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 Photo by Robin Rasmussen

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THANK YOU

THE COMMUNITY WITH HEART

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

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

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

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

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



— Dr. M. Garth Mann: Director



From Residents and Families

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Fantastic job all around."

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

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

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

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

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

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The Manor Village at
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BY ZANE NOVAK
President of Kerby Centre

A year of challenges and adventure

July, and this entire year of adventures and challenges, insists on continually surprising us!

As I write this in June, we have just suffered one of our worst summer storms, massive rainfall, flooding and catastrophic hail damage.

As I watch the local news and my social media feeds, I find that there are two resounding themes

in all of them. First, everyone is expressing relief that it appears no individual was physically harmed. Secondly, that this is Calgary and we will take this in stride, bounce back and help our neighbour.

I find that so encouraging. For all of the obstacles that 2020 has so far thrown at us, our resilient spirit has shone through.

One huge disappointment for many of us was the cancellation of Stampede. I have a close affinity with the Calgary Stampede. Several of my family members raced chuckwagons on that track spanning at least three or more decades and for almost 20 years I worked with the chuckwagon drivers back in the barns area.

In 2018, I, along with the Kerby Centre, was very privileged to be presented the Western Legacy Award, sponsored by the Stampede Committee. A very rare honour.

The first Stampede was held on the very same location it is still held, way back in 1912. It was organized by Guy Weadick.

They skipped a year and were back at in 1914 and ran it continuously ever since, through two

World Wars and our own infamous flood of 2013. Hence, the significance of cancelling this year is of no small consequence.

The breaking of tradition is always difficult and can feel like a failure. That is coupled with the fact that there are so many fantastic things about Stampede.

It creates thousands of jobs, invigorates countless local businesses, show cases our beautiful city to the world and lets hundreds of thousands of others see our hospitality and genuine Western spirit.

Not to mention the Stampede Committee is a non-profit organization, so the millions of dollars that the event creates goes directly back into the social structure of our community. Yes, it is a tough choice indeed.

With that said, along with my deep-rooted love and passion for it, I completely understand why it had to be cancelled. To hold an event with up to 1.3 million people in attendance would have been such a health risk. Imagine we being the epicenter of the second wave as it is referred to?

Not a headline in national and international news that we as Calgarians

would want to be part of.

We have the further complication that travel is still not allowed, borders are closed and so many other restrictions in place.

But setbacks and disappointments such as this are not all negative.

Whenever a project or a timeline is delayed, it can often give the participants time to better map out the future path, the best way to maximize the event when it does occur. I am confident that this will be how our next Stampede will play out.

I am confident that Stampede 2021 will occur, and it will be our triumphant return, where the world is invited.

A world where we can be confident of our health and safety, and where we can truly put on the global event of the year and welcome our friends and neighbours back, even if they live on different continents.

A world where we can help thousands of others to see and share in the beauty and attraction that we as Calgarians feel about our city, our community, and this area of unparalleled beauty in which we live.

Continued on page 4

JULY 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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We are so excited to welcome you back



BY LAWRENCE MATHIESON
Chief Executive Officer

Things at Kerby are going to look a little different than you might remember them.

There might be some Plexiglas, some arrows on the floor and a little bit of signage, but we are very happy that you will be coming back.

As I am writing this, the province has announced the

phase 2 of the re-opening, which means Seniors Centres can begin to open the Friday ahead of writing this.

By the time you are reading, we will have re-opened Kerby and will be starting to run some programs and classes.

We will still need to social distance and this might mean classes and groups will be a little smaller, but we will be working to get back to our "new" normal as quick as we can.

Our team is having frequent meetings and updates from various levels of government and the changes in protocols to safely re-open will change too frequently for *Kerby News* to be the only source of information about what is new and what is back at Kerby, so check our website and social media for announcements.

We have learned a few things through the COVID-19 pandemic — you could even say we have learned a few new tricks. It is likely that Watch Parties and Zoom classes will now be something we offer all the time to the Kerby members.

We were saddened to discover how large an issue food security is for seniors in Alberta — but we were grateful at the same time how much support and donations we received from corporations, government and individuals to support outreach to seniors in our community.

This is another thing we learned that our outreach and our support of seniors will need to continue outside of Kerby's four walls.

We are glad to have you back — but you will continue to see members of our team in more places than just at 7th ave. ▲

Kerby takes on mask distribution



Kerby Centre was tasked by the provincial government to be a distribution centre for much-needed masks for seniors during the current COVID-19 pandemic. Our wonderful staff spent the majority of June 15 separating and packing the masks after being trained in and utilizing the safety protocols outlined by health authorities. Seniors in need can visit Kerby Centre from 9 a.m. to 3 p.m. during the week to pick up a mask or call our hotline at 403-705-3175 to leave their name, address and phone number in order to have one of our amazing volunteers deliver. Photo by Andrew McCutcheon of Kerby News.

The indomitable spirit of the west

Con't from page 3

The gradual removal of restrictions has for me brought a lot of other blessings. I view my life and social interaction a bit differently. I truly am grateful to my many

friends who have reached out during these difficult months. In turn, I have tried hard to reach out to as many people as I could. Now that we can get out of the house, I am trying to do a bit more exploring of our local region. In the past, I have often found myself “too busy” to actu-

ally go and enjoy the local countryside: the lakes, the scenic areas, the hikes.

I have a motorbike and I am concentrating on getting out on beautiful rides. My daughter and her significant other have made a commitment to see at least two or three new rural areas a month,

and it is amazing.

We are blessed in so many ways living here in Calgary and the surrounding area. No place is perfect, but we are right up there in my opinion. This period of isolation has made me further think about and concentrate on Calgary and our future.

Much of what we take for granted changed in the last several years: prosperity, security, closeness and accessibility of our community. The economic challenges that started in 2014 and have persisted in hounding us for six years made many of us feel vulnerable.

Then, literally watching our worlds turn upside down in a matter of days due to the pandemic has put further stress upon us and our community.

This has reinforced upon me, the absolute need to continue to be meaningfully engaged in my city, to strive to dedicate time and effort to see us continue to move forward in new and prosperous directions.

I challenge everyone to focus on a future that together we can make positive.

Move past the obstacles we have faced and find new paths to show that world that we as Calgarians and Albertans truly have the resilient Western spirit that is indomitable. ▲



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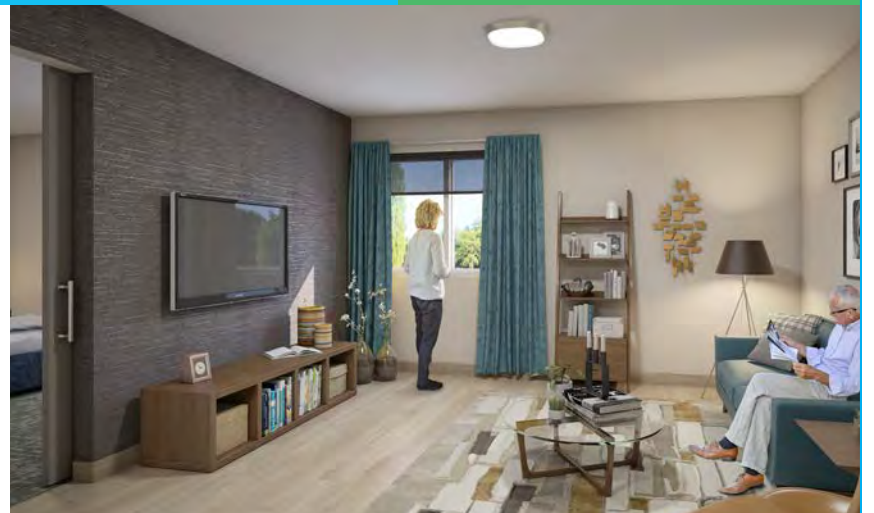
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Muslim seniors sew masks for charity

by Andrew McCutcheon

Although Seniors Week in June couldn't be celebrated normally due to COVID-19 restrictions keeping folks indoors and distanced, some unstoppable seniors took the chance to work on charitable efforts to give back to the community.

A group of Ismaili Muslim seniors took it upon themselves to sew thousands of cloth masks, donating them for the continued health and safety of essential service workers, according to a press release from Ismaili CIVIC — an international organization dedicated to demonstrated the Muslim community's commitment to helping their neighbours and improving quality of life for all citizens.

"I feel it's our duty to give back to the community and this is a time of need," said Daulut Janmohamed, 79, who was one of the mask-making volunteers. "I'm happy that I can provide assistance in some way. Not having anywhere to go, sewing keeps my

mind alert and puts my hands to work."

More than 1,000 cloth masks created by volunteers went to a number of local not-for-profit service volunteers, including folks from the Newport Harbour Care Centre, Calgary Interfaith Food Bank, the Mustard Seed, Catholic Family Services and Calgary Immigrant Services. Across Canada, over 10,000 masks were given to various local community groups.

"The generous donation of high-quality cloth masks that Ismaili CIVIC provided us will go a long way to protecting our clients during this time of pandemic," said Samantha Lowe, health and wellness manager for The Mustard Seed. "Thoughtful donations such as these show how much the community cares about those at The Mustard Seed."

Over the years, Ismaili communities across Canada have participated in activities such as tree-planting, blood drives, senior care and many more. According to the press release from Ismaili CIVIC, many se-



Janmohamed (above) helped sew masks for local charities. Photo by Islami CIVIC.

niors in their communities immigrated to Canada seeking a better life for themselves and their families and continue to be pillars of the community with their work and knowledge.



A Message from One of Our Residents

follow us! 



Marsh & Val Evans

My husband, Marsh and I moved into Rocky Ridge Retirement Community Feb.29th, 2020. We had just settled in when the pandemic fell upon us.

We are finding the residents and staff are wonderful! The staff have made many changes not only to keep us safe and well but also have provided activities that are challenging, innovative and fun. We can do these in our rooms or in small groups maintaining proper distancing. Our appreciation of staff and sense of family continues to grow! We're thankful to be here, especially during this time.

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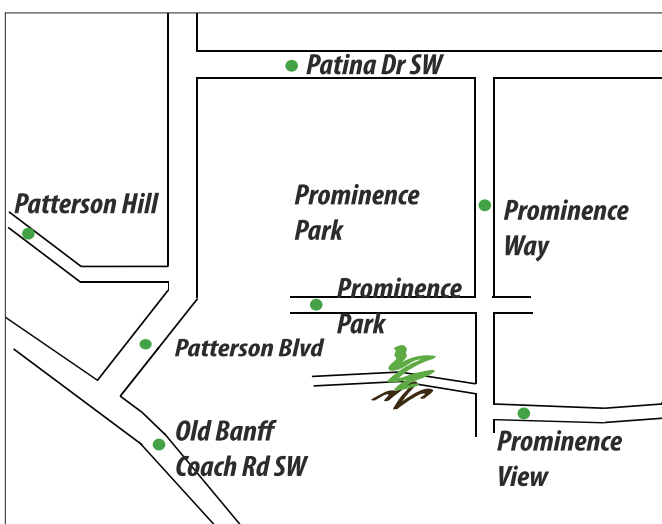
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We know this is a difficult time as we navigate through Covid-19 and social distancing but we are here for you and we are here to answer any questions you may have. We are looking forward to welcoming you to our community when we are able to provide you a tour! In the meantime we are working on creative ways to showcase our community.

Please contact us for more detail! We welcome the opportunity to provide you answers to any questions you might have!

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The growing concern of social isolation

By Geraint Osborne
Professor
University of Alberta

When people look back at this pandemic, they will remember many things, but perhaps most of all they will recall the changes in social behaviour.

There's the obsessive washing of hands, not touching our face, forgoing handshakes, hoarding toilet paper, wearing masks, working from home and, of course, social distancing – or, more accurately, physical distancing.

Physical distancing is a more precise description of what experts have recommended in order to curtail the spread of COVID-19. Social distancing, on the other hand, should be avoided because of its potential harm for individuals and communities.

Becoming a fully functioning human being with a sense of self and purpose requires meaningful social interaction with parents, peers, and many other significant and not-so-significant others.

I remind my students that they have never known

themselves without the input of others. Or, as the philosopher Allan Watts writes, “We are something the world is doing.” Human beings, extroverts and introverts alike, are inherently social.

