

Kerby Expo returns to Calgary!



After several years of COVID-19 assailing the world, the Kerby Expo has now returned to Calgary! Tons of amazing information, vendors and more available for those in or approaching retirement. More information and how to attend on pages 14 - 17.

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Exciting changes on our horizon

On Sept. 7, we celebrated our first full year of operating Veiner Centre and Strathcona Centre in Medicine Hat. We had a standing-room-only BBQ and I enjoyed meeting many of you at Veiner Centre. During that week in Medicine Hat, our number of members exceeded the number of members we had in 2019 before the pandemic.

We are very proud of

our team in Medicine Hat—in their first year of operation, they added 25 new partnerships and added 30 new programs. The number of meals delivered in the greater Medicine Hat area by our Meals on Wheels volunteers goes up every month. Last month we delivered over 2,700 meals to Seniors.

What's next you might ask? We have big changes coming, which will be

announced at our Kerby Expo on Oct. 15.

Our organization is no longer a building: it is a collection of programs and services. All of these supports and programs are focused on either: aging well, shelter, connection or food.

If you drilled down further into the priorities in our strategic plan you would see, that we are focused on those things that help older adults live well and age well. Some of you might have participated in our focus groups in Calgary or Medicine Hat. We are thankful for your input and advice.

Over the next few

months, you're going to see some new, exciting things happening to us. We've earned these big opportunities by consistently working to help serve as many folks as we can in as many ways as possible.

Our Food Security Program for Seniors are running on a "pop-up" basis and recently started operating in another five new locations. In September, we launched Bhangra Basics a new addition to our fitness lineup. In October we are taking members in-door skydiving at iFly.

There are a lot of new things on the horizon as well as a lot of



Larry Mathieson, CEO and President

familiar things that will stick around. But there is one thing for certain: we're never going to stop being innovators when it comes to supporting our community.

OCTOBER 2022

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Giving our thanks

Andrew Glen McCutcheon

A lot of different images are conjured in the mind's eye when you mention Thanksgiving.

For many, it's images of extended family gathered around a table for a shared meal and the chance to catch up with folks you might not have seen since the previous year's meal.

For others, it conjures up old stories of "Pilgrims and Indigenous Peoples." But as anyone with a more than a mild background in history might tell you, the shared mythology of the first meeting between peoples was much less cheery and more tragic than we've grown accustomed to remembering.

For me? When I think Thanksgiving, all I can picture are cabbage rolls.

Massive things, covered in savoury red sauce, filled with beef and pulled out of the pyrex pan with a messy spatula.

My grandma's contribution to the major familial meals. While she's known for other dishes — meat pie and gravy, freshly baked biscuits, and just slightly lumpy mashed potatoes — her cabbage rolls are my personal favourite.

When the meal is finished, dishes are done and leftovers are divvied up into plastic containers and saran-wrapped plates, you know I'm eyeing those cabbage rolls just waiting for my opportunity to strike.

It's never outright selfish or direct, but it is terribly obvious.

"Oh gosh grandma, those cabbage rolls were delicious. Wish I could have those every day!"

"Oh? Take home the leftovers? Oh gosh, I just couldn't! What if someone else wants them?"

"Well, I mean. If you are sure. If you insist. I suppose I can make room in the fridge for them."

It's all for show, but I think the show is important.

Because if someone else did step in and ask for some of the leftovers? Even though those gooey, delicious and perfectly crisp cabbage rolls are my favourite? Of course, I'd make sure they wouldn't go home without some as well.

We have these little moments of cultural gratitude often, don't we? Everybody understands that you don't go for seconds until everyone's got a plate.

If there's only one slice of pizza left? It has to be announced — almost like an air raid siren.

"Does anyone mind if I take the last slice?"

"Is everyone — absolutely — sure?"

And I think this is because at our very core, people are much more gracious and generous than we've been led to believe.

By way of example, anthropologist Margaret Mead was once asked what she considered to be the first sign of "civi-

lization" in a culture.

You might expect things like hunting materials, farming equipment, or items related to animal husbandry to be the answer.

But Mead said the first sign would be a leg with a broken femur that had healed.

A broken femur takes six weeks to heal. Over that time, a person cannot care for themselves. They are completely reliant on their community for survival.

A community that takes care of its most vulnerable, to ensure everyone receives a plate before seconds are doled out, is the greatest and most powerful sign of our shared humanity.

When we give thanks, we should be especially thoughtful of how quickly things might go wrong for us: and who around us would be there to assist, to care for and to lift us up when we are at our most vulnerable.

I am so proud to be involved at Kerby Centre, where I know the daily work we do for our community contributes to the survival, the care and the comfort of seniors.

This Thanksgiving, if you find yourself able, please consider donating so we can sustain our ability to care for the vulnerable. <https://www.kerbycentre.com/donate>

And then know that when we give thanks at our own tables, with our own families this October, we are thankful for you.

Steps to take before downloading an investment app

Investing today has never been more accessible. With the advent of electronic trading platforms in 1992, the proliferation of internet accessibility in the mid-to-late 90s and the growing adoption of mobile devices in the early 2000s, investors now have access to a variety of easy-to-use and intuitive investment applications on their mobile devices.

While these technological advancements have made investing more accessible, investors need to remember to conduct thorough research on any investment app they plan to use. Specifically, investors should consider their fee expectations, service

needs and most importantly, if the app is credible and registered. Below are three steps to assess if an investment app is legitimate and suitable for you.

1) Registration is essential, even for investment apps

Not all apps offered through the app marketplace on our mobile devices are credible and such apps can expose you to the risk of fraud.

It is important to always to check the registration of any investment advisor, firm or platform to ensure they are working in compliance with regulatory requirements. Securities professionals and firms dealing in securities are required to regis-

ter with securities regulators, and this requirement extends to the investment apps they offer.

Checking registration enables investors to validate that the investment app they plan to use is qualified and permitted to sell securities. Ignoring or skipping this step and using an investment app offered by an unregistered firm may not provide you with any of the typical investor protections that may exist with a registered one.

For those interested in investing in crypto-assets, check the registration of any crypto investment app that will hold custody of your funds or crypto-assets. Not all crypto-assets

are deemed securities, but if an investment app holds your financial assets, it's strongly recommended you only use one that is registered.

To verify the registration of an investment app, visit CheckFirst.ca/check-reg brought to you by the Alberta Securities Commission.

2) Avoid the telltale signs of fraudulent or suspicious investment apps

Unfortunately, the ease and widespread appeal of mobile banking and investment apps is not lost on fraudsters looking to capitalize on eager investors. Fraudsters often create investment apps that imitate legitimate financial institutions and reg-

istered investment firms and promote them through online advertising or one-on-one interactions with targets.

You can visit the CheckFirst.Spotthespoof.ca website to learn more about these imitation websites and platforms. Fraudsters also leverage the considerable market interest in crypto-assets to position their fraudulent investment apps as an easy way to invest in digital coins and crypto projects.

Remember these tips to avoid fraudulent investment apps:

- Avoid unsolicited offers to download an investment app from those you meet online, like self-promoted experts, new acquaintances or love interests.

- Check that the investment app you plan to download and use is the correct one offered by a registered financial institution or firm.

- Be wary of investment apps with limited or broken functionality, spelling mistakes and odd in-app requests like wire transfers.

- Conduct research online to see what others say about the investment app and if any red flags of fraud are found. Visit Checkfirst.ca/red-flags to learn what to look for.

3) Understand if the investment app is right for you.

Once you have conducted these steps, it's important to review the fees and charges of your chosen investment app. Investment apps and platforms offered by financial institutions and firms do not have the same costs or services.

Often the fees associated with trading, currency conversions and account maintenance will vary between them. Review the fee structures and the services offered and choose one that best fits your investing style, needs and expectations.

Investment apps have ushered in a new era of convenience for investors but still require you to take your time to review and consider which option is best.

Before you hit the download button, remember these steps to help you find a suitable and registered investment app for your needs.

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Ukrainian historian finds safe harbour at U of A

By Adrianna MacPherson
University of Alberta Folio

On what seemed like a normal day in February 2022, Oleksandr (Alex) Melnyk's mother woke him up at seven in the morning with terrifying news — the war had begun.

Melnyk turned on his computer and saw the images and news stories of cities in Ukraine under attack. Outside, on the streets of his hometown, people looked confused, unsure how to react.

"Things were moving very rapidly in our part of the country. By noon, we had no internet connection," he says. Three days later, Russian troops arrived in his hometown.

Melnyk was born in a small town in southern Ukraine, where he lived until he was 17. After beginning his studies at Kherson State University, he eventually came to Canada to continue his scholarly pursuits. He obtained his MA at the University of Alberta and his PhD at the University of Toronto before eventually returning to his hometown in 2019. That's where he was when the war started.

