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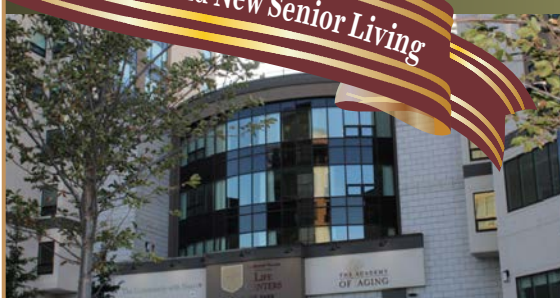
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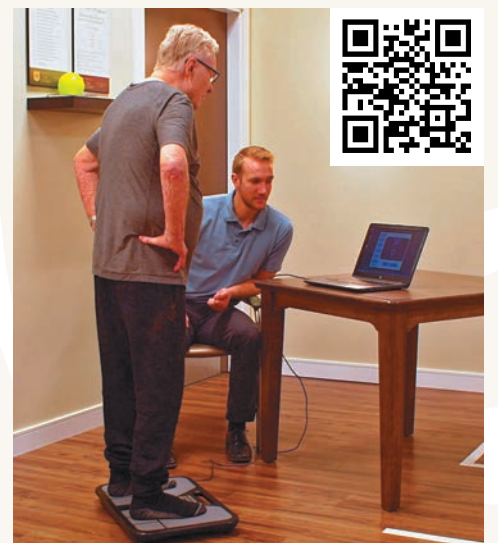


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BY ZANE NOVAK
President of Kerby Centre

Kerby Centre welcomes new CEO Lawrence Mathieson in 2020, while sadly saying goodbye to interim ED, Leslie Tamagi

2020. I can't really explain it, put it in words and I certainly cannot define it, but I know this is going to be a very significant year not only for myself but for many others including Kerby Centre.

What better way to herald in a new year than to announce the appointment of the new CEO of Kerby Centre. Starting in January,

Lawrence (Larry) Mathieson will assume the role of CEO. The Board of Kerby could not be more excited and thrilled to start this new era with Larry.

Larry's hiring followed an extensive search involving impact8 Inc., the Board of Directors along with involvement and feedback from staff and stakeholders. As the Board, we fully recognized and weighed not only the challenges that exist but just as importantly the opportunities that we have in our future.

As my fellow Board Member and the Chair of this executive transition committee: Stephanie Sterling stated, "this is an important transition for Kerby Centre. We have taken the time to connect with stakeholders on all levels and carefully reflect on the leader that Kerby needs as we continue our commitment to seniors in Calgary."

Larry's background includes extensive experience in Alberta's non-profit sector. He's worked in both frontline and leadership positions across a variety of organizations: CEO of Easter Seals Alberta; CEO

for all three Ronald MacDonald Houses in Alberta and co-executive director of Wild Rose Community Connections in High River, to name a few.

He has a wealth of academic experience, having graduated from the University of Calgary in 1987 with a BA in psychology, an MBA from California Southern University, an MS in Strategic Fundraising and Philanthropy from Bay Path University where he also serves as an adjunct professor teaching marketing for non-profits.

Larry will officially join the Kerby team on Jan. 6, 2020.

Over the past several years, I have become familiar with many people at Kerby; staff, clients, volunteers and what I have noted first and foremost is the genuine love, interest and concern that all who enter our doors show.

I know that Larry will be overwhelmed by the warmth of Kerby and I encourage everyone to try their best to welcome him, get to know him and to support him in his new role. The most successful relationships that

exist are those that are well supported.

With all of this being said about Larry and our excitement to have him join us, I do have a note of sadness to share. Larry joining, means that Leslie Tamagi, our Interim CEO will be leaving us. Leslie joined Kerby during a very turbulent time and faced a difficult task which she has handled better and more professionalism than I could have ever wished for. Over these months I have had the pleasure of working with her on an almost daily basis and I cannot overstate how much I will miss walking into her office to see her smiling face and hear her quiet but confident voice. Leslie, I know that I speak for the Board and many others, when I say how much we appreciated you at Kerby and how much we will miss you, thank you so much.

In reflecting on these few words that I have shared with you, our readers and supporters, it's becoming clearer to me why I am feeling that 2020 will be a monumental year for us. This is just the beginning of new opportunities. ▲

January 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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BY LESLIE TAMAGI
Interim Executive Director

The year 2020 promises an exciting new beginning for Kerby Centre, with new CEO Larry Mathieson, joining the agency. Larry is a well-respected leader in our sector, and I am confident he will take Kerby Centre to new heights.

My time as interim leader has been a wonderful experience. Before I started at the Centre, I was unaware of the extent of comprehensive services and supports we offer. Kerby Centre really is a hidden gem. Until you spend time here, you don't realize how vibrant and busy it is. From our grocery delivery to our

An exciting new beginning for Kerby Centre

shelter, foot care to a day program. Plus a multitude of classes, trips, information supports, a dining room, woodworking shop, presentations, men's shed, celebrations and gatherings — there is something for everyone and everyone belongs. What I have come to appreciate is what a lifeline Kerby Centre is to so many.

Our building may not be shiny and new, but when you enter you can feel the warmth and comfort — you are enveloped in nostalgia and it feels like home. During our huge stampede breakfast, one participant confided in me that ours was the only breakfast she attended because it was where she felt safe. At our membership luncheon in December, one lovely member told me that when she walked down the halls she felt loved.

That is what makes Kerby Centre the wonderful place it is — here, you are never a stranger and you are never alone.

I am full of gratitude to so many. Thank you

to our funders, donors, and supporters — you make it possible for us to assist individuals to live as well as possible, for as long as possible, in their communities.

Thank you to our volunteers, you play such an important role in offering our services and you are always there when needed with a smile. Thank you to Kerby Centre's Board of Directors for your leadership, commitment and support, and for entrusting me in this role.

And I am very grateful for our team of passionate, compassionate and dedicated staff who I have gotten to know and admire. I am leaving with wonderful memories and a new perspective on what the next chapter of our lives can look like.

Even though my time as leader of this remarkable organization has come to a close, I have purchased my membership for 2020 and I look forward to being part of Kerby Centre for many years to come. ▲

Your thoughts are valuable currency



Life and liberty

BY LIBERTY FORREST

With the holiday season upon it's another new year. A fresh slate. Sure, I realise that in reality, it just means you need a new calendar but it also affords us an opportunity to mentally take stock and begin again. It feels a bit like that first day of school every September when you've traded in the tattered, ink-covered binder for a new one filled with fresh, untouched loose leaf. Your pencil case is new, too, and so are the brand new pencil crayons all sharpened and ready to jazz up an otherwise dull handwritten assignment.

Speaking of assignments, I've got a little one for you.

Take a few moments and see if you can remem-

ber what were you thinking about just before you began reading this? Or in the previous hour or two? Or much of the day so far?

An even bigger question: Are you aware of the kinds of subjects that occupy your thoughts a lot of the time?

While you're going about your business whether at work or just chillin', when doing your chores, while driving, gardening, or in the shower, what's on your mind? Are you thinking about your plans for the future?

Are you looking back on happy times and feeling grateful for them? Are you coming up with new goals or wondering what you can do toward achieving current ones? Or are you thinking about what's wrong in your life or what's missing?

Are you busy being resentful? Do you spend time dwelling on long-ago issues and events that can never be changed, thereby only perpetuating the misery that you lived back then? That's certainly one of the most colossal wastes of time and energy on the planet.

I'm still waiting for someone to come up with a really good reason for doing this. There's absolutely

nothing positive or good or remotely useful that could ever come from it yet people continue to visit that place a lot. Some seem to live there. It makes me shudder just to think about it.

When you're thinking about what's wrong, or how much your life sucks right now, or what you should have, might have or could have done, you're not thinking about how to put it right and make it better. You become part of the problem and reduce the possibility of finding a solution — or at least, you will significantly delay it.

Not only are you dumping a truckload of misery and negativity into your own life, you're probably doing the same to those around you. And I can promise you, there's not a chance in The Very Hot Place that anyone will thank you for it. In fact, they'll probably avoid you, run for the hills when they see you coming, and dread answering the phone when your name pops up as the caller.

Is that how you want to be seen and remembered? And is that really how you want to spend the very precious gift of life that you've been given?

The more time you spend dwelling on your cur-

rent state of discontent, the less time you have to do anything about it. Your days will just blend into one long blur of unhappiness, discontent, regret or whatever other awfulness you've chosen as your particular poison. Your present becomes the past of your future. That means the way you're living, the things you're thinking about, and your experience of life right now will one day be what you look back on as "the past." And the longer you live like this, the more you'll look back and see a growing trail of misery behind you.

Wouldn't you rather be reflecting on happy times and a great life? If so, then that's what you need to be doing and creating right now.

What you're not thinking about is just as important as what you are thinking about.

Let's say you want to buy a beautiful ring with flawless, perfect diamonds, but you cannot afford it. You really, really want it but all you can afford is the cheap imitation stuff. You know that if you want that diamond ring badly enough, you'll have to be disciplined, spending your money wisely so you

can have it someday.

But you don't like the sacrifices. You have to give up the meals out, the fast food, the cinema. You have to start making a conscious choice to change your habits. You tell yourself you'll make do with the cheap costume jewellery for now, and someday when you have more money, you'll buy that beautiful sparkling diamond ring.

You have the ability to control your thoughts. If you don't like them, change them. If the miserable ones keep coming, keep replacing them with positive, helpful ones. Don't beat yourself up about it (a further waste of thoughts, time and energy) — just stick a new, happy thought in there and move on.

"But it's hard!" you say. Maybe. But "hard" isn't the same as "impossible." Besides, it's worth it. And it does get easier with practice.

If you're frivolous with how you spend your thoughts, if you waste them on the "junk jewellery" of life and energy that doesn't serve you well, you'll be just as dissatisfied as ever, and you'll never have that sparkling radiant diamond of a life that's just waiting to be yours. ▲

Current Resident Larry says....

My wife and I decided in the fall of 2018 to consider a senior's complex for our new living quarters. We were already hiring our lawn care and snow removal as well as maid service. Although not yet 80 years old I had had a heart attack 4 years ago and my wife although younger continued to cope with the effects of Lupus and Scleroderma. Some of our friends couldn't believe that we were contemplating giving up our big beautiful home of almost 5000 square feet for a retirement home of around 1000 square feet. However, we were convinced that it would be best to make the move earlier rather than later.



A supported living facility seemed to best suite our expected needs. After visiting several we decided on Rocky Ridge Retirement Community by Signature. It had all the amenities that we envisioned including a two-bedroom unit with a view of the mountains, a warm wimming pool, a large private kitchen available for booking as well as 24-hour medical care.

After one year at Rocky Ridge our expectations have been exceeded in most ways. There is no way that we would consider moving back to a house or seek another comparable facility.

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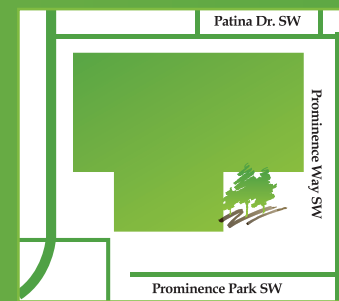
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Reducing your risks for cognitive decline

By Andrew McCutcheon

Independence is a trait we're trained to value and take pride in at a young age. The first memories of going out for a sit-down meal or taking a ride with friends about town are cherished in many minds.

Losing one's independence is a scary prospect, and dementia is a fast-growing health condition of concern to many older adults the world over.

It affects nearly 50 million people across the globe and can cause impairment of memory and cognition according to a study released by the World Health Organization (WHO), with 10 million additional cases diagnosed

annually.

While science has not yet developed a treatment for dementia, the WHO has several suggestions for lifestyle changes which can not only reduce the risk and lower one's chances of developing symptoms but also improve overall health.

Cutting back

The pleasures of life are to be enjoyed well into adulthood, but making changes to your consumption can help prolong both mental and physical health into old age.

Smoking tobacco, for example, not only can cause a host of heart and lung-related illnesses — as well as many more — but also can boost your risk of dementia, particularly in

individuals 65 or older.

While cutting tobacco use completely from one's life is the WHO's recommendation, they are more lenient when it comes to alcohol consumption.

An occasional alcoholic drink won't have significant effects, according to the WHO report, and light alcohol consumption may even lower the risk of dementia.

However, heavy or excessive alcohol use can contribute to a decrease in cognitive function. So remember to take it easy when it comes to glasses of wine or pints of beer.

In addition to watching your alcohol and tobacco consumption, having a strong diet of fruit, vegetables, fish, nuts and

coffee are all linked to reduced dementia risk.

Not only will this kind of diet help to play a role in brain health, but it will also promote overall healthfulness: improving one's chances with diabetes, cancer and heart disease.

Your daily vitamins, however, might not be doing as much as you may hope.

The WHO has said there isn't enough hard science to confirm positive effects from taking items such as vitamin B or E in preventing neurological decay.

Get up and get out there

Furthermore, getting up and getting out can add to your chances of staving off the effects of dementia.

The body is a holistic

piece of engineering and what's good for the goose is good for the gander; that is to say, studies have shown that folks who had regular exercise were considerably less likely to experience dementia compared to those who refrained.

You don't need to be the next Olympic athlete or weightlifter: anything from jogging, biking or walking can help with getting your heart moving.

Be sure to be safe and conscientious in any forms of exercise, however, and talk to your general practitioner if you have concerns.

And on the subject of talking: getting out includes getting out and being social. Isolation and loneliness are not only concerns for emotional well-being but staying active socially can improve your ability to ward off dementia as well.

Check out the many, diverse recreational and social programs offered by the Kerby Centre or your local seniors' group: all it takes is a few small lifestyle changes to help you to keep your independence and health well into the future.▲

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Editor's note

In the December, 2019 issue of *Kerby News*, we published a column by Mansoor Ladha entitled "The Meaning of Christmas for a Muslim."

Within that article, Mr. Ladha stated that "A Christmas tree has nothing to do with religion," in reference to his personal journey of coming to Canada and experiencing the traditions of Christian and Catholic holidays.

The history of the Christmas tree is, as with many traditions, not entirely clear.

Out of respect for the interpretation of the symbolism noted to us by a reader, we wanted to reflect and note of the Catholic interpretation regarding the origins and symbolism of the Christmas tree: the triangular nature of the tree as representing the religious concept of the Holy Trinity, including the Father, the Son and the Holy Spirit.

We thank our readers for their feedback. ▲



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Study reveals cognitive effects of retirement

By Andrew McCutcheon

A Binghamton University study conducted in China has uncovered the potential negative effects of retirement on the cognitive ability for those aged 60 years and older.

