



# Kerby NEWS

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

**July**  
**2021**  
Volume 37 #7

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of Kerby Centre

[www.KerbyNews.ca](http://www.KerbyNews.ca)

## Finding Soap for Hope



Hygiene products are something many of us take for granted and are essential to the dignity of every human in our society. Soap for Hope is trying to make a difference by providing hygiene products to those who need them, while also reducing waste! Story on page 19.

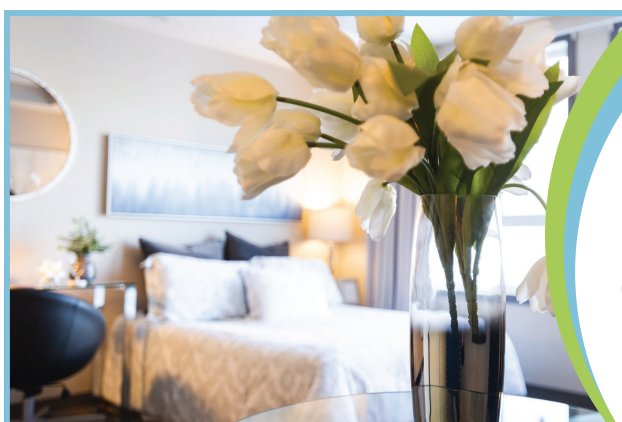
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# THANK YOU

THE COMMUNITY WITH HEART

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

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

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

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

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



– Dr. M. Garth Mann: Director



## From Residents and Families

*“Your teams’ diligence in regard to everyone’s health and well-being is most appreciated.”*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

*“Your team is conscientious and managing all new law implements. Keep safe and well!”*

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

*“Thank–you so much for all you are doing to protect our parents. We really appreciate all the polices you have put in place.”*

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

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

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

*“Stay vigilant and safe! Amazing work by every single employee.”*

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

*“Strong work Manor team! Thank you!!!”*

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

*“Fantastic job all around.”*

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

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

*“Thank you. All the staff are doing a wonderful job in this stressful time.”*

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

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

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The StayWell Manor at  
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The Manor Village at  
Fish Creek Park  
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Larry Mathieson, CEO

# Excited for the future

We are excited to have the opportunity to support older adults in Alberta, outside of the city of Calgary. Our team has been working with the staff at the City of Medicine Hat for the past few months. We're cre-

ating a plan to transition the operation of Meals on Wheels, Veiner Centre and Strathcona Centre to Kerby Centre.

Our staff will begin operating these programs this summer. Currently, we are recruiting a new team in Medicine Hat and have been thrilled to have such great applications from many qualified individuals.

As we start reopening the Kerby Centre, we are still offering Zoom Classes and events, helping seniors remain connected and keeping our virtual community strong — even when we can't be

face-to-face.

We have started recording some of these events and posting them on YouTube so that when our community members cannot join us in person at least they can benefit from some of the valuable information.

At this point, we have started to build a large collection of videos on a variety of topics of interest to seniors.

If you have not checked out our Kerby Centre YouTube channel, please do as this is one more way we can support seniors.

One easy way you can

support Kerby is by subscribing to our channel, "liking" or commenting on videos on the site.

Doing each of these things makes it more likely that other seniors will find the content, as interaction and engagement with our videos affect the way YouTube, and Google recommends our videos to other viewers.

I hope everyone will be able to soon join us at Kerby and Veiner, but until then please check us out on YouTube and leaves some comments so we know you were there.

## JULY 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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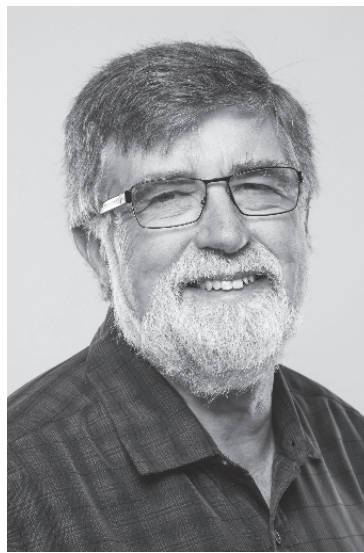
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Richard Parker,  
Kerby Centre President

July brings warm days with long evenings—an ideal time to explore Calgary especially by looking for new things and places to visit. It is amazing what you can find when you start looking.

A new book called "111 PLACES IN CALGARY YOU MUST NOT MISS" — by Jennifer Bain — provides a great guide to some unique locations some of which I was not aware of.

I gave a copy to my grandchildren and they are enjoying taking their parents on jaunts to find unusual places and things.

Here are 10 unusual locations listed in it:

1. Walk through 12 Mile Coulee in Tuscany where you can find a bison sculpture that is a great opportunity for unique selfies.

## Unmissable places to see in Calgary

2. A v a t a m s a k a Monastery on 4th Ave and 9 St SW in Downtown includes a unique collection of 12,000 Buddha Statues.

3. The Botanical Gardens of Silver Springs includes a series of themed gardens including a Shakespeare Garden featuring herbs flowers and trees mentioned in the Bards works.

4. The Bow habitat station in Pearce Estate Park offers a Discovery Centre where you can learn all about the fish found in the Bow River and kids can rent gear to fish in "the Kids can Fish Pond".

5. The Chinese Cultural Centre on 1 St and 2 Ave SW in Chinatown contains a unique Chinese Artifacts Museum including a replica set of terra cotta warriors and horses.

6. Walk the Douglas Fir Trail — a 2.5 km. walk through the escarpment in Edworthy Park where you can experience eight different types of natural habitats.

7. Explore the Multi-Cultural Free Library on Saddlewalk Way NE. Set

up by a recent immigrant to Canada to help those whose first language is not English, it has become a unique community gathering place.

8. Visit the Nose Hill Medicine Wheel located in the South East corner of Nose Hill Park. This unique feature in the shape of Siksikaititapi (Blackfoot) logo was constructed by a group of Indigenous elders as an offering to the land.

9. Visit the Udderly Art Legacy Project in the +15 Walkway of the Centennial Parkade located on 9 Ave between 5 and 6 Streets SW. These unique cow sculptures are what is left of an unusual herd of 125 cows that could be found all around Downtown Calgary in 2000.

10. Discover John Ware's grave in Union Cemetery just south of the Stampede Grounds. John Ware was Alberta's first Black Cowboy who became a legendary rancher himself.

Take care, stay safe and enjoy exploring some new locations in our great city.



# Confronting your cognitive biases

Alberta Securities Commission

successful approach with your investing.

Money is a powerful tool in our day-to-day lives. There are various emotional connections and cognitive biases that impact how we spend, save, and invest our money.

When it comes to investing, you perform the best when making informed decisions and approaching the market methodically and rationally.

Our investing behaviour is defined not just by the act of buying and selling investments, but also the psychological traps and misconceptions we have to contend with.

Below, learn more about how you can recognize these negative biases and take a more calculated and

## Overconfidence effect

The overconfidence effect is a well-established bias in which your confidence in your judgment does not align with your actual accuracy and results.

In investing, this can lead you to overestimate your understanding of the stock markets, ignore or disregard information and expert advice, take greater risks than is suitable for you, and ignore red flags of poor investments and fraud.

## Herding behaviour (aka. FOMO effect)

Often linked to wild and irrational stock



Photo retrieved on Unsplash.com. Photo by Robina Weermeijer.

market bubbles, herding is the tendency for us to want to follow the crowd.

The fear of missing out on the next big investment can influence you to make investment decisions in line with what you see and hear from others and less so on the fundamentals of the company you are considering.

Fundamentals include profitability, revenue, assets, liabilities, and growth potential.

## Confirmation bias

Confirmation bias is when you have preconceived notions about a company or investment and seek out information that supports your beliefs rather than building a comprehensive understanding through objective research and data. This bias can make you invest in companies with a skewed sense of its business potential.

## Loss Aversion

Loss aversion is the tendency for you to place more importance on losses rather than gains.

This can lead you to hold on to a stock that continues to drop in value while all current rational analysis tells you to sell it.

Inversely, this could also have you selling a stock that went up in value slightly to realize a gain, while ignoring analysis telling you that it should be held longer for a much greater profit.

## Anchoring

Anchoring is when you anchor your opinion and value of an in-

vestment to one piece of information or price and ignore the company's fundamentals.

Worse yet, anchoring can quickly lead to confirmation bias, having you look for additional information that aligns with your anchored belief in the stock.

Investing in the stock market on your own can quickly bring out these biases, impacting your investment portfolio.

By recognizing when you are being influenced, you can better address the bias and ensure that your investment decisions are based on rational analysis.

If investing on your own may sound too challenging, financial advisors and robo-advisors can lay out an investment strategy that will help you invest for the future and avoid these common psychological traps.

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# Canada sees rise in elder abuse



Photo accessed on Unsplash. Photo by Jeremy Wong.

Andrew McCutcheon  
Kerby News

Elder abuse is not often talked about for the threat that exists to a vulnerable population in Canada and the world over.

June 15 was marked as “World Elder Abuse Awareness Day,” and people are asked to wear purple to mark it as a day of change and hope to help prevent and protect those that are experiencing it.

Unfortunately, statistics have shown that over the course of the COVID-19 pandemic, reports of

elder abuse have been on the rise in Canada. Calls to the Senior Safety Line in Ontario increased by an incredible 250 per cent in 2020.

“One in six older people are victims of elder abuse, most often at the hands of family or friends,” said Laura Tamblyn Watts, CEO of CanAge, a national advocacy organization working to improve the lives of older adults across the country.

“Isolation caused by COVID-19 has put even more seniors at risk. World

Elder Abuse Awareness Day is a golden opportunity to bring this often-ignored crisis into the public eye where it belongs.”

“Elder abuse needs to be treated with as much urgency by governments as domestic violence and other forms of inter-relational abuse.”

Elder abuse is defined as the emotional, physical or financial abuse of an older adult, which often is committed by a trusted friend or family member. This, in addition to the stigma attached to all forms of abuse, causes

a majority of cases to go unreported.

Making the problem more complicated is often the presence of age-related discrimination, making the issue less likely to be treated with the same urgency as other forms of domestic or familial abuse.

The current federal budget announced \$50 million over five years to address the issue and design interventions to prevent elder abuse before it happens, a decision applauded by Watts and CanAge.

“Most people are not aware of how widespread a problem elder abuse is in Canada,” notes Tamblyn Watts. “As a country, we need to raise awareness of the issue and where people can go for help. We also need to make drastic investments in response services, so that help comes quickly when it’s needed most.”

