Came to an end
- 120 Finnish architect Alvar —
- 121 Comes to an end
- 122 Je ne — quoi
- 123 Bullets, e.g.
- 124 Hair lock

DOWN

- 1 Ex-Yankee Hideki —
- 2 Snug eateries
- 3 "Cómo —?"
- 4 Rugged trucks, briefly
- 5 Ones sharing in meals, e.g.
- 6 Jazz singer Waters
- 7 "Little piggy"
- 8 Young child
- 9 Verb suffix in the Bible
- 10 Olympic craft
- 11 Top points
- 12 "— Na Na"
- 13 She cackles
- 14 Home of St. Francis
- 15 Contour of one's kisser
- 16 Coldest refrigerator part
- 17 Bookworms
- 18 "Oh no, mice!"
- 21 River giant, informally

- 24 Floor square
- 28 Actor Brody
- 31 Deli side dish
- 32 Ketchup brand
- 33 Befuddled
- 34 Surrounded by
- 35 Gymnast Comaneci
- 36 JFK jet, once
- 37 Angsty music genre
- 40 Skater Midori
- 41 Gets rid of some flab
- 42 More brainy
- 43 Dunkable treat
- 44 "— mud in your eye!"
- 45 Put up
- 48 Rock fissure
- 49 Pickling liquid
- 50 Clic — (Bic brand)
- 55 Persia, now
- 56 Artillery unit members
- 57 Aged
- 58 Prefix with classical
- 60 Actress Perlman
- 62 Pi follower
- 64 Early English dramatist Thomas
- 66 Mental figs.
- 67 Novelist Seton
- 68 Peace Nobel Root
- 69 Surrounded (by)
- 70 Springs in deserts
- 71 Japanese wheat noodle

- 77 Beginnings
- 78 Tally mark
- 80 Strain at — (fuss over trivialities)
- 81 Shrimplike crustacean
- 83 Sugary delicacy, old-style
- 85 Org. for periodontists
- 87 Carry along
- 88 Race in "The Time Machine"
- 89 Rowing tool
- 90 Bouquet-bringing co.
- 91 Middle East studier
- 92 Let have it
- 93 Ski mask, e.g.
- 98 Villains' looks
- 99 Lerner's partner in musicals
- 100 "Quiet down"
- 102 Moses' mount
- 103 Hunts quarry
- 104 Reached
- 105 Moving spryly
- 106 Fees for flats
- 107 Old PC platform
- 111 Wage — of words
- 112 Used to exist
- 113 Motorist's navig. aid
- 114 Ending for Rock
- 115 Boise is its cap.
- 116 Actor Hanks
- 117 Fan sound

Expressing our gratitude

It's of no surprise that 2020 has been a difficult year for many.

The trials we've faced are beyond the pale. Yet, we persevere.

We at the Kerby News have been fortunate in many ways. Through hard work and the continued cooperation of our advertisers, not only are we able to help send out messages of hope and information in these dark, isolated times, but we've been able to put money right back into the hands of Kerby Centre. Kerby Centre uses these funds to ensure our vital programming not only continues, but expands to assist and empower those in our community.

None of this could be possible without the incredibly hard work of Kerby's volunteer community. While we are constantly grateful for the volunteers within all the departments of Kerby Centre, the editorial staff of Kerby News wanted to make a point of recognizing those both behind-the-scenes and also those whose names and writing you may see in this publication every month.

For example, we have a small but amazing group of volunteer contributors who write for the Kerby News, either monthly or on a periodic basis. These folks come from a variety of writing backgrounds. Some are professional writers offering their pen out for a worthy cause. Others may not have been published at all before writing for Kerby News. Regardless, their quality is consistent, they bring a multitude of stories, perspectives and opinions to our pages, to share with and delight our readership.

We extend thanks to the following contributing writers (or organizations!), who have graced our pages with

their work multiple times this year:

- **Barbara Ellis**
- **Amy Wong**
- **Jerry Cvach**
- **Jaroslav Maria**
- **David Darnielle**
- **Angie Friesen**
- **Lesli Christianson-Kellow**
- **Eleanor Cowan**
- **Tim Johnston**
- **Deborah Maier & The Calgary Horticultural Society**
- **The Calgary Rainbow Elders**

Kerby News also enlisted the volunteer help of two wonderful editorial assistants for ages. While they are no longer currently volunteering for Kerby News, we'd like to thank them for their years of service in helping us maintain the highest level of quality.

A massive thank you to **Anita Dennis** and **Margaret McGruther** for the incredible service and assistance they've provided Kerby News over the years!

In addition, if any are interested in volunteering for the Kerby News as an assistant proof-reader or editorial assistant, please contact our editor at andrewm@kerby-centre.com for more information.

Now, even if the paper is written and proofread, it still has to get into the hands of our dear readers and Kerby Centre members. That's where our fantastic mail-out team comes into play.

We have a dedicated team of regulars who came by the Kerby Centre gym monthly prior to the pandemic to help ensure labels were affixed and bundles were sorted.

A massive thank-you to our regular mailout squad!

- **Don Sharpe**
- **Ellen Hansell**
- **Wayne Orpe**
- **Peter Meyer**
- **Anita St. Laurent**
- **Lolita Kiemele**
- **Shirley Evaskevich**
- **Anne Prystupa**
- **Rosa McDermott**
- **David Kauffman**

In the interim months, however, the mail out has had scheduling changes that required Kerby News to adapt, bob and weave with scheduling, health and any number of fluctuating changes.

For the period when Kerby Centre was closed following recommendations from Alberta Health Services, staff from other departments around the Kerby Centre helped the News with our mail outs. We're thankful for all the time folks took out of their own extremely busy work days to come sort papers!

When Kerby Centre re-opened, there was period where several ad-hoc volunteer teams helped out across a number of mailout dates as we work towards getting our traditional crew back in business. We'd like to thank those who came out to support the mail-out during our period of scheduling flexibility.

