

# Finding love at any age or stage



*Love comes in many forms. Unison, for Generations 50+, knows this better than most as our community of volunteers, clients and employees love everything our organization has to offer. But this February — in honour of Valentine’s Day — we wanted to talk about that special kind of love with an issue featuring articles dedicated to the subject of love. Photo by Esther Ann.*

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# Rebuilding Notre Dame Cathedral

By Barbara Ellis

Recently I watched a documentary about the rebuilding of Notre Dame Cathedral in Paris. Hard to believe that almost four years have passed since the fire almost destroyed that treasured icon. I remembered how I cried as I watched with millions of others the burning of Notre Dame. How tragic to see that grandest of all cathedrals engulfed by fire and brought down to her knees. I watched and listened as the people of Paris sang Ave Maria, their emotions in full view for all the world to see. Notre Dame of Paris is not only Parisian or French, she belongs to the world. How can she not when she welcomed over 13 million of us each year?

The mayor assured us that she would be rebuilt, that just like the Phoenix, she would rise from her ashes and live again. Even as she smouldered, plans got underway to find the builders, architects, historians and workers to make the restoration happen. There were no records of the original plans that built Notre Dame, so it was up to the historians to try to figure out how it all came to be. One narrator described it as an archaeological dig where they had to work backwards in time to reveal and understand the old technology.

Slowly and carefully the debris was removed and an enormous scaffolding was erected inside the cathedral to help stabilize the walls and prevent it from collapsing. When the building was secured, two hundred workers began the arduous task of cleaning the 850-year-old building. Dirt and grime as well as smoke stains from countless candles had to be washed away.

One of the most dangerous tasks is removing all the lead which was used in the original construction. Workers have to wear protective clothing that is destroyed at the end of their shift. Special vacuums are used to suck up all the dust created by removing this deadly metal.

While work in Paris was going on, the hunt for two thousand perfectly straight and tall oak trees began. These would be

used to rebuild the roof. Also needed were glass blowers who could produce glass to match the colour and style of the stained glass windows in the cathedral. The three round stained glass windows were not destroyed but some of the panels would have to be replaced. Enormous task as each window has 1100 panels and is 42 feet in diameter.

Notre Dame is not the first place of worship at that location. There have been a series of buildings erected there for over 2,000 years. It is believed

the Romans first built a temple at that site and then with the coming of Christianity, the temple became an early church. The building of the present cathedral was begun in the 13th century and took

over 200 years to complete. Over the next centuries, the cathedral changed as successive church groups made many additions and alterations. She was ransacked and desecrated during the French Revolution and turned into a warehouse, but she survived.

I count myself lucky to have visited Notre Dame on four occasions and I hoped that I would have that privilege at least one more time. My favourite memory is the one when my sister Eva, and I vacationed in Europe back in 2000. We arrived in Paris completely exhausted from our long flight from Calgary and the equally long train ride from Amsterdam. At our hotel, we stumbled upstairs and fell into our beds. In the

morning we were awakened by the ringing of the bells of Notre Dame. We opened our windows wide so we could hear every last peel. From our window, we could see the spire and the two towers as they reached the sky. We felt privileged to have been given such a stirring welcome by the City of Lights.

Eva and I walked into the Cathedral and then stood for a moment to let our eyes get adjusted to the darkness. We were awe-struck by the enormity and grandeur of the place. So tall, so long, so hushed. There were many of us in there and yet it was so quiet. There was a reverence we all felt and automatically exhibited. I felt very small and humbled as I sat down to take

it all in. Those beautiful stained glass windows, the magnificent organ, the columns that reached high above me, and all the statuary around the perimeter. I was particularly moved by Nicolas Coustou's Pieta, showing Mary cradling the crucified Christ.

Notre Dame is being rebuilt and she will be as big and imposing as before. She will once again be revered and people will come from far and wide to be impressed by her. In the future, when she is another 850 years older, no doubt the cathedral will see many more changes, but what is 850 years to one such as her? Notre Dame will be looking even further into her future, standing tall, imposing, majestic and awe-inspiring, but always welcoming.



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# The best part about taxes

There are only a few things in life I hate more than doing my taxes.

I think good citizens should pay their fair share, but I don't like looking at how much money I gave to the government over the past 12 months.

Some years I have had my accountant do

my taxes or have used a service — but most years I just buy the software and do it myself.

I suppose there is one thing I detest most: I spend an hour or so compiling my return, all the while fearing that I will have some surprise in how much I might owe the government.

About the only thing I like about tax season is that at Unison, we run tax clinics where we do returns for seniors — for free.

Last year we completed 4312 tax returns for seniors in Medicine Hat and Calgary.

We work collaboratively with the Canada Revenue Agency to offer this program to low-income seniors. You can find information about cut-offs and eligibility for this program on our website.

I love that we provide this service in Medicine Hat and Calgary because it creates a platform for our staff and volunteers to help seniors access additional support.

Think about it — if any want to apply for any kind of benefit or subsidy you need to be

able to verify your last year's income that was reported on your last year's tax turn. If you didn't complete your return, you are out of luck.

The other thing I love about our tax clinics is they are run largely by volunteers. Filling out tax returns is sort of a specialized skill, so we do rely on CRA support to help us train our volunteers.

Given the level of training and orientation required this is a volunteer program that you don't want a lot of year-over-year turnover in volunteers.

We are very fortunate to have very dedicated volunteers — most of whom have been coming back year after year to file tax returns for seniors.

Don't get me wrong



Larry Mathieson, CEO and President

our staff are very involved in this program but the majority of the manpower hours that goes into these clinics are provided by volunteers.

The majority of the 4312 a completed by volunteers, not paid staff.

The best part however — my favourites amongst favourites — has to be last year our volunteers' helped seniors get \$752,367.91 in refunds.

## FEBRUARY 2023

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# The season of love

Andrew McCutcheon  
Kerby Storyteller

They say spring is the season where a young man fancy turns to love.

I never quite understood that.

First of all, when spring happens is completely up to the whims of Canadian — and the even more temperamental — and Albertan weather. There is no set time when we feel as though spring has officially sprung.

All of us know what it feels to see snow on a May long weekend, after all.

Moreover, when I was a young man, my fancy did not turn to love in spring.

I remember being in high school, and my fancy turned to practicing dance moves for our upcoming musical the-

atre project rather than chasing after the fairer sex.

It would turn out, unsurprisingly, that my lack of interest in the fairer sex was not the fault of a relatively ancient saying about spring and young fancies.

But that's a much longer story that I don't have space for here.

Instead, this issue of the Kerby News does take a little look at love in its different forms, all in honour of Hershey corporation's second favourite holiday: Valentine's Day.

We have a variety of themed stories discussing a variety of topics on the subject: an in-depth look at the concept of love languages, how to avoid relationship-based scams and a discussion of the concept of Gray Divorce and

what that means for modern relationships.

But regardless of how you, dear reader, might feel about love: I hope you remember there is more out there than just romantic love.

We don't talk about them nearly as often, but the love of a friend, the love of your community, even the love you have from a pet — these are just as important as romantic love.

Love is what makes life worth living and helps sustain us during difficult times. I challenge you to look for the places in your life where love might be waited unexpectedly this spring.

And I guarantee you'll be surprised how much love is out there for you, just waiting to be noticed.

# Love in a dangerous (online) time



By Mary O'Sullivan-Andersen

President and CEO, BBB Serving Southern Alberta and East Kootenay

Love may be in the air in February but so too is, unfortunately, potential danger.

In 2021, Better Business Bureaus (BBBs) across North America received 276 reports of romance scams. One romance scam in the Calgary area (not a senior) resulted in hundreds of thousands of dollars in losses to a woman who believed she was involved in an online

romance with the love of her life. She wasn't. Instead, she was speaking to a member of an organized crime group whose aim was to separate her from her money.

This is a good moment to remind everyone reading this that the Better Business Bureau does not exist to scare the wits out of people. Many people find love and romance online. The key is to know what to watch out for. In other words, put your head before your heart.

**Tips to spot this scam:**  
Too hot to be true.

Scammers offer up

good-looking photos and tales of financial success. Be honest with yourself about who would be genuinely interested. If they seem "too perfect," your alarm bells should ring.

Moving fast.

A scammer will begin speaking of a future together and tell you they love you quickly. They often say they've never felt this way before.

Talk about trust.

Scammers will start manipulating you with talk about trust and how important it is. This will often be the first step to asking you for money.

Don't want to meet.

Be wary of someone who always has an excuse to postpone a meeting because they say they are travelling or live overseas or are in the military.

Suspect language.

If the person you are communicating with claims to be from your hometown but has poor spelling or grammar, uses overly flowery language or uses phrases that don't make sense, that's a red flag.

Hard luck stories.

Before moving on to asking you for money, the scammer may hint at financial troubles like heat being cut off or a stolen car or a sick relative, or they may share a sad story from their past (death of parents or spouse, etc.).

**Protect yourself from this scam:**

- \* Never send money or personal information that can be used for identity theft to someone you've never met in person.
- \* Never give someone your credit card information to book a ticket to visit you.
- \* Cut off contact if someone starts asking you for information like credit card, bank, or government ID numbers.
- \* Ask specific questions about details given in a profile. A scammer may stumble over remembering details or making a story fit.

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# Program offers houseless emergency department patients a bridge to home

By Gillian Rutherford  
University of Alberta

Edmonton emergency department patients who lack housing will soon get a chance to find permanent homes following their hospital stay, thanks to a new transition housing program.

“No one should leave emergency without a place to go and a roof over their head,” says Louis Hugo Francescutti, professor in the School of Public Health, ER physician and lead on the Bridge Healing Transitional Accommodation Program, also known as Asamina Kochi, which means “to try again” in Cree.

