



# Impromptu music in the park




With the current state of the world, columnist David Darnielle discusses finding the small victories in everyday life. One of the experiences he describes was waking up to the beautiful sound of musicians conducting an impromptu, distanced rehearsal near his home. Photo by Robin Rasmussen.

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# THANK YOU

THE COMMUNITY WITH HEART

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

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

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

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

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



— Dr. M. Garth Mann: Director



## From Residents and Families

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*"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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# Meet Kerby Centre's Board of Directors



**H**i I am Richard Parker, the new President of Kerby Centre. I became involved with Kerby Centre as a volunteer ten years ago following my retirement from the City of Calgary.

As a board member since 2015, I have great admiration for the Kerby Centre staff and the many volunteers who donate their time and skills to helping Calgary's seniors.

In my role as President, I look forward to seeking opportunities for Kerby to collaborate with other agencies and to explore new uses for technology, creative approaches to the funding of services and opportunities for intergenerational activities.

I would like to introduce you to the Kerby Centre Board of Directors. To do so I asked them each

the question: "why do you want to be on the Board?"

In reading their responses, I am struck by the range of backgrounds we have on the Board such as media relations and gerontology, as well as long-time Kerby Centre volunteers.

We also represent different generations and life experience. While we come from a range of back-

grounds, we all believe in the value of the services Kerby provides to seniors in our community and have a common desire to ensure that the Centre continues to thrive and grow.

If you have any thoughts you would like to share with the Board please address them to [president@kerbycentre.com](mailto:president@kerbycentre.com)

## OCTOBER 2020

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

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**Vice President:** Stephanie Sterling

**Treasurer:** Ken Lin

**Secretary:** Tara Weber

**Past President:** Hank Heerema

#### Directors

Peter Molzan, Russ Altman  
Deborah Durda, Jacquelyn Poetker,

**Chief Executive Officer:** Larry Mathieson

## Kerby News

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**Stephanie Sterling,  
Vice President**

At some point in our lives, I believe we will all need 'a Kerby,' to help us navigate and find social interaction, and to connect with services and support for life's challenges both big and small. I believe Kerby Centre can, and often is, that 'someone by our side,' so none of us have to walk alone.



**Hank Heerema, Past President**

I took early retirement from Esso in 1991 and became involved in Kerby Centre as a volunteer, that same year, working on the travel desk organizing trips for seniors. I quickly became involved with the computer and network needs at the Centre.

I have served on the Board of directors for many years as a director, treasurer, vice president, president, and now past president. Next year I will have volunteered at Kerby Centre for 30 years. I am honoured that the computer classroom that I put in place was dedicated to me as Hank's Room. I have served with pleasure and know the centre has been, and continues to be, a great organisation, serving the needs of Calgary's senior population, of which I am a member.



**Tara Weber,  
Secretary**

I am on the Kerby Centre board because I believe strongly in the work Kerby does in our community. My background is in media and communications and there are so many stories of the unique ways in which Kerby improves the lives of older adults - everything from the wood-working shop to our many amazing volunteers.

I am always looking for new ways for Kerby Centre's great work to be showcased and to help the organization in any way I can.



**Russ Altman**

I am very excited to be part of the Board at the Kerby Centre. Lending my support to fund development, the finance committee, and the technology sub-committee

will allow me to have a great impact in areas of urgent need. I look forward to seeing thrilling advancements take place based on our efforts!

I have seventeen years' experience in IT

Business Development, support, procurement and designing organizational support plans for small to medium-sized organizations.



**Kenneth Lin,  
Treasurer**

I was born and raised in Calgary and the Kerby Centre is an integral part of the fabric of this city. I joined the Board so

I could contribute to the sustainability of this vibrant community that services so many folks in our amazing city.



**Deborah Durda**

What the Kerby Centre offers the aging community is what ultimately spurred my request to join the board. I wish to offer my support as a Human Resources professional, but also relish the ability to grow with a community support group that I believe in and will use myself as I get wiser with age.



**Peter Molzan**

I have been a volunteer at the Kerby Centre for over 10 years, and over that time period I have helped in many different positions. By far, the most enjoyable is

working at the Membership Desk, where I have the opportunity to speak with many of the people that make use of the Kerby Centre. I also hear some of their concerns and I want to be able to bring some of those to the Boards' attention so that the members of the Kerby Centre get the attention and have access to the programs that they want. The Kerby Centre is a fantastic organization and I really want to make sure that it continues to help and serve the needs of Calgary seniors well into the future.



**Jacquelyn Poetker**

As a retired gerontological social worker and educator with a focus on the issues of the older person, I look for opportunities to advocate

for and support older adults. Most important to me is assuring that each of us has the information and support we need to always be at the centre of our decision-making. As a new Board member, I am looking forward to contributing to the continued success of the Kerby Centre's many programs which do just that.



# An epidemic of isolation and loneliness

By Andrew McCutcheon

A recently released report compiled by a Mount Royal University (MRU) student states that older adults in Calgary and the world over are facing an epidemic of isolation.

Cindy Calderson, a nursing student at MRU, conducted interviews with elders and faculty within her program to bring awareness to the perceptions of not only older adults in regards to social isolation, but also those of frontline healthcare providers.

Out of the MRU nursing faculty and students, 100 per cent agreed that loneliness and social isolation is an important public health issue, but 65 per cent reported that they did not receive formal training or education to support older adults who experience it.

From a survey of 158 frontline healthcare providers, 50 per cent responded they did not feel that “the current healthcare system does a good job of helping older adults who are experiencing loneliness and/or social isolation.”

The report also explains the difference between the two concepts: social isolation is considered an objective state, wherein individuals lack social ties and have little-to-no chance for connections with others.

Loneliness, however, is a more subjective concept: it’s a feeling of distress that can result from being socially isolated.

Both concepts, however, have been scientifically associated with negative health outcomes. Social isolation is comparable to smoking or excessive alcohol consumption when it comes to increased chances for re-hospitalization or depression in older adults.

Loneliness is believed to be on par with smoking 15 cigarettes a day, and is associated with diabetes, heart disease and poor mental health outcomes.

In Calgary, specifically, social isolation or loneliness is prevalent: one in four older adults in the city live alone and — nationally — 30 per cent of older adults are at risk for becoming socially isolated. Concepts such as illness, lack of accessible transportation and weakened support systems contribute to the prevalence of social isolation in older adults.

Not only are worsening



Photo by Юлія Вівчарук on Unsplash

mental and physical health outcomes a result of this isolation, the report states that cities and communities are negatively affected overall when older adults find themselves unable to engage and make connections.

“Socially engaged older adults are vital to Calgary, as they work, volunteer and contribute valuable knowledge skills and life experience to families, communities and organizations,” the report states. “Many built the schools, streets, homes, hospitals and communities we live in today and are an asset to Calgary.”

The report recommends a three pronged approach to oppose the negative effects of social isolation and its underlying causes.

First, it recommends empowering older adults themselves by helping develop resiliency skills, promoting awareness of resources available to them and always involving older adults in the decision making process.

This helps encourage the human dignity of older adults, which respondents to Calderson’s report cited as an important factor.

“When one diminishes another in any way shape or form there is an assault on the dignity of both humans,” responded one anonymous older adult.

Next, the report recommends formal education for frontline providers, helping them properly assess potential cases of isolation and

ascrcribe proper resources in those cases.

Finally, it states that continued collaboration through many organizations and community programs to bridge communication will help create a proper safety net for Calgarians at-risk for social isolation.

“While tackling loneliness and social isolation is a complex social issue, there is great potential in making a difference in Calgary,” the conclusion of the report reads.

“This is accomplished by working collaboratively with the education, health and community sectors to empower the older adult population by enabling their contributions in creating a more just society.”

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*"I have been a resident of Prominence Way Retirement Community for 10 months and can honestly say it has been the best decision I ever made. Not only is it a beautiful building, the food has been great as well! We have certainly had our challenges since March 15 because of the COVID pandemic but our management and staff have gone over and above to keep us safe. All of our residents have become our new family and we all look out for one another. I would highly recommend this residence if you are looking for a new home for yourself or a loved one!"*

*-Pat R*

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# Oldest grad inducted into the Order of Athabasca University

Courtesy of Athabasca University



Photo courtesy of Susan Weber, via Unsplash.com

The Athabasca University (AU) motto, Learning for Life, represents a commitment to providing open and flexible education opportunities to learners young and old, anywhere in the world.

There are few learners or alumni at AU who reflect that ideal of lifelong learning more fully than Louisa “Louise” Daley, AU’s oldest graduate—and up until she decided this year to discontinue her studies, AU’s old-

est learner at 96-years-old.

She will be inducted into the Order of Athabasca University as part of the reimagined Convocation 2020 event on Oct. 2, in recognition and celebration of her commitment to lifelong learning. It’s an award she said she’s humbled to receive.

“I feel like they’re saying, ‘You’ve done something worthwhile,’” she said. “It’s like writing stories. There’s nothing like somebody saying, ‘I like that,’ and that’s more of less what Athabasca University is saying to me.”

“I’ve been alone now for 44 years, and you’ve got to fill in that time doing something. It’s no good just sitting back”

**Writing and laughter**

Daley has been interested in reading, writing, and learning for most of her life. Born with a damaged heart, she was unable to run and play in the same way as her siblings and friends. Reading was, in effect, a window on the world.

At 12-years-old, living in little village in England, her teacher assigned the class to write a poem, so she wrote a poem about a swing her older brother had built her. Her teacher “went crazy” over it.

“Then I just got big-headed,” she said with a laugh.

But Daley’s educational opportunities, in the traditional sense, ended when she was 14 years old. It was 1939, and her father’s employer transferred him due to the impending war. She

left school to help her mother with the work around the house. At age 17 she got a paying job, doing war-related work, which she worked for two years before damaged heart made that no longer possible.

She married, had four children, and took on various jobs to help her family, until her husband passed away when she was 55 years old. But all the while, she kept up with her writing and in particular, writing poems and stories that would make people laugh.

“I like to see other people laugh,” Daley said. “When you live miserably, it brings you down a bit. But if you can make them laugh a bit, then you’re on top of the world as well.”

## A life of learning

At one point during an argument, one of her daughters told her that she argued well and that she should enroll in the Open University in England. She took courses there, and after moving to Canada she started taking classes at AU—as much to fill the time and keep her brain sharp as anything else.

“I’ve been alone now for 44 years, and you’ve got to fill in that time doing something. It’s no good just sitting back,” she said.

Although Daley was just taking courses for her own interest rather than getting a degree, she earned enough credits to complete a Bachelor of Arts in 1999 and a Bachelor of General Studies in 2017—crossing the convocation stage at 93-years-old.

She said she appreciated her time at AU, not just because of the support she felt from all the instructors and staff she dealt with, but also because the individualized study options diminished the anxiety she felt about being an older student doing undergraduate courses. She said she also appreciated knowing that the work she did was entirely her own, rather than being influenced by the interpretations of others in her classes.

“When you’re on your own, you’ve got to work it out yourself,” Daley said. “It’s like with (Shakespeare’s) Macbeth. I didn’t blame him. He had a wife that was nagging him to go and kill that guy, and in the end he gave in to her, but I think he might have been a good guy if he didn’t have that wife.”