- **Patricia Myttenar**
- **Roland Reeves**
- **Gloria Cortes**
- **Kathryn Danchuk**
- **Leonor Licardo**
- **Lolita Keimele**
- **Weldon Vickers**
- **Anita St. Laurent**
- **Jo Ann Balas**
- **Dias Sadybekov**

Finally, our last piece of thanks goes to you.

Thank you for opening up the pages of the Kerby News and allowing us to share our messages of hope,

of bravery and of success in the face of what seems like overwhelming odds.

I would like to think that although we may be isolated, whenever someone is reading this paper, there is a fair chance someone else is reading it at the same time.

If we can help folks

experience laughter, excitement, joy and relief through this indelible ink we mark, I believe we are not alone; we are never alone.

Thank you and all the best wishes and hopes for 2021

Yours Truly,
Andrew Glen
McCutcheon

2021 Kerby Membership

Memberships are sold for the calendar year
January 1 to December 31, 2021

For inquiries, please call 403.265.0661
and ask for the Membership desk
Memberships can also be bought online at

Membership Application Form

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Calgary, Alberta
T2P 1B2

Please renew / create a new membership for:

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Address _____

City _____ Prov. _____

Postal Code _____

Telephone _____

Date of Birth _____

License Plate Number _____

(If Parking Privileges are required)

Would you like the monthly KERBY NEWS to be mailed to you? _____

EMERGENCY CONTACT: Name: _____

Emergency contact phone number: _____

Enclosed, is a cheque / money order in the amount of:

Membership Fee 2019 (\$25.00) \$ _____

Parking Privileges* (\$5.00) \$ _____

Tax Deductible Donation \$ _____

TOTAL ENCLOSED \$ _____

OR your credit card number: _____

Expiry: _____

* members are reminded that Parking Privileges are only for when you are in Kerby Centre WITH the vehicle that is registered above— otherwise the vehicle will be ticketed or towed



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- must be 50+ to qualify for 1 bedroom only
- concrete construction
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Keeping your money safe while investing

Investing can be part of a healthy financial future, enabling you to grow your money for retirement and financial goals like vacations or your child's education costs. Making sure any investment opportunity fits in your financial plan or goals is important. So is protecting yourself from market manipulation or investment fraud.

In a recent study by the Alberta Securities Commission (ASC), 1 in 4 Albertans believed they were approached with a possible fraudulent investment. As COVID-19 continues to affect our lives, associated scams have emerged as fraudsters try to exploit the crisis to profit from Albertan's fears and misinformation. While the look of a scam may vary, fraudster's follow a series of steps that are easy to identify if you know what to look for. To understand those seven steps, the ASC created a new resource entitled "Don't

be fooled by fraud". It outlines the steps fraudster's take, in addition to providing information on how to avoid a scam and protect yourself.

Step One: Identifying a potential victim

A fraudster's first step is to identify targets. They leverage current events like a pandemic or economic downturn and source vulnerable investors with common anxieties or fears about their money.

Step Two: Befriend and earn trust

Once fraudsters have found suitable targets, they move quickly to cultivate friendships and gain trust. They often do this through community groups, organizations, online groups and through your friends or family to establish themselves as a reliable resource and authority.

