

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

**November**

**2021**

Volume 37 #11

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# A-tract-ing attention on the farm



Ancient beasts of metal and steam, motors running and wheels turning. Powerful despite years of age, they remain a reminder of Alberta's humble beginnings. Photo by Tim Johnston. Story on page 16.

## Inside

- In Remembrance of Lou Lamy ..... page 8
- The importance of falls prevention ..... page 11
- Kerby goes Downhill Karting with Winsport ..... page 18
- The second annual Kerby photo contest ..... page 24



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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  
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# No more waste and no more hunger



Larry Mathieson, CEO

I think one of the reasons we can't wait for the pandemic to be over is so we can get back to some of the things Kerby and Veiner Centre used to do. However, over the last two years, we have started to do a lot of new things — things I don't think we will ever stop.

One issue that was exacerbated by COVID-19 and placed firmly on our radar was the issue of food secu-

urity for older adults in our province.

This is an issue that for two years our responses and our programming has consistently grown.

We have several partners both corporate and NGO/NPOs that work together with us to address this issue.

This week one of those partners Second Harvest posted on social media that there are four times as many charitable food providers than grocery stores in Canada.

We think of food security issues as a challenge for other countries, maybe developing nations, but not Canada. Second Harvest is Canada's largest food rescue organization.

Their vision is simple: No Waste, No Hunger. They are one of our partners that helps us to address food security issues for older adults.

Two years ago, we ran a grocery delivery program for seniors on fixed incomes. Today we still run Thrive,

but we also run a Food Security program, Meals on Wheels in Medicine Hat, and we deliver frozen meals and hampers to older adults with food security challenges. This year we also started allowing donors or Café customers to buy a meal for another senior at our Café (Calgary) or Bistro (Medicine Hat). We are also planning to open a Community Pantry and are raising funds to build and stock this pantry.

## NOVEMBER 2021

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To support older adults to live well in their community.

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# Fallen heroes



Richard Parker,  
Kerby Centre President

November 11 is an opportunity to pause and reflect on those who gave their lives in the line of service. While the focus is often on those who died in the two World Wars, it is also an opportunity to remember those who lost their lives in other situations including Korea, Afghanistan and various Peace Keeping operations.

There are many ways in which these heroes are recognised in Calgary including the Cenotaph in Central Memorial Park, the trees and field of crosses on Memorial Drive and Peacekeepers Park in Garrison Green.

On the third floor of The Kerby Centre, you will find a Hallway of Heroes containing pictures and a brief write up on some of the Fallen Heroes. Looking at the pictures and reading the stories made me realise that these were not just soldiers or aircrew but were also sons, daughters, brothers and sisters, wives and husbands.

One of the plaques recognises Nichola Goddard who has a very direct connection to Calgary and so I



thought I would share that plaque with you in recognition of Remembrance Day this year.

**Nichola 'Care Bear' Kathleen Sarah Goddard** was born May 2, 1980 in Papua, New Guinea where her parents were schoolteachers. Goddard graduated from Dr. John Hugh Gillis Regional High School at Antigonish, Nova Scotia before attending the Royal Military College at Kingston, Ontario.

Following enlistment, Goddard served as a Captain with the Canadian Forces attached to the Royal Canadian Horse Artillery 1st Regiment (A Battery) during Canada's commitment to the International Security Assistance Force (ISAF) and the North Atlantic Treaty Organization (NATO)-led mission in Afghanistan. During a two-day operation in mid-May 2006 -- part of Operation Archer and Task Force ORION -- Goddard joined with B Company and the 2nd Battalion, Princess Patricia's Canadian Light Infantry against an attack on Kandahar by Taliban

forces.

On May 17, 2006 Captain Nichola Kathleen Sarah Goddard died after being hit by two rocket-propelled grenades during the firefight against the Taliban in the Panjwayi District of Kandahar, Afghanistan.

The first Canadian female combat soldier to be killed, Goddard is commemorated at Beechwood Cemetery, Ottawa, Ontario and on Page 216 of the 'In the Service of Canada' Book of Remembrance, Ottawa.

The Captain Nichola Goddard School, Calgary is named in her honour and a memorial plaque hangs in the main foyer of Dr. John Hugh Gillis Regional High School at Antigonish. Goddard's name is etched on the Memorial Arch at Royal Military College of Canada, Kingston, Ontario.

A memorial scholarship fund was established in her name at the University of Calgary, Alberta and is among the many memorials in Goddard's name. Citation(s): Meritorious Service Medal, Sacrifice Medal (Posthumous).

# Nourishment for our body and soul



By Barbara Ellis

How and when social gatherings and feasting began has long since faded into the recesses of time. Perhaps some ancient nomads on some forgotten savanna, sat down around a campfire to enjoy a successful hunt. That in turn may have begun the ritual of celebrating all important happenings. No one knows how it all started, but of one thing we can be sure: nothing on our planet exists without a food source.

And we're still at it today. We celebrate all sorts of things such as the start of a New Year, or a wedding, or the birth of a baby.

Some of us may even celebrate a divorce or two. Thing is, we enjoy sitting at a table that is loaded with scrumptious food, surrounded by the people who matter to us.

Our calendars remind us that there is at least one thing to celebrate each month. We have just finished eating our way through Thanksgiving and we are now headed

for the grand-daddy of all eating and feasting, Christmas!

Back in the 60s, the company my husband worked for, gave each of their employees a Christmas turkey. Mine came home with one weighing in at 15lbs. This scary memory rushed back at me a couple of weeks ago, when I was watching the Barefoot Contessa on television.

She was doing her best to convince people to prepare healthy alternative "side dishes" to go with their Thanksgiving turkey.

Getting back to my first turkey, I remember him, my husband, walking into our kitchen and plunking this froze beast down onto the counter. "There", he said, as if that was all there was to it. Well, true, his part was over and mine was just beginning.

I stood staring at that frozen lump of torment for a long time before reaching for that trusty cookbook my mother

gave me. To this day, I thank her for this invaluable gift, a gift I use to this day.

The Modern Family Cook Book has everything a novice or even a vet needs to know about all things that go on top of or into a stove.

It took a day to defrost that turkey and by that time I had read and re-read the how-to, when to, what to, at least a dozen times. The day I dreaded finally arrived and it was time for me to go to war.

I had already prepared the bread and sausage stuffing the day before, so now it was time to wash that bird, inside and out. That done, I dried it off carefully with a clean towel, took a deep breath, and began to stuff that sucker. I filled the neck cavity first. Then I pushed and shoved the stuffing into the body until there was no more room, so much so in fact that some of it started to come back out. I reached for the special trussing needles

I purchased and rammed each one into place and then wound the string around them until all was secure. Time to put the bird into the oven.

The temperature was set for 325 and according to the book, it would take 20 to 25 minutes per pound, so about 4 to 5 hours. Plenty of time to prepare the rest of the dinner. God, I was tired, and it was only eleven in the morning.

When the bird had been in the oven for over an hour, it was time to start basting it. The instructions said this had to be done every thirty minutes to prevent the skin from drying out.

Lifting that monster bird in and out of the oven was not easy. I had to be so careful not to graze my arm or fingers against the oven, if I had, I would have received a nasty burn.

From what I remember, dinner was on the table just as my husband's guest walked down the stairs to our basement apartment.

Also, from what I remember, it did not take long for supper to be over, and once again, I was alone in the kitchen. The two men had picked up their beer and headed into the living room to watch TV.

There it stood, mocking me. Pushed to the side of the table, laying at a bit of a tilt. Looking at it, I realized that less than half of the bird had been eaten.

Both drumsticks were gone. It was missing one of its wings. The left breast was massacred and the stuffing had been manhandled. Badly mutilated and yet, most of the bird remained.

By the time I had put away the leftovers; dismantled and stored the turkey into various containers; washed and dried the dishes, I was completely exhausted.

It was not to be my one and only turkey, but it was certainly the most memorable one. The other ones were smaller and easier to cook, but I much prefer cooking a perfectly marbled beef roast.

Over the years I have had many friends around my table. No matter what I served, I came to realize that it was not the food that mattered, but the people who shared their time with me.

We are all hoping that the curse of COVID-19 will soon be over and we will be able to once again enjoy the company of our family and friends. Whether it is coffee and cake, or something far more elaborate, friends and families complete us and we need them.

We are social creatures and being confined to our homes has been difficult on all of us. Here is hoping that our Christmas Feast this year will not only be joyful but that laughter and happiness will fill the air.

Food to nourish our bodies and love and laughter to remember far into the coming years.

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## Remembrance Day

### Lest We Forget

“At the going down of  
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# How to conduct fundamental analysis

By Alberta Securities Commission

Securities and Exchange Commission's SEC filing database).

Relying on social media platforms, self-proclaimed investing gurus and on-line forums for investing recommendations can be disastrous.

Whether you're assessing the potential of a company or analyzing your existing portfolio, fundamental analysis is the best barometer for gauging the true value of any investment.

Learn the five key steps of conducting fundamental analysis and making informed investment decisions about companies you are interested in.

## Review public reports

When you have found a company that best fits your investment objectives, the first step is to research and understand how the company makes money and any business risks it faces. You can gain a better understanding of that by reviewing public reports on the company's website or those available on SEDAR (i.e. the filing database for the Canadian Securities Administrators) or EDGAR website (i.e. U.S

## Understand the company's financials

Once you feel confident in the company's business, the next move is to understand the company's financials. This information can be found in the company's publicly available annual reports.

These reports will help you learn about the company's debt and obligations as well as its net income at the end of the quarter or year. Additionally, you can learn about the company's return on equity, which can help you determine if it's using its investment money responsibly.

## Explore the company's industry

Next, you want to explore the company's business landscape. At this stage, you can learn about the innovations, disruptions, and opportunities facing the company's industry. This is also a great time to understand the company's competitors and whether it has the right products and ser-



Photo by Scott Graham. Accessed on Unsplash

vices to compete.

## Examine the company's leadership

You should examine the company's leadership, including board members and executive team. The purpose of this step is to understand if the company's leadership has the right experience and management style to make the critical decisions for the company's success.

## Finalize your research with trusted and experienced resources.

Once you have conducted all of the preceding steps, you can round out your research with additional insights and perspectives on the company.

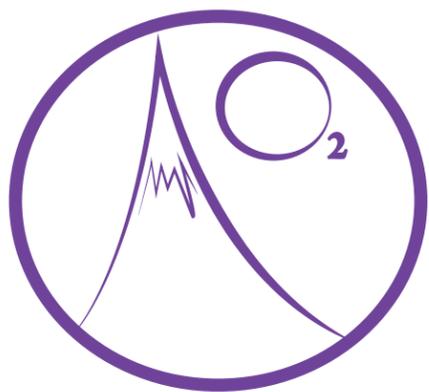
Utilizing information provided by reputable sources like Bloomberg News, Morningstar.ca, TMX.COM and NASDAQ.com, you can uncover any risks you may have missed during your research or additional growth opportunities.

