

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

Published courtesy of Kerby Centre

www.KerbyNews.ca

Poutine with a purpose



Kerby Centre's Cafe is not only open for business adhering to proper COVID-19 precautions, but it's got a new menu, new streamlined ordering and we're selling a special Canadian Pizza Poutine, with proceeds going to a good cause! Read more on page 13.

Inside

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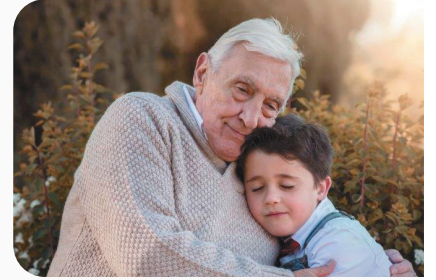
To the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and blessing our skilled staff for their day to day assistance and care.

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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Larry Mathieson, CEO

Pride in our volunteers

By Larry Mathieson
Kerby Centre CEO

I looked for a definition of volunteerism online this morning. Volunteerism: the use or involvement of volunteer labour, especially in community services. A little uninspiring, given how volunteering really changes the world.

Most years, about 1000 people volunteer at least once for Kerby centre or our Elder

Abuse Shelter. Four hundred of these volunteers give their time multiple times a year, usually on a weekly or monthly basis.

A majority of these volunteers are older adults who also use our services or believe that they will be using them in the future. Almost all of them donate their time inside one of our two buildings.

As Kerby Centre has essentially been closed for a good portion of this year you would think that we would not be deploying volunteers as we would have nowhere to use them.

Actually, nothing could be further from the truth — we have more than doubled the size of our volunteer force since last March. We still have at least 400 active seniors volunteering but we have at least other 400 or more new volunteers who represent every age group.

These volunteers new and old aren't necessarily doing the roles they might have in the past but instead are delivering the many new programs and initiatives we have started recently.

When enough of us have

received the COVID-19 vaccine, we will go back to some of the same old Kerby programs you love, but our volunteers will continue to deliver the many new services that have been so critical during the pandemic.

I'll chat another time about the many corporate partners, community agencies and other groups who have partnered with us to make these new programs possible — but today, I want to list a few of the wonderful initiatives our volunteers have been involved with.

Did you know we have volunteers who have been delivering homemade soup to seniors stuck at home? We have seniors who read to kids in kindergarten and grade one, seniors who act as zoom pen pals for kids, volunteers who pick up groceries from restaurants and grocery stores who donate items that we can deliver to seniors who experience food insecurity.

Volunteers have run all sorts of zoom events on a range of topics including medical concerns for seniors, investment advice and estate planning.

Did you know we have a volunteer who drops off craft supplies to our elder abuse shelter one day and the next day she runs her weekly class via zoom teaching the residence in the shelter how to make crafts?

At Kerby Centre, we have been running a free bread market twice a week in the gymnasium where we donate bread and other food items to address food insecurity and avoid sending fresh, incredible food to be wasted in a landfill.

Our volunteers have begun to take pop-up versions of these free bread markets to other seniors centres in the Calgary area and we are exploring partnerships with other organizations who serve other groups which are vulnerable to these concerns.

It has been a year like no other for most of us but thanks to our hundreds of volunteers, it has been a year of outreach to older adults beyond some of our wildest dreams.

We could not be more proud of the folks that donate their time, skills and smiles for the well-being of others at every opportunity.

APRIL 2021

KERBY CENTRE'S MISSION:

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

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Richard Parker,
Kerby Centre President

I was chatting to my four-year-old Grandson recently when he said "Grandpa- do you remember pre-Covid" and it made me realize the impact that Covid has had on our world and relationships. He wanted to know when he would be able to take trips in the back of my convertible again, his favourite way to go to Bowness Park! Having just received my first vaccine "jab", I was able to say "soon I hope".

His question got me thinking about how much the world has changed over the last year and what it meant for Kerby Centre. Back last March we changed in a few days from running a Centre where people came to do things, to an organisation that delivered programs virtually and delivered food to people in their homes. Adaption and change are going to be constant in our future both as individuals and

President's Message

as organisations.

We are already thinking about how Kerby Centre will operate when the rules change allowing us to deliver more of our programs and services in person. One thing we know for certain is it will be different than "Pre Covid". As always, our priority will be to ensure personal safety so all our in-person programs will continue to follow Covid safety protocols including screening for everyone entering the building.

We have heard from many of you that you like the convenience and flexibility of participating in virtual (Zoom) programs while others really want to be able to participate in activities in person. In future we will be offering many of our programs in a hybrid format- both in person and virtually. We will also be looking to increase the range and type of programs we offer in an outside environment. These changes present challenges and create opportunities.

An example is our re-branded Kerby Café which is now open from 8 a.m. to 2 p.m. Monday to Friday. It has a new menu, table service and 20 oz. cups of coffee for just \$2:50; all in a COVID-19 safe environment. In addition, we are offering curbside pickup for those of you who are not yet comfortable coming into

the Centre. If you are looking for a trip out to take advantage of the spring weather consider dropping in to try out the new Café or go to www.kerbycentre.com to order your favourite meal and we will have it ready for pick up.

As our world starts to open up let's take the opportunity to re-establish connections broken by the lockdown and build on new ones established virtually. For example, call that person you used to meet in an exercise class in the gym or a new friend you made through a Zoom program and arrange to go for a walk and perhaps drop into the Kerby Café. While virtual meetings are nice, I think nothing beats meeting in person even if you are wearing a mask!

It has been a long and challenging year but with vaccines arriving and Covid numbers falling things are looking up. Let us hope that the next few months will enable us to get out meeting with more people and doing more things. Yes, it will be different but that doesn't mean it can't be as much or even more fun than in those "pre-COVID-19" days my grandson talks about.

Keep safe and enjoy our beautiful city as it comes out from under its blanket of snow.

Richard Parker President@
kerbycentre.com.

Don't shield your eyes

By David Darnielle
Kerby News Columnist

I had to go grocery shopping the other day. One of the more boring errands pre-COVID-19 has a different energy a year into the pandemic.

Masking up, sanitizing of the hands, adhering to the signs on the floor and the new precautions in place; it's a number of new important things to keep in mind for what previously was a rote activity.

It's difficult for me. I'm a "smiler." I like to connect with people, even strangers, when I'm out and about. Making eye contact and giving a sheepish grin to another person in a long-line up for the check-outs is a small connection, but just because something is small doesn't mean it's

not important.

Even in the small moments of our lives — as small as grocery shopping — there can be moments of great beauty.

Even in the small moments of our lives — as small as grocery shopping — there can be moments of great beauty. You can experience joy, camaraderie, and the big oneness of all things, even in a boring, consumer shopping experience — if you're paying attention.

And willing to smile

at strangers.

But people aren't smiling as much these days, and I don't think it's just because of the masks.

So, what's a "smiler" to do?

In this second spring, a year into a difficult age, the sun is shining bright but it still can feel so cold outside in a way that has nothing to do with the temperature.

There is the temptation to shield one's eyes; to not look, to not make eye contact, to avoid the glare of the sun. It is so easy to try to put on blinders in our day-to-day when things are tough, just to protect ourselves. We've got so much going on, all of us, that we just want to get through our days, get back to our homes and our families, and just wait. Things.

Out.

There's nothing wrong with making that choice. But there are things you'll miss out on.

In the least, you'll miss out on making changes.

The world doesn't turn off when we decide to shield our eyes. We can get so busy and afraid of looking away from anything that's not just the next step in front of us, we lose the chance to make a difference. The world wants us busy and unfocused.

It's so the world and the not-so-nice people in power can get away with whatever they want, which for the average person, ain't going to end up well.

Keeping your eyes open will often remind you of why you go through your day-to-day in the first place.

But that's big talk. I'm all about talk about the small things in life,

which is not quite small talk.

Keeping your eyes open will often remind you of why you go through your day-to-day in the first place.

When I was out grocery shopping, I saw a recent father pushing a baby stroller through the aisles. He was in the back of the store, in a less populated spot.

Not thinking anyone else was around, he went around to the front of the stroller for a moment. He played a game of peekaboo with his young child. The giggles were audible even from my distance and the loud hum of the coolers and the florescent lights.

Even though he was wearing a mask, I could see this father's smile. It was in his eyes.

And in that moment, on my little, boring, rote shopping trip, I was reminded of that big "oneness" of all things; in a small moment, I had big feelings; and I made a mental reminder to keep my eyes open for these moments, no matter how painfully bright the world gets outside sometimes.

And then I got my milk and went home.



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Talking to strangers

By Angie Friesen,
Kerby News wellness
columnist

In a year like no other, with limited face to face contact with our friends and family, our interaction with strangers has changed.

For some, a safe conversation with a stranger may be the highlight of one's day. Did you know there are several benefits to talking to strangers?

Before talking about the benefits, I just wanted to take a moment to highlight safety when it comes to talking to strangers.

Please use your best judgement when dealing with strangers and situations. If something doesn't feel right, you can always immediately end the conversation and get in touch with a trusted individual; a family member, friend or someone of authority if need be. Trust your instincts and remember that your personal safety is paramount.

When we talk to strangers, we create a connection. This can be

both physically in person and virtually online. We can connect with a smile, eye contact or

“When we connect, there is an acknowledgement of existence. Even a simple interaction can be deep and meaningful.”

even a simple wave.

When we connect, there is an acknowledgement of existence. Even a simple interaction can be deep and meaningful. A connection can give us motivation and inspire us.

Virtually, I have been able to stay connected by continuing to teach yoga, and I have joined and continue to meet like-minded individuals online in social media groups. Local

gardening, seed trading and creative projects are some of my favourite groups that I belong to. I have found that many of the online communities to be very encouraging, supportive and educational. We all need connections with other people. One of my favourite quotes on the subject of connection comes from Brené Brown: “Connection is why we're here. We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is

“Connection is why we're here. We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering.”

suffering.” Talking to strangers builds and grows community. We get to know our neighbours, our essential workers, and additional people who belong and work in our

“The more we practice the art of “Small Talk,” the easier it becomes. In turn, when we take a step out of our comfort zone and we grow.”

community.

Having a strong and supportive community makes the world a better and safer place. Your community can be as simple as your own personal community in the area where you live, or on a larger, even global scale.

In connecting within our communities, you'll also come to realize it truly is a small world. I met a friend of

a friend while living in New Zealand, and in our first five minutes of our meeting, I learned, that not only does her Mom live in Calgary, she was only two neighbourhoods away from me!

We grow by stepping out of our comfort zone. I know for some of us small talk or even the idea of talking to strangers may seem awkward. If the interaction feels safe, just start simple with a smile and a hello. A simple compliment can also go along way as well. The more we practice the art of “Small Talk,” the easier it becomes. In turn, when we take a step out of our comfort zone and we grow.

It can be a great opportunity for learning. When we engage in interacting, it's also good for our minds: you can learn a lot from the other person, you may learn more about your community, an area of interest or even learning about yourself. You can learn a new skill or even learn about new, exciting opportunities.

You may just make a friend. At some point, those that we're friends with now at some point were strangers to us. It could very well be the start of a beautiful friendship.



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WESTVIEW

BY SILVERA

Behind the tricksters

By Andrew McCutcheon

Kerby News

Checking the news headlines on April 1 is always a gamble, every single year.

Many organizations will put out their jokes and japes to celebrate the annual holiday of pranks, trying to catch readers unaware for a light laugh.

With consistent headlines that turn heads these days, however, there's less safety in trying to play a harmless practical joke: even the normal headlines can seem out of this world.