One of the first sociologists to note the dangers of social isolation was French sociologist Emile Durkheim, who was preoccupied with stability and solidarity. His classic work, *Suicide* (1897), identified different types of suicide and argued that suicide had social, rather than exclusively personal, causes.

Although Durkheim lacked the statistical techniques to develop his ideas fully, he did recognize the relationship between important social variables. Essentially, Durkheim noted that some people were more likely to commit suicide depending on their degree of social disconnection.

He famously discovered that Protestants, because they had weaker forms of social control and cohesion, were more likely to commit suicide



Social isolation is a growing concern at all ages across the world, according to University of Alberta professor Geraint Osborne. Photo by Carlos Grury Santos

than Catholics or Jews. Men were more likely to take their life than women, who were more involved as “kinkeepers.” Single people were more likely than those romantically partnered to end their lives, as were the childless compared to those with children.

Basically, the more socially connected people were to fellow believers, families and friends, romantic partners and dependents, the less likely they were to end their lives. In other words, social connections provide meaning while social disconnection kills.

Durkheim's work would go on to inform a broad swath of work in sociology, psychology and political science on the importance of social capital.

For example, Robert Putnam's *Bowling Alone* (2000) connected the decline in voter turnout in the U.S. to the demise of voluntary associations that make up civic life. When people are socially disconnected, they lose touch with their fellow citizens and the political discussions that sustain civil society and democracy.

Social isolation has become a defining feature of modern Western societies and there's a growing concern about its effects. Our increasing desire to be free from the restrictions and constraints of tradition-

al institutions, combined with the undercutting of collective organizations and projects by governments driven by neo-liberal economic principles, has driven people apart.

Well before COVID-19, governments in the United Kingdom, Denmark and Australia were devoting resources to understanding the social costs of increasing loneliness, and discovering ways to combat it.

Surveys in these countries reported significant levels of loneliness within their populations. Among vulnerable cohorts, such as the elderly, the rates are much higher.

The British government was so concerned that in 2018 it appointed a Minister for Loneliness to further study the problem.

Researchers have found that there are major physical and mental health risks associated with loneliness. According to multiple studies, lack of social connection negatively affects immune system functioning, thereby heightening health risks that are comparable to the risks associated with smoking, alcoholism and obesity.

While such studies are not without their limitations, they do force us to acknowledge that loneliness may be detrimental to some people.

In this age of physical distancing, it's more im-

portant than ever to remain socially connected to our families, friends, co-workers, fellow volunteers and neighbours.

Most of us are fortunate to have smartphones and computers on hand. Although we should be ever wary of surveillance capitalism and data extraction, we must use this technology – the very technology we once thought encouraged social isolation – to its fullest advantage.


So give people a call, send them a text, reach out on FaceTime, play multiplayer computer games, participate in Zoom gatherings and Google Hangouts, or watch an online concert or movie with others.

When you're outside, wave to your neighbours, chat over the fence or go for a walk on the trails, keeping a safe but cordial distance from others.

Remember, we're social beings through and through, and your health – and the health of our communities and democracies – are dependent on social connection.

Geraint B. Osborne (PhD) teaches sociology at the Augustana Campus of the University of Alberta and conducts research on cannabis normalization, hockey violence, the role of public intellectuals, and music scenes and cultural sustainability. ▲



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A little trailer that means a whole lot



BY LESLI
CHRISTIANSON-KELLOW

The rain was coming down hard.

My family and I were warm and dry in our 1973 Scamper trailer. We were enjoying our annual camping/gold panning trip to the Cariboo region in B.C. My daughters, six and nine-years-old, were stretched out on their bed reading chapter books.

My husband and I were sitting across from them at the kitchen table drinking tea and playing cribbage. Amstel, our golden retriever, lay in front of the furnace, content to be with his family. As the rain pelted the roof of our 16-foot trailer, I looked at the kids and smiled. This, I thought, was the life — we were all together and content.

That was 15 years ago. Somewhere along the way our friends started buying big, new fifth wheel trailers.

We were in awe of the space and the convenience that our friends' trailers offered, but we had grown fond of our 1973 Scamper.

It met our needs and we were used to the cozy quarters. Our two-to-three-week summer camp-

ing trips became a time we all looked forward to. We didn't have much space to take a lot of stuff: it made life simple.

Even the mechanics of the trailer were basic. The furnace and fridge ran off propane and the lights were powered by a 12-volt battery. We pondered giving up our trailer for a newer, spacious model, but each year we decided to make do and put off upgrading until the next summer.

One July, our truck had mechanical problems going up Big Hill along the Icefields Parkway, not far from Jasper National Park.

The truck overheated as we started to make the ascent up the steep incline, slowing down to 20 km/hr. We were going so slow it felt like we were going to start rolling back down the mountain.

"This trailer is too heavy!" My husband cursed and hit the steering wheel, "If we had bought a new one we wouldn't be having this problem!" Eventually we made it to the top of the mountain and pulled off to the side of the road. Big diesel trucks with huge trailers flew by us as we waited for our truck to cool down.

Every summer after that, when we drove through the Icefields Parkway and approached Big Bend and Big Hill, we nervously held our breath.

We would squirm anxiously in our seats if we happened to get behind a slow moving vehicle. This would cause us to slow



Photos courtesy of Lesli Christianson-Kellow.

down and fail to gain the momentum we needed to get our truck and trailer going fast enough to scale the mountain.

Our vacation officially started when we successfully reached the top of the hill. My husband and I would look at each other with relief and finally begin to enjoy the trip.

Our trek to the Cariboo to meet up with around 20 others was about 1,000 kms.

On our day of departure, we would nudge the kids out of bed at 7:00 a.m., hook up our trailer, and settle into the truck, powering through the drive in just one day.

This would give us the maximum amount of time to gold pan and see our friends. Once we arrived at the campsite, we camped off grid. If we were lucky, our favourite spot would be available overlooking the

Cottonwood River. Only a smaller trailer - like ours - could fit into this spot, so it was often left for us. It was definitely a 'room with a view'.

Once our trailer was backed into the riverview spot, it would need to be manually levelled using rusty old jack stands placed strategically on four corners of the trailer. Often the Scamper needed to be also backed onto 2x6's to lift it up to help stabilize and level it.

The trailer jack would sit on however many pieces of wood it took to level it off. There were no fancy electrical hydraulics to do this task, just manual know-how and a lot of trial and error.

Actually, there was no fancy anything and that's just what we grew to like about our old trailer. Without the distraction of a big screen TV or multiple rooms, we lived a

simple but enjoyable life while camping.

Every day we had the same morning routine. Whoever was up first, out of me and my husband, would boil the water for coffee and get the porridge packets out — Quaker Maple and Brown Sugar — and then fill a basin with hot water for washing up. When it came to cleaning the trailer, it was just a matter of sweeping the small floor space and wiping down the table and minimal counter top. With the household chores completed in a matter of minutes, that left plenty of time to gold pan, play in the river and sit around the campfire with friends.

We still have our trailer and we plan to go on more adventures with it. Will we ever get a big new trailer? Maybe, but perhaps our little Scamper trailer is all we'll ever need. ▲

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Bergenia cordifolia, also known as *Elephant Ears*. Photos by Deborah Maier.

Tried and True Plants for a Calgary Garden

by Deborah Maier

Calgary is in a beautiful spot — mountains rising in the west, prairies trailing eastward. The city is perched between the two notable landscapes in an area that is semi-arid and experiences chinooks.

The air is dry. Even in the summer, using lotion on our hands and face is a common practice. If anyone has flown to Winnipeg or Toronto in the summer, when you leave the plane after arriving at your destination, the air feels heavy and cloying, as it contains so much moisture. Calgary is one of the driest cities in the country.

Our summer temperatures are also relatively cool. In 2019, according to Environment Canada, Calgary's average high for July was 22.3°C and the low was 10.5°C. This makes even a July morning feel

light and fresh.

Aside from our air feeling fresh and light, we frequently wake to bright, sunny, fog-free mornings.

The grass and plants are dew-free and we can head straight into the garden—there is no need to wait for the dew to dry from the leaves of the plants in fear of contributing to fungal diseases, as there is in more humid places.

When creating and enhancing our gardens, these environmental conditions should influence the plants we choose.

In fact, we really should be selecting plants that are drought tolerant or water-wise. Many of these plants are tried and true varieties that can frequently be found in garden centres, even during the summer months.

When we choose water-wise, low-maintenance plants, we are not choosing plants that we can

totally ignore, but plants that require less of our time and effort.

Xeriscaping means a landscape that reduces or eliminates the need for supplemental watering; it is not “zero”-scaping. The garden needs to be planned to make use of the rainwater that falls, plants need to be monitored, and weeds, while typically fewer, still need to be removed.

As time moves on, we may prefer to labour in our gardens less and enjoy them more in a less active manner. So which plants should we be considering? Here's a few suggestions:

Chives (*Allium schoenoprasum*)

They are typically not bothered by pests, start blooming by June and continue through the summer.

They are often recommended as a companion plant in the garden as they ward off other plant pests. They self-seed prolifically, so be sure to deadhead if you want them contained.

A nice way to deadhead is to pick the flowers just after they've opened and while they are still supple and add them to a salad—beautiful and edible.

Elephant Ears (*Bergenia cordifolia*)

It grows in a wide range of light and soil conditions, so it can be planted almost anywhere in the yard.

It blooms in the spring, though it is mostly grown for its thick, lush leaves. In the fall it turns a deep purplish-red and will remain in that state until spring returns.

Carpathian Bellflowers (*Campanula carpatica*)

The common variety “Blue Clips” will grow in full sun to part shade in a well-drained, average soil.

It forms nice mounds of delicate, large-toothed foliage with blue, bell-shaped flowers.

The leaves are heart-shaped and delicate, and readily differentiated from the invasive *C. Rapunculoides*.

Hardy (Cranesbill) Geraniums – *Geranium* spp.

There are many varieties

to choose from. Bigroot geranium (*Geranium macro-rhizum*) has large, scented foliage and is dry shade tolerant. It will grow on the north side of a raised deck.

Daylilies – *Hemerocallis* hybrids

Again there are many to choose from, but an old favourite is the Stella d'Oro daylily.

It was bred in 1975 and has won awards for its features, such as its all-season-long, fragrant, rich yellow flowers.

Many of these plants are found in the yards of beginner gardeners. As these gardeners become experienced, and want more of a challenge, they are replaced by plants that require more attention.

More options for Calgary-suited perennials can be found in the YardSmart Perennials brochure posted on calgary.ca. The Perennial Plant item under the Resources menu on the Calgary Horticultural Society website opens a list of the Perennial Plant of the Year (PPOY) winners.

One of the requirements of a PPOY is its ability to thrive in Calgary gardens.

Both are great places to find plants that offer an opportunity for us to put less work into and get more joy out of our gardens.

It's time to re-embrace these terrific Calgary “tried and true” plants. Let's become new gardeners again and enjoy the plants that readily thrive in the environment of a Calgary garden — a place perched between the Rockies and plains of the prairies. ▲



Beautiful daylilies; a plant for beginners working their way up to plants that might require more advanced attention. Photos by Deborah Maier.

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Calgary students develop joy-filled hotline

by Andrew McCutcheon

The COVID-19 pandemic has left many people in a less than joyful mood.

Between social isolation, economic anxieties and general worries about the state of the world, it's weighed heavily on minds across the entire world.

However, a Calgary-based student-led program called Joy4All aims to bring back a bit of humour and positivity into everyone's day-to-day lives.

"We originally had an opportunity to volunteer with the Calgary Public Library, but it got canceled due to COVID," said Jared Quinn, 20, a student with Chinook Learning Services enrolled in their recreational leadership class.

"We thought of a way to help people during the pandemic due to isolation, especially elders in Canada and the world over."

Thus began Joy4All: a hotline meant to bring some joy into everyone's lives through a simple phone

call.

By calling the line locally at 403-209-4300 or toll free at 1-877-569-4255, callers have an option between choosing a number of jokes, kind messages or stories to help break the monotony and isolation due to the pandemic.

"Now you can get a positive message at any time and any hour, if you're alone, for elders that have to be by themselves, even away from their own family," Quinn said.

Word of the program quickly spread after its initial launch, and garnered the attention of some major players in Hollywood!

James Corden, host of the Late Late Show on CBS, ended up featuring the Joy4All project and the hotline on his program. Corden not only spoke with some of the organizers, but also featured actor and comedian Billy Crystal, trying his hand at a couple jokes to be added to the growing repertoire already on Joy4All.