Plamen Nikolov, an assistant professor of economics at Binghamton who helped facilitate the research, looked at the introduction of a pension program in areas of rural China aimed at supporting the burgeoning older demographic in the country.

Areas that implemented this pension program — known as the New Rural Pension Scheme (NRPS) — observed older individuals scored lower on a variety of cognitive tests, some of which are early indicators for dementia and cognitive decline.

“Over the almost 10 years since its implementation, the program led to a decline in cognitive performance by as high as almost a fifth of a standard deviation

on the memory measures we examine,” Nikolav wrote in a press release. “The fact that retirement led to reduced cognitive performance in and of itself is a stark finding about an unsuspected, puzzling issue, but a finding with extremely important welfare implications for one’s quality of life in old age.”

The NRPS was a response to a quickly growing older demographic in China, which has seen a burst in the senior population in recent years due to lowered fertility rates, higher standards of living and higher rates of longevity.

This shift towards an older population has happened across the globe in the past century. In the past 50 years, life expectancy after birth has increased by roughly two decades according to the World Health Organization.

In developing nations, this increase is even starker: between 1950 and 2002, longevity gain has been raised by as much as 26 years.

The trend is not slowing down anytime soon, either.

The Binghamton study stated that in Asia and Latin America, it was predicted that older age groups will triple between 2017 and 2050, with the dependency ratio — the difference between those working and those not in the labour force — rising as high as 44 per cent by 2050.

In response to these trends and the boom of an older population needing outside support, China rolled out the NRPS in 2009 to select areas.

“The program was introduced on the basis of an economy’s needs and capacity, in particular, to alleviate poverty in old age,” wrote Nikolov. “In rural parts of the country, traditional family-based care for the elderly had largely broken down, without adequate formal mechanisms to take its place.”

The Binghamton study compared the results of cognitive tests administered to older adults both in and

outside the areas receiving NRPS benefits. These tests indicated that the NRPS had significant negative effects on cognitive outcomes for those aged 60 or higher.

The study tested the cognitive ability with a focus on episodic memory and other components that would indicate an “intact mental status,” with areas that received pension benefits scoring lower.

Moreover, the results of these tests indicated women were more severely and negatively impacted.

“Our findings support the mental retirement hypothesis that decreased mental activity results in atrophy of cognitive skills and suggest that retirement plays a significant role in explaining cognitive decline at older age,” Nikolav wrote.

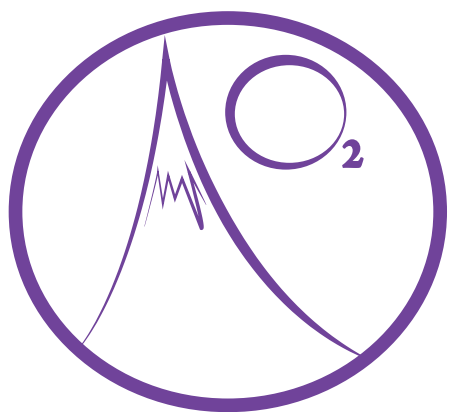
The impacts of the NRPS in China were also similar to negative findings in other, higher-income countries, including the United States, England and the European Union, with

Nikolav pointing out that the effects of retirement are a global issue.

While there were other physical and social benefits that resulted from the program, such as better nutrition, an increase in rest and lowered alcohol use, Nikolov said that the negative effects either far outweighed those benefits or that “the kinds of things that matter and determine better health might simply be very different than the kinds of things that matter for better cognition among the elderly.”

“Social engagement and connectedness may simply be the single most powerful factors for cognitive performance in old age.”

Nikolav wrote that he hopes the study influences policymakers on the potential cognitive costs of retirement and that governments could aim to include and introduce programming that aims at “buffering the reduction of social engagement” in addition to providing a social safety net. ▲



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The importance of exercise for cancer patients

By Doug Ferguson

A friend once remarked that Nicole Culos-Reed was likely the only university student in the world who kept a poster of Marathon of Hope runner Terry Fox in her dorm room.

“I thought that was normal, but apparently, not so much,” says Culos-Reed, laughing. “I had his picture and my first Terry Fox Run t-shirt in my room all through university as an undergraduate, and now the shirt hangs in my office.”

As a professor in the Faculty of Kinesiology, an adjunct associate professor in the Cumming School of Medicine and a member of the Alberta Children’s Hospital Research Institute

(ACHRI), she is helping lead an effort to use exercise to help improve the quality of life of both cancer patients and survivors. “The mission of my group is to change the current situation so that exercise becomes part of standard cancer care,” she says.

After his right leg was amputated due to cancer, Fox saw how much research could help patients. His Marathon of Hope run across Canada on a prosthetic leg to raise money for research was cut short in 1980 near Thunder Bay, Ont., at the 5,373-kilometre mark. Cancer had spread to his lungs, causing him to die shortly before his 23rd birthday in 1981.

“During his run, I was

eight years old, and I absolutely loved him,” says Culos-Reed. “He just didn’t want to see other people suffer what he did — including kids much younger than him that he saw during his treatment for cancer — and that really hit home for me.”

She hasn’t missed a year since she took part in the first Terry Fox Run in 1981. “I also have my plaque as a 35-year participant up in my office.”

Cancer outreach programs

Through her research at the Health and Wellness Lab at the Faculty of Kinesiology, Culos-Reed has helped create cancer outreach programs for everyone from adults to children. These initiatives are supported through the Thrive Centre, a fitness facility for people affected by cancer, and the Thrive program, which helps cancer survivors through exercises tailored to their individual needs.

Culos-Reed is also researching cancer-related fatigue with professor Guillaume Millet, PhD, of the Neuromuscular Fatigue Lab. Patients can experience overwhelming chronic exhaustion, says Millet.

“It affects everything — their ability to have a normal life and sometimes even a social life,” he says. “They miss work, they cannot go to see their friends, and they cannot look after their kids, so that’s actually a very important problem. They stay at home, they rest and they stay in bed for long periods of time, and of course that has a huge impact on their lives.”

Chronic fatigue

Such fatigue affects 70 to 100 per cent of cancer patients and is the most reported side effect, says Millet, adding about a third of survivors experience fatigue for months and even years afterwards. Yet this debilitating condition is one of the least treated, with patients often simply accepting fatigue as a fact of life, he says.

“Fatigue is a very complex phenomenon,” says Millet, who is also a member of the Alberta Children’s Hospital Research Institute and the Hotchkiss Brain Institute at the Cumming School of Medicine. “We are trying to investigate all the possible causes of fatigue, including neuromuscular origin, so how the brain could potentially be

involved in fatigue.

“Nobody has done that in cancer patients. We are also using a new test that I developed to analyze fatigue resistance during exercise.

There are a few studies in other diseases like multiple sclerosis or chronic fatigue, and cancer-related fatigue might be similar to these. Some people may be fatigued because they don’t sleep well, some because they are not fit enough, and some because they have inflammation and so on.”

While exercise helps fight cancer-related fatigue, no one knows why, says Millet. Using a \$171,000 grant from the Canadian Cancer Society Research Institute, Millet and Culos-Reed will be studying 40 survivors who experienced different types of cancer.

After determining potential causes of fatigue in individuals, specific exercise regimens will be created to see if the condition can be eased, says Millet. “If we can understand the causes of fatigue, we think we can tailor the type of training that we are doing to the real causes of fatigue.”

Exercise is crucial but daunting

Lack of exercise can have a profound effect on cancer survivors, says Culos-Reed, whose mother is a breast cancer survivor and who has lost family members to the disease.

“Patients are overwhelmed, physically and emotionally, when they are put into the cancer system, with numerous appointments for treatments.”

“Everybody’s activity level goes down, no matter if they were very fit or not, and with that comes the loss of the benefits that physical activity would normally provide.”

“We see some of the commonly reported symptoms, like fatigue, get worse, and we see other things like higher levels of depression, anxiety and stress.

“People are thrown into a system that is very good at treating their cancer, but that doesn’t focus on wellness and definitely doesn’t focus on the ‘after.’ You’re cured, you leave the cancer centre and there’s nothing standard in terms of getting people to move back into healthy living.”

Culos-Reed has helped spark programs such as Yoga Thrive, which provides training to yoga in-

structors about holding yoga classes for cancer patients and survivors. About 300 instructors have taken part from countries ranging from Canada and the U.S. to France, the U.K. and Australia.

“The health care system isn’t going to deliver all these wellness programs, because it’s already overtaxed,” says Culos-Reed, who is also a member of the faculty’s Arnie Charbonneau Cancer Institute and a researcher with the Department of Psychosocial Resources at the Tom Baker Cancer Centre.

“Instead of saying we need dedicated cancer care fitness facilities, we just go out to fitness partners in the community and train them. We have trained City of Calgary staff who ran our prostate program, for example, and the YMCA staff who ran our breast cancer program.”

The university is helping launch a pilot project in January called the Alberta Cancer Exercise (ACE) program in partnership with the City of Calgary Recreation, YMCA, Alberta Health Services and the University of Alberta, says Culos-Reed.

“It’s about building exercise into standard cancer care. We will have a certified exercise physiologist who will be at the Tom Baker Cancer Centre in Calgary and at the Cross Cancer Institute in Edmonton,” she says. “They can help screen patients and prescribe exercises that are best for them and then lead them to the right community resources.”

Culos-Reed is also the national lead for the TrueNTH Lifestyle Management program in Canada for Prostate Cancer Canada and funded by the Movember Foundation, a global initiative seeking to provide supportive services for men with prostate cancer and their support persons.

The Health and Wellness Lab created the TrueNTH Lifestyle Management Program, which helps prostate cancer survivors through everything from nutrition to physical activity, she says.

The years of research and fundraising that go into creating such programs are worth it, says Culos-Reed. “People say: ‘You are the ones who gave us our lives back, because I didn’t have this quality of life before and I have it now because of the physical activity program and that support.’” ▲

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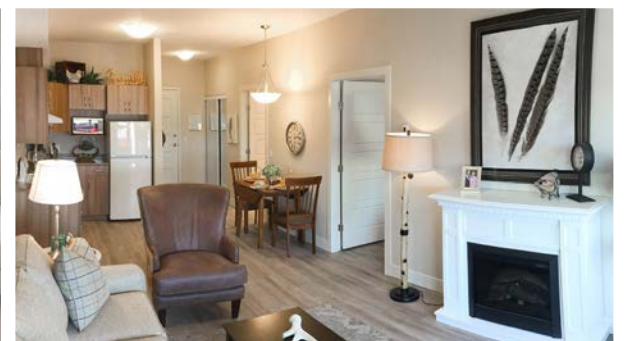
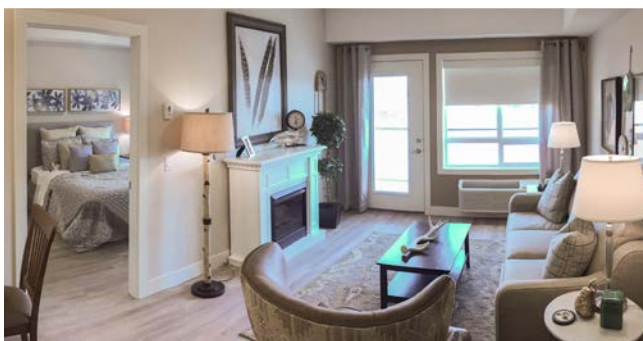
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Calgary study challenges short term radon testing



Dr. Aaron Goodarzi is the U of C researcher focusing on the study of radon and mitigating its effects.

By Andrew McCutcheon

It's the most wonderful time of the year, filled with some of the most recognizable traditions.

Christmas lights are still up, warm fires with chestnuts roasting; mugs of mulled wine, hot chocolate or cider in every hand celebrating the New Year; families are gathering around the radon tester in the basement to sing songs.

Perhaps not that last one. But normally, the colder winter months are when property owners would best be served by conducting a radon test using a home testing kit.

A recently published study from the University of Calgary, however, found that not only is radon exposure in Canada uniform across the year — with a quarter of residences demonstrating higher radon levels in the summer — but also that short term, five-day home testing kits provide inconclusive results.

“Radon gas levels can fluctuate wildly day-to-day,” said Dr. Aaron Goodarzi, a researcher with the U of C and chair of Evict Radon, “Short term tests can give a false sense of alarm, or worse, a false sense of security as they cannot precisely predict long-term exposure.”

Evict Radon — a Calgary-based non-profit dedicated to solving Canada's substantial issue with radon exposure — has partnered with experts at the U of C to provide citizens with a chance to measure the radon levels in their homes using long term testing kits which run for 90 days.

Findings indicated that short-term tests kits were imprecise up to 99 per cent of the time when compared to long-term tests, which provide a much more accurate look at radon exposure in the home. Goodarzi has been working with the Real Estate Council of Alberta (RECA) to help educate realtors against using short term radon kits, especially during the process of buying and selling property.

“All real estate professionals have completed radon-related education and new professionals will be required to complete it before entering the real estate profession,” said Joseph Fernandez, director of education programs at RECA.

Radon — which forms when radium in the earth's soil breaks down — is a colourless, odourless gas and

the number one cause of lung cancer in non-smokers according to Health Canada. Radon levels are disproportionately high in Alberta and Saskatchewan compared to the rest of the world.

“[Radon] is absolutely known to cause cancer in humans and animals,” Goodarzi said. “Like many causes of cancer, it damages our DNA, which can't be healed accurately.”

“There is no safe dose that we know about that comes from radon.”

According to Evict Radon, Western Canada “contains some of the highest radon-generating soils on our planet” which creates a health hazard as the radon drawn into and concentrated inside of modern buildings.

“If you consider the prairies in the context of the entire world, it is exceptionally high,” Goodarzi said. “If you combine Alberta and Saskatchewan, the two provinces form the second-highest radon-exposed population on the planet.”

Goodarzi and others at Evict Radon are working to solve exactly why Canadian prairie homes have such a tendency towards higher radon levels — especially compared to Scandinavian countries, which have similar levels of soil-based radium yet much lower rates of issues with radon gas.

“We can look to our cousins across the ocean in Scandinavian countries that have similar exposure ... where they've reduced their [radon gas in new buildings] and ours has increased by 200 per cent,” Goodarzi said. “We're looking to understand why that's the case, what are we doing so wrong and what are they doing so right.”

There is a newly diagnosed case of radon-caused lung cancer every day in Canada, and the effects of radon gas can disproportionately affect young children

and infants, as they breathe two to three times faster than adults.