Remember to avoid the temptation of confirmation bias and consider all expert

opinions and not just the ones aligned to your own opinion.

The excitement around investing continues to grow, with speculation, social media hype, and ongoing news coverage stoking frenzied investor sentiment.

While fundamental analysis will never guarantee investment returns, it will help you move past the online noise and provide you with the knowledge to make informed investment decisions.



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# Remembering Lucien “Lou” Lamy



By Andrew McCutcheon

The world has fewer living men and women who survived the horrors of the Second World War.

Now, it has one fewer. Lucian “Lou” Lamy passed away on Oct. 17, peacefully, at age 96.

Lou Lamy was featured two years ago in the Kerby News in a featured article for Remembrance Day. Lamy’s legacy was of particular historic note:

he was one of the last Canadian Paratroopers, who jumped from the dark skies over Europe, down, down into combat.

Born and raised in Manitoba, Lamy fought in such historic battles such as D-Day and Operation Varsity, which involved crossing the Rhine River into Germany in the waning weeks of the war.

Lamy was married and moved to the Calgary area in 1965, where he remained for the rest of his life.

In the years following the war, Lamy was still active with veterans organizations and reunions of his paratrooper battalion.

These reunions would take place at the 1st Canadian Parachute Battalion Monument at Siffleur Falls.

Lamy will make the trip up the mountain one last time.

His ashes will be spread there and become a Guardian of the Mountain for time immemorial.

This writer only had an afternoon with Mr. Lamy, and found him to be a well-spoken, kind and incredible individual. It is always a loss when this world is one soul fewer.

But it is especially so when this loss is one of the few, historic surviving individuals of one of the most tumultuous periods in recent human history.

For this reason, we will Remember.

Thank you, Lucien “Lou” Lamy for your service to your country, your community and the world, writ-large.

In lieu of flowers, Lamy’s family asks that donations be made to the Veteran’s Food Bank.

## REMEMBRANCE DAY SOCIALS

Cash Prizes Drawn at 2:30pm  
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# Warming up — from tip to toe!



By Lesli Christianson-Kellow

As the days grow cold and the evenings even colder, there's nothing more comforting than a big pot of soup simmering on the stove. Maybe you'll remember the words from the children's book *Chicken Soup with Rice* by Maurice Sendak... "it's so nice while slipping on the sliding ice, to sip hot chicken soup with rice. Sipping once, sipping twice, sipping chicken soup with rice."

It was a book first published in 1962 and a classroom favourite because it taught the months of the year by

using the same rhythmic pattern through each month. The Calgary Public Library has it in its catalogue if you're interested in checking it out to read yourself or to a young person in your life.

Another classic soup story that comes to mind is Stone Soup. It's a traditional folktale that would be fun to read to on your own or with the children in your life. It's about helping others and sharing. In the story, everyone contributes an ingredient to the soup (starting with a stone).

An alternative to chicken soup with rice and stone soup is Pasta e Fagioli. Pasta e Fagioli is an Italian favourite. It's delicious and easy to make. To top it off, it's packed with healing antioxidants and protective agents like fibre, vitamin C and E, selenium, zinc and beta carotene.

Another satisfying recipe that will warm your toes now that the days have become shorter and colder is

Shepherd's Pie.

In this version sweet potato is mixed with the usual white potatoes to kick the nutritional value up a notch.

For either of these meal ideas, add a grilled cheese sandwich, or salad, or enjoy as a complete meal. Also, if the recipe are too large, both recipes freeze and reheat well.

Don't you just love pulling a ready made meal out of the freezer? Happy Cooking!

### Pasta e Fagioli:

- 1 T. olive oil
- 1 onion diced
- 2 garlic cloves, minced
- 1 can of tomatoes, 28 oz.
- 2 cans of kidney beans,
- 19 oz/can 2 c. of vegetable broth
- ¼ c. sundried tomatoes, slivered
- ½ tsp. Basil and oregano, dried
- Salt and Pepper to taste
- ½ cup of elbow macaroni, dried

¼ c. freshly grated parmesan cheese

### Directions:

1. Heat oil in a large pot, add onions and garlic, cook until onions are translucent.
2. Add canned tomatoes, drained and rinsed kidney beans, vegetable stock, sundried tomatoes, and spices.
3. Bring to a boil, reduce heat and simmer for 20 minutes.
4. Stir in elbow macaroni, return to boil.
5. Reduce heat and simmer for 10 minutes, or until pasta is tender.
6. Serve sprinkled with parmesan cheese

### Sweet Potato Topped Shepherd's Pie

- 1 lb. red (or other) sweet potatoes, scrubbed
- 1 onion, diced
- 1 lb. ground lean beef
- 1 ½ c. sodium reduced beef broth
- ⅓ c. canned tomatoes
- 1 tsp. Oregano
- 1 tsp. Thyme

Salt and Pepper to taste

2 c. fresh spinach, chopped

### Directions:

1. Preheat oven to 400 degrees F.
2. Bake potatoes in the oven until cooked - about 45-60 minutes.
3. Once potatoes are cool enough to handle, peel and combine in both types of potatoes in a bowl and mash together. Set aside.
4. Brown lean ground beef in a large skillet, then add onion, saute until translucent.
5. Add beef broth, tomatoes, and spices - Simmer about 10 minutes.
6. Stir in spinach and cook until just wilted. Remove from heat.
7. Transfer mixture to a 6-cup baking dish.
8. Spoon mashed potato mixture over the top of the meat mixture, covering the meat completely.
9. Bake for about 45 minutes until the top is golden brown.

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# Walk like a penguin; prevent falls!

By Andrew McCutcheon

The healthcare system still has its hands full with the COVID-19 response, which means having an injurious winter fall could not come at a worse time.

Falls are the number one reason cause of emergency room visits for older adults in Canada, costing the nation \$5.6 billion according to Parachute, the leading Canadian non-profit dedicated to injury prevention.

This is exacerbated in the cold winter months, where weather conditions can increase the risk if appropriate measures are not taken.

“Winter weather conditions increase the risk of slips and falls as snow and ice can reduce underfoot traction, making it difficult for all pedestrians to maintain balance,” stated a report from the Public Health Association of Canada (PHAC). “These risks are exacerbated when pedestrians increase their walking speed because of the physical discomfort of exposure to cold.”

Thankfully, these types of falls and injuries are preventable by mitigating one’s risk factors. This can be achieved several ways.

## Risk Assessment

One of the first ways to take preventative measures is by talking to your doctor about your own, personal risk factors.

A variety of risk factors related to personal health — including balance and mobility issues, reduced muscle strength, heart and circulatory problems or the taking of medications that can impair one’s gait — can and should be brought up with your general practitioner.

Your doctor can do a physical and cognitive assessment, which can lead to recommendations like the use of assistance equipment or additional management strategies for chronic illnesses — whether it be as simple as new glasses or as complex as one’s hearth

medication.

## Respect your surroundings

Although you might feel most at ease within your home, that comfort could lead you to miss potential dangers present within your day-to-day surroundings.

It’s easy to take a day to look around your home — either with a close family member or a health care professional like an occupational therapist — for potential spots that might increase a fall risk.

Fixing that loose step, wobbling banister or uneven stair could mean the difference between

safety and a prolonged hospital visit. The report from PHAC found a 21 per cent reduction in falls following evaluation and interventions happening in folks’ own homes.

## Exercise

Being fit and active as best you’re able is beneficial is a staggering number of ways — not least of which is how it can help prevent falls.

By participating in routine physical activity, you’re also improving balance, coordination and muscle density. You can speak to your doctor about what sorts of exercise would be best suited to help prevent falls,

and a myriad of activities are available specifically for older adults in the community.

Fall prevention is just one of dozens of reasons why older adults should do their best to keep fit, moving and active.

## Walk like a penguin!

It might sound silly, but there’s nothing silly about taking proper precautions.

Organizations from Alberta Health Services to Canada Post recommend people to “walk like a penguin” during the winter months, where ice and snow may add to risk factors for falling.

This involves bend-

ing slightly and walking flat footed; pointing one’s feet out just slightly like a penguin might; keeping your centre of gravity over your feet as much as possible and watch where you’re stepping!

In addition, it’s recommended that you take shorter, shuffle like steps; keep your arms at your sides and not in your pockets, and concentrate on going slowly and keeping your balance.

In this way, we can focus on enjoying the winter weather as much as we can while keeping ourselves out of hospital by reducing risk factors.



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# The right places for the right plants

By Calgary Horticultural Society

When all the stars align and perfect choices are made, the garden thrives. Each plant is placed in its optimal location. It has the right kind of soil, receives its preferred amount and intensity of sunlight, and has access to just the correct amount of moisture.

When things go awry, most often it's due to a lack of an element that the plant needs. The deficiency is evident in, at best, no change in growth, and at its worst, the plant's demise.

Sometimes success is the problem.

Plants with descriptions that include "prolific self-seeder", "ground cover", "generous", or "aggressive grower" are offering veiled warnings that this plant needs to be managed or it will, in no time, own your garden.

Like growing bonsai, these plants need controlled care ... just the right amount of nutrients, moisture, and cutting back to keep them healthy and their growth held in check.

An easy way to manage these plants is to grow them in an area of the yard that naturally limits their growth. Dry, shady, and the especially tough ... dry and shady areas can be used

to control plant spread.

When trying to limit spread, usually a slight shift into less-than-ideal conditions will have an impact. One summer, I grew a row of potatoes just over a metre long. The row had 4 to 5 plants.

It ran in an east to west direction. At the end of the growing season, the plant at the sunnier end (west) of the row was almost twice as big as the plant at the shadier (east) end of the row.

In that garden plot the plants had the same soil and received the same amount of water. It was the amount and quality of sunlight that

each plant received that changed across the row.

When a plant takes over a garden, it may get labelled by the grower as invasive. However, unless it's creeping bellflower (*Campanula rapunculoides*), which is an invasive plant (see [albertainvasives.ca](http://albertainvasives.ca) for a list of plants classified as invasive), most are nuisance plants growing aggressively in the wrong place.

For a plant to be labelled as invasive, it needs to be introduced (not native to the area) and cause harm (for example, makes grazing animals ill if eaten). However, growing only native plants does not

make your garden immune to plant thugs. Watch out if you decide to plant prickly wild rose (*Rosa acicularis*) in a prime location in your garden!

In the right place, plants that are aggressive growers can offer beauty, serve a function, and not take all your time to manage.

Plants I often hear remarks of concern about are mint, Lamium, goutweed (*Aegopodium podagraria* 'Variegatum'), snowdrop anemone, lily-of-the-valley, horse radish, lamb's ear (*Stachys byzantine*), Geranium 'Johnson's Blue', and common yarrow.



Photos courtesy of the Calgary Horticultural Society and Deborah Maier.



