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# EARTH DAY

Green is the colour that our planet would have if all of us could be grateful for all that it offers to us unconditionally.

~ Roxana Jones



## Join Us for

### SHREDDING EVENT

APRIL 14

### VOLUNTEER APPRECIATION SUPPER

APRIL 14

### GETTING OUT OF THE BOX

APRIL 15

### VOLUNTEER MOVIE PARTY

APRIL 16

### WORLD TAI CHI & QIGONG DAY

APRIL 30

## SHOPPERS HomeHealthCare®

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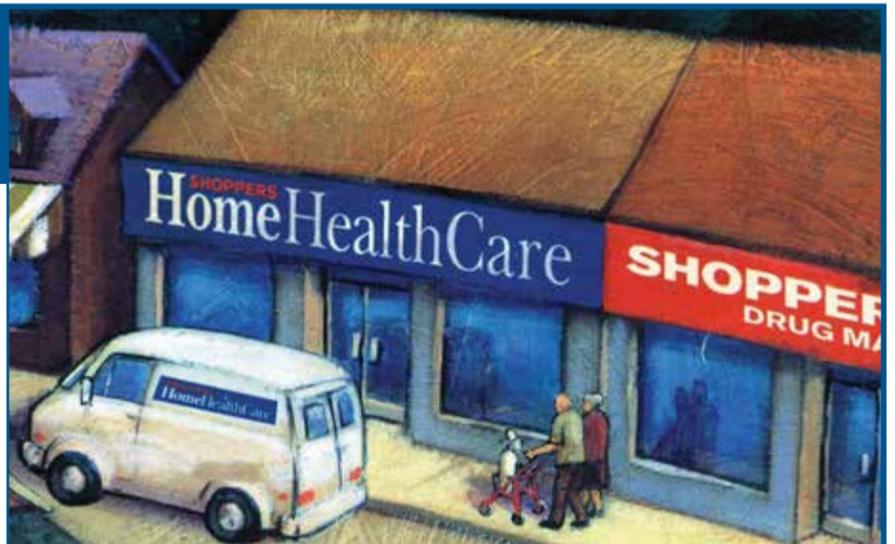
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**Executive Director**

**Rob Miyashiro**  
rmiyashiro@lethseniors.com

*"A similarity or identity"*

~ Google dictionary

According to the definitions, we are already part of our community. But it seems that, as a subset of the larger group we may feel aloof and disconnected. Our goals of *Expanded Community Outreach and Change of Community Perception of LSCO* speak to our aspiration to work with our larger community in a different way...so that there is no differentiation between the community of Lethbridge and the community at LSCO.

The reasons we would want to do this are very simple. As long as LSCO is perceived to be apart from the mainstream, we will have to fight and claw to remain relevant to even our community (55+) let alone everyone else. Should we continue to move toward higher levels of community engagement, thus changing perceptions of who and what we are, the potential for LSCO becomes unlimited.

At the very least, we need to start discussing this issue with our members now...before it's too late. ★

As mentioned in last month's LSCO Times, two of our organizational goals deal with our desire to engage community and to change community perception of LSCO. But what is this mysterious thing called community...and why would we value it so highly?

Let's look at definitions of community:

*"The people of a district or country considered collectively, especially in the context of social values and responsibilities; society."*

*"A feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals."*

**How is your hearing?**



**Do you need a Hearing Test?**

**Candice from Lethbridge Hearing Centre**

will be here

Thursday, April 14, 2016

Book your free initial test at the administration desk or phone 403-320-2222

**Did you know?**

our next Sunday Brunch is on May 8th for Mother's Day. Join us!

**TRIVIA ~ Did you know?** Before the year 1000, the word "she" did not exist in the English language. The singular female reference was the word "heo", which also was the plural of all genders. The word "she" appeared only in the 12th century, about 400 years after English began to take form. "She" probably derived from the Old English feminine "seo", the Viking word for feminine reference.

**With Philips Lifeline help is within reach.**



Did YOU know that one out of three older adults over the age of 65 and one out of two over the age of 80 will fall this year? The Lifeline service can be there for you for safety, security and peace of mind for your loved ones.

The **Lifeline Community Representative** will be in the LSCO foyer on **April 22nd** from 10:00 am-1:30 pm to answer any questions about the Lifeline service, will have equipment to view, including our new **GoSafe button** you can wear on the go, as well information and valuable coupons for you to save on the lifeline service.

**SAVE ON LIFELINE**

Receive **FREE installation** (a \$90 savings)\*\* when you call Philips Lifeline in partnership with the Lethbridge Senior Citizens Organization (LSCO) at **1-800-LIFELINE (1-800-543-3546)**

Quote code **574**

[www.lifeline.ca](http://www.lifeline.ca)

Available at local participating programs. Not to be combined with any other offer. Offer valid on new activations only.

\*AutoAlert does not detect 100% of falls.

If able, you should always press your button.

\*\*Some conditions apply.

**PHILIPS Lifeline**

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# LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

Check out the newly revised website!  
www.lethseniors.com

Layout, Advertising & Circulation. . . . . Lisette Cook (ext. 33)  
Printed by. . . . . Lethbridge Herald

## The Officers of LSCO

### Executive:

Acting President – Clifford (Charlie) Brown  
Past President – John Machielse  
Secretary – Marnie Brown  
Treasurer – Irwin Wyrastok

### Board of Directors:

John Baker, Colin Thompson, Bill Hansen, Bob Maslen, Carol Roesler and Merri-Ann Ford.

**LSCO . . . . . 403-320-2222**

### Staff Members:

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jscott-harrison@lethseniors.com . . . . . ext. 27  
Associate Food Services Coordinator  
Farron Matthews  
catering@lethseniors.com . . . . . ext. 27  
Cook I – Jody Gordon . . . . . ext. 27  
Prep/Line Cook – Blair Romaniuk . . . . . ext. 27  
Food Service Cashier – Georgette Mortimer . . . . . ext. 27  
Adult Day Program Supervisor – Sharon Appelt  
sappelt@lethseniors.com . . . . . ext. 32  
Alberta Supports Call Centre . . . . . 1-877-644-9992  
www.albertasupports.ca

For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK(5465) It's free!