In lieu of playing a silly prank, let's delve into the history and mythology of tricksters the world over.

The idea of a trickster — the wily and witty individual that manages to pull one over on the unsuspecting — is one that found throughout the echoes of humanity, regardless of culture or location.

These tricksters have not only inspired many popular cultural figures — Bugs Bunny, to name the most well-known — but the holiday of April Fools itself.

BR'ER RABBIT

On the subject of hare-brained characters, one of the most enduring tricksters throughout mythology that passed across centuries and oceans is that of Br'er Rabbit.

The origins of Br'er can be traced through oral storytelling traditions to West, Southern and Central Africa, which eventually came to the United States by way of the enslaved peoples of the African Continent. In some traditions, however, the stories focus on a trickster spider named Anansi, but many of them follow similar plots despite the main character being different.

Br'er Rabbit and his adventures came to be emblematic of a near-universal storytelling concept found within oppressed peoples: a weaker, smaller character who manages to overcome much larger forces through wits and ingenuity.

The original animal trickster tradition in this case, however, is not as white-washed as one might remember more contemporary depictions, such as in Disney's *Song of the South*. Br'er rabbit not only experiences failure sometimes, but also his amoral nature can turn him into an anti-hero or even a villain, being an example of both what to do and what not to do, depending on the situation he's thrust within.

The stories of Br'er Rabbit were eventually popularized and published by Joel Chandler Harris in the late 1800s, with his book *"Uncle Remus; His Songs and Sayings."*

More recent criticisms of

Harris, however, cite the fact that he often took the heritage of African-Americans in the United States, made them more digestible for popular audiences and then reaped the wealth from his creations.

To this day, Harris's depiction of Br'er Rabbit — and the subsequent Disney film — are still published and available for viewing, alongside prefaces that discuss the critical issues of race and cultural theft which have arisen since its original publication.

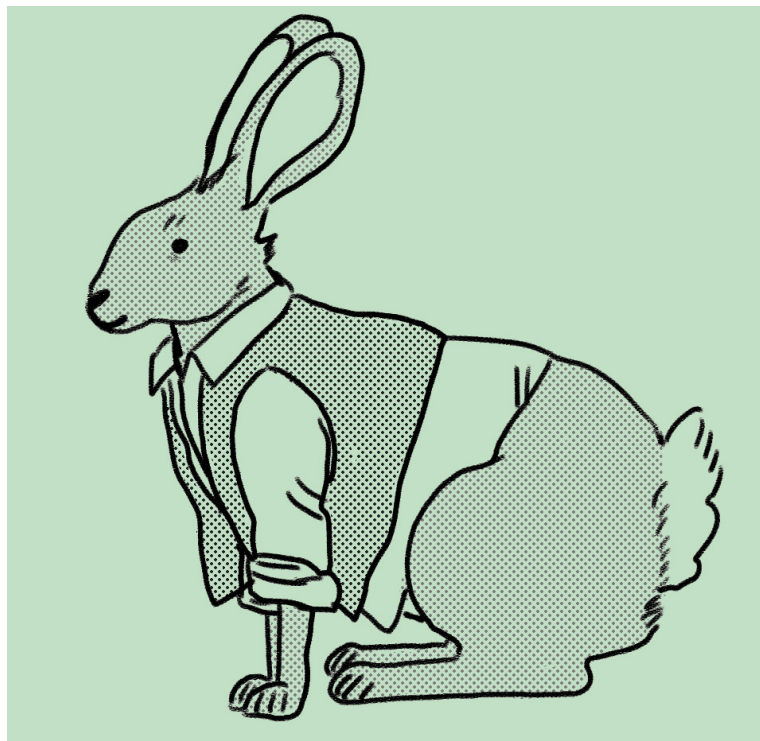
COYOTE

While we can trace the origins of Br'er Rabbit to Africa, Coyote is an animal trickster with roots in many of the indigenous peoples of North America.

How Coyote is depicted changes greatly depending on the location of the peoples telling his story. Depending on the location, Coyote can be an extremely sacred being with divine powers and in others, he's a trickster that acts as a malevolent force of nature.

There are too many types of depiction to describe in a simple article and the discussion of the various meanings that the Coyote represents could fill books upon books; the qualities of the Coyote are as distinct and unique as the various peoples that originally populated North America.

Even beyond the innumerable ways Coyote is depicted, there are other animal tricksters that can play similar roles: for the plains Indigenous, there is Iktome the Spider; In the Pacific Northwest, you could find the Raven, the Mink or the Blue Jay; and similar to the



Br'er Rabbit, illustration by Becca Lowe.

aforementioned tale, there is even the Rabbit that can be found in the American South proper.

KITSUNE AND INARI

The literal translation of the word Kitsune from Japanese means "Fox," but foxes are commonly found within Japanese folklore acting as intelligent, trickster-like characters.

As they get older and wiser, with every century they live, Kitsune gain more powers, the ability to shape-shift and even gain additional tails. The most powerful are nine-tailed Kitsune, and although they act as tricksters in some tales, they are also close companions: acting as guardians and friends.

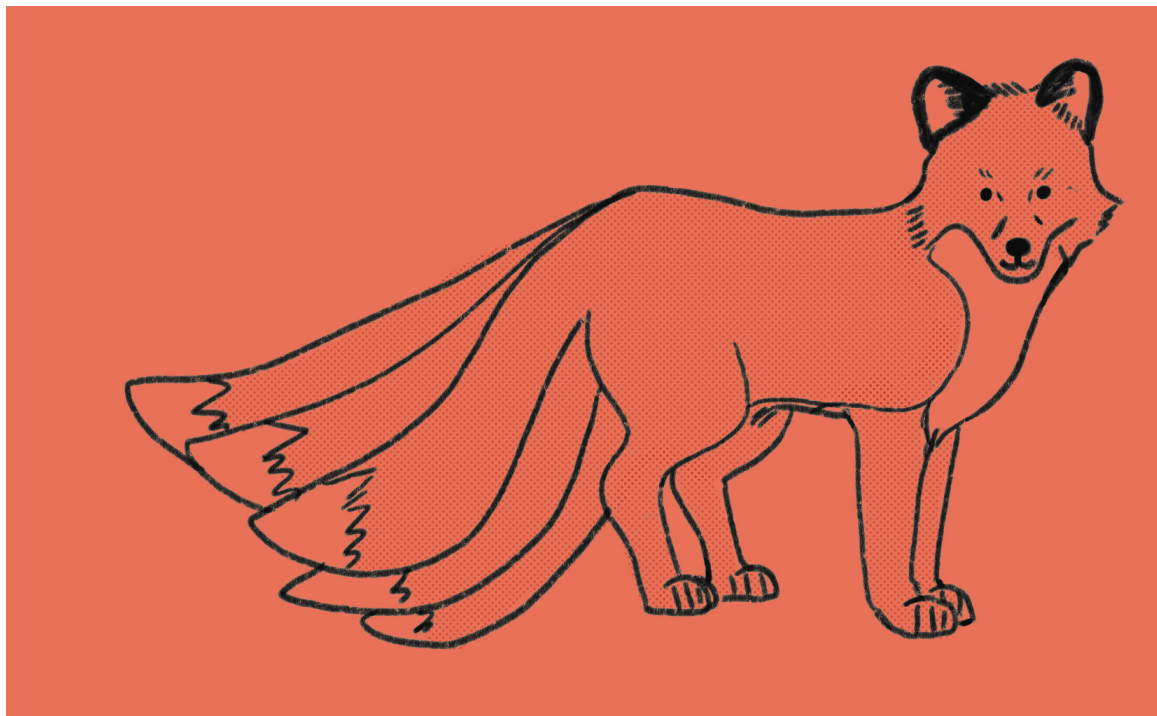
The "tales" of the Kitsune depict the trickster playing and preying upon braggarts and the greedy, whether they be samurai, merchant or the generally boastful, using illusion, visions or the possession of women. However, Kitsune

are also depicted as loyal: attaching themselves to households, repaying favours and promises.

Within the Japanese religion of Shinto, Kitsune are also seen as representative of the Kami — or, spirit — named Inari. Kami spirits are found throughout Shinto, but they are not "spirits" as western peoples might understand them.

The spirits, or Kami, of Shinto are not ghosts and rather express things on a more fundamental landscape. They can be representative of the natural elements, such as wind or fire, or can express more conceptual ideals, such as ancestry.

Inari is the Kami representative of not only foxes, but rice and tea, farming and industry, and is one of the most important within the pantheon: according to a survey of Shinto shrines performed in the mid-80s, roughly 32,000 shrines are dedicated to Inari, about 33 per cent of shrines surveyed.



Kitsune, illustration by Becca Lowe

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Sweeping the Room with a Glance



By Lesli Christianson-Kellow
Kerby News Columnist

It's been more than 52 weeks since I've cleaned my house - like really cleaned my house. Sure, I clean the bathrooms and sweep the floors, but what I've discovered is that before the pandemic, I was mostly cleaning my house prior to guests coming over for dinner or a party. Furthermore, I've discovered that if there are no guests coming over for dinner or a party, then cleaning has a low priority in my world.

Sitting at my dining room table, I look around. The past year - most of it

spent in a lockdown-like state, has wreaked havoc on my living space. Where I once had a fairly organized home, I see that my once daily task of tidying up clutter has been almost entirely eliminated.

There are piles of unknown papers that have slowly accumulated into permanent stacks on my coffee table and desk. There are books and magazines, half read, waiting to be finished on the sofa and next to my reading chair. A dustball regularly collects in the corner behind my chair.

I know if I were to bend down and look under my sofa, the floor would be dusty. I know this because I cannot remember that last time I got down on my hands and knees and dusted under anything. The truth is clear, since I haven't had family and friends over socially for most of the past year, I haven't put too much effort into cleaning my house.

Without visits from family and friends, there has been no reminder to tidy up my house. It was a certainty that my house would be cleaned up every time I was ex-

pecting company. So, there's no wonder that my housekeeping skills began to slip this past year. It's simple math. No company equals no housecleaning. At least not thorough, habitual housecleaning.

My old vacuum cleaner stopped working last April right near the start of the lockdown. My dog is a hairy golden retriever, so I immediately ordered a fancy replacement vacuum cleaner with my Air Miles points - points that weren't going to go towards travelling any time soon. The fancy vacuum cleaner was delivered to my door within a week. I may not have deep cleaned my house every week, but I definitely vacuumed frequently. So, to clarify, there has been no cleaning, but there has been vacuuming - one vacuum canister at a time. Can you imagine if I hadn't been taking out 1-2 canisters of dust and dog hair each week for a year? I'd rather not think about it. Ironically, vacuuming has become a fun activity amongst the monotony of the at-home pandemic lifestyle.

The only thing that has been coming into my

house regularly are the packages that I have ordered online, which are evidenced by the stack of empty boxes in the corner of my living room. I take the boxes to the recycling bin occasionally, but with no guests coming over, I'm in no hurry to remove them. Is now a good time to reveal that I took my Christmas tree down mid-February? I just thought extending the holidays this year was a cheerful idea.

It's true, my house hasn't been as tidy as it could have been during the pandemic. I've definitely become desensitized to the clutter, to the fact that my windows need washing and that my countertops are cluttered. I don't really see the layer of dust on the book shelves and I definitely can't see the dust on the high shelves in my kitchen. I think I've been channeling my inner Erma Bombeck, the late lifestyle humourist and author of the book, *When You Look Like Your Passport Photo, It's Time to Go Home*. She once said, "My idea of cleaning is sweeping the room with a glance." I like her.

