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Panning for gold — and not profit



Panning for gold may not be the quick way to get rich that some think it is, but as Kerby News columnist Lesli Christianson-Kellow explains, it's a wonderful way to pass the time. Story on page 10.

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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."

Thank you for trusting The Manor Village!

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

New and returning programming

Writing this article in mid-August for the September edition makes me wish I was either an Epidemiologist or a Fortune Teller. During August we cautiously began to open programming and services in Veiner and Kerby Centres. Meals on Wheels operated in Medicine Hat throughout the pandem-

ic and Food Rescue, Thrive and Outreach operated out of Kerby. But it sure feels great to see more smiling, familiar faces in our buildings these days.

But we are looking forward to more “openings” in September. We will still have some precautions for sure.

At Kerby we have already reopened most of our programs in August, albeit in a modified manner. For example, the programs we used to refer to as ‘drop-in programs’ are now ‘weekly activities’ as we are now requiring registration. That said, we’re excited to start the new fall semester for Education & Recreation courses in September.

In Medicine Hat, many of our groups are back operating in Veiner but in September we will welcome back even

more. Line Dancing, In-Door Pickle Ball and Floor Curling will start at Strathcona Centre. Both the Fitness Room and the Bistro will open on Sept. 1 in the Hat.

As you will notice in Kerby News and on our website, we will continue to offer zoom programming but keep checking our social media, newspaper and website for some exciting new programs and courses.

Speaking of the website, by the time you are reading this we will have a new Veiner Centre website where you will be able to see what is going on and register for new programming.

This fall there will be some exciting new offerings in both Calgary and Medicine Hat—I think you will be surprised. Membership at Veiner and Kerby Centre will have

some new “perks” that we are hoping you will value.

Keep reading Kerby News, our website, and social media channels to hear about some of these exciting new initiatives. By the way our staff team, board and management would love to meet you.

On Sept. 18, we are running the Grand Parade in Medicine Hat as a fundraiser for Veiner Centre.

We will be having a barbeque afterwards and would love you to join us.

The next day we are running/walking the Calgary Marathon as a fundraiser for Kerby Centre and will be having a brunch at Kerby afterwards.

If you would like more details about helping us with these events or joining us for a bite to eat you can find the details on our website.

SEPTEMBER 2021

KERBY CENTRE'S MISSION:

To support older adults to live well in their community.

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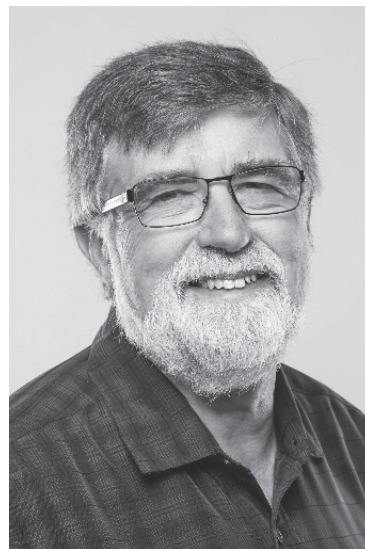
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Richard Parker,
Kerby Centre President

One thing many of us have learned over the past 18 months is the ability of technology to connect us both to family and friends and to information and services we used to visit personally.

I had not used Zoom before March 2020 yet now it is a significant part of my life both professionally and personally. I enjoyed connecting with my grandchildren digitally when we were locked down and they taught me lots, including how to play games such as “Scattogories” with them on the computer.

Over the past 18 months, Kerby has recognised the need to assist seniors in both accessing and using digital technology. Last year Kerby became a partner with an organisation based in Toronto called “Cyber Seniors.” This is a

Cyber Seniors aims to assist

volunteer organization that provides a phone-based help desk for seniors with respect to any question you may have regarding technology and how to use it.

This help desk may be reached by calling 1-844-217-3057 — with availability for 7:00 a.m. to 3:00 p.m. Alberta Time, Monday to Friday.

Ask your question regarding technology, which could be as simple as “How do I turn on the Tablet my grandson just sent me” to “I have just upgraded to the latest Zoom software and am not sure how to use a feature”. You will be connected with a volunteer who will work with you over the phone to answer the questions you have.

Cyber Seniors uses secure technology to ensure your digital safety and has well-trained volunteers who have experience with a wide range of technology. They also have people who speak different languages.

Many of the volunteers are young people looking for opportunities to help their community and enjoy interacting with older persons.

If you want to learn more about Cyber Seniors go on the world wide web

to <https://cyberseniors.org/about/> and if you need help doing that call 1 844 217 3057.

Kerby has also recognised that many seniors do not have access to the equipment needed to access technology, such as an iPad, a tablet or a simple computer. We recently received funding from the City of Calgary to create a program to assist individuals who do not have the financial ability to secure such equipment.

Furthermore, older adults who can take care of their basic needs such as banking, booking appointments or applying for benefits tend to be more stable tenants.

Initially, we are working with the Trinity Foundation to provide equipment to older persons living in their Affordable Housing units.

The United Nations has declared Oct. 1, 2021, Day of Older Persons and the theme this year is Digital Equity for all Ages. If you are interested in learning more about this day go to <https://www.un.org/development/desa/ageing/2021-unidop-digital-equity-for-all-ages.html>

Are you concerned over your mental health?



Andrew Glen McCutcheon
Kerby News

The last two years have been difficult to say the absolute least.

Social distancing, the loss of time spent with friends and family, and being cooped up for long periods of time at home are just a few of the effects that COVID-

19 has had on the mental health of citizens across the country.

For those experiencing hardship and difficulties, seeking help has a variety of barriers whether it be access, finances or the stigma attached to counseling or therapy.

Calgary Counseling

Centre (CCC) seeks to assist, with their National Depression Screening Day initiative.

Every year for a week in October, a free and anonymous questionnaire is available to screen for depression and is a great first step for those looking to improve their mental

health.

“We encourage anyone at any age to check in with how they’re doing and take the free confidential quiz. It’s very simple to use and it’s an easy first step to reach out for help,” said Dr. Robbie Babins-Wagner, CEO of the Calgary Counselling Centre.

Those interested can access a link online, and doing so is considered one of the first steps needed to improve one’s mental health according to the CCC.

Symptoms of depression include everything from trouble concentrating, insomnia and restlessness, to hopelessness, fatigue and loss of interest in things once pleasurable.

If you are interest-

ed in participating in a screening, you can visit areyoufeelingok.com between Oct. 4 and Oct. 10. If you’re interested in learning more about the CCC, you can visit calgarycounselling.com.

Since the start of the pandemic, the CCC have been extremely active in the community to assist with the mental health and well-being of Calgarians.

In 2020, they conducted over 44,000 hours of counseling; so far in 2021, they’ve accomplished 28,860 hours — an 11 per cent increase over the same time period as the year previous.

Note that although depression is a common issue found among older adults, it is not necessarily a normal part of the aging process.

Depression is more than just feeling low periodically; it is a serious mood disorder that can require intervention, whether that be through counseling or medication.

In the same way that an older adult with emphysema or a heart condition are not “weak” or “whiny” for wanting medical intervention on the part of a health issue, neither are those who choose to do so for their mental health.

Having depression is not a character flaw; it is a condition that affects 10 to 15 per cent of older adults in Canada; and there are a variety of options available for those seeking help.

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\$2.85 million awarded to create new platform to accelerate and support ALS research

by Adrianna MacPherson
University of Alberta

University of Alberta researcher Sanjay Kalra is leading a team of investigators awarded \$2.85 million from Brain Canada to create a platform that will help ALS researchers better understand the complex disease and find ways to treat patients with a more personalized approach.

ALS, often referred to as Lou Gehrig's disease, is a neurological disease that affects nerve cells and slowly severs the communication between the brain and the muscles of the body. One of the biggest challenges to treating the disease is that ALS varies from person to person, which can lead to delayed diagnosis and treatment, failure in clinical trials and an inability to predict treatment response and prognosis.

The Comprehensive Analysis Platform to Understand, Remedy, and Eliminate ALS (CAPTURE ALS) seeks to tackle this

challenge by gathering a complete biological picture for each ALS patient. Biological data gathered will give researchers added insight that can then guide their treatment of the disease, allowing them to offer patients more personalized options.

CAPTURE ALS will expand on work already being done by the Canadian ALS Neuroimaging Consortium (CALSNIC), which is developing and validating imaging-based biomarkers that could potentially help to identify the severity of ALS in patients, track the disease's progression and find more effective treatments.

"CAPTURE ALS is creating a biorepository and operating it under an open-science framework. Like CALSNIC, the new platform will collect clinical, imaging and speech data in a standardized fashion across all sites, but additionally, will also collect biofluids such as blood and cerebrospinal fluid," said Kalra, who is the director of CALSNIC, a professor in

the Division of Neurology and a member of the Neuroscience and Mental Health Institute.

"The harmonization of standard operating procedures across all sites is important, so there can be uniformly high-quality data and materials," Kalra noted. "Then, all of this will be available to researchers globally."

The platform brings together researchers on an international scale with the ultimate aim of better understanding the challenges of diagnosing and treating ALS. The Clinical Biological Imaging and Genetic Repository (C-BIGR) at the Montreal Neurological Institute will house data and materials accessible to researchers involved with the platform, and the research team members are engaged in multidisciplinary work with expertise in everything from imaging to artificial intelligence.

Along with Kalra, the team includes U of A researchers Wendy Johnston,

professor in the Division of Neurology, and Russ Greiner, professor in the Department of Computing Science and member of both the NMHI and the Cancer Research Institute of Northern Alberta (CRINA). Kelvin Jones, associate professor in the Faculty of Kinesiology, Sport, and Recreation, is a co-investigator leading the development of the electrophysiological arm of the project.

"A key principle of this work is the bringing together of this multidisciplinary group," said Kalra. "For example, basic researchers have a need for highly characterized materials (imaging, blood, cerebrospinal fluid) and independently do not have access to that. Clinicians are the ones seeing the patients and can participate by co-ordinating the deep phenotyping and collection of data and biofluids. The two must talk to understand each other's needs and perspective on the disease."

According to Kalra, there are many benefits of this

type of collaborative, multidisciplinary research and open framework, including increased availability of and access to materials, greater visibility for the research and stronger collaboration between researchers, all of which can lead to more rapid discoveries.

CAPTURE ALS is in the development stage and continues to expand, with the first participant set to enrol in late 2021.

"Early experiments are being planned and grants have already been submitted to utilize and increase the scope of the platform," said Kalra.

With the launch of CAPTURE ALS made possible by the Brain Canada grant, the plan is to enrol 100 patients over the next two to three years and create a robust platform to aid researchers in their study of the disease.

The award includes matching funds from ALS Canada and two industry partners, Regeneron and Alnylam.

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Changes in the investment landscape

James Mactavish
Alberta Securities
Commission

There are two self-regulatory organizations (SROs) in Canada that strive to promote investor protection and ethical conduct within the investment industry.