*The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements.*

*If anyone has any issues or concerns with any of the advertisers in LSCO Times, please let us know so we can address the issue.*



Visit us on Facebook!  
http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844

## LSCO Vision Statement

*"An active, healthy community which is learning, growing and making a difference."*

*Welcome  
New Members!*

William Walker	Sherry Ferland
Betty Thompson	Veronica Panich
Joan Pisko	Miriam Wiebe
Jim Wood	Sandra Ashmore
Leo Daigle	Wanda Young
Betty Dingerville	Kenneth Young
Ross Williams	Diane Boyle
Alice Williams	Germaine Zanoni
Nasser Azarafshar	Donna Kesler
Colleen Orr	

*A Smile is  
the Universal Welcome.*



LETHBRIDGE Senior Citizens ORGANIZATION

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## Year Round Program Drop-In Fees

**Fees must be paid prior to attending program.**

**Please take till receipt to person in charge of program (if applicable)**

Badminton	\$2.50 member \$3.50 non-member
Keep Fit	\$2.00 members & non-members
Scottish Dance	Members give weekly donation \$3 non-member
Table Tennis	\$2 members & non-members
Billiards	\$6 members \$7 non-members <i>(must be accompanied by billiard member)</i>
Crib	\$2 non-member
Duplicate Bridge	\$2 non-member
Scrabble	\$2 non-member

## DROP IN FEES

	Member	Non Member
Active Aging	\$6.00	\$7.50 <small>(pay after to Admin Desk)</small>
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Fitness Centre	\$5.00	\$6.00
Zumba	\$6.00	\$7.00

(must be purchased before 4:15 weekdays for use Saturdays).



## Fitness PASS

### 10X PASS

Fee: \$55 LSCO Members; \$65 Non Members

## PROGRAM COMMITTEE MEETING

**Tuesday, April 19  
10:00 am ~ Room A**

*If you are interested in attending to represent the program you participate in please contact Shawn Hamilton at shamilton@lethseniors.com or by calling 403-320-2222.*

## LSCO Hours of Operation

Monday – Friday, 8:00 am – 4:30 pm  
Holidays vary – watch our calendar.

**WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!**







## Publishing Schedule

Issue	Deadline
May 2016 . . . . .	April 15
June 2016 . . . . .	May 16

*Please have all ads and articles in by these dates to ensure inclusion in paper. Thank you.*



Now that the annual election is finished, I would like to welcome the new board members on the LSCO. Even though at the time of this writing I don't know who will be elected, I have seen the slate of potential board members and look forward to working with them and getting acquainted with each one in the coming year. Congratulations to our new board members. There is a lot going on at the LSCO and look forward to new suggestions and ideas.

As I was cleaning up this morning, I noticed on the Kleenex box, of all places, a jumble of words which caused me to think of the qualities board members need to have and also each and everyone one of us for that matter. Let me share just a few – determination,



## President's Message

**Clifford (Charlie) Brown**

courage, believe, strength, and hope. Maybe you will go to your Kleenex box and see if we bought the same brand. Each one of these words reflect different areas of our own lives and the paths we take. If we could all have

the feelings of just these five words, we could accomplish so much. One sticks out to me more than the others and that is Hope. Without hope life would be dreary and few things would ever get done. With hope, there is no barrier or disappointment that we can't overcome and especially if we have a few or even one good friend to be by our side.

Lets hope together for a better LSCO, more good times with friends and family and a fulfilling life helping and serving others close by and in the community.

Thank you for your support in the past year and look forward to a better and more productive year at the LSCO and in life generally. ★

*Mother's Day*  
**BRUNCH**  
*Sunday, May 8th*  
**3 Seatings**  
10:00 am ~ 11:30 am ~ 1:00 pm  
*Eggs Benedict, sausage, pancakes, hash browns, roast beef, salad bar, coffee and tea.*  
Call to reserve your seat today!  
403.320.2222  
LSCO ~ 500 - 11th Street South  
Adult \$18.50 / 5-11 \$9.75 / 4 and under Free  
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**TRIVIA ~ Did you know?** The baseball glove was invented in Canada in 1883.

**LSCO Karaoke Club Presents their**  
**Spring Concert**  
**Tuesday, April 19, 2016**  
**1:30 ~ 3:30 pm ~ Gym 2**  
**Karaoke Entertainers**

50/50 Tickets • Door Prizes  
*Refreshments to follow Concert*  
Admission by Donation • All Proceeds to LSCO  
Lethbridge Senior Citizens Organization  
500 - 11th Street South • 403.320.2222

**TRIVIA ~ Did you know?** The correct response to the Irish greeting, "Top of the morning to you," is, "and the rest of the day to yourself."

**Scrapbooking**  
**Photos**  
**Photos**  
**Photos**

Let me show you quick and easy solutions to getting those photos and memories out of shoeboxes and into albums in 6 weeks. The first week we will meet for 1 hour so that you can choose your supplies and ask any questions you may have. Supplies will be available for purchase from the instructor.

When: Wednesdays  
April 13 - May 18  
Time: 10:00 am - 12:00 pm  
Fee: \$5 LSCO M; \$10 NM  
Instructor: Joan Pittman  
Register by: Friday, April 8  
(after this date add \$5)

*Good Memories*

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# Volunteer Corner

## NATIONAL VOLUNTEER WEEK

The LSCO looks forward to the extra celebrating during National Volunteer Week in honour of our volunteers.

Tickets for volunteers and guests are available in my office. Please get your tickets before Monday, April 11th.

We will be presenting the movie "Brooklyn" (winner of Best Picture & Best Actress at the Academy Awards this year) for our volunteers at the Movie Mill this year on Saturday, April 16th, show time is 10 a.m. Come get your tickets early.

## JESUS CHRIST SUPERSTAR

The LSCO is very proud to present Jesus Christ Superstar on Thursday, Friday, Saturday and Sunday, October 13th, 14th, 15th, 16, 2016. It is



## Volunteer Coordinator

**Teresa Ternes**  
 tternes@lethseniors.com  
 403-320-2222 ext. 31

not too early to come and put your name on the ever growing list to volunteer. The positions for ushers, program sellers, 50/50 sales and ticket takers are filling up quickly. Volunteers must be willing to attend a volunteer orientation meeting regarding these positions. We also require set builders, more information to follow.

**Seamstresses** – A minimum of 6 seamstresses are required for costume construction and alterations as directed by the Costume Mistress. If you are a seamstress and are willing to assist us with the costumes required for Jesus Christ Superstar please come in to see me or call me. Costume design will begin soon.

## CLEVER CRAFTER'S BOUTIQUE

I would like to remind those who have not yet paid for their 2016 Boutique fees that you have until April 4th to do so.