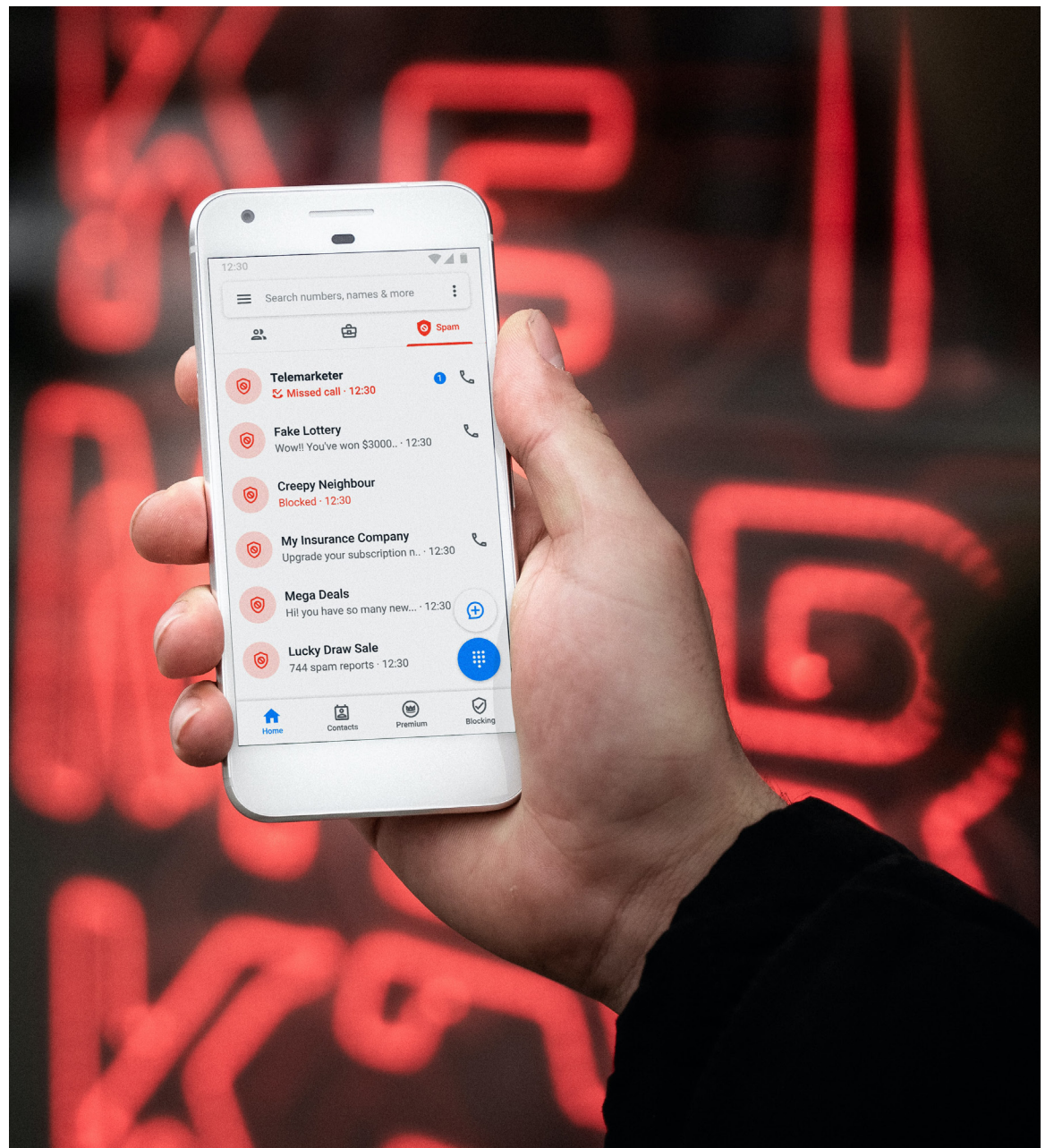


Photo courtesy of Lindsey Lamont, via unsplash.com

CALGARY CO-OPERATIVE MEMORIAL SOCIETY

CCMS is a nonprofit member owned co-operative.

We arrange discounted funeral plans for our members in Calgary, Airdrie, Cochrane, Okotoks, Strathmore, High River, Medicine Hat, Lethbridge, Taber and surrounding areas.

Our service providers are locally-owned and operated. Members can save on average \$2500-\$5000 on their funeral arrangements depending on the plan selected. Since being founded in 1965, we have had more than 55,000 members.

You can purchase a lifetime membership for only \$40 per adult.

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



Step Three: Showcase the benefits of investing

As the targets become trusting, the fraudster will flaunt their wealth and success to establish credibility. They will casually mention the investment opportunity that brought them this wealth, telling them that it came at little to no risk.

Step Four:

Offer the investment

With the potential target's trust in place and the perceived credibility of his investor savviness solidified, fraudsters move fast to offer the "investment opportunity". To ensure targets quickly buy-in and do little or no research, they will sell it as an exclusive or time-sensitive offer, private deal and promise high returns with little to no risk.

Step Five: Receiving money for the investment

Leading up to receiving money, fraudsters will inundate targets frequently with communication, provide confusing and complex paperwork to establish legitimacy, and highlight the urgency of buying-in as soon as possible.

Step Six: Disappear (Ghosting Act)

Once the target "invests", fraudsters reassure the victim of the investment opportunity and even request more funds for a bigger payout. Following this, they will delay ac-

cess to funds and eventually disappear and ignore the target when the scam can no longer be hidden.

Step Seven: Target the victim again (Recovery Act)

Fraudsters are hardly finished once a scam is complete. They will often sell the victim's information to another fraudster or criminal organization, which will contact the victim acting as a credible agency that can reclaim their investment for a fee. This is ultimately another scam in which the victim is robbed again in their attempts to get their money back.

Understanding these seven steps is important so that you can recognize unsafe situations you or someone you know could be in. To learn more, read the fraudsters playbook entitled "Don't be fooled by fraud", accessible for free at www.checkfirst.ca/playbook. While visiting checkfirst, check out the other information and resources designed to help you increase your investing knowledge and keep your money safe when considering any investment.

Because Kerby Centre is committed to the health and safety of our members, staff and community, the previously planned Kerby Members' Holiday luncheon has been cancelled. But never fear, we have another fun and festive plan afoot for you! Put on your ugliest Christmas Sweater or your craziest Santa hat, pour yourself a hot chocolate, eggnog (or other festive beverage) and join us as Kerby Centre presents...



A Special Christmas Virtual Name That Tune Game
By Musical Twist DJ Service

Friday, December 18th - 11:30 am to 1:00 pm

Festive Fun, Special Treats, Draw Prizes & A Grand Prize For the Name That Tune Winner!

Limited Tickets Available

FREE - Registration at colleenc@kerbycentre.com (Please use *Kerby Holiday Party* in the subject line)

Not Your Basic Holiday Cookies

Tired of the standard holiday gingerbread and sugar cookies? Mix it up this year with these funky cookies!

Salted Butter and Chocolate Chunk Shortbread

1 cup plus 2 tablespoons (2¼ sticks) cold salted butter, cut into ½-inch pieces
½ cup granulated sugar
¼ cup (packed) light brown sugar
1 teaspoon vanilla extract
2¼ cups all-purpose flour

6 ounces semisweet or bittersweet dark chocolate, chopped (but not too fine, you want chunks, not thin shards of chocolate)
1 large egg, beaten to blend
Demerara sugar (for rolling)
Flaky sea salt

Recipe by Alison Roman, via [Bonappetit.com](https://www.bonappetit.com).
Photo By Michael Graydon And Nikole Herriott



1 Using an electric mixer and a medium bowl or a stand mixer fitted with the paddle attachment, beat butter, granulated sugar, brown sugar, and vanilla on medium-high speed until super light and fluffy, 3–5 minutes.

2 Using a spatula, scrape down sides of bowl. With mixer on low speed, slowly add flour, followed by chocolate chunks, and beat just to blend.

3 Divide dough in half, then place each half on a large piece of plastic wrap. Fold plastic over to cover dough and protect your hands from getting all sticky. Using your hands (just like you're playing with clay), form dough into a log shape; rolling it on the counter will help you smooth it out, but don't worry about getting it totally perfect. Each half should form logs that are 2–2¼" in diameter. Chill until firm, about 2 hours.

4 Preheat oven to 350°. Line a rimmed baking sheet (two, if you've got 'em) with parchment paper. Brush outside of logs with egg wash. Roll logs in demerara sugar (this is for those really delicious crispy edges).

5 Slice each log into ½"-thick rounds. Arrange on prepared baking sheet about 1" apart (they won't spread much). Sprinkle with sea salt. Bake cookies until edges are just beginning to brown, 12–15 minutes. Let cool slightly before eating them all.

Do Ahead: Cookie dough can be made 1 week ahead. Tightly wrap in plastic and chill, or freeze up to 1 month. Cookies can be baked 5 days ahead. Store in plastic wrap or an airtight container.