“COVID-19 exposed significant fault lines in our system when it comes to the care, well-being, and rights of older people,” says Benedicte Schoepflin, Executive Director of CNPEA, the Canadian Network for the prevention of Elder Abuse. “Older Canadians deserve better than a public discourse that pits generations against each other and measures the value of a human life based on age. They also deserve policies and actions that will uphold their rights.”

Here locally, the Kerby Centre is also acting to help protect vulnerable and at-risk seniors when it comes to the issue of elder abuse.

The Kerby Shelter in Calgary, created in partnership with Rotary, is a safe space for men and women aged 55 or over who are experiencing elder abuse, and provides transitional housing for up to three months, along with a bevy of other services such as support from social workers, referrals for housing and counselling and assistance for a period of time after they’ve left.

Donations to Kerby Centre go directly to programs like our elder abuse shelter.

A donation can make the difference in providing a safe place to stay for some experiencing elder abuse in your own community.

Those interested in donating can visit <https://www.kerbycentre.com/donate/> for more information or to make a donation.



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# What is regenerative agriculture?



By Sylvain Charlebois  
Dalhousie University

Regenerative agriculture is making some noise of late – so much so that some companies are making it a priority.

Foods, the world’s largest producer of french fries, just committed to limiting its climate footprint, saying all its french fries will come from farms using regenerative agriculture by 2030.

For consumers, this is supposed to mean that within nine years, McCain will only be buying potatoes from farms that use more sustainable agricultural practices.

McCain commits to farming techniques that pro-

mote biodiversity and more plant cover on fields. Those practices minimize soil disturbance and maximize crop diversity to increase water efficiency, protect against erosion, capture more carbon, and create greater resilience to droughts and floods.

Six principles were presented by McCain. Farmers will also be expected to minimize soil disturbance and use less fertilizer and pesticides. In the potato business, these would be significant steps. This could reduce yields for partnering farmers and increase the cost of products.

And as these shifts require some form of accounting, it could mean more paperwork for McCain’s suppliers.

Changing practices for a stronger planet is where we all are these days and McCain is trying to make its contribution. No problem there.

On the surface, it may sound like a bold move from the french fry king, but very few details were given as far as specific targets go. Without any specific metric to make the company more accountable, McCain’s announcement reads very much like those of other companies that have jumped on the regenerative agriculture bandwagon. PepsiCo, Nestle and General Mills are some companies that have committed to specific initiatives like McCain’s.

These companies mean well and generally want to make a difference, but they all face more well-deserved skepticism. Canadians are growing impatient with bold promises made by the food industry.

Most recently, the Retail Council of Canada backed away from its promise on cage-free eggs by 2025 and the phasing out of gestation stalls for pregnant pigs by 2022. It argued this couldn’t be done, even though a promise was made a few years ago.

Other companies, like Starbucks, have also failed to deliver on environmentally focused objectives in recent years, giving way to more collective cynicism.

In agriculture, it’s the same thing. The pandemic got people thinking differently about food supply chains. Most Canadians went from wanting a transparent food industry to wanting one in which they could understand how it functions. One piece is certainly how and where agricultural commodities are grown, here and elsewhere.

McCain, and other companies, are fully aware that Canadians don’t expect private land managers to act in the best interest of society without the proper incentives to encourage that action.

Making ecological stewardship the norm is a top priority for many anti-big-agriculture interest groups, as we get closer to the United Nations Food Systems Summit later this year. The focus will be to set a path to reach the UN’s Sustainable Development Goals by 2030.

Major agribusiness companies like McCain are expected to provide some answers – and quick. This is likely why many companies, including McCain, are choosing 2030 as a target. It’s all about the UN goals.

But skepticism is a two-way street. For some, regenerative agriculture is a feel-good slogan that’s flexible enough to bend to a listener’s preconceived environmental biases.

As the term regenerative agriculture has only been thrown around for a few years, it clearly has set the record for rapid eco-stewardship watering-down of what it really means. Principles can be set in many ways, without specific, measurable goals.

Despite all that, McCain’s move isn’t trivial. Such a call will resonate with consumers and within the company’s network. The company is known for skilful methods within its supply chain. It understands it quite well. Farmers and its broader network were likely consulted thoroughly before the announcement.

The regenerative agriculture call is very much about setting the field up for some new collaborative work with partners, with a different focus on natural resource management. In doing so, inputs, actions and performances will all need to be measured, and McCain knows more work is needed on that front. Extraordinary claims will always require extraordinary evidence.

So if you’re not buying McCain’s commitment, you’re likely not alone. But this call isn’t just about consumers. It’s more about preparing its ecosystem for changes in years to come. As McCain befriends the concept of regenerative agriculture, it will also need to define what this means for its network.

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# Finding your balance with Qigong



By Lesli Christianson-Kellow

Kerby News Columnist

Now you may be asking: what is qigong (pronounced Chi-gong)?

Qigong is an ancient Chinese practice of meditation and movements used to balance your body's en-

ergy. The practice of qigong works to activate acupuncture points, meridian points and organ systems through general or targeted movements, with the flow of energy throughout the body being the focus.

In qigong, rather than focussing on physical symptoms, the focus is on balancing your whole body's energy system (chi).

For example, you may have a headache, but because the headache may be caused by any number of causes - stress, a knot in your back, a cold - by practicing a few qigong movements that focus on clearing any energy blockages is a practical place to start.

Energy isn't labelled 'good' or 'bad'. There may simply be too much energy in one area of your body and not enough energy in another area. This unbalance can show up as physical and/or mental issues (A headache, for example). A qigong practice helps to restore, redistribute or eliminate excess energy, benefiting your whole body.

I was first introduced to qigong through my Aunt G. She had been going to a regular qigong practice and workshops for a few years. One day she called me and was really excited because the Qigong Master of her practice group, who lived in

the United States, was coming to Calgary.

At the time he had only been to Calgary one other time. My Aunt wanted me to go with her to a special Qigong class led by her Qigong Master at the Knox United Church. I didn't know a thing about qigong, but being open to new ideas, I agreed to go.

On the day of the event, I entered the room and literally felt the energy and excitement in the room. I made my way to where my Aunt was talking to friends that she had made in the qigong workshop earlier that day. My Aunt introduced me and I was warmly welcomed into their circle.

Soon the lights dimmed and the qigong master appeared at the podium. I had to admit, the qigong master seemed to radiate light, especially when he smiled. He was genuinely happy to be there with us.

As he began to talk, everyone in the room became silent and he shared his story

of discovering the power of qigong. He told us that he had suffered a severe knee injury while playing basketball and wasn't able to play anymore because he was in constant pain. He tried everything to address the pain.

His journey from doctor to doctor to find a solution eventually led him to discover qigong. He knew of qigong, but he had never practiced it. He went to listen to a master speak about qigong.

He was physically affected by the experience and was amazed that his pain had been lessened. It was a life changing experience for him. He studied for years to become a qigong master. Eventually, adapting the practice so that it was accessible for everyone to learn and practice qigong.

After that night, I started practicing qigong mainly because I liked the idea of working with energy. The movements that I initially learned were very slow and easy and had a meditative

quality. Maybe you've seen someone practicing tai chi? Qigong has a similar slow style to it. Along with being peaceful, the movements help to promote mental focus and reduce stress.

The movements, meant to be practiced regularly are just one aspect of qigong.

There are a variety of breathing patterns and visualization is also used to envision where and how the energy is flowing in your body. Visualizing a healthy and strong body on a regular basis is important. It has been scientifically proven that the brain cannot tell the difference between imaginary and real experiences.

There are a number of qigong practice groups in the city. I encourage you to give it a try.

Feel free to email me any questions you may have about qigong or other topics covered in my previous columns at [leslic.kellow@gmail.com](mailto:leslic.kellow@gmail.com).

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# Staying safe and finding community

Donna Thorsten  
Rainbow Elders Calgary

When we founded Rainbow Elders Calgary (REC) in 2017, its first mandate was to be a support group for the 50+ LGBTQ+ community. We have an open directive to welcome all senior's who identify as lesbian, gay, transgender, bi, queer, (+).

The (+) part of the group makes it open to all people whose gender expression is not represented by a letter.

Not everyone falls under the narrow spectrum that these few letters identify us as. It is hard for many LGBTQ+ seniors to come out because of fear. They have witnessed homophobia and discrimination all their lives. Many lived a double life. See the attached NBC article posted on Jan. 24, 2021, about this issue.\*

The open mandate of our group has been instrumental in welcoming all gay elders — closeted or otherwise. It also makes it more difficult when we lose one of the group.

Recently, we lost a quiet, humble woman after her long battle with lung cancer. Cathy McDonald was one of those people who sat quietly at our monthly meetings (pre-covid). Not ever sharing many of her lived experiences.

I was fortunate enough to get to know her and learned more about her history. She told me she lost her forever partner in 2006 and remained alone after her death.

Mainly, she was self-isolating herself from the community with only one close friend. I think she enjoyed the meetings because it finally gave her a sense of belonging.

We were elated when she agreed to be present at the 2019 Pride parade. I know it took a lot of courage for her to commit herself to this public display.

Her health was always an issue but had gotten much worse once Covid began. She had difficulties with tasks because of her physical limitations. Her friends

at REC were able to help her with the tasks she had difficulties with. Like buying groceries, getting medications and setting up new items in her apartment.

She still relished her independence and only called if she truly needed something. We were glad to support her when she required it. I will miss her quirky sense of humour and quiet presence. Rest in peace, my friend.

How do older LGBTQ+ seniors find the support they need?

Many are self-isolating or "in the closet" for self-preservation. Many don't feel comfortable or safe coming out. Some

only come out late in life, after their heterosexual partner dies. Some older gay people have to rely on their friends as their support network, having lost their partner.

Or even some become estranged from their biological families completely. These are some of the reasons why LGBTQ+ seniors need to find their community; a need to find a place of peace, acceptance and understanding.

Becoming older and surviving is not easy. As seniors, we eventually become the invisible generation. Being queer and a senior makes this even more difficult. When we are seen as

part of this invisible minority, somehow people think we are no longer gay. I am here to report that this doesn't happen. Once gay, always gay! Our sexual orientation doesn't change once we become elderly. We are the Rainbow Elders Calgary. Our rainbow is a symbol of pride. Pride of one's self. Pride to be our authentic self.

Our group is here to aid the LGBTQ+ senior community. Even during a pandemic, we are here to support each other (hopefully things will ease up soon).

If you need to chat, meet for coffee or we can always meet online. Remember, you are not

alone. If you need support in any way email us at [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com).

Or contact us on Facebook at <https://www.facebook.com/rainbowcalgary> or on Twitter at @CalgaryElders.

Thank you and stay safe.

