

# Remembering those passed



The Hall of Names in Israel list all those who tragically perished over the course of the Holocaust. Survivor Paul Gidaly writes of his experience in this month's cover story as we observe Remembrance Day this month. Story on pages 14-15. Photo courtesy of Wikicommons.

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# Re-introducing ourselves

I am so thrilled to be able to share some major news with the friends, partners and colleagues of Kerby Centre.

The world has changed and we're changing with it.

Kerby Centre has had to adapt, innovate and overcome during the past turbulent years of the COVID-19 pandemic.

We've gone above

and beyond in our mission: To support older adults to live well in their community. We're beyond what we used to be, not only expanding our influence and growth locally at Kerby Centre, but beyond to Veiner and Strathcona Centres in Medicine Hat.

These centres are buildings — places of community, joy and as-

sistance — but we're moving beyond just a centre, beyond "just the building".

We're so please to reintroduce ourselves under a new name and a new banner:

Unison, for Generations 50+.

It's only through the work of our volunteers, our employees, our partners and more, that we're able to move forward with such success. They are integral to what we do and how we do it. That will not change.

Our physical locations — the Veiner, Kerby and Strathcona Centres — aren't going anywhere. Rather, they

are all coming together under our new name which will operate at these locations.

This change reflects the idea that together we're pressing forward with a vigour, courage and determination matched by the people we serve. Unison is eager to be stewards of the incredible programs and services developed to improve the lives of those with whom we connect.

Thank you to our members, volunteers, staff, partners and supporters who helped us expand, adapt, and overcome to help us evolve to this new brand.



Larry Mathieson, CEO and President

Together, we're going to do so much more — in Unison.

Keep a look out for more information on our rebranding in the coming months.

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# Remembrance

Andrew McCutcheon  
Editor

November keeps me reflective.

More than most issues we finish here at the Kerby News, I get most thoughtful when it comes to November.

The written articles for things like spring gardening or fire prevention weeks: these annuals keep me busy, but when the topics that associate themselves with November and Remembrance Day roll around, I truly need to bring myself into focus.

Which is why I want to quickly write about another article we are featuring

today.

We are publishing a Holocaust survival memoir by a man named Paul Gidaly.

It's almost not needed to be said, and yet it must be: the content within is stark and undeniably heavy.

It is an important topic, however, to keep on wax. We at Kerby News are extremely honoured to publish Mr. Gidaly's words.

As an editor, I do my best to ensure that my hand in editing and publishing stories is graceful. I want to present them as honestly as they have been written, and at times I had some

great difficulty with the language and the content — as a young person who grew up decades away from these events.

I do not write this in hopes of garnering sympathy, because to be honest, if reading these stories is the most I experience of that trauma, then my life is quite comfortable.


Rather, I just hope our readers understand the work and thought that goes into the choices that we make here at the Kerby News, and that we've chosen to present this story to you as close as possible to its original form.




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# Overcoming your investment bias



Yibin Yu  
Alberta Securities  
Commission

Investing is rife with choices, and sometimes to avoid the uncomfortable feeling of being

overwhelmed, we choose the path of least resistance or go with our gut feeling; we rely on biases or mental shortcuts to guide our decision-making. Further, human behaviour is often in-

fluenced by our unconscious emotional and cognitive biases.

These biases help our brains avoid becoming overwhelmed by the decisions we make each day.

While these mental shortcuts may help us in some aspects of our lives, it's important to recognize that investing wisely requires you to go beyond a "gut check", to use sound investing principles and do thorough research.

To avoid falling for your own behavioural biases, let's examine some common types you may recognize.

## Status Quo bias

The status quo bias is the tendency to keep things as they are or "stick with what you know." With respect to investing, this bias might not seem like a problem.

However, avoiding risks associated with change or perhaps favouring what you've always done might also mean that you fail to take advantage of investment opportunities or examine and track your investments in relation to your financial goals, risk tolerance and time horizon.

## Confirmation bias

One factor that reinforces the status quo bias is confirmation bias.

Confirmation bias means that you seek out information that only confirms your beliefs. In investing, this might show up as having difficulty changing your view of a particular stock, even in the face of data supporting the opposite view.

## Availability bias

Availability bias implies that people believe that an event that has occurred recently will occur again soon, regardless of the probability that it actually will. When something has occurred recently or has significantly impacted us, our brains are even less likely to correctly weigh the risk or probability that it will happen again.

In investing, this may show up as making a rash investment decision based on a recent headline, advertisement, or story you heard from a friend causing you inadvertently to deviate from your financial plan.

## Present Focus bias

It's natural for people to focus on immediate and tangible things – when compared to planning your next vacation or saving for a new car, saving for your retirement or your child's post-secondary education may feel abstract and out of reach.

For example, you may not know how much money those things will cost in the future or you may feel uncertain about how your investment portfolio will perform over such a long time horizon.

As a result, you might focus on putting money towards more immediate wants and needs to avoid the discomfort of the perceived unknown.

Investing with your instincts might be tempting or feel natural, but grounding your investment decisions on fundamental research and a long-term view of your investment goals can help you invest wisely.

In addition to accessing the free and unbiased resources available through the Alberta Securities Commission's CheckFirst.ca website, consider other ways you might reduce the impact of unconscious biases on your investment strategy, such as enlisting the services of a financial advisor or robo-advisor.

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# Mild connectivity issues

By John Stephens

All I wanted was a new remote control for my TV . . .

Simply replacing the batteries had proven to be ineffective.

I went to my Cable store in search of a new remote. I was pleased when a customer service agent served me right away. I explained my request and showed him my defunct remote in order to facilitate the process.

The amiable agent told me it would cost \$15.75. He then asked for my name and phone number in order to verify my account. I obliged, figuring that only account holders could purchase equipment. The agent keyed my info into his computer. He then pointed out that by bundling all my services: house phone, cable TV and Internet – into one account instead of two – I would save \$30 per month.

There are three reactions to such a scenario: jumping at the offer, skeptically declining, or being torn. I was torn. The agent deftly proceeded to show me how bundling would be worth my while. He wrote down some numbers on paper. He said that I would require a modem and a new cable box. These would cost only \$100. A voice inside my head was wondering if I would really be saving money or if I would end up forking over more funds to the cable company. Another mental voice chimed in, saying that the financial savings would come in the long run.

The agent then asked what channels does my household watch. My imaginary wife and I basically watch news channels, some sitcom reruns and Stingray music. We have no children – real or imaginary.

How many TV sets in my home? Just one, which is enough.

Since I was wearing a mask – thanks to the seemingly endless Covid virus – and I was speaking through a plexiglass barrier, communication was predictably tedious. We had to frequently repeat ourselves. And with all the information I was receiving, my mind was growing overloaded.

At one point while the agent was crunching numbers, I noticed an elderly couple conferring with another agent, several feet away. I overheard the woman admitting that

she was having a hard time understanding the spiel and modern technology. The man assured her that he had a good grasp of the concepts. But I suspect that many folks long for the pre-digital days.

As I left the store less than an hour later, I felt as though I had just attended a 12-hour seminar on advanced astronomy. I was \$116 poorer, with a new remote control and the promise of a new modem and cable box to be delivered to my home in the near future. Upon receiving these new devices, I was to cancel one of my two accounts so that all my services could be bundled and thus save me \$30 per month.

When I arrived home, I was not especially eager to try my new remote. Some time later, I opened the package with low expectations. At least the batteries were included. Sure enough, that remote was no better than the old one. Some buttons worked but many didn't. I did have a third remote but it also worked partially.

A few days later, my new modem and cable box arrived. After extracting them from their packaging, I noted that the cable box was much smaller than my previous one. The modem was compact and easily portable. Also included was a new remote control (batteries included).

Once again, I was in no hurry to disassemble my old cable box and install the new one. I also had to disconnect my rarely-used DVD player. Somehow, I just knew what I was in for. Bracing myself, I knelt on the living room floor and reached behind the TV so that I could unplug and remove everything. But all my TV gear is inside an entertainment unit which has deep shelves and little maneuverability.

After much crouching, contorting and cursing, I had finally disconnected and removed my TV gear. I had to catch my breath. While I was at it, I dusted the shelves of the unit.

Then, I began to install the new gear (Happy New Gear! Or so I'd hoped). I read – and reread – the enclosed instructions carefully. After more crouching, contorting and cursing, the new modem and cable box were connected and everything was back on the shelf (which already had a new thin layer of dust).

Using the latest remote, I turned on the TV, and waited with bated breath. The TV itself came on, and the lights on the modem and cable box were lit – all good signs – but no picture. I experimented with my fleet of remotes, disconnected/reconnected the mile of wires and cables and soon got a message on the TV screen thanking me for my purchase.

Then the screen prompted me to set up my new remote. After following the necessary steps, I was soon able to view a clear image and hear the audio. As I got more accustomed to the remote and did a bit of channel-surfing, my stress subsided.

My next task was to contact the cable company and bundle all my services into one account and cancel the obsolete account. But I had no energy to deal with that issue just then.

Several days came and went before I summoned the courage to contact them. After a “live chat” with an agent, via their website, my services were officially bundled and the obsolete account was canceled.

But when I checked my e-mail, I was greeted with a dreaded message informing me that I was not connected to the Internet. I tested Google. . . Nothing. I shut down my laptop and restarted it a moment later. I logged on and checked my e-mail and Google again. Still nothing. I was hoping that the cable people would resolve the issue without any further prodding from me but I knew that was wishful thinking.

More days passed. I just didn't have the nerve to contact customer service.

I would repeatedly reboot, reset and disconnect/reconnect my laptop, modems and router, but no luck.

