

Was August too hot for golf?



No, it might have been an incredibly toasty August, but even then: the Kerby Centre Charity Classic golf tournament went on, raising a ton of money for the services Kerby Centre provides while also being an absolute blast. Story on page 23.

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Our food security outreach programs

By the time this article goes to print our team should have finished working on the Kerby Centre Charity Classic — and we should be well on our way to planning our next event: the Seniors Expo.

The Expo is a hybrid event for Kerby. Very few of our members golf in our charity classic — it is not an event that we run for fitness or

recreation for our senior population. Clearly, it is a great opportunity for fitness and recreation.

But for Kerby Centre, it is purely and simply a fundraising event.

Our goal is to maximize the net revenue or the profit so that we can use the proceeds can go to expand the programming we do provide for older adults.

As I mentioned, our

Expo is a hybrid event.

We do want to raise funds and make a net profit so that we can use the surplus to support programs and services for older adults in Alberta.

Many of the exhibitors support Kerby's programs by paying for sponsorships and buying advertising in our newspaper and our directories.

However, we want to make the expo interesting for our members and other seniors who may attend. Our team has been busy trying to recruit exhibitors who can

help you improve your, health, wealth, happiness, and fitness.

As older adults, an important issue for us is where we will live and spend our retirement years.

Already quite a few of our partners who provide various housing options for older adults have signed up. We are very excited to be able to bring the Expo back to Kerby Centre: "Live and In Person" and I think our team has lined up some really interesting exhibits.

As you can imagine our Kerby Café will



Larry Mathieson, CEO and President

have some great specials during the Expo so if you plan to make a day of it — we have got you covered.

Hope to see you out on October 15th.

SEPTEMBER 2022

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I am not an athlete

Andrew Glen McCutcheon

I am not an athlete. I'm what you might call an indoor kid. The most exercise I get is from throwing dice during a particularly raucous board game. And yet I found myself at the Kerby Centre Charity Classic, rental clubs in the back of my golf cart.

The only thing protecting me from the beating sun is a baseball hat from one of the sponsors and a thickly applied layer of sunscreen. I would go on to apply the sunscreen three more times over the course of the day.

Like I said: indoor kid. The day began with a light lunch, registration and folks slowly clambering to their carts and enjoying a cool beverage, lazily floating their way through easy conversation and quick laughter.

Folks next to us ask where a particular gentleman might have gone. They answer in kind that there are no gentlemen here! Only golfers.

Despite not being an athlete, I was one of those golfers. I pulled on my golfers glove, grabbed my clubs and headed out to the greens to see if any of the lessons that I took two decades ago had kept.

Suffice to say, they did not. I had my golf glove on the wrong hand.

After fixing my minor boo-boo, I got up to the first tee box. I

straightened my feet, angled my shoulders, and took a couple of practice swings — my driver cutting a sharp sound through the scorching air. I moved forward. Steadied myself once more. And then I swung.

The ball rolled maybe five inches away from the tee as my club carved through the soft earth. I sent a divot of soil flying, at least several feet farther than I did my ball.

I was assured, through barely held-back giddy giggles and curling smiles to not worry. It was all for fun after all. But it really wasn't. Not to say my lack of skill put a damper on the day.

The day, in its entirety, was joyous. Lots of laughter and smiles, success and — in my case — failures. Challenges to be overcome over beers and cocktails, and a lovely dinner to put a perfect bow on the day.

It was awesome. Tons of fun. But it wasn't what the day was about.

The day aimed to raise money, specifically for Kerby Centre's food security programs. We were reminded of it at various points throughout the day's festivities.

But what does the food security program look like? To answer that, we have to rewind about a month to another day when I found myself completely out of my wheelhouse.

One of our free food markets — events where older adults can get food

items to assist with a world that seems bent on continuing to make things more expensive by the day — needed an additional volunteer to work the tables.

Although I'm a writer and marketer by trade, I won't ever say no to assistance. I worked the break markets.

I pulled on two plastic gloves — got them on the right hands this time — and worked at handing out sandwiches and dairy products to older adults who needed them. It was sobering. The line was out the door, on another scorching day.

The folks who came through our door were in need. We had items to provide. I had to look at more than one person and say, with great pain, that I could not give them an extra item lest we run out and not be able to serve everyone.

The looks of disappointment I received in return will not soon leave me.

Moreover, neither will the words of incredible gratitude I received, the thank-yous and event silent nods of appreciation.

Yes, the golf tournament was loads of fun. But events like these allow Kerby to do what needs to be done — to help vulnerable older adults.

And for that, I am thankful for every single person who attended.

Achieving your short-term goals

James Mactavish
Alberta Securities
Commission

Thoughtful financial planning is what will determine your success as an investor. A good rule of thumb when planning is to organize your financial goals into three planning time horizons.

These horizons typically include short-term goals that you want to achieve in the next six months to five years, medium-term goals that you want to achieve in the next five to ten years and long-term goals that you want to achieve in ten years or

more. Investors often use a variety of different investments for medium and long-term goals because they have a longer period of time to recover from potential downturns before needing their money. When looking at short-term goals, where you may need to withdraw sooner and cannot afford to lose money on riskier investments, there are a couple of options to consider.

Understanding high-interest savings accounts (HISA) and Guaranteed Investment Certificates (GICs)

Short-term goals might include saving for a down payment on a new car you want in a few years, an exciting trip to Hawaii or even establishing an emergency fund. Regardless of your short-term goals, HISAs and GICs enable you to generate returns on your principal without exposing your money to the risk of loss.

As the name implies, HISAs are savings accounts that generally offer higher interest rates than traditional savings accounts.

Whereas a normal savings account may

have an interest rate of approximately 0.5-0.8 per cent, a HISA may have an interest rate of 1.5 to 2.25 per cent. This may not sound like much of a difference, but if you saved \$10,000 in a savings account with a 0.8 per cent return and another \$10,000 in a HISA offering 2.25 per cent, after five years your HISA would have generated a whopping \$770 more than the traditional savings account.

GICs are another avenue for investors to save for short-term goals. By purchasing a GIC, you are locking away your money

for a set amount of time to receive either a fixed or variable interest rate. While these rates can range from approximately 1.5-5.00 per cent, depending on how long of a term you select, the money becomes inaccessible until the term finishes. If you need the money sooner, you will often need to give advance notice and pay a penalty that can severely negate any returns you would have made.

What should you consider before using a HISA or GIC?

With guaranteed returns, it may seem like HISAs and GICs are the perfect investment, but there are things to consider:

1) Open vs Locked-in: HISAs allow you to access your money when needed, whereas GICs have your money locked in. Make sure you assess whether the liquidity of your money is important. For something like an emergency fund, you want to make sure you have immediate access.

2) Fluctuating interest rates: During times of high inflation like we are currently seeing, the Bank of Canada increases interest rates financial institutions can offer to incentivize Canadians to spend less and save more. If inflation decreases in the market, you can expect interest rates to lower on GICs and HISAs.

3) Neither are ideal for medium to long-term goals: While they are less risky than other types of investments, HISAs and GICs interest rates rarely surpass inflation (the yearly increase in the cost of goods and services). So while they are ideal for short-term goals, the purchasing power of your money will diminish over the medium and long term by using HISAs or GICs exclusively.

HISAs and GICs can be powerful tools in helping you reach your short-term goals. By considering when you need to utilize the money and how readily you will need access to it, you can choose the suitable one for you.

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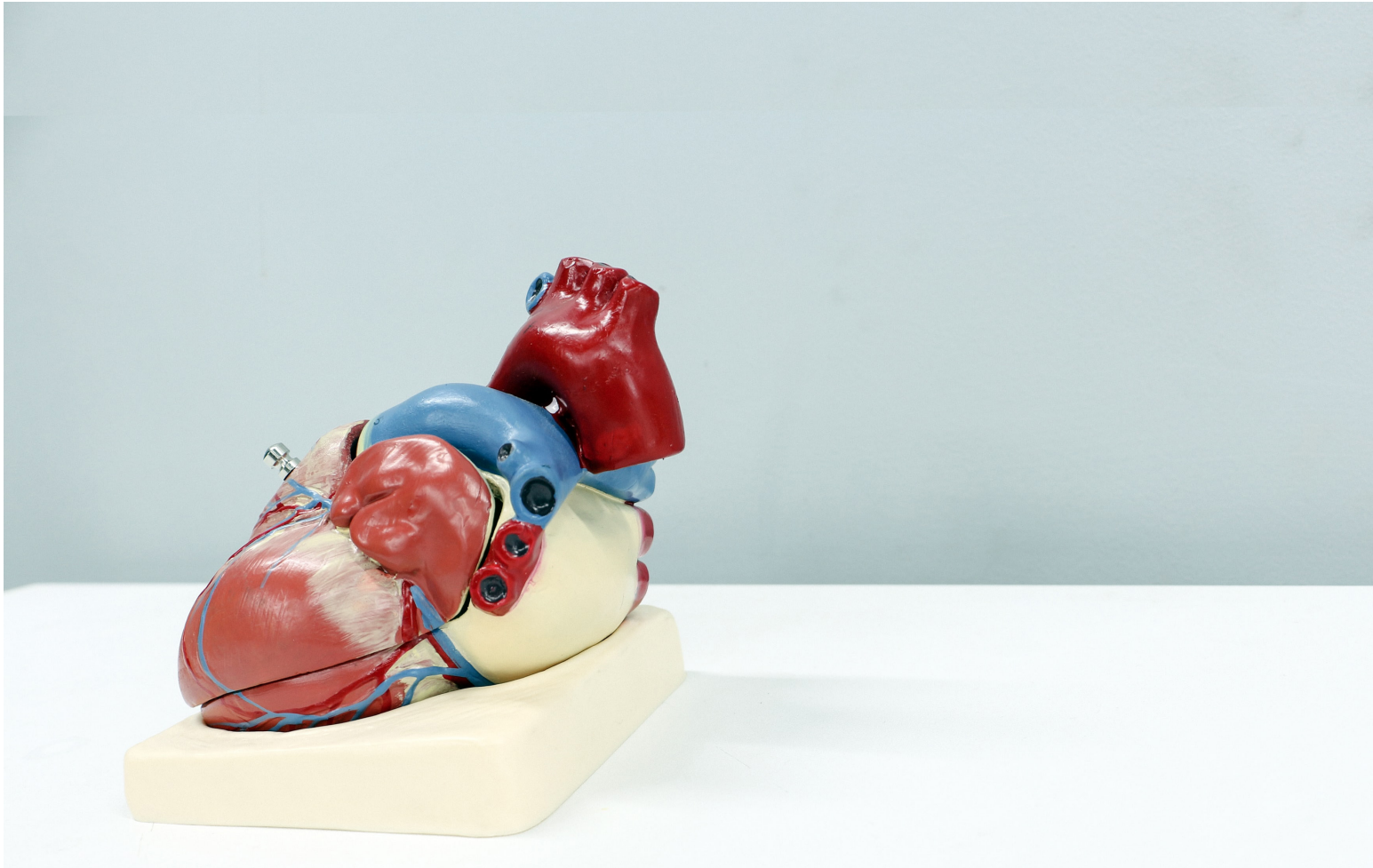


