

Breaking bread at Kerby Centre



Nothing's better than a freshly baked loaf of bread, and the volunteers at Kerby's new pop-up bread market know that better than anyone. Kerby Centre has partnered with a local business to help promote food rescue in the community. Story page 12. Photo by Andrew McCutcheon

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THANK YOU

THE COMMUNITY WITH HEART

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

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

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

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

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



— Dr. M. Garth Mann: Director



From Residents and Families

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Fantastic job all around."

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

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

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

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

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

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The Manor Village at
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Message from the CEO: Food security and rescue



Larry Mathieson, CEO

Last week Nora Rudenko started a job at Kerby as our new Community Coordinator of our Food Security/Food Rescue Program for seniors. What exactly is Food Rescue or Food Security?

Food security is defined as the availability of food and one's access to it. A household is considered food-secure when its occupants do not live

in hunger or fear of starvation. Stages of food insecurity range from food secure situations to full-scale famine.

Food rescue is the process of gleaning viable food so that it is not going to waste. Instead, it's redirected to support the local community. Therefore, Food Rescue is one of the elements of our Food Security program for seniors- the element that is good for the environment and our landfills. According to FoodRescue.ca, 58 per cent of the food produced in Canada is lost and wasted annually. Thirty-two per cent — equaling 11.2 million metric tonnes — is avoidable and potentially edible food that could be redirected to support people in our communities.

Concerns about food security is a significant issue for many seniors during the pandemic. Quarantined at home and isolated from friends and family, seniors have been struggling with daily care, sharing that they feel iso-

lated and worried, not only about the future but about how they can meet their most basic needs right now. Every day we're experiencing growing numbers of seniors reaching out for help with concerns about health, food security and social challenges like isolation.

To meet this need in the community, we designed and implemented a Food Security Program, providing vulnerable seniors and those in self-isolation due to COVID-19 with much needed free ready-made frozen meals as well as vital social connections. The program has been a tremendous success, helping vulnerable seniors meet their most basic needs, and inspiring members of the community, including many seniors, to step up as volunteers to deliver meals to those in need.

Since the beginning of the pandemic, we've delivered more than 10,000 meals free of charge to vulnerable seniors. Our Food Security Program

has provided seniors with a lifeline to their community and is helping them feel safe and secure knowing that they are being supported and cared for during these challenging times. We quickly realized that food security issues for seniors were more complex and needed a multi-dimensional response. Additionally, Kerby has many volunteers who are seniors — so our food security program will have dimensions of seniors helping seniors — as well as seniors helping other Alberta's in need — no matter what their age. I guess you could just say "seniors supporting our community".

Over the coming weeks, you will read on our social media channels and in Kerby news about what our Food Security program is doing at Kerby Centre as well as at other locations pop-up locations throughout the city.

And if you want to help us out. I am sure we will have many ways that you can do that too.

OCTOBER 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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Kerby News

Published monthly by Kerby Centre
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Kerby News is the official publication of Kerby Centre. Of the 30,000 copies printed monthly, 3,200 copies are mailed to its members. In addition, 26,800 copies are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

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Richard Parker, President

Wow, it is November already?

I can't believe what has happened since COVID-19 arrived on our shores back in March, when the world as we knew it changed in what seemed an instant.

While a pandemic is never a good thing, there are always bright lights shining through in the darkness. When I look back on the past eight months from Kerby's perspective, I believe there are a number of very positive things that have happened which reflect well on our staff, our volunteers and especially the Calgary community that supports us.

When we had to close our doors at short notice on March 17, we had never contemplated how to provide our services without a building. Through a combination of creative thinking by staff, volunteers offering to take on new roles, program participants

President's Message: Giving thanks for bright moments

adopting new technology and an outpouring of support from Calgarians, we have accomplished a lot together that has helped many seniors in these challenging times.

Between March and August, Kerby Centre has:

- Delivered 11,000 frozen meals made in our dining room to isolated seniors
- Hosted more than 200 classes on Zoom
- Welcomed 400 new volunteers

• Packaged 48,000 disposable masks for distribution to seniors throughout Calgary. Kerby continues to explore new ways to deliver innovative programming.

The Centre is now open. We are gradually offering more of our traditional programs as the dining room is open, as are the woodworking shop and the foot care clinic, all of which are following stringent COVID-19 protocols passed down by our health authorities.

We are continuing to offer more programs over Zoom, often attracting more participants than we could ever have served in our building. We are partnering with new organisations, such as Kids up Front and Calgary

Reads, resulting in kids and seniors meeting regularly over Zoom to read to one another.

We are working with other seniors groups to offer joint programs accessible to members of multiple organisations. For example, your Kerby membership also gives you access to programs offered by Parkdale Nifty 50s.

As I look at this list of accomplishments it makes me proud to be a Calgarian and to work with such a dedicated group of staff, volunteers and other agencies all of who rose to the challenge of the COVID-19 Shutdown and said: "what can we do and how can we help."

I am writing this just after Thanksgiving and we have just received a note from an 86-year-old Calgarian who accessed many of our services during the shutdown. She ends her note with the words: "you can never have too much Thanksgiving Happiness or too many people in your life who are as special as the Kerby Centre." I could not have said it better myself.

Keep safe.

Observing Remembrance Day in 2020



Photo credit: Victoria Tronina

By Andrew McCutcheon

The observance of Remembrance Day is an important part of the year for a huge swath of Canadians.

However, with COVID-19 currently affecting a good portion of the country and case numbers on the rise, many might hesitate to attend a large gathering to honour those who've come before to fight for our freedoms.

The Military Museums

of Calgary has already put out a statement that their annual ceremony will be closed to the public on November 11.

There may be an emotional response to the idea that one can't or shouldn't publicly show their support for members of the armed forces as they normally might.

However, there are many ways to observe Remembrance Day and show one's support and appreciation as an alternative

to public gatherings.

Research and education

There are so many stories and tales of the personal and historical available, years after, that delve into the true human cost of armed conflict.

Picking up a book or a memoir may not feel the same as attending a ceremony to honour those that have come before, but it still embodies the important spirit of remembrance.

There are hundreds, if not thousands, of written and recorded stories that have been put down on wax by those who have survived the conflicts of the 20th century and beyond. Even by picking up and reading a book, you're engaging in an act of Remembrance.

Ahead of November 11, check out your local library branch and its historical selection. Finding and reading someone's story and committing the events to memory is an act of remembrance and helps keep the past alive.

You can even plan to read a book alongside friends or family members, and then planning a time to discuss what you've read over the phone or an internet service like Zoom. Not only are you engaging in remembrance and honouring veterans, but you're able to share and discuss what it means to you and your own life on a personal level. Being social and having those interpersonal conversations is what Remembrance Day is all about.

This author recommends "The Fighting Canadians," a historical account of Canadian military regiments and their actions across the centuries and decades, but there are a multitude from which to choose.

Writing your own stories

Another way you can help contribute to the preservation of these historical accounts is to commit them to paper yourself.

If you are a former member of armed forces or have one in your immediate family, you can sit down with a pen and paper or a word processor, and ensure that these tales are not lost to history.

Make sure if you are asking a family member or friend about their past in times of conflict that you take the time to empathize and appreciate how difficult the subject may be for them to speak about. Not everyone wants to discuss what they've been through and going back to those memories can be an extremely difficult process.

No amount of historical value is enough to re-traumatize a loved one by forcing them to relive memories that they'd rather forget.

However, if they are comfortable with sharing events of the past and they've assured you that it's okay, you can prepare to commit their stories to memory.

Sit down with them for a conversation, either socially distanced or remote. Make sure they feel comfortable and check-in often when the topic of conversation gets difficult.

Focus on the conversation, itself. While you can take some sparse notes, it's better to have some sort of audio recording to come back to later. In the midst of their story-telling, you should be focused on what they are telling you.

You can ask questions to help jog their memory. When they are describing an event, asking them about their five senses can help unlock previously forgotten details. What was the weather like? Was it cold and dry, or humid and hot? Were there any clouds in the sky? What did it smell like? What were the sounds like?

Unlocking these memories, though, is a slow process. Be patient and grateful for everything that they pass onto you, letting them know how much you appreciate their disclosure.

Don't attempt to wrangle "juicy war stories" from them. The heat of battle is not something many would wish on their worst enemy. Although it may be depicted in media as adventurous or exciting, the personal journey of war was not easy for any involved.

Dates and figures are much harder to remember. If a veteran might not remember the exact day when these events have happened, don't worry. There are plenty of additional historical resources out there to help you confirm the smaller bits. Focus on their own, personal events; these will be of value to future generations as much as anything else.

When you're finished — and with their permission — it's possible to have this memoir recorded or published. Reach out to organizations and archives with your documentation and recordings. They might be able to help preserve them in a way so it is never forgotten.

Personal reflection

Remembrance Day doesn't have to be about grand gestures or public displays.

Taking some time to yourself on November 11 to think about what Remembrance means to you is just as important of an action.

It could involve taking the entire hour from 11 a.m. to 12 with a cup of tea and reflecting and meditating about the history of war, the freedoms Canadians have and what freedoms one should continue to fight for.

Giving thanks and taking stock of one's self in this manner is another avenue of Remembrance.

What matters is the time we invest into ensuring that the time of the past will never be forgotten.

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You can't imagine tomorrow

By David Darnielle

What will tomorrow bring?

If you're reading this, at least a few things can be assured.

Probably snow, a little bit of sun if we're lucky and the Maple Leafs won't be doing well.

A wise man once said that all we're guaranteed in life is death and taxes. That man definitely wasn't a Toronto hockey fan or else he'd have added a third.

But unless you've got yourself a crystal ball, there's no sense in attempting to figure out what's going to happen

before it happens.

There's a freeing sense to that. No use holding on to all the worries of what might or might not happen until you cross that bridge.

Someone else a lot smarter than me said that worrying about the future is like trying to solve a math problem by chewing bubblegum.

To be fair, it's been so long since I've done long division that chewing gum sounds like as good an idea as

"No one can predict the future and the future is always unpredictable"

anything else.

But no one can predict the future and the future is always unpredictable.

It's it funny, then, that a good portion of our anxieties tend to focus on the negative?

So many people focus on the possibility

of what negatives, what pitfalls or perils they might run into. We rarely think about all the positive possibilities, the wondrous and exciting things that each next day could bring, even if they are just as likely or unlikely as the not-so-nice stuff.