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# Halloween legends and myths

By Andrew McCutcheon

Normally when folks discuss wearing masks in the middle of fall, they tend to be talking about trick-or-treating.

With COVID-19, however, we've entered an autumn filled with some spooks much scarier than ghosts, goblins or vampires.

If you're like me, you've

always adored Halloween: there's something to be said for having easy access to candy and getting an excuse to dress up in something silly or spooky.

There's no word on what Halloween might look like this year, with the world in the middle of a major public health crisis, we may have a more muted season of scares.

There's no reason though that we can't observe the holiday in different ways, and come to appreciate the years of mythology and history which make up the legends we today might take for granted.

Here's a little look into the histories of a few Halloween favourites of the *Kerby News* editorial staff.

## The Headless Horseman

One of the spookier images associated with Halloween and autumn has been featured in a number of stories, tales and movies across popular culture: the Headless Horseman.

A mythical figure of legend depicting a decapitated man on horseback either carrying his former "cap" or utterly without head whatsoever, the Headless Horseman is often associated with the story "The Legend of Sleepy Hollow."

Hollow is a fictional short story written by Washington Irving in 1820, set in post-Revolutionary War New York. The Headless Horseman featured here is supposedly the ghost of a German soldier serving under the British army during the Revolutionary war whose head was untimely removed by a stray cannonball, and who "rides forth to the scene of battle in nightly quest of his head."

However, despite its common association with The Legend of Sleepy Hollow, the imagery of a Headless Horseman goes back much further in history and mythology.

In both Irish and Scottish Folklore, the tale goes back much further, into

the Middle Ages. The Irish depiction tells the tale of the "Dullahan" or "Dulachán," meaning "Dark Man," which appears not as a ghost, but rather as a demonic fairy, sometimes driving a black carriage in lieu of manning his own horse.

In Scottish tales, the Headless Horseman details the story of a man named Ewen, who lost his head in a battle of clans on the Isle of Mull. Having died without earning his right to being a leader of his clan, accounts say he and his horse now haunt the area.

## The Wendigo

The Wendigo is a uniquely North American and Indigenous story, and although some might think of Bigfoot when they hear the name, the two have little — if anything — to do with one another.

The Wendigo is an evil spirit in the traditional beliefs of the Algonquin, Cree, and Naskapi, found within Nova Scotia, Eastern Canadian and the Great Lakes Region. The source behind the English name for the spirit comes from the Ojibwe word "wiindigoo" or the Cree word "wetiko."

Descriptions vary between sources: some describe the Wendigo as being emaciated and skeletal with others stating the Wendigo to be of giant proportions. Pointed teeth, a rancid smell and animal-like features are other commonly described traits.

The Wendigo embodies gluttony and greed, never full and always hungering for more. In some stories, humans who were consumed



(Wendigo cutline: "Norval Morrisseau, *Windigo*, tempera on brown paper, ca. 1963.")

by greed or engaged in cannibalism could be turned into Wendigos by being possessed by a Wendigo spirit.

The Canadian Encyclopedia writes that the tradition was used to teach the value of working as a community in times of famine and hardship. Modern iterations, such as in the film "A Wendigo Tale" use the creature as a metaphor for the horrors of residential schools or European colonization.

## Samhain

Samhain is the Gaelic festival marking the end of the harvest season and the beginning of the darkest months, traditionally celebrated on Oct. 31, and has its origins in the pagan Celts.

At this time, the Celts would hold great gatherings and meetings, feasting and drinking alcohol, holding contests and raced horses, recorded in written literature as early as the 10<sup>th</sup> century. The act of "guising" — going door to door in disguise and receiving traditional gifts — was also recorded as part of Samhain festivities.

According to mythology, Samhain was the period when the "doorways to the Otherworld" opened, allowing the souls of the deceased and another supernatural creatures to come into the world of the living.

In the Medieval era, the Christian church changed the date of what was called All Saints' Day to Nov. 1 with All Souls' Day becoming Nov. 1.

Over time, the combination of these holidays, combined with emerging Christian influence in Celtic culture, formed what we now know to the modern Halloween, with the concept of "guising" molding and changing into the modern process of "trick-or-treat."

Some modern wiccans and neo-pagans, however, still observe the traditional holiday of Samhain at the end of October.



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| <input type="checkbox"/> Cracked, worn       | <input type="checkbox"/> Clicking           | <input type="checkbox"/> Flat             |
| <input type="checkbox"/> Over five years old | <input type="checkbox"/> Requiring adhesive | <input type="checkbox"/> Difficult to fit |
| <input type="checkbox"/> In your pocket      | <input type="checkbox"/> Causing you to age |   |
| <input type="checkbox"/> Missing teeth       |   |   |

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# Wrinkles: Time furrows etched onto my face

By Barbara Ellis

Webster's Dictionary describes wrinkles as, small ridges, or furrows which are formed by the shrinking or contraction of a smooth surface.

Glad I looked it up.

I no longer have smooth surfaces on my face and they have certainly been replaced by ridges and furrows. So I dug deeper and discovered that all the lines on my face have names.

Ha! The stuff you can learn on the internet!

Over the years, there have been many changes on my face.

For one thing, it has gotten fatter and rounder. My mother advised me to wear my hair high above my brow. It was supposed to elongate my face and make it look less round.

I don't know if it did, but I listened to what my mother told me and tried to back-comb my hair and give it some height. Besides, back-combing was the latest hair fashion, so it was easy to do what I was told.

Getting back to my face, I now know that the horizontal lines across my brow are called worry lines. That fits.

Over my lifetime there have been worrisome times,

after all, no one gets a free ride in life. During each of our lives we have had to face many uncertainties, the loss of someone close, or the frustrations when our plans did not materialize just to mention a few, and all of these things were accompanied by worry.

I have had my share so I accept the fact that worries have left furrowed marks on my brow.

Moving on to the slanted and vertical line between my eyebrows, well apparently, that has to do with my internal organs. It said that these deep lines may mean that those organs are weak, especially my liver.

That's too bad. But does that mean that I have to eliminate red wine from my diet? I say diet because I have been told more than once that a glass — or perhaps two or three glasses of red wine — is good for me. Great, one more thing to give up. This aging business comes with a lot of changes and restrictions, hard to remember them all.

Next comes the wrinkle across the bridge of my nose.

This one is supposedly connected to my libido. Well, my husband used to

complain that my supposed libido did not exist. Now I have no husband, but the funny thing is, I now have a line across the bridge of my nose. How about that?

Time to look at the bags under my eyes. Yes, I packed these a long time ago when I was getting ready for a trip. Unfortunately I lost the key, therefore, I can't open said bags to unpack them. So be it; they are now part of my appearance.

The article also mentions a red nose which somehow is connected to the heart. Well, the only time I have a red nose is when I get a cold which comes with a runny nose.

As for my heart, it is quite well thank you. Since those stents were rammed into it, my heart has behaved itself with a regular beat and a healthy pressure.

Next lines to come under scrutiny are the lines on either side of my mouth. These, as I already knew, are laugh lines. I happily admit that during my lifetime, I have enjoyed hundreds if not thousands of earthy, belly ripping, long and loud outbursts of laughter.

I am proud of these lines, they mean that through it all, I have been relatively

healthy and happy.

What about those vertical lines across my upper lip? I already know what those are. Yes, I used to be a smoker. Oh well, at least that is one bad habit I finally gave up.

The lines on my cheeks resemble road maps, sort of mixed up exits and entrances off a busy interstate. They look confusing, almost as confusing as my mind becomes when I drive around some of the new and improved roadways in Calgary. These lines really do resemble roadways much more so than the smooth and rosy cheeks they once were.

I must not forget my double chin.

When I was young, I promised myself that I would never, never have one of those. No, not me!

Double chins were definitely not in my future. Funny the things I promised myself when I was young. Must have been the same time when I promised I would never gain weight!

But you know, my double chin does have a function. Honestly!

It doubles as a Turtle Neck. Yep, really! I kid you not. As I get older and shrink in stature, my neck

which was always short, is getting shorter.

Pretty soon it will disappear altogether and I won't even have to wear a scarf in winter.

From the neck down I have to admit that with each decade there is more and more of me. Just as above my shoulders, it is also true that below my shoulders, I have changed.

Hard to accept that even if my mind feels young, my body disagrees with me. Also hard to realize that I am quickly closing in on my big Eight-Oh.

Where is time rushing to? This has been a difficult year for all of us and because of this worldwide pandemic, many of us have been isolated, closed in one way or another. I, for one, had big plans for my 80th. I was going to celebrate in Hawaii: but I guess I will just have to celebrate the fact that I have made it through these unprecedented times.

Unfortunately, though, there is more to come. But, as we are all constantly reminded, we will get through it. Yes, with the help of our family and friends, we will get through it. Here's hoping for a better 2021



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# Province orders record amount of influenza vaccine



By Andrew McCutcheon

The crisis caused by COVID-19 has had an unprecedented effect on public health and while we are by no means yet in the clear, there are additional factors this fall offering complications.

The annual flu season brings with it a score of health issues, often worsening pre-existing health conditions. In conjunction with COVID-19, the province is taking additional precautions to help protect vulnerable populations.

“Alberta has ordered a record amount of the influenza vaccine in light of the pandemic and an expected

increase in Albertans wanting to be immunized,” wrote Tom McMillan — assistant director of communications for Alberta Health — in a statement to the Kerby News.

“We have ordered 23 per cent more than last year. For the upcoming season, Alberta Health ordered 1.96 million doses of influenza vaccine compared to 1.6 million doses in 2019-2020.”

McMillan said immunization is the most effective way to prevent diseases and potential complications that may result.

“By keeping the number of influenza cases and outbreaks low, we can help protect at-risk Albertans and seniors and allow health care workers to keep focusing on the COVID-19 response.”

Health practitioners will start offering vaccines to vulnerable populations as soon as it is received. McMillan said these will begin by Oct. 13, at the very latest.

The provincial wide campaign for all Albertans on Oct. 19, with more information to be available in early October. This influenza inoculation is for the more commonly experienced strains of the flu. There is no current vaccination for the novel coronavirus, also known as COVID-19.

According to the World Health Organization, while they believe COVID-19 does not necessarily transfer as

efficiently as common influenza strains, it is much more severe in terms of ramifications to one’s health. In terms of symptoms, there are a few differences between the two.

Alberta Health Services advises that symptoms of fatigue, aches and pains are more common with influenza compared to COVID-19. Shortness of breath is a symptom that’s associated specifically with COVID-19 rather than influenza, as well. Some of the best practices to help prevent both the spread of COVID-19 and influenza include physical distancing, mask-wearing, consistent hand washing and to disinfect commonly touched surfaces.

The provincial government recommends staying home and completing an on-line assessment if you believe you might be infected with COVID-19. Individuals can also call 811 for a health assessment and referral if they are concerned about their symptoms.

Testing for COVID is now available for all Albertans and can be booked online at [www.ahs.com/covid](http://www.ahs.com/covid), or by calling 811. “During this pandemic, it is particularly important that all Albertans take care of their health and well-being,” McMillan said in the AHS statement. “This year, our health system will need to respond to both COVID-19 and influenza disease.”