Obscenely Chocolatey Chocolate Cookies

2 large eggs
5 2-oz. bittersweet chocolate bars (preferably 65%–75% cacao)
1 cup (2 sticks) unsalted butter
1⅔ cups (235 g) all-purpose flour
1 tsp. (5 g) baking soda

⅓ cup (38 g) Dutch-processed cocoa powder
¾ cup (170 g; packed) dark brown sugar
¼ cup (50 g) granulated sugar
1½ tsp. (6 g) kosher salt
1 Tbsp. (22 g) vanilla paste or extract

Recipe by Rick Martinez, via [Bonappetit.com](https://www.bonappetit.com).
Photo By Laura Murray, Food Styling By Pearl Jones

1 Your 2 large eggs need to be at room temperature for this recipe. If they aren't, put them in a small bowl and cover them with hot tap water. This'll bring them up to speed quickly.

2 Coarsely chop four 2-oz. chocolate bars. You want them to be bigger than normal chocolate chips (aim for 3–4 times the size)—this creates the chocolate puddles. Set aside. Chop remaining 2-oz. chocolate bar into 20-ish pieces (you're going to place one or two pieces atop each cookie).

3 Cut 2 sticks unsalted butter into large pieces. Cook in a medium saucepan over medium-low heat, stirring often, until it foams, then browns, 7–9 minutes. (Watch carefully since browned butter goes from brown to black in the blink of an eye.) Immediately scrape into a large bowl and let cool slightly, about 5 minutes.

4 While butter cools, whisk 1⅔ cups all-purpose flour and 1 tsp. baking soda in a medium bowl to combine. Press ⅓ cup cocoa powder through a fine-mesh sieve into bowl (this eliminates those pesky lumps), then whisk again to combine.

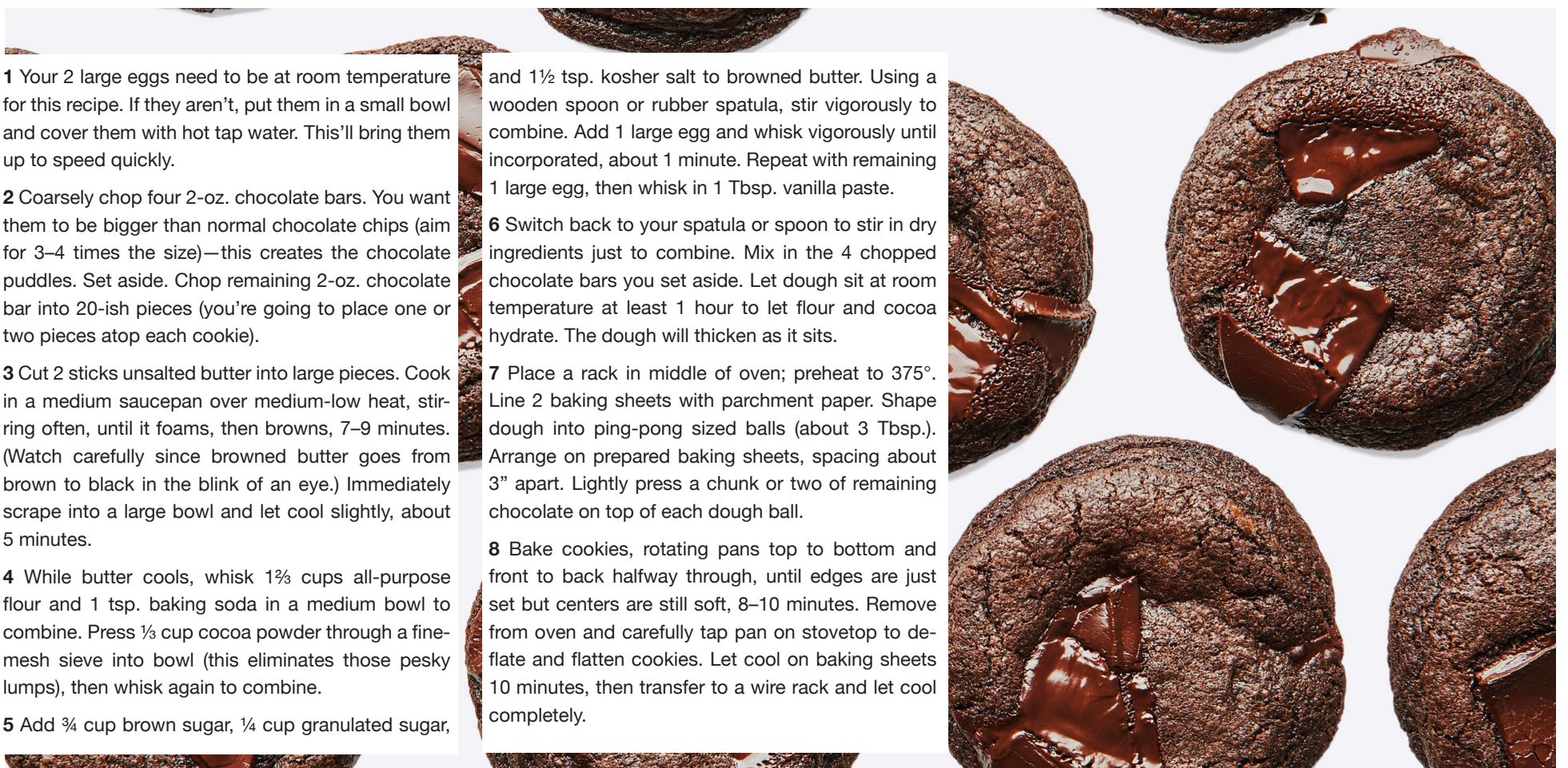
5 Add ¾ cup brown sugar, ¼ cup granulated sugar,

and 1½ tsp. kosher salt to browned butter. Using a wooden spoon or rubber spatula, stir vigorously to combine. Add 1 large egg and whisk vigorously until incorporated, about 1 minute. Repeat with remaining 1 large egg, then whisk in 1 Tbsp. vanilla paste.

6 Switch back to your spatula or spoon to stir in dry ingredients just to combine. Mix in the 4 chopped chocolate bars you set aside. Let dough sit at room temperature at least 1 hour to let flour and cocoa hydrate. The dough will thicken as it sits.