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Grocery Conundrum

By Barbara Ellis
Kerby News Columnist

I was low on the staples — bread, milk, eggs and the like — so it was time to go shopping. There was a time when I disliked this chore but because of these isolationist days, grocery shopping has become almost exciting.

I parked my car and dutifully put on my mask, grabbed two shopping bags and walked towards the door. These were big bags so two should be enough.

Anyway, if I needed more, I could get one of those green recycling bags, they always came in handy for compost recycling. I picked a good day to out, the sun was shining, the temperature was above zero, not many people in the store, so all was right with the world.

By the time I got to the checkout, I had accumulated a lot more groceries than I anticipated buying. Someone once said, “never go shopping when you’re hungry.” Yes, I was hungry, I had skipped breakfast and

it was already past noon. I smiled as I looked at the cart: yes, there certainly was enough food there to quell my hunger.

The cashier began to scan the items as I loaded them onto the moving counter. Item by item my purchases appeared on the screen complete with cost and a mounting total. As the tally grew, I became uneasy. I knew it was going to be costly, but this total was reaching a new record. I reminded myself that I did buy quite a bit of meat and several items I truly did not need. Oh well, too late now. The cashier smiled sweetly as she asked for my membership number and I, like an automaton, rattled it off. I ended up with five extra recycle bags and I saw her put my very long grocery receipt into one of them.

As I walked to my car, I wondered if I had given her the right number. I felt a little light-headed, maybe from not eating, or perhaps I was experiencing sticker price shock. I’ll check the receipt as soon as I get home I mumbled under my breath. This amount must be registered against my number because I can use all the help I can get at membership rebate time.

The little grocery cart I keep in the basement was overflowing and quite heavy as I pulled it to the elevator. It was good to be home. I began to unload my cart

and put the groceries on the counter and soon ran out of room. Boy, did I ever buy a lot of stuff! Where was I going to put everything? First, eat something, I told myself. The storage problem can wait.

I looked around my counter and in the last remaining grocery bag in the cart: where was the bread? I know I picked up two loaves at the store, and where was the milk? I distinctly remember putting that into my shopping cart. It finally dawned on me that I was missing some groceries. I picked up the phone and called customer service and told the young man about my missing bag. He said he would check with the cashier and put me on hold.

I patiently listened to music I didn’t like until the phone went dead. I called back and was told by the same young man that all of a sudden it got very busy and he had to tend to other customers. He would go right now and check with the cashier and put me back on hold. While I was waiting, I discovered that the baby white potatoes I bought were also missing. Again the phone went dead.

I hung up and decided to check my receipt to make sure I had given the cashier my correct membership number. I checked the empty bags on the counter and in my cart, no receipt. I checked my purse but it

was not in there either. Just a minute, where is the sour cream?, for that matter, the cheese? and eggs? they are also missing. Hang on, didn’t I see her fill five of those green bags and there were only two on my counter. Now I realized that I was missing three bags not just one.

Oh, why don’t I pay more attention? Guess it was the total that threw me. This is crazy. Wonder if somehow I left them in the car? I called back and this time my call went directly to voice messaging. I left a message and said that I was going to check my car just in case the bag somehow rolled under the seat. I also said that if I didn’t call back, then everything was alright.

I opened the hatch and sure enough, there were the missing grocery bags. I have a large box in my trunk for no other reason except that I may need it someday, and for reasons I can not explain, I put the three grocery bags inside the box. I shook my head and chuckled at my own stupidity. Then I remembered that poor young man searching for groceries he would never find. I was too embarrassed to call back and instead I wrote a letter to the manager praising his employee for his help and patience.

Guess April Fool’s day arrived a little earlier than usual at my house.



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Photo by Naseem Buras, via Unsplash.com

Kerby Café launches re-envisioning

By Andrew McCutcheon
Kerby News

The Kerby Dining Room has been closed to patrons since the advent of COVID-19, while still cooking up a variety of delicious meals to be delivered by Kerby Centre to individuals within Calgary.

However, that is not the only thing Kerby Centre has been cooking up!

Kerby Centre Food Services has been working with a group of MBA students from Royal Roads University in Victoria to develop a new strategic marketing plan for the dining area. After collecting valuable feedback from over 300 respondents, there are new, fresh and exciting things happening and to come here at Kerby Centre: not least of all is the news that the café is now open for business.

“We’re so utterly excited about the changes we’re imagining for Kerby Centre’s new Café,” said Chad Geiger, Senior Manager of Facilities at Kerby Centre. “The feedback we received was extremely valuable and we’ve

used the period of closure due to COVID-19 to take them to heart.”

“We’re updating and innovating for our clients and patrons, and we’re not stopping anytime soon.”

The list of changes is extensive: a new menu with items, with an emphasis on in-house preparation from quality ingredients; order cards that will allow table service to eliminate line-ups and waiting at the order window; larger coffee sizes at a discounted price, and reward cards for frequent beverage purchases!

In addition, there’s more space between tables, not only for mobility aid access but also to create a space that meets all proper protocols and standards in terms of health and safety during the pandemic.

“The safety and health of our patrons was our main priority when we decided to re-open the café,” Geiger said. “We did it safe in the knowledge that all precautions were taken to mitigate risk.”

In addition, the café is working with an interior designer for possible changes



Kerby Café's signature Canadian pizza poutine

to the environment of the area to improve ambiance, potentially moving towards a fresh baked goods program and a menu rotation so patrons will know when their favourite meals will be offered.

One of the most exciting opportunities that the Kerby Café is pleased to announce is our participation in a program called Poutine with Purpose.

With a new signature

poutine created in-house, the delicious and rich Canadian Pizza Poutine, \$1 from every sale will go towards Mealshare, which helps provide meals for youths in need. Poutines from cities across Alberta and B.C. will compete all while contributing to their local communities through Mealshare.

“It’s great that we can help not only promote our Kerby Café re-envisioning while also giving back to

our community in different ways,” Geiger said.

And for those that are itching to either try one of these delicious dishes but are still a bit hesitant about eating out?

You can now do online ordering and curb-side pick up from the café, easily and quickly, all through our website at <https://www.kerbycentre.com/kerbycafe/>.

Bon Appétit!



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It's chilly out there!



Photo by Stephan H, via Unsplash.com

By Deborah Maier
Calgary Horticultural Society

April is a shoulder month for the gardening season. Some hardy seeds can be planted if the soil can be worked, but the ground in many places may still be frozen. So, what can an eager gardener do to get a jump on growing? Use a cold frame.

A cold frame is a structure designed to keep plants protected from cold outdoor temperatures. It has a translucent sloped lid to capture sunlight as its heat source. It can hold warmth overnight, keeping the inside temperature several degrees warmer than the outside temperature. This temperature difference can have a major impact to plants when the thermometer hovers around or dips below the freezing mark in the spring, which is common in April. How much heat it can hold depends on how it is built.

Typically, a cold frame is rectangular in shape. The back wall of the box is twice as high as the front and should be at least 40 cm high. The sloped top allows for efficient sun exposure. The ground under the cold frame needs to be well-drained to prevent water accumulation from snow melt or rain. Some cold frames sit on top of the existing soil surface,

while others are placed in an excavation. The sides can be made from many different materials: brick, cinderblock, framed plastic sheeting, polycarbonate, or wood. What is chosen often depends on the materials on-hand, or the desired insulating factor. Wood is commonly used as it is easy to work with to create the sloped side walls, has insulating properties, and is durable. As most plants being placed in a cold frame are small, it does not have to be large. Cold frames around 1 m x 2 m in size are common. The cold frame should be placed facing south to have the best sun exposure.

Some people like to grow directly in the cold frame and will fill it with 10 to 15 cm of potting mix, then plant seeds. More often, seedlings that were started indoors are moved to the cold frame for outdoor conditioning and improved sunlight exposure. If it is not used as a raised bed during the growing season, the cold frame can be stored until it is needed again.

My parents set up a large cold frame each April. They used old storm windows placed on a 2x4 frame positioned against the south-facing side of the house. The sides and front of the frame were covered in two layers of heavy plastic sheeting. One layer of plastic was stapled to

the outside of the 2x4, the other to the inside. The air gap between the plastic layers provided insulation. The house wall where the frame was positioned had a small basement window, which was occasionally opened to allow heat from the house to enter the cold frame. The storm windows were attached to the top of the frame with hinges, so they could be propped open on sunny days to allow excess heat to escape, and let air flow in.

The cold frame was made specifically for tomato plants. The plants were started in March on a table in the living room, placed next to the south-facing picture

window. By April, the tomato plants would require transplanting and improved access to sunlight. Due to the risk of frost, these tender plants couldn't be placed in the garden until June. A temporary protected location was needed. A cold frame was a simple, economical solution.

When the plants were first placed in the cold frame outside, they would be positioned close to the wall of the house, and the window to the basement would be opened. After a couple of nights, the window would be closed, and the plants spread out. The window would only be opened again if the low was expected to be more than -5°C . When it was

time to plant the tomato plants in the garden, they would be large, sturdy, and well acclimatized to the outdoor growing conditions.

Get a jump start on growing by adding a cold frame to your garden!

If you want to add some heat to your growing this season, join the Calgary Horticultural Society for the 2021 Garden Show—Virtual on April 24 and 25, presented by greengate Garden Centres. We're bringing exciting speakers and a virtual tradeshow to our online event. Learn more about the Show and purchase tickets through our website, calhort.org



Photo by Iulian Pana, via Unsplash.com

Three surprising things you should know about dementia

By News Canada

While many of us may know a friend or family member with dementia, there are many aspects of this condition that are often easily misunderstood. To better understand dementia, here are three important things to know:

1. It's not an inevitable part of aging

is an inevitable part of aging. While some risk factors linked to developing dementia cannot be modified, like genetics, what you may not know is that you can work on others such as mid-life obesity, smoking and high cholesterol.

Several studies suggest that preventing or delaying the onset of symptoms is possible by adopting healthy lifestyle behaviours such as being physically active, eating a healthy, well-balanced diet, avoiding smoking and excessive alcohol consumption, reducing stress, and staying connected to others.

Staying healthy is good for your mind and body now, and it can make a difference for your brain health in the

long term.

2. There are many types of dementia
Most people have heard of Alzheimer's disease, but they may not realize there are several other types of dementia such as dementia with Lewy bodies, frontotemporal dementia and vascular dementia (often linked with stroke). Dementia is also linked to traumatic brain injuries like concussions. Dementia is most commonly diagnosed among those aged 65 years or older. However, individuals can also be diagnosed before the age of 65 with young-onset dementia, which presents unique challenges, such as finding supports adapted for younger people living with dementia.

3. Not everyone's experience of living with dementia is the same

Two people with the same type of dementia may experience different symptoms in various degrees. For example, one person may have challenges with daily tasks while others might lose a second language or experience a personality change.

Most importantly, remember that many people living with dementia, can still function and take care of themselves. While some may need more assistance at later stages, they still feel emotions and respond to them.

Three smart things to do with your tax refund

Tax season is here, and many of us will be getting some money back. Perhaps one of the most important findings from new Financial Consumer Agency of Canada research is that by doing small things today, you can significantly improve your long-term financial situation, regardless of your income.

Here are three small steps you can take with your refund in 2021.

Pay off your debt

Use your tax refund to help pay off your debts. There are different strategies for paying down debt. The most common is to pay off debts with high interest rates first, in order to pay less interest in the long run and become debt free sooner. But you could also choose to pay off your smallest debt first to achieve a "quick win" that motivates you to keep going.

Create or add to your emergency fund

An emergency fund can help you prepare for future situations that are out of your control, like an unexpected job loss, healthcare costs or repairs to your car or appliances.