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Researchers pinpoint heart failure genes



search could not have been carried out without the generosity of organ donors from Alberta and western Canada. Oudit runs the Human Explant Heart Program (HELP), the largest research-integrated human heart transplant program in Canada, through which heart transplant recipients can donate their diseased organs for research. Healthy organs are donated by deceased individuals and their families through the Human Organ Procurement and Exchange Program (HOPE) program.

An international research team has identified individual genetic defects that lead to heart failure, opening the door to more targeted diagnosis, prevention and treatment.

In research published today in the academic journal *Science*, the team analyzed cells from 61 failing and 18 healthy hearts using single-cell genetic sequencing.

“For the first time, we were able to map out in great detail the genotype basis for cardiomyopathy and heart failure,” says lead

Canadian investigator Gavin Oudit, cardiologist in the Faculty of Medicine & Dentistry and Canada Research Chair in Heart Failure.

“We’re really trying to understand how genetic problems can lead to cardiomyopathy and heart failure,” says Oudit. “By understanding it, we can start to think about how we can fix it.”

The team, based in London, Cambridge, Boston, Berlin and Edmonton, examined 880,000 cells from hearts donated in Germany, the United

States and Western Canada. The diseased hearts all showed signs of dilated cardiomyopathy, which occurs in one in 250 Canadians and is the most common reason for heart transplant. It leaves the heart muscle weak and leads to heart failure or arrhythmia, and can also cause sudden death.

The same research group recently published an atlas of healthy human heart cells, laying the groundwork for the new research.

“This discovery

allows us now to understand the pathophysiology of these different types of cardiomyopathies and really go after novel therapies that are likely to be very effective, and that can be used in an early stage of this disease before it can progress into heart failure or arrhythmias,” says Oudit, who is also director of the Heart Function Clinic at the Mazankowski Alberta Heart Institute.

“Altruism in its truest form”

Oudit says the re-

“One of our major contributions to this manuscript was to systematically collect tissue from non-failing controls and failing human hearts, which we perform in association with the Mazankowski Alberta Health Institute and the University of Alberta Hospital,” says Oudit. “Our biobank contains samples obtained from 500 patients.”

“I wish to express gratitude to our patients and their families for signing up for this,” he says. “Our ultimate aim here is to come up with better therapies to treat them and their families. Their donation is altruism in its truest form.”

The Oudit lab’s contributions to the collaboration were funded by the Heart and Stroke Foundation, the Canadian Institute of Health Research, the Canada Research Chairs program and the University Hospital Foundation. Oudit is also a member of the Women and Children’s Health Research Institute.

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Kerby Cafe's Stephen Mawson



Andrew Glen McCutcheon
Kerby News

On July 5, the menu is a tangy citrus chicken, with herbed potatoes, buttermilk pasta salad and a summer slaw. The folks in the kitchen need to work hard: there are 100

meals of these to make and eventually deliver.

Over stampede week, there was the classic pancake breakfast: fluffy pancakes, hearty sausage and bacon alongside the perfect morning coffee to start the day.

And on July 15, it's

sandwich making. A bit easier to assemble and finish, but these sandwiches are being delivered to Bear Clan in Downtown Calgary, who will distribute the hearty and healthy items to vulnerable folks experiencing homelessness.

Three extremely disparate events. You might imagine them happening in different places around the city, but they all involve one location: the Kerby Café, now run by Red Seal Chef Stephen Mawson.

The Kerby Café has an extended menu when it comes to the social programs, events and — of course — delicious meals that are run out of our professional kitchen. But they all follow the same basic recipe: the idea that food is more than just food.

“Food isn’t just fuel. It’s reason to come together,” Mawson says. “It’s common ground for people.”

“I think it’s vitally important to social health.”

Mawson is chatting with me at 7:30 in the morning as he preps various ingredients and bases for the day’s work at the Kerby Café. There are vegetables to slice and stocks to simmer, but our back-and-forth never wavers. He’s as much a conversationalist as he is a chef.

“I was backpacking around Europe when I was around 16 years old and the easiest way to get work back then was to work in Kitchens,” Mawson recalls. “I quite liked it.”

Mawson spent years backpacking, not just through Europe but

through Asia as well: Vietnam, Thailand, Bali, Japan.

It’s not only where he developed a taste for travel, but his taste for cooking as well.

“When I got back to Australia a few years later, I did my apprenticeship and went from there.”

He spent a decade in Australia before the move to Canada; he’s Red Seal certified and has experienced many different cuisines in his travels across the world.

“I had a volunteer come in yesterday, she’s from Morocco. She brought me lunch and wanted to share it with me to see what I thought of some of her recipes,” Mawson says. “I got to blow her socks off by saying, absolutely it tastes just like last time I was in Morocco.”

“It was a blast to see her light up like that.”

Aside from putting his excellent skills to work in the daily operation of the Kerby Café, Mawson also helps oversee some of the vital social programs run out of the kitchen.

For example, the community kitchen program has a group of volunteers come in weekly — soon moving up to twice a week — to work together and make over a hundred meals over a day.



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-Anonymous donor

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Some of the meals go home with the volunteers, but the rest are then delivered to older adults who are isolated as part of Kerby’s Food Security program — those who are less mobile or less able to ensure they have proper, home-cooked meals on a consistent basis.

Beyond just the deliveries, once a month the Kerby Café hosts a massive plated meal for these same folks. They come by uber, by taxi or by bus, and Mawson helps cook up a storm to make sure no one goes home hungry.

“It’s a chance for the volunteers to learn some tips, tricks and recipes, have some fun and lots of social interaction,” Mawson says. “And the people who get the meals donated get to have the social interaction as well at the plated meal as well.”

Just like Mawson mentions earlier, it’s not just about the food. Isolation is a terrifying aspect of the aging process and contributes to a huge raft of physical and mental problems in vulnerable adults. The Kerby Café helps change that.

“It’s not just about the food insecurity, it’s about having that interaction with people.”

The Café isn’t just a place where folks at Kerby Centre can come have a delicious lunch after their programs, or the spot to socialize over a cup of coffee.

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Memories and the way we were



Barbara Ellis

Kerby News Columnist

Recently I rewatched an old movie called, “The Way We Were”, and the title song certainly tickled my memories.

I find that any bad memories I am still hanging on to, have become muted. As the song says, they have turned into soft water-coloured memories, ethereal and ghostly, no longer able to deliver a hurtful blow.

They are like fallen leaves that have gently floated away on the rivers of my memory. Happily, time has rewritten, maybe not every line, but has certainly removed the sting they once possessed allowing me to move on with the rest of my life. On the other hand, happy memories have become sharper, and the older I get, the sharper and clearer they are becoming.

Wonderful, happy times crowd my mind, ones I can relive over and over again. Like the smell of onions frying on my stove. This takes me back to my mother’s kitchen when she prepared any one of her wonderful Hungarian meals.

They always started with onions, then garlic, then paprika and some others herbs which all melded together into a delicious meal that she placed on our table.

Every spring, the apple tree which lived in my backyard, covered itself in a blanket of white blossoms. The tree was not only a pleasure for my eyes, but also my nose as its flowers perfumed the air. My father and I would have our breakfast outside so that we could enjoy this fleeting annual event.

We watched the busy bees flit from blossom to blossom gathering pollen while we talked and enjoyed each other’s company. We never ran out of topics to talk about, and if there was a lull in our conversation, we turned our attention

to my cat.

She always delighted us with her aerial acrobatics as she tried to catch a butterfly. My memories often flash back to my sister, Eva.

I lost her a year ago and the emptiness she has left in my heart can only be countered by remembering the times we shared.

Eva was a terrific swimmer and when we lived in Sydney, she entered many long-distance races. She was very good and usually managed to nab one of the first three spots.

Eva made it look effortless as each steady stroke moved her forward, almost as if she was gliding over the water. I never grew tired of watching her and wished I could be at least half as good as she was.

My most favourite memory of her during our time in Sydney was the night she was presented to the Lord Mayor as a debutant. She was utterly gorgeous! Her partner walked her down the red carpet and as he presented her, she made a graceful curtsy. I held my breath because she could be clumsy, but she did not falter.

I was happy that she had practiced at home. When the presentations were over, each pair took their place on the dance floor and the orchestra began to play the Blue Danube Waltz. I was memorized as I watched Eva’s partner guide her gracefully around the floor with her long white gown swirling out about her.