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Most plants that spread quickly effectively use more than one method of propagation. Usually, they are successful at producing and growing by seed and by spreading using their root system

To control plants that self-seed, remove the flower right after it has finished blooming—do not let it set seed. If you notice seedlings where they are not wanted, pull them or cut the green growth off at soil level with a hoe—do not let these new plants become established. If you think deadheading is a lot of work, think about how much harder weeding is.

Usually, the spent blossoms can be sheared by grabbing a handful of stems, then cutting them off with scissors or garden snips. When I've left it too long and it needs to be done quickly, I have used the lawn string trimmer. It's less tidy but very effective.

A bit more challenging are plants that spread by extending their root system, then sprouting new plants. Spread prevention is the low maintenance option. Ensure that these plants are corralled with a barrier between them and the rest of the garden. Grow mint plants in pots above or sunk into the ground. Grow goutweed in the dry area next to the house foundation and lily-of-the-valley around a spruce but use an in-ground edging barrier that extends at least 15 cm into the soil, or these plants will move out.

Creeping bellflower? If you see it, pull it. Never, ever, let it flower and set seed. If you do, and you don't work hard to stop it, it will crowd out all other plants, even the lawn.

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# Molecule helps ‘wake up’ cells to tackle MS



Anastassia Voronova is co-author of a study that could point the way toward treatments that could restore myelin. Photo courtesy of the Faculty of Medicine & Dentistry

By Adrianna McPherson

An immunological molecule called fractalkine can boost the production of brain cells that produce myelin, a key factor in diseases such as multiple scler-

osis, according to recent research from the University of Alberta.

Myelin is an insulating layer around nerves that is gradually worn away by inflammation in multiple sclerosis and similar diseases. Without this layer, the nerve im-

pulses that travel through the body are slowed, causing neurological problems.

Though there are therapies that manage symptoms or attempt to slow the progression of neurodegenerative diseases, effective treatments would require restoring lost myelin. Finding methods to kick the myelination process into high gear is a crucial step in the quest for treatment.

Anastassia Voronova,

assistant professor in the Department of Medical Genetics and Canada Research Chair in Neural Stem Cell Biology, explains that neural stem cells produce a variety of brain cells, including oligodendrocytes, a type of cell in the central nervous system and peripheral nervous system. Oligodendrocytes are the only brain cells that produce myelin.

“During development, these neural stem cells build the brain. In the adult brain, part of the reason they exist is to replenish damaged or lost cells, including oligodendrocytes,” said Voronova, who is also a member of the Neuroscience and Mental Health Institute and the Women and Children’s Health Research Institute.

“However, especially in humans, replacement of oligodendrocytes is very inefficient. The goal of my lab is to identify molecules that are capable of ‘waking up’ those neural stem cells we all have in our brain to replenish those oligodendrocytes.”

Voronova’s study showed that fractalkine

— a molecule previously thought to have a role only in the immune system — noticeably stimulated the transformation of neural stem cells into oligodendrocytes.

“The [fractalkine] molecule and receptor work together to elicit a signalling cascade inside of the cell,” said Voronova.

“This is a really interesting era to be doing this science in,” noted Voronova. “I think we’re just starting to appreciate the full spectrum of what these oligodendrocytes can do.”

Voronova’s team is now investigating the remyelination capacity of fractalkine in a mouse model of MS. Voronova also plans to examine whether fractalkine could affect myelination in other neurodegenerative disorders. She added that the immunological nature of fractalkine could also be important for future drug development, as MS and neurodegenerative disorders have a strong immune component.

“Myelin is diminished in a variety of neurodegenerative disorders, which makes the idea of enhancing oligodendrocyte production, and therefore repair of the myelin, so exciting.”

The work was funded by the Natural Sciences and Engineering Research Council of Canada, a European Research Area Network team grant funded through the Canadian Institutes of Health Research, the Canada Research Chairs program and an MS Society of Canada operating grant. First author Adrienne Eve Scovil Watson was supported with graduate studentships by the MS Society of Canada and by the Stollery Children’s Hospital Foundation through the Women and Children’s Health Research Institute.

The study, “Fractalkine signalling regulates oligodendroglial cell genesis from SVZ precursor cells,” was published in Stem Cell Reports.

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# Doug Lansdell's Farm

Story and photos by Tim Johnston

One morning a few years back, Phyllis Lansdell looked out the kitchen window of her home in the hills south of Turner Valley. What she saw prompted her to call to her husband, "Doug, somebody has dropped off another tractor."

That someone would intentionally leave a farm tractor at the Lansdell's is not so unusual given Doug's renown as a collector and restorer of antique farm equipment. Inside a purpose-built shed near the house, with a sign reading "Grandpa's Toy Box", reside 18 fully-restored examples of motive power that helped

change the Canadian prairies into productive farmland.

Some of these tractors had been given to the Lansdells because their owners had no further use for them but wanted to see them kept intact for posterity. Others came as direct purchases or trades and all have interesting stories of discovery, recovery and restoration.

Doug Lansdell grew up in this part of the province on a farm near Waite Valley. In 1967, he graduated from the Southern Alberta Institute of Technology with a certificate in mechanical engineering technology intending to find work in the petroleum industry.

At the time, Banff Oil



Above: Doug's tractors gleam in the sun while threshing equipment is readied.

was hiring tech graduates but was simply stockpiling them for the construc-

tion of a future gas plant. Doug hired on but rather than wait around doing little, he started driving trucks part-time and helping his father on the home farm. When Doug and Phyllis acquired their own land the stage was set for a fellow with high-level mechanical skills to begin acquiring interesting examples of early farm tractors that had once populated the countryside near his home.

Tractor brand names familiar to many populate the collection. John Deere, Case, Massey-Harris, Cockshutt, McCormick-Deering, Alice Chalmers and Caterpillar tractors exhibit the state of tractor technology in the 1920's and 30's.

The collection reflects the on-going mergers of several tractor manufacturers into fewer but more robust companies. If asked, Doug can trace the lineage of present day agricultural manufacturing companies back to the roaring 20's and beyond.

While each tractor has a story, Doug told me of four. The first, a 1927 Hart-Parr Model 18-36, had previously belonged to Cameron Lansdell, Doug's father, who many years before had traded three calves for it.

The old Hart-Parr holds special memories as early in their marriage, Doug had taken Phyllis on a drive around the farm on this very tractor.

Deciding to restore the Hart-Parr, Doug was helped by Phyllis' father, Stuart Cameron, who was very adept working with machinery. Cameron contributed to many of the restorations that followed.

Discovered abandoned in a patch of bush on a farm near Millarville, a 1936 Massey-Harris Model 25 was eventually purchased after several visits by Doug to its elderly owner. While the old tractor had rusted away in the bush for years, it had not been forgotten.

When Doug came to haul the Massey away, the original owner was very upset that the old tractor was about to leave his farm. A few years later, with the tractor fully restored, Doug invited him to drive it at a threshing bee pulling a binder. Doug spoke of the old farmer's surprise and joy as he once again drove the beloved Massey, now dressed as new in its original shiny green paint.



Above: The 1919 Rumely powers a 1952 Keck-Gonnerman threshing machine while Doug's 1933 Chevrolet 112 awaits the harvest's bounty. Below: A 1952 C0-OP tractor and a 1940 Farmall tow bundle wagons in the field.



# Tractors of the Past

Another of Doug's tractors, a John Deere Model 15-27, has the distinction of travelling the farthest to join the collection. Originally belonging to the Leftwich family, long-time friends of the Lansdells, the tractor moved to a farm near Lake Koochanusa in southeastern British Columbia after the family pulled up stakes at Millarville. Because of their many years of friendship, Doug decided to find and restore the John Deere as a special link to his now distant friends. On a winter trip to the area, Doug found the tractor at the bottom of a gully on the friend's farm. He spoke of how a fire had to be built under the tractor's transmission to thaw ice inside that had accumulated from condensation over the years and of the work required to construct a ramp upon which to winch the old tractor from its resting place.

A 1919 Rumely is the first tractor at the entrance to Doug's toy box. Rumelys are very distinctive machines featuring massive oil cooler boxes on the front of their frames. Bud Long, a friend of Doug's, was restoring this pioneer tractor but was becoming discouraged with his lack progress at having

the machine start and run satisfactorily. Doug offered to buy the five-ton tractor and his friend gladly agreed.

Rumely tractors led the transition from steam-power to petroleum power and uniquely used oil to cool their massive two-cylinder engines.

As beautiful and pristine as Doug's tractors are, they are not static museum pieces. They all run and on special occasions, some of them leave the shed for public appearances at local fairs, parades and tractor pull events. In late September, Doug drives all of them out to a nearby wheat field where they are on display for folk attending the annual Lansdell and Long threshing bee. Three or four of the tractors take turns powering the belt-run Keck-Gonnerman threshing machine while others haul the bundle wagons collecting stooked sheaves.

I spent a day with Doug and his treasures this summer and, in September, visited the threshing bee. Photographing the tractors, first in neat rows inside the shed and later in their natural environment in a field on the farm, made me realize the historic value of Doug's collection of

farm motive power. In our rapidly changing technological world, it is rare to have such superb examples of older functioning machines to visit and to reconnect us with times gone by.

Doug told me that he's pretty much finished adding to his tractor collection. But maybe, if you know of an old Oliver, Cockshut, Minneapolis-Moline or other tired old tractor, you might want to contact him.

Or, just drop it off in his yard. Phyllis will let him know it's there.



*Above: Belting up the Titan for its turn to shine. Below: For its 100th anniversary, Doug and Phyllis present the Titan with a birthday cake..*



*Below, left: Neighbors fork sheaves into the threshing machine from a bundle wagon. Below, right: If the Titan is steaming, that means it has reached its optimum operating temperature.*



# Downhill Karting at Winsport



By Andrew McCutcheon  
Kerby News

Getting out and getting active is important for folks

of all ages, but especially older adults.

It's vital to do lots of gentle activities: walking, easy aerobics and hurtling down a mountain at top speeds with

only a single brake and steering wheel available to control yourself.

Wait. What was that last one?

There is nothing in any book that says older adults can't enjoy the same sort of recreational activities available to everyone! That's why the Kerby Centre Education and Recreation department took a baker's dozen older adults to Winsport's Downhill Karting track.

Covering a distance of nearly two kilometers, the gang had an incredible time testing their speeds and upper body strength rolling the karts down the track at Canada Olympic Park.



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# The Kiss; a story of fiction

by Ada Muser

Mandy met Otto on a ski holiday with a group of friends replacing someone who had cancelled. It was a last-minute thing.

Not that Mandy was a particularly avid skier, it was expected of young people to be sporty, and besides a week in the mountains was a welcome escape from the smoke-filled city in winter. The group travelled by train and then by bus for a week of activities and après ski.

The twenty something singles and couples from their social strata would form these groups, they were “our gang”. It was fashionable at the time not just for skiing and hiking, but also for going to theaters and occasional partying to mark special occasions.

Mandy was single with her long-term relationship ending in the previous summer. It so happened Otto also just recently became single.