Donna Thorsten  
Pronouns: she/her  
Manager  
Rainbow Elders  
Calgary

\*<https://www.nbcnews.com/feature/nbc-out/they-lived-double-life-decades-now-these-gay-elders-are-n1255358>

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# Where has my mother gone?

*A short story of fiction by Andrew McCutcheon*

It is evening and my mother is missing.

I do not know where she is. Someone else is here in her stead, but it is not her.

I know my mother and this person is not her. And this is not the first time this has happened.

I don't have a great memory. My mom says I'm a good boy a lot, but she gets disappointed when I forget things and I forget things a lot. But I know that every evening this week, around this time, my mother has gone missing and someone else has taken over the household.

It's just my mother and I here and I love her dearly. She's my whole world.

When she leaves for the day, I miss her terribly; but I know she's off doing things that are important. They must be important because when she comes home, she looks so tired and broken. I try to be excited and happy and joyous when she comes home, every single time, but lately, she rarely seems to care when I want to tell her things.

I want to tell her about the things I see out the window; the fluttering of robins in the air as they sing the songs of spring; the way that the seeds from dandelions swim in updrafts of wind;

the scary-looking man with the lawnmower who frightens me away every time his loud machine rips to life.

But she doesn't seem to care for my stories anymore.

She feeds me a meal in the morning and I eat it happily, devouring it as best I can, as quickly as I can. Although she disappears in the evenings, she reappears in the mornings while I slept. She seems tired now, like every day is just another difficult ordeal just to survive through.

I only get my one meal in the morning. And when she's gone, the rest of the day I'm hungry. I can reach the water alright, so I usually don't get thirsty.

But tonight, she's gone. My mother is missing and I am so hungry and this new person is here.

This new person is not my mother.

This new person does not have the light touch of my mother's steps. She stumbles around heavily, kicking me away if I get too close to her.

This new person does not have the songstress voice of my mother. When she laughs, it sounds like the lawnmower in the mornings. It has none of my mother's joy in it, even though it is laughter.

This new person does not care for me the way my mother does. She doesn't hold me or put my favourite bandana on, or kisses my forehead when I snuggle up to her.

I do not like this person. And tonight, she is not feeding me.

This stranger sometimes will feed me if I whine and beg loudly enough, but other times I will be shoved away forcibly.

I hate this feeling; this feeling as if my just being there is of some sort of terrible inconvenience to this stranger. But it is my house. At least, it is my mother's house and I belong here. The stranger does not.

She orders herself food. It smells greasy and oversalted.

She devours it hungrily and it splatters across her blouse as she does so. She washes it down with what looks like juice in a fancy glass.

When she is done, she lays on the couch and watches television. I am ignored.

*Continued on page 31*

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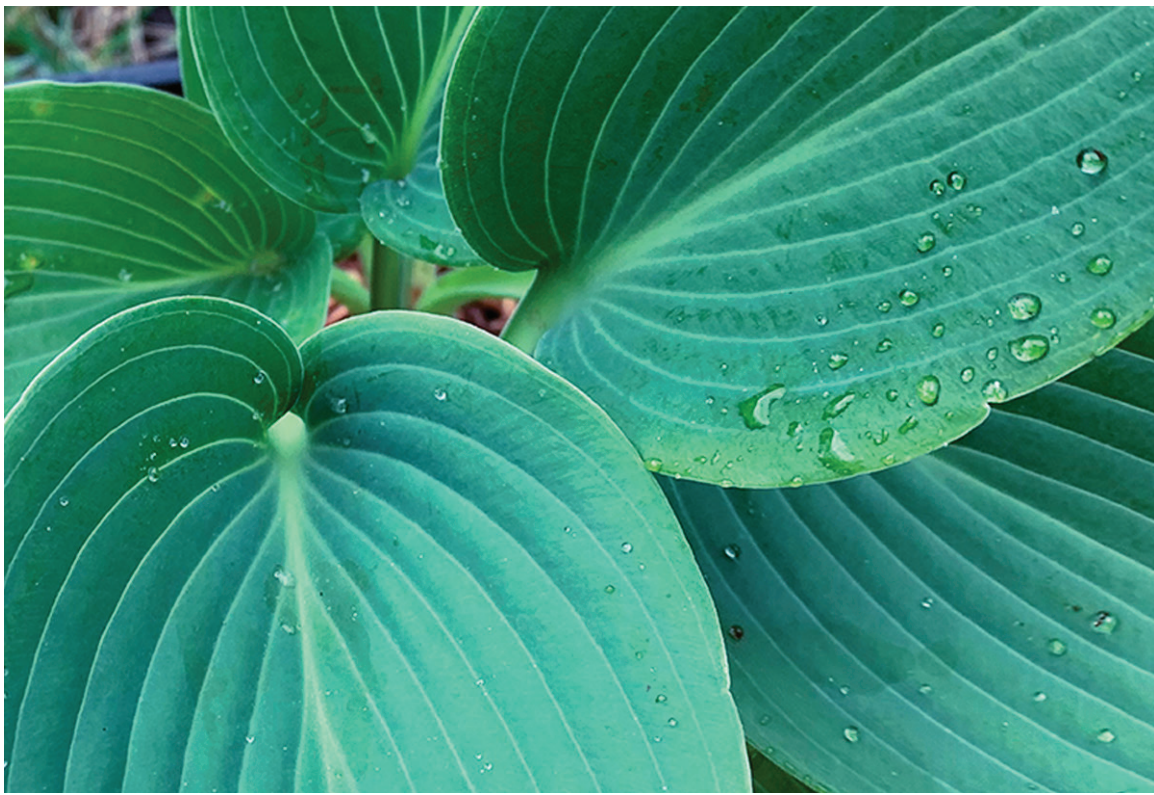


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# Keeping cool with shade gardens



Deborah Maier  
Calgary Horticultural Society

Think back to when you were a new homeowner.

Your yard probably was a blank slate. As has been a trend for awhile,

the new home yard may even have been bare soil without a lawn. Even if you purchased an existing home with a lawn, shrubs, and trees, there were likely many areas that would receive direct sun all day.

If you've lived in that

home for the past 30 years, you've probably noticed that the yard and gardening environment has changed.

Many of the established neighbourhoods around Calgary now have mature trees.

Common boulevard and front yard trees include Colorado blue spruce, black spruce, northwest poplar, green ash, mountain ash, elm, amur cherry, and a broad assortment of crabapple trees. These trees range in height from five to 20 meters. Also growing in these neighbourhoods are shrubs, such as lilacs, dogwoods, and cotoneaster.

Looking at our treed city, it can be hard to believe that most of the trees we have were planted by Calgarians. In the 1880s, the area that is now Calgary was a prairie grassland.

While the trees and shrubs create a windbreak, block noise from roadways, make a natural privacy screen, and offer habitat to the urban wildlife

population, they cast a lot of shade. What once was a full sun garden is now, or should be, a shade garden.

Shade gardens may not have as many large, bold, bright blooms as a full sun garden, but they can be just as beautiful, and are refreshingly cool.

Last summer, I took an afternoon road trip to the Trochu Arboretum. I'd heard about the garden but had not visited. If you're keen on learning about trees, then a visit to an arboretum is a must. Not only will there be a variety of trees, a feature of an arboretum is an identification plaque or tag next to each specimen.

The Arboretum was founded in 1989 and features unique varieties of pines, spruce, elm, larch, birch, maple, oak, and willow. The tree understory has a beautiful assortment of shrubs. These woody plants are accented with perennials and annuals. It's a bit of a road trip, but definitely worth the drive to see the trees and the shade garden.

If you'd like to see a shade garden closer to home, then visit Reader Rock Garden.

The Garden was established in 1913. It may be difficult to envision, but the hillside garden was once a barren space. Even the large spruce trees on the west side were planted. The lawn areas of the garden are still in full sun, but most of the flowering plants are part of a woodland understory. Many of the plants in the garden have tags or are featured in informational displays so they can be identified. The garden is in the heart of the

city but walking along the paths makes one feel transported to a non-urban, natural environment.

Another helpful resource for learning about shade gardens is the "YardSmart Garden Design Guide for Shade" that the City of Calgary created in partnership with the Calgary Horticultural Society. The guide lists the plants to select and has a layout diagram that indicates the number of each type of plant that is required to make an impactful design. These plants are water-wise, as well as being shade-dwellers. The guide is available on The City's ([calgary.ca](http://calgary.ca)) and the Society's ([calhort.org](http://calhort.org)) websites.

The guide recommends mixing the deeply incised leaves of hardy Geranium macrorrhizum 'Bevan's Variety' with the bold broad leaves of Hosta 'Halcyon', and slender leaves of hair grass (Deschampsia cespitosa 'Bronze Veil') for an impactful contrast of foliage texture and colour. Several of the plants in the guide also provide interest with their flowers. One of the most unique is the common bleeding heart (Lamprocapnos spectabilis). Its blossom is pink with a white accent that forms a heart shape.

So, if your garden lies under the canopy of maturing trees, and becoming a shade garden, consider visiting one of these gardens for inspiration. Then choose several shade plants to enhance the beauty of your maturing yard.

For more information about gardening in Calgary, visit our website [calhort.org](http://calhort.org).

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Photos supplied by Deborah Maier and the Calgary Horticultural Society.



# Digging deeper with Jaroslav Maria

*Jaroslav Maria*

The stubborn coronavirus and its many restrictions are still with us. Predictions are that we might be back to full blown normal by the end of September.

In the meantime, boredom is quietly creeping in, swallowing us slowly like a snake opening its disjointed mouth to stretch it over a large prey.

Other than working there is not much left to do. It is not a misprint, having a job can actually be fun when everything else is pretty much a forbidden territory.

Let's make a list. We can garden if we have a yard and we can walk in the park if we don't mind sharing the pathways with the bell ringing or "on your left" screaming cyclists.

We can hike in the woods, but that causes over-crowding, over-garbageing, over-parking in the National and Provincial Parks so the government is discouraging us from enjoying one of the last pastimes left to us by charging fees.

We can sit at home and read books, we can.... Well, I already mentioned gardening, walking and hiking, didn't I?

And then there are we, the retirees. Having no job to go to and money in the pocket was the dream of our middle age. No more early rising, commuting and stress. Retirement was supposed to be our golden age with a smorgasbord of delicious possibilities to choose from.

The coronavirus has already lasted for a year and still stubbornly hangs on for another seven months and counting. 19 months after 80 years of living is only two per cent, not much, but 16 per cent of the rest if one hopes to remain healthy another 10 years.

That sucks!

So what can be done? Perhaps if there are fewer opportunities to do things, then how about getting more pleasure out of those we have?

