

50+ Kerby NEWS

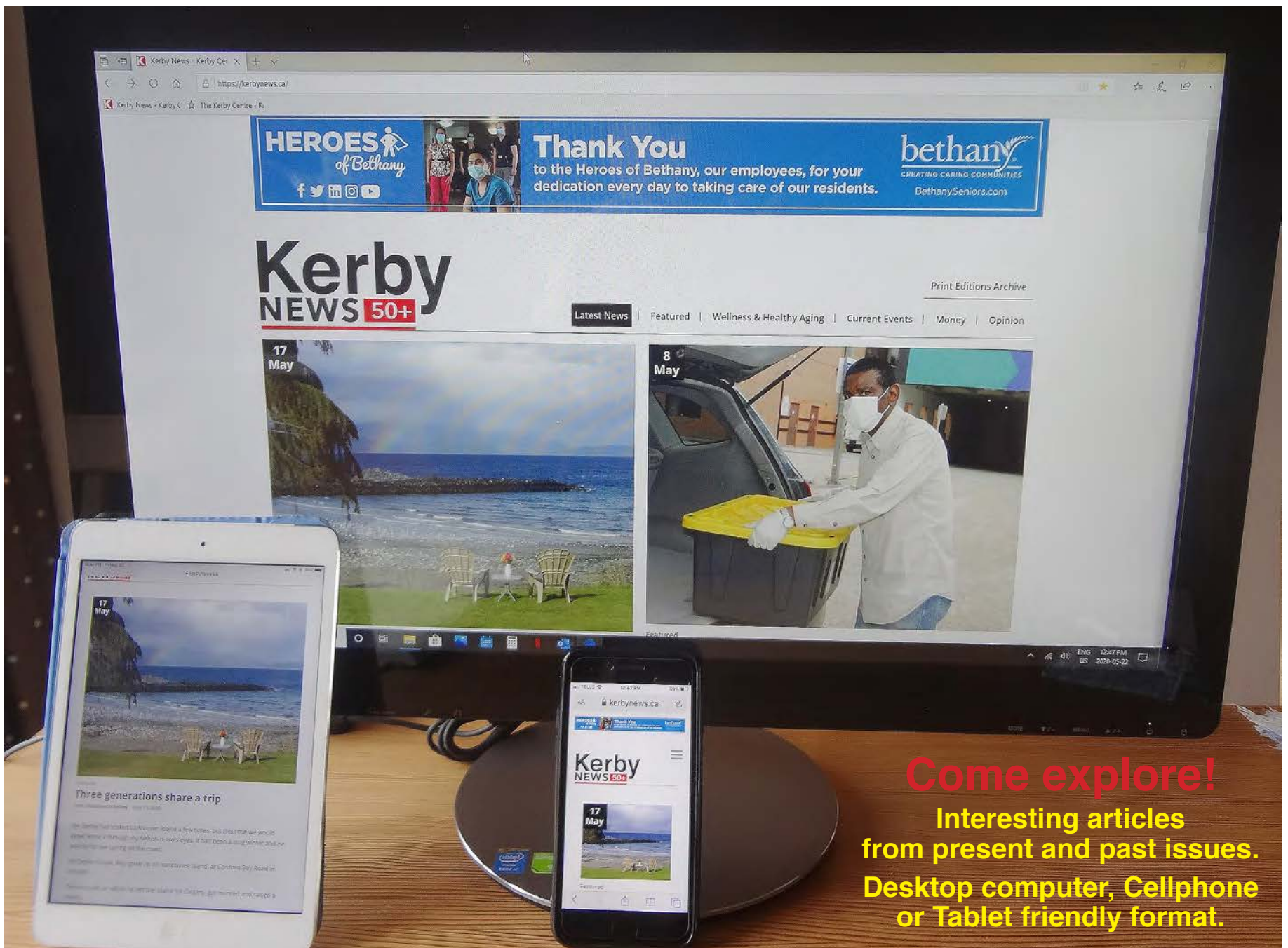
"The most read publication in Calgary and Southern Alberta for older adults"

June 2020
Volume 36 #6

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Come explore!
Interesting articles from present and past issues.
Desktop computer, Cellphone or Tablet friendly format.

Front cover photo by Jerry Jonasson.

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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

With summer now shining down

And summer is upon us. So much has changed in the last few months and to be very honest, there are certain phrases, words, and terms that to me, have become tiresome. Every year it seems that there are buzz words associated with that particular year. I think that we all have a truly clear understanding of the words that 2020 will be known by.

There are some things in life however, that never change and are constants.

Things that often we become oblivious too. The old saying “the sun still comes up in the East every day,” or “we all put our pants on one leg at a time.”

Those sayings will forever be true and — because they are true — they will forever be reassuring.

I think that we can all use a bit of reassuring these days.

On the May long weekend, my daughter, her boyfriend, and I all went to Chestermere to enjoy the lake and socially distance — there is one of those phrases! In a beautiful safe setting, Dylan fished with no success. Karmia and I read, and she got a sunburn.

I suppose that is the risk you run from having been in isolation for two months and rarely seeing the sun.

But I also did something that I have not done in literally decades. I laid on my back on a blanket and watched the clouds for such a long time. You know what, the clouds are the same as I remember them as a little kid growing up in Saskatchewan laying in a pasture chewing on a stalk of Timothy grass and wondering what my future would hold.

It was a strangely com-

forting and reassuring experience. I vow to try to do it more often. In fact, I want to try to make it a goal to find other things in life that are stable and reliable. Reading is definitely one of them. I used to read voraciously, however, phones and computers have all but crowded that out of my life lately. Holding a good book, turning the pages, building the characters in my mind.

The beauty and power of the written word.

Valuing and treasuring what is important to us, and the month of June is a good reminder of what should be of the most value to our society. The first week of June is National Seniors Week.

Wisdom, knowledge and experience that comes with age is certainly the most important treasure that mankind has. Building on the knowledge of previous generations is what allows our society to advance exponentially, rather than reinventing the wheel over and over again. Looking to our aging adults for wisdom based on practical experience is another one of those stable, solid, reassuring opportunities in life that we too often overlook.

Kerby Centre will be

having several activities and outreaches in recognition of National Seniors Week. Check this issue of Kerby News and check online at our website to be sure that you do not miss out.

So much in our lives can be and is challenging, creates anxiety and stress, all the things that rob us of our peace, tranquillity, and happiness.

However, when we take the time to closely examine the issues that impact us, often they are simply out of our control. I have been asked countless times how I am dealing with the current situation we are in. My reply is always the same. This situation is not just about me, millions are being affected, I am not alone in this.

No matter how much I stress and lose sleep, I will not change the outcome of this pandemic, so I refuse to rent my brain out to this situation. I will not give it that, it has already impacted and affected my world enough.

Instead, I am choosing to appreciate the clouds, a good book, my relationships with my family and my close friends who I know I can turn too. The important items in life that reassure me that we will get through this. ▲

JUNE 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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Bringing Kerby to the front door



BY LAWRENCE MATHIESON
Chief Executive Officer

We run an Adult Day Program (ADP) at Kerby. Our website describes the Adult Day Program as “a fun way for participants to stay active and healthy.” The program is for people age 50 and over with health challenges. The seniors are referred to us by AHS and they get to spend two days a week each week at Kerby participating in a variety of social, physical and recreational activities.

When AHS made the prudent decision to close all the ADP programs in the province our staff were very concerned about our seniors: we knew many were isolated, some did have

caregivers, but now these caregivers would have no form of respite.

Would they become burnt out or exhausted with no form of relief?

Well the answer was obvious — if they couldn't come to Kerby, we'd bring Kerby to them. We would start having our staff rotate going to visit all the users of our Adult Day Program in the Houses. We would also have our staff start doing telephone checks to make sure our seniors were okay, asking if they needed things like their prescriptions or groceries, or whether they had anyone else in checking on them.

We were in the business of running a program at the centre, we thought just showing up at seniors homes might feel a little odd to our participants or our staff. Well, what do you do in this province when you want to drop in on a friend? You come bearing gifts!

We knew one of the favourite activities for our ADP users was getting to go downstairs to the cafeteria to have a social meal. That was it: even though the cafeteria wasn't open, we'd have chef Mike keep making the signature meals each day. We'd package them, freeze them and have our staff deliver them to seniors.

Ultimately to ensure

social distancing we stopped dropping in, but we kept delivering meals. We quickly decided to open this support to our seniors in all our other programs, so Chef Mike kept cooking and we started recruiting volunteers to help us out. As of last week we had 40 volunteers delivering meals to isolated seniors, 27 volunteers are delivering groceries and prescriptions, six volunteers are delivering FoodBank Hampers, 20 volunteers are making check in phone calls to isolated seniors and one volunteer is helping our kitchen staff keep up with this demand for Kerby Cafe Meals.

As of writing this we will have delivered over 4,000 meals and all of them for free. They are free because of all of the community support for Kerby. We have told individuals and companies about the outreach and they have been quick to respond with gifts and sponsorships to keep this initiative going.

The ADP staff are still calling along side our volunteers and checking in with our ADP participants but now Ayuko is having an average of three zoom meetings a day with our participants to reduce that isolation that living in quarantine can create.

How our world has changed? ▲

Introducing the new **Kerbynews.ca**


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 Featured |
 Wellness & Healthy Aging |
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 Money |
 Opinion

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May




Featured

Three generations share a trip

Lesli Christianson-Kellow May 17, 2020

8
May



Featured

Kerby community reaches out to Calgarians

Andrew McCutcheon May 8, 2020

even on their smartphone.

In addition to the content we at Kerby News write and receive every month from our amazing contributors, there are even more valuable stories in our archive. We have nearly 35 years' worth of issues we're currently going through, finding timeless stories and nuggets of wisdom that will be just as relevant to our readers today.

Content is easily sorted into a variety of topics commonly covered in the Kerby News: finance, current events, featured stories, opinion and health and wellness.

Finding new and interesting stories that you may have missed in the physical versions is as easy as a click. If you prefer to flip through a PDF copy of the paper, with everything from ads to classifieds still intact, there is a digital archive of the full copies of the paper as well!

But for those who enjoy the crackling sound of pulling open a physical copy of the paper and talking a stroll from page to page, don't fret! The launch of the Kerby News website will in no way affect our mail out and distribution of the print version. Kerby News will still be distributed for free across Calgary and southern Alberta, with around 30,000 copies and a 90 per cent pick up rate.

The monthly delivery or pick up of your favourite publication for older adults in Alberta won't be changing whatsoever. All this means is that there's even more ways to enjoy, access and read the best of what the Kerby News has to offer.

Head to kerbynews.ca to read all of the articles, opinion pieces and wonderful stories you've come to adore, now completely accessible in the palm of your hand! ▲

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by Andrew McCutcheon

For those wanting the Kerby News experience on their computer or on the go with their smart device will have a new, perfect way to read and share all the informative and interesting stories we provide.

Thanks to hard work by staff at Kerby Centre — alongside a wonderful grant from The Calgary Foundation, in early 2020, work started on developing the new Kerby News website.

The need was already

identified: a study by Statistics Canada discovered that internet use for Canadians over the age of 65 has grown steadily over recent years, from 32.2 per cent in 2007 to 68.2 per cent in 2016. We knew that we needed to adapt to continue providing our service to older Calgarians and Albertans across the province with an easy-to-use online platform.