Although the negative health effects of radon are extensive, the process by which individuals can analyze and reduce their risk is simple and effective.

Evict Radon offers home-test equipment, which can analyze the levels of radon gas in your house. They make no profit off of the purchase of these tests and only ask that you return the test to help with their continued research into radon's presence in southern Alberta.

Testing involves placing the hockey-puck sized equipment in the lowest level of your home for 90 days. If your home tests below a certain level of measurement — measured in Becquerel per square meter, or Bq/m³ — then there's little need to worry.

However, if the test comes back with 200 bq/m³ or higher — which is above the level recommended by Health Canada — then you may want to take further steps to mitigate your exposure. “It depends on how radon is coming into your house,” Goodarzi said. “It can be solved with very little trouble.”

It could be as simple as a leaky sump pump or a blocked air intake. Even more difficult solutions requiring professional home renovation are relatively inexpensive: roughly half the cost of getting a new fireplace installed, Goodarzi said for comparison.

“I know people with smart TVs that cost less than a radon mitigation,” he said. “They operate with relatively minor maintenance, they're permanent, it adds value to your house, and you and your family are breathing the healthiest possible air.”

“It's what we strongly encourage for people, especially if there are children in the house.” ▲

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Seniors advocate position amalgamated

By Andrew McCutcheon

The government of Alberta has made changes to the office of the provincial seniors advocate.

The staff of the seniors advocate, Sheree Kwong See, moved to the health advocate's office in late December and their day-to-day work helping seniors finding resolutions to issues of housing, social services and health is unchanged.

Kwong See's role, however, will be now be amalgamated into the job of the provincial health advocate.

"Resolution support will continue," Kwong See said in an interview with *Kerby News*. "But the scope of that resolution support — housing, health, social services — is unknown right now."

Natalie Tomczak, press secretary for the minister of seniors and housing, said the consolidation of seniors advocacy with the health advocacy office "demonstrates a balance of fiscal discipline while maintaining advocacy support for

seniors."

"Nearly one third of inquiries to the Office of the Seniors Advocate are about health care and health-related supports," Tomczak said. "A combined office will address concerns more efficiently."

Tomczak also noted that no jobs or services will be eliminated and that the data from work previously done is part of the government's transition plan.

"Combining the Office of the Seniors Advocate with the Alberta Health Advocate offices will address the varied concerns raised by seniors and ensure increased efficiency, expertise, and the resources to respond," Tomczak said.

However, Kwong See said she has concerns over what it may mean not to have a dedicated advocate for issues specific to seniors.

"Aging is more than just health," she said. "There's housing, social supports ... the role is to be an advocate for seniors, monitor where the gaps are in the system and make recommendation."



Dr. Sheree Kwong See is an academic whose work has focused on seniors and the aging process. Her contract as Alberta's seniors advocate was not renewed by the province.

Kwong See's contract was not renewed by provincial government and she's been working in the position since 2016. Kwong See, who has a doctorate in psychology and has conducted substantial research on aging, age stereotyping and ageism, also is a professor at the University of Calgary.

Before the amalgamation, the seniors advocacy office had a two-pronged

approach. First, they worked with seniors on a case-by-case basis, helping hundreds figure out issues related to social services, housing and health care.

Second, Kwong See had the ability to analyze those resolutions on a large-scale, taking the important information and using it to make sets of recommendations to the government.

"It monitors the system and maximizes the ser-

vices," Kwong See said. "From the very beginning, I believe that was the role of this office. Resolution outcomes become data ... to put forth series or sets of recommendations."

The offices of both the health and seniors advocate were created by the Progressive Conservative government in 2013. ▲

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The magic of indoor gardening

By Deborah Maier

In winter we can enjoy activities such as skiing, skating, curling, sleigh rides and winter festivals. Sometimes, however, especially for gardeners, there may be a strong desire to be surrounded by nature and greenery akin to what we enjoy in the summer.

For some, houseplants can fulfill the gardener's desire. However, January can be, with its low light levels and dry indoor air, a survival challenge for many plants.

Never-the-less, there are several attractive hardy plants that can make our home a personal tropical oasis.

One of the best is an old standard, *Sansevieria*. The most reliable variety is *S.*

zeilanica (snake plant) which has stiff, sword-like leaves that are green cross-banded with silvery-green. This plant is very low-light tolerant and prefers having its soil dry out between waterings.

It can even tolerate being left without watering for a couple of weeks. It likes being pot-bound. In fact, a bit of advice I received about this plant was, "don't repot it until it breaks the pot."

There are yellow-edge ones (*S. trifasciata laurentii*) and bird-nest ones (*S. hahnii*). A variety recently introduced to garden centres is *Sansevieria cylindrica*. This plant has leaves that look like skinny cucumbers or cylindrical spears poking upwards from the pot. The only caution when caring for these plants is to not overwater them.

Peace lilies (*Spathiphyllum* sp.) also make good indoor plants and have striking white spathe that surrounds a spike of flowers.

Less commonly used as houseplants, but also captivating are anthurium. These plants have waxy, red spathes and flower spikes that may be white, yellow, orange or red. Both these plants prefer evenly moist soil and may benefit from being top-dress with some moss to help keep the soil moist.

If your space doesn't support housing several large tropical plants or you're not



Photos courtesy of Calgary Horticultural Society

a fan of long-term plant care, then consider making a combination planter or pot-et-fleur container. In both projects, choose a feature container that suits your room.

Choose three to five plants, in pots that can fit into your container together. If you have a deep container, use a pot insert or lift to support the pots and reduce the amount of potting medium or moss needed to fill the container.

If you are creating a planter, then place your pots and surround them with potting medium, cover the surface with moss or stones. If a plant fades or you want a new look, refresh the planter by removing the surface cover, lifting and replacing one or more plants.

Reuse the covering material or replace it with something else, perhaps large glass beads.

The pot-et-fleur is created in a similar fashion to the planter, but a tube vase is also included so that cut flowers may be added to the display. You may want to use a pot or plastic piping to hold the vase to permit easy removal for cleaning between each addition of fresh flowers.

You may also be interested in getting a fresh-plant recharge, by visiting a garden centre, taking a stroll in a mall to admire the planters or stopping by the Devonian Gardens (which is an indoor city park) in the Core.

If you haven't been to the Devonian Gardens since

it reopened in July 2018, then you're in for a surprise.

It has fountains, fish ponds, trees, living walls and tropical beds with peace lilies, *Sansevieria*, anthurium, crotons, *Maranta* and many others (a great place to get ideas for what to choose for houseplants). You don't have to worry that the gardens are too humid. The redesigned space is part of the mall's open fourth floor area, so it's quite comfortable. T

he gardens are next to a food fair and there is seating throughout, so it's easy to take a coffee break and sit among the plants. If you drive, you can leave your coat in the car and it will almost feel like summer — a nice diversion from winter right here in town. ▲

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Devonian Gardens, an indoor city park.

What goes where? The holiday cleanup

By Amy Wong

Now that the holiday season is done, it's time for the post-holiday cleanup. Get a head start on the habit of proper recycling for the rest of the year, with the following reminders - both for holiday recycling and year round tips.

Real Christmas Trees

If you haven't already, you'll probably soon be taking down your Christmas tree. Keep real trees out of the landfill and dispose of them responsibly by using your green cart. Compost your real tree with the City of Calgary's Christmas Tree Composting Program.

Compost your tree using your green cart. Remove all lights, tinsels, decorations, and tree stand. Cut tree into small enough pieces to put into your green cart. Make sure the green cart lid can close.

If your green cart is full, place excess into paper yard waste bag(s) and roll close. Set bag(s) one foot from the side of your cart for green cart day.

*Note: Trees that are not properly prepared will not be collected.

Or, if you don't want to cut up your tree, take your real Christmas tree to one of the many temporary drop-off locations throughout the city. Be sure to remove all lights, tinsels, decorations and tree stand. When dropping off your tree, do not wrap, tie or bag your tree.

At the time of this write up, dates were not available, but drop-off dates are generally between Dec 26th through to end of January. For more up-to-date times and locations, check out the City of Calgary's website, www.calgary.ca/christmastree

Christmas Decorations

Artificial trees: reuse or donate

Christmas lights: reuse or donate

Decorations: reuse or donate

Ornaments: reuse or donate

Real trees: compost (refer to above for details)

Donate, refers to items in usable conditions. Items in un-usable conditions should go to your black cart to be disposed as garbage. Package broken glass and sharp items safely by putting them in a puncture-resistant con-

tainer OR wrap in two layers of paper and place in a tied bag. Label container or bag as 'sharps' with a permanent marker and place in black cart.

Wrapping paper, boxes and packaging

Bubble wrap & plastic bags - blue cart/recycle, bundle into a single bag and tied closed

Cardboard boxes - blue cart/recycle, flatten, fold, and/or cut up to fit in blue cart

Cards and envelopes - blue cart/recycle (remove the plastic window film to put in black cart)

Cookie & candy tins - blue cart/recycle

Foam packaging - black cart, even if it's marked with the recycle symbol

Paper & gift bags - blue bin/recycle (remove ribbons, strings handles & rivets to put in black cart)

Plastic packaging - blue car/recycle

Ribbon and bows: reuse or black cart as garbage

Tissue paper: blue cart/recycle, crumple into a ball of paper

Wrapping paper (foil and metallic-coated): reuse or black cart as garbage

Wrapping paper (tissue, glossy, or matte): blue cart/recycle, crumple into a ball of paper

Leftover gifts

Batteries - refer to City of Calgary's 'What Goes Where?' search tool for recycling or disposal info

Clothing and shoes - donate to local charities or clothing drop boxes

Electronics - donate unwanted but working items to local charities

Household items - donate to local charities

Toys - donate to local charities

Donate refers to items that are in usable conditions. Items in un-usable conditions should be disposed of.

Other Recycling Reminders

Electronics - refer to www.calgary.ca/electronics for proper recycling and disposal information.

Miscellaneous plastics, even with a recycling symbol : the blue cart is for plastic containers. If your plastic item is not a container, do not recycle it. Plastic cutlery, straws, food wrappers, plastic mesh onion/avocado bags, laundry baskets, CD/DVD

cases, etc., go into in your black cart.

Mixed packaging : not all packaging is recyclable. Deodorant sticks, toothpaste tubes, coffee pods, chip bags, and granola bar wrappers are all examples of mixed packaging, which go into your black cart.

Size restrictions - Lids (such as metal lids and plastic condiment lids etc.), must be larger than five centimetres, which is about the size of your palm. Anything smaller than that, belongs in your black cart.

Please Note, all coffee cup lids and fountain pop lids belong in your black cart. They are too light in weight, to be sorted properly at the recycling facility.

Still not sure if your item can be recycled? Want to find out the proper way of disposing items such as batteries, recycling broken electronics, or getting rid of household cleaning products? Or to find out donation options and locations for your household items? Go check out 'What Goes Where?' and give it a try.

I bet, it will tell you what goes where, surprisingly enough. ▲



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A Carmen Red Jaguar

Story and photos by Tim Johnston

Page design and layout by Winifred Ribeiro



How an XK-E "tips its hat"

On a country drive a couple of years ago, I happened along the streets of Blackie, Alberta, searching for photographic opportunities. Glancing down an alley, I spotted the tail end of a Carmen red Jaguar XK-E, a British sports car manufactured from 1961 to 1975. In my view, it's the most beautiful automobile ever made. Finding such an

exotic set of wheels in this little village caused me to cruise down the alley toward the bright red beauty.

A woman mowing grass near the Jaguar asked if she could help me. Explaining my infatuation with Jaguars of this marque, she wondered if I would like to be introduced to some more of them. I was dumbstruck by her

question. More XK-E's? Here in Blackie?

Yes, indeed. My new acquaintance walked me through the back door of what was once Blackie's John Deere dealership. There before me, instead of tractors and implements were examples of exotic automobile marques including Jaguar, Porsche, Ferrari, Jensen and Lamborghini. There was even a 1939 BMW sedan. "And this is Martyn Izod," said my kindly guide as she introduced me to the owner and main spring of the Mulsanne Motorcar Company.

An experience such as this needs time to digest. After a brief look around and a chat with Martyn, I left his little shop of wonders and carried on with my search for pictures. But I knew I would return to the shop one day for a more thorough look at the wonderful automotive treasures it would contain. And so, late this October, I re-visited the world headquarters of the Mulsanne Motorcar Company to spend a few hours with Martyn, his staff of four and whatever exquisite automobiles were undergoing restoration.



The top of a Jaguar transmission casing comes off



Triumph TR-6 in for new paint and overhaul.

Entering the building, I met Martyn in what he describes as his man-cave, a room that contains comfortable sofas, a complete sound recording system, several guitars, a drum set, posters and mementos, and a very large Ducati motorcycle. The musical apparatus and the Ducati are not for show. Martyn is an accomplished musician and a veteran motorcyclist. We spent an hour discussing all things Mulsanne Motorcar and I learned something of the history of this British-born auto restorer.

Martyn told me that his interest in cars began at a young age and that he often helped his father work on the family automobile of the day. "My Dad had a pair of pliers, a flat-blade screwdriver, a flashlight and a hammer," he said. "As I recall, the hammer got used disproportionately more than the other tools." Martyn's career in England was in property development. He often travelled to Calgary for skiing vacations in Banff and found himself more and more attracted to Canada. Eventually, he decided that Calgary would be a good place to begin a new life with new priorities.

In 1989, Martyn immigrated to Canada and opened two automobile concierge service locations in downtown Calgary office buildings. With a deepening interest in restoring classic automobiles, Martyn eventually left the daily operations of the service locations to staff, rented a commercial bay and began restoring a 1964 Jaguar Mk II sedan for one of his concierge customers. "That project took nearly a year to complete but it was a turning point in my life," Martyn said. "Toward the end, though, I was worrying about what to do next. Then one happy day, I received three phone calls commissioning restorations on two more Jaguars and a Porsche 356."

With the restoration business growing, Martyn moved first to an acreage south of Calgary and later to the present location in Blackie. As well as restorations,

he offered procurement services to customers to locate, purchase and deliver specifically requested vehicles. One such request began his involvement restoring Model A Fords. His shop has done frame-up restorations on nearly 20 of these. "The Model A's have helped keep us busy and we are rebuilding the engine of one right now," Martyn told me. "But really, the rescue and restoration of classic Jaguar XK-Es is what we are known for internationally."