You really can't imagine what tomorrow might bring.

I know this from experience.

When I was younger, I lived a good portion of my life unable to imagine the next day.

Not in the sense that I found myself not able to predict the future — again, no one can predict the future.

Rather, I reached a terrible and frightening place where the prospect of facing the next day grew seemingly more difficult as time passed.

When every tomorrow seems like it's not worth the wait: what a terrible fortune, what a terrible fate.

I'd not wish those days of mine on a worst enemy.

Loneliness and apathy, fear and anxiety: I found myself unable to find a moment's rest.

It's no wonder that I — like many others — turned to the bottom of a bottle to find a solution.

I won't go into the details of my swirling descent. Any reader's active imagination could fill in the blanks with details and the real story would probably match.

I brought myself to a place devoid of colour, as if the drink I held so tightly to my chest was paint thinner: slowly removing the bright blues and verdant greens of my life to grayscale.

At the lowest point of my life, I could not imagine tomorrow and instead took refuge in oblivion.

I am happy and relieved to say, I did not go gently into that night.

I, instead, did one of the most difficult and frightening things I've ever done in my entire life.

I picked up the phone.

Asking for help is not easy.

But I can assure you that the alternative is much worse.

I reached out, in the eleventh hour, hoping against hope that someone would throw me a life preserver — anything at all — to help keep me afloat.

And wouldn't you know it? Despite all my attempts at keeping myself shuttered in and blinded to the world around me, shielding my eyes because I couldn't bear to look?

I was surrounded by people — some friends, some family and some complete strangers — who were willing to pull me out from the icy waters I'd sank in so deeply.

In the same way no one can predict the future, I could have never imagined the outpouring of support, under-

"Reaching out is not a sign of weakness. It's the bravest thing you could possibly do."

standing and empathy that I received.

Back then, I could not have imagined another day forward. But now, here I am, far into the future. I am healthy and I am happy.

Not to say that things are always perfect. Life

is never easy, but instead, I've learned to train a pair of guard dogs in my mind, that fight and scream and struggle whenever the cold hand of depression knocks at my door.

And I've learned to be brave in reaching out.

Reaching out is not a sign of weakness. It's the bravest thing you could possibly do.

But I know that, still, may others may have fears or anxieties about reaching out. So to those folks, who might need some words of encouragement, I offer you this.

If a friend, a family member or a stranger, reached out their hand for help when they needed it most, would you judge them? Would you mock their bravery in their time of need?

Or would you grasp them so tightly, cling to them and circle the wagons? Ensure that they got what they needed to make it through?

If you answered the latter and yet still don't know whether you'd be able to reach out: extend to yourself the grace that you would extend to a stranger.

You'll realize that everyone in this world is blessed with the ability to listen. Humanity, as a species, wants to take care of one another.

If you reach out, even if it's to pitch darkness, something will happen.

A multitude of hands will reach back to you.

You could never imagine it in your wildest dreams. And while I might not be able to predict the future, this is one thing I can guarantee.

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Strength in vulnerability

By Angie Friesen



Photo Courtesy Tandem X Visuals, via Unsplash.com

It's the end of September. In a small village in Saskatchewan, the freezing rain and bone chilling wind strike my socially distanced family members as we gather at the graveyard to say goodbye to a very special uncle.

In it together, but still distanced apart.

The day almost seems surreal. I feel numb.

I take my turn to step up to the hole in the ground, say a prayer and toss in a sacred piece of wheat. It's hard not to embrace those that are hurting, but I want to be respectful in following the rules. Instead I make eye contact and make motion of an "air hug."

Not quite the same, but still making a connection none the less. I feel for those that have had to say goodbye to loved ones this year.

The best way I can sum it up is simply: it sucks.

Grief brings up a variety of emotional waves, sometimes unexpectedly and everyone handles it differently.

On the long drive home in the rain, we were traveling with my sister-in-law. Not long into our journey, her daughter texted her: "Did anyone cry?"

This actually made me laugh because I think I did enough "ugly crying" for the entire family. This opened up an interesting conversation about grief and how the process is different for everyone. Shortly after this discussion in our truck, it allowed me to think deeper of the human experience of vulnerability.

For some, freely expressing our emotions doesn't come as easy. Many of us grew up feeling that showing emotion was a sign of weakness: as we remind ourselves to "keep a stiff upper lip" during some of the most trying times.

Now, more than ever, we're hearing stories arise of mental health challenges where people are trying

to hide their struggles and keeping emotions bottled up.

Under enough pressure, that bottle will burst. We sometimes forget that we are all human and feel all the emotions throughout our lifetime. I often think of the quote by Brad Meltzer: "Everyone you meet is fighting a battle you know nothing about. Be kind. Always."

It's important to be open to sharing our stories of our battles and also lend a listening ear to those that have the courage and strength to share their experiences with us. We can do hard things.

One book in particular — "Daring Greatly" by Brené Brown — transformed the way I view and experience vulnerability, sensitivity and shame. In her variety of published work, and lectures, she challenges us to view vulnerability in a more positive light.

Did you know that instead of being a weakness, vulnerability can be a source of strength?

Vulnerability inspires and creates connection. It opens up a conversation, inviting others to relate to your feelings and experiences. It allows you to be honest and real, deeming yourself as being trustworthy to others and true to yourself. "Putting yourself out there" takes and shows courage. You become a risk taker, which opens you up to new opportunities and experiences. Its from these experiences we continue to learn and grow.

"Vulnerability is the core, the heart, the center of meaningful human experiences." - Brené Brown

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A Delightful Day in Carburn Park

By Barbara Ellis

Most of our world will not look back on this year with undiluted pleasure. I recall the Queen saying that the year 1992 was her “*Annus Horribillius*,” and well, that phrase certainly describes 2020. Having said that, are we not having a most remarkable autumn?

Not long ago I had the pleasure of strolling through Carburn Park. This magnificent park stretches itself out along the eastern shores of the Bow River and is one of Calgary’s largest parks. The day I was there the park was filled with people walking, running, bicycling, picnicking and just plain enjoying themselves. Not only is the park big and beautiful, but it has historical significance too as noted and illustrated by the plaques at the entrance.

This year Alberta has gifted her children with warm weather, moderate winds and lots of bright



Photo courtesy of author.

sunshine. Then she took out her autumn pallet, painted the trees and bushes in various shades of yellow

and gold and a sprinkling of crimson thrown in for good measure. Nobody can paint a scene as well as Mother Nature!

I stopped by one of the ponds and watched some ducks paddle by and then disappear underwater only to pop up again a few feet away. The pond was a deep emerald green gradually morphing to sky blue in front of me, while on the opposite side, the trees were reflected in their autumn spender. A light breeze began to tickle the leaves off the branches allowing them to glide to the ground thus adding colour to the accumulating carpet of gold.

In my ramblings, I came upon a huge venerable tree, the largest one I had seen in the park. I am not good at guessing the age of trees, but in my estimation, this one had seen at least three centuries come and go. My, what stories it could tell if it could talk. Luckily for me, there was a bench nearby so I sat down and allowed my imaginings to run wild.

In my mind I envisioned a tiny seed, perhaps carried by a bird eons ago, and then being dropped at the perfect spot next to the river. The following spring the seed came to life and began to grow. Year after year, the little tree grew in stature and strength as it stretched its limbs towards the sky. No doubt over the eons it withstood torrential

downpours, blazing sunshine and bone-chilling blizzards, but through it all, the tree stood firm as it dug into the ground and spread its roots for stability.

I do not doubt that the tree witnessed the great buffalo herds that used to roam across the grassland. There would have been deer, wolf, coyote and a host of creatures native to the area. Eagles and hawks would soar high above before dive-bombing to catch a hare or gopher to feed their offspring. During migration, the sky would be filled with an endless and noisy convoy of birds heading north or retreating south.

I thought about the native people who may have travelled this way to fish or perhaps enjoyed a dip in the river before laying down to rest under the tree. Perhaps their tribes made camp nearby and their children tested their skills by climbing up this tree with its ever-expanding and strengthening branches. I could almost feel their presence as I envision them in my mind.

The river twinkled and gurgled as it washed over the rocks and pebbles on its journey towards its final destination. I wondered if any settlers travelled down the river to homestead and begin new lives. Senator Burns, one of Calgary’s prominent citizens, ran herds of cattle in the area and built a

meatpacking empire. He is remembered as one of the Big Four who initiated the Calgary Stampede.

During the last century, the area was better known for the sand and gravel that was extracted and used for construction. These pebbles that the river had washed and nurtured over millennia, became the best building material for a growing city. Over time, it became evident that mining the gravel was an eyesore and caused the destruction of the environment. Concerned citizens envisioned a sanctuary, not only for wildlife but also for Calgary’s growing population. Through the concerted efforts of various organizations, the land was purchased and plans were drawn up to create the park.

The gravel pits were enlarged and deepened and the river water seeped into them. These are now abundantly stocked with fish and are greatly enjoyed by fishermen and all those who delight in eating the tasty trout.

Sitting on that bench I felt at peace with nature. Soon everything would change and as winter took over the season, snow would cover the ground. No doubt when the cold weather came, I would remember with delight sitting by the river, next to that big tree and enjoying my day in the park.

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Breaking bread at Kerby Centre



By Andrew McCutcheon

There's nothing better than a freshly baked loaf of bread.

Crisp and fluffy, straight out of the oven, they are perfectly paired with a variety of condiments. This author loves

a nice blackberry jam preserve with a generous slab of butter.

Kerby Centre has partnered with Cob's Bread to help pass on the joy of bread to older adults in the community along with helping prevent food waste.

Good, fresh loaves, buns and baguettes are now available every Friday morning inside the Kerby Centre to be picked up. So far, 60 to 80 seniors have attended weekly, and the popularity of the event has the centre looking to add additional days to the

program.

"It feels amazing to be able to facilitate the process of rescuing food and providing it to older adults in the community," said Nora Rudenko, the newly hired Community Coordinator for Kerby Centre.

Part of Rudenko's role and passion will be working on food rescue programs, which have a two-pronged approach of helping provide food security while also reducing waste.

"We're also looking to promote awareness of food rescue and what people can do in their own communities and kitchens to prevent waste," Rudenko said.

Food waste is an important issue within Canada. Canadian households throw away \$1,766 worth of food annually — not to mention edible food that goes unused in restaurants, grocery stores or produce markets.