These organizations are the Mutual Fund Dealers Association of Canada (MFDA) and the Investment Industry Regulatory Organization of Canada (IIROC).

On August 3, 2021, the Canadian Securities

Administrators (CSA), the umbrella organization representing all of Canada's securities regulators, announced its plan to oversee the creation of a new, single SRO to consolidate the functions of the MFDA and IIROC. The new SRO will provide an enhanced regulatory framework for the investment industry.

Similarly, the CSA will oversee the creation of a new investor protection fund which will consolidate the functions

of the MFDA Investor Protection Corporation and Canadian Investor Protection Fund.

These funds provide eligible customers of investment dealers and MFDA members protection for cash and securities within defined limits, in the event that a dealer or member they work with becomes insolvent.

An SRO is an organization created to regulate the operations, standards of practice, and business conduct of its members

and their representatives and to promote the protection of investors and the public interest.

The MFDA, founded in 1998, provides oversight to dealers that distribute mutual funds and exempt fixed income products to investors.

The MFDA is structured as a not-for-profit corporation with its members comprised of mutual fund dealers licensed with provincial securities commissions, outside of Quebec and

Newfoundland.

IIROC, formed in 2008, sets and enforces rules regarding the proficiency, business and financial conduct of investment firms and registered securities dealers.

With surveillance teams across Canada, IIROC oversees all Canadian marketplace activity, ensuring everyone trades fairly and follows trading rules.

CSA Position Paper 25-404 New Self-Regulatory Organization Framework outlines the framework for the new SRO, which is based on extensive research, analysis and consultation with industry participants. It is designed to streamline the protection measures for Canadian investors while enhancing public confidence, innovation in the capital markets and fair and efficient market operations through continually evolving industry conditions.

The new, yet to be named, SRO will centralize the MFDA and IIROC complaint-reporting processes, allowing investors to easily file a complaint and have it directed to the new SRO or the relevant provincial securities regulator(s).

Additionally, the new SRO will facilitate easier and more cost-effective public access to a broader range of investment products and services.

Until the consolidation of the MFDA and IIROC is complete, investors are reminded that the functions and services of both existing SROs still remain fully operational.

If you have complaints regarding trading issues or with your registered or dealing representative, please visit www.iiroc.ca, www.mfda.ca or www.alberta-securities.com.

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Panning for gold — and not for profit



Lesli Christianson-Kellow
Kerby News Columnist

I tilt my gold pan and backpan gently, and just where it should be, in the groove of my gold pan, fine, powdery gold has collected along with a bit of black sand. Once again I have found gold.

My husband and I have just returned from our family's annual gold panning and camping trip. Yes, gold panning. No, we didn't find any gold nuggets. No, we didn't strike it rich. Yes, it's a real thing that people do as a recreational hobby. How much gold did we find in a two week period? Well, maybe \$7.00 worth. Why do we do it?

For the fun of it, of course, and for the chal-

develop your gold panning skills, and once your skills are solid, you're motivated to keep looking for gold,

The science of gravity supports the technique used in gold panning. Gold is a heavy metal. Therefore the weight of the gold and the technique of gold panning causes the gold to fall to the bottom of the gold pan. The gold will end up in the same place every time, guaranteed. What is not guaranteed is actually finding gold.

But, gold panning is a fun hobby that you can combine with camping, fishing and hiking. It's an activity we often do as a group, arranging to meet up with friends at gold claims or at a gold club functions or gold panning competitions. The variety of people that are attracted to the sport of gold panning is amazing.

In the 1970s, my Dad was struck with gold fever and gold panning was often part of our family's camping trips growing up. I was a teenager before I realized that gold panning was not your typical family hobby. But I've continued the tradition, and my daughters also grew up



Panning for gold. Photo provided by author.

gold panning and taking part in gold panning competitions. They are third generation gold panners.

What is gold panning?

Gold panning is one way of searching for gold, usually near a river or a creek. Some areas are open for gold panning, but in other areas you can't gold pan unless you have a claim. It's advisable to research what areas you can gold pan.

There are gold claims all over B.C., where the land has been segmented into grids and each grid is considered a gold claim. It used to be that you had to go out into the forest and physically stake a claim using GPS coordinates, and sweat and grit. An actual stake with the claim owner's identification was pounded into the ground and that indicated the boundary of

the claim. Then the claim had to be registered at the B.C. Mineral Titles office. If your claim was staked inaccurately then you had to go back out into the bush and re-do your work. These days, a person can stake a claim by registering online and pushing a button on their computer.

What do you need to get started gold panning?

A gold pan, a shovel, a snuffer bottle, a glass vial with a tight lid (to hold your riches). And a lot of patience.

How do you pan for gold?

Shovel gravel into your pan. Ideally you are in an area where gold has been found, or that indicates that gold would likely be in the area. (Black sand, inside bend of a river).

Why doesn't the gold

fall out of the pan?

Gold is heavy, the back and forth motion, agitates the contents of the pan causing the gold to drop down to the bottom of the pan

How do you get that tiny gold out of the pan?

By using a snuffer bottle, this bottle allows you to easily suck up little specks of gold.

What do you do with the gold?

Most prospector's dump the day's contents from the snuffer bottle back into the gold pan to 'clean it up' by getting rid of any extra materials that are sucked up with the snuffer bottle, like black sand. Then the gold is panned again and then back panned to once again use gravity to coax the gold into the crevice of the gold pan. Once the gold has been cleaned then it is sucked back up with the snuffer bottle. Then it can be transferred to a glass vial.

There are clubs you can join to learn more about gold panning and to swap gold panning stories with. The Alberta Gold Prospectors Association has regular outings and competitions for their membership (www.agpa.ca)

It's not a guarantee that you will ever strike it rich or find a big nugget, but that's part of the fun, and the challenge - you just never know if the next pan might hold a shiny nugget — after all Gold is where you find it!



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Coffee crunch; prices are going up

Sylvain Charlebois

Coffee is one of the most traded commodities in the world. In Canada, we don't grow coffee – yet – but we love our daily cup of java. Over 90 per cent of Canadians are coffee drinkers.

But coffee is getting ridiculously expensive.

In 2020, Canada was ranked fifth highest in the world based on per capita consumption of coffee. The average Canadian consumes about 5.5 kg of coffee a year. The Netherlands is the most addicted nation, with 8.3 kg per person, according to Statista.

Coffee in Canada is 17 per cent more expensive since January and barely anyone noticed.

The bad news is that more hikes are coming. Last month, coffee futures exceeded US\$2 per pound for the first time since November 2014 and prices have remained resiliently high ever since.

Early frost reports got many investors and contract starts nervous. On July 29, a large region of Brazil saw snow for the first time in years and that will likely compromise its coffee harvest. As a result, the price of coffee is around US\$1.85 per pound right now.

Coupled with higher transportation costs, Canadian coffee importers, compelled to renegotiate contractual terms, will likely pay more. In turn, menu prices will need to be adjusted.

The recent sobering Intergovernmental Panel on Climate Change (IPCC) report on climate change by the United Nations reminded us of how extreme weather patterns will impact various crops for years.

Coffee is certainly near the top of the list of crops highly vulnerable to climate change. Arabica coffee beans, used for dark roasts, are growing in popularity around the world, but these beans require constant and predictable growing conditions. Climate change is just making farmers' lives even more challenging and it isn't going to get easier.

Retail coffee prices are expected to rise in Canada and consumers should notice a difference by the end of 2021. We may also see more shrinkflation affecting coffee – cans or bags of coffee could shrink, with prices per unit remaining the

same. It's a clever way not to spook the consumer.

In food service, things are much more subtle than they used to be. For many years, major coffee chains would notify consumers about price hikes – a nickel here, a dime there. Not anymore.

Between 2014 and 2018, Tim Hortons announced coffee price increases regularly, only to see angry consumers take to social media and express their discontent. That's just not good marketing.

But the way we buy things now is helping chains manage menu prices differently.

Since we now operate in a mostly cashless econo-

my, few people notice price increases from one week to the next. When using a card, visualizing the cost of anything is much more challenging. Chains can get away with increases with hardly anyone noticing.

A cup of coffee has increased by about 15 per cent on average in food service over the last three or so years and few are complaining.

But with prices going up, many consumers are likely to trade down or continue having coffee at home, as they did during COVID-19 lockdowns. Depending on what coffee you buy, and where you buy it, costs can add up monthly. Making coffee at home will

cost 25 to 30 per cent less than buying coffee at your favourite chain. During lockdowns, many consumers would have noticed these savings.

Coffee is a formidable strategic hook that most restaurant chains love to use to get more foot traffic and generate more business. Getting someone to buy coffee regularly generates revenue, especially before 11 a.m. daily.

A few years ago, McDonald's knew what it was doing when it gave away free coffee for a month. Free coffee, for an entire month! The chain is now a top player in the breakfast market. While Starbucks set a benchmark on cof-

fee quality and experience, McDonald's made strong, dark-roast coffees a mainstream flavour.

With today's prices, a similar campaign would cost at least 35 per cent more than it did a few years ago. So this may not happen again any time soon.

Regardless of what happens to prices, Canadians will continue to drink coffee. But will we buy our brew from a coffee shop or make it at home?

That remains to be seen.

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



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The fall colours of Calgary



Deborah Maier
Calgary Horticultural Society

In mid-July, boldly seasonal change announces itself by the dropping of a large yellow Northwest poplar leaf by my feet as I barbeque. “It’s mid-sum-

mer!” I shout towards the sky. It’s a comment that is typically punctuated by another yellow leaf landing nearby on the deck, with a distinctive “thack.”

From mid-July until September, these trees shed the odd leaf that is no longer useful to them.

But now, in September, the changes will happen swiftly. One morning the ash trees are green, the next they are golden, then they are leafless.

The Calgary fall colour palette is yellow.

Sometimes it’s bold and bright, other times paler and muted. Having hailed from northern Ontario, I still crave the vivid fall co-

lours of my youth. In the Calgary area, while the tree canopy is fairly monochromatic, a broad spectrum of colour can be found in the shrubbery. Not only are shrubs a great source

for fall colour, but they can also provide seasonal interest year-round—flowers in the spring, fruit, changing leaf colour in fall (and throughout the growing season for some), structure in winter, and habitat for birds and pollinators.

All our tree leaves have a yellow pigment in them. The rich green of chlorophyll masks the yellow pigment while the tree is growing and healthy.

In the fall, changes in day length, light intensity, and air temperature are signals to plants that the growing season is at an end and it’s time to get ready for winter by going dormant.

Dormancy is an ad-

aptation for surviving freezing temperatures. As part of the transition into dormancy leaf chlorophyll breaks down. Once chlorophyll is absent, the yellow pigment (orange too) that has been there all-season-long shows.

Having fall leaf colour in the red spectrum is the result of the pigment anthocyanin.