During one of our holidays, we travelled to Paris and managed to take in all the sights that the city has to offer. We rode the elevator to the top of the Eiffel Tower, and visited Notre Dame Cathedral, the Louvre, and many other places. But my favourite memory from that trip was our supper cruise on the Seine.

Paris at night is magical and when we ar-

rived at the end of our trip, our captain began to pivot the boat in the river. Round and round we went while the chanteuse sang wonderful old French and English songs, and when the Eiffel tower began to sparkle, a spontaneous cheer rang out from all the passengers.

No one wanted this night to end. On another trip, we visited that incredible ancient city of Petra.

We stood quietly staring at the building known as the Treasury, each of us lost in our thoughts. Then I felt her slip her arm around me and I heard her say, “beautiful.”

It was beautiful, not only as a spectacle but now as a warm and cherished memory.

I have been lucky in that I have travelled to some incredible places, places I never thought I would ever be able to get to, like the Antarctic. To see those massive ice-burbs go floating by, some as big as our ship, was breathtaking.

To feel the icy sting of the breeze on my face while sailing through the Gerlache Strait, was exhilarating. Having our ship tossed about by those massive waves, was exciting.

Then later on land, taking a boat ride to the edge of Iguazu Falls and feeling the power of the water as it crashed down all around me, was fantastic.

Many years ago, I promised myself that my old age would not find me in some hospital bed saying I wish I would have done that. I am so glad I kept my promise.

Now I have many wonderful memories to draw on, especially now that I can no longer indulge myself in this pastime.

I find that many things in my life, are now delegated to things done, not things to be done. I am not complaining because I certainly can say, “been there, done that”.



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Formerly Repsol Sport Centre

Engineering a new drug against blood cancers

Geoff McMaster
University of Alberta Folio

A University of Alberta researcher is hot on the trail of a new drug to combat blood cancers.

Based on RNA technology — best known for the Pfizer and Moderna COVID-19 vaccines — the drug targets specific gene defects in blood cells responsible for cancers such as leukemia.

“With conventional cancer drugs, there is a disconnect between the drug and the gene defect,” says Hasan Uludag of the Department of Chemical & Materials Engineering.

When something goes wrong with a gene, it releases a defective messenger molecule called mRNA that triggers the production of a cancerous protein. Predicting the protein’s three-dimensional structure and how to inhibit it with a conventional drug is “almost like guesswork,” says Uludag.

Instead, his team goes after the defective mRNA molecule — easy to predict how to eradicate it when you know the sequence of the gene defect.

“Tell me the genetic defect and I will tell you the mRNA,” he says. “Without going to the protein, I can actually devise a method to destroy that mRNA. Once you stop the mRNA, there is no protein coming down the road. It neutralizes any harmful effect causing cancer.”

To disable the mRNA, Uludag targets it with nucleic acids called short interfering RNAi—siRNA in their pharmaceutical form. Uludag’s innovation, however, are the nanoparticles or lipopolymers that package and carry the interfering nucleic acids into blood cells.

“Our specialty is mixing the nucleic acids with the right lipopolymers to make nanoparticles that enter the cells,” he says, adding that his team is the leading group in the world pursuing this particular application of the

technology.

Uludag and his team have been engineering lipopolymers designed for blood cells for about 12 years. The research is about two years away from clinical trials, five years away from commercialization.

He has also formed a spinoff company and has begun talks with pharmaceutical companies to get his new drug to market.

“We want to do this as quickly as possible — I don’t want to waste time,” he says. “There are patients dying because of this cancer.”

Uludag’s siRNA technology is best suited to treating acute myeloid leukemia, the most com-

mon variant of a blood disease often caused by gene defects.

For blood cancers that aren’t caused by gene defects, however, it remains an “open question” whether the technology could be of use, he says.

“That’s not something we are working on. But because we are designing these carriers, other researchers could test them to see if they work with molecules associated with other types of blood cancers.”

Uludag’s lipopolymers may need to be tweaked depending on the type of blood cancer being treated, he added.

He says there are cur-



rently no RNA drugs for blood cancers, the global market for which is estimated at about \$33 billion.

Hasan Uludag is a member of the Cancer

Research Institute of Northern Alberta and the Women and Children’s Health Research Institute.



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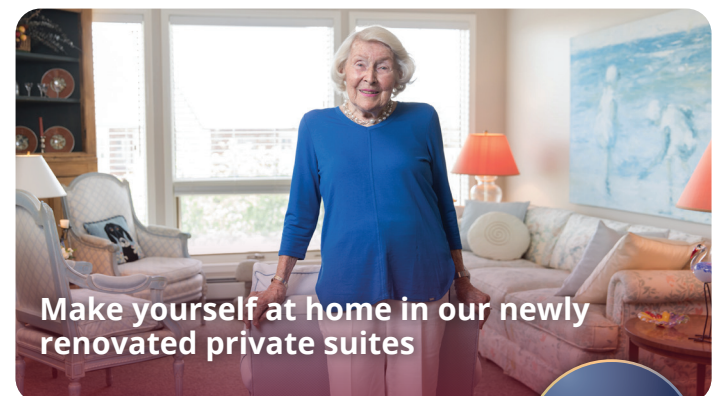


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The story of a mysterious letter



Lesli Christianson-Kellow
Kerby News Columnist

As I reach into the compartmentalized slot of the postal box, one of 50 other compartments with keyed doors, I have a flash from the past of a time when mail was per-

sonally delivered to the mailbox right outside the front door of my house.

Of course, it was convenient to have the mail come directly to the house, but if you were like me, receiving mail at roughly the same time every day was also an anticipated event.

In those days I'd usually be at work - there definitely wasn't work from home options - but the days I was at home, waiting for the mail to arrive was an exciting part of my day.

Retrieving the letters and packages that the mail person dropped into the mailbox was a small joy to look forward to.

It wasn't just because home delivery of mail

was convenient, but the quality and abundance of personalized mail back then was greater.

Birthday cards, Congratulations card, Thank you cards, postcards and personal letters were the norm. It was common to receive packages wrapped in brown butcher paper and taped up tight and secure on a regular basis.

These days, it's likely that you'll find an advertisement for a dental office, or a flyer for the neighbourhood pizza joint, or the most dependable piece of mail - an energy bill, there is no thickness to an energy bill, just a thin piece of paper demanding a thick payment by a too soon due date.

It was just as I grimaced at the thought of pulling out an energy bill that my hand made contact with an envelope that had a texture unlike that of the universal recycled paper envelopes that bills tend to come in.

The letter my fingers curled around had a texture not commonly felt in the narrow postal box. There was an unusual thickness to the envelope.

It crossed my mind that it could be an advertisement, but typically advertisements are printed on card stock. I paused for a moment to imagine

what this unusual envelope could be. Suddenly I realized that there was a real possibility that I was about to receive personal mail.

My heart quickened and I squeezed my eyes tightly shut for a moment, mentally wishing for such a gem, and slowly pulled the contents out of the postal box. I looked at the small stack of mail in my hand - a pizza flyer, two dental flyers (one offered free teeth whitening with your first check-up), an energy bill (of course) - and a thick, mysterious letter.

Thick, mysterious letters are the best, well, right after packages wrapped in brown paper and taped up tight with packing tape. I looked at the address on the letter - it was definitely addressed to me. I looked at the stamp, well, it didn't have a stamp exactly, it had one of those stamps that the letter gets when it's run through a machine, and this stamp said: Royal Mail, Postage Paid U.K.

I looked at the light cocoa coloured envelope, which was slightly smaller than a standardized envelope.

I admired how neatly my name and address had been written on the envelope and I felt that someone had taken care

in finding and choosing the stationary and had also taken care in printing out my name and address with such precise lettering.

I returned to my car and lay the envelope down carefully on the passenger seat and let the other offensive pieces of mail drop to floor.

Driving home, I kept glancing over at the thick, mysterious envelope. I could barely wait to get home so that I could open it. I had a feeling this was a letter I'd want to open slowly and enjoy with a cup of tea.

And as I finally settled down in my favourite armchair, teacup at the ready, a few cookies to nibble on, I carefully slid my letter opener along the top seam of the envelope's flap. I pulled out a three-page handwritten (in cursive) letter that was folder into thirds.

The stationary had a border of pink roses and a trailing vine of leaves. At the top of the first page were more pink and violet roses, and below that the letter began with... Dearest Lesli.

I read through the 3-page letter once and then took a sip of tea and read through it again. My heart was glowing when I read it for a third time. My friend was writing from the 'rainy Yorkshire moors'. I could imagine the drizzly weather, and the surrounding lush greenery.

I pictured my friend writing at a desk or from a cozy armchair overlooking the moors. She shared an anecdote or two, gave an update as to what was new in her life, asked me a few questions and then signed off with warm salutations. I felt that we were sharing a conversation even though she was thousands of kilometers away across the ocean.

When I finished my tea and had read the letter multiple times, I folded the letter up and placed it back in the envelope knowing I would read it over again and again.

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Scammers don't take holidays

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

In recent days, BBB was contacted about an individual who had their identity stolen. The scammer then proceeded to use this information to take out a \$1,500 loan under the person's name.

As shocking as this is, it's unfortunately a regular occurrence. This is why it's so important to take basic steps to protect your identity, which ultimately will protect your money. More about that in a moment.

The first step for the

scammer to successfully steal your identity (and your money) is to gather personal details about you. They find this information online, in documents that have been thrown away, and by hacking vulnerable accounts where your information might be stored.

That's why protecting information such as bank and credit card numbers, your address and date of birth is so important. Do not share this information on any social media accounts you might have. Only provide this information to the most trusted of sources.