Food rescue programs aim to assist through a variety of processes, whether it's facilitating passing only delicious, fresh and

edible food to those who can make use of it — like at the new Kerby bread market — or through composting or industrial use of inedible food waste.

For example, inedible food waste can be used through a process called "anaerobic digestion" to produce a biological methane, which is then used to generate electricity.

Another process, known as hydrothermal liquefaction, converts food waste into an oil that can then be refined into fuel. One of the largest hydrothermal liquefaction plants in Canada actually resides in Lethbridge.

Through these, and other simpler methods like the Kerby bread market, the concept of food rescue is being used to better promote sustainable living across Canada and Alberta.

"In the future, we hope to be able to do more outreach events in the community to promote awareness," Rudenko said.

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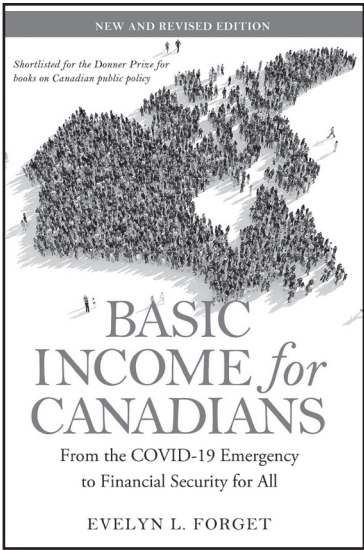
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Book review: A Basic Income for Canadians



“A Basic Income for Canadians”
by Evelyn Forget

Book Review
by Eleanor Cowan

Recipients of CERB (Canada Emergency Response Benefit) have already experienced the essence of what Basic Income could look like in Canada. The unexpected struck (COVID) and emergency financial supports happened. That is precisely the role of Basic Income, but a true Basic Income would not have excluded people with disabilities or others living in poverty.

Dr. Evelyn L. Forget is Professor of Economics

and Health Sciences at the University of Manitoba. Her research examines the health and social implications of poverty and inequality, and she is often called upon by governments, First Nations, and international organizations to advise on poverty, inequality, health, and social outcomes.

For over thirty years, Evelyn Forget’s research program has focused on one issue: how can social policy ensure that everyone has access to the resources they require to live with dignity? “Everyone benefits from basic income ... in exactly the same way that all Canadians benefit from universal health insurance even if they do not now need hospital care, and in exactly the same way we benefit from fire insurance even if our house does not burn down. Basic income is an insurance policy against unpredictable life events.”

In her updated volume, this Canadian scientist promotes her well-considered plan

for a healthier, happier, and more secure life for all, and underscores that Basic Income is an insurance policy to protect all Canadians. “Anyone of us can have a child with disabilities who alters all our well-laid plans. Anyone of us can suddenly be called upon to provide extra care for a parent or spouse or sibling who falls ill or who find themselves retired a decade earlier than expected. Under the present system, such responsible adults must spend all their savings before qualifying for provincial support. “A lifetime of working to save for retirement can disappear in a flash.”

Dr. Forget invites all Canadians to consider this life-saving option she has championed for many years.

To digress for a moment — Recently, I was shocked to learn that CEOs of Canadian charities entitle themselves to salaries of well over \$370,000 per year. As a donor to Plan Canada, I wrote to their Toronto administration about

my astonishment at the wealth drawn from donors who believed their money was going to desperate children. I received a reply stating that a salary of 350K was “in line with the earnings of the six main charity CEO’s in Canada.”

While reading Forget’s convincing research, it occurred to me that the enormous salaries of those who dispense such charities would end.

No need.

With a government-approved policy, Canadians whose annual income fell short during hard times would be as legally entitled to aid as are Medicare cardholders. Not a charitable offering by those well-paid to dole it out, but a right.

Consider the benefits to university students who wait tables at night to pay the rent and housing. Fewer dropouts. Less depression. Less suicide. The amount they receive could pay for courses and shared housing too. In time, these graduates would become contributing taxpayers.

Imagine new mothers supported to raise their kids themselves. Imagine the diminished stress levels to relieve the mental health levels of whole communities.

As I read, I considered how much basic income would have rescued me, a responsible, working mother, and my children, back in the day.

Even as my children grew into teens, this taxpayer could not afford more than our housing, food, and clothing. Vacations were rare. Dental bills were distressing. Gratefully, my children were avid readers, and our library cards well-worn. When I broke my leg, I had to cash out my life insurance policy, which got us through the months of my healing until I could return to my three part-time jobs. How wonderful for my children and me to have received a financial boost, even for a while.

I calculated that with the ‘earnings’ of one CEO’s 400K from his charity business, four Canadian students could complete a four-year university degree – courses and housing paid – or 400 students could receive a \$1,000 amount to chip off their annual rent.

From every angle, and with well-researched numeric data, Prof. Forget irons out the wrinkles for those concerned about abuses and costs. She confronts every possible scenario of this fail-safe/disaster-prevention recourse for responsible adults who fall upon hard times - which includes most of us.

Well-written, engaging, filled with winning stories and factual data, all doubts vanished. I consider Basic Income a welcome step in Canadian advancement and evolution.

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Travelling the B.C. Heartland



Photos courtesy of author. Pedestrian crossing in the backcountry along the Lillooet to Pemberton highway.

By Jerry Cvach

After COVID-19 wreaked havoc with my vacation plans in 2020 I decided to tour the BC Interior as the only viable alternative. Considering that I had crisscrossed the province ad nauseam in the 70s and 80s as a travelling salesman, it seemed a silly idea indeed.

But a business trip and a vacation are two different animals. Being an itinerant wanderer with time to stop at all tourist attractions, real or imagined; with no schedule or obligations, there is surprisingly much to see and to observe the behaviour of the people.

I was concerned what the COVID-19 rules were going to do to me. The rhetoric was no good: the BC government is very strict, unsympathetic to strangers with Alberta license plates, the rules are draconian and locals unfriendly. Well, yes and no, but they turned out to be different. Some popular forestry trails would be off-limit as the pathways were deemed not wide enough for social distancing, ferries' rule to stay in cars outright unpleasant.

What made sense in June, was now silly. Why keep a forest still closed, for example, when off-season only a few frustrated people were milling around the barriers undecided if to cross them or not, fearing exorbitant posted fines. It was proof of an old adage that it is easy to erect barriers,

much more difficult to tear them down. But the inconveniences were few, not enough to spoil the trip.

On the other hand, it is not compulsory to wear masks in enclosed public areas. Predominantly only service people and Albertans wore them unless it is different in Vancouver and other densely inhabited areas.

Even on a trip without a precise itinerary, there must be some guiding principles. This time it was a decision to avoid Vancouver since metropolises of the world resemble each other too much. Even the overdeveloped Kelowna area resembles other North American retirement communities rather than being distinctively British Columbian. The local flavour is in the countryside, I decided. It was the right decision. Travelling on secondary roads I met the backcountry people who are unique, interesting and important, sociable.

Surprisingly, though, the country folks who are considering themselves the guardians of ecological purity, they still surround themselves with the vestiges of the modern living and conveniences. They acquire new possessions as much as the city people and throw the old out. Being isolated, lacking garbage collection and having large lots, over a generation or two they are inundated with the discarded items. It is not decomposing trash, just eclectic collec-

tions. Old cars included they are a boon for car restorers! This holds true for the settlers as well as for those native to the area.

One of my former customers in Okanagan Valley restored McLaughlin Buicks built in Oshawa, Ontario. Originally a carriage manufacturer they bought engines in Detroit and started making cars instead. They were sold to General Motors in 1918. Needless to say, there aren't that many original McLaughlin Buicks around.

Doug would look for the discarded machines in classified and then went to excavate them in the farmers' fields all over western Canada and the US. He would need several wrecks to combine them into one car. Doug was a free spirit and likely wound up with only reasonable facsimiles of the original vehicles if those had even been made to strict specifications in the first place.

Visiting his plant we would soon end up in one of his restored cars cruising around, one of my favourite sales stops in those days.

Going west from the prairies there is a magical transformation where the prairies end. The great plains become all undulated, rippled and heaved, the glaciers cut out deep valleys billions of years ago. The high mountain ridges of the continental divide stop the clouds that dump their moisture on their western

slopes. From there going west is British Columbia. The different weather and landscape nurture different people. BC Interior outside the coastal mountains and the mighty Vancouver is a beautiful agricultural and profusely forested land.

This is where the unruly, wild terrain of the province met the structured, precision engineering of the railways in the middle of the 19th

century. The steam engine tolerates a very little slope as the boilers become inefficient when tilted. The magic number seems to be two per cent, meaning a rise of 20 millimetres over one meter. Besides, the railroad engines and cars can't handle tight curves very well.

It is demonstrated right away at the Alberta BC border on the top of the Kicking Horse Pass. The railroad



Cenotaph commemorating Canadian casualties of WW1



Last spike site by Craigellache.



Old church in Spences Bridge.

has to come down to Field 471 meters lower at an average grade of 2.9 per cent. In 1884 the builders with picks and shovels were forced building at 4.2 per cent grade in places, twice the permitted slope. Due to frequent accidents and expensive helper engines, the CPR opened a pair of Spiral Tunnels in 1909 that replaced the direct route. The grade was reduced and the tunnels are now a major tourist attraction. Wait for one of the frequent trains. As it crosses itself before or after the tunnel, it looks like a dog chasing its tail.

Much more versatile automobiles and paved highways came later. There are not that many options in the mountains for routing of both, the trains and the cars. They follow each other for long stretches of the way. The orderly, well-behaved railroad was built first and took the best route. The highway dances around it. It is often high above the rail lines and it is quite a spectacle looking down to watch the 100 plus car long trains chug alongside the rivers. And of course, what an opportunity for spectacular bridges! Throughout BC even wooden trestles are still used in places.

Three trans-continental railways were built. They always started from both ends of the country eventually meeting someplace resulting in the Last Spikes ceremonies.

The first one was driven into the Canadian Pacific Railway track on November 7, 1885 at Craigellachie. On April 7, 1914 the Grand Trunk Pacific Railway last spike was driven home just east of what is now Fort Fraser, west of Prince

George. Canadian Northern Pacific Railway, the third and final one, was pounded near Ashcroft on Jan. 23, 1915, giving BC the distinction of having all three railways' Last Spikes. I chanced on the first and the third one.

The railways opened up the BC Interior. Estimated 500 communities sprang up along the rail lines. Although some are now abandoned, particularly the local ones, they are converted to bicycle paths and are very popular.

