



Southern Alberta's Premier Seniors Publication

# We never stop learning



At Unison, for Generations 50+, we know that you never stop learning. We never want to stop learning, either, which is why the Kerby News comes to you every month with amazing stories and programming information to keep you in the know. Check out pages 19 through 25 for all the awesome things we have going on this fall.

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 GOLDEN  
 HEARTS**



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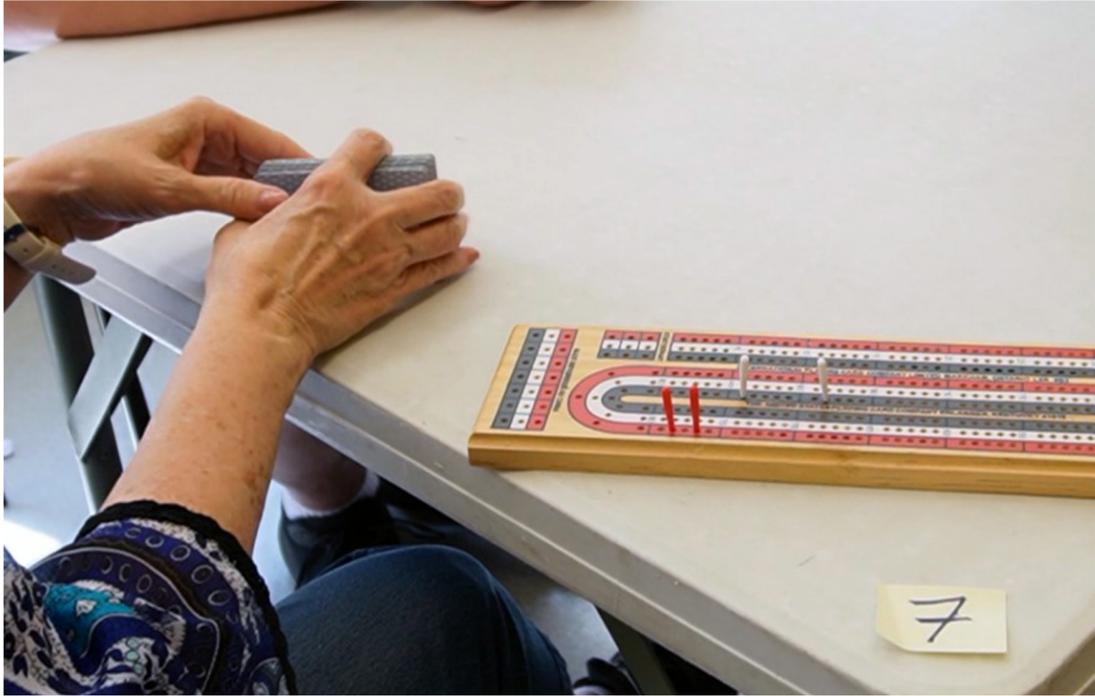
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TICKETS AVAILABLE ONLINE OR CONTACT [Marinal@unisonalberta.com](mailto:Marinal@unisonalberta.com)

**[UnisonAlberta.com/Gala](http://UnisonAlberta.com/Gala)**



# The greatest hand possible



Andrew McCutcheon  
Kerby 50th Anniversary

Kerby Centre has hosted an overwhelming number of programs

and events in it's 50-year history.

We've got archival photos of fashion shows, performances and dances of all sorts and even

a clown college class — with seniors displaying their comedy skills that they'd learned right here at the centre.

But nothing comes

close to the pulse-pounding excitement, the fingernail biting tension, the joy of victory and the bitter taste of defeat associated with one of our more recent and popular events.

It's racing. But not Formula 1 or NASCAR.

It's little plastic pegs in a wooden board.

Nothing matches the excitement of Cribbage.

I'll be honest, it may sound like I'm being sarcastic when I describe how awesome and exciting Cribbage is, but I sincerely mean it. I've played for most of my life, and those that enjoy the game will tell you: there's nothing like those final hands that going into the final stretch.

For those who haven't experienced it: Cribbage is a card game for two, three or four players.

Folks get dealt cards and play them out over rounds, and points are calculated and kept track on board with pegs; it's a race to the finish with every point in your hand getting you ahead of your opponents.

A game can — and often does — come down to a single point, which makes every move you make or card you throw away a strategic choice.

Kerby Centre hosts weekly drop-in cribbage games, but this year we've also introduced

tournaments: winner-take-all events with a massive pot of cash for those who can out-peg their opponents.

Even though the competition is part of the appeal, Joyce W. says it's not just about victory or defeat.

"You win or you lose, you have fun," Joyce says. "A lot of great people come here to play crib."

Joyce has been coming to enjoy company and cards at Kerby for over two years. Not only did she win the first tournament we hosted in 2023, Joyce has an additional claim to fame.

Earlier in the year when playing drop-in Cribbage, Joyce got what's known as a perfect hand. The amount of points you can get per hand has a range, but at the very top end, you can get 29 points; but it requires a very specific set of cards: three fives and a jack in hand, with the dealer flipping over the final five with the same suit as the jack.

The odds of this happening in any given hand? One in 216, 000!

"I couldn't believe it!" Joyce says. "Not until we finished the hand and everyone saw what I had [did they realize] ... Everyone was hugging me, kissing me and high fiving me."

"There were people who told me, they've played all their life ... played for 70 years and have never seen a 29-point hand."

Sadly, Joyce did not win the most recent tournament, our third this year, held on July 25. That honour went to Dale S. and Ed F., the duo who took home the pot!

Kerby Centre isn't just a place for programming in the same way Cribbage isn't just a card game. It's a place where people can come together and squeeze the life out of every moment they can.

And maybe earn some bragging rights in the process!



In honour of our Unison Calgary Charity Classic golf tournament happening on Thursday, September 7th we have decided to celebrate golf and its history the whole week here in the Café.

**Join us the week of September 4th in the Kerby Café for golf themed food, fun, and games, including a putt to win contest!**



## NEED HELP APPLYING FOR BENEFITS & PENSIONS?

The Seniors Supports Team can help you apply for:

- CPP
- CPP Disability
- Guaranteed Income Supplement (GIS)
- Old Age Security (OAS)
- Alberta Seniors Benefits (ASB)
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# Our Golden Heart's Gala

Over the last three years, we have been doing a lot of looking forward. How do we prepare Unison to deliver better services to older adults in southern Alberta?

How do we make sure we have the right staff team with the right skills? How do we make sure we have enough volunteers with the right skills? Can we use technology to better serve our members and users?

Well, COVID-19 pro-

vided us with a pretty quick answer to that question.

There is something nice about a fiftieth anniversary, it encourages you to look back. So far this year we have been doing a lot of looking back.

Our editor, Andrew, has been working on 50 stories for 50 years of service at Kerby Centre. You may have been following them in Kerby News, on our social media or our website. If you

have missed any of them and want to catch up you can find them on our website at <https://unisonalberta.com/category/50th>.

We have had a lot of celebrations during our 50th year, but we wanted to hold a very special celebration of 50 years of serving older adults in Calgary.

For that reason, we are holding our first-ever Golden Hearts Gala.

The event will be held Saturday, Nov. 4 at Hudson in downtown Calgary. Entertainer Dave Kelly is confirmed, and the Kelly Brothers are helping us with the evening program.

The evening will have a very special program and we are working on some very neat auction items, includ-

ing heart pins and Kintsugi pieces — the 15th-Century practice of kintsugi, meaning “to join with gold,” is a reminder to stay optimistic when things fall apart and to celebrate the flaws and missteps of life.

This event is clearly to be a celebration of the many supports and accomplishments our board volunteers and staff have provided; however, we want the event to be an opportunity to build on our sustainability as an organization and our ability to provide better services to seniors in the future.

To that end, the event will be one of our major fundraisers for the year. The goal is to raise \$150,000! If you would like to help us continue to provide



Larry Mathieson, CEO and President

high-quality support and services for older adults in southern Alberta, please consider sponsoring a table or buying a seat at this event.

You can find more detail on our website at [UnisonAlberta.com/Gala](http://UnisonAlberta.com/Gala)

## SEPTEMBER 2023

**THE MISSION OF UNISON, FOR GENERATIONS 50+:**  
To support older adults to live well in their community.

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1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

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*For More information on Unison Alberta*  
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### Kerby News by Unison

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*Upcoming Weekly Specials*

*September 2023*

Kerby Cafe is open for breakfast and lunch, Monday to Friday 8am-2pm.

September 4-8:  
Lamb Pot Pie with Neeps and Tatties

September 11-15:  
Grilled Ham, Brie and Apple Sourdough

September 18-22:  
Turkey Cheeseburger

September 25-29:  
Rueben Sandwich

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\*Menus are subject to change without notice due to product availability.



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# Know your limit, invest within it

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## How can I determine my risk tolerance?

Understanding the level of risk you are willing and able to take with your investments is critical to your success as an investor.

All investments come with some degree of risk; the higher the potential return of the investment, the higher the risk that you may lose some or all of your money.

Understanding your personal risk tolerance and factoring it into your investment decisions can help you make suitable investments.

Risk tolerance is a measure of your ability and willingness to take risks with your money, with the understanding that the performance of your investments may not achieve the expected results. Whether you started investing in your 20s or nearing retirement, everyone has a different risk tolerance that gradually changes over time as they enter new life stages. Your personal preferences also change as you approach your financial goals.

When working with a registered financial advisor or a robo-advisor, a Know Your Client (KYC) form must be filled out before you begin investing. KYC forms play an important part in your investing journey by aiding financial advisors and robo-advisor services to better understand your risk appetite and the suitability of recommended investments. If you are planning to do self-directed investing, it is essential to personally assess your risk tolerance before starting. One tool that is available to help you is the Know your risk tol-

erance quiz available at [CheckFirst.ca/risk-tolerance-quiz](http://CheckFirst.ca/risk-tolerance-quiz), brought to you by the Alberta Securities Commission.

## Tips to keep your investment portfolio in check with your risk tolerance

Whether you are a new or experienced investor, continually paying attention to and considering your risk tolerance is essential for long-term investing success.

1) Reassess your risk tolerance annually: Your life changes over time and so does the level of risk you want to be ex-

posed to. Consider filling out a new KYC form with your advisor, retaking the CheckFirst quiz every year, or if you reach a new life stage, like getting married or nearing retirement.

2) Be honest with yourself: Investing is a personal journey and requires you to be open and honest with yourself and the investment professionals you work with on the level of risk you are willing to take. For instance, consider if you were to see a hypothetical 50% drop in your investment portfolio value. Reflect on your emotional and financial state if that were to happen and from this place, you will be able to more accurately answer KYC forms and thoughtfully consider high risk investments.

3) Think about your goals: The length of time you expect to hold your investments before withdrawing funds can be an important factor in determining the level of risk you take. Generally, the longer your time horizon, the more risk you can take, as you will have more time to recover if your investment underperforms for a period. The shorter the timeframe, the less risk you may want to take to preserve what you have invested.

4) Adjust your portfolio if it no longer falls within your risk tolerance: As your risk tolerance changes over time, your investments should re-align with it. If you are working with an advisor they can help adjust your portfolio to better represent your risk level. If you are investing on your own, consider how you can slowly adjust the level of risk within your portfolio by using appropriate risk-aligned investments. You can learn more about the different types of investments and their risk levels at [CheckFirst.ca/how-to-invest/type-of-investment/](http://CheckFirst.ca/how-to-invest/type-of-investment/).

Investing without considering your risk tolerance can lead to poor performance and ill-suited investments for your financial goals. By assessing your risk appetite throughout your investing journey, you can confidently build a portfolio to best meet your financial goals and comfort level.

Note: the event below is through Cowboys Casino and is not affiliated with Kerby Centre or Unison, Generations 50+

**Mexican FIESTA!**

**WED, SEPT 13TH | 11AM-2PM**

**Menu \$9.00**

*(Per serving, Cash accepted only).*

Chicken and Beef Tacos, served with your choice of Soft Corn or Wheat Tortillas.  
 Garnish - Guacamole, Diced Onions, Tomatoes, Cilantro and Chips & Salsa! & Delicious Pastries for Dessert.