People experiencing houselessness make more than 26,000 visits to Alberta emergency departments each year, according to Francescutti. Those patients are treated for medical issues ranging from diabetes complications to overdoses to wound care, but are then discharged back to the street or a homeless shelter without having their underlying needs addressed. Many wind up returning to hospital repeatedly.

Improving lives, reducing health-care costs The new program, funded by Alberta Health Services, aims to break that cycle. Before discharge from any Edmonton hospital emergency department, eligible patients will be offered temporary housing

at a new building in the Glenwood neighbourhood run by Jasper Place Wellness Centre. People can stay for up to 30 days, access wrap-around services like food security, mental health and employment counselling, and connect to permanent supportive housing.

“It’s going to improve the lives of these individuals, and it has the potential to save the health-care system money,” Francescutti says.

The program will be delivered for \$80 a day, compared with costs of up to \$1,000 a day to care for a patient in hospital, Francescutti notes.

“I actually don’t know of any other program that’s ever existed to solve this need,” says Taylor Soroka, vice-president of strategy and engagement for the Jasper Place Wellness Centre, which offers housing, medical care, food security programs and employment to people in west Edmonton.

“This program is specifically for individuals who are heavy users of the emergency department that are often not using other community services, so it’s about opening that door and diverting them back into the community through housing.”

A broad community partnership of post-secondary students, volunteers, health-care and housing staff, government and private donors came together to make the bridge healing plan a reality.

The idea was born in a graduate student classroom at the University of Alberta four years ago. At first the focus was on building tiny homes, but that was eventually rejected as being too expensive and isolating. Instead they chose to focus on offering temporary shelter and intensive programming as a stepping stone to permanent housing.

The plan has since received endorsements from the Alberta Medical Association’s section of emergency medicine and the Edmonton Police Service. The City of Edmonton approved \$290,000 in May. Other supporters include Lions Club International, Edmonton Oilers Community Foundation, University Hospital Foundation and Royal Alexandra Hospital Foundation and many private donors. Students from the Northern Alberta Institute of Technology developed a marketing plan for Asamina Kochi and an app for use by emergency department staff to book rooms for their patients.

The donated time of volunteers has also been key, worth an estimated \$350,000 so far, Francescutti estimates. Joan McCollum, a retired project manager, has personally spent 600 hours on the project. McCollum says she hopes to see the Asamina Kochi model eventually adopted across the province.



A new transition program in Edmonton will provide people experiencing houselessness with a bridge from emergency care to support services and permanent homes. (Photo: Alberta Health Services)

“This model is scalable to any community, any location, any place in the world, really,” McCollum says. “We’ll be gathering data to determine the effectiveness of the program and areas that can be improved, but we feel very confident that this is going to succeed because we’ve had such strong support from the community and from the volunteers.”

“It’s going to blossom into something much, much bigger.”

Twelve of the 36 new transition beds will be available to clients by the end of January 2023, according to AHS. The three 12-room net-zero buildings have self-contained, wheelchair-accessible suites, each with its own fridge, induction cooktop, shower, toilet and a Murphy bed. The facilities will operate using the Eden Alternative philosophy of care, which allows clients to support each other.

Francescutti says a visit to the emergen-

cy department is often a sign that someone living rough is ready to make a change in their life.

“When someone who’s experiencing homelessness ends up in the emergency department, that’s a crisis, because they’ve had to leave whatever limited possessions they have somewhere, they’ve had to cross the security guards and go through the triage process and wait. That’s when they’re reaching out, telling us, ‘I really need help.’ So that’s where we have to meet them,” he says.

Each person’s program will be tailored to their individual needs. Francescutti, who recently co-edited a special issue of the International Journal of Environmental Research and Public Health on homelessness and public health, hopes some clients may end up using their street skills to help others navigate through the system.

“What we’re really trying to achieve is that everybody who comes through this program has a sense of self-esteem and dignity, that they’re being served in a way that they feel respected, that they have a sense of belonging and that they’re able to contribute to society in a meaningful way,” says McCollum.

Francescutti says this is just the kind of community partnership the university should be leading.

“There’s enough brainpower and ingenuity and wherewithal within a university environment, from undergrads, grads, professors and staff, that the Government of Alberta should be asking on a regular basis for universities to solve complex societal problems like this one.”

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# What is your love language?

By Christie McCaw  
BSW, RSW  
Kerby News

When we find and connect with people the world becomes less lonely and empty. Sometimes it can feel like we are doing all the right things to connect with someone but still aren't connecting.

This could be because we aren't using the right love language. Dr. Gary Chapman, author of the 5 Love Languages, believes individuals have a primary love language they relate to. This is not to say the other four love languages are not important, but when we recognize and meet the needs of someone else's love language, this can bring more connection, laughter, and harmony to the relationship. Let's learn more about these love languages.

## Words of Affirmation

When we offer positive words or phrases which support, uplift, encourage, communicate your love, and show appreciation we are using words of affirmation.

How nice is it to hear the words "I appreciate you," "I admire your generosity," and "it meant so much to me when you did this for me."

Even reading those statements my heart feels a little fuller.

## Acts of Service

The Acts of Service love language focuses on doing activities for another person that can help make life easier or more enjoyable for the other person.

This could include running errands, checking in on them during the day, making them a warm beverage, doing things around the house, or anything that can help the other person feel appreciated and make their life a little bit easier.

## Gifts

If receiving gifts is your love language this

can be very rewarding. When giving or receiving gifts, it does not need to be extravagant or cost a lot of money. There could be a sentimental reason for giving them a small gift.

It is about showing someone you are hearing what they are going through, caring for them and tailoring the gift towards what they might need. For example, you might remember a favourite flower or chocolate bar of someone's and give that as a gift, or if you know someone is going through a stressful time you may choose to give them a gift certificate to the spa.

## Quality Time

When you are spending quality time with someone, you are giving that person your undivided attention, which includes turning off the tv and putting away your cell phone or other distracting objects.

Quality time includes staying in the moment, making eye contact and actively listening to what the other person is saying, making a plan to do something together, and developing a routine where you connect daily. It is not about the amount of time you spend with someone, but the quality of the time spent together.

## Physical Touch

Skin-to-skin contact triggers the release of feel-good hormones —serotonin, dopamine, and oxytocin — in our bodies. Physical touch could include kissing, holding hands, hugging, snuggling on the couch or in bed, dancing or working out with your partner, or getting a gentle massage or foot rub.

Knowing the primary love languages of my partner, our children and myself has helped make our relationships stronger because we can advocate for what our needs are and tailor activities we do to

meet each person's needs when spending time together which makes our family bond stronger.

It can also be helpful to know the love languages of those around you such as friends, co-workers, and extended family to know how you can support others around you and make them feel appreciated and loved. If you are not sure what your love language is you can take the free quiz to learn more.

<https://5lovelanguages.com/quizzes/love-language>



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# It's 20 years since my last mental breakdown



*It's been 20 years since Darleen Murdoch has had a mental health breakdown. She says medical miracles can happen.*

By Darleen Murdoch  
CBC First Person

"She will never work again," the young psychiatrist with piercing blue eyes told my sister.

I stood there shivering in my flimsy orange hospital shorts and gown. My room at the Queen's Medical Centre in Honolulu was ice cold and poorly lit. Even though we were in tropical Hawaii, the ward was drab and permeated with the stench of unwashed bodies.

Carol had travelled from Vancouver to escort me home. She glared at the doctor.

"You don't know my sister!"

I was 25 and, despite Carol's support, I thought my life was over. And yet, here's what I've learned. Even with debilitating mental illness — and when a doctor writes you off — medical miracles can happen, especially with faith, supportive family, perseverance and the right medication.

You see, Carol's words came true.

The crisis in Hawaii started a few days after I landed. It was 1976. I was deeply depressed due to a painful divorce and even the gently swaying palm trees could not overcome my melancholy.

Lonely and afraid, I experienced a manic episode in which I thought

I was the heroine in a Hollywood movie. I ran toward the menacing blue ocean. I slipped on the damp grass and fell dangerously close to a cliff. Bystanders alerted police who escorted me to the hospital.

Inside the ward, my psychotic state continued. I was acting out scenes from *Alice in Wonderland*. The doctor saw that tiny snapshot of my life and delivered his dire prognosis. Then he released me to Carol and we flew home.



*Darleen Murdoch experienced her first manic episodes when she was a young woman.*

For the next year, I lived with my mother in a state of depression and loneliness. Other doctors also said I'd never work again and I was prescribed lithium. That helped somewhat but many days, I lay in bed and just hid from the darkness that enveloped me. I prayed for my life to end.

What saved me from taking my own life was my faith in God and the feeling that I was still a worthy person. That gave me courage and tenacity. I meditated, and I rode my bike through the beauty of rural Richmond, B.C.

My mother encouraged me to apply for a secretarial job at an engineering firm and I proved to be a good actress. No matter the despair I felt inside, I would dress up, put on makeup and perform my duties.

That work gave me purpose and escape.

I landed a better job as an administrative assistant in the University of British Columbia's department of social work. When I broke up

with a new boyfriend, I had another breakdown. But the dean and faculty stood by me.

It was a pattern that continued for years. I had several more breakdowns, normally triggered by a loss of a loved one, and each time managed to recover to some extent.

The real progress came after I met David.

I remember wishing on a star in my bedroom that I would finally meet my soulmate. I was 38 when I met him at jazzercise class. Dave was kind, gentle and comical, and we fell passionately in love.



*Darleen, right, and David Murdoch on their wedding day in 1989.*

Somehow, in our relationship, he helped me see more clearly when I was close to the edge and, in that context, I developed better control of how to calm down. Being secure and feeling his love helped me realize I could be whatever I wanted to be.