“Kerby Centre is constantly innovating to ensure that the services we provide not only keep up with the times, but truly lead the way in terms of supporting our community,” said CEO Larry Mathieson. “This website launch just shows how much hard work and local partnerships can affect real and positive change.”

The content featured every month in the Kerby News — everything from current events relevant to older adults to health and lifestyle information, to gardening tips — will be available on the new website. It is optimized to ensure readers have the perfect experience, regardless if they're reading it on their home computer, on their tablet or

Kerby

NEWS 50+

Visit the new online home of Kerby News!

www.kerbynews.ca

Our website was made possible by the Calgary Foundation's Community Grants Program.



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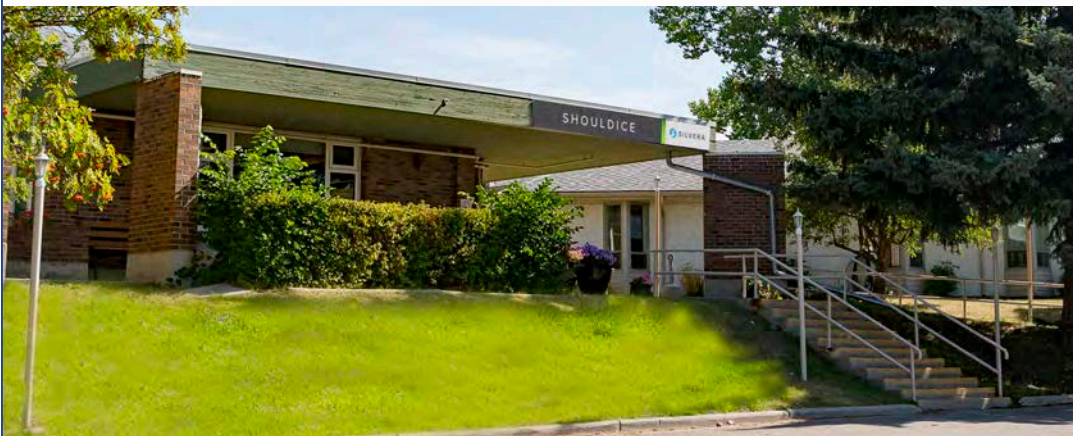
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Baking bread and nourishing the soul



BY LESLI
CHRISTIANSON-KELLOW

My fingers brushed against a single small packet of yeast that I had thrown in the back of the cupboard earlier this spring. My friend had placed the packet in my hand, looked at me with pity and suggested that I try baking bread as a means of relaxation. Maybe, I had said, but I thought to myself, who had time to bake bread?

I had time a few weeks ago. I needed an outlet and it had come down to baking bread. I searched out a recipe online and found one that sounded promising - 'Russell's Grandma's 2-hour Buns'. I didn't know who Russell was, but I was pretty sure his Grandma would know what she was doing when it came to baking bread.

I gathered the ingredients: flour, sugar, yeast, salt, water, oil, and an egg.

I wanted to make the buns so they would be ready in time for dinner. I looked at the clock, it was going to be close.

I quickly threw the dry ingredients into one bowl, the wet ingredients into another. Hastily, I combined the two textures. It was so sticky.

Then I kneaded the dough on the countertop for five minutes, like the recipe said. It was still sticky, but I didn't have time to knead it anymore. It was time to place the ball of dough in a bowl to rise, as the recipe instructed.

I was making dinner rolls to go with the lentil soup I had made earlier. A perfect match. The recipe said that it was time to punch the dough down and then let it rise for another 15 minutes. I wasn't sure what punching was, but attacked the dough quite literally. Maybe this was the stress-relieving part? The recipe said to let it rise again. Then I punched it down again.

The dough was hard and sticky. I looked at the clock again. The recipe said to divide the dough into balls.

I rolled out 16 balls and placed them into a 9x13 inch baking dish. I had to read the next instruction three times - cover with a tea towel and let rise for about one hour. One hour? Was there time to make these buns before supper?

After an hour I peeked under the tea towel and was instantly disappointed. The buns had not risen at all. They were still the same size. I re-read the

recipe and checked off the instructions in my head. I was frustrated.

I glanced at the clock. It was getting late, so I decided to go ahead and cook the dinner rolls anyways, despite them not rising. Hopefully, a miracle would happen in my oven. When the timer beeped 15 minutes later, I could see that the compact balls were still that same size, although brown.

Once the buns were cool, I cut through the rock hard exterior and patted on some butter. I took a bite - tough and chewy. They did not look fluffy like the picture of Russell's Grandma's buns. I looked over the recipe again. The yeast. The recipe called for instant yeast. I looked at the packet I had and realized it was traditional yeast.

I did a quick check on my computer and read that traditional yeast requires activation. If it is not activated with sugar and warm water, then the yeast will be useless. I had failed, but I was determined to get some dough therapy.

Within the week I was able to pick up some more yeast from a local bakery. It was traditional yeast, but now I knew what to do with it.

This time, I activated the yeast with warm water and sugar for five minutes. I was rewarded with yeast that bubbled and showed life.



Photo (and baking!) courtesy of Lesli Christianson-Kellow

I carefully mixed the dry ingredients and the wet ingredients and then combined the two. I did this meditatively, gently and thoughtfully.

It made me think of one of my favourite books — Like Water For Chocolate by Laura Esquivel. Each chapter has the main character cooking a recipe. Each time she is feeling a different emotion - anger, sadness, elation - and as she cooks the emotion is transferred into her cooking.

Then when her dinner guests start eating her delicious dishes, they also start experiencing the emotions that she was experiencing while cooking. I sigh and realize that I am relaxing while kneading the dough. Maybe I will transfer some of these good vibes into Russell's Grandma's buns.

I noticed that the dough was coming together differently this time. I added extra flour as needed, creating a dough that was soft and smooth. I rolled it and kneaded it. I felt relaxed and peaceful and purposeful. Working with the dough actually made me feel calm.

I gently punched down the dough as required. Then I divided the dough into 4 chunks and then divided the four chunks into four pieces. I rolled each piece into a ball and placed each one into a 9x13 inch baking dish. I covered the pan with a clean tea towel and left the dough to rise.

I had no expectations, the worst outcome had already happened, so the outcome could only be better this time. After an hour, I was satisfied to see that the dough had pushed up against the tea towel.

I smiled and I slid the tray into the oven. When the timer beeped. I was amazed to see that the buns had stretched far beyond the confines of the baking pan. They were fluffy and lightly browned. The texture was soft and bouncy.

I prepared a bun with butter and bit into it. Immediately I felt a sense of satisfaction and peacefulness. Maybe there is something to baking bread.

As Miguel de Cervantes, a Spanish novelist and the creator of Don Quixote once said, "All Sorrows are Less with Bread."

I think he might have been on to something. ▲

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We would also like to extend a Thank You to all of our colleagues, and all healthcare professionals that continue to put themselves at risk to take care of those most vulnerable.



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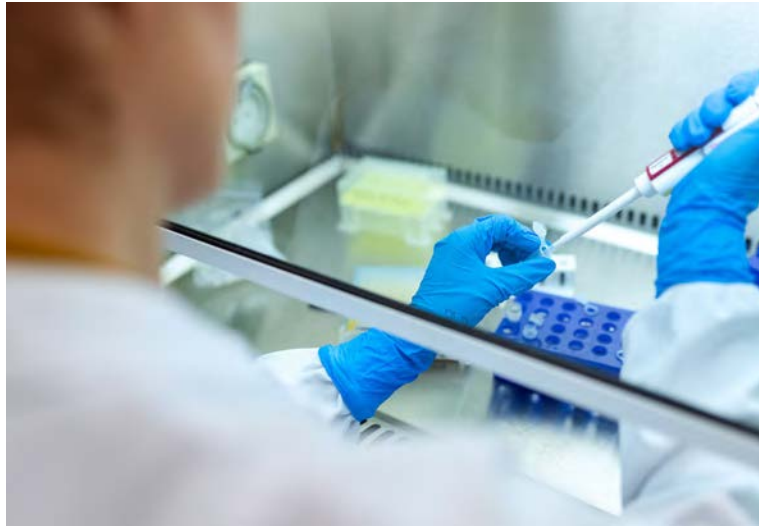


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U of C develops new COVID test method



by Andrew McCutcheon

Time is of the essence when it comes to the medical field, and with many public resources already strained due to the COVID-19 pandemic, researchers at the University of Calgary Cumming School of Medicine (CSM) are aiming at assisting the process.

The research team is sharing a new method of testing for SARS-CoV-2

— the scientific title for what’s commonly been referred to as the coronavirus or COVID-19 — which can provide results in half an hour.

Moreover, the test doesn’t require any high-end medical equipment or chemicals that are in limited supply internationally.

“Results from this method can be seen with the naked eye, the chemicals required are easier to access, and do not require refrigeration,” said Dr. Dylan Pillai, study lead and clinical-researcher at the CSM.

“The process can be made portable which opens up testing in resource-limited settings.”

Further development is ongoing to determine whether large-scale testing would be applicable for this method and whether it may be available for not only Canadians, but populations the world over.

“We are in the early stages of unlocking the potential of this method,” said Dr. Byron Berenger, co-author of the study with Alberta Precision Laboratories.

“As we’ve seen in

Alberta, detecting and tracking positive cases of COVID-19 has proven critical in containing the spread of the virus.”

The method is named “loop mediated amplification,” or LAMP, and in less-scientific terms, it allows the detection of the virus from a swab in the nose or throat without using expensive instruments or equipment.

The team of researchers included experts from Calgary locals Illucidx Inc. and as far as Seattle and the University of Washington. The findings have been published on a free and accessible platform online so that laboratories and scientists around the world can benefit from the discovery.

“It’s very important to get this information out so others can benefit,” said Pillai.

“Any clinical laboratory can adopt this method into its workflow now. We know for some places in the world, testing large numbers of people is difficult – this simplifies the process and makes it accessible.” ▲

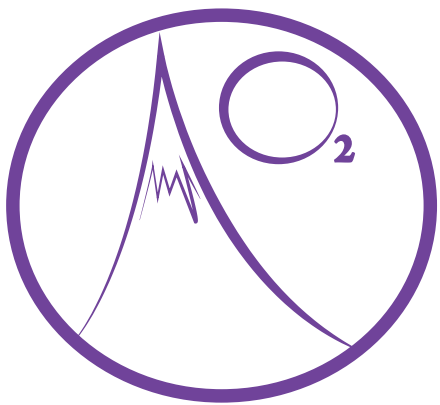
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Three easy ways to practice meditation

By Angie Friesen

I find that a common question I often get asked is about starting a meditation practice. I would like to share with you how to easily start one with three different methods I often use. Meditation is simply awareness, and we can practice it anywhere.

The first method is through “Breath Work”. Every day we are breathing. Breath is life. How often are we paying attention to how we breathe? Often, we don’t realize that we’re holding our breath in certain situations, or perhaps our inhalations and exhalations are varied. Take a moment to sit/stand nice and tall and notice how you are breathing in this very moment. Are your inhalations/exhalations about the same? If not, that’s okay! Just do your best to have a natural, balanced, even flowing breath.