**COWBOYS CASINO**

**CASH PRIZES DRAWN AT 2:30PM & FREE SLOT TOURNAMENT WITH PRIZING!**

*\*Must be present at the draw to win cash prize. Reserve your spot into the tournament the day of at registration!*

**BOGO Special!**

**BRING A FRIEND SENIOR'S DAY!**

Cash Prizes Drawn at 2:30pm & Free Slot Tournament with Prizing!

**WED, SEPT 27TH | 11AM-2PM**

**Menu \$7.00**

*(Per serving, Cash accepted only)*

**Soup & Sandwich**

**ELITE 55 CLUB**

*\*Must be present at the draw to win cash prize. Reserve your spot into the tournament the day of at registration!*

**Celebrating a Birthday in the Month of September?** **melrose** **HITMAN'S BAR** **CENTRE BAR & EATERY** **#EAT DRINK PLAY**

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# Just one of those hellish days

Barbara Ellis  
Kerby News Columnist

It was one of those crazy days, but without the “trip to the moon on gossamer wings”. It was more like a trip to hell and back.

I had a busy day planned and hoped that traffic around the city would be tolerable. I got into my car and turned on the ignition. Instead of the engine firing, all I got was rude noises coming from under the hood. Must be the battery I told myself.

I went back to my apartment and called the service garage. After a ring or two, my call was answered and I was instantly reminded that in this very modern world of ours, talking with an actual person is out of the question. Yes, I got an automaton and it gave me five options to choose from.

I pressed five and waited for further instructions, and again, more choices. To the questions “Is there a height restriction?” and “Is the car in a multiple-level parking garage?”, I said yes and then was told that someone would come within an hour and a half.

To my surprise, my phone rang shortly thereafter and I was delighted to hear a human voice on the other end of the line. She was only five minutes away and wanted to know how she could access the garage. I told her it was at the back of the building.

Within minutes she was standing in front of my vehicle, raised the hood and told me to start the car. When the car responded with the same rude noise, she told me that I needed a new battery and began to explain why. But as I didn't have my hearing aids on, I didn't understand what she said.

Fine, go ahead and install a new battery

I told her. Sorry, she didn't have any batteries with her and said I was to call the garage and make arrangements with them.

Back upstairs I braced myself for another encounter with my robotic friend.

This time I was told that someone would be there within the hour. A small improvement. My phone rang within fifteen minutes and when I picked it up, a mechanical voice told me that someone would be at my building shortly.

I returned to the garage and walked to the

rubber wire that lies across the floor which triggers the door to open when a car drives over it. I stepped onto the wire to open the door. Up it went, and it came down. I played this up-and-down game for a while and then decided to walk up the ramp the next time the garage door opened.

With the garage door fob in hand, I walked up the ramp to see if I could see the service truck in the ally. Nothing was moving so I ran back down before the door closed. For the next while I stood by

the wire and stepped on it every time the door came down. Finally, I lucked out when my neighbour came into the garage.

I asked her if she would relieve me while I went upstairs to find out why it was taking so long for the mechanics to arrive. When I picked up my phone, I saw that I had received several calls from someone named Smith. I pressed the redial button and surprise, surprise, an actual voice answered.

I told him who I was and wanted to know when he was going to

arrive. Well, he said, he had been there and waited for twenty minutes and when I did not answer my phone, he left. I was in the basement waiting for you, where were you? I asked. At the front of the building, came the answer.

The garage has to be accessed from the alley I told him and asked when he could come back to change my battery.

No, sorry, he was off duty and I would have to call the office and make another request.

*Continued on page 26*



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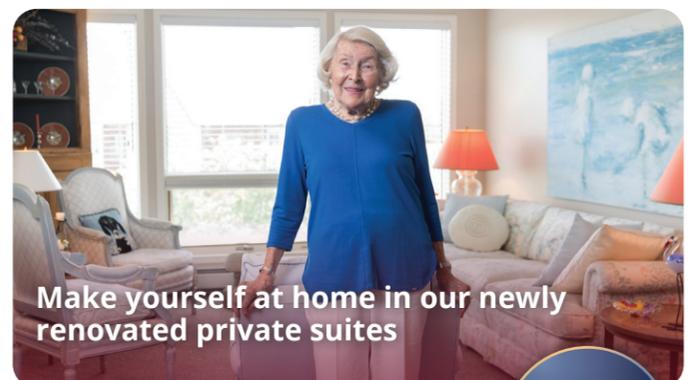


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# September Geraniums

Story and photos by Deborah Maier

It feels like I just finished planting the last of my Pelargoniums. Well...I was still planting them on August 6.

But that's part of the beauty of Pelargoniums, commonly known as annual geraniums. They can hang out in their nursery containers, even bloom in them, until you're ready to plant and they will still do fine.

Do you remember that Calgary had hailstorms at the end of June, this year? It made me pause in my roll out of my over-wintered geraniums.

I decided to keep a tray or two back in case everything that was planted was shredded like coleslaw by hail.

Fortunately, my garden only experienced light hail, so the caution was unnecessary, but that's how I ended up with unplanted geraniums at the beginning of August.

Most of the annual geraniums I grow are zonal geraniums (Pelargonium x hortorum).

Zonal geraniums get their names from the circular mark that is typically found on its leaf. The mark can be darker green to burgundy.

Zonal geraniums are tolerant of many conditions. They enjoy evenly moist soil (not wet), being dried out between waterings, and even sitting dry for days before being watered.

They can thrive in full sun to part shade. They can be planted in hanging baskets, large or small containers, or in the ground. If ignored, and overwintered as plants, they may send out stems a metre long.

If trimmed or grown from cuttings or seeds each year, they will form beautiful compact plants. Native to South Africa they are not winter hardy here but make great houseplants. In almost any setting they will bloom.

The flowers of zonal geraniums form ball-shaped clusters and come in colours white, coral, pink, red, to purple. In 2017, a yellow flowered one was announced. My favourite is the Maverick violet. It has a fuchsia-coloured bloom with violet tones. It's a bold, vivid colour that seems to glow.

A feature that some gardeners dislike is their leaf scent. If the leaves are disturbed, zonal geraniums will give off a pungent metallic smell. For my garden, this is a beneficial feature as it keeps most animal pests at bay.

I have had deer come through and nip the flowers off, but they didn't eat them. It might happen once in a season, then they don't do it again. As long as the plants aren't over-watered, they are rarely bothered by anything.

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You may be wondering why I'm writing about geraniums in September?

Well, if you grow Pelargoniums you need to decide what you are going to do with them before we get cold weather.

Will they be brought in as houseplants and if so, the whole plant, or are you taking cuttings to root indoors? One of the most space efficient ways to store them is bare root, in a paper bag or box.

Lift the plant, shake off the dirt, clean off any dry leaves, and place them like logs in a paper bag or box. Put the bag or box in a cool place in the basement and forget about them until December.

At that time, they might need a bit of water. As long as the stems are not withering, they can remain in storage.

If you start to see indentations, then they need to be hydrated and potted up.

I usually clean mine up and plant them in February. This year I started some from seed. They are easy to grow, but I found they didn't come into flower as fast as the bare-root stored plants.

There are so many Pelargoniums to choose from and they are anything but boring!

Don't worry about what's the latest plant fashion—it's okay, you can say, "I love geraniums!"

To learn more about overwintering geraniums, look for Gardening Tips under Resources on the Society's website, calhort.org. Fall is learning season at the Society—Visit the What's Happening Calendar for details.





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INSPIRED SENIOR LIVING WITH 

# When lightning strikes

Amanda Borys  
History Writer

Sprites, elves, and blue jets. Gnomes, trolls, pixies, blue starters, and upward super bolts! All the ingredients for a good fairy tale or — a bad storm!?!

All of these are forms of high-altitude lightning, but the most dangerous for people is sheet lightning.

In Canada, 90 per cent of lightning-related deaths have occurred in four provinces – Ontario, Quebec, Saskatchewan, and Alberta. And about 85 per cent of those deaths were men.

Calgary has seen its share of electrified demises.

In 1915 sweethearts Charles Tawse and May Swindell were struck down at an intersection in Mount Royal, while Staff Sergeant Bossange of the RNWMP and his mount were similarly electrocuted in 1919.

Born in Scotland, Tawse first immigrated to the U.S. and was in Spokane, WA before moving to Calgary in May of 1912. According to the Port of Admissions log for Kingsgate, between Yahk, B.C. and Bonners Ferry, ID, he had \$50 and was listed as a labourer. Upon his arrival in Calgary, Tawse worked as a shipper for Robin Hood Flour.

May Swindell, who was from Macclesfield,

England, also arrived in Calgary in 1912. She worked as a housemaid for A.M. Peters, the manager of the Bank of Montreal.

May was described as having an attractive personality and a very refined nature.

May and Charles were engaged to be married and Charles was in the process of building a home for the couple in which to start their new lives.

On the evening of April 29, 1915, the couple had spent time with friends and were walking back to May's boarding house.

As they reached an intersection in the Mount Royal district, a thunderstorm moved in swiftly and Charles was struck by a bolt of lightning that travelled through his arm to May's. Both were killed instantly.

The lightning was so powerful the pavement showed signs of having conducted electricity up to six feet from where the couple would be found. It was surmised that the two were killed early by the storm, as the ground beneath their bodies was dry.

With B & H Armstrong, Undertakers handled funeral arrangements, a double funeral was held at the Pro Cathedral (now the Cathedral Church of the Redeemer) and the couple would be buried side by side in Union Cemetery. Neither of them has a headstone, possibly due to there having been no one to purchase them and ensure they were placed on the correct plots.

The couple may not have had enough savings to afford headstones. Or the sites may have been intentionally left unmarked, as it may have been deemed inappropriate for an unmarried couple to lie side by side, even in death.

Despite this, the couple is remembered over 100 years after their sudden death.

George Henry Leopold Bossange left Paris in 1883 at the age of 16 to immigrate to Canada with his parents.

He attended Lennoxville College in Montreal and then went to work at the City and Districts Savings Bank. He later became employed in the wholesale books industry.



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Let us welcome you home

## Calling all Southern Alberta seniors: you're invited!

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**403-455-2273**  
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6 Sage Hill Gardens NW, Calgary  
Open House: September 24, 1-4 PM



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It was said that his father had not approve of Bossange's desire to join the North West Mounted Police and prevented his enlistment. However, Bossange travelled to Winnipeg to make a second attempt and, he was engaged with the force in December of 1883, though, at 5'7", he barely met the minimum height requirement. Bossange served in the Riel Rebellion of 1885.

In 1886, he bought out the remainder of his contract with the NWMP to return to France to farm. When this proved unsuccessful, he returned to Canada and the Force, re-enlisting in 1887. Bossange was promoted to Sergeant on Dec. 19, 1889. He left the Force for a second time in 1890 and, in 1902, opened a bookstore in Wetaskiwin. Unfortunately on June 23, 1903.

Wetaskiwin experienced a massive fire that burned down a large number of businesses including the Bossange bookstore. The fire was estimated to have cost \$200,000 (almost \$7 million in 2023 dollars). Bossange joined the NWMP for a third time

in July 1903 and served at Prince Albert, Fort Saskatchewan, Calgary and Athabasca. His promotion to Staff Sergeant (S/Sgt) occurred on Sept. 1, 1913. He also served as the Quarter Master Sergeant for "N" Division at Athabasca.

Bossange married Mary Emma Jacques and the couple had three daughters and a son. Private Waldemar Leopold Robert Bossange of 10th Battalion was killed on Sept. 16, 1917 at the age of 24. He is buried at Aix-Noulette Communal Cemetery Extension in the Pas de Calais, France with the epitaph "Blessed be thy perfect peace."

On Saturday, June 21, 1919, S/Sgt Bossange rode out to Spirit River in northwest Alberta to speak to Ivan Yaremko about his alleged activities as a Bolshevik agitator.