In the first few weeks of the invasion, Melnyk explains, "There was a very high level of solidarity. People would gather at the centre of the town with Ukrainian flags and protest the occupation."

The tumultu-

ous months that followed saw shortages of food, fuel and medical supplies, and many Ukrainians were afraid to travel on the roads despite supply issues, lest they risk meeting Russian troops.

Though the level of Russian presence varied as the months went on, Melnyk and his neighbours lived with a constant awareness of the conflict happening all around them.

"The experience of occupation is almost a sense of physical oppression," he says. "You feel it. You feel a burden on your shoulders and you don't feel free, even if they (Russian troops) are not around."

Throughout those months, Melnyk notes, there was a "huge outflow of civilians" from the Kherson region. As of June 1, internet and cellphone connections were severed, leaving Melnyk and others in his area largely disconnected from the world. He eventually became one of those fleeing civilians, leaving on June 19. A few days later, Russian forces returned to his hometown, where they remained for several weeks.

Since Melnyk had a Canadian passport, it was easier for him to travel, although the journey was still a huge challenge with multiple checkpoints. He kept in touch throughout his time in Ukraine

with David Marples, his former master's supervisor and a professor in the Faculty of Arts whose research focuses on 20th- and 21st-century Belarus, Ukraine and Russia. Marples contacted Natalia Khanenko-Friesen, director of the Canadian Institute of Ukrainian Studies, where Melnyk also worked for two years, and they reached out to Melnyk after he'd arrived in Canada as part of the Disrupted Ukrainian Scholars and Students (DUSS) initiative.

Melnyk's research is on Ukrainian and Russian history, with a particular focus on the Second World War and issues related to security, memory, politics and political violence. In recent years, he has shifted his research focus to a more contemporary period, looking at warfare in Eastern Ukraine from 2014 onwards — something he now has first-hand experience with.

"I'm gathering information about the developments in Ukraine of a military and political nature, and also developments in the cultural sphere."

His scholarly voice is one that could have been silenced were it not for programs like the DUSS initiative. Six institutes and departments at the U of A — the Canadian Institute of Ukrainian Studies, Kule Institute

for Advanced Study, Kule Folklore Centre, Department of Modern Languages and Cultural Studies, Department of History, Classics and Religion and Wirth Institute for Austrian and Central European Studies — joined together for the initiative, which has raised about \$600,000 to support 32 people thus far, including Melnyk.

The various institutes, departments and individuals involved in the DUSS initiative used their existing networks to reach out to the multitude of Ukrainian students and scholars needing support — and the effects of the war were evident throughout their interactions.

"Imagine you're sitting in your room, talking with your colleagues, and they're connecting with you from the bathroom because the sirens are on, the shelling is on, the only safe place they're told they had is the bathrooms. This was the immediate shock for us working with our colleagues in Ukraine," says Khanenko-Friesen. "Though some time later the course of war has changed, the drama and the pain of it and the trauma of it has only increased."

As Khanenko-Friesen explains, supporting scholars and students is a critical step in helping rebuild Ukraine. While some, like Melnyk, have been

able to come to Canada, others who must remain in Ukraine have received support through grants and collaborative opportunities. According to Khanenko-Friesen, more than 200 educational institutions in Ukraine have been physically destroyed, forcing students and scholars to move their operations to other areas — and making support for them and their work all the more important.

"We live in the 21st century — for any nation to be able to move forward and successfully build its economy, statehood, civil society, it relies on educated individuals," says Khanenko-Friesen. "We see our work as being fundamentally important as a critical effort in supporting the rebuilding of Ukraine once the war is over."

As for Melnyk, his safer surroundings in Canada are allowing him to focus on his research, which is more significant than ever — and he's hopeful it will have a lasting impact.

"I'm a scholar. I never considered myself a public intellectual in any sense of the term. So I'm thinking more about contributing to the knowledge by writing or producing a work that would be of more enduring value that exceeds the news cycle and relevance in this moment," he says. "Something that scholars could revisit 10 to 15 years from now."

The war has displaced more than 12 million people in Ukraine, and the need for support continues. Khanenko-Friesen urges Canadians to remain digitally savvy when interacting with any messaging about the war, and expresses gratitude for all the support the DUSS initiative has received.

"We are committed to continuing this work," she says. "We're very appreciative of any support, financial or otherwise, that we can receive when it comes down to our very important work directed at rebuilding Ukraine by investing our funding and our efforts into students and scholars coming from Ukraine."

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The importance of self-care for caregivers



Photo courtesy of Toa Heftiba, accessed on Unsplash.com

Samantha Norberg
Jewish Family Service
Calgary

What was the last thing you did for yourself? If you cannot remember, you might be a caregiver. For many of us, COVID-19 makes for an uncertain future. For caregivers, COVID-19 has heightened an existing feeling of uncertainty.

It is only human to crave certainty and without it, feelings of fear and anxiety may become more frequent. Uncertainty in combination with increased caregiving tasks during the pandemic, can put caregivers at a higher risk for caregiver stress and burnout.

Signs of “caregiver stress” can include declining health, a lack of

energy (but also sleeplessness), and withdrawal from social interactions. When caregiver stress is unaddressed, it can build into “caregiver burden”, a physical, emotional, and mental exhaustion from the caregiving role, which can become dangerous for the caregiver and the people they care for.

The hopeful news? We have the choice to

recognize how we feel and address how we cope.

And the thing about being human, is that we are built to survive. A great place to start is to look at the difference between coping strategies and self-care, and identify how you can benefit from both approaches to wellbeing. Coping strategies are practices that bring immediate relief whereas self-care is an on-going plan to support yourself. Both serve a meaningful purpose, though differ in when you use them.

When feeling overwhelmed, we might turn off our phones and pick up a book to dig into for an hour. This is an example of a coping strategy, which can help you through a crisis and provide short-term relief.

We can transform this into a component of a self-care by designating one hour every night to disconnect and do something for yourself, whether that be reading, having a treat, laughing, or exercising.

Self-care can be explored in the following components of your life: physical, social, emotional, occupational (paid and unpaid – your caregiving fits here!), and spiritual.

This can be mapped visually by tracing your hand on a piece of paper and assigning each finger a component of self-care.

Reflect on: What fills me with energy what de-

pletes me of energy?

What do I have control of and what can I release control of?

On each traced finger, write down what each of the above self-care components means to you, your goals in that component, and activities you can adopt or are already practicing to achieve that goal.

Consider: What are the barriers to supporting myself and how can I overcome them? What am I open to trying?

Similar to your caregiving journey, self-care is a continuous process of reflection and change, often requiring a lifestyle change, and it is not meant to be done alone.

In your caregiving role and self-care, reflect on:

Who in my support system can help me with this?

In what areas do I need more support?

How can the person I care for help me?

You have heard it before and I will say it again (after all it has been a while since we travelled by plane), put your oxygen mask on first before helping others. And with that, my last question for you is: What will be the next thing you do for yourself?

Who is a caregiver and what types of support does JFSC offer? Listen to Samantha in Episode 12 of the Silver Shades Podcast at <https://silvershades.ca/episode-12/>.

“Alone we are strong, together we are stronger”

JFSC (Jewish Family Service Calgary) offers support to Calgary caregivers of seniors through education, group sessions and individual counselling. For more contact Samantha at 403-692-6392 or samanthan@jfsc.org Outside of Calgary? You can explore local caregiver support services through 2-1-1.

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-Anonymous donor

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There is truly no place like home



Barbara Ellis
Kerby News Columnist

The word home, signifies something special and important to all of us.

No matter where in the world one comes from, home symbolizes security, love and a place of belonging.

Home is not just a house, although it usually involves houses, it is where our parents brought us from the hospital. It is where we were cared for and taught the fundamental things of life.

Immigrants, from Great Britain or Europe or anywhere else, will refer to their country of origin as home. They talk about going home for a visit

or getting letters from home.

They are not disrespecting their new homeland, it's just that their feelings somehow tie them, via an invisible cord, to their country of birth.

There have been dozens and dozens of songs written about this special place called home. One could pick out any language or country in this multicultural world of ours, and one would find songs proclaiming love for home and country.

These songs may be as varied as a simple folk song or a rousing anthem which can stir up deep emotions within us. Homes can

be grandiose and elaborate, or they can be a small bungalow or anything in between.

Remember this song? "It's only a shanty in old Shanty Town, the roof is so slanty it touches the ground ... but like a millionaire's mansion is calling me back." Yes, it can even be an old shanty. One can also remember songs of servicemen in war zones, yearning to be home with their loved ones. Songs such as "I'll be home for Christmas, if only in my dreams". Separation from their home and family must have been especially acute during those special times.

Some folks have never moved from the place where they were born. Growing up in the same house on a quiet street, where everyone knows everyone, is special.