They were the loose guns on the deck and hung with each other during the evening gatherings. Both nice, good looking and outgoing enough were not really the lives of any party, just good participants who wouldn't spoil any fun.

Otto liked to tell jokes and carried a little note book with jokes for every occasion and could go on for quite a while if needed. Mandy was nice, enthusiastic and well liked, always helpful and dependable.

Their relationship started on that trip. It was not an explosion of emotions, but a steadily growing relationship. They were married in two years and settled into living with Mandy's widowed mother in her large flat, a common fate of young newlyweds in the postwar era and shortages of everything,

particularly apartments.

The country was run by a strict dictatorship whose opponents didn't do well. But Mandy and Otto were apolitical, skilled and conscientious workers, didn't make waves and kept their mouths shut. They got by.

Two children were born to them a few years apart and were raised with the help of the live-in grandmother. Eventually they also were married and the daughter had children of her own. They were now raised by the great grandmother, grandmother Mandy and the young parents. The primordial common lifestyle of four generations afforded very little privacy, but it was a comfortable and functional arrangement.

Political upheavals came and went, including an invasion of the country by a superpower, causing people to emigrate seeking better, freer life abroad. Many Mandy's and Otto's relatives and friends from their “group” left, but they stayed put. It was easier, safer and steady existence suiting their temperaments.

As they aged whatever outwardly noticeable

passions there may have been at one time evaporated, and the life settled into a series of habits.

They didn't have many common interests, but they didn't begrudge each other's likes; Mandy's mostly cultural, while Otto liked to tinker with his car and talk shop with his buddies.

The middle age arrived and passed, the great grandmother died and Mandy finally became the mistress of her own house in her seventies, but kept it unchanged. Infirmity took gradually over Otto, he was the older one.

Several minor strokes and Parkinson's disease chased him into retirement, a bad thing for a person to whom the work and mingling with colleagues was so important. He became an old man with a cane, shuffling his feet always leaning forward, often falling.

Advancing dementia robbed him of his reason. Stays in hospitals became more frequent.

By then they had moved from the spacious, 19th century flat with huge rooms and high ceilings into more functional modern apart-

ment on the city's edge.

Life was becoming pretty lonely and Mandy wanted to get a small group of three generations of her family and few friends together for a light lunch.

Traditional open-face sandwiches, cold cuts, some tea and perhaps even a little wine was being prepared by Otto's daughter in her mother's apartment.

Otto was returning from another unexpected short stay in hospital on that day, but they decided not to change the plans that had been made a long time before. But everything was running late.

In the middle of preparations this little world was invaded by two burly hospital orderlies hauling Otto up the stairs in his wheelchair and transferring him into the hospital type super-bed complete with sideboards and sturdy backrest installed in the already small living room. All efforts to make the day special were shattered.

Poor Otto was not a happy man, in pain, in great deal of discomfort, and acutely embarrassed.

Mandy's fretting displeased him. The grand-

children got hungry and started consuming the unfinished sandwiches demolishing their mother's efforts to create a festive atmosphere, seemingly uninterested in everything else but their chit-chat and iPhones.

The get together was wrecked, the harbinger of all the bad things soon to come.

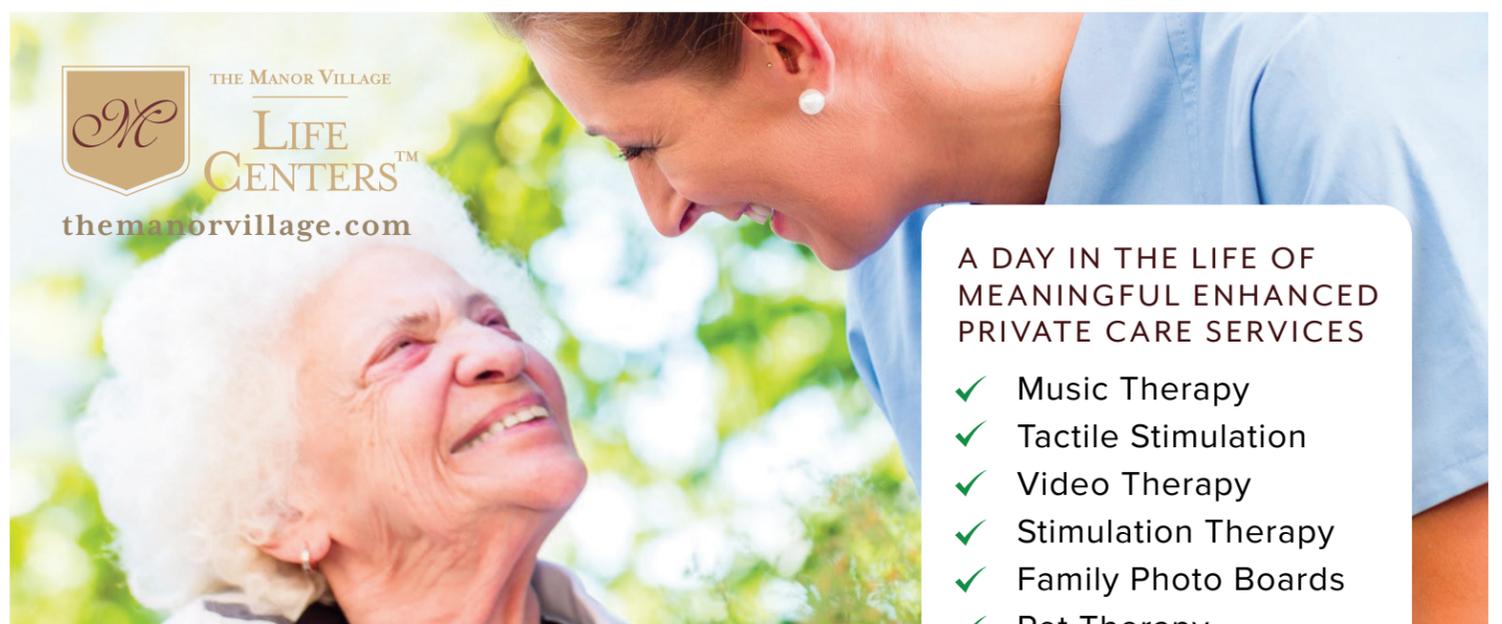
Unnoticed by pretty well everyone in all the commotion, a beautiful thing happened. Mandy bent over and ever so tenderly placed a kiss on Otto's balding head to calm him down.

It was not a sexually charged Gustav Klimt famous *Der Kuß*, nor was it a perfunctory kissy kissy touch your cheeks kiss. It came from the bottom of his lifelong partner's heart.

In that fleeting moment this simplest intimate gesture between two octogenarians, so unexpected, so subtle, signaled that everything would be OK.

It said, that we have had a good life together, that I understand you are in pain and I will take care of you for as long as it takes.

It was a thank you for everything kiss.



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# A perspective on flu & independence

Courtesy of Sanofi Pasteur

When 87-year-old Peggy Prendergast went to the hospital for a fractured hip in 2017, nothing prepared her for what she was about to see.

All around her, people were suffering from the debilitating consequences of the flu.

Once a senior is hospitalized because of a medical illness, like the flu and / or its complications, they are also at risk of losing their independence. After a hospital stay, as many as one-third of seniors leave the hospital with a reduced ability to carry out their daily activities.<sup>1</sup>

Peggy wants to do everything she can to keep healthy, active and independent for as long as possible.

“I’m a volunteer art teacher in retirement

residences and a proud grandmother to beautiful grandchildren, and I value my active and independent lifestyle that allows me to do the things I love,” said Peggy. “I get my flu shot each year. It’s an action I take that reassures me I am doing what I can to help prevent the flu.”

For Peggy, a committed senior advocate, it’s important for seniors to get vaccinated this flu season.

Canada’s National Advisory Committee on Immunization (NACI) recommends influenza immunization for high-risk individuals, such as adults 65+ and people with chronic diseases.<sup>2</sup>

Vaccination does not provide 100% protection and does not treat influenza and / or its complications or prevent hospitalization or death after the onset of disease. The 2021-2022 Alberta

Influenza Immunization program begins October 18, 2021. All Albertans, six months of age and older, are eligible to be immunized, free of charge.

COVID-19 continues to put pressure on our healthcare system. Getting immunized

against influenza is more important this season, than ever before.

Influenza is serious. Immunization works.

AHS is offering vaccine through public health clinics to:

children under five years of age and their family and household members individuals

who do not have a provincial health care number individuals who live in a community where there are no other immunizing healthcare providers.

Children under five years of age must be immunized at an AHS clinic or participating doctor’s office.



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Date	Time	Presentation
Monday, November 15th	10:30 to 11:15 am	<b>"Fifty Years of Daydreaming: ADHD in Later Life"</b> Join Hotchkiss Brain Institute’s Dr Brandy Callahan as she explores how to recognize ADHD in adults and seniors, and how it can impact memory in late life
Tuesday, November 16th	10:30 to 11:15 am	<b>Choose Love With Origin Active Lifestyle Communities</b> Join us as Carrie Erickson, Manager, Leasing and Community Engagement at Origin Active Lifestyles shares with us stories of inspiration and resilience in Seniors Living
Tuesday, November 16th	1:00 to 1:45 pm	<b>Options to Age in Place</b> Brad Lohman and Nicole Dyer, CPHR - Co Presidents & Co-founders of Vytality will inform us about programs, services and technology that can help you to continue to live at home with peace of mind for you and those who care about you.
Wednesday, November 17th	1:00 to 1:45 pm	<b>What is a Cooperative Memorial Society?</b> Barb Montgomery, Membership Manager, will show you how becoming a member of Cooperative Memorial Society can give you and your family peace of mind.
Thursday, November 18th	10:30 to 11:15 am	<b>Recognizing and Avoiding Investment Scams</b> Investment fraud can jeopardize your goals for a healthy and rewarding financial future. Please join James MacTavish, Senior Advisor-Investor Education for Alberta Securities Commission, as he show us how to learn the steps fraudsters rely on and how to stay clear if investment fraud.
Friday, Nov 19th	10:30 am - 11:15 am	<b>Health Canada Presents A Healthier Home For A Healthier You</b> Chemical substances we are exposed to in daily life have an adverse affect on our health. Odette Bose, Risk Communications and Public Involvement Officer & Madison Pecoskie, Regional Radiation Specialist will show you how to identify sources of chemical exposure to minimize your health risks.