7 Place a rack in middle of oven; preheat to 375°. Line 2 baking sheets with parchment paper. Shape dough into ping-pong sized balls (about 3 Tbsp.). Arrange on prepared baking sheets, spacing about 3" apart. Lightly press a chunk or two of remaining chocolate on top of each dough ball.

8 Bake cookies, rotating pans top to bottom and front to back halfway through, until edges are just set but centers are still soft, 8–10 minutes. Remove from oven and carefully tap pan on stovetop to deflate and flatten cookies. Let cool on baking sheets 10 minutes, then transfer to a wire rack and let cool completely.



December Seniors' Scene

December in Fish Creek

The Fish Creek Community Terrace

The Friends would like express our thanks to everyone who dedicated a brick along the 25th Anniversary brick pathway in front

of the Cookhouse. There are close to 300 bricks here, that are engraved with the names of community members and positive messages to parkvisitors. People have dedicated bricks to show their support for Fish Creek, and to com-

memorate milestones like weddings, anniversaries, new family members, or memorials for those who have passed on.

Now that all of the bricks are installed along the pathway, we have begun planning the next area - the Fish Creek Community Terrace. The terrace will be installed in front of the Cookhouse near the kiosk and all who visit our office or pass by will see the bricks. Every

brick tells a story and we invite you to leave a lasting legacy in Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace.

If you have a local business, consider having a brick inscribed for your business, it's great advertising in a very busy area and you will receive a tax receipt. Inscriptions can have 2 lines of text with 16 characters per line, and simple shapes like hearts and circles can be accomplished. Bricks are only \$250 and you will receive a tax receipt for your contribution. For more information, contact the Friends or visit <https://friendsoffishcreek.org/brick>

Now is the Best Time to Renew Your Commitment to Fish Creek!

It is because of our members, donors, volunteers, partners and sponsors that we are able to deliver programs and events in and around Fish Creek Provincial Park. The Friends of Fish Creek invite you to renew your membership or sign up as a member to show your support for Fish Creek Provincial Park. Membership benefits include a discount on the popular Birding Course, admission to Fish Creek Speaker Series presentations, and a discount at select local businesses. The current membership year will run until December 31, 2021. To renew your membership please visit <https://friendsoffishcreek.org/membership>. Thank you to everyone who has renewed for the 2020-21 season. As an alternative to annual membership, the Park Protector effortless donor program may suite your busy lifestyle a little better. For more info about the Park Protector program, please visit <https://friendsoffishcreek.org/park-protector-signup>

subsidized foot clinic and day trips, monthly pot lucks and weekly bingo are a great way to stay physically and mentally fit.

Following all safety protocols, Friday, Dec. 18 and Saturday Dec. 19, Silver Threads will be hosting our annual bake and craft sale fundraiser. Strict safety precautions will be established.

We have missed, and look forward to seeing our community come together to support Silver Threads during this fundraising event. For more information on membership or baking/crafts, Please call Wendy 403-264-1006

Good Companions 50 Plus Club

Good Companions 50 Plus Club is open on Tuesdays and Thursdays from 10:00 A.M. — 3:00 P.M. Join us for Creative Corner, Bingo, Floor Curling, Drumfit and Social Lunches.

Call us at 403-249-6991 for details and to pre-register. And try out our virtual programming five days per week which includes Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Coffee Chat.

Membership for 2021 is now available for only \$30. Please visit our website at www.gc50plus.org to learn more about services and programs offered.

We will be closed as of Dec. 18 for the Holidays. Stay tuned for details on programming for the new year! Wishing you and yours a happy and safe Holiday Season!

Inglewood Silver Threads

Inglewood Silver Threads is a 55 plus senior activity center focused on keeping seniors socially active. Although we are on limited hours and programs, we are still open with safety precautions in place. Annual membership is \$20.00. Members enjoy crafts, games day, and two exercise classes for free. Our

Volunteer Spotlight



Colleen Hart

Colleen is a very dedicated volunteer who started volunteering at Kerby Centre in August 2019. Currently she is volunteering in the Switchboard Reception. She provides excellent customer service to our clients. Colleen has also volunteered in the ESL class as an assistant to the instructor to engage with the students and help them learn the English language in a fun welcoming manner.

Colleen said – “I really enjoy being able to see and speak to the clients, the other volunteers and the amazing caring staff. I feel good to see smiles and knowing that they’ve brightened my day, maybe I brightened theirs too.” One of the things Colleen enjoys most is knowing that the Kerby Centre can and continues to help so many seniors in these unprecedented trying times. It makes her proud to be part of this amazing centre.

Besides volunteering, she participates in the exercise classes provided by Kerby through Zoom. In her spare time, Colleen likes riding a bike, reading and skiing.

So far, Colleen has contributed over **309.00** hours.

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

JOIN US AS KERBY CENTRE PRESENTS ANOTHER IN OUR SERIES OF ONLINE HEALTH, WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATIONS

Thursday,
December 10th
10:00 am to 11:00 am

Presented By

Robert Gerrie
Investment Advisor
CIBC Wood Gundy Popowich Karmali
Advisory Group

CIBC Wood Gundy is a division of CIBC World Markets Inc., a subsidiary of CIBC and a Member of the Canadian Investor Protection Fund and Investment Industry Regulatory Organization of Canada. If you are currently a CIBC Wood Gundy client, please contact your Investment Advisor.



RETIREMENT IN A VOLATILE MARKET

Ensure your lifestyle never retires, even in the midst of a volatile economic market!



Popowich Karmali
Advisory Group

FREE Registration at <https://kerbypresentsretirementinavolatilemarket.eventbrite.ca>

The humanity behind the mask

By Peter Menzies

The go-to car radio station for people of my demographic profile in Regina is Rawlco Radio, home of the John Gormley Show, The Hour of Rage and, on Sundays, replays of Montreal's popular Roy Green Show.