While reaching your emergency saving goals may seem overwhelming, start small. It's a good idea to save gradually and supplement your emergency fund with extra money when you receive it. A tax refund is a great way to add to it.

Save for short-term or long-term goals

Whether you're saving for a down payment on a house, adding to your retirement savings or planning for a dream vacation after the pandemic, it's important to develop a savings plan to reach your objectives.

Identifying your goals and understanding how much money you need to achieve them can help you decide how to allocate extra money. Putting your tax refund towards them while continuing to make regular, smaller contributions, can help you reach your goals faster.

The Financial Consumer Agency of Canada provides unbiased and fact-based information you can count on. You can learn more about making a plan to be debt-free, creating an emergency fund or setting savings goals at canada.ca/money.



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Celebrating the 76th anniversary of Emily Carr's passing.



Illustration of Emily Carr by Becca Lowe

By Jaroslav Maria
Kerby News Columnist.

March 2, 2021 was the 76th anniversary of Emily Carr's passing.

We make our observations from a vantage point

predetermined by the environment and culture in which we were raised. I have always had a keen interest in travel and arts, and these are usually my starting points.

Surprisingly, people can often come to the same conclusions if starting somewhere else, but the flavor will likely be a little different at the end.

Much of my knowledge about history comes from reading periodical novels, often biographies of artists or their contemporaries. I could simply take history classes, but I am not a good student and dislike systematic study-

ing. It would certainly give me all the relevant data, the dry and indisputably correct facts. But learning about historical events my way will also reveal how people lived then, not just what they were famous for. It may be considered a peripheral knowledge but it is important to me, so that I can create my own vision.

Arriving many years ago we frankly didn't know much about Canada and its history. We came here because it was free, modern and tolerant country. It was everything our birth country was not. After resettling

here we found it was all of the above and more, much more. At the beginning we were busy getting settled, learning the language and getting to know our fellow Canadians. To understand the soul of the country took more time.

We were fortunate to have lived in both, west-

To understand the soul of the country took more time.

ern and central Canada during our formative years here. In Ontario we lived in the populated south and it were the paintings of the Group of Seven and Tom Thompson's that depict the beauty of the lakes and the woods just North of Toronto, the Muskoka and further northeast all the way to Ottawa. The country there is gentle like in the central Europe.

In the village of Kleinburg by Toronto there is the McMichael Canadian Art Collection dedicated to the Canadian impressionists and post-impressionists. Good collections are in the Art Gallery of Ontario and the National gallery in Ottawa. In Quebec they have also some good painters, but they are not as avant-garde as the Group of Seven was.

After we moved to the west I got to now the art of Emily Carr on my many visits of Vancouver and Victoria in BC. I visited the galleries, her home, read her books and became a fan. Her writing taught me more about Canada than any other medium.

I realized soon that just like Tom Thompson she was also part of the Group's movement in spirit. In fact I think that Emily and Lawren Harris were the most notable of them all. They took the next step from supreme mastery of technique to

the next level. Their pictures painted at the top of their powers always have a story to tell and challenge the viewer. One just has to keep coming back! Harris' pictures have the clarity and are very spiritual, while Emily Carr's have an uncanny ability to portrait nature, and capture the spirituality of the coastal Indians. Yes she calls the First nations people Indians in her writings and it is with respect. Nobody can express the mystique of woods as well as she did.

What makes the Group of Seven, Tom Thompson and Emily Carr so notable is that they are so unmistakably Canadian.

In that they are isolated from the European mainstream. When several years ago we showed a visitor from France the Glenbow Museum in Calgary, where there happened to be an exhibition of Group of Seven paintings from the Rockies, he was entranced by what he saw, recognizing the quality of this work. Even

Nobody can express the mystique of woods as well as she did.

though a professor of art at university he asked "Who are these guys?" Never had heard of Group of Seven! Frankly I couldn't believe it.

Emily Carr was, unlike any other painter I know, also a first class writer. Her books are autobiographical. One gets to know her intimately. She reminded me that there is more to life than just having the most advanced iPhone. Her writing is pure and still simple. It is like eating a dessert rather than a meat and potatoes dish. Emily had an amazing understanding of the nature and of animals. She was

an animal “whisperer” and the animals loved her because she loved them. She travelled up and down the coast learning about the lives and culture of the First nations and had a great many friends amongst them.

What I like is that she saw not just what was good, but also open-

She reminded me that there is more to life than just having the most advanced iPhone. Her writing is pure and still simple.

ly wrote about the limitations that being of so different cultures causes the natives to have troubles to truly assimilate with the “settlers”, a problem that continues. Regrettable as it is, the wheel of time never reverses the direction of its rotation.

Besides of books, Klee Vick, *The Book of Small*, *Growing Pains*, *The heart of a Peacock* and *The House of All Sorts*, she also wrote in her diary about her artistic struggles, published as *Hundreds and Thousands*. On its pages I learned the difference between a nice picture and the one with a soul, that I never had understood properly before. That’s what separates Lawren Harris and Emily Carr to whom Harris was a mentor, from the rest of her contemporaries.

She wrote about the incomparable beauty of Canada. In her inimitable style Emily describes the time around the turn of the 20th century. Victoria and Vancouver Island, even Vancouver were still rural settlements on the cusp of becoming cities at that time.

Victoria was overgrown with brambles, the streets were dirt or basic

cobbles, muddy in the rain and noisy when the horse pulled carts were going by. It was simple, natural, but also ephemeral and charming era in many ways. Surprisingly much of it endures if you really want to recall it. Her writing fosters imagination and makes you think that what really matters is what is inside your head.

Her books reveal what formed the unique Canadian identity. Emily was a fierce Canadian patriot although both her parents were full blooded Brits.

She writes about her experiences when she was young and studied painting in England around the turn of the twentieth century. In those days Canada was still an enigma to the British as an independent Dominion, although it should not have been. British created it. Canadians were ‘colonials’, presumably

Her writing fosters imagination and makes you think that what really matters is what is inside your head.

lumber jacks and country bumpkins, not a flattering description by the sophisticated Victorian establishment.

With their noses turned up a bit too much, they would not admit that even the English countryside, and for that matter the whole European continent, were not that much more advanced. In fact the differences were rather between the urban and rural areas, not between the old countries and the colonies.

Already in Renaissance (14th to 17th century) amazing cultures thrived in the cities that contrasted with the

arduous living standards of the plain country folks.

It’s really hard to imagine those times of stark contrasts when actually an unbelievable music was written, pictures painted and marble statues erected, while in the same time the peasants were sharing the dwellings with the farm beasts to keep each other warm in cold months.

All the way up to the early 20th century the European cottages had earthen floors, no plumbing or heating and no creature comforts just like the native and the settlers’ cottages did not have in the early Canada.

These times seem so far back, so long behind us and easily forgotten, but not so if measured by generations. As mentioned above I can remember peasants’ houses without amenities, built with no insulation, wet

and unhealthy, tuberculosis killing more people than COVID-19 ever will. Even in the small European countries there were enormous distances to cover due to the lack of speedy transportation, and the knowledge would travel slowly. Mountain villages were almost entirely isolated.

Distances in Canada are much bigger, so it must have been overwhelming. Based on the description in Emily Carr’s books, the small settlements in the colonies and in rural Europe I remember, were remarkably similar. Outside of the big cities that were the manufacturing centers, rural Canadian economy was also essentially agriculture or extraction of resources.

Buildings were primitive and built from logs and also framed from wood unless built for the

religious purposes like churches, or the gentry to whom appearances were important.

I have learned from reading, and importantly from re-reading Emily’s books about what makes western Canada so unique, a land so great to live in. It invokes the idyllic time of her youth, but it often was a drudgery as well.

On the other hand it raised hard working, self-reliant people. I wonder what kind of people we are raising today in comfort and all the technology at their behest.

She surprisingly thought her writing was secondary to her paintings. I digress. I could have never learned in any classrooms what I learned from her. Admittedly, if asked to recite the dates and events I would fail miserably. I accept that.



A statue of Emily Carr in Victoria, BC. Photo courtesy of author.

The future looks bright!



Photo by Masaaki Komori, via Unsplash.com

By Stephen Ditchburn

Rainbow Elders Calgary

Well, knock me down with a feather! Has it been over a year already? Who knew how quickly a year could fly by? Perhaps it sneaks by when we have to stay at home and none even knows what the day is.

I'm not sure if it's just me or what but with spring upon us and sunny skies and warmer temperatures, it feels just wonderful. Now

that vaccinations are available, even with the confusion around them, they are like lights at the end of this long, dark tunnel.

When this started, when the world stopped and life turned ultra-weird and regular life for all 7.9 billion of us became strangely topsy-turvy, way more topsy-turvy than usual that is.

It's been a bit hard to keep up with the ever-changing rules. Can I talk to this person? Will I be arrested

or fined a thousand bucks if someone visits me? Are the neighbours spying? Can I go out for dinner and with whom can I legally dine?

The Virus has introduced a whole dictionary of new words, terms and expressions. Before this who knew what social distancing was? A lockdown was an important procedure we practiced at schools just in case any baddies were in or near the building but now a lockdown refers to a dreaded state of society that one could never had imagined happening.

Now everyone knows what virtual learning is as well as Zoom and Zoom meetings which are not to be confused with the non-capitalized version of zoom which is what I do when I drive up or down Crowchild. And while zooming along there are new things to wonder about like: flattening the curve; herd immunity; self-quarantine and curbside pickup.

Anyone who knows me knows I'm quite fond of making lists.

I make lists for just about

everything: to-do lists; shopping lists; lists of my favourite songs; lists of books I've read; lists of books I want to read; lists of things to watch on Netflix and even lists of lists! With that in mind, I dug out my thinking cap, dusted it off and popped it on to better make a list of some of the things that, as the incomparable Joni Mitchell sang, "you don't know what you have 'till it's gone." It's a list of things I didn't realise I'd miss until they were gone but am now looking forward to enjoying them once again.

One thing I'm really looking forward to is having something to look forward to! It'll be a happy day when someone calls and asks me, "Hey, what's new?" or "Hey! 'Sup?" and I actually have something to chat about and I'm sure I'll chat and chat and then chat a bit more.

It's going to be a delightful evening to once again see Front Row Centre Players perform one of their amazing musicals at the Beddington Theatre Arts Centre. How great it's going to be when we get to toss out those pesky masks and we can see smiles and be able to understand what is being said instead of just mumbles. It will also be good to be able to be polite and shake someone's hand without offending anyone. You know, I'm just not an elbow-bump person, especially when I'm visiting the doctor.

I'm drooling as I anticipate devouring tasty delights at the Chinese buffet at The

New Dynasty Restaurant. I can't wait for a crazy night out with my Karaoke buddies. It's going to be fun watching sports, with real fans in attendance and perhaps even in a cheering, jam-packed bar.

I didn't think I'd miss live music or one of Alberta Ballet's superb performances, but I do. Oh, to go to a concert at Arts Commons. It's going to be a very special night when Theatre Calgary's A Christmas Carol reappears.

The Pride Parade! The Stampede! Leaving on a jet plane and zooming away to somewhere, anywhere that's exotic, or hot or historical or all three. These are all things to get excited about and look forward to! Sure, some may longer than others to happen, but that's just fine. Sadly, some things like buffets may be gone forever and perhaps there will always be glass safety panels everywhere. But I'll not give up hope!

We at Rainbow Elders Calgary are excited about the prospect of getting back to do the work we love to do which is supporting LGBTQ seniors as well as connecting with LGBTQ youth, many of whom I am sure have been feeling especially isolated and vulnerable.