**Meeting** – If you are a Boutique consignee or volunteer, or interested in becoming a consignee or volunteer, I would like to invite you to a meeting on Wednesday, April 13th at 11 a.m. in Room A. We will discuss the current operating procedures, design, and future considerations. ★

**TRIVIA ~ Did you know?** A hippo can open its mouth wide enough to fit a 4 foot tall child inside.

# WINNERS

## Volunteers Needed

**Mondays & Thursday**  
**11:00 am - 4:00 pm**  
**FREE LUNCH**

*Variety of positions available*

Please see Kari at the Admin Desk  
 or call 403-320-2222

**THUMBS UP TO NORDIC WALKING**

**INTRO TO NORDIC WALKING**  
 Mondays, April 4 – 25

**NORDIC WALKING**  
 Monday, April 11

# VOLUNTEERS

are the roots  
of strong communities

## APPRECIATION SUPPER

Thursday, April 14th  
 Cocktails 5:30 pm • Dinner 6:00 pm  
 LSCO Dining Room

Tickets available Tuesday, March 1st until Friday, April 8th

## Self Help Groups

### Embracing Life's Changes Coffee and Conversation Group

This is an ongoing drop-in support group that meets every **Wednesday at 1:15 p.m.** in Room B. Participants will share concerns, worries when they feel comfortable to talk in the group. Support and encouragement is offered by qualified Alberta Health Services Outreach facilitators. There is no charge for the group and everyone is welcome. LSCO membership is not required.

### Celiac Support Group

They meet the last Monday of January, May & September at 7:15 p.m. in Room A. The next meeting is **Monday, May 30th.**

### Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group is now meeting at the LSCO. The purpose of the group is to help families and caregivers maintain and increase feelings of self-worth

and control by sharing common experiences. Working together can assist people and alleviate feeling of helplessness. The group meets in Room B the 3rd Tuesday of the month. The group will meet on **April 19th at 7:00 p.m.** For more information call Vedna at 403-329-3766.

### Parkinson's Alberta Society Support Group

Meets regularly the 3rd Thursday of every month at 2:00 p.m. The next meeting will take place on **Thursday, April 21st** in Room A. For more information please contact Monica at 403-317-7710.

### Lethbridge Stroke Recovery Association (LSRA)

Meet regularly the 2nd Wednesday of every month at 7:00 p.m. in Room A. If you are a stroke survivor or the loved one of a survivor you are invited to join the LSRA meeting on **Wednesday, April 13th.** Constable Steve Baker from the Lethbridge Police Services,

Community Liaison/Crime Prevention unit will be speaking to the group about "**Personal Safety**". For more information call Louise at 403-394-6495 or by email at llandry@shaw.ca.

### Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a neuropathic disorder characterized by episodes of intense pain in the face, originating from the trigeminal nerve. It has been described as among the most painful conditions known. Individuals with TN and their family member are invited to attend the meetings. The next meeting is **April 9th** at 2:00 p.m. in Rooms C & D.

### Alcoholics Anonymous

#### Saturday Morning Eye Opener Group

This group meets every Saturday morning at 9:00 a.m. in Rooms C & D.

### Sunset Alcoholics Anonymous

Meets in Rooms C & D Thursday evenings at 7:00 p.m.

**BARBERS' SHOP**

DARWIN & ISABELLE SHOEMAKER

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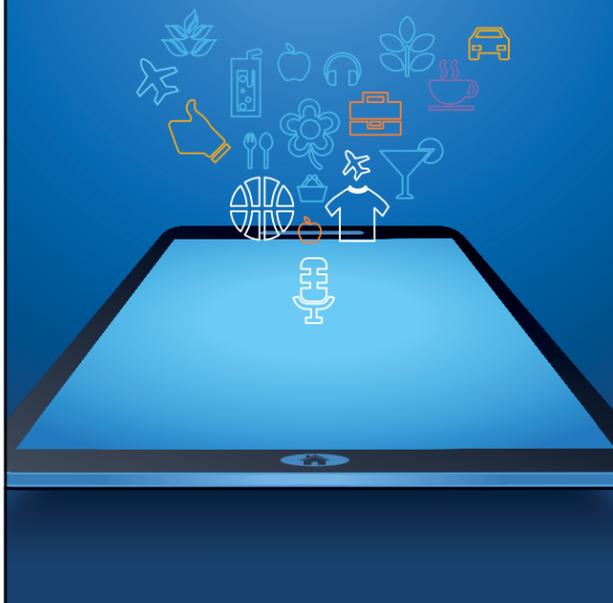
**TRIVIA ~ Did you know?** In the early days of the telephone, operators would pick up a call and use the phrase, "Well, are you there?". It wasn't until 1895 that someone suggested answering the phone with the phrase "number please?"

## INTRODUCTION TO YOUR iPad

If you need some assistance to learn how to connect to the Internet, find and install a variety of "Apps" this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Wednesdays & Fridays  
April 20 - May 5  
Time: 1:30 - 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, April 15 (after this date add \$5)

*Please note: Additional classes will be scheduled throughout the summer. Please review future additions of the LSCO Times.*



## CLASSIFIED ADS

**HOUSEKEEPING AND SENIOR SERVICES.** Prairie-raised woman caring for seniors for 20 years currently seeking new clients. Call Tanya at 403-359-4813.

Everyone welcome to the **Faith Baptist Church** - Sundays at 11:00am at the Lethbridge Senior Citizens Organization (LSCO) at 500 - 11th St. South. Phone 403-381-8237.

**THINKING OF PAINTING?** Give us a call. We've painted some of the largest and smallest homes in Lethbridge. Our painting service is Affordable, Fast, and Reliable. Call Rena today for a free estimate. 403-795-9554.

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**EXPERIENCED HOUSEKEEPER.** Very reliable and hard working. If interested, will supply chemical free cleaners. Call Peggy at 403-381-7817.

**WALK-IN TUB FOR SALE.** Purchased from dealer at trade show at Lethbridge Senior Citizens Organization and have discovered it cannot be installed in my bathroom. This tub is taking up needed space in my garage. Give away price at \$7,000. Serious inquiries only. Phone 403-320-9333.

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**The 3 C's**

Over the last 6 months LSCO and McKillop United Church have been meeting to develop a program which reaches out to individuals who are living alone and have a difficult time meeting people. The results of those meetings are: **The 3 C's – Cooking, Conversation & Companionship** program. This is a six week cooking class where instruction will be given each week to create simple, healthy meals to be taken home. These sessions offer the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships. This pilot program starts on **Tuesday, April 19th** at 2:00 pm.