Date	Time	Presentation
Tuesday, November 23rd	10:30 to 11:15 am	<b>Hearing Health 2021: Just the Facts</b> Join esteemed researcher and PhD Audiologist Dr. Carrie Scarff of Audiology Innovations as she helps you and your loved ones “cut through the clutter” of hearing loss & hearing aid advertising.
Tuesday, November 23rd	1:00 to 1:45 pm	<b>Caring Through Covid</b> Join Cindy Bond, Community Education Specialist with Alzheimer Society of Calgary, for an informative webinar as she discusses how and why caring through covid continues to be the focus of the Alzheimer Society of Calgary.
Wednesday, November 24th	10:30 to 11:15 am	<b>How to Navigate Senior Living</b> Manor Village Life Centre’s Lifestyle Marketing Professionals, Tina Cameron and Nicole Boucher, will help you navigate through the information you need to know about Senior Living
Thursday, November 25th	10:30 to 11:15 am	<b>"A Day In The Life" At The Edgemont</b> Join Hilary Richardson of Revera Living and guests to learn about Edgemont by Revera and find out if retirement living is right for you
Friday, November 26th	10:30 am - 11:15 am	<b>Money Mentors’ November Financial Literacy Month Presentation</b> Money Mentors is the only Alberta-based and not-for-profit credit counselling agency helping families and individuals recover from financial crisis and building financial literacy skills. Stakeholder Relations Coordinator, Amanda Mori, will show you how to create a healthier financial future





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# Breathing devices find success on Albertan stage

By Michael Brown

A University of Alberta engineering duo is getting a boost from the university's newly formed commercialization engine, imYEG, to get a new device for people with breathing challenges to market.

Medical devices that assist people who have a low level of oxygen in their blood have evolved from large stationary tanks of compressed oxygen to portable units, explained mechanical engineering professor Andrew Martin. These portable oxygen concentrators can weigh less than three kilograms, concentrate the oxygen from air on the spot and deliver precise doses with every breath.

Unfortunately, there's a subset of patients — as well as regular patients when they're breathing quietly — whose shallow breaths aren't recognized by these units.

Martin and his engineering master's graduate Cole Christianson have applied to patent a design that would replace the traditional nasal prongs with a design that fits more snugly into the patient's nostrils to improve breath detection.

With more than 1.5 million adults in the United States alone using home oxygen devices for a wide variety of disorders, oxygen concentrators have become a multi-billion-dollar industry that is anticipated to grow even further in the aftermath of the COVID-19 pandemic.

"If I'm thinking blue sky, we would love to develop the whole system, but the leading portable oxygen concentrator manufacturers have extensive resources and are continuously improving their offerings," said Martin. "So for now, our aim is to develop our interface to the point where it could be licensed."

Martin said the product made sense the more he thought about it. It didn't seem like it would take a huge investment or a lot of time to make a viable prototype.

"But the next stages of development didn't really fall into traditional academic work."

That's when he was introduced to Innovation Masterminds Edmonton (imYEG), the U of A's burgeoning pre-accelerator.

A co-creation of the U of A and Brass Dome Ventures, imYEG is an industry-led pre-accelerator created to help post-secondary-generated intellectual property overcome the earliest barriers on the path to commercialization.

"The novelty to our program is that we have proven business leaders who have actually successfully been there and done it themselves," said Chris Micetich, CEO of Brass Dome Ventures and U of A graduate, who leads imYEG.

"We've recruited mentors that have founded companies from scratch, carried them to success and are now investing in new companies. And

we have mentors that work in extremely large organizations overseeing hundreds of people."

These titans of their respective industries, 45 in total, gather five times a year for a Dragon's Den-style pitch session, where prospective U of A-borne business ideas are presented to determine the viability of the ventures.

"The idea can be at the stage where it's only in an academic's mind, right up to the stage that it is actually incorporated, maybe even has raised money, but it's stuck at a hurdle," said Micetich.

"Most of the innovators have not received any industry or business validation on their idea — and that's exactly what imYEG offers."

If the idea generates enough interest among the mentors, three to five of them volunteer to advise.

"Ultimately, the program is really designed to help navigate through the 'valley of death' where academia meets the realities of the business world," said Micetich.

So far, more than a dozen ventures have been accepted into imYEG, includ-

ing Martin's. Since January, seven ventures are being positioned to raise a total of more than \$15 million in funding.

"We came in, like many academics do, with essentially an idea and hoping to develop a technology. imYEG really helped us develop a viable vision and definition of what this product could look like," said Martin.

Micetich hopes the different levels of government will recognize the program's potential.

"Right now, the City of Edmonton is working with us to keep the imYEG ventures on the radar," Micetich said. "They want to know what they can do to keep these innovations and researchers who are gaining traction in the city, whether it be by helping with space or incubators or even publicity — all of which is essential for imYEG's contribution to local economic impact."

"These innovations in the pre-accelerator stage really need government support to help with that move out of academia into industry."



Kerby Centre

## Kerby Centre Annual Remembrance Day Service

Thursday, November 11th, 2021  
10:30 am to 11:30 am

Due to concerns of the Covid-19 pandemic, and our commitment to the health and safety of our community, Kerby Centre will continue our long standing tradition of honoring our military and fallen heroes by holding a small virtual service to be for our members and public to join in.

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<https://kerbycentrere membrancedayservice2021.eventbrite.ca>

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## INCONTINENCE 101

Tuesday, December 7th  
10:30 am to 11:30 am

*It can happen to anyone! Learn how aging affects bladder health. What are the causes, the different types and what you can do to maintain good bladder health.*

Presented By Dr Adrian Wagg,

Professor in the Department of Medicine at the University of Alberta, Professor of Continence Sciences at the University of Gothenburg, Sweden, President of the Canadian Continence Foundation

FREE Registration - <https://incontinence101.eventbrite.ca>

# The rise of the once-silent food worker

Dr. Sylvain Charlebois  
Dalhousie University

Workers across the food supply chain are expressing concerns about their livelihood.

Last weekend, workers at the online grocery retailer Instacart went on strike for better conditions and higher wages.

Instacart is a symbol of the new gig economy in food – you use a phone app to have someone else pick up your groceries and deliver them.

Instacart generated US\$1.5 billion in revenue in 2020, with US\$35 billion worth of sales. They now have more than 10 million users in North America, with 500,000 Instacart shoppers (employees) supporting the network. Instacart is also now available in most major cities in Canada.

Instacart doesn't have a union, of course, but the collective of Instacart shoppers are using social media to ask for a restoration of features the company dropped over the last few years. They call

it #deleteInstacart and ask consumers to boycott the app until their demands are met.

Reinstating Instacart's commission pay model is one demand. That entails paying its shoppers per order rather than bundling them and restoring the average commission to 10 per cent from the current five per cent. Instacart shoppers also want more transparency about how orders are assigned and a rating system that doesn't reflect on shoppers for problems outside their control. Shoppers have also asked for occupational death benefits, noting increased one-the-job risks.

Over the years, UberEats, SKIP and DoorDash drivers have also expressed discontent with how our labour laws deal with them as employees or contract workers.

While UberEats has settled the issue with a certain level of success, others are avoiding any debate. Foodora left Canada last year, the minute drivers successfully formed a

union.

These jobs are all part of the gig food economy that brings food to our doorsteps. And if the gig food economy isn't falling apart, it's certainly at a point of rupture.

Given our heightened collective consciousness about food systems, these workers have more political capital than they've ever had and they know it. And many of us are paying attention.

As inflation impacts the global economy, wages aren't necessarily keeping pace, which puts even more pressure on employers to revisit their compensation strategies.

The traditional food economy is also seeing its fair share of disruptions. Organized labour is making noise for workers at Nabisco, Kellogg's, Modeléz, Frito-Lay, Olymel and Exceldor. All of these companies have been affected by labour disputes in recent months.

Reports also suggest that staff at some shops owned by Starbucks, McDonald's and other

chains are trying to unionize. The fact that more food workers are striking or want to be better protected is telling.

Even U.S. President Joe Biden and his administration see delivery issues as a priority. A deal to address the growing supply chain crisis caused by the cargo ship bottleneck was announced last week to allow the Port of Los Angeles to operate 24 hours a day.

Although the dockworkers earn more than US\$100,000 a year, the deal involved looking after workers and their safety. It wasn't just about putting bodies in place to move things along. These negotiations implied that real humans are behind the success of food supply chains.

So the tone has completely changed in recent months.

The "hero pay" fiasco affecting grocers was just the beginning. It was a fiasco because the approach suggested that the extra pay was simply temporary to accommodate workers

during a global pandemic.

Galvanized by the fact that they're hard to come by, food workers who've been all but invisible for years are finally getting their time to shine. So expect more labour disruptions and, of course, higher food prices.

The agri-food sector is a high-volume, low-margin environment. And recent settlements give workers wage increases of eight to 10 per cent over several years. So these increases will inevitably lead to higher food prices.

Rebooting the global economy after an unprecedented shutdown won't be easy. And it will surely require all of us to recognize food workers as humans and valuable industry stakeholders, not just heroes for a day or two.

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

*Accessed through Troy Media Marketplace.*



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# Second annual Kerby photo contest!



By Andrew McCutcheon

2021 is ending and that means 2022 is on its way.

Many people are still trying to recover from

2020 despite.

Regardless of what the passing of the year may signify for you, personally, it means another year of The Kerby News — and that means another

one of Kerby News' annual photo contest.

Last year's contest was incredible: we had dozens upon dozens of entries, including the photo above which ended up being our grand prize winner.

The photo is of the Glenmore Yacht Club, taken by Karin Hossack.

Last year's theme centered on landscape photos of Calgary as the seasons changed.

This year's theme, however, is going to be a little bit different. This

year's theme is simple, but important, especially due to the last couple years we've had.

The theme is only one, single word: smiles.

Whether you're taking a photo of some smiling faces, or you're taking a photo of what makes you smile, we want pictures that will help tug at the corners of our mouths.

The grand prize winner this year will receive a free Kerby membership for 2022, along with being featured on the cover for

the January issue of Kerby News.

Our two runner-up photos will be featured as well over a spread of wonderful photos and will receive wonderful prizes for the Kerby Centre Cafe.

All entries can be sent to [editor@kerbycentre.com](mailto:editor@kerbycentre.com) or [andrewm@kerbycentre.com](mailto:andrewm@kerbycentre.com)

Please include "Kerby News Photo Contest" in the subject line of your email. And happy shooting!

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Tuesday, November 9th

9:30 am to 10:30 am

As we age, it is important to build our resilience and find healthy ways to cope with challenges. Join us as we learn how to "find the silver lining" and ways to boost our positivity!

Presented By

Vineeta Kapoor M.Psyc, PGDGC  
Manager of Information Resources

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# The best one-pot meals!

The one-pot meal! The pinnacle of convenience. There's nothing better than having a delicious meal and few dishes to clean at the end — to boot!

The convenience is only matched by the taste. Letting all those flavours get to know one another in a single piece of cookware is a surefire way to ensure a delectable and easy meal for the whole family.

Here are some quick, easy and delicious one-pot meals for this fall season.

## Red beans and rice

### Ingredients:

- 1 lb Dried red beans, rinsed
- 2 tbsp Olive oil, divided
- 1 Green bell pepper, chopped
- 1 Medium yellow onion, chopped
- 1 cup Celery, chopped
- 3 tbsp Garlic, minced
- 1 Large ham hock

- 1 tsp Kosher salt
- 1/2 tsp Freshly ground pepper
- 2 tsp Fresh thyme (or 1/2 tsp dried)
- 3 Bay leaves
- 1 tbsp Worcestershire sauce
- 1 lb Smoked ham, diced
- 1/2 lb sausage split in half lengthwise and cut into 1-inch pieces
- Cooked white rice

### Method

Place the beans in a large pot. Fill the pot of beans with water, double the beans volume. Bring to a boil. Boil the beans for 45 minutes making sure the beans are always covered in water. The beans should be tender with a little bite left in them.