This is not to say that the car traffic is without its problems caused by steep grades. On Trans-Canada Highway just north of Spences Bridge a large Peterbuilt trailer truck is burning. The driver of a water tank vehicle next to it is a strong, smiling and obliging man.

"So what happened here?"

"A truck caught fire from overheated brakes."

Yes, it has been downhill for a stretch.

"Is the driver all right?"

"Oh yes, he just parked it off the pavement and got out."

"And?"

"And he left it to burn, went home, he could do nothing more."

"What was the cargo?"

"Wood chips. Takes time to burn a truckload of chips. It's been burning since yesterday, at 11 o'clock"

You bet!

"This isn't something one sees every day."

"No, it's been six years since it happened last."

Not so rare! A lot is happening out there that we city folks don't know much about.

Going on highway # 1 the traveller leaves the mountains by Sicamous. The transformation is again

huge. In the fall the hue of the country changes from the blue-green of the coniferous trees to Yellow Ochre to Raw Siena colours of dry grasses and exposed sandy soil. There are still trees, mostly pines and plenty of poplars and birches, glowing yellow. The forests are more open, they grow slower here because of less moisture and are more prone to fires.

Yet it is the land of many big lakes, not the enormous ones like they have in Ontario, yet big enough to notice; like Lake Okanagan or Shuswap. Everyone seems to own a boat but they don't sail them much, they keep fixing and improving them. There are many more boats in the marinas than being sailed. That is the case with pleasure craft everywhere in the world, which baffles the business mind. I often wondered, what is the return on investment? The business angle is that boating employs many and fosters tourism.

The best is to know someone and go with them. We were invited once. The trip started promisingly when we noticed the lady of the house bringing two containers, one labelled "Good Stuff". It was good enough stuff that we never really bothered to find out what was in the other one.

It was a glorious summer day, the weather perfect and as we were cruising her husband was pointing out the interesting features on the shore. Obviously if one isn't water skiing or fishing, the attraction of being on the water is to observe what's on the shore. By Oyama, he mentioned that the local butcher shop makes the best European ham sausage-

es in BC Interior. Nobody had any money on us so we crossed the lake to borrow from the friend of our friend, then crossed the lake back again and went barefoot to buy some. The sausage was indeed delicious and went well with the Good Stuff. It's the kind of boating that I could learn to like!

Once past the Cache Creek the road to the coast is either by Fraser Valley or drive through Lillooet, Pemberton and Whistler to Horseshoe Bay ferries. It is still a little known highway, paved only 28 years ago. It is spectacular, leaves the Raw Siena fields behind, runs in a deep gorge and through dense forests. It is not marred by much habitation and even fewer gas stations. Closer to the coast the forests again become very wet and there is an abundant display of mosses hanging on branches testifying to the prevailing weather patterns. It is still a virgin area, with primitive pedestrian bridges over raging creeks and a few native villages. The road follows another railroad with ridiculous grades, built on the edges of precipitous, rough terrain – particularly close to Lillooet.

I noticed many beautiful, old wooden churches invariably abandoned on native lands. They could be victims of the residential schools fiasco and the religious institutions' involvement in it, or maybe because these communities' populations are declining. Whatever the reason, these buildings are historical, picturesque and have a lot of character. It would be a pity to lose them.

Thanks to my forgetfulness I was returning east by the same route, to pick up

my phone I had forgotten in the Cache Creek Motor Inn. Since I originally planned to use Hwy. 3, I drove south to Spences Bridge, east to Merritt, south to Princeton and then through Osoyoos, Trail, Nelson and Cranbrook to Calgary. The southern route studiously avoids large populations. The towns are small and destined to stay that way. It's the land of abandoned mines and panning for gold. Some towns are prospering due to tourism or logging, some are stagnating, yet charming, like Hedley or Greenwood.

On the southern route, I found nascent of specialized agriculture. Orchards, vegetable fields, and even vineyards are now emerging.

Hockey aficionado would enjoy a visit to Trail, the home of the Allan Cup winners and world hockey champions in 1939 and again in 1961, Trail Smoke Eaters. When passing through a town of just about 7,000 residents today, one realizes the strength of the Canadian hockey in the relatively recent past. A team from a small, isolated hamlet could take on the then mighty Soviet Union and defeat them five to one in the finals of the 1961 championship.

There is much to see in our own country. It is as interesting and beautiful as any place in the world, the only difference being the mileage we have to drive between individual attractions. We have a lot of history too, just not as ancient as elsewhere. We don't have a glamorous Autobahn and it's a good thing. At 160 kilometres an hour, one misses a lot!

A quiet month for gardening

by Deborah Maier



Photo Courtesy of Phil Hearing via Unsplash.com

This leaves plenty of time for more artistic pastimes for the gardener.

In the summer, if a gardener wants to add a bit of the garden to home decor, cut flowers can be the solution — a lovely bouquet of in-season blooms is always nice. Some gardeners have an area of their gardens dedicated to cut flowers. Regular cutting of many annual flowers for bouquets such as Zinnias, Calendula, Nigella, Cosmos, encourages more blooms.

But now that it's mid-fall, what can the gardener do? Well, it's a traditional time for door wreaths. And just like planning to have a cut flower garden. A gardener can plant with late-season décor in mind. Throughout the year, and especially now, a collection of dried seed heads can make lovely additions to seasonal décor. Ideally, throughout the growing season, the gardener would collect blossoms to dry and save seed heads. Some gardeners grow strawflowers. These plants produce blooms with dry straw-like petals that preserve beautifully and add a splash of colour to whatever arrangements they're used in.

Many Calgary gardeners grow Anabelle hydrangeas and double peony varieties. These full-blossomed flowers if picked just after opening and hung upside-down to dry, make beautiful additions to dried arrangements and accents in seasonal wreaths.

Grape, twig, or ribbon covered wreath bases can be accented with the dried material collected from the garden. Plants for late col-

lection include sea holly (*Eryngium*), globe thistle (*Echinops*), and stonewort (*Sedum*). These plants have very durable seed heads that remain throughout the winter, especially if it is cold and dry. The seed heads of coneflowers (*Echinacea*) are also quite durable. If you grow silver wormwood (*Artemisia ludoviciana*), it makes a lovely silver accent. If collected before hard frosts, it can be dried bent in a curve, then used as a wreath base—naturally silver and elegant.

Fresh evergreen wreaths are commonly hung on doors as part of our holiday traditions. While many are created binding bunches of fir or spruce boughs tightly to a simple wireframe, if you want to make a fresh wreath last a little longer, use a three-dimensional florist's wreath frame stuffed with bunches of bound moist moss. The stems of the evergreens are stuffed into the moss before being secured to the frame.

The evergreen wreath can also be decorated with foraged garden accents. If you have a spruce or pine tree, the cones are lovely seasonal additions which never fade. If you're especially crafty and enjoy a few faux touches, adding a little white paint and glitter to the cones will provide snow- or frost-like touches.

Material from garden shrubs can also be used in the wreaths. Cutting stems of dogwoods with red, gold or green stems will add a bit of colour. Branches with leaves that failed to fall, will add texture as well as colour. Don't forget about berries! Rosehips and mountain ash berries will add a splash of red to an arrangement.

So, if you're displaying a door wreath this year, consider making one yourself from material foraged from the garden. If you don't have enough material to create a full wreath, use a purchased base and accent it with garden treasures. Next year, consider adding plants that have durable seed heads so that you have that décor option. It's the quiet season, time to work on your garden plan and dream about what you'll be planting next year!

If you would like to learn more about gardening, visit the Calgary Horticultural Society website at calhort.org.

November is one of the quietest months for a Calgary gardener.

If the weather is nice, there some yard maintenance activities that can be done such as ensuring the eaves are cleared of leaves, applying mulch to perennial beds after the ground freezes, and tidying the garden shed. The sun is rising later and setting earlier in the day.

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Back to school is not just for kids

Submitted by Alberta Securities Commission

The air is crisp and the leaves are changing colour. While some things have stayed the same – the end of summer and the start of school – others have drastically changed. The COVID-19 pandemic has certainly impacted us in ways we could never have imagined.

Many of us are juggling the needs of work and our family, others may have spent a bit more than anticipated over the summer, or are having to pull the belt tighter due to changes in employment. Most of us have had to make choices that affect the amount of money we have brought into our household. Whatever your situation, the good news is that fall is a great time for you to “go back to school” by reviewing your financial situation and increasing your financial knowledge, which can help you stay on track for the rest of the year. Here are some tips to get you started:

Review your budget.

Over the summer, budgets tend to slide. The fall

is a good time to review the budget you set earlier in the year to make sure you are still on track to achieve your personal goals. Look back at receipts and financial statements to see your family’s spending pattern, then account for any new or anticipated expenses. Ask yourself the following questions: Are you saving what you had set out to? Are you able to pay down debt? What is your cash flow situation?

While you’re at it, take some time to outline how you will manage your finances for the rest of the year. With the holidays around the corner, factor this into your budget and consider emergency funds for any big-ticket items that could pop up, such as car or home repairs. By knowing where your money is going, and living within your means, you take control of your spending and reduce your stress.

Review your financial statements.

It’s easy to allow financial documents like bank or investment statements to pile up unopened. Take the time to open all your finan-

cial documents and review your statements. Be sure you understand the investment fees you’re paying, and how your portfolio is performing. Be sure to note any questions you have for your financial planner or investment adviser. Follow up if there are any changes to your accounts or new investments that you do not recall making.

Study up to increase your financial knowledge. Start by identifying where you may have gaps: there are many places online, such as CheckFirst.ca, that offer quizzes to help you gauge your knowledge. Start with the Investing Basics quiz – it is a good general overview of investment fees, financial planning, risk tolerance and the legitimacy of investment offers. Commit to improving your financial knowledge in the areas you find challenging. While money-management and investments can feel confusing, there are many reputable resources available to help you.

Talk to a financial adviser. If it all seems overwhelming and you’re not sure how to manage your

finances, a professional may be able to help and identify areas for improvement. If you have a financial planner or investment adviser, reach out to them for a check-in to discuss your questions or concerns. If you don’t have an adviser and want one, consider meeting with a few individuals to see who might be a good fit for you. If you can’t afford to hire one right now, speak to your current banking institution. Banks have obligations to their consumers and should be willing to talk to you about your situation. Before meeting with them be sure to check their registration and learn how the adviser or bank are getting paid.

Set Goals.