The classes take place in the kitchen at McKillop United Church, 2329 15th Avenue South. The cost for the 3 C's is \$50 per person (works out to less than \$10 a week including supplies). Fee must be paid at time of registration. Individuals wanting to be a part of this program need to register by **April 12th** by calling LSCO 320-2222 extension 25.

**“Getting Out of the Box, When it Comes to Pain”**

James Castelli, a clinical hypnotherapist, empowerment strategist and NLP practitioner will speak about using creative visualization as a tool for relaxation, reducing pain and creating a more positive focus. James will be speaking on **April 5th** at 10:00 am in Room A.

**HOME**

Hoarding is a complicated issue that can pose significant risks and problems for both individuals, the public and professionals. The **Hoarding, Outreach, Management, and Education** Team (HOME), a committee within Lethbridge that work together to support individuals with a hoarding disorder.

Although there is an increased awareness of hoarding, there is little clarity on how agen-



**Support Services Coordinator**

**Marlene Van Eden**  
 mvaneden@lethseniors.com  
 403-320-2222 ext. 25

cies can collaborate to address the problem. A presentation will be held on **April 12th** at 10:00 am in Room A. Gabrielle Kirk, a Public Health Practicum Student from the University of Lethbridge will present on hoarding, the impact it has, the importance of early intervention, treatment options, complicated factors and barriers, and ethical consideration.

**Community Partnerships**

**Philips Lifeline**

Philips Lifeline will be here at LSCO on Friday, April 22nd from 10:00 am to 1:30 pm in the foyer by the Administration desk. A representative from Lifeline will have equipment to view, including their new GoSafe button you can wear on the go, as well as information and valuable coupons.

**Information on Law**

Ms. Christina Lam with the law firm of *Alger Zadeiks Shapiro* will be here on **Wednesday, April 13th**. The law firm of *Alger Zadeiks Shapiro* offers a free 15 minute legal advice sessions here at LSCO the 2nd Wednesday of every month. Appointment times run from 10:00 am – 12:00 pm and appointments can be made either by stopping by the Administration desk or by phoning 403-320-2222. These appointments are for information only.

**Wellness**

**Reflexology Appointments**

Brenda & Linda Reflexologist will be here on Brenda – **Thursday, April 21st** and Linda – **Friday, April 22nd**. Individuals interested can book their 1 hour appointments at the administration desk with the first appointment starting at 9:00 am. The cost for a 1 hour session is \$50 with a portion of that going to the LSCO.

**Hearing Screening**

Candice Elliott-Boldt from Lethbridge Hearing Centre will be here the 2nd Thursday of every month from 10:00 am – 12:00 pm. Book your free initial test at the administration desk or by phoning 403-320-2222. The next clinic date is **Thursday, April 14th**.

**Massage Therapy Appointments!**

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at LSCO on, **Friday April 8th & 29th** from 9:00 am – 2:00 pm in the Clinic Room. You can book your 30 minute (\$40), 45 minute (\$50) or 1 hour (\$60) massage appointment at the Administration Desk. A portion of the monies paid will go to LSCO.

**Grateful Feet: Nursing Foot Care**

The care provider for this service is Heather Gunn, RN. Care includes: assessment of the lower legs and feet, including a diabetic foot screen; cutting and filing toenails; filing corns and calluses, corn removal if possible; simple massage; teaching about foot care; recommendations about shoes; referrals to other professionals. *Grateful Feet* offers one-hour appointments. Book your appointment for **Tuesday, April 5th & 19th** by calling the LSCO 403-320-2222 There is a fee for this service, with a portion of it going to the LSCO. For more information call 403-320-2222 ext. 25. To book and appointment for a home visit, call 403-894-2622.



**GENTLE NIA**  
 Gentle Nia is all things deliciously Nia – joy, pleasure, ease, grace, flexibility, agility, mobility but with less choreography and more focus on sensing joy and play. The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility.  
 When: Thursdays, April 7 – June 16  
 Time: 3:30 – 4:30 pm  
 Fee: \$65 LSCO M; \$97.50 NM  
 Register by: Monday, April 4

**CHAIR NIA**  
 Chair Nia is another wonderful way to experience the joy of movement to music while seated. Regardless of your age, gender or physical ability participants will attain physical, mental, emotional and spiritual well-being.  
 When: Thursdays, April 7 – June 16  
 Time: 2:30 – 3:30 pm  
 Fee: \$55 LSCO M; \$82.50 NM  
 Register by: Monday, April 4

**CLASSIC NIA**  
 Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you.  
 When: Thursdays, April 7 – June 16  
 Time: 5:15 – 6:15 pm  
 Fee: \$65 LSCO M; \$97.50 NM  
 Register by: Monday, April 4



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[www.azlawyers.ca](http://www.azlawyers.ca)



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# Spring Fling DINNER & DANCE

Wednesday, April 6th

Dinner at 5PM

Handbell Entertainment at 7PM

**RSVP by APRIL 4th** Tickets at Reception (403) 320-9363



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## Everything You Ever Wanted To Know About **BLOOD DONATION**



- Guest Speaker -  
**Cinnamon Meldrum**  
Event Coordinator & Donor Relations  
from Canadian Blood Services

**April 21st**  
at **10AM**



Join us on our next Café Chat  
at Crossing Branch Library  
[www.agecare.ca/Chat](http://www.agecare.ca/Chat)

### 5 tips for water conservation

Looking to save a few dollars on your utility bill this season? Look no further than your lawn. "A healthy lawn only needs about an inch of water per week," says John Ladds, the operations manager at Weed Man Canada. "That's good news for most of us, and can mean a leaner water bill if done correctly."

The following advice can help stretch your water this season without sacrificing your lawn:

1. Time your watering. Aim for early mornings when possible, to minimize evaporation or sun scorching. Prevent over-watering by putting your sprinkler on a timer.
2. Place your sprinkler wisely. Maximum coverage is nice, but try to avoid

watering hard surfaces such as driveways and sidewalks. This is literally water down the drain.

3. Check your equipment. Make sure all sprinklers and hoses are free of leaks or blockages.
4. Use Mother Nature to your advantage. Divert eaves-troughs to collect rainfall in a barrel or other large container and keep it covered to lessen insects and contaminants.
5. Maintain proper lawn care. Avoid mowing too short, as longer grass receives more shade and absorbs more water. Having your lawn aerated once a year can also help water penetrate more deeply.