Things could have been far worse. At least I had full cellular, landline phone, and TV service. And I was still able to use my laptop, albeit offline. But my electronic priorities are: full cell phone service, my laptop and Internet access; I can honestly do without TV and a landline.

I realized that I was experiencing first-world problems. It was not a major issue in the grand scheme of things – but I was not asking for anything major. I merely wanted the same service for which I had been paying

that most people use.

Biting the proverbial bullet, I phoned customer service and explained by conundrum. I gave them my name, address, etc. After the agent verified my contact info, she asked me for my username, password and WiFi name. Though polite, she spoke with a foreign accent, so my comprehension was a bit tenuous.

The agent walked me through the process of restoring my Internet access. She needed information about my laptop modem which I keep upstairs. With my phone, I sprinted upstairs and tried to read the make and model that was printed on the modem. I asked the agent to bear with me while I switched on a light; I read her the info. I returned to my laptop downstairs.

The agent then asked for other details about my modem. Annoyed, I bolted back upstairs. After some stuttering and stammering, I read her the details which were printed on the modem's label. Quickly, I descended the stairs once more.

My recollection is hazy but I know that I lost count of the number of trips I had to take up and down the stairs. In hindsight, I should have brought my laptop upstairs but I didn't anticipate such an aerobic workout.

The agent did whatever voodoo she had to do, but I was not just sitting by while she worked. I had to provide her with hard-to-find data from my computer “Settings,” I had to repeat my username, password and WiFi name, among other things. There were more miscommunications and clarifications between us.

At some point, my WiFi was renamed. At another point, my beard had reached my navel. Moon phases waxed and waned. Elections came and went. More Covid variants mutated.

All I wanted was Internet access; the same service that most of the planet has.

Finally, the agent told me something promising: I had to stop using my old modem (the one upstairs) and to use new one. I wish I had been told that in the first place! Now, she wanted details about the new modem. I walked over to the device – at least it was on the same level as my lap-

top – and supplied her with the microscopic info.

A moment passed as she typed and clicked.

Guess what?

That's right!

I still had no Internet connection!

My nerves and my sanity were shattering. Desperate, I pleaded with the agent to just fix the issue at her end. Ever patient, she said she couldn't, but assured me that I was doing fine. But I was at my wit's end. A sudden urge to flee had seized me. As the agent kept talking, I put down the phone and stepped away from my laptop . . .

Sometime later, I tried to access my Internet but it was with the same sense of futility of a last-place sports team trying to make the playoffs near the end of the season.

I waited as the cursor twirled onscreen . . .

I Googled the weather . . . more twirling . . . and then.

Lo and behold, I got a wonderful barrage of websites forecasting rain, snow, cold, heat, sleet and wind – all in the next hour.

As my sanity tentatively returned, I Googled the news and was greeted with the latest current events and tragedies. My sanity began to slip again so I logged on to my e-mail, and saw the familiar sight of my read messages. I sent a brief e-mail to my smartphone, as a test. Message received. From my phone, I sent my laptop a similar e-mail. Success.

My connectivity curse was finally lifted. I don't know exactly what happened to restore my ‘Net services; perhaps the agent had corrected something. Perhaps there were divine or otherworldly forces at work.

I regretted having ended our phone conversation so abruptly but I had more or less lost the abilities to speak and think coherently.

I have been generally satisfied with my phone/cable/internet services over the years but I would not wish my ordeal on anyone. Kudos to tech support who try to resolve customers' issues. Even if I had all the technical knowledge in the world, I'd still have neither the patience nor the aptitude for that kind of work.

I just wonder how long it will be before I have to replace any more of my electronic devices.

Ten, nine, eight, seven. . . .

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# The small and the mighty



Story by Barbara Ellis  
Photo by Kari Shea

From my very first introduction, I have been fascinated by bonsai trees. A Japanese friend's father cultivated them and when he realized

that I was interested by his bonsai, he went into great detail about how he grew and looked after them. The oldest of the two was well over 100 years old. It had been entrusted to him by his late father, who had inherited it from his

father, so the age of the tree was unknown. The second tree was one he started and had been tending for over 50 years. The oldest tree's trunk was thick and gnarly and had been bent into a lazy S shape as it stretched its three

branches upward. The younger tree's trunk was more slender and was being encouraged to bend back over itself.

The tree was entwined by wire to encourage it to grow, not as the tree wanted, but as the owner wanted. It would be shaped and clipped and forced into an artistic form to please the owner's eye. Over the years I have seen many other bonsais, some quite large, others tiny, and some even covered with beautiful flowers. While the hands of the artist can bend and shape the tree at his will, the one thing he can't control is the innate inborn will of the tree to reproduce.

The little trees still produce flowers the size of their unaltered cousins, and eventually, if allowed, one apple blossom will become a giant fruit on a tiny tree.

The image of these tiny trees is contrasted in my mind by a giant Morton Bay Fig Tree that stood in the middle of my school. I was told that at that time, this majestic tree was one of the largest of its kind in Sydney. Last year I received a letter from the headmaster of the school

advising that the old tree had reached the end of its incredible life.

They were making preparations to take the tree down, but they were also growing a seedling from one of its figs which would be placed where the old tree stood. As I read the letter, I felt regret and sadness for the old tree. It had stood long before my school had been established, and the school had been there for over one hundred years.

It probably witnessed the arrival of the first white settlers when they sailed into the harbour. Long before the settlers arrived, the Gadigal people lived in the area and probably watched over the tree as it grew stronger year by year.

When I was there in the 50s, the tree's enormous trunk took many of us holding hands to circle it. Its huge imposing buttress roots ran several yards away from its base. I remember sitting under the tree watching a game of basketball being played on the oval field below when a fig fell and hit me squarely in the middle of my head.

It hurt and I remember rubbing the spot where a rather large bump eventually emerged. Last week I received a video of the festivities that took place during the planting of the new tree.

Descendants of the Gadigal people blessed the tree and placed colourful sand circles around its base.

Over the years, I took many photos of that giant tree and I am happy that its offspring is now standing in its place. Centuries will pass before it will completely replace its parent tree. I wish it very good luck.

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# Cancer exercise study helps broadcaster rebuild his body after cancer surgery

By Shirley Wilfong-Pritchard

University of Alberta Folio

When Dave Jamieson entered the Alberta Cancer Exercise (ACE) study at the University of Alberta's Cancer Rehabilitation Clinic for the first time, he was grieving his past self — his athletic, pre-cancer-journey self.

He felt embarrassed about his dramatic weight loss, his face that seemed to be slipping down on one side and his lack of strength on the left side of his body, which left him looking and feeling off-balance. Little did he realize the program would soon change his life.

A well-known sports broadcaster on TSN 1260, Jamieson discovered something amiss with one side of his neck while shaving one morning back in May 2021.

It seemed too thick. He felt fine but decided he'd better get it checked out. His doctor told him he had either a glandular infection — which could be treated with penicillin and gone in 10 days — or cancer.

After an emergency ultrasound and a follow-up CT scan two days later, Jamieson was sent to the University of Alberta Hospital to see head and neck oncologic surgeon Vincent Biron, who is also an associate professor in the Faculty of Medicine & Dentistry. More tests and a biopsy later, the results were in. He had cancer — a three-centimetre tumour in his throat where a tonsil used to be.

This type of HPV cancer might have been coursing through his body for 40 years, looking for a place to land.

When Jamieson asked the doctor how long he might have lived if he hadn't spotted the tumour, Biron answered, "about a year."

By the end of July, Jamieson was having surgery to remove the malignant tumour along with some surrounding lymph nodes in case the cancer had spread. The incision went from behind his left

ear all the way to his chin. With nerve damage to his neck and face, and after undergoing several weeks of radiation treatment at the Cross Cancer Institute, Jamieson couldn't speak (at first), or smell or taste.

Jamieson had to learn how to swallow again, a complicated process involving intricate co-ordination of the brain, cranial nerves and several muscles.

Problems with swallowing can have a major effect on a person's quality of life. For Jamieson, it meant eating was difficult. He lost strength, muscle mass and 40 pounds.

Luckily, a friend recommended he get involved with ACE — a five-year Alberta study to evaluate the implementation and effectiveness of a 12-week community-based exercise program. Run by instructors with cancer-specific education and training, it helps people better withstand and recover from cancer treatment.

Jamieson says it was a relief to find a safe and caring space where people had seen it all, had first-class training in how to meet his specific needs and weren't afraid to challenge him.

"ACE is a place that is uplifting and supportive. It's also challeng-

ing at times because of what they ask of you," Jamieson explains. "But I began to feel better about myself. I could do this. I could get through cancer, at least this part of it."

"The evidence supporting the benefits of exercise for side-effects, physical fitness and quality of life is strong," says Margie McNeely, principal investigator of the Alberta-wide ACE study, professor in the Department of Physical Therapy in the U of A's Faculty of Rehabilitation Medicine and director of the Cancer Rehabilitation Clinic.

"For some individuals cancer and its treatment can greatly impact their ability to function. When they try to return to their prior activities, they often feel worse, and this can be frustrating," explains McNeely, who is also a member of the Cancer Research Institute of Northern Alberta.

"In Dave's case, his recovery was complicated by the profound weight and muscle mass loss, and the extensive nerve damage on his left side. His program was tailored to his cancer type and needs, and we monitored his response closely to ensure the exercise program challenged his fitness but was not too much."

Jamieson didn't expect to start with weightlifting and strength building. But those exercises not only helped improve his physical strength, they also helped reacquaint him with his own body and reawakened the sense that he had some control over it. When so much of his life felt out of his control, this was an important step forward.