Students were hard at work getting the project launched earlier this summer, before it was featured on the Late Late Show. Photo courtesy of Joy4All.

"Not many people get the opportunity to talk about a project and expand it so many people hear about it," Quinn said. "We've expanded the reach because of it."

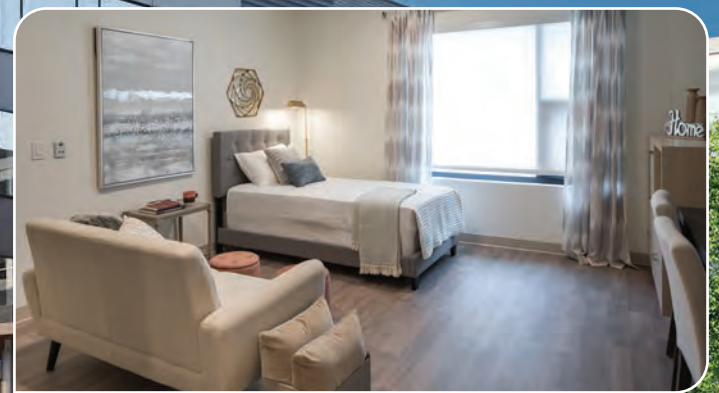
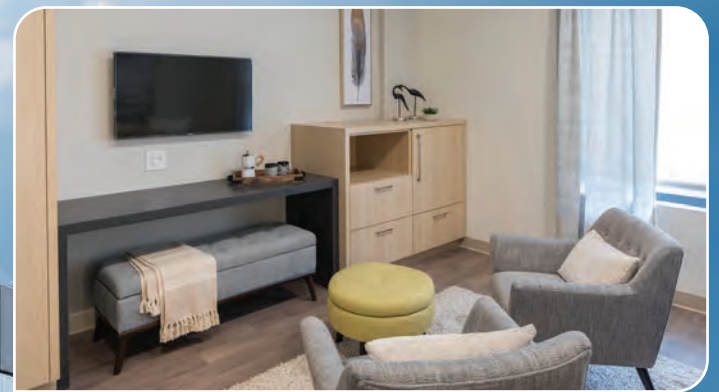
Anyone who'd like to submit to the project, regardless of their age or background, can go to

Joy4all.com to contribute their own written messages, jokes or even recordings. Joy4All encourages "kindness, creativity, and diverse messages of joy, especially for our Indigenous elders in isolation as well as seniors who are newcomers, immigrants, and refugees."

"I feel grateful and very

humble, a lot of people forget that the world is a lot bigger when we're only in our little bubbles," Quinn said. "It's helped me and a lot of people in our class expand that bubble, expand us into the global community, instead of what's just in front of our eyes." ▲

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Learning the language of cats

by David Darnielle

I have always been a dog person.

There are fond memories in my mind of my grandma's Doberman Pinscher — Czar — who, without fail, would take the spot beside my tiny, toddling self in a protective stance whenever a stranger was around.

Head low, ears and tail at dagger-like points, Czar trusted no one implicitly — other than the tiny, bushy haired youngin' who would routinely grasp and grab at the form of his furry friend, pulling and stretching.

Czar would snap and jaw at everyone, but little Danny got away with being a terrible annoyance.

I also remember Bailey, the small lap dog that grew up perpetually at my feet. Bailey was a smart dog and knew all the tricks: roll over, play dead and she could chase a ball late into the orange evenings of summer for hours and hours.

She looked more like a rat with her hair cut, and when it was grown out, she'd easily be mistaken for a particularly fluffy mutt rather than an elegant poodle.

But I loved her until the day she finally passed.

So yes, I've much preferred the company of pooches to their feline alternative.

It's not that I didn't like cats. No, not at all.

Okay, I didn't like cats. Even a little.

Scratching, biting and filled with attitude — cats always seemed to be in some sort of mood.

It could probably be attributed to one night when I was a young man of 18 — with a long head of that same brown bushy hair to match the hockey players I adored.

I was sleeping off a night of socializing on a good friend's couch, letting cold air waft in through a nearby window as my eyes fluttered to a close, the memo-

ries of more-than-enjoyable evening on my mind.

Then, my friend's family cat decided to climb up the side of the couch. Using my lengthy hair as rope ladder.

My immediate reaction involved more four-letter words than I'd care to admit. It'd made a sailor blush and I probably woke up the neighbours five miles away.

So needless to say, I've never been a cat person, until recently. Until I met Pheen.

Pheen is short for Seraphina, of the Seraphim: the highest of the angels in Christianity.

Pheen, however, is a chubby tabby with an attitude. A queen of the street who ended up becoming my ongoing roommate through a series of events too long to recount.

Needless to say, Pheen recently became part of my household and I learned the language of cats.

Cats always have a look in their eyes as if they are just about to say something, as if language is just on the tip of their scratchy tongues and they'd just rather meow. The language of cats is interpreting what exactly those words might mean.

For example, while I'm at my nearby desk and Pheen paws at the blinds and looks out of the corner of her eyes to meet mine, it means "I want the window open."

She'll watch out the window for the occasional bird fluttering by, the posture of a near-pathetic predator that couldn't — and wouldn't — kill a fly.

She's much happier to



The Cat in Question. Photo courtesy of David Darnielle.

use the language of cats to communicate "I'd like another meal please!" from the perpetually stinky cans of wet food, stacked on the on the counter. She communicates this subtly, by consistent meowing and attempts to trip me over my own two legs.

This might seem as though it's harmless, adorable and playful. It's less adorable when it's at 4:30 a.m., a good two hours before my regular wake-up time.

Yet, Pheen has proved her worth most recently with a particularly specific use of the language of cats.

Loss is never easy. No one grieves the same way, but everyone grieves. And it lasts so long and it never gets easier.

I was lying in bed with my grief when Pheen worked her way into my room, hopping her wiggling, strutting bottom

across the covers, and she came up next to me.

She looked at me and tilted her head just slightly. I was confused for just a moment, hoping to interpret exactly what she wanted to say in the language of cats.

She kneaded her paws into my chest and twisted around a few times, before laying her entire, weighty body against mine and she just breathed.

The gentle vibrations of her purring shivered into my skin.

I looked into her and she looked into me, and in that moment, I knew exactly what she was trying to say. It was exactly what I needed to hear.

Nothing at all.

And now I know the language of cats.

And although I still am a dog person, I think there is room for an angel in my life. ▲



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RIDDLES

A. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?

B. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.

C. What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire world signifies a great woman. What is the word?

Answer C: Heroine
 Answer B: A candle
 Answer A: An echo

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The Purveyors of Possibility

By Andrew McCutcheon

Photography courtesy of Robin Rasmussen



Tetra Calgary's machine shop is on the small side, but filled with big personalities and even bigger ideas. The location was graciously allowed to them by Drop-In Calgary.

It's a Saturday morning with crisp June air, just cold enough that you can see the steam coming off of paper cups of coffee, held in hands by folks sitting in hard plastic chairs on a cold concrete driveway.

They are sitting out of a small machine shop. The shop itself is filled with a menagerie of wonders. The walls are covered: pictures and tools and pieces of scrap metal and wood and electronics.

The people there are filled with excited energy. It's palpable in the air. There's something happening in this little machine shop that would blow the average person away. There is invention happening here.

Ideas that will start in the creative and mechanical minds of a select few. They'll be discussed and talked over, most likely with those steaming pa-

per cups of coffee in hand, until they percolate and thicken and coalesce. The energy is in the ideas and these ideas aim not to solve problems. Rather, they are to fulfill wishes.

This is the small machine shop of Tetra Calgary. It's where dreams come true and wishes are granted, all through the hard work and relentless creativity of a small dedicated crew. And it's all to help those with physical disabilities navigate a world that can sometimes seem difficult; that which might come easy to the able-bodied could be a frustrating or even dangerous obstacle to others.

This is where Tetra Calgary comes in; wish-fulfillers and purveyors of possibility.

"Nothing is impossible," said Jim Monk, one of the resident purveyors of possibility. He is bursting at the seams with

stories and a palpable pride in the efforts of this group of retired folks. They are engineers, carpenters, mechanics and machinists. They work to create customized solutions to the problems that face people with disabilities and in turn, help them overcome barriers in their day-to-day lives.

"There are things here that are amazingly simple," he explained, as fellow Tetra member Doug Brooke shows off one of their most recent inventions. It is quite simple: a length of rope with two PVC pipes as handles.

What might seem simple at first is the solution to a complicated problem: how does one guide someone who has a visual impairment when COVID-19 requires a level of social distancing?

There's no shop you can go and order something of the right length and comfort; no Amazon delivery will get what's needed



Tetra Calgary volunteers declare themselves "purveyors of possibility," with no wish too big to try to tackle, together.

to their mailbox when the problem is in the here and the now. But Tetra Calgary is in the here and the now and they reach into the swirling centre of confusion and chaos and pluck out simple solutions to complex problems.

Sometimes, however, the solution is not so simple.

Fritz Peyerl of High River showed off one of the more complicated solutions: a thin, robotic and mechanical arm that can rise and fall with a press of a button. It looks like something that might be on a space station, but it's right here in the tiny space provided by Drop-In

Calgary. It would win gold stars at a science fair, but most importantly, it's going to help aid the day-to-day machinations of an individual: a person with a wish that needs granting. Peyerl, in fact, has won an award for his innovation and work with Tetra Calgary — and although the stories of their inventions and creations excite the mind, what stirs the heart is the stories of the people whose lives are changed upon receiving them.

A young man, without arms or legs. Now? He often rides a custom made bicycle from



Fritz Peyerl of High River shows off an incredible mechanical arm. A majority of the machinery at their location were donated by Ron Marshall, a former Tetra Calgary member himself.



Doug Brooke (left) and Jim Monk (right) show off one of the simple inventions created by Tetra Calgary used to assist the visually impaired to stay distant during the pandemic.

Possibility

Page design and layout by Winifred Ribeiro



Everything from mobility aids to recreational modifications: Tetra Calgary has done it all. And more.



Masks and distancing are commonplace in the workshop, ensuring that the work they do can continue in a safe manner.

free labour, provided by volunteers. They did receive a small government grant to set up the shop, but since then, they've operated independently alongside support from kind citizens and local businesses.

"That's the beauty of this group," Monk said. "It's ex-

traordinary for me to sit there, to sit four or five of us around the table, sharing amazing knowledge ... it's as if they come here and bubble over with inspiration and creativity."

"I'm in the middle of inspiring inventors."

If you're interested in help-

ing grant wishes or maybe have a request of your own, Tetra Calgary can be contacted tetra-society.org.

There are also other Tetra chapters across North America and Alberta, with groups located in Lethbridge, Red Deer, Edmonton and Medicine Hat ▲



Cranbrooke to Kimberly and back. His next goal? He wants to go skiing. Tetra is going to make that happen for him.

The individual who requires a ventilator and his caretaker has a hearing impairment: when the ventilator had an issue, it beeped loudly but was impossible for his caretaker to notice. Now? A visual indicator lights up on the ventilator, helping to ensure his safety at all times.

Teaching someone to throw a ball might seem like the simplest thing in the world, but what if you have no visual feedback? Tetra Calgary helped design a system of "haptic feedback" so that the blind can physically feel feedback from when they throw a ball, providing their senses with the stimulus needed to learn something that others might take for granted.

"They had no context for it

before," Monk said. "But now they can feel success."

Although each problem is unique to an individual, every time Tetra Calgary helps someone conquer a barrier, it paves the way to make the next wish easier to grant.

"Lots of folks are going to be facing the same problem," Monk said. "When requests come through, we coordinate and brainstorm. At any given time ... there are eight to nine people with projects on the go."

And that's one of the most amazing parts of what Tetra does: even though the space was graciously given to them by Calgary Drop-in and a good portion of the machinery was donated by a machinist and former Tetra member named Ron Marshall — for whom the space was named — every single hour spent brainstorming, tinkering and tailoring devices and aids is



The inventors and volunteers of Tetra Calgary are passionate and love talking about all of the ideas they're working towards.