In addition, my new father-in-law was a family physician. He was a special person I could confide in and whose medical knowledge helped me find better treatments. Dave's sister Elizabeth shared her own struggles with

depression and loaned me books on mental health and wellbeing.

I was like a tiny, broken bird who they welcomed into their family and nurtured back to health.

With this support, I also flourished at work. In 1999, Dave and I moved to Alberta and I started working at the University of Calgary's Faculty of Social Work. At the same time, I got new medication. With the benefits from advancements in science, my mind became so clear that I went from constantly worrying about mistakes to being recommended for a work award. At home, Dave ceased to be my caregiver. We became real partners.

In the end, I had a full career. I proved the doctors wrong because I worked 34 years at two universities before retiring at 68. I had 10 bipolar episodes in total, but none within the past 20 years.

In my own way, I have proven to the medical field that "miracles" can happen. Life is full of possibility.

*As part of an ongoing partnership with the Calgary Public Library, CBC Calgary is running in-person writing workshops to support community members telling their own stories. This workshop was hosted by Unison at the Kerby Centre.*



*Darleen Murdoch, left, and her sister-in-law Elizabeth on a trip to Hawaii.*

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# Kathleen (Katy) Elizabeth Morris

## November 10, 1951 - December 10, 2022

Kathleen (Katy) Morris passed away peacefully in Calgary, AB on December 10, 2022 at the age of 71 years.

Katy was born in Winnipeg, Manitoba in 1951. She is predeceased by her father Ronald William Morris and her mother Violet (Crow) Morris. Katy is survived by her sisters-Val (Owen) Cullingham and Sheila (Shaun) Reddington and her nephews-Michael (Carol), Nicholas (Andrea) and Christopher (Melanie) and her great nephews and great niece. She will be mourned by her good friend, Patricia Seifert (travelling buddy, photographer and explorer of all roads less taken).

Katy graduated from the University of Manitoba with a B.A. in Anthropology/Archeology in 1972 and in 1976 graduated with a diploma in Education from the University of Calgary. She attended several art classes, watercolour workshops, private lessons and Basic Design at ACA, Alberta College of Art. She was extensively self-educated in all art genre and shared that knowledge with her students.

She exhibited with The Calgary Artists Society (1984) and The Federation of Canadian Artists. Her paintings could be found in galleries in Calgary (Centennial Art Gallery) and Edmonton. She is in private collections in England, Scotland, Spain, Indonesia, Australia and in New York, as well as, Winnipeg, Victoria and Calgary.

Katy started drawing and painting at a young age and was always learning about her craft. She explored several mediums including oil, pastel, pen and ink, acrylic and watercolour. She developed new techniques for watercolour (her favourite medium) and would then utilize these ideas into acrylics and oils. Although she preferred painting in a traditional style to achieve a realistic approach to what she saw, she experimented with collage with many different materials and used different papers such as washi (Japanese hand made paper).

From the mid 1980's, until her health would not

allow her to keep teaching, she taught at Parkdale Nifty 50's, Kerby Centre, Calgary Public Libraries, and several small local towns in Alberta, coming to Vulcan 2 years ago.

The warmth of her personality and kindness was felt by the many people she interacted with. She was generous with her knowledge (and materials) especially to the people in her art classes.

A Memorial Service will be held at the Holy Spirit Parish, 10827 - 24 St. SW, Calgary, on Thursday, February 23, 2023 at 11 am.

Katy enjoyed High Tea at Butchart Gardens with Pat when they gal-

lived off to the West Coast on one of their many adventures. To celebrate her memory, there will be a High Tea for Katy at Parkdale Nifty 50's (3512-5 Ave. NW Calgary) on May 25, 2023, 1:00 pm to 3:30 pm. All her students and many friends are welcome!

*Donations in Katy's memory can be made to the Colour On Fire Art Studio & School, Strathcona Community Association, 277 Strathcona Dr SW, Calgary, AB, T3H 2A4, info@colouronfireartstudio.com Or any kids art class group of your choice.*



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# Old antipsychotic drugs may offer a new option to treat Type 2 diabetes

By Adrianna MacPherson  
University of Alberta

Researchers have found that a class of older antipsychotic drugs could be a promising new therapeutic option for people with Type 2 diabetes, helping fill a need among patients who aren't able to take other currently available treatments.

"There is a growing need to find new therapies for Type 2 diabetes," says John Ussher, professor in the Faculty of Pharmacy & Pharmaceutical Sciences and lead author of the recent study published in the journal *Diabetes*.

As Ussher explains, the drug metformin is one of the most common therapeutics for Type 2 diabetes, but about 15 per cent of patients aren't able to take it. Another type of commonly used drug class (insulin secretagogues) to treat diabetes isn't as effective for later-stage patients, who also need a different option.

"For the patients who can't take metformin, patients with late-stage diabetes where their beta cells aren't working as well, when you're trying to find new therapies or new combination therapies as the disease progresses, it becomes more important to find new drug classes that target new mechanisms so then you have more options to try and lower blood sugar in those individuals," Ussher explains.

The mechanism Ussher and his team turned their attention to is succinyl CoA:3-ketoacid CoA transferase (SCOT),



an enzyme involved in the body's process of making energy from ketones. They used computer modelling to find drugs that could potentially interact with SCOT and landed on an older generation of antipsychotic drugs, a drug class called diphenylbutylpiperidines, or DPBP for short.

Ussher and his team had previously found that a specific drug within this class called pimozide could be repurposed to help treat diabetes, but

they've since expanded their focus to see whether more of the DPBP class could also be useful for treating the disease.

"We've tested three drugs now, and they all interact with this enzyme," says Ussher. "They all improve blood sugar control by preventing the muscle from burning ketones as a fuel source."

"We believe this SCOT inhibition is the reason these antipsychotics might actually have a second life for repurposing as an anti-diabetic agent," he adds.

Developing a drug is a complicated, time-consuming and expensive process. It involves clinical trials to test the safety and efficacy of the drug, and can easily cost hundreds of millions of dollars. Not to mention, it can take years to go from development in the laboratory to use in the clinic or hospital. Repurposing an existing drug may help fast-track the process, Ussher notes.

"With something that's an older drug which we used historically in humans that we no longer use, we know what the

adverse effects are, we know in general that it's safe," he says.

Though clinical trials are still needed, repurposing a drug allows researchers to focus specifically on the efficacy and safety of the new intended use — offering the potential to provide a new therapeutic more quickly and cost-effectively.

"As you already have safety data, it somewhat accelerates the process," says Ussher. "And from an economic standpoint, often because a lot of these drugs being pursued for repurposing are older, they're off patent and cheaper."

Repurposing is effective because it capitalizes on a main characteristic of most drugs — they're not restricted to just one target in the body. As Ussher explains, most drugs actually have numerous targets they can influence.

"That's where repurposing comes in," he says. "Can we identify the other targets that a drug may interact with, and by identifying those other targets, can this drug serve a purpose for a different disease?"

This is what Ussher's lab did in recognizing the DPBP drug class could target SCOT activity as well as the dopamine receptors it targets in its original intended use to treat psychosis.

Knowledge of these original targets can also provide valuable context when refining and improving the repurposed drug. Since DPBP drugs were originally antipsychotics, many of their potential side-effects such as drowsiness, dizziness or fatigue arise from their effects on their original target: the dopamine receptors in the brain. Ussher's lab is planning to try creating a modified version of the drug class that doesn't reach the brain and has fewer potential adverse effects.

"For us, the excitement is that it looks like the entire family of these compounds interacts with this protein [SCOT] and can improve blood sugar control in Type 2 diabetes."

Ussher is a member of the Alberta Diabetes Institute and the Women and Children's Health Research Institute.

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# The facts on gray divorce

Andrew McCutcheon  
Kerby News

There are many facts of life that are unpleasant.

Every year you're going to have to pay taxes. You're probably not going to win the lottery. And sometimes — sometimes more often than not — people who were once in love fall out of that love.

Divorce after the age of 50 — more commonly called Gray Divorce — is rising on a global scale, getting close to the highest divorce rate age group by some statistics.

According to Statistics Canada, the divorce rate for that age group increased by 26 per cent between 1991 and 2006.

Moreover, divorces are trending towards increasingly older ages across the board: the average age of divorce previously was 36 years old in 1980. It raised by a full decade, with the average age of divorce hitting 46 years old in 2020.

The total of divorced Canadians over age 65 grew by roughly 80 per cent, going from 352,000 in 2010 to 630,000 in 2020. This isn't entirely due to the fact that Canadians are getting older period, however, as the population of married Canadians over 65 grew by only 45 per cent in the same period.

There are a variety of reasons why and Forbes states there are three main ones for why we're seeing this increase.

One reason is that women are higher independent earners than in previous generations. One of the bigger barriers to divorce in the past was an independent income.

Couples experiencing "empty nests" when their adult children leave in their early 50s prompts a "hard look at what they want out of life" according to Forbes.

And finally, with people living longer than every before — well into their 80s in many cases — couples are less apt to stay in unhappy relationships with the prospect of an-

other two to three decades ahead of them.

There are a lot of legal issues that come with divorce at this period in life, with decades of asserts and intertwined lives being difficult to untangle. However, those questions are better suited to a lawyer or mediator. The questions that remain are just important however: what is someone to do after a gray divorce?

If you're not looking to date, that's absolutely fine! There's sometimes pressure to find another person with whom to spend the rest of your life, but there's plenty of platonic relations out there that can be just as fulfilling and rewarding.