Jamieson can't speak highly enough of the people he worked with at the ACE program, such as McNeely, ACE project co-ordinator Chris Sellar and Cancer Rehab Clinic manager Elaine Gobeil, along with the graduate students and interns. Their expertise and encouragement helped him to build strength — physically and mentally. They also helped connect him with other services that could help, such as the Mobili-T app, a portable therapy system that helps head and neck cancer patients regain their ability to swallow.

Jamieson says, "I think ACE should be mandatory after-care for cancer patients."

But as McNeely points out, "Our goal with ACE is to integrate exercise into the care of individuals undergoing treatment, recovering from cancer or living with incurable can-

cer. We have been very successful at implementing the program into the community setting; however, we are still a long way from exercise being incorporated as part of care."

Jamieson is back on the air these days, co-hosting The Lowtide and Jamieson Show. His speech and strength have improved but he still struggles with swallowing at times, and needs to be careful he doesn't choke.

"It's been humbling. I've had to accept that I'm different," he says. "But now there's a clarity of purpose. I can't call myself cancer-free for another four years yet, so I call myself cancer-adjacent. The cancer may be in me and may return — and you know, there's a certain freedom to that. You might not like your situation, but you better find the best way possible to live within it."

"ACE was life-changing for me. After my sessions I felt optimistic — I felt better going out than I did coming in. And that says everything to me."

ACE programs are offered in locations across Alberta, including a new cancer exercise study for participants in rural and remote communities.

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# Grow poppies this fall



Photos and story by  
Deborah Maier  
Calgary Horticultural  
Society

This month, many Calgarians will be sporting a red poppy on their coats as a symbol of remembrance. We don't have fields of them here, but my mother, who spent her childhood in Europe in the 1940s, remembers seeing fields of red poppies there. We may not have fields of poppies, but gardeners in Calgary can grow beautiful poppies, and there are some impressive beds in the area.

The poppies my mother saw were likely breadseed poppies (*Papaver somniferum*). If you like poppy seed bagels or any other food with poppy seeds, this plant is the source of the seed. Once the flowers finish blooming, a large seedhead forms. Inside the head are edible poppy seeds. If you are interested in growing poppies for seeds to use in cooking, be sure to plant *Papaver somniferum*, as not all poppy seeds are edible. Breadseed poppies are an annual poppy and need to be sown every year.

A popular annual

poppy around Calgary is the pompom poppy (*Papaver paeoniflorum*). I like to call the shaggy pompom variety a gift poppy. Someone on the street plants it and the following year it is gifted to every garden. I have never sown seeds of this poppy, but it has been popping up in my yard for decades. I usually let it grow, but it's easy to pull if it pops up in an undesirable location.

The fields of poppies that are recognized in John McCrae's poem "In Flanders Fields," are corn poppies, also commonly known as Flanders poppies, (*Papaver rhoeas*). These poppies are annuals, as well. This poppy has a distinctive look that is reflected in the lapel pin flower. It has four petals. Often two of the petals form a cup around the centre of the flower while the other two petals lie flat. At the center of each red petal, next to the cluster of stamens, is a black spot. The contrast of the vivid red with the black spots and fringe of dark stamens give the blossom a striking look. The most common petal colour is red, but they can also be white, pink, salmon, yellow, and lilac.

If you want to see these poppies, some are always planted in the flower beds around the Central Memorial Library (1221 2 Street SW). The Coutts Centre for Western Canadian Heritage, located just outside of Nanton, has a wonderful bed of these poppies. They collect the seeds and have them available for sale. A couple of years ago, I was given seeds from the garden as a gift. I sprinkle them in a partial shade spot in my garden that fall and have been growing them ever since.



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Last year, I finally visited the Petronas Memorial Garden on the greenway by Signal Hill.

I didn't get there until August, but the poppy beds still were striking. Most of the blossoms were red, but a few pink, white, and salmon ones could be found. Next year, I will try see the flowers when they are at their peak, earlier in the summer.

While I had success planting the corn poppies from the Coutts Centre in the fall, that timing has not always worked for me.

Most seed providers recommend direct sowing poppy seeds in March or early April. The seeds need a cold period to germinate. They also need light, so they should be sprinkled on the soil surface and not covered.

I think leaving the seeds on the surface is one factor contributing to poor success when they are fall sown. They sit exposed waiting to be found by hungry critters—my yard hosts many birds, voles, mice, and squirrels, and all seeds are considered food by this menagerie.

Poppy plants have taproots. Damage to this root during transplanting can cause shock and its demise. This is why sowing them directly in the garden, where you want them to grow, is recommended. This story only mentions three of the annual types of poppies available.

There are many more and perennial poppies, too. Do a little online browsing and you will find a wide selection to choose from. Why not add poppies to your garden next year? Plant a few seeds, you don't need a field of poppies for them to be eye catching.

To learn more about gardening in the Calgary area, visit our website [calhort.org](http://calhort.org).



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# War-era hockey sticks returned to Military Museum

By P.A. Evans and G.L. Weimer

Lieutenant Colonel James O.R. Evans had almost 30 years of continued service in the British and Canadian Armed Forces. He served from 1911 to 1915 at the Welsh Guards Ambulance Territorials.

From 1915 to 1916 he served with the Royal Welch Fusiliers in France and was commissioned in the field with the Imperial Machine Gun Corps serving in France, Belgium and Germany until 1920. He was awarded the Military Cross and Bar and was twice mentioned in dispatchers for his service during the first world war.

From 1922 to 1927 he served as the head Constable with the British police in Palestine. He joined a permanent force of the Canadian army in

1927 and served with a P.P.C.L.I. until the outbreak of World War II at which time he was appointed to the staff A-16 C.I.T.C. Curry Barracks, Calgary, Alberta. At A-16 he was chief instructor of the centre.

During his time at Currie he recognized many of the troops he was training were hockey players at various senior levels. Being a fan of the sport he recognized an opportunity to also enter the 'hockey wars;! During the war years his teams were most often the champions. Lt. Col. Evans had hockey sticks mounted on a shield with players names on each stick.

Some famous names evolved from A-16. For example the Bentley Brothers. Six brothers were born in Delisle, Saskatchewan. Each winter their father flooded an area the size

of a regulation rink and that is where they honed their hockey skills. Brother Max went on to play for the Rangers, Chicago and Toronto Maple Leafs. Four of the brothers played for the Drumheller Miners in the senior league.

Evans trained over 2,000 enlisted men and prepared them for action in the service of our country. After world war 2 Lt. Col Evans retired from the forces and moved his family to Victoria, B.C. The Evans family kept the memorabilia safe and dry for over 75 years. Pauline Evans, [Evans' daughter in-law] was looking for a home for sticks, rather than turning them into good firewood.

We found there was a world class Military Museum in Calgary very near the old Currie Barracks where Evans was stationed. We contacted the curator, Rory Cory and explained the history of the sticks. Rory and his team were delighted to take possession of the memorabilia. On September 16, 2022 the sticks were turned over to the Military Museum, they arrived back home.



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# Making your charitable donation count

By Mary O'Sullivan-Andersen

President and CEO of  
BBB Serving Southern  
Alberta and East  
Kootenay

Humanitarian crises across the world, and the upcoming “giving season” are prompting Canadians to make donations to charity. The Better Business Bureau recommends that consumers take steps to research the charitable organizations being considered.

“Canadians are generous and caring people,” says Mary O'Sullivan-Andersen, President and CEO of BBB Serving Southern Alberta and East Kootenay.

“This is about assisting those who are contemplating making a donation to charity to carefully consider which one in order to ensure the money is making a real impact on the ground to help those who are most in need.”

To be an informed and effective donor, BBB suggests:

- Look into the history of the charity's work. Experience is key to providing effective aid.

- Watch out for organizations that give vague descriptions of where funds will go. Communication regarding donation use and funding distribution should be provided.

- Visit the charity's website to see their mission statement. You can also look for a list of their Board of Directors and review their latest financial statements.

- You may be eligible for a charitable tax

receipt. Ask the organization about official donation receipts.

- Check their name carefully. Some groups intentionally try to sound like a more high-profile, reputable charity in hopes you will not notice that they are not the organization you intend to donate to.

- Cash is better than donating goods. A gift of money to an organization allows flexibility so that aid can go to where it is needed most.

- Check out the organization you're considering donating to and visit Give.org to see if they meet BBB's 20

Standards for Charity Accountability.

“There are many worthy organizations operating in Calgary, across Canada, and internationally,” says O'Sullivan-Andersen.

“Many people have one or two charities they know and trust and offer their support. But

if you don't have an existing relationship with a charity and still want to help, make sure you do your research first so your support goes exactly where you want it.”



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# The industrialized killing of humans



Above: a photo of the the Warsaw Ghetto. Below: The Auschwitz-Birkenau ramp. Photos accessed on Wikicommons

By Paul Gidaly

How delightful and how beautiful it is to have a family.

The joy and endless pleasure that emanates from a family and relationships — close or distant — is a blessing.

Family is a fundamental cell in life.

How sad and tragic when circumstances interfere, and the family or close relationships do not survive the terrible events dealt out and subjected to them

The survivors — if any — carry on living in eternal pain, sorrow, and

mourning.

It was not meant for the beloved father to see his children grow up, get married and have their own family — or for the children, to have the benefit of a father's love, warmth, wisdom, to know his charm or his sense of humour.

B u d a p e s t , Hungary, the summer of 1943: the age of delusional optimism.

The war was in its fourth year. German victory seemed unlikely and the allied victory certain, but in a long, far way from anything imminent.

We used to spend

our summers on the beautiful Lake Balaton — the biggest lake in Central Europe — but since the war had started, we spent years in our condominium on the popular mountain in Buda.