I then began a walk through the building stopping first in the engine shop. Here on stands and worktables were engines from Jaguars and Lamborghinis and the one belonging to the Model A Ford. Shims in the valve train of a six-cylinder in-line Jaguar engine were being installed by a master mechanic. Next door, I found several cars parked on overhead racks awaiting parts while others, including a gorgeous white XK-E convertible, were undergoing reassembly or having custom parts installed. The owner of the Jaguar had previously had extra-wide wire rims and tires put on his car, and was now having a power steering unit installed to help manage the additional resistance of the new treads. Just beyond the Jaguar, a Spider 550 kit car with a custom-built Volkswagen en-



Power steering being installed in the white XK-E

gine was being assembled for its owner. The old BMW 326 sedan was still here, parked alongside Martyn's own Jensen Interceptor sports car. The BMW's visit to Mulsanne Motorcar has been rather prolonged because its owner insists on using only original parts in the restoration and these are exceptionally difficult to source. As if to emphasize that this is a Jaguar-dominated shop, however, another XK-E, this one a fiery red convertible, was parked on a low lift awaiting its new owner.

A set of sliding doors opened into the body shop. There was another Jensen here, this one a rare FF1 four-wheel-drive example, having its old paint stripped. Up on a rack sat a 1972 Mercedes Benz 280 SEL sedan undergoing a full restoration. The owner was having the rebuild completed to honour the memory of his father, the car's original owner. In the centre of the shop sat a highly customized Alfa Romeo GTV, its one-off body created through the artistry of body man Paddy Kilmartin. By using an English Wheel, a tool for shaping and sculpting pieces of sheet metal, Paddy created mirror-image wheel bulges for both sides of the car and had blended them perfectly to the car's highly tuned four-cyl-



Remanufactured XK-E differential, inboard brakes, suspension arms and axles



Martyn adjusts carburetors on an XK-E

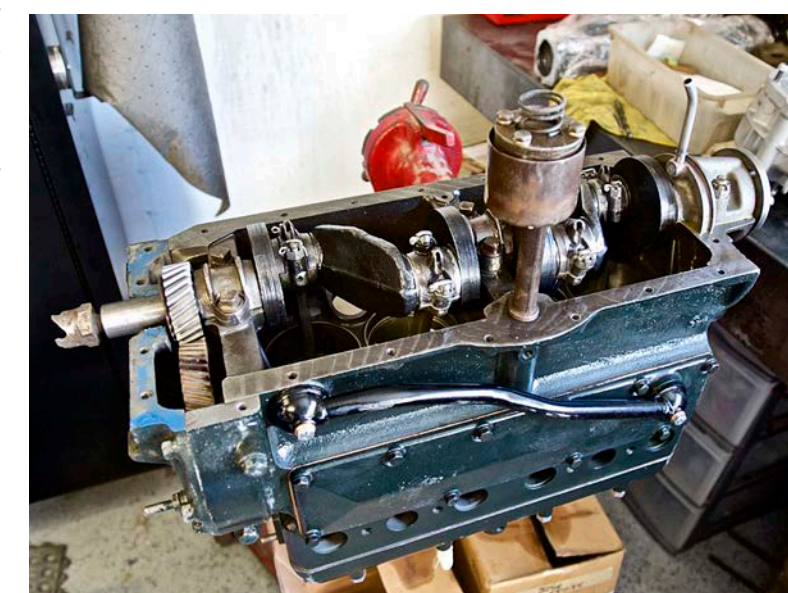
inder power plant that produces over 290 horsepower.

Outside, I came across body shells of two automobiles swathed in tarpaulins and sitting on wheeled dollies. The first was another Alfa GTV that will be rebuilt as a street and track car for the owner of the Alfa inside. The second was a very early Jaguar XK-E convertible that had arrived at the Blackie shop as a collection of boxes, bits and pieces, and body parts that its previous owner had given up on. When restored, the value of this car will be well over \$350,000 U.S. And, at the back of the yard, another fairly rare vehicle, a fully operational 1947 Fordson 9N farm tractor, still earning its keep as the company tug.

Back in the shop to say goodbye, Martyn handed me



Paddy Kilmartin and Roland Hancock take the wraps off the next XK-E project



Nearly completed Ford Model A engine, circa 1923



Paddy Kilmartin inspects the hood unit of the next XK-E restoration



Paddy shows his son a detail of the Alfa restoration



Chris Dornall adjusts the brake fluid reservoir

The Rainbow Elders: Allyship as a verb



Photo courtesy of Rainbow Elders Calgary

By Donna Thorsten

The Rainbow Elders Calgary (REC) have been fortunate to be invited to many different events around the community. One event we were very pleased to attend was the 8th Annual GSA Conference at the Nelson Mandela High School.

The Centre for Sexuality hosted the event this year. At our session, someone asked the panel what they could do to be our “ally.” This was not the first time this has been asked of us. So I thought I might try to explain this term.

When we were at the Chow & Chatter luncheon at Carya East, I tried to explain how to be an ally to the East Village Seniors. One way I

described it was to compare it to GSA’s (gay-straight alliances). They have them in many junior and senior high schools in Alberta.

These are clubs that youth and their peers — gay and straight kids alike — meet in a safe, welcoming space. They meet to support each other no matter what their sexual orientation is.

It doesn’t matter to them, they are just there to share and validate one another.

Recently, I also had the opportunity to go to a LGBT 101 & Allyship training at the Arts Commons. James Demers of the Calgary Queer Arts Society was able to give insight into understanding culture, gender and sexuality. The presentation gave many pointers on how to be an ally.

“Ally is a verb, not a noun. Allyship is about continuous work and lifelong learning.”

These tips are from Amnesty International on how to be an LGBTQ ally:

Listen to LGBT voices.

Be willing to talk and open-minded

Confront your own prejudices and challenge your own conceptions about gender-appropriate roles and behaviours

Don’t assume that all your friends and co-workers are straight

Speak out against statements and jokes that attack LGBTQ people and defend your LGBTQ friends against discrimination

Learn about things like the diversity of genders and sexualities, LGBTQ policy inequalities, histories, cultures and concerns

Support Ally programs or LGBTQ organizations at your university or workplace.

Remember that you will make mistakes and that’s okay. Supporting the community is not an easy process. It takes time and commitment to relearn from your assumptions.

Sometimes it’s easier to say you’re an ally but more difficult to be an ally. Anyone has the capability though.

An ally recognizes the hardship of a marginalized group and make an effort to understand their struggle.

For more information on the Rainbow Elders Calgary (REC) visit our website at rainbowelderscalgary.ca or you can find us on Facebook. Or drop us a line at rainboweldercalgary@gmail.com. We would love to hear from you. ▲



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New Zealand and the best laid plans

By Barbara Ellis

For a very long time, I have wanted to travel to the South Island of New Zealand. I had been to the North Island and now I wanted to experience the south. I wanted to see Mount Cook and Milford Sound, to sail the fiords and behold the snow-capped alps, perhaps even see the southern aurora borealis, but I especially wanted to see the stars of the southern hemisphere.

My niece and I took almost a year to make careful plans and tried to include as much as we could in the short time we would be there.

While this will not be a day to day travelogue, I do want to touch on some of our most memorable experiences.

We started our holiday in Wellington as Colleen has relatives there she wanted to meet. We arrived tired but excited and we were soon welcomed by family as one of their own. Our two days in that delightful city was a great way to begin our adventure. On the third day, we said goodbye to family and boarded the Interisland Ferry to take us to the South Island and the port of Picton.

Our passage aboard the ferry took the better part of three hours and we journeyed upon the Tasman Sea. From the time we arrived in New Zealand we found the winds to be very strong and now these same winds whipped up the seas to sizable waves that curled back onto themselves and then came crashing down in sudsy white foam. I love wave motion so for me this part of our holiday was extremely invigorating, but as I walked around people lying about being very uncomfortable and sick, I realized that I was in the minority.

Our information package described this passage, "as one of the most beautiful ferry rides in the world." We would probably see many sea birds, perhaps some dolphins and seals, but because of the fierce wind, I could not stay out on the deck for more than a few minutes at a time. So no wildlife, just wild seas.

From the ferry, we boarded the Coastal Pacific train which took us to Christchurch. The train travelled along the eastern side of the island next to the Pacific coast, while on the

other side, a rugged mountain range kept us moving south. We crossed many bridges and tunnels and rode by some of the best farmlands of the county.

The following day we were on another train which took us from the east coast to the west coast via the Haast Pass.

Numerous sheep dotted the landscape and most ewes had lambs by their side. It was a steady climb up the mountains and our train struggled as it reached higher and higher into the Southern Alps. The scenery changed and the landscape gave way to spectacular gorges and river valleys. Once we reached the top of the pass, the train began its descent through thick rain forests towards the west coast.

These Beech trees are

some of the last remaining old-growth forests of the island. They are relatively untouched by humans because they grow on the side of the mountains and therefore, are not good for agriculture. The barks of the Beech are very thick and rough with deep fissures. They seemed fuzzy to me as most of them had parasitic plants or fungi growing on them.

Some of these interlopers are mistletoe and are actually beneficial to the tree. Since the introduction of the possum, the mistletoe is now threatened with extinction as it is the possum's favourite food. The possum was brought to New Zealand in 1837 for the fur trade and as it has no enemy, its population has exploded and they are now causing irreparable damage to the native forests.

Along this rugged coastline, our bus driver told us an incredible story and it goes like this: a ship launched in Scotland and christened the Shomberg, set sail for Australia in 1855.

During her maiden voyage, she was shipwrecked off the coast of the State of Victoria. Some eighty years later, portions of her upper deck and hull, washed up along the West Coast of New Zealand near Tuperikaka Creek.

It seems that the hull above the waterline had broken away from the rest of the ship and then the partially submerged wreck, drifted some 2500 kilometres across the Tasman Sea.

It makes one marvel at the awesome power of the currents that move our mighty seas and oceans around the globe. On our way to the Franz Josef Glacier, I asked our driver why the glacier was named for

an Austrian Emperor.

He explained that the first white man to explore the area was a German by the name of Julius von Haast back in 1865. Because of that, he got the privilege of naming the glacier after which he named the pass after himself, Haast Pass.

The mountains were snow-covered and the winds were unforgiving and we certainly needed our winter gear to keep warm.

It was an exhausting uphill walk to the glacier and when it began to rain, I waved to the Franz Josef Glacier, still far away in the distance, and headed back to the bus.

One of our most memorable incidences happened that night at our motel. We were both in bed and I was laying on my back when I felt a sort of roll up my spine.

Continued on page 20

Volunteer Spotlight



Shirley Viljevac

Shirley has been volunteering with the Kerby Centre since August 2018. Currently, she is volunteering in the Food Service Department as a Cashier and has helped in our Special Events as well. So far, Shirley has contributed more than 310 hours.

Shirley started her career with Canada Post in 1977 as an inside worker for 25 years and later retired as a letter carrier. She has also worked at the Hudson Bay in Downtown Calgary for 7 years. When she retired Shirley immediately thought about volunteering and came to Kerby Centre to look for different volunteering opportunities.

Shirley enjoys volunteering because it keeps her busy and She also feels comfortable working here. She said, "I have made a lot of new friends through volunteering."

Besides volunteering, Shirley likes reading, travelling, exercising and just being with her loved ones.

We are delighted to have Shirley as our volunteer.

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

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Cont. from pg. 19

For a second I thought I imagined it but when I looked at my niece in the next bed, she asked, “did you feel that?”. “Guess I did, but I thought it was my imagination”, I answered.

The next day we were

told that an earthquake — 5.7 or so — had occurred in Milford Sound. This was my first and hopefully, only experience of ground movement. New Zealand isn’t called the “Shaky Islands” for nothing.

Tour bus drivers are great and have many wonderful stories to tell and here is one we were told about a sheep called Shrek.

Shrek became an instant celebrity and it was decided that his mighty wool coat would be removed in front of New Zealand’s national television. After the shearing, the wool measured an overwhelming 60 pounds! The average wool taken from a Marino is between four to six pounds. This is a record that will be hard to beat.



Shrek the sheep, post shearing a coat of over 60 pounds of wool. Photo credit: John Abel

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Wishing one and all a Merry Xmas & a Happy New Year - Thanks to everyone for traveling with us and we look forward to creating more great memories together in 2020! PS - Give the gift of travel with LTH gift certificates!

Overnight Trip: Stoney Nakoda Kananaskis: Feb 13-14, 2020

This gave the school teacher an idea. She sat down with the children and between them, they wrote a story about Shrek. The teacher hoped the book would sell enough copies so they could buy the computers.

The book sold so well that they were not only able to buy all the computers for their school, but there was money left over which they donated to the children’s hospital.

The book is still selling and all proceeds now go to benefit the hospital. After hearing this story, I bought a copy so that my niece can read it to her grand-daughter and she too can learn about Shrek, the wondrous Marino of New Zealand.

In Christchurch, we had a chance to walk around and witness parts of the remaining devastation of

the 2011 earthquake. The quake measured 7.1 killing many people and damaging or destroying many buildings. We saw buildings braced against collapse by enormous steel beams.

These brave and resilient people are doing everything they can to put their city back together. They are desperately trying to preserve their history and heritage and with such determination, I am sure they will succeed.

There are a few oddities in New Zealand, and some of these are the one-lane bridges. The South Island has much less traffic so in order to save money, many of the bridges have only one lane.

Our driver told us that it is a sort of tourist attraction and people come from all over the world just to drive over as many of these

bridges as they can.

The other thing to mention is bungee jumping. In 1988 two New Zealanders decided to import a local custom from the island of Vanuatu called, “land-diving”. On that island, people tied themselves to vines and then leapt off tall bamboo towers.

The New Zealanders were sure that they could find many thrill-seeking young people willing to throw themselves off a bridge and plunge down to the river.

They knew they could guarantee safety by using bungee ropes, and so this thrill-seeking and adrenaline rush sport was born. Many visitors come to New Zealand just to enjoy plummeting downward off the Kawarau Bridge and the river below.

As it turned out, the two things I most wanted to do got cancelled: Mount Cook and Milford Sound were cancelled because of that small earth movement we felt back in Greymouth.

This caused a few “slip-pages” on the road and then adding insult to injury, a major storm front was moving towards the area and promised to bring heavy wind and snow to the mountains. So, no Mount Cook, and no Nature Cruise on Milford Sound. That same storm also brought thick clouds over Queenstown and thus covered the skies and my chance to see the southern celestial stars.

Oh well, even the best-planned holidays have hick-ups. I am sorry that I did not get to see my heart’s desire, but we experienced a wonderful county and its people. Every penny, or dollar, was worth it.

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Catching Your Breath: New year, new you?