The interview was concluded at around 5 in the afternoon and Bossange set off in a heavy downpour. At 9:30 that same night, a local farmer, John Zahara, was driving his wagon and team home when he found the bodies of both S/Sgt Bossange and his horse lying on the trail approximately eight miles

northeast of Spirit River. Still seated in the saddle, Bossange was wearing his uniform and a rain slicker. His unloaded .45 calibre revolver was still in its holster on his Sam Brown belt.

Parts of Bossange's body appeared burnt and both he and his horse appeared to have been dead for some time.

Zahara sent a nearby farmer, George Shirk, to the Spirit River Detachment, where Cpl. W. Allen of the Alberta Provincial Police hired a car and drove out to the scene.

He found that Bossange's face was blackened and his hair singed. His papers and valuables, including a gold locket containing a photograph and a lock of hair, were intact. Bossange's watch had stopped at 5:40 pm and it had melted with the crystal broken.

His revolver was also melted on the butt plate and along the barrel. When Cpl. Allen further inspected the body, he found a small hole in Bossange's left boot, near the spur, which corresponded with a small puncture in the S/Sgt's foot. His sock was also burnt.

Bossange's horse lay on its right side. A small puncture in the seat of the saddle was found and, when the saddle was removed, the saddle blanket had four small punctures.

Cpl. Allen concluded that Bossange's sidearm had been hit by lightning, which went through him into the saddle and exited the horse's body into Bossange's spur. Death was instantaneous for both. Cpl. Allen transported S/Sgt Bossange's body to the morgue in Spirit River and notified the officer in charge of the RNWMP de-

tachment and the Grande Prairie coroner.

S/Sgt Bossange's body was returned to Calgary to be laid to rest in the family plot of his wife Emma.

She and her three daughters survived their husband and father. Bossange is the second oldest Mountie to die in the line of duty and the only one to be killed by lightning. His present marker was laid in 2009.

Emma was not buried with her husband, as she later moved to Merritt, B.C.



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# How to build healthier communities



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Gillian Rutherford  
University of Alberta  
Folio

The move-in package includes a map showing the easiest routes to walk or take the bus from your new home to nearby recreation and health-care facilities, churches, grocery stores and the farmers market.

The recently opened six-floor development is one of three pilot projects designed to demonstrate how building and site design and neighbourhood amenities can help bring Canada's new Healthy Community Guidelines to life to promote physical activity, healthy eating and social connections.

The guidelines were released this month by the University of Alberta's Housing for Health initiative, with funding from the Public Health Agency of Canada.

The guidelines are based on nearly three years of consultation and collaboration with more than 100 partners from across the country, including public and private sector urban planners, architects, developers, health-care and public health professionals, and community leaders.

"I think people will be surprised by the breadth of these strategies to promote healthy living," says Housing for Health director Karen Lee, associate professor of preventive medicine. "Many of them can be done at minimal to no extra cost — whether it's a new build, a renovation or even retrofitting infrastructure that may not yet be due for renovation — with things like art, coloured paint and wayfinding signage to healthy amenities."

"It's about awareness of the opportunity to promote health," says Doug Sollows, associate principal of Arcadis Architects (Canada), who worked on the Telford Mews project with developer Christenson Group.

"For example, we designed the stairwells to be bright and the treads are 12 feet wide by six inches high — very generous — to provide the ability to walk up safely and without difficulty."

The rationale behind the guidelines is the growing evidence that small changes to our built environment can add up to a big difference for public health, says Lee, author of Fit Cities: My Quest to Improve the World's Health and Wellness — Including Yours.

Non-communicable illnesses such as heart disease, stroke, cancer, diabetes and chronic lung diseases are now the leading causes of death in Canada and around the world, according to the World Health Organization.

Lee worked in public health during Michael Bloomberg's 12-year tenure as New York City's mayor, where multi-sector collaborations on health-focused measures led to a reversal of childhood obesity trends and a faster increase in life expectancy than the rest of the U.S.



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The new rules tackled everything from changing the foods offered in local schools, to increasing play spaces, to requiring restaurant calorie and sodium labelling. Lee and her team also introduced New York City's Active Design Guidelines, to improve designs and healthy amenities in affordable and mixed-income housing developments and to be used as a yardstick for all new construction and major renovation projects.

"The guidelines were integrated into all city construction and design standards, so all new public buildings or neighbourhoods and street construction now needed to incorporate as many of the strategies as possible," Lee says.

She expects the new Canadian guidelines will be useful to everyone from municipalities to builders to public health advocates to community leagues and residents giving input into new development proposals in their neighbourhoods.

"The Healthy Community Guidelines serve as a guidance document of evidence-informed and practically feasible strategies for planning, designing, building and maintaining communities, streets, buildings and building sites through a health and well-being lens, particularly to impact the key risk factors of physical inactivity, unhealthy eating and social isolation," she notes in the guidelines' introduction.

The guidelines recommend that new housing be built within 800 metres of retail businesses, or to create retail businesses in and around existing housing neighbourhoods to promote more walking

trips to such services, which is good for the health of both the residents and the businesses. Even within smaller communities there should be a core area of denser development for people who can't drive, such as seniors. There are suggestions for better signage, sidewalks, transit stop amenities and request-a-stop options for transit in rural areas.

To show how the guidelines can work in real-life scenarios, Lee's team worked with municipalities, architects and developers across the country. There were also three pilot projects in Alberta, including affordable housing for seniors in Edmonton, a seniors' complex in Whitecourt that includes independent living, supportive living and dementia care, and the Leduc building.

"What these pilot developments are meant to do is illustrate feasibility of the partnerships and implementation of healthier design and amenity strategies at the building scale, the site scale and the neighbourhood scale in different sizes of municipalities," says Lee, who also teaches at the U of A's School of Urban and Regional Planning and Columbia University Mailman School of Public Health.

Urban planner Spencer Croil was one of the volunteers who helped develop the new guidelines and is already incorporating them into his work as land development manager for the City of Lethbridge, Alta.

"It's exciting because it's evidence-based guidance that distils a lot of the academic research down into understandable, bite-sized components that can be

applied to any style of neighbourhood," Croil says. "We can actually take small steps to all work towards the ultimate goal of healthful communities in as many ways as possible."

In Lethbridge, Croil says that might mean improving "site permeability" within neighbourhoods by adding connecting pathways between curvilinear streets so pedestrians and cyclists can get to amenities more easily. Or building numerous smaller parks within a new neighbourhood instead of just one large peripheral green space with a stormwater pond and pathway around it. It could mean adding outdoor adult exercise equipment, accessible playground equipment, a picnic shelter or a pollinating garden to make each park unique and interesting to multiple users. Or ensuring a subdivision

that will add up to 100 new homes annually over the next 20 years has some models that are "visitable," meaning they would not have steep walkways in front of them, so seniors can stay as they age.

"It's just being more thoughtful about the users and creating those opportunities for better use of the amenities that we all fund through municipal taxation," Croil says. "Based on our current and future projections for demographics of people 65 and over, we know that people have healthier lifestyles if they can age in place."

Croil, who also volunteers with the Alberta Professional Planners Institute and is a sessional instructor of planning at the University of Lethbridge, says many of the new guidelines fit well with the goals of Lethbridge's latest

municipal development plan. He intends to compare all new projects in his portfolio against what the guidelines suggest to create a kind of internal scorecard for his team.

"Instead of it being a desktop exercise just for me, then it becomes a standard of practice for the entire department and something that our council and our community gets behind over time," he says.

For her part, Lee is proud of the work her team has done to bring diverse partners together to make change.

"I hear repeatedly from our partners — including government — that the university is well positioned as a respected and neutral entity to bring together different groups and create community conversation to advance innovations collectively," she says.



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# COVID-19 has ‘created a new paradigm for developing vaccines,’ says U of A Nobel winner

Michael Brown  
University of Alberta  
Folio

Earlier this year, Michael Houghton, University of Alberta virologist and co-recipient of the 2020 Nobel Prize in Physiology or Medicine, mobilized his hepatitis C lab to join the charge to produce a vaccine for COVID-19.

His lab was a perfect fit for the endeavour, having created a successful vaccine for the SARS virus in 2004 that was never needed because that outbreak was contained.

But perhaps unlike his primary research—which, from hepatitis C virus discovery to vaccine production, will have taken better than 40 years — Houghton said what has struck him about the accelerated and colossal hunt for COVID-19 tests, therapies and even a vaccine has been how the scientific community and government have banded together.

“I think COVID —

as terrible as it is and as tragic as it is—it’s actually created a new paradigm for developing vaccines,” said Houghton, Canada Excellence Research Chair Laureate in Virology, director of the Li Ka Shing Applied Virology Institute and professor in the U of A’s Department of Medical Microbiology and Immunology. “It’s showing us how fast we can develop them when the will is there.”

Houghton credited governments around the world, including the Canadian and Alberta governments, for sponsoring companies to produce vaccines at large scale, even before they know whether it works.

“Normally industry doesn’t do that.”

He’s not sure whether they will do that with hepatitis C, but the methods being used for COVID-19 research will give his lab of today advantages labs didn’t have when he was starting out.

Fellow Nobel lau-

reate Harvey Alter began describing a blood-borne hepatitis simply termed “non A non B hepatitis” in the 1970s, but it was more than a decade before Houghton and his colleagues Qui-Lim Choo and George Kuo, who toiled for seven years using what were then the latest molecular techniques, to find the virus.

“It was like looking for a needle in a haystack,” said Houghton.

But once they found it, blood tests were just a few years out.

By 1992, hepatitis C had been all but eliminated from the donor blood supply, which has saved countless lives and billions in health-care costs. After that, the therapeutics took another 20 years, but hepatitis C treatments are now at the point that the viral infection can now easily be cured in virtually all patients.

In 2013, Houghton’s team at the U of A showed that a vaccine derived

from a single strain of hepatitis C was effective against all strains of the virus.

Today, Houghton’s team of about 20 young scientists, most of whom have been trained in Canada, many of them in the U of A’s Faculty of Medicine & Dentistry, work to manufacture and purify a vaccine shown to be effective in animal models, with human trials scheduled for late next year.

The work on COVID-19 now has Houghton thinking about accelerated development of a hepatitis C vaccine for the community that would include vaccinating people and then, with their permission, giving them the virus.

Where the vaccine fails, he said, antivirals are brought in. This approach has previously been used to come up with vaccines for malaria and dengue fever.

“You cannot stop an epidemic as large as hep C, or COVID-19, with only a good therapy. You absolutely have to have a vaccine to really curb the transmission around the world,” he said.

And while antivirals are highly effective

in treating hepatitis C, the problem with them is one of economics. Houghton said treating the 12,000 Canadians per year who contract hepatitis C, fuelled by the opioid epidemic, will cost Canadians more than \$1 billion.

“If our vaccine works, we think we can make enough hep C vaccine at the U of A, in Greg Korbitt’s Alberta Cell Therapy Manufacturing facility, to provide the vaccine required for all the high-risk people in Canada for around \$50 million at most.

“That’s a huge cost savings at a time when we’re going to need cost savings given COVID-19 and its effect on the economy.”

Worldwide the effect will be a medical marvel.

Even today, about 400,000 people die of hepatitis C around the world annually, and millions more are living with the disease, which leads to liver cancer and liver cirrhosis.

“Contrast that with a million people that have died from COVID so far this year, and you can see it is very serious,” he said.



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# Volunteer Spotlight



This month we interviewed four members of the Kerby Sensations, who play music in Kerby Café from 12:45 to 3:00 pm on Wednesdays: Kevin O'Connor, who leads the band, sings, and plays tenor saxophone; Judy Threet, who plays guitar; Floyd Mueller, who plays sax; and Steve Angyalfi, who plays piano. Judy first came to Kerby in September of 2022 because she loved the idea of playing in a dance band. Kevin's first time at Kerby was to take a course about seven years ago on "how to survive and thrive living alone," and he started leading the band in 2021. Floyd started with the band in 2000, and Steve has been a band volunteer with us since October of 2021.