I have a friend who was born in Calgary and is now in her 90s. She delights in telling me all about how things used to be back in the "day." Her mind may not be the best these days, but the memories of her home, surrounded by her mother and siblings, are crystal clear.

I envy her a little because I am not so well rooted.

My family moved around a lot, not only from neighbourhood to neighbourhood but from country to country. So, for me, home became anywhere my parents were. I remember their home was always loving and welcoming. When they moved far away to the eastern United States, I looked forward to every holiday I could spend with them in my home away from home.

As soon as I walked into their house and was surrounded by all the familiar furniture, photographs, paintings, and the aroma of a familiar meal, I was filled with a sense of belonging. Most of us associate the best times of our lives with family dinners such as Thanksgiving, Christmas, Weddings or any number of things that make us celebrate our togetherness.

One of the most important holidays for our American friends as well as our own is Thanksgiving. My favourite singer, Perry Como, sings a ballade

called "There is no place like Home for the Holidays", and I think we can all relate to that song as it goes on to say, "no matter how far away you roam,". It is true because the Thanksgiving weekend is one of the busiest times for travelling whether on the road or in the air.

People are excited about going home and spending time with the most important people and places in their lives.

Humans are not the only ones who treasure a safe and secure home. I recall the movie "Lassie", and remember how that beautiful dog drove himself mile after mile just to find his way back home.

When he arrived, battered and bruised, he limped into his young masters welcoming arms. It was only a film, but there have been many instances of family pets finding their way home.

We often get stories in the news about a cat or dog finding their way home after weeks and sometimes even years of separation.

Whatever trauma they must have gone through, the journey home was worth it to them. As I mentioned, home to me was anywhere my parents were, that was where I felt I truly belonged. A friend of mine gave me a wonderful picture of a little calico cat.

Her beautiful brown eyes look up at her owner, and from the look on her face, one can tell she is confident in the fact that she is home. The note above her head reads, "Home is where they love you."

How true, that is exactly what home means to all of us. It is where we feel safe, where we belong, and most of all, it is where we are loved.

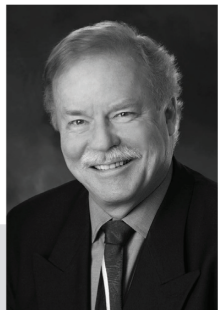
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New research dispels 'happy wife, happy life' stereotype

Bev Betkowski

University of Alberta Folio

Keeping a romantic relationship healthy takes work — and the burden doesn't just rest on women, according to a new University of Alberta study.

When mixed-gender couples were asked about their relationships, men's satisfaction levels were found to be just as significant as those of their female partners in predicting their future happiness together, the research shows.

The finding dispels the stereotype of "happy wife, happy life," says Matthew Johnson, a U of A relationship researcher and lead author on the study.

"It challenges the notion that women are these unique barometers who are more attuned to what's happening, and that they have diagnostic abilities men just don't have," said Johnson, a professor in the Faculty of Agricultural, Life & Environmental Sciences.

The research drew on data from 10 Canadian, American and German studies that assessed 901 mixed-gender couples daily for up to 21 days and from 3,405 mixed-gender couples assessed annually for five years.

Analysis of more than 50,000 relationship satisfaction reports showed that men's and women's satisfaction levels were equally strong predictors of their own and their partner's short- and long-term happiness.

"What the study shows is that men's experiences and predictions of their relationships are just as informative; the experience of both partners matters, regardless of gender."

The comprehensive study is the first to rigorously test a general theory that emerged in the 1970s, during the early years of research on couples, Johnson notes.

At the time, researchers had observed couples' communication and found that women's behaviour was more indicative of the health of the relationship, leading to the idea that they'd also be the more effective

barometers.

"People just latched onto this idea and it's become a common belief. There's still that thought or expectation that women have unique attention to the relational side of things.

"But men and women have equal ability and, with that, the shared responsibility for directing the course of their relationship."

That goes for better or for worse, he adds.

"I think the expectation for women to serve as relationship managers has let men off the hook in some ways. But

men have just as much responsibility for taking action and capitalizing on the good times when their partnership is going well, and building on it so they can continue to enjoy good times in the future for themselves and their partners.

"On the flip side, when things are not going well, men have just as much power as women in their relationship to figure out what's happening, contain it, cope with it and try to prevent it from spilling over into how things go tomorrow."

The study also

showed that when people were more satisfied than usual in their relationship — or less than satisfied — that feeling was likely to persist long-term.

Johnson suggests it's important for couples to recognize that pattern and act on it.

"If what is happening in your relationship is good, double down on that so you can reap those rewards into the future. If what's happening is not what you'd hoped for in your love life, make changes now, because if the relationship is struggling, it's going to continue to struggle unless

you act."

Awareness can help couples navigate bumps in the road, he adds.

"Actively think about how things are going in your relationship, don't just go along for the ride. Be reflective.

"In the busyness of life, no one wants to think about what is hard or uncomfortable, but if we took time to take stock of things and were a bit more intentional about directing our relationships, a lot more people could enjoy success and avoid heartache."



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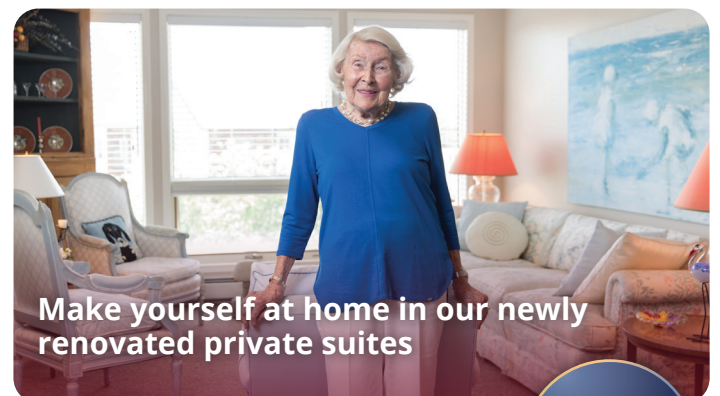


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Embracing the colours of fall



Photos and story by
Deborah Maier
Calgary Horticultural
Society

If we reflect back to grade school, the colours of fall were orange, gold, red, and orange, orange, orange! Bulletin boards would be covered with orange corrugated paper. Strings of orange, red, and gold leaves would be hung around the room. And, of course, there would be pictures of orange pumpkins.

Orange-coloured pumpkins are a classic icon for fall. Pumpkins are a member of the Cucurbitaceae (gourd) family and considered a winter squash. Winter squash have a tough skin and when cured and

stored properly can be kept for months, from fall well into winter. The vegetables we call pumpkins are *Cucurbita maxima* or *Cucurbita pepo*. Common names for plants that fall under the botanical name (Genus species) *Cucurbita maxima* include giant pumpkin, autumn squash, buttercup squash, Hubbard squash, marrow, squash, turban gourd, and winter squash.

Common names for plants that fall under the botanical name *Cucurbita pepo* are acorn squash, field pumpkin, marrow, ornamental gourd, patty pan squash, pumpkin, spaghetti squash, summer squash, winter squash, and zucchini. Yes, some common names are ap-

plied to plants that fall under each species. Which is why knowing the full botanical name including the cultivar or variety is important when buying seeds.

The orange fruit that we call a pumpkin and is used for pie or carved into a jack-o-lantern is a field pumpkin. While we see this as a classic pumpkin, the original pumpkin likely had green skin that was mottled with yellow and orange. As pumpkins were cultivated, growers selected seeds from the fruit of plants with the characteristics that were preferred ... orange colouring when ripe, for example.

Pumpkins start out green. As the fruit matures and the season extends into the fall,

chlorophyll in the outer layer of the skin breaks down to reveal the orange pigment in the skin. It is the same process that happens when leaves change to their fall colour.

People started growing pumpkins as crops about 4000 years ago, in Central and South America, where they were found in the wild. From this region, people have carried seeds to growing locations around the world. Recently, there has been a resurgence in pumpkin cultivation.

Growers are creating new cultivars by saving then growing seeds from the fruit that best represent a desired characteristic. Ensuring those plants are pollinated by each other, the grower is being genetically selective. Eventually, the grower can be confident that the seeds will yield a plant that consistently produces a fruit with the desired traits: colour, texture (bumps, warts, ribs), size, wall thickness, stem size, or flavour, to name a few.

Growing for specific characteristics is also done by crossbreeding plants. Pumpkins are monoecious—meaning they have both male and female flowers. In this case, a new plant is created by deliberately using pollen from the male flower of one cultivar to pollinate the female flower of another.

The selection process is followed, pos-

sibly with more cross-pollination, until the trait desired always occurs when the seeds are planted.

A blend of crossbreeding, plant selection, and marketing has brought us to our multi-coloured fall. “Pumpkins” in shades of soft orangy-pink, deep red-orange, dark green, “blue” (which often is more of a dusty looking pale green), and even white in a variety of shapes, sizes, and textures are now available.