Spring, at last, has finally arrived



Springtime is here, along with all the joy it brings. Photo by Nicholas Bartos



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BY BARBARA ELLIS

Finally, a warm and sunny morning. It won't be long before the trees will be in bloom. The bushes are already happily showing off their baby leaves which burst their buds overnight. The trees have a shade of green about them, so soon, their flowers will be popping their buds too. I noticed several dandelions already in full bloom. Evidently once again they had no problems getting through the winter. No doubt soon many more will be decorating the lawns and bringing a splash of yellow to all the green spaces of Calgary.

I love spring and the beauty that comes with it. Not only beauty, but also all the scents that wafts through the air. First to bring joy and color are the various bushes and trees that adorn our city.

The white blossoms of the crabapple, the deep to light pink of the ornamental trees, the May Day and Mountain Ash, each adding their own uniqueness and beauty into the mix. A little later we will have the lilacs and honeysuckles to enjoy and they too will add color and perfume

the air.

Old man winter had a hard time letting go this year and hung on by the skin on his teeth. But no, spring once again gained the upper hand and pushed him kicking and screaming toward the end of the year, just where he belongs.

In some gardens I saw that tulips had emerged and were enjoying the warmth of the sun. I nodded a hello as I passed by and wished them well during their short but showy lives. Such perseverance and a determination to survive in plants has to be admired. I can not imagine how dull and boring our gardens would be without color, but I am not just thinking about flowers in our gardens, but all plants that flower everywhere.

How lovely it is to drive in the county when the canola fields are in bloom. They are a charreuse to lime green and so bright, that they make a person what to squint when looking at a field of them.

Then there is the blue beauty of the flax. Seeing them in their millions almost takes your breath away. I wonder how many bees it takes to fly into each of those flowers to pollinate them? I am thankful to and admire those industrious insects that busy themselves storing pollen and making sweet tasting honey. How awful it would be not to have honey for my morning toast.

Last year I was in New Zealand where their bees make Manuka honey which is apparently not only tasty, but supposedly has many medicinal uses as well. It is touted to have great antiviral and anti-inflammatory qualities. I say apparently because I could not afford to buy a jar of it. However, I did taste it in some candy, and that certainly was very tasty and soothing for my throat.

As I walked, I wondered about the beautiful lilac colored crocuses that bloom on Nose Hill Park. They probably would be gone by now. When I lived nearby, I often scampered up those steep undulating hills to get a good look at them. Even with patches of snow on the

ground, those hardy little flowers pushed themselves up through their winter coats to enjoyed their short time in the sunshine.

Funny how the mind works because the memory of crocuses instantly brought another happy memory to my mind.

Hillsides covered by thousands of beautiful jonquils and daffodils. As a young girl I had the privileged of living in Switzerland for a couple of years, and as soon as the snow began to melt, we would walk into the hills just to marvel at the sight. Wordsworth wrote a wonderful poem about a hill crowded by a "host of daffodils". I can relate to that because I too have my own recollection of hills beautifully decorated by yellow daffodils.


Just last week a friend of mine sent me an e-mail filled with photos of the Keukenhof Garden Park in Holland. Millions upon millions of tulips, daffodils and hyacinths are in full bloom just now, but there is no one to see them.

How very sad that this pandemic has also stolen their glorious days in the sun. The park is usually visited by thousands of people who treasure their walk in amongst these beds, but now, no one but the breeze, bees and some lucky gardeners can ogle their extravaganza.

Maybe, perhaps, who knows? Maybe in some future spring? Will I be lucky to walk those footpaths and stop to let my eyes relish and enjoy the sight?

If so, I would allow myself to take deep breath and fill my lungs to capacity with the clear perfumed air. Well, I can dream, can't I? Maybe it will happen, but probably not. In the meanwhile, whatever the future brings, I will be happy with what I have in Calgary.

There is an avenue in Lakeview that is lined with apple trees and when they are in full bloom, they are a sight to behold. Around our Olympic Plaza, the city always plants wonderful tulips and hangs incredible flowering pots from the lamp posts, and if that is all I am to witness, I will be just as contented.



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Letter to the editor

Parks and recreational areas are a public trust, an economic opportunity, and not red tape.

By Jason Unger, ED, Environmental Law Centre

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

Orderly development and conservation of parks and recreation areas should be treated as a public trust with the potential for great economic spinoffs. They let us get outside, interact with nature and are a valued part of our quality of life.

This is particularly the case during a pandemic where getting outside can ease stress associated with these difficult times.

The decision of the Government of Alberta to close and privatize a long list of recreation areas and parks in Alberta is one that may undermine Albertan's future opportunities and undermine our experiences at these sites.

So where does the red tape come in? Bill 22, the Red Tape Reduction Act, was tabled in the legislature last Thursday and aims to repeal a little-known law, the Recreation Development Act. This Act states that the "Minister shall promote and encourage the orderly development of recreational activities and facilities for the betterment of the people

of Alberta".

In support of this function the Act continues to outline a variety of mechanisms the Minister might pursue to further the Ministerial Function.

The function of the Minister has two notable parts in my view: 1) that recreational facilities will be developed in an "orderly" fashion and 2) it will happen "for the betterment of the people of Alberta". Both these things are sensible and likely what most Albertans want to see from their government in managing their public lands and the recreational opportunities they have on them.

In this regard, Albertans might rightly see the long-term management of parks and recreational areas as a public trust, something that requires the government to discuss with Albertans the challenges and opportunities for these sites.

This includes investigating opportunities for how these sites may be managed better in the long term, how to promote these sites for economic outcomes and, when strategic opportunities arise, whether incorporating the private sector is the right option. A carte blanche approach to parks and recreational areas is not orderly and carries significant risk; while it may work in some instances, it may very well backfire in others.

It is for this reason that

the Government of Alberta should halt the current process related to the recreational areas and parks, step back and take some time to evaluate, strategize, and pursue orderly development of these sites for the betterment of Albertans.

If there is something broken in how we man-

age these sites let's take an opportunity to engage Albertans in fixing them. We should not be repealing the Recreation Development Act; we should be living up to its underlying intent.

It's not red tape reduction we need in this case but some strategic application of duct tape. (And let's

not underestimate Albertan ingenuity when it comes to effective use of duct tape).

Jason Unger is the Executive Director of the Environmental Law Centre, a law and policy focused charity based in Edmonton. He can be reached at jung-er@elc.ab.ca.

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

CONTRIBUTING EDITOR

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A wild trip, complicated by COVID-19!

By Judy Lane

This is a story I am thankful to share, because all 50 of us on a Nagel bus tour to the United States arrived home healthy and safe. And the story could have definitely had a different ending due to the accelerated speed of the coronavirus disease, COVID-19.

We were travelling to the Deep South — Texas and Louisiana. My travelling friend Penny and I had been planning this trip for almost a year and were looking forward to our 24-day holiday. Really, think about it. Texas and Louisiana and all the stops both before and after reaching those states!

We were well aware of the coronavirus before we left on March 4, but weren't apprehensive as there were no cases in Alberta

and the United States had very few.

I joined the travelling gang in Fort Macleod and the fun began. There was a lot of teasing and laughter as the familiarity with each other grew.

The first few days were travelling days and when we arrived in Watertown, SD, we toured the Redlin Art Center. It's a gallery and Terry Redlin's paintings all have a story that explain memorable experiences of his youth. Check it out online and see what I saw. I'm sure you will enjoy it.

We still weren't hearing a lot about the coronavirus but the bus had a hand sanitizer right on the door and we all sanitized before going on the bus and when we came off. And we washed our hands often!

Down the road, and

we arrived at Oklahoma City, Okla. We visited the Oklahoma City Bombing Outdoor National Memorial. It was a dull and dreary day, fitting for walking the sacred grounds where 168 Americans were killed.

It's a very symbolic memorial, with a reflection pool where the bomb exploded and chairs for grave markers; large chairs for adults and small chairs for the children. It was a sombre bus ride as we carried on.

And then we arrived in Texas! I felt that I was having a dream. Texas! Really? I wanted to remember every moment.

Our first stop was Fort Worth, where we toured the Stockyards Station and learned of its history. We saw with our own eyes Texas longhorns. I had no idea that those

horns each weigh between five and 10 pounds.

We were still using hand sanitizer and washing our hands often, but still hearing very little about the virus. The info we did get was only about the USA; nothing about Canada. And we carried on in beautiful weather — blue skies, no wind and warm/hot temps.

Our next stop was Dallas, and I can't put into words the emotions I felt hearing the story of the JFK assassination while standing on Elm Street and seeing the two X's marking the spots where the shots hit.

Later we toured the sixth floor of the Texas School Book Depository, where Oswald had hidden himself behind book boxes in behind the window from where he shot. The biggest

surprise for me was the fact that there is no public memorial in that city acknowledging this historical event.

That night in our room we listened to news and started to feel a little apprehensive about the increasing numbers in many of the states, and seriously began to feel our trip may get cut short because of it. But we kept going.

I very much enjoyed San Antonio. The Riverwalk, the boat cruise, the historic missions and eating alligator! I really liked it. To me it has the texture of chicken breast, and is very bland, so the seasonings are what's needed to make it tasty. I would order it again.

My memory bank was getting full but I have my Facebook diary and pictures to revisit each day.



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This day we finally heard some Canadian news — Sophie Trudeau had tested positive for the coronavirus. Now it was feeling real! We continued on ...

On Friday, March 13, a text from my son Regan from Vancouver, saying that UBC was closed and all classes would be completed at home online, told us how serious things were getting. Wow! That day, family members from home were contacting their parents and grandparents, sharing their concern about their health and safety.

Things were starting to get serious! On Sunday, March 15, we got the news that all Alberta schools were closed indefinitely. It was the day we were going to Houston. Our tour director explained that the Houston Space Center had closed due to the virus, but all other tourist sites were still open.

We were halfway through our trip. We were asked and decided as a group to carry on with the trip. Three from our tour group decided in Houston to fly home.

The next morning, our tour guide informed us that the Nagel office in Edmonton was ordering us home after we did our swamp tour in Lafayette. It would take them a couple of days to get things organized with motels, as our schedule was changing and reservations would have to be made.

We were all healthy and felt safe, and continued doing our part to sanitize. Many of us wiped down our phones, iPads, remotes and counters in our motel rooms with Lysol wipes.

I was very excited about getting to Lafayette and our swamp tour. It's just one of those places that has stuck in my mind from novels I have read with the swamp as the setting.

I was not disappointed. Imagine the thrill of being able to say I was on a Louisiana swamp where I saw an alligator in its natural habitat! It was a great finale to a

great trip. New Orleans would have to wait for another time.

It was March 17 and we were headed home. Our trip was cut short by five days and everybody understood why, with the exception of one gal who was angry and expressed how unfair it was that we wouldn't get to New Orleans.

I listened to her voice her opinion about all of this for about three times when I'd had enough. I told her funerals cost more than this trip! That hit home, as she was pleasant the rest of the trip.

And this is when things got real!

As we travelled, the changes in just 11 days after our departure were at times almost scary. We stopped at Walmart to pick up a lunch to have en route. It was our introduction to empty shelves. Restaurants were closing but some fed just us, as they knew we were getting desperate, and we became very familiar with truck stops for our restroom breaks.

We bonded and accepted what was to come. We were all healthy and safe, and felt blessed that we had an exceptional tour guide and bus driver who kept us informed about what was going on at home and that at this point there would be no problems at the border, as the office had checked. What a relief that was to hear!

Next stop: Branson. We toured around town on our bus and saw the many venues for the performing artists, and then went to a restaurant for a sit-down supper. We were their only guests and our Cajun meal was delicious. I had my first taste of gumbo and real shrimp creole. I'd recommend both!

And then we drove and drove. Cracker Barrel, a favorite US restaurant, was closed but opened up for us with reasonable rules. We were allowed in, 10 at a time, to place our orders, pay, use the restroom and return to the bus. Our tour guide delivered our meals to us on the bus.



Judy Lane of Pincher Creek tells the tale of a recent trip on the tail of COVID-19. Nagel Tours photo.

We were now stopping at rest stops along the highway every couple of hours, and our supper that night was ordered in for all of us — pizza and pop.

It was Day 17 and we had our tour's farewell dinner, as the next day we would cross the border and our 15 Saskatchewan friends would be leaving us.

And now the border. We were through in half an hour and all they did was take our passports and declaration forms and have us sign a form saying that we were aware the province was in a state of emergency and strict rules were in effect.

As we drove into Canada, someone started the national anthem — so emotional, as only we knew how relieved we were to get on Canadian soil during this pandemic.