Of course you don't have any control over third-party sites that may have been hacked. In this case monitor your accounts and immediately report any unusual activity. Change your account passwords frequently and use difficult to guess passwords. Think about keeping your

passwords in a place that is secure and not easily accessed by others. And secure other documents and identification, such as credit card statements, Social Insurance Number and birth certificate.

Another useful step is to get a credit report. Many banks and credit card companies will provide this service for free as courtesy to valued customers. A credit report will indicate if there has been any unusual activity under your name including applications for loans and credit cards. Staying ahead of scammers is the best way to protect yourself.

And if you have had your identity stolen, report it to the Better Business Bureau at BBB.org and to the police using the non-emergency line. In Calgary that's 403-266-1234.

Please enjoy the rest of your summer and stay safe.






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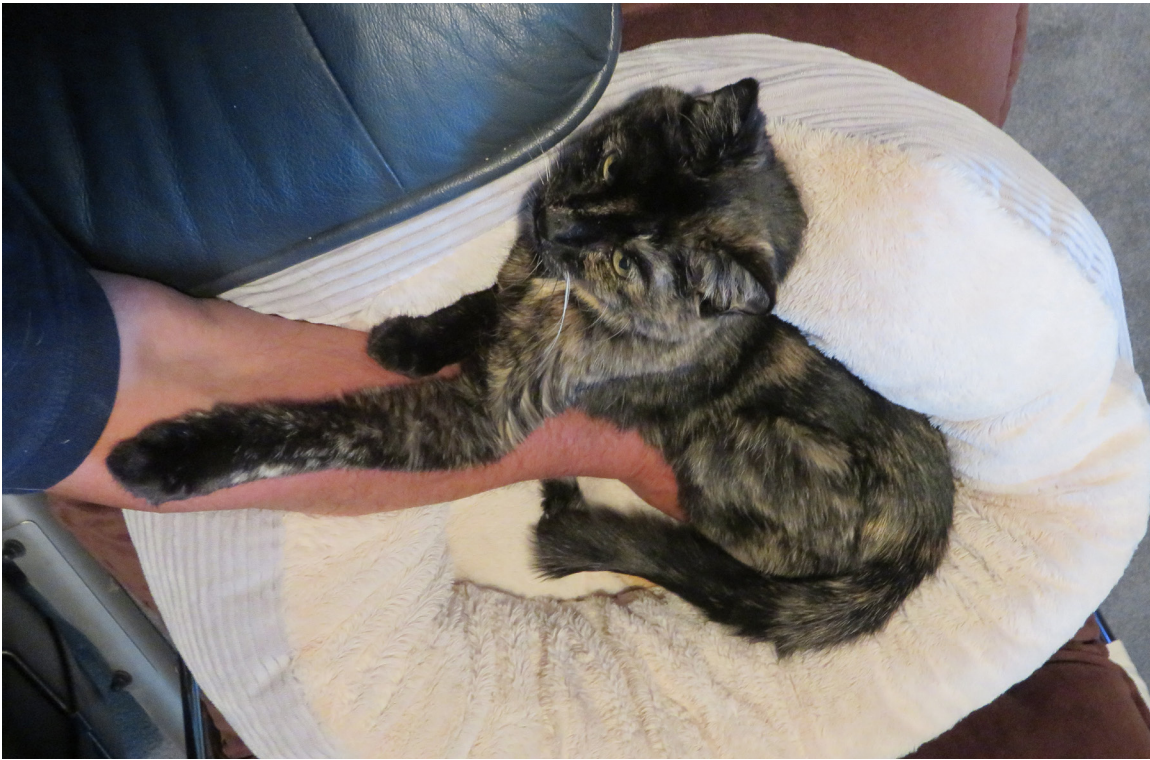
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Bonnie the cat; a story of friendship



Story and photos by
Jaroslav Maria

She had been an abandoned cat living in a shelter. Being an orphan with an uncertain future must be very stressful even for an animal! Then she was picked up by our daughter who lives in a two bedroom condo, a very comfortable place for one person. But there is neither that much space to roam around, nor much happening or to see for a cat on the third floor of an apartment building.

She was shy and would hide when people came visiting, amazing as

there were not any apparent hiding places in such a small place. Her favorite turned out to be a tiny triangular space behind the microwave, but occasionally she was found in a utility room under a hot water tank.

Sharon's vacations were also the cat's holidays since she would go to our house to be cared for. At first she would immediately hide from us as well. In the big house the hide and seek was much more fun for all three of us. But my wife is a cat whisperer and soon she would win her over and

Bonnie came out into the open.

Now when Sharon came back from her trips to pick her up, Bonnie would hide when she heard her voice at the door. She didn't want to go back home and be hiding just behind the microwave or in the utility room.

Eventually we all felt that Bonnie would be happier living in a spacious house. By then it was later in her life and it was later in our lives as well, so we wondered how the change of domicile would work out.



There we were, three mature creatures learning to permanently cohabitate. Sometimes maturity is a good thing as it makes one capable of recognizing and accepting vulnerabilities of others with empathy. The two humans and the shrewd animal squared off to determine who will set the rules, but soon the cat conceded. OK you humanoids, have it your way, may I now snuggle in?

It was fun to watch the transformation. First came the getting acquainted stage. Exploring is the second most important thing for a cat to do, right after sleeping and eating. It is a keen observer. Even when sleeping to the point of snoring, its eyes closed, the cat knows what is going on. It has a great sense of smell, sees without seemingly without opening its eyes and hears every little sound, even a minutest rustle. Its senses seem to work independently behind the scene. Fascinating!

Once its initial distrust is dispersed, the cat becomes a loving pet just like a dog. People keep hamsters, turtles, bunnies or even snakes for pets but that is not the same thing. Try for an eye contact with a snake or a fish I dare you! Only cats and dogs can become real pals.

But there is a fundamental difference between the two animals. Human family is its pack to a dog that is eager to please and its feelings are transparent, while the cat is solitary and mythical. It will go to no ends to establish her independence, although it is only for the show. If you watch clandestinely you can catch it off guard. Carefully hidden inside is a loving creature, and in Bonnie's case even a needy one, because there had been too much trauma in her life. Luckily her last home was a place with two laps rather than one to luxuriate on.

Soon harmony was established that lasted until the very end. Especially the two females developed a very close bond. They read, cooked and played together. Speaking about difference between dogs and cats, Bonnie followed her new mistress like a dog would. In that she really was not so cat-like. Lying on my wife's chest while she was read-

ing was one her favorites. Sometimes she would sit upright and stare over the edge of the book until she succeeded; the book would be put away and they both fell into a slumber. There was a special friendship between those two that only grew with time.

Left for me was to play the second fiddle. But even so there was plenty of affection left and besides, the human female would retire every night earlier so the cat would come down to my man cave to lie in her little bed on the stool next to my armchair. She would hug an arm I offered and let me massage her tummy. There is nothing softer than the fine hair on cat's belly! When I decided to move to the couch she would patiently wait until I spread a blanket over myself and then she would settle in the groove between my legs. She became unexpectedly elongated, slender and fit in snugly. We usually watched TV or listened to classical music. I do not think she liked the timpani, though.

It is amazing how caring for such a small, tough yet vulnerable creature changes one's life. I spent years photographing her, camera always on ready. It was written, that if you have a pet you must buy a camera, or if you have just a camera, get a pet as an indispensable accessory.

Everything must come to an end eventually. Losing a loved one, if it is a human or an animal is very sad. It maybe sadder with an animal like it is with a child as one is so totally responsible for their welfare.

Bonnie is gone now, but not forgotten. In our sub conscience she is still around. There are so many places in the house where she used to lie or where she used to sit and look out of the window to watch the comings and goings in the street. The lid is still put down on the toilet seat lest she falls into it and the doors are carefully checked every nighty if they are closed so that "Bonnishka" cannot escape and become lost.

I now spread the blanket over my legs only for the prosaic reason to keep warm when watching television, darn it!

New plaque commemorates location of former Shaarey Tzedec Synagogue



Photo (l-r): Phoenix Giffuni, Senior Property Manager, FirstService Residential; Harry Sanders, Director, Jewish Historical Society of Southern Alberta; Josh Traptow, CEO, Heritage Calgary; Sandra Lipton, President, Jewish Historical Society of Southern Alberta; Kerri Robins, Marketing Manager, FirstService Residential.

Heritage Calgary

On Thursday morning of August 11, 2022 Heritage Calgary presented a plaque commemorating the Shaarey Tzedec Synagogue to FirstService Residential and the Jewish Historical Society of Southern Alberta. The plaque was created to commemorate the location of the former synagogue which was demolished in 2013. It will replace a previous bronze plaque which went missing and was presumably stolen last year.

In attendance from FirstService Residential were Phoenix Giffuni, Senior Property Manager, Nick Poon-Tip, Resident Services Manager and Marketing Manager Kerri Robins; as well as Harry Sanders and Sandra Lipton from the Jewish Historical Society of Southern Alberta and staff from Heritage Calgary.

“We’re honoured to be part of the history in this great community,” said Glenne Manlig, President of FirstService Residential Alberta. “It’s important to reflect on and pay tribute to community roots and we’re proud to commemorate this important occasion.”

The plaque will be installed on a commemorative feature using bricks from the demolished synagogue at 103 17 AV SE. The commemorative feature is placed in a prominent corner location on the site and incorporated into a planter feature next to patio seating. Thank you to the Jewish Historical Society of Southern Alberta for their expertise in helping to prepare the information for the plaque.

“The opportunity to access our history in the locations where it took place adds to the vibrancy and richness of our

city,” said Sandra Lipton, President of the Jewish Historical Society of Southern Alberta. “May we always honour those who came before us, and ensure that their stories are preserved for those who will come after.”