Regardless of their look, all pumpkins are edible. Specialty pumpkins are usually a little more costly than a standard field pumpkin, so it may be worth researching the best way to cook it and put it to good use.

Clean, air dry, and save some seeds in a cool dry place and next year you can try grow your own unique pumpkin. Keep in mind that pumpkin plants need a lot of space, prefer full sun, and regular feeding and watering. It will be unique because a pumpkin grown for the sale of its fruit, unlike a pumpkin grown for its seed, is open to many sources of pollination. You could end up with a rather unusual fruit ... or it could be orange.

Enjoy all the colours of fall this season. To learn more about gardening in the Calgary area, visit our website calhort.org.



Scammers can be stopped

Mary O'Sullivan-Andersen
Better Business Bureau,
Southern Alberta and East
Kootenay

For this month's column, I decided to highlight a real-world success.

On May 12, 2022, the Calgary Police Service arrested an individual who has been charged with one count of fraud over \$5,000.

This relates to the so-called grandparent scam. As you might already know this is when an individual — posing as a concerned party — contacts a senior (often by telephone) and tells them that one of their grandchildren have experienced some unforeseen event and requires cash as soon as possible. The scammer of course is leveraging the senior's concern for a loved one in addition to ramping up an already emotional scenario with a demand for immediate action.

In this recent Calgary case, the accused individual is alleged to have posed as a lawyer acting on behalf of the grandson who required bail money to get out of a U.S. jail. The grandparent in this case made an initial \$12,000 withdrawal from the bank as directed and then handed the money over to a person who appeared, literally, on their doorstep. A short time later the senior citizen was contacted again and told that another \$10,000 was required to secure the grandson's ultimate release.

Fortunately, this time, before the cash withdrawal could be made, a quick-thinking bank employee began to inquire about

the transactions. This led to the police being contacted and the alleged fraudster being arrested when he reappeared at the door of the near victim for the second time.

The Better Business Bureau sometimes is accused of fostering

fear by getting stories out to the media about scammers and fraudsters. Our rebuttal? Knowledge is power!

The hero in this story is the bank teller who recognized something was amiss and started asking questions. It's important

for all of us to not live in fear but instead become knowledgeable about how scams work and learn in advance what you can do to help stop them.

One of the best tools we have in our arsenal is BBB's Scam Tracker. This is a "heat

map" of sorts that will show you exactly what scams are happening in Calgary and across North America.

Oh, and by the way, the grandson in the story was indeed away visiting the U.S. but was, and is, safe and sound.



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- Anjali Acharya, BScPharm - Immunization & Travel Health Consultant

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Dr. Angel Chu, MD, FRCPC - Infectious Disease Specialist - Vice Chair Immunize Canada

11:15AM – 12:15PM | Adult Routine Immunization for 50+. Are You Up To Date?

Anjali Acharya, BScPharm - Immunization & Travel Health Consultant

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We will also have speakers in the afternoon from the Calgary Fire Department, Service Canada and Health Canada.

Kerby Expo finally returns to Calgary



After several long years of COVID-19, the Kerby Seniors' Expo has returned!

It's the perfect place for folks who are either retired to soon-to-be to get tons of awesome information all directed towards older adults.

We're absolutely excited to host this event and share with out Calgary Kerby community a place for people to network and learn tons of really useful information.

It's being held at the Kerby Centre Gym on Oct. 15, running from 9:00 A.M. to 3:00 P.M. There's free admission, free parking and people of all ages are welcome.

Beyond just all the amazing booths and people to meet, we're also announcing a HUGE secret surprise about Kerby Centre that day. If you're part of our Kerby community and want to be one of the first people to find out, you'll want to head here!

In addition to over 70 exhibitors and a wide array of services and products — including free swag! — we've got amazing presentations, including our keynote speaker Dr. Angel Chu who will be speaking on the subject of infectious diseases and how to avoid them.

Some great tips for visiting? Remember to take your time!

The trade show runs all day so it's alright to spend time chatting with exhibitors and making connections. It's part of the fun.

If a booth is packed, make a mental note to check it out on your second time around. Don't forget to take breaks to sit down and relax as well.

Follow up on the information you get! You'll be walking away with lots of different business cards and people to meet, so when the day is done, make a to-do list of everything you want to follow-up on!

And don't forget the most important tip: have fun!

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On the hunt for trolls



Story and photos by June Read
Third ACTION Film Festival

In April 2022, we travelled to Denmark with the intent of learning more about my Danish heritage (my maiden name was Johansen) My father came from Haderslev, about one hour from the German border, and after graduating from Agriculture College, emigrated to Canada in 1928 buying a farm outside of Wayne Alberta.

In the 90's one of my cousins Bente & came to Calgary during Stampede with their two children Mette and Rasmus we kept in touch, and the idea of visiting had surfaced a few times, it was not until

April th22 at we were able to go to Denmark. Before landing in Denmark, we sent a box of photos, certificates, cards, and even old telegrams, asking my cousins to translate and decipher who and what stories made up the family tree.

We arrived at Copenhagen airport and drove to Kolding for our initial visit. We were invited for lunch that was a Viking feast. We spent five hours sampling herring in sour cream, ladling the pan-fried meatballs (Frikadellar), spiced red cabbage and the cream cakes and treats were generously consumed alongside ample Danish beer and aquavit It was an occasion and I rev-

elled in getting to know these lovely folks. The next four days they told stories and showed me where my father and his siblings lived along with the schools and churches they attended.

Kolding is a sea port. A comfortable village with winding cobbled streets. Royal Koldinghus Castle, with its origins in the 13th century, occupies a hilltop overlooking a small lake in the centre of town. The recent renovation combined the original structure with clean modern lines that opened up the space and showed visitors how the rooms functioned hundreds of years ago. You are transported into the past and feel so comfort-

able. Kolding is known as a centre for design and architecture, so their thoughtful renovation is not a surprise.

Part of the tour gave visitors the opportunity to try on costumes fit for royalty Koldinghus. I wondered if I could embellish our family tree by getting photos taken of my cousins in costume and then commission someone to paint them.

The following day we went to Christiansfeld, a UNESCO World Heritage Site, where we were immersed in spring's pink blossoming trees and walked through the town centre to see bright yellow cycles decorating the shops and streets in preparation for the up-

coming Tour de France. After our walk through the town's cathedral, we stopped for lunch and even our sandwich was a work of art.

One of my trip highlights was meeting a troll, Ene Ojesten, created by Danish artist THOMAS DAMBO. We stopped for lunch at a park called BORKOP – enjoyed a wonderful meal and then took a short walk to meet Ene Ojesten. Translated into English, her name means “One-Eye Stone,” a reference to her contemplation as she sits quietly examining the concrete circle — the eye — with her stick.

When a space becomes available Dambo, works with local volunteers to design and create the troll's story and character. All the items used in the creation of his trolls are reclaimed from discarded wood, metal, and concrete. Check out the website: <https://thomasdambo.com/> to learn more about his work.

Dambo's trolls are all over the world. They are all meant to make us aware of how we impact our environment. Being in the presence of this art, was for me, very profound.

Third ACTION aims to offer an entertaining and educational experience that redefines the narrative around aging through film and film-related events. For more information, head to thirdactionfilmfest.ca



Hide and squeak; a modern mystery

Stew Perram

“There is it again!” my wife Martha raised her voice to ensure I heard her. “I’m almost resolved to this relentless freaking squeaking. It’s been a constant companion for days.”

“Huh?” I queried, wistfully.

“That beep, chirp, whatever it is. I hear it twice a minute now.”

“I haven’t noticed, my hearing aid is off.”

“Well, turn the damn thing on and listen.”

Madam Martha was clearly at her wit’s end. I switched my ear device on and sure enough, tweety-bird was alive and well. “Calm down, no problem. It’s probably the hall smoke detector battery. I think it’s been a year since I changed it.”

I chose a top-of-the-line 9V battery. The cheap ones don’t last. It was a quick switch. I was back in my Lazy Boy before you can say Mr. Fixit, smugly congratulating myself for my restoration skills. Not exactly a hero, but a maintenance act that might impress a troubled missus.

Chirp! We both popped our heads up from reading.

“I guess your fix didn’t work. What now?”

She looked defeated.

“Well, we have another smoke detector in the other room. That’s probably the culprit.”

My wife just stared at me. That silence spoke volumes — but then she did speak.

“Whatever, I’m going for a walk. I can’t find my keys so please lock the door and be home when I get back.” She donned her walking attire and the front door closed abruptly.

I needed this alone time. Gave me time to think without wife-strife. I locked the

door and went back to my electrics stash. My battery supply yielded another fresh one, but the inventory was dwindling. The first battery may be okay, so I’ll keep it in reserve. Best to change them both simultaneously.

Switcheroo success and now back to the chair. I opened my book.