Making new friends might seem daunting, but there are many opportunities out there. Unison has a variety of programs ranging from educational courses to drop-in cribbage. These are a great chance for finding companionship in a way that doesn't have anything to do with romance.

What could be fulfilling as well is finding a place where you can volunteer. With the extra time on your hands, connecting in a way that gives back to your community helps you make long-lasting connections with the world around you. It's a way to keep your heart full without dates or romantic getaways.

Beyond just spending your time, there's an opportunity for self-expression in new and amazing ways. You can decorate and dress exactly how you'd like! If you want to wear a purple-hat and have crushed velvet paintings of cats around where you live, you absolutely can. There's nothing holding you back!

But if you're interested in getting back out into the dating world, there's nothing to stop you from that, either.

You may feel rushed wanting to dive headfirst into a relationship, but don't let the spectre of some ticking clock put pressure on you. It's best



to take things as slow as they need. Enjoy getting to know others at your own pace.

Be honest with what you're looking for! Whether you're wanting to keep things casual or are looking for something serious, being upfront with what you're wanting out of companionship is an important aspect of dating — at any age!

There are plenty of apps and websites for dating that work exceedingly well, but be aware of those aiming to prey on those looking for love. Scammers and fakers will not only waste your time, but take advantage of your search to their own ends: which usually involves getting you to send them your hard earned money.

The most important

thing to remember is that dating should add to your happiness and quality of life. Don't spend a minute with someone that doesn't make you as happy as you want to be.

Because at the end of the day, that's another important fact of life — one much more positive in nature: we all deserve to be happy, at any age or stage in our lives.



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If you have checked any of the above please call for an appointment.

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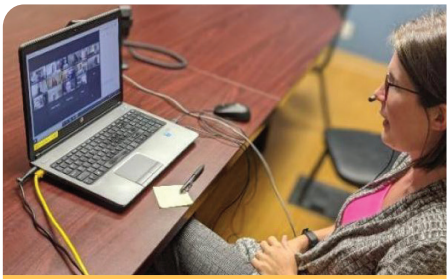
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# Becoming a genealogist

By Ron Nelson

In the 1970s, my brother-in-law showed me a family tree he had created simply by writing down — using lines and squares — his immediate family and extending each line. This intrigued me.

My first wife was from Prince Edward Island, and when we spent summers there, my favourite haunts became cemeteries where there were so many families related to my wife. For a farm boy from Saskatchewan,

this was amazing.

I retired in 1996, and my daughter thought I should become acquainted with a computer to continue this as a retirement hobby.

The first program I installed was Family Tree Maker, and it still acts as my recording facility. I now have 99,000 names in my database, and all are connected as I never started any separate trees.

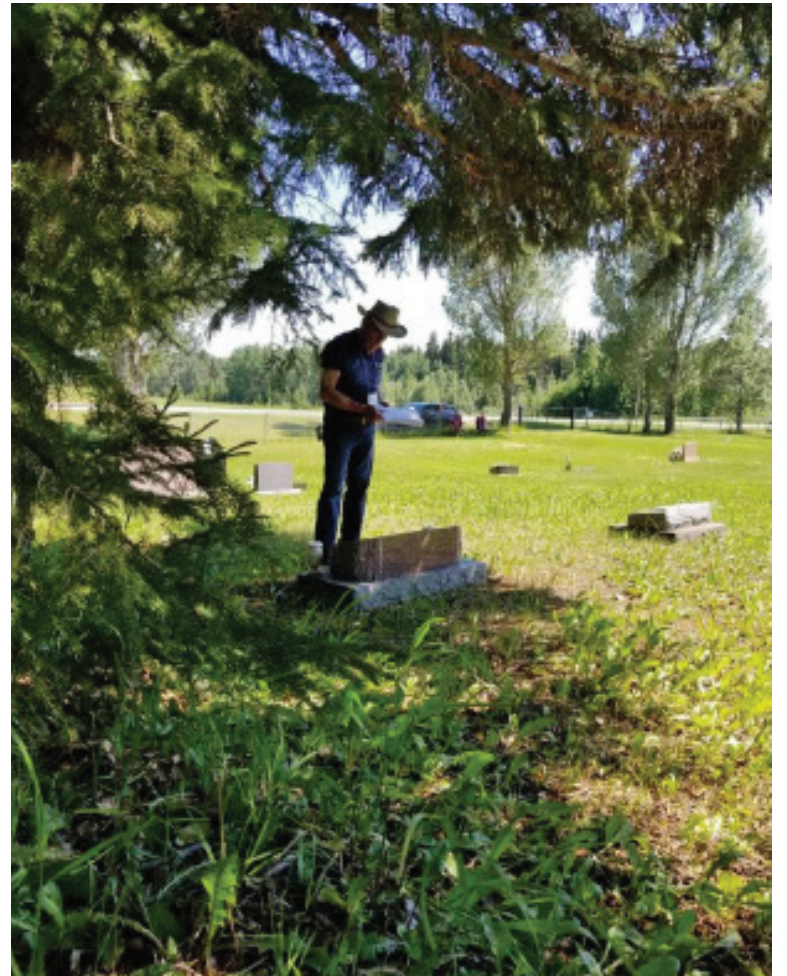
This way, I have one alphabetical index for comparison purposes. The program, however, allows me to create reports for any line — or number of generations — on a particular name. My sources have moved beyond the physical tramping of cemeteries to Internet sources like Ancestry.com, Find a Grave, etc.

My first wife passed away, and my second wife arrived with a desire to learn more about her ancestry. Lo and behold, her family was partly from Prince Edward Island as well. The hunt was on!

We even found a connection between my two wives. My second wife quickly developed a great interest in this, and her knowledge of the Internet has hugely helped as we explore and discover the many branches of the trees.

All names are unique stories, but the biggest, in my mind, was an astounding discovery I made about one year ago on my maternal side. Thanks to a diligent researcher on Ancestry.com (distantly connected to me), I discovered that my great-grandfather had an interesting past.

My grandmother — his daughter — and my mother — her daughter — never knew he



Ron Nelson transcribes a memorial at Water Valley Cemetery

left his first family in England — wife and seven children. He had changed his name, remarried and had a family of four. The oldest — born in England, and two years old when arriving in Saskatchewan in 1883 — was my great-aunt. Late in life, she required a birth certificate. When she applied to England, it was eventually determined her last name was different in the English records, and the whole story came out. I have since connected with several half-cousins who live in England.

My maternal ancestry — for all those early years of searching and not finding ancestral background — suddenly opened, and I was able to take my mother's ancestry back to the early 1600s.

Unfortunately, my mother and grandmother had passed away and never knew of their English cousins.

As this background unfolded, I suddenly learned of a huge number of fourth and fifth cousins in southern Alberta stemming from

my great-grandfather's ancestors.

About three years ago, we became members of the Alberta Family Histories Society, the genealogy society here in Calgary. This organization has so many helpful people! They offer programs and workshops which have helped expand our areas of research.

If you are just starting out, you might want to check out their Genealogy 101 workshop which is being offered this spring. They even have small group sessions for members who use Family Tree Maker software. We volunteered with their cemetery project last summer, and this helped us appreciate the importance and accuracy of research databases.

It also gives us an understanding of how much information is available to use.

It is like a whole new life opened up for me!

If you are looking for a hobby which can quickly become a passion, try researching your roots.

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# To bee or not to bee?

Stew Perram  
Humourist

I brood in a silent whimper after the verbal shriek that shattered the peace in my backyard.

The offending words were not suitable for a general audience when the attack came.

R-rated potty mouth rage-rants scrambled the alphabet and flew from my lips. Tending my invasive wounds, I mentally return to the events of earlier today. The summer morning is delicious.

Robins plucking squirming worms from garden loam, flowers yawn to the rising sun and butterflies colourfully contribute to the mood.

Busy bees journey to and fro between a small space under a board near the house steps and the local flora.

Light breezes rouse full-leafed trees and ... hold on, those aren't friendly bees; I think they're wasps and not the White Anglo-Saxon Protestant kind.

Why are they so interested in that space? My first thought is, 'this can't be good'. My second thought is, 'this really can't be good.'

I need to explore the buzz under the board, so I gently pull it over with a garden hoe and glimpse a grey, partially constructed hive with some fervent activity.

Holy sting-shit, I need to take quick action to quell this home-building brigade before it becomes a serious problem. I'm stressed.

I don't know how to safely eliminate a wasp nest while showing respect in the process. There is, after all, a queen or at least a Grand Pupae involved. I ponder my next move. I want the fix to be quick and painless for all concerned. My thoughts focus on

nest destruction and solutions like beating it, burning it or just drowning it.

What to do... drowning — maybe? So, my third brilliant thought is, I'll water-hose the little buggers and their hive to smithereens.

Maybe the water-jet solution will work best. I access my all-purpose hose reel and unwind a few feet. I select 'JET' on the nozzle, crank on the water tap and, with the smugness of Bill Murray in Caddy Shack, take aim at the unfinished, grey dwelling and squeeze the trigger.

Like a dentist drilling a tooth, the bits are flying. Water, hive-chunks and wasps are swirling around in a tornado-like eddy. I stand in my shorts and tee discharging the water, fully exposed but feeling safe because I have the ultimate power weapon and I am, after all, at the top of the food chain. It is a fun experience. I'm saving the world from nasty wasps or at least saving my backyard.

But, just when I sense the demolition is done, hell opens its doors. Before I can say Sir Lance-a-Lot, a kamikaze wasp finds the soft area of my neck near the Adam's apple and some major arteries and thrusts in three bayonet-like stabs before

I knock it away. This is what a kiss from Dracula might be like. It prompts expletives. I drop the hose. It flies around like an angry snake and completely soaks me.