We arrived in Swift Current and were told that we would get off the bus, go straight to our rooms (outside entrances) and stay there until we boarded the bus the next morning. If we didn't adhere to these rules, there would be a \$2,000 fine and we

would be leaving the motel immediately.

We were able to order supper and breakfast, which were delivered to our outside doors and we picked them up. It was great to get on the bus knowing our next stop was home.

My girlfriends drove my car to Fort Macleod for me and I said goodbye to my new friends and drove towards our beautiful snow-covered mountains and home!

Surprisingly, I'm finding my 14 days of quarantine not as tough as I thought, as I have hobbies to keep me busy and great friends who keep in touch.

Our world is forever changed, but I am grateful that I was able to do the things I did during the prelude to

this COVID-19 disease. All 50 of us on the bus are still healthy and are keeping ourselves quarantined.

Sunday, April 5, will feel like I'm turning in my Get Out of Jail Free card and I will go into self-isolation and social distancing as everyone else is. ▲

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Meal planning made simple

Recipes compiled by Winifred Ribeiro

Are you always making frantic (and expensive) evening supermarket trips? Do you constantly seem to have a fridge full of food but nothing to cook? Do you feel like you're serving up the same old meals every week?

The Plan Buy Cook Book is your guide to beating the daily dinner grind while saving time, money, food waste – and your sanity especially during the Covid-19 crisis when going to the stores too often is limited and coping with the demands of working from home.

PLANNING ahead will cut your weekly cooking time in half, along with using seasonal meal-plan suggestions and handy tips on how to store food.

BUY with a guide to pantry and fridge essentials, how to shop and save, and eliminate food waste.

COOK with more than 80 simple, healthy and delicious recipes that even fussy eaters will love, from fast pad Thai to eat-and-freeze tagines, fresh BBQ salads and speedy sides. Lose the panic and set up some good food habits with *The Plan Buy Cook Book*.



Pumpkin & Couscous Salad

This is great as a summer salad when entertaining, and goes well with Mango Chicken (below). You can cook the pumpkin in advance and simply reheat it in the oven before tossing with the remaining ingredients when you are serving the salad.

Gluten Free

Prep 20 minutes | **Cook** 45 minutes | **Serves** 6–8

2 tablespoons slivered almonds	1 × 400 g (14 oz) tin chickpeas, drained and rinsed
500 g (1 lb 2 oz) pumpkin, diced	200 g (7 oz) cherry tomatoes, halved
1 onion, diced	1/2 bunch of fresh coriander (cilantro), leaves picked
2 teaspoons ground coriander	5 flat-leaf (Italian) parsley sprigs, leaves picked, chopped
2 teaspoons ground cumin	250 g (9 oz/1 cup) plain or Greek yoghurt, to serve
1/4 teaspoon salt	
olive oil, for drizzling	
200 g (7 oz / 1 cup) couscous	
125 ml (4 fl oz / 1/2 cup) boiling water	

1. Preheat the oven to 180°C (350°F/ Gas Mark 4).
2. Spread the almonds on a baking tray lined with baking paper. Place in the oven and cook for 5–10 minutes, or until golden.
3. Mix the pumpkin, onion, coriander, cumin, salt and olive oil together in a bowl, then spread out on a baking tray lined with baking paper.
4. Roast for 25 minutes, or until the pumpkin is soft.
5. Place the couscous in a heatproof bowl and cover with the boiling water. Stir continuously with a fork, breaking up any lumps.
6. Cover the bowl with plastic wrap and cook in the microwave for 1–2 minutes on a medium heat. Alternatively the couscous can be prepared on a stove top.
7. Combine the couscous, chickpeas, tomatoes, coriander, parsley and roasted pumpkin. Transfer to a serving plate and sprinkle with the toasted almonds.
8. Serve with the yoghurt

Note: This is the perfect salad when entertaining a large crowd. You can cook the almonds and pumpkin at the same time, just remember to remove the nuts from the oven ahead of the pumpkin.



Excerpted from *The Plan Buy Cook Book: Plan Once, Eat Well All Week* by Jan Petrovic (C) 2020
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Beef Stroganoff

You don't need to break the bank with expensive meat for this classic beef stroganoff. We use beef shin, which is also labelled gravy beef in the supermarket. It is perfect for this slow-cooked dish.

Gluten Free

Prep 10 minutes | **Cook** 2 1/2 hours | **Serves** 4

3 tablespoons olive oil	150 g (5 1/2 oz) button mushrooms, quartered
3 onions, finely sliced	125 g (4 1/2 oz / 1/2 cup) light sour cream
1 1/4 teaspoons salt	mashed potato, to serve
2 teaspoons white vinegar or 50 ml (1 3/4 fl oz) white wine	steamed greens, to serve
2 teaspoons sweet paprika	flat-leaf (Italian) parsley, to garnish (optional)
1 kg (2 lb 3 oz) beef shank, diced	

1. Heat 1 tablespoon of the oil in a wide-based, ovenproof saucepan and fry the onions over a low heat for 45 minutes. Stir occasionally and add a little water if the onions begin to stick. You want the onions to melt down, but not colour.
2. Preheat the oven to 150°C (300°F/Gas Mark 2).
3. Add 1/4 teaspoon of the salt, the vinegar and the sweet paprika to the onions and cook for 2–3 minutes.
4. Add the beef and cook over a medium heat to seal the meat on all sides.
5. Add 200 ml (7 fl oz) water, then bring to the boil.
6. Place a piece of baking paper on the surface of the meat, then cover the pan with a lid.
7. Cook in the oven for 1 1/2 hours, checking occasionally to make sure it isn't looking dry. Add a little more water if necessary.
8. Meanwhile, heat a non-stick frying pan with the remaining olive oil and cook the mushrooms over a medium heat until golden, then set aside.
9. When the meat is tender, add the mushrooms, sour cream and the remaining salt. If doubling up the recipe, split the mixture in two and allow the extra meal to cool to room temperature. Refrigerate overnight before freezing for later use.
10. Serve with mashed potato and steamed greens, or your favourite side, and garnish with parsley, if desired.



Mango Chicken

This super-fast marinade is always a winner on the barbecue. If you don't have any fresh coriander, you can substitute it with ground coriander instead. Cooking for a crowd? You can't beat this mango chicken recipe for ease.

Gluten Free

Prep 5 minutes + marinating time of 4+ hours | **Cook** 20 minutes | **Serves** 4

600 g (1 lb 5 oz) boneless chicken thighs	1/4 teaspoon ground turmeric
200 g (7 oz) mango chutney	1 teaspoon ground cumin
6 fresh coriander (cilantro) sprigs, leaves picked, finely chopped	juice of 1/2 lemon
6 flat-leaf (Italian) parsley sprigs, leaves picked, finely chopped	olive oil, for greasing
	vegetables or salad, to serve

1. Trim the excess fat from the chicken.
2. In a bowl, mix the chutney, herbs and spices.
3. Add the chicken to the bowl and mix thoroughly. Marinate overnight or for at least 4 hours. If doubling the recipe, freeze the extra meal in its marinade, uncooked, for later use.
4. Heat a barbecue chargrill plate or chargrill pan over a medium heat. While it is warming up, squeeze the lemon juice over the chicken. Sprinkle with a little salt before cooking.
5. Rub the plate with a little oil on some paper towel, and cook the chicken thighs for at least 5 minutes each side.
6. Transfer to a warm plate, cover with foil and rest.

Non-medical masks and face coverings:

Government of Canada

How to protect others

The best thing you can do to prevent spreading COVID-19 is to wash your hands frequently with warm water and soap for at least 20 seconds. If none is available, use hand sanitizer containing at least 60% alcohol.

To protect others, you should also:

- Stay at home if you are ill
- Maintain a 2-metre physical distance from others
- When physical distancing cannot be maintained, consider wearing a non-medical mask or homemade face covering
- Avoid touching your face, mouth, nose or eyes
- Wearing a homemade non-medical mask/ facial covering in the community is recommended for periods of time when it is not possible to consistently maintain a two-metre physical distance from others, particularly in crowded public settings, such as: stores, shopping areas, and public transportation

Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community. Recommendations may vary from location to location.

Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.

Appropriate use of non-medical mask or face covering

When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own infectious respiratory droplets.

Non-medical face masks or face coverings should:

- Allow for easy breathing
- Fit securely to the head with ties or ear loops maintain their shape after washing and drying
- Be changed as soon as possible if damp or dirty
- Be comfortable and not require frequent adjustment
- Be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
- Be large enough to completely and comfortably cover the nose and mouth without gaping
- Some masks also include a pocket to accommodate a paper towel or disposable coffee filter, for increased benefit

Non-medical masks or face coverings should:

- Not be shared with others
- Not impair vision or interfere with tasks
- Not be placed on children under the age of 2 years
- Not be made of plastic or other non-breathable materials
- Not be secured with tape or other inappropriate materials
- Not be made exclusively of materials that easily fall apart, such as tissues
- Not be placed on anyone unable to remove them without assistance or anyone who has trouble breathing

Limitations

Homemade masks are not medical devices and are not regulated like medical masks and respirators:

- They have not been tested to recognized standards
- The fabrics are not the same as used in surgi-

cal masks or respirators

- The edges are not designed to form a seal around the nose and mouth

These types of masks may not be effective in blocking virus particles that may be transmitted by coughing, sneezing or certain medical procedures. They do not provide complete protection from virus particles because of a potential loose fit and the materials used.

Some commercially available masks have exhalation valves that make the mask more breathable for the person wearing it, but these valves also allow infectious respiratory droplets to spread outside the mask.

Masks with exhalation valves are not recommended, because they don't protect others from COVID-19 and don't limit the spread of the virus.

How to wear a non-medical/surgical mask

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.

Open mask fully to cover from nose to below chin. If the mask has a nose bar, pinch around your nose.

During Use

Avoid touching the mask or your face under the mask. If the mask becomes damp, clean your hands and replace the mask.

Keep your mask on until asked by a healthcare provider to remove it.

Removing the mask

Clean hands with alcohol-based hand rub or soap and water. Do not touch the front of the mask. Remove using the ties or elastic loops.

Discard immediately in garbage can.

Clean hands with alcohol-based hand rub or soap and water. Never reuse masks.

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place in the community.

Kerby Rotary Shelter provides safe and secure shelter for seniors fleeing abuse. Help us provide comfort and support to vulnerable seniors when they need it most.

Signs of Elder Abuse

- Changes in behaviour including anxiety, fear, and depression
- Injuries like bruises, scratches or sprains
- Changes in social activity like missing church, social gatherings or events
- Changes in living arrangements like new friends or family members unexpectedly moving in
- Changes in financial situa-

tions, including unpaid bills or missing belongings

80% of Elder abuse in Canada is hidden or goes undetected. ▲

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Seniors struggling with abuse often live in fear and isolation and don't know where to turn for help. We're on a mission to make sure they have a safe and supportive place to go.

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

"Thank you from the bottom of my heart for taking such good care of me through this terrible time in my life. You helped me when I was exhausted. You provided me with food so I could begin to eat again. You listened to me and heard my pain and heartache and never made me feel judged or ashamed. You encouraged me and allowed me the time for me to stand up again. I will always be grateful." – Shelter client

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Beware scams exploiting social isolation

The pandemic has impacted lives around the world, including families across Alberta and especially seniors.

The recent volatility of the markets, coupled with potentially lost retirement savings and social isolation, has created an environment of fear, uncertainty and vulnerability. Unfortunately, this is exactly the environment that scam artists prey upon.

As COVID-19 continues to affect our lives, associated scams are emerging as fraudsters exploit the crisis to profit from people's fears and misinformation.

There are many types of fraud popping up. One example includes phishing and malware scams where fraudsters pose as government agencies, national or global health authorities and send phishing emails or texts designed to trick people into downloading malware or providing personal identification and financial information.

They can appear to be real, but err on the side of caution and think carefully before providing anyone with this information.

Another common scam is pump-and-dump schemes involving publicly traded small "shell" companies. Scam artists will "pump" up the company's value by enticing investors to purchase stock with inflated or false claims, then quickly "dump" their stock before the hype ends.

This results in a substantial payout for the scam artist while the remaining investors lose their money.

Often pump-and-dump schemes can be related to companies claiming to have products or services that will prevent, detect or cure COVID-19 infection. Be cautious of any claims that a company has a solution to help stop the coronavirus outbreak.