While the beans are boiling, sauté celery, onion and bell pepper in 1 tablespoon olive oil in a large pan. When onions begin to soften add the garlic. Sauté until onions are translucent about 10 minutes. Set aside.

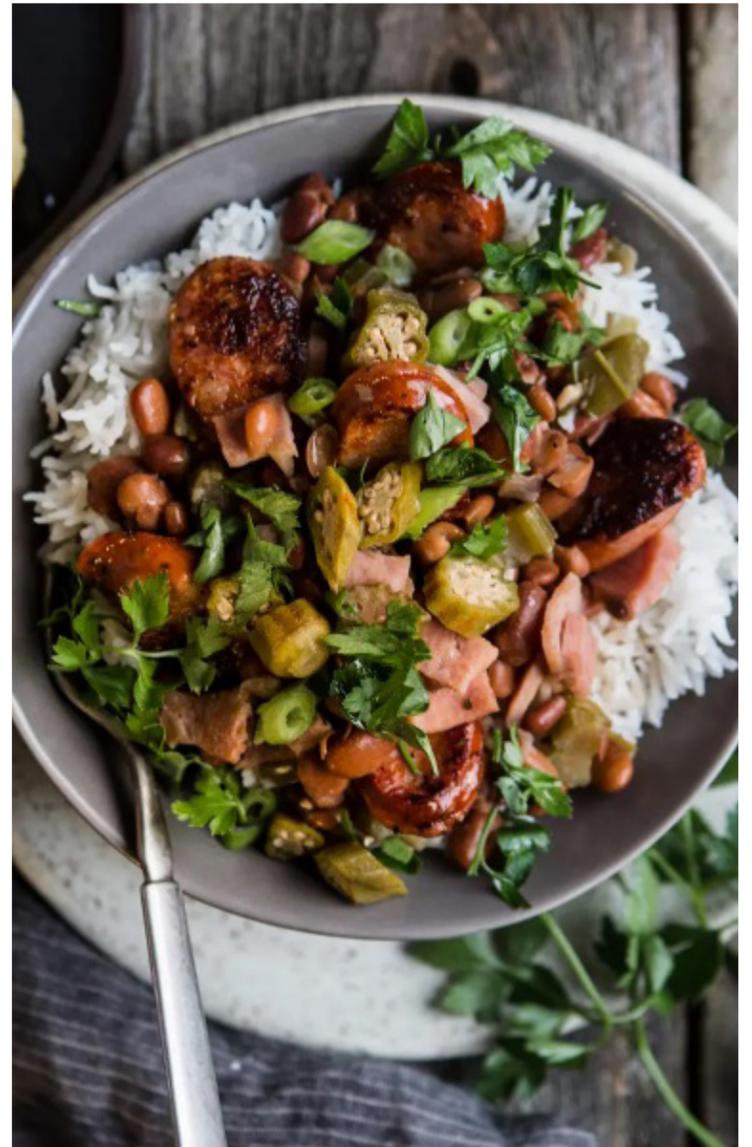
After the beans are done boiling, drain them and place the ham hock into the bottom of the pot.

Add the onion-garlic mixture to the pot along with the beans. Add the salt, pepper, thyme, bay leaves, Worcestershire sauce, and parsley.

Add just enough water to cover everything in the pot. Bring to a boil then simmer for 2-3 hours. During this time the beans will release starch which will turn the water and seasoning into a rich gravy. How “wet” the sauce is depends on your liking. If it gets too sticky, add water ¼ cup at a time.

While the red beans are melding with the deliciousness and making the sauce, add the last tablespoon of olive oil to the pan that was used for veggies. Sauté ham and sausage until slightly brown on all edges. During the last hour of simmering add it all to the pot of beans.

Serve over white rice



## Creamy Chicken Orzo

“Just carrots, celery, onions and garlic flavor this soothingly simple, risotto-like creamy chicken orzo recipe. Grab some crusty bread and call dinner done.

If you have already-cooked chicken handy—either from a store-bought rotisserie chicken or maybe some poached chicken you cooked as part of your weekend meal prep—this one-pot creamy chicken orzo comes together insanely fast. Like, 20 minutes fast. Even if you need to cook some chicken—we recommend a quick poach—our risotto-y chicken and orzo is still relatively quick to make. And it's oh-so-comforting. Basic veggies, a little garlic and a hint of creaminess make this one-bowl supper comforting and familiar, in the very best way. Cold season is here, friends, but fear not! This cozy, creamy chicken orzo is sure to heal (or at least soothe).”

### Ingredients:

- 1 tbsp Olive oil
- 1 Onion, chopped about 1 cup

2 Ribs celery, chopped, about 1 cup

2 Large carrots, peeled, sliced, about 1 cup

4 Garlic cloves, minced

8 cups Chicken stock

2-3 cups Chicken, cooked, shredded

1 lb box Orzo

1 tbsp Flat leaf parsley, minced

1 tsp Salt

¼ tsp Pepper

### Method:

Heat the olive oil in a large pot over medium heat.

Add the onion, celery and carrots and cook until the onion is translucent, about 7 minutes.

Add garlic and sauté for 2 minutes longer.

Add the chicken stock and bring to a boil.

Add the cooked, shredded chicken breast along with the orzo. Reduce the heat to medium. Add the parsley, salt and pepper.

Maintain a simmer for 20 minutes, until the orzo is cooked through, the veggies are tender, and most of the liquid has been absorbed by the orzo.

# Riddle

Riddle 1:

Greatest man nor tallest tree / Begins as any more than me.

Riddle 2:

No yoked beast, nor fearful thrall / nor rooted tree doth know my call

Riddle 3:

As we are/we two, we three/ As I alone will never be

Riddle 4:

Without me or within me death is sure/ Yet within you I am life most pure

Riddle 5:

Falcon, Hawk and Turtle-Dove / Swim aloft in oceans above

Riddle 5: Wind.  
Riddle 4: Water  
Riddle 3: Family  
Riddle 2: Freedom  
Riddle 1: A seed

# CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

## PREMIER Crossword

By Frank A. Longo

### TAKEN IN ACROSS

- 1 Alabama city
- 6 Change to fit
- 11 Kind of port on a PC
- 14 Seizes the attention of
- 19 Follow behind
- 20 First half of an album
- 21 Salada drink
- 22 Roll back to 0
- 23 "Hitchin' —" (1970 hit)
- 24 U.S. version of a cue sport
- 27 Argonauts' quest
- 29 Screening airport gp.
- 30 Lead-in for Rooter or tiller
- 31 Israel's main airline
- 32 Motorist's 180, slangily
- 33 Common seabird with black wingtips
- 36 Doc wielding a penlight
- 38 Chou En- —
- 40 "— la vista!"
- 41 — Aviv
- 42 Chess piece four squares from the king at the start of the game
- 47 Alternatives to inns
- 49 Wife's father, e.g.
- 50 Left on the dinner table
- 52 Arid African expanse
- 56 Small drinks
- 57 Keep — profile
- 58 Egypt's Anwar
- 61 Experts
- 62 Mooing herd
- 64 Cars move up and down in it
- 68 Fleur-de- —
- 69 "Yes, yes!" in Spain
- 71 Land in the ocean, to Yvette
- 72 Iraq's locale
- 73 Group of two
- 74 Certain injury from an arachnid
- 78 Gives 10% to the church
- 80 See 96-Down
- 81 Dragster fuel
- 82 Guesses at JFK or SFO
- 84 Iowa city
- 86 Printed notice with no pictures
- 89 Newly capped tire
- 91 Makes a sock, say
- 92 Old buddies
- 95 Inmate who's broken out
- 97 African cobra
- 100 Staples Center, e.g.
- 101 "Aw, shucks!"
- 102 Pantry pest
- 103 Baby who doesn't need a pacifier, perhaps
- 106 Actor Mineo
- 108 Spoken
- 112 Sorvino of "Mimic"
- 113 I love, to Livia

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						
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118					119			120							121			
122						123				124					125			
126								127							129			

- 114 It connects to a car engine's water pump
- 118 People who do what's at the ends of nine answers in this puzzle
- 121 Barbera's collaborator in cartoons
- 122 Borden's "spokescow"
- 123 Actor Romero
- 124 Common bellybutton
- 125 Rear- — (car accident)
- 126 Banana oil or benzoate
- 127 Secret U.S. govt. group
- 128 Big name in insurance
- 129 Deck out
- 15 Corporate shake-up, for short
- 16 Invite on a date
- 17 Scarab, e.g.
- 18 Leisurely walk
- 25 2.0 grade
- 26 French edict city of old
- 28 Granola bits
- 34 "Help Me, —" (1965 hit)
- 35 Fancy party
- 37 Boise-to-Spokane dir.
- 38 Lerner's collaborator in musicals
- 39 Wanted-poster abbr.
- 42 Grafton's "— for Quarry"
- 43 Single-wheeled circus prop
- 44 U.S.-Mex. border city
- 45 Gives a judgment about
- 46 "Dogtown" singer Yoko
- 47 Paradise
- 48 Persian king
- 51 "The Hollow Men" poet
- 53 Scholastic
- 54 Simply won't
- 55 Apropos of
- 57 Et — (and others)
- 59 Week- — -glance
- 60 Mexican dish
- 63 Baking qty.
- 65 Petrol quantities
- 66 Jacob of social reform
- 67 Roosted
- 68 Exam for future attys.
- 70 "Here Comes the Hotstepper" singer — Kamoze
- 75 Campus mil. group
- 76 Hair highlight
- 77 Gaggle birds
- 79 Like direct combat
- 83 Sea- — Airport
- 85 IRS form info
- 87 Iraqi, for one
- 88 Back fish fin
- 90 Singer Des'—
- 91 Jeong of "The Hangover"
- 93 Liselotte of the LPGA
- 94 Revenues
- 96 With 80-Across, Silicon Valley city
- 97 PIN money?
- 98 Hucksters' helpers
- 99 Stickler
- 101 The "g" of e.g.
- 104 Ike's wife
- 105 Screw up
- 106 Glossy fabric
- 107 Bewildered
- 109 Concerto part
- 110 Actor Ed
- 111 Get versed in
- 115 Sup stylishly
- 116 Lacks being
- 117 Emu relative
- 119 Slang suffix with "two"
- 120 Gp. for tooth drillers



# Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

**Kerby Centre Is Open To The Public! We Welcome You Back As We Continue 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

Welcome Back To Our Fall Series of Health & Wellness,  
Mental Wellbeing and Information Online Presentations.