Dang! Another blasted beep!

I needed to solve this. It was detective time. The house has three levels. I attended the top floor with my hearing aid cranked up and heard nada chir-rups. Great. I quickly moved down to the basement and heard the peeps, but they seemed distant. Through my vigilant isolation techniques and deep analysis, I determined the problem was related to the main floor.

So, I cleverly asked myself, what technological devices can possibly cause this? There were a few possibilities that offered a ‘get-your-attention’ audible for some purpose: the CO2 alarm near the far corner of the room; the smart-home equipment, featuring automated thermostat and AC controls; the security devices and motion detectors; the home phone and cells; the high-tech stove; the wireless-capable fridge; the new dishwasher.

And it goes on: the microwave; the washer and dryer; the two computers and iPads; the gas fireplace con-

troller; the TVs and remotes; the coffee maker; the porch video system; the smart watches and clocks; even the radio!

I systematically assessed each unit’s call sign. They didn’t all chirp. Some dinged or buzzed, a few sounded like a bell, some played a high-pitched undulation or warble, and a couple offered a digitized voice. One device that I had forgotten about was a battery-operated symbol from a Christian Book Store that was gifted to me and lived in a drawer. When triggered it played Jesus Loves Me non-stop. In the same drawer was a tacky greeting card that sang Happy Birthday to You when opened. It was supposed to be a singing cat, but it sounded like Tiny Tim after sucking helium. I needed to assess everything.

The door opened. Momma came home. “Did you find it, Sherlock?”

“No need to be rude,” I said. “I’m doing my best.” I updated her on my progress which led to the bottom line. “No, I haven’t found it yet.”

“You’re an engineer for God’s sake. I can’t believe this irritating sound can’t be squelched. Should we plan to move out? At least you can turn off your aid. Doesn’t help my sensitive ears.”

Whoa, that engineer shot struck home. “Leave it with me,” I said. “I’ll find it.”

My mate retired

upstairs for a nap offering more liberty to hunt. I had an idea. I unplugged everything before dropping to all fours on the living room floor for a better perspective and focus. I closed my eyes and followed the chirps using only my sense of amplified hearing. I crawled on hands and knees toward the thirty-second interval sound as it got louder. I was blind but other senses were honed. My internal doppler radar finally fixed on a confined area in my dear wife’s office room. I had acquired ground zero.

I opened my eyes. In front of me under a

desk was Martha’s infrequently used purse. I unzipped the pocket and peeked in. There lay the perpetrator, squawking intermittently. A key finder doing its job, right beside a set of keys. I pushed a button and silenced the device, then rolled over, wallowing with glee at the irony.

The queen of our now tranquil abode emerged from her rest and shuffled down the stairs, not wearing a crown but sporting a frown.

“Guess what?” I voiced.

“What?” she grumbled.

“I found your keys.”

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TAX DEDUCTION

Medicine Hat

PROGRAMMING

Veiner Centre Programs & Activities

MON	TUE	WED	THU	FRI
Quilting 9am - 4pm Board Games 9:30am - 11:30 Canasta 12:00pm - 4:00pm Euchre 1:00pm - 4:00pm Shuffleboard 1:00pm - 4:00pm	Strathcona Arts 9:00am-12:30pm Chess 9:00am - 12pm Silver Song Group 1:00pm-2:30pm Crib 1:00pm - 4:00pm Duplicate Bridge 1:00pm - 4:00pm Evening Bridge 6:00pm - 9:00pm Evening Crib 6:30pm - 9:00pm Board Games 6:30pm - 9:00pm Darts 6:30pm-9:00pm Poker 6:00pm-9:00pm	Bocci 9:30am - 12:00pm Mahjong 9:00am -12:00pm Veiner Centre Choir 10:00am-12:00pm Member of Constituency 11:00am - 12:00pm Bridge Lessons 12:30pm - 2:00pm Scrabble 1:00pm - 4:00pm Pinochle 1:00pm - 4:00pm	Strathcona Arts 9:00am-4:00pm Jam Session 9:30am-11:30 Canasta 12:00pm - 4:00pm Euchre 1:00pm - 4:00pm Shuffleboard 1:00pm - 4:00pm BINGO 2:00pm - 4:00pm Norwegian Whist 6:00pm - 9:00pm Darts 6:30pm-9:00pm Poker 6:00pm-9:00pm	Quilting 9:00am - 4:00pm Mahjong 9:00am -12:00pm Duplicate Bridge 1:00pm - 4:00pm Mexican Train Dominoes 1:00pm - 4:00pm Stitch & Laugh 1:00pm - 4:00pm

Wellness Wednesday

- October 5th | Movie Matinee with free popcorn – “Grumpy Old Men” | South MP | 2:00 – 4:00
- October 5th | CMHA – Is your mind full or is it mindful? | Boardroom | 9:30 – 10:30
- October 12th | Tech Connect Seniors | Boardroom | 10:00 – 12:00
- October 12th | Chair Based Exercise Video | Craft Room | 2:00 – 3:00
- October 19th | Pet Therapy with Kenzy | Veiner Centre | 10:30 – 11:30
- October 19th | Revera Rocks! With Mariah | Craft Room | 2:00 – 4:00
- October 26th | DILLS “Learn how to create and maintain healthy boundaries” Boardroom | 9:00 – 11:00

Returning Programming

- Strathcona Art Studio | Tuesday & Thursday
Craft Room | 9am - 12:30pm & 9am - 4pm
- Darts | Tuesday & Thursday | Games Room
6:30pm - 9:00pm
- Poker | Tuesday & Thursday | Boardroom
6pm - 9pm
- Floor Curling | Tuesday & Thursday | Strathcona Centre | 2pm - 4pm
- Silver Song Group | Tuesday | Craft Room
1pm - 2:30pm
- Veiner Centre Choir | Wednesday | Craft's Room
10am - 12pm

Strathcona Centre Activities

MON	TUE	WED	THU	FRI
High Beginner/Improver 9am - 9:45am Table Tennis 10am - 12pm Chair Yoga & More 12:00pm -12:45pm Pickleball 1:00pm - 4:00pm	Pickleball 9am - 10am Fun & Fitness 10:15am-11:15am Pickleball 11:15am - 2:00pm Floor Curling 2:00pm-4:00pm	Pickleball 9am - 10am Table Tennis 10:00am - 12:00pm Mind & Body 12:00pm-1:00pm Pickleball 1:00pm - 4:00pm	Pickleball 9am - 10am Fun & Fitness 10:15am-11:15am Pickleball 11:15am -1:00pm Silver Steppers 1:00pm - 2:00pm Floor Curling 2:00pm - 4:00pm	Pickleball Lessons 9am - 10am Table Tennis 10:00am - 12:00pm Hatha Yoga 12:00pm-1:00pm Pickleball 1:00pm - 4:00pm

Sprawling armies of model soldiers

Story and photo by Stuart LeCrerar

I have always had model soldiers and have been fascinated by massed armies in battle. In my early 20s, I thought it would be a good idea to see if I could paint them as well. My first set was of British infantry during the Napoleonic era at a scale of 1/72 — one inch high. I set to work.

They turned out rather good, so I bought another set to see if I could duplicate them. To my amazement, they worked out just as well. From there, it was cavalry, and then artillery, and soon I had the makings of an army. Over the next few years, I painted when I felt like it. It was, after all, just a hobby.

My first battlefield was Waterloo: 1100 soldiers with a supporting cast of artillery and cavalry all put on a sheet of plywood four feet by eight. As the years went by, I did many other different sets of soldiers honing my ability and learning mostly from trial and error how to advance my skill in painting.

By my middle 30s I was very good at what I could accomplish: I had done Waterloo, Persians, war elephants, Swedish knights, Russian cavalry from the middle ages, Romans and barbarians, crusading knights, British and American troops from the war of 1812, Custer's 7th Cavalry along with the Sioux and Russian infantry of Frederick the Great.

It was on a trip to England when my Father took me to the Royal Green Jackets Museum to see a model of Waterloo — 22,000 model soldiers — some that I recognized as I had painted them years before.

This put an idea in my head of painting a model on a mass scale like this. Upon my return, I put into motion my biggest project, a model that would define me and my skill as one of the best in the world. The battle chosen was Gettysburg. A 31,000-piece model and that was just the in-

fantry, add in cavalry and artillery and this was huge.

I gave myself a timeline of five years, painting every day, doing research on the battle in the evenings and working out everything I would need to make this become a reality. To see this model go to www.nonprofit.memlane.com/mhmma.

One month shy of five years I had done it, the finished model now covered nearly 900sq ft! I had hopes of putting this on display along with model train enthusiasts building a train layout for tourism, adding my other works and

I believed this could be a benefit to the community. Alas, this was not to be, I couldn't find a home for this, even with contacting museums across North America and giving it away free just to see it displayed all came back negative.