By David Darnielle

There are two things that are absolutely inevitable when it comes to the months following the beginning of the New Year.

The first is that I will most definitely mess up writing the date.

In previous years it was way easier. It only took an extra line to turn 2017 into 2018 when I unthinkingly made the mistake on a cheque or an important document. Just add that little squiggle and perfect: an odd, but perfectly recognizable number eight.

The following year was more difficult. I sometimes turned the eight into just one giant circle and gave it a straight tail, hoping whoever was on the receiving end would give that number nine a side eye and just think I had terrible penmanship.

To be fair, I do have terrible penmanship.

With the new year now switching decades as well, none of my previous strategies are going to work. When I inevitably write 2019 following the dawn of 2020, I'm going to look down at what I've done with a beleaguered sigh, thinking back to the exact moment I'm typing this in my office, before admitting defeat and reaching for a nearby jar of white-out.

It's going to happen. I just know it.

The second thing that is absolutely going to happen — and not just to me — is that other folks are going to make some sort of New Year's resolution or change.

"This will be the year!" We all think to ourselves. "This is going to be the year that's different! I'm going to start smoking and quit going to the gym!"

"... Or was it the other way around?"

While it may be true that a good portion of resolution makers end up failing at what they set out to do, it's not for lack of trying. This brand new sparkle and sheen of a fresh year always fills us with hope, right after we've filled our bellies with the multitude of holiday feasting.

We're going to lose those five extra pounds. We're going to call the ones we love more often. We're going to finish that project that's been gathering dust.

And you're going to, because I'm the king of resolutions.

That's not to say I always fulfill mine. In faith, I've failed more times than

I've succeeded.

But Albert Einstein didn't believe in failure. He believed that you just succeeded at finding out what didn't work.

And I've come to find out what does: three perfect strategies to help you make that change this New Year.

The first is simple: no zero days.

Let's say you're going to sit down and write that book, the story you've been desperate to tell for ages. You say you'll write a page every day.

But sometimes the words won't come. Or it might be too cold to go for that walk around the neighbourhood you promised yourself you'd do every day. Or any number of reasons for any number of self-made promises.

It's okay. You don't have to do exactly what you set out to do. Just don't do ... nothing.

You wanted to write a page today but nothing's coming out? Just write one paragraph, one sentence, even one word.

It's too cold for that neighbourhood walk? Just walk around the block. Or even around where you live.

It may not feel like much, but you can take pride in never having a "zero day." You're one step closer to your goal, even if that step was itty-bitty.

The next tip? Exercise and books.

No matter what your goals are, these are two things that you have to always keep at the forefront.

You have a body and you have a mind, and they both need to be fed a diet of activity. You don't have to train for a marathon or do a deep dive into James Joyce's *Ulysses* — definitely not the later one, because if you're anything like me, Joyce will send you to sleep.

But your body and mind are the two most important things you have. As long as you have no "zero days" when it comes to exercise and reading, you'll be amazed at the results. You'll also be amazed to know that I lied earlier. I talked like you're never going to have one of those "zero days" I just warned you about.

But unfortunately, you will. There will be days where it's too hard, you're too tired, or you just plain don't want to do what you promised yourself.

That's okay. My third tip and final tip is to forgive yourself, consistently and without fear.

One of the biggest reasons people give up is not for lack of determination or drive — it's because of guilt.

They messed up and broke that self-made promise, and when you break a promise, it's easy to feel hurt, guilty and frustrated.

People are so afraid of feeling like that again, that they give up after the first time they make a mistake.

Don't. Don't give up.

Dust yourself off, realize that no matter how many times you mess up, you can forgive yourself and move past it.

You can pack up these

gifts of the present and address them to the future version of yourself who won't feel guilty anymore.

If anything, they'll be proud of you. You'll be proud of you.

And isn't that what we all want when it comes to self-improvement? It's not necessarily about those five or ten extra pounds, that story we've wanted to share, or any number of goals we might have picked up over the years.

We want to be proud of the person we've become. That's why we're so hesitant to start change. Because changes are not only difficult, but scary.

But with these few steps, all of these changes can go from a fear of failure to a story of success.

And as always, while you're making all these changes:

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Tips on decluttering and finding a new space

By Brenda Barclay

There comes a time when you know that you really are unable to stay in your house, your home, whether it is because of age, physical or mental disabilities, or financial constraints.

Even though family and friends provide support, there is guilt about needing to constantly ask someone to do something for you despite the willingness and generosity of spirit to help you.

Repairs, yard work, gardening and snow removal all become overwhelming and you know, deep down, it is time to make the difficult decision to leave.

You think about maybe having a suite built but then you would be at the mercy

of renters, whether they are good or bad, so you make the decision to cut your losses and move. This is hard and the door must be closed. Plans for this space are no more and the past has to be placed behind you so you can move forward.

This is a heartrending decision and you know you have to go through the process of clean and deciding on decluttering items that you have an emotional attachment with in order to be in the mindset to sell.

You must become brutal and get rid of items which are no longer essential to your life. We all collect a lot of things which in the end really have no absolute requirement in life going forward. In the end, they are



Photo courtesy of Clem Onojegho, accessed by Unsplash.

just “things” that will need to be dealt with, so give whatever you wish to friends and family now and dispose of the rest to charities or however you wish. Become a spartan and enjoy life, not the familiarity of things collected which serve no real purpose in your new life.

Once your space is listed, conduct a thorough search of spaces you feel are suitable to meet your needs. Costs and availability will become major considerations when you think 10 to 20 years in the future. Make a list of what you really need to make your new place, your home. If there are amenities that you need to have to make sure you are comfortable in the new place, ensure that the space you have chosen has them on-site or they are readily accessible nearby.

Ask to determine if there are any water, sewer electrical or ventilation issues and that what’s promised is available before you move in.

If there are problems or if things promised are not available, do not move in and then have to settle for less. You may become

unhappy in your new space and need to start looking elsewhere for something more suitable. Look at the long-term so you don’t become dissatisfied and keep having to move.

Restarting the moving process is very difficult because now you have become aware and admit you’ve made a wrong decision.

Sometimes it is best to start fresh with items that actually fit in the space rather than trying to make the items you decided to keep fit into it. If they do not fit or are just sentimental items, then they just end up unused in a storage unit.

Life throws a lot of curves, so be prepared. Consider if you think you’ll require a walker, wheelchair or hospital bed in the future, and then get it now while you are able to consider, consult and make decisions. If you feel you might need a walker, have it properly sized for your specific needs instead of just taking a cane or walker that’s not been sized for you.

If you will require a hospital bed, which is a twin-size, you need to know

that the mattress is six inches longer than a standard twin bed, so you will need extra-long twin fitted sheets.

The mattresses that come with hospital beds can be uncomfortable so you should consider buying a mattress for the hospital bed frame, but get one that’s a twin-sized six inches longer than the standard.

You can get an AHS caseworker or have your doctor do a referral to have you connected with a social worker to ensure you receive all government benefits you are entitled to receive, from municipal, provincial and federal levels.

There are forms for everything and they must be correctly completed and sent off to receive the benefits in a timely manner. An AHS social worker will be able to handle this with you so things flow seamlessly going forward.

There is no shame in admitting that you are at a point where aspects of your life have become worrisome or unmanageable.

Always think ahead and for the long-term. Move forward and shut the door to the past. ▲

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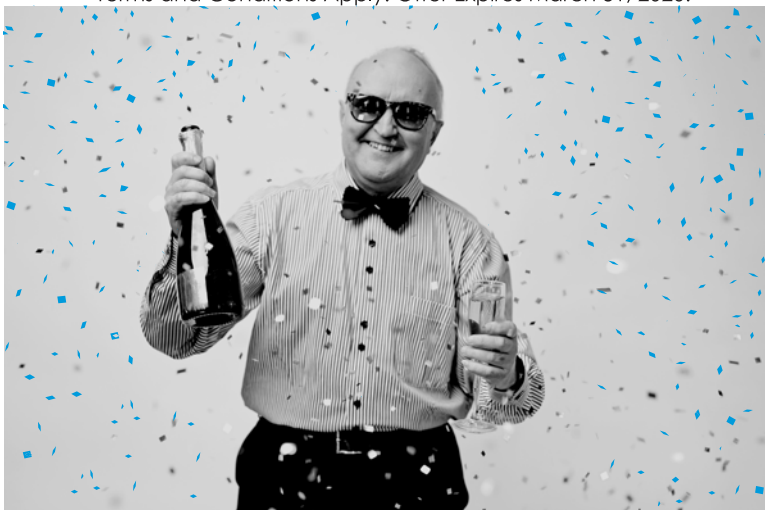
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Around Town

Fish Creek Meet Up Walks

These informal outings will take place at 2:00pm on the second Sunday of each month, meeting at a different location in Fish Creek Provincial Park each time. Fish Creek Meet-Ups will be informal group walks with no registration, fees or facilitators. All are welcome. Specific dates and meeting locations can be found at <https://friendsoffishcreek.org/event/meetups/all>

In-line and Roller Skating for Seniors 60+ (All Sport One City 2020)

FREE and no-pressure discovery sport and fitness classes for adults. All Sport One City sessions run Jan. 18 - 26, 2020

Whether a first time skater or wanting to brush up on your skills, this class will provide an introduction to inline or roller skating, how to wear and use all gear, and skating basics including forward

movement, stopping and turning. (Participants choice on inline or roller skates).

We accommodate participants with special needs, however please contact us to discuss special requirements in advance.

Comfortable athletic wear is most conducive to this sport. Can bring inline skates, safety gear, and certified helmet if owned. Skates should have a working brake. Parking is available. There are a few bus options. Nearest bus routes are #40 and #408.

Located at Montgomery Community Association. 5003 16 Ave NW. Classes run 8:00 p.m. to 9:15 p.m. ▲

Gather around

Page design and layout Winifred Ribeiro.

Gather features an enticing collection of 80 delicious crowd-pleasing recipes designed to be shared, that are super approachable and bursting with flavour. David includes more options for plant-based and gluten-free diets and introduces some new techniques to the mix. Good cooking is all about coaxing flavours out of your ingredients, and if you get the techniques mastered, you'll have success in the kitchen and see big smiles around the table.



Seafood and Chorizo Paella ©

I fell in love with paella the first time I had it in Spain. Resist the temptation to stir it. Instead, let it sit and take its time to develop the flavours and the socarrat, which is the delicious, crunchy crust that forms along the bottom of the dish. But take care not to overcook the various types of seafood. Never throw everything into the pan at once.

Serves: 4

4 c chicken stock, plus extra if needed
30 threads saffron
2 Tbsp extra-virgin olive oil
1/2 onion, chopped
4 cloves garlic, finely chopped
10 piquillo peppers, seeded, deveined and chopped
2 Roma tomatoes, chopped
1 tsp smoked paprika
1 1/2 c bomba rice

15 mussels, scrubbed clean
15 clams, scrubbed clean
12 prawns, peeled and deveined
12 squid, cleaned and halved
6 oz Spanish chorizo, cut into a 1/2-inch dice
1 c fresh or frozen peas (see Chef's Note)
1/4 c chopped Italian parsley kosher salt and ground black pepper, to taste
juice of 1/2 lemon, or to taste

In a saucepan, combine stock and saffron and bring to a simmer over medium heat. Keep warm.

Heat oil in a large frying pan over medium-low heat. Add onions and sauté for 3 to 4 minutes, until translucent. Add garlic and cook for another minute. Stir in peppers, tomatoes and smoked paprika. Add rice and mix well, to ensure grains are lightly coated with oil.

Pour in stock, ensuring rice is completely submerged. Bring to a gentle simmer on medium heat and cook for 10 to 12 minutes, until rice is 75 per cent cooked. Careful not to boil or let the pan go dry; add more stock if needed.

Add mussels, clams, prawns, squid and chorizo to the pan and cover. Lower heat to medium-low and cook for another 5 minutes, until rice absorbs remaining stock and is completely cooked, and mussels and clams have opened. (Do not stir in seafood.) Fold in peas and cover. Set aside to rest for 5 minutes.

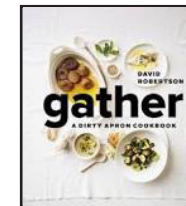
To finish, add parsley and season to taste with salt, pepper and lemon juice

Chef's Note: When using fresh peas, add with seafood instead to allow a longer cooking time.

Coconut-Lemongrass Braised Beef Short Ribs©

In our first cookbook, we included our popular short ribs recipe. We take the same cut of beef short rib to another level here with a journey through Thailand. The protein breaks down in a creamy coconut braise infused with aromatics. The aroma of this dish will keep your family hanging around the kitchen.

Serves: 4 servings



Gather: A Dirty Apron Cookbook.

by David Robertson (Author), David Hawksworth (Foreword).

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No matter the skill level, home cooks can learn how to cook with more confidence so they spend less time in the kitchen and more around the dining table with friends and family. Gather gets to the heart of cooking and is an indispensable addition to any food lover's library.



Roasted Japanese Eggplant and Sesame Salad with Ginger Dressing©

When it comes to a chef's favourite food item, eggplant is up there with kale. It's a versatile vegetable, and when quickly deep-fried (or roasted), the subtle flesh caramelizes. The sesame dressing brings nuttiness to the party.

Serves: 4.

Ginger dressing

3 Tbsp soy sauce
3 Tbsp rice vinegar
1 Tbsp sesame oil
2 tsp grated ginger
2 tsp honey or maple syrup
1 clove garlic, grated

Roasted Japanese eggplant and sesame salad

4 c canola oil, for deep-frying
2 Japanese eggplants
1 purple or yellow Belgian endive, leaves separated
12 yellow cherry tomatoes, halved
12 red cherry tomatoes, halved
1/4 red onion, thinly sliced
2 sprigs Thai basil, leaves only
1 Tbsp black and white sesame seeds, for sprinkling

Chef's Note:

For a healthier option, the eggplants can be roasted in a preheated oven at 425°F for 7 to 8 minutes.

Ginger dressing [method]

In a small bowl, combine all ingredients and mix well. (The dressing can be refrigerated for up to 3 weeks.)

Roasted Japanese eggplant and sesame salad

Heat oil in a deep-fryer or deep saucepan to a temperature of 355°F. (Use a thermometer for an accurate reading.) Line a baking sheet with paper towels. Meanwhile, cut the eggplants into thirds widthwise. Cut each section into long quarters.

Carefully lower eggplant into the oil and cook for 45 seconds to 1 minute, or until golden brown. Using tongs, carefully transfer eggplant to the prepared baking sheet.