Only some plants produce it. In these plants, glucose trapped in the leaves is converted to the pigment. To make the conversion, there needs to be a lot of sunlight.

If there are many overcast days even trees that typically have red leaves may have a yellow fall colour.



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Many factors can affect fall leaf colour, but the major ones are anthocyanin content and weather. For the most vivid and longest period of fall colour, days need to be sunny and dry, and evenings very cool but without frost.

This weather provides the best signals for both the light and the temperature dormancy-triggered plants. Chlorophyll production will shut down and the plant will download energy from the leaf canopy to the roots. The leaves will colour-up vividly.

If you're looking to add fall colour to your yard, walk around your neighbourhood to see what plant is presenting the colour you're looking for. If you can, chat with your neighbour to find out the cultivar as even closely related plants won't necessarily display the same colour.

To add more colour to my fall garden, I have added dogwoods (*Cornus sericea*, *Cornus alba* 'Prairie Fire'), Korean maples (*Acer pseudosieboldianum*), and most recently, an American highbush cranberry (*Viburnum trilobum*).

These shrubs all offer a red fall leaf colour. The dogwoods are a dark red, while the Korean maples have a leaf colour more in the orange-red range that I'm partial to. The American highbush cranberry can range from a bright to burgundy red. I won't know for certain which colour it will have until next fall, when the shrub's display reflects the growing conditions of my yard.

Regardless, it will be an interesting addition with its duck-foot leaf shape, vivid rosy leaf buds, and white spring flowers that are followed by red berries.

A word of caution about the dogwoods and Korean maples.

Dogwoods are native to Alberta and are a common forage plant for deer, while the Korean maples are an exotic deer treat. The viburnum is supposed to be deer resistant ... I'll soon know if it is.

If you are interested in learning about shrubs and their features, sign-up for one of the Society's Woody ID courses. Intro to Woody ID is a recommended prerequisite for the Master Gardener Program. For information about these courses, and other Society programs for Calgary and area gardeners, visit calhort.org.



All photos taken in Calgary and provided by the author. Courtesy of the Calgary Horticultural society.



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Pets enrich all of our lives



Photo by Bofu Shaw. Accessed on Unsplash.

Barbara Ellis

E-mail is a wonderful thing. After using it for the better part of 20 years, I think I am finally getting the hang of it. I don't do Facebook, Twitter or any of the other communication things, not because I am lazy, I just simply don't want to learn another new thing. I also don't want to think up another password that I have to try to remember.

Getting back to e-mail, I am fortunate to live in an age when I can keep in touch with my friends who live near and far. Sometimes their e-mails include photographs of their growing families and

videos of places they have visited.

Now and again, they send me videos of animals doing things that make me laugh.

Those e-mails I enjoy most of all. I love all cuddly and furry things, but puppies and kittens, are my favourite. Pudgy little bodies, taking their first faltering steps or wrestling with their siblings.

Big bewildered eyes, and twitching little noses, as they try to make sense of their new and expanding world.

Dogs and cats weave themselves into our lives, and truly, become part of our family. During most of his life, my father didn't

have a chance to own a pet of his own. That changed in his fifties when he adopted a dog. From that time on, he and Zsoka became inseparable.

All dad had to do was pick up his car keys, and no matter what part of the house she was at, Zsoka's incredible ears instantly brought her to his side. She was always ready to go, no matter the time or the weather.

She was very protective of the car as every gas jockey soon found out.

When one of them attempted to wash the car windows, she lunged at them and her bark was immediate.

My father would have to settle her down and reassure the attendant that no harm would come to him.

Dad spoiled her, but she, in turn, showered him with all the love that her wonderful heart could hold. She loved ice cream. Seriously, what is funnier than a dog licking an ice cream cone? There was no question that Zsoka loved the taste, the cold sensation made her nose pucker up and eventually

brought on a sneezing spell. Whenever we pulled into the Dairy Queen, she gave a few low and almost inaudible barks, making sure we would not forget her. Frankly, she was impossible to ignore when she shoved her cold wet nose into the back of our neck. She always got her share.

One of my cats loved popcorn and would sit next to me and gently pat my arm until I gave her a piece. Of course, I had to bite off the hard bits so she only got the puffed up and best part of the corn.

Cats don't chew so she had it swallowed before I had the next piece of corn ready. If I stopped, she would stand up on her haunches and begin to pat my cheeks.

Patting my cheeks was also her favourite way of waking me up. She would come and lie next to my face and gently pat my nose, or mouth, or chin. If that didn't work, she had one final weapon, she would sit on my neck and purr loudly. That never failed.

The shenanigans of my cats have left me with memories that still make me smile.

My most energetic cat was a little male I named Tiger. He was trouble and fun from the moment I brought him into my home. One of his most notable antics created chaos in my room and frightened the daylights out of him.

I was in my studio working on one of my paintings when I heard him come galloping down the hall. At the doorway and at full gallop, he launched himself onto my TV table. Unfortunately, the table contained my painting paraphernalia — a palate full of oil

paints, brushes, turpentine etc.

He landed with all four paws onto the palate and sent everything flying. This so startled him that he leapt vertically into the air and then landed back on me. His colourful paws coloured my blouse and then the carpet as he began his frantic retreat back down the hall.

I got a bottle of oil from my kitchen cupboard and then went looking for him.

He was under the sofa. Wide-eyed, shaking and terrified. Slowly and gently I coaxed him out. I did not want him to get sick from licking the oil paint and turpentine, so I wanted to clean his paws with olive oil. I also knew that no matter how well I cleaned him, it would not satisfy him.

True enough, he spent the next hour licking his paws and cleaning behind his ears.

My pet preference was cats, not because I don't like dogs, but as I worked, I found it easier to be a cat owner. Cats are wonderful companions, full of mischief and fun. I have been stalked and attacked when I walked down the hall. Jumped on when I was eating or reading the newspaper. And best of all, snuggled up to when we both needed some tender loving affection.

The animals who shared my life gave me love and an endless source of amusement. Unfortunately, I can no longer have a pet as I live in a building that does not allow animals. Yes, I do miss stroking and holding a soft and cuddly little creature.

Above all, I miss the tender moment I shared with each of my pets.

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Salud, Dinero y Amor, Henri!



Henri with Paula's relatives on rancho El Zapote. Photos provided by author.

By Jaroslav Maria

I believe the really good friendships happen serendipitously and endure because of shared backgrounds, feelings or ideas. Add a little compassion and generosity and there it is.

These friendships don't become encumbered by frequent contact, better described as my house is your house, like Rob Petrie and his wife Laura had with Jerry and Millie of the Dick Van Dyke Show fame or Fred and Wilma Flintstones with Barney and Betty.

These are more often just figments of some writers' imaginations and often expire soon after their best before date.

The friendships that survive long pauses are the first kind. Even long pauses melt away like April snow once the good friends are reunited.

Behind the police station in Texcoco, Mexico, in 1972 they had just two holding cells separated by a tiny courtyard. A hallway ran on the side of the cells with doors at each end, connecting the police station and a 'terra incognita' that

may have been a real jail. Food for the holding cells' occupants was brought from there. Comings and goings disturbed the prisoners since only floor-to-ceiling-bars — reminiscent of cages in zoo — separated them from the hallway,

The courtyard, hallway and cells were a self-contained unit, but there was no roof above the yard, so the December night temperature dropped down close to freezing even inside.

Locals held a fiesta on the adjacent square on Saturday afternoon and into the night, complete with Mariachi music, singing and other noises. The cab dropped me off at about 7 o'clock at the police station and I was put into one of the cells already holding eight men.

The only furniture was a tiny wooden table with some bowls of chicken, rice and other nondescript edibles, plus a jug of water. Empty bowls were strewn on the concrete floor. There was a single bed size mattress on the floor. My predecessors were already lying on it crossways tightly packed for protection against the cold. Mattress used like that can hold nine men if they

are spooning. When one turned, the whole lot did as well, like a deck of cards being flicked by a skilled dealer.

I was the only sober person in what was essentially a drunk tank and more were coming. The source of newcomers was the fiesta. Every time they threw someone new in, we, the original nine, would get up like one man and beat him off to sleep on the concrete floor by the opposite wall next to the latrine with no seat and no running water.

Close to delirium tremens, they were pushovers. We held the mattress rights by the rule that the first come first served!

After midnight the square went quiet. In the morning we were issued brooms. Water in the toilet was turned on. It was a powerful stream that flushed all the accumulated stuff down to the sewer.

It was our job to direct the detritus that spilled over towards the drain in the middle of the floor. It was amazingly effective. It helped that most of the prisoners seemed to be regulars familiar with the drill. Soon the cell was spick and span and the drunkards were released. I had the mattress all

to myself as I was destined to stay a bit longer.

Later back home, people wanted me to denounce Mexicans for the miserable conditions, but honestly, unpleasant as the facility was, it was the local standard.

They didn't aspire to anything more than that. After sundown, the warden dropped in periodically, presumably checking if I was not hanging myself or to urge me to eat. My nonexistent Spanish and his sporadic English made conversation difficult.

I didn't trust the government provided food, but he wasn't offended and volunteered to buy me takeout food in town if I gave him money. Afterwards, we talked about our life in Calgary. Although I was the one behind the bars, with longing eyes he would have loved to trade places with me. Albeit temporarily detained I was the "Canadian"!

The reason for my incarceration was rather prosaic. Driving the whole day from Veracruz, distracted and tired, I veered off the pavement onto the soft median at 110 km/hour. Trying to get back on the pavement made the car spin and we crossed the median.

There was a head-on collision and both cars were write-offs. The passengers of the smaller Mexican car were badly hurt, but luckily nobody was killed. The accident happened on a freeway and close to the toll booth, so the police arrived right away.

To make sure the drivers had proper documents and Mexican insurance, it was still customary in the seventies to hold them in detention and sort it all out in court on the next day. Alas, there was no 'next day' for me, because the day after was Sunday, followed by New Year's Day when the courts are closed.

Surprisingly the police sent us both to the nearest police station together by cab and without any escort. I had to pay the fare. The poor Mexican kept mumbling, 'why, why'? Well, why indeed? He and his family certainly were in the wrong place in the wrong time.

With me safely tucked away in jail my wife and daugh-

ter were left on the freeway. They hitchhiked to Mexico City and the Hotel Parc Villa by Chapultepec Park.

We had chosen and booked it because the owner was Canadian. It was the serendipitous moment mentioned earlier. Henri and his wife Helen were compassionate and generous, having similar backgrounds and common interests between us becoming obvious shortly afterwards.

Henri took charge. Nothing more could be done that night. The next morning my wife wanted to find out where I was, but she didn't know where I had been taken to. She asked Henri if he could help her to call the jails in the area and find me.

'Honey' he said, 'most jails in Mexico don't have phones and even if they do, they won't tell you. You must go from jail to jail, give them a \$ 5.00 bribe and they will tell you he is not there. So off you go to the next one'.