The general theme of why they keep coming back to entertain us each Wednesday is that it is fun! Floyd said, "I really appreciate being able to play at the Kerby Centre because, as any musician will tell you, it is more challenging and fun to play for a live audience." Kevin added, "Two years later we have solid support from a large number of dancers and listeners every week." Steve revealed, "I'm playing with a terrific group of people who are excellent musicians, and consequently have dedicated many hours of practice to meeting the challenge. It's been a superb and constructive pastime in retirement, an excellent way to exercise the mind and enhance fine motor skills." As for why they continue at Kerby, the comments include: "The friendly feel"; "We are fortunate to be able to play a weekly gig, something that is very beneficial to musicians in that it allows us 'to keep up our chops.' It is a bonus to be able to provide our music for Kerby members.

We know that for many seniors, the Wednesday dance is a highlight of their week, as it is for us"; "I enjoy giving something back to the community in the form of my musical abilities" and "I'm very thankful to both the Kerby Centre and my bandmates for giving me this opportunity, and I hope to continue being involved for some time to come."

We also asked for their favourite hobbies. Kevin answered, "Music" and, as Judy and Kevin chose to answer What is something that always makes you smile?, the responses were very similar; "Playing swing music—for people who love to dance" and "People dancing to the music we play. If people are dancing to the music, the musicians must be doing something right."

**So far, the current band members have contributed over 2862 hours.**

**Thank-you, Kerby Sensations, for all you do for the Kerby Centre!**

# A visit with Katie

*Kathy Newman  
No Dead Horses Writing Club*

Travel exhaustion soon dissipated as I exited the Toronto Airport Terminal and saw my daughter's brilliant smile! Her waving arm stretched high from the shiny convertible she had obviously rented as it wasn't in her university student budget!

Five weeks visiting John in Charleville, County Cork, Ireland had been an amazing trip, but it was soon eclipsed by the coming weekend adventure with Katy which was a grand surprise.

It was already 11 PM but instead of a restful night at her apartment, she whisked me away to Niagara Falls. The weather added to the excitement by drenching us in a sudden, heavy rainfall which soon ended the care-free open-air experience of night driving in a convertible!

"Ah, Mom, can you find the car manual...I don't know how to put the hood back up!"

We stopped at a roadside diner to figure out how to close the convertible hood and to make some phone calls which resulted in finally finding accommodation, albeit expensive, in the very

busy Niagara Falls area. Weary and still wet, we arrived at the Falls, and both had 2 AM soaks in the suite's gazebo before crawling into our beds for a deep sleep.

A late breakfast in our suite was followed by a walk to the Falls.

"I remember being here in grade 11 when I came to Toronto for a Hi-Y conference." I reminisced and fell into a story about hearing jackhammers outside the Toronto hotel window where Dick Huntermark, our advisor, had booked us in for our one night in the city before driving us to Niagara Falls and then out to Orillia for a week of leadership training in 1965. My daughter was used to my stories and listened with patience as we enjoyed the mist from the Falls.

"Come on, Mom, enough water!"

No rain so down came the convertible top and off we drove to Niagara on the Lake for a late lunch. Luscious greenery met our gaze as we drove along the Niagara River Parkway, and I knew that I would have to come back for a more leisurely visit to this beautiful area. We couldn't afford another night out so headed back to Toronto

and crawled into bed, again, in the early hours of the next morning. Sleeping in was a wonderful luxury!

Renting bikes in Toronto the next day, we hopped on the ferry and rode in the sunshine on Toronto Island.

I was the Newbie to this location so Katie led the way. Heading to the Eastern edge of the island, she stopped and casually mentioned, "Mom, take a minute to walk up this sandy pathway and you will be able to see the ocean."

I innocently did as requested, excited by the prospect of being able to view the vastness of open water... "Katie! "I quietly uttered through clenched teeth as I hastily turned around and headed back towards her to avoid an encounter with a naked man up ahead on the trail.

Laughing uproariously, she tried to catch her breath to tell me that this was a nude beach!

My education had just been enhanced!

I had to head home to Calgary the next day but will always remember just how much fun could be wrapped up in the package of a few days with someone special!



## Volunteers Needed

### Thrive Food Rescue Volunteers

**Help feed seniors and make an environmental impact in our community!**

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- You must have a valid drivers license
- We'll reimburse you for mileage
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# Where is the most livable city?

Photos and story by  
Jaroslav Maria

Economist Intelligence Unit's Global Livability Index 2023 has come out recently. It is published annually and assesses which locations around the world provide the best or worst living conditions for its inhabitants.

The Index is developed to help companies decide into what city to relocate or expand. The top ranked cities are most desirable, the bottom ones might require compensation, and employees be paid "Hardship" Allowance.

The company where I worked had once hired a former Rhodesian engineer.

After we got to know each other better he was telling me how he had been paid when working as a land surveyor for a roadbuilding company there during the war between the black "insurgents" and the white "establishment".

Part of his pay was for the work in the office and the other part was a "Danger Pay" when working in the field.

"What is the "Danger Pay" and how is it calculated", I asked.

"The amount was calculated based on the

likelihood of being shot at", he answered.

I presume the Rhodesian, now Zimbabwe capital city Harare, would have been pretty low on the livability list, perhaps it did not even make the 172 ranked cities.

The Livability Index evaluates the cities on five criteria: stability, health care, education, culture & environment and infrastructure, each is scored 1 – 100 points. The weighted average for all five criteria gives the rank:

1. Vienna Austria 98.4
2. Copenhagen

Denmark	98.0
3. Melbourne	
Australia	97.7
4. Sydney Australia	97.4
5. Vancouver	
Canada	97.3
6. Zurich	
Switzerland	97.1
7. Calgary Canada	96.8
8. Geneva	
Switzerland	96.8
9. Toronto Canada	96.5
10. Osaka Japan	96.0
11. Auckland New Zealand	96.0

because the criteria that is used may not form a perfect picture. Perhaps, there is not such a thing!

There are other indexes around and each is somewhat different due to the survey criteria used. For example: Deutsche Bank's Livability Survey, Urban livability Index, Urban Livability through Residential Preference, etc. In two surveys I looked at, Vienna didn't even make the top ten.

Here are some questions one may ask. For one, it is hard to believe Vancouver can be more livable than host of other cities considering that it rains there all the time, the traffic is horrible, cost of housing is impossible, and even according to the Economist Intelligence Unit's Global Livability Index survey Vancouver is less stable than Vienna, Copenhagen, Calgary, Toronto and Osaka. That is what you get when you are a capitalist of La-la land.

Fourteen years ago we were in California and drove to Napa Valley. Going for a wine tour is a must!

We were prepared for a lot of expertly talk and having to endure a high pressure sales presentation, starting with explanations of how wines are tested, tasted and otherwise evaluated, leading us to believe that inevitably the best wine is the most expensive one; and "please remember that at the end of the tour we shall conveniently leave you in our estate store, thank you!"

However, the guide surprised us when he said the best wine is the one you like. And so it is the same with the livability of cities. Most people like where they live.

Interestingly only two cities out of the first 11 scored perfect 100.0 points for four of the five criteria, Vienna and Calgary.

We lost it on culture & environment, so the moral of the story is that all we have to do to win the whole thing is to hijack Viennese Staatsoper and its symphony orchestra. Not that we don't have those in Calgary as well, the fact is that the Viennese are admittedly better.

We knew that, of course, and that is why when in Europe on different occasions we always visited the Wiener Staatsoper, but since our retirement it became a bit too costly to fly across the Atlantic Ocean very often!

Nevertheless, the Staatsoper is truly great, only New York Met Opera can match it, but of course New York, NY loses badly to both Vienna and Calgary on stability, and infrastructure I presume.

Besides, Calgary Opera is doing all they can to improve and is getting better, while our symphony orchestra already is up there with the best in the world and all it needs is to be bigger. It is all about the decibels!

There are many peculiarities in this rating



We have friends formerly from Calgary who went to live in Houston, Texas, because the weather is balmy and there is no snow. The bay shrimps are the best in the world and the freeways are crisscrossing the city with each intersection more bizarre than the one before, veritable engineering feats.

Their love of the place can't be shaken by the fact they have to play tennis at 6:00 o'clock in the morning or in air-conditioned halls in summer because of the heat, that during the hurricane season they must stay home and hold the roof down with both hands, but the good thing is it comes around just once a year and is short.

Their house was blown down only twice in the last forty six years, and they were flooded out just once.

Since then they moved to a house built on stilts, it works better. Who can ask for a better place to live? And they are right, of course.

We, on the other hand stayed put in Calgary. Fifty five years ago the city had a population of 330,000. It was not ranked for livability if in fact they made surveys like that before globalization.

It was a Cow Town then, but with personality of a country village. Its only claim to fame seemed to be Stampede, "The Greatest Outdoor Show on Earth".

When we came, there was a thing called a welcome wagon, consisting of a basket with household goods, a friendly chat and a lot of good will. To us, transferred Europeans, it was a pleasant country custom, best described by German word *Gemütlichkeit* that conveys the feeling of warmth, friendliness, and good cheer.

Today the city population is 1,330,000 and inexplicably, but

to its credit, it is still a Cow Town with the mindset of a little village on the prairie. It is now a conglomerate of little villages orbiting around the downtown skyscrapers, place where everyone knows their neighbors by sight, often by first names but not the surnames, which would almost be an invasion of privacy!

City, its contours hilly, is rich in parks, two of them genuinely large enough to get lost in and forget there is a metropolis around them.

Both rivers' banks have been spared any commercial development thanks to a good zoning that keeps the industries separate from the rest of the city. That, plus good garbage collection is probably the best accomplishment of the City Hall to date.

We have a lot of wildlife in spite of over million people living here. There is fish in the river or at least the fishermen believe so. They are an embodi-

ment of calm and patience as they stand in the centre of the river repeatedly casting their flies. The fish ignore them.

By the river live multitudes of ducks, swans and even long legged wading birds, who I think are herons. Beavers gnaw the trees, coyotes wander around with their muzzles close to the ground and an occasional bobcat visits our backyard. Deer brazenly come to raid the birdfeeder in winter. Even black bears are sometimes spotted closer to the west end of the city, but they are the confused ones.

Our particular village is in south-east, close to the river and the 2,800 acre Fish Creek Park. People live in middle class houses, many surrounded by neat yards, although admittedly not everyone is a gardener. Our neighbors are trades people that is evidenced by their vans or pick-ups having company markings on them, or professionals,

but none rich enough to park fancy Cadillac, BMW or Mercedes next to my 17 years old Pontiac G6.

We have an older Italian couple kitty corner from us who can grow vegetables as if we weren't living up north and 1,000 meters above sea level. Lina is the best lasagna maker in the city and they share their bounty.

There is also a long-time resident widow down the street with her two Dachshunds. She has a daughter living around the corner and takes care of her. They are a tight knit family.

Neighbors each side of us have young families that they pamper, possibly a little too much sometimes, while across the street they have two teenage boys who are so much into hockey that they can't get into any trouble as far as we know. Their father Stefan cannot stand a thought that I, being now retired, old and frail, would do any dangerous work involving ladders or any

other such jobs.

Truth to be told, many our "mature" neighbors depend on his unselfish willingness to help.

Most importantly, he wakes up early and without being asked shovels our sidewalk in winter before I even have my first coffee. Trying to come up with some sort of way to reciprocate, Stefan looked into my eyes, and dismissed me: "We are neighbors, J!"

So here it is. We really did not need the fancy ratings based on criteria like stability, health care, education, culture & environment and infrastructure, although being recognized as the seventh most livable city in the world is appreciated.

We already knew, Calgary was the place to be, and it is because of the good people, our neighbors!

Sorry Helen and Alexander, Calgary even beats Houston, Texas.



# Everybody means everybody

Andrew McCutcheon  
Kerby News Editor

One of the big things we had to do when we rebranded our organization to become Unison, Generations 50+ was to change a whole ton of signage.

You don't realize how many things have your name on it until you have to make sure they've all been replaced.