Having hobbies is certainly a step in the right direction, but doing something mechanically is just scratching the surface. Full immersion is where one opens other possibilities. There can be as many as your imagination and curi-

osity will lead you to.

My father had the most versatile interests among the people I know and he let himself be guided by them. Due to his playfulness and unceasing participation in our play, our childhood was a wonderful journey of discovery. We were learning curiosity.

Take a photography, for an example. There is the technical part of it and then there is the composing the pictures, framing them so to speak and making sure the picture will "tell a story".

To open up more horizons one must learn more skills than just to press the shutter.

*Continued on next page*



*Buffaloes in Lake Bonavista. Photos supplied by Jaroslav Maria.*



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*A midnight snack. Photos supplied by Jaroslav Maria.*

We are all familiar with the cliché of depicting film makers and photographers running around with outstretched arms, the thumbs and index fingers fully extended in the right angle thus framing what the camera will see.

“Framing the picture” denotes the photographer in the same way the stethoscope hanging nonchalantly around person’s neck defines the doctor, slide ruler is

the badge of honor of the engineers and a tool belt full of screwdrivers and pliers depicts the handyman.

Even though the photography was already a fairly old concept in 1920s when my father was a young man, the craze of recording everything was just starting. Up to that time it had been a tedious hobby practiced by just a few.

Rummaging through boxes full of long forgot-

ten junk one day, I found some glass plates that had been the early negatives. An early photographer had to coat the pane of glass with chemicals and put it into a frame, all of it done in pitch black darkness.

These plates had to be inserted into a big box camera mounted on a tripod with a black fabric pulled over the photographer’s head with just his backside and legs showing. The negatives and

pictures I found showed the first flat our parents lived in after their wedding in 1934. The process, albeit laborious, resulted in exquisitely sharp black and white photographs.

Eastman Kodak out of Rochester N.Y. started making smaller cameras using a celluloid film that led the way to prolific picture taking that continues until today. One can always depend on the Yankees to simplify things to get more sales!

Small cameras were produced in Europe by many firms as well. My father had the pocket size Zeiss Ikon Ikonta made in Jena, Germany. It would open by releasing a latch and out popped a fabric harmonica with a lens in front.

Film together with a stiff paper was rolled on a spool, then inserted from the back of the instrument and advanced by a knob on the bottom. It had to be done cautiously lest one would be taking two pictures over each other.

The film was continuous. There was a tiny red celluloid window in the camera body allowing the photographer to advance the film precisely until the next number appeared. The window had a tiny flap to cover it when not in use, that appeared to be a later add on.

I was told that the camera had been made before the film became sensitive to red light,

but after that changed, the cameras had to be modified.

That is how old it was! No such thing as throwing out the old and replacing it with new before consumerism. I inherited the camera in 1960 and used it until we left the country for Canada in 1968.

I took to photography with enthusiasm as soon as I was allowed to use it. It was challenging, because everything was done manually, but it was fun. Not just to compose the pictures, also to select exposures and openings, combination that influenced the depth of focus, even the mood.

Making enlargements and printing out the pictures was pure magic! Once the image was transferred by a projector from negative to a photographic paper and submerged in the developing formula, I would patiently wait for the image to appear like a ghost from a dense fog.

An early photography required imagination to overcome the limitations caused by the lack of colors, how to create pictures just in all shades of gray and still make realistic looking images, particularly the scenery.

It was playing with lights and shadows and experimenting with exposures; and further manipulating the prints in the darkroom like Ansel Adams did, making Yosemite look even more interesting than it was.



*Deer in Carburn Park. Photos supplied by Jaroslav Maria.*



It was customary to print your own pictures. Since the flats in Europe are generally small with not even a small room to spare, many companies had darkrooms for their employees' private use. Every time I used it, I would bring my prints to work next day and be criticized.

Everyone was an expert and they took no prisoners, but it was for the best. Being the novice, I asked a lot of silly questions, for example how to take pictures at night and was told that the "the best midnight pictures are taken at noon". Said in jest, it was not totally out of line, because photography can be much more than what you see and be easily manipulated with the proverbial smoke and mirrors!

I am not fond of reading instructions, but I read books about composition and later even about making home movies. The difference from photography is that a movie is shown without stopping, so the film must tell the whole story and it better be in a sequence. If during a vacation three consecutive shots were taken in three different cities, there must be shots in between showing how one got there. Otherwise your friends will be won-

dering why the Eiffel Tower is propping up the Leaning Tower of Pisa in front of the Roman Coliseum. If they were just still pictures one could bridge the gaps by narrative.

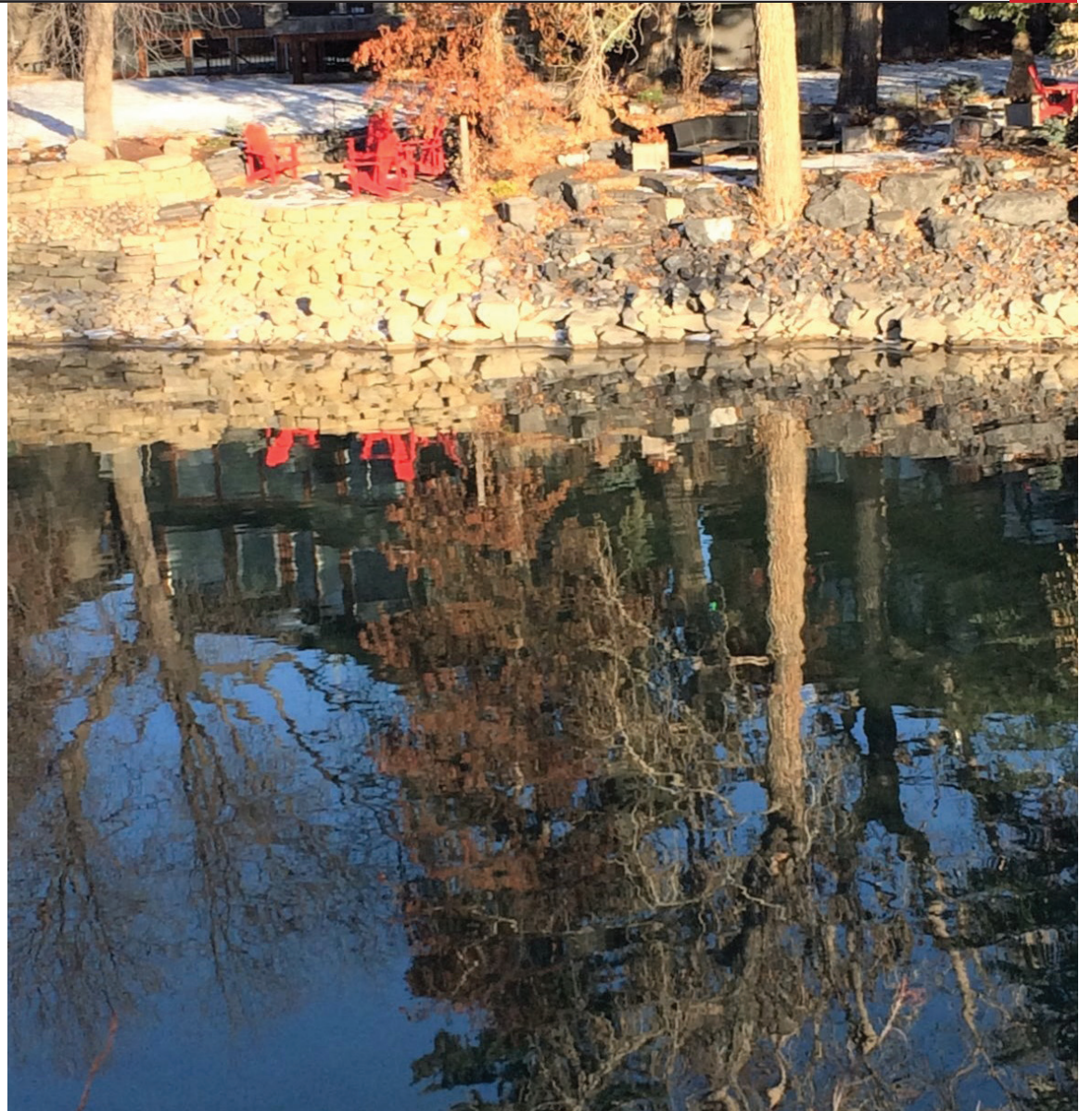
Although movies are a close cousin of photography, they have their own specific rules, it is a whole new ball game, another adventure! Isn't it what we want?

Even though the technology is rapidly improving, it is still up to the photographer to select the scenery. Pictures or film do not have the peripheral vision like one's eye does.

That can be taken advantage of. So the challenge is to zero in on what one wants to show, to "frame the pictures". It is a technique of drawing attention to the selected subject by eliminating the redundant; but not too much so that the overall ambiance is preserved. Simple isn't it? When it ceases to be just a picture and it "tells a story", it becomes art.

Selfies are exempted as they are an abomination and pure narcissism. "I was there", rather than about what the "there" is and what it means. People may have gone around the world, and you wouldn't know it from their photos.

I am using photogra-



*Elbow River, detail. Photos supplied by Jaroslav Maria.*

phy as an example how a simple act of snapping a picture can really teach you how to make ordinary look extraordinary if you put your mind to it. Equipment helps. Zoom lenses shorten the distances and make the picture dense, more populated. On the other hand zooming into a picture distils out the context, the tiny snippet of re-

ality becomes abstract, another new discovery. Georgia O'Keefe was a master of that in her paintings.

The other day I had an opportunity to put my theories about digging deeper to the test when reading a book about missionaries in Africa in 1960s.

It was a complicated book about unusual

events in the post-colonial Congo. The author used a lot of rarely heard words. One can read books for the stories and the knowledge contained in them, but if uncertain about the true meaning of any words, look them up. Even if you think that you have a general idea, you may be surprised!



*Canada Geese on Bow River. Photos supplied by Jaroslav Maria.*



# Digging Deeper with Jaroslav Maria



“This first picture is just a nice mountain scenery, no story is told. Second picture taken from the same spot, framed differently, literally begs questions: Why was this person alone? Where did he go? Did he get there safely?”



Continued from previous page

In the past I couldn't be bothered. I had no time and as long as the sentence made general sense, it was enough. But if you do, you may come across an interesting word like “putative” as happened to me recently. I found that it means “generally considered or reputed to be”, like in: “the putative author of the book”.

I started speculating how else to use it. Put into a sentence “your putative son” can actually be quite insulting.

Let's assume you would tell in the early nineteenth century to a Russian white nobleman Sergei Lvovich Pushkin that the writer and poet Alexander Pushkin was his “putative son”, seeing that Alexander had quite a dark skin and black curly hair.