In a large bowl, combine eggplant, endive, tomatoes, onions and Thai basil. Toss with the dressing. Transfer to a serving plate and sprinkle sesame seeds on top

1 Tbsp vegetable oil
2 lbs boneless beef short ribs, cut into 4-oz pieces (8 in total)
sea salt and ground black pepper
3 shallots, chopped
2 stalks lemongrass, outer two layers discarded
3 Tbsp chopped ginger
6 cloves garlic, chopped

3 Tbsp Red Curry Paste (available in supermarkets)
1 litre full-fat coconut cream (see Note)
3 Tbsp fish sauce
10 kaffir lime leaves
1/4 c palm or brown sugar
2 Tbsp fresh lime juice
2 Tbsp oyster sauce
steamed rice, to serve

Preheat oven to 350°F.

Heat oil in a large frying pan over high heat. Generously season beef with salt and pepper. Add beef to pan and sear for a minute. Turn and sear for another minute. Repeat until all four sides are seared. Turn off the heat. Transfer beef to a heavy-bottomed ovenproof saucepan or Dutch oven.

In the same frying pan, cook shallots, lemongrass and ginger for 2 to 3 minutes on low heat. Add garlic and curry paste, turn heat back to high and sauté for 30 seconds. Stir in coconut cream and fish sauce, until coconut cream is fully incorporated. Add kaffir lime leaves, palm (or brown) sugar, lime juice and oyster sauce and stir until sugar is completely dissolved. Bring mixture to a boil and turn off heat.

Pour mixture over beef. Cover pan with lid or aluminum foil and cook for 2 to 2 1/2 hours, until fork tender. Serve with rice

Chef's Note: Coconut cream contains much less water than coconut milk, which results in a smoother, thicker and richer consistency

Community Events

High Performance Rodeo

The High Performance Rodeo, Calgary's International Festival of the Arts, is an annual festival that animates the city (from January 8-26, 2020) with an array of live performances from around the world. Featuring theatre, music, dance, and multidisciplinary art, 'The Rodeo' is a showcase of the best in contemporary performance. Jan. 8 to 26. Call 403-294-7411 for tickets or visit hprodeo.ca

Motorcycle Show

The Motorcycle Show is gearing up for a three-day conference that will showcase new motorcycles, ATVs, gear, services and accessories along with prize giveaways, riding club booths and informational displays. Whether you're new to the motorcycle lifestyle or a seasoned rider, all are welcome to celebrate everything that's on two-, three- and four-wheels.

After 5 p.m. on Friday women get in for half price as part of SHE Rides and there's a Yamaha Riding Academy for kids offered at different times throughout the weekend. Starts Jan. 10, tickets cost \$11 to \$15.

Calgary Hitmen charity game

The Calgary Hitmen will be playing a special charitable hockey game in support of Four Feet Companion Foundation. In addition to hockey, there will be

a 50/50 draw and a glorious wiener dog race where the winning pooch gets a trophy and treats. Scoop up those tickets in advance as at least 150 sales are needed to secure funding for Four Feet Companion Foundation. Jan. 10, 7:00 p.m. Tickets are \$15.

Sustainable Garden Design Course

Participants will create a finished home garden design focusing on ecological principles, such as water-saving, closed loops, habitat creation and plant selection considering niches, wildlife value and personal interests. This course is offered over 10 weeknights (Mondays and Wednesdays from January 27, until March 2). Pre-registration is required, and fees apply. Visit calhort.org for details.

Starts Monday, Jan. 27, 6:30 to 9:30 pm at Ground 3 Landscape Architects office, 6020 2 Street SE, Suite 25, Building B.

Cacti and Succulents: Jewels of the Home

Cacti and succulents have become incredibly popular in the gardening world in recent times. Learn how to care for these jewels of the home and succeed in growing cacti and succulents in Calgary. Pre-registration is required, and fees apply. Visit calhort.org for details. Speaker: John Ostrowdun from greengate Garden Centres.

Monday, Jan. 20, 7:00 to 8:30 p.m. at the Society Office, 208 50 Avenue SW.▲

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

I WILL GO ON

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| | | | 29 Ben & Jerry's rival | 70 Be worthy of | 109 Create |
| | | | 31 "Red Book" Chinese chairman | 71 1972 Summer Olympics city | 110 Hip hangouts |
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| | | | | | 115 Yemeni port |
| | | | | | 117 Part of ACLU: Abbr. |
| | | | | | 118 Fruity drink |
| | | | | | 119 Suffix with 31-Down or 93-Down |

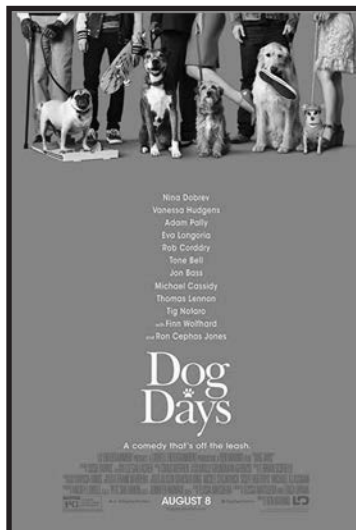
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SUDOKU PUZZLE

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DOG DAYS

Released 2018 (1 hr 53min)

Rated Comedy, Drama, Romance

Friday, January 31, 2020

at 1:00 PM in the Kerby Centre Lounge

Tickets are \$1.00 from the Education and Recreation Department Room 305

Price includes a snack and a drink!

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Home care survey conducted across Alberta

By Andrew McCutcheon

The Health Quality Council of Alberta has released the findings of a recent survey of older adults receiving home care in the province.

Almost 7,000 clients were asked about their experience with home care from a variety of areas in Alberta with the intent to make improvements in collaboration with Alberta Health Services — with three action items identified following the survey’s results.

The respondents had to be long-term supportive clients of home health care, aged 65 and older, without a cognitive impairment and receiving weekly service. In the end, 6,914 clients answered the survey from across different populations: rural areas, with a population less than 25,000 or farther than 200 kilometers from an urban or metro location; urban areas, with a population of 25,000 to 500,000; and metro, which was defined as Calgary, Edmonton and surrounding commuter communities.

Clients rated their overall experience with home health care with an average score of 8.3 out of ten, with 77 per cent of respondents across the province stating that “home

care helped them stay at home in 2018.”

Thirty seven per cent of clients rated their experience as “very good” and 28 per cent rated it as “excellent,” up just slightly from 36 and 26 per cent, respectively.

Overall, scores across the board ranging from rural to metropolitan were higher in 2018 compared to a survey conducted in 2015.

“More clients felt that personal care staff met their needs related to eating, getting dressed, using the bathroom and taking their medications compared to 2015,” the survey stated. “More clients responded that they would talk to their case manager if they needed a change to their home care services,” as well.

However, the 2018 study indicated that “less clients felt that professional home care staff gave them choices about how care was provided and talked with them about the purpose and side effects of their medication,” when compared to the 2015 study.

Five of the top unmet needs identified by the study included housekeeping, groundskeeping and grocery assistance: services which are not currently provided by

Home Care in the province.

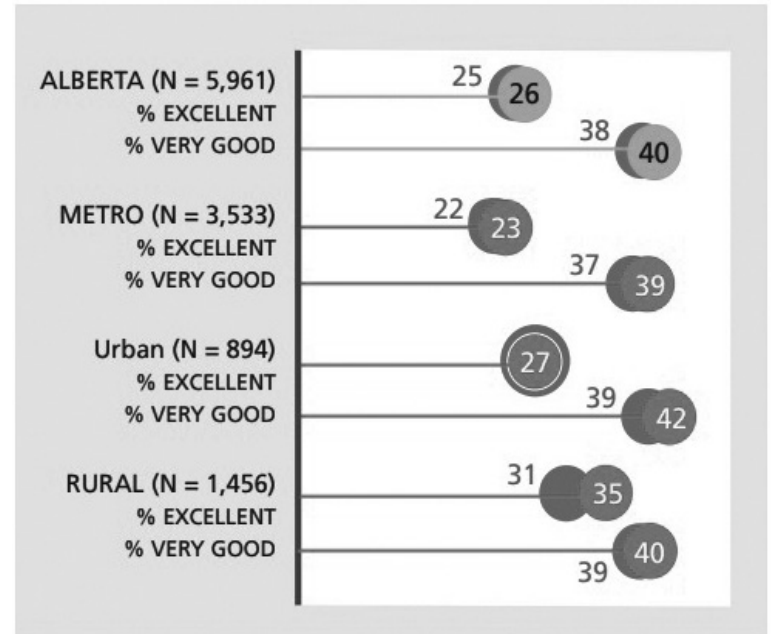
“Housekeeping, grocery, yard maintenance, etc. are not provided in the care plan, and I depend on family and private agencies,” one responder commented anonymously. “Professional agencies are paid by me.”

Scheduling was another aspect of home care identified by client comments. Common themes included references to the attendance, availability and punctuation of staff. According to the results, clients felt “frustration and uncertainty” in regards to scheduling issues, which negatively impacted their day-to-day experiences with home care.

“They change the times for my services frequently and without asking or letting me know about changes. This makes it very hard for me to schedule appointments and to be ready when they arrive,” a respondent commented.

In addition to scheduling, the process of communicating and sharing information between staff and clients was a driving force influencing clients’ rating of home care. Responsiveness, language barriers and the ease and availability of information were all earmarked as issues.

HOW did clients rate PERSONAL care services in 2018 and 2015?



Results indicate a small but marked improvement compared to a survey done in 2015. Courtesy of the Health Quality Council of Alberta

“Every time a change in treatment was made at a doctor’s appointment, extra time was spent by family to make sure the case worker got the information,” the study indicated. “Somehow communications need to be better and prompt between all parties.”

Three action plans were relayed to Alberta Health Services following the survey’s results. These included: working together with contracted home care providers

to ensure better training and a continuity of care are addressed; consulting with both staff and clients on what tools are needed to improve communication, specifically in regards to medication; and to consult with both home care staff and clients to “more carefully listen to clients’ wishes and needs, and where possible ... [manage] client expectations and understanding, when choice may be limited.” ▲

Kerby Centre Department Directory

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

MAIN SWITCHBOARD 403-265-0661

Adult Day Program 403-705-3214

adp@kerbycentre.com

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

Diana James Wellness Centre 403-234-6566

wellness@kerbycentre.com

Health services including footcare.

Dining Room 403-705-3225

kitchen@kerbycentre.com

Serving nutritious meals to everyone.

Available for catering events.

Education & Recreation 403-705-3233

program@kerbycentre.com

Information source for programs at Kerby Centre.

Event Planner 403-705-3178

events@kerbycentre.com

Finance 403-705-3215

Fund Development 403-705-3235

funddev@kerbycentre.com

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

General Office 403-705-3249

generaloffice@kerbycentre.com

Housing 403-705-3231

housing@kerbycentre.com

Assists older adults in finding appropriate housing.

Information / Resources / Taxes 403-705-3246

info@kerbycentre.com

The all in one older adult information source.

Kerby News Editor 403-705-3229

editor@kerbycentre.com

Kerby News Sales 403-705-3238

jerryj@kerbycentre.com

or 403-705-3240

davidy@kerbycentre.com

Kerby News Classified Ads 403-705-3249

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

shelter@kerbycentre.com

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

Room Rentals 403-705-3177

Information on renting rooms at Kerby Centre.

lauren@kerbycentre.com

Options 45 403-705-3217

options45@kerbycentre.com

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

Taxes 403-705-3246

info@kerbycentre.com

Low income tax preparation.

Thrive 403-234-6571

thrive@kerbycentre.com

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

Volunteer Department 403-234-6570

volunteer@kerbycentre.com

Volunteers are the heart of Kerby Centre.

CEO 403-705-3251

LMathieson@kerbycentre.com

The Kerby Centre 2020 Tax Clinic: Assistance for Low-income individuals

Every year, the Kerby Centre tax clinic offers free assistance to low income individuals filing personal tax returns, as required by Canada Revenue Agency. Even if you do not earn an income, or if you do not pay tax, it is absolutely essential that you file your tax return. This will ensure your eligibility for the GST and Carbon Tax rebate and if you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements are continued.

Who qualifies for this assistance?

The Kerby Centre tax clinic is run solely with the assistance of volunteers. For this reason, the Kerby Centre offers these services to individuals who are either disabled (currently receiving AISH income) OR 55 years and over and with a gross income less than \$35,000 for a single person. Kerby Centre can also file tax returns for couples with a combined household income of less than \$45,000. This \$45,000 combined income limit applies whether the returns are filed together

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Sam Smalldon, CAO
Mountain View Seniors' Housing
Phone: +1-403-556-2957
Cell: +1-403-586-2702
E-mail: sam.smalldon@mvsh.ca



www.mvsh.ca

Use this checklist to decide if you can access the Kerby Centre Tax Clinic 2020:	
I am and have the following	If any of the following apply, you are <u>unable</u> to access the Tax Clinic
<ul style="list-style-type: none"> ● Over the age of 55 or receiving AISH ● Income for a single person is less than \$35,000 or for a couple, less than \$45,000 ● Tax return is simple and includes any of the following: Simple income: CPP, OAS, GIS, ASB, Alberta Works Support Income, AISH, CPPD ● Rental Income with all deductible expenses totaled and categorized ● Deceased person's taxes if they are simple 	<ul style="list-style-type: none"> ● Under the age of 55 ● Income for a single person is more than \$35,000 or for a couple, more than \$45,000 ● Tax return is complicated and includes any of the following: Business Income, Farm Income, Capital Gains Trade Summaries ● Estate tax returns or Bankruptcy returns ● Deceased persons taxes if they are complicated

Courtesy of the Canada Revenue Agency

or separately.

Kerby Centre income tax volunteers are trained to do basic returns and cannot do returns that include business income, self-employment income, farm income or capital gains trade summaries. Please notify the Kerby Centre receptionist at the time of booking your appointment what type of return you have so you can have the correct appointment time booked. We book 20 minute appointments per person per year of taxes to be filed.

Rental income can be included in your tax return. But ensure you come prepared with all deductible expenses totaled and categorized. Kerby Centre volunteers may also be able to do returns for deceased persons, if the returns are not complex.

Please note: when bringing in a deceased return, the executor must accompany the return with a copy of the will and a death certificate as well as last year's return and notice of assessment. Unfortunately, we are not able to file estate tax returns.

How can you get this assistance?

There are two ways to access the Kerby Centre tax clinic services.

To have your tax return prepared and e-filed by the tax volunteer while you are with them, you must book an appointment. Kerby Centre will start booking 20 minute appointments for the Tax Clinic from Friday, Feb. 1, 2020.