But one of our older signs still sits in the very front entryway of the Kerby Centre. It's quite literally, the first thing you see when the doors open into the main entryway, right past the benches and the lone post office box.

It's a welcome sign,

but no ordinary one. It's got welcoming words and phrases in a few dozen languages.

There are romance languages, Germanic ones, Slavic and those from Polynesia, East Asia and the Indian subcontinent.

I have said before that I often try to learn the "Canadianisms" of languages whenever I travel. These would include things like "sorry," "excuse me" or "thank you."

And here is one of those Canadianisms, on display, in as many languages as we could fit, right there as soon as you walk in. It might only have one or two words in each language, but it says much more than that.

When I see this, it reminds me that when you're at the Kerby Centre, everyone — and that means everyone — is welcome.

And it's important to remember who "everyone" is.

Close your eyes and picture in your mind an average group of about 10 seniors. Have an image? Perfect.

In Calgary, four out of every 10 people is a visible minority — defined by City of Calgary research as someone who is non-Caucasian in race or non-white in skin colour.

Did the image in your mind reflect that?

According to the statistics: over 120 languages

are spoken in Calgary, 54 per cent of people moving here are coming from international markets.

Seven per cent of the population identifies as Muslim; four per cent identify as Sikh; three per cent as Hindu and two per cent as Buddhist. That's about 150,000 people, total, between all four religions.

Our population is extremely diverse. And that means our seniors are diverse, too.

But diversity isn't just about race, religion or nationality.

We have low-income seniors, and high-income seniors. We have folks who need mobility aids to get around and we have

people who dance the afternoons away. We have people here who have high assistance needs and low-assistance needs. And we have everyone in between.

But just like the sign says at the front, and the way it's been for the past 50 years: all are welcome here.

We recently came up with specific values that we use to guide our organization. Things that are important to us. We came up with these values — not by having a board or our CEO or president, or senior management dictate them to us — but by asking our staff, our volunteers and our clients what they thought was most important to them.

We had lots of ideas come to us. We meticulously went through the ones that were most popular, the ones that came up often when we asked folks: what about Kerby Centre is important or valuable; what do we represent?

Some are obvious: we value Respect. We value the Aging process. We value Compassion.

But one of the standouts — and maybe a surprise — was how many people said that diversity and inclusivity were so integral, so important to us as an organization.

And I think it's because we're made up of the same sort of folks we serve.

We are able to help out seniors in a variety of languages, because our staff and volunteers speak those same languages — often some of them as their mother tongue.

We are so helpful and understanding when it comes to recent immigrants, because many of our staff and volunteers went through the same thing.

It's one thing to be committed to the idea of diversity, but here at Kerby Centre: we have 50 years of making it a reality, every single day.

When you walk in and see that sign, remember: everyone is welcome means everyone.

And we're so happy to have you.

## Seniors Eye Care

### Doctor's Note:

*"Most eye diseases have no early signs or symptoms that you'll notice. But I will."*

Dr. Kirandeep Dhaliwal, Optometrist

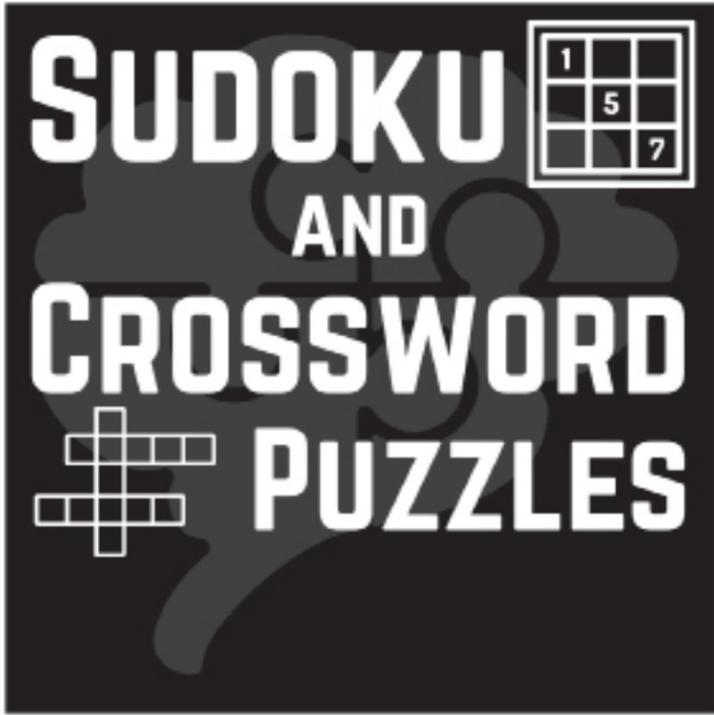


By age 65, 1 in 9 Canadians develops irreversible vision loss; 1 in 4 by 75. Don't risk it. Help stay active and independent.

Book your eye exam today.

Visit [SeniorsEyeCare.ca](https://SeniorsEyeCare.ca) to learn more.





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

# Getting benefits and fleeing abuse

Canada Revenue Agency

At the Canada Revenue Agency (CRA), we know that some situations can affect access to benefits and credits. We're committed to helping you get your payments, whatever your circumstances.

Sending information or documents to the CRA

You will never need to contact an abusive spouse or common-law partner to provide information to the CRA.

You might receive a letter from the CRA asking you to confirm your personal information or to provide supporting documentation.

If you cannot get documents or information due to your current situation, you can send any one of the following instead:

- a copy of a police report
- a copy of a restraining order or an order of protection
- a letter from a trusted third party explaining your situation, for example:
  - o a member of the clergy
  - o a band council
  - o a shelter
  - o a resettlement office

After we receive any of the documents listed above, no further action is required on your part.

To discuss your situation, you may also call us at 1-800-387-1193. We can help you find a flexible option.

If you have questions, or your benefit and credit payments stopped, we can help.

For example, if your spouse or common-law partner has not filed their income tax and benefit return, you may no longer be receiving benefit and credit payments.

To get your payments, you may call the CRA at 1-800-387-1193 to discuss your situation.

## PREMIER Crossword

By Frank A. Longo

### NEW ORDER OF BIRDS

#### ACROSS

- 1 They're filled at filling stations
- 9 Causes of some winter roof leaks
- 16 Two or three
- 20 Its capital is Springfield
- 21 Good time to shop and save
- 22 1977 hit for Electric Light Orchestra
- 23 Bird hanging around power-generating structures?
- 25 Bottom-of-the-barrel bit
- 26 "Grace and Frankie" co-star Lily
- 27 Me, in Marne
- 28 Take a chair
- 29 Spike for a rock climber
- 30 Icky food
- 33 Bird with a pronounced lower back?
- 36 Elite police unit
- 41 35mm camera type
- 42 Holy Week follower
- 43 Bird with an affliction?
- 48 Lead-in to lateral
- 49 It flows through Köln
- 50 Rocker Ocasek
- 51 "Ammonium" has three
- 52 Single's first half
- 54 Response to "You weren't!"
- 55 Jazz great Fitzgerald
- 58 Give a bird a monetary reward?
- 60 "God Love Us" rapper
- 61 Pecans and cashews
- 64 Eggs
- 65 Slow-moving reptile with a bird on its back?
- 73 Aussie critter
- 74 Outer surface
- 75 911 VIP
- 76 Waterway full of birds?
- 82 Billfold bills
- 83 Employee welfare agcy.
- 84 Daisy type
- 85 Daisy of "Li'l Abner"
- 86 Pull along
- 88 Old paper sections
- 89 Bub
- 90 Share employment hours with a bird?
- 95 Actress Clarke or Fox
- 98 Boating blade
- 99 "Are we out of danger?"
- 100 Bird starring in "The Birds"?
- 104 Wise — owl
- 105 Novelist Loos
- 106 Two times LI
- 107 Neighbor of Okla.
- 109 "You did not just say that!"

1	2	3	4	5	6	7	8		9	10	11	12	13	14	15		16	17	18	19	
20									21									22			
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115						116					117				118	119					
120						121									122						
123						124									125						

- |                                |                                         |                                 |
|--------------------------------|-----------------------------------------|---------------------------------|
| 115 Will of "The Waltons"      | 32 Texter's "Yowza!"                    | 77 Ones taking a close look     |
| 116 Jacket with bird hues?     | 34 Website ID                           | 78 Awardee, say                 |
| 120 Coastal eagle              | 35 Family mem.                          | 79 Texter's "I think ..."       |
| 121 100% correct               | 36 Run very fast                        | 80 Alternate wd. spelling       |
| 122 Overpraises                | 37 Guitarist's pedal effect             | 81 "A mouse!"                   |
| 123 Old booming jets, in brief | 38 Resting                              | 83 Circus cries                 |
| 124 Catholic prayer books      | 39 That's partner                       | 86 Feeling gratitude            |
| 125 Pre-release software trial | 40 Boatload                             | 87 Not 'neath                   |
|                                | 41 — -fi movie                          | 88 Post-Q string                |
|                                | 44 Tabriz native                        | 90 Baby's cry                   |
|                                | 45 Stephen of "Utopia"                  | 91 "Little piggy"               |
|                                | 46 Actress Irving                       | 92 "— for Evidence"             |
|                                | 47 Suffix with cartoon                  | (Sue Grafton novel)             |
|                                | 52 Break off                            | 93 "Hugo" star Butterfield      |
|                                | 53 — -Tass                              | 94 Relative of a wood engraving |
|                                | 55 Slip-up                              | 96 Petrol units                 |
|                                | 56 Allow to                             | 97 "Give — rest"                |
|                                | 57 Zodiac feline                        | 101 Gut bacterium               |
|                                | 58 H.S. junior's hurdle                 | 102 Radio knobs                 |
|                                | 59 Hostess snack cakes                  | 103 Celebrity photographer      |
|                                | 61 — degree or another                  | Herb                            |
|                                | 62 Consumer                             | 104 Even a hint of              |
|                                | 63 Neighbor of Okla.                    | 108 Spy Aldrich                 |
|                                | 66 Helen of —                           | 110 Spanish greeting            |
|                                | 67 Abbr. on a food carton               | 111 Shutter piece               |
|                                | 68 "Dr." of rap                         | 112 Short letter                |
|                                | 69 It's in bronze                       | 113 God of war                  |
|                                | 70 Greek goddess of the hearth          | 114 "You ... over there ..."    |
|                                | 71 Doug who is married to Kamala Harris | 116 Engine wheel                |
|                                | 72 Just one bite                        | 117 Singer Rita                 |
|                                | 76 Websites' "front covers"             | 118 Slap cuffs on               |
|                                |                                         | 119 Fruity quaff                |

# Medicine Hat

## Volunteer of the Month



Introducing our Volunteer of the Month Heidi!  
Heidi is one of our newer volunteers who has been with

us for six months. She is a driver for Meals on Wheels and a receptionist at the Strathcona Centre. Heidi is always willing to help us out when we are in a pinch and has been called upon at the last minute a few times. We are so grateful to have you as part of the volunteer team. Becoming a volunteer was an easy decision with the love of helping people. Knowing she had a little visit, a well-

ness check, and delivered a healthy meal for clients makes me feel blessed. It is a wonderful feeling knowing I helped a client in many ways. If Heidi could pick her dream place to live you would find her in a cottage community with water and mountains outside her front door, relaxing and listening to Bruno Mars or country music. Of course, sitting with the one person she admires most, her husband. Thank you, Heidi, for all your hard work and commitment to volunteering at the Veiner and Strathcona Centres.

## Welcoming September with open arms... and maybe a sweater

Can you believe September is already here?! We hope everyone had a warm and fun-filled summer, complete with plenty of adventures. As we enter the final stretch of the year, our regular activities are set to resume in full force this month, so stay tuned! We're also thrilled to announce new services for older adults in our community. This includes Veiner Vintage transportation, which will transport anyone aged 50 or older to important appointments within the community or to bring them to our center for some fun and socializing. Additionally, we're expanding our food security (THRIVE) program to offer more options for seniors to access healthy, delicious food. We've also brought on a Senior Support staff member who can assist seniors in filling out forms or connecting them to the appropriate resources in Medicine Hat. With so many new activities and programs coming up, we invite you to check out our website [UnisonAlberta.com](http://UnisonAlberta.com) to learn more. Happy fall, and welcome to pumpkin spice season!