[www.newscanada.com](http://www.newscanada.com)

**LSCO**  
is proud  
to present

# Volunteer Appreciation

## MOVIE PARTY BROOKLYN

April 16, 2016  
Show starts 10:00 am

Free movie tickets available  
March 1, 2016  
Ticket includes  
FREE Popcorn & Pop  
(only 180 tickets available)

# Lethbridge HEARING CENTRE

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BC-HIS, Registered  
Hearing Aid Practitioner

Jake Boldt  
BC-HIS, Registered  
Hearing Aid Practitioner

120, 2037 Mayor Magrath Dr. S., Lethbridge, AB

## A Special Day for Mom



From little touches, to homemade sweets at family brunches, we all have many ideas on how to honour our mothers for Mother's Day. To celebrate these special women, nothing says I love you like a truly unique handmade gift.

For Sara Douglass, CEO of the scrapbooking company Stampin' Up!, the possibilities for offering a real gift from the heart are endless and affordable. "Whether you're new to the crafting world or an expert, it is easy to create something with your own hands," says Douglass. "Everyone can easily personalize a greeting card or create an unbeatable look for wrapping for small gifts."

### Cards from the heart

Instead of looking for that one card that will express exactly how you feel, create your own with the stamping kit A Nice Cuppa alongside a paper kit of your favourite colour.



### Smart wrappings

The wrapping of a gift is sometimes more exciting than the gift itself. With the You're So Lovely project kit, you can personalize 12 bags with tags and the same amount of greeting cards with stencils, baker's twine and decorative elements. These are ideal for mom's favourite baked goods, or other little thoughtful gifts. More than one mother to celebrate? The All Boxed Up kit allows you to create 10 boxes with a botanical décor that will be sure to impress.

More gift ideas for Mother's Day are available at [www.stampinup.ca](http://www.stampinup.ca).

[www.newscanada.com](http://www.newscanada.com)

**TRIVIA ~ Did you know?** The phrase "Often a bridesmaid but never a bride" actually comes from an advertisement for Listerine mouthwash. The text was written by Milton Feasley and first appeared in 1925. The advertisement was so successful that it ran for more than ten years.



**Alberta Rose Lodge**  
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The Alberta Rose Lodge is on the South end of the city in a very convenient location close to shopping, restaurants and banking. Our well-trained team of staff are very dedicated and are pleased to offer you high quality services.

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**Now accepting applications for our newly renovated one-bedroom suites for occupancy in April/May, 2016.**

Contact our Administration Office at 403-328-1155 for more information.

## GLADIUM

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**MISSION STATEMENT:** To provide quality service to seniors and disabled individuals in order to help them to live a decent and human life with dignity and respect.

**OUR SERVICES:** PCA, Med. Adm. Cooking, Light Cleaning, Laundry, and other services as they are required. We also work overnight shifts.

**WHERE:** Services will be provided at the individual's residence.

**CONTACT:** [gladiumsedi@gmail.com](mailto:gladiumsedi@gmail.com) 403-393-0393

## Top ways you might be wasting your money

Many consumers waste money every day without even noticing it. Yet, rethinking our habits could provide savings that add up quickly over time. Here is a list of the top ways we waste money. Are there any areas where you could improve?

**Paying credit card interest** - Always aim to pay off credit card debt as soon as possible. Consider moving balances from high interest credit cards to one with a lower interest rate. This will allow you to pay off debt faster.

**Buying bottled water** - Did you know that most bottled water isn't any better for you than tap water? In fact, some bottled waters come from municipal sources and are repackaged for consumer consumption. Switch to tap water and a re-usable bottle to save money and the environment.

**Wasting Food** - The average household throws out about \$600 worth of food each year. Meal planning and budgeting for food can reduce waste significantly. Learning how long food keeps and the truth about expiry dates can also help, as can cooking in bulk and freezing meals.

**Wasting Energy** - Every month, many homeowners throw money out their doors and windows through energy loss attributed to poorly insulated or maintained homes. Combat the problem easily for instant savings. Top up attic insulation with an easy-to-install batt product, like Roxul Comfortbatt, which can also be used to insulate crawl spaces, basement headers and walls for greater energy efficiency. Caulk cracks and crevices around doors and windows and invest in a programmable thermostat.

**Choosing the wrong plan, option or service provider** - Many of us overspend on our phone, cable and even our mortgage. Have you stayed with the status quo for convenience? It might be time to rethink your options. Right-size your phone plan to reflect actual usage to shrink monthly bills - perhaps an unlimited plan is unnecessary. Consider alternate sources for television and movie viewing. Always shop around for mortgage or car insurance - consider using a broker who has access to dozens of potential lenders/insurers.

**Splurging on coffee** - Café-quality coffee is an indulgence, and a cup of Joe-to-go can cost between \$2 and \$7. Consider investing in a quality coffee maker or espresso machine for your home or office, and put your daily savings to better use.

**Buying lottery tickets** - Quite simply, the odds are not in your favour. Most of us have a better chance of getting struck by lightning. Spending just \$10 a week over 20 years adds up to more than \$10,000. Put that into a savings account, and you've already won.

**Impulse buying** - A little self-control can go a long way to lining your wallet. Become a smart shopper by researching prices and options before making significant purchases. Plan ahead to save additional money by packing lunches or snacks instead of eating out. It's doesn't take big sacrifices. Resolve to make some small changes more often to save.

[www.newscanada.com](http://www.newscanada.com)



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# Get Active this Spring at LSCO

## REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit [www.lethseniors.com](http://www.lethseniors.com).
- If making payment after registration date \$5 will be added to course fee where indicated.

## MEMBERSHIPS

For detailed information on being a Senior Member or Adult Member please visit [www.lethseniors.com](http://www.lethseniors.com) or call 403-320-2222.

### SENIOR 12 Month Memberships – Individuals 55 years +

- Renewal . . . . . \$50
- New Member . . . . . \$53

### ADULT 12 Month Membership – Individuals 35 – 54 years

- Renewal/New Member . . . . . \$90

## FITNESS CENTRE

- LSCO Member Fee: \$18/month  
\$99/6 months  
\$180/12 months
- Non Member Fee: \$27/month

## NEW – 10X CLASS/FITNESS PASS

This Pass is the perfect solution for LSCO members who enjoy participating in a variety of classes or working out in the Fitness Centre. Pass holders have access to dropping into the following classes: Active Aging, Gentle Yoga, Gentle Nia, Noon Yoga, Zumba Gold, Zumba. Review the class information including the description to determine whether it is right for you. Please ask for additional information. This pass will expire December 31, 2016.

- Fee: \$55 LSCO Members; \$65 Non Members

## NON-MEMBER PARTICIPATION

Individuals under age 35 are welcome to participate in some classes offered at LSCO. Upon approval participants will be required to pay the non-member fee. Please ask at the Administration Desk for more information.