Appointments can be made by calling (403) 705-3246. The 2020 tax clinic will begin Monday March 2, 2020 and will run on Mondays, Tuesdays, Wednesdays and Thursdays from 9am to 3pm. This service continues until Thursday April 30, 2020.

Tax returns can also be dropped off at Kerby Centre beginning March 1, 2020. A drop-off form must be completed and must include all your important information including: Date of birth, marital status, address, spouse's net income, contacts information such as a phone number, SIN number etc. Drop-off returns cannot be e-filed and are prepared by the volunteers as time permits.

When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. You will be responsible for mailing in your tax return to CRA. Drop-offs can be left in the Kerby Centre Information Resources Office in Room 206.

What to bring with you?

It is very important that you make sure that you have all the necessary documents with you for your tax appointment.

If any documents are

missing or incomplete, the tax volunteer will not be able to complete and file your tax return.

Your necessary documents may include:

- A copy of your income tax from last year if not prepared at the Kerby Centre and your Notice of Assessment
- All reporting slips (T-slips) for each type of income you receive
- Details and amounts of any foreign incomes (including foreign pensions, social security, interest or dividends)
- Details of any deductible items that you may be eligible to claim: medical (yearly printouts from Pharmacy Jan. 1, 2019 – Dec. 31, 2019) for prescriptions, charitable donations etc.
- Records from CRA of any tax installments paid for 2019.

If you are unsure of what you should bring, please discuss this with Kerby Centre when making your appointment.

Unfortunately, Kerby Centre is unable to provide a tax service at home. Low-income individuals, who are unable to leave home, can get volunteer assistance from Canada Revenue Agency. To access this service, or for any general inquires, the Canada Revenue Agency can be contacted at 1-800-959-8281.



SAVE THE DATE FOR
KERBY CENTRE'S SPRING
WELLNESS FAIR

WEDNESDAY, APRIL 15, 2020
1133 7th Ave SW

Featuring: Booth Exhibitors & Information Presentations
To Enhance The Spiritual, Physical, Emotional & Social
Wellness of Today's Older Adults

Stay Tuned To Kerby News or www.kerbycentre.com For Further Detail

For Exhibitor Booth Or Sponsorship Inquiries, Please Contact
Jerry Jonasson at 403 705-3238 or David Young at 403 705-3240



Fresh, fun and friendly no-fuss cooking

Compiled by Winifred Ribeiro.

The Domestic Geek is one of YouTube's most popular cooking shows. Sara Lynn Cauchon's showcases a fresh, fun, no-fuss style of cooking and her easy recipes are big on flavor with a healthful twist. No fancy, hard-to-pronounce ingredients here, or having to make a trip to the health food store to prepare delicious dishes. Sara Lynn teaches fans how to master basic cooking techniques while offering loads of variations as well as simple swaps to make recipes more family-friendly.



Excerpted from *The Domestic Geek's Meals Made Easy* by Sara Lynn Cauchon. Copyright © 2019 by Inspired Entertainment, Inc. Published by Penguin Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.



VEGAN CAULIFLOWER GRATIN

SERVES: 6 **VEGAN GLUTEN-FREE** Use gluten-free panko.

Once fall hits, I crave creamy, cozy foods, which is why I'm pretty obsessed with this cauliflower side dish. Instead of cheese and heavy cream, the "cream" sauce here is made by chopping and blending the core of the cauliflower with cashews, a little lemon juice, and a touch of Dijon mustard (which you won't really taste, but it adds a necessary tang). I love serving this one as part of a holiday dinner.

1 small cauliflower (1 pound)
1/2 cup raw cashews
3/4 cup water
2 tablespoons fresh lemon juice
1 tablespoon miso paste
3 garlic cloves
1/2 teaspoon Dijon mustard
3 tablespoons extra-virgin olive oil,
plus more for brushing
1/2 teaspoon sea salt, plus more to taste

Freshly ground black pepper
1 small yellow onion, thinly sliced

Topping

1/4 cup gluten-free panko bread crumbs
1/4 cup crushed pine nuts or hemp seeds
1/4 teaspoon sea salt
1/4 cup finely chopped fresh parsley

Preheat the oven to 400°F and brush an 11 × 7-inch baking dish with olive oil. Break the cauliflower florets into small bite-sized pieces and set aside for later use.

Roughly chop the cauliflower cores. Bring a medium pot of salted water to a boil and boil the cauliflower cores (not the florets!) for five minutes or until fork-tender. Transfer to a blender along with the cashews, water, lemon juice, miso paste, garlic, mustard, two tablespoons of the olive oil, the salt, and several grinds of black pepper. Blend until creamy.

Make the topping: In a small bowl, mix together the panko, pine nuts, and sea salt. Set aside.

Heat the remaining tablespoon of olive oil in a large skillet over medium heat. Add the onion and pinches of salt and sauté until softened, about 5 minutes. Stir in the cauliflower florets and half of the sauce. Toss to combine and transfer to the baking dish. Evenly pour the remaining sauce on top and sprinkle with the panko mixture. Bake for 30 minutes or until the cauliflower is golden brown and tender. Top with the parsley and serve.

VEGAN POWER BOWL

This Vegan Power Bowl is sure to satisfy, thanks to lots of protein and fiber from healthy ingredients like chickpeas and quinoa. Even if you're not vegan, this is a delicious way to get more veggies into your diet and the perfect way to celebrate Meatless Monday.

SERVINGS: 1 **PREP TIME** 6 minutes

2 cups finely chopped kale leaves
2 tablespoons Balsamic Vinaigrette (see below)
1/2 cup shredded red cabbage
1/2 cup roasted sweet potato cubes (see below)
1/2 cup canned chickpeas, drained and rinsed
1/2 cup cooked quinoa (see below)
2 tablespoons chopped almonds

In a large bowl, toss the kale with 1 tablespoon of the vinaigrette until well coated.

TRANSFER the kale to a serving bowl and layer in the cabbage, sweet potato, chickpeas and quinoa. Top with the almonds and dress with the remaining one tablespoon vinaigrette.

SERVE immediately or store in the refrigerator for up to four days. The vegetable oil is stirred until it becomes golden, about six minutes.

SIMPLE SWAPS The kale in the recipe can be replaced with any nutritious greens like spinach, Swiss chard, or romaine lettuce. To keep this dish nut-free, replace the chopped almonds with pumpkin seeds (pepitas) or sunflower seeds.

HOW TO ROAST SWEET POTATOES

COOK TIME: 25-30 minutes

Preheat the oven to 400°F. Peel the sweet potato and chop it into 1/2-inch cubes. Arrange the cubes on a baking sheet. Toss them with two teaspoons olive oil and season with salt and pepper. Bake, turning once, until the sweet potato cubes are tender, 25 to 30 minutes.

HOW TO COOK QUINOA

MAKES: 3 cups cooked quinoa.

COOK TIME: 20 minutes.

1 cup quinoa
2 cups water

Combine the quinoa and water in a medium saucepan. Bring the water to a boil over medium-high heat, then reduce the heat to low, cover, and simmer for 15 minutes, or until all the liquid has been absorbed. Fluff the cooked quinoa with a fork before serving.

*Quinoa has a natural coating called saponin, which can be slightly bitter.



Most of the quinoa you purchase at the supermarket today has already been thoroughly rinsed to remove any bitterness, so there's no need for additional rinsing at home

BALSAMIC VINAIGRETTE

1/4 cup extra-virgin olive oil
3 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
1 garlic clove, grated
Salt and freshly ground black pepper

Combine all of the ingredients in a medium bowl and whisk well.

Serve immediately or store in the refrigerator for up to 3 days.

BETTER-THAN-TAKEOUT ORANGE CHICKEN

SERVINGS: 4. **PREP TIME** 10 minutes. **COOK TIME:** 15 minutes.

Trust me, I totally understand how tempting take-out can be on a weeknight when you just don't feel like cooking, but you might be surprised how simple it can be to prepare your very own version at home. This easy Orange Chicken is exceptionally flavorful but boasts a lot less sodium and far fewer calories than its restaurant counterpart. I like to serve this dish over cooked rice or quinoa.



Grated zest and juice of 1 large navel orange
3 tablespoons soy sauce 2 tablespoons honey
2 tablespoons cornstarch 1 garlic clove, minced
1/2 teaspoon grated fresh ginger
1 tablespoon vegetable oil
2 boneless, skinless chicken breasts,
cut into 1-inch cubes
1 red bell pepper, thinly sliced
2 cups snap peas, strings removed
2 green onions, thinly sliced
1 teaspoon sesame seeds


In a small bowl, whisk together the orange zest, orange juice, soy sauce, honey, cornstarch, garlic, and ginger until well combined.

In a large wok or nonstick skillet, heat the vegetable oil over medium-high heat. Add the chicken and cook, stirring often, until it is golden on the outside and no longer pink inside, 6 to 8 minutes. Add the bell pepper and cook, stirring, for two minutes. Add the orange sauce and snap peas and cook, stirring, until the sauce has thickened and the peas are tender-crisp, 3 to 4 minutes.

GARNISH with the green onions and sesame seeds.


SERVE immediately or store in the refrigerator for up to 3 days.

SIMPLE SWAPS You can easily replace the chicken in this recipe with eight ounces extra-firm tofu, cut into 3/4-inch cubes. Simply toss the tofu in two tablespoons cornstarch before adding it to the pan to get a nice, crisp exterior. Cook the tofu in the vegetable oil, stirring often, until it becomes golden, about 6 minutes.



Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta



Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre, Doing More For You!

Did you know that *Kerby Centre can also help you at our K2SA location every Friday* by providing the following information & services

- Seniors' Government Services & Benefits
- Community Resources
- Commissioner for Oaths
- Assistance with completing forms such as; *Alberta Senior's Benefits; Special Needs Assistance, Old Age Security, Guaranteed Income Supplement & Canada Pension Plan*

To Learn More, Please Join Us Every Friday Between 9:00 am - 3:00 pm at St. Andrews Centre 1-10601 Southport Rd SW, Calgary

Free Admission. For More Information call Kerby Centre Information Resources at 403 705-3246



Kerby Centre Afternoon Ballroom Dance Party
 Every Wednesday Afternoon
 New Time 12:30 - 2:45 pm

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

Options 45
 Powered by Kerby Centre

Jan 7 Habits - Redesign Your Future!

- Do you set New Year's resolutions but fail to stick with them?
- Do you need help forming rock solid habits that will support you for the rest of your life?
- Have you lost confidence in your ability to get rid of the bad habits that are preventing you from achieving your life dreams?
- Do you want to implement powerful habits that will serve you and bring you great results?

Then this presentation is for you!

Jan 14 Interview Skills

Participants will receive information and tips about:

- Behavioural interview questions and how to handle them
- Interview dos and don'ts

Jan 21 Resume and Cover Letters

Participants receive information and tips about:

- How to write an effective customized resume and cover letter
- Essential components of a resume and what makes it effective

Jan 28 Transferable Skills

Participants will learn about:

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

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


Kerby Centre Health Committee Presents

Arthritis

Amazing Pain Facts That Can Change Your Life!

Presented By
 Gilles Fournier, Arthritis Society

Monday, Jan 20, 2020
10:30 to 11:30 - Kerby Lounge
 Free Event - No Registration Required



Did you know...Kerby Centre will do your Income Tax for free!?

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients

Starting March 2nd to April 30th, 2020 (Monday to Thursday only; No tax clinic on April 21st, 2020)

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.

Appointment bookings will begin Feb 1, 2020. To schedule your tax appointment please call the Kerby Information Office at 403 705-3246

KERBY DAY TRIPS



Bowling, Pizza & Wings At The Glencoe Club
 Wednesday, Feb 12

Jubilations Dinner Theatre "Pitched Perfect Golden Girls" Play
 Tuesday, Feb. 25

Bow Habitat Station Snowshoeing & Discovery Centre
 Wednesday, Jan 22

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

Our Kerby Centre General Craft Group

features unique handcrafted items for purchase each Weds in Rm 311

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

Interested In Seeing What Kerby Centre Is All About!?

Why not join us for a guided tour, held every Thursday from 10:30 to 11:30 am. (No fee/RSVP, just meet in the Kerby Dining Room)

Alternatively, we are happy to arrange a private tour, at your convenience. Call 403-234-6570. We look forward to seeing you!

Willing Wisdom and 5 Keys to Embracing Your Natural and Necessary Grief

Learn the tremendous potential of unlocking wealth & reducing family discourse, as well as practical and proven strategies to find healthier ways to deal with the emotional pain of loss & change

Presented By Max Britos, RBC Dominion Securities & Melody Chardon, Loss and Life Transitional Coach

Friday, Jan 24, 2020 - 10:00 am to 12:00 pm in the Kerby Lounge

Free Presentation. Please RSVP To Rob Locke 403 705-3235 Or robl@kerbycentre.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE DINING ROOM 10:00 AM - 12:00 PM FREE Holiday Break—Returns Jan 13	OPTIONS 45 Employment Workshops (Lounge) 1:30 - 3:00 PM \$2.00	GENERAL CRAFT GROUP (RM 311) 9:00 AM - 12:00 PM FREE Holiday Break—Returns Jan 15	KERBY CENTRE TOUR MEET IN THE DINING ROOM 10:30 AM	INFORMATION RESOURCES AT ST ANDREW'S CENTRE #1 10601 SOUTHPORT RD SW 9:30 AM - 3:00 PM
MAHJONG (RM 308) 10:30 AM - 12:30 PM \$2.00	Ballroom Dancing (RM 308) 1:00 pm - 3:00 pm \$2.00	Join us every 3rd Wednesday of the Month for a Craft Sale 10:00am - 12:00pm	ARTIST GROUP (RM 313) 10:00 AM - 3:00 PM Mentors Available \$1.50 half day	SPANISH CONVERSATION GROUP (RM 311) 10:00 AM - 12 PM \$2.00
RECORDER GROUP (RM 313) 1:00 - 2:30 PM \$2.00		KERBY CENTRE MEN'S SHED 10:00 AM - 1:00PM FREE	BINGO (RM 205) 11:00 AM - 3:00 PM NOTE: NO BINGO JAN 2	KRAZY KARVERS WOODCARVING CLUB (Woodshop RM 102) 10:00 AM - 3:00 PM \$1.25 per hr
CRIBBAGE (RM 308) 1:00 - 3:30 PM \$2.00		ENGLISH CONVERSATION (Semi-Private Dining Room) 10:30 AM - 12:00 PM \$2.00	FLOOR CLURLING (GYM) 2:15 - 3:30PM \$2.00	BADMINTON & PING PONG (Gym) 10:30 AM - 12:45 PM \$2.00
PICKLEBALL (Gym) 3:30 - 5:00 PM \$2.00		BOARD GAMES & CARDS (RM 301) 1:00 - 3:00 PM \$2.00	PICKLEBALL (Gym) 4:00 - 6:00 PM \$2.00	MONTHLY MOVIE (Lounge) 1:00 pm \$1.00 <i>Date of Monthly Movie subject to change. Please see Kerby News for exact date each month.</i>
		WEDNESDAY DANCE (Dining Room) 1:00 - 3:00 PM \$2.00		

Financial Planning Today

Topic: Willing Wisdom and 5 Keys to Embracing Your Natural and Necessary Grief

Location: Kerby Centre — 1133, 7th Avenue SW

Room: Kerby Centre Lounge

Date: Friday January 24, 2020

Time: 10:00 am – 12:00 pm

Cost: Free Presentation



Join us for coffee and cookies while learning about Willing Wisdom. Seven questions that have the potential to unlock wealth and reduce Family Discourse. Embrace Your Natural and Necessary Grief Melody Chardon will share practical and proven strategies to support you in finding healthier ways to deal with the emotional pain of loss and change.