I quickly turn off the tap and, dripping wet, make a beeline indoors to get a glimpse of the piercing wounds, fraught with formic acid.

I am right, it can't be good. This will leave a mark, maybe three. A few minutes in and

I'm still breathing; so far so good.

My extreme agitation prompts my wife to scurry around gathering treatment options like ice and vinegar because vinegar fixes most things, dear.

Why isn't she in panic mode like me? I find the nearest mirror to assess the damage. I expect to see pulsing, oozing neck wounds but, despite the pain and swelling, there are only three small, barely discernable punctures.

I might be near death, yet with few physical signs of my painful conflict. Later, as I gather myself I'm a bit calmer and more stabilized and realize that there is no immediate breath restriction.

I may not die. I explore the internet for information and discover

that a wasp stinger is not 2 feet long - except the lance that stung me. There is venom.

I think I knew that. I'm also learning that rule number one for wasp extermination is, DO NOT HOSE THE HIVE WITH WATER. Apparently, the wasps become agitated; oops!

It is now early evening and I return to ground zero to survey the scene. No more exposed flesh though. I put on a wool hat, a scarf, long pants and gloves.

No fun at 90F but I'm cautious. I'm also cooking in my soft armour. I begin to sift through the debris with a rake. The hose, board, hive parts and hoe are randomly scattered in the yard.

A clan of wasps seems to be congregating around one of

the hive clumps. This mass appears to contain some cells where the queen might still be hanging out.

It looks to be somewhat intact.

The wasps are getting feisty again. I angrily position the unpleasant royal cluster onto the rake and hurl it over the fence into a neighbour's yard shouting "away you hussy!"

I run back indoors unable to settle the continuing wasp turmoil. Maybe by tomorrow they will find their queen and relocate.

Further research indicates that one should purchase a can of insecticide so the next morning I'm off to the store to procure this eradication spray.

*Continued on page 18.*





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Feb 13-17 Irish Lamb Pot Pie

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# Sassiness



Story by Jaroslav Maria

Photos courtesy of  
Wikicommons.

The generation born at the end of the 19th century was given opportunities that had not existed before. Social changes were coming, but not smoothly.

The next 50 years would be very turbulent with the two World Wars and a Great Depression coming. In the whole western world, people were on the move, not only geographically but also between social classes.

Grandpa was swept by these events. He was born into a shopkeeper's family in a small town in Austria Hungary. For lack of opportunities at home, he went to the USA with borrowed money to study. During WWI he became involved in a struggle

to form a new country, Czechoslovakia, now the Czech Republic, and returned home when it was accomplished.

He joined the diplomatic corps for the new government and was sent to England, an important assignment.

He was a well-educated, dedicated patriot and a hard worker with impeccable manners, always properly attired.

Appearances are very important. He had all that, a perfect fit for the job.

It changed him. There was an aura of importance about him and everybody in the room deferred to him.

Being abroad for long periods of time grandpa only met his grandson when he was six or seven year's old.

From the very start there was a distance between the two of them. Grandpa's for-

mal demeanor did not sit well with the little boy's personality that was basically the very opposite. But on this Friday the little boy was happy to have a day off from school.

It was not easily accomplished as truancy was frowned on no matter if it was just the second grade of an elementary school.

But his mother was able to get him a day off because he was a good student and besides, an excursion to see the grape harvest was deemed educational.

They were going south from the city in a large Studebaker car that his grandfather brought home from England.

The car was huge, almost a limousine. It had four doors and in the back, it would comfortably seat three adults and there still was enough space in front of them for fold-

able seats suspended from the divider between passengers and the driver; just ideal for little kids to sit on.

Grandpa was driving. He was a small man in stature, seemingly too small to handle such a large vehicle, but he drove with confidence and the boy revelled in the fact they were passing all the traffic on the road.

A trip in a car was an adventure for children in those days. It was a beautiful early fall day, sunny and warm. The grape picking, the main purpose of the trip to the adults, was just incidental to the boy.

In southern Moravia, the land is fertile, with fields stretching to the horizon on both sides of the winding country roads.

Soon the car came to a stop at the bottom of Pálava Hills that

unexpectedly spring up from this otherwise wide open land. The fields become narrower and climb uphill becoming exposed to the sun which is exactly what wine needs. Rows of grapevine are orderly like the platoons of soldiers.

Their destination was a small vineyard. They got out of the car, grandpa talked to the labourers, and walked the fields, while the little boy gorged on grapes that were juicy, sweet and made his fingers sticky. Soon it was time to return to the city.

They passed through the then obscure village Dolní Věstonice heading for the main highway. To the right of the country road, the land sloped towards the river where a bunch of people laboured in the field.

A fairly large plot was stripped off the turf and the whole area was neatly parcelled by a grid of pegs and wires. The car stopped and grandpa started down the slope, followed by the little boy and his mother, both curious.

People working manually in the fields was not remarkable in those days, but what they did was different.

The men used just hand-held tools, small trowels, and even brushes.

It was tediously slow work more reminiscent of children playing in the sandboxes than a grown-up enterprise.

They were carting the soil this way and that in wheelbarrows, sifting it through wire meshes stretched on wooden frames, picking out small items and laying them out on tables for closer inspection.

All that was carried out with unusual seriousness and precision.

Even to the little boy, it was obvious they were intruding where they were not welcome, but the grandpa's air of authority carried the day.

He forged ahead, self-assuredly and with the air of a manager going about his daily walkabouts or an army officer on inspection; pointing out this or that, talking to workers and to their leaders.

They didn't know who he was and appeared unsure if they should ask us to leave or stand in attention.

After the short visit, the family returned to their car and the little boy fell asleep, tired.

The memory of the afternoon excursion into the country was soon forgotten, seemingly forever.

\*\*\*\*\*

Years passed, and the little boy became an adult, married, had a child of his own and moved to a different country.

Then one day he got hold of a series of novels called *The Clan of the Cave Bear* by Jean

M. Auel, a semi-historical novel about the times and lives of prehistoric people. It became a big hit. In Acknowledgements, the author thanked the Department of Archeology of the Moravské Zemské Muzeum in Brno, Czech Republic for all the help he received while researching the series.

In the Paleolithic period, early humans lived in caves or simple huts or teepees and were hunters and gatherers.

They used basic stone and bone tools, as well as crude stone axes, for hunting birds and wild animals, information Jean M. Auel was seeking.

When one comes from a place that is hardly ever on the radar screen for any reason, one takes notice. The childhood memories came flooding back.

He suddenly realized that over 70 years ago thanks to the feistiness of his, now long-deceased grandfather, they were witnessing history being

made when they visited soon to become one of the most famous archaeological digs of all time.

Due to stable geology devoid of major upheavals like earthquakes, floods or high winds, and a mild, often sunny climate, this part of central Europe is ideal for human habitation.

It has been that way for a long time. People have lived here consecutively for 26,000 years as is evidenced by the findings made on that small plot of land where the little boy had watched the workers seemingly playing "in the sandboxes," like children, with their trowels and brushes in the late 1940s.

What was found in that dig by the now no longer obscure village? Most importantly it is the Venus of Dolní Věstonice, a ceramic statuette of a nude female figure dated to 26,000 +/- before the present (BP).

This figurine and a few others from locations nearby are the oldest known ceramic

articles in the world.

It has a height of 111 millimetres (4.4 in), and a width of 43 millimetres (1.7 in) at its widest point and is made of a clay body fired at a relatively low temperature (500–800 °C).

The statuette follows the general morphology of the other Venus figurines: it has exceptionally large breasts, belly and hips, the symbols of fertility.

It is worth noting that the ideal of a female beauty has changed dramatically over the last 26,000 years!

The figurine was discovered on July 13, 1925, in a layer of ash, so by the time of the little boy's visit it was already safely tucked away in the before mentioned museum, but the digs continue to this day.

From 2019 one can follow in the footsteps of mammoth hunters on the plain under Pálava Hills.

The newly created archaeological path between Pavlov and Dolní Věstonice will

take you through the five most important archaeological sites.

You can look at the places where archaeologists made discoveries years ago that forever inscribed the area below Pálava in world history.

You can walk near places where the famous Venus was found or where the mysterious Dolnověstonice triple grave was discovered.

\*\*\*\*

Recently the little boy, now an old man with still bad manners often clad in not all that appropriate apparel, went back for a visit. He drove a rental car, far from the classy Studebaker of the bygone era. The old vineyard is probably still there, but he didn't remember where it had been.

Never mind, all the archaeology sites around made up for it.

But he also remembered his grandpa, who had shown him that one can get far with sassiness if one can pull it off.



# Caring for your houseplants



Photos and story by Deborah Maier  
Calgary Horticultural Society

While you have the potting mix out to start

those long-season seeds like wax begonias, pansies, and onions, take some time to repot your houseplants.

This month changes in sunlight levels

are significant. The sun is moving higher in the sky and sunlight is coming through the windows at a sharper angle.

Our houseplants will

notice the change and it will trigger the start of active growth.

Getting a plant into fresh soil before it is stimulated into growth will help keep it healthy.

If it is pot-bound, then increase the size of the container.

Signs of a plant being pot-bound include the need for daily watering, pale leaves, or a hard soil surface.

Typically, when changing the size of houseplant containers, the increase should be one size or about a finger width of additional space around all sides of the current root ball.

If the plant does not need a new pot, refreshing the soil is a good practice, especially if you notice white crusting on the soil, on the edges of the pot, or the outside of clay pots.

Our hard water can cause calcium buildup in the soil. Excessive calcium can make it difficult for plants to access nutrients.

The crust can also be caused by a buildup of salts from using fertilizers. Lift the plant, remove the old soil from the pot and wash it, add fresh soil, and replant.