I thought that it could bring some discomfort to the old Sergei Lvovich, but according to Internet it wouldn't happen in this case:

“Given the insular nature of contemporary Russian politics, it might be hard to imagine that the creator of Eugene Onegin was not only a proponent of multiculturalism and global exchange but an example of it: Pushkin was mixed race, and proud of his African ancestry.”

“Pushkin was born into Russian nobility in Moscow. His father, Sergei Lvovich Pushkin, belonged to Pushkin noble families. His maternal great-grandfather was Central-African-born general Abram Petrovich Gannibal”; and a protégé of Peter the Great I might add.

Still, what a useful word! It is turning out that I don't know anybody I want to needle right now, but its day may yet to come.

Instead I used my ability to compose pictures and went looking for interesting stuff by “framing” around the city. I took many repetitive walks last year because of dearth of other options and looked close through my imaginary little windows.

Soon I started to see little oddities here and there. I discovered there are few houses in Bridgeland that reminded me of St. John's in Newfoundland. Someone installed carved Canada Geese on the roof of a house on Elbow Drive, my wife pointed out to me.

In Lake Bonavista they have not just one, but three life size buffaloes made from various iron junk on the front lawn. Pretty neat! We also have two country churches in Calgary since the time today's subdivision Midnapore

was a little town on the prairie.

They are right next to each other just off Macleod Trail. There is always a herd of deer in Carburn Park, and Canada Geese congregate on Bow River under Diamond Cove in winter.

We have a bald prairie on Nose Hill and marshes strung along the river where we want them to be, and in the Foothills Industrial Park where we

rue them.

Looking closer and digging deeper may become a game and it does not have to be limited to walks.

If you allow yourself to play with and to build up on the new knowledge, perhaps from learning and using a new word you just discovered, add

a pinch of fantasy and little spice, you are on your way out of the COVID-19 doldrums!

You may even rediscover the curiosity and naiveté you lost somewhere between kindergarten and the first grade, the proverbial loss of innocence.

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# Soap for Hope keeps Calgarians clean



CUTLINECUTLINECUTLINE



By Andrew Glen  
McCutcheon  
Kerby News

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# You can be a garage sale guru too!



Robyn T. Braley  
Writer

Your basement is filled with treasures. Well, you call them treasures, and your family calls them junk.

The die is cast. You chose a date, and you start planning a garage sale.

I must admit, my wife and I are genuine garage sale junkies. Garage sailing has taken us to areas of Calgary we had never visited that yielded terrific treasures!

### Start Early

We've also held our own sales. The key is to start planning early.

When choosing a date, the middle or end of the month is when most people are paid and have

extra cash. Check long-range weather forecasts.

### Team-Building

Begin by casually asking friends, family and general passers-by if they'll be in town on your sale day. Then, warm them up for the big ask.

You'll need help moving and pricing items. Signs must be made and placed around your neighbourhood. You'll need to create flyers for bulletin boards and organize email and social media campaigns. You'll need help.

### Marketing Your Sale

Trigger word-of-mouth advertising by spreading the news of your sale to co-workers, friends, family – anyone who might buy something. Don't be shy.

Take photos of key items for marketing. Creating a collage of smaller items also makes a nice image.

Upload ads to sites like Kijiji, Facebook Marketplace and other free sites. Place flyers on bulletin boards in your community.

### Signs

If you don't have well-made and well-placed signs, nothing else matters. Drive through your neighbourhood, noting the best places for signs. Then, drive in a 360° circle from your home to major intersections. Create a sign funnel to lead people back to your sale.

Draw a rough diagram of the streets and put an X where each sign should be. Your map will show how many are needed and where to place them on the morning of the sale.

- Are they easy to read?
- Do you have enough?
- Is your sale easy to spot when customers arrive?

### Sign Tips

- Buy thick poster board
- Choose a bright color like yellow
- Use a black, wide tip felt marker
- Simplify directions

### Hard Choices

One of the most challenging tasks is choosing which items to part with. It's not a bad idea to have a clutter buddy who will 'just say NO' when you are tempted to keep things you shouldn't. Ask tough questions.

- Have I used it this

year?

- Have I worn it since 1985?
- Have I sat on it? Do I want to?
- Does it work?

### Organize the Chaos

A garage or basement floor are great places for organizing items. Place large items on your lawn covered by a tarp.

As the amount grows, think in terms of categories. That will make setup easier on the morning of your sale.

It will also make you more money. If someone asks for hockey gear, you can quickly direct them to the sports area. They may buy other gear as well.

- Tech gadgets
- Toys
- Tools
- Clothes
- Books
- Automotive gear
- Furniture
- Kitchen items
- Music instruments
- Camping equipment
- Sports gear

### Be Responsible

Check items with an eye to safety. If in doubt, throw it out. Examine children's toys for breakage. Old lamps with frayed cords that give off a 'burny smell' belong in the trash, not in peoples living rooms unless the buyer knows repairs are needed.

Cribs, car seats and

other children's products that are 20 years old may not meet today's safety standards. Protect other families like you protect your own!

### Spritz it Up

If the first item a customer picks up is dusty, dirty or slimy, their shriek of, 'Eeewww!' will send a cold chill through the rest of the crowd at your sale.

A little elbow grease can yield big bucks. Don't go overboard on a \$2.00 item, but sprucing things up will add value.

Clean, fresh-smelling clothing hung on hangers command a higher price than stained and rumpled items dumped in a pile on a tarp or in a box.

Stuffed toys are kid magnets! Parents and grandparents can't resist buying at least one, especially if they have a cranky kid with them. Wash the toys and add extra softener for an inviting fragrance.

### Pricing

Price items before the sale. The process will help you think through values and develop a pricing strategy.

Use round numbers. Pricing items at \$1.00 or \$50.00, rather than \$1.45 or \$50.85, eliminates the need for mountains of change. It will speed things up at the checkout table.

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Photo by Simone Pellegrini. Accessed on Unsplash.com



Buy coloured stickers at a home or office supply store. They should be big enough to be easily seen and read by people who may not have their reading glasses.

For larger items, use more prominent pricing signs. A bigger item with a higher price requires a giant sign. Big and bold does it.

**Merchandizing**

Tables make it easy to display your treasures as attractively as possible.

When your tables are full, place shelving or strips of plywood on sawhorses or sturdy boxes.

As items sell, keep the tables looking attractive by filling empty spots. That is an excellent job for grandkids.

Garage sale cruisers will brake to a screeching halt when they see furniture, appliances, or exercise equipment near the entrance.

I don't understand why, but some men hate garage sales. Help their spouses by placing man bait like sports equipment or tools in prominent places.

Make it easy for people to flip through your music. Place CDs, albums or cassette tapes in sturdy boxes set on tables.

Cut the flaps off so buyers can see album titles and covers. If you have 2-300 units organize them into rock, country, classical, pop or gospel.

Do the same thing with books. Arrange them into business, fiction, biography's, how-to, inspiration, history, children, or other topics.

Have an electric cord available for people to try out blenders, lamps, radios and batteries for toys or electronic gear. "Trust me, it works," does not always invite confidence.

**Show Me the Money**

Place your checkout table near the back of

the sale.

An old tackle box, toolbox, muffin tin or plastic food containers are perfect for organizing your cash. Have a variety of bills and coins so that you never run out.

A calculator will speed up bulk transactions.

Make your sale cash only. Some may ask to etransfer money for higher-priced items.

Only do this if you are comfortable with the process or have someone on your team who is. Suggest customers go to a nearby ATM to withdraw cash.

Eliminate temptation. As the amount of cash grows, periodically place larger bills in a safe place like a fanny pack or secret drawer in your house.

**Security**

Be safe! Not everyone visiting your sale will have good intentions.

If you have a moving or estate sale, people will need to go into your house to view furniture and other items.

This is where your team comes into play. Don't allow people to wander out of sight without supervision.

**Exit Strategy**

Have a shutdown strategy. First, reduce prices by 70-80%



Photo by Charisse Kenion.

Photo accessed on Unsplash.com

about 2 hrs before the official end and advertise the price drop on the final day.

Many charities will pick up unsold items. You can also deliver leftovers to a thrift store.

Your job is unfinished until you've retrieved your signs.

Remember the rough map you sketched? It will make this job easy.

Finally, order pizza and cold drinks for the after-sale party! Celebrate!

*Robyn T. Braley is a Brand Specialist, Writer and Speaker. Read the full article at [www.branditwithrobbyn.com](http://www.branditwithrobbyn.com)*



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# Keep calm and carry on with bike tour planning

Doug Firby, publisher of Troy Media, is part of a group of Canadians who call themselves

ConnecTour. Starting on May 15 in Victoria, they plan to dip their wheels in the Pacific Ocean and

then head east for 8,000 km, discovering how the COVID-19 pandemic has reshaped our lives and our sense of community.

## Part I with Doug Firby

“Are you sure you will be safe?”

“What about the people you’ll be meeting with?”

“Aren’t you worried about the variants?”

Departure day is fast approaching for far and away the biggest ride of our lives. Coast to coast – 8,000 km – on two wheels with the mission of helping Canadians reconnect with each other. Oh, and surviving a physically demanding odyssey.

And once again the storm clouds are gathering.

The questions are coming at us from every corner. Our friends and fam-

ily are divided on whether this a grand adventure or we’re going to be part of the problem when we hit the road.

Of all the things we thought we might be fretting about just four weeks before launch date, the state of the pandemic was low on our list. Because we believed by now the vaccinations would be more widely distributed, that governments would have been more effective at convincing Canadians to act responsibly and that the worst of the pandemic would be behind us.

Instead, each day brings a shit-storm of unsettling news. Ontario is in a tailspin, with thousands of new cases every day. Other provinces are preparing to send reinforcements there to help them. British Columbia, meanwhile, is dealing with the fallout from the breakout at Whistler, combined with international flights bringing hundreds of COVID-19-infected passengers into the country.

Politicians seem to be flummoxed by these ever-shifting sands. Sensing they’ve lost public confidence, they waffle from hardline pronouncements to rapid backpedaling when people justifiably express anger over measures that are at best inconsistent and more often completely nonsensical. We’re witnessing a crisis in leadership at all levels.

The media, meanwhile, are doing what they do, accentuating the negative in the time-tested “if-it-bleeds-it-leads” fashion, peppering every report on the pandemic with adjectives like “crisis,” “dire” and “grave.” It appears to be a North American thing. One recent survey of U.S. media found that 87 per cent of COVID-related articles are negative in tone, versus 50 per cent for major media outlets in other English-speaking countries.

Contrary to the headlines, there are positive developments. Despite the setbacks, vaccines are getting out there. And there’s more and more evidence that they work.