Just like in school, setting achievable goals will help you conquer that next milestone. Pay off debt? Save more money? Put away for emergency fund? These are great goals but in order to be successful in meeting them, goals need to be specific, realistic and measurable. Instead try “Pay off \$3,000 of debt by the end of 2021” and map

out how you will do it.

Be flexible.

School today is very different than last year, and you can think about your finances in the same way. Situations change, and as they do, adjust your financial plans, budget and goals accordingly.

A bell isn’t going to ring to let you know you need to learn more about your financial future; it’s up to you to decide when to head back to school and build your own financial know-how. We might not know what the year will bring, but being proactive about our financial knowledge and planning for the future may alleviate some stress. It may just help you sleep better at night and give you one less thing to think about as you tackle all the other demands in your life.

For more information on increasing your financial knowledge, making wise investments, learning about budgeting, how to check registration and how to talk to a financial adviser visit CheckFirst.ca. It is chock-full of helpful tools and resources.



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Evanston Summit

Kindred Spirits

For Linda Armour and Liz Gardiner, a move to Evanston Summit brought more than just the spacious suites, excellent hospitality services and peace-of-mind they thought they were getting. The ladies found a special new friendship with one another.

“Liz is just an absolutely beautiful person,” says Linda. “She is so kind and sweet.”

The two friends often dine with a larger group of friends but they always meet up to take in an activity together or to share their life experiences.

“Sometimes you meet someone and you just click and that’s how our friendship started,” says Liz.

150 EvansPark Manor NW, Calgary
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Evanston Residents
Linda Armour & Liz Gardiner

**New friendships abound at
Evanston Summit.**

Call Carrie at 587-355-2031 to book a tour or visit
us online at EvanstonSummit.ca.

COVID challenges continue

Donna Thorsten, Manager, Rainbow Elders Calgary

We are living in unprecedented times everyone tells us. Every day has shown unique challenges for seniors and persons with health issues. It has been 7 long months since the world came to a grinding halt because of the pandemic. We use terminology like “social distancing” and “flattening the curve” are part of our common vocabulary.

According to the World Health Organization, the coronavirus has infected

more than 37.5 million people. Killing more than 1 million people so far worldwide. Visit their website at: <https://covid19.who.int/> for more corona and health information.

In our history, the world has seen many pathogenic outbreaks during the 20th and 21st centuries. They have killed millions of people world wide. Some are:

Third Plague

(another Bubonic

plague spread from rats and fleas) from (1855 - 1959) - deaths 12 million. Mostly China and India deaths.

Spanish flu

From (1918 - 1919) - deaths 40 - 50 million. This pandemic started when soldiers brought it home when they came back from the First World War.

Hong Kong flu

(H3N2 influenza strain) from (1968 - 1970) - deaths 1 - 4 million. This avian flu virus originated in China and mostly affected people 65 years and older.

HIV (AIDS)

From (1981 to today) - deaths 25 million+. This human immunodeficiency virus is still increasing in some countries around the world.

Presently, we are now coming into the beginning of another influenza season, starting from October through to May. The flu can cause millions of illnesses, some of these can be fatal also. Both the seasonal influenza and the coronavirus are highly

infectious.

The COVID-19 virus can not be cured by taking antibiotics. Antibiotics only work against bacteria, not against viruses. As of right now, there are no vaccines that can work against the Corona virus. The Influenza Immunization is available starting October 19th at most senior facilities, pharmacies and/or at your Doctor office.

It is recommended that anyone over the age of 6 months get the vaccination. Looking forward, there will be no vaccine available for the Covid 19 virus in the foreseeable future. So what can we do to keep safe? It is well known that the Covid 19 virus is most commonly spread by close contact. We must remain vigilant and look after ourselves.

Do the usual things they have been telling us all along. Follow safe social distancing (hockey stick apart), practice hand hygiene (wash hands with soap and water, if not available use a hand sanitizer) and cover your nose and mouth with a mask when around others. Avoid

crowded indoor places, routinely clean surfaces in your home, and stay home and isolate when you are feeling sick. We can all get through this together.

These are stressful times and the pandemic has made us feel that we need to self isolate ever more. This increases our boredom and feelings of depression. Going into these next cold winter months isn't making us feel any better. Depression is a real thing. It can happen to anyone.

Remember, you are not alone. There are organizations out there that can help. Some of these include:

AHS (Alberta Health Services) Health Link

Call 811 (24/7 health advice)

Distress Centre Calgary

(403) 266-HELP (24 hour support)

Kerby Centre (Thrive Program)

Call (403) 234-6571 for eligibility qualifications

Stay safe and be well.



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- Repair damage drywall, baseboards, other moldings and trims.
- Repair wooden furniture, wobbling chairs, handrails, cabinetry, kitchen cupboard hardware **AND MUCH MORE....**



REMEMBRANCE DAY 2020

Due to concerns of the Covid-19 pandemic, and our commitment to the health and safety of our community, Kerby Centre will not be hosting our annual Remembrance Day Service for the public this year.

We will continue our long standing tradition of honoring our military and fallen heroes by holding a small virtual service to be live streamed for our members and public to join in.

Kerby Centre Annual Remembrance Day Service Live Streamed From Kerby Auditorium

Wednesday, November 11th, 2020
Service Begins at 10:30 am to 11:30 am

Register FREE <https://kerbycentrere membrancedayservice.eventbrite.ca>
A link with details to join the live streaming will be sent to registrants

Visit www.kerbycentre.com or email colleenc@kerbycentre.com for more



Join us as those who wish come together in celebration in the Kerby Auditorium for a small, safely distanced, but very festive

Kerby Centre Merry & Safe Members' Holiday Luncheon

Tuesday, December 8th
11:30 am - 1:30 pm

Tickets \$10.00 per person

**Tickets are limited to the first 50
Deadline to purchase is November 30th**

Tickets on sale November 5th by calling
Kerby Education & Recreation at 403 705-3233

Visit www.kerbycentre.com or email colleenc@kerbycentre.com for more

Caregiving can last for decades, new research shows

By Bev Betkowski

To most people, ‘caregiving’ means looking after ailing relatives in their final years. But the reality is much different, with the actual workload lasting up to 30 years for some, according to University of Alberta research.

The study, the first of its kind to gauge caregiving across a person’s lifetime, debunks the myth that looking after an ailing loved one is a short, one-off experience, said study lead Janet Fast, a family economist in the Faculty of Agricultural, Life & Environmental Sciences.

“Caregivers often give up a lot. Providing care to a family member or friend with a chronic health condition, disability or aging-related need can go on for just a few years for some caregivers, while it can span several decades for others. Caregiving is not typically viewed as what can be a very emotional and challenging period of time,” she said.

Lengthy caregiving can take a high personal toll,

including chronic stress, loneliness, poor health, disrupted careers or pensions, and crumbled relationships, added study co-author Jacquie Eales, who worked with Caregivers Alberta to create a video series about the different patterns and challenges of long-term caregiving that may build up and disadvantage caregivers in later life.

“Some of these people are in crisis mode all the time.”

The study, drawing on a Statistics Canada survey of family care, identified five lifetime patterns of caregiving. Some start early, others in mid-life or later, and they vary in intensity.

A “compressed generational” care trajectory was the most common pattern, with over half of caregivers starting their responsibilities at age 63 on average, with the shortest duration of four years, typically looking after a spouse or parent. Just 13 per cent of them had a second episode of caregiving with almost no overlap between care episodes.

The next most frequent pattern, known as the broad

generational care trajectory, started when caregivers were in their early 50s, involved more than one care episode – typically caring for parents, partners or sometimes friends – and lasted for a total of 14 years.

One of the most challenging trajectories is intensive parent care, with caregivers starting in their early 50s for an average duration of 11 years, but with a heavier load of caring for more than one parent or parent-in-law at the same time.

“Typically they’d spend the last 15 years of their career working full-time, maybe at their peak earning years leading up to retirement,” said Fast. “The challenge is they’re often also caring for multiple parents at the same time, making it impossible to balance paid work and caregiving.”

Career care describes people in their early 30s who find themselves looking after close family members for 30 or more years – often children with disabilities, but also parents or partners with chronic or mental health conditions.

The fifth pattern, serial

care, also can go on for 30 years, has the highest number of care episodes and the most overlap of caring for more than one person at a time. Most of these caregivers – 71 per cent – were female, “the kind-hearted woman who helps everybody,” Eales noted. Many in this category had a lifelong pattern of caring, first for parents and then other family members and friends.

Recognizing different patterns of caregiving across the life course is important in building effective, supportive policies that can help people cope, Fast said.

“Knowing more about the diversity among caregivers lets us develop policies and programs for them that are more apt to be successful. If we understand how early caregiving experiences can accumulate, disadvantaging people in later life, we can intervene at a time and in a way that reduces the long-term impact.”

Young caregivers or parents looking after children with disabilities, for instance, may need extra support to get into and stay

in the workforce. Leaves of absence for compassionate care and critical illness exist in Canada, but don’t necessarily reflect the many years some Canadians devote to caring for family members and friends.

“As a result, some may be forced to retire early or are let go from their jobs because they can’t perform well under the circumstances,” Fast said.

“There are ways we can do better, such as creating more family-friendly workplaces that give caregivers the flexibility they need. Or with income supports or pension credits that compensate for income losses that many caregivers experience, or by restructuring the way formal care services are provided so that they address the needs of caregivers as well as the needs of the person being cared for.”

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Seniors Scene

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Open with safety precautions in place.

Currently we are taking Early Bird Memberships for 2021. Purchasing your membership before December 7, 2020 automatically enters you into our draw to receive your enrollment for free.

Although due to COVID-19, we are on limited hours and activities our members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday for ten cents per card per game played. As well, our \$2.00 tea and chat lunch, subsidised day trips and monthly potluck are a great way to meet new people and engage in group activities.

Please note some activities have been suspended.

For more information, please call Wendy 403-264-1006

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

Join us for Creative Corner every Tuesday to enjoy a coffee with friends and a new craft each month. We also offer bingo, flour curling and Drumfit.

Bag Lunch & Learn takes place on the last Thursday of each month with a unique speaker to educate and motivate! Call us at 403-249-6991 for details and to pre-register. And try out our virtual programming five days per week which is free and includes Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Coffee Chat.

Please visit our website at www.gc50plus.org to learn about services and programs offered.