Photo courtesy of the CDC, via Unsplash.com

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# Day trading – not for the faint of heart

The number of novice investors **day trading** has surged during the coronavirus pandemic. People stuck at home have turned to playing the stock market on trading platforms with the hopes of big returns on their investments. While it has made some savvy investors rich, day trading has left many others with massive losses and in worse financial shape than before.

Day trading is risky and different from traditional investing. Day trading involves rapid buying and selling of securities to take advantage of small movements in prices. As a day trader, hedging your bets across a variety of day trades comes with inevitable losses

on some trades and gains in others, with the goal of ending the day in the green. Day trading isn't for everyone, and it takes a particular type of person to ride day trading's rollercoaster of volatility day-in and day-out. Most individuals do not have the wealth, the time, risk tolerance or the temperament to make money and to sustain the devastating losses that day trading can bring.

If you are considering day trading, make sure you understand its dangers:

**Huge risk – losing money is part of day trading.**

Don't enter into day trading if you don't have the money to lose and you don't have the flexibility to sustain



Photo Credit: Jason Briscoe, via Unsplash.com.

losses daily across multiple trades.

**Quick wins don't guarantee future success.**

Be careful of unfounded confidence and emotional decisions – each trade is unique and a huge win one day could be a loss the next.

**Be prepared to treat it as a full-time job.**

Day trading is time-consuming – to be successful, you need to have the self-discipline to view it as a full-time job and conduct ongoing investment research and monitoring.

**Watch out for claims of easy profits, hot tips or expert advice.**

Relying on investment advice from day trading firms or platforms, websites, social media like TikTok or charismatic day traders can be dangerous as they may be seeking to gain profit from their recommendations. Don't believe any claims without checking sources

thoroughly.

**Remember that seminars, classes and books about day trading may not be objective.**

Find out whether anyone offering advice about day trading stands to profit if you start day trading.

**Beware of easy training sales pitches.**

Day trading training systems are heavily marketed to make it seem like an easy, safe, fun way to make money. These commercials leave out details about the pressure, the importance of researching and testing, and the high levels of risk.

If you recognize this and are still determined to try your hand at day trading, make sure you do the following:

**Understand the risks and then choose whether this type of investing is right for you.**

Know yourself as an investor, your risk tolerance

and your financial goals before you decide to day trade.

**Learn all you can about investing and day trading.**

In order to increase your chances of success, you need expertise, so read and research all you can on it. Day trading is not ideal for those new to the investing world.

**Assess if you have the right personality and discipline.**

You need long-term dedication, a focused mindset and the ability to ride the stressful highs and lows of the day trading rollercoaster.

**Only invest what you can afford to lose.**

Day traders typically suffer severe financial losses in their first months of trading, and many never attain profits. Set aside a set amount and don't get caught up in the hype or panic to invest more as a way to make up losses. Think of it like gambling in Las Vegas – it's never a good idea to double down at a table when losing. Get up and walk away.

**Research a good trading system, and keep to it.**

Day trading requires a lot of self-discipline and trust in your trading system and algorithms. It is more complicated than just following a hunch. If you don't have a system and manage risk, you are more likely to lose money.

Day trading requires expertise. If you do decide to pursue it, do your homework, and develop a financial plan to ensure it's the right approach for you. Remember, all day trading firms must be registered, visit CheckFirst.ca to check the registration of any firm or call 1-877-355-4488.

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# COVID-19 is Making Me Ponder

By Jaroslav Maria



Buonarrotti, Michelangelo. Pietà. 1498–1499

**2020** has been quite a year so far! The coronavirus came in March slowing everything down, leaving us confused when we shall return to normal and ponder what it'll be.

Here is the conundrum: medical experts and politicians are championing something different every day. It feels like two blind people leading each other into the cinema. Granted, the novel coronavirus is unprecedented, making the people in charge looking bad.

While the world is turned

upside down, I ask myself if it's actually anything new or have we been slipping for some time already? Isn't the coronavirus just a catalyst to make us look deeper? Historically there were major wars, powerful politicians, big market crashes and yes, various pandemics already that caused corrections. However our current leaders seem too elitist, too smart and too impractical with their fancy schemes and are utterly detached from reality leaving us in the dust.

Left to my own devices I'm trying to dig out from under all the crazy misinformation, conspiracy theories and plain stupidity by looking for allegories to guide me along. The analysts always go to childhood, so it's probably good to start building on the solid ground of the family milieu that formed me and fomented my interest.

I imagine the family Tkachuk is mostly talking about ice hockey around the dinner table, while in the English family du Pré whose daughter Jacqueline was a genius cellist married to the conductor and pianist extraordinaire Daniel Barenboim the life was centered on music,

and so on.

Even if we ourselves aren't extraordinary but dig deep, we may be able to find interesting people in our family trees. What if one of our great grand uncles was a famous Nazi tank commander Guderian or a great, great, etc. grandfather in our family was a rebel during the reign of Henry VIII and wound up hanging off the York city gates, a punishment meted out only to the gentry. I have met people who are proud of such pasts. Perhaps that the provenance

so disagreeable or gruesome influences their thinking to this day.

Be it what it may my own family is not overly interesting, but we have a decent artistic background with sprinkling of visual artists, a writer and an opera star. My siblings and I grew up surrounded by original paintings and other objets d'art. Our parents were on the lookout for the next genius in our generation instilling into us general interest in visual arts. That's my world to which I go for allegories.

Following the art scene is not easy. It used to be simpler when visual art was synonymous with realism, but that genre seems to have disappeared in the latter part of 19<sup>th</sup> century coinciding with the invention of daguerreotypy that morphed into photography.

The classical realism still survives and attracts a lot of admirers. It has passed the test of time and provides a starting point. The classics were indisputable masters! Not too many can depict the smile like Leonardo gave to Mona Lisa, nor to chisel out realistic figures like Michelangelo or Bernini.

Frankly, this art is unbelievable! The details, proportions, postures and subject matter! Michelangelo could make marble come alive. Take the Pietà in St. Peter's cathedral in Vatican or David in Florentine Academy. One expects statues to get up, give us a wave

and walk away.

Bernini has a sculpture in Villa Borghese in Rome representing Apollo chasing Daphne and when he catches her she calls upon her father, "Help me, Peneus! Open the earth to enclose me, or change my form, which has brought me into this danger! Let me be free of this man from this moment forward!" Peneus answered her plea and "a heavy numbness seizes her limbs; her soft breasts are surrounded by a thin bark, her hair changes into foliage, her arms into branches; her swift foot now clings to sluggish roots." She turned into a laurel tree.

I stood transfixed in front of this larger than life sculpture describing the very moment of this transformation complete with delicate paper thin leaves sprouting out of her fingers. I wondered how in the world Bernini did this with just a chisel and a hammer!

With realism becoming passé late in the 19<sup>th</sup> century, the visual artists had to reinvent themselves. Experimenting started, but frankly so far it's a mess! Soon the contemporary realists were called out by the avant-garde and in came changes.

The process was gradual. When Picasso sculpted a goat around a woven basket substituting for the body, it was far less realistic, but still it's a goat for everyone to see. We just had to use more imagination. Thus we entered the world of modern



"Apollo chasing Daphne," Bernini 17th Century



art.

If there is one word that describes the transformation of classical to modern art, then it is simplification. Some artists concentrated on impressions and lights, some were going deeper into the meaning of things or events. Thus an expressionism was born. Picasso and Braque tried to create three dimensional pictures on a two dimensional canvas next. They presented different views of subjects (usually objects or figures) together in the same picture, resulting in paintings that appear fragmented, already almost abstracted.

Artists weren't yet totally removed from reality. One could still understand what a picture or a sculpture was about, what it represents and it was just a view from a different vantage point plus a bit of mystique. A positive development for sure, fostering creativity and making us viewers think, something the realism didn't do. There are some magnificent examples of art from that era, Europeans, also Americans and the Canadian Group of Seven.

It was the beginning of the slippery slope as the gap between artists and us kept widening with every next art genre. The tipping point was when the casual observer couldn't discern any more what these lines, curves and painted fields or geometrical sculptures represented. Enter the world of abstract that is defined as "art that does not attempt to represent an accurate depiction of a visual reality but instead use shapes, colors, forms and gestural marks to achieve its effect". Whatever they may be, many abstract pieces are "Untitled," not helping when trying to understand the meaning of them.

Ongoing simplification brought us minimalism, movement best defined by its name. Perhaps the

idea is to free us from the intricacies of the modern world, the multiple choices we face every day and even to return us to the pre-modern world. The best vehicle for that might be the primitive art of prehistoric and aboriginal peoples. Then the circle would be completed. Does the pendulum also swing in the art world?

What we have now is an avant-garde that will be understood better decades later just like Vincent van Gogh became genius only after his death. How long delay is needed, for us uninitiated to catch up with the current crop of the post-modernists gushing along, is not known. This is a problem for the arts establishment. Who wants to come and see this hard to understand work, and pay for the privilege? Museums and galleries are trying to educate the viewers, the younger the better.

An expert undertook the task of enlightening me. We were in the *Pompidou Center* and he was coaxing my brain to start firing on more cylinders. At one point we were looking at a painting of some seaside scene where the water was crimson red. Why is it red in your opinion, he asked. I didn't know. Perhaps it was a sunset. No, no. Why do you think the artist painted the sea red? Being obtuse I still didn't know. Because he can, was the correct answer. Well, that settled I gave up on ever understanding the modernism.

The point is, that there are some nice and interesting works in this museum, some truly extraordinary ideas but also a lot of lazy craftsmanship in my opinion. I'm not an ardent admirer of classical paintings, so bland at times, particularly the portraits, but one thing is certain: those painters were craftsmen who spent a lot of time to do the job right. The modern artist seems



1906 Pastel study, for a picture called "Portrait of a fiancé" (Incidentally the author's grandmother) by Czech Impressionist Milos Jiranek, author's private collection

more interested in realizing his idea than painstakingly crafting it and rushing off to the next project.

The best way to see the transformation from the ancient realism to modern art is to go to Paris. They have three museums starting with the *Louvre* that is the bastion of realism, followed up by *Musée d'Orsay* that houses mostly impressionists and post impressionists and on to the *Pompidou Center* which is the home to modern art and beyond. All three are within easy walking distance from each other. The really experimental work is scattered through the local galleries.

The group trying to bridge the developing gap between the artistic elite and us, who are their customers or support them from our taxes are the art historians and the critics, and sometimes the artists themselves. Unfortunately these people also don't walk the earth with us. Mr. Rothko, whose

paintings by and large consist of huge canvases with painted color blocks or stripes on them, sometimes as many as three different ones leaves me cold. Luckily, the master himself comes to the rescue (quoted from internet):

"Since my pictures are large, colorful, and unframed, and since museum walls are usually immense and formidable, there is the danger that the pictures relate themselves as decorative areas to the walls. This would be a distortion of their meaning, since the pictures are intimate and intense, and are the opposite of what is decorative; and have been painted in a scale of normal living rather than an institutional scale. I have on occasion successfully dealt with this problem by tending to crowd the show rather than making it spare. By saturating the room with the feeling of the work, the walls are defeated and the poignancy of each single work . . . become[s] more visible". Now you know!