Presenters:

Max Britos – RBC Dominion Securities

Melody Chardon – Loss and Life Transition Coach

Please RSVP to Rob Locke,
Director of Fund Development

403-705-3235

or robl@kerbycentre.com

Sponsored by:



Financial Planning: Tips for avoiding real estate fraud

(NC) As housing prices climb in many markets across the country, real estate fraud can become a much more enticing prospect for scammers.

While it's one of the lesser known kinds of fraud in Canada, its impact can be devastating. There are two types of real estate fraud that may result in financial losses for home owners — title fraud and foreclosure fraud.

Title fraud happens when a fraudster steals the title to a home. This type of fraud is usually committed after the fraudster steals the owner's identity, when they sell the home or apply for a new mortgage against it.

Foreclosure fraud happens when homeowners having difficulty making their payments mistakenly turn to a fraudster who convinces them to transfer their property title in return for a loan. Often, the fraudster keeps their loan payments and resells or remortgages the victim's home.

Fortunately, you can protect yourself with these simple tips:

— Safeguard your personal financial information.

— Consult your lawyer before giving another person a right to deal with your home or other assets.

— Contact your mortgage lender first if you are having difficulty making your mortgage payments.

— Research the company or individual who is offering you a loan.

— Do a land title search with your provincial or territorial land registry office. This search will show the name of the property owner and any mortgages or liens registered on the title.

— Consider buying title insurance to protect against title fraud.

Find more information at Canada.ca/it-pays-to-know www.newscanada.com ▲

Learn the secrets of writing a good will

(NC) Have you been procrastinating writing your will? You're not alone. According to some estimates, more than half of Canadians don't have one. It can seem like a daunting task, especially during a busy autumn season, but crafting a will is one of the most important financial decisions you can make.

Dying without a will could mean that your property won't be distributed in accordance

with your wishes, leaving family members left out. So, what are the secrets? There are a few key points to keep front of mind when deciding about your will:

1. Choose your executor carefully. The executor is the person who is responsible to carry out the directions of your will. It must be an adult you trust. It's also a good idea to name an executor who is younger and is likely to outlive you.

5. Seek expert help. You might be tempted to write a will on your own, but that decision could end up costing your relatives more. Seeking expert advice is strongly recommended. Speak to a lawyer specializing in estates. Getting their guidance might not be as expensive as you imagined and will likely pay off in the long run.

Writing a will is a fairly straightforward process and your family may be thankful that you took the time. ▲

2. Take care of your family first. Most of us plan to leave something to those closest to us. But if you don't name them in your will and state how much you want them to receive, your estate might not automatically go to the right people.

3. Name guardians for your kids. If you have children and they are not yet adults, name the person who will be their guardian if you die.

4. Name the special causes you want to support. Think about the favourite causes you want to remember. It could be a health charity, a local animal shelter, or a human rights charity like Amnesty International.

Leave a Legacy of Inspiration

"When I am gone, I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre's important work will continue on for years to come."

"My decision to include Kerby Centre in my will is part of the legacy I wish to leave."

- Anonymous donor



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

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



Kerby Centre

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

Please choose to make a difference today.



You can now donate your car and support Kerby Centre!

Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?

1-877-250-4904

www.donatecar.ca

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

Amount Enclosed \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

Classified Ads

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

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

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for February issue must be received and paid by January 13.



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

10 Health

CERAGEM Calgary Sales Service Parts
403-455-9727

Hearing Aids

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

Kerby Centre's Programs & Services help keep older people in their community

11 Foot Care

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

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

12 Home Care

A HELPING HAND HEALTHCARE SERVICES 24hr service (licensed & insured care givers, live-in's, home services, nursing homes & assisted living, RN/LPN/HCA) Call: 403-301-0260 email: healthcare@ahhand.com www.ahhandhealthcare.com

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

13 Mobility Aids

Sell your gently used mobility aid in Kerby News Classifieds. Your ad could be here!

20 Home Maintenance

The Home Care Difference Whether it be cleaning, cooking, or running errands, I can help. Call Marjorie 403-813-7703

Experienced, mature cat sitter, in SW Calgary 587-215-5690

GLOBAL HOME ELECTRIC

Residential Electric Services, house wiring, troubleshooting, lighting, receptacles, panel upgrades and much more. Licensed, bonded and insured. Call Mario-Master Electrician 403-619-6262

Gentle + noninvasive, Animal Reiki helps pets relax. 587-215-5690 for more info

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

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24 Landscaping

"THE YARDIST LTD"
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26 Services

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

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

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

New to or frustrated with computers & other technologies?

Call **The Computer Helper**, Michele Madsen, for your customized, private, in-home appt. at 587-894-9487. **In Calgary & Airdrie.**

Senior Handyman, 40 yrs exp Int & Ext renos 403-604-9058/403-390-0211

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

30 For Sale

For sale in Mtview Mem Gdns: Garden of the Apostles, Lot #386, C1 & C2. Call 403-273-6645 & LV mess. Best offer.

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

Small suite/rooms required Becca arby.1375@yahoo.com

45 For Rent

Friendly 55+ condo "Legacy Estates" Prominence Rise SW 2 Bdrm 2 Bath Main floor ste with patio/fitness/games/craft/dining room. Heated parking pets/no smoking Ref Req'd Rent \$1150 DD \$1150 Availability neg 403-991-1059

Furnished Condo on Chestermere Lake Shared senior 2 bed 2 bath weekly cleaning electric and cable incl. \$1875.00 Healthcare Services are available for additional charge. Call 403-975-9998

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

Reminder:

Kerby News
Classified Deadlines
February issue - Jan 13
March issue - Feb 10
April issue - Mar 9

45 Real Estate

ADULT ONLY CONDOS ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS www.CalgaryAdultCondos.com **No Hassle. No Obligation** Debra & Peter Molzan RE/MAX Complete Realty 403-605-3774

"Going Business - Revenue Residential property with excellent tenants in two self contained suites of bi-level in Whitehorn. Get in on the "Ground Floor" before it is listed. Call 403-569-0790".

Thinking of moving need to sell first?

Free Home Evaluation Find out what homes in your neighbourhood sell for. Call Debra or Peter Molzan RE/MAX Complete Realty 403-605-3774 www.PriceMyCalgaryHome.com **No Hassle - No Obligation**

50 Relocation Services

AAA-Brother's Moving Co. "Seniors deserve a break" Brent 403-383-9586 ABC MOVING specializes in relocating seniors from one place to another. \$\$ low low rates \$\$ Call Don at 403-383-9864 www.abcmoving.ca

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

Out and About

Tea and Conversation. Theme: Chinese New Year

Tea and Conversation is held on the fourth Tuesday of every month EXCEPT June, July, August and December. 1:30 p.m. - 3:00 pm, but everybody arrives early.

It's held at the Bowness Seniors' Centre, 6422 35 Avenue NW, Calgary, AB T3B 1S6. Jan. 28 @ 1:30 p.m. - 3:00 p.m.

If you are interested in attending, please call our Bowness Carya office (403-286-1811) to let us know - just so we can plan how much food we need. All seniors are welcome.

Open Door Seniors

Celebrate the New Year by making new friends. Re-

opening January 6th, join us for one of the many daily activities offered Mon-Fri 9:30am-3:30pm: bridge, mahjong, cribbage, pickleball, ping pong, chair yoga, line dancing, art, music appreciation, movie matinees, and more.

Annual 2020 membership fee \$25 plus \$2 drop-in fees. Located in the lower level of 1307 4 Street SW (wheelchair accessible). For more info, call the office at (403) 269-7900 or visit www.facebook.com/open-doorseniors. The coffee pot is always on!

Become a Park Protector!

As a Park Protector, you will be part of an extraordinary group that, by dividing their support into smaller,

automatic monthly donations, is helping us tackle our most complex challenges and long-term projects. Park Protectors make monthly donations to the Friends that are automatically withdrawn from your bank account, VISA or MasterCard. Monthly donations are one of the best ways to support the Friends of Fish Creek. As a Park Protector, you will help keep administrative costs to a minimum, which means more of your donation will go to support our programs, courses and events in Fish Creek and local communities. For more information or to become a Park Protector, please visit <https://friendsoffishcreek.org/park-protector-signup>. ▲

Seniors Scene

New Years with the Good Companions 60 Plus Club

Start the new year off right with a look into all the new programs being offered at Good Companions 50 Plus Club including Balance Core & More, Chen Tai Chi, Fitness Worx, Hatha Yoga, Qi Gong, StrongerU Senior Fitness and Ukulele! We also offer a number of drop-in programs as well including Bridge, Young at Heart Singers, Whist, Shuffleboard and Carpet Bowling. And registration is now open for our 2nd Annual FUNdraiser Cruise along the Eastern Coast of Canada/New England this October. For details on all our programs, visit us at 2609-19th Ave SW or call us at 403-249-6991.

Fish Creek Community Showcase

Meet the Artist Event – Jan. 10 from 6:30-8pm
The art of Bettina Seiger will run until March 27 at the Cookhouse at the Bow Valley Ranch

Bettina Seiger is a recent graduate of Alberta University of the Arts, formerly known as ACAD. Bettina considers herself a Bio Artist and Environmentalist and her passion is to bring awareness to environmental concerns. She has been studying our waterways and the effects that the toxic blue-green algae blooms or HABS have on our ecosystems and human health. She has a diverse range of skills from drawing, charcoal, ceramics, and sculpture but her experience is predominantly in painting and watercolor. Bettina truly believes that art is meant to be shared, and her intent is to have art

meets science in the hopes to bring the public a better understanding of what is in their waterways and more importantly their drinking water. Drop by the Cookhouse starting in January and meet the artist on January 10. To register for this free event, please visit <https://friendsoffishcreek.org/programs/fccs>

William Watson Lodge – Providing 40 Years of Inclusion and Accessibility in Alberta Parks

Jan. 23, 2020 7:00 pm – 8:00 pm

William Watson Lodge in Peter Lougheed Provincial Park is a fully accessible accommodation venue that provides people living with disabilities and reduced mobility opportunities to experience the breathtaking Kananaskis area. PRegistration is Required. To register or for more information, please visit <https://friendsoffishcreek.org/event/wwl>

Winter Birding Course

12 week course runs Jan. 6 – March 29

Winter is one of the best seasons for getting outside to learn about birds and other wildlife. Brave the cooler weather and explore the world of birds in Fish Creek Provincial Park, where you can see and hear waterfowl like geese and duck, birds of prey like owls and eagles, swallows, gray jays, finches, chickadees, woodpeckers and many others. The 12 week Winter Birding Course is perfect for anyone who wants to see, and learn about, birds in their natural habitat, and provides an amazing opportunity for families to get together and experience

nature here in Fish Creek. Experienced birder David Mitchell and over 30 volunteers lead these courses. Each outing is approx. 2.5 hours. Registration Required and fees apply. <https://friendsoffishcreek.org/programs/birding-course>.

SUDOKU ANSWER

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

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IN MEMORIAM

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

- Ann Nancy Waldron
- Bente Buchreitz Larsen
- Frank Edward Turner
- Jack Marshall
- Margaret Reid
- Murray Bergeron
- Nicky Rogers
- Patricia Ann Skippen
- Rita Mae Nielsen
- Thelma Domingo
- Thomas Kennedy

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



CROSSWORD SOLUTION

W	I	C	C	A	I	N	A	B	I	T	D	I	S	O	B	E	Y	S	
A	B	O	I	L	G	O	L	O	N	G	E	V	A	L	A	R	U	E	
H	E	A	T	I	N	G	V	E	N	T	I	L	A	N	D	L	I	N	E
F	R	I	D	A	Y	S	S	E	H	I	N	D	I	L	E	G	S		
E	O	S	R	P	M	A	L	V	A	H	I	E							
D	R	E	S	S	C	O	A	T	I	O	L	E	O	L	A	U	D		
Y	E	N	T	A	P	O	D	S	I	L	V	E	R	C	A	R	P	I	
S	E	S	A	M	E	S	P	E	C	I	E	O	U	T	R	A	N		
R	U	R	A	L	A	M	E	N	R	E	P	E	A	T					
I	L	O	V	E	A	L	A	S	S	I	D	R	A	G	I	R	E		
R	E	B	E	L	P	R	O	O	F	R	E	A	D	M	C	G	E	E	
A	T	V	S	H	A	M	L	A	N	A	I	T	U	R	N	E	R		
S	I	E	S	T	A	B	O	U	T	B	O	O	N	E					
A	N	O	V	E	L	A	R	M	I	E	S	N	I	C	E	S	T		
H	O	U	R	I	O	F	N	E	E	D	P	E	R	C	H	L	O	E	
I	T	S	Y	E	A	R	N	M	A	G	I	W	H	E	E	L	S		
L	A	M	O	S	L	O	O	V	O	C	O	T							
S	W	A	M	I	L	A	P	S	O	R	A	E	R	R	A	T	A		
P	A	R	A	B	O	L	A	C	O	M	B	A	T	M	E	D	I	C	I
A	W	A	K	E	N	E	D	I	S	O	L	D	E	B	E	N	T	S	
N	A	M	E	L	E	S	V	E	N	E	E	R	A	N	G	S	T		

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FOR AD INFO or TO BOOK AN AD CALL

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or 403-705-3238

David Young
DavidY@kerbycentre.com
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