I'm not sure if it's say to say it, but the future looks bright! So bright that, maybe, just maybe, Santa Claus will be able to zoom around on his sleigh and pop by this December! I think I'm going to start a new list, a Christmas wish list.



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Buttergate compromises the farmer-consumer contract

By Sylvain Charlebois
Professor
Dalhousie University

The Dairy Farmers of Canada should be commended for asking members to stop using palmitic acids in feed while launching a national investigation into the matter.

For likely the very first time in its history, arguably the most powerful lobby group in the country opted to listen to Canadians. It's not easy to admit publicly that something isn't right, especially in Canadian dairy.

Early on as questions arose about hard butter, the Dairy Farmers of Canada said nothing was wrong.

Then on Feb. 19, the group acknowledged that the issue needed to be addressed and created a committee to look at the issue.

Then on Feb. 25, the group halted the practice of feeding palmitic acids to dairy cattle and launched a more complete investigation. That's quite the reversal.

Dairy boards are accustomed to criticism. However, much of the criticism in the past came from groups such as animal welfare activists and vegans, who believe the sector should be outlawed.

This time was different. Criticism came from consumers who love Canadian dairy products.

Whether the use of the palm oil byproduct in feed is the reason butter is hard isn't the only issue. Canadians were stunned most to learn that palm oil, a product from the other side of the world, was part of our dairy production process. Most Canadians just didn't know. It also raises questions about other things we might want to know about dairy production but don't.

We protect and compensate Canadian dairy farmers and our love affair for dairy is long-standing. Most Canadians believed sustainability, local production, natural characteristics and pureness are values embedded in the Blue Cow campaign we've seen for years.

The image that palm oil portrays just doesn't wed well with what advertising campaigns say the industry is all about. Most Canadians would concur, starting with dairy farmers themselves.

For many Canadians, something didn't feel right and that's a problem for the industry, whether it agrees with the public outcry or not. Our social contract with the industry was compromised.

Many have said that buttergate is very much a First World problem. Perhaps, but buttergate wasn't considered scandalous or controversial within the industry. It simply pointed to deep-rooted problems the industry has had for a very long time but hasn't acknowledged.

It starts with the lack of trans-

parency. For the most part, dairy regulates itself, which is why processors have little to say about the quality of ingredients they lawfully must buy.

Dairy research's focus needs to change. Most of it has to do with increasing productivity and managing genetics on the farm. But this research needs to address the disconnect between animal science, how we feed animals, and how these practices impact the quality of dairy products and human health over time.

When it comes to dairy product quality, we fly in the dark in Canada. For whatever reason, not many people look at butter's ingredients on store shelves. This has changed with buttergate. It has also forced the industry to look hard at its practices.

In more recent statements, the Dairy Farmers of Canada claimed the data suggests that the quantity

of palmitic acid in milk fat meets the regulated standards. But the industry is launching an investigation to see if our butter actually measures up to its standards.

The industry shouldn't have to investigate – it should already have the evidence.

Replacing palmitic acids in feed won't be easy. Many scientists say there are few alternatives. But Canadian-made alternatives can be designed and marketed properly.

Other countries where palmitic acids are allowed are also considering changes to feed protocols. This could be an opportunity for Canadian dairy know-how to shine, offering dairy energy supplements to the world.

Not all Canadian dairy farmers are using palmitic supplements to feed their cows – we believe 35 to 40 per cent are. So why have some dairy farmers chosen not

to use palmitic acids in their feed even though it's been legal for at least a decade?

It's important to set best practices for the industry or at least revisit them while considering our dairy industry as a social system. Whatever happens on the farm requires public acceptance. This is what buttergate is truly all about.

The industry will be stronger than ever after the issue is thoroughly investigated.

Canadians want the ethical and moral considerations of farmgate practices to be included in the investigation. And investigators shouldn't just be like-minded stakeholders who are part of the vast and powerful inner circles of the industry. The investigation should be open. It shouldn't just be about productivity.

The investigation should also look at imported dairy products. Perhaps reciprocity is necessary

to protect our farmers, unless our sector considers a palm oil-free position a competitive advantage. Everything should be on the table.

Dairy farmers are good, responsible people. They were doing what they thought was right for them, for their herds and for the Canadian public.

Industry leaders, on the other hand, should have known that society has changed and the industry needs to adapt, like any industry.

Canadian supply management allows for changes in farming protocols without financially penalizing farmers. We should use this system wisely so it serves the Canadian population well.

Dr. Sylvain Charlebois is senior director of the agri-food analytics lab and a professor in food distribution and policy at Dalhousie University.

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Considerations before investing in meme stocks



Photo courtesy of ASC

You may have heard or read about a series of select companies discussed heavily on social media and Reddit, surging in value seemingly overnight. Referenced as “meme stocks” in the news and online, these companies are a select but growing assortment whose significant growth in price is fueled by the excitement and hype generated on social media and online forums like Reddit, and may not always accurately reflect underlying fundamentals. While the idea of buying into these companies with the expectation of huge returns may sound enticing, there are a few things you should consider before investing your money.

FOMO can lead you to risk far more than you're comfortable with

FOMO, or The Fear of Missing Out, is one of the most challenging obstacles investors can face, especially when investment opportunities are championed on social media by seemingly everybody. While some investors have made money from meme stocks, many others lost substantial amounts due to the volatile spikes and dips in their values. As concluded in the Stanford Encyclopedia of Philosophy, people have a strong tendency to want to avoid losses, and when it comes to investing, that can mean both wanting to get in

on the next “big thing” or holding on to a stock that is losing significant value with the hopes that it will change. Before investing in any stock online, contemplate if you're able to stomach a high level of risk and the possibility you may lose most or all of your money.

Investing in social hype instead of fundamentals can expose you to fraud

Investing in stocks can be a powerful tool to grow your wealth but requires you to do considerable research into the company, the products and services it offers, the experience of its leadership and the industry landscape it competes in. Doing your due diligence enables

you to assess whether the company is legitimate, has the potential to grow in value and whether the investment is suitable for you and your risk tolerance.

Online forums for investors to meet up and discuss investment opportunities have led to a blend of both speculation, hype and in some cases, inaccurate analysis. Online forums and social media can also quickly become an echo chamber of a particular positive sentiment towards a stock with little or no fundamental business reasoning. This can result in wild swings of the stock's price that make it virtually impossible to make sense of the stock's real value as it no longer cor-

responds to the company's performance. While not all investment opportunities hyped up on social media are fraudulent, scam artists also use this avenue to promote fraudulent investment scams to excited investors.

When it comes to your investing strategy, never let social media channels be your sole source for investing information and research. Before investing in any company, research its fundamentals and legitimacy to avoid the heartache of an unsuitable or, worse yet, fraudulent investment.

Investing in meme stock can derail your investment objectives and financial plan

Developing a financial plan and objectives for your investments is an important first step for any investor. By considering your age, life goals, time horizon, and level of risk tolerance, you can develop a meaningful plan of action that may combine various securities like exchange-traded funds, mutual funds, and stocks to meet your goals. While helping you achieve your goals, a financial plan also helps you evaluate any new investment opportunity against those goals.

Meme stocks are a relatively new phenomenon that can quickly derail your financial plans if you let them. The hype of massive returns echoed by other investors online can blind you to the age-old fact that high returns in the investment world come with higher risk. The speculative nature of these investments and the hype that social media brings to them does not guarantee wealth. If you plan to incorporate meme stocks into your financial plan, seriously consider if you can absorb a loss of some or all of your investment.

The foundation for long-term investing success relies on the core concepts of diversifying your investments, maximizing the power of compounding interest and always sticking to the right level of risk for you. With the rising popularity of meme stocks, it may sound like an appealing way to start investing or a relevant strategy to integrate into your financial plan, but it could end up doing far more harm to you than good.

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Death your way with an advance care plan



Photo by Scott Graham, via Unsplash.com

By Kerrie Hale

Volunteer, Dying With Dignity Canada Calgary Chapter

Death is not a popular topic of conversation. We don't even like to call it "death" – we call it "passing", perhaps in the hope of making it less real. But people really do die, sometimes suddenly. If you are absolutely sure you'll die suddenly, then you don't need an Advance Care Plan. (You still need a Will, but you don't need an ACP.) But the odds are against you – one source estimates that only 10% of deaths are sudden.

The other 90% of us will not die suddenly. It will take some time. That's the good news. The bad news is that some of us will lose mental competency over that period of time. The likelihood of that happening increases with age. In fact, 80% of elderly people are not

competent at the time of death. And you don't need to be elderly to lose competence – unexpected events like falls and accidents, heart attacks, strokes and many other conditions can result in loss of capacity with little or no notice. This has become particularly evident in the current pandemic where even healthy young people can quickly become critically ill with COVID.

In any of these situations, you will not be able to make decisions for yourself regarding your care. Someone will have to decide for you. Do you want aggressive measures taken to prolong your life no matter how invasive they are? Or is quality of life more important to you than quantity? Or do you fall somewhere in between?

The answers to these questions are far from obvious. It may surprise you to know that the vast

majority of doctors – one study quoted 88% - report that they would not want aggressive end-of-life actions if they were terminally ill. The percentage would, of course, be much lower for non-terminal cases but the fact remains that, if they are successful at all, measures such as CPR, ventilation, feeding tubes, catheterization and so on, frequently cause long-lasting impacts to quality of life. Rather than prolonging the life you want to live, they may simply delay your death.

Fewer than 36% of Canadians have documented their wishes for the kind of care they would want if they are unable to speak for themselves. The remaining 64% will have to rely on doctors or family to make those decisions for them. In the absence of any direction to the contrary, doctors will generally default to doing as much as possible to save your

life whether or not this is what you would want. As for family members, they often can't even agree on what to have for dinner! How likely is it that they would agree on your health care wishes? You can do them, and yourself, a favour by preparing an Advance Care Plan.

So, what is an Advance Care Plan? It's a process that leads to the preparation of a legal document known in Alberta as a "Personal Directive". In your Personal Directive (PD), you appoint someone – generally a relative or a friend – as your "agent" to make personal and health care decisions in the event you can't make your own. Your PD comes into effect ONLY in a situation where you are unable to make or communicate your own health care decisions. It ceases to apply if you regain mental capacity.

Writing your Personal Directive is actually pretty easy. You can say what you need to in a couple of pages and, although it's a legal document, it doesn't require a lawyer. It only needs to be witnessed. The hard part is what you have to do BEFORE you write your PD. You have to think about your val-

ues and preferences, talk to your loved ones about them, and decide on an agent. This is neither easy nor fun.

However, help is available!

Start by visiting https://www.dyingwithdignity.ca/download_your_advance_care_planning_kit.

Step 1:

Click on 'Download a Free Advance Care Planning Kit'.

Step 2:

Click on 'Alberta' to get an Alberta-specific Personal Directive Form.


Follow the instructions and you are on your way to completing your Advance Care Plan.

Also, be sure to attend Dying with Dignity Calgary's Advance Care Planning webinar to be held on April 16, 2021 from 1:00 – 2:00 p.m. It's completely free and easy to sign up for.

To register, go to https://www.dyingwithdignity.ca/planning_for_the_future_apr2021 or www.dyingwithdignity.ca/upcoming_webinars.