He gave her a car with a driver and they started out. They found me eventually. She brought me a badly needed jacket and a book to read.

Events took a quick turn after that. She went to the Canadian embassy for advice. They were very accommodating even though we weren't citizens yet. Since I caused the incident there could be repercussions. She asked for help with the selection of a lawyer as I very obviously needed one.

They produced a two-page long list of English-speaking lawyers in Mexico City, but what their capabilities beyond that were, she would not know. The vice-consul hesitated to give advice presumably fearing liability.

Finally, checking around if there were no witnesses, he said: 'If I were in trouble, lady, I would hire Juan F. D. He was born in Montreal to a Mexican attaché and is the best lawyer in the city'. His name was not on the list.

Juan certainly was the best and in due time through hard to follow proceedings conducted in Spanish, I was released. It was a long story, but the lesson learned was, that under certain circumstances one must trust the local help. In his final bill, there was a modest entry — for the judge.

After that, we still had to stay in Mexico City for another ten days or so. Our car had to be declared a write-off, insurance money collected, the car towed to the federal junkyard and paperwork finalized.

Mexican bureaucracy takes its time and it was handled by our lawyer's staff. We had run out of money by this time, so I called my employer in Kitchener for an advance. It was a stressful time.

Henri came to the rescue. He owned and operated a hotel in Jasper in summer and spent winters in Mexico City running his Hotel Parc Villa. He was a successful businessman and knew that the Mexican system works steadily, but slowly. It must be prodded but not too hard. Be patient, he advised, although he himself was nothing but.

He was a dynamo who had a hectic, but purposeful life. As a young and undereducated Belgian boy, he had come to Canada after the war, sponsored by a farmer in Saskatchewan. He paid his dues and finished high school there.

Then he started to hustle as a travelling salesman selling reconditioned transmissions all around western Canada. He was tough, made money and

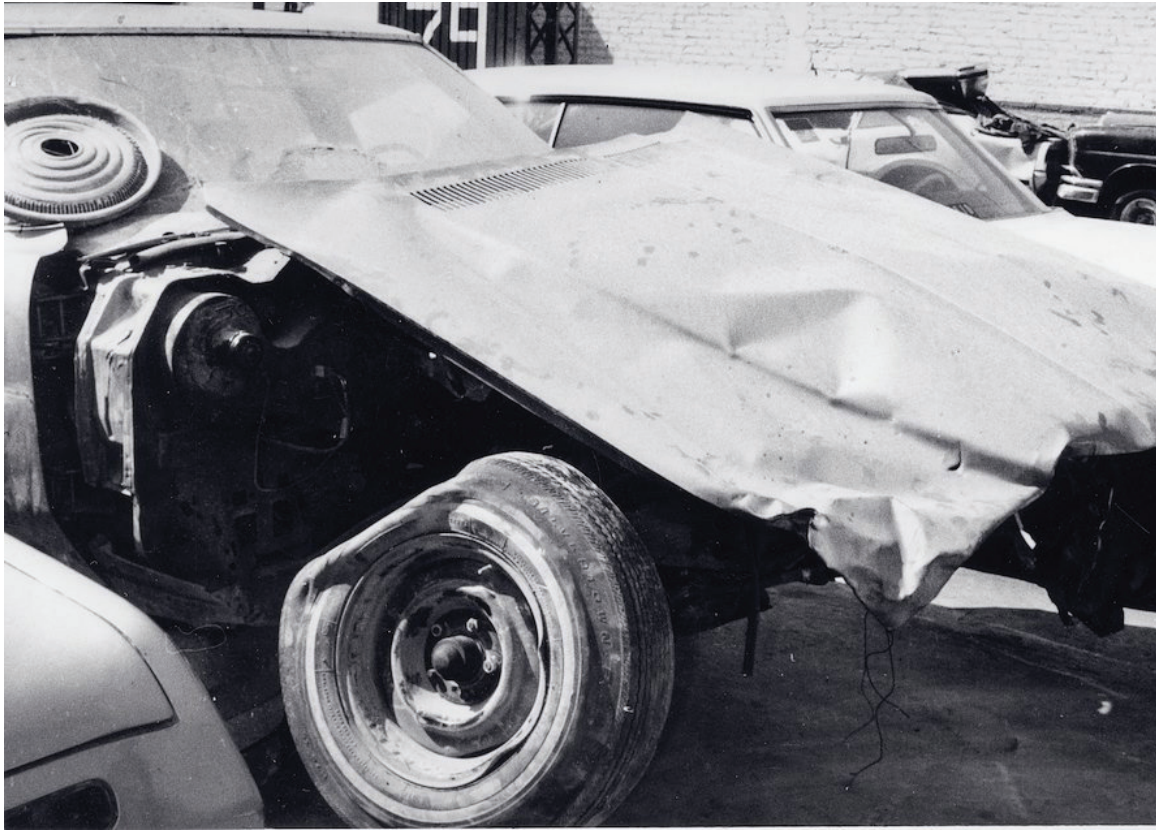
had a heart of gold like many who work their way up from the very bottom have. He was an 'A' personality impersonated that took him to heart troubles later.

In days between the legalities, we toured the city. In the evenings Henri and Helen considered it their duty to lift our spirits. They took us to their favourite restaurants every other day.

We went to the San Angel Inn where Prince Phillip of England 'always stays' when in Mexico. It certainly was a posh place down to how even the washrooms were beautifully appointed.

We sampled fresh oysters shucked at the doors of seafood bars and visited an Argentinian barbecue steakhouse where we cooked our steaks to our liking on hibachis in front of us. In Czardas restaurant my wife and Helen, both excellent singers, joined the violinist, the restaurant owner and a Hungarian Roma in singing Eastern European folk songs. They say that the Roma can steal your soul with their music. How true!

Somehow all of this was included in the cost of our hotel rooms. It was the best hotel deal we ever had!



Our Pontiac in the Mexican junkyard.

Henri and Helen made the difference. They managed to turn an unpleasant situation into a fondly remembered adventure. Sadly, Helen passed away soon afterwards, but we stayed in touch with Henri who developed a severe heart condition and was forced into early retirement. He threw his considerable energy into just living, and with his Mexican friend, Paula, he travelled the world.

The postcard we re-

ceived one day spoke volumes. Typical Henri, brief and to the point. It read something like this:

'Hello! Paula and I went to France as planned, to visit opera and bike along the canals. Paula, being a Mexican national, could not get a long enough tourist visa, so we went to Moscow instead, to enjoy ballet in the Bolshoi Theater. Then we took the Trans-Siberian railroad to Vladivostok, I highly recommend it. Once there we decided to bum around China for a few weeks. We are now on the way home. Henri.'

The postcard was posted in Fiji. We have done a lot of travelling ourselves and it was the interest we shared with them, but we were just minions in comparison.

Over the years, we would visit Henri in Victoria or Courtney in BC and Federal Way, WA as they moved around. We hiked together in Mexico where they stayed in winter on Paula relatives' rancho EL Zapote in the Veracruz State, and they were a couple of times in Calgary. They were similar to us in spirit, only wealthier.

Decades later, when the heart condition and all the bypasses caught up with him, Henri died. His children asked me to deliver part of the eulogy. It was a two-day drive in the middle of winter from Calgary to Federal Way south of Seattle, where he passed away. We went gladly. I had prepared a eulogy, but my wife vetoed the last sentence - 'Henri believed

life was too short to drink a cheap wine' as totally inappropriate for a solemn occasion the funeral is.

When we arrived at the funeral home, we were early. Paula took me to the still open casket and there was Henri in his travelling Eddy Bauers' pants, shirt and shoes, all new and ready for his last trip.

At 2:00 p.m. the ceremony was officially started by the Master of Ceremonies, a funeral home employee. He said a few introductory words, then Henri's son Clarence talked about his dad and the good times they had had together when they were growing up.

When it was my turn, the people in the room were starting to doze off. The crowd was not big, many looked Mexican. I introduced myself, explaining how we had met Henri and Helen in Mexico City decades earlier, and what a good person Henri was. The audience stirred up and I could hear a murmur: 'It is him! That's the guy'. I didn't know that Henri had told our story to so many people and that it meant so much to him!

After that, the eulogy became a celebration of Henri's life and others joined in, reminiscing. At one point I noticed a pamphlet lying on the speaker's stand in front of me, the kind they hand out in funeral homes. It featured a picture of smiling Henri with the caption underneath: 'Henri always believed that life is too short to drink a cheap wine!' And so it is.

For the last time: Salud, Dinero y Amor, Henri!



Paula, on the right, also on rancho El Zapote.

Researcher investigates how diet affects immunity

By Michael Brown
University of Alberta

Two decades ago, Catherine Field's University of Alberta nutrition lab showed that specific fatty acids in breast milk during the crucial first period of life could program how the immune system responds to food allergens.

Her group looked at milk, egg and soy allergies—the ones babies tend to grow out of but can still cause real issues—and determined that the fatty acid DHA, found most commonly in seafood, was instrumental in suppressing not only these early allergies, but also other diseases like asthma and emphysema.

It was that work that led to DHA being added to infant formulas across North America.

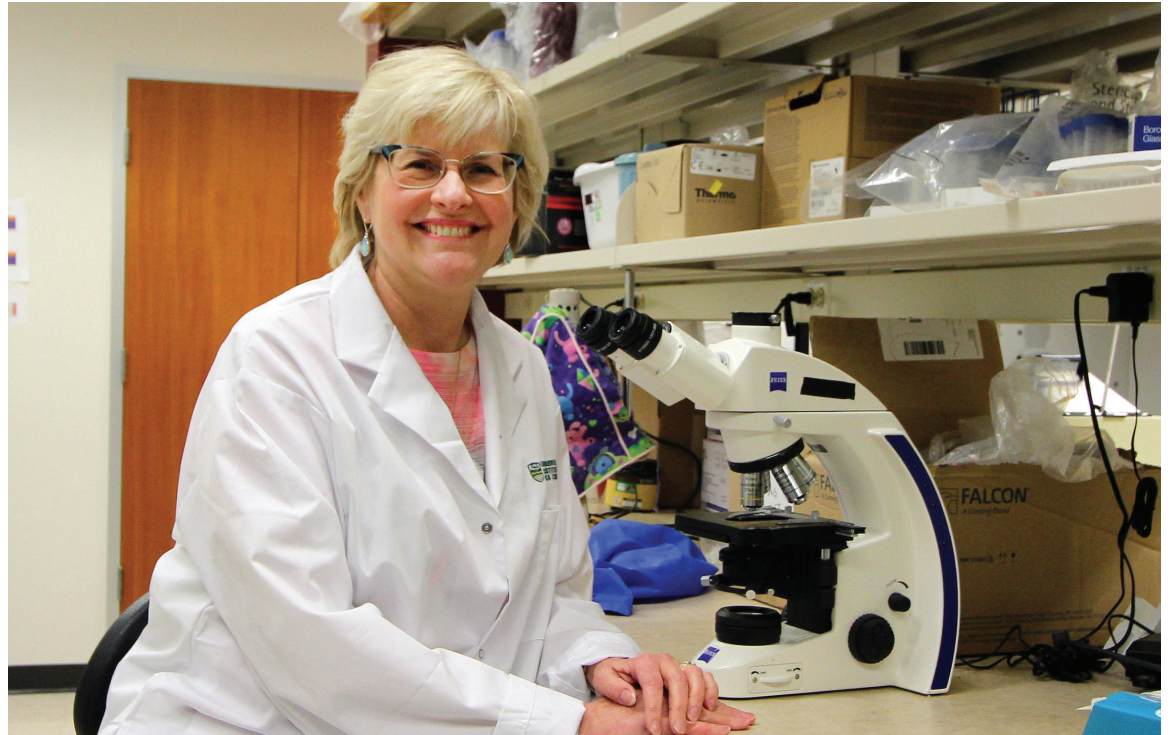
"Immunology is in the centre of virtually every chronic disease," said Field, researcher in the Faculty of Agricultural, Life & Environmental Sciences (ALES) and Canada Research Chair in Human Nutrition and Metabolism.