## PARKING PASSES

If you are planning on being at LSCO longer than 2 hours purchase a parking pass to eliminate getting a ticket. You must show your vehicle registration.

- Renewal . . . . . \$10 (when returning last years pass)
- New . . . . . \$13
- Day Parking . . . . . \$3

## Legend

LSCO M – LSCO Member; NM – Non Member

## Special Interest

### BASIC SELF DEFENSE For Women Rape Aggression Defense Training

The RAD Systems is dedicated to teaching women defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

Please join us and learn some basic self-defense skills that are easy to learn. You will be shown tips (and have an opportunity to try them) on how to block, strike and kick, as well as other safety defense tactics in these fun, relaxed go at your own pace classes. The skills are basic, easy to learn and should not be confused with martial arts. You can do this! Register soon as space is limited. Participants will be given a manual for future reference. Bring a water bottle, wear comfortable clothes and shoes.

When: Tuesday, April 5 & 12

Time: 1:00 – 4:00 pm

Fee: \$40 LSCO M; \$60 NM

Instructor: Dan Walton (retired police officer, certified instructor)

*Note: An evening course will be scheduled if there is enough interest. Please leave your name and phone number at the Administration Desk.*

### THE SOMATIC MOVEMENT EXPERIENCE WORKSHOP

This is an educational, informative workshop that introduces you to the idea of Somatics. Somatic is a complement to any activity you participate in and helps improve your daily functional movements. Participants recovering or living with stroke, Parkinson's and MS have found great results.

As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (SOMA'S) we can then help ourselves relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the bodies movement gateways as we walk and breath but how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain.

We as individuals view ourselves from the inside looking out otherwise the distinction between mind and body disappears "We are our own best healers".

When: Thursday, April 21

Time: 1:15 – 2:15 pm

Fee: Free LSCO M; \$10 NM

Register by: Tuesday, April 19

Instructor: Melanie Hillaby

## Exercise & Fitness

*At times programs may be cancelled due to meetings, rentals, holidays, low attendance, special events, etc. Please watch for notices.*

### ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Monday classes focus on strength training, Wednesday on aerobic fitness. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

When: Session 3: May 9 – June 29

(no class May 15)

Session 4: July 4 – 27

Time: 8:00 – 8:50 am

Fees: Session 3: \$63 LSCO M; \$95 NM

Session 4: \$36 LSCO M; \$54 NM

Instructor: Deb Palmer

Register by: Wednesday, May 4 & June 29

(after these dates add \$5)

### GENTLE NIA

Gentle Nia is all things deliciously Nia - joy, pleasure, ease, grace, flexibility, agility, mobility but with less choreography and more focus on sensing joy and play. The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility.

When: Thursdays, April 7 – June 16

Time: 3:30 – 4:30 pm

Fee: \$65 LSCO M; \$97.50 NM

Register by: Monday, April 4

### CHAIR NIA

Chair Nia is another wonderful way to experience the joy of movement to music while seated. Regardless of your age, gender or physical ability participants will attain physical, mental, emotional and spiritual well-being.

When: Thursdays, April 7 – June 16

Time: 2:30 – 3:30 pm

Fee: \$55 LSCO M; \$82.50 NM

Register by: Monday, April 4

### CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. The dynamic blend of movement forms, done to soul stirring music, will invite more ease, flow, expansion, well being and joy. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you. No pushing or forcing. Nia honors the bodies' way. You can do it at high octane to get your fitness on OR you can take it to level 1 and enjoy self healing ~ or anywhere in between. Join Lise Schulze, certified 1st Black Belt, on a magical ride to unite body, mind, spirit. Allow yourself to remember the Joy of being Alive and feeling free in your body.

When: Thursdays, April 7 – June 16

Time: 5:15 – 6:15 pm

Fee: \$65 LSCO M; \$97.50 NM

Register by: Monday, April 4

### FIT BALL & MORE

Participants in this class will work hard to improve core muscles, balance, coordination, cardiovascular fitness as well as strength and flexibility by using a variety of exercise equipment, oversized fitness balls and performing fun activities. You should be comfortable getting up and down off the floor. Wear comfortable clothing and foot wear. Don't forget to bring a water bottle and a yoga mat.

When: Tuesdays & Thursday, May 3 – 26

Time: 9:00 – 9:50 am

Fee: \$20 LSCO M; \$30 NM

Register by: Monday, May 2 (after this date add \$5)

### LINE DANCING

Individuals with line dance experience will be kicking up their heels learning some new dances, reviewing the old, having a few laughs and as a bonus will be getting exercise. Diane Holstine will be instructing line dance classes.

When: Mondays, April 4 – June 27

(no class May 23)

Time: 10:30 am – 12:00 pm

Fee: \$33 LSCO M; \$50 NM;

Register by: Friday, April 1 (after this date add \$5)

**LINE DANCING BEGINNER**

This is the perfect class for the beginner. Did you know studies have shown that dancing can be great help in areas of memory, balance, the cardiovascular system and vertigo? Now that's reason enough for men and women to get their dancing shoes on.

When: Thursdays, April 7 – June 23  
Time: 1:15 – 2:15 pm  
Fee/session: \$33 LSCO M; \$50 NM  
Register by: Monday, April 4 (after this date add \$5)

**INTRO TO NORDIC WALKING**

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather. We will meet in Gym 2 and then take our walking outside. If you do not have poles they will be supplied.

When: Mondays, April 4 – 25  
Time: 12:15 – 1:00 pm  
Fee: \$10 LSCO M; \$20 NM  
Register by: Friday, April 1

**NORDIC WALKING**

Returning fitness walkers are invited to meet to review techniques followed by an energetic walk in through local neighborhoods. After the first day, we will determine future days to walk.

When: Monday, April 11  
Time: 9:00 – 10:00 am  
Fee: Free LSCO Members  
Register by: Friday, April 8

**TAI CHI BEGINNER PRACTICE**

This practice session is for individuals registered in the Beginner, Intermediate or Advanced classes.

When: Mondays, April 4 – June 13  
Time: 9:00 – 10:00 am  
Fee: \$12 LSCO M; \$18 NM

**TAI CHI AN INTRODUCTION**

This class is perfect for individuals who are new to Tai Chi. Tai Chi is a moving meditation with many health benefit. It is a system of physical exercises based on the principals of effortless breathing, rhythmic movement and weight equilibrium.