This is the moment when you have to stay calm and step back from the maelstrom of bad news. To be somewhat fa-

talistic. As Doris Day once sang, “Que sera, sera.” It’s entirely possible that circumstances will shut us down. But we’re staying the course, finalizing our preparations in the belief that four weeks from now the skies will begin to clear.

If we’ve learned anything in the past year, it’s that responsible behaviour helps bend the curve downward and reckless behaviour points it back up. Hundreds of people gathered without masks at Vancouver’s Kitsilano beach and, well, you just know what’s going to happen. Those types of events have to stop.

Meanwhile, slowly the vaccinations are reaching more and more Canadians. Four of the five members of the ConnecTour core group have had their first shots. We’ve rebuilt our bikes and assembled our gear. We’re ready to go. We’ve been ready for more than a year.

There are 37 million stories out there waiting to be told about real people redefining their lives in the post-pandemic world. On May 15, we’re heading out to capture a few of them.

*After a minor postponement of their initial leaving date, ConnecTour began their journey.*

## Part II with Doug Firby

June 1 – Day 5

Hot and starting to feel fatigued after a vigorous three-hour run from Penticton, the five of us were looking for one of British Columbia’s famous recreation sites to have a picnic as we approached Keremeos on Hwy 3. Although there had been plenty of treed rec sites on the Old Henley Road we had taken as far as we could, none, it seems, existed on the main road.

So, as the searing 35C-plus heat began to wear us down, we sought refuge at an RV park picturesquely situated on the Similkameen River, still churning furiously with the spring runoff.



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As we pulled into the Riverside RV Park, we saw a park-like setting with shady trees and a welcoming grassy area. A bearded man wearing a cowboy hat and driving a pickup stopped to see what we were up to. A dog beside him on the front seat peered out, apparently looking for a treat.

“Do you think it’s okay if we have our lunch here?” one of us asked.

“I don’t know,” came the reply as he looked at us quizzically. “I just live here.”

We took a chance and headed to a picnic table down by the riverside. Not 10 minutes in, we saw the same bearded man walk toward us. In his left hand was a large jug of water and in his right hand a bag of ice.

“Sorry about the way I reacted back there,” said Ian as his dog Brewskie sniffed our snacks. “I should have invited you over to my place.”

Such is the kindness of strangers on the ConneCTour trail across Canada. From the park resident who insisted

on taking our picture for the local TV station to Chris, the camp manager at Grist Mill just outside of Keremeos, who told us to, “Just set up. We’ll settle up in the morning,” time and again we’ve encountered kindness, friendliness and helpfulness on a scale we didn’t expect and that – quite frankly – leaves us feeling humbled and warm.

Day 5 into our journey of discovery, we’re getting our first faint signs of the pulse of the nation, a country so big and baffling we can’t possibly believe it manages to hold together. And yet, it does because there’s a sense of community and communality that keeps this grand social experiment alive.

It was hard not to be emotional after our first three days on the road. We had gone through what effectively felt like an unplanned boot camp. We started our run at Myra Canyon, near Kelowna, and road the spectacular trestles of the Kettle Valley Railroad (KVR). We soon discovered that, beyond the trestles, the

trail quickly degraded into a pathway that was an ordeal for fully-loaded touring bicycles to navigate.

Sections contained 10-to-15-cm rocks that couldn’t be ridden across, and other areas contained massive potholes that spanned the entire path. Three of the four in the group at that point crashed in the next two hours.

By the time we reached Chute Lake, not far from the canyon, we were exhausted and camped at a nearby rec site. The ride into Penticton the next day included expansive lake scenery, and we enjoyed riding into town on the historic KVR pathway where I reconnected with old friends John and Char Singleton.

The afternoon, however, was a grind as we fought our way up the sandy KVR pathway to Summerland and then west to a rec site at Crump Siding. Because the trail, a portion of the Great Trail network in Canada, is multi-use – open to horses and RVs – it’s really not suited to touring bikes. It

took a great deal of effort to ride that last few kilometres.

After an evening of camping with my daughter and son-in-law, the group headed towards Princeton, choosing the hard-packed gravel road rather than the unbearable KVR pathway. It was there we were joined by Andrew, the fifth member of the group who had literally jumped through hoops to join us.

He was so joyful to be with us after months of planning, he was near tears.

The group took a day to rest in Princeton, a quaint little on-again-off-again mining town of about 3,000, and that gave myself and Lisa a chance to chat with the town’s mayor, Spencer Coyne. Tuesday to Friday, he’s the mayor. On Mondays, he tends the checkout at The Source, and that’s where we found him.

What to do about the KVR, he admits, is a huge bone of contention in the area. In fact, a previous council that had tried to ban ATVs from using the KVR ended up

getting tossed out on its ear in 2018, and that’s when Coyne transitioned from saucy newspaper columnist to head of the local government.

Coyne seems to favour keeping the KVR multi-use, even if that doesn’t satisfy the cyclists.

“It’s been motorized since there was a train there,” he said.

He blames the provincial government for not providing enough money to maintain the trail properly and he says that fuels the conflict.

“It’s always everybody fighting with each other,” he says. “The bikers say the ATVs rip it up, and (ATV riders) blame the horses.”

“It’s unfortunate. I’m a big advocate for the KVR.”

The ConneCTour team decides we’re not fans of this portion of The Great Trail, at least not in its current state. We’re sticking to the roads.

Next stop, Osoyoos, on a day that’s forecast to hit 35C. It’ll be an early start for us.

*Continued on page 24*

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# ConnecTour across Canada



Photo by Paul Green. Accessed on Unsplash

Lisa Montforton is part of a group of Canadians who call themselves ConnecTour. Starting on May 28 in Kelowna, B.C. (B.C. travel restrictions derailed a planned start in Victoria), they hope to make an 8,000-km journey across the country, discovering how the COVID-19 pandemic has reshaped our lives and our sense of community.

### Part III with Lisa Montforton

Rolling into the Grist Mill Campground on a blistering 30C-plus day after a 76-km day on our bikes, we were ready to find a place to cool down, camp for the night and rest with a light dinner and a few cold ones.

As we have quickly learned on this trip, the serendipity soon begins.

The campground just on the edge of Keremeos, B.C., is adorable as campgrounds go, set alongside a fast-moving river amid the trees, a beautiful perennial garden and an historic grist mill onsite.

Chris Mathieson, the facility manager, greeted us and chatted us up,

wanting to know what we were doing loaded down with all that gear. We told him about ConnecTour and what we're all about – riding at the speed of life and meeting everyday Canadians along the way.

Across from our campsite sat a tall, gangly young man named Scott. It turned out Scott had been homeless for 10 years and was trying to find some sense of normalcy after the hardship, drug addiction and other obstacles life had thrown at him.

He wore his heart on the sleeve of what he called his “wizard” jacket. He was working for the campground to pay for his site. He and Chris had worked out a deal.

Scott ambled over to say hi and talk with us. His “war” stories from being homeless and addicted on the streets of East Vancouver came up.

Fellow rider Andrew Hawse – who signed on to do the whole distance with us across Canada – identified and bonded with Scott instantly. They had a lot in common but were also worlds apart in terms of where they were in life at the moment.

It seemed Scott had few belongings to his name, save his meagre camping gear and his “rock fridge” on the bank of the river to keep his food cold.

Andrew, embark-

ing on his first-ever bike-packing tour, met us with a kitted out bike weighing above 250 pounds. We marvelled at how he made it through even his first day under a searing sun.

It quickly became apparent Andrew would need to unload a hefty amount of gear if he wanted to enjoy (and survive) the first of many hilly terrains to come on our 110-day journey.

We were to begin our next multi-climb leg into Osoyoos – never mind the prediction of a scorching 38C day.

Over a beverage at the picnic table, it was decided that Andrew could hand off his multiple T-shirts, heavy hiking boots, a massive tarp, a super-long and heavy laundry line, a headlamp and a classic Stanley mug – among the ultimately 30-pounds-plus of gear – to our campsite neighbour Scott.

The handoff began, as Andrew began making the hard decisions of what to give up so he could ride joyfully.

“It reminded me that it’s better to give than to receive. It felt good. His life on the streets taught him how to use all these things.”

“Scott was like ‘Wow,’” says Andrew. In particular, he appreciated the tarp for sun protection and it went up immediately.

As we packed up early the next morning, Scott sat and watched us go and we said our goodbyes. We have no idea what he was thinking about this serendipitous moment and coming away with a stash of newfound necessities.

What I was thinking is something about the delightful lightness of being. Travelling on a bike – effectively our mobile home for the summer – and giving and receiving serendipitous gifts.



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# The best beef bulgogi stew

Bulgogi beef is a uniquely Korean creation. It's savoury and sweet, and after the marinade is made and utilized to flavour the thin cuts of meat, it can be eaten over rice, barbecued or added to one of

my personal favourites: beef bulgogi stew.

It's hearty, it's warm and is an easy way to show off some incredible flavours and textures not often found in Canadian cooking!

## Bulgogi marinade

### Ingredients:

1 1/2 pounds boneless rib eye steak  
 1/2 small pear, peeled and coarsely grated  
 1/4 cup reduced sodium soy sauce  
 2 tablespoons light brown sugar  
 2 tablespoons toasted sesame oil  
 3 cloves garlic, minced  
 1 tablespoon freshly grated ginger  
 1 tablespoon gochujang (Korean red pepper paste)  
 2 tablespoons vegetable oil, divided  
 2 green onions, thinly sliced  
 1 teaspoon toasted sesame seeds

### Method:

Wrap steak in plastic wrap, and place in the freezer for 30 minutes. Unwrap and slice across the grain into 1/4-inch thick slices.

In a medium bowl, combine pear, soy sauce, brown sugar, sesame oil, garlic, ginger and gochujang. In a gallon size Ziploc bag, combine soy sauce mixture and steak; marinate for at least 2 hours to overnight, turning the bag occasionally.

Heat 1 tablespoon vegetable oil in a cast iron grill pan over medium-high heat.\* Working in batches, add steak to the grill pan in a single layer and cook, flipping once, until charred and cooked through, about 2-3 minutes per side. Repeat with remaining 1 tablespoon vegetable oil and steak.

Serve immediately, garnished with green onions and sesame seeds, if desired.



## ...And bulgogi stew!

Now that we've got our bulgogi, it's time for the beef bulgogi stew! This has some unique ingredients used in Korean cuisine, like glass noodles and enoki mushrooms.