If the plant is not pot-bound and the soil and pot are not stained with any deposits, or if it is too difficult to repot a plant because of its size or the fragile nature of its stems, then you can topdress it.

In this case, sprinkle a few millimetres of worm castings over the soil.

Bags of worm castings can be purchased at most garden centres and can be as small as a litre. Worm castings are compost produced by earthworms. A little can go a long way, so you do not need a lot of it.

Fungus gnats in potting mixes are common.

After refreshing the soil, use a gnat catcher—a yellow sticky paper that is used to capture flying adult gnats.



. Some gardeners make their own, as any yellow paper with a sticky surface can be used.

Commercially prepared traps are readily available. Additionally, be sure to wash the pot saucers out as part of your houseplant care.

Not only does it make your freshly cared-for plant look tidy, but the washing removes a potential gnat food source. Letting the soil surface dry out between waterings also helps control gnats.

The plant may take a little longer to put out new roots to replace any damaged ones when repotting is done during the off-season, but the plant will be less shocked by the change.

The new roots and the nutrients in the fresh soil will be there to support plant growth and blooms when it is ready to welcome the growing season.

To help prevent the buildup of fertilizer salts in houseplant soil, periodically flush the soil by placing the potted plant in a sink and water it until the water freely runs through the drain hole at the bottom.

Let it sit in the sink for a while, then repeat the watering. Do it three times. Flushing the soil can be done at any time but doing it in the fall can be especially beneficial to the plant.

Regardless of the time of year, repot plants when they need it. In the past, I felt a little guilty about repotting my plants during the winter, as a lot of gardening advice recommends repotting in the spring.

However, it makes sense to do it before active growth starts. I have a friend who says that she begins repotting her houseplants as a Boxing Day ritual.



To learn more about growing in Calgary, visit the Society's website [calhort.org](http://calhort.org) and join us on Feb. 11 for Think Spring!

It is a day of online learning to launch the gardening season.

## Events Brief

THINK SPRING!  
Saturday, Feb. 11,  
9:30 A.M. to 4:00 P.M.

Join the Society for a day of online learning about gardening in the Calgary area.

In 2023, the Society celebrates 115 years of serving Calgary area gardeners, so the themes of heritage,

resiliency, and reflection will be intertwined in this year's programming.

We'll be looking back to look forward.

Let's launch the gardening season together.

# SUDOKU AND CROSSWORD PUZZLES

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## Con't from page 14

My neck is still sore and the three punctures have a vampire-like presentation.

I find a can of Wasp & Hornet Killer – shoots 4 meters and is electrically non-conducting. I hurry home to finish the extermination task.

Sure enough, several workers are still zooming around confused about the disruption to their hard-wired directional routine and obviously distressed. Some are bunching up in another secluded area near the house, maybe trying to rebuild.

I climb into my protective gear and enter the war zone again, armed with my new dispenser. The first squirt is deadly.

A dozen critters with their withered spears lay on the ground in an eternal fetal position. I catch a few fliers mid-air with my sprays and they drop like hailstones. Advantage ...moi.

I'm into final clean-up mode and other than a few isolated flypasts I think I've won the fight, hurt but victorious.

There is one more action I'll take. Namely, go back to the hardware store and buy a very realistic beehive, made of natural material and designed specifically to deter the wasps.

I will strategically install it near the scene of the crime. It seems that wasps are territorial and if they sense an existing nest they will not reposition themselves within 200 feet of it.

In this case, if you build it they won't come. That is one very cool invention. I peek over the fence and note some buzz there. Good luck Mr. Neighbor. I hope you choose the water option.

### PREMIER Crossword

By Frank A. Longo

#### “TAKE THAT!”

##### ACROSS

- 1 Printed news sources
- 7 Rival of Nike
- 13 More potent, as liquor
- 20 Supposed evil repeller
- 21 Stephen King's “— Lot”
- 22 Grow bigger
- 23 “The Client List” actress Shepherd
- 24 Result of vandalism
- 26 Match draw
- 27 “Them’s fightin’ words!”
- 28 Suffix with Canton
- 29 Right fielder Slaughter
- 30 Officials at first or third
- 34 Inner self, to Jung
- 36 Quarterback Manning
- 37 Eight minus two
- 38 Nav. officer
- 40 Sweater with a pattern of raised bands
- 45 Ripens
- 47 Auto exhaust and such
- 52 River craft
- 54 Nav. officer
- 55 Rainbow, e.g.
- 56 Incentive
- 57 Cardiologist
- 62 Return to 000
- 63 Digital holiday greeting
- 64 Shipping box: Abbr.
- 65 Digital color inits.
- 67 Suffix with host
- 68 Kuwaiti royal
- 71 Peck upon parting
- 75 Italy’s Villa d’—
- 76 Prefix with partisan
- 77 Singer Des’—
- 78 English lav
- 79 Have an — mystery
- 81 Peter out
- 83 Belief that people are noticing you more than they really are
- 90 Total up wrongly
- 92 Source of 24/7 \$20 bills
- 93 Hot tub site
- 94 More subtle, as a point
- 95 Presidential hopeful’s bid
- 100 Old Icelandic literary work
- 101 Dais stand
- 102 Suffix with cannon
- 103 “Oh, gross!”
- 105 President pro —
- 106 Fighting it out
- 108 Thor and Indra
- 113 Spanish for “hand”
- 117 Forbid
- 118 “Symposium” philosopher
- 119 Peter out
- 120 Personal psychosocial conflict
- 123 Subsides

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- 127 Pop flop of 1985
- 128 Catalog again
- 129 Manorial home
- 130 Whole number
- 131 Unlocked
- 132 What the starts of nine answers in this puzzle might be
- 30 Ocean liner?
- 31 Pond slime
- 32 Tuscan city
- 33 Wood splitter
- 34 Oto or Hopi
- 35 Sponge up
- 39 Give a poker hand, e.g.
- 41 Toy with a tail
- 42 Sounds
- 43 Build a financial portfolio
- 44 Fly of Africa
- 46 More miffed
- 48 Gives ear to
- 49 “Ltd.” cousin
- 50 15-season CBS series
- 51 They often work with DJs
- 53 List-limiting abbr.
- 58 “For heaven’s —!”
- 59 Snoops
- 60 Keep — head (stay calm)
- 61 “Have a bite”
- 66 Richard of “Primal Fear”
- 68 Nail coating
- 69 Item hanging above a crib
- 70 “Be there shortly”
- 72 Small racer in a groove
- 73 Grew irate
- 74 Religion in 17-Down
- 75 Escort in “The Hunger Games”
- 77 Brew colored from oxidation
- 80 Slightly amiss
- 82 Social skill
- 84 Pot’s partner
- 85 EarthLink or MSN
- 86 High no. for a valedictorian
- 87 “Is there no — this?!”
- 88 Handed over
- 89 Trolleys
- 91 All-terrain motorcycle
- 96 How Jesus walked, miraculously
- 97 Aetna alternative
- 98 What a H.S. dropout may earn
- 99 Syringe parts
- 104 Most crooked
- 107 At least one
- 109 Welcomes to one’s home
- 110 Of service
- 111 Snooped (around)
- 112 Arrive at
- 113 Skirt style
- 114 Yemen city
- 115 Pond wriggler
- 116 Previously
- 118 Job of some cooks
- 121 Dress fancily, with “out”
- 122 — -Magnon
- 124 Maglie of the old Giants
- 125 Adaptable truck, in brief
- 126 Corral

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# Medicine Hat PROGRAMMING

## Do I need a flu shot?

*News Canada*

Every year the question comes up as winter sets in: Do I really need to get my flu shot?

The short answer: Yes. You really do.

The long answer:

Getting your flu shot is the best way to help prevent getting or spreading the flu.

Coming down with the flu can make you feel awful and cause you to miss work, school, and other activities.

Even more serious: it sends a lot of people to the hospital, and on average, thousands of people die from it each year.

In fact, the flu is among the 10 leading causes of death in Canada.

The flu is most dan-

gerous for people with chronic health conditions like heart and lung disease, diabetes, cancer or kidney disease, as well as for adults 65 years of age and over, people who are pregnant, and children under five years old.

If you're at increased risk, make sure you get your annual influenza vaccine.

Even if you're not high risk, remember that people you regularly encounter may be. Getting your flu shot can help protect them from getting seriously ill or need-

ing hospital care. When you're vaccinated, you may be less likely to spread the flu virus to them.

With hospitals overwhelmed across the country, anything you can do to reduce the number of people getting sick can help the medical system.

Fortunately, the flu shot is approved for everyone over six months of age.

Find more information on how and where to book your vaccination at [canada.ca/flu](http://canada.ca/flu).



Generously funded by CVITP Grant Team  
Canada Revenue Agency/Agence du revenu du Canada

## FREE Tax Clinic for Seniors

**Feb. 28 - Apr. 28, 2023**

(Mon - Fri)

**Strathcona Centre**

1150 5 St SE

Medicine Hat AB, T1A 8C7

**Veiner Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients**

**Income limit:**

**\$35,000 per year for single or \$45,000 per year for a couple**

*Please note: We do not prepare tax returns for self employment, business/rental income, capital gains/losses/bankruptcy/deceased persons*

To schedule an **in-person / virtual / drop-off** appointment  
Call **(403) 529-8364**  
Appointment **bookings start Feb 1, 2023**

## Volunteer spotlight!



It only seemed fitting in the month with the Valentine's Day holiday, that we highlight one of our volunteering couples!

Please meet Sandy and Phil Crawford who are volunteer receptionists at both Veiner and Strathcona Centres. Sandy has volunteered for five years and Phil for four years.