When: Thursdays, April 7 – June 16  
Time: 8:00 – 8:55 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Monday, April 4 (after this date add \$5)

**TAI CHI BEGINNER CLASS**

This class is for you if you have taken Steve's beginner class in the past and/or have not been practicing for a while. If you have not taken Tai Chi before register for the Introduction Class. Wear comfortable clothing and inside footwear.

When: Thursdays, April 7 – June 16  
Time: 9:00 – 10:00 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Monday, April 4 (after this date add \$5)

**TAI CHI INTERMEDIATE CLASS**

Students who have taken the beginner class and are ready to learn additional steps are encouraged to register for this intermediate class.

When: Tuesdays, April 5 – June 14  
Time: 9:00 – 10:00 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Monday, April 4

**TAI CHI ADVANCED CLASS**

If you have completed Steve's Intermediate class and are ready to move on register for this class. Advanced students should also register.

When: Wednesdays, April 6 – June 15  
Time: 9:00 – 10:00 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Monday, April 4 (after this date add \$5)

**TAI CHI PRACTICE**

This practice session is for intermediate and advanced students. Please register 1 week prior to start dates.

When: Fridays, April 8 – June 17  
Time: 9:00 – 10:00 am  
Fee: \$12 LSCO M; \$18 NM  
Register by: Wednesday, April 6

**QIGONG**

Qi means "life energy" and gong means "work"; together Qigong means working with life energy. The exercises are designed to improve flow and quality of qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various Qigong exercises such as Tai Chi/Qigong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations.

When: Tuesdays & Thursdays  
April 12 – May 26  
Time: 10:15 – 11:30 am  
Fee: \$42 LSCO M; \$63 NM  
Instructor: Dave Scotland  
Register by: Monday, April 11 (after this date add \$5)

**TAI CHI YANG STYLE**

The Yang 24 Tai Chi form was developed in 1956 by the Chinese Sport Committee and Tai Chi masters as a health exercise. The form introduces the beginner to essential elements of Tai Chi Chuan yet retains the traditional flavour of longer forms. The Yang 24 Tai Chi is considered the most widely practiced form in the world and takes about 5 minutes to perform once learned. Qigong (health exercises) will also be included. Wear comfortable loose clothing and footwear.

When: Mondays & Wednesdays  
April 11 – May 25 (no class May 23)  
Time: 12:45 – 1:45 pm  
Fee: \$39 LSCO M; \$58.50 NM  
Instructor: Dave Scotland  
Register by: Friday, April 8 (after this date add \$5)

**ACTIVE YOGA & STRETCH EVENING**

Individuals participating in this class will move through a series of yoga poses to help improve balance, strength, and flexibility while being conscious of the breath. At times we will be moving up and down off the floor; options are given and all participants are encouraged to do what is right for them. A variety of props may be used. Wear comfortable clothes; bring a mat & water bottle.

When: Wednesdays, April 6 – 27  
Time: 4:45 – 5:45 pm  
Fee: \$18 LSCO M; \$27 NM  
Register by: Wednesday, April 6

**ACTIVE YOGA & STRETCH**

When: Fridays, April 1 – 29  
Time: 9:00 – 10:00 am  
Fee: \$23 LSCO M; \$30 NM

**ACTIVE YOGA & STRETCH**

When: Wednesdays, May 25 – June 29  
(no class June 1)  
Time: 9:00 – 10:00 am  
Fee: \$23 LSCO M; \$30 NM  
Register by: Tuesday, May 24

**CHAIR YOGA**

This is a unique style of yoga that adapts yoga positions and poses using a chair which replaces the yoga mat. The participant is able to warm up the body safely and perform yoga poses with more

support and stability. Chair yoga is suitable for all ages, fitness levels and physical conditions.

When: Wednesday, May 4 – June 28  
Time: 9:30 – 10:20 am  
Fee: \$20 LSCO M; \$30 NM  
Register by: Monday, May 2

**GENTLE YOGA**

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays  
May 3 – June 30  
Fee: \$72 LSCO M; \$108 NM  
Time: 9:30 – 10:30 am  
Register by: Monday, May 2

**GENTLE YOGA**

When: Tuesdays & Thursdays, July 5 – 28  
Fee: \$36 LSCO M; \$48 NM  
Time: 9:30 – 10:30 am  
Register by: Monday, July 4

**MONDAY MORNING YOGA**

Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. All levels of experience welcome. Wear comfortable clothing; bring a mat, blanket and water bottle. Classes will be held in the All Purpose Room.

When: April 4 – May 16  
Time: 10:00 – 11:15 am  
Fee: \$32 LSCO Members; \$39 NM  
Instructor: Leigh Monette

**YOGA NOON HOUR**

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated as a connection between movement and breath; total body mind connection. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use. Classes will be taught by Melanie Hillaby.

When: Tuesdays, May 3 – June 28  
Time: 12:05 – 12:55 pm  
Fee: \$45 LSCO M; \$68 NM  
Register by: Thursday, April 28 (after this date add \$5)

**SUMMER NOON YOGA**

When: Tuesdays, July 5 – 26  
Time: 12:05 – 12:55 pm  
Fee/session: \$45 LSCO M; \$68 NM  
Register by: Thursday, June 30 (after this date add \$5)

**INTRODUCTION TO MEDITATION**

This class offers a contemplative blend of gentle stretching and vinyasa (movement with the breath) for fostering a restful inner atmosphere. Each class includes intention/goal setting, pranayama (breathing techniques), asana (postures) and seated meditation. Whether you are new to yoga and meditation, an established practitioner or interested in exploring the subtle realm of yoga this class is open to all. Learn how to calm the mind, be present in your body and feel invigorated. The benefits of daily meditation practice can reduce stress, anxiety and insomnia as well as increase clarity, concentration and creativity. Please bring a blanket, pillow, mat or any other item you may need to sit comfortably for a period of time and wear comfortable clothing so you can easily breath

and move freely. Gathering with others to meditate adds uplifted energy to all so please join us!