Notice the gentle rise and fall of your chest

as fresh air enters and as used air leaves your body. Can if you can feel your breath into other areas of your body? Bringing your focus to the temperature of your inhalations and exhalations, are they the same or are they different? Remember there are no right or wrong answers as whatever you discover is just fine.

Then, bring your focus to the space between each breath. By simply doing that you are allowing yourself to experience this very moment. I find bringing my focus into my breath work is a great way to start if you are new to meditating.

My second way is through “Mindfulness.” I have heard mindfulness referred to as “Meditation in Motion” by various experts in the field of meditation. In mindfulness, you are engaging all of your senses in awareness (sight, smell, hearing, taste and touch). A great way to

experience mindfulness is by venturing outside. Ask yourself: What do I see? Are there people/nature around? What types of colours surround me? What types of smells can you smell as you continue your journey? What sounds do you hear? Is there anything you can taste? What can you feel with your sense of touch? Try to experience the world in a whole new way by engaging your senses; it’s a powerful thing.

My third suggestion is more of a traditional method of meditation. Feel free to come into a comfortable, supported seated position. This can be done sitting in a chair, or if you are quite comfortable and safe getting up and down from the floor you can feel to do that if that’s available to you.

Do your very best to sit up nice and tall. (If you need additional back support, you can use a chair that offers support for your back, or if you

are comfortable on the floor, even having your back into the wall can be quite helpful.) Just doing your very best to put aside any thoughts of the day, of the past or present and just allowing yourself to “Be in this very moment.”

It’s okay if thoughts pop in and out, just doing your best to become an observer within yourself. I find if I’m having a hard time quieting my mind, I just focus on my breath.

If you are new to meditation, I would encourage starting within a short period (perhaps about two - five minutes) and if you are comfortable increasing your meditation time, you can feel free to add on a minute as you become more experienced. Any amount of time spent in meditation is fine and all is beneficial, even if its only for one minute.

When I first started a meditation practice as a student, I thought that if I could prove to myself that I could meditate

for a full hour. I assumed that I would experience all sorts of zen and peace, meditating for a much longer time than I was used to.

Because it was forced, at the end of the hour, I felt exhausted, and frustrated — the opposite of what you should be experiencing. If at any time you feel that you need to end your meditation session early that’s okay if that’s what’s best for you.

It will always be there to come back to when you’re ready. Meditation is a way of active awareness. I have had moments in a relaxed meditation where I’ve ended up falling sleep. Again, if that happens, don’t be hard on yourself (your body likely needed the extra sleep), Just keep trying.

Have fun exploring in your practice, and be sure to check out the many wonderful resources on meditation that can be found through the library and online to keep you going. ▲

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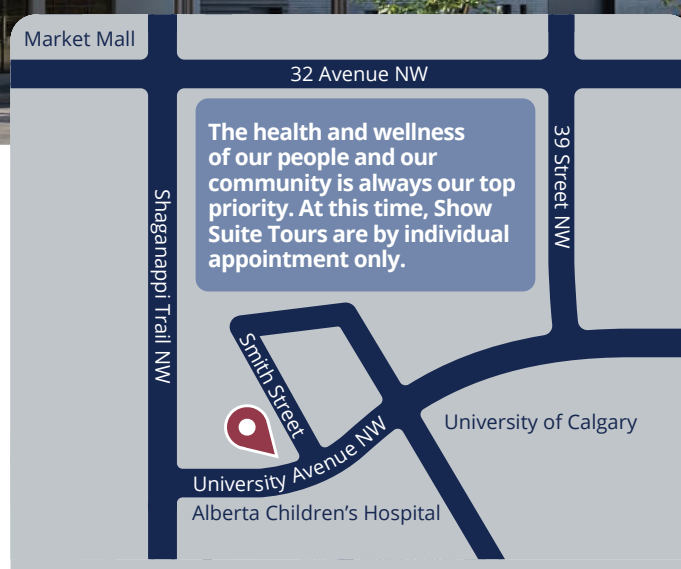
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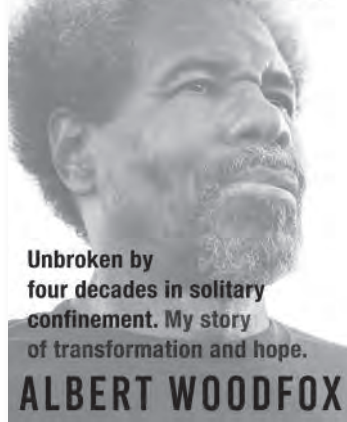
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Book review: *Solitary*

SOLITARY



Unbroken by
four decades in solitary
confinement. My story
of transformation and hope.

ALBERT WOODFOX

"Solitary"

by Albert Woodfox

Book review by
Eleanor Cowan

Finalist for the Pulitzer Prize in non-fiction and one of Barack Obama's favorite books in 2019, the memoir of Albert Woodfox, is a compelling account of three friends whose heroism called attention to a racist prison system.

Sometimes, one childhood experience can set a lifelong tone. One day, at church in Louisiana, young Albert crouched on one knee to pray. He didn't want to expose to his well-heeled classmates in the pew behind, the large hole stuffed with newspaper in the sole of one shoe. A nun took offense at Albert's posture. She told him to kneel on both knees. When he balked, she accused

him of insulting god. The religious grabbed Albert by the collarbone and, in full view, forcefully pushed him down to the floor. When Albert resisted, she told him to get out.

The abuse of power by well-disguised authorities became a theme in Albert's life.

Born into grinding poverty, Woodfox stole food to help Ruby Edwards, his mother, feed her four children. This history set him up to be a likely candidate for "emptying the books," slang that refers to a police habit of charging 'likely suspects' for unsolved crimes. In 1965, the police also accused Woodfox of an unsolved rape and robbery, which led to the 18-year old's sentence to 50 years in prison.

Recalling his terrible anxiety and distress over this injustice, Woodfox writes of his forever gratitude to a small group of Black men he met in prison. They shook hands with him. They spoke sincerely to him. Before leaving, they shared about their earnest values of dignity, education, social justice, and respect for all. The Black Panthers said they'd gladly sacrifice their lives for principles that meant more to them than life itself. Woodfox was deeply moved and affected by his conversations with these passionate men. Prison

authorities were not pleased.

One way to honor the Black Panther commitment to education, Woodfox thought, was to read.

He began to borrow law books from the prison library. Page by page, his reading skills improved. He studied. Soon, he began to teach fellow prisoners to read. A student would spell a word, calling out the letters from his cell, and Albert would call back the sounds it made. Soon, his prison students were reading books about lives and adventures far beyond the bars that confined them. Their worlds widened forever.

One day Woodfox read that he was entitled to submit petitions to the state of Louisiana. And so began his requests for the evidence against him and improvements for all prisoners. Over time, Woodfox became an uncertified, but skilled litigation lawyer who helped hundreds of prisoners.

One petition asked that prisoners be handed their food trays through a slot in their cell doors while standing upright instead of kneeling to pull a plate from under a dirty cell door. Another requested the proper distribution of toilet paper and cleaning fluids, often stolen by prison staff. Woodfox petitioned that hundreds of prisoners picking cotton be permitted to wear protective gloves while touching prickly cotton plants under the sun ten hours a day, seven days a week. The fingers of many prisoners became so swollen and infected; some would purposefully break their hands to escape the torture. Another petition requested that third-party inspectors oversee meat and fresh fruit deliveries to the prison to prevent staffers from stealing it. Woodfox was concerned about the all-white local juries at his trial. His petition for a peer-led jury rankled prison staff who, on a trumped-up pretext, cuffed his hands and feet before throwing him down a stairwell and beating him senseless. Prison authorities didn't answer his letters pleading for support.

Committed and undaunted, Albert's petitions continued.

To maintain his physical strength, Woodfox exercised in his cell every day. As his fellow Black Panthers had advised, he must never start a fight but must defend himself and others against abuse. The guards knew his policy and were careful to shackle him

before their brutality.

His self-care earned Woodfox the respect of fellow prisoners, including sociopathic men. One lunchtime, Woodfox noticed the hustling of a new prisoner, a white teenager, into a washroom close to a kitchen. Knowing what was in store for the youth, Woodfox followed the rapist and his thugs. He quietly ordered the newcomer to leave. The frightened lad fled, and Woodfox confronted the abuser and his gang. They knew not to mess with Woodfox, who rescued many victims from this terrible abuse. Woodfox said that fighting terrified him, but if forced, he'd fight to the death for the right reason.

Woodfox received another powerful gift – the forever friendship of a fellow prisoner, Herman Wallace. He had also been framed. The two innocent men forged a deep, life-long friendship based upon their mutual Black Panther values. The two loved to comfort, support, advise, and teach frightened new prisoners how to cope and survive the trauma of prison life. Their closeness eased the enduring grief of living with cruel and unusual isolation under an American legal system that promised justice but failed to deliver it.

In 1972, a prison guard was murdered. The warden accused Woodfox and Herman and had no trouble quickly rounding up 'witnesses,' desperate prisoners willing to lie for faster parole, cartons of free cigarettes, bags of candy, or TV privileges. One witness swore that, with his own eyes, he saw Wallace, aided by Woodfox, toss blood-soaked clothing into the hall furnace just after the murder. Prison authorities knew there was no hallway and no furnace in that area, but no one questioned the lie. Shortly afterward, Robert King, a prisoner in another part of Louisiana and a Black Panther, found himself suddenly transferred to Angola Prison. Stunningly, he was also accused of the murder of the same white guard. Gagged and bound during their trial, the three innocent prisoners were found guilty by the all-white court and hand-picked jury.

Without a shred of evidence, the Woodfox and Wallace were given a life sentence by judges, lawyers, and a deliberately rigged all-white jury.

Illegally isolated in a bathroom-sized 6 X 9 cell, 23 hours a day for four dec-

ades, the men nevertheless lived a freedom that their white racist jailors, locked into ignorance and roiling hatred, could never achieve. The court had sentenced the men to life in prison, never to solitary confinement. Only a prisoner dangerous to himself or others was sent to solitary, and only temporarily, because such isolation could drive a man crazy. The choice to keep the men in solitary was a private decision by the Angola warden who renewed his terrible order every 90 days for decades.

Woodfox petitioned to end the naked strip searches he endured every day. Despite being shackled, despite no drugs ever being found in any orifice of his body, the humiliating full-body prods continued up to nine times a day. Woodfox won his request, but soon after, a guard claimed to have found gunpowder in his toothpaste. For this contrived offense, he was beaten and thrown for months into the Angola dungeon. In Camp J, Woodfox was chained to a bed in solitary for days. Again, the Warden did not intervene.

This riveting memoir details the devoted effort of three fine men known as 'The Angola Three,' to steadfastly improve the Angola prison system because they saw it needed doing. Despite being punished for the good they accomplished, these falsely charged Black men overturned the illegal, cruel, and unusual punishment of solitary confinement in American prisons. At the death of Herman Wallace, the U.S. Congress expressed gratitude for his heroic contribution to the betterment of American prison systems, racist officialdoms ignored for far too long.

Today, white supremacists, white nationalists of the 'Alt-Right' say they fear extinction. They fear being overrun by non-whites and must vigorously defend against possible annihilation by those they view as less evolved than themselves.