From 1959 until 2013, 103 17 AV SE was the site of a Modern-style house of worship designed by the Calgary architectural firm Abugov & Sunderland. This impressive example of mid-century design featured a buff-brick exterior, “butterfly roof,” wood-panelled interior, and floor-to-ceiling corner windows that created a sanctuary flooded with light. Purpose-built as a synagogue, it was later converted into a church.

The site was part of a larger parcel of land along Centre Street that the Jewish community acquired from the City. In 1930, construction began on a Jewish

Israel. When Beth Israel joined the Conservative movement in the 1950s, some community members wanted to continue with a “modern Orthodox” synagogue. They established a new congregation, Shaarey Tzedec (Hebrew for “gates of righteousness”), and built their synagogue on 17 Avenue in 1959. It was dedicated in 1960.

For over a quarter of a century, Shaarey Tzedec and Beth Israel were Calgary’s two largest Jewish congregations. They merged in 1986 to form the new Beth Tzedec Congregation, which held services at this location temporarily while the former Beth Israel on Glenmore Trail SW was remodelled. The former Shaarey Tzedec building later became the home of the Centre for Positive Living before its demolition in 2013.

Stunning and dynamic in appearance, Shaarey Tzedec comprised three connected rectangular masses of different sizes.



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Police warn of new mass-marketing scam



Andrew Glen McCutcheon
Kerby News

Extortion scams have become more popular in the advent of the digital age, but Calgary Police are warning of a particularly new and frightening scam that's targeted local citizens.

In a social media post in August, the

Calgary Police describe a scam of particular note that's been reported to authorities by roughly two dozen individuals at time of reporting.

"Typically, victims receive an unsolicited text message from an international number with the scammer claiming the victim owes between \$500 - \$8,000 for using per-

sonal services," the post stated. "If payment is not received, the scammer proceeds to send the victim graphic and violent photos, in an effort to intimidate victims into sending payment, along with threats that they or their family maybe targeted or harmed."

According to the authorities, three victims of this extortion scam have lost a combined total of \$4,000 to the perpetrators.

"Mass-marketing fraud is a crime that uses low or no-cost mass-marketing tools with a goal of defrauding the victims with a promise, story or threat," said Staff Sergeant Geoff Gawlinski of the Calgary Police Service Economic Crimes Unit. "As technology advances, so do the

tactics of fraudsters, as they are able to cast a wide net to reach people around the world in hopes of capitalizing on the fear and emotions of potential victims."

The police stated it is difficult to follow up on many of these cases as scammers can reside in other locations, ranging from different cities to completely different continents.

However, they still ask that individuals report their encounters with fraudsters as it assists with tracking and warning others when it comes to new and emergent scams.

In most cases reported to the Calgary Police Service, the fraudster uses the name "Edgar Ortega VALDEZ" along with the phone number 562-579-8694.

Common red flags of mass-marketing scams include:

- Misspelled email addresses, websites, links or spelling errors in the messages themselves
- Suspicious attachments or links

- Urgent requests with threats of legal action or physical harm if demands are not followed

- Payment requested in the form of pre-paid gift cards, wire money transfers or other forms of non-secure payment

- Requests of personal or financial information

The Calgary Police Service encourages anyone who has suffered a financial loss as a result of fraud to report it to police by calling the non-emergency number at 403-266-1234.

If you have received a fraudulent text message, email or phone call but have not sustained a financial loss, please report it to the Canadian Anti Fraud Centre.

Tips can also be submitted anonymously to Crime Stoppers through any of the following methods:

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TYPE: www.calgarycrimestoppers.org



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World War II: Cockshutts with wings

Shelly McElroy
Historian in Residence
Heritage Calgary

British Prime Minister Neville Chamberlain stepped off his British Airways flight and declared to his relieved audience that there was to be, “Peace for our time.” It was September 1938 and Chamberlain had just penned a deal with Germany that was seen as a political breakthrough; it was hoped that the agreement, which divided up Czechoslovakia, would ensure a peaceable future. In Canada, Prime Minister William Lyon Mackenzie King assured Canadians, “Your sons will not be sent into any foreign wars.” The Prime Minister was requesting advice on running the country from his mother ... who unfortunately had been dead since 1917.

Whatever the politicians were saying or not saying, it was becoming apparent to the average Canadian that the second dreaded war with Germany was unavoidable. Imagine that you are a western Canadian reading about the latest Calgary Broncs game (the precursor to the Calgary Stampeders) in the Calgary Herald. Marching alongside the sports scores are towering black headlines that read, “HITLER REMAINS POPULAR DESPITE BROKEN ELECTION PROMISES.” With hindsight, the impact is chilling, and surely no one reading the continued threats emanating from Germany at the time would have felt easy in their minds.

In May of 1939, King George and Queen Elizabeth made a cross country tour of Canada. The royal couple were welcomed by joyful crowds, but it was clear that this was a business trip that was looking for support from the Canadian people and their government. Just a few weeks after the couple left Calgary, in September of 1939, Canada declared war on Germany.

Canadian life transformed instantly, with the focus of every industry imaginable converting to supporting the war effort. For the foreseeable future, the emphasis would be on the production of food, and fighting. The fact that any pre-1940s tractors exist at all is somewhat of a mir-

acle, considering the war effort’s appetite for scrap metal. It was Canada’s role to feed Britain, supplying grain and meat. Since food production was supposed to increase at the very time that Canadian farmer labourers were joining the army, that meant that there was suddenly a keen interest in machines that could compensate for the labour shortage: self propelled combines, balers, and binders.

That had an impact on some very familiar tractor manufacturers. We’re going to tell you about that story today.

Cockshutt was a small Canadian manufacturer, and their pull-type combines had less capacity than the self propelled combines that Massey Harris had been tinkering with for the last twenty years. Cockshutt was passed over when Massey Harris received a large ration of steel to continue manufacturing their product, and Cockshutt farm equipment production was reduced to a quarter of their pre-war levels. With the company in a vulnerable position, the way for them to stay afloat was to join the war effort.

At first, the federal government was wary of the idea that companies that were used to working with cast iron would have the expertise to adapt to munitions work, but they were to be proven wrong. And with so many men in the army, it was a legion of women, the Cockshutt girls dressed in their white coveralls, who were going to be taking on the lion’s share of the work.

“At the Brantford plant, women were employed almost exclusively,” writes Wm. H. Cockshutt in the book *About Cockshutt*. Women were building parts for planes, including undercarriages for Avro Anson bombers. The Avro was quickly outdated as later bomber designs were faster, but they became a trainer plane – and Canada was expected to deliver them.

At first, it was thought that only piano manufacturers would have the expertise to bend plywood into the intricate shapes needed to form the Avro’s shell and wings, but as Cockshutt’s labour force grew to nearly six thousand, they demonstrated that this was an ability they could perfect.

Mosquito fighters were needed, too. Cockshutt de-



Restored Avro Anson on display at the Hangar Flight Museum. Lauren Maillet.

buted high temperature exhaust rings, landing gear, manifolds, and pilot seats for the bomber, which became one of the most versatile aircraft used during the war. Many of those parts came from Cockshutt factories. Women at the Cockshutt Frost & Wood plant also processed hand grenades; they were finished and sent to an arsenal to be filled with explosives. Women were building aircraft, and their husbands, brothers, sons, and friends were flying them. Families separated by the war bonded over those five little words, “Mom, thanks for the bomber!”

Cockshutt also debuted their No.2 Swather during the war. This was a product intended for their western Canadian market, as many eastern farmers would not have been acquainted with the problem of having to cut huge expanses of grain that had ripened at different rates. Cutting a crop just before it reached peak maturity and leaving it to dry was a concept that made sense to western Canadians. The sturdy, lightweight No.2 was extremely popular; for fifteen years it captured some 60 per cent of the western Canadian market.

So, what became of the planes after peace returned in the summer of 1945?

In the article “Warbird Relic Hunters of the Wild West,” Richard de Boer explains that the Hurricanes, Avros, Mosquitos and other aircraft that had defended Canada during the war were being sold and that many farmers were interested in acquiring them for spare parts that they could adapt to be used in other machinery.

In 1946, Ian Willdig’s father was a seventeen year old who had missed out on participating in the war

effort. But when an Avro Anson came on the market, Gordon decided that he wanted to own one. Ian believes that Gordon would have loved to fly with the RCAF but was told that his place was on the farm. As Gordon was born in 1927, he was also a bit young for the war, which was over by the time he would have been old enough to join. Gordon never got his pilot’s licence or flew the aircraft, to the relief of family members, however it was a cherished artifact.

Ian shares that he once found a photograph online of the training airfield in Ontario where his dad’s Anson Avro had flown. Ian then did a double take and realized that the photograph also pictured the plane his father purchased! In the photograph, the eventual Willdig Anson is the one in the middle, FP-953. Gordon’s Anson was put into service on 24 August 1942 and flew 2021 hours and 15 minutes before it was retired on 12 November 1946. The Willdig family still have the original bill of sale, showing that Gordon paid \$200.00 for the plane. The family lore is that the wings had to be cut off so it would fit on the truck transporting it to the Willdig’s farm at Keoma, Alberta.

As you now know, WWII aircraft were constructed of things like wood and fabric, which meant that they were extremely vulnerable to the elements. A parted out Avro could literally dissolve in a back pasture. Richard de Boer and his friend Jon Spinks made it an obsession to travel across western Canada salvaging what they could. Richard met with the Willdig family early in the 1980s when an Avro Anson that is now

on display in The Hangar Flight Museum was being restored.

The Willdig Anson Avro made several “organ donations” to the Avro that is currently on display in Calgary. Ian and Richard de Boer both note that George Rynning was key to the restoration; George was a well-respected flight instructor at SAIT. When Gordon Willdig learned about the Avro restoration project, he was passionate about what George was doing and it was a source of pride for him to be able to contribute; among other things, the rudder of Gordon’s plane was saved and put on the Anson in Calgary.