We hope you will join us! Be Sure To Check Out The  
Presentation Ads Within This Issue For Dates & Times!

Join Us For An Informative Workshop  
**Engaging Seniors in Civil Society**  
Via: Zoom Meeting

Date: November 2nd, 2021

Time: 9:00 –10:30

Fee \$ 10.00

To register and for more information please  
contact Henrietta Fisher at 403-705-3233 or  
Email [henriettaf@kerbycentre.com](mailto:henriettaf@kerbycentre.com)

Next To New

½ Price Sale

November 15 - 19th



WISE OWL

½ Price Sale  
On Donated  
Items

December 6 - 10th



Want To Learn  
About Kerby Centre ?

Join Us For A Tour Every  
Thursday at 10:30 am

Please Register With  
Catriona At 403 234-6570



A Group For Mature Jobseekers

Join Us Tuesdays 1:30 - 2:30 pm

For Our Informative Zoom Online Presentations

Nov 2nd **Self Employment—Do You Want To Work For Yourself?**  
Learn about some of the ways to be self employed

Meeting ID: 828 8183 5978

<https://us02web.zoom.us/j/82881835978>

Nov 9th **Building Confidence & Positivity During Your Search**  
Participants will learn:

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

Meeting ID: 897 8102 2971

<https://us02web.zoom.us/j/89781022971>

Nov 16th **Online Job Search/ALIS**

Meeting ID: 834 1186 2360

<https://us02web.zoom.us/j/83411862360>

Nov 23rd **Job Search Strategies**

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: 874 7946 2062

<https://us02web.zoom.us/j/87479462062>

Nov 30th **Networking**

Participants will receive information and tips about:

- Find hidden job market
- Build additional contacts
- Navigate through information gathering interviews

Meeting ID: 899 4683 8124

<https://us02web.zoom.us/j/89946838124>

For more information phone 403 705-3219

## Kerby Centre FREE Rescued Bread & Goodies Market

Drop In - First Come - 1133 7th Ave SW 10:30 – Noon Every Tuesday (Nov 2, 9,16, 23,30) & Friday (Nov 4, 11,1 8, 25)

And join us for our external markets

- Banff Trail Community Association **Monday, Nov 15 (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary. AB
- Parkdale Nifty Fifties Association **Tuesday, Nov 9 (11-12pm)** Located at 3512 5 Ave NW, Calgary AB
- Bow Cliff Seniors **Thursday, Nov 25 (11 - 12 pm)** Located at 3375 Spruce Dr SW, Calgary AB

## KERBY EDUCATION & RECREATION WEEKLY PROGRAMS

Registration Is Required - Please Phone Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE RM 301 10:00 AM - 12:00 PM 2ND & 4TH MONDAYS—FREE  MAHJONG RM 312 10:30 AM - 2:30 PM -\$2.00  PICKLEBALL Gym 2:30 PM - 4:00 PM \$2.00	RECORDER GROUP RM 313 10:00 AM - 12:00 PM	GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE  WEDNESDAY DANCE KERBY CAFE 1:00—3:00 PM \$2.00  CRIBBAGE RM 312 1:00 AM - 3:30 PM \$2.00	ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day  PICKLEBALL Gym 2:30 PM - 4:00 PM \$2.00	SPANISH CONVERSATION GROUP RM 311 10:00 AM - 12:00 PM - \$2.00  CRAZY KARVERS WOODCARVING CLUB - RM 102 10:00 AM - 3:00 PM - \$1.25 HR  BADMINTON & PING PONG - GYM 1:30 - 3:30 PM \$2.00  ENGLISH AS A S SECOND LANGUAGE RM 311 1:30 - 3:30 PM  MONTHLY MOVIE IN THE LOUNGE 1:00 PM LAST FRIDAY @ MONTH \$1.00



**Solveig Christie**

Solveig is a wonderfully hard-working dedicated volunteer who helps in the Next to New shop. Solveig first began volunteering at the Kerby Centre in October of 2019. She was looking for volunteer opportunities, and aware of the excellent reputation of the Kerby Centre, was drawn here to support her peers.

She explained “Having some retail experience and a love of second-hand stores, this seemed a good fit for me.”

Solveig loves working with the diverse group of staff, volunteers and clients. “I enjoy especially meeting and serving the clients that come to shop and find it gratifying when they leave happy with their purchases. This keeps me coming back to volunteer.”

Apart from volunteering, Solveig spends her time creating paintings in acrylic and watercolours and is also an avid Scabble player.

This month we asked a new question of our featured volunteer. Solveig has chosen to answer the question What is the last book you read? Solveig has recently read “Lives of Girls and Women” by Alice Munro.

So far Solveig has contributed over **204.5** hours.

Thank-you Solveig for all you do for the Kerby Centre!

# Medicine Hat programming

Strathcona Centre November Schedule 2021				
Hours of Operation Monday through Friday 10:00 AM - 4:00 PM				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness Centre (Monday - Friday) 10:00 AM - 4:00 PM</b>				
			<b>Pickleball</b> 10:00 AM - 10:45 PM Gymnasium	<b>Pickleball</b> 10:00 AM - 10:45 PM Gymnasium
			<b>Fun &amp; Fitness (Erynn)</b> 11:00 - 12:00 Gymnasium	<b>Hatha Yoga (Krista)</b> 11:00 - 12:00 Gymnasium
<b>Table Tennis</b> 10:00 AM - 12:30 PM Gymnasium	<b>Table Tennis</b> 10:00 AM - 12:30 PM Gymnasium	<b>Table Tennis</b> 10:00 AM - 12:30 PM Gymnasium	<b>Silver Steppers (Krista)</b> 1:00 - 2:00 Gymnasium	<b>Table Tennis</b> 12:15 PM - 2:00 PM Gymnasium
<b>Pickleball</b> 12:45 PM - 4:00 PM Gymnasium	<b>Pickleball</b> 12:45 PM - 4:00 PM Gymnasium	<b>Pickleball</b> 12:45 PM - 4:00 PM Gymnasium	<b>Pickleball</b> 2:15 PM - 4:00 PM Gymnasium	<b>Pickleball</b> 2:00 PM - 4:00 PM Gymnasium

**Veiner Centre & Strathcona Centre are participating in the (REP) Restrictions Exemption Program which requires proof of double vaccination or a negative test result. Mandatory masking and social distancing will continue.**

Veiner Centre November Schedule 2021				
Hours of Operation Monday through Friday 9:00 AM - 4:00 PM				
Walking Club (Monday - Friday) Meet at the South entrance of the Veiner Centre @ 9:50 AM - 11:00 AM				
Snooker (Monday - Friday) Drop-in daily Outside of Shuffleboard 9:00 - 4:00 VC Games Room				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Quilting</b> 9:00 - 4:00 Crafts Room	<b>Water Colour Studio</b> 9:00 - 4:00 Crafts Room	<b>Bocci</b> 9:30 - 12:00 North MP Room	<b>Water Colour Studio (Drop-in 1:00 - 4:00)</b> 9:00 - 4:00 Crafts Room	<b>Quilting</b> 9:00 - 4:00 Crafts Room
<b>Canasta</b> 12:00 - 4:00 South MP Room	<b>BINGO</b> 9:30 - 12:00 North MP Room	<b>Mahjong</b> 9:00 - 12:00 South MP Room		<b>Mahjong</b> 9:00 - 12:00 South MP Room
<b>Contract Bridge</b> 1:00 - 4:00 North MP Room		<b>Crib</b> 1:00 - 4:00 South MP Room	<b>Canasta</b> 12:00 - 4:00 South MP Room	<b>Beginner French</b> 9:00 - 10:30 North MP
<b>Euchre</b> 1:00 - 4:00 Dining Room	<b>Crib</b> 1:00 - 4:00 South MP Room	<b>Scrabble</b> 1:00 - 4:00 North MP Room	<b>Euchre</b> 1:00 - 4:00 North MP Room	<b>Duplicate Bridge</b> 1:00 - 4:00 North MP Room
<b>Shuffleboard</b> 1:00 - 4:00 Games Room	<b>Duplicate Bridge</b> 1:00 - 4:00 North MP Room	<b>Wellness Wednesday's</b> 2:00-4:00 Boardroom	<b>Shuffleboard</b> 1:00 - 4:00 Games Room	<b>Mexican Train Dominoes</b> 1:00 - 4:00 South MP Room

**Veiner Centre & Strathcona Centre are participating in the (REP) Restrictions Exemption Program which requires proof of double vaccination or a negative test result. Mandatory masking and social distancing will continue.**



**Rates Starting at \$1600**

*Spend your retirement years with us.*

Dietician Approved Meals • Weekly Housekeeping  
Linen Laundry • Scheduled Activities • Pet Friendly

**Book your tour today!**

For more information contact us at  
**403-945-4700** or **info@luxstone.com**

**Wellness Wednesday's (Offered to both MEMBERS AND NON-MEMBERS)**

November 3rd - “Walk the Line” in the Boardroom at 2:00 - 4:00 with popcorn!

November 10th - TEP (Tiered Exercise Program) with Kirstin in the Crafts Room from 2:00 - 3:00 \*\* Free

of charge, must register. Minimum of 5 to run\*\*

November 17th - Revera Rocks! With Mariah in the Boardroom 2:00 - 4:00. Rocks, paint & paint brushes supplied

\*\*Free of charge, must register. Minimum of 2 to run\*\*

November 24th - Pharmacist from Sandstone Pharmacies presentation with Q & A in the Boardroom 2:30 - 3:30.

**\*\*\$1.00 fee to attend\*\***

**Other Activities Free of charge**

November 10th - Community Connections Fair. Come meet your local MLA and MP while learning about the resources available to you as an older adult in the community in the Lobby from 11:00 -1:00

November 17th - Cell Phone Training. Bring your cell phone and have hands-on training how to use your device with our Nursing Students. Crafts Room 9:30 - 11:30

November 18th - Paul Brandt with Orchestra on the TV's in the South MP Room 10:00 - 11:30

November 18th Paul Brandt with Orchestra November 25th - Beethoven: Symphony No.

9 on the TV's in the South MP Room 10:00 - 11:30 November 25th on the TV's in the South MP Room 10:00 - 11:30 Free of charge

2021 Falls Prevention Webinar Series (Zoom) Free of charge

November 4th - “Staying Independent: What you should know about your vision and eye health” 11:00 - 12:00 in the South MP Room

November 10th - “Medication Decisions that Reduce Risk for Falls” 11:00 - 12:00 in the Boardroom

November 16th - “Home modifications to support community dwelling older adults with staying independent and preventing falls in both rural and urban settings” 10:00 - 11:00 in the Boardroom

# Donor spotlight: Cobb's Bread



In the summer of 2020 one of our practicum students informed us that she had just purchased a COBS Bread franchise that would be opening downtown in the fall. Kerby Centre's Food Rescue program did not yet exist, but something big was coming together before we even knew it.