There are multiple ways that fraudsters will target an individual. According to a 2020 study conducted by the Alberta Securities Commission, some of the most common ways Albertans 55-plus believed they were approached with a potentially fraudulent investment scheme were:

- Through a friend, neighbour, co-worker or family member, or from a member of a club, group or

organization they belong to (32 per cent)

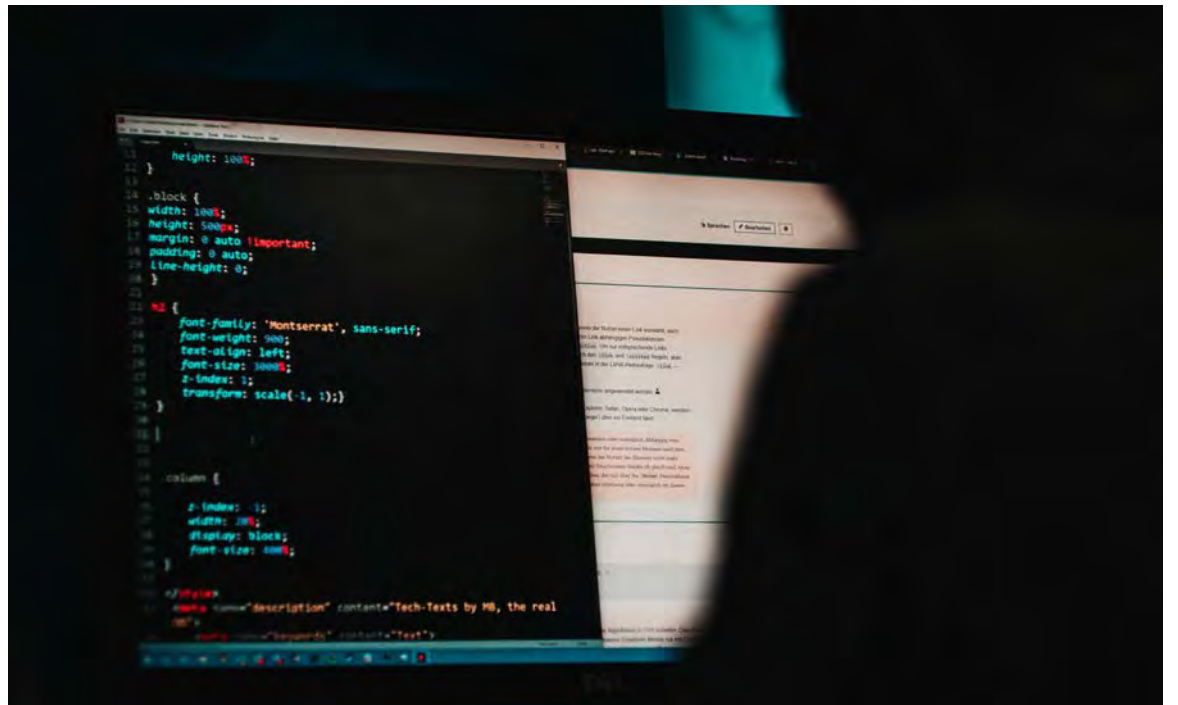
- By a stranger calling over the telephone (22 per cent)

- From email spam (23 per cent)

When considering an investment opportunity, always read the fine print and research the investment — no matter how it was presented to you.

Don't be lured in by promises of easy returns; more likely you'll be asked for money up front that you'll never see again.

Remember that anyone selling investments needs to be registered with provincial securities regulators. Find more information on how to recognize and avoid these scams and to check the



Fraudsters are attempting to exploit the COVID crisis. Photo by Mika Baumeister

registration of any individual or firm offering you an investment opportunity at checkfirst.ca/ Article provided by the Alberta Securities Commission



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What I have learned through Zoom



Zoom has become the new normal in the midst of COVID and it's not the easiest to operate, as our contributing writer Angie Friesen learned. Chris Montgomery photo.

Volunteer Spotlight



Carolyn Gruber

Carolyn is a very dedicated and helpful volunteer who started volunteering at Kerby Centre in February 2020 at the Membership Desk. Her first event at Kerby Centre was attending Options 45 sessions, and also she has been a consigner at the Wise Owl Boutique since 2017.

Currently, Carolyn is helping Kerby Centre by making face masks and also making weekly social calls to a Kerby Client/Members.

For Carolyn a perfect day is filled with morning coffee, a walk in the fresh air, friendly conversation, and a little bit of sewing time!

Carolyn said"- She feels very welcomed at Kerby Centre and would like to thank all the volunteers and staff who have trained her".

So far, Carolyn has contributed more than **50.0** hours.

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

by Angie Friesen

I remember back in March when I was approached by Kerby Centre about taking my yoga classes online. At that time, I really wasn't sure how I felt about that, as I've only ever conducted classes in person, and I had no idea what "Zoom" even was. I wanted to do my best to still have a sense of community and connection with my class even though we were online.

I also had my mind fill up with questions: Where in my home would I conduct my class? What if my family/dog makes noise during my class? Are they going to see my sink full of dirty dishes? What if it's not perfect? How can I learn about Zoom and will I even have enough knowledge to "Host" a meeting?

In case you're not familiar with Zoom, it's a "cloud-based" video conferencing tool used for meetings, virtual social gatherings, conferences, training and education. It has some similarities to Skype or Facetime if you have experiences with those platforms.

In the last few months it has increased in popularity as a way for businesses, friends and family to connect.

In the week prior to

my scheduled online class, I set up a free Zoom account, and I was able to do a few "practice runs" prior which helped me gain a better understanding of how to navigate the program and in turn, it gave me more confidence using Zoom.

I was able to access several online tutorials about the features of Zoom and how to go about hosting a meeting. Then I decided to just dive on in.

With my first class I was nervous, but excited and it was wonderful seeing the familiar faces of many of my students.

That moment right there made doing this all worthwhile. Seeing my students light up seeing each other and myself on the screen gave us all a sense of connection. To be honest, my first class was far from perfect.

I couldn't find the "Mute All" button at first, so any background noise coming from anyone else's home would be heard by everyone. For whatever reason any sound that was also picked up in that moment would switch the camera view to that student's video (or "Spotlight Camera," from myself to that student's screen.)

I also had a few students have some technical difficulties come up and even though I wasn't able to help them right in that moment, we were able to come up with some possible solutions after class to problem solve.

When you have a free Zoom account, you are given 40 minutes of time to work with, and near the end of my class plan for this first class, it ended up cutting out early. (I later learned that as soon as more than one person logs into a "Free Zoom Account" meeting, the timer automatically starts.

I know that I logged in about 10 minutes earlier, so in the end, instead of getting a 40 minute yoga class, my students just got 30, with relaxation cut off

at the end.

I felt terrible that things ended so abruptly and it wasn't really how I envisioned everything going. I quickly sent off an email to my students apologizing for our session getting cut off sooner than expected, but any responses I received back were really supportive. I have to say I'm really impressed and inspired with my students stepping out of their comfort zones and learning all about Zoom with me. One student emailed me saying how wonderful this is that we're figuring it out all together.

Later that evening, my husband and I were watching Stephen Colbert. (who like many other talk show hosts and a variety of "non-traditional work from home" positions are doing their best to adjust and work from home).

While he was conducting his show on Zoom he was interviewing Daniel Radcliffe. Immediately there were technical difficulties.

But he ended up calling up Daniel Radcliffe from his cell phone and using his cell as audio for the entire interview. My husband turned to me and said "See - even Stephen Colbert is still figuring out Zoom." It made me feel better.

The biggest take away that I have learned in my three-month Zoom experience so far is:

Life is unscripted, unpredictable and imperfect and because of that we are all human.

I'm far from being an expert at Zoom, but I feel that for the most part I have figured out the main features, improved on timing and my classes feel a bit more polished. I still continue to learn. Sometimes my dog comes into my camera view while I'm teaching, or perhaps background noises come up — and in the end it's all okay.

We are all perfectly imperfect.

Ancient blends with modern — Palestinian cuisine today

Recipes compiled by Winifred Ribeiro

The story of Palestine's food is really the story of its people. When the events of 1948 forced people from all the regions of Palestine together into one compressed land, recipes that were once closely guarded family secrets were shared and passed between different groups in an effort to ensure that they were not lost forever. In *Falastin*, Tamimi retraces the lineage and evolution of his country's cuisine, born of its agriculturally optimal geography, many distinct



Excerpted from *Falastin — A Cookbook*
by Sami Tamimi and Tara Wigley

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regional cooking traditions, and, ultimately, Palestinian cooks' ingenuity and resourcefulness as the country's foodways mingled and morphed. From the recipes of refugee-camp cooks to the home kitchens of Gaza and the mill of a master tahini maker, Tamimi teases out the vestiges of an ancient cuisine while recording the derivations of a dynamic cuisine and the stories of the people of Palestine — as told from the kitchen.



Chicken musakhan

Musakhan is a popular national dish of Palestine. It's a dish to eat with your hands with friends however this is not advised during Covid—19. Serve individual portions on separate plates with the chicken and topping placed on top of the bread. Taboon bread is cooked in a hot taboon oven lined with smooth round stones, to create small craters in the bread in which the meat juices, onion, and olive oil all happily blend.

Playing around: The chicken can be replaced with thick slices of roasted eggplant or chunky cauliflower florets, if you like (or a mixture of both), for a vegetarian alternative. If you do this, toss the slices or florets in the oil and spices, as you do the chicken, and roast at 425°F for about 25 minutes for the cauliflower and about 35 minutes for the eggplant.

SERVES: 4

1 chicken (about 3 3/4 lb / 1.7kg), cut into 4 pieces (3 lb / 1.4kg), or 2 lb 2 oz / 1kg chicken breasts with the wing-tips left on (between 4 and 6, depending on size), skin on, if you prefer
1/2 cup/120ml olive oil, plus 2 or 3 tbsp
1 tsp ground cumin
3 tsp sumac
1/2 tsp ground cinnamon
1/2 tsp ground allspice

Salt and black pepper
1/4 cup/30g pine nuts
3 large red onions, thinly sliced 1/8 inch / 3mm thick (mounded 4 cups / 500g)
4 taboon breads (see headnote), or any flatbread (such as Arabic flatbread or naan bread; 3/4 lb / 330g)
1/4 cup/5g parsley leaves, roughly chopped
1 1/4 cups / 300g Greek yogurt
1 lemon, cut into wedges

Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper, and line a bowl with paper towels.

Place the chicken in a large mixing bowl with 2 tbsp of oil, 1 tsp of cumin, 1 1/2 tsp of sumac, the cinnamon, allspice, 1 tsp of salt, and a good grind of black pepper. Mix well to combine, then spread out on the prepared baking sheet. Roast until the chicken is cooked through. This will take about 30 minutes if starting with breasts, and up to 45 minutes if starting with the whole chicken, quartered. Remove from the oven and set aside. Don't discard any juices that have collected in the pan.

Meanwhile, put 2 tbsp of oil into a large sauté pan, about 10 inches / 25cm, and place over medium heat. Add the pine nuts and cook for 2–3 minutes, stirring constantly, until the nuts are golden brown. Transfer to the prepared bowl (leaving the oil behind in the pan) and set aside. Add the remaining 1/4 cup / 60ml of oil to the pan, along with the onions and 3/4 tsp of salt. Return to medium heat for about 15 minutes, stirring from time to time, until the onions are completely soft and pale golden but not caramelized. Add 2 tbsp of sumac, the remaining 2 tsp of cumin, and a grind of black pepper and mix well, until the onions are completely coated. Remove from the heat and set aside.

When ready to assemble the dish, preheat the broiler and slice or tear the bread into fourths or sixths. Place under the broiler for 2–3 minutes, to crisp up, then arrange on a large platter. Top the bread with half the onions, followed by all the chicken and any chicken juices left in the pan. Either keep each piece of chicken as it is or roughly shred it, into two or three large chunks, as you plate up. Spoon the remaining onions over the top and sprinkle with the pine nuts, parsley, remaining 1 1/2 tsp of sumac, and a final drizzle of olive oil. Serve at once, with the yogurt and lemon wedges alongside.



Eggplant, chickpea, and tomato bake Musaqa'a

Echoes of Greek moussaka both in the name and the feel of the dish. It's a vegetarian take on the hearty, humble, healthful, and completely delicious sheet-pan dish. It works well either as a veggie main or as a side—piled into a baked potato, for served alongside some grilled meat, fish, or tofu. It can also be served at room temperature, so it's great for an on-the-go lunch.