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

					9	2		
	3	9					6	
2	5		7		3			
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PREMIER Crossword

By Frank A. Longo

SQUARE PHASE

ACROSS

- 1 Work unit
- 6 Duo plus one
- 10 Orangutans, e.g.
- 14 Plot out, as an equation
- 19 Desert refuge
- 20 In an obliging manner
- 22 Evoking an earlier style
- 23 Start of a riddle
- 25 Rob of "Melrose Place"
- 26 Enticement
- 27 "— longa, vita brevis"
- 28 March Madness org.
- 29 — mama (rum cocktail)
- 30 Tarnish
- 32 Rd. with a number
- 33 Hormone released during childbirth
- 35 Riddle, part 2
- 41 Signified
- 42 Valentine's Day feeling
- 43 Angle measure
- 44 History unit
- 45 Pretend
- 46 Particular printing
- 48 Lock go-with
- 49 Marina del —
- 51 Riddle, part 3
- 56 Considers to be
- 60 Like unripe bananas
- 61 Always, in poetry
- 62 Hugs, in letters
- 64 Airline of Israel
- 65 Pod fillers
- 66 Riddle, part 4
- 71 Delilah player Lamarr
- 72 Hotel furniture
- 73 History unit
- 74 Suffix with strict
- 75 Inedible type of orange
- 77 Coiled length of yarn
- 79 Riddle, part 5
- 85 Fleeced male
- 87 "The Walking Dead" ailer
- 88 "Royals" singer
- 89 Anti votes
- 90 —Kosh B'gosh (kids' clothing brand)
- 93 1998-2008 Toyota model
- 96 Former Nintendo rival
- 97 Orlando theme park
- 99 End of the riddle
- 103 Lack of vigor
- 104 Suffix with beat
- 105 "— was saying ..."
- 106 "See ya!," British-style
- 107 Ernie's pal
- 109 Pierre's pal
- 111 Lariat part
- 115 Covered with vines
- 116 Riddle's answer

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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123							124					125				126			

- 120 Nairobi's land
- 121 Prep schools
- 122 "The Magic Flute," e.g.
- 123 Provided with a border
- 124 Small equine
- 125 Film lioness
- 126 Dot in the sea
- 32 Totally absorbed
- 33 Outdated
- 34 VI doubled
- 35 PC support whiz, perhaps
- 36 "Drink" for a constantly critical sort
- 37 Alternatively
- 38 Fat-and-flour mixture
- 39 Utah city
- 40 Oscar winner Dunaway
- 41 See 82-Down
- 47 Have a hunch
- 48 "On the Road" novelist Jack
- 50 Cowboy cry
- 52 "Absolutely, sarge!"
- 53 Big retailer of outdoor gear
- 54 Hawaii's Mauna —
- 55 Hither's partner
- 57 Posh quality
- 58 Scooped over, perhaps
- 59 Devious
- 63 "Get Shorty" star Chris
- 65 "Masterpiece" network
- 67 Set- (brawls)
- 68 Game akin to crazy eights
- 69 Dot-com address
- 70 "Magnum, P.I." star Tom
- 76 Trapshooting targets, informally
- 78 Stereotypical working-class family man
- 80 Ace or deuce
- 81 "If — be so bold ..."
- 82 With 41-Down, lotus sitters' cushion
- 83 Asia's — Sea
- 84 "Spring ahead" hrs.
- 86 Ties down, as a boat
- 90 Resembling a hooting bird
- 91 Bundled, as wheat
- 92 High- (snubbing)
- 94 Pull along
- 95 Khan who married Rita Hayworth
- 96 "I'm OK with it"
- 98 Comedian Emo
- 100 It might be given by a flirter
- 101 Way to serve ham or pastrami
- 102 Café au —
- 107 Wheat husk
- 108 Water whirl
- 109 City in Iowa
- 110 Plateau's kin
- 112 Law school newbie
- 113 Folklore giant
- 114 Exam for H.S. juniors
- 116 Brief snooze
- 117 — friendly
- 118 Fossil fuel
- 119 — polloi

Comforting Food Helps to Ease the Chill of Cold Days

by Lesli Christianson-Kellow

There's nothing better than a simmering pot of lentil soup or a simple sweet potato curry waiting for you at the end of a chilly day. Soups, stews and casseroles are ideal time savers because all the ingredients just need to be prepped and combined together into one pot.

There's nothing easier than one pot cooking.

Kitchen friendly... You can throw together a soup with just a few basic ingredients – beef broth, meat, onions, carrots, potatoes – and add some other ingredients for good measure – barley, thyme, garlic – simmer for an hour and there you have

an instant hearty meal.

Forgiving... Once you make your stew, soup, casserole or curry, it can just be left alone. The longer you leave the flavours to meld together the tastier it becomes!

Convenient... Spend half a day chopping, dicing, assembling and cooking sev-

eral dishes ahead of time. Store your creations in the freezer or fridge, and when you need a quick supper simply reheat and enjoy!

Healthy... As soon as the weather turns cool, I start digging into the back of my kitchen cupboards, looking for the red lentils, split peas, quinoa, etc. This is the time

of year that I might even consider soaking dry beans to use as opposed to purchasing them in cans.

So, let me share with you, two of my very favourite cold day recipes, both of which have been prepared in my kitchen time and time again. Truly the best kind of recipes.

Sweet Potato Curry

With just the perfect amount of flavour, this curry is complete with warm buttered naan bread.

Ingredients:

- 1 T. olive oil
- 1 onion, diced
- 2 tsp. garlic, minced
- 1 T. curry powder
- 3 uncooked, peeled sweet potatoes, cut into 1" pieces
- 1 c. uncooked red lentils, rinsed
- 1/2 c. long grain rice
- 1 c. vegetables: green beans, peas or carrots (You pick - go crazy!)
- 1/2 tsp. salt
- 1 1/2 c. chicken or vegetable

broth

- 2 1/4 c. water

- Fresh cilantro for garnish

Heat oil in a large pot. Add onion. Cook for several minutes.

Add garlic and curry powder. Cook for several more minutes.

Stir in sweet potatoes, lentils, rice, salt, broth, and water. Heat to boiling.

Reduce heat to low. Add veggies during the last 15 minutes of cooking. Cover and simmer for 30 minutes, or until lentils and rice are tender. Take off heat. Let stand 10 minutes. Garnish with cilantro. (Serves 4-6)

Red Lentil Soup

Ingredients:

- 10 cups of chicken broth
- 2 cups of red lentils (rinsed with a water in a colander)
- 2 T. olive oil
- 1 1/2 cups of ham or turkey sausage (diced)
- 2 onions (diced)
- 1 celery rib (chopped)
- 2 - 4 garlic cloves (minced)
- 1 can of diced tomatoes (796 ml/28 fl.oz.)
- 1 1/2 tsp. cumin
- 1 1/2 tsp. turmeric
- Salt and pepper to taste

Bring broth and red lentils to a boil in a large pot. Keep at a simmer.



Photo Courtesy of author.

In the meantime, add oil to a hot pan, then add onions, celery, sausage and garlic. Saute onions until translucent. Add the tomatoes. Mix thoroughly.

Transfer sausage mixture into the broth and lentil mixture. Add the cumin and

turmeric. Mix well.

Simmer for about 20 minutes, or until lentils are soft.

Serve this recipe with plain yogurt dolloped on top, or a little hot sauce. Add some crusty garlic bread for dipping! (Serves 4-6)

Kerby Centre Presents

Fall Wellness Week



November 16 – 20, 2020

A week-long series of FREE online information presentations

Join us each day for presentations featuring some of Calgary's leading providers of information, products and services. Learn how you can enhance your health, stay active, and live your best life!

Go to www.kerbycentre.com to register

For more detail email colleenc@kerbycentre.com

Monday 11/16 11:00 – 11:45 am Osteoporosis Canada Alberta Region

Speaking of Bones

Learn about the risk factors of Osteoporosis, how you can maintain healthy bones

Presented by Tessa VanDerVeeken

Tuesday 11/17 10:00 – 10:45 am Calgary Coop Home Health Care

Falls Prevention

Learn safe practices to prevent falls and the various mobility equipment to help you at home and on the go

Presented by Wayne Peach, Sales Manager

1:00 – 1:45 pm

Calgary Meals on Wheels When You've Got a Lot on Your Plate, Let Us Do The Cooking

We believe everyone deserves to be well-fed. Learn about the organization, the choices in meal delivery services, and how Calgarians can get started.

Presented by Stephanie Ralph

Wednesday 11/18 10:00 – 10:45 am

The Libin Cardiovascular Institute

So Sweet it'll Break Your Heart: Diabetes & Heart Disease

Learn how diabetes increases the risk of developing cardiovascular disease, the top 7 risk factors and how Type2 diabetes can be controlled with lifestyle changes

Presented by Dr. David Campbell

1:00 – 1:45 pm

Shift Accessibility Contractors Ltd.

A Home to Age In

Explore the different modifications which can be completed within your home to make it more safe, comfortable and enjoyable for aging-in-place.

Presented by Griffin Simony, co-founder

Thursday 11/19 11:00 – 11:45 am

Audiology Innovations Ltd. How to Hear Better in 2020 & Beyond

Do you find mask wearing and distancing making it harder for you to hear? Learn how to tell if you are suffering hearing loss, what to do and find the tools and resources to help.

Presented by Dr. Carrie Scharff, R.AUD, PHD

1:00 – 1:45 pm

Pharmacy at Your Door by CareRx.

The Truth About Osteoarthritis

What is Osteoarthritis, the most common type of arthritis, and the affect it has on spine and joints of the hand and lower extremities? Learn about risk factors, medication options and prevention. Learn how to prevent falls.

Presented by Jerry Zhang, Project Lead

Friday 11/20 10:00 – 10:45 am

Arthritis Society

Creating Arthritis Awareness

Six million Canadians live with arthritis. It's Canada's most chronic health condition. Hear first hand what it means to live with arthritis, and how the Arthritis Society can provide tools and resources to help you cope with the effects of this chronic disease

Presented by Nicole Bedard & TBC



Walk, don't run

By Heidi Thomson
(self-proclaimed middle-aged know it all)

Remember the days of “Sit and be Fit”? Maybe you were too young when that show aired, but it had quite the following ‘back in the day’ amongst older people and even people who were younger with less mobility. The host sat on a chair and waved her hands and arms around, maybe twisting a little here and there and pumping her arms against ‘heavy’ air.