*Cori Fischer – Director of Veiner Centre*

### SENIORS SAFETY SERIES: AGING MATTERS

# EMERGENCY! SHELTER IN PLACE OR EVACUATE?

Seniors Safety series is made possible thanks to:



**Join our friends from Medicine Hat Police Service to learn what to do about a neighbourhood:**

- **Fire**
- **Storm Alert**
- **Suspicious Package or Activity**
- **And More!**

**THURSDAY  
SEPTEMBER 21**

**9:45AM - 12PM**

**225 WOODMAN AVE SE  
MEDICINE HAT**

#### REGISTRATION :

In Person: Veiner Centre Reception Desk  
Phone: 403.952.8984 Email: [jeanette@unisonalberta.com](mailto:jeanette@unisonalberta.com)



# Medicine Hat Veiner Activities

## What's Happening in September

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 | 12:45pm

**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

**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

**Duplicate Bridge**  
North MP | 6pm

**Norwegian Whist**  
South MP | 6:30pm

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

**Poker**  
Boardroom | 6:30pm

### Fridays

**Quilting**  
Craft Room | 9am

**Mahjong**  
South MP | 9am

**Canasta Lessons**  
North MP | 10am

**Kaiser Club**  
Dining Room | 1pm

**Duplicate Bridge**  
North MP | 12:45pm

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

**Stitch & Laugh**  
Boardroom | 1pm

## Presentations & Events

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

### September 4

Book Review Crew  
10:30am - 11:30am | Dining Room

### September 5

Ask a Financial Advisor – Craig Elder, RBC Dominion Securities  
10am - 11am | Registration Required | South MP

### September 12

Parkinson Association Support Group  
12:00pm - 2:00pm | Register with Brienne at 403-317-7710

### September 14

Counselling Services with Ben Feere  
9am | Registration Required

### September 19

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

### September 19

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

### September 29 - October 1

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

### September 30

Beginner Weaving: Learn to Weave on Frame Loom  
1pm - 2pm | Boardroom | Registration Required

## Wellness Wednesdays

September 6 | CMHA – Is your mind full or is it mindful? | Boardroom | 9:30am | Registration Required

September 6 | Movie Matinee with popcorn "Tootsie" | South MP | 2pm

September 13 | BrokerLink: Personal Insurance 101 Craft Room | 2pm - 4pm | Registration Required

September 20 | Pet Therapy with Kenzy Games Room | Craft Room | 10:30am

September 20 | Revera Rocks! With Jodi Craft Room | 2pm | Registration Required

September 27 | Life Long Learning Presents – "Shame & Guilt" Boardroom | 9am - 11am | Registration Required

**Veiner & Strathcona Centres will be closed September 4th for Labour Day**

## Active Aging Spotlight

### September is... National Arthritis Month

Learn ways to help and support those living with Arthritis. Webinars running every Monday and Friday in September

Check out the list of webinars on our website or in person at Veiner Centre

# Medicine Hat Strathcona Activities

## What's Happening in September

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner/ Improver Line Dancing – 9am	Pickleball – 9am	Absolute Beginner Line Dancing – 9am	Pickleball – 9am	Pickleball Lessons – 8:30am
Table Tennis – 10am	Fun & Fitness – 9am & 10am	Table Tennis – 10am	Fun & Fitness – 9am & 10am	Table Tennis – 10am
Chair Yoga & More 12pm	Solid Gold Fitness – 11:45am	Qigong & Chair Yoga – 12pm	Pickleball – 11am	Hatha Yoga – 12pm
Pickleball – 1pm	Pickleball – 12:30pm	Pickleball – 1pm	Silver Steppers – 1pm	Pickleball – 1pm
	Floor Curling – 2pm	Beginner Tai Chi – 3pm	Floor Curling – 2pm	

### Fitness Class Spotlight

All fitness classes require registration

#### High Beginner/Improver Line Dancing

9am – 9:45am | Mondays  
FREE

#### Chair Yoga & More

12pm – 12:45pm | Mondays  
September 11 – October 2  
Members: \$16 | Non-Member: \$40

#### Fun & Fitness

9am – 9:55am & 10am – 10:55am  
Tuesdays & Thursdays  
September 19 – November 2  
Members: \$35 | Non-Member: \$90

#### Solid Gold Fitness

11:45am – 12:30pm | Tuesdays  
September 5 – October 3  
Members: \$18 | Non-Member: \$50

#### Absolute Beginner/Beginner Line Dancing

9am – 9:45am | Wednesdays  
FREE

#### Qigong & Chair Yoga

12pm – 1pm | Wednesdays  
September 6 – October 4  
Members: \$18 | Non-Member: \$50

#### Silver Steppers

1pm – 2pm | Thursdays  
September 7 – October 5  
Members: \$18 | Non-Member: \$50

#### Hatha Yoga

12pm – 1pm | Fridays  
September 8 – October 6  
Members: \$18 | Non-Member: \$50

### Tai Chi Fitness Classes

#### Yang Short Form

7:00pm – 8:00pm & 7:00 – 7:30pm  
Monday's & Tuesday's

#### Yang Long Form

8:00pm – 9:00pm | Monday's

#### Chen Style Short Form

7:30pm – 8:15pm | Tuesday's

#### Fan Form

8:15pm – 9:00pm | Tuesday's

#### Weapons Form

7:00pm – 9:00pm | Wednesday's

Must have completed Yang or Chen form before registering for this class. No exceptions

### Tai Chi Fitness

3:00pm – 3:45pm | Wednesday's  
September 27 – November 1

Free

Registration Required

### Pickleball Lessons

Feel free to drop in on Friday morning's between 8:30am – 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.

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

# Active Aging Department Calgary In-Person Activities

Welcome to the Calgary Active Aging Department spotlight section. For a full listing of all our activities visit our Active Aging website — [kerbycentre23.wildapricot.org](http://kerbycentre23.wildapricot.org) or click the link in the menu on [UnisonAlberta.com](http://UnisonAlberta.com)

## In-Person Kerby Centre Weekly Drop-In

### MONDAY

- Knitting for a Cause - 10am (2nd & 4th of the month) Rm 301
- Badminton & Ping Pong - 10am Gym
- Mahjong - 10:30am Rm 312
- Live Well Be Well Conversations - 11am Rm 317
- Pickle Ball - 2:30pm Gym

### TUESDAY

- FREE Food Market - 10:30am to noon in the Kerby Gym
- Memory Writing - 1:30pm (3rd Tues of each month) Cafe
- Pickleball - 2:30pm Gym

### WEDNESDAY

- General Craft Group - 9am Rm 311
- Men's Shed - 11am Rm 317
- Weekly Dance - 1pm Cafe
- Cribbage - 1pm rm 312

### THURSDAY

- Artist Group - 10am Art Studio
- Kerby Centre Tours - 10:30am meet in the Café
- Pickle Ball - 2:30pm Gym

### FRIDAY

- Spanish Conversation - 10am Rm311
- FREE Food Market - 10:30am to noon in the Kerby Gym
- \*Tech Help - 11am (must register)
- Badminton & Ping Pong - 1:30pm Gym
- English as a Second Language - 1:30pm Rm 311

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 Centre on the 3rd floor.



WELLNESS SPOTLIGHT

### Indigenous Drum Circle

**Registration Required for this Drop-in Class**

Tuesdays | Sept 5 - Oct 10 | 12 pm - 1:30 pm

Member: \*\$15 | Non-Member: \*\$25  
(\*per class)

Learn about the teachings behind Traditional Hand Drum songs from a new perspective. Passed from her mentors. Respect of the Hand drum is to be in a clean and sober state of mind.



WELLNESS SPOTLIGHT

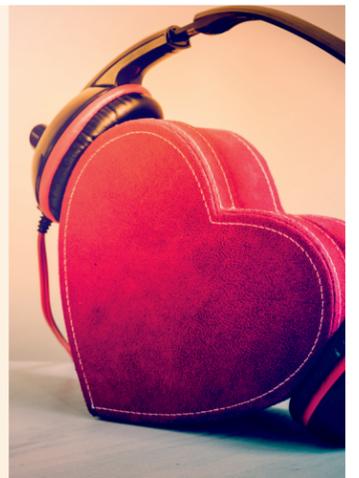
### Music Wellness

Thursdays | Sept 14 - Oct 19 | 10 pm - 11 am

Member: \*\$10 | Non-Member: \*\$25  
(\*per class)

Increase of expressive and receptive communicative skills, improvement of fine motor skills through instrument and gross motor skills through instrument play and movement to sounds.

\*Registration Required



WELLNESS SPOTLIGHT

**NEW!**

### Caregiver Support Group

Every 4th Wednesdays of the Month  
1 pm - 2 pm | Starts Sept 27

For ongoing support and understanding to caregivers, and connection to peers dealing with similar experiences. To register contact Lola at 403-234-6566 or email to [lolaf@unisonalberta.com](mailto:lolaf@unisonalberta.com).



TRAVEL SPOTLIGHT

### Emerald Lake, Natural Bridge Lower Falls and Field, BC

Wednesday, Oct 4 | 7:30 am - 6 pm

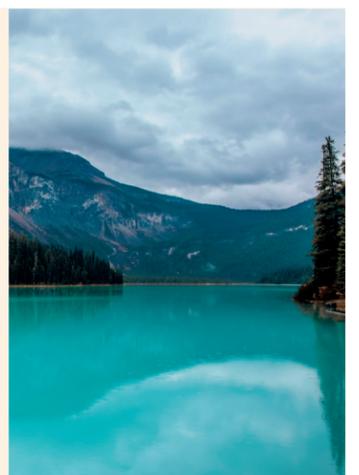
Member: \$85 | Non-Member: \$115

Cut-off Date - Tuesday, Sept 19

\*No refunds after cut-off date.

\*Lunch not included in trip price

\*Registration Required



TRAVEL SPOTLIGHT

### Jubilations Presents: The Legend of Elton John

Tuesday, Sept 19 | 9:30 am - 3 pm

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

Cut-off Date - Tuesday, Sept 5

\*Includes lunch and performance

Travel by LRT or meet at the Theatre

\*No refunds after cut-off date.

\*Registration Required



# Active Aging Department Calgary In-Person Activities

## Classes and Activities Spotlight

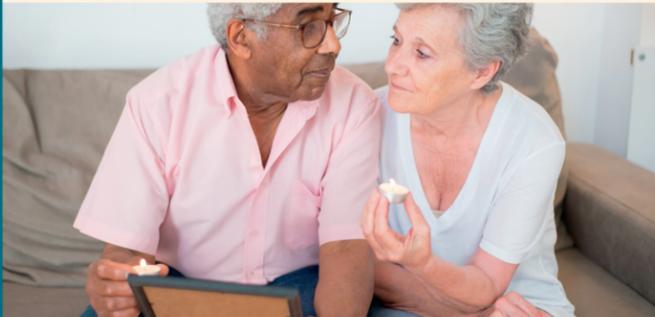
WELLNESS SPOTLIGHT

### NEW Compassionate Friends Workshop

Thursdays | Oct 12 – 26  
1 pm – 2:30 pm

Grievers need not walk alone. Are you a family member, friend, or an acquaintance to someone that is grieving, and you wonder how you can help. Join the compassionate Friends 3 weeks workshop to learn how to be a compassionate support to those going through the loss of a loved one.

\*Registration Required



ACTIVE AGING SPOTLIGHT

### Ukulele Beginner

Fridays | Oct 12 – Nov 16 | 10 am – 11 am

Members: \$55 | Non-Member: \$85

This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing.