Although George was proud of being able to share parts from his Avro with the restoration project, he and his family kept some things as well. Gordon died in 2014; recently the lovingly restored propeller from Avro FP 953 was completed and put on display ... in Ian’s living room. “I wanted the memory to live on. Respect, honour, have the artifact front and centre, not in storage,” Ian tells us. Ian’s friend Ron Poffrenroth mounted it on a beautiful display that magically draws the eye, so it goes right to the propeller. Justin Willdig, Gordon’s now seventeen year old grandson, helped on the restoration project too. Justin is the same age his grandfather was when he originally acquired the Anson all the way back in 1946.

And that is a story about Cockshutts with Wings, and about the connection the Canadian tractor manufacturer had with a global war effort and with a local farming family.

Garden friends? or foes?

Deborah Maier
Calgary Horticultural Society

Gardeners can have strong opinions about plants. Often, these opinions have been formed through experience ... and more often than not, after waging battle with a plant that thrives where it has been planted—and beyond!

If you want to see looks of dismay, or hear a few negative remarks, just mention to a group of gardeners that you bought lily-of-the-valley or that you grow snow-on-the-mountain.

Like many garden plants that have ended up on the invasive species list, plants that make a gardener's naughty list are plants that were naively selected without a clear understanding of their growing habits and planted without having checks to keep them in control.

Plants that were

once sold for gardens, that are now on the invasive species list, are often prolific, but have also spread beyond the garden and are harmful to the environment.

While we may grow a plant because we think it is beautiful, its purpose is to replicate itself.

Plants that get out of control in our gardens often are successful because they have more than one effective method of propagation. The two most common ways are seed formation and rhizome spread.

So, how can you tell in advance if a plant could become a challenge in the garden? When selecting a plant, read the plant tag.

Watch for words such as ground cover, spreading, vigorous, mat forming, tough, fast growing, aggressive, and naturalizing.

These words may describe plant fea-

tures we are looking for, but they are also terms that indicate that if it is planted in its ideal environment, these plants can become established quickly and may out-compete any other plant also planted in the area.

I like to use an isolated trial bed for any plant whose growing behaviour is unknown or could be aggressive.

The bed is away from other garden beds so there is little concern about seed spread. It is contained by a wall of the house and a gravel filled trough.

Using this bed gives me an opportunity to see how the plant performs in my yard, in a restricted and less than ideal growing location.

If it thrives and spreads here, I know I need to be careful when selecting and creating a permanent home for it.

Another way to evaluate a plant is to talk to other gardeners that grow the plant and watch for it when visiting gardens.

Find out if they have trouble keeping it contained. Ask if they have any controls in place.

Barriers extending at least 20 cm into the soil help prevent the spread of roots and rhizomes. Several centimetres of mulch placed on the soil of a bed prevents seeds from taking root. Limiting water and fertilizer can also inhibit growth.

What should you do if you like the fragrance of lily-of-the-valley (*Convallaria majalis*)? Grow the plant, but remember it is a ground cover and will spread. Select an area with natural barriers or install barriers. While it prefers damp shade, it is one of the few plants that can survive the shade and dryness of being

grown around a blue spruce tree.

However, before you buy these plants, post a request on a plant sharing site. There are many gardeners who would be happy to give you some.

When I first came to Calgary, many yards had snow-on-the-mountain (*Aegopodium podagraria* 'Variegatum') growing next to the house foundation.

It was usually in the hard to grow location between two houses, in the rain shadow area under the eaves. It is another plant that can grow in dry shade.

Unless the plan is to fill the space between the houses (with your neighbour's permission) with this plant, barriers should be used to prevent its spread.

I have found that keeping the ground dry where I don't want it to grow and watering where I want it to be, helps to manage this plant.

I have neighbours who planted it in a bed in the middle of their lawn, and it has spread throughout the bed and lawn, so use it with caution.

Lily-of-the-valley and snow-on-the-mountain, are they garden friend or foe? It depends on where they are planted. For a harmonious garden, plant the right plant in the right place, and monitor!

To learn more about gardening in the Calgary area, visit our website calhort.org.



Calgary Horticultural September Events, Talks and Workshops

CONVERSATIONS IN THE GARDEN

Wednesday, Sept. 7, at the Society office 2725 33 Avenue SW (Richmond Green Park) Noon to 1:30 P.M.

Join us over lunch in the park for Conversations in the Garden.

The Society's horticulturist, Kath Smyth, will invite a guest to join her and discuss what's happening in the garden.

They will also answer your gardening questions. Bring your lunch, lawn chair, and gardening questions. This is a free drop-in program. Learn more at www.calhort.org.

FALL FAIR

Saturday, Sept. 24 at the Golden Acre Home



& Garden

2:00 to 5:00 P.M.

The Calgary Horticultural Society is hosting its first Fall Fair event—and bring you more than garlic!

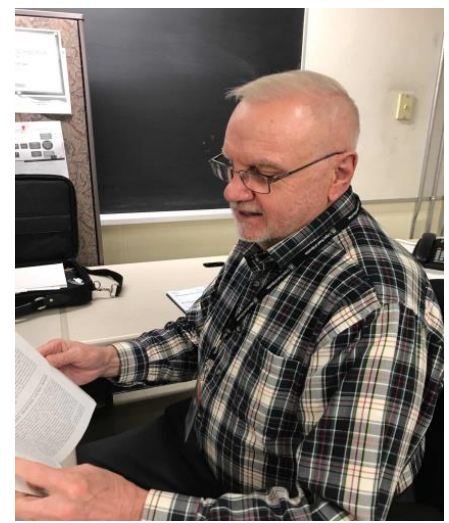
Traditionally, the Society hosts a fall event with garlic talks and garlic vendors.

This year we're still bringing garlic vendors

to our event and a presentation about planting garlic, but we're expanding to include harvesting, storing, and preserving a broader range of garden produce.

Admission to the Fair is free for Society members and only \$5 for non-members. Join us for this late-afternoon festive event.

Volunteer Spotlight



Tom Brown

Tom Brown is a wonderful and dedicated volunteer who works in Wise Owl Boutique. Tom explained, "My daughter suggested I check out Kerby Centre. She is an RN at South Campus, Alberta Health, and works in cognitive assessment. She has referred seniors to Kerby, believes in the work you do, and knew I would need things to keep me busy after retirement, which happened last October. I started volunteering shortly after retirement."

Tom enjoys his time here. "I like the other volunteers. I also like talking with the customers, and I invite conversations, whether they buy something or not." He feels very welcome in Kerby Centre. "It's a safe and caring place, and the atmosphere is peaceful and inviting."

Tom's hobbies include working out, bicycling, reading, fixing things, and spending time with his children and grandchildren.

Tom has chosen to tell us about a book he recently read: *Dreams from My Father*, by Barack Obama. "Many similarities to my life, though the only offices I ever held were in professional associations." So far, Tom has contributed over **135** hours. Thank-you, Tom, for all you do for the Kerby Centre!



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 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 Scrabble 1:00pm - 4:00pm Wellness Wednesday 2:00pm - 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 Duplicate Bridge 6:00pm - 9:00pm 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

Other Programming

Every Thursday - Jam Session in South MP from 9:30 – 11:30
 September 8th – Counselling Services with Lindsay Heier, 9:00 – 12:00. ****Must Register****
 September 19th – Brown Bag Lunch at the Root Cellar from 8:30 – 10:30 and 2:30 – 4:30. Graciously give 2 hours of your time to make nutritious sandwiches for hungry students throughout Medicine Hat. **** Must Register****
 Member of a Constituency from 11:00 - 12:00 in the Boardroom every Wednesday. Assistance with Form Filling & Paperwork. ****Must Register****

Wellness Wednesday

September 7th - Movie Matinee with free popcorn
 "Grumpy Old Men"
 South MP 2:00 – 4:00
 September 14th - Chair Based Exercise Video
 Craft Room | 2:00 – 3:00
 September 21st - Revera Rocks! With Mariah
 Craft Room | 2:00 – 4:00
 September 28th - DILLS "Learn how to create and maintain healthy boundaries"
 Boardroom | 9:00 – 11:00

Strathcona Centre Activities

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

Summer in the 60s

Sharon Seidel

Kerby News Contributor

Oh, the winter was so long. The trees are budding, and the snow is squishy wet as I walk from the bus through the garden path to the house. Clumpy clay makes my boots unbelievably heavy. I take my feet out to find them sopping wet and cold. “There are some bread bags to line your boots tomorrow,” mom says. “For now, clean them up and put them over the heat register to dry out.”

The next day I am happy to put the bad liners in my boots but a little embarrassed at school when I take my boots off, and the liners come out with my socks. Rubber bands hold the liners to my legs.

Getting home that afternoon I am happy to see a huge lake in the ditch by my uncle’s farm which is adjacent to ours. I splash along the edge but slip in deeper. Oh no it is like quicksand. I cannot pull my boots out. Stuck. Luck would have it I have been blessed with a voice that carries and I scream for help. My uncle Frank comes running and lefts me out of my predicament. One of my fears I still recall from my early farm years.

Spring mud dries up and garden planting begins. Dad digs holes for potatoes after making sure rows are straight with sticks and baler twine. We throw the potatoes in and stomp down the dirt dad throws on top of the holes. We love helping dad.

Our dad is busy what with being a mixed farmer and also a hired man for a big farmer down the road. He has land to break but that means rock picking and I swear our land is half rocks. Five cents for a 5-gallon pail is what we got. As I remember it my older brother goes ahead and picks the biggest rocks, he can to fill his pails five times faster than us girls. Mind you we couldn’t have lifted those rocks anyways, but we complain about the unfairness of it.