SERVES: 4 as a main, or 6 as a side

Getting ahead: You can make and bake this in advance; it keeps in the fridge for up to three days, ready to be warmed through when needed

5 medium eggplants (2 3/4 lb / 1.25kg)
1/2 cup/120ml olive oil
Salt and black pepper
1 onion, finely chopped (1 cup/150g)
6 garlic cloves, crushed
1 tsp chile flakes
1 tsp ground cumin
1/2 tsp ground cinnamon
1 1/2 tsp tomato paste
2 green bell peppers, seeded and cut into 1 1/4-inch / 3cm chunks (1 1/3 cups / 200 g)

1 x 14-oz/400g can chickpeas, drained and rinsed (13/4 cups / 240g)
1 x 14-oz/400g can chopped tomatoes
1 1/2 tsp sugar
3/4 cup plus 2 tbsp / 200ml water
1 cup / 20g cilantro, roughly chopped
4 plum tomatoes, trimmed and sliced into 1/2-inch / 1.5cm rounds (12 1/4 oz / 350g)

Preheat the oven to 450°F. Line two baking sheets with parchment paper.

Use a vegetable peeler to peel away strips of eggplant skin from top to bottom, leaving the eggplants with alternating strips of black skin and white flesh, like a zebra. Cut crosswise into round slices, 3/4 inch/2cm thick, and place in a large bowl. Mix well with 5 tbsp / 75ml of oil, 1 tsp of salt, and plenty of black pepper and spread out on the prepared baking sheets. Roast for about 30 minutes, or until completely softened and lightly browned. Remove from the oven and set aside.

Decrease the oven temperature to 400°F.

While the eggplants are roasting, put 2 tbsp of oil into a large sauté pan and place over medium-high heat. Add the onion and cook for about 7 minutes, until softened and lightly browned. Add the garlic, chile flakes, cumin, cinnamon, and tomato paste and cook for 1 minute, or until fragrant. Add the bell peppers, chickpeas, canned tomatoes, sugar, water, 1 1/4 tsp of salt, and a good grind of black pepper. Decrease the heat to medium and cook for 18 minutes, or until the bell peppers have cooked through. Stir in 3/4 cup / 15g of cilantro and remove from the heat.

Spread out half the plum tomatoes and half the roasted eggplants in a large baking dish, about 9 x 13 inches / 23 x 33cm. Top with the chickpea mixture, then layer with the remaining tomatoes and eggplants. Drizzle with the remaining 1 tbsp of oil, then cover with aluminum foil and bake for 30 minutes. Remove the foil and bake for another 20 minutes, or until the sauce is bubbling and the tomatoes have completely softened. Remove from the oven and let cool for about 20 minutes. Top with the remaining 1/4 cup / 5g cilantro and serve either warm or at room temperature.

Roasted cod with a cilantro crust

Samak mashew bil cozbara w al limon

The combination of fish and tahini is one we find hard to resist, but this works just as well without the tahini sauce if you're looking for a shortcut or want to keep the focus on the lemon. Either way, this is as close to fast food as you can get. It's a 15-minute meal to make, beginning to end. Possibly even less time to eat.

If you are using the tahini sauce, make the whole quantity of the master recipe. It keeps in the fridge for about four days and is lovely to have around to drizzle over all sorts of roasted vegetables, meat, fish, and salads.

PLAYING AROUND: Any other meaty white fish works just as well here; sea bass or halibut, for example. Salmon also works well.

SERVES: 4

4 tbsp / 60ml olive oil
4 garlic cloves, crushed
2 1/2 cups/50g cilantro, finely chopped
2 1/2 tsp Fish Spice Mix (recipe below)
1/2 tsp chile flakes
Salt and black pepper
4 large fresh bay leaves (optional)

4 large cod fillets (or another sustainably sourced white fish), skin on (about 1 1/2 lb / 700g)
2 lemons: 1 cut into 8 very thin slices, 1 quartered lengthwise into wedges
About 1/4 cup / 65g tahini sauce (see separate recipe; optional)

Preheat the oven to 500°F.

Line a roasting dish with parchment paper

Put 2 tbsp of oil into a small saucepan and place over medium-low heat. Add the garlic and cook for 10 seconds, then add the cilantro, fish spice mix, chile flakes, 1/4 tsp of salt, and a grind of black pepper. Cook for 4–5 minutes, stirring frequently, for the garlic to really soften, then remove from the heat.

Place the cod in the prepared roasting dish, skin side down, and brush with the remaining 2 tbsp of oil. Season lightly with salt and pepper, then spoon the cilantro mix on top of each fillet. Spread it out so that the whole top is covered, then top each one with a bay leaf (if using), along with 2 slices of lemon. Roast for 7–8 minutes, or until the fish is cooked through. Serve at once, with about 1 tbsp of tahini sauce drizzled over, if desired, and lemon wedges alongside.

Fish spice mix Baharat samak

Double or triple the batch, if you like as it is used often in recipes and keeps well in an airtight container at room temperature for up to a month, longer in the freezer. It's also great to use as a rub for all sorts of things—cubes of chicken or tofu, prawns for the barbecue, or roasted mixed vegetables

MAKES: 7 tsp

2 tsp ground cardamom
2 tsp ground cumin

2 tsp ground turmeric
1 tsp paprika

Place all the spices in a bowl and mix well to combine. If making more than you need, transfer to a sealed container.

Tahini sauce

Tahini sauce: the creamy, nutty, rich addition to many a snack, dish, or feast. It's on every table in Palestine, ready to be dipped into or drizzled over all sorts of things—roasted vegetables, fish or meat, and leaf-, pulse- or grain-based salads.

SERVES: 1 medium jar

Rounded 1/2 cup / 150g tahini, plus more as needed
1/2 cup/120ml water, plus more as needed

2 tbsp lemon juice, plus more as needed
1 garlic clove, crushed
1/4 tsp salt

Mix together all the ingredients. If it is too runny, add a bit more tahini. If it is too thick, add a bit more lemon juice or water. You want the consistency to be like that of a smooth, runny nut butter. It will thicken up when left to sit around, so just give it a stir and some more lemon juice or water every time you use it.



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities



Kerby Centre Preparing To Welcome You Back

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

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

Visit www.kerbycentre.com for further detail

FINANCIAL SECURITY IN AN INSECURE TIME

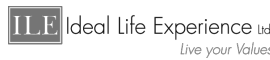
10:00 to 11:30 am - Tuesday, July 7th

Maximize your financial security with information about available government benefits and programs, changes to these due to Covid19, and how to rebound, manage and protect your financial investments.



Service Canada

Presented by
 Lisa Despas, Citizen Services Specialist
 and Dean Kendall, Financial Organizer



FREE - Register at Eventbrite - <https://kerbyfinancialsecurity.eventbrite.com>



WE TOO WILL RIDE AGAIN!

10:00 to 11:00am - Friday, July 10th

Put on your western duds, flip yourself a stack of pancakes and join us online for some down home western yahoo. Celebrate our Kerby Western Legacy with fun Stampede facts, video presentations, a little music and some special guests

FREE - Register at Eventbrite - <https://kerbywetoowillrideagain.eventbrite.com>

ARE YOU A LONG DISTANCE GRANDPARENT?

10:00 to 11:00 am—Tuesday July 21st



Whether separated by Covid 19 for far too long or by distance cross country or around the world, it is heartbreaking to miss the meaningful moments of your grandchild's lives. It can be difficult to know how to engage and connect with them. **Kerry Byrne, creator of Long Distance Grandparent** will help you build a Bridge of Connection to your grandchild!

FREE - Register at Eventbrite - <https://kerbylongdistancegrandparenting.eventbrite.com>

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July 7th Mental Health in Uncertain Times

July 14th Interview Skills
 Receive information and tips about behavioural interview questions and how to handle them and interview dos and don'ts

July 21 How To Market Your Transferrable Skills

July 28th "Shifting Gears"
 How and when to look for a new career and what are the new expectations employers have from employees

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

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



Proper nutrition is essential. Seniors who can't get out and need help to get their groceries can call the

KERBY THRIVE GROCERY DELIVERY PROGRAM - PHONE 403 234-6571



Did you know...Kerby Centre now offers free Income Tax preparation by appointment !?

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

Please Note: Income limit is \$35k per year single or \$45k per couple (combined income). We do not prepare tax returns for self employment or business/rental income, capital gains/losses/bankruptcy. To schedule your tax appointment call the Kerby Information Office at 403 705-3246

KERBY EDUCATION & RECREATION ZOOM CLASSES

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

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

Letter to the Editor; Trans-Calgary

Submitted with the approval of Rainbow Elders Calgary.

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

A friend invited me to listen in on the marathon of opinions heard by Calgary City Council via tele-conference on May 13 and 14, 2020 regarding the practices of “conversion therapy” (so-called) and whether we should ban companies/institutions/societies that purport to be able to convert members of our LGBTQ2S+ community, whether willing or not, toward a more homogeneous state of being and one shared by the majority of the population: that of straight, cisgender men and women.

Having gone through no less than three different types of this “therapy” in my youth (institutional, religious and familial) I realized I could not remain silent and added my voice to those demanding the ban. To my joy and relief, the council’s vote in favour of the ban was unanimous and the legislation went into effect on May 25, 2020. Calgary has indeed become a world-class city, a beacon of progressive thought and inclusion.

During those two days, I heard numerous divergent opinions and testimonials, statistics and prayers, and a great many saw fit to present evidence from personal experience allegedly showing that conversion (predominantly gay/lesbian to straight) was indeed possible, and almost to a person it was religious belief that was the catalyst for their change.

However, when pressed, most of these convertees stated outright or inferred by their awkward silence that they were still gay and lesbian and that the taking of Jesus Christ into their hearts only gave them the will to repress their desires. Their sacrifice does merit some awe yet most of us know how very harmful, in the long run, denying our innermost desires can be to our overall health.

The statistics in this regard are well-documented and do not lie.

It must have been very difficult for them to pro-

vide glimpses into their personal lives for all to see. I know it was certainly not easy for me to speak since I too have a past that still requires a conscious effort to keep myself from being confronted by it every day. As stated, I was subjected to the manipulation, the bullying, the guilt and shame with accompanying self-loathing involved in the practice of “conversion therapy.”

I remember being forced to sit in the middle of a circle of church elders and priests, and being made to admit that I was a sinner and in danger of going to hell. They made me pray endlessly, beseeching god to remove my demons, and it scared the hell out of me and how I cried. However, from believable testimony given by clergy from several denominations in Calgary at this two-day hearing, I’ve learned that these types of practices are no longer used; present day clergy favouring a more conciliatory approach when engaging in what is now best described as “religious counselling”. To be clear they cannot cure, but encourage gay and lesbian folk to repress their innate sexual desires — through Jesus Christ.

There is a natural human condition that perhaps goes even deeper than sexual orientation and thus, impossible to repress. I’m speaking of our community’s transgender members whose very sense of self, the innate core identity that we were all born with and all become aware of by age three or four, has been and still is thought by many to be ephemeral and malleable to the same extent that some religious institutions have made sexual orientation appear.

In truth, neither gender identity nor sexual orientation have ever been scientifically proven to be the least bit changeable or yielding to any form of therapy or counselling.

I’m a transgender woman living and working in Calgary, and I speak from my own experiences with conversion practices as a transgender woman.

With this broad and long-overdue stroke, Calgary has added a very significant nail to the coffin of gay/lesbian discrim-



The flag of transgender pride. Sharon McCutcheon photo. Accessed on Unsplash.

ination and intolerance. Gay and lesbian rights have been cemented in most forward-thinking cultures world-wide, and the throwbacks are soon to be removed and their vile policies and dictates soon to be rectified and forgotten.

Sadly, I cannot say the same for the transgender community. One only has to view the latest headlines where some comedian remains unrepentant over some anti-trans “joke”, or some once-adored children’s author has declared herself transphobic in a witless dumpster fire of an online manifesto, or some white-privileged and wealthy English aristocrat has added her voice to the anti-trans ideologues from behind the bastions of her well-manicured estates to know that anti-trans sentiment is very much alive and continues to wield influence in the corridors of power.