### Ingredients:

2 cups marinated bulgogi  
 1 onion, cut into strips  
 2 scallions, chopped  
 2 carrots, cut into strips  
 1/2 cup bean sprouts  
 2 cups broccoli and bell peppers, and/or other colorful bite-sized vegetables  
 1 cup water  
 1 cup enoki  
 1 block tofu  
 1/2 cup glass (cellophane) noodles  
 Salt or soy sauce, to taste

### Method:

In a soup pot or a large wok, stir-fry marinated bulgogi and onion(s) for a couple of minutes. Put ALL the marinade into the pot, do not discard any liquid.

Add vegetables (except for mushrooms) and cover with water.

Bring to a boil.

Reduce to a low simmer.

After 5 minutes, add mushrooms, noodles, tofu, and scallions

Turn off after 3 to 4 minutes.

Season to taste with salt and soy sauce.





# Riddle

A Japanese ship was leaving the port and on its way to open sea. The captain went to go oil some parts of the ship and took his ring off so it wouldn't get damaged. He left it on the table next to his bunk. When he returned, it was missing. He had suspected three crew members could be guilty and asked them what they had been doing for the ten minutes that he had been gone.

The cook said, "I was in the kitchen preparing tonight's dinner."

The engineer said, "I was working in the engine room making sure everything was running smoothly."

The seaman said, "I was on the mast correcting the flag because someone had attached it upside down by mistake."

The captain immediately knew who it was. How?

*It was clearly the seaman. It was a Japanese ship and a Japanese flag is white with a single red circle in the middle. It can't be hung upside down.*

# CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

## PREMIER Crossword

By Frank A. Longo

### 'TWOULD BE NICE

#### ACROSS

- 1 "Bluff City Law" network
- 4 Mandible site
- 7 Talks lovingly
- 11 One painting with dots
- 19 Long-popular ISP
- 20 Mythical horses
- 22 Indy 500, e.g.
- 23 Outdoor food party for 11- and 12-year-olds?
- 25 Some very valuable violins
- 26 Old Texas siege site
- 27 Saddlery tool
- 28 Meyers of "Kate & Allie"
- 29 Not adorned
- 30 Type
- 31 Identical sibling near some falling rocks?
- 37 Caesar's 106
- 38 Neighbor of Vietnam
- 39 River through Orsk
- 40 "Norma —"
- 41 "Happy Days" star with gleaming eyes?
- 45 Ingredient in Nutella
- 49 A noble gas
- 50 Wedding page word
- 51 Top-notch
- 52 Genetic stuff
- 53 Major exhibition
- 56 Perform gastric bypasses?
- 61 Coastal inlet
- 64 Roof overhang
- 66 Musical sign
- 67 "Say again?"
- 68 One working to promote high-quality serge and denim?
- 75 Fuzzy picture
- 76 Tilted type: Abbr.
- 77 Imitate a lion
- 78 Susan of "L.A. Law"
- 79 Contest to see who has the cleverest taunts?
- 85 Have too much of, for short
- 87 Lance of the O.J. trial
- 88 Paris hub
- 89 Negatives
- 91 "Wonder Woman" star Gal
- 95 CBer's lingo system
- 97 Time of day for muscle spasms?
- 102 That, in Lima
- 103 Any day now
- 104 "I goofed!"
- 105 K-12 org.
- 106 Expert at recognizing the finest strong string?
- 112 Lacking spice
- 113 "— it grand?"
- 114 Tofu source
- 115 Call to squad cars, for short
- 116 Lamp dweller
- 117 Arbitrator
- 120 Super-itchy wool cloth?

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											130

- 124 Coveted part for an actor
- 125 Big Apple animal attraction
- 126 — Lanka
- 127 It provides product plugs to websites
- 128 Skin malady
- 129 Passports et al.
- 130 IRS form fig.
- 31 Body pic
- 32 "Amazing!"
- 33 Brynner on Broadway
- 34 Plural "is"
- 35 Brand of clog remover
- 36 Oregon's capital
- 38 Wildcats with ear tufts
- 42 Caviar eggs
- 43 Seine, for one
- 44 Royal Botanic Gardens site
- 45 Pan's cousin
- 46 Corsage flower
- 47 Get a whiff of
- 48 In conclusion
- 51 In regard to
- 54 Fathers
- 55 Eggs
- 57 Bacterium in the gut
- 58 Furry TV ET
- 59 Small cask
- 60 "So cute!"
- 61 Easter animal
- 62 Hurrier's cry
- 63 Share a border with
- 65 Give moral guidance
- 69 Part of MoMA
- 70 Ballplayer Mel
- 71 Not cooked
- 72 Hugs, in a love letter
- 73 Father
- 74 "Wild Thing" singers, with "The"
- 80 Not rigid
- 81 Triage physician, for short
- 82 Corrida cheer
- 83 Blasting stuff
- 84 Part of 130-Across: Abbr.
- 86 Slangy denial
- 90 Container for flats or heels
- 92 Stupidity
- 93 Things unlike all the others
- 94 Exchanged, as an older model
- 96 Franc division
- 97 Stage award
- 98 Go after romantically
- 99 Ending of some pasta names
- 100 Debtor's slip
- 101 "Says You!" airer
- 103 Noisy sleeper
- 106 Florida city
- 107 Use, as a tool
- 108 Pakistan's longest river
- 109 "— Mio"
- 110 Anglo- —
- 111 Back column
- 112 Kitten's cry
- 116 Old Pontiacs
- 118 Opp. of departure
- 119 "Mazel —!"
- 120 Pacers' org.
- 121 Foe of Frodo
- 122 Rambo's gun
- 123 Grassy turf





# 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](http://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](http://www.kerbycentre.com) or [kerbynews.ca](http://kerbynews.ca)



**A Group For Mature Jobseekers**  
Join Us Tuesdays 1:30 - 2:30 pm  
For Our Informative Zoom Online Presentations

**July 6** Resources available for job seekers at the Calgary Public Library  
Meeting ID: 820 9067 4472  
<https://us02web.zoom.us/j/82090674472>

**July 13** 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: 859 9388 8960  
<https://us02web.zoom.us/j/85993888960>

**July 20** Linked In profile writing  
Participants will participate in an exclusive group session to receive tips about:  
• Using LinkedIn strategically to create professional networks  
• LinkedIn trends in 2021  
• Utilizing other LinkedIn products and platforms  
Meeting ID: 894 0832 9803  
<https://us02web.zoom.us/j/89408329803>

**July 27** It's part of the Job Search – Facing the Rejections  
Meeting ID: 825 2658 5288  
<https://us02web.zoom.us/j/82526585288>

For more information phone 403 705-3219



Order and Pick Up Your  
**Do It Yourself Stampede Pancake Breakfast Party In A Box**

\$20 per person or \$25 for Two

Then Join Us For Our  
**Virtual Kerby Centre 30th Annual Stampede Party July 16th, 2021**

Check out the ad within or visit Kerby Centre Café  
[www.kerbycentre.com/kerbycafe](http://www.kerbycentre.com/kerbycafe) for details  
Or email [colleenc@kerbycentre.com](mailto:colleenc@kerbycentre.com)



**Get Ready For Golf Season & The Kerby Centre Charity Classic With A Unique Virtual Presentation July 7, 2021 - 10:30 am**

- Brush up your game with tips by former Pro Bryce Dancer
- Get your body fit for the game with Megan Sullivan, Ossum Wellness
- See what's new in golf equipment & technology
- Check out the spectacular Carnmoney Golf Club
- Learn how you can enter our Charity Classic Ball Drop Raffle, Presented by SERVUS Credit Union, & win a fabulous West Jet Vacation & \$2500 Cash

**FREE Registration At <https://kerbypresentsgetreadyforgolf.eventbrite.ca>**  
Check out the ad within or contact [colleen@kerbycentre.com](mailto:colleen@kerbycentre.com) or 403 605-6676

## Kerby Centre FREE Rescued Bread & Goodies Market

Drop-in to the Kerby Centre Gymnasium 1133 7th Ave SW 10:30 – Noon  
Every Tuesday (July 6, 13, 20, 27) & Friday (July 2, 9, 16, 23, 30)

And join us for our external markets - **Parkdale Nifty Fifties Association Tuesday, July 13, 11am – 12pm** (3512 5 Ave NW, Calgary AB T2N 0V7)

## New Education & Recreation Programs!

**Zoom Classes:** Seeing through Photographs (MoMA) \* Ballet for Beginners \* Grandparents & Grandkids Zoom Time!

**Outdoor Participation:** 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](http://www.kerbycentre.com)



## KERBY EDUCATION & RECREATION ZOOM PROGRAMS

For further details on these programs and changes to our Drop In Groups please email [aditis@kerbycentre.com](mailto:aditis@kerbycentre.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MONDAY FITNESS</b> 9:30 - 10:30 AM  <b>STAY FIT</b> 11:30am	<b>ESL</b> 10:00 - 11:00 AM  <b>TAI CHI</b> 1:30 - 2:30 PM  <i>In Collaboration with Calgary Outlink</i> <b>Teatime with Dorothy</b> every 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 6:30 PM	<b>MEN'S SHED</b> 11:00 - 12:00 PM  <b>SEATED YOGA</b> 1:00 - 2:00 PM	<b>ZUMBA GOLD</b> 10:00 AM - 11:00 AM  <b>STAY FIT</b> 11:30am  <b>EXPRESSIVE ARTS</b> 1:00 - 2:30 PM	<b>MUSCLE STRENGTH &amp; CORE BALANCE</b> 9:30 - 10:30 AM  <b>YOGA FOR YOU</b> 11:00 - 12:00 PM  <b>FELDENKRAIS</b> 1:00pm



**Tennis at negative four degrees Celsius**

**Cont'd from pg. 21**

Instead of water on the bench, players brought coffee, tea, or hot chocolate. For a while, some still played with legs bare. Soon, however, ski or lined pants prevailed. Plus head bands and tuques, not to mention, layers of clothes often topped by a down-filled jacket, giving some an appearance of the Michelin Man. I usually wore my ski underwear under my free-floating mauve tennis track suit, topped by a loose black jacket. Then, someone seeing one of our tennis pictures asked why I was playing in my pyjamas!

We have now fulfilled our commitment to play in January, though we “grab” any warm day that comes our way: 4C is sufficient, as long as there is no wind. Sunshine helps boost our spirits.

Why are we doing this? Is it really so important for seven women (and occasionally a man) aged early 60s to 79 to play outdoor tennis every month of the year, while living in Calgary? We are doing nothing dangerous or heroic.

Not even particularly amusing or clever. It is important I suppose because it's innovative; we are doing something no one else is. It is our unique way of not letting COVID overtake our spirits. We don't have to stay isolated, not while we can be outdoors. We are creating memories for the future, perhaps when we are not able to run around a court, temporarily brushing away the years.