I self narcissistically presented myself as a person at least partially educated in arts, and yet I'm puzzled. In exhibitions there are always catalogues with either interviews with artists or treatises by experts about what the artist meant. Apparently one minimalist said not to look for any meaning in his work, what you see is what you get. He may have meant it or he may have been fibbing. Without going to much detail, examples abound with explanations just as clear and revealing as those above.

I wonder if even the artists themselves agree with what the experts write about their intentions.

Still, trying to understand the ultramodern work I talked to a professional artist what is the meaning of his work and why does it have to be so far out. His answer was that the artistic elite keeps moving forward and pulls the masses with them, as it was always the case. True enough. But do they have to be so far ahead of the said masses that they already disengaged from us completely? From this conversation my distaste for elitism and self-appointed leadership originates. I also started to wonder if even the political elite is doing the same to us while advancing their pet ideals? Are they helping or leading us to perdition?

I admit taking long roundabout way to draw a parallel between modern art and the contemporary politics, but there is a parallel. Just like the invention of photography was a turning point for the artists, the rapid computerization, new technology, overpopulation, fluctuating climate and maybe even this new virus are the turning points for us.

We don't have to look at, or buy art, we can block it out. We can't afford, though, to be run by ideologists, no matter how educated and intelligent, if their solutions are impractical, unrealistic and chimeric, and "because they can!"

I thank you, Covid-19 for making me think, but otherwise, please go away and leave me alone.



Picasso, picture taken in an exhibition in Vienna, Austria



# Breathing easy while wearing a mask



Photo Credit: @AnshuA via Unsplash.com

Now that masks are mandatory in schools and other public spaces in many jurisdictions, anyone nervous about wearing one may feel like they're *really* going to suffocate — but there's no reason to panic.

Wearing a mask is safe and doesn't physically limit breathing, said respirologist Christopher Ewing of the U of A's Faculty of Medicine & Dentistry. "They don't affect the concentration or uptake of oxygen in any way, and there is no significant trapping or rebreathing of carbon dioxide."

Though conditions such as autism or sensory processing disorders may pre-

vent someone from wearing a mask due to intolerance of the facial sensations, adults or children with asthma or other lung conditions can safely wear them, he added.

"Masks don't add enough additional resistance to the airways to limit air flow in any significant way, even for patients with lung disease. If anything, when people have an obstructive lung disease such as asthma or COPD, breathing against resistance can actually help keep airways open and prevent them from collapsing during exhalation."

Any feelings of breathing discomfort that people feel while wearing a mask

are usually based on dysfunctional breathing patterns that can develop while wearing one, Ewing said.

"Often, the problems are due to the direct physical sensation of wearing a mask, feeling anxious about it or having other common issues such as glasses fogging up, so people may subconsciously change their breathing patterns."

Breathing too deeply or quickly, known as hyperventilation, can bring on feelings of dizziness, while breathing too little or unconsciously holding our breath can lead to feeling short of breath.

People may also stop breathing out too soon during the respiratory cycle, leading to "breath stacking" and hyperinflation, he said.

"The lungs can get very full of air when people do not breathe all the way out with each breath. The lungs get more and more full with each breath, and it can get very uncomfortable to continue to breathe at these high lung volumes. It's like

trying to blow more air into an already full balloon. If this happens, people need to relax their muscles, and focus on breathing all the way out before they take their next breath."

However, everyone — including kids — can learn to master their masks by practising some breathing techniques, Ewing suggested.

## Try box breathing

"Normally, it takes twice as long for us to breathe out as it does to breathe in. Breath stacking and hyperinflation, which develop when the exhalation is shortened or cut off early, is a common dysfunctional breathing pattern that can develop while wearing a mask."

Box breathing, used often in yoga, visualizes the four sides of a box as the four parts to breathing: breathe in for two seconds, hold that breath in for two seconds, breathe out completely while relaxing the chest and abdomen muscles for two seconds, and then stay relaxed for two seconds before starting to breathe in again.

"It helps regulate your breathing in a more conscious way, by giving the body enough time to fully breathe in and breathe out, and resetting any dysfunctional breathing patterns that have developed. It can also reduce stress and anxiety."

## Try belly breathing

The stress of wearing a mask can cause some people to breathe using their neck and chest muscles, which are less efficient than the diaphragm, the main respiratory muscle that sits between your chest and your abdomen. Belly breathing—focusing on using only your diaphragm to breathe—can help relieve that tension.

"Put a hand on your belly while you breathe. You should feel your hand move away from you when you breathe in, and towards you as you breathe out. This helps prevent your body from using extra muscles and energy to breathe, by using only the most efficient respiratory muscle."

## Don't be preoccupied with wearing the mask

Focus on the task at hand, whether that's shopping, driving or playing.

"Let the brain's respiratory autopilot take over," said Ewing. Eventually, the mask becomes less noticeable. "We can get used to it, just like we get used to wearing glasses or contact lenses."

## Start small to get kids used to wearing masks

"The vast majority of kids can get used to wearing masks by using desensitization strategies," said Ewing.

Start by having your child wear one for only a few minutes at a time, during a fun distraction like playing a video game or watching a show. Then, start to lengthen the time and frequency that they wear it during the weeks leading up to school. Or make a silly game of it.

"They can pretend they're a superhero or a ninja. Parents can put their mask on at the same time and play together. The longer they can keep the mask on, and the more positive reinforcement they get afterwards, like hugs and high fives, the longer they will be able to tolerate it the next time they wear it."

Experiment with different styles, fabrics and patterns to find a mask your child likes. "Let them help pick it out if you can, so they feel like they have some control over what they wear."

## Explain why it's important

When school starts, parents and teachers need to be up front with children about the reasons for wearing a mask, he added.

"Kids by nature love to be helpers, and by wearing a mask they are helping to protect their friends, their teachers and themselves. Explaining that masks can help protect against the spread of germs is how we can get kids to buy in."

*This article was submitted by the University of Alberta's online publication Folio, a Troy Media content provider partner.*

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# 10 simple steps to reduce your risk of falling

By Lindsay Ruitter, MScOT, BScKin

With age, falls become more common and also tend to have worse outcomes. However, falls are mostly preventable when appropriate steps are taken. Below are simple ways that you can reduce your risk of falling both at home and in the community. It's important to reduce your fall risk so that you can continue living a high-quality life and enjoying the activities that are meaningful to you.

## 1. Have Good Lighting

A common cause of falls is tripping over something in a poorly lit area. This is especially common on stairs or when going to the bathroom during the night. Always try to turn on lights when possible, use night lights in your bedroom and bathroom, and make sure light switches are accessible.

## 2. Use Stair Railings

Stairs can be a falling hazard for many seniors. Railings on stairs provide extra support, help with bal-

ance, and reduce fatigue. If your stairs don't have a railing, consider getting one installed.

## 3. Remove Area Rugs or Tape Them Down

Area rugs present a tripping hazard, as people might catch their feet on the edge or an upturned corner. If you don't need the area rug, then simply remove it. Otherwise use carpet tape from a hardware store to tape your rug down securely.

## 4. Reduce Clutter

One of the main causes of falls is tripping over household items or furniture. Make sure the walking paths within your home are clear (e.g. cords, slippers on the floor, extra chairs, extra side tables).

## 5. Use Good Shoes

Make sure that you wear shoes that fit you well and have sufficient grip on the bottom. Many seniors will wear shoes inside the house as they find socks too slippery and bare feet uncomfortable. You can also pur-

chase socks with extra grip on the soles if you prefer to wear socks in your home.

## 6. Have a Safe Bathroom

Falls frequently happen in bathrooms. Several ideas to consider include: toilet grab bars, raised toilet seat, shower grab bars, shower grip mat, and shower/bath chair. You can talk to an occupational therapist for further information on how to make your bathroom safer.

## 7. Use Assistive Devices as Needed

If you are feeling fatigued or unbalanced when walking short distances in the community, it may be time to consider a cane, walker, or wheelchair. While many people are hesitant about starting to use these devices, they often notice a large improvement in their confidence and ability to get around the community once they start using such equipment. Talk to a health care professional to ensure you get the right equipment.

## 8. Be Cautious in the Winter

Snow and ice become large fall hazards, as most people in Canada know all too well. Try to avoid icy patches on sidewalks and ensure your own sidewalk and entrance area is always kept clear of snow and ice. There are also spikes that can be put on the end of a cane or walking stick to help with balance and support in winter conditions.

## 9. Keep Active

Continue staying as physically fit as you can through exercise. Going for a daily walk is a great way to start becoming more active. You could also attend fitness classes, such as those at Kerby Centre. When individuals are strong and active, they have a lower risk of falling.

## 10. Make a Safety Plan

Even with all of the preventative measures in place, falls still do happen sometimes. Creating a safety plan is important so that if you do fall, you are able to get help as soon as possible. This may include keeping

a phone on you at all times, having a phone low to the ground so that you could crawl and reach it if you were unable to get up off of the floor, or having an alert bracelet/necklace that you can use to call for help.

Remember it is never too early, or too late, to start using fall prevention strategies, such as those listed above. This list is not comprehensive and if you would like further individualized recommendations it is recommended that you speak to an occupational therapist or other health care professional.

*About the Author: Lindsay is a Registered Occupational Therapist (OT) in Alberta. OTs are regulated health care professionals and can help individuals prevent falls in both the home and community. They can also help individuals regain confidence after a fall in order to get back to doing their daily activities. Lindsay can be contacted at (403) 667-5591 and you can also go to her website [www.livingeasyot.com](http://www.livingeasyot.com).*



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# Calgary is a great garlic growing community!



A basket of local garlic. Photo credit to Deborah Maier.

By Deborah Maier

I'm sure you'd agree that in many ways Calgary is a great place. But did you know that Calgary is a great place to grow garlic? Many gardeners will tell you that Calgary can be a challenging place to grow vegetable and even ornamental plants. Our spring starts with very cool temperatures making it a challenge to start plants from seed, especially if they require warmth to ger-

minate. If these plants are started inside, they need to be carefully hardened off to acclimatize them to the outdoors before they are added to the garden. After planting, the gardener needs to keep a careful eye on the forecast lows as frost can occur even into June. Then, after all the care, July can bring hailstorms.

Garlic is on a different planting schedule making it easier for many gardeners to grow.

The garlic that does best in our growing region is hardneck garlic. It gets its name from the woody stem found at the centre of the bulb. The stem is the flower stalk of the plant, called the scape.

The curling of the scape is one of the aids used to identify the developmental stage of the plant. When the scape curls into a loop, it's time to trim it off at the set of leaves below the curl to let the plant focus its energy on bulb development. The

scape can be used in cooking as a replacement for a garlic clove. If harvested at the correct time, the scape pieces will be tender when cooked.

The leaves on the plant stalk provide a visual clue to when to harvest the bulbs. If the bottom leaves are dry and yellow or light brown, it's time to pull the bulb.

Actually, you don't want to pull on the stalk, you want to dig into the soil with your hand and lift the bulb. The bulb should remain attached to the stalk when harvested, particularly if you want to store it for a while. After lifting the garlic, it needs to be cured. Let the garlic dry next to the bed for a bit, until soil can be easily brushed off.