The cost of keeping the model came to a head when I just could not afford it anymore, the saddest day of my life was seeing five years of my work go to the city dump. I took a break from painting but the bug was still there.

Picking up my brushes again, I did a model of The Plains of Abraham, another 1100-piece model, after that came to the Alamo then Custer's Last Stand, the sheer enjoyment of what I could produce was back again. Next came a 400-piece model of French Napoleonic cavalry mounted on a coffee

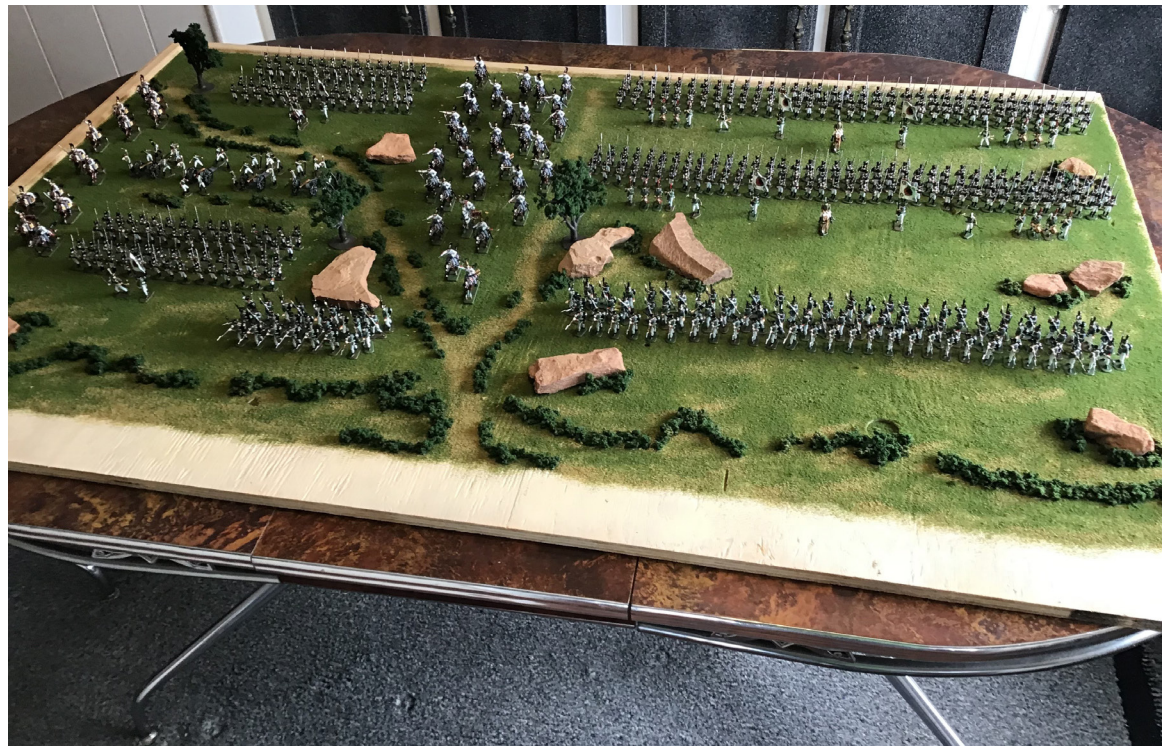


table and a buffalo hunt with the Sioux.

I turned my attention now to doing a cavalry piece so I did The Charge of The Light Brigade from the battle of Balaclava, 673 cavalry split between the 4th and 15th Dragoons 8th and 11th Hussars and the 17th Lancers, another triumph to add to my resume.

Throughout the years I also bought models ready painted to do a scene from Rouk's Drift during the Zulu wars, buying an old table the model was put together and now adds to my collection in my trailer.

The coming of COVID-19 forced us all inside, getting a little restless again I turned to my hobby to get me through. The Napoleonic age has always fascinated me, most do Waterloo, I wanted to do something different. This time I went to the war of 1812 and the

Battle of Borodino. The French were easy as the sets were readily available, the Russians proved a bit harder as there was only one set of infantry on the market. Over the years I have learned to compensate by using different models and painting them in the colours one desires to make a model happen, this time I used Prussian infantry and painted them in Russian colours.

Massed advancing infantry on both sides took me a year and a half to complete, and then came the difficulty of building it.

I knew it would be of some size having over 4000 pieces so it was put on five boards four of which were 4ft x 2.5ft and one 2ft x 5ft the model was 5ft by 10ft. A rack was built so the boards could be stacked on top of the other and this worked well.

To this day I have not seen the model all put to-

gether as it would take up most of my front room!

Turning to the present I have two models I would like to complete to finish what has been an adventure of a lifetime and one that has cemented me as one of the best large-scale model diorama painters and builders in the world.

My new one starting later this year will be the Thin Red Line from the Crimean War, the highland regiment against Russian cavalry just before the Battle of Balaclava and possibly my last one being Agincourt.

I still have hopes of finding a place to display these works full time as no one sees them unless they come to my home so until that happens I will just have to be content with seeing them every day myself and being in awe of what my 45-year hobby has produced.



Covenant Health
St. Joseph's Home

St. Joseph's Home Seniors Lodge

ROOMS AVAILABLE FOR RENT

\$1,200/month
(bachelor suite)

\$1,700/month
(one bedroom suite*)

Includes 3 meals/day & weekly housekeeping

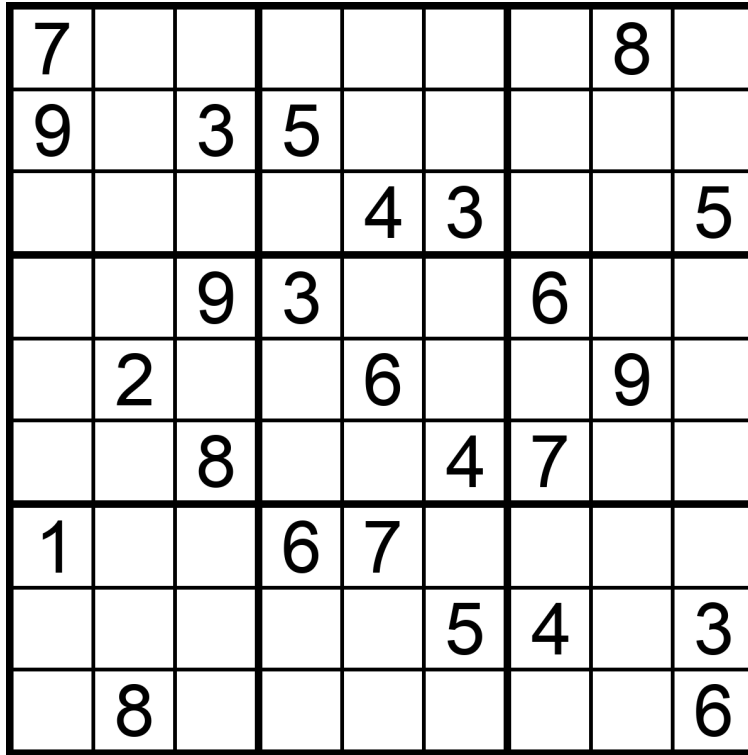
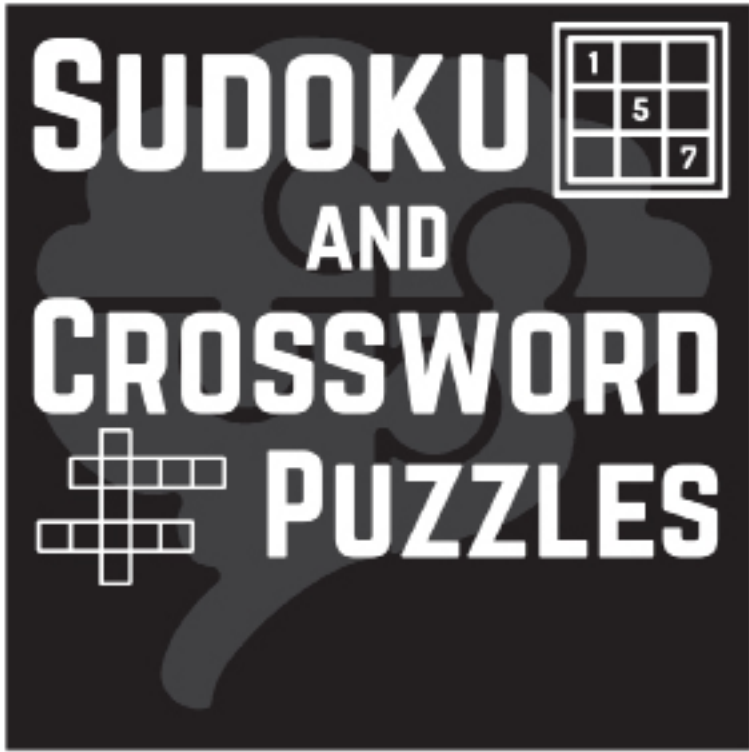
Eligible Home Care services available

* based on single occupancy

Contact **403-526-3818** for a tour.
Visit us at: **156 - 3 St. NE Medicine Hat**

CovenantHealth.ca

Furnished room available for a nominal fee



WISHING YOU A MOST FANTASTIC THANKSGIVING

On behalf of the Board, the employees, the volunteers and everyone else involved in the work that Kerby, Veiner and Strathcona Centres do:

We wish you a most wonderful and pleasant Thanksgiving holiday with close friends and family!