Did we know that this was the last summer for our family to be together?

Yes.

We had heard of the terrible deeds being done to Jewish people in Poland, in Russia and in western Europe — but human nature being what it is — we thought perhaps its not true. Perhaps an

exaggeration.

It is comfortable not to give credit to horrendous news. We were in the firm belief that it could not and would not happen in our Hungary.

March 19, 1944: what we dreaded, what we hoped never to happen — did.

Then, Nazi Germans occupied Hungary without a shot being fired. The main reason and outstanding matter was that Jewish people still existed in Hungary.

This situation had to be remedied according to Hitler and the Nazi German timetable.

Time was in short supply, with the Allied Armies ready to invade inland Europe.

The Nazi German “Genius for invention” was at work.

Whereas nations build Factories to advance humanity, built cars, planes and electronics etc etc etc

The Nazi Germans at that time built factories to kill people not by the thousands

but by the millions. Fellow human beings.

The highly industrialized german nation created a highly industrialized machinery to kill humans.

Things moved at an incredible speed to avoid panic. The Jewry had to be relaxed.

Wearing the humiliating yellow star's purpose was humiliation and being made less, being put out to abuse and insult.

Then, the surrendering all assets — house, property, business, radio, telephone, car, and jewellery. Anything of value.

Now humiliated, made pauper, defenseless, helpless, the major operation — the mass deportation — went without a hitch. The Nazi Germans got more cooperation from that dreadful government than what they ever hoped for.

Our father, a moderately affluent man went to open up his business with his partners: our beloved uncle Isidor among them.

They were ordered off the street-car, arrested with others, taken to an internment camp. Unbelievable as it may sound, we never ever saw any of them again.

May 15, 1944. The Jewish people were ordered to appear, city by city, county by county, town by town at a given place — without exception and under the penalty of death — and to carry whatever they can on their back, food for two days, wait for the trains.

It is too horrible to go into details.



The train took them to us an unknown destination.

In an unbelievable record time from May 15 to July 8, some 430,000 Jewish people were shipped out of the country to an unknown destination, and almost all of them were killed after arrival.

Save the Jewish people of Budapest, due to the interference of the king of Swedish King, Gustav Adolf.

What happened in Hungary in the summer of 1944 to the Jewish people is beyond the pale of normal healthy thinking.

Our beloved uncle, our father's brother and one of his partners: on June 19, 1944, the three of them were taken out of the country to the same destination,

We were a family of four: the parents and two of us, a teen-aged boy and girl.

Our first cousins were Magda, a promising singer and George, both teenagers. Magda lost her father, our beloved uncle Isidor. George's parents were Father Josef and mother Valerie.

From what we heard, uncle Joe made arrangements with others to fly them out of the country.

What must have happened to them — as we heard — the contact must have pocketed their money and turned them over to the Gestapo.

We never saw our uncle Joe, aunt Valerie and cousin George ever again. They were killed by the Nazi Germans. How and where we do not know.

The months after July were free of deportation, but the damage had already been done. The Jewish population was confined in their



Above: the Hall of Names in Israel, a memorial of those lost. Photo accessed on Wikicommons.

residences for 24 hours, save for two hours during the day for essential food shopping.

We had hopes, but things changed.

On Oct. 15, the crisis happened. Hungary was hopelessly and totally unprepared, and the Germans took the initiative.

Where was the Hungarian Army? At least to protect the Regent? A new administration, a Government from the gutter, was put in power by the Germans, whose sole purpose was the liquidation of the still-existing Jewish population in the capital.

The 150,000 Jewish people — many of them elderly — had to march by foot, to the nearest German extermination camp: Mauthausen in Austria.

My mother, my sixteen-year-old sister, Magda with her mother, and our auntie Rose, an accomplished singer - were all in that death march

- as it was called. Our auntie Rose, a heavy-set woman, did not survive.

She perished with so many others.

It was November and December of 1944. In Budapest, a total reign of terror descended on us.

Armed arrow cross guttersnipes patrolled the streets, stopped anybody and if he/she could not prove not to be Jewish was shot dead on the spot.

Came January 1945, and we were liberated by the Russian Army, for us Jews, it was a liberation in every sense. We tried to reconstruct our lives, but it was almost hopeless.

Our mother was totally devastated due to her the loss of her husband — our father. We, the teenage children, had to sustain her.

Magda lost both parents, was homeless and an orphan. Who would adopt her, who would give her a home?

The only surviving aunty — Hanna, very poor, depen-

dent on my father's help — took her in. My mother was incapable in her condition to help or take Magda in.

Soon Magda joined the youth group determined to go to Palestine.

"You delivered, turned our parents over to the German Death Factories — we don't want to live in Hungary," said these surviving orphaned youngsters.

"Our only hope is in Palestine." Magda eventually succeeded in arriving there with other orphans.

Palestine became Israel in 1948, Magda got married and gave birth to a beautiful baby Carmella.

But her tragedy caught up with her. Having lost both parents, the loving relations of her mother.

The manner in which she lost them — in that principal death factory, Auschwitz, gassed by "Zyklon B Giftgas" then cremated as most of the hundreds of thousands of Hungarian Jews were — was too

much to digest.

Her system, like so many many others' systems, could not cope. She broke down and had to be institutionalised.

When I lived in Israel, I found Carmella.

A young attractive married woman with two school-age kids hardly knew anything about her mother but found out that her body was given to the medical faculty of a University.

I broke down and cried. I knew her mother more than she did.

This is one of the sad stories about relations and there are many more as such.

We the survivors try to live a normal healthy life, but the endless pain is always with us in our subconscious until our very end.

The Nazi Germans had coined a new term:

THE  
INDUSTRIALIZED  
KILLING OF  
HUMANS.

# Don't forget influenza dangers!

*Sanofi Pasteur*

Influenza, sometimes called the flu may seem like an inconvenient short-term illness for many, but for seniors, it can be life-threatening.

The devastating impact of the pandemic has taught us the importance of doing everything possible to protect seniors not only from COVID-19, but also from seasonal respiratory illnesses like the flu.

Seniors generally have a heightened susceptibility to influenza related complications due to natural and progressive weakening of the immune sys-

tem over time known as immunosenescence.

This can also render seniors less responsive to the standard dose influenza vaccine.

Seasonal influenza can have a long-lasting impact on seniors, who are at an increased risk for serious complications including the worsening of existing chronic conditions, hospitalization and death.

The flu has been shown to increase the risk of a first heart attack 10 times in the first three days post-infection, and the risk of stroke can increase by three to eight times

For those hospitalized, the risk of flu-related death is five times greater for seniors with chronic heart diseases, increases 12 times for seniors with chronic lung diseases, and further increases a remarkable 20 times for seniors with both chronic heart and lung conditions.

“Despite COVID-19 still circulating in Canada, we have evolved to a stage of endemic infection. In this context, it is reasonable to relax public health restrictions, and return to many of our usual activities, getting together with friends and family, dining out and traveling.

However, we must still remember to practice behaviours that will keep us safer in this COVID world,” says Dr. Brian Conway, Medical Director, Vancouver Infectious Diseases Centre.

“Our first line of defense was (and still is) immunization. This includes seniors, who are also at higher risk of not only COVID-19 but also influenza and its potential complications. That’s why it is important that seniors get their flu shot, which can help reduce the risk of influenza illness and its complications.”

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pecially formulated for those 65 years and older to help prevent influenza.11 It protects against four strains of the flu virus.

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Learn more about high dose flu vaccines and where to get them at [vaccinehub.ca](http://vaccinehub.ca).

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Thank you to everyone who came and attended the 2022 Kerby Seniors' Expo in October!

We experienced a huge number of people through our doors, checking out all the amazing vendors, booths, live music and presentations.

Thank you to all of our attendees, our volunteers, participants and sponsors who made the day such an incredible success.

Here's to more incredible events in 2023 and beyond!



# Cold Call

By Stew Perram

Fresh on the heels of the WW2 hot war came a forty-four-year span labeled the cold war. This war blanketed the globe with intense economic, political, military, and ideological rivalry between nations (specifically the collective powers of the Soviet Union and the USA), with continuous threats of military conflict and atomic war.

I'm a Canadian Airforce veteran with 24 years of military service, (1957-1981). The cold war prompted cold-fear and we were always ready for the worst outcome from the rise of communism to a nuclear holocaust. I didn't lose a limb but I lost many comrades as we trained to defend. I searched for downed pilots and crew members and stood on parade at their funerals.

Cold-fear ensued when the focus was on atom bomb testing and the building of fallout shelters and when the U2 plane was shot

down. Cold-fear occurred when JFK was assassinated and when the Vietnam War ramped up. The Cuban missile crisis cast a cloud, brought high alert, and perpetuated cold-fear.

The SALT agreement, the race for space and the Sputnik launch that rattled the Americans, the FLQ crisis, the Agent Orange fallout, Watergate, the Iran hostage affair, all fed the cold-fear. Afghanistan communism began to take form. Cold-fear continued.

My term didn't encompass the forty-four-year duration, but the time I served embraced the heart of cold-fear.

I was not there in 1944 when John Birch was killed and became the first cold war death. The Korean War ended before I joined. I had retired before the Berlin Wall came down. The boundary of my service began with a Strategic Air Command nuclear alert and ended with Ronald Regan's inauguration that ultimately led to his famous 'tear down

that wall' speech in 1987. In between, there was the cold-fear cycle, the paranoia, hysteria, and panic, associated with the Reds and the bomb.

The cold-fear highlight for me, a period that sharpened my focus, happened in 1966.