Then hang the garlic in a well-ventilated space out of direct light for seven to 14 days to cure it. The purpose of curing is to dry the outer papery skin (the tunic). If the garlic is properly cured, it will keep for months in a cool, dark place (an unfin-

ished area of a cool basement for example).

So how is growing garlic different from most other vegetable garden plants? The key difference is it is planted now, in October. Just after you harvest the last of the root vegetables, you can plant hardneck garlic cloves.

Space them a minimum of 15 cm apart and at least 10 cm deep. Add compost on top of the bed. Water the bed and cover it with 10 cm of leaf or straw mulch.

You can now ignore the bed (though tossing snow on top of the bed will help keep the cloves snug throughout the winter) until you are merrily surprised by their green sprouts in the spring. Chinooks?

Since the cloves are planted deep into the bed and covered with a good layer of mulch, they are insulated from the temperature fluctuation caused by these warm winds. There's also no need to fret about spring frosts.

With its thin stem and leaves, unless it's a truly devastating hailstorm, garlic is not usually adversely affected. Our locally grown hardneck garlic has a full, rich flavour.

Plant garlic, it's practically designed for our growing environment—and if you've tasted it, you won't want to settle for bulk garlic from the grocery store.

Back in August, I wrote about a garden journal note that I made in 2019 that proposed that I try using the spruce tree as a garlic curing site. Are you wondering how that turned out? It was great!

The birds and squirrels left the garlic alone. We had some good winds that caused the bulbs to sway, so ventilation was excellent.

We had hardly any rain, but the little we did get didn't seem to reach the bulbs. The tunic dried to a light, crisp paper. I'm happy to declare the experiment a success!

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Freshly harvested hardneck garlic. Photo credit to Deborah Maier



# Waking up, ready to face the day

By David Darnielle



An impromptu performance in his own backyard inspired the writing of this piece. Photo credit to Robin Rasmussen.

I'm a black coffee kind of guy.

I remember being quite a bit younger and my gruff grandpa asking me if I'd like some coffee with my cream and sugar when I first started drinking the stuff, trying to drown out the bitter taste with sweet and creamy.

From then on, I took pride in my answer whenever someone asked me how I took my java. I answered them in the same way my grandpa always did: "black as the devil's heart and twice as strong."

Embarrassingly, I spent much of my life with the same minor disdain my grandpa possessed for those who muddled their morning coffees. "Oh, would they like some coffee with their cream and sugar?"

It took me a lot longer to realize life is much too short to care about such small things. I let people enjoy their joe as they will. But myself: I've stuck to black coffee and I'm too far entrenched in my tastes at this age to change them.

Coffee, however you might take it, is how many of us start our days. Whether you're working, retired or somewhere in between, there's something to be said about a steaming cup, maybe enjoyed on your patio, your easy chair or in a steel mug as you brave the daily commute.

There's an embarrassment of options these days as well. Whether you're a diehard Tim Hortons fan, a Starbucks enthusiast or perhaps have a local shop on the corner you like to support, there's plenty to

choose from.

To be frank, I'm not partisan in my coffee appreciation. If it's got caffeine and it's warm, I'll guzzle it down happily. The best tasting coffee, in my opinion, is coffee made by someone else. There's joy in waking up and smelling it from beneath the covers, a brewed pot just waiting to be consumed.

But coffee can only go so far in getting us up, alert and awake. It's important to have a routine.

A routine can look like a lot of things, and it doesn't have to be boring. It's not a rut; it's a well-trodden path we take because it's comfortable and enjoyable.

Here's a few steps you can add to your morning to help wake you up and get you started for your day.

## Get dressed

Seems obvious, no? But not necessarily.

It's too easy to let ourselves fall into the habit of pajamas, especially if our days aren't filled with a to-do list that requires fancier clothes.

But you'd be amazed at how much better you feel by pulling on a pair of pants and a nice shirt or top.

In fact, a campaign from the government of Alberta looks towards ending "PJ Paralysis."

"End PJ Paralysis is a global movement to help patients get up, dressed and moving. It aims to get patients out of bed, dressed in their own clothes and when possible, moving rather than lying in bed," reads the Alberta Health Services

website.

It states that getting up, getting dressed and moving around has positive health impacts.

While the campaign itself is aimed at those recovered in hospital, the psychological benefits for all of us are clear: getting dressed helps us prepare for a day with potential.

## Coffee and lists

I've talked coffee to death, so I won't restate why I think the stuff is beneficial, but it need not be coffee necessarily.

Whether you're a tea drinker or even a fan of hot cocoa, something warm to sip on in the morning feels wonderful. It's like a hot bath for your insides, which is especially appreciated on cold, Albertan mornings.

Be sure to pair whatever hot drink you have with a glass of water. I don't need to tell you the importance of drinking water, so consider this a gentle reminder.

On the subject of lists, start one of all the things you'd like to do today.

My favourite and first thing to put on any to-do list is "1. Make a to-do list."

You immediately get to scratch something off. Look at you! You're already accomplishing things.

You might be tempted to just write down errands and chores, but I'd suggest something different. Write down a few relaxing, light things you want to do today. Whether it's reading a few pages in your book or finishing a crossword puzzle.

Make time to waste some time. As they say,

"time you enjoy wasting is not wasted."

## Do not read the news

Why are you reading the newspaper?

Put it down.

This is not the way you want to start your day.

The news right now is no way to start the day. There is too much going on at once and reading the news in the morning is a good way to paralyze your thoughts for the rest of the day.

That is not to say you shouldn't consume the news at all: absolutely not. Being ignorant of what's going on around us is of no benefit to anyone. But carve out a point in your day, later in the morning or afternoon, to see what's going on in the world.

And follow it up with something light: find a happier story, call a friend or family member, or even read something positive right here in the *Kerby News*.

You can be well-read and still choose to balance the heavier aspects of current events with something lighter. I promise you, your mornings will improve.

Now that's the "how" of waking up in the mornings. It's short, simple and will benefit your well-being in ways you couldn't imagine.

But there is another question, that's just as important if not more so, to answer when it comes to this subject.

It's the question of "why."

I had a close friend contact me recently.

There was a person she loved and who loved her,

and they were now no longer in her life.

She asked me for something: not for kind words or advice or empathy.

She asked me why I chose to get up in the mornings.

At first, I was taken aback and worried that I might say the wrong thing. But I remembered what happened earlier that day.

I went outside to enjoy my cup of coffee and there, in the courtyard of my apartment, were half a dozen saxophone players. They were standing there, music stands on the grass and instruments at the ready. The lot of them began to play, haunting, gorgeous melodies that made my hair stand on end.

I sat on a nearby bench and listened until I cried. It was one of the most beautiful things I'd ever heard, especially when it seemed as though the world had been filled with such ugliness for so long.

And so when my friend asked me the important question, the "why," I told her this.

Even though some days are hard and they seemed to be getting harder, there are some days that are good.

The bad and the good don't cancel each other out. Life is just a mass of good things and bad things. The good parts of life don't always soften the bad ones, but at the same time, the bad things don't spoil the happy moments.

We often spend so much of our brain power on imagining the worst case scenarios, the awful things that are happening and that could happen. Very seldom do we spend time imagining the good things that could happen: even though they are just as likely to.

In my wildest dreams, I had no idea I'd wake up to see a chorus of musicians creating something beautiful in the light of my own backyard, despite the darkness that has permeated this year.

And so that's the big answer to "why." Because life can change and surprise you in the most wonderful, incredible and positive ways.

And because even if I make my own cup of coffee in the mornings, it still tastes good.

Life's too short not to live it.

Maybe I'll have cream and sugar next time.



# Seniors Scene

A message from the City of Calgary

Flu season this year looks very different as it coincides with the COVID 19 pandemic. As you begin to prepare for flu season it is good to know the difference COVID-19 and the flu and what you can do to stay safe.

In some ways, COVID-19 is similar to the flu:

- Both COVID-19 and the flu cause respiratory disease in people who get sick.

- Both are spread the same way, via small droplets from the nose and mouth.

- Neither one is spread through the air over long distances and times, unlike a disease like the measles.

However, there are some key differences between COVID-19 and the flu:

- COVID-19 does not appear to transmit as efficiently as influenza. Only those with symptoms seem to be mainly spreading the disease.

This means that when people with symptoms are isolated, controlling spread is possible.

- We currently have no specific vaccine or treatment for COVID-19.

- COVID-19 causes severe disease in a higher percentage of cases than seasonal influenza.

Estimates of mortality on average range from about 1-2 deaths per 100 people infected.

By comparison, seasonal influenza is 1 in every 1000 who are infected.

- Because COVID-19 can cause such a serious illness, it is critical to keep it from spreading by having people with a cough or fever stay home and away from others.

The same steps can be taken to prevent the spread of both the flu and COVID-19.

- Wash your hands often and use hand sanitizer when you can't wash your hands.

- Stay 2 metres away from others.

- Wear a mask when you are in public.

- Stay home when you feel unwell.

For more information, visit [ahs.ca/covid](https://www.ahs.ca/covid) or [calgary.ca/covid19](https://www.calgary.ca/covid19).

# CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON ON PAGE 31

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
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## GOOD DOG!

### ACROSS

- 1 Perfect places
- 8 Places
- 15 Firing noise
- 20 Italian province or its capital
- 21 Mobile's place
- 22 Goes the distance
- 23 "We were just talking about you!"
- 25 Roast's host
- 26 Early 1900s cars
- 27 The Raptors, on sports tickers
- 28 Up to, for short
- 29 Actor Everett of "Stardust"
- 30 In accordance with
- 33 Really big
- 36 Low-value billfold fillers
- 37 Yet to happen
- 41 Regular way of walking
- 43 Slacked off
- 44 "Your Song" singer John
- 46 Acquire
- 47 Martini's partner in winemaking
- 48 Exam for some jrs.
- 49 Acquire
- 52 Tally up
- 55 "The Ipcress File" novelist Deighton
- 56 Maiden-named
- 58 Bring items to someone as a server would
- 61 Italian province or its capital
- 63 Steeped quaff
- 65 Love god
- 66 Ouzo flavorer
- 67 Insist that formalities are observed
- 73 Extensive destruction
- 76 "Air kiss" sound
- 77 Crude
- 78 Greek god in a chariot
- 82 Make radical changes to the norm
- 87 Hi- — graphics
- 89 Long time
- 90 Beige
- 91 Father of Taoism
- 92 Talk to a deity
- 94 Novelist Nin
- 96 Shade trees
- 97 Acknowledge
- 99 Wading birds
- 100 Relax briefly
- 105 No matter the consequence
- 107 A long time
- 108 1988 NFL MVP Boomer
- 110 Bearings
- 111 Loosened, as a skate
- 113 From — Z
- 114 Assist
- 115 "That's awful!"
- 119 Actor Feldman

- 120 Place to teach the eight commands featured in this puzzle
- 125 Rub away
- 126 Mopped, e.g.
- 127 Crouched
- 128 Relaxes
- 129 In a nervous way
- 130 Woven fabric