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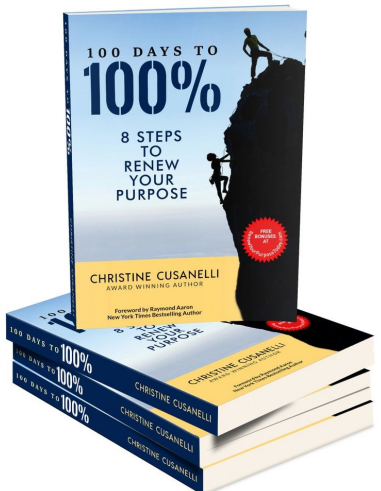
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U of L researchers net \$1.8 million to help solve the mysteries of Alzheimer's disease



Photo by the NCI, via Unsplash.com

ward in the brain,” says Sutherland. “Ultimately, we hope this kind of research will lead us to a cure, the same way vaccinations got rid of smallpox or polio, and that we’ll be able to come up with a way of absolutely preventing and stopping it. That’s my long-term goal.”

Cannabis and Alzheimer’s disease

As baby boomers age, Canada could be facing a health care crisis. Alzheimer’s disease currently affects about 500,000 people in Canada but that number is expected to increase to almost 940,000 by 2031. The costs, in terms of reduced quality of life, the burden on caregivers and financial expenses, will balloon.

“The treatments that have been developed so far are few, they’re not particularly effective and they ultimately do not prevent the descent into dementia,” says McDonald. “The treatment approach we’re investigating is exciting because cannabis compounds appear to target several pathologies that are found in Alzheimer’s disease and these compounds are available, inexpensive and relatively safe for human consumption. We’re just at the tip of the iceberg of understanding the cannabinoids, how complex they are, and what effects they may have on the brain and the body.”

McDonald adds that, while cannabis compounds are showing promise, it doesn’t mean every older adult should start using cannabis. Much work needs to be done to determine the correct combination of compounds, the doses required, the length of treatment and who the treatment might be appropriate for. As part of their research, they will also examine sex differences because the brain changes that come with Alzheimer’s disease differ between females and males.

Continued on Pg. 24

University of Lethbridge

University of Lethbridge researchers are looking at the potential for cannabis compounds to treat or even prevent Alzheimer’s disease, as well as to track and possibly stop abnormal proteins from spreading damage in the brain with \$1.8 million in funding grants from the Canadian Institutes of Health Research (CIHR).

Dr. Robert McDonald and his team at the U of L’s Canadian Centre for Behavioural Neuroscience (CCBN),

will use preclinical animal models to investigate marijuana compounds as potential treatments for Alzheimer’s disease.

“There’s preliminary work in the field that’s emerged just recently, particularly in animal models, suggesting that cannabis compounds can reverse brain pathology and cognitive impairments,” says McDonald. “We’re really interested in trying to prevent that descent into neurodegeneration and dementia because once the brain has changed, it’s very hard to bring it back. If we can prevent or prolong that descent into dementia, that’s really the goal.”

In the other project, Dr. Robert Sutherland and his team at the CCBN will use an animal model to look more closely at two misfolded proteins associated with Alzheimer’s disease — amyloid beta and tau. They will be digging into how these two proteins may spread in the brain and how the spread coincides with memory loss and decreased cognitive function, as well as trying to block the spread.

“We want to understand the basic biological mechanisms that push the disease for-



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DYING WITH DIGNITY CALGARY CHAPTER

Planning for the Future – Health Decisions Matter

If you were unwell, and unable to speak for yourself, do those you are close to know your wishes for health care and personal decisions? Advanced care planning is important at all times but COVID 19 has brought the importance of knowing people's wishes and values regarding their health care to the forefront.

In this session you will learn:

Information about Advanced Care planning and the importance and role of Personal Directives.

About the process of Advanced Care planning: thinking, talking about and documenting your wishes for health care if you are unable to speak for yourself.

Explanation of Goals of Care and what they mean for you.

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Facilitated by AHS

Education Consultant for Advanced Care Planning Goals of Care.

Alexandra Kushliak B.A., B.S.W., R.S.W.

https://www.dying-withdignity.ca/planning_for_the_future_apr2021

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Inglewood Silver Threads is a 55+ senior activity centre focused on keeping seniors socially active. We are located at 1311 9th Ave, SE, annual membership is \$20. As per AHS guidelines, we are looking forward to opening our doors once again for our members who enjoy crafts, games day and two exercises classes for free. Other activities include bingo, tea and chat, potlucks, Foot clinic and subsidize day trips.

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Following all safety protocols Friday, May 7 and Saturday, May 8 from 10 a.m. to 2:00 p.m. we will be holding our annual Mother's Day Bake and Craft sale fund raiser. Strict safety precautions will be established. We miss and look forward to seeing our community come together to show their support during this fundraising event. If you have any further questions please call Wendy at 403-264-1006

Researchers at the University of Calgary are interested in studying the sleep characteristics of younger and older adults with mild, moderate and severe features of inattention, hyperactivity, and/or impulsivity. We know that attention-deficit/hyperactivity disorder (ADHD) can be associated with sleep disturbances. Less is understood about how milder features of ADHD may impact sleep, or how

other factors (such as anxiety, depression or medication use) can interact with ADHD and sleep, particularly in older adults. To clarify some of these questions, we are looking for English-speaking adults of all ages to complete a brief (20-minute) anonymous online ques-

tionnaire asking about sleep; features of inattention, hyperactivity, and/or impulsivity; symptoms of anxiety and depression; and medication use. People with and without a diagnosis of ADHD are welcome to participate. This study has been approved by the University

of Calgary Conjoint Faculties Research Ethics Board (REB20-2106). If you would like more information or if you are interested in completing the survey, please contact Shiva Bahaeimoghadam (shiva.bahaeimoghadam@ucalgary.ca).



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Jerry Jonasson at 403 705-3238 or David Young at 403 705-3240



U of L researchers net \$1.8 million to help solve the mysteries of Alzheimer’s disease. Cont’d from pg. 22

“We have an incredible research team, including Drs. Rob Sutherland and Majid Mohajerani and my long-term collaborator Nhung Hong, that’s extensively involved in this work,” says McDonald. “Dr. Igor Kovalchuk is our cannabinoid expert so we’re working on combinations and cocktails with him. I have an incredible grad student, Abigail Nixon, who’s been working night and day this year trying to get preliminary data to support this work. And there’s this amazing crew of undergrads over the year who have been doing independent studies to help collect this preliminary data as well.”

Misfolded proteins and Alzheimer’s disease Sutherland, along with the CCBN’s Dr. Majid Mohajerani and Dr. David Westaway at the Centre for Prions and Protein Folding Diseases at the University of Alberta, will be injecting mice with abnormal proteins and observing how they spread through the brain.

“We’re mainly looking at the cortex, since that’s where lots of

memory and cognitive activity takes place,” says Sutherland. “We can measure how the brain activity changes as these abnormal proteins creep into circuits in the cortex. We’ll periodically assess the animal’s memory ability to see the moment when memory breaks down in these animals and what’s exactly happening in the cortex when that breakdown occurs.”

Once the researchers have developed a careful description of how the spread occurs through the brain and how cognition is affected, they plan to test different ways to block the spread. They may be able to block the spread by modifying microglial cells. These cells are a front-line defense when things go wrong and they work to break down abnormal proteins like amyloid beta and tau. But when the abnormal proteins increase, these cells become overwhelmed and, instead of destroying the bad proteins, spit them back out in a different location. The researchers want to determine if the cells may be contributing to the spread of the bad proteins, and, if that’s

the case, then reducing their activity might help prevent spreading. They also plan to test whether increasing or decreasing activity in select nerve fibres will affect the spreading of the abnormal proteins.

“We can absolutely decide whether increasing or decreasing activity in the part of the brain that produces new memories causes more spread or reduces the spread,” says Sutherland. “Most people would predict that increasing brain ac-

tivity would decrease spread and we’re going to find out whether that’s really true.”

Sutherland credits Campus Alberta Neuroscience for helping to build a strong network of researchers in the province dedicated to aging and neurodegenerative diseases. In addition, the Alzheimer’s Society of Alberta and Northwest Territories has invested in research being done by the network.

“That is now real-

ly paying off, in terms of the number of CIHR grants directed toward brain aging and dementia,” says Sutherland. “I don’t think we would have been able to get those grants without that catalyst funding from the Alzheimer’s Society. We owe them a big debt. The Alzheimer Society’s funding comes from lots of small donations. It’s not a big wealthy group; it’s just ordinary people giving a few dollars.”

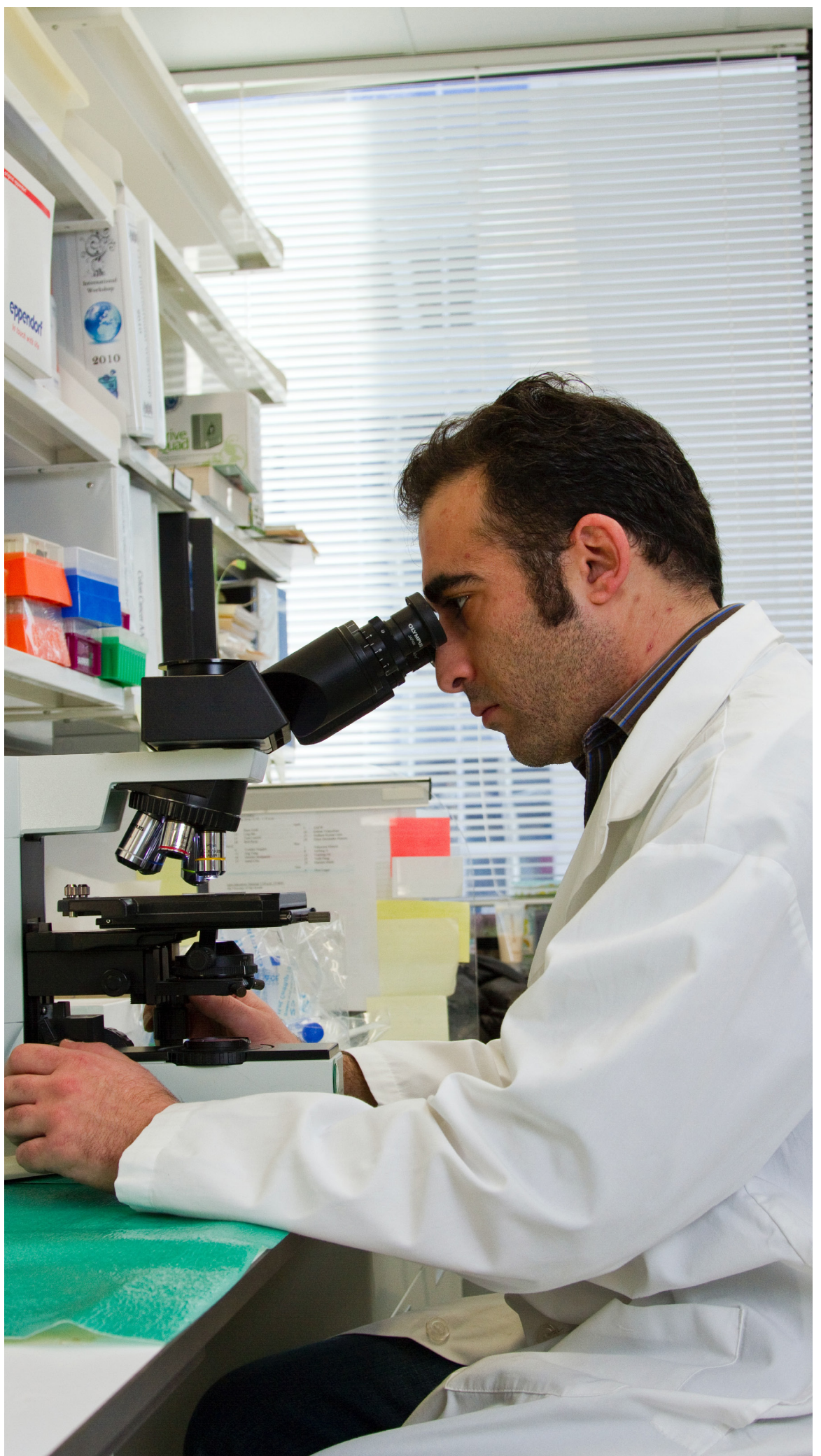


Photo by NCI, via Unsplash.com



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A LITTLE EGGPLANT PARM

This is a small eggplant parm, as advertised. If you'd like to serve 4-6 people or are extremely into leftovers, you can easily double the rest of this recipe (you would then use all of the sauce and just bake it in a 2-quart vessel).