We have many crocuses on our hills and buffalo beans. We make beautiful bouquets for mom. Out

first bouquets were likely dandelions, but I choose not to remember this.

Dad brings us baby rabbits that he narrowly misses while cultivating. They don’t live long but dad tells us he took them back to their mother. We are happy to believe that.

Tomcats make a heck of a racket. We are scared and tell mom. She tells us that means there soon will be kittens. Makes no sense to us but we are glad of that. We do find kittens and more kittens. All color and stages of development. Seems a lot of them go missing and momma cats are left with one usually.

We get baby chicks from the hatchery. Mom and dad are busy making a space for them with feeders, waterers and a heat lamp. Some make it and the weaker ones get pecked to death by the others. Such cruelty! This is truly a pecking order. Mom puts a black pine on those that can be saved so they get left alone. Before the growing chicks can be moved to the hen house, we have a lot of cleaning of the chicken coop to do. I hate that stinky job. I also hate getting the eggs when there are cranky chickens in the mix of hens.

I will never forget the time we had a pet rabbit given to us. Turned out it was blind, but we had a rooster who took it under its wing; literally. Most of the day the rabbit hung out by the power pole but come evening the rooster would put its wing out and guide it into the chicken coop. Now when I see the videos of random animals looking after each other, I know it to be true.

One evening my younger brother, probably 8 or 9 at the time, got mad about something. He packed a little bag with a peanut butter sandwich and a pair of undershorts and headed down the road. He went away and the coyotes started howling. He made fast tracks back, crying.

Another pleasure was summer camp. The first time going I got a lonesome night. I was about eight. Our counselor was about 18. Seemed old to me but I loved her. We all did in my cabin. We



all made sure she spent time individually with us, whether it was to put a bandage on a knee or to console our lonely hearts. It was bible camp, and I loved the singing, the memorizing verses, the works. Craft time was special and my favourite time of all was TUCK. We got to get a chocolate bar or whatever our allowance could buy us.

We had bonfires and horseback riding, archery, and team sports in afternoon and evening. Whether dodgeball, some kind of tag or treasure hunts, it was fun. Also, swimming. You would think we would never want to leave but by the end of the week, I was glad to see mom.

My last fun thing to round out the summer was getting one new outfit for school and sometimes a new lunch kit and pencil crayons. They were the best especially if I got a 12-pack.

Oh, to live in the 60s and be that summer girl again.

VEINER CENTRE

Dignity. Health. Self-Esteem.

Provide Personal Care Items to Seniors in Need

Items can be dropped off at Veiner Centre

Items Needed:

- Hair Brush
- Soap
- Deodorant
- Toothbrush
- Toothpaste
- Dental Floss
- Shaving Cream
- Body Wash
- Shampoo/Conditioner
- Incontinence Supplies
- Denture Cleaner
- Bath Brush

VEINER CENTRE

Stay Connected With Us

Sign up for our monthly eNewsletter and other Veiner Centre updates

Twitter Facebook LinkedIn



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Questions to ask about medical cannabis

News Canada

You might have heard about taking medical cannabis to help relieve pain or manage the symptoms of chronic conditions like arthritis. Talking to your doctor is the most important first step when considering medical cannabis as an option.

To help you have a meaningful conversation about whether it's right for you, here are four questions you should ask:

1. Could medical cannabis actually benefit me?

Medical cannabis can be a safe option for pain, but it is not a cure-all, nor is it effective or advisable for everyone, says Dr. Sian Bevan, chief science officer at the Arthritis Society. So, speak with your doctor about whether it's well-suited to your specific situation and condition.

2. Are there any risks specific to me in using medical cannabis for arthritis?

As with the potential benefits, the risks of using medical cannabis are unique to your condition. Your doctor can address specific concerns based on your health history.

3. Are there any known interactions between medical cannabis and other medications I am taking?

Your physician and pharmacist are aware of all the medications you're taking, so they can best advise if there may be any interactions. Be sure to also tell them about any over-the-counter products or vitamins you use.

4. What methods of delivery, such as creams, oils or edibles, might be best to try?

The various methods of taking medical cannabis work differently, so it's best to talk to your health care provider about how they work. Smoking is never recommended. Nor is sourcing cannabis from a non-medical provider.

Finally, remember, if you start using medical cannabis, it's important you're monitored by a health care professional familiar with prescribing and monitoring patients taking the medicine.

You can find more information about arthritis and medical cannabis at arthritis.ca.

PREMIER Crossword

By Frank A. Longo

SUITABLE ACTIVITIES

ACROSS

- 1 Saudi, say
- 5 Raptors' gp.
- 8 In a stupor
- 13 GMC crossover SUV model
- 19 Reduces the worth of
- 21 Lead-in to a bit of bad news
- 22 What "()" and "()" are, for short
- 23 Capital of South Australia
- 24 Actress Dennis leaps?
- 26 Boxer Marciano begins?
- 28 — Canals
- 29 Thurman of film
- 30 Saloon
- 31 "I could — horse!"
- 33 Newspaper based in McLean, Va.
- 37 Racing driver Wallace does some hammering?
- 42 Singer Benatar replies?
- 44 This, in Lima
- 45 Dancer Charisse
- 46 Waterproof canvas cover
- 48 — out an existence
- 49 Founder of Taoism
- 51 Hair removal brand
- 53 Gmail competitor
- 56 Teensy
- 59 Yosemite peak, in brief
- 60 "... — my brother"
- 61 Quarterback Bradshaw dries himself off?
- 66 Reindeer kin
- 67 Jurists' org.
- 69 Emmy winner Baldwin
- 71 Like whiteboards
- 72 Actor Slater goes on vacation?
- 76 Most thickest
- 78 Huge hero
- 79 Sink down
- 80 Free TV spot, for short
- 83 Comedian Buttons gains a lot of weight?
- 85 "True —!" ("Yep!")
- 87 Heroic tales
- 89 Ending for duct or infant
- 90 Lead-in to glistis or Pen
- 91 Stadium level
- 93 Employed for the purpose of
- 94 "Help us!"
- 97 Light in signs
- 99 "Son of," in 1-Across names
- 101 Russo of "Big Trouble"
- 102 Architect Gehry speaks?
- 107 Singer Aiken woos someone?
- 110 Helicopter or glider
- 111 Whittle down
- 113 Lovey

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- 114 Tatty cloth
- 115 "-ology" kin
- 117 Dancer Rogers loses control?
- 123 Singer Gayle plays tenpins?
- 128 Niagara River source
- 129 Oration of adulation
- 130 10th-century German king
- 131 Ester in plastics
- 132 Money in the form of coins
- 133 Reveals
- 134 JFK guess
- 135 Agenda unit
- 16 Make bare
- 17 Filmmaker Bergman
- 18 Analyzes
- 20 Put away for the future
- 25 Slugger Sammy
- 27 Islam, e.g.: Abbr.
- 32 Fourth mo.
- 34 Meth- ending
- 35 "Bad boy!"
- 36 Have debts
- 37 Gen. at Gettysburg
- 38 "Heaven help —!"
- 39 Security ticker symbol
- 40 "Ciao!"
- 41 "... — baked a cake"
- 43 On — with
- 47 Takes care of
- 50 Ancient Greek city
- 52 Morales of "Rapa Nui"
- 54 Baseball's Hershiser
- 55 Greek harp player of yore
- 56 "Crawling" internet bot
- 57 Kay-em link
- 58 Ending for Peking
- 60 Pain in the neck
- 62 Cave effect
- 63 "Look what I just did!"
- 64 Missouri tribespeople
- 65 System
- 68 Jessica of "7th Heaven"
- 70 Reclined
- 73 Wheel center
- 74 Sporty auto roof
- 75 Ye — Shoppe
- 76 — Lankan
- 77 Phone no.
- 81 Deficient
- 82 Donkeys
- 84 Sow's sound
- 86 Opera song
- 88 Lima's land
- 92 Very troubled
- 93 Opened, as a wine bottle
- 94 — -cone
- 95 Approved
- 96 Sow's home
- 98 Psychic skill
- 100 From memory
- 102 Outrageous comedies
- 103 Rise on the hind legs
- 104 Sock pattern
- 105 Indigo dye
- 106 Sappho's Greek island
- 108 Writer Deighton
- 109 Opening
- 112 Shining
- 116 Closet pest
- 118 Pasty stuff
- 119 Classic soda brand
- 120 "I smell —!"
- 121 Fir relative
- 122 Appear
- 124 Part of SSN: Abbr.
- 125 — Fridays
- 126 Vote in favor
- 127 Global commerce gp.

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Charity Classic a success!



To everyone involved in this years' charity golf tournament

THANK YOU FOR SUPPORTING KERBY CENTRE SENIORS!

Through you, your time, your donations and your support, we can keep vital programs for seniors in our communities running. You make a difference in peoples lives.

Fastest Shot:
Men's 260km/hr
Women's 178km/hr

Ball Drop raised: \$6,040!



Stand & Command | Rogers Insurance | Fully Managed | Revera | BMO | On the Rocks | Home Care Assistance | Executive Mat Service | CentralWeb



Thank You Rotary Club of Calgary at Stampede Park

for being our amazing COMMUNITY CHAMPION! Your generous \$110,000 donation is supporting vital upgrades at Kerby Elder Abuse Shelter, helping some of the most vulnerable seniors in Calgary. THANK YOU!!




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 _____ Expiry Date _____ Signature _____

Send tax receipt to: Name _____ 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 for the 55 plus
Kerby Centre 1133 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897-9947-RR0001
Donate online at www.kerbycentre.com/donate or call 403.705.3234

What a wonderful day for a golf tournament! Kerby Centre hosted an incredible day of recreation on Aug. 18 to raise money for our vital food security programs — ensuring all older adults never have to experience hunger.