Released in January 2016, Woodfox volunteers with the humanitarian groups that successfully sought and won his freedom, such as Black Lives Matter, the Innocence Foundation, Amnesty International, as well as his devoted pro bono lawyers. Today, Albert Woodfox enjoys the love, friendship, and admiration of millions of friends of all colors and cultures, worldwide. ▲

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Memories of an ironing board



BY BARBARA ELLIS

Today's the day, I can't put it off any longer. I have to get that ironing done. With all the determination I could muster, I wrestled my ironing board out of the cupboard and dragged it into the living room.

The ironing board resisted and would not co-operate as I tried to open it up and stand it on its leg. Guess you are getting to be as old as me, I thought, but I am not replacing you, you will just have to wait me out until someone tosses you in some re-cycle bin.

I look at the old thing and then pushed on it to make sure that it stood steadily on its leg - after all, I don't want it to collapse when I

am ironing. "We have come a long way, you and I," and indeed we had. Trying to remember how far back was a waste of time, and there were blouses to be ironed.

Blouses now, yes, but back then when I was a young bride married to my Mountie, it was shirts. Many, many shirts amongst other things. We lived in a rented house which came with a washer, a wringer washer.

Don't suppose young people even know what a wringer washer is now, but this one was a beastie.

First, I had to wash all the clothes. The white sheets and pillow cases came first, then all the shirts, then everything colored after which what ever else was left. There was no timer on the machine, so I would let the agitator work for five minutes, stop it, and then put every article through the wringer and placed them into a clothes basket.

One load done, on to the next one, changing the washing water half way through. When all the clothes were washed, the rinsing process could begin. Same routine, whites, shirts, colored things

and then the remainder.

The only difference here was that when the first rinse was complete, I could carry the basket full of clothes up to hang them on the line. Repeating it at the end of each rinse.

I am rather short, so hanging sheets on a windy day could turn into quite a challenge. I had to make sure to pin the ends tightly with a clothes peg so that it would not fly off and dangle on the ground. If it did and I was lucky, the ground would not be muddy and the soil could just be brushed off, but if there was mud on the ground, it meant doing a re-rinse. Once the sheets were hung, the rest was easier even on a windy day. I always did it in the same order, sheets, pillow cases, towels, shirts, then the jeans or what ever was left.

Hanging clothes was almost as tiring as the washing. In winter it was even worse because my fingers became stiff from the cold, and as for taking the washing down, well, that could turn into a nightmare. There are no instruction books on how to take frozen sheets off a clothes line, this is a talent

I had to teach myself. I am not sure how I managed it, but I never a sheet left behind. The shirts on the other hand were easy. I took them down and then stood them up next to one another, domino style, before taking them into the house to thaw.

The odd thing about frozen clothes was that even though they were damp, as they became limp and thawed, they also began to dry. An extra bonus to all this thawing of clothes was that their moisture humidified the house. Ironing sheets and pillow cases was easier in winter because of the dampness. In warm or hot weather, because my iron did not have a steam option, I had the added chore of sprinkling the clothes with water.

Once sprinkled I rolled them up and let them stand for a while before I started to iron them. If I didn't do this, the wrinkles would not come out, especially in my Irish linen table cloths.

Washing and ironing was my most demanding job, and yes, I ironed everything from sheets to table cloths to tea towels to my husband's pajamas and even



his underwear. From what I remember, the only things I did not iron were the towels. My husband sometimes went through four shirts a day.

He would wear a clean uniformed one in the morning, change at noon, and then change into a sports shirt at night. However, sometimes he was called back to escort a prisoner somewhere and then he would have to wear a clean white shirt. Some weeks I had over twenty shirts to do. I got so good at ironing them that it only took me seven minutes to do the whites, the uniforms and cotton ones about five minutes, tops.

Yes, this ironing board and I have been through a lot. The funny thing is that I still iron some of my sheets and pillow cases and my tea towels. Guess old habits are hard to break. ▲

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Adventures Rick Steves would miss out on

Story and photos by Jerry Cvach
Page layout and design by Winifred Ribeiro.

By the time of writing this piece the COVID 19 has kept us house-bound for ten weeks. The house has been cleaned, family chef extraordinaire has cooked up a storm and our refrigerators are filled with delicious dishes. Being semi retired and occasional consultant, my workload has been reduced by half. Boredom is slowly creeping into all corners of the house.

Over the years we have cultivated many hobbies and some sustain us now. Theatregoing, occasional eating out and travelling are suspended but gardening, crafts, reading, opera streaming on internet; and music remain.

There are a few positive consequences. The neighbourhood is much nicer this spring and the community is closer knit. We have some old folks around — yes, people even older than us — and everyone is helping each other. Italian-Canadians across the street who are in their late eighties, possibly early nineties, have so far had their house power washed, gutters cleaned out, lawn aerated and raked all with spontaneous help from their neighbours. It's the ideal opportunity to return the favour for the generous gifts of fresh vegetables or homemade lasagne over the years.

It is a good time to be Canadian!
I should have had a nice week-long trip to Georgia under my belt and just now I should have been returning from Paris and Southern France. There would have been plenty of material to write travel articles for Kerby News as I've done after every vacation since 2010. I miss it!

This is where the musing comes in. We have four shelves of picture albums in our basement, much of it from trips. Occasionally, when trying to remember some events, I search through them. Having time to ponder I realized that being seasoned travelers didn't come about easily. Over time we learned the craft and acquired experience. Traveling is hard work and can be daunting.

Watching travel shows makes it look glamorous and enticing. My favourite is Rick Steves and his coverage of European countries particularly, is outstanding.

In a pensive mood I remembered the special times and also some disasters that became



Notre Dame in Paris in 1974, now a historical picture.

amusing only with the passing of time. One common thread to the most memorable events was that these things would not have happened to professionals such as Rick Steves, just to bumbler like me! I realized there is a story there.

The good memories are always the serendipitous encounters with ordinary people:

Rick doesn't travel with a precious nine year old.

In 1974 we made our first overseas trip to Europe. Starting for a week in Paris we were learning to communicate with the locals. We found it would be a deadly mistake to start speaking English to the French straightaway as in "I'm a North American, and surely you speak my language." They would just reply, "Pardon?" and you were finished. You needed to speak French first and apologize profusely for the lack of knowledge of that beautiful tongue. After one had humbled oneself, they would switch to English, often speaking it quite well.

We quickly learned, though, that oversized egos weren't present at all in rural France. On the eighth day we rented a car at Charles de Gaulle airport and started driving south. On the first night we arrived in Bourg en Bresse. It was a small town then with about 40,000 inhabitants. We stopped at a country

inn on the edge of the city. It was the kind of building where you would expect the stage coach to arrive at any moment. We asked if there were vacancies and then to see the room. I asked the price.

"Are you going to eat in the hotel tonight?"

"I'm not sure, how much is the room?"

"Are you going to have dinner?"

The room was \$12.00 or so if you had dinner and much more if you didn't. We had to eat somewhere! I took the room key and mentioned we would freshen up and come to dinner in fifteen minutes.

"The dinner will be served at 7:30."

"We would like to eat now."

"The dinner will be served at 7:30."

The receptionist must have considered us barbarians! We had two hours to burn, so we went for a walk. There were stairs at the back of the building, and a long narrow hallway lead to the front of the building. As we were passing an open door I saw an old man stoking fire in an enormous range. It was the restaurant kitchen, and he turned out to be the chef. French cooking on a wood stove; that will be interesting!

At 7:30 sharp we were at our table. It was not a large restaurant, no booths just tables with chairs, but nicely set. There were choices of two or three set menus, that weren't very different when it came to the main dish, but the accompanying courses varied. The menu was handwritten, changed every day and we learned later that it presaged a good restaurant. The chef would make the menu only after he went to the market early in the morning and bought the supplies.

We settled down for a lengthy meal. There was a carafe of red wine on the table that would be refilled every time we emptied it. It was included in the price of the meal. If you wanted

water you paid extra. The food came in serving dishes and everyone would help him or herself. The third course was mushrooms in a creamy sauce. Our nine year old didn't eat mushrooms then, so we gladly ate her portion as well. They were absolutely scrumptious.

The chef came out after every course and walked from table to table talking with guests. He took one look at our daughter's clean plate and went into a lament:

"Mademoiselle didn't eat my mushrooms! Didn't mademoiselle like my mushrooms?"

She was embarrassed. "I do not eat mushrooms, I'm sure they are delicious, but I just don't eat them."

The chef straightened up and with much gesticulation announced for everyone to hear: "Mademoiselle doesn't like my mushrooms!"

We chimed in that they were the best mushrooms we ever had, likely never to be surpassed; and we licked our lips to demonstrate. But he stared us down, his face clearly expressing "Oh just shut up", and turned back to the young lady. They went into a conference to determine what she would like to replace the mushroom course with! To a French restaurateur a woman at the table was a lady no matter how young. They settled on an omelet. That done, he spoke to the whole room in rapid-fire French, from which I could discern that he would now cook an extra dish for mademoiselle and the dinner would be delayed fifteen minutes.

Everyone was fine with it. Good French denizens understand and respect words "to cook" and "mademoiselle".

I don't think they make Frenchmen like this anymore. The country gained a lifelong admirer that evening!

Rick doesn't spy on people using a zoom lens and reserves hotels ahead.

Our visit to Portugal a few



Southern France, not far from Bourg en Bresse where my daughter had the memorable meal.

years later was part of a month-long vacation on the Iberian Peninsula. It started in Madrid, Spain. On the day of our arrival we visited a small park in front of the royal palace. A group of tourists was picnicking some distance away. I had a new camera with a powerful zoom lens, so to try it out I clandestinely took a few pictures of the group. It wasn't clandestine enough. A fellow rushed towards us, presumably to smash me to smithereens, but instead he invited us to join them.

They had quite a feast going, the food was great and they were very friendly. They were Portuguese on a tour so it was a preview of things to come. We wanted to get to Toledo that day, so we soon thanked them and as we started out from the curb, two of them chased us through an intersection, banged on the roof of our car and gave us two open beers for the road.

On the same trip, now in Portugal, we arrived late in the afternoon in the medieval town of Obidos. It is still fortified and a tourist destination. It sits on a ridge above the surrounding plain and at its highest point stands a Moorish castle converted into a Pousada Castelo de Obidos, an upscale hotel. Although we were travelling off season the hotel was full. Always accommodating, the concierge took me to the window and pointed to a building down on the plain outside the city limits, at an intersection of two regional roads.

It was a family-run place with a few rooms up in the attic. It was more a roadside restaurant than a hotel, a very nice, homey place with staff that spoke only Portuguese. The language is similar to Spanish, but not similar enough to quite understand the menu. The waiter tried to explain what the meals were, but to no avail. It must have happened to him before. Unruffled he started sketching on the paper table cloth. He drew an outline of the country and two off-shore islands with fish beside them, a pot and a

few garlic cloves, while touching lips with his fingertips. But we weren't in the mood for seafood no matter how tasty and garlicky it was. Next, he quickly sketched a pig, circled its shoulder, then a picture of a bone next to it, and crossed it out. Underneath he drew a chunk of meat, sliced, then an entire stove with another pot on top of it. So boneless pork shoulder it was! There was also soup, the meat portions were generous, potatoes with gravy, some vegetables and a bottle of wine. It was a very enjoyable and leisurely-paced meal. We ordered another bottle, but absolutely refused to have a dessert. We were too full. But before they let us leave we had to sample various liqueurs, no charge.