Lack of mobility has greater implications than a lack of physical health. It can affect your mental,

spiritual and emotional well-being. It can affect how fast you age and how well your body continues to thrive. Loss of mobility can happen fast. When you can no longer go to the grocery store because you can't get out of the car or wheel around the grocery cart, then you lose one of the most entertaining activities and excuses for getting out. Use it or lose it. Today is the day that you can turn around your life and prevent decline when you may end up in a wheelchair. Wouldn't you

like to keep going as long as you can, enjoying your life fully right to the end? We live to live, we don't live to die. Think of it that way.

Having been slow on my feet, I know the problems with starting out. The couch is more comfortable. The weather is less distracting inside. However, I think the bigger problem is mental. One thing that can get in the way is purpose. “Why should I bother”, you say. “I am going downhill anyway!”. However, if you look at the purpose of your life in your older years to be a matter of quality of life and enjoying every moment to the best of your ability, the need for purpose quickly resolves itself.

Another problem is energy, and/or your joints may ache. “Sit and be fit”, if you must. You need to start somewhere. Don't worry about how it looks. Flip the bird at those who laugh. They will think it is funny. Probably. You're not supposed to do that when you are older because you know better, right?

Whoever said you couldn't be young at heart? Whoever said you couldn't have personality? You are not dead yet!

Then think about activities that you can stick with. Can you take a walk? Even down the hallway? Can you do some light housework? Everything counts. Your back and your body will thank you for it. Your body won't be as stiff. You won't feel as much pain unless you are advised by your doctor to not do something. Of course, check with your doctor before starting anything physically demanding. You may have other issues to worry about. Keep your chin up in case you can't continue. You can always start again. People have good days and bad days, good months and bad months. Fly around like a bird, but maybe don't flip one after all. You are better than that.



Contact Us to Book a Tour and Learn More About Our Private Choice Seniors Care and Specialized Dementia Care Services at Wentworth Manor

Private Choice Seniors Care Services Carefully Designed for Peace of Mind

Located in beautiful Christie Park, Wentworth Manor offers spacious and enhanced private rooms in a safe and caring home-like setting.

Our compassionate staff provide exceptional nursing and clinical care, plus a full range of health and wellness services and amenities designed for convenience and peace of mind.

Independent Living | Assisted Living | Long Term Care
Specialized Dementia Care | Short Term Respite Care

Make yourself at home in our newly renovated private suites. Enjoy the convenience of on-site services and amenities to optimize your well-being and enrich your life!



The health and wellness of our people and our community is always our top priority. At this time unfortunately we are unable to offer tours due to COVID-19 restrictions. However, we still welcome your inquiries, and we continue to welcome new residents who choose to make Wentworth Manor their new home.

The
Brenda
Strafford Wentworth
Foundation Manor

5715 14th Ave SW
Calgary, AB T3H 3M2

wentworthmanor.ca
403.242.5005

Stew Season

November means that we're officially in the depth of Fall! The air is crisp and all we want is to be cozy in our homes. Here are two stews to warm you up on a chilly November evening!

Chana Masala

3 Tbsp grape seed oil (or sub coconut oil)
1 medium white or yellow onion, finely diced
1 Tbsp ground cumin
3/4 tsp sea salt (plus more to taste)
6 cloves garlic, minced
2 Tbsp fresh ginger, minced
1/2 cup fresh cilantro, chopped
2-3 fresh green chilies, sliced with seeds

1 Tbsp ground coriander
1 tsp chili powder
1 tsp ground turmeric
1 28-ounce can pureed or finely diced tomatoes
2 15-ounce cans chickpeas, slightly drained
1 tsp garam masala
2-3 tsp coconut sugar
2 Tbsp lemon juice (plus more to taste)

1. Heat a large pot over medium heat. Once hot, add oil, onion, cumin, and one-third of the salt (1/4 tsp as original recipe is written // adjust if altering batch size).

2. Add garlic, ginger, cilantro, and green chilies to a mortar and pestle and grind into a rough paste (or use a small food processor to pulse into a paste. Alternatively, just finely mince.) Then, add to the pan with the onions.

3. Add ground coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan is looking dry.

4. Add pureed tomatoes and chickpeas and remaining salt (1/2 tsp as original recipe is written). If the mixture looks a little too thick, add up to 1 cup (240 ml) water (I added ~1/2 cup (120 ml) // amount as original recipe is written // adjust if altering batch size). You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew.

Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.

6. When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat, or a bit of coconut sugar for sweetness and to offset the heat of the chilies.

7. Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving. Fresh cilantro and lemon juice make an excellent garnish. Chana masala can be enjoyed as a stew on its own, or it can be delicious with white or brown rice.

Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month.



Lentil Mushroom Stew on Mashed Potatoes

POTATOES

1 pound yellow potatoes, peeled and quartered evenly
Sea salt + black pepper to taste
1-2 Tbsp olive oil (if avoiding oil, add more almond milk or vegetable broth)
2-4 Tbsp unsweetened almond milk or vegetable broth

MUSHROOM LENTIL GRAVY

1 Tbsp avocado or olive oil
1/2 cup chopped shallot
2 cups sliced cremini (or button) mushrooms
1 Pinch each salt and pepper
2 Tbsp chopped fresh thyme 2/3 cup dry green lentils
2-3 cups vegetable broth (or store-bought)
1 Tbsp tomato paste (optional)



1 Heat a large rimmed pan over medium heat. Once hot, add oil and shallot and sauté for 2 minutes, stirring occasionally.

2 Add mushrooms and increase heat to medium-high. Sauté for 5 minutes, stirring frequently. Add a pinch of salt and pepper.

3 Add thyme, lentils, and 2 cups (480 ml // or the smaller end of the range if adjusting recipe size) vegetable broth. Bring to a low boil over medium-high heat. Once boiling, reduce heat to a simmer and cook on low for about 20 minutes, adding more broth as needed if the mixture looks dry.

4 In the meantime, add potatoes to a large pot and cover with water so they are just submerged. Bring to a boil on high heat and cook for 12-15 minutes or until they slide off easily when pierced with a knife.

5 Once tender, drain potatoes and add back to pot or a mixing bowl. Season with salt, pepper, and a bit of olive oil and mash until tender and fluffy. For added moisture in place of oil, add unsweetened plain almond milk or vegetable broth.

6 Once lentils are tender, taste sauce and adjust flavor as needed, adding more salt or coconut aminos for saltiness, pepper for spice, or tomato paste for more depth of flavor. Turn off heat and let the mixture rest so flavors can deepen. Add the 2 Tbsp mashed potatoes to the lentil mushroom stew and stir in to thicken.

7 To serve, divide mashed potatoes between serving plates or bowls and top with desired amount of lentil and mushroom gravy. Garnish with fresh parsley, vegan parmesan cheese, or more thyme, if desired.

8 Store leftovers separately, covered, up to 4 days in the refrigerator or in the freezer up to 1 month. Reheat on the stovetop or in a 350 degree F (176 C) oven until hot.

Kerby News photo contest extended!

Due to overwhelming popularity and demand, the Kerby News inaugural photography contest has been extended!

Sponsored by the new KerbyNews.ca, the website is now accepting entries until Dec. 10. Entries can be made

by emailing andrewm@kerbycentre.com or calling 403-894-6986 for additional information.

Each participant can enter up to seven photos for consideration. While our original theme was Autumn in Alberta, we are opening it up to winter photos as well, considering the current snowy state

for much of the province.

One winner and two runners up will be chosen and announced in our January 2021 issue. These three photographers will receive a free 2021 Kerby Membership and the winner will be featured on the cover of the January issue.

Many of the other photos will be shown and

published across a several page spread in this issue as well, showing off the skills and talent of photographers across Alberta.

Enter the contest through email and visit KerbyNews.ca for tons of great stories relevant to older adults, including human interest, financial advice and current events!

Volunteer Spotlight



Dianne Dyer

Dianne is a very dedicated and helpful volunteer who started volunteering at Kerby Centre in June 2020 for the frozen meal delivery program during the pandemic.

Dianne has Master's degree in Nursing from University of Calgary and has worked 44 years as a registered nurse.

She chooses to volunteer at Kerby Centre as she is aware of the wonderful supportive services provided by this organization.

She said – ‘Seniors are so remarkable and if I can make them smile and feel a little better in any way at this difficult time then I have fulfilled my role.’

Dianne also mentioned – “Working with Seniors and the amazing supportive staff at Kerby Centre is what makes this experience enjoyable for her.”

Besides Volunteering, she enjoys her time doing cross country ski, taking regular water color painting classes and spending time with her grandchildren.

So far, Dianne has contributed over **30.00** hours.

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



Photo contest entry courtesy of Susan Vaughan

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

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

Presented By
Robert Gerrie
Investment Advisor
CIBC Wood Gundy Popowich Karmali
Advisory Group

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



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



Photo contest entry courtesy of Jodi Rose



Photo contest entry courtesy of Davis Ditson



Photo contest entry courtesy of Joan Reinhardt



Photo contest entry courtesy of Nory Aguilar

Kerby Centre Presents...

**Soldiers of the
"Fighting Tenth" from
Calgary during the
First World War**

**MONDAY NOVEMBER 9,
2020 AT 11:00 AM**

Presented by: Peter Boyle,
President of Valour Canada

VALOUR CANADA CONNECTING CANADIANS TO THEIR MILITARY HERITAGE
www.valourcanada.ca

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



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

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

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

November 3rd - 10:00 to 11:00 am

Wills And Estate Planning

Presented by Jonathan Ng, Underwood Gilholme

Learn how to prepare a Will the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives.

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

Monday, November 9th - 11:00 - 12:00 pm

Soldiers Of The Fighting 10th from Calgary During The First World War



Presented by Peter Boyle, President of Valour Canada, Presents

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

Wednesday, November 11th - 10:30 - 11:30 am

Kerby Centre Annual Remembrance Day Service Live Streamed From Kerby Auditorium



Due to Covid 19 distancing regulations, and to ensure the health and safety of our members, Kerby Centre will continue our long standing tradition to honor our military & fallen heroes this year by holding a private limited number service and will Live Stream it to the public

Register FREE at <https://kerbycentrere membrancedayservice.eventbrite.ca>
A link to join the live streaming will be sent to registrants

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

Retirement In a Volatile Market

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

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

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

For further detail visit www.kerbycentre.com or email colleenc@kerbycentre.com

JOIN US FOR FALL WELLNESS WEEK NOVEMBER 16 to 20th

A Week-long Series of Online Presentations
Featuring Calgary's Leading Providers Of Information, Products & Services To Enhance Your Health and Wellness & Help You Live Your Best Life!