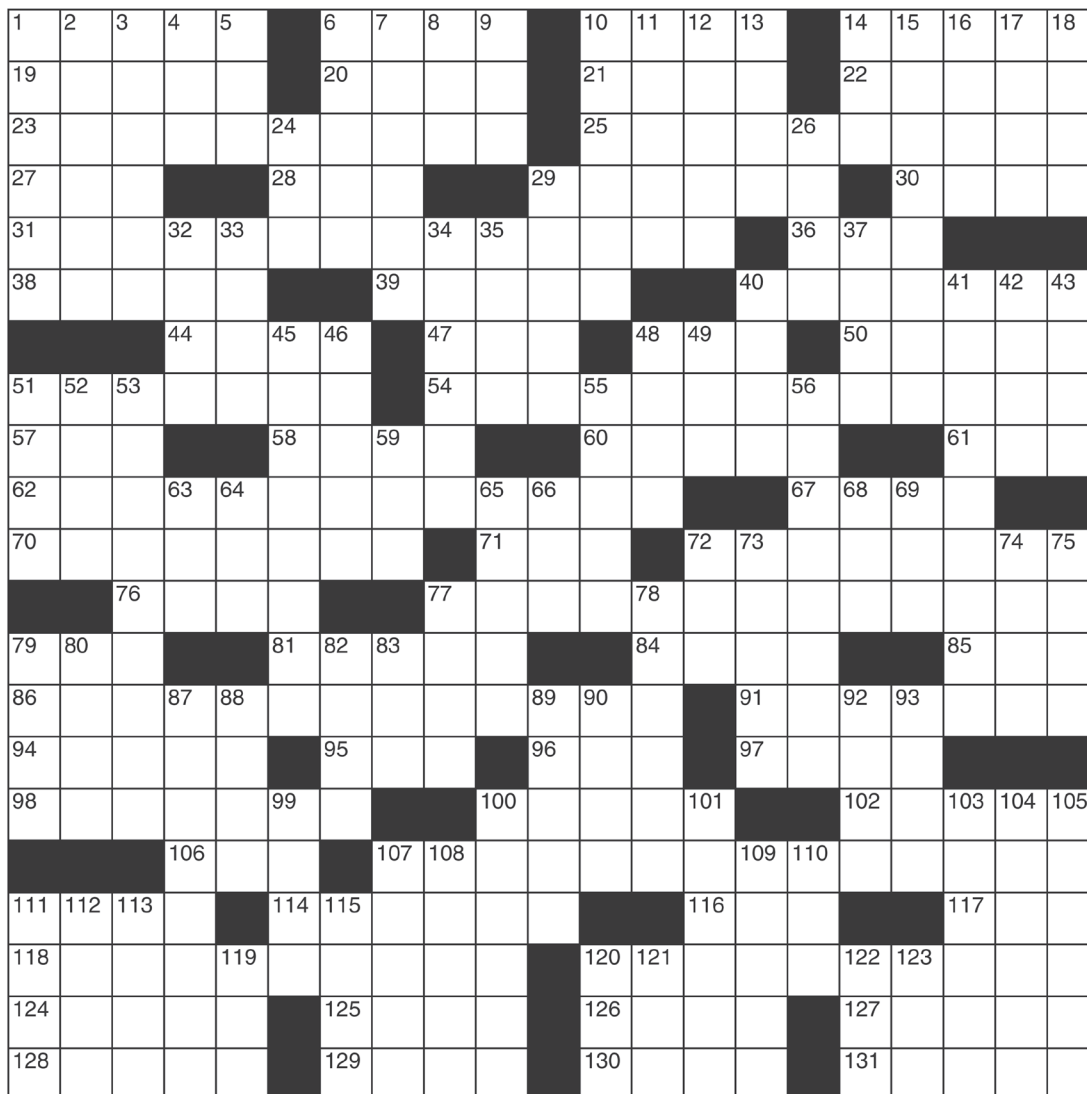


PREMIER Crossword

By Frank A. Longo

ENDING IN FIVE DIGITS ACROSS

- 1 Big name in health insurance
- 6 2010 Apple debut
- 10 Love to excess, with "on"
- 14 "Get lost!"
- 19 Park for mobile campers
- 20 Reuben offerer
- 21 "Bejabbers!"
- 22 Sycophant
- 23 Welcome words to a job applicant
- 25 House badly in need of repairs
- 27 Bake-off dish
- 28 Yoko of art
- 29 Floor layers
- 30 Active Sicilian volcano
- 31 Tampa Bay Rays' stadium
- 36 Org. for some ex-GIs
- 38 Tijuana Mr.
- 39 Makeup of Hawaii
- 40 Yellow-orange fruit
- 44 Bed for sushi
- 47 — wester
- 48 Fish feature
- 50 Prefix with botany
- 51 Dean of Truman's Cabinet
- 54 Agreed-upon time
- 57 Hitter Gehrig
- 58 African land
- 60 Phonies
- 61 Pre-U queue
- 62 Liberalism
- 67 Low-key "Hey!"
- 70 Ram hard
- 71 Winter hrs. in D.C.
- 72 Haifa citizens
- 76 "Doggone it!"
- 77 Additional plateful
- 79 Lupino of "High Sierra"
- 81 Trifled (with)
- 84 Purposes
- 85 D.C. ballplayer
- 86 Certain role-playing game organizer
- 91 Gives, as duties
- 94 Spanish national hero
- 95 Part of ENT
- 96 Ar-tee linkup
- 97 Dandy dudes
- 98 Dismissive facial reaction
- 100 One — (long odds)
- 102 Delta rival, once
- 106 Gallic pal
- 107 Spread on "Bonanza"
- 111 End-of-workweek cry
- 114 Formulas of belief
- 116 LA-to-IL dir.
- 117 "Kitchy-kitchy- —!"
- 118 Appliance that cooks batter
- 120 In advance ... or where nine key words in this puzzle might appear
- 124 Whether by land —



- 125 With 112-Down, she had a "Tootsie" role
 - 126 Sheik, e.g.
 - 127 One of the Osmonds
 - 128 Smelting waste
 - 129 Deputy: Abbr.
 - 130 "Doggone it!"
 - 131 1998 Apple debuts
- DOWN**
- 1 Underground vaults
 - 2 Afrique's Côte d'—
 - 3 Attach using paste
 - 4 Fish-fowl link
 - 5 Devoured
 - 6 "Let It Go" singer Menzel
 - 7 Italian beer brand
 - 8 British beer
 - 9 Pulled off
 - 10 Disobeys
 - 11 "Darby — and the Little People"
 - 12 Levied
 - 13 Broadway singer Linda
 - 14 "Disco" cartoon guy
 - 15 Manage, as a problem
 - 16 Engrossed
 - 17 City in Yemen
 - 18 Gore Vidal's Breckinridge
 - 24 Ad —
 - 26 Reply to an invite
 - 29 Traffic snarl
 - 32 Skin opening
 - 33 Pupil locale
 - 34 Really rail at
 - 35 Dud
 - 37 Mr. Flintstone
 - 40 Feed the kitty
 - 41 Chuckling with glee
 - 42 Big burden
 - 43 Civil wrong
 - 45 Attending
 - 46 Ratify
 - 48 Royal decree
 - 49 Writing fluid
 - 51 Swiss peaks
 - 52 "Neat!"
 - 53 Luau entertainment
 - 55 Departing for
 - 56 Potent coffee
 - 59 Language akin to Thai
 - 63 "— bad boy!"
 - 64 Bronze metal
 - 65 West Yorkshire city
 - 66 Key near F1
 - 68 Mine of film
 - 69 Month no. 9
 - 72 SSNs, e.g.
 - 73 Paper bundle
 - 74 — instant (very quickly)
 - 75 Some NCOs
 - 77 Scorch
 - 78 Baby's bottle
 - 79 Notion, to Luc
 - 80 "— noted"
 - 82 "The — lama, he's a priest"
 - 83 Sumac of song
 - 87 World's tallest creatures
 - 88 Ancient Dead Sea region
 - 89 Takes care of
 - 90 Punta del —
 - 92 San Antonio hoopster
 - 93 "Insecure" co-star Rae
 - 99 Dog pests
 - 100 Part of the conspiracy
 - 101 Diet-friendly, maybe
 - 103 Turkey's capital
 - 104 Like sacred images
 - 105 — Scholar
 - 107 French for "fathers"
 - 108 Bad smells
 - 109 Uppity types
 - 110 — Lingus
 - 111 Having length and width but not depth, for short
 - 112 See 125-Across
 - 113 "In case it's true ..."
 - 115 Poet Dove
 - 119 Part of UNLV
 - 120 Watering hole
 - 121 Notable period of time
 - 122 Former big record co.
 - 123 Easter entree



Kerby's Food Security Community Partners



Left: Arbour Lake Retirement Community & Staywell Manor Village regularly donate delicious meals and soup that we distribute at our free weekly Food Markets and to home-bound seniors. Our clients LOVE these meals!