Finally, we extricated ourselves from their hospitality, signed the bill and I asked permission to keep the tablecloth with the "menu" drawn on it. The waiter signed it with a flourish, dating it May 28, 1985. We dragged ourselves up the stairs to our room with some difficulty, changed into our pajamas and fell into bed.

A few minutes later, knock, knock on the door and before we could ask "who's there" the door opened and the lady of the house delivered us the dessert. There was no escape, she would not be denied.

Rick doesn't drive cars into places unknown.

That is very wise as not all surprises are pleasant: Sicily is still one of the more pristine places in Europe with most of the towns unsuitable for cars. The last day before leaving Palermo for Genoa by ferry, we went to see the resort town Cefalù on the north coast and from there drove further up into one of the side valleys, exploring. Surprisingly it was forested with cork trees and the road was very winding. At the head of the valley, on the top of the hill, there was one of those fortified towns so common



Obidos.



Typical hilltop town in southern Italy and/or Sicily.

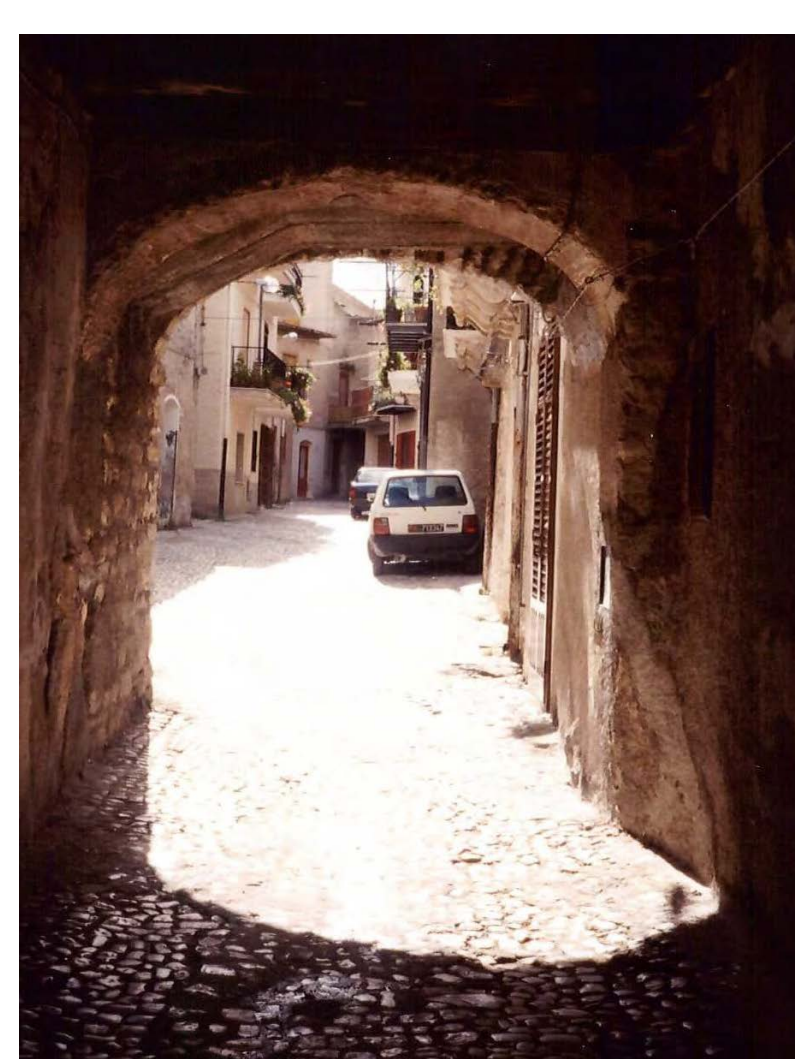
in Italy. We were quite tired of getting in and out of the car and walking the decrepit old towns' streets by then, so I decided to just drive through it, lest we missed something. There was only one one-way, pretty narrow and steep street going from the top to the bottom of the town. It was tight. Soon we arrived in a tiny triangular city main square. The street leaving the square was so narrow that our mid-size car wouldn't fit through considering that most houses had stone steps in front of their doors.

I tried to turn around, to escape by going in the wrong direction up the one-way street. Backing all the way up the hill with a standard transmission was too much for my skill level. I only succeeded in scraping the bottom of the vehicle hitting the low flower pots behind me. Placing concrete containers in the middle of a tiny square is a very bad idea!

I got out of the car cursing myself, the world, and particularly Sicily. I started to wonder if we would have to call a helicopter and have the car flown out of there, or have it dismantled, or better yet leave it and skip the country. A well-dressed youngish looking man watched the spectacle with interest, eventually asking what the problem was. I said the street was narrower than my car, but he disagreed. He asked for my car keys, took the wheel and aligned himself with the houses on his left hand side. It was madness seeing how many of the doors

had the stone steps in front. He folded the rear view mirrors in, leaned out of the driver side window and asked me to watch the passenger side from up front. Then he started out jumping up and down these stairs left and right, undercarriage eliciting grinding noises, with only one half of an inch clearance on each side of the car. He drove quite fast and it took just five nerve wrecking minutes. When the street opened up, he got out, nonchalantly tossed me my keys and said: "There!"

That's completes my trip down memory lane. I'm confident the virus will be soon defeated and we'll again be able to enjoy life in full, travelling the world included! ▲



The street gets progressively narrower!



Cefalù on the coast.

anything if he had denied having it. Getting the hint, I tipped him fifty euros. He pressed his advantage and continued to say how lucky I was that his next passenger had been sitting in the passenger seat and didn't notice our backpack on the back either and surely would have stolen it. That was also correct, so in recognition of that additional luck, I gave him another fifty.

One hundred euros was a lot of money in Romania in 2014, yet he still tried to make me cover the cost of his trip back

Rick doesn't lug around all his stuff himself.

We arrived in Bucharest International Airport and took a taxicab to our hotel. We had been advised to hire a cab through an information center, to guarantee an equitable fare, but it turned out that it was more important to know who was driving us. While checking into the hotel we realized that we had left our backpack with prescription drugs, laptop computer and my wife's jewelry in the cab, now departed. The front desk called the airport right away. Knowing the cab company's name and the car number, combined with the airport security cameras, they soon identified the driver and he brought the pack back to us.

He was a personable young guy who spoke English well. According to him I was lucky that he was so honest, although I think he didn't know what was in the backpack. That was correct, nobody could have proven

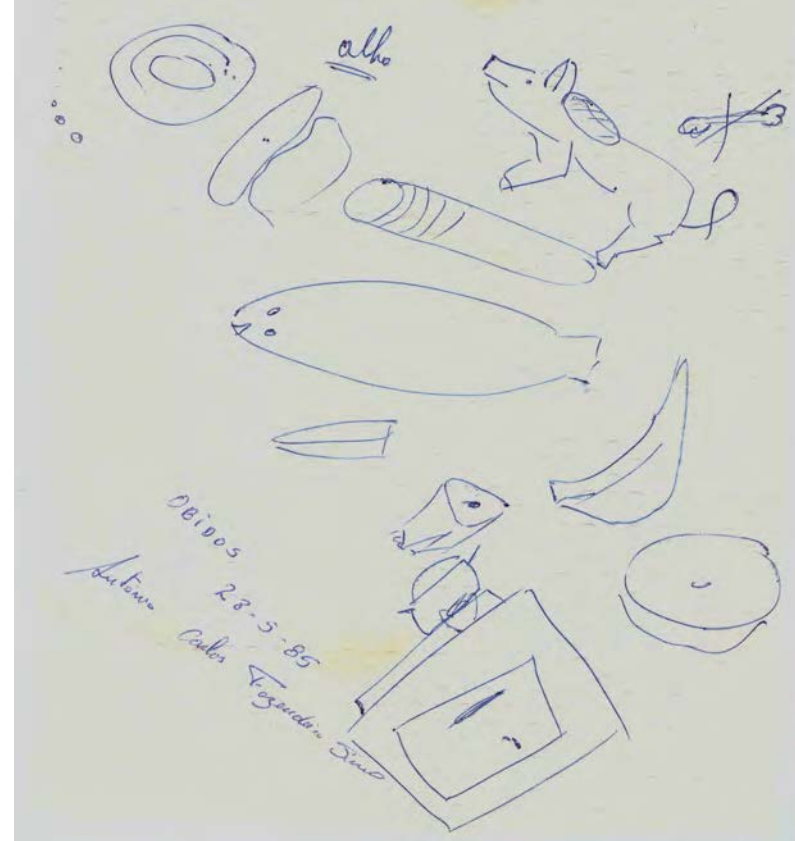


Photo of original table cloth "menu".



Cork trees after bark harvest. The cork grows back and is harvested again. I've only seen them in Portugal, on Corsica and in this valley in Sicily.



Bucharest.

Letter to the Editor: Laura's Living Legacy



Photo courtesy of Helen Berscheid.

My mother, Laura Berscheid, turned 101 years old in June 2019, and I decided that her longevity needed to be marked with something special!

I vowed to pay tribute to her by creating 101 items myself this year; A small accomplishment considering her daily chores caring for all of us and the farm!

In fact, she taught all of her 12 children to be creative in their daily life with knitting, sewing, gardening, canning, and baking, among other things.

She still knits and does a little cooking and baked her own bread until she was 100 years old!

So, I got busy 'sewing my brains out', painting, working with my granddaughter to make lavender sachets and all sorts of items new to me.

By the end of August, I had accounted for 109 items, sold many of them through craft sales, the Facebook page and word of mouth AND raised over \$1000.00 to be spent on women in need!

The fun I had, the enthusiasm it created for me

and the family, and the satisfaction that those basic skills learned as a young person could joyfully carry me through my life thus far — and hopefully to my dying day — is tremendous!

My sister, Marianne Parsons, created a quilt depicting mom and all the things she taught us. This quilt has been displayed in various locations along with the tale of all her efforts to keep us occupied with cre-

ative, and useful efforts!

I am grateful that my mom knew the value of handwork to keep us from getting bored and that she spent enough time teaching us, that we can now create highly accomplished items in our own right.

Lauras' Living Legacy will be with me till my end of life and enjoying every minute being creative! ▲

Helen Berscheid

Invictus natalem

by Stew Perram

Dang!
The first person to wish me happy eightieth birthday won't know the emotion invoked. The first thing I'll silently say after acknowledging the kindness is: dang!

Yup, "dang," with an exclamation mark!

As decade birthday-markers go this one has me by the throat. The previous seven happily celebrated. Number eight does not carry the same joyful weight. The calendar is unrelenting — stuffing minutes, days, and years into history. My birthday will arrive too soon.

Growing older prompts musings on a life lived, regrets, choices, and questions; why am I here - do I really exist? Descartes dedicated his philosophical studies to that question and ultimately coined the quote, "I think therefore I am."

I can still think. I had a ninth-grade school assignment — memorize a poem called Invictus, then present it orally to the class. My buddy Ned and I practiced the assignment slinging lines back and forth like a tennis match while walking to school. This classic poem

is engraved forevermore in my brain. I say it aloud often, testing my mental acuity.