These former East Coasters were looking for a meaningful activity to fill up their time after retirement and a friend suggested the Veiner Centre and are we fortunate that they listened.

They both enjoy the social aspect of volunteering and feel it benefits both themselves and others.

They both consider their family as their most treasured possession and they would love to live someplace warm, with each other.

They love country music, casseroles (Sandy) and fish and chips (Phil). Sandy reads James Patterson books and Phil loves Science fiction/Fantasy, especially Frank & Brian Herbert's Dune series. Sandy wishes she could sing in tune and have better computer skills. Phil would like to have a better memory and a lower golf handicap.

Phil very much admires Volodymyr Zelensky and everything he is doing for Ukraine.

They both have kind hearts and great senses of humour, especially teasing their friends and the Veiner Staff team (which I enjoy wholeheartedly). Sandy's personal motto is: "Always be kind to others" and Phil's is: "Be there and help when you can." We are so lucky to have them in our lives and volunteering at our Centre.

Happy Valentine's Day to everyone!

# Veiner Centre Activities

## What's Happening in February

Hours of Operation: Monday, Wednesday, Friday 9am - 4pm, Tuesday & Thursday 9am - 9pm

### Mondays

**Quilting**  
Craft Room | 9am

**Board Games**  
South MP | 9:30am

**Canasta**  
South MP | 12pm

**Tech Support**  
Boardroom | 1pm

**Euchre**  
North MP | 1pm

**Shuffleboard**  
Games Room | 1pm

### Tuesdays

**Strathcona Arts Studio**  
Craft Room | 9am

**Chess**  
North MP | 9am

**Crib**  
South MP | 1pm & 6:30pm

**Duplicate Bridge**  
North MP | 1pm

**Bridge**  
North MP | 6pm

**Board Games**  
Dining Room | 6:30pm

**Darts**  
Games Room | 6:30pm

### Wednesdays

**Mahjong**  
South MP | 9am

**Bocci**  
North MP | 9:30am

**Veiner Centre Choir**  
Craft Room | 10am

**Member of Constituency**  
Boardroom | 11am

**Bridge Lessons**  
South MP | 12:30pm

**Scrabble**  
North MP | 1pm

**Pinochle**  
North MP | 1pm

### Thursdays

**Strathcona Arts Studio**  
Craft Room | 9am

**Jam Session**  
South MP | 9:30am

**Canasta**  
South MP | 12pm

**Euchre**  
North MP | 1pm

**Shuffleboard**  
Games Room | 1pm

**BINGO**  
Boardroom | 2pm

**Norwegian Whist**  
South MP | 6pm

**Darts**  
Games Room | 6:30pm

**Poker**  
Boardroom | 5pm

### Fridays

**Quilting**  
Craft Room | 9am

**Mahjong**  
South MP | 9am

**Canasta Lessons**  
North MP | 10am

**Kaiser Club**  
Dining Room | 1pm

**Duplicate Bridge**  
North MP | 1pm

**Mexican Train Dominoes**  
South MP | 1pm

**Stitch & Laugh**  
Boardroom | 1pm

## Presentations & Events

Visit the Courses & Events section of our website for more info!

### February 6

Book Review  
10:30am - 11:30am | Boardroom

### February 7

Ask an Advisor  
10am - 11am | Registration Required | South MP

### February 9

Counselling Services with Ben Feere  
9am | Registration Required

### February 14

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

### February 10 - 12

Scrapbooking Fanatics  
Starting at 4:30pm on the 10th | Registration Required

### February 21

First Link Connections  
1pm - 3pm | Boardroom | Register by calling 403-528-2700

### February 24

Book Club  
10am | Boardroom | Register with Natasha, Programs Assistant

Please note we will be closed February 20th for the holiday.

## Wellness Wednesdays

February 1 | CMHA - Is your mind full or is it mindful? | Boardroom | 9:30am | Registration Required

February 1 | Movie Matinee with popcorn "Groundhog Day" | South MP | 2pm

February 8 & 15 | Tech Connect Seniors  
10am | Boardroom | Registration Required

February 8 | BrokerLink: Personal Insurance  
101 | Craft Room | 2pm - 4pm | Registration Required

February 15 | Pet Therapy with Kenzy  
Games Room | Craft Room | 10:30am

February 15 | Revera Rocks! With Mariah  
Craft Room | 2pm | Registration Required

February 22 | Coulee Creek Outreach Clinic  
Boardroom | 1pm - 4pm | Registration Required

**February 23rd**  
**Lifeline Presentation**  
**11am - 12pm | Boardroom**

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

# Strathcona Centre Activities

## What's Happening in February

Hours of Operation: Monday to Friday 9am - 4pm

### Mondays

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

### Tuesdays

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

### Wednesdays

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

### Thursdays

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

### Fridays

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

## Fitness Class Spotlight

### High Beginner/Improver Line Dancing

9am - 9:45am | Mondays  
January 9 - February 27 (no class February 6)  
FREE

### Chair Yoga & More

12pm - 12:45pm | Mondays  
February 13 - March 13 (no class February 20)  
Members: \$16 | Non-Member: \$40

### Fun & Fitness

10am - 11am | Tuesdays & Thursdays  
February 28 - April 6  
Members: \$30 | Non-Member: \$80

### Solid Gold Fitness

11:45am - 12:30pm | Tuesdays  
February 14 - March 14  
Members: \$18 | Non-Member: \$50

### Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays  
January 11 - February 22  
FREE

### Qigong & Chair Yoga

12pm - 1pm | Wednesdays  
February 15 - March 15  
Members: \$18 | Non-Member: \$50

### Silver Steppers

1pm - 2pm | Thursdays  
February 16 - March 16  
Members: \$18 | Non-Member: \$50

### Hatha Yoga

12pm - 1pm | Fridays  
February 17 - March 17 (no class February 24)  
Members: \$16 | Non-Member: \$40

## Evening & Weekend Pickleball

Tuesday & Thursday Evenings:  
6:00pm - 8:00 pm

Saturday & Sunday Afternoons:  
1:00pm - 4:00pm

## Pickleball Lessons

Feel free to drop in on Friday morning's between 9am - 10am to learn all about Pickleball. Joan will help you learn the fundamentals and techniques with emphasis on how much fun this sport is!

Don't wait another week, come join us in the fun!

Drop in only

**Please note we will be closed February 20th for the holiday.**

## Fitness Online

### Drum Fit - Zoom Class

Every Thursday at 10:15am be prepared to have some fun and work up a sweat! All you need is a pair of drumsticks (or substitute wooden spoons or dowels), a yoga ball and (or substitute a smaller ball), and a 17-gallon bucket (or substitute a large pot or clothes basket).

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

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

# In-Person Kerby Centre Activities

Welcome to the Calgary Active Aging Department highlights section. For a full listing of all our activities visit our Active Aging Website — [kerbycentre23.wildapricot.org](http://kerbycentre23.wildapricot.org)

## In-Person Weekly Drop-In

### Mondays

Knitting for a Cause - 10AM (2nd & 4th of month)

Mahjong - 10:30AM

Live Well Be Well Conversations - 11AM

Pickle Ball - 2:30PM

### Tuesdays

Recorder Group - 10AM

Memory Writing - 1:30PM

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

### Wednesdays

General Craft Group - 9AM

Men's Shed - 10AM

Weekly Dance - 1PM

Cribbage - 1PM

### Thursdays

Artist Group - 10AM

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

Pickle Ball - 2:30PM

### Fridays

Krazy Carvers - 10AM  
Spanish Conversation - 10AM

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

Tech Help - 11AM

Badminton & Ping Pong - 1:30PM

English as a Second Language - 1:30PM



### MEDICINE WHEEL & MEDICINE BAG WORKSHOP

Instructor: Chantal Chagnon

B26 Thursday Feb 9

12:00 – 1:30pm Room 205

Please call Henrietta Fisher for more information 403-705-3233



### FREE Tax Clinic for Seniors

**Feb. 28 – Apr. 28, 2023**  
**Kerby Centre**

Call **(403) 705-3246** to schedule an **in-person / virtual / drop-off** appointment



### STUDIO BELL MUSIC CENTRE

Date: Thursday, March 9, 2023

Member: \$20 Non-member: \$50

Cut-off Date: Thursday, March 2, 2023

Includes ticket admissions

Lunch is not included in trip price

For more information, please contact Kerby Travel Desk at 403-705-3237

Register today to meet others who have experienced loss in a safe, supportive empathetic environment.