Recipe and photograph courtesy of Alison Roman.

1 large globe eggplant (about 2 pounds), sliced about ½"-¾" thick
½ cup olive oil, divided
Kosher salt, freshly ground black pepper
1 small onion (yellow, white, or red), thinly sliced
4 garlic cloves, thinly sliced
Crushed red pepper flakes (optional)
4 anchovy fillets (optional), plus more if you want

1 28 oz. can whole San Marzano tomatoes, crushed
¾ cup panko bread crumbs
⅓ cup (about) grated parmesan
2–3 tablespoons capers, coarsely chopped
2 tablespoons chopped fresh oregano or marjoram (you can skip, or use half the amount of dried)
⅓ cup coarsely chopped parsley, divided
8 oz. fresh mozzarella, thinly sliced or torn

Roast the eggplant. Pre-heat oven to 450°. Drizzle eggplant with about half the olive oil and season with salt and pepper and roast, turning eggplant halfway through (I use tongs or a fork), until it's as tender as custard and both sides are as brown as if they were fried (they weren't), 25–30 minutes.

A lot of the flavor in this dish will come from the eggplant being very very browned, so please don't be scared to "take it there" so to speak. Please take it

there. Take it very there.

While that happens, make the sauce. Heat two tablespoons of olive oil in a medium pot over medium-high heat. Add onion and garlic, season with salt and pepper. Cook, stirring every now and then until the onions and garlic are tender and starting to brown around the edges, 8–10 minutes. Add crushed red pepper flakes and anchovies, if using, and stir, letting both things melt into the onions. Pour the juices from the tomatoes into the

pot and one by one, crush the tomatoes with your hands into the pot (I like to keep the tomatoes on the chunkier side for more texture in the finished dish). Season again with salt and pepper and let it simmer gently for 15–30 minutes (you want to evaporate some but not all of the liquid).

Once it tastes very good and feels nicely thickened, remove from heat. Set half aside and freeze or refrigerate the rest.

The last and final annoying thing to do here is to toast the bread crumbs (less annoying than frying though, right?). Heat the remaining 2 tablespoons olive oil in a small to medium skillet over medium heat. Add the bread crumbs and season with salt and pepper. Stir them to coat evenly in the oil and toast, tossing frequently, until all the bread crumbs are the color of your morning toast, 5–7 minutes. Remove from heat.

Okay, it's time to assemble this thing! How thrilling. There's not a ton of technique here, but here's how I do it to most closely mimic the classique eggplant parm.

Spoon about half of the tomato sauce on the bottom of a 1 qt. baking dish or 6" skillet (both hold about 4 cups volume, that's the size you want. Doesn't matter the shape, as long as its heatproof).

Top with half the eggplant

(a little overlap is fine, so are gaps- don't fuss!). Top with half the parmesan, parsley, capers, and oregano. Scatter half the bread crumbs in a nice even layer on top of all that, followed by half the mozzarella. Repeat this, ending with the mozzarella. Add a little more parmesan if you feel like it, maybe some black pepper.

I feel that this is truly perfect as-is, but if you love anchovies as much as my friend Chris, you can use more to layer in (I'd add a few fillets with the capers/herbs).

Now, bake it. Pop it into the oven until the cheese is browned and everything is bubbling around the edges, 15–20 minutes. Remove from the oven, maybe finish with some more parsley if you've got it stuck to your cutting board, and let it cool ever so slightly before eating. I like to just serve it by scooping with a spoon-- it's not really meant to be sliced.

Riddle

A businessman, for personal reasons of his own, needs to gain access to a notorious but elusive thieves guild. After snooping around the city for a few days, he finally gets a tip about the location of the guild entrance down a dark alleyway.

After observing the entrance for about an hour, the businessman notices that the thieves seem to have some sort of passcode system using numbers. When someone approaches the door, they are given a number, and then they reply with a number.

The first person steps up, and the guard tells them “twelve,” to which they respond “six.” The person is admitted. A second person approaches the door, and the guard tells them “six,” to which they reply “three.” The second person is also admitted.

Convinced that he has cracked the code, the businessman approaches the door to the thieves guild, and the guard tells him “ten,” to which he confidently replies “five.” The guard immediately slams the door in the businessman’s face, and a deadbolt slots into place.

What should the businessman have said?

Solution The businessman should have said “three,” the number of letters in “ten.” Similarly, “twelve” has six letters, and “six” has three letters, the answers the first two thieves gave.

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

PREMIER Crossword

By Frank A. Longo

THEATER FOOD

ACROSS

- 1 Sponsored part of a magazine
- 7 Probability
- 11 To be, in Toulouse
- 15 “Elizabeth” star Blanchett
- 19 Ripped into
- 20 Buccaneer’s topper
- 22 Major Norse god
- 23 1940 drama based on a Steinbeck novel
- 25 Tri- tripled
- 26 Possible reply to “Are you?”
- 27 Become indistinct
- 28 Architect I.M. —
- 29 Five doubled
- 30 Endemic to
- 31 Bed for Baby
- 33 Pas’ partners
- 35 2006 Jack Black comedy
- 38 1999 Jason Biggs comedy
- 43 Psi preceeder
- 44 1950s Ford
- 45 Hoped-for altar reply
- 46 Live wire
- 48 Airborne toy
- 50 Andrew Carnegie’s corp.
- 54 1970 Godfrey Cambridge comedy
- 59 Discoloration
- 60 Computer since 1998
- 62 Cellular stuff
- 63 Pipe mouth
- 64 Fly apart
- 65 Jazz singer Jones
- 67 Health resort
- 69 Unprocessed
- 70 1984 horror film based on a Stephen King story
- 76 Start-up loan org.
- 78 Cheyenne’s state: Abbr.
- 79 French painter Dufy
- 80 Grace under pressure
- 83 Attempts something
- 86 Big ball of energy
- 89 Bawled
- 90 Observers
- 91 1987 film about a Vietnam War battle
- 94 Fruity wine drink
- 96 Alan who played Pierce
- 97 Muscles worked by doing squats
- 99 Give a massage to
- 100 Kinda
- 103 Falsehood
- 105 1988 coming-of-age film co-starring Julia Roberts
- 110 1947 romantic comedy co-starring Claudette Colbert
- 113 1099 fig.
- 114 “Va-va- —!”
- 115 Dual radio designation

1	2	3	4	5	6		7	8	9	10		11	12	13	14		15	16	17	18	
19							20				21						22				
23							24										25				
26					27				28				29				30				
31			32			33		34			35	36				37					
38				39	40				41	42		43				44					
			45				46				47			48	49						
50	51	52				53		54					55					56	57	58	
59						60	61				62				63						
64						65				66			67	68					69		
			70			71					72	73				74	75				
76	77					78				79						80			81	82	
83			84	85			86	87	88		89					90					
91							92			93					94	95					
			96							97				98		99					
100	101	102					103	104			105				106				107	108	109
110							111				112				113				114		
115							116				117	118	119		120		121	122		123	
124							125				126				127				128		
129																			131		
132							133														

- 116 Siouan tribe member
- 117 Gymnastics floor covering
- 120 “I wonder ...”
- 123 Manhattan sch.
- 124 New Haven school
- 125 2008 Seth Rogen comedy
- 129 “Son of —!”
- 130 Expert at increasing profits
- 131 Fisher who played Leia
- 132 Schoolbook
- 133 Not fooled by
- 134 Descartes of philosophy
- 135 New York college near Hyde Park
- 17 Stannite, say
- 18 Glossy finish
- 21 Bed size
- 24 Cougar
- 32 Part of BBC
- 34 Invasive PC programs
- 36 Squirrel nosh
- 37 Divulge
- 39 — -Kit (face reconstructor)
- 40 Former miler Sebastian
- 41 How soda is often sold
- 42 Devour
- 47 Dr.’s field
- 49 — artery (aorta offshoot)
- 50 Kind of port for a PC
- 51 Poker great Ungar
- 52 Mocking irony
- 53 “Lucky” pilot
- 55 Eclectic fusion
- 56 “Grand” liqueur brand
- 57 Alias lead-in
- 58 Novel
- 61 Gloom-filled
- 66 Opposite of vertical: Abbr.
- 68 Animal skins
- 71 2004-09 Showtime drama, with “The”
- 72 “— Towers” (telly sitcom)
- 73 Like sandals
- 74 Reveal one’s inner self
- 75 Mnemonic for rainbow colors
- 76 “Be quiet!”
- 77 Lamb’s cry
- 81 — Lanka
- 82 That, to Alejandra
- 84 Reduction
- 85 Soviet prison camp
- 87 Impelled
- 88 Puck-pushers’ org.
- 92 Addressee of a New Testament Epistle
- 93 Element name ending
- 95 Ellipse part
- 98 Declaration upon delivery of an item
- 100 Occupy, as a hotel
- 101 Electric resistance
- 102 Acid — (cause of heartburn)
- 104 Part of the plan
- 106 “By the power vested — ...”
- 107 Ones planning city partitions
- 108 Common lawn grass
- 109 One making others laugh
- 111 Decide to play for pay
- 112 Mosque chief
- 118 On — with
- 119 Toll hwy.
- 121 Roman 1,095
- 122 Org. rating films
- 126 Brian of rock
- 127 Actor Cariou
- 128 Train lines: Abbr.



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre Is Modifying Programs As Required To Meet the Current Covid 19 Guidelines

Please visit our website www.kerbycentre.com for up to date information on our programs and services

Please Join Us For These Exciting & Informative Kerby Centre Health, Wellness, Information & Entertainment Presentations, taking place ONLINE each month

For further details of these upcoming events, please see the ad within or visit www.kerbycentre.com or kerbynews.ca

Wednesday, April 7th 10:30 to 11:30 am

FINANCIAL EMPOWERMENT TIPS

Presented By Svetlana Mamaeva from FINPOWERED

ONLINE - FREE Registration - <https://kerby-financialemPOWERMENT.eventbrite.ca>

Thursday, April 15th 10:30 to 11:30 am

THE FUTURE OF GIVING: ENHANCE YOUR LEGACY & HELP YOUR COMMUNITY

Presented By The Wealth, Investment & Estate Planning Team of Servus Credit Union

ONLINE - FREE Registration - <https://kerby-enhanceyourlegacy.eventbrite.ca>

Wednesday, April 21st 10:30 to 11:30 am

100 DAYS TO 100% - 8 STEPS TO RENEW YOUR PURPOSE

AS PART OF KERBY CENTRE'S *LIVE WELL BE WELL MENTAL WELLNESS SERIES*

Presented By Award Winning Author Christine Cusanelli

ONLINE - FREE Registration - <https://kerby-renewyourpurpose.eventbrite.ca>



May 17—22, 2021
Join us for an online information presentation series to help you get ready to Spring Into 2021

KERBY CENTRE CHARITY CLASSIC

September 9th, 2021
See Ad Within



Kerby Centre FREE Rescued Bread & Goodies Market

Drop-in to the Kerby Centre Gymnasium 1133 7th Ave SW

Every Tuesday (April 6, 13, 20, 27)

Every Friday (April 9, 16, 23, 30),

except the Good Friday – April 2nd as Kerby Centre is closed on that day.