This is red meat programming for grumpy old guys. You know — men who look like me and who, for several years now, have been muttering “this is what happened to the Romans,” “kids these days,” and every now and then “young man, if I were 30 years younger, I’d, I’d, I’d. . .”

The topics on these programs are intended to inspire a reaction so, as is often the case, my attention was directed to the matter of whether masks should or must be worn during the pandemic and, if so, how often and where.

“Since when,” wondered one young-sounding male caller, “is it my responsibility to look after you and since when is it your responsibility to look after me?”

I’m prone to occasion-

al Tourette-style outbursts when alone in my vehicle but this time my response was restrained. Addressing the radio, I calmly asked: “Were you raised by wolves?”

Remember back not so long ago when we were “all in this together”?

Well, that’s not what the guy at my pickleball venue thought last week. You’ve probably run into him, or a reasonable facsimile by now — the guy who won’t wear a mask because “you can’t make me — that’s a human rights violation.”

You can explain all day long that a mask rule is no more a violation of human rights than is an organization’s insistence that people wear pants or a tie. Nothing is going to change his mind.

Nor would any appeal to reason alter the sense of self-righteous persecution inspiring the fellow who tried to bull his way into my place of work where we have a rule requiring the wearing of masks while in shared spaces. He left before the police had to be called.

The older woman in the gym at least humoured me.

I had the place to myself for a while last weekend until, near the end of my workout, she arrived, stretched and hopped on the treadmill without wiping the machine down as the guidelines insist.

I hate the idea that I have become a COVID-19 snitch, so as I prepared to depart I handed her the disinfectant spray and (fibbing, just fibbing) said: “You might want to use this. The girl who was just on here was coughing pretty hard and I don’t think she wiped it.”

Her response was a harrumph.

“Oh, all right,” she said. “But you know what I hate about COVID? It made me fat.”

Nope, we’re definitely not all in this together. Not by a long shot.

I resisted swinging for the fences on that one and said, “I guess we all want to make sure we do what we can to make sure the gym stays open. I think I’ll go crazy if I have to do April all over again.”

In accord, we went about our respective days, each of

us a little less fat.

None of these recent anecdotes were as extreme as the one passed along to me about a friend who wore his mask while doing business at his local postal outlet only to be questioned by the woman behind the counter who wondered, “So I guess you believe all this COVID stuff, eh?”

Don’t get me wrong. I hate the idea that governments have to mandate the wearing of masks. I’ve raged for years about the inclinations and dangers of the ‘nanny state’ because I believe we’re better people when we don’t outsource our compassion.

But what troubles me more is people’s refusal to acknowledge their collective responsibility to each other, even if for no other reason than as another friend said about wearing a mask, “I know it makes the lady in the checkout aisle feel safer.”

In other words, he does it because he subordinates his own feelings of discomfort, skepticism and suppressed freedom to enhance the

comfort of others. In doing so, in caring about someone he doesn’t know, he helps us define what it means to be a human being.

As Dr. Deena Hinshaw, Alberta’s chief medical officer of health, was explaining on CBC Radio’s White Coat, Black Art program recently, the current times come down to “caring for each other the way you would want yourself and your loved ones to be cared for and continuing to be kind.”

Has a familiar ring to it, doesn’t it?

The secular world calls it the ethic of reciprocity. My parents and Presbyterian Sunday school teachers taught it as the “do unto others as you would have them do unto you” Golden Rule.

It’s the ultimate social no-brainer that’s also a prominent concept in Islam, Buddhism, Hinduism, Judaism, Taoism, Zoroastrianism, Baha’i and pretty much any other religion or ethical tradition you can name. Just ask Confucius.

It has a “what’s in it for me?” feature coinciding with a “what’s in it for you” element that doesn’t even require you to be kind, only pragmatic.

So I posted the young-sounding man’s question on my Facebook page and asked friends: “Since when?”

I heard from Sue in Texas, Max in Pennsylvania, Bill in Maryland, Margaret in Colorado, Doug, Dave, Bruce and Naheed (yes, Mayor Nenshi) in Calgary, Marla in New York (I think), Ruthy in Winnipeg, Kim and others. They all knew (Nenshi took it way back) that, dude, the answer to “since when” is the Garden and the Golden Rule. It’s Cain, it’s Abel. It’s heroically taking a hit for the team to make a play. It is, more or less, since the fall and the Dawn of Civilization and the understanding that there’s more than just me. Or just you.

It’s a principle and an understanding that life is not just about individual, but also collective, rights and the balance between them. And being common, decent human beings who work and negotiate with our brothers and sisters to make the world a better place.

Peter Menzies is a senior fellow with the Macdonald-Laurier Institute and a former CRTC vice chair.



Kerby Centre presents

It's Practically Christmas

Give a special gift to seniors this holiday season!

Tis the season of giving! You can help Kerby Centre stuff stockings, fill food hampers, or provide safe nights or a special holiday meal for seniors at our elder abuse shelter.

Provide comfort and joy to seniors this holiday season.

Donate at
www.kerbycentre.com/practicallychristmas



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities



Kerby Centre Is Open! For information, or to book an appointment for programs & services please call 403-265-0661 or visit www.kerbycentre.com

Please Join Us For These Exciting and Informative Kerby Centre Online Health, Wellness, Information & Entertainment Presentations
Visit www.kerbycentre.com for further details

Wednesday, December 9th - 10:00 to 11:30 am

Depression & Getting Through The Holidays

Presented By Padmaja Genesh, Alzheimer Society

Register FREE at <https://kerbypresentsgettingthroughtheholidays.eventbrite.ca>

Thursday, December 10th - 10:00 to 11:00 am

Retirement In a Volatile Market

Presented By Robert Gerri, Investment Advisor—CIBC Wood Gundy Popowich Karmali Advisory Group

Ensure your lifestyle never retires, even in the midst of a volatile economic market!

Register FREE at <https://kerbypresentsretirementinavolatilemarket.eventbrite.ca>



Because Kerby Centre is committed to the health and safety of our members, staff and community, the previously planned luncheon has been cancelled. But never fear, we have another fun and festive plan afoote! Put on your ugliest Christmas Sweater or your craziest Santa hat, pour yourself a hot chocolate, eggnog (or other festive beverage) and join us as Kerby Centre presents...