As a teen I didn't dwell on the poem's significance, just lines to learn. Now I see more distinctly what Earnest Henley meant. He talks about life and death. This fifteen-year-old I didn't think he'd be pondering these verses sixty-five years later.

It's clear now how the profound phrasing touches me, the message about courage gazing upon life's end, the preservation of one's dignity despite what the world throws our way.

Recently Ned visited. We hadn't seen each other for sixty years. He looked frail, physically different but inside the same guy. During a meal together I casually uttered the poem's first line - out of the night that covers me. He smiled, responding quickly with - *black is the pit from pole to pole*. We took off from there alternately completing the poem, mimicking our daily 1955 school walks. The poem was etched in his brain too and this spontaneous happening was like a movie script, truly a beautiful moment for

us, summing up our collective lives in a special way. It was like we'd rehearsed the verses for years leading to this time and place.

I just heard Ned died. I wonder if our final Invictus reciting had a singular meaning at his stage in life.

I wonder too about the line, I thank whatever gods there be, if Mr. Henley had an exclusive God in his life despite the plurality within the prose. Perhaps he did. His poem carries a message that reminds me in part of Psalm 23 - *Yea though I walk through the valley in the shadow of death I fear no evil*.

So, as I enter the first year of this novel decade, continuing to traverse the ambiguities of life, I hold in one hand a merciless calendar and in the other hand I firmly hold my chosen singular God who's all about an eternity of mercy and love.

But in the end, the weak worldly part of me will still say - dang! I'm eighty! But, guess what? I'm going to make the most of each minute and celebrate my imperfections, clinging to being *the master of my fate and the captain of my soul*. ▲

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A collaboration between
The City of Calgary
(including Calgary Emergency
Management Agency) and
United Way of Calgary and Area

The COVID-19 Community Response Fund is helping Kerby Centre expand our grocery delivery program (Thrive) to provide at-risk seniors and those in self isolation with needed groceries, medications and free frozen meals.

The COVID-19 Community Response Fund is supporting our community outreach programs and social isolation check-ins with isolated seniors.

Thank you for supporting Kerby Centre's work in the community.




Make your garden, your own!



Photo accessed by creative commons through pixabay.com

by Deborah Maier

It's been an unusual spring. Fortunately, gardening can be done at home. This can be with a potted plant purchased at the grocery store or an online seed order containing enough seeds to plant up the whole backyard. Gardening can be as simple or complex as we choose to make it.

However, be mindful of your inspiration sources. The internet and social media can help support gardening goals, but it can be just as crushing as we view the perfect gardens of others that we don't seem to be able to achieve for ourselves.

Like vacation photos, plant and garden photos don't tell the whole story. During one of the Society's Open Gardens last summer, the host mentioned that she spends 10 hours a day in her garden. The perfectly manicured lawn, edged beds, weed-free gardens and ideally positioned garden art were a testament to her efforts.

She enjoyed being in her garden. It was her fitness centre, place of meditation, setting to connect to loved ones, and personal passion. For her, spending that much time in the garden was a pleasure limited only by the amount of daylight. You can also have a garden that brings you joy without investing that much time. That's the beauty of gardening.

A simple start is to make a few lists to help you ground your garden aspirations: Why do you want to garden? How much time do you want to spend? What space do you have for gardening?

Right now, there is a social trend to grow our vegetables and you may feel eager to join the move-

ment, but you live in an apartment without a balcony. Try sprouting seeds in a jar. Alfalfa, mustard, peas and bean seeds are popular choices for sprouting.

It's best to select seeds packaged for sprouting, as some seeds for soil growing are pretreated to prevent pest issues. In a week or two, you can have fresh greens for sandwiches, salads and garnishes—they are nutritious and delicious.

Perhaps what you want are colourful blooms and only have a balcony or small patio area that you can grow on, but feel the need to grow your food too. That's okay, you can do both.

Plant a few carrot seeds in your flowerpots. Carrots do best if the pot is 18 inches deep, but there are short varieties of carrots that will do fine in a shallower pot. Scarlet runner beans are a vine that can be grown on a pot trellis.

They have beautiful red flowers that become tasty beans. Potatoes can be grown in a bag placed in a pot. The rich green potato leaves will showcase the blossoms of your ornamental plants. The fruit of cherry tomatoes can also add a splash of colour. These small tomatoes start as pearls of green with an iridescent sheen, then become beads of yellow, orange, red, purple or even chocolate brown. Let's not forget edible flowers such as chives, nasturtium or borage.

Mix veggies and herbs in with plants grown for their flowers and you can have a beautiful floral garden that includes food.

Keen on gardening but are concerned about having enough time to properly care for the plants? Try placing a couple of watering jugs outside by the door, so you see them as you go out and come in as a reminder to

check on the plants.

Always fill the jugs after using them so they are ready if something needs watering. There are added benefits to this practice as the water can warm to air temperature and, if it's city water, allow some of the chlorine to dissipate before being used, which the plants will appreciate.

Incorporate your garden check-in with another part of your daily routine. Walk around the garden with your morning cup of coffee. Start or end your daily walk with a tour of the garden. You could alternatively, invest in self-watering containers that only need to be filled once a week. If you like regular routines, the reservoir can be topped up daily, without concern that the plants will be overwatered.

Drip irrigation sys-

tems, in beds or containers, also work well for busy gardeners.

Periodically check the operation, but once calibrated and on a timer, you'll never have to worry about watering again.

Early June is a great time to start a garden. If you're new to gardening, choose

a sunny spot, begin with a small bed or a pot. Getting outside and tending plants feels great. Come grow with us!

Visit our website, calhort.org, to learn more about the Calgary Horticultural Society. ▲



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How Canada can prevent future pandemics

by Ian Madsen

Most of the nations in the developed world, including Canada, were unprepared for the deadly COVID-19 pandemic. So we need to examine what steps should be taken to forestall or substantially mitigate the next microbial conflagration.

While the current main weapon – the medieval quarantine – might still be part of the future arsenal, more steps can or should be taken.

Our leaders should have ways to handle a public health disaster without throwing half the population into penury, and pushing most of the nation's small businesses to the brink of bankruptcy.

The first line of defence is to be on the alert for disease outbreaks around the world. That includes monitoring the avenues a deadly virus, bacterium, rare fungus or prion-type biochemical agent could take to infect Canadians – or people in the many other nations with significant trade and flows of people with and to Canada.

Particular attention should be given to those regions

with a history of transferring exotic contagions from animals to people. China has such a history, with SARS and now COVID-19; so does central Africa, where Ebola and HIV came from; and other places such as Southeast Asia and tropical Latin America are also possible hot spots.

Information and medical statistics from some nations with undemocratic, authoritarian, non-transparent, corrupt or unaccountable governments should be assessed carefully and skeptically.

China, for instance, didn't tell the world that COVID-19 was spreading widely in Wuhan, where it started, until late December. As late as the middle of January, it was still publicly insisting that there was no evidence of human-to-human transmission, even when it knew otherwise.

This assertion was at first uncritically repeated by the World Health Organization (WHO), before being refuted. WHO can't be relied on for accurate information, since it seems to not want to offend major donors.

When a microbe is authoritatively identified and

genomically decoded, diagnostic tests need to be primed and ready to go. Quick production and national distribution of speedy, accurate tests must then be a priority. We need to ensure authorities can detect and send to treatment people who are infected or carriers of the contagion.

Once a disease is identified as a threat, health authorities must be quickly told the specific symptoms so staff at other ports of entry into Canada can be prepared.

Travellers from regions where the disease is spreading rapidly should be required to isolate at home for a particularly period. In the case of COVID-19, it's 14 days; that could be shorter or longer for another ailment.

There should also be a hefty fine for escaping the quarantine. Police should ensure people stay at home. This may seem a violation of civil liberties, but we're experiencing even worse constrictions, and a severe recession, right now.

When infected travellers start to jump in numbers, travel bans need to be enacted immediately.

There should also be ad-

equate medical supplies and personal protection equipment (PPE). Some of these items degrade over time, so they need to be replenished on a rolling basis. The current inventories are plainly far too low for a pandemic.

Other items, such as ventilators, might be specific to COVID-19, but medical professionals should be able to identify a variety of equipment that could be necessary. Then generous numbers of these items should be purchased. The expense is unlikely to be of the magnitude of the financial and medical disaster we're now experiencing.

The financial aspect of all this should be examined in a hard-headed way. Instead of a wild scramble to borrow and fund a huge bailout for nearly everything, a national emergency insurance fund could be established. Several billion dollars could be sequestered each year.

The federal government could also establish business interruption insurance, in conjunction with the property and casualty or general insurance industry. Small businesses should find it easy and only incrementally

more expensive to buy insurance with such a feature.

Finally, Canada must be less dependent on other nations, especially semi-adversaries such as China, for medical supplies and equipment, diagnostics, pharmaceuticals and other critical things.

It should also not be dependent on nations whose manufacturing capability might be debilitated by the disease outbreak – as China also is. Other nations are trying to keep these products for themselves, and are having trouble manufacturing all that is needed.

Secure and ample supply chains are vital. Canada it seems can't rely on the kindness of strangers – or even friends and allies. Local, vibrant innovative suppliers should be nurtured. ▲

Ian Madsen is a senior policy analyst with the Frontier Centre for Public Policy.

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To all our great staff at Evanston Summit

Your compassion and humour shine through uncertainty and change. Here are just a few kind words of acknowledgment from our residents ...

"A simple Thank You seems very little when you have shown us so much kindness and help." —Liz

"You are all awesome and we cannot thank you enough for all your kindness and caring for us during this difficult time. Love you all." —Rob & Lois

"I am ever so grateful. God Bless." —Adrienne



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A food adventure

Recipes compiled by Winifred Ribeiro

Across the world, each established cuisine has an underlying backbone. Vietnamese food without fish sauce? Israeli cuisine without tehina? No chance. And yet so many dishes and ingredients cross borders. Food connects us, teaches us and defines us. It allows us to encounter new people and tell new stories.

The Atlas Cookbook explores 20 countries across four regions, with recipes that celebrate each location but embrace seasonal local ingredients. This is easy, vibrant food that inspires us to get creative in the kitchen and reminds us of all that we have in common. Featuring food from: Argentina, Bolivia, Brazil, Cambodia, China, Colombia, France, Greece, Indonesia, Iraq, Israel, Italy, Lebanon, Peru, Portugal, Spain, Syria, Thailand, Turkey and Vietnam.



Watermelon Salad with Peppered Pickles

Cambodia

100 ml (3 1/2 fl oz) oil for frying
15 g (1/2 oz / 1/2 cup) curry leaves
1 watermelon, balled with a melon baller
12 cherry tomatoes, halved
Peppered pickles
4 radishes, cut into sixths
1/2 bitter melon, balled with a melon baller
1 squash, cut into 16 wedges

1 persimmon, peeled and diced
1 shallot, sliced
1 star anise
1 teaspoon black peppercorns
190 g (6 1/2 oz) palm sugar (jaggery)
1 teaspoon ground turmeric
300 ml (10 fl oz) rice vinegar
20 g (3/4 oz) salt

There's a perception that pickling is an involved process that takes months to achieve, but in Asian cooking veggies are often pickled and eaten soon after. I've suggested you wait an hour or so to let the pickles cool, but then go for it. You'll love the freshness and lightness of just pickled veg, which gives a gentle crunch to this salad, and perfectly balances the sweet watermelon.