And join us for our external market at the Parkdale Nifty Fifties Association (3512 5 Ave NW, Calgary AB T2N 0V7) Tuesday, April 13th, 11am – 12pm



It's Tax Time!

Kerby Centre offers 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

A Group For Mature Jobseekers



Join Us Tuesdays 1:30 - 2:30 pm

For Our Informative Zoom Online Presentations

April 6th Self Employment

Meeting ID: 858 9414 3149 Passcode: 324223

April 13th Communicating With Intelligence In The Workplace

- Understand emotional intelligence and why it is Important in the workplace
- Effective and different communication styles
- Tips for Productive Interactions in the workplace

Meeting ID: 876 4787 0567 Passcode: 230915

April 20th Dress For Success

Meeting ID: 815 4263 6161 Passcode: 689308

April 27th Interview Skills

Participants will receive information and tips about:

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

Meeting ID: 827 7937 6916 Passcode: 300790

For more information phone 403 705-3219

New Education & Recreation Programs !

Zoom Classes

- Seeing through Photographs (MoMA)
- Ballet for Beginners
- Grandparents & Grandkids Zoom Time!

Outdoor
Step into spring with our Sidewalk Seniors Walking Program



For further details please contact Education & Recreation 403-705-3233 or visit our website at www.kerbycentre.com

KERBY EDUCATION & RECREATION ZOOM PROGRAMS

For further details on these programs and changes to our Drop In Groups please email karis@kerbycentre.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY FITNESS 9:30 - 10:30 AM SKI FIT 11:30am	ESL 10:00 - 11:00 AM TAI CHI 1:30 - 2:30 PM <i>In Collaboration with Calgary Outlink</i> LGBTaQ2IA+ Time! 7:00pm	MEN'S SHED 11:00 - 12:00 PM SEATED YOGA 1:00 - 2:00 PM	ZUMBA GOLD 10:00 AM - 11:00 AM SKI FIT 11:30am EXPRESSIVE ARTS 1:00 - 2:30 PM	MUSCLE STRENGTH & CORE BALANCE 9:30 - 10:30 AM YOGA FOR YOU 11:00 - 12:00 PM FELDENKRAIS 1:00pm

Kerby News in-memoriam

Margaret McGruther, a friend and volunteer to both Kerby Centre and the Kerby News, passed away recently on March 13 at the age of 96.

Margaret was a member of the Kerby Centre since 1985 and volunteered in a multitude of ways. She helped with the Kerby Tax Clinic for many years and also helped with completing the extremely important FCSS surveys for Kerby.

However, we at the Kerby News will remember her specifi-

cally for her help in proofreading and editing the paper monthly for years.

Margaret was a wonderful presence full of light here at the office. She would spend many hours going over documents and words with a fine-toothed comb, managing to catch many small errors with her keen eye for detail.

Even after suffering a fall in the previous winter of 2020, she was stalwart in her decision to keep working with us for several issues be-

fore the COVID-19 crisis changed how many people we could have in the office.

Everyone who had the chance to work with her will miss her dearly, but we are so utterly thankful that we had the opportunity to know her over the years.

Thank you Margaret, from all of us here at the Kerby News.

Sincerely,
Andrew Glen
McCutcheon
Editor, Kerby News

VOLUNTEER SPOTLIGHT



Steve Nimmock

Steve is a very dedicated and helpful volunteer who started volunteering at Kerby Centre in April 2020 after his retirement. He worked at Calgary Board of Education as a Middle School Principal. He is currently volunteering in the Tax Clinic at Kerby Centre. Steve has also helped us with delivering meals during the pandemic, the Food Security Program and as a pick up and delivery volunteer.

Steve enjoys volunteering at Kerby Centre because it gives him an opportunity to meet new clients and help seniors who are isolated due to Covid.

He said, "I love helping seniors, they are so appreciative of the Kerby Centre and those who volunteer for the organization. I also appreciate the employees of the Kerby Centre who have incredible organizational skills, caring personalities and great appreciation for Volunteers. It is a lot of fun to explore the different programs offered by the Kerby Centre."

Besides volunteering, He likes to spend time with his dog, Ella. Steve also likes travelling, curling, golfing and sometimes skiing. In December, Steve and his wife went on a trip to Bali, Australia and New Zealand that was a life long goal trip for them.

So far, Steve has contributed over **51** hours.

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

You are invited to our
FREE
Tax Clinic



We will do your Income Tax For free!

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

Starting March 1st to April 30th, 2021

(Monday to Thursday)

Income limit: \$35,000 per year for single or \$45,000 per year for a couple

Please note: We do not prepare tax returns for self employment, business/rental income, capital gains/ losses/bankruptcy.

We will begin booking appointments from **February 1st, 2021**

To schedule an appointment please call the Information Office at **403-705-3246**

Our Address: **Kerby Centre 1133-7 Avenue SW, Calgary T2P 1B2**

KERBY ELDER ABUSE SHELTER: HELP A SENIOR TODAY

The Kerby Centre Elder Abuse Shelter has been a safe place for seniors experiencing elder abuse since 1999. For more than 20 years, we've helped vulnerable seniors **BREAK THE CYCLE OF ABUSE** and get a **FRESH START**.



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

Helen, Shelter client, 2020

“ I thank you for all your compassion and kindness. You are all wonderful people. I wouldn't have known what to do without the Kerby Shelter staff. Because of all your help and support I have found a beautiful apartment and I can get my kitty. I am moving today **STRONGER** and more confident. Thank you all – I love you for the work you do. You saved me. ”

Amy, Shelter client, 2020.

2020 Stats

99% Kerby Shelter occupancy for 2020.	3,300 safe nights for seniors fleeing abuse.	370 seniors were turned away due to lack of funded beds.
96 nights was the average stay for each senior.	80% of our clients were women.	4,000 crisis calls were received by our Elder Abuse Resource Line.

You can help a senior fleeing abuse.

\$25 Feed a senior for a day.	\$50 Provide a senior with a Care Package.	\$125 Give a senior a safe place to sleep for a night.
---	--	--

Donate today at www.kerbycentre.com/donate

SIGNS OF ELDER ABUSE

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

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

To report a suspected case of abuse or for more information, call our Elder Abuse Resource Line at **403-705-3250**

Leave a Legacy of Inspiration



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

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

-Anonymous donor

Our work is possible thanks to the kindness and compassion of people like you who remember us with a gift in their will — a gift that will help create a better future for seniors.

Please choose to make a difference today

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



YES, I want to help seniors facing elder abuse!

Kerby Elder Abuse Shelter

<input type="checkbox"/> \$25 - Feed a senior for a day	<input type="checkbox"/> \$125 - Give a senior a safe place to sleep for a night
<input type="checkbox"/> \$50 - Provide comfort to a senior with a Care Package (including cozy blanket, slippers, book)	<input type="checkbox"/> My choice \$ _____

Payment by: Cheque Visa MasterCard

Credit Card Number _____ Expiry Date _____ Signature _____

Please send tax receipt to (Please print) Name _____ Address _____ City _____

Province _____ Postal Code _____ Phone _____ Email _____

Kerby Centre 1133 7 Ave SW Calgary, AB T2P 1B2

Donate online at www.kerbycentre.com/donate or call (403) 705-3235

Charitable Registration #11897-9947-RR0001

CLASSIFIED ADS

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

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

CLASSIFIED RATES
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for May issue must be received and paid by April 19.

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

10 Health

Hearing Aids

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Tony Peterson Eavestrough

Quality work, prompt service. Free estimates 5' continuous gutter install. Cleaning & Repairs Service (Since 1997) Call Tony 403-230-7428 Senior working for seniors Will do small repairs Electrical, plumbing, carpentry work Call Jim 403-249-4180, Cell 403-519-8761

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I am a Kerby Centre member & a general contractor in Calgary for over 33 years

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Millennium Contracting Ltd. requires a minimum of 25 jobs to run the contest.

Please view www.contest.millenniumcontracting.ca Once 25 jobs are secured, we will create a separate, but similar contest outlining rules, regulations and contest dates.

Any questions please call Shawn 403-703-9132

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12 HOME CARE

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

Family owned Calgary based homecare business. In the business of giving quality care to Calgary elders. The owner has RN degree and over 10 years as a registered care aide in long term care facilities. We offer professional cleaning, meal preparation, hygiene care, transportation, shopping. And all care aide, and LPN. services. Call for a free care assessment 587-434-4057.

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For all of your needs. MediCal/ non-medical, everything from transportation, companionship, and everything inbetween. We also provide end of life care. Please call 403-818-1487 for more

Information. Reasonable rates, insured and bonded.

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26 SERVICES

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I am following mask and disinfecting protocols at all times Please call BRENDA 403 471-7500

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

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30 FOR SALE:

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Selling lift chair. Brown leatherette. Perfect condition. Less than a year old \$500. 403-232-8209

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48 Real Estate

Friendly shared room accommodation in the Heart of Varsity! A Master Bedroom, in Fourplex Unit. Shared kitchen, washroom, and sitting area. Quiet unit shared with the owner. The room comes furnished, with a parking spot, all utilities, and internet.

I have a resident dog and cat, so no other pets allowed. Non-smokers. On bus route #65, five minutes from Brentwood Station, and Market Mall. Available Immediately: Rent is \$600 month, \$600 Deposit. Contact Shelley at (403) 850-4516 or s.strobl.sls@gmail.com.

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Bankview area senior apartment (65+) Studio and 1br units Some subsidies apply. 403-245-8220

50 RELOCATION SERVICES

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Tuesday, April 20th, 2021
10:30 am - 11:30 am

Understanding Organ and Tissue Donation

In recognition of
National Organ and Tissue Donation
Awareness Week (April 18-24, 2021)

Presented By
The AHS's Southern Alberta Organ
and Tissue Donation Program




Online Presentation - FREE Registration
<https://kerby-organdonation.eventbrite.ca>

CROSSWORD SOLUTION

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A KERBY CENTRE ONLINE HEALTH AND WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATION



Join Us On
Thursday, April 15th, 2021
10:30 am - 11:30 am

The Future of Giving: Enhance Your Legacy and Help Your Community

Presented By
The Wealth, Investment & Estate
Planning Team of Servus Credit Union




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Online Presentation - FREE Registration
<https://kerby-enhanceyourlegacy.eventbrite.ca>

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SUDOKU ANSWER

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IN MEMORIAM

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

Donald Edward Churches
Edward John Nowosiad
Margaret Taylor
Myron Louis Crist
Roman Fodchuk
Sophia Lang
Thomas Patrick Doyle
William Bruce Roud

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 Kerby News.



Kerby News Business & Professional Directory

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

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- Wilkinson House offers studio and one-bedroom suites for adults 55+
- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one and two bedroom suites

We are pleased to offer an **affordable meal service** as well as an **online grocery service** for tenants.

Riverview Village
2945 26 Ave SE, Calgary

Affordable Housing
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First Assembly Manor is located near Chinook Centre with easy access to shopping and is close to downtown

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Menno Court and **Menno Gardens** are both located in Marda Loop. Close to shopping and many amenities.

All offer affordable rental suites for independent seniors. Studio and one-bedroom suites are available.

First Assembly Manor
614-57 Ave SW, Calgary

Glenmore Manor
1111-68 Ave SW, Calgary

Menno Court
2808-25 St SW, Calgary

Menno Gardens
2637-25 St SW, Calgary

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**Sundance
on the Green**
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Life Lease
403.254.9800

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