\*Registration Required



ACTIVE AGING SPOTLIGHT

### Indigenous Building Capacity Workshop

Monday, Nov 13 | 9:30 am – 4:30 pm

Members: \$70 | Non-Members: \$100

**Medicine Wheel and Building Capacity: Truth & Reconciliation Presentation**

For detailed information visit our Active Aging section on our website

\*Registration Required



SHOPPING SPOTLIGHT

### Active Aging Craft Sale

Thursday, Sept 28 2023  
10am – 1pm  
Kerby Centre, Café  
Selected items 50% off!



ACTIVE AGING SPOTLIGHT

### Safety First! Workshop

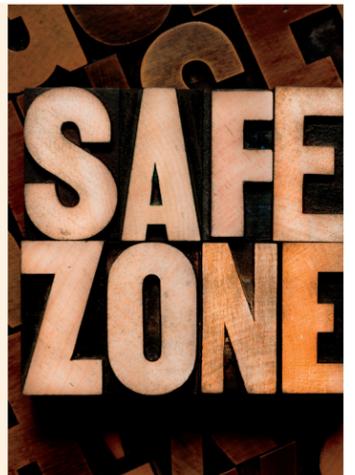
"Developing Skills for Preemptive Action"

Tuesday, Sept 19 | 10 am – 12 pm

Members: \$30 | Non-Members: \$60

Develop the essential skills for preemptive action and gain the confidence to recognize and respond to potential threats effectively.

\*Registration Required



SHOPPING SPOTLIGHT

### Free Food Markets Non Kerby Locations

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

**CARYA Village Commons (SE)**  
September 13 | 1PM – 3PM

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

**Northminster United Church at the Highland Park Community Association**  
(3716 – 2nd St. NW)  
September 27 | 1:30PM – 3PM

ACTIVE AGING SPOTLIGHT

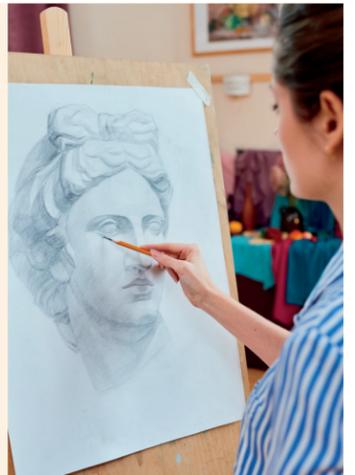
### Portrait Drawing Workshop

Monday, Oct 23 | 10 am – 1 pm

Member: \$50 | Non-member: \$80

The workshop covers the essential rules of portrait drawing. It's a great chance to improve your skills and gain some new knowledge.

\*Registration Required



Travel Spotlight

### Sign Language Basic!

Mondays | Sept 11 – Oct 23  
10 am – 11 am

Member: \$125 | Non-member: \$155

This class provides an enjoyable and effective method to learn American Sign Language (ASL) through classroom instruction taught by certified ASL Instructors.

\*Registration Required



# Active Aging

## Course Registration Fall Session

### Embrace the season of learning:

Register now for an exciting array of courses this fall!



Register in person at Kerby Centre in **Room 306**  
or by phone at **(403) 705-3233**

Online registration is available now at  
**kerbycentre23.wildapricot.org**

## New Satellite Location:

**Wild Rose Church** (1317 1 St NW, Calgary, AB T2M 2S5)

## Unison at Kerby Centre:

(1133-7 Avenue S.W. Calgary, Alberta T2P 1B2)

### Drawing Workshop

Member: \$50  
Non Member: \$80  
Instructor: Tayebe Joodaki

### W01 Monday Oct 16

10:00am – 12:00pm  
Wild Rose Church

This workshop is a great opportunity for all levels of students who are interested in learning about still-life drawing. Whether you are a beginner or an advanced student, there is something new to learn. The workshop covers the essential rules of still-life drawing. It's a great chance to improve your skills and gain some new knowledge. Don't miss out on this fantastic opportunity!

Supplies: Pencils (HB, 3B and 6B), Sketch Book and eraser

### Ukulele Refresher! Returning to the Ukulele

Member \$90  
Non Member \$120  
Instructor: Barry Luft

### B38 Tuesday Oct 3 – Dec 5

(10 Weeks)  
10:30am – 11:30am  
Room 313

This course is for those who have been absent from playing the instrument and would like to ease back into it. A healthy review of strumming while singing will be the focus of this class as skills return and the fun is re-kindled!

Pre-requisite: A previous ukulele course

### Fitness with Dan

Member \$36  
Non Member \$69  
Instructor: Dan Leung

### W02 Tuesday Oct 17 – Nov 21

(6 Weeks)  
11:30am – 12:30pm  
Wild Rose Church

Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

### Origami Workshop

Member \$10  
Non Member \$40  
Instructor: Kumiko Sato

### B39 Monday Oct 23 B40 Monday Nov 20 B41 Monday Dec 11

10:00am – 11:00am  
Room 205

Are you looking for a delightful and engaging activity that stimulates your creativity and brings a sense of joy? Join our Origami Workshop, specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment.

### Line Dancing - Introductory

Member \$36  
Non Member \$69  
Instructor: Glenis Martin

### W03 Wednesday Oct 18 – Nov 22

(6 Weeks)  
1:00pm – 2:00pm  
Wild Rose Church

This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.

No need for a dance partner!

This is an absolute beginner class for those who have never line danced before, or, for those who haven't line danced in a while.

### Ukulele Beginner

Member \$40  
Non Member \$70  
Instructor: Lorraine Smith

### B42 Thursday Oct 12 – Nov 16

(6 Weeks)  
10:00am – 11:00am  
Room 313

This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing. You'll be playing on the first day! If you have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. Don't have a uke? Please contact Active Aging Department for purchasing information. Instruction is for the small size varieties of ukulele - soprano, concert, or tenor.

### Guitar for Beginner!

Member: \$54  
Non Member: \$84  
Instructor: Doug Baker

### W04 Monday Oct 16 – Nov 20

(6 weeks)  
10:00am – 11:00am  
Wild Rose Church

Ever dreamed of playing your favorite tunes on the guitar? Now's your chance to make those dreams a reality! Join our exciting Beginner Guitar Course and embark on a musical journey that will have you strumming, picking, and playing in no time.

### Watercolour Beginner!

Member \$120  
Non Member \$150  
Instructor: Sally Towers-Sybblis

### Z02 Friday Sept 15 – Oct 20

1:00pm – 3:00pm  
Online

The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

Learn the basics of watercolour painting by creating artist trading card size watercolours. These are small watercolours that are 2.75x3.75" in size. Each week we will learn a new landscape technique. This class is perfect if you are new to watercolour painting.

# Kerby needs your cartons!

Egg cartons to be use. exact!

One of the most important services we offer at Unison, for Generations 50+ are our Free Food Markets.

We host these by-weekly at the Kerby Centre: it's a time where seniors who need a bit of a hand filling their fridges and pantries can come get some food: bread, eggs and other staples, all generously donated by various partner organizations.

Since we get our donations in bulk, we use reused and empty egg cartons at our Free Food Markets here at Kerby Centre.

But we're running low!

If you're coming to Kerby Centre, don't throw that cardboard in the recycling. Bring it by the Centre to our Thrive Department, where our amazing staff members Kendra and Senir will be able to put them to good

Please make sure donated cartons are clean and free from any egg-y accidents that might have occurred during the course of their lifetime. That is not egg-zactly what we are looking for.

If you're wanting to make a larger donation (10 or more cartons at once) please give Kendra a call at (587)441-0118, just so we can ensure we have enough space to receive them.



**unison** 50 years  
At Kerby Centre | 1973-2023

**SEPT 27th**  
**10am-3pm**

## FREE Estate Planning Workshop

Get ready to dive into a day jam-packed with presentations all about estate planning. Join us for this all-day workshop where you'll uncover the secrets and strategies behind it all. We'll have a delicious light lunch waiting for you too! Space is limited, so RSVP to secure your spot.

- 10 am - 3 pm
- Wednesday, September 27
- Unison at Kerby Centre Lecture Room

RSVP to Lori at Unison at Kerby Centre  
loriw@unisonalberta.com or (403) 705-3179

### Active Aging Week Event

<b>Axe Throwing</b> Member/Non-Member \$45	<b>Monday, October 2nd</b> 11:00am - 1:00pm
<p>Are you ready to embrace your adventurous side and take a swing at an exciting new experience? Join us for a day of heart-pounding fun and friendly competition as we introduce you to the art of axe throwing. We will have a dedicated coach to provide guidance, tips, and supervision throughout the event.</p> <p>Unison at Kerby Centre will provide the bus. Light Refreshment also included.</p>	

<b>Walking Soccer</b>	<b>Wednesday October 4th</b> 1:00pm - 4:00pm
<p>We are thrilled to invite you to the fun filled event of the Active Aging Week – Walking Soccer Extravaganza! Imagine a game where your vibrant spirit meets the joy of movement. We've got you covered with 45 minutes of expert-led conditioning and 45 min soccer tournament guided by our fantastic certified instructor. Trust us, your heart will thank you for the workout, and your smile will be unstoppable! Let's make memories, stay active, and have a blast together!</p> <p>Lace up your comfiest non slippery indoor shoes, because we're about to embark on a soccer adventure that's tailor-made for our senior superstars.</p> <p>Help us score big by confirming your spot. We're looking for 12 lively participants to make this event a smashing success. Don't miss out on this chance.</p> <p>Light refreshment included and prizes for the winning team.</p>	

<b>Presentations</b> FREE with refreshments provided	<b>Tuesday, October 3rd</b> 10:00am - 3:30pm Unison at Kerby Centre Gym
<p><b>Ears to you at 10am</b> Ears To You is a mobile hearing service provider. Using our state-of-the-art mobile hearing clinic van, we provide to-your-door hearing assessments and hearing aid fittings conducted by qualified hearing specialists. Ears to you will provide complementary hearing assessments and hearing aid "clean and check".</p> <p>Mobile Hearing Clinic Assessments from 11am to 3:30pm – Mobile Unit at Unison parking lot (5 spots available)</p> <p><b>Peak Oxygen at 11am</b> Peak Oxygen is proud to offer industry leading oxygen concentrators. we believe that everyone should have the opportunity to maintain their active lifestyle and we are passionate about finding the best solution for you and your family. During the presentation we will provide information on the benefits and impact of having access to oxygen concentrators, the products and to access them via Alberta Blue Cross and Alberta Government funding.</p> <p><b>Better Business Bureau (BBB) at 1pm</b> Your BBB Serving Southern Alberta and East Kootenay invests heavily in community outreach and education to ensure seniors, newcomers, homeowners and other consumer groups are well equipped to navigate the modern marketplace. Our Savvy Senior session focus on the types of scams that mainly target senior: Investments/financial, romance, house and home, windfall and internet scams. It will give you general safety tips, help identify some red flags, what to do if it happens and where to go for help.</p> <p><b>Biostrong at 2:15pm (TBC)</b> There is a proven way to improve bone density, naturally. Controlled physical stress on the body results in bone rebuilding itself in a stronger form. This is called Osteogenic Loading.</p> <p>Osteogenic Loading is a proven, safe, and natural way to improve bone density, posture, athletic performance, and balance, while reducing joint and back pain, symptoms of osteoporosis, and symptoms of diabetes.</p> <p>On our presentation we will provide you with valuable information on how to improve your bone density and how to access our services.</p>	

# Active Aging Department

## Unison Online Activities

### Online Weekly Activities

#### Monday

Fitness with Dan - 9:30am

English as a Second Language - 1pm

Chair Yoga - 2pm

#### Tuesday

Tai Chi - 1:30pm

#### Wednesday

Tech Shed - 11am

#### Thursday

Yoga for you - 9am

Drum Fit - 10:15am

#### Friday

Muscle Strength & Core Balance - 11:30am

ONLINE SPOTLIGHT

### Watercolour Beginner

Friday, Sept 15 - Oct 20  
1 pm - 3 pm (MST)

Member: \$120 | Non-Member: \$150

Learn the basics of watercolour painting by creating artist trading card size watercolours. These are small watercolours that are 2.75x3.75" in size. Each week we will learn a new landscape technique. This class is perfect if you are new to watercolour painting.