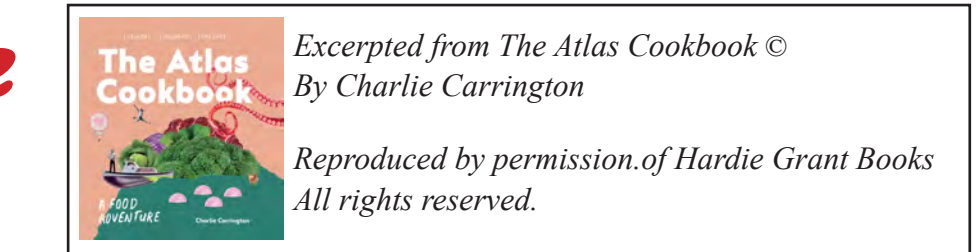
Method

For the pickles, first sanitise a large glass jar by washing it with soapy water, then pouring fresh boiling water in it. Pour the water out, then put the radish, bitter melon, squash, persimmon and shallot in the jar. Put 300 ml (10 fl oz) water into a saucepan and add the star anise, peppercorns, palm sugar, turmeric, rice vinegar and salt. Bring it to the boil and pour over the pickles. Put the lid on and let the pickles sit for at least an hour.

While the pickles do their thing, pour the oil in a frying pan over a high heat and fry the curry leaves. Once the oil is the right temperature it won't take more than 30 seconds to fry the leaves.

Set aside.

Once the pickles have cooled down and softened, strain them and mix them in a bowl with the watermelon and tomato. Dress with a touch of the pickle liquid. Once combined, plate the salad, garnish with the curry leaves and serve!



Excerpted from *The Atlas Cookbook* ©
By Charlie Carrington

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Burnt Sweet Potato with Puffed Quinoa, Quinoa Milk and Chives

Bolivia

400 g (14 oz) quinoa
4 sweet potatoes, halved lengthways
3 tablespoons vegetable oil
50 g (13/4 oz) fresh ginger, minced
2 shallots, minced
150 ml (5 fl oz) grape seed oil
juice of 2 limes

40 g (1 1/2 oz) aji amarillo paste
(available from farmers' markets or online)
300 ml (10 fl oz) oil for frying
1 teaspoon ground white pepper
1 teaspoon paprika
1 bunch chives, thinly chopped

If you're not confident puffing the quinoa, you could always buy puffed quinoa, otherwise just follow the directions for cooking the quinoa, then strain and fluff it up and season with the white pepper and paprika. It won't have that incredible crunch, but it will take some work out of the recipe.

Method

Preheat the oven to no higher than 50°C (120°F). Gently boil the quinoa in a large saucepan of water until you start to see little rings form in the quinoa. Set aside half of the quinoa for the quinoa milk. Spread the remaining quinoa out on a baking tray and dry it out in the oven until it returns its original texture, approximately 2 hours. Remove from the oven and set aside; raise the oven temperature to 200°C (400°F).

Thinly slice the sweet potatoes crossways, making sure not to cut all the way through to the flat bottom of each half. You want the potatoes to still hold together; this is known as hasselback style. Brush or rub the sweet potatoes with the vegetable oil and put them on a baking tray. Roast until fully cooked and a little bit burnt, approximately 1 hour.

While the sweet potatoes roast, in a small saucepan over a low heat combine the ginger, shallot and grape seed oil and gently cook, stirring occasionally. This process should take about 20 minutes; make sure it doesn't colour but it is cooked and aromatic. Remove from the heat and set aside.

For the quinoa milk, blitz the reserved quinoa with the lime juice, aji amarillo paste and about 150 ml (5 fl oz) of fresh cold water. It should be the consistency of a purée. Set aside.

In a large saucepan, heat the frying oil up until it's almost smoking. In small batches, put the baked quinoa in a strainer and dip it in the oil. Once the quinoa puffs up, carefully tip it out on paper towel, and dust it with the spices.

To serve, first spoon the quinoa milk on the plate. Brush the hot sweet potatoes with the ginger and shallot mix, place on top of the quinoa milk and sprinkle over the puffed quinoa and chives.

Grilled Pork Chops with Black eyed Peas, Grapefruit and Cashew Nuts

Bolivia

300 g (10 1/2 oz) cooked black eyed peas
4 pork chops
3 grapefruits, segmented and juice reserved

1/2 red onion, sliced
100 g (3 1/2 oz / 2/3 cup) cashew nuts
20 ml (3/4 fl oz) olive oil

The mild pork taste and creamy texture of black eyed peas is a long loved flavour combo in South America and the south of the USA, appearing often on soulfood menus. Here, the puréed legume makes a warming base for the tender meat, while the bright, citrus tang and sharp onion add colour and kick.

Method

Blitz the cooked black eyed peas in a blender with 250 ml (8 1/2 fl oz) water and salt to taste. Once blended, put the purée in a small saucepan over a very low heat.

In a large nonstick pan sear the pork chops over a high heat.

If your pan isn't big enough, do two at once and set them aside to rest while you do the other two. They should be seared for about 4 minutes on each side, rested for about 6 minutes, then flash-fried again just before serving.

While the pork is resting, in a bowl combine the grapefruit, onion and cashew nuts with the olive oil and grapefruit juice.

Slice the pork. Place the warm bean purée on the plate, top it with the pork and then pile the salad to the side.

A tribute to BC's wine country

Recipes compiled by Winifred Ribeiro

Discover the vineyards, valleys, islands, deserts--and kitchens--of BC's Wine Country with award-winning cookbook author and winemaker Jennifer Schell in this collection of recipes, tour ideas, menus and more. *The BC Wine Lover's Cookbook* shares family stories and recipes that evoke the multicultural heritage of BC's wine industry from 53 top wineries located across the province--from the verdant, rolling fields of the Okanagan and Fraser Valley, to the misty coastlines of Vancouver Island, and beyond. From tourtière to turkey moussaka and Michelle's Panna Cotta to Nana's Roast Caribou, these recipes have been lovingly handed down through the generations--on handwritten recipe cards, on creased and spattered pages, sometimes by word of mouth. Whether you are perched on Naramata Bench or tucked up at home, this is a cookbook to read and to inspire.



Federico's Shrimp Ceviche

Many local wineries have had the good fortune of employing hardworking people who fly in from Mexico each year to get them through to harvest, and *Intrigue Wines* is no exception. Their crew returns every year with their captain, Federico Gonzales, and at the end of each harvest, they create a Mexican feast for the entire team to celebrate before they return home.

This ceviche is one of Federico's favourite recipes. It is a seafood dish typically made from fresh raw fish that is cured (cooked) in citrus juices. The goal is to have all the ingredients finely chopped so the pieces are uniform in size and it's easy to scoop onto tortilla chips.

SERVES: 8

1 lb medium or large shrimp, cleaned, peeled, deveined and finely diced
1 cup + 2 Tbsp lime juice
1 1/2 avocados, finely diced
3 firm Roma tomatoes, deseeded and finely diced (see note)
2-3 Tbsp cilantro, minced

1 large jalapeño pepper, deseeded and finely diced (see note)
1/2-3/4 cup extra-spicy Clamato juice
Salt
Valentina Salsa Picante or other Mexican hot sauce (optional)
Tortilla chips, to serve

Place the shrimp pieces in a large bowl. Add 1 cup of the lime juice to completely cover them. Set the bowl in the fridge and gently stir every 10-15 minutes, until the shrimp change colour from clear/grey to white with a pink hue, then finally to a light coral or orange, 30 minutes to 1 hour. Cut into a piece of shrimp to make sure it is opaque throughout and there are no translucent pieces.

Drain the shrimp and gently fold in the avocados.

In a large bowl, combine the tomatoes, jalapeños and cilantro, then add the shrimp and avocado. Add 1/2 cup of the Clamato juice and the remaining lime juice, and mix together. Add more Clamato juice to taste. Season with salt to taste.

Transfer to a serving bowl and top with salsa picante if desired. Surround with tortilla chips. Buen provecho!

NOTES: For more spice, include the seeds and ribs of the jalapeños. Aim to use tomatoes that are just ripe—if they are overripe, the consistency of the ceviche can become too wet



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Porter's Favourite Chocolate Pear Cake

Pears and chocolate? Yes, please! Teshia Marven (daughter of *Forbidden Fruit's* owners) is the baker in the family, and she created this beautiful cake, which is a favourite of her daughter, Porter Amour. It just keeps getting better a day or two after you make it—if it lasts that long!

SERVES: 8

CAKE:

1/2 cup + 1 Tbsp butter
4 oz dark chocolate, chopped into small pieces (reserving some for garnish)
1/2 cup Forbidden Fruit Imperfection dessert wine
6 organic Anjou pears, peeled, halved and cored (or enough to fill bottom of a 9-inch cake pan)
1 1/2 cups organic flour
1/2 cup organic sugar
1 tsp baking powder
1 tsp baking soda

1/4 tsp salt
2 eggs
1/2 cup milk
1 tsp pure vanilla
1/3 cup mayonnaise

ICING:

1/4 cup cream cheese, room temperature
1/4 cup honey

ASSEMBLY:

Dark chocolate shavings

NOTE: If you like, double the icing recipe – it is delicious!

FOR THE CAKE:

Preheat the oven to 350°F. Grease a 9-inch cake pan and set aside.

In a small saucepan, melt 1/3 cup of the butter and the chocolate. Stir together and set aside.

In a large frying pan, melt 1 Tbsp of the butter. Add the wine and pears and cook for 5-10 minutes, until still slightly firm. Set aside.

Mix the dry ingredients in a bowl. In another bowl, lightly whisk the eggs, then add the milk and vanilla. Slowly add the dry ingredients to the wet ingredients and mix together. Add the mayonnaise and the melted chocolate and butter mixture, stirring to combine.

Arrange the pear halves in the cake pan, flat side down with the stem ends facing in and the pears touching. Pour in the cake batter, and shake the pan to distribute evenly. Bake for 30-35 minutes, or until a toothpick inserted in the centre of the cake comes out clean. Allow to cool completely in the pan.

FOR THE ICING:

With a whisk or mixer, whip the cream cheese and honey until the mixture reaches a pourable consistency. To make the cream cheese easier to whip, put it in the microwave for a few seconds to soften.

FOR THE ASSEMBLY:

Turn the cake out onto a serving plate so that the pears show on top. Drizzle with the icing and garnish with pear and chocolate.



Plum Clafoutis

This is a wonderful way of using up the outer leaves and ribs of lettuce that might not otherwise make it into the salad bowl. It is also very flexible – use rocket (arugula), spinach, parsley, chervil or whatever salad leaves (greens) and herbs you have to hand, or any combination of them that appeals. This is a great simple lunch but also makes an elegant starter (appetizer) – it would be perfect before a fish dish.

SERVES: 4 \

1 1/4 cups milk
3 eggs
2/3 cup sugar
1/2 cup flour
1 Tbsp pure vanilla

Pinch of salt
3 cups chopped pitted plums (bite-size pieces)
Icing sugar, for dusting
Ice cream or whipped cream, to serve (optional)

Preheat the oven to 350°F. Lightly grease a 9-inch baking dish casserole dish or cast-iron frying pan. In a blender, combine the milk, eggs, 1/3 cup of the sugar, and the flour, vanilla and salt. Blend on high for about 1 minute.