I was trained and issued a rifle with live rounds and told to be part of a team guarding American nuclear weapons 24/7 at a particular military base. I stayed on the perimeter but wasn't far from those lethal weapons – in hindsight, a satirical Dr. Strangelove moment.

The classic cold war is over but the nuclear threat is not. The cold-fear has warmed but it never goes away. My long-ago military-sworn-oath ended in, so help me God, and I am reminded of the seventh Biblical Beatitude, 'Blessed are the peacemakers, for they will be called children of God'.

So, I'm proud to have served. In the big picture I did my small part as required, but beneath the uniform I was as anxious and uneasy as everyone. On this Remembrance

Day, I will never forget those who gave their lives and I will continue to pray for peace. I know that I

am blessed with having the honour of serving and emerging unharmed, but forever changed.

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# Talking about incontinence

by Andrew McCutcheon  
Kerby News

Sometimes the most difficult topics to talk about are the most important ones.

We've all dreaded those conversations: the talks where we worry anxiously, wringing our hands for weeks — if not months — before broaching the subject.

But these conversations are vital, especially when they regard matters of individual health and wellness.

So, let's talk about incontinence.

It may not be a comfortable or pleasant

topic, but it's a fact of life. Health Canada estimates that one in five Canadians experience some sort of bladder control issues, which can often be exacerbated during the aging process.

If you have an older adult in your life — a senior parent or family friend — who may be dealing with incontinence privately, they might not want to have that awkward conversation. This is why it's important to identify these issues if they arise and prepare for a discussion. Canadian company Healthwick identified four steps to this process in a recent

blog post.

## Step 1: Identifying incontinence

It's a tricky subject so it's not surprising that many choose not to reveal they might be dealing with incontinence issues. Healthwick stated it's important to look for and identify signs an individual might be struggling. These could include:

- the scent of urine in places it shouldn't be,
- heavily soiled clothing
- packages of feminine hygiene products that your parents wouldn't otherwise

need (for men, or for women who have passed menopause).

## Step 2: Get Prepared

The more you know about a subject, the better equipped you will be to have a difficult conversation. There are various resources and organizations available to help. The Canadian Continence Foundation (<https://www.canadiancontinence.ca/EN/>) has a wealth of information, and according to Healthwick, "Many hospitals offer Continence Clinics where you and your loved ones can speak with a Nurse Continence Advisor who specializes

in urinary and bowel incontinence."

## Step 3: Start the conversation

Now's the point where you might have to rip the band-aid off. Remember that this conversation is difficult for all involved parties: Healthwick recommends having the discussion in a private and quiet area where everyone can speak freely and comfortably.

If you have siblings, you may want to inform them you'll be having this conversation, but be warned against bringing them in on the event itself, lest the older adult in your life feel like they are being ambushed.

"Throughout the conversation, be as direct as possible," according to Healthwick. "But show compassion and understanding. This probably isn't an easy discussion for them, so try to make it as comfortable as possible."

## Step 4: Overcome objections

While there's a chance the older adult in your life might be thankful you've brought up the topic and are offering assistance, there is stigma and shame associated with incontinence. Individuals may not want to discuss the issue whatsoever.

Your overall goal is to normalize the issue and recognize that it is more common than they might think.

Give them honest observations of what you've noticed and be sympathetic to how they are feeling. Use phrases and terminology relevant for the individual. For example, in lieu of saying adult diaper, say absorbent or disposable undergarment.

If the older adult in your life pushes back or is highly resistant, consider that they might need more time.

Let them know you're available to help them and attempt to bring up the conversation at a later date.

# Are you 50 to 74?

## Get screened for colorectal cancer in the comfort of your own home with FIT (poop test).

Colorectal cancer is one of the leading causes of cancer deaths in Alberta. Screening with FIT is easy and can save your life. 90% of cases can be treated successfully if found early.

Get your free FIT kit. Talk with your doctor or order one now at [screeningforlife.ca](https://screeningforlife.ca) or 1-866-727-3926.



Alberta Health  
Services



# Medicine Hat

## PROGRAMMING

### Recipes to keep you warm!



By Lesli Christianson-Kellow  
Kerby News

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

It was a book first published in 1962 and a classroom favourite because it taught the months of the year by using the same rhythmic pattern through each month. The Calgary Public Library has it in its catalogue if you're interested in checking it out to read yourself or to a young person in your life.

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

dient to the soup (starting with a stone).

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

Another satisfying recipe that will warm your toes now that the days have become shorter and colder is *Shepherd's Pie*. In this version sweet potato is mixed with the usual white potatoes to kick the nutritional value up a notch.

For either of these meal ideas, add a grilled cheese sandwich, or salad, or enjoy as a complete meal. Also, if the recipe are too large, both recipes freeze and reheat well. Don't you just love pulling a ready made meal out of the freezer? Happy Cooking!

#### Pasta e Fagioli

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

#### Directions:

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

#### Sweet Potato

#### Topped Shepherd's Pie

- 1 lb. red (or other) potatoes, scrubbed
- 1 lb. sweet potatoes, scrubbed
- 1 onion, diced
- 1 lb. ground lean beef
- 1 ½ c. sodium reduced beef broth
- ⅓ c. canned tomatoes
- 1 tsp. Oregano
- 1 tsp. Thyme
- Salt and Pepper to taste
- 2 c. fresh spinach, chopped

#### Directions:

1. Preheat oven to 400 degrees F.
2. Bake potatoes in the oven until cooked - about 45-60 minutes.

3. Once potatoes are cool enough to handle, peel and combine in both types of potatoes in a bowl and mash together. Set aside.

4. Brown lean ground beef in a large skillet, then add onion, saute until translucent.

5. Add beef broth, tomatoes, and spices - Simmer about 10 minutes.

6. Stir in spinach and cook until just wilted. Remove from heat.

7. Transfer mixture to a 6-cup baking dish.

8. Spoon mashed potato mixture over the top of the meat mixture, covering the meat

### MEDICINE HAT & AREA SENIORS of DISTINCTION AWARDS



On October 7<sup>th</sup>, The Senior of Distinction Awards was held at AgeCare Valleyview to recognize local seniors and the valuable contributions they have made, and continue to make, in our communities, workplaces, and families.

#### CONGRATULATIONS TO THIS YEARS WINNERS!

**SUSANA CLEGG**  
AGECARE VALLEYVIEW  
COMMUNITY SERVICE AWARD



**NORMAN EMANN**  
KRUSE GLASS  
LEADERSHIP AWARD



**KATHY WILMS**  
AGECARE VALLEYVIEW  
ARTS AWARD



**VERYL OSTERHOLD**  
ARAMARK  
HEALTHY LIVING AWARD



#### THANK YOU TO OUR SPONSORS:



# Veiner & Strathcona Centre Activities

## What's Happening in November

### Veiner Centre IN-PERSON Weekly Activities

#### Mondays

Quilting - 9am  
 Board Games - 9:30am  
 Canasta - 12pm  
 Euchre - 1pm  
 Shuffleboard 1pm

#### Tuesdays

Art Club - 9am  
 Chess - 9am  
 Silver Song Group - 1pm  
 Crib - 1pm & 6pm  
 Duplicate Bridge - 1pm  
 Bridge - 6pm  
 Board Games - 6:30pm  
 Darts - 6:30pm  
 Poker - 6pm

#### Wednesdays

Bocci - 9:30am  
 Mahjong - 9am  
 Choir - 10am  
 Bridge Lessons - 12:30pm  
 Scrabble - 1pm  
 Pinochle - 1pm

#### Thursdays

Art Club - 9am  
 Jam Session - 9:30am  
 Canasta - 12pm  
 Euchre - 1pm  
 Shuffleboard - 1pm  
 BINGO - 2pm  
 Norwegian Whist 6pm  
 Darts - 6:30pm  
 Poker - 6pm

#### Fridays

Quilting - 9am  
 Mahjong - 9am  
 Duplicate Bridge - 1pm  
 Mexican Train  
 Dominoes - 1pm  
 Stitch & Laugh - 1pm

### Presentations & Events

Visit the Education & Recreation section of our website for more information on our presentations.

#### In-Person

##### November 1

"Ask An Advisor" - Craig Elder, RBC Dominion Securities  
 10:30am | Boardroom | Registration Required

##### November 1 & 8

"Conversation's that Matter" - 4-week class offered by CMHA  
 1:30pm | Boardroom

##### November 1 & 15

Singer & Songwriter Circle  
 6:45pm | Craft Room

##### November 8

Alzheimer Society Care Partner Support Group  
 1:30pm | Boardroom | Register with Kristel (403) 528-2700

##### November 10

Counselling Services with Ben Feere  
 9am - 12pm. \*\*Must Register\*\*

##### November 15

"Fairy Houses" Workshop  
 2pm | Boardroom | \$30/person

### Wellness Wednesdays

November 2 | Movie Matinee with popcorn  
 "Dunkirk" | South MP | 2pm

November 2 | CMHA - Is your mind full or is it mindful?  
 | Boardroom | 9:30am

November 9 | Chair Based Exercise Video  
 Craft Room | 2pm

November 16 | Pet Therapy with Kenzy  
 Games Room / Craft Room | 10:30am

November 16 | Revera Rocks! With Mariah  
 Craft Room | 2pm

November 23 | DILLS "Grief Management"  
 Boardroom | 9am

November 23 | Coulee Creek pop-up Clinic  
 Boardroom 1pm

#### November 10

"Don't Fall Behind, Adult Keep Active"  
 presented by AHS  
 10am - 12pm | North MP

To Register for Events, Classes and Programs  
 please call us at (403)529-8307 or visit us at Veiner Center