While the fight for LGB rights has been largely successful, the rights of transgender folk (and I include two-spirited, non-binary and gender non-conforming therein) remains in dispute. Why is that?

Since the publication of the DSM-5 in 2013 and the WHO declaration in 2015, the entire medical profession, including psychiatrists and psychologists, now rightfully regard being transgender as a medical condition and not a mental disorder, and attempts to “cure” the condition through conversion therapy/counselling inane at best and extremely harmful at worst.

In other words, our core gender identity is

something we are born with and is as innate and unassailable as other aspects of our being, including our sexual orientation. Thus we have witnessed in the past few years a complete revamping of the medical system regarding the treatment of transgender folk as well as legislation, in Canada (thank you, Justin) and other progressive countries, protecting us from discrimination.

That said, why do we (and I speak for transgender women) remain vilified and regarded as deceivers, fetishists and imposters at best; molesters, rapists, voyeurs and child abusers at worst? I’ll tell you, and anyone with a better explanation is free to speak up.

Transgender people (and predominantly trans women), so much more so than gay or lesbian folk, are a clear and present danger to the system under which we have all lived and endured for thousands of years – that of the male-dominated patriarchy, whose basic tenet is simply that men are better than women, and being a man is better and more desirable than being a woman. The very presence of trans women turns this precept on its head and makes nonsense of all the trickle down manifestations of its edicts, and they do not take this lying down.

Not at all.

They have even convinced some normally intelligent women (ironically, women who have themselves suffered at the hands of men) to join their ranks. This system is responsible for the so-

called bathroom bills and for the single-term dictators who declare no trans folk should serve in the military.

This system is responsible for the beatings and murders of transgender women (and men) worldwide. This system is responsible for female trans-exclusionists (they are not feminists since it has been proven that their policies and attitudes only hurt both cisgender and transgender girls and women) who attempt to vilify us saying they do not feel safe being in change rooms or bathrooms with us. The list goes on and on.

Banning conversion therapists and other snake oil salesmen from obtaining business licenses in Calgary is a start, but to effect real change the entire system has to be held up for scrutiny and debate. Figures such as Trump in the US, Putin in Russia, Bolsonaro in Brazil, Duda in Poland and countless little dictators, autocrats and military regimes in the Middle East and the continent of Africa must be outed and seen for what they represent and uphold – the absolute power of men over women.

They and the system they champion are NOT unassailable and thus I have hope still. Trans women are women; trans men are men; and 2-spirit, non-binary and gender non-confirming identities are equally valid.

E. Peel,
Rainbow Elders of
Calgary
rainbowelderscalgary.ca or rainbowelderscalgary@gmail.com.

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30 For Sale
33 Wanted
45 For Rent
48 Real Estate- none
50 Relocation Services

11 Foot Care

Alberta's Mobile Foot Care

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

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

12 Home Care

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

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

13 Mobility Aids

Like new, red electric scooter paid \$3000 asking \$1600 ph 403-764-6879

20 Home Maintenance

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

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

Kerby News gets read

Quality Painting

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

The Scottish Painter and Sons

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

Tony Peterson Eavestrough

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

24 Landscaping

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

26 Services

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

AZPERLEGAL SERVICES

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

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

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

DOWNSIZING WITH TIDY GIRLS

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

Hairstylist in Motion

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

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

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

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

30 For Sale

Double niche Mtview Mem Gdns \$6000. + transfer fee 403-460-6136

Single depth plot (#314) located in the Garden of the Last Supper at Mountain View Memorial Gardens in SE Calgary. Asking \$1,200.00. Please contact ggbandw@telus.net or 403-541-1808 for more information

33 Wanted

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

Be yard-smart this summer

With the warmer months fast approaching, it's time to prepare your yard for the upcoming seasons. By making some simple changes, you can enjoy a beautiful yard that's green in more ways than one!

Here are some helpful tips to make your YardSmart:

- Choose water-wise plants. They need less watering, which means conserving our resources and savings on your water bill. Plants native to our region are a wise choice because they thrive in our unique climate.

- Add pollinator-friendly plants. Our flowering plants and crops rely on pollinators, such as bees. Invite these powerhouses into your yard by planting a variety of white, yellow, blue and purple native flowers that bloom in all seasons. We recommend avoiding pesticides because they

can't discriminate between pests and beneficial insects. Remember, dandelions are not a noxious weed, and are a source of pollen and nectar for bees. For more information on pollinators check out calgary.ca/wildlife and click on the bee!

- Keep your grass 3 inches long. Leaving your grass longer helps develop a deeper root system, keeping the roots cool in the heat and dry weather. Spreading mulch, such as bark or wood chips, also is a healthy choice to reduce evaporation and slow weed growth.

Simple changes can make a big difference!

More information about creating a YardSmart yard can be found at calgary.ca/yardsmart

*From the office of
Calgary city councillor
Evan Woolley.*



Following a few simple tips will not only help conserve vital resources, but also cut down on your water bill! Photo courtesy of Daniel Watson, accessed on Unsplash.

Find your COVID-19 benefits

In the past few months, there have been many announcements regarding assistance for those impacted by the COVID-19 situation.

I am aware that there are still many waiting for assistance and others who are concerned that the current programs will expire while they are still in need.

To simplify the process of finding the help Canadians need, there is now a special website that allows you to answer a few questions before shortlisting the assistance programs you may be eligible for.

The website is available at www.lenwebbermp.ca/covid-benefits and I would encourage you to share this information with others who may be in need of assistance.

As parts of our economy start to reopen and adjust to the new way of doing business, we need to make the extra effort

to support the small businesses in our own community.

I have visited many small business owners in the past few weeks and they are eager to see their customers return.

They have incurred additional costs to ensure both customers and staff are safe and they look forward to seeing their old, and hopefully some new, customers returning.

Your patronage can easily make the difference between these small business owners being able to survive this economic crisis or not.

I would like to thank all those who have made the extra effort to help the vulnerable and needy in our community during this pandemic.

Even the smallest acts of kindness can go a long way to helping those in need.

My staff and I have continued to work full-

time throughout the past few months and we have provided much of our assistance through email and over the phone to ensure we all stay healthy.

If you are in need of help, please do not hesitate to contact my office or email len.webber.c1@parl.gc.ca.

*From the office of the Hon. Leonard "Len" Webber
Member of Parliament.
Calgary Confederation.*



Photo courtesy of Clem Sim, accessed on Unsplash.

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IN MEMORIAM

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

- Anita Demetz
- Carl Jurgens
- Jack Michael Blitt
- Linda Rae Haines
- Mary Ann Tetso
- Maurice David Tims
- Tadeusz (Ted) Balachowicz
- William James Hillas

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



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

Every advertiser is important to Kerby News — we appreciate every one of you for making a difference to seniors by advertising in Kerby News.

Thank You

FOR DISPLAY AD INFO or TO BOOK AN AD CALL

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

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

TO PLACE A CLASSIFIED AD
call Val: 403-705-3249 Fax: 403-705-3211
or e-mail: generaloffice@kerbycentre.com

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PUZZLE ON PAGE 22

Kerby News Business and Professional Directory

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

HANDY HELPERS

Need help with tasks around the house? We can help you! Some of our common requests are: home/building maintenance, minor plumbing repairs, painting, cleaning, eaves trough cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, quotes on more technical work, & much more...

Call Jim at 403-992-9274

E-mail: HandyHelpersCalgary@gmail.com
Website: www.HandyHelpersCalgary.ca



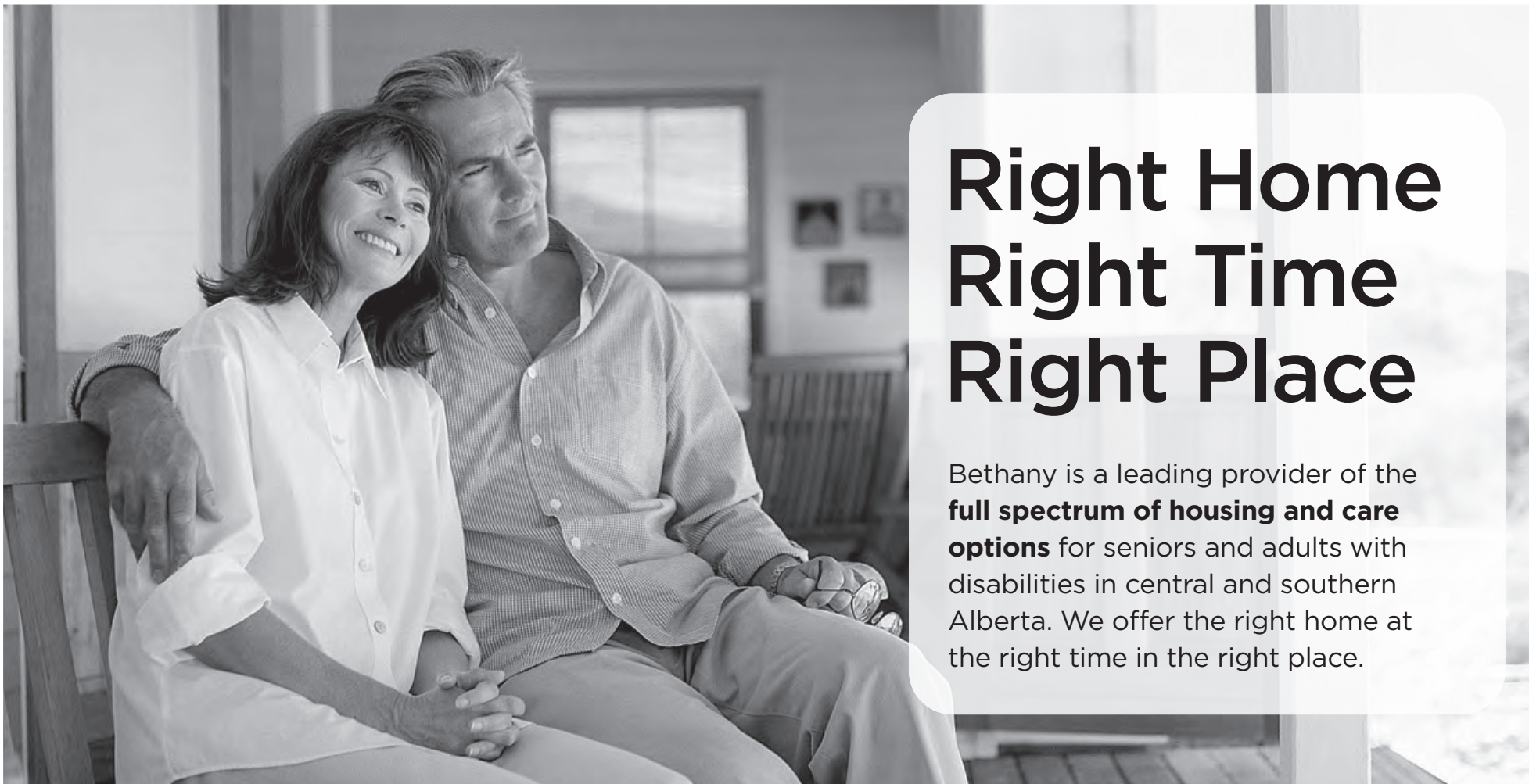
The Estate Lady

Wills, Powers of Attorney, Personal Directives
Estate Probate/Administration Applications

Kimberly Wallace

Paralegal, Commissioner for Oaths
25+ Years' Experience

Phone: (403) 870-7923
Email: estate.lady.ab@gmail.com



Right Home Right Time Right Place

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

Affordable Housing for Seniors

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

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

We are pleased to offer an **affordable meal service** that offers delicious foods, pre-ordered and delivered to your doorstep. As well as a **NEW online grocery service** for tenants.

A New Lease on Life!

Sundance on the Green is a community for independent seniors who enjoy active living. Enjoy a spacious suite through our Life Lease program. Purchase your Life Lease, offering peace-of-mind with a guaranteed buy-back. Contact us for details!

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

Amenities include:

- Spacious open-concept suites, from 800 to 1,200 square feet
- Lake Sundance access for all residents
- Shopping, restaurants and the Fish Creek Provincial Park on your doorstep

Explore Your Options Today...

Riverview Village Affordable Housing

2945 26 Ave SE, Calgary

Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary

For more information or to make an appointment to view a suite, call:

Riverview Village **403.272.8615** | **403.254.9800** Sundance on the Green

Discover your new home today at
BethanySeniors.com