One of the fundamentals of COBS Bread's success is rooted in giving back to the community by supporting local charities and non-profit organizations. Every franchise in the city has an "End of the Day" program that donates products not sold on that day.

Kerby Centre was lucky enough to be chosen as the recipient charity by our former practicum student and new owner of COBS Bread on 17th Ave. On September 14, 2020 our first food rescue volunteers picked up the fresh bread not sold that day to distribute to seniors in need.

In November COBS on 17th was joined by COBS Bread in Kingsland and Kerby's newly established Food Rescue for Seniors started

rescuing bread three times a week.

Slowly but surely our bread distribution days grew into Kerby's Food Security program – with weekly donations, food rescues, and dedicated volunteers – a service much needed by vulnerable seniors in Calgary.

"It's amazing how just one partnership in the city can open so many doors to helping our most vulnerable with what matters most – food for the day", says Food Security program coordinator Nora, who has been working with both bakeries for the past year.

"All of that would not be possible without the gentle and kind thought that COBS Bread extended to Kerby Centre. Our program was built on the roots of that kindness", she says, "and continues to exist through the warmth of the bakery's oven and the depth of the bakers' hearts."

If you or your organization would like to support Kerby Centre's Food Security program, call 403-705-3176 or email [norar@kerbycentre.com](mailto:norar@kerbycentre.com).

**Stocking Stuffer Ideas:**

- socks
- mittens
- warm hat
- coffee
- tea
- hot chocolate
- personal hygiene items
- candy
- holiday treats
- books
- games
- gift cards

**HAPPY HOLIDAYS!** Give the gift of shelter, food and friendship for seniors in need.

I would like to make a **one-time** donation:  \$25    \$50    \$125    \$250    My choice: \_\_\_\_\_

I would like to become a **monthly** donor:  \$15    \$25    \$50    \$100    My choice: \_\_\_\_\_

**Payment Method:**  Cheque    Visa    MasterCard

Credit Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

**Planned Giving is another way to make a big impact**

I would like to receive more information about planned giving.

I have included Kerby Centre in my will.

**Send tax receipt to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

*All donation are gratefully received. Donations of \$20 & above will receive a donation receipt.*

**Kerby Centre 1133 7 Avenue SW Calgary, AB T2P 1B2**      **Charitable Registration #11897-9947-RR0001**

Donate online at [www.kerbycentre.com/donate](http://www.kerbycentre.com/donate) or call 403.705.3235



# CLASSIFIED ADS

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

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

**CLASSIFIED RATES**  
Starting at \$18.50 (50 characters 2 lines)  
Classified deadline for Dec. issue must be received by Nov. 15

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

**10 Health**

**Hearing Aids**

All solutions, including on-site service! Call David: 403-455-9688 or visit [www.amityhearing.ca](http://www.amityhearing.ca) for more information

**20 HOME MAINTENANCE**

JF carpentry and handyman services. Fully licensed and insured, specializing in windows and doors. Great rates. Call John, 403-613-8385. Handyman Services - Home maintenance, Repairs, and Renovations. Ask for Senior Discount. Call Patrick! 403-481-0569

**Tony Peterson Eavestrough**

Quality work, prompt service. Free estimates 5" continuous gutter install. Cleaning & Repairs Service (Since 1997) Call Tony 403-230-7428.

**Londonderry Painting**

Int & ext painting. Ceilings, Wallpaper, Sr. Disc. Free est. Howard 403-226-3456 All types of electrical work, new, old, troubleshooting & renos. Sr disc. 403-239-5918 or 403-870-8687.

Senior working for seniors Will do small repairs Electrical, plumbing, carpentry work Call Jim 403-249-4180, Cell 403-519-8761

**11 FOOT CARE:**

Therapeutic footcare by RN Provided in your home Call 403-640-7965

**Special promotion for**

**new clients.**

Call Becky @ 403-472-8885 for details. Advanced foot care Nurse, specialized in diabetic foot, fungal, ingrown nails, corns, and callouses.

**Alberta's Mobile Foot Care**

The company that Albertans trust the most. Advanced Foot Care Liane at 403-512-2429 or [albertasmobilefootcare.ca](http://albertasmobilefootcare.ca)

**12 HOME CARE**

Is aging in your own home your goal? Professional consulting services with a Registered Nurse & Gerontologist. Optimize the fit of your home, assess your balance, plan for the future and live with confidence in the comfort of your own home. Call 403-408-7552, email: [kendra@aevumadvantage.com](mailto:kendra@aevumadvantage.com) [www.aevumadvantage.com](http://www.aevumadvantage.com)

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

**Mom and Pop Caregiving**

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

**Susan's HomeCare is here**

For all of your needs. MediCal/non-medical, everything from transportation, companionship, and everything inbetween. We also provide end of life care. Please call 403-818-1487 for more Information. Reasonable rates, insured and bonded. [Susanshomecare.ca](http://Susanshomecare.ca) and

**find us on Facebook**

Private Male Caregiver \$20/hr available Mon-Sat 8AM - 6PM phone 403-273-6424 or 403-803-9493

**26 SERVICES**

**HAIRSTYLIST IN MOTION**

MOBILE HAIRCARE in the comfort and safety of your own HOME I am following mask and disinfecting protocols at all times Please call BRENDA 403 471-7500

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

**Corinne's Mobile Hair Service**

Perms cuts & style 39 yrs exp 403-589-2069

**Mobile massage at your own home.**

Registered massage therapist. \$80/hr. Call or text Alex 587-437-3546

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Local computer repairs & lessons. Affordable rates Free diagnostics, no travel fees, great service. [xentas.ca](http://xentas.ca) 403-481-8080.

**ABC MOVING** - Sr. Discount. Call for a free estimate 403-383-9864

**"THE YARDIST LTD" TREE & SPRAY SERVICE**

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Painter 40 yrs exp. Low rates. Wayne 403-804-2046

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**30 FOR SALE:**

2 Single Lift Beds. Electric with vibration. Barely Used. 2 for \$1,000 or \$600 each. Delivery available 403-507-0334.

Battery operated 4 wheel scooter. 2018 never used. Paid \$2,200. Asking \$1,000. Can delivery. 403-507-0334.

For sale - Elvis albums - CDs, cassettes, and a 45 rpm. Price negotiable. Call Ruth at 587-956-7716

**Dining chairs; china, figurines and cabinet; sofa and chair; bouncy horse, dolls and carriage; washstand, jug and basin. Call Jan 403-201-4578**

**33 WANTED**

Buying coins & paper money, Canada, US & world. Fair pricing. References upon request. Israel: 403-263-7052 403-850-9137. [hombre071@gmail.com](mailto:hombre071@gmail.com)

Buying antiques & collectibles, old jewelry, license plates, badges, watches, china, figurines, cup/saucers, tools. Call Kevin P. 403-660-0483

Buying used firearms Single or complete Collections. Call: 403-291-4202

Mans set of Golf Clubs and Bag Ladies set of Golf Clubs and Bag Both in New Condition \$150.00 each Phone #403-720-0136

Model airplanes new or used.

Motors electric or glow - servos Electronic parts - propellers - any Other airplane pieces + etc. Phone Reg in Calgary. 403-271-1119

**48 Real Estate**

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

For sale, 2bdm, 2bath (40+) Condo Redcliff, Alberta. Call Cathy @ [Source1RealtyCorp](http://Source1RealtyCorp) 403-581-8147

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

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

**50 RELOCATION SERVICES**

**ABC MOVING**

Specializes in relocating seniors from one place to another. \$\$ low low rates \$\$\$. Call Don at 403-383-9864. [www.abcmoving.ca](http://www.abcmoving.ca)

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Serving Kerby clients for Over 15+ years. Experienced Reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**

**AAA-Brothers Moving "Seniors deserve a break" Brent. 403-383-9586**

# Making holiday budgets

News Canada

We all know the holiday season can be downright expensive, and even well-intentioned shoppers can end up with last-minute costs that really add up. But it doesn't always have to be that way. Here are some key steps for making a holiday budget and tips for staying the course.

Set a spending limit. Just like a regular budget, start by figuring out how much you can afford to spend this year. If you haven't set aside some money throughout the year, look at your income, regular expenses, other savings and how much money you can put towards the holidays.

List your holiday expenses. Be detailed and specific — include not only who you plan to give gifts to, but also food like holiday dinner and baking supplies, holiday activities, greeting cards, new seasonal décor or outfits, as well as small essentials like wrapping paper and ribbon.

Determine your needs and wants. Review your holiday expense list and think about what's essential and what's just nice to have. Prioritize your list this way, so you have a sense of what you'd be willing to spend less on and what you might not need at all.

Divide your budget. Now you can allocate your total spending across the expenses

you've listed and prioritized. It may take a few tweaks to get something you're comfortable with that's also realistic.

With your holiday budget in hand, all you need to do is follow it. A few ways to stay on track while enjoying are to:

Reduce costs by shopping early, comparing prices and scoring at sales like Black Friday.

Prevent impulsive spending by keeping a list of financial commitments, like car pay-

ments, in your wallet to keep you motivated.

Use pre-paid credit or gift cards for holiday spending to limit over spending.

Carry your budget with you and keep track of all holiday purchases.

Communicate with family and friends about new expectations or shifts in tradition.

Make DIY thoughtful, low-cost gifts.

Create more affordable traditions like skating at your local ice rink.



**Bowbridge Manor**  
3139 Bowwood Dr. N.W. Calgary, AB  
403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager

### IN MEMORIAM

Join us in extending sympathy

**Karen Ruth Erber**

**Josephine Homulos**

**Florence Kereluk**

**Helga Erika Kuenzel**

**Beverly Oliver**

**Dawn "Bunny" Smith**

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.

## CROSSWORD SOLUTION

S	E	L	M	A		A	D	A	P	T		U	S	B		G	R	A	B	S			
T	R	A	I	L		S	I	D	E	A		T	E	A		R	E	S	E	T			
A	R	I	D	E		A	M	E	R	I	C	A	N	S	N	O	O	K	E	R			
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## PUZZLE ON PAGE 26

### SUDOKU ANSWER

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

## PUZZLE ON PAGE 26

## ADVERTISERS' INDEX NOVEMBER 2021

Bethany Care.....	32	Luxstone Manor.....	28
Bill Stemp.....	12	Manor Village .....	2, 19
Bowbridge Manor.....	31	Molzan .....	14
Brenda Strafford.....	13	Mountain View Seniors .....	24
Care by Angels .....	31	North Hill Denture.....	10
City of Calgary.....	21	Nurse Next Door .....	14
Co-op Memorial Society .....	4	Off our Rockers.....	18
Cowboys .....	18	Peak Medical Group .....	6
Deerfoot Inn and Casino.....	FP	ProminenceWay/RockyRidge7	
Dynovac Plus Security .....	10	Silvera for Seniors .....	5
Evanston Summit .....	23	The Estate Lady .....	31
Golden Life.....	9	Trico Living Well.....	15
Heart to Home .....	8	Verve Senior Living.....	11
Jubilations .....	14		

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