We have even made new friendships. Two guys from nearby neighbourhoods have recently discovered “our” court. They do clear snow! that's helpful. We coordinate our times and have made a pact not to tell anyone the location of the court, lest we be overrun with outdoor winter tennis wannabees!

Perhaps playing tennis regularly is an antidote to the madness we have witnessed recently when rioters stormed the Capitol in Washington. We note that their behavior was predictable but still bizarre: when I hear their rantings about stolen elections and

revolution,

I think we have been invaded by some aliens with whom we have nothing in common. I guess many of us won't be visiting the United States, even when non-essential travel becomes permissible. It's good to be able to enjoy oneself “at home” on our local tennis court.

More personally, I just love to keep active. I want to stave off immobility as long as I can, in any facet of my life.

I don't really believe older persons choose to become disengaged. It just gets a bit harder to find meaningful modes of being. Tennis offers one a special sense of well being, even when your game is nowhere near what you were able to do in your 20s.

The point is that you are still out there. In the sunshine, running, laughing with friends and watching the geese in their impressive V-formations wing their way to their favourite places.

I know where mine is.

**Volunteer Spotlight**



**Della McKee**

Della is a very dedicated and reliable volunteer who started volunteering at Kerby Centre in September 2018 after her retirement. She is currently volunteering in the Tax Clinic as a Tax Preparer. Della has also helped us with delivering meals during the pandemic.

In the past, Della has also volunteered for the General Craft Group and the Education and Recreation Department.

Della enjoys volunteering at Kerby Centre because it gives her an opportunity to meet new people and to assist seniors to get their tax returns done.

She said-“I have enjoyed a number of things at the Kerby from the exercise programs, the gym, the craft group and most of all, getting to know some of the other members.”

Besides volunteering, Della enjoys crocheting and doing leatherwork. Della has also made fabric masks for her friends and family in her free time.

So far, Della has contributed over **639.5** hours.

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



**Get Your 2021 Kerby Centre Membership now!**

**Annual Membership costs \$25.00 plus \$5.00 for an annual parking pass.**

**Membership is for the calendar year (expires December 31)**

**Memberships are non-refundable and non-transferable.**

**To Purchase a Membership**

Visit our membership desk, Monday to Friday 8 AM – 4PM OR  
Phone (403) 265-0661 ext. 256 OR on our website,  
[www.kerbycentre.com](http://www.kerbycentre.com)



Member Rates For
Education & Recreation programs
Foot clinic
\$10 discount off first time foot care assessment
FIT Room use
Select Kerby Centre events
Reduced fees for day trips

Exclusive Rewards
Kerby News mailed directly to you each month
\$5 per year parking in the Kerby Centre lot
Advanced ticket purchases
Priority registration for classes
Voting rights at the Annual General Meeting



# Staying ahead of investment risks

Investing is a great way for Albertans to achieve their financial and retirement goals, but as the saying goes: If it sounds too good to be true, it usually is. To help Albertans invest their hard-earned money wisely, the Alberta Securities Commission (ASC) has identified the top traps to look out for in 2020 based on information gathered by its Enforcement team.

**“You don’t want to miss out!”**

Scam artists are always looking to capitalize on new and emerging industries, as there is often limited information and history available. This makes it easier to spread false claims or guarantees. Like any investment opportunity, it is important to understand the risks associated with new industries like cannabis, foreign ex-

change and crypto-asset investments before investing.

**“You can trust me.”**

Affinity fraud is when scam artists work their way into groups, religious organizations, and professional communities, gaining trust then pitching fake money-making opportunities. Sometimes potential victims are approached by friends, family, or colleagues who may also have invested in the opportunity. Learn how to recognize affinity fraud and never rely solely on the trust of others to dictate what investments are right for you.

**“Cash out your retirement savings, you’ll earn more!”**

In a struggling economy, scam artists will often target those recently laid-off or retired to play on the fears and

stresses around their finances. They encourage victims to cash out traditional retirement savings plans (e.g. pensions, LIRAs, RRSPs) for investments with the promise of higher returns, ignoring tax implications or added risk of the ‘recommended’ investment. Be wary of anyone offering you investment opportunities, especially those promising high returns at low risk.

**“Get rich quick!”**

There is a relationship between risk and reward; generally, the higher the potential reward, the higher the risk. The number of complaints relating to private, high-risk investments marketed as low-risk is on the rise. Often, salespeople will position the investment as an “exclusive opportunity” or “how the wealthy make their money”, which is just

a high-pressure sales tactic. It is your hard-earned cash so take the time to invest it wisely.

**“Registration doesn’t matter; I know what I am doing.”**

Generally, anyone offering investments in Alberta must be registered with the ASC, and lack of registration is a key red flag of fraud. Yet, four-in-five Albertans do not check the registration of their advisor. Albertans can quickly and easily verify the registration of any advisor or organization by visiting the ASC’s consumer website Checkfirst.ca.

**“It’s just a loan.”**

Reports of investors being promised better and safer returns by loaning money through something called a “promissory note” is on the rise. The fraudster

claims that the promissory note is not a security, so they do not have to be registered with the ASC. They may claim that it is safe because it is backed by assets like real estate. In reality, it is a security and if you are not on title the loan is not secured – more importantly, the “loan” may be just a scam.

While a new year brings new investment opportunities, it also offers potential for scam artists to defraud Albertans. Understanding the latest investment fraud trends and expanding your financial knowledge will put you on the right track in 2021.

To build your investing savvy, visit the ASC’s consumer website Checkfirst.ca to access a wealth of free, unbiased tools and resources.



## For the love of seniors

As our world slowly opens up and we enjoy time out and

connecting with friends and family,

it’s a great time to give back to seniors!

Vulnerable seniors have been hit hard by the pandemic.

You can seniors some love in lots of ways.

Buy an annual Kerby Membership for a low-income senior.....\$25

Provide a food hamper to a low-income senior.....\$50

Pay for a grocery order + delivery for a low-income senior.....\$125

Provide a week of safe nights for an at-risk senior at our Elder Abuse Shelter.....\$875

Provide a MONTH of safe nights for an at-risk senior at our Elder Abuse Shelter..... \$3,750

Provide a medical foot clinic appointment to a senior in need at our Diana James Wellness Clinic.....\$75

Give today at [www.kerbycentre.com/donate](http://www.kerbycentre.com/donate)

YES - I want to help create a caring, connected community for seniors today!

One-time donation amount:  \$50  \$100  \$150  \$250  My choice: \_\_\_\_\_

Monthly donation amount:\*  \$15  \$25  \$50  \$100  My choice: \_\_\_\_\_

Donation in memory/in honour of \_\_\_\_\_

Payment method:  Cheque  Visa  MasterCard

Credit card number \_\_\_\_\_

Expiry date \_\_\_\_\_

Signature \_\_\_\_\_

Planned giving is another great way to help.

I have included Kerby Centre in my will.

I would like more information about planned giving.

Send tax receipt to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal code \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

All donations are gratefully received.

Donations \$20 & above will receive a donation receipt.



# Where has my mother gone?

*A short fiction story.  
Continued from pg. 12*

I am so hungry and although the food has none of the touch of my mother to it, I sneak to the kitchen.

I am quiet as I can be, but I am not tall enough to reach the food on the counter.

I stand up as high as I possibly can. I reach as far as I am able. Every muscle is stretching to its limit. I am at my limit.

I pull on the food and it splatters to the ground with a crash; sauce and rice and pieces of meat go flying. I run away.

I run away to my mother's room. I hide there, my tail between my legs. I wish my mother was here. She would scold me, yes, but this stranger? I do not know what she will do.

The stranger follows me into the room and

shouts. She screams. She kicks at me. I cry out without words.

I am too small. Even if I could hurt her, I wouldn't. That's not who I am. That's not who my mother trained me to be.

The stranger leaves and I crawl into my mother's bed. She sometimes lets me sleep at the foot of it, and I curl up there, whining. My tail is still tucked underneath me.

The stranger comes in later. I don't know how much later. She smells of wine and whiskey.

She forces me off the bed and slams the door behind her. I trot to my own bed on the floor and roll up there.

I stare at the empty bottles on the table. They seemed to have multiplied in the week.

When the morning comes, my mother comes out of the bedroom. The

stranger must have left and she must have arrived sometime while I was asleep.

She strokes my head and pours food into my bowl. She clears the bottles from the table.

She is here now. I feel more safe.

But I am so scared for when that stranger arrives in the evening, clutching those bottles in big, brown paper bags.

That stranger might look like my mother; she might smell like my mother, and she might taste like my mother. But I do not know her and I do not love her.

My mother kisses me before she leaves and I take my post looking out the window.

How I wish things could be better than they are.

## CROSSWORD SOLUTION

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

## PUZZLE ON PAGE 22

### SUDOKU ANSWER

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

## PUZZLE ON PAGE 22

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Molzan ..... 14	



### IN MEMORIAM

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

- Chizuko Helen Yamazaki**
- Constance Helen Labicane**
- Donelda Lila (Donna) Schadt**
- Gerald Joseph (Jerry) Jones**
- Gerhard Arthur Nitsch**
- Hans Harold**
- John Han Weintz**
- Margaret McGruther**
- Maxine Gerald Gulstene**
- Merlin Michael Traboulay**
- Stella King**

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

## The Estate Lady

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

### Kimberly Wallace

Paralegal, Commissioner for Oaths  
25+ Years' Experience

Website: [theestatelady.ca](http://theestatelady.ca)

Phone: (403) 870-7923

Email: [kimberly@theestatelady.ca](mailto:kimberly@theestatelady.ca)

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## Parkdale Seniors Writers Guild

Membership Invitation

Are you a senior with some writing experience, want to improve your writing skills, and would like to become published without cost? Email or phone for an information package.

Phone organizer: 403 229 4108

Email Nifty 50's: [info@pdnf.org](mailto:info@pdnf.org)





# Right Home Right Time Right Place

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

## EXPLORE YOUR OPTIONS TODAY...

### Affordable Housing for Seniors

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

- Wilkinson House offers studio and one-bedroom suites for adults 55+
- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one 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**  
**403.272.8615**

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

**Glenmore Manor** is located near Chinook Centre and Glenmore Landing with garden areas and patios.

**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

**Affordable Housing**  
**403.252.4744**

### A New Lease on Life!

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

Amenities include:

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

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

#### **Sundance on the Green**

3 Sunmills Green SE, Calgary

**Life Lease**  
**403.254.9800**

**CALL FOR MORE INFORMATION OR TO VIEW A SUITE BY APPOINTMENT**

Discover your new home at  
**BethanySeniors.com**