“This truly was an amazing day,” said Larry Mathieson, CEO of Kerby Centre. “I’m consistently blown away by our Kerby community and those that come out consistently to support us.”

Golfers of all stripes and talents came out to the gorgeous Sirocco Golf Club for 18 holes, dinner and a silent auction. In total, over \$80,000 was raised for the Kerby Centre.

In addition to playing a round of golf over gorgeous rolling hills of green down at Sirocco, players were also offered the chance at a couple interesting mini-challenges to win fabulous prizes.

For example, there was the “Longest Marshmallow Drive” to see who could tee up and knock out one of those soft, white puff as far as they could manage.

Some opted for the power of a driver, while others decided on using the lift of a wedge. There was at least one person who — putting their entire strength into

the swing — managed to explode a marshmallow in two instead of sending it flying!

In the end, Milan Bharadia of Lions Park Denture Clinic managed to get it farthest!

We also had the chance for golfers to go up against “the pro,” in this case, Ryan Ames to see how their shot could measure up.

The person who ended up winning? This author’s own father, Ben McCutcheon of Canada Post! Hi Dad!

The winning team of the whole tournament — for the second year in a row! — consisted of Chris Bottoms, Mike Paisly, Steve Sheppard and Brent May. Congratulations and here’s aiming for joining us next year and getting the hat trick!

And the ball drop — one of the most exciting and popular events of the Kerby Classic — went to Leslie Ross. Hundreds of balls were dumped across a hole and Leslie’s ball was the closest! She won \$2,500 in cash and the same in WestJet credit.

“Congratulations to everyone and thank you all so much for coming out and supporting our seniors,” Mathieson said.

“Here’s hoping next year’s is just a bit cooler!”





Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre Is Open To The Public! We Welcome You Back As We Continue To Meet the Current Covid 19 Guidelines
Please visit our website www.kerbycentre.com for up to date information on our programs and services

<p style="text-align: center;">ZOOM CLASSES</p> <p style="text-align: center;">MONDAY Fitness With Dan 9:30 –10:30am Chair Yoga 2:00 3:00pm</p> <p style="text-align: center;">TUESDAY English as Second Language 10:00 - 11:00am Tai Chi 1:30 –2:30</p> <p style="text-align: center;">WEDNESDAY Men’s Shed 11:00am – 12:00 pm</p> <p style="text-align: center;">THURSDAY Yoga for You 9:00 – 10:00am Drum Fit 10:15 - 11:00 am</p> <p style="text-align: center;">FRIDAY Muscle Strength and Core Balance 11:30 – 12:30 pm Call Education & Recreation 403 705-3233</p>	<p style="text-align: center;">“benefit” Take Control, Accomplish Your Goal</p> <p style="text-align: center;">Let’s make 2022 the year for stronger, healthier YOU! Set your goal, join our monthly indoor/outdoor group walks, and share your inspiration!</p> <p style="text-align: center;">Goal setting workshop included! Monthly draws for prizes & final grand prize draw in December 2022. More you move, the greater your chance to win!</p> <p style="text-align: center;">To register please contact Education and Recreation 403-705-3233 and pick up motivational starter kit for your free monthly program, benefit.</p> <hr/> <p style="text-align: center;">Join Us For Kerby Coffee & Conversation: Housing for Seniors</p> <p style="text-align: center;">Every Second Tuesday of the Month 10 – 11:00 am Location: Kerby Café</p> <p style="text-align: center;">Drop in and join us for a coffee and conversation about Seniors Housing. We will be discussing the process for finding affordable housing and answer questions that you might have, in a relaxed atmosphere</p> <p style="text-align: center;">FREE - Registration Not Required</p> <hr/> <p style="text-align: center;"> Next To New ½ Price Sale September 12 - 16th</p>	<p style="text-align: center;">KERBY TRAVEL PRESENTS</p> <p style="text-align: center;">Silver Springs Botanical Gardens</p> <p style="text-align: center;">Date: Tuesday, August 30 , 2022 Member: \$24 Non-member: \$54 Cut-off Date: August 16, 2022</p> <p style="text-align: center;">Includes bus transportation Bring own lunch (not included in trip price)</p> <p style="text-align: center;">Jack Jackson Dinner Show (Buck Owens Story)</p> <p style="text-align: center;">Date: Friday, September 9, 2022 Member : \$74 Non-member: \$104 Cut-off Date: August 24, 2022</p> <p style="text-align: center;">Includes bus transportation Dinner & show (included in trip price)</p> <p style="text-align: center;">Cascade Ponds, Banff, Marsh Trail Trip</p> <p style="text-align: center;">Date: Tuesday, September 20, 2022 Member: \$65 Non-member: \$95 Cut-off Date: September 6</p> <p style="text-align: center;">Includes bus transportation Lunch in Banff (not included in trip price)</p> <p style="text-align: center;">For Further Information Please Contact the Travel Desk at 403 705-3237</p>
<p style="text-align: center;">Education & Recreation</p> <p style="text-align: center;">Selected Items 50% Off Craft Sale</p> <p style="text-align: center;">September 29th, 2022 10:00am - 1:00pm On the Kerby Cafe</p>		

Kerby Centre FREE Food Markets - Drop In - First Come

1133 7th Ave SW 10:30 – Noon Every Tuesday (September 6, 13, 20, 27) & Friday (September 2, 9, 23, 30)

And join us for our Community Bread Markets

Parkdale Nifty Fifties Association **Tuesday, September 13th (11:00 -12:00 pm)** 2nd Tuesday of the month Located at 3512 5 Ave NW, Calgary AB
Banff Trail Community Association **Wednesday, September 7th 1st Weds of the month (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary.
Carya **Wednesday, September 14th (1:00 pm)** Located at Carya Village Commons 610 - 8th Ave. S.E

KERBY EDUCATION & RECREATION WEEKLY PROGRAMS
For More Information, Please Phone Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE RM 301 10:00 AM - 12:00 PM 2ND & 4TH MONDAYS— FREE MAHJONG - RM 312 10:30 AM - 12:30 PM SUMMER BREAK RETURNING SEPT 12TH PICKLEBALL - GYM 2:30 PM - 4:00 PM \$3.00	RECORDER GROUP RM 108 10:00 AM - 12:00 PM SUMMER BREAK RETURNING SEPT 6TH MEMORY WRITING RM 301 10:00 - 11:00 AM SUMMER BREAK RETURNING SEPT CARD MAKING SOCIAL RM 301 10:00 AM - 12:00PM SUMMER BREAK RETURNING SEPT	GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE CRIBBAGE - Rm 312 1:00 PM - 3:30 PM \$2.00 WEDNESDAY DANCE KERBY CAFE 1:00 PM - 3:00 PM \$2.00	ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day PICKLEBALL GYM 2:30 PM - 4:00 PM \$3.00	SPANISH CONVERSATION GROUP - RM 311 10:00 AM - 12:00 PM \$2.00 SUMMER BREAK RETURNING SEPT 9TH KRAZY KARVERS WOODCARVING CLUB - RM 102 SUMMER BREAK—RETURNS SEPTEMBER 9TH TECH HELP EVERY OTHER FRIDAY 11:00 - 1:00 PM \$2.00 CALL TO REGISTER BADMINTON & PING PONG - GYM 1:30 PM - 3:30 PM \$3.00 ENGLISH AS A SECOND LANGUAGE RM 311 1:30PM- 3:30PM FREE

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.

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

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.

For sale: Shoprider electric wheelchair. Like new, Used very little. New batteries. Runs really well. \$1000 obo. Located in Douglasdale SE

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.

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

Enjoy Summer with your friends at Good Companions 50 Plus! We continue to offer in-person and online programming throughout the Summer months. Join us for Lunch, Social Suppers or Pub Night. Or how about exploring new Calgary pathways every Wednesday with our Walking Club?

Maybe join us on an 8 night vacation as we cruise the Eastern Caribbean this December! We have many social, educational and fitness activities to choose from so give us a call or stop by

the Club for a tour. You can visit our website at www.gc50plus.org for hours of operation and to check out our monthly newsletter.

We are located at 2609 19th Ave SW and you can call us at 403-249-6991. We hope to see you soon!

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

CROSSWORD SOLUTION

T	O	M	S	T	A	L	E	S	E	J	A	I	L	S	L	A	Y		
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SUDOKU ANSWER

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



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- games room and lounge
- on-site manager



Kerby Centre

Presentations and Events

Mark your Calendars for these Upcoming Events and Activities

**OCTOBER 15
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2022

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Kerby Centre
for the 55 plus

Kerby Centre is one of this year's hosts for Active Aging Week.

So many things to do and watch. Make sure you visit the website and book your favorite activities in your calendar!

WWW.ACTIVEAGINGWEEK.COM

Kerby Centre
for the 55 plus

Fall is Vaccination Season

LET US HELP YOU MAKE AN INFORMED DECISION

Do you know the risks and what you need to know about Adult Routine Vaccinations?

JOIN US AS KERBY CENTRE PRESENTS OUR 2022 FREE IMMUNIZATION AWARENESS PRESENTATION SERIES:

INFECTIOUS DISEASES IN OLDER ADULTS - WHAT TO EXPECT THIS SEASON

AN ONLINE PRESENTATION BY DR JAI HU

10:30AM - 11:30AM

MONDAY, OCTOBER 3RD, 2022

VISIT KERBYCENTRE.COM AND CLICK ON COURSES & EVENTS TO REGISTER



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"What can one do in the face of such monumental loss but breathe a weary sigh, for the world is a little quieter now."
-Shane Medaj

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

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2945 26 Ave SE, Calgary

Affordable Housing
403.272.8615



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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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