A Merry and Safe Online Members' Christmas Party Featuring A Special Christmas Virtual Name That Tune Game

Friday, December 18th - 11:30 am to 1:00 pm

Check Out the Ad Within or www.kerbycentre.com For Registration Details!

SAVE THE DATE - Thursday, January 14th
10:00 to 11:00 am

Special Financial Considerations for Seniors

Presented By The Wealth, Investment & Estate Planning Team of Servus Credit Union, Sponsors of Kerby Centre 2021 Online Presentations

Register FREE at <https://kerbypresentsservuscreditunion.eventbrite.ca>



Next to New Store

Last Minute Christmas Shopping?
Everything in the store is
50% off all week!!

December 14th to December 18th 2020

A Group For Mature Jobseekers



Join Us 1:30 - 2:30 pm

For Our Informative Zoom Online Presentations

Dec 1 Networking

Learn how to

- Find the hidden job market
- Build additional contacts
- Navigate through information gathering interviews

Meeting ID: 824 4235 7526 Passcode: 262624

Dec 8th How to market your transferable skills and network

Participants will learn about:

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

Meeting ID: 882 0375 8372 Passcode: 772384

Dec 15 "Shifting Gears"

How and when to look for a new career. New expectations employers have from employees.

Meeting ID: 833 3416 2285 Passcode: 780122

Dec 22 Resume building

- Information and guidance on writing a customized resume
- How to write resume based on the latest Canadian labor standards
- Essential components of a resume and what makes it effect

Meeting ID: 850 4340 9343 Passcode: 012380

For more information phone 403 705-3219

Do You Still Need To File Your Income Tax !?

Kerby Centre is 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 Centre FREE Pop Up Bread Market Calendar - Sponsored by COBS Bread

Tuesday Dec 1 - 10:30 am
Soup & Bread Market - Kerby Centre

Friday Dec 4 - 10:30 am
Soup & Bread Market - Kerby Centre

Tuesday Dec 8th - 11:00 am – 12:30 pm
Bread Market - Parkdale Nifty 50's

Friday Dec 11 - 10:30 am
Bread Market - Kerby Centre

Tuesday Dec 15 - 10:30 am
Bread Market - Kerby Centre

Friday Dec 18 - 10:30 am
Bread Market - Kerby Centre

Tuesday Dec 22nd - 12:00 - 1:30
Greater Forest Lawn



KERBY EDUCATION & RECREATION DECEMBER ZOOM CLASSES

For further details on these programs and changes to our Drop In Groups please email karis@kerbycentre.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY FITNESS 9:30 - 10:30 AM	ESL 10:00 - 11:00 AM TAI CHI 1:30 - 2:30 PM OPTIONS 45 1:30 - 2:30PM	MEN'S SHED 11:00 - 12:00 PM SEATED YOGA 1:00 - 2:00 PM	ZUMBA GOLD 10:00 AM - 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

Support our COVID Outreach Program



Photo courtesy of Christian Newman, via Unsplash.com

For more than 40 years, seniors have come to Kerby Centre, but during COVID, we're coming to them.

Help provide comfort and support to vulnerable seniors this giving season.

We need your support, now more than ever, to help seniors who have no family or support network and find themselves all alone.

Seniors like Doris who has been homebound during the pandemic and was feeling isolated and worried about meeting her most basic needs. Thanks to our Food Security Program, she received food delivered to her door by one of our

friendly volunteers (at a safe distance!). Doris says she would be lost without the program, which has been a lifeline during this difficult time.

YOU can make a difference in 2020.

With your donation, we'll be able to help seniors get the food they need, find housing and community resources, stay safe from elder abuse and be informed, engaged, active and supported while adapting to the reality of COVID-19.

Provide comfort and joy to vulnerable seniors this holiday season.

Donate Now:
www.kerbycentre.com/donate

The Kerby Centre team wishes you a warm, safe and happy holiday season.



Photo courtesy of Beatriz Perez-Moya, via Unsplash.com.

YES - I want to help create a caring, connected community for seniors today!

One-time donation amount: \$50 \$100 \$150 \$250 My choice: _____

Monthly donation amount:* \$15 \$25 \$50 \$100 My choice: _____

Donation in memory/in honour of _____

Payment method: Cheque Visa MasterCard

Credit card number _____

Expiry date _____

Signature _____

Planned giving is another great way to help.

- I have included Kerby Centre in my will.
- I would like more information about planned giving.

Send tax receipt to:

Name _____

Address _____

City _____ Province _____ Postal code _____

E-mail _____

Phone _____

All donations are gratefully received.
 Donations \$20 & above will receive a donation receipt.

Kerby Centre | 1133 7 Ave SW | Calgary, AB | T2P 1B2
 Donate online at www.kerbycentre.com/donate or call (403) 705-3235

Charitable Registration
 #11897-9947-RR0001

CLASSIFIED ADS

To place your ad call: 403-894-6986, Fax: 403-705-3211
or e-mail: andrewm@kerbycentre.com



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

CLASSIFIED RATES
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for January issue must be received and paid by December 10.

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

10 Health

Hearing Aids

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

20 HOME MAINTENANCE

All types of electrical work, new, old, troubleshooting & renos. Sr disc. 403-239-5918 or 403-870-8687.

The Scottish Painter and Sons

Over 30 yrs. Exp. In residential painting. Seniors discount. Free estimate. Written contract. Refs avail. Ph 403-875-8077 www.thescottishpainter.ca

Tony Peterson Eavestrough

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

Millennium Contracted Ltd

For all your exterior home repairs/replacements. Int & Ext painting, roofing, siding, soffit, fascia, eavestroughs. etc. Please check the full details on our website: millenniumcontracting.ca or ph Shawn at 403-703-9132. I am a Kerby Centre member & a general contractor in Calgary for over 33 years

Londonderry Painting

Int & ext painting. Ceilings, Wallpaper, Sr. Disc. Free est. Howard 403-226-3456

Senior working for seniors Will do small repairs, electrical, plumbing carpentry Work. Call Jim 403-249 4180. Cell 403-519-8761.