### DOWN

- 1 Khrushchev's fed.
- 2 Sticky stuff
- 3 Butter substitute
- 4 Field laborers
- 5 Really bug
- 6 Year, in Rio
- 7 "Mister" of ice cream trucks
- 8 Bert of "The Wizard of Oz"
- 9 "Go, torero!"
- 10 Ill-bred dude
- 11 Assists in crime
- 12 Sumptuous
- 13 Actress de Ravin of "Lost"
- 14 Actor Mineo
- 15 — cheese dressing
- 16 Sendup
- 17 Liftoff follower
- 18 Hi-fi system
- 19 Feared fly
- 24 Swimmer Dara with 12 Olympic medals

- 29 Installed anew, as flooring
- 31 Beer vessel
- 32 Prof's degree
- 33 Having a dull finish
- 34 Hurly-burly
- 35 Eschewer of animal products
- 37 "The Little Rascals" girl
- 38 Conical woodwinds
- 39 Had no life
- 40 Royal name of Norway
- 42 Soup holder
- 45 Mother-of-pearl
- 48 Hammer end
- 50 Norse god in a chariot
- 51 Nonlethal stunner
- 52 Jackie's hubby #2
- 53 HMO participants
- 54 Henna, e.g.
- 57 SFO guess
- 59 PC support givers
- 60 Writer Seton
- 62 Merits a "so-so"
- 64 Acknowledge
- 68 Antigen disablers
- 69 Has
- 70 Actor Conrad of early films
- 71 Nanny Poppins
- 72 Have a debt
- 73 Pres. elected in '48
- 74 "Caught you!"
- 75 Boxy vehicle

- 79 Weaponize again
- 80 "Traffic" actress Christensen
- 81 Full of lip
- 83 Packed firmly
- 84 Gas pump attachments
- 85 Novelist Sinclair
- 86 Grads' dance
- 88 Lucifer
- 93 Lacking vitality
- 95 Medium to poor
- 96 Least difficult
- 98 Lead-in to chic or hazard
- 99 Sow or cow
- 100 Dish under a cup
- 101 Brush aside
- 102 "Neon" tank swimmers
- 103 Prone
- 104 Triangular sail
- 106 Least narrow
- 109 Coke and Pepsi
- 112 Peepers
- 114 Roddick of tennis
- 116 Pueblo people
- 117 Yuletide tune
- 118 Dated, quaintly
- 120 Mo. with the birthstone opal
- 121 Suffix with opal
- 122 Fish that can be shocking
- 123 — Jeanne d'Arc: Abbr.
- 124 "Friends" co-star Courteney



# Have a Great Day on the Camino

by Lesli Christianson-Kellow

The first time 70-year-old Ariana Rose Brackenbury walked the Camino de Santiago there were times when she thought she wouldn't be able to complete the 780 km trek. But in the end, the excruciating pain of black and blue toes, legs so sore they required medical treatment and sweltering 35-degree heat didn't stop her from completing the walk in 40 days.

As agonizing as Brackenbury's experience was, she was drawn back to walk the Camino nine more times.

"I think what the Camino does, is it offers an opportunity to go beyond what you think you can do," she says, "But, I'm not going to kid anybody that wants to go on the Camino, if you're following the guidebook, you're going to have a body that's going to be grouchy. There's some 31 or 32 km days."

The Camino de Santiago is an ancient pilgrimage route in Northern Spain. For hundreds of years people have travelled from all over the world to make the grueling, sometimes transformative, spiritual journey. The traditional starting point is Saint Jean Pied de Port in southwestern France. The route begins by going up and then down the Pyrenees Mountains. The trail winds through small towns, cities, through fields, valleys and across streams coming to a triumphant end at the Cathedral of Santiago de Compostela in Galicia. On Brackenbury's first walk, making it to this point changed the trajectory of her life.

About ten years ago, Brackenbury's world had taken a turn. She says her

life stopped as she knew it. Her husband had died and soon after, she had to sell the house she loved and she lost her savings. To top it off her job as a systems developer/Microsoft access programmer was winding down. She was left literally without a home and a purpose.

"Trust me, it hasn't been smooth sailing, just like anybody, whether it's marriage or expectations, there's so much stuff that people go through," she says.

Brackenbury went to live with her son-in-law in the Okanagan Valley, where every day she would get down on her knees and trim the grapevines. Trimming rows and rows of grapevines repeatedly was meditative and healing. She says going through the motions brought her to a place where she could begin to take a bigger breath again. She was able to start looking outside herself again.

"I had been in a car accident that year and when I was with my physiotherapist, she said, have you thought about walking the Camino? ...and I knew I had to do it. There was no doubt in my mind. Letting go of all logic — I didn't speak Spanish and I'd never backpacked. It wasn't a decision; it was just done." Brackenbury says.

Driven by an innate purpose to walk the Camino, Brackenbury drove back to Calgary, and hopped on a plane to start her Camino. Despite her best intentions, Brackenbury wasn't able to train her body or build up her endurance for her first Camino. Suddenly she was asking her body to walk 7-10 hours a day.

"I don't advise people to go without training. Do some training." She says,

"One day, I was walking with this guy and walking faster than I should have, in conversation, then we came to this little town [and stayed at an Alburges (small hostel) for the night]. I woke up to go to the bathroom and I couldn't walk to the bathroom! I literally had to drag myself, it was excruciating. I was crying and telling myself I screwed this up, [that] I'm going to have to go home."

Strangely, Brackenbury says the body has a way of recouping itself. She ended up taking a taxi to the next town the next day. She rested for two days, made some new friends and was able to continue her spiritual journey.

"The Camino gave me lots of insights into patterns. I realized I was always in a hurry and I had never really thought about it. Those patterns are what you begin to see on the Camino. I couldn't walk fast, I had shin splints so bad, I literally started to be the last person [checking into the Alburges at the end of the day] and started to like being last...I started thinking 'this is so much better than rushing'."

Another time, Brackenbury had been walking all day and had a few kilometres left before arriving at the next small town. Her bruised toes were killing her, so when she saw a stream, she stopped and soaked her feet for a while. It was late in the day when she finally got back on the trail.

"I had 6 km to go and it was 4 p.m., it was really hot and I'm really thinking — I can't do it, I have to do it, but I can't do it..." she says, "I see the town and I have to go down this hill, and I'm



Photo courtesy of Ariana Rose Brackenbury.

like, oh dear God, and then I see the Alburges is on the uphill. At that point I had a conversation with God that wasn't polite. I just said what do you want from me — and there were a few bad words."

When Brackenbury, who was feeling pain in every part of her body, arrived at the Alburges, people were clapping and cheering her on. She started sobbing.

"I said to God - you better give me a lower bunk [bed]," she says, pausing she adds. "I think what the Camino does is it offers an opportunity to go beyond what you think you can do."

Brackenbury carried on and completed her first Camino. The joy and accomplishment she felt when she walked into the square and into the cathedral of Santiago de Compostela was immeasurable.

"I came back from that Camino. I was refreshed. I took 10 years off my life. I was so healed from the stress of the time before I left," she says.

Brackenbury has carried on to share her knowledge of the Camino de Santiago with others by training and leading groups along the spiritual walk. In the last few years, she has also started to explore and lead Mary Magdalene groups to France. Seventy-year-old Brackenbury sees no end in sight to her adventures.

She feels a pull to share with others what life has shown her.

"A lot of people want to do things and they allow that voice in their head to take them out of the game. Don't stop doing things because of what you perceive to be possible and not possible."



Photos courtesy of Ariana Rose Brackenbury.





# It's about rights; our human rights

By Stephen Ditchburn, Rainbow Elders Calgary

Tomas Jirousek is a student of law at the University of Toronto and, after reading one of his columns in the Calgary Herald, I was very inspired to write about him.

"I will be forever shaped by the mutual experience of being both gay and Indigenous," he wrote.

Wow! Gay and Indigenous. I can only imagine the bullying, bigotry and hatred he has faced and somehow managed to overcome.

Tomas is a member of the Blackfoot Confederacy and graduated from McGill University this past spring. His article reminded me about the concept of allyship and how important it is to support others as they fight for their human rights.

Rainbow Elders Calgary is a support group for senior members of our LGBTQ+ community, identifying issues and concerns gay seniors face.

As seniors we recognize that the struggle for basic LGBTQ+ right has been a long struggle, but the progress (at least here in Canada) has been remarkable, es-

pecially in the last 15 - 20 years.

Still, many people still deny gay people their rights and express that through violence and unacceptable behaviour. In Calgary this summer, several incidents of hatred come to mind.

In one, a gay couple was assaulted in Kensington by two men who used rock, a belt and even a blue recycling bin as weapons! Other incidents include people spitting on members of the gay community and vandalizing gay pride flags.

Hatred seems to be rampant these days. In response to another case which involved death threats and hate towards the folk at Pink Flamingo, a Calgary community group who proposed to create a series of Black Lives Matter Murals, Mayor Naheed Nenshi said, "I couldn't care less what you think about that mural, you have no right, no right whatsoever on this city to engage in that kind of threatening behaviour. And if that's how you feel, find another place to live."

As a young immigrant

from England, I was picked on and ridiculed at school for my English accent. Perhaps no one meant any harm, but it still hurt me and made me feel uncomfortable. (Now that I think of it, I wonder if the bullies were actually jealous that I spoke so beautifully!) And as for being gay - well, where do I begin? When I first started teaching for the Calgary Board of Education one of my painful memories was from the teacher across the hallway who would poke his head into my classroom full of kids and in a hurtful English accent with a feminine wave simply say "hello."

I regret not challenging him, but as a newbie I was scared to rock any boats and cause any problems. I felt powerless and didn't know what to do about it other than cringe and endure. Hopefully, Mr N. is reading this now and is haunted by his bullying.

It seems like we are all part or have been part of a minority group at one time or another and perhaps even experienced bullying, taunt-

ing and ridicule (or even worse) because of being who you are. Perhaps you were too smart in school or were considered the classroom dummy, or you were too rich with fancy clothes or poor.

Maybe you have a different skin colour or wore different clothes than everyone else. Perhaps you were hassled at work or paid less than others because of your sex. Perhaps now, you are a member of the +55 group who feels powerless and ignored, pushed aside in the store or, heaven forbid, suffers from neglect and emotional abuse. Perhaps you know people or have family members or face abuse and bullying for one reason or another.

**"People deserve to live a dignified life."**

This is where the concept

of allyship fits in. People deserve to live a dignified life. The folks involved in the Black Lives Matter movement in Canada are simply raising awareness to the bigotry, hatred and struggles that Black people face in our communities. And, as Lady Gaga reminds us,

*No matter gay, straight, or bi*

*Lesbian, transgendered life*

*I'm on the right track baby*

*I was born to survive*

*No matter black, white or beige*

*Chola or orient made*

*I'm on the right track baby*

*I was born to be brave*

*Same DNA, but born this way*

So it's really all about rights - our human rights and how we need to remind ourselves and others that we have all faced challenges and difficulties because of who we are.

And as for Mr. Jirousek, I wish you much happiness and every success in the world. I hope our paths one-day cross.