"Now we're spending a lot more time answering the question, exactly how does nutrition influence the immune system?"

Now, thanks to \$420,000 from the federal government's John R. Evans Leaders Fund (JELF) and matching funds from the Government of Alberta, Field, along with immunology researchers Caroline Richard from the Faculty of ALES and Sue Tsai from the Faculty of Medicine & Dentistry, will be able to purchase the equipment to determine the mechanism behind the impact of diet on immunity. The grant is part of \$4.8 million in foundational research infrastructure for 23 U of A projects.

Richard, who holds the Canada Research Chair in Nutritional Immunology, and Tsai, the Canada Research Chair in Immunometabolism, will focus their efforts more on the inflammation that happens in obesity and how it's so related to all of the complications of obesity.

"My co-principal investigators are interested in



Catherine Field of the University of Alberta. Photo by Jordan Carson.

how they could modify that inflammation through nutrition, or finding markers that could be targeted in different ways, whether it's by nutrition or by pharmaceuticals," said Field.

Although Field was alone in this field of research, she said it is slowly gaining in popularity as supplements with immune-boosting claims are now a multibillion-dollar industry.

"The U of A is the only place in the country that has people doing work on nutritional immunology and metabolism," she said.

"We're actually really looking for interventions that we could put into either clinical guidelines or policies."

For instance, there are really no recommendations for moms focused on immune development for ba-

bies, Field said.

As well, she said allergies seem to be growing, whether we're just getting better at diagnosing them or there really are more allergies.

"It's a happy story that we're trying new things and understanding how they work, so that we can get these into recommendations for the public."



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SANOFI PASTEUR 

City of Calgary Municipal Election special

Editors Note: The City of Calgary is preparing for a municipal election on Monday, Oct. 18.

The editorial staff at Kerby News reached out to Mayoral Candidates ahead of the publication of this issue, giving them a chance to respond to a single question: "What is the biggest issue facing older Calgarians in coming years?"

The candidates were limited to a word count for their responses. Those who did not respond by publication date were not included.

They are listed in no particular order and have not been edited outside of minor changes to formatting to reflect Canadian Publication standards.

Kerby News elected not to include those running for council positions, as with roughly 90 indi-

viduals running for seats, an appropriate amount of text space would not have been available.

Shaoli Wang:

Fixed income, many low incomes, facing ever rising tax of all kinds above grocery price hike.

The regressive nature of property tax deemed a bailout to the Arena unfair, more so to our seniors.

The unaffordable Green Line will inevitably be another burden. For which seniors should not be liable to pay after fulfilling their mission to build the society already.

Seniors should not be liable to pay for their grandkids' or great grandkids' education tax. A seniors property

tax credit of \$20,000 is well deserved.

The City's over spending, especially salary over inflation and population growth of \$520 million in 2019 compared with 2003, has extremely limited city's essential service, like bus routes, snow shovelling, and LRT station washrooms, all of which hurt our seniors the most. The growing crime rate along with overpaid CPS, \$150 million in 2019, also hurt our seniors more.

Zaheed Ali Khan:

I believe the biggest issues are irrelevant to time. The real problem is the elderly are just images of our future selves. I would go on to state that anything impacting me, has already impact-

ed them or does so more severely IE: loneliness, transportation, health both mental and physical. Communication/media access, I would like to call on FOIP as it is not only access to information but the right types of access such as internet and or device to use such commodities.

Imagine merging elderly homes and or day cares together not only would we achieve more funding, we would achieve a better future for the elderly, volunteering and or still holding positions in human care. I plan on better insurance rates due to longevity. No family left behind!

Will Vizor

The biggest issue that seniors are facing this days are health issue and rise of property taxes.

Zane Novak:

The COVID-19 pandemic has shone a light on many issues and vulnerabilities facing

our aging adult population, particularly those in long-term care and home care. Sadly, challenges such as isolation, overworked care staff, and lack of mental health support are not a side effect of the pandemic. These problems affected our seniors before, and will continue to affect them going forward unless more is done. We must invest in housing, home care support, and certainly in mental health outreach and assistance.

Seniors have made huge contributions to society throughout their lives. We've missed the mark in supporting them, and our seniors need and deserve better.

Having worked with this sector of our society for years, I have witnessed the struggles of our seniors firsthand, and I will continue to be a passionate advocate for the improved quality of life that they have earned here in Canada.

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Brad Field

The short answer is cost of living. Older Calgarians face escalating costs while typically living on pensions or savings. Property tax is the biggest cost for many.

I have spoken with many seniors who bought their home when it was affordable, but their taxes have escalated at a rate much faster than their income.

That simply cannot continue. We want seniors to stay in their homes as long as they choose. We cannot allow out-of-control property taxes to force them out early.

There are other expenses such as utility rates to control. I am also committed to lower rates for seniors on items such as transit passes, and to maintaining funding for FCSS services. I am committed to continue to expand and maintain affordable housing for seniors.

We must ensure continued accessibility to social services that maintain mental health, and to physical accessibility for the mobility challenged.

Jeromy Farkas

Your voice in the future of our great city is important because you have made Calgary what it is today.

The biggest issue facing older Calgarians is affordability. Taxes and fees have gone up well beyond inflation or increases to pensions, leading many seniors to wonder if they can stay in their homes.

Meanwhile, City Hall spends massive amounts of money on pet projects. Community recreation facilities that we rely on to stay healthy are closed, or like Richmond Green Park, sold off.

I value accessibility and adequate snow removal. Why are we spending millions on bike lanes, when sidewalks and streets go un-cleared for weeks after a snowstorm? Many City-owned community centres also lack accessibility.

I've pushed to do better in each of these areas. I've led by example by turning down the generous City Councillor pension. As Mayor, I will work to make Calgary affordable for all Calgarians.

General Election information

Election Day is Monday, October 18, 2021. Voting stations will be open from 8 a.m. to 8 p.m.

Advance voting

There will be several opportunities to vote in advance. The Advance Vote will run from Monday, October 4 to Sunday, October 10, 2021. Voting station hours are as follows:

Monday, October 4 to Friday, October 8 (8 a.m. – 7 p.m.).

Saturday, October 9 (10 a.m. – 7 p.m.).

Sunday, October 10 (10 a.m. – 3 p.m.).

Due to the pandemic, we encourage people to make use of the various advanced voting opportunities to minimize long lines and accommodate physical distancing requirements at a voting station.

Voters who are unable to vote at their designated advance vote or Election Day voting station because of a physical disability or absence from the jurisdiction, may apply to vote by special (mail-in) ballot.

Casting a ballot

Where do I vote?

On Election Day and during the Advance Vote you must vote at your designated voting station based on your home address.



A voter information card will be sent to each household showing their voting opportunities.

In addition, voting information will be available through the Where Do I Vote? tool on our website, through The City's social media accounts, and by contacting 311.

Specific location information will be shared closer to the election.

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Oct 4-11th	Active Aging Week, featuring a variety of online presentations on wellness, education, information and points of interest for older adults.
October 20th	Wills & Estates, a presentation by Johnathan Ng, Underwood Gilholme Estate Lawyers
November 1st	Falls Prevention Awareness
November 11th	Kerby Centre Annual Remembrance Day Service
November 15th	Kerby Centre Presents – Virtual EXPO, a two week series of presentations featuring products, services, health & wellness and information of interest to older adults

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Fall reflections for every September

Stephen Ditchburn
Rainbow Elders Calgary

Ever since I was a young lad, “knee-high to a grasshopper,” as my Nana Jackson would say, September has been a time of change and new beginnings for me.

As a learner there’d be a new school year with a new grade, new teachers, new friends and new adventures. Sometimes September

brought along a whole new school as I moved from elementary to junior high and then to high school and university

This autumn back-to-school ritual continued throughout my career as a teacher. June would be a month of wrapping things up and saying good-bye to another school year. There was always a sense of finality as the kids emptied their lockers, got their yearbooks (I have dozens!) and went

their merry ways. Whatever the year had brought along, whatever successes or disasters had been experienced, they were all finished and done. I loved the concept of wiping the slate clean and starting anew in September, which seemed so far away. Now there was nothing except weeks and weeks of lazy, dreamy days with no alarm clocks, no meetings, no marking, nor report cards!

For many people it’s Jan. 1 that marks the start of new things with promises to break bad habits and replace them with all sorts of good, healthy ones. Out with the old; in with the new! However, in the world of education, it’s September and Day One of the new academic year that brings huge changes.

For me there’d be a new teaching assignment, new colleagues and new students. Every year I’d have my list of goals and changes, a sort of New Year’s Resolution list, if you will. It often went like this:

1. This is going to be the year I’m staying on top of things! My marking will be done and returned in lightning speed. Oh yes! Things like that won’t be piling up this year.

2. And this year I’m going to get my students’ names memorized in just a few days. That’s going to be just grand and will help me avoid embarrassing situations. Normally it took me forever to get names all straight. Over the years I tried trick after to trick to

help me learn names, but that was usually all in vain. Not this year, though! No sirree! This year it’s going to be way different!

3. My classroom will remain clutter-free this year! No more will I lose my important handouts and documents within five minutes of making them. Nothing is going to get lost under piles of other important documents and unmarked work, after all there won’t be any piled up unmarked work (see resolution number one). This year is going to be really different; everything will be neatly organized. Out with the chaos! This year, mine will be an exemplary classroom!

So I’d write these down very neatly in my new very organized binder and put away the list, only to dig it out again the following September.