**GRIEVING Together**

For more information contact Lola at 403-234-6566 or [lolaf@kerbycentre.com](mailto:lolaf@kerbycentre.com)



**Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients**

*Generously funded by CVITP Grant Team  
Canada Revenue Agency  
/Agence du revenu du Canada*

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



# In-Person Kerby Centre Activities

## Classes Spotlight

Spanish is back! ...And so is Norah

Spanish Grammar I – Beginner

B27 Monday Feb 27 – May 15  
10:00am – 12:00pm Room 311

Spanish Grammar II

B28 Tuesday Feb 21 – May 9  
1:00 – 3:00pm Room 311

Spanish Grammar III

B29 Tuesday Feb 21 – May 9  
10:00am – 12:00pm Room 311

Spanish Grammar IV

B30 Thursday Feb 23 – May 11  
1:00 – 3:00pm Room 311

Advanced Grammar

B31 Wednesday Feb 22 – May 10  
10:00 – 12:00pm Room 312

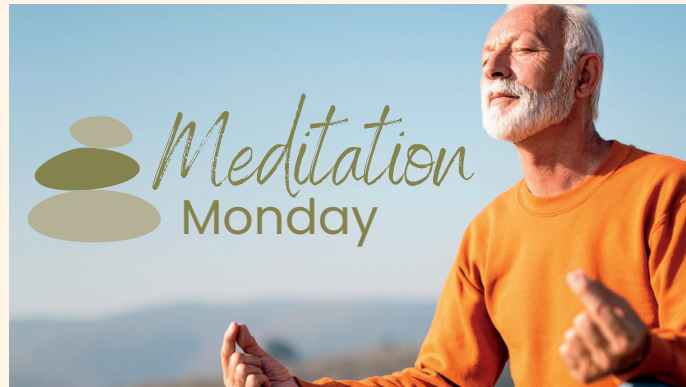
Spanish Conversation I

B32 Wednesday Feb 22 – May 10  
1:00 – 3:00pm Room 311

Spanish Conversation II

B33 Monday Feb 27 – May 15  
1:00 – 3:00pm Room 311

## Wellness Connection



**We all need a time to relax and be present, for a clear mind and stress-free time. Please, Join us for Meditation Monday at 10 am – 10:30 am.**

Start Date: January 23, 2023

Location: Kerby Centre Building – Wellness Connection Centre (Room 317)

Instructor: Amira Jacobs, Certified Mediation Practitioner

**Contact Lola at lolaf@kerbycentre.com to join one of our on going 6 week sessions.**

## Off Location Free Food Markets

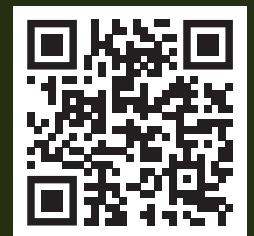
Banff Trail Community Association (NW)  
Feb 6 | 12:30PM – 3PM

CARYA Village Commons (SE)  
Feb 8 | 1PM – 3PM

Parkdale Nifty Fifty Association (NW)  
Feb 14 | 11AM – 12PM

Bow Cliff Seniors 50+ (SW)  
Feb 16 | 11AM – 12PM

Northminster United Church (NW)  
Feb 22 | 1:30PM – 3PM



## Broom Making Workshop

Learn how to make your own Hand-Woven Heritage Broom

B23 Monday Feb 6  
10:00 – 4:00pm Room 305

B24 Tuesday Feb 7  
10:00 – 4:00pm Room 305

B25 Wednesday Feb 8  
10:00 – 4:00pm Room 305



**Wise Owl Boutique 1/2 Price Sale**  
February 13th – 17th



## Active Aging Craft Sale

Thursday, February 23rd 2023  
10:00am – 1:00pm  
Kerby Centre, Dining Room  
Selected items 50% off!

# Unison Online

## Online Weekly Activities

### Monday

Fitness with Dan - 9:30AM

Chair Yoga - 2PM

### Tuesday

English as a Second Language - 10AM

Tai Chi - 1:30PM

### Wednesday

Men's Shed - 11AM

### Thursday

Yoga for you - 9AM

Drum Fit - 10:15AM

### Friday

Muscle Strength & Core Balance - 11:30AM



## Unison Online Membership

Over the next couple of months, our online programs will be expanding!

A Unison membership is the best way to enjoy everything we have to offer with discounted rates, exclusive rewards and the opportunity to support our organization on an annual basis.

You can pay online or over the phone. In person membership can be purchased at the Membership Desk. To register for your Unison membership over the phone, call 403-265-0661; extension 256.

Membership for 2022 Fees - \$25/year

Currently, we have 2000+ members. Become a member and support Unison's programs and services.

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



# WE HAVE A NEW WEBSITE!

# UnisonAlberta.com

## for both Calgary and Medicine Hat locations

We also have a dedicated website for all Active Aging activities. You can click on Active Aging in the website drop down menu or visit directly at [kerbycentre23.wildapricot.org](http://kerbycentre23.wildapricot.org)



# Fighting inflation

News Canada

Inflation has got many of us feeling anxious about money recently. With the rise of the cost of living, especially in food products, we're all looking for ways to save money and stretch our food budget. Registered dietitian and certified diabetes educator Julie Hutter has some advice for how to stay on budget and save on your next grocery bill.

Give these five tips a try:

**Make a shopping list and stick to it.**

Not having a shopping list can result in overspending on unnecessary items and overstocking your pantry with duplicates. So, before your next grocery trip, make it a priority to write down what you need and stick to the list when shopping.

**Shop the sale section and make use of coupons.**

Most grocery stores have a sale section with heavily discounted items that are usually approaching their expiration date. You can make use of these items by meal-batching and freezing them for future use. Just make sure you use them up or properly prepare them before their expiration date. For non-sale items, check out the store's coupon flyer for extra savings.

**Switch to plant-based meals.**

It's often much more cost-effective to cook plant-based meals rather than animal-based alternatives. Even if you switch a couple of meals a week, only to plant-based you can notice a reduction in your overall monthly spendings.

**Buy ingredients in bulk.**

You can save a lot of money buying ingredients in bulk such as pasta, rice and flour. Remember to store these ingredients properly and use them up before their expiration date.

**Choose larger meat pieces.**

Opting for bigger pieces and asking the butcher to cut it up for you if needed, will stretch your food dollar. Buying a whole chicken is much more cost-effective than buying legs or thighs only. Not only do you get more meat for your buck, but you can also use the bones to make homemade stock

Although it might feel overwhelming at first, if putting in the work to you carefully plan your meals and grocery trips, you can easily definitely make a difference in your grocery bills.

Keep the above tips in mind next time you go grocery shopping and see the difference in your monthly spending!



## Save the Date!

See you April 29, 2023 for our **SPRING SENIORS' EXPO!**



## Help for the Holidays

Thank you for supporting Unison and providing a hand up for seniors during the 2022 holiday season.

**We raised over \$160,000**

Proceeds directly support programs and services for seniors at Unison such as our Thrive Food Security, Elder Abuse Shelter and Wellness Connection Centre!



### Support Unison at Kerby Centre and provide a hand up for seniors!

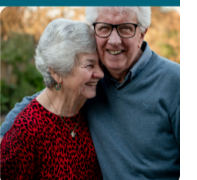
- I would like to make a one-time donation:  \$25  \$50  \$125  \$250  My choice: \_\_\_\_\_
- I would like to become a monthly donor:  \$15  \$25  \$50  \$100  My choice: \_\_\_\_\_

Payment Method:  Cheque  Visa  MasterCard  
 Credit Card Number \_\_\_\_\_  
 Expiry Date \_\_\_\_\_ CVV \_\_\_\_\_  
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Send tax receipt to:  
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 Postal Code \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

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

- I would like to receive information on planned giving.
- I have included Unison at 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!**

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 Donate online at [unisonalberta.com/calgary-donate](http://unisonalberta.com/calgary-donate) or call 403.705.3254



# Senior Listings

## YOUR MESSAGE, PEER TO PEER

### WANTED

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

Golden Maxi Comfort Powerlift and recliner chair.

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

Travel buggy, folds down flat to 60 lbs, brand new condition, hardly used. Bought from Co-Op Health for \$3,899, looking for \$3,500 OBO. Call Elsie @ 403-875-1065.

Portable, electric wheelchair that folds down and can be pulled on wheels.

It weighs 70 lbs. Arms are adjustable and it has a joy stick for ease of movement. Email Cathy at [gypsykate@live.ca](mailto:gypsykate@live.ca) for pictures or call 403-

797-1990. Retired person required for dog sitting in our home for occasional periods when we are out of Calgary. This paid employment will be for several days at a time, up to a week. Chosen person will love the company of dogs and will be able to go outside to play ball or frisbee once per day. 403-850-6540

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

To Give Away – Please Call 403-860-6153

1. One (1) Hospital bed. Older style. No rails. Head and leg placement remote. Like new mattress.

2. One (1) Shower chair.  
3. Two (2) High rise toilet seats.

For Sale – Please call 403-860-6153

1. One (1) Pride Go-Go Sport 4 Wheel Travel Scooter. Purchased new. Used for four months. Never been

outside. Interchangeable red and blue panels. Asking \$1,800.00.  
2. One (1) Reclining Lift Chair. Purchased new. Heat and massage remote. Asking \$300.00.

Fully mechanized hospital bed and mattress purchased July 2021. Used 10 months. Vendor's description: ETUDE-HC Homecare Bed 86.5"L X 40"W with ESVR-1823 VERSO Side Rails SRS 2080

GLISSANDO Gliding Mattress with stretch cover and high-density foam filling to minimize development of pressure ulcers. 80"L X36"W X 6"H.

Height range 8-26". 8 function hand control with lockout options Warranty: frame 5yr, actuators 3yr, pendant & electronics 2yr. Mattress: foam 8yr, cover 4yr. Asking \$2500 obo.

Location, Varsity Acres. Call Colin @ 403 288 2908 or Cara @ 780 271 5665 for pictures.

Medical electric twin XL bed with very comfortable mattress. Both head and foot go up and down remotely. Only used for 4 months. It was \$2500 new and asking \$1500.

2 sets of like new bamboo sheets that were \$185 new each for \$50 each. Brand new never used powder blue duvet cover \$175 new for \$75. Email Cathy at [gypsykate@live.ca](mailto:gypsykate@live.ca) for pictures or call 403-797-1990.

Pro Bed, moves those with paralysis over the night to prevent bedsores. Worth \$30K selling for \$5,500. Call Michelle @ 403-968-3720

Never used harmony high low medical bed

with rails and mattress. Adjusts at head and foot and entire bed lifts for ease of caregiver. Massage function, sleep timer, has floor light for safety at night.

Was 3,900 new, selling for \$3,300. Never used. Call Maureen at 587-439-2055

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### SUDOKU ANSWER

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-Griffin McElroy



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