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|---|--|--|---|--|
| <p><i>National Day of Older Persons</i></p> <p><b>October 1<sup>st</sup></b><br/>10:30 to 11:30 am</p> <p><b>Dr. Dion Neame</b><br/>MD, Bch, BSc, FRCPC,<br/>FAAP Country Medical Chair<br/>Sanofi Canada</p> <p>Free Register at <a href="https://kerbyempoweringlife.evenbrite.ca">https://kerbyempoweringlife.evenbrite.ca</a></p> | <p><b>October 6th</b><br/>10:30 to 11:30 am</p> <p><b>Megan Barefoot</b><br/>Bsc, C.H.N.C Certified Holistic<br/>Nutrition Consultant,<br/>NoShoes Nutrition</p> <p>Free Register at <a href="https://kerbyempoweredeating.evenbrite.ca">https://kerbyempoweredeating.evenbrite.ca</a></p> | <p><b>October 13th</b><br/>10:30 to 11:30 am</p> <p><b>Padmaja Genesh</b><br/>BSc, MBBS, BA (Gerontology)<br/>BF - CMT, Learning Specialist –<br/>Alzheimer Society of Calgary</p> <p>Free Register at <a href="https://kerbymentalhealth.evenbrite.ca">https://kerbymentalhealth.evenbrite.ca</a></p> | <p><b>October 19th</b><br/>10:00 to 11:30 am</p> <p><b>Dr. Jia Hu</b><br/>AHS Medical Officer of Health</p> <p><b>Dr. Mary Szabo</b><br/>MD, Family Physician</p> <p><b>Anjali Acharya</b><br/>BSc. Pharm, RPH, CTH</p> <p>Followed By A Panel Discussion</p> <p>Free Register at <a href="https://diseaseandimmunization.evenbrite.ca">https://diseaseandimmunization.evenbrite.ca</a></p> | <p><b>October 30th</b><br/>10:30 to 11:30 am</p> <p><b>Leading Respirologists Present</b></p> <p>Respiratory Infections And How Infectious Disease &amp; Pre-existing Conditions Affect Your Lung Health</p> <p>Free Register at <a href="https://respiratoryhealth.evenbrite.ca">https://respiratoryhealth.evenbrite.ca</a></p> |



# FALL IN LOVE WITH SQUASH

Nothing puts me in the mood more for squash than the crisp, sunny weather of an Albertan Fall day! Winter squashes are incredible versatile and are as suited to being a quiet, supportive side dish as they are to being centre stage of a meal. Below are two recipes that really highlight the squash but there are countless ways to enjoy this taste of fall! You can be adventurous with this vegetable but a simple, roasted squash with brown sugar is just as mouth watering of a dish!



## COCONUT BUTTERNUT SQUASH SOUP

- ¼ cup Unsweetened coconut flakes
- ¼ cup Pumpkin seeds (pepitas)
- 1 Large butternut squash, peeled, cut into ¾-inch slices
- 1 Small onion, quartered
- 1 Fresno chile, halved
- 4 Unpeeled garlic cloves
- ¼ cup Virgin coconut oil, melted
- 3 tbsps Vadouvan or curry powder
- ½ cup Cilantro, chopped
- 2 tsps Finely grated orange zest
- 1½ cups Coconut milk
- Salt and Pepper.

Preheat oven to 350°. Toast coconut flakes on a rimmed baking sheet, tossing occasionally, until golden brown, 3–5 minutes; transfer to a small bowl. Toast pumpkin seeds on baking sheet, tossing occasionally, until golden brown, 4–6 minutes. Let cool slightly, coarsely chop, and add to bowl with coconut flakes; set aside.

Increase oven temperature to 450°. Toss squash, onion, chile, garlic, coconut oil, and vadouvan in a large bowl until squash is coated (it's okay if the oil solidifies after tossing); season with salt and pepper. Arrange in a single layer on baking sheet and roast, tossing occasionally, until squash and onion are browned and tender, 40–50 minutes.

Meanwhile, add cilantro and orange zest to reserved coconut flakes and pumpkin seeds and stir to combine. Season with salt and pepper and cover.

Peel garlic, then purée garlic, squash, onion, chile, coconut milk, and 2 cups hot water in a blender until smooth, adding more water if needed. Season with salt and pepper. Serve soup topped with cilantro mixture.

## WINTER SQUASH FRITTATA

- 2 Small delicata squash
- 2 Tbsp. Extra-virgin olive oil
- 1 tsp. Crumbled saffron threads
- 12 Large eggs
- ¼ cup Tarragon leaves, chopped
- 1 Medium onion, thinly sliced
- 2 cups Coarsely torn kale leaves

Preheat oven to 300°. Cut squash in half lengthwise; scoop out seeds (peel if using butternut). Slice crosswise ¼" thick. Toss squash with 2 Tbsp. oil on a parchment-lined baking sheet and arrange in a single layer. Bake until tender (don't let them take on any color), 18–20 minutes. Remove from oven; leave oven on.

Meanwhile, combine saffron and 1 Tbsp. hot water in a small bowl. Let sit 1 minute. Whisk saffron and soaking liquid, eggs, and tarragon in a large bowl.

Heat remaining ¼ cup oil in an ovenproof 10" nonstick skillet over medium. Cook onion, stirring occasionally, until softened (don't let them take on any color), 10–12 minutes. Add kale and cook, stirring, until beginning to wilt, about 5 minutes. Add reserved squash and toss.

Whisk salt into egg mixture; pour into skillet. Cook, stirring often with a rubber spatula and occasionally pushing away from skillet sides to shape and compress, until beginning to set and turn golden brown on the bottom, about 5 minutes. Press down on frittata to flatten. Transfer to oven; bake 20 minutes. Slide frittata onto a platter.



Recipes excerpted from Bonappetit.com. Coconut Butternut Squash Soup Recipe developed by: Christina Chaey Winter Squash Frittata Recipe Developed by: Cortney Burns. Photography by: Alex Lau.

## Quick Guide to Fall Squash

|  |      |                        |                   |                     |
|---|---|--|--|--|
| Ambercup  | Butternut   | Acorn  | Spaghetti  | Delicata   |
| Sweet & dense. Kind of looks like a tiny pumpkin and is excellent roasted!          | Versatile and very easy to find! As its name implies, it has a sweet and nutty flavour. | Although its a winter squash, acorn is technically part of the summer squash family! Very sweet and small. | When cooked, the meat of this squash falls apart into ribbons the resemble spaghetti, hence the name!. | Rich brown sugar flavour and an incredibly delicate rind. Beautiful on top of salads or just on its own! |



# A message from Larry Mathieson, CEO

Sherry Anderson said “Volunteers aren’t paid, not because they’re worthless, but because they’re priceless.” We absolutely believe that at Kerby centre.

However, how many volunteers does it take to run a Kerby Centre?

Well, last year was a typical year and 1164 volunteer gave us 55,963 hours of their time to support seniors. But how many volunteers does it take to run a Kerby during COVID?

We need all those volunteers — but many of our volunteers are seniors themselves so we needed a whole bunch more volunteers to run all of our new outreach supports to seniors.

Since March, we have brought on a whole bunch of new volunteers. Seventy-

nine are helping us deliver frozen meals, hampers and masks. One Kitchen volunteer helped our staff make those frozen meals. Seven corporate groups have joined us in our outreach.

One hundred and ten new volunteers have helped us in our partnership with ATCO to deliver 100 Blue Flame Kitchen meals to 100 seniors 5 days a week. It has taken 19 volunteers to make outreach and social calls to seniors and 25 Thrive Grocery Delivery Volunteers.

As you can see some of our volunteers have helped us for years and some since March — but frankly, we could not do what we do for seniors without you. So thank you to all Kerby Volunteers.

# Reaching Milestones at Kerby Centre

Volunteers are the heart of Kerby Centre. Without their dedicated help it would not be possible to provide the breadth and reach of the programs and services we do. In 2019, over 1000 volunteers contributed nearly 56,000 hours to Kerby Centre.

Last year in April was the inaugural recognition for active volunteers who currently reached milestones of 1000, 2500 and 5000 volunteer hours. Close to 100 volunteers were recognized

for their contributions. It was our plan to recognize these milestones at the April Volunteer Appreciation event each year moving forward.

However, 2020 proved to have something else in store for us. Due to the pandemic, Kerby Centre had to shut its doors in March for nearly 4 months. As a result, we were not able to recognize our volunteer’s milestones as originally planned.

Despite these challenges, we felt it was more im-

portant than ever to ensure the volunteers that reached these amazing milestones were still recognized and celebrated!

This year, for the period of March 2019 – Feb 2020, 26 volunteers are being recognized for their milestone achievements. 12 in the 1000+ volunteer hour category, 10 in the 2500+ and 4 in the 5000+. We are so proud and so grateful for all of our volunteers! Thank you and CONGRATULATIONS to the following individuals:

| 1000+ HOURS           | DEPARTMENT   |
|-----------------------|--|
| Maureen Bickford      | Knitting for a Cause   |
| Geetha Chandrasekaran | Adult Day Program, Food services, Special Events, Wellness Clinic.                     |
| Alanna Hargan         | Thrive   |
| Margaret Holden       | Next to New  |
| Wendy Morrell         | Wellness Clinic  |
| Val Moulding          | Next to New, Switchboard, Special events   |
| Zane Novak            | Board of Directors, Special Events   |
| James (Jim)           | Ormrod Wednesday Dance, Food Services, Special Events                                  |
| Richard Parker        | Board of Directors, Special Events   |
| Tony Sia Lu           | Tax clinic, Kerby Travel   |
| Grace Spanier         | Bingo  |
| Bonnie Weldon         | Kerby Travel, Special Events.  |
| 2500+ HOURS           | DEPARTMENT   |
| Larry Allen           | Tax clinic, Board of Directors, Special Events.  |
| Marion Belke          | General Craft Group, Special Events  |
| Gloria Cortes         | Bingo, General Craft Group, Knitting for a Cause, Next to New, Special Events          |
| Josiah (Joe) Duer     | Food Services, Special Events  |
| Sadida Dzaferovic     | Next to New, Special Events  |
| Kata Hodoba           | Knitting for a Cause   |
| Farhana Rawji         | Adult day Program, Special Events, Wellness Clinic                                     |
| Shalinder Kaur Singh  | Adult Day Program, General Craft Group, Knitting for a Cause, Special Events, Wise Owl |
| Anita St. Laurent     | General Craft Group, Kerby News  |
| Bruce Turgeon         | Woodshop Monitor   |
| 5000+ HOURS           | DEPARTMENT   |
| John Gagnon           | Woodshop Monitor, Pick-up/Delivery   |
| Betty Hesson          | Wise Owl, Next to New, Special Events, Kerby Travel, Membership, Tax Clinic            |
| Annabel Mui           | Food Services, Kerby Travel, Next to New, Special Events                               |
| Iris Swetitch         | Wellness Clinic  |

## Volunteer Spotlight



### Maxine Holgate

Maxine is a very dedicated, hard working and creative volunteer who started volunteering at Kerby Centre in January 2018. Currently Maxine is volunteering in the Wise Owl Boutique as a sales clerk. She provides excellent customer service to our clients.