# Veiner & Strathcona Centre Activities

## Strathcona Centre Weekly Activities

### Mondays

Beginner/Improver  
Line Dancing - 9am  
Table Tennis - 10am  
Chair Yoga & More  
12pm  
Pickleball - 1pm

### Tuesdays

Pickleball - 9am  
Fun & Fitness -  
10:15am  
Solid Gold Fitness -  
11:45am  
Pickleball - 12:30pm  
Floor Curling - 2pm

### Wednesdays

Pickleball - 9am  
Table Tennis -  
10am  
Mind & Body -  
12pm  
Pickleball - 1pm

### Thursdays

Pickleball - 9am  
Fun & Fitness -  
10:15am  
Pickleball - 11:15am  
Silver Steppers -  
1pm  
Floor Curling - 2pm

### Fridays

Pickleball Lessons -  
9am  
Table Tennis - 10am  
Hatha Yoga - 12pm  
Pickleball - 1pm

## Fitness Class Spotlight

### Solid Gold Fitness

11:45am - 12:30pm | Tuesdays  
November 15 - December 13  
Members: \$32 | Non-Member: \$50

### High Beginner/Improver Line Dancing

9am - 9:45am | Mondays  
November 14 - December 19  
FREE

### Fun & Fitness | Tuesdays & Thursdays

10:15am - 11:15am  
November 1 - December 22  
Members: \$80 | Non-Member: \$100

### Mind & Body | Wednesdays

12pm - 1pm  
November 16 - December 14  
Members: \$32 | Non-Member: \$50

### Silver Steppers | Thursdays

10:15am - 11:15am  
November 17 - December 15  
Members: \$32 | Non-Member: \$50

### Hatha Yoga | Fridays

12pm - 1pm  
November 18 - December 16  
Members: \$32 | Non-Member: \$50

### Chair Yoga & More | Mondays

12pm - 12:45pm  
November 21 - December 19  
Members: \$32 | Non-Member: \$50

## Fitness Centre Services

### Free Fitness Orientations and Assessments

FitPlus members can work with our volunteer certified fitness coach to develop a fitness plan to meet their needs and goals.

To check eligibility and to book an appointment call 403-529-8307.

## Fitness Online

### Ski Fit - Zoom Class

With winter just around the corner, it's time to prepare for ski season. This six-week conditioning course will focus on balance & strength training exercises designed to get you ready for the hill!

To register, please contact Henrietta Fisher, Education & Recreation at 403-705-3233 or [henriettaf@kerbycentre.com](mailto:henriettaf@kerbycentre.com)

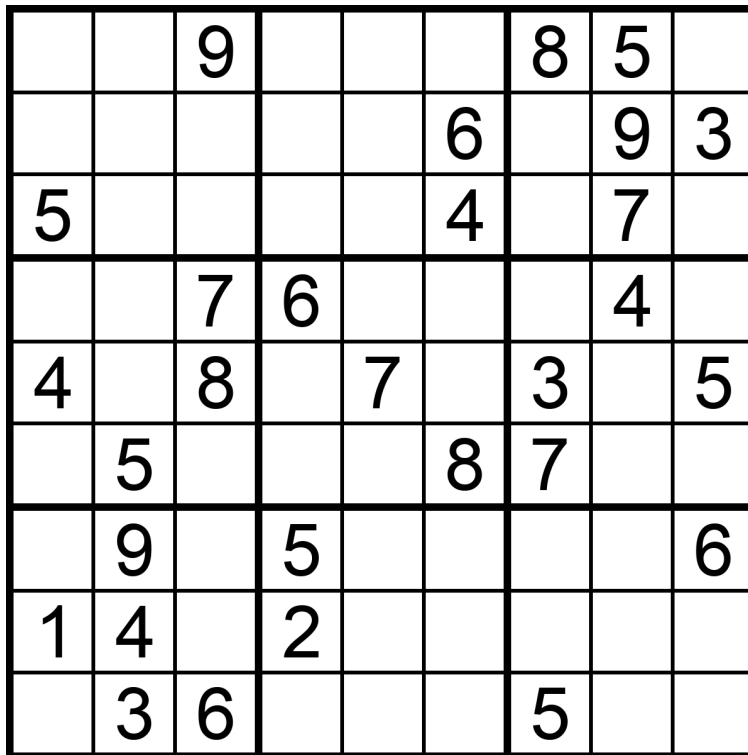
## Coulee Creek Pop Up Medical Clinic



**October 26  
1pm - 4pm  
Veiner Centre  
Boardroom**

### Our Services

- Prescription Refills
- Medicals/various documents
- Injections
- Travel Vaccines
- STI treatment
- Hydration Therapy
- Urinary Track/Bowels
- Yeast/Bacteria/Viral Infections
- Sore Throat
- Rashes/Scrapes/Minor Burns



### KERBY CENTRE'S WRITING GUILD

Are you a senior with some writing experience, want to improve your writing skills and wish to become published?

We offer education seminars weekly, group editing, writing retreats and no-cost publishing in our anthology — as well as assistance in personal publishing.

Held weekly with facilitator Karl Buchner.

For more information, please contact Manager of Education and Recreation, [aditis@kerbycentre.com](mailto:aditis@kerbycentre.com)

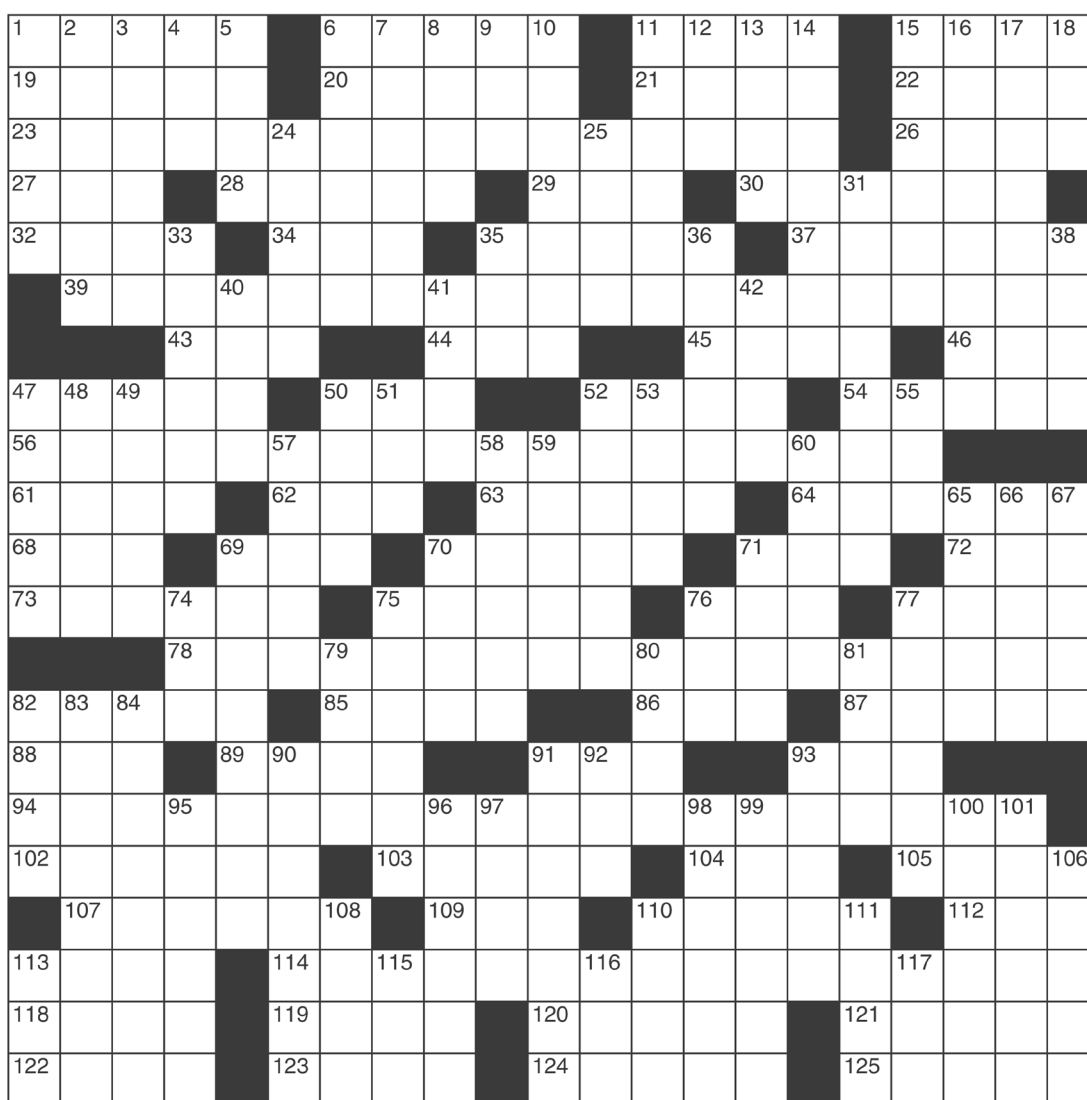


### PREMIER Crossword

By Frank A. Longo

#### DEFINITELY NOT DICKENS ACROSS

- 1 Lethal snake
- 6 Racecar sticker
- 11 "T.N.T." rock band
- 15 Drug in "Brave New World"
- 19 Basic truth
- 20 Cheap, in adspeak
- 21 Letter carriers carry it
- 22 Eurasian border river
- 23 Start of a riddle
- 26 Harden by heat
- 27 Negating word
- 28 Ellipses
- 29 Wide footwear spec
- 30 Take off silent mode
- 32 Goofs up
- 34 "Time — great healer"
- 35 Pitcher Hideki —
- 37 Deep red
- 39 Riddle, part 2
- 43 Mommies
- 44 Hwy. felony
- 45 Easy throw
- 46 Shooters' org.
- 47 Showy feather
- 50 Good buddy
- 52 Univ. lecturer
- 54 Underdog's win
- 56 Riddle, part 3
- 61 Served perfectly
- 62 On in years
- 63 Set straight
- 64 Slander
- 68 Broadway's —  
-Manuel Miranda
- 69 Begin litigation against
- 70 Parenthetical comment
- 71 Gave grub to
- 72 Issa of HBO's "Insecure"
- 73 Kooky guy
- 75 Dunne of film
- 76 With 86-Across,  
totally wrong
- 77 Indication
- 78 Riddle, part 4
- 82 Cynically callous
- 85 Young lady
- 86 See 76-Across
- 87 Dentist's filler
- 88 Enzyme name suffix
- 89 Pre-1991 world power
- 91 Antinarcotics org.
- 93 "Umami" taste source
- 94 End of the riddle
- 102 "Oh! Carol" singer Neil
- 103 Leaks slowly
- 104 Objective
- 105 Biz bigwig
- 107 Green gem sources
- 109 Third of July?
- 110 Sam of the Watergate hearings
- 112 "Dear Yoko" dedicatee
- 113 Lead singer of U2