Every year, even now, I think of all the feelings and emotions that sweep across our city on Day One’s Eve. There are thousands of students, instructors and parents getting ready for the Big Day. Will anyone have a good sleep tonight? After all it’s a time of excitement and dread: “Who will be my teacher?” “I hope I don’t get Mr Fiddlesticks.” “Will little Jimmy and sweet Jane be okay on their first day of Junior High?”

It’s a time of optimism and fear: “I’m going to be on the basketball team!” “I hope I remember my combination.” “This year I’m going to work super hard.” “I hope that bully isn’t in my

class.”

Generally, Day One would turn out to be a long, exhausting one for everyone. There’d be some confusion and mix ups with lost kids and teachers, but there was always lots of great moments. There’d be smiling faces and students saw old friends they hadn’t seen all summer. Look how smart they all are in their new clothes and haircuts. Look how tall they’ve grown. Can two months really make that much of a difference? Wow! Gosh, I barely recognized those kids! And since it was a clean slate for everyone, a new beginning for all, there’d be lots of optimism because every soul in the building was there determined to do their best and have a successful year.

So here we are, September 2021 - the start of yet another new school year. I feel both optimism and fear in the air. Have we seen the end of COVID or what? Will there be teams, clubs, singing and celebrations? I have felt very sympathetic for our young people during this pandemic. How sad they’ve had to miss out on so much because of restrictions, isolation and, let’s be frank: fear.

My heart goes out to youth who have been struggling with personal issues and little support from their peers or teachers. When I think of our LGBTQ+ youth I realise how important programs such as Gay-Straight Alliances are. Before the pandemic, Rainbow Elders Calgary was working in schools, connecting with and providing support for gay and questioning youth. That came to a crashing halt in the spring of 2020. Now I’m feeling hopeful that we will be able to re-start our work with young adults.

Although no one knows what this school year is going to be like, let’s be optimistic! Let’s move ahead with hope. Let’s all support each other in anyway we can.

Have a happy September!

Stephen Ditchburn is co-chair of Rainbow Elders Calgary, a support group for LGBTQ+ seniors. Find out more about us and our vision and work at rainbowelderscalgary.ca or email: rainbowelderscalgary@gmail.com. Views here do not reflect those of the Kerby Centre



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Letter to the editor

The views, opinions, positions or strategies expressed by the author are theirs alone and do not necessarily reflect the views, opinions, positions or strategies of Kerby Centre and its employees.

My name is Anne Landry. I am a member of the Kerby Centre for the 55 Plus and a long-time resident of the Beltline community - close to the Kerby Centre location and to the downtown core in Calgary, Alberta.

This year, let's decide to "Vote Housing". In other words, let's decide to vote for candidates who support the Vote Housing 6-point platform – with a foundation of housing as a human right under international law and as recognized by the National Housing Strategy Act 2019.

Vote Housing is the largest non-parti-

san housing advocacy campaign in Canadian history.

Vote Housing is a national non-partisan housing campaign to end homelessness and housing need in Canada and is led by The Canadian Alliance to End Homelessness; The Co-operative Housing Federation of Canada; The Canadian Lived Experience Leadership Network; and the Canadian Housing & Renewal Association.

Vote Housing is also endorsed by dozens of organizations across Canada that you are likely familiar with – see at: <https://www.votehousing.ca/coalition>.

Thousands of people like you and me are raising our voices so that housing issues are a priority during this year's elections and remain a priority for ALL levels of government after votes have been cast. Take the Vote Housing

pledge at <https://www.votehousing.ca/>! Place a Vote Housing sign in your window or on your lawn! Wear a Vote Housing button! Spread the word!

It is time for a win-win solution for renters/home-owners, community as well as landlords!

For the past 23+ years I have rented the same 1 Bedroom & Den apartment at Boardwalk REIT Skygate Tower.

I have spent much time, effort, cost and stress – often in the media – trying to ensure my apartment is affordable, the terms of my lease are upheld and my apartment is safe.

Possibly you have read or heard about the struggles that I and other tenants have faced

I also spoke before the City of Calgary Council on November 15, 2019 regarding the need for transformational change of The City of

Calgary's long flawed affordable housing program and the exorbitant rent increases of my landlord Boardwalk REIT.

I will soon be of retirement age and I wish to "age-in-place" in the apartment and in the community that I have long lived in.

Over the past 23+ years I have paid Boardwalk over \$280,000 in rent – my investment should be protected.

Also, I want safe, affordable and adequate long-term care when I need it.

See the Vote Housing platform at <https://www.votehousing.ca/platform>, including the following information:

- Every day in Canada, 1.7 million households live in a home that is either unaffordable, overcrowded and/or needs major repairs, while 35,000 Canadians experience

homelessness on any given night.

- The mass homelessness that we see today has not always existed. It began in the 1980s and accelerated in the 1990s largely as a result of federal government policy changes.

- 530,000 renter households in Canada pay over 50% of their income on rent.

- 1 in 15 Indigenous peoples in urban centres will experience homelessness in Canada, compared to 1 in 128 for the general population.

- The financialization of rental housing is taking affordable housing out of the market faster than it can be replaced – compounding Canada's housing crisis. Between 2011 and 2016 over 320,000 units were lost to financialization

This year, let's Vote Housing!



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<i>National Day of Older Persons</i>	<i>Active Aging Week</i>				
October 1 st 10:30 to 11:30 am	October 6th 10:30 to 11:30 am	October 12th 10:30 to 11:30 am	October 13th 10:30 to 11:30 am	October 22nd 10:30 to 11:30 am	October 27th 10:30 to 11:30 am
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The legacy of Harry Veiner

Andrew Glen McCutcheon
Kerby News

Kerby Centre has recently taken over the operation of the Veiner Centre in Medicine Hat.

But less recently — in fact, over 100 years ago — the namesake of the Veiner Centre, Harry Veiner, was born.

Harry Veiner was an enigmatic, mountain of a man — both in his personality and his literal stature. And boy was he fast.

But back to the beginning: Harry Veiner was born in Dysart, Saskatchewan in 1904, to a family of Jewish immigrant farmers. In 1930, he would move to Medicine Hat, Alberta, the town he would eventually become mayor of, and opened a hardware store.

His business became successful and his holdings expanded into a series of farms and ranches in the area; during the Second World War, Harry Veiner enlisted and rose to the rank of lieutenant-colonel, and oversaw the logistics of POW Camps in Canada.

But Harry's story truly begins when he became mayor of Medicine Hat in 1952 — a position he would hold all the way until 1966, and then again from 1968 to 1974.

Harry Veiner relentlessly promoted Medicine Hat and was instrumental in bringing several major industries to the city, including Goodyear and Northwest Nitro-Chemicals.

"Every mayor in Canada likes to picture himself, publicly and probably privately, as a working dynamo, tirelessly slugging for the municipal weal," wrote Eddie Olynuik about Veiner in an article of Macleans Magazine, circa 1959.

"More often than not, that picture's pure election fodder. But one man comes astoundingly close to fitting it."

Beyond just "slugging" it out for Medicine Hat, Harry Veiner was also known for his athletic prowess.

The 6-foot, 230-pound, non-smoker and non-drinker outraced the mayors of Brandon,

Regina, Moose Jaw, Swift Current, Pincher Creek and Lethbridge having challenged them to foot-races over his tenure.

In fact, by reports, Veiner also managed to outrun a thoroughbred horse in a 25-yard sprint at a picnic in Brooks — winning by a whopping 10 yards!

Veiner "outwrestled, greased-pig-caught, bundle-pitched and stock-car-driven almost anyone who'd take him on."

But Veiner's prowess on the field was only matched by his incredible generosity.

In addition to going to bat for his community, Veiner was a well-known philanthropist. From major acts like do-

nating parcels of land to Medicine Hat College, to small acts of kindness, like depositing \$10 into a child's first and newly formed bank account — Veiner was always giving back.

"He was so approachable... he was so tall; you'd look way up... but he would bend right over and talk to little kids. He was generous, beyond, beyond..." said Carole Werre of Medicine Hat, in an interview.

"Even if you needed a washing machine, if you really needed it, he'd get it for you."

A man of local legend, Harry Veiner would go on to be recognized for his efforts. In addition to having the Veiner Centre

as his namesake, he was named citizen of the year by Medicine Hat College in 1973 and was awarded the Order of Canada in 1982.

"His material and moral support of community, church, and education activities has contributed to the economic growth of his city of Medicine Hat, of which he was mayor for 24 years," his Order of Canada entry states.

Harry Veiner passed away on Sept. 23, 1991 at age 88, but his legacy of generosity, stalwart dedication and kindness is alive both in memory and in the work the Veiner Centre continues to do.

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Bananas-good banana bread for fall

If you're anything like me, you've had bananas go bad and immediately thought to yourself: "Well! I can just put them in the freezer and use them for banana bread!" And then you never. Ever make banana bread.

Those bananas have been sitting in your freezer for too long, mocking you whenever you open it up.

It's time to get it done, perfectly coinciding with the approach of fall.

Banana bread is hearty enough for breakfast but sweet enough as a light dessert. And easier than you imagine to make.

Ingredients:

½ cup butter, melted
1 cup white sugar
2 eggs
1 teaspoon vanilla extract
1 ½ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ cup sour cream
½ cup chopped walnuts
2 sliced bananas

Step 1

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.

Step 2

In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla, mix well. Combine the flour, baking soda and salt, stir into the butter mixture until smooth. Finally, fold in the sour cream, walnuts and bananas. Spread evenly into the prepared pan.

Step 3

Bake at 350 degrees F (175 degrees C) for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

On the subject of fall, nothing is better for the approaching chillier weather than a pot roast.

It fills the whole house with wonderful smells, is hearty and filling, and always a crowd pleaser.

Pot Roast:

1 (3 pound) beef chuck roast
salt and ground black pepper to taste
4 (10.5 ounce) cans condensed beef broth (such as Campbell's®)
1 cup water
1 white onion, cut into large wedges
5 cloves garlic
1 (16 ounce) package carrots, peeled
1 sprig fresh rosemary

Mashed Potatoes:

5 pounds Yukon Gold potatoes, peeled and diced
1 (12 ounce) can evaporated milk, or as needed
½ cup butter
salt to taste

Step 1

Season chuck roast with salt and black pepper; sear in a large, deep skillet or Dutch oven over medium heat until browned, about 10 minutes per side.

Step 2

Pour beef broth and water into the skillet with roast. Arrange onion

wedges and garlic cloves around the meat. Spread carrots atop roast and place sprig of rosemary atop carrots. Turn heat to medium-low and simmer until tender, about 6 hours.

Step 3

Cover potatoes with

water in a large pot and bring to a boil; reduce heat to low and simmer until tender, about 30 minutes. Drain.

Mash potatoes with butter and half the evaporated milk until smooth; slowly mash remaining evaporated milk into potatoes to achieve the de-

sired consistency. Season with salt.

Step 4

Remove 1 or 2 cloves of garlic from skillet and mash cloves on top of the roast; serve with mashed potatoes.