Maxine likes to volunteer at Kerby centre as she enjoys story telling with customers and especially ADP clients that drop by. She also likes pricing the fabric and wools that we sell in our store. With a smile on her face she said “French fries in the Kerby dining room is my favourite.”

She mentioned— “Kerby Centre provides a comfortable working environment and an opportunity to interact with other fellow volunteers/clients and staff.”

Maxine likes Gardening, Knitting and doing puzzles. She is a voracious reader and likes Murder Mystery most.

So far, Maxine has contributed over **600.00** hours.

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



# Kerby News fall photo contest

We've already received some amazing entries for our fall photo contest, sponsored by the new KerbyNews.ca website. Here are some further details!

**Deadline:** The last day to submit photos is Nov. 13. Photos can be submitted

to [andrewm@kerbycentre.com](mailto:andrewm@kerbycentre.com), or if you require an alternate method, give 403-894-6986 a call to confirm details.

**Prizes:** The winning photo will be featured on the front page of the December 2020 issue of the Kerby

News. The photographer of the winning picture, along with two runners-up, will also receive a free 2021 membership to the Kerby Centre. Many others will be featured as honourable mentions both in the Kerby News spread for December 2020

and also in a digital gallery on the new KerbyNews.ca.

**Theme:** The theme for this photo contest is "Autumn in Alberta." Photos are preferred to be in landscape and can be submitted in any format at the email address above. There

are no size restrictions, but photos may be resized — but not cropped — to fit within the print medium.

Any additional questions can be directed to [andrewm@kerbycentre.com](mailto:andrewm@kerbycentre.com) or by calling 403-894-6986.

Happy shooting!



Photo Contest submission courtesy of Jarc Ratimir



Photo Contest submission courtesy of Len Chan

Daniel Savard, C.E.T.  
Sole Proprietor

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- Replace an old window with inside casing & exterior caulking.
- Repair damage drywall, baseboards, other moldings and trims.
- Repair wooden furniture, wobbling chairs, handrails, cabinetry, kitchen cupboard hardware AND MUCH MORE....

**KERBY CENTRE**

**PHOTOGRAPHY CONTEST**



**FALL IN ALBERTA**

Kerby Centre Presents November 16 – 20, 2020

## Fall Wellness Week

**A FREE Series of Online Presentations**

Featuring a weeklong online presentation series by Calgary's leading providers of information, products & services to enhance your health and wellness & help you live your best life. Free registration!

For More Information or Free Registration, Visit [www.kerbycentre.com](http://www.kerbycentre.com)!

Space is limited! To inquire about an opportunity to showcase your product or service, please contact Jerry Jonasson at (403) 705-3238 or David Young at (403) 705-3240.



Kerby Centre





# 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 up-to-date information, or to book an appointment for available programs & services please call 403-265-0661 or visit [www.kerbycentre.com](http://www.kerbycentre.com)

### JOIN US FOR OUR ACTIVE AGING WEEK SCAVENGER HUNT October 5th - 9th, 2020

To register, or for further detail, please contact Education & Recreation at 403 705-3233

### Save The Date As Kerby Centre Presents FALL WELLNESS WEEK A Week-long Series of Online Presentations

November 16 to 20th

Featuring Calgary's Leading Providers Of Information, Products & Services To Enhance Your Health and Wellness & Help You Live Your Best Life!

For Details See The Event Ad Within

### Kerby Centre Presents a Month-long Online Health & Wellness Series

Join us for a variety of presentations featuring renowned medical professionals to help you learn all you need to know about infectious disease, immunization and staying healthy in mind & body!

Powered by Sanofi Pasteur - Visit [www.kerbycentre.com](http://www.kerbycentre.com) for further details

### A Group For Mature Jobseekers

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



#### Oct 6th Transferable Skills

How to identify transferable skills; market the skills you already have to get a desired job; sell the skills beyond your education and experience; networking and how it can help in the job search

Meeting ID: 890 1205 9647 Passcode: 712353

#### Oct 13th LinkedIn

Participants will participate in an exclusive group session to receive tips about using LinkedIn strategically to create professional networks; LinkedIn trends in 2020 and utilizing other LinkedIn products and platforms

Meeting ID: 828 1167 2106 Passcode: 299128

#### Oct 20 Networking

Learn the basics of networking so you can start connecting with confidence. Learn how to network; why it's critical to have a networking plan so you can spend your time and energy wisely and how to identify WHO to connect with and where to spend your time so that it's a win-win situation

Meeting ID: 864 6637 6138 Passcode: 841584

#### Oct 27th Online Job Interviews

Phone and video interviews are becoming a widespread solution in recent times. Learn the best ways to be successful during your next virtual interview.

Meeting ID: 847 3337 3945 Passcode: 604004

For more information phone 403 705-3219

October 1st - National Day of Older Persons - 10:30 to 11:30 am

#### Empowering Life Through Preventative Health

Presented by Dr. Dion Neame, MD. Bch, BSc, FRCPC, FAAP Country Medical Chair Sanofi Canada

Free Register at <https://kerbyempoweringlife.eventbrite.ca>

October 6th - 10:30 to 11:30 am

#### Empowered Eating For Immunity

Presented by Megan Barefoot, Bsc, C.H.N.C Certified Holistic - Nutrition Consultant NoShoes Nutrition

Free Register at <https://kerbyempoweredeating.eventbrite.ca>

October 13th - 10:30 to 11:30 am

#### Maintaining Mental Wellbeing In Isolation

Presented by Padmaja Genesh, BSc, MBBS, BA (Gerontology) BF-CMT, Learning Specialist Alzheimer Society of Calgary

Free Register at <https://kerbymentalhealth.eventbrite.ca>

October 19th - 10:00 to 11:30 am

#### Covid 19 Outlook, Impact of Infectious Disease On Older Adults And Immunization

Presented by Dr. Jia Hu, AHS Medical Officer of Health; Dr. Mary Szabo MD, Family Physician And Anjali Acharya, BSc. Pharm, RPH, CTH - Followed By A Panel Discussion

Free Register at <https://diseaseandimmunization.eventbrite.ca>

October 30th - 10:30 to 11:30 am

#### Lung Health And Respiratory Infections

Respiratory Infections & How Infectious Disease & Pre-existing Conditions Affect Your Lung Health

Free Register at <https://respiratoryhealth.eventbrite.ca>

### 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



### Save The Date & Plan To Join Us Remembrance Day Week

Valour Canada President, Peter Boyle joins us for FREE online presentation on the history of Canada's military

Monday, November 9th - 10:30 - 11:30 am

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

Please Stay Tuned For News About Our November 11th Plans

## KERBY EDUCATION & RECREATION OCTOBER 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  |
|--|--|---|--|---|
| <b>MONDAY FITNESS</b><br>9:30 - 11:00 AM | <b>ESL</b><br>10:00 - 11:00 AM<br><br><b>TAI CHI</b><br>1:30 - 2:30 PM<br><br><b>OPTIONS 45</b><br>1:30 - 2:30PM | <b>MEN'S SHED</b><br>11:00 - 12:00 PM<br><br><b>SEATED YOGA</b><br>1:00 - 2:00 PM | <b>EXPRESSIVE ARTS</b><br>1:00 - 2:30 PM | <b>MUSCLE STRENGTH &amp; CORE BALANCE</b><br>9:30 - 10:30 AM<br><br><b>YOGA FOR YOU</b><br>11:00 - 12:00 PM |



# The importance of keeping an updated will

By Jonathan Ng

In my practice as a wills and estates lawyer, I often assist clients with “Version 2.0” of their Last Will and Testament.

For many Canadians, the first version of their Will is focused on choosing a guardian for their minor children and ensuring that the estate will be held in trust for those children as they grow up. Version 2.0

invariably tells a different story and I enjoy hearing from my clients how their lives unfolded. Children have grown up.

Relationships have matured – some have ended and new ones have started. The family home has changed, and perhaps there is also a cabin in the mountains or a timeshare in a sunny spot.

There is no single narrative for Canadians and

whether or not children and vacation properties are involved, it is important to dust off that old Will and ask yourself if it still describes your wishes.

Executor: It might be time to let your brother-in-law off the hook and consider someone new to manage your estate.

The common discussion I have with my clients is deciding whether their child

is ready to take the role of Executor. The discussion often involves whether two or more children should be appointed as joint Executors.

The joint appointment has advantages and drawbacks – it engages multiple family members with important decisions but it requires unanimous decision-making during a tumultuous and emotional time.

Beneficiaries: The wish to distribute an estate among children often remains unchanged in Version 2.0 – but not always. Perhaps some grandchildren could use help with education or a charity that has become an important part of your life.

Some of my clients disapprove of the lifestyle of their child and are not comfortable leaving them a share of their estate. A Will can be designed to protect assets and, more importantly, protect beneficiaries from receiving assets in full.

Enduring Power of Attorney (EPA) and Personal Directive (PD): The Will is the centrepiece of the discussion for young clients but the EPA and PD become increasingly im-

portant as they mature.

Many of my clients have assisted with the care of an elderly parent and developed very particular wishes about how they want their family to manage their finances and health care if they became incapable. Making these directions in an EPA and PD provides clarity to your family and minimizes doubt about your wishes.

Keeping your documents up to date is crucial to a successful estate plan; however, communication can be equally important.

Working with my clients to design Version 2.0 is a gratifying experience but I am most comforted when my clients tell me that they have sat down with their family and reviewed the plan together.

*Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at jonathan.ng@willsandestates.ca.*



Join Us For A Kerby Centre  
Financial Wellness  
Online Presentation

November 3<sup>rd</sup>, 2020  
10:00 to 11:00 am



**Wills and Estate Planning**

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.

Presented By Jonathan Ng,  
Underwood Gilholme

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Only registered guests will be permitted.

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# Cognitive study seeks participants

Do you have issues with attention, procrastination, poor memory, or impulsivity?

Have you, your children, or grandchildren been diagnosed with attention-deficit/hyperactivity disorder (ADHD)?

These symptoms, or a family history of ADHD, can be indicative of possible ADHD.

The Neurocognitive Disorders research group at the University of Calgary is investigating how symptoms of ADHD change during major life events.

We are also interested in whether ADHD screening questionnaires work equally well in older adults compared to

younger adults. To do this, we will be measuring ADHD symptoms using multiple assessment scales.

We are looking for adult (18+) participants who:

- Are fluent in English
- Have normal or corrected-to-normal hearing/vision
- Have no history of stroke or dementia
- Have been diagnosed with ADHD or believe they may have ADHD (for example, due to concerns related to attention, procrastination, poor memory, or impulsivity, or a family history of ADHD in children or grandchildren)

Participants will be asked to complete:

-A telephone interview about thinking skills, behaviour, and mood (~45 minutes)

-An online survey (~30 minutes)

Participants will receive a \$10 Amazon gift card.

This study is being conducted under the supervision of Dr.

Brandy Callahan and has been approved by the University of Calgary's Conjoint Faculties Research Ethics Board (REB20-1103).

If you are interested in participating,

or to find out more, please email Baeleigh VanderZwagg at baeleigh.vanderzwaag@ucalgary.ca

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## CROSSWORD SOLUTION

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## PUZZLE ON PAGE 22



### 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.



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### Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary

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**403.254.9800** Sundance on the Green

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