- 114 Riddle's answer
  - 118 Novelist — Easton Ellis
  - 119 Narrow street
  - 120 Wall painting
  - 121 Astronaut's garment
  - 122 Lawn patches
  - 123 Cost of cards
  - 124 U.S. soccer star Lalas
  - 125 "— la vista, baby!"
- DOWN**
- 1 Michael of "Noises Off"
  - 2 Part of OED
  - 3 Small eatery
  - 4 Aussie leaper
  - 5 Arsenal stuff
  - 6 Corrupt
  - 7 Hygiene product company
  - 8 Boston catches
  - 9 Even one
  - 10 Large intestine's place,  
for short
  - 11 One-celled swimmer
  - 12 Feline pet
  - 13 God, to Godard
  - 14 "Tom — Jack Ryan"  
(TV series)
  - 15 Compton, to Los Angeles
  - 16 Speeches
  - 17 Be positive
  - 18 Hoppy brew
  - 24 Bad things
  - 25 Back area
  - 31 Gauged
  - 33 Totaled (up)
  - 35 Debt memo
  - 36 Residential area of a city
  - 38 Pennsylvania, par exemple
  - 40 Max who played Jethro
  - 41 Doing nothing
  - 42 Children's author Syd
  - 47 Holy hymn
  - 48 Saint — (Caribbean nation)
  - 49 Capsize
  - 50 Magnet part
  - 51 Total (up)
  - 52 Lion groups
  - 53 Great anger
  - 55 Many a shareable PC file
  - 57 Small hill
  - 58 Tools utilizing beams
  - 59 "So Wrong" singer Patsy
  - 60 Football's — Beckham Jr.
  - 65 Sans-serif typeface
  - 66 Lava, beneath the surface
  - 67 Tiny, to a tot
  - 69 Ohio city on Lake Erie
  - 70 Part of MFA
  - 71 Fly like a bee
  - 74 West of film
  - 75 Mythical escapee of Crete
  - 76 Stupefaction
  - 77 Dollar bill
  - 79 As well
  - 80 Cotton-tipped stick
  - 81 Menu, e.g.
  - 82 Skull bones
  - 83 City WSW of Raleigh
  - 84 Numbed, as pain
  - 90 Donna of Clinton's  
Cabinet
  - 91 Sheepskin, so to speak
  - 92 UFO riders
  - 93 Imitate
  - 95 Seers' cards
  - 96 Sobieski of "Branded"
  - 97 Editing mark
  - 98 Auditory canal buildup
  - 99 City in central Italy
  - 100 Second book of  
the Bible
  - 101 "Don't admit to that"
  - 106 — Rican
  - 108 Comic Laurel
  - 110 Raison d'—
  - 111 Close by
  - 113 Air gun pellets
  - 115 Busy bug
  - 116 Suffix with arm or mouth
  - 117 Org. with U.S. secrets

# Your will is your legacy

By Johnathan Ng

A recent poll by the Angus Reid Institute showed that only 45 per cent of Albertans have a Will. The reasons why so many people do not make their final arrangements are broad – apathy, fear of death, cost of legal services – yet the average person

would not be comfortable with the ‘default will’ provided by the government, officially known as the Wills and Succession Act in Alberta.

A Will allows a person to take matters into their own hands by creating legally-binding directions on how assets are to be divid-

ed, who shall administer those directions, and several other important matters.

### Executor

The first few months after a person dies can be grueling. In addition to the grief and emotion, surviving family members find themselves shuffling from meetings with banks, filling

out a multitude of documents, and dealing with institution after institution. A Will simplifies this process by appointing an Executor to take charge of these matters.

In the absence of a Will, it can be unclear as to who has the authority to deal with the third-parties involved in an estate, often resulting in a family member making a court application to become the “administrator.”

The average estate takes over one year to fully administer therefore it is imperative that the proper person is selected for the important role of Executor.

### Beneficiaries.

The Wills and Succession Act has a formula for Albertans who do not have a Will: everything goes to family. For many people, this formula is acceptable. However, not all families are the same. For example, parents of blended families struggle

between dividing their assets between their current spouse and the children from their first marriage. In the absence of a Will, assets are split 50/50 between the two after the first \$150,000 goes to the spouse – this is entirely unacceptable for many blended families. A Will would allow such a family to carefully ensure that both sides are provided with proper support thereby limiting the conflict that may follow.

### Charitable giving.

A will is a final chance to leave a legacy. According to Statistics Canada, 84 per cent of Canadians aged 15 and over reported making at least one financial donation to a charitable and non-profit organization, yet less than 10 per cent leave a gift to charity in their Will. If charitable giving is a part of a person’s life, they should consider making it part of their death.

Making a gift to charity through a Will can provide significant tax benefits. A charitable receipt issued to the estate can serve to reduce the capital gains realized at death – in other words, a carefully planned Will allows a person to re-direct a large portion of taxes toward chosen charities.

Planning for incapacity. The Will is the centerpiece of an ‘estate plan’. Although it is important to make advance directions after death through a Will, it is equally important to make advance decisions about finances and personal care in the event mental incapacity.

The Enduring Power of Attorney and Personal Directive complete the trinity of estate planning documents by appointing decisions-makers for finances and personal care, respectively.

Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at 403-288-8855 ext. 229 or [jonathan.ng@willsandestates.ca](mailto:jonathan.ng@willsandestates.ca).

## Leave a Lasting Legacy

*“I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre’s important work will continue on for years to come. My decision to include Kerby Centre in my will is part of the legacy I wish to leave.”*  
-Anonymous donor


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




**Make a difference today!**

**Contact Rob Locke:**  
[RobL@kerbycentre.com](mailto:RobL@kerbycentre.com)  
**(403) 705-3235**







1-877-250-4904  
[info@donatecar.ca](mailto:info@donatecar.ca)


## Donate Your Car to Kerby Centre

For more information, visit our website at [www.kerbycentre.com](http://www.kerbycentre.com)

1. Tell us your vehicle info   2. We pick up your car   3. You get a tax receipt

✔ **FREE TOWING**
✔ **TAX DEDUCTION**

## Support Kerby Centre and Seniors in Need



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

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

Payment Method:  Cheque    Visa    MasterCard

Credit Card Number \_\_\_\_\_      Send tax receipt to:

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

Signature \_\_\_\_\_      Address \_\_\_\_\_

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

Email \_\_\_\_\_

Phone \_\_\_\_\_

**Planned Giving - a way to make a BIG impact!**

I would like to receive more information about planned giving.

I have included Kerby Centre in my will.

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

Thank you for supporting seniors in need!

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

Donate online at [www.kerbycentre.com/donate](http://www.kerbycentre.com/donate) or call 403.705.3234

# Kerby Centre Activities

## What's Happening in November

### IN-PERSON Weekly Activities

#### Mondays

Knitting for a Cause - 9AM

Mahjong - 10:30AM

Pickle Ball - 2:30PM

#### Tuesdays

Recorder Group - 10AM

Card Making Social - 10AM (2x per month)

Memory Writing - 1:30PM

FREE Food Market - 10:30AM in the Kerby Gym

#### Wednesdays

General Craft Group - 10AM

Men's Shed - 11AM

Weekly Dance - 1PM

Cribbage - 1PM

#### Thursdays

Artist Group - 10AM

Writer's Guild - 10AM

Kerby Centre Tours - 10:30AM meet in the Café

Pickle Ball - 2:30PM

#### Fridays

Krazy Carvers - 9AM  
Spanish Conversation - 10AM

FREE Food Market - 10:30AM in the Kerby Gym

Tech Help - 11AM

Badminton & Ping Pong - 1:30PM

English as a Second Language - 1:30PM

Chess Lessons - 3PM

## Presentations Spotlight

Visit the Active Aging section of our website for more information on our presentations.