Silver Fox Painting and Small Repairs

Call Heather 403-710-2308 Refs available

11 FOOT CARE:

Footcare

Therapeutic footcare by RN Provided in your home Call 403-640-7965

Special promotion for new clients.

Call Becky @ 403-472-8885 for details. Advanced foot care Nurse, specialized in diabetic foot, fungal, ingrown nails, corns, and callouses.

Alberta's Mobile Foot Care

The company that Albertans trust the most. Advanced Foot Care Liane at 403-512-2429 or albertasmobilefootcare.ca

12 HOME CARE

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

Susan's HomeCare is here

For all of your needs. MediCal/non-medical, everything from transportation, companionship, and everything inbetween. We also provide end of life care. Please call 403-818-1487 for more Information. Reasonable rates, insured and bonded.

Susanshomecare.ca and find us on Facebook

Private Male Caregiver \$20/hr available Mon-Sat 8AM - 6PM phone 403-273-6424 or 403-803-9493

26 SERVICES

HAIRSTYLIST IN MOTION

Mobile hair care in the Comfort of your own home, hospital, nursing home, anywhere. Please call Brenda 403-471-7500.

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

GEEK COMPUTER

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

Corinne's Mobile Hair Service

Perms cuts & style 39 yrs exp 403-589-2069

Mobile massage at your own home.

Registered massage therapist. \$80/hr. Call or text Alex 587-437-3546

We fix computers

Local computer repairs & lessons. Affordable rates Free diagnostics, no travel fees, great service. xentas.ca 403-481-8080.

Handyman, semi-retired, licensed, WCB, reasonable rates, flexible schedule, available for household repairs. For more info, call Howard 403-235-1529. Mature man will build or Repair wooden fences & decks, smaller jobs only. Call Richard 403-289-5760 or rwheatley@shaw.ca

ABC MOVING – Sr. Discount. Call for a free estimate 403-383-9864

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

DOWNSIZING WITH TIDY GIRLS

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

AZPERLEGAL SERVICES

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

"THE YARDIST LTD" TREE & SPRAY SERVICE

Tree pruning/tree removal/ Fertilizing/insect & disease Control. Certified arborist. Licensed. Insured. Senior Discount. Ph: 403-242-3332.

30 FOR SALE:

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

2 plots in mtnview mem grd The last supper garden lot 225B1 @ B2. Each space can facilitate three interments. Call: 403-255-7436.

33 WANTED

Buying antiques &

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

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

50 RELOCATION SERVICES

ABC MOVING

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

AAA-Brother's Moving Co.

"Seniors deserve a Break" Brent. 403-383-9586.

A-SAV-ON MOVING

Serving Kerby clients for Over 15+ years. Experienced Reliable movers. FREE ESTIMATES – SENIOR DISCOUNT 403-208-8060

Note to classified advertising clients; Please contact Andrew McCutcheon as we will be updating our information moving forward into 2021.

He can be reached through 403-894-6986 or through email at andrewm@kerbycentre.com.

Thank you for a fantastic year and all the best moving into 2021!

FOR RESULTS ADVERTISE IN KERBY NEWS

The most enjoyable pasttime

Continued from pg. 15

With great patience and love, she taught me how to cast on and then how to knit and purl. I spent most of my free time knitting little squares which she promised to sew into a scarf for me if I knitted enough of them. From such a humble beginning I learned the rudiments of the craft. Eventually, I moved on from squares to scarves and even mastered knitting with five needles to knit myself a pair of socks.

During my lifetime, I have knitted many sweaters, baby blankets, bonnets etc, for my family and friends. I even managed to knit two dresses for myself and often wonder if any of my handiwork exists today.

My sister had four little girls so I was always busy making something for them. The most demanding project I ever undertook was to knit a dress for each of them for Christmas. Actually, only the bodice was knitted while the sleeves and skirts were crocheted. To make it appropriate and festive for the season, I made two of the dresses red and two of them green.

I started in October and soon realized that it was going to take me much longer than I anticipated. In the beginning, I really enjoyed crocheting and found it very satisfying to see each sleeve and skirt take shape. By the time I started on the bodices, it was already December and my time was running

out. Enjoyment turned to drudgery as Dec. 24 loomed large ahead of me.

Thankfully, I did manage to get them finished and delivered by Christmas Eve.

There are many wonderful groups of women in our city who busy themselves knitting blankets, sweaters and socks for hospitals and relief organizations. During the winter months, they come together in groups of four or more to socialize while their busy fingers work and produce items for goodwill. In my building, there were four of us who met regularly to knit scarves, toques and mitts. In fact, one of our knitters has knitted hundreds of little dolls for one of the woman shelters. These lovely dolls comfort children who may be fleeing abusive situations.

In this year of COVID, this aspect of our lives also had to change and we can no longer socialize the way we used to. Even so, I am sure there are busy fingers in our city knitting squares for blankets, making toques and scarves for distribution to those in need. Maybe next year we will once again be able to sit in our special circle of friends, enjoying each other's company, perhaps in front of a fire, with maybe a cup of hot chocolate on a table close by. No matter what next years brings, I am sure women will continue to knit and produce items which will be useful and beneficial to others.

SUDOKU ANSWER

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8	3	2	7	6	4	9	1	5

PUZZLE ON PAGE 22



IN MEMORIAM

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

- Edward Harold Smith
- Gerda Jakobsen
- Gerrit Frans Dooge
- Lambert Van Alstine
- MaryBauer
- Peter Michael
- Slawnych
- Pierre Ninh Van Tu
- Roberta Bunn
- Roman Swidnicki
- Roman Warchola
- Valerie Rose Nickel
- Wendy Jongman

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 the Kerby News.



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CROSSWORD SOLUTION

I	C	E	U	P	E	T	T	E	C	A	S	H	A	L	F	R	E
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PUZZLE ON PAGE 22

NOVEMBER CROSSWORD SOLUTION

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LOGIC PUZZLE ANSWER:

The German owns the fish.



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Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary

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