For Presenter Schedules and Registration Details See The Event Ad Within Or Visit www.kerbycentre.com

A Group For Mature Jobseekers



Join Us 1:30 - 2:30 pm For Our Informative Zoom Online Presentations

Nov 3rd Job search strategies

Participants will attend this workshop and learn how to:

- Focus on essential components of a successful job search
- Create a personal action plan for the effective use of various Job search strategies

Meeting ID: 862 8728 6377 Passcode: 710714

Nov 10th Building confidence & positivity during your job search

Participants will learn about:

- How to use positive thoughts during job search to create positive results
- Body language that conveys confidence Feeling good and how to overcome the fear of failure or unemployment

Meeting ID: 882 9661 9693 Passcode: 155107

Nov 17th Resources available for job seekers at the Calgary Public Library

Meeting ID: 834 4536 9170 Passcode: 020769

Nov 24th Interview Skills

Participants will receive information and tips about:

- Behavioral interview questions and how to handle the Interview do's and don'ts

Meeting ID: 853 0890 6063 Passcode: 583380

For more information phone 403 705-3219

Check Out The Kerby Centre Pop Up FREE Bread Market - Kerby Centre Every Friday 10:30 am to 12:30 pm Provided by COBS Bread

Do you still need to file your Income Tax !?

Kerby Centre is offering in person tax preparation service for seniors 55+ and AISH clients, strictly by appointment. *Please Note: Income limit is \$35k per year single or \$45k per couple (combined income). We do not prepare tax returns for self employment or business/rental income, capital gains/losses/bankruptcy.*

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



Join us as those who wish come together in the Kerby Auditorium for a very small, safely distanced but festive ...

Kerby Centre Merry & Safe Members' Holiday Luncheon

Tuesday, December 8th - 11:30 am - 1:30 pm

Tickets \$10.00 per person

Tickets are Limited To the First 50 - Deadline to purchase is November 30th

Tickets on sale November 5th by calling Kerby Education & Recreation 403 705-3233

KERBY EDUCATION & RECREATION NOVEMBER ZOOM CLASSES

For further details on these programs and changes to our Drop In Groups please contact Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY FITNESS 9:30 - 11:00 AM	ESL 10:00 - 11:00 AM TAI CHI 1:30 - 2:30 PM OPTIONS 45 1:30 - 2:30PM	MEN'S SHED 11:00 - 12:00 PM SEATED YOGA 1:00 - 2:00 PM	EXPRESSIVE ARTS 1:00 - 2:30 PM	MUSCLE STRENGTH & CORE BALANCE 9:30 - 10:30 AM YOGA FOR YOU 11:00 - 12:00 PM

Watch out for this scam targeting seniors

ASC

Alberta Securities Commission

Many Albertans are approached with fraudulent investment opportunities through friends and family — people we trust. This is called affinity fraud and almost always involves either a fake investment or one where the scammer lies about the critical details, such as the risk of losing money or where the money is going.

While sometimes these sources are fully aware of their intent to deceive, other times they are unknowingly involved. It is critical, therefore, that you know how to protect yourself from investment fraud no matter the source.

Scam artists often target organized groups such as community clubs, religious organizations, immigrant communities, seniors' homes and online chat forums.

This type of fraud is identifiable and avoidable. By following this checklist, you could help to save yourself or a loved one time, money and heartache:

Never rely solely on referrals from friends and family members.

If they have failed to do their own research and invested in a scam, they may unknowingly lead you down the same path.

If it sounds too good to be true, it is.

Don't be drawn in by promises of spectacular returns and low risk; these are classic warning signs of fraud.

Don't be pressured into making a decision.

Take your time to understand the business and the risks involved.

Be wary of investments offering little information.

If you are being offered an investment and the promoter "doesn't have time" to provide details or you are told to keep the opportunity confidential, this could be a warning sign.

Check the salesperson's background.

Anyone offering securities in Alberta generally must be registered with the Alberta Securities

Commission. The ASC can also tell you if the salesperson has ever been subject to enforcement action.

High returns with low or no risk.

Usually, the higher the returns, the higher the risk.

Lack of registration.

Generally, anyone selling securities in Alberta must be registered with the Alberta Securities Commission (ASC). You can do a quick and free registration check by going to the ASC website.

Your friends can't be wrong about a great investment opportunity.

People you trust may unknowingly be advising you to invest in a fraudulent deal — this is called affinity fraud. No matter who recommends the opportunity, always do your own research before investing.

Buy now.

Scam artists will pressure you into making a quick decision. They are doing so to exploit your fear of missing out on a "valuable" and "time-sensitive

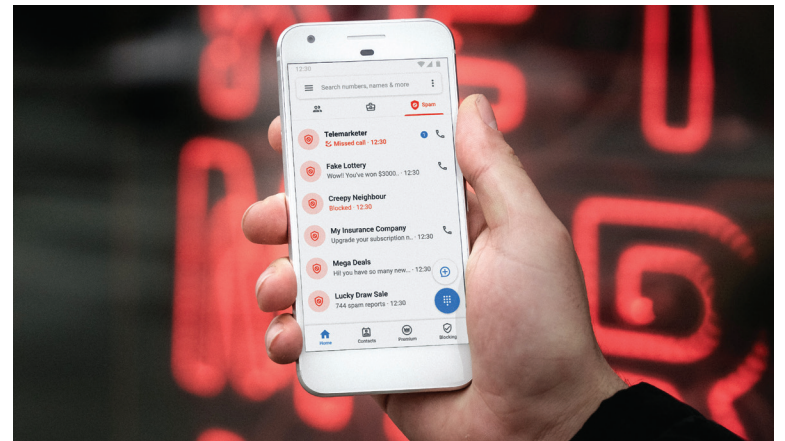


Photo Courtesy of Lindsey LaMont, via Unsplash.com

opportunity" — and to limit the amount of research you conduct.

Profit like the experts — "insider" information.

These scams are pitched as opportunities known only to a select few who claim to be making a lot of money. This might include an invitation to a seminar where salespeople make misleading claims about a "secret" or "exclusive" technique for building wealth.

Avoid fraud — be an educated investor

Understanding the red flags of investment fraud can help you to protect your hard-earned money. Although the warning signs may seem like common sense, many suspi-

cious signs are missed or ignored by investors who end up becoming victims. If you see any of the following red flags, the investment you're contemplating could be a fraud.

Many people who fall victim to affinity fraud fail to report it because they feel ashamed, embarrassed or want to protect their friend or loved one. This enables other people to fall victim to the same scam and makes prevention difficult. If you suspect you have been approached with a potentially fraudulent investment scheme, you can find help and more information about the red flags of investment fraud at check-first.ca or contact the ASC at **1-877-355-4488**.

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

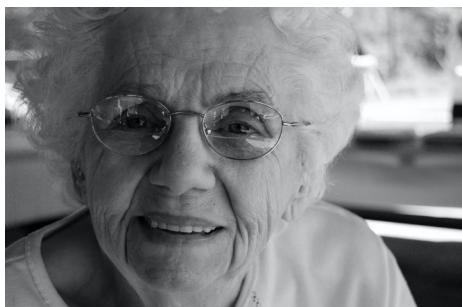
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1-877-250-4904

www.donatecar.ca

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



Amount Enclosed

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Monthly Pledge

\$ _____

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Expiry Date _____ Signature _____

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Mailing address

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

Contact us at 403-705-3235

or email to funddev@kerbycentre.com

Charitable Registration #11897-9947-RR0001



Kerby Centre

CLASSIFIED ADS

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



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

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13	Mobility Aids
20	Home Maintenance
24	Landscaping
26	Services
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33	Wanted
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Roho cushion. Call 403-519-4089.

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50 RELOCATION SERVICES

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20 HOME MAINTENANCE

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Resilience: what it's like to be old!

by Marina Newby

I am an artist, first, last and always!

I drew as a child and came to see the world in terms of shapes, colours, shadows and reflections.

As a mature adult, I was accepted at a respected art college where I learned the history of art and art-making. I grew up with middle-aged British parents so old age is not a complete surprise to me but the intensity of arthritis is a shock!

I was a thin, shy, pale girl and an only child. To my amazement, at about 15, I filled out a little and became pretty. The process continued with my becoming a slim, 5-foot 6-inch hazel-eyed redhead with perfect skin and slender hands and feet. I completed

the picture by developing my own style.

Upon finishing high school, I was hired by Woodward's department store and worked as a cosmetician for several years learning about makeup and perfume.

Over time I became extremely used to looking a certain way and was able to keep it all pulled together until my mid-seventies but time and circumstance catch up with us all!

When I was in my forties aches and pains began to develop. After being measured by a chiropractor I was informed my one leg was a half-inch shorter than the other which was throwing things out of kilter!

The heels of all my shoes needed to be altered but I did not make this change as faithfully as I

might have.

In my 50s, I began getting a sharp pain in my left calf. It was amazing to find that it still looked perfectly fine? A doctor informed me it was the onset of osteoarthritis. This makes me angry!

I watch my weight, have never smoked, rarely drink, exercise daily and

take vitamins. While some people poo-poo the idea, I, personally, believe arthritis is hereditary: a gift from some long-deceased relative!

Would you like to see your writing in an issue of the Kerby News? Do you want to help contribute creatively to a local non-profit? Email andrewm@kerbycentre.com!

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IN MEMORIAM

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

- Abraham Zeisler
- Alexander Ratsoy
- Anne W. Czarnacki
- Bela Balaz
- Catherine W. Kelloway
- Diane Alea Macdonald
- Farhang (Matt) Mohtadi
- George James Stanley Phelps
- George Nielsen
- Henry Matviw
- Irvine Steve Almadi
- Jack Bizot
- Jeno Fotter
- John Reed
- Katherine Ethel Popowich
- Lorri-Anne Karchewski
- Reginald Lloyd Salter
- Rex Clement Booth
- Richard Krickler
- Sheila Hittel
- Valerie Diane Wallace
- William Franklin Lunger
- Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the forthcoming issue of Kerby News.



Kerby News is FREE because of the companies and people who advertise in the publication. Whenever possible please support these companies, businesses and individuals that support us. Every advertiser is important to Kerby News — we appreciate them for making a difference to seniors by putting their message in Kerby News.

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