Right: Safeway & Starbucks (Second Harvest partners) donate much needed sandwiches, sweets, produce, protein, dairy and baked goods that we distribute at our Food Markets, in our Community Pantry and through our weekly meal delivery service to home-bound seniors. We've received almost 30,000 pounds of food so far in 2022!

THANK YOU KINSMEN CLUB OF CALGARY

OUR COMMUNITY ROCKSTARS!!




YOUR ONGOING SUPPORT IS HELPING SENIORS FLEEING ABUSE, PROVIDING FOOD TO SENIORS IN NEED AND SO MUCH MORE!

THANK YOU!






Above: A drop off from New Covenant Assembly! Faith Based Organizations donate mostly non-perishable items that they collect through food drives. These donations help stock our Community Pantry which is accessed by seniors visiting Kerby Centre about 300 times a month! In 2022 we received donations from Altadore Baptist Church, First Alliance Church, New Covenant Assembly, St. John Evangelist Church & St. Matthew Church. The power of community supporting community!

Help Feed Hungry Seniors this Thanksgiving!

- ✓ Fill a **food hamper** for a low income senior \$25
- ✓ Help feed seniors through our **Meals on Wheels** in Medicine Hat: \$50
- ✓ Help fill our **food pantry** for seniors: \$100 ✓ **Other \$** _____

Payment Method: Cheque Visa MasterCard
 Credit Card Number _____
 Expiry Date _____ CVV _____
 Signature _____

Send tax receipt to:
 Name _____
 Address _____
 City _____ Province _____ PC _____
 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.

Donations of \$20 and above will receive a donation receipt.

DONATE TODAY at KerbyCentre.com/Donate or call 403.705.3254

Kerby Centre 1133 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #118979947RR0001



Active Aging | Events | Presentations

What's Happening in October

IN-PERSON Weekly Activities

Mondays

Knitting for a Cause - 9AM

Mahjong - 10:30AM

Pickle Ball - 2:30PM

Tuesdays

Recorder Group - 10AM

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

Wednesdays

General Craft Group - 10AM

Men's Shed - 11AM

Weekly Dance - 1PM

Thursdays

Pickle Ball - 2:30PM

Fridays

Krazy Carvers - 9AM

Spanish Conversation - 10AM

Tech Help - 11AM

Badminton & Ping Pong - 1:30

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

Presentations Spotlight

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

Online

Oct 3 | Monday

Infectious Diseases In Older Adults - What To Expect This Season

Presented by Dr Jia Hu

FREE | Registration Required

Live Well Be Well Presentation Series - Stress Management

FREE | Registration Required

In-Person

Oct 15 | Saturday

Kerby Senior's Expo

Lecture Room - FREE - No Registration Required

What You Need To Know About The Risk of Infectious Disease For Older Adults & How To Protect Yourself

10AM - 11AM

Presented by Dr. Angel Chu, Infectious Disease Specialist

Adult Routine Immunization for 50+. Are You Up To Date?

11:15AM - 12:15PM

Presented by Anjali Acharya, Immunization & Travel Health Consultant.

We will also have speakers in the afternoon from the Calgary Fire Department, Service Canada and Health Canada.

Kerby Travel Spotlight



Active Aging Week with Kerby!

We're going to iFly Indoor Skydiving

Friday, Oct 7

Member/Non - Member: \$60.00

Includes: Bus Transportation, Refreshments, Flight X2 and professionally taken photos & videos for each individual.

*Registration Required

Elbow Falls & Lunch at Bragg Creek

Wednesday, October 19, 2022

Member: \$65 Non-member: \$95

Cut-off Date: October 5, 2022

Included in Price:

Bus transportation by Go-getters

Lunch & 18% gratuity

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



Active Aging | Events | Presentations

ONLINE Weekly Activities – call or stop in to register

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Fitness with Dan - 9:30AM Ski Fit - 11AM Chair Yoga - 2PM	English as a Second Language - 9:30AM Ski Fit - 11AM Chen Tai Chi & Tai Chi Qi Gong - 1:30PM	Men's Shed - 11AM	Yoga for you - 9AM Drum Fit - 10:15AM	Muscle Strength & Core Balance - 11:30AM

Class Spotlight

Situational Awareness & Mental Toughness Level 1
Tuesday, Oct 11 | 10AM – 12PM | Kerby Centre

Arts In the Afternoon
Friday, Nov 4 | 1PM – 3PM | Dalhousie Community Centre

Members Only Event: Paint & Sip
Wednesday, Nov 23 | Contact Ed & Rec 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

Information Services

Free Will Clinic

Kerby Centre is now in partnership with Pro Bono Students Canada and will be starting a FREE WILL CLINIC for low income seniors at Kerby Centre starting October.

To check eligibility and to book an appointment call 403-705-3246.

Benefits and Pensions Guidance

We provide information and assistance with government services and benefits applications:

- CPP, OAS, GIS, ASB, AISH, Special Needs Assistance
- Fair Entry
- Community Referrals

Call (403) 705-3246 to book an appointment


On Location Free Food Markets

Banff Trail Community Association (NW)
Oct 18 | 12:20 – 3PM

Bow Cliff Seniors 50+ (SW)
Oct 21 | 11AM – 12PM

Living Spirit Church (SW)
Oct 7 | 11AM – 1PM

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

Remembrance Day Ceremony

Friday, November 11th

In-Person | Inside | Seated



Wise Owl Boutique 1/2 Price Sale
October 11th – 14th



Education & Recreation Christmas Craft Sale

Thursday, October 20th 2022
10AM – 1PM
Kerby Centre, Dining Room
Selected items 50% off!

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

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

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 for pictures or call 403-797-1990.

1 bedroom suite to rent. Basement location. Washer, dryer, fridge, freezer, microwave oven. Fully developed, bathroom and shower. \$700, utilities included. Available ASAP for older, mature adults. No alcohol or drugs. Call John and Leah @ 403-475 9981.

Bright 2-bedroom suite in friendly Plus 55 building in Somerset At \$1,500 a month you will enjoy living in this bright 2-bedroom suite in a friendly +55 building that is walking distance to LRT, restaurants, shopping, and all amenities. Great 850 sq. ft. living space with large storage room and in-suite laundry make this unit perfect for someone still working or winding down in retirement. The building offers gym equipment, games room, media room, library, hair stylist, and lounge for visiting as well as spacious grounds for outdoor enjoyment. Sorry, no pets or smoking allowed in the building. Move in date negotiable. Call Gerry at 403-560-0839 for more details and to view.

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 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 or call Jocelyn at 403-440-8846.

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

We are saddened to announce the passing of longtime Kerby Volunteer, Heather Brown, on Sept. 4.

CROSSWORD SOLUTION

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

SUDOKU ANSWER

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



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

Volunteer Spotlight

Karen McPhedran

We are so happy to introduce our fantastic, dedicated volunteer Karen McPhedran. Karen has been with Kerby since September of 2020. Karen said, "I am a Telus retiree and, through our Telus Ambassadors Program, I volunteered for Kerby Centre to deliver a prepared lunch to seniors homes made by the Atco Blue Flame Kitchen. I asked Aditi, one of your program leaders, if there were any other opportunities, and she provided me with the information on the Bread Market. I decided the Bread Market was a good fit for me."

Karen keeps coming back to volunteer to help out the community and the most vulnerable seniors. When asked about what she enjoys most about being at Kerby, she said, "Your Leadership team does a tremendous job with organizing activities for Seniors and taking care of their needs. The Bread Market is always run smoothly because of the organized manner in which it is run and the great friendly volunteers you have."

Karen's favourite hobbies are "Golf and boating in the summer. Quadding and snowmobiling in the winter." Her favorite family vacation is, "Spending time in BC with family and friends."

So far, Karen has contributed over **185** hours.

Thank-you, Karen, for all you do for the Kerby Centre!

www.kerbynews.ca

Love to write? Have a story to tell?

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The Kerby News is looking for volunteer writers! For more information on how to get involved, contact our editor at andrewm@kerbycentre.com

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