[\\*Registration Required](#)



ONLINE SPOTLIGHT

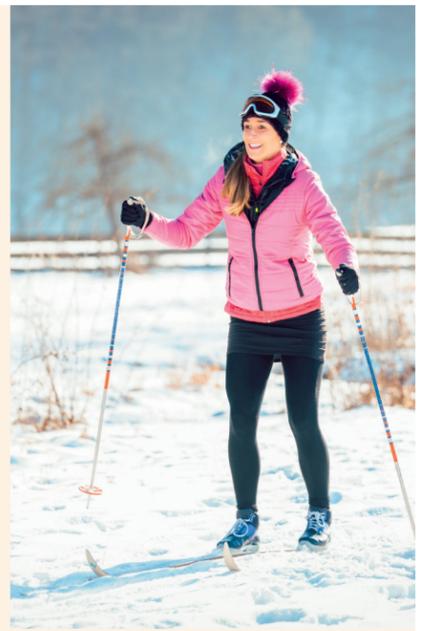
### Ski Fit

Mon & Thurs, Sept 18 - Oct 30 | 10 am

Member: \$64 | SASC Member \$74 |  
Non-Member: \$84

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

[\\*Registration Required](#)



To Register for Events, Classes and Programs please visit Kerby's Active Aging website, contact our Active Aging Team [henriettaf@UnisonAlberta.com](mailto:henriettaf@UnisonAlberta.com), or visit us at Kerby Centre on the third floor—room 306.



## FREE INFLUENZA IMMUNIZATION WORKSHOPS

Through a generous educational grant from Sanofi



### In-Person at Kinsmen Lecture Room at Unison at Kerby Centre

#### **The Differences Between The Vaccines You Didn't Know** Thursday, September 14th — 9am

Presentation by Mohamed Toufic El Hussein, *Professor, School of Nursing and Midwifery, Faculty of Health, Community & Education, Mount Royal University. Acute Care Nurse Practitioner Medical Cardiology. Coronary Care Unit – Rockyview General Hospital*

#### **Influenza And Other Respiratory Viruses This Season** Monday, October 2nd — 9am (Seniors' Day Special)

Presentation by Dr. Jia Hu, *Primary Care Physician and Member of Cleveland Clinic Canada Medical Director Program Director 19 to Zero*

#### **The Risks And Benefits Of Immunization** Monday, October 16th — 10am

Presentation by Dr. Mary Szabo, *Family Physician (Calgary) Advanced Primary Care*

### Online Zoom Meeting

#### **Monday, October 30th** More details coming soon

#### **Early November** More details coming soon

Register for a workshop now by visiting  
[UnisonAlberta.com/InfluenzaImmunizationWorkshops](https://UnisonAlberta.com/InfluenzaImmunizationWorkshops)

# Seniors Scene: events about town!

## GROWING WITH SENIORS: ALL ABOUT GARLIC

Wednesday, September 20

12:30 – 2:30 pm

Join the Society for an in-person talk at the Signal Hill Library. Learn the ins and outs of selecting, planting, tending, harvesting, and storing delicious garlic year after year.

Visit the What's Happening calendar on [www.calhort.org](http://www.calhort.org) or the Calgary Public Library to register. This free talk is offered in partnership with the Government of Canada.

## Good Companions

There is something for everyone at Good Companions 50 Plus. We offer in-person programming including Luncheons, Social Suppers, Pub Nights, Walking Club, Garden Concerts, Canasta, Crib & Cards, Garden Games, Heart & Soul Singers, Line Dancing, Square Dancing, Bridge, Bingo, Floor Curling, Pool & Shuffleboard, Rhythm Kats, Day Trips and a yearly FUNdraiser Cruise!

We also offer online programming featuring Monday Melodies, Active Aging Yoga, Mindfulness & Meditation and Tai Chi

with Qigong. Services offered include Hearing Care Clinics, Foot Clinics, Reflexology and Massage.

Call us at 403-249-6991 or check us out online at [www.gc50plus.org](http://www.gc50plus.org) to see our hours and program details. We are located at 2609 19th Ave SW. Hope to see you soon!

## HOUSING HOPE Community Meeting

Tuesday September 12, 2023 1PM to 2PM at the Kerby Centre – we're taking ACTION NOW for HOUSING is a HUMAN RIGHT at the time of Calgary's growing housing EMERGENCY!

My name is Anne Landry.

I am a Calgarian for HOUSING is a HUMAN RIGHT and a member of the Kerby Centre. Perhaps we met at the Calgarians for HOUSING is a HUMAN RIGHT booth at Seniors Expo 2023 earlier this year, in April.

I am leading a HOUSING HOPE community meeting at the Kerby Centre Lecture Room in Calgary, Alberta on Tuesday September 12, 2023 from 1PM to 2PM, with doors opening at 12:30PM: we're taking action NOW for HOUSING is a HUMAN

RIGHT! A FREE event!

With support from/ guests: the John Humphrey Centre for Peace and Human Rights and Voice of Albertans with Disabilities, and Calgary Raging Grannies. It's easy to get to the Kerby Centre at 1133 7th Avenue S.W. – get off at the Kerby Centre C-Train stop! Limited parking is also available.

Hope you can come! Seating is limited so please email me to confirm your attendance at: [info@calgariansforhousingrights.ca](mailto:info@calgariansforhousingrights.ca)

Con't from pg. 5

Once again, I endured a one-sided conversation with that automaton, and once again I was assured that someone would come within an hour or so.

Back in the garage, I thanked my friend for her help, told her of the new developments and took over the garage door duty. As I stepped on and off the wire, I wondered if this new mechanic would also park at the front of the building. I walked up the ramp and over to the street corner to wait.

Good thing too because when I saw him approach, he was aiming towards the front of my building. I waited for him to drive up to me and then told him to follow me to the garage.

With the hood up, he tested my battery. "Nothing wrong with this battery. Somehow you have completely drained it", he said.

Then he attached the booster cables and this time when I turned the key, the engine fired immediately. "Just take it for a long spin to charge it up and you'll be fine" he added. I thanked him and decided that a drive to High River and back would be perfect.

It was a hot day but it suddenly became a great day for a drive. Close to High River, I saw flashing red and blues lights in the distance and it was evident that there was a major problem on the highway.

When I passed the accident I saw the STARS helicopter on the ground, police cars, fire trucks and two ambulances. Wow, and I thought I was having a bad

day! I knew my return trip was going to be a slow one.

Heading back, the radio was alerting drivers of the accident and about the detour imposed around it. When I reached the traffic jam, I too became part of that slow convoy moving northward, and, at the

detour point, we dutifully drove onto a narrow gravel road.

Eventually, we made our way back onto the highway which was instantly turned into a racetrack. I moved over to the right to let them pass then watched as they jostled for position and

aimed their vehicles towards the city.

Well, if nothing else, this was a sort of refresher

course for highway driving.

Later this summer, my niece Michelle and I are planning a road trip to Vancouver.



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📘 [facebook/ coopmemorialsociety](https://www.facebook.com/coopmemorialsociety)



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- large kitchen and eating area for functions
- games room and lounge
- on-site manager

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## SUDOKU ANSWER

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# The story of the misplaced wallet

Kerby Center holds English language classes for foreigners who come to Calgary willing to improve their English speaking skills. The teacher gives the students a number of topics to practice writing. One of the topics was as follows: Talk about a time that you lost something and how you found it again. The following story has been written by one of those students about the subject.

The story I want to write about happened nearly one month ago, in July. It was for the first time that my wife and I, as visitors, decided to use Calgary Public Transportation in order to go to the downtown district.

Normally, we knew nothing about how to pay when using public transportation. Furthermore, we were not sure about how to take the right buses to get there.

By looking at Calgary Transit website, we understood that we should take two different buses to get to the CTrain station in Brentwood, which could take us to our destination in downtown, which was Central Library.

Calgary Public Library, in my view, is one the most attractions of the city. Easy procedure for the membership is one of the most characteristic features of the library. While sitting at your home with a smartphone in your hand, you can go to the public library website,

register your name, email address and contacts and after that you can become a member with a card number that you can borrow books based on.

I became a member of the public library in 2018 when I travelled to Calgary for the first time. However, in May this year, after five years, when I returned to Calgary and wanted to use it to borrow books, I realized that it did not work. My search at the library website showed that when you have not used your membership card for three years it gets inactive. I reactivated it and could receive a new membership number and after that, once again I was able to borrow books.

The other issue about the library was that the central library in downtown as the largest branch of Calgary's public library had moved to a new building. In October 2018, I left Calgary to go back to Tehran. At that time, I knew that a new building was under construction in downtown and would be completed soon to be the host of a great number of its members. This new building was completed and opened to the public in November 2018.

Anyway, after getting to the Central Library, my wife told me: do you know what? And while I was surprised, she continued: I have lost my wallet with the whole money inside.

We did not know what had happened and just

guessed that it could have fallen somewhere along the way or maybe it has been stolen!

We told the incident to our daughter who lives in Calgary and after some explanations; she said that most probably it should have fallen on the bus.

She called the Calgary Public Transportation and informed them about the incident. They asked her to register the details of the wallet and the content inside and to wait for a few days. According to the Calgary public transportation there was a possibility that the wallet could be delivered to the sections that deals with lost and found items if it had been lost in the buses or CTrain.

While we never imagined that the wallet could be found, to our surprise the next week my daughter called us and told us that the wallet had been found and now was available at the Calgary public transportation office in downtown.

Regaining the wallet with all the money inside was very encouraging. This shows the people of Calgary are so nice and the public transportation of the city reliable and its employees very responsible. Hereby, I would like to thank all of them.

By Heshmatollah Razavi

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For Seniors and older Adults  
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 No travel fee within Calgary City limits.  
**GREAT SERVICE · COMPETENCE · RELIABILITY**

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No job too small.  
 Specializing in cleaning for seniors:  
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- Fall Clean-Up, Fertilizing
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**50TH ANNIVERSARY**



**RAFFLE**





**TIME FLIES WHEN YOU'RE HAVING FUN!**  
 CELEBRATE **50 YEARS** OF SERVING SENIORS  
 WITH UNISON AT KERBY CENTRE



unison  
for generations 50+

ENTER FOR A CHANCE TO  
**WIN A \$2,500 WESTJET GIFT CARD**

SCAN THE QR CODE ON THE LEFT OR VISIT  
**RAFFLEBOX.CA/RAFFLE/UNISON-ALBERTA**  
 OR CALL **(403) 705-3254** TO PURCHASE YOUR  
 RAFFLE TICKETS NOW!

**1 TICKET FOR \$25 | 3 TICKETS FOR \$50**

One prize awarded. Winner will be announced on Sept. 7, 2023 at the Unison Calgary Charity Classic Golf Tournament at Sirocco Golf Course. Attendance at the event is not mandatory to enter. Winner will be contacted via email or phone. AGLC License #648766

**UNISON'S GOLDEN HEARTS**



## You're Invited! Join us as we celebrate 50 years of serving seniors in Calgary!

**Saturday, November 4, 2023**

Hudson's Bay Event Hall, 6th floor, Century Hall,  
200 8 Avenue S.W. Calgary, AB T2P 1B5

*Early Bird tickets available until September 15th*  
*Tickets are \$225 each or a table of 8 for \$1,700*

**UnisonAlberta.com/Gala**

Lighting up hearts & lives for 50 years

\*Sponsorship opportunities available.  
 Contact us by email at [AndresG@unisonalberta.com](mailto:AndresG@unisonalberta.com)



**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 \_\_\_\_\_

Signature \_\_\_\_\_

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

I would like to receive information on planned giving.

I have included Unison at Kerby Centre in my will.

Send tax receipt to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

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

**Thank you for supporting seniors!**  
 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2 | Charitable Registration #11897 9947 RR0001  
**Donate online at [UnisonAlberta.com/Calgary-Donate](http://UnisonAlberta.com/Calgary-Donate) or call 403.705.3254**