Riddle

Riddle 1:
 One night, a man runs away from home. He turns left and keeps running. After some time he turns left again and keeps running. Later, he turns left one more time and runs back home—but when he gets home, he finds a man in a mask. Who was the man in the mask?

Riddle 2:
 Sally lives in a place where six months of the year is mild summer and the temperature drops significantly the other six months. She owns a lake where there is a small island. She wants to build a house on the island and needs to get materials there. She doesn't have a boat, plane, or anything to transport them to the island. How does Sally solve this problem?

Riddle 1: A catcher— they're playing baseball.
Riddle 2: She waits to take the materials over during the colder months because the lake will freeze over, so she can walk over it.

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

8				5				
	7		9				4	
		9		7	8	3	2	5
3		1		9			5	
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PREMIER Crossword

By Frank A. Longo

NINE FLEET ACROSS

- 1 By means of
- 4 Seizes suddenly
- 9 Niche religion
- 13 Cousins of rumbas
- 19 Noah's craft
- 20 Zellweger of "Bee Movie"
- 21 Assistant of Frankenstein
- 22 Mount where the 19-Across landed
- 23 1987 comedy starring Nicolas Cage and Holly Hunter
- 26 Set fire to
- 27 Streisand musical film
- 28 Diner relative
- 29 Portion (out)
- 31 Part of "GWTW"
- 32 Mosque God
- 35 Black-and-yellow stinging insect
- 39 1993-2004 Chrysler sedan
- 43 Thing to fly in the wind
- 44 Pertaining to
- 45 Seat in a bar
- 46 Seat in a church
- 48 Things
- 52 Give new weapons to
- 54 Fluctuate wildly
- 56 Cole — (shoe brand)
- 59 Curious pet
- 60 Gift label
- 61 Pro- — (some tourneys)
- 64 Sport fish also known as "little tuna"
- 68 "Them's the breaks!"
- 71 Title word before "Inferno" or "Peak"
- 72 Came to rest
- 73 Atlanta daily since 2001
- 77 "Game of Thrones" actress
- 78 Charlotte — (Virgin Islands capital)
- 79 Turning out
- 80 Windy City airport
- 84 Adobe Acrobat file
- 85 "— believer!"
- 88 Almond-hued
- 89 Actress Olin
- 90 Plaintiff
- 92 Turns toward
- 94 Darling child
- 96 Perceive
- 99 Imitated a sheep
- 102 — -pedi
- 103 "It's My Turn" singer
- 106 Small, floating cephalopod
- 109 Device used in cardiology
- 113 Actress Eve
- 114 Everything
- 115 Venus de —
- 116 9-to-5er's shout
- 118 Of a junction point
- 122 Gazed angrily

1	2	3		4	5	6	7	8		9	10	11	12		13	14	15	16	17	18	
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122				123				124	125	126					127	128					
129								130					131						132		
133								134					135								136

- 124 Principle of capitalism
- 129 Showing on TV
- 130 Work to make
- 131 Second-largest city of India
- 132 — out a win (just prevail)
- 133 Distant
- 134 Californie, par exemple
- 135 Stellar hunter
- 136 Abbr. that can precede nine key words in this puzzle
- 17 Solemn vows
- 18 Expensive
- 24 Veteran
- 25 Casual statement of sympathy
- 30 Comic shriek
- 33 Fleur-de- — (iris)
- 34 Kitchen pest
- 36 Fabric flaw
- 37 Bardic verse
- 38 Rainy
- 39 Juicy gossip
- 40 Draft-eligible
- 41 Coercing
- 42 Edifice topper
- 47 "Let's suppose ..."
- 49 Like the study of habitats
- 50 County in the Bay Area
- 51 "Undo" mark
- 53 Bryn —, Pennsylvania
- 55 Info that's not up to date
- 57 Pub spigot
- 58 Preposterous
- 62 Domestic household
- 63 Hit hard, as the brakes
- 65 Airline to Copenhagen
- 66 Apnea-treating doc
- 67 Abel's brother
- 69 Blacklisting org. of the 1940s-'50s
- 70 Petting zoo animals
- 73 2008-12 Mets pitcher
- 74 Roman 151
- 75 Suffix with planet
- 76 Petty quarrel
- 77 Eight: Prefix
- 81 Doled-out share
- 82 French inn
- 83 2021 is one
- 86 Diner list
- 87 Sale rack caveat
- 91 Pursued speedily
- 93 Key related to C major
- 95 Bungle
- 97 Lead-in to center or dermis
- 98 Do lunch
- 100 Gift for music
- 101 Clunker
- 104 Wee bit
- 105 Note above fa
- 107 Very strong
- 108 One of a bowler's targets
- 109 "Horrible" cartoon Viking
- 110 Actress Kemper
- 111 Fire alert
- 112 Credit card lure
- 117 — -Chinese
- 119 God, to Gigi
- 120 Inquires
- 121 Some blue jeans
- 123 Brazilian city, in brief
- 125 Hamelin pest
- 126 Slice of time
- 127 Yale attendee
- 128 Pi-sigma link



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 for up to date information on our programs and services



A Group For Mature Jobseekers

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

Sept 7 Job Search Strategies

Participants will receive information and tips about:

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

Meeting ID: 894 6988 5239
<https://us02web.zoom.us/j/89469885239>

Sept 14 Transferable Skills

Participants will receive information and tips about:

- Learn how to identify transferable skills and why are they important for employers?
- Market the skills you already have to get a desired job
- Sell the skills beyond your education and experience net working and how can it help in job search

Meeting ID: 832 7374 3554
<https://us02web.zoom.us/j/83273743554>

Sept 21 Dress For Success

- What to wear to a job interview
- Get tips to look professional and to make the right first impression

Meeting ID: 813 9103 1502
<https://us02web.zoom.us/j/81391031502>

Sept 28 Resumes and Cover Letters

Participants will receive information and tips about:

- Information and guidance on writing a customized resume
- Essential components of a resume and what makes it effective

Meeting ID: 818 3503 3618
<https://us02web.zoom.us/j/81835033618>

For more information phone 403 705-3219

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!

GUIDED NATURE WALK

Monday, September 13th 2021

10:00am – 12:00pm FREE

Starts from Shaw Millennium Park - across from Kerby
Join a small group and experience connecting to nature in a deep and meaningful way through the practice of Shinrin Yoku (Forest Bathing), guided by a certified ANFT Nature and Forest Therapy Guide

Registration Required - Call 403-705-3237

Watch For The Exciting Return of The Kerby Monthly Movie in September and The Kerby Travel Day Trips Coming Soon!

NEXT TO NEW

½ Price Sale

Sept 20th – 24th

Education & Recreation Craft Sale

Kerby Gym

Tuesday, Sept. 21st, 2021
10:00 am - 1:00 pm



SIDEWALK SENIORS

Are you ready to get out of your home and start walking? Join Sidewalk Seniors! You will be matched with walking buddies for socially distanced walks at your own pace. Walking locations and walking schedule can be flexible to suit your needs. Pets are encouraged to join in on the fun and fresh air!

To sign-up or for more information contact lauren@kerbycentre.com or 403-705-3177



Want To Learn More About Kerby Centre ?

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

Please Register With Catriona At 403 234-6570

Kerby Centre FREE Rescued Bread & Goodies Market

Drop In - First Come - 1133 7th Ave SW 10:30 – Noon Every Tuesday (Sept 7, 14, 21, 28) & Friday (Sept 3, 10, 17, 24)

And join us for our external markets

- Banff Trail Community Association Monday, Sept 13 (12:30 - 1:30 pm) Located at 2115 20 Ave NW, Calgary. AB
- Parkdale Nifty Fifties Association Tuesday, Sept 14 (11-12pm) Located at 3512 5 Ave NW, Calgary AB
- Bow Cliff Seniors Thursday Sept 23th (11 - 12 pm) Located at 3375 Spruce Dr SW, Calgary AB

KERBY EDUCATION & RECREATION DROP IN PROGRAMS

For further details on these programs, please Email aditis@kerbycentre.com or contact Education and Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KNITTING FOR A CAUSE RM 301 10:00 AM - 12:00 PM 2ND & 4TH MONDAYS—FREE</p> <p>MAHJONG RM 312 - 10:30 AM - 2:30 PM STARTS SEPT 13TH \$2.00</p> <p>PICKLEBALL Gym 2:30 PM - 4:00 PM \$2.00</p>	<p>RECORDER GROUP RM 313 10:00 AM - 12:00 PM STARTS SEPT 7TH \$2.00</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>CRIBBAGE RM 312 1:00 AM - 3:30 PM \$2.00</p>	<p>ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day</p> <p>PICKLEBALL Gym 2:30 PM - 4:00 PM \$2.00</p>	<p>SPANISH CONVERSATION GROUP RM 311 10:00 AM - 12:00 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB - RM 102 10:00 AM - 3:00 PM STARTS SEPT 10TH</p> <p>BADMINTON & PING PONG - GYM 1:30 - 3:30 PM \$2.00</p>

Volunteer Spotlight



Donna Fraser

Donna is an extremely dedicated and hardworking volunteer who began her adventures at the Kerby Centre in 2010 when she first volunteered and took bridge lessons here. She has been with the Thrive program both through visiting and shopping ever since.

She explained “I did one order a week until COVID hit, then the need was much greater and went to 5 or 6 a week. Due to back problems I have cut back to 3 times a week.” She has been going to the same grocery store for years and returns because she loves the staff there.

Donna has stayed with the Thrive program partly because of fond memories of getting the family groceries in Calgary when she was a teenager. When asked what keeps her coming back, she said “The seniors. I have many regulars and love visiting with them.”

Donna loves to travel due to being a flight attendant for 32 years. When she is at home she enjoys crocheting facecloths or afghans for Soap for Hope and also stays in touch with Beta Sigma Phi, to which she has belonged for 45 years.

So far, Donna has contributed over **749.5** hours.

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



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

Addiction and substance use in older adults



Photo courtesy of Marlon Lara. Accessed on unsplash.com

Andrew Glen McCutcheon
Kerby News

Substance abuse is an often neglected topic when it comes to older adults.

When we think of something like alcoholism, we might imagine a young individual participating in binge drinking in post-secondary institutions or while managing a high-stress job.

But substance dependency in older adults is a very real and negative truth. Whether it's alcohol, prescription medication or marijuana, the Canadian Coalition for Seniors Mental Health has stated that “there is a need for increased awareness of substance abuse in older adults among health care providers.”

Substance abuse disorder is defined as the “problematic pattern of substance use leading to clinically significant impairment or distress,” and can involve cravings or strong urges to use a substance, a significant amount of time dedicated to obtaining them, or persistent and unsuccessful efforts to cut down or control one's use.

Many individuals utilize substances to cope with situations or emotions that pain them. Potential triggers for substance abuse in older adults include social isolation, grief over the loss of a loved one, financial or familial issues and physical health problems, such as chronic illness or pain.