### Online

#### Nov 7 | Monday

Live Well Be Well Online Presentation Series - Be Positive, Find the Silver Lining  
FREE | Registration Required

### In-Person

#### Nov 8 | Tuesday | 11AM

Kerby Coffee & Conversation - Housing for Seniors  
FREE | No Registration Required | Kerby Café

#### Nov 9 | Wednesday

Healthy Aging Workshop: Wintertime Wellness  
FREE | Registration Required | Kerby Centre Lounge

#### Nov 14 | Monday

Live Well Be Well In-Person Discussion Series - Be Positive, Find the Silver Lining  
FREE | Registration Required | Kerby Wellness Centre

#### Nov 16 | Wednesday

Financial Literacy Workshop: Frauds and Prevention  
FREE | Registration Required | Kerby Centre Lounge

## Kerby Travel Spotlight



### Rosebud Theatre

Date: Thursday, November 17, 2022

Time: 9:30 AM - 5:00 PM

Member Price: \$125

Non-member Price: \$155

Cut-off Date: Thursday, November 3, 2022

Includes bus transportation, admission fee, and lunch.

### Spruce Meadows

#### Christmas Market

Date: Friday, November 25, 2022

Time: 9:30 AM - 3:30 PM

Member Price: \$40

Non-member Price: \$70

Cut-off Date: Wednesday, November 9

Includes bus transportation and admission fee.

Lunch is not included in this trip.

To Register for Events, Classes and Programs please visit our Active Aging Section on our website, call us at (403)705-3233 or visit us at Kerby Center on the third floor.





# Kerby Centre Activities

ONLINE Weekly Activities – call, go online or stop in to register

## Mondays

Fitness with Dan –  
9:30AM

Ski Fit – 11AM

Chair Yoga – 2PM

## Tuesdays

English as a  
Second Language  
– 10AM

Ski Fit – 11AM

Chen Tai Chi  
& Tai Chi Qi Gong  
– 1:30PM

## Wednesdays

Men's Shed – 11AM

## Thursdays

Yoga for you – 9AM

Drum Fit – 10:15AM

## Fridays

Muscle Strength &  
Core Balance –  
11:30AM

## Class Spotlight

### Creative Crafts

Tuesday, Nov 8 – Dec 13 | 1PM – 3PM |  
Kerby Centre

### Writer's Guild (Member's Only)

Friday, Nov 10, 24, Dec 8 | 10AM – 12PM |  
Kerby Centre

### Members Only Event: Paint & Sip

Wednesday, Nov 23 | Active Aging for  
Details | Kerby Centre

### Zumba Gold

Thursdays ending on Dec 8 | 10AM – 11AM |  
Kerby Centre

### Krazy Carvers

Fridays ending on Dec 16 | 9AM – 3PM |  
Kerby Centre

### Card Making Social (FREE)

Every other Tuesdays ending on Dec 22 |  
10AM – 12PM | Kerby Centre

## Information Services

Kerby Centre is here to help you get  
answers and solves problems.

- BENEFITS & PENSIONS
- HOUSING
- LEGAL HELP
- FREE TAX CLINIC
- BOOTHS & PRESENTATIONS

Did you know we have...

### Free Will Clinic

GET YOUR WILL, ENDURING POWER OF  
ATTORNEY & PERSONAL DIRECTIVE  
DOCUMENTS DONE FOR FREE

Do you meet the criteria below?

- Single income < \$35000,
- Couple : < \$45000 annually
- No dependant adult children
- No foreign property
- Assets < \$65000

To qualify and book your appointment call  
(403) 705-3246

## On Location Free Food Markets

Banff Trail  
Community  
Association (NW)  
Nov 2 | 12:30 – 1:30PM

Parkdale Nifty Fifty  
Association (NW)  
Nov 8 | 11AM – 12PM

CARYA Village  
Commons (SE)  
Nov 9 | 1PM – 3PM

Bow Cliff Seniors  
50+ (SW)  
Nov 17 | 11AM – 12PM

Northminster United  
Church (NW)  
Nov 23 | 1:30PM –  
3:30PM



## Our Wellness Centre is Expanding it's Programs!

For more information on these programs contact Lola at [Lolaf@kerbycentre.com](mailto:Lolaf@kerbycentre.com)

Live Well Be Well – Online Presentations & In-person chats  
Grandparents Support Group – Every 3rd Wednesday/month  
Grieving Together Support Group – Thursdays  
Music Wellness Class – Coming Soon

River Walk  
Sidewalk Seniors – walking group  
Men's Shed – Wednesdays

**Next 2 New Boutique 1/2 Price Sale**  
November 14th – 18th

**Holiday Luncheon**  
**Save the Date**  
Wednesday,  
December 14th

# Senior Listings

## YOUR MESSAGE, PEER TO PEER

### WANTED

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

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

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

Mature, intelligent senior lady looking to start conversation group for isolated seniors the same. Elaine, 403-282-8530

### FOR SALE

Two cemetery plots in Eden Brook Memorial Garden in Calgary Each plot accomodates one casket and two turns, or three turns. Make an offer for one or both (cemetery price \$4,900 each) Contact Jim - 403-236-2682.

One cemetery plot in the "Garden of Everlasting Life" at Mountain View Memorial Gardens One casket or two urns. \$2,000. Call or text Shari-Lynn @ 403-318-0788.

Adult Hand-crafted leather beaded leather jacket. From First Nations in Manitoba. Circa 1965. Asking \$1,800 Three-quarters length size, fringed, Call 403-201-4578

Golden Maxi Comfort Powerlift and recliner chair. Used but like new. \$2100.00 Excellent medical chair for those with mobility challenges so you can sit, recline and stand up with ease. Please contact Sara at 587-350-0907

Travel buggy, folds down flat to 60 lbs, brand

new condition, hardly used. Bought from Co-Op Health for \$3,899, looking for \$3,500 OBO. Call Elsie @ 403-875-1065.

Portable, electric wheelchair that folds down and can be pulled on wheels. It weighs 70 lbs. Arms are adjustable and it has a joy stick for ease of movement. Email Cathy at [gypsykate@live.ca](mailto:gypsykate@live.ca) for pictures or call 403-797-1990.

The TravelScoot's frame and complete seat weigh 30 lbs combined. Add your choice of lithium-ion battery and the total weight of the scooter ranges from 33-34 lbs! Simply put, this is hands-down the world's lightest electric mobility scooter.

Our scooter frames are designed to be the lightest and most portable conceivable. Need more room in your vehicle? Just remove the front wheel with the quick push of a button and reduce the weight of the frame to 21 lbs! At just 6 lbs, the TravelScoot seat assembly is easy to handle and can be broken down easily for those in need of extra cargo space. The patented yoke can now accommodate riders with a height of 4'1-6'11 Price \$2,500 OBO Call 403 651 2169

Medical electric twin XL bed with very comfortable mattress. Both head and foot go up and down remotely. Only used for 4 months. It was \$2500 new and asking \$1500. 2 sets of like new bamboo sheets that were \$185 new each for \$50 each. Brand new never used powder blue duvet cover \$175 new for \$75. Email Cathy at [gypsykate@live.ca](mailto:gypsykate@live.ca) for pictures or call 403-797-1990.

Pro Bed, moves those with paralysis over the night to prevent

bedsores. Worth \$30K selling for \$5,500. Call Michelle @ 403-968-3720

Never used harmony high low medical bed with rails and mattress. Adjusts at head and foot and entire bed lifts for ease of caregiver. Massage function, sleep timer, has floor light for safety at night. Was 3,900 new, selling for \$3,300. Never used. Call Maureen at 587-439-2055

### LOCAL EVENTS

Mount Royal University (MRU) and the Calgary Association of Lifelong Learners (CALL) have partnered together to host an Intergenerational Speaker Series. The second event of the series "Connecting Through Film and Conversation" will focus on the benefits of intergenerational relationships, and connect MRU students with aging adults in the community. This FREE event will take place on November 2, 2022 from 11am-1pm at Mount Royal University. For more information please visit [mru.ca/igss](http://mru.ca/igss) or call Jocelyn at 403-440-8846.

For seniors listings, call (403)-705-3229.

It's always too soon until it's too late!

Advance Care Planning Workshop. Saturday, November 5th 1:30 to 3:30 pm

Kerby Centre Lecture Room 1133 – 7th Avenue SW Planning now is the best way to ensure you have the medical treatment you desire and the end-of-life care you deserve! This workshop will get you started on a task that is generally put off. Why wait?

- Learn about the importance of Advance Care Planning
- Consider your personal values and healthcare
- Develop a basis for conversations about end-

of-life choices

- Realize who would and would not be an appropriate agent
- Draft your own unique plan and personal directive

Please Register

<https://www.dyingwithdignity.ca/upcoming-events/acp-workshop-calgary/> Space is limited!

### CROSSWORD SOLUTION

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### SUDOKU ANSWER

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



### Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB  
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- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
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- laundry facilities on each floor
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- on-site manager

# Learning about local history

*News Canada*

There are lots of things you barely notice as you go through your life: old photos of people in uniform; Grandma's locket; medals tucked into a drawer; a memorial to military history that you walk past every day.

Why not stop for a minute and take a closer look? What does that monument commemorate? What do those family treasures mean? You'll often discover a fascinating story.

Here's a family project: challenge each member of the household to choose one thing they see often, but they have never thought about. Then settle in to find out more.

If it's a monument, start by reading its plaque to learn about what it commemorates. Ask questions of your family, friends and neighbours and listen to their stories. You'll probably dis-

cover that you can relate to what you hear. The plaque on that monument may bear the name of a family in your community and the locket may be a gift from grandmother's first love. You may get first-hand accounts of past events from older neighbours.

If it's a family photo, remember that they were usually used to capture significant life events. Is it of a young person in uniform on the day they left to join the armed forces?

To get more insight on your object, visit your local library or community museum. You may see a familiar face in a historical picture or recognize a former student at a wreath-laying ceremony.

You can find resources to help with your family research challenge, discover more century-old stories or find local events at veterans.gc.ca.

www.kerbynews.ca

## Love to write? Have a story to tell?

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**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**



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*For new tenants only.*

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### 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**

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