Pour a 1/4-inch layer of the blended mixture over the bottom of the baking dish and set the remaining batter aside.

Bake until a film starts to form on the batter and it starts to firm up a little, about 5 minutes.

Remove the dish from the oven and scatter the chopped plums overtop. Pour the remaining batter over the plums, and sprinkle with the remaining sugar.

Return to the oven and bake until the clafoutis is puffed and golden brown and a knife inserted into the centre of the topping comes out clean, about 45-60 minutes.

Remove from the oven and dust with icing sugar. Serve warm with or without vanilla ice cream or whipped cream.

Kerby Centre keeps delivering



As of mid-May, Kerby Centre has facilitated the delivery of 634 frozen meals — bringing the total amount of meals delivered to over 2,400. On Wednesday, May 13, nine Telus volunteers assisted Kerby Centre staff with an afternoon delivery for their Telus Cares day, adding 100 extra meals delivered to their count. Kerby Centre is continuing to ensure vulnerable older adults in the community have assistance for their well-being. To help Kerby continue to do this important work during the COVID pandemic, visit www.kerby-centre.com/donate, or check out what goes into one of our deliveries with program manager Tina Lewis by watching our new video project, available on Kerby's facebook page

Volunteer Spotlight



Crystal Mikalishen

Crystal has been volunteering at Kerby Centre since August 2014 with the Thrive Department. Her interest in volunteering for this program started when she was helping her grandmother by bringing groceries and visiting her in the retirement center. Over time she got to know many of the residents and knew that there is a real need for people to just connect with the seniors. After that Crystal contacted the Kerby Centre to volunteer. She has also volunteered for the Secret Santa Program.

Crystal likes to volunteer as it shows the love and care people have for the senior community and she has had the opportunity to experience the pure awe and joy these programs bring. Crystal said "It's very inspiring to know I am doing the right thing."

Crystal also enjoys the extra things Kerby provides – craft sales, the cafeteria and the stores. She said "People at the Kerby Center have been amazing and supportive of my passion, listening and understanding to who I am. Kerby Centre is an organization I am proud to be a part of and look forward to continue being a part of Kerby Centre for many years."

Besides volunteering, Crystal spends time camping, hiking, doing photography, scrapbooking etc.

So far, Crystal has contributed more than **104** hours.

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



THANK YOU!

Kerby Centre's work in the community continues thanks to our donors and corporate partners!



TELUS donated \$20,000 to Kerby Centre to support the outreach we are doing during the Covid -19 Pandemic. Thank your for supporting vital programs and services for Calgary's seniors!



Rose is one of the hundreds of volunteers delivering groceries and frozen meals to isolated seniors. Thank you to First Calgary Financial for your generous support of this program!



Emmett Cook did a 24 hour read-a-thon to benefit Kerby Centre and raised \$1,600! Thank you for thinking of seniors at this time, Emmett, and keep reading!

Financial Planning: Your will, your legacy

By Jonathan Ng

A recent poll by the Angus Reid Institute showed that only 45% of Albertans have a Will. The reasons why so many people do not make their final arrangements are broad — apathy, fear of death, cost of legal services — yet the average person would not be comfortable with the ‘default will’ provided by the government, officially known as the Wills and Succession Act in Alberta.

A Will allows a person to take matters into their own hands by creating legally-binding directions on how assets are to be divided, who shall administer those directions, and several other important matters.

Executor. The first few months after a person dies can be grueling. In addition to the grief and emotion, surviving family members find themselves shuffling from meetings with banks, filling out a multitude of documents, and dealing with institution after institution. A Will simplifies this process by appointing an Executor to take charge of these matters. In the absence of a Will, it can be unclear as to who has the authority to deal with the third-parties involved in an estate, often resulting in a family member making a court application to become the ‘administrator’. The average estate takes over one year to fully administer therefore it is imperative that the proper person is selected for the important role of Executor.

Beneficiaries. The Wills and Succession Act has a formula for Albertans who do not have a Will: everything goes to family. For many people, this formula is acceptable. However, not all families are the same. For example, parents of blended families struggle between dividing their assets between their current spouse and the children from their first marriage. In the absence of a Will, assets are split 50/50 between the two after the first \$150,000 goes to the spouse — this is entirely unacceptable for many blended families. A Will would allow such a family to carefully ensure that both sides are provided with proper support thereby limiting the conflict that may follow.

Charitable giving. A will is a final chance to leave a legacy. According to Statistics Canada, 84% of Canadians aged 15 and over reported making at least one financial donation to a charitable and nonprofit organization, yet less than 10% leave a gift to charity in their Will. If charitable giving is a part of a person’s life, they should consider making it part of their death. Making a gift to charity through a Will can provide significant tax benefits. A charitable receipt issued to the estate can serve to reduce the capital gains realized at death — in other words, a carefully planned Will allows a person to re-direct a large portion of taxes toward chosen charities.

Planning for incapacity. The Will is the centerpiece

of an ‘estate plan’. Although it is important to make advance directions after death through a Will, it is equally important to make advance decisions about finances and personal care in the event mental incapacity. The Enduring Power of Attorney and Personal Directive complete the trinity of estate planning documents by appointing decisions-makers for finances and personal care, respectively. ▲

*“We make a living
by what we get,
but we make a life
by what we give.”*

Winston Churchill

Thank you!

With our dining room closed, Kerby Centre staff has been preparing frozen meals that are being given free to vulnerable seniors. As of today, more than 4,000 nutritious meals have been delivered!

This program would not be possible without the support of our donors, corporate partners, and our volunteers! Thank you for your support of seniors in our community!

**To donate to Kerby Centre,
please visit
www.kerbycentre.com/donate**

Leave a Legacy of Inspiration

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



Kerby Centre

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

Please choose to make a difference today.

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

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

Amount Enclosed \$ _____

Payment by:

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City _____ Province _____

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

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- 12 Home Care
- 13 Mobility Aids - none
- 20 Home Maintenance
- 24 Landscaping
- 26 Services
- 30 For Sale
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- 45 For Rent
- 48 Real Estate- none
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30 For Sale

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

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

For sale in Mtview Mem Gdns - Garden of the Apostles Lot 386, C1 & C2. Ph 403-273-6645 Leave message OBO

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

45 For Rent

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

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Kerby News
Classified Deadlines

July issue - June 8
Aug issue—July 13

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

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The quality,
not the longevity,
of one's life
is what is
important.

Martin Luther King, Jr.

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. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

C. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?

D. What English word has three consecutive double letters?

E. How can you tell that Jupiter, Saturn, Uranus, and Neptune are about to get married?

F. What did the smelly feet and smelly shoes say to each before going to a long day walking?

G. What food is so funny that it can be a comedian?

H. The more of this there is, the less you see. What is it?

Answers on page 23

Seniors scene

Good Companions 50 Plus Club

Our Club is presently closed but Good Companions 50 Plus Club is excited to continue outreach for seniors through virtual programming. Please visit our website at www.gc50plus.org to learn about services and programs offered.

Our Program Coordinator, Shauna Trainor hosts GCTV (Good Companions TV) every Monday at 11:00am. We are pleased to partner with StrongerU Senior Fitness who offer a live pre-choreographed class on Wednesdays at 11:00am which is suitable for all fitness levels.

We also invite you to join us for Coffee Chat live on Fridays at 11:00am. If you would like to receive the link via email to view or participate in any of these programs, please call us at 403-249-6991 or email us at gc50plus@gmail.com.

We hope you can join us!

Seniors Week Events

Seniors week is taking place from June 1 to 7 this year, and despite the effects of the COVID pandemic on events, there are still various activities ongoing over that period, online!

For registration or further details on events, visit www.kerbycentre.com/seniorsweek

Empowered Eating for Immunity.

Tuesday June 2 – 11:00 a.m.

Presented by Megan Barefoot, BSc., C.H.N.C. Certified Holistic Nutritional Consultant, presented by Kerby Centre. Register online.

Changing Perceptions of Aging' Meetup: Feature Film – Lines of Sight Watch Party!

Tuesday June 2 – 6:00 p.m. to 8:15 p.m.

Award-winning documentary on artist and painter Jim Hall that traces his journey through incredible hardships and resiliency.

Presented by Age-Friendly Calgary – 'Changing Perceptions of Aging' Meetup and the THIRD ACTION Film Festival. Registration online.

Continued on page 23

Seniors Scene; Online!

More than a Number' Livestream Reading

Wednesday June 3 – 7:00 p.m. to 9:00 p.m.
More than a Number' Livestream Reading

A humorous play follows five friends through a game of cards that gets side-tracked as things heat up over whether ageism really exists and what form it takes in their personal lives.

Made by possible by Seniors' Acting Lab. Head to their facebook page at www.facebook.com/seniorsactinglab

Fact or Fiction – Seniors Housing in Alberta

Thursday June 4 – 6:00 p.m.

A presentation about the true realities of seniors housing today and potentially dismiss some recent myths circulating about seniors housing today. Presented by Calgary Seniors' Housing Forum Society. Registration online.

"The Great Disconnect" by Tamer Soliman and Sarah Douglas.

Friday, June 5 – 6:00 p.m.

Join us for an evening of film and talk. It starts with a viewing of the Canadian documentary, The Great Disconnect.

The Great Disconnect explores what some experts are describing as the "age of loneliness." Despite Western advances in technology, living conditions, education and healthcare, we as a society, are isolating ourselves from one another and because of this, facing a health crisis that affects all ages, genders, races, and cultures.

Presented by the Third ACTION Film Festival and Kerby Centre. Registration online.

Spring and Summer in Fish Creek

The Friends of Fish Creek are doing our best to navigate the current economic and social landscape in a safe and efficient way. Since the beginning of the Covid-19 pandemic, the Friends have been reorganizing and re-evaluating all

of our programs, courses, events and activities. We are working to determine what is possible to offer now and what are the necessary revisions needed to ensure volunteer, staff and overall public health and safety, compared to what might need to be postponed until more certain times. As we are planning for summer and fall, we would like to provide a brief update on our programs and events so far.

Each year, the Friends of Fish Creek offers our Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings, as they search and explore for the best images of the year. The contest is also part of the Friends' "Social Enterprise" programming, with all proceeds contributing to our ongoing stewardship and education programming in Fish Creek Provincial Park.

From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road.

Capture Nature runs from May 1st to July 31st. All submissions must be images taken in Fish Creek Provincial Park.

We're excited to see how Contest participants interpret and capture this year's fun but somewhat challenging themes:

- A Bug's Eye View
- Power & Grace
- Weather or Not

Are you up for the challenge?! \$25 registration fee for adults, free for youth 17 years of age or under.

Register online and the public will be able to vote for their favourite photos.

SUDOKU ANSWER

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

PUZZLE ON PAGE 18

RIDDLE ANSWERS

- A. An echo
- B. A map
- C. Pencil lead
- D. Bookkeeper.
- E. Because they all have rings.
- F. This socks.
- G. Crackers
- H. Darkness

RIDDLES ON PAGE 22

CROSSWORD SOLUTION

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

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Thank You

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