The use of prescription opioids to treat chronic pain or suffering following major surgery can also lead to substance abuse. Older adults are more likely to experience these kinds of issues and therefore are at higher risk.

There are various signs that indicate an individual may be suffering from substance use disorder. Physical signs include sudden changes in weight, slurred speech or increased talkativeness, change in pupil size or unexplained pains or bruises.

Psychological or behaviour signs can show up as irritability, loss of interest in previously enjoyed hobbies, anxiety, avoidance of friends or family and the frequent borrowing or stealing of money.

If you believe that

an older adult you know is showing signs of substance abuse, it's important to start a conversation. Speak gently and without judgement. If an individual denies that there is an issue, you may need to enlist the help of a doctor, therapist or other medical professional.

There are options in both inpatient and outpatient programs for substance abuse issues. In Calgary, there are organizations such as Alcoholics or Narcotics Anonymous. More information can be found at <https://calgaryaa.org/>.

Additionally, there is a program known as Self-Management and Recovery Training, or SMART. Those that have not found success previously in the Anonymous programs may do so with SMART.

More information about SMART and the available online meetings can be found at <https://smartrecovery-alberta.org/>.

Addiction is difficult to speak about, but it is more dangerous to be left alone. Help is available and out there for those who think they might require it.

Charles Wallace Drew and the gift of legacy

Charles Wallace (Wally) Drew
May 11, 1926 – January 15, 2020

Kerby Centre is extremely grateful to have received a generous bequest from the estate of Charles Wallace Drew.

Wally Drew lived a full, adventurous life, passing away at the age of 93. Wally was born in Seattle, Washington and served in the U.S. Army from 1944 to

1946 as a combat-infantryman and paratrooper in the Asia-Pacific Theatre.

Wally worked as a photo-geologist/geologist in both Denver, Colorado and Calgary, retiring from Sproule Engineering in 1991. For the last 14 years of his life, he was a much loved “grandfather reader” for children at Hillhurst and Sunnyside Schools.

Wally’s legacy gift

will help to support seniors in need for many years to come. His gift will provide safe nights to seniors fleeing elder abuse as well as vital supplies like food and medication to isolated seniors as part of our food security program. His impact will be profound and long lasting.

Kerby Centre’s future depends on the continued generosity of kind hearted and philanthropic support-



ers like Wally.

Bequest gifts are one of our most important financial sources for future planning. These gifts help

strengthen our organization and allow us to continue offering vital and diverse programs and services.



Join Us For A Kerby Centre
Financial Wellness
Online Presentation

October 20, 2021
10:30 to 11:30 am



Wills and Estate Planning

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

Presented By
Jonathan Ng,
Underwood Gilholme



FREE - Register at Eventbrite
<https://willsandestatesoct20.eventbrite.ca>

A Zoom invitation link and easy instructions to join will be emailed to you. (Please be sure to check your Spam file)
For further information, email colleenc@kerbycentre.com

What you leave behind can change the world

It’s easy. You can make a simple yet transformational gift through your will or estate that costs you nothing during your lifetime. A surprisingly small amount can make a lasting difference.

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

Contact us to learn more about leaving a legacy to Kerby Centre. With a simple gift, you can help seniors live happy, healthy lives.

For more than 40 years, Kerby Centre’s programs and services have helped create a connected, caring community for older adults in Calgary.

To learn more about planned giving contact Rob Locke | robL@kerbycentre.com | 403-705-3235

You can now donate your car and support Kerby Centre!

Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?

1-877-250-4904

www.donatecar.ca



LEAVE A LEGACY. Be part of Kerby Centre’s mission to support older adults to live well in their community!

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

I would like to make a **one-time** donation to support seniors: \$25 \$ 50 \$100 \$250 My choice: _____

Payment method: Cheque Visa MasterCard

Credit card number _____

Expiry date _____

Signature _____

I would like to receive more information about planned giving

I have included Kerby Centre in my will

Send tax receipt to:

Name _____

Address _____

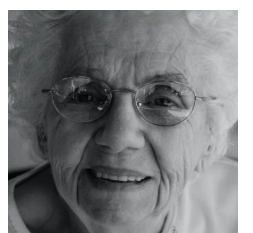
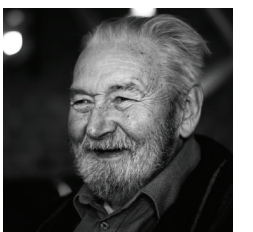
City _____ Province _____ Postal code _____

E-mail _____

Phone _____

All donations are gratefully received.

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



Kerby Centre | 1133 7 Ave SW | Calgary, AB | T2P 1B2
Donate online at www.kerbycentre.com/donate or call (403) 705-3235

Charitable Registration
#11897-9947-RR0001

CLASSIFIED ADS

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

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

CLASSIFIED RATES
 Starting at \$18.50 (50 characters 2 lines)
 Classified deadline for Oct. issue must be received by Sept. 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 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.

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

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

Millenium Contracted Ltd.

For all your exterior home repairs/replacements. Ext painting, roofing, siding, soffit, fascia, eavestroughs, etc. Please check the full details on our website: Millenniumcontracting.ca or ph Shawn at

403-703-9132. I am a Kerby Centre member & a general contractor in Calgary for over 33 years

Contest!!! Get a chance to win \$2500.00!!!

Exterior home renovations: roofing, siding, fencing. Jobs must be a minimum of \$5000.00 to be eligible to enter the contest.

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

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

Any questions please call Shawn

403-703-9132

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

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 fo the future and live with confidence in the comfort of your own home. Call 403-408-7552, email: kendra@aevumadvantage.com 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 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

We fix computers

Local computer repairs & lessons. Affordable rates Free diagnostics, no travel fees, great service. xentas.ca 403-481-8080.

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

"THE YARDIST LTD" TREE & SPRAY SERVICE

Tree pruning/tree removal/ Fertilizing/insect & disease Control. Certified arborist. Licensed. Insured. **Senior Discount.** Ph: 403-242-3332.

Geek Computer PC Repair Setup TV/Netflix Serving Canada over 25 years Senior Discount Available 403-560-2601

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

COMPUTER SERVICES & LESSONS

Great Service, Competence, Reliability and Trustworthiness. Honest solutions for you. 25+ years of experience.

Call today 403-481 8080 service@xentas.ca – www.xentas.ca

AZPERLEGAL SERVICES

30+ yrs exp drafting Wills, Enduring Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer.

I am a mobile service – I will come to you. Pls call 403-629-5702 or email cherrington@azperlegal.com for appt.

AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit www.azperlegal.com

30 FOR SALE:

Blue walker with wheels/brakes. White Invacare commode. White aquatech bathlift. Lightly used. \$500 for all three. 403-590-1014

For private sale in Mountain View Memorial Gardens, two side-by-side plots located in the Last Supper Garden, one of the oldest gardens in the cemetery. Each plot can accomodate 1 casket or 3 cremation urns, or one casket plus 2 urns. Current cost of one plot in this prestigious garden is \$8,250, plus internment and transfer fees. For these plots, internment fees are includd in the price of \$4500 each. Transfer fees are negotiable. Interested parties can contact us via email, marilyncole4415@gmail.com

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.

Memorial garden plots Two plots in Eden Brook cemetery Located in Garden of Peace Each plot can accommodate one casket and one urn Or three urns Regular price is 4745 each, asking 7,000 for both Call 403-547-8645

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

Professional conscientious, ethical and honest denturist to manufacture, install, comfortably and functionally, properly fit dentures in throat cancer survivor senior citizen in Westbrook Mall area. Murray @ 403-686-2708

Buying coins & paper money, Canada, US & world. Fair pricing. References upon request.

Israel: 403-263-7052 403-850-9137. 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 accomodation 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 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.

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

A-SAV-ON MOVING

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



Positive aging is dependent on many factors, including strong social relationships. Many older adults however, experience episodes of loneliness and social isolation.



We are interested in finding out how loneliness and social isolation may affect you and what you think could be done to build stronger social relationships.

We invite you to participate in 1 or 2 initiatives that will help us to reach our goal.

1 Complete a Survey

Virtually through:

<https://www.surveymonkey.ca/r/SeniorAging>

Via telephone by calling 306.966.8319

You can enter a draw to win a cash reward

2 Share your views!

Choose one option:

Participate in small virtual discussion groups through video call wherever you are

If local to Saskatoon, SK, Canada, create a life story book one-on-one through video call

This research project is led by Drs. Donna Goodridge and Jennifer Briere from the University of Saskatchewan and colleagues from Saskatchewan and Manitoba.

This study was approved by the University of Saskatchewan Research Ethics Board (Beh-REB#: 2669) 06-07-2021

If you have any questions, please contact bridges@usask.ca or 306.966.8319



CROSSWORD SOLUTION

V	I	A		G	R	A	B	S		S	E	C	T		M	A	M	B	O	S					
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D	O	D	G	E	I	N	T	R	E	P	I	D			K	I	T	E							
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SUDOKU ANSWER

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

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IN MEMORIAM

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

- | | |
|--------------------------|-----------------------------|
| Chizuko Helen Yamazaki | Donelda Lila (Donna) Schadt |
| Karen Ruth Erber | Gerald Joseph (Jerry) Jones |
| Josephine Homulos | Gerhard Arthur Nitsch |
| Florence Kereluk | Hans Harold |
| Helga Erika Kuenzel | John Han Weintz |
| Beverly Oliver | Margaret McGruther |
| Dawn "Bunny" Smith | Maxine Gerald Gulstene |
| Constance Helen Labicane | Merlin Michael Traboulay |
| | Stella King |

Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the Kerby News.



Kerby News Business & Professional Directory

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

The Estate Lady

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Estate Probate/Administration Applications

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Paralegal, Commissioner for Oaths
25+ Years' Experience

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Phone: (403) 870-7923

Email: kimberly@theestatelady.ca

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- Disability support of any form: physical, age related or mental.
- Footcare for elders, including diabetic foot.



Right Home Right Time Right Place

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

EXPLORE YOUR OPTIONS TODAY...

Affordable Housing for Seniors

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

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

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

Riverview Village
2945 26 Ave SE, Calgary

Affordable Housing
403.272.8615



September 2021

Throughout September 2021, we are offering open houses at Riverview Village.

Saturdays

10:00am to 2:00pm
Mikkelsen House
2933 26 Ave SE, Calgary

Wednesdays

10:00am to 3:00pm
Mikkelsen House
2933 26 Ave SE, Calgary

Open House
403.272.8615

A New Lease on Life!

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

Amenities include:

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

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

Sundance on the Green

3 Sunmills Green SE, Calgary

Life Lease
403.254.9800

CALL FOR MORE INFORMATION OR TO VIEW A SUITE BY APPOINTMENT

Discover your new home at
BethanySeniors.com