When: Mondays, May 16 – June 20  
Pre-registration is required.  
Time: 5:00 – 6:00 pm  
Fee: \$25 LSCO M; \$40 NM  
Register by: Thursday, May 12  
Instructor: Kelsey Lazarick

### ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time with instructor Tine Gulbrandsen.

When: Tuesdays, April 5 – 26  
Time: 11:00 – 11:45 am  
Drop in Fee: \$6 LSCO M; \$7 NM

When: Thursdays, April 7 – 28  
Time: 11:00 – 11:45 am  
Drop in Fee: \$6 LSCO M; \$7 NM

### ZUMBA GOLD SPRING & SUMMER

When: Tuesdays, May 3 – June 28  
Time: 11:00 – 11:45 am  
Fee: \$41 LSCO M; \$62 NM

When: Tuesdays, July 5 – August 9  
Time: 11:00 – 11:45 am  
Fee: \$27 LSCO M; \$41 NM

When: Thursdays, May 5 – June 30  
Time: 11:00 – 11:45 am  
Fee: \$41 LSCO M; \$62 NM

### ZUMBA

Tine Gulbrandsen will ensure you have a great time as she leads you through fun filled Zumba routines. All levels welcome. Register early for spring and summer sessions to ensure they take place. You will be glad you did!

When: Tuesdays, March 8 – April 26  
Time: 5:30 – 6:30 pm  
Drop in Fee: \$6 LSCO M; \$7 NM

### ZUMBA EVENING SPRING & SUMMER

When: Tuesdays, May 3 – June 28  
Time: 5:30 – 6:30 pm  
Fee: \$41 LSCO M; \$62 NM

When: Tuesdays, July 5 – August 9  
Time: 5:30 – 6:30 pm  
Fee: \$41 LSCO M; \$62 NM

## Sports

### BASKETBALL

Friendly pickup games of basketball are played twice a week. Shower facilities are available. Please do not leave valuables unattended. There will not be basketball in August when floors are being resurfaced or September 15. Watch notices for additional date. Individuals can play as a LSCO member or nonmember.

When: Tuesdays & Thursdays  
Time: 12:00 – 1:15 pm  
Fee: \$15/month, NM fee: \$30/month

### LSCO PAR 3 FUN GOLF TOURNAMENT

LSCO is hosting this fun golf scramble at Evergreen Golf Centre. Golfers are welcome to register as a team of 4 or as an individual. Registration will begin at 9:00 am. Once players have arrived we will tee off. Complete registration forms are available at the LSCO Administration Desk and in the Times. Please note: You do not have to be a member to

participate. Please register at LSCO. For more information call 403-320-2222.

When: Tuesday, June 7  
Time: 9:00 am Registration  
Fee: \$30 (includes golf, light lunch, prizes)  
Register by: Monday, June 6

### PICKLEBALL FOR BEGINNERS

Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun. Instruction will begin at 1:00 pm followed by practice time. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration. Drop in participants not accepted Wednesdays.

When: Wednesdays, April 6 – 27  
Time: 2:00 – 3:30 pm  
Fee: \$15 LSCO M; \$30 NM  
Register by: Tuesday, April 5

### PICKLEBALL

Pickleball players can pay by the month, or by drop in. LSCO members will be charged a \$2.50 drop in fee. Nonmember drop in fee is \$3.50. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Some equipment supplied. There a few times a year the gym is not available for play. These dates will be posted.

When: Mondays & Fridays  
Time: 1:00 – 4:50 pm  
Tuesdays & Thursdays  
Time: 1:30 – 4:50 pm  
Fee/month: \$15 LSCO M; \$30 NM

*Returning Beginner/Intermediate Players may want to come later in the day. Gym 2 will also be available for play.*

## Creative Arts

### SUBLIME WATERCOLOUR FLORALS

In this class we will concentrate on more detailed floral painting but with a hint of abstract. For some projects we will combine subtle pencil line as a design element to enhance the paintings. This style will be suited for small paintings or greeting cards as well as larger paintings. We will also study and paint other “growing things” to paint.

Supplies: Watercolours, favourite brushes for detailed painting, photographs you wish to paint from (I will bring some to share..no photos of other artists paintings...we want to paint from “real images”) and favourite watercolour paper. I like Arches 140b Hot Press.

When: Tuesdays, April 5 – 19  
Time: 1:00 – 3:00 pm  
Fee: \$20 LSCO M; \$30 NM  
Instructor: Connie Furguson  
Register by: Monday, April 4

### SCRAPBOOKING PHOTOS, PHOTOS, PHOTOS!

Let me show you quick and easy solutions to getting those photos and memories out of shoeboxes and into albums in 6 weeks. The first week we will meet for 1 hour so that you can choose your supplies and ask any questions you may have. A variety of supplies will be available for a cost of \$10 payable to the instructor.

When: Wednesdays, April 13 – May 18  
Time: 10:00 am – 12:00 pm  
Fee: \$5 LSCO M; \$10 NM  
Instructor: Joan Pittman  
Register by: Friday, April 8 (after this date add \$5)

### FLOWERS

Here's an opportunity to work with fresh flowers and your favorite painting medium. This 8 week class will concentrate on the wonderful structures and colors of flowers. Basic flower arrangements and compositions will be covered as well as color mixing to achieve those brilliant and vibrant colours that flowers give us. Techniques and approaches will be covered including layering to maximize color intensity, painting the outside shapes first and analyzing flower shapes. All levels of students are invited to join.

When: Wednesdays, April 20 – June 8  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$65 NM  
Register by: Wednesday, April 13  
(after this date add \$5)

### DRAWING & PAINTING LANDSCAPES

In this short 5 week class learn quick techniques to drawing and painting landscapes. We will cover various ideas and approaches to seeing and understanding landscapes. You may use any medium you like but we will always start off with a drawing and then continue to a finished painting or drawing which the student will proceed with. It is preferred that the student already knows how to use their preferred medium since we will be concentrating the subject and its components. But beginners are still welcomed and will be encouraged to work along. Hopefully we will have more opportunities to do more on location work than last year.

You will find that drawing on location is more challenging than working in the studio but you can see so much more and it makes your drawings richer and more expressive. Working from life is a good teacher.

When: Thursdays, May 26 – June 23  
Time: 1:00 – 3:00 pm  
Fee: \$25 LSCO M; \$37.50 NM  
Register by: Thursday, May 19 (after this date add \$5)

### KNITTING

If you are interested in learning how to knit a beautiful cable scarf register for this course. The first class Gladys Larson will be there to give answers to any questions about what wool and knitting needles to bring. She will be on hand until your project is completed.

When: Thursdays, beginning April 7  
Fee: LSCO Membership & Knitting Fee

## Seniors & Technology

### WINDOWS 10

If you would like basic instructions for using Windows 10 register for this 6 day class. You will learn to navigate desktop applications, create and save files, use the internet and other helpful tips. If you have a laptop please bring it charged to class.

When: Tuesdays & Thursdays, May 3 – 19  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, April 28 (after this date add \$5)  
Instructor: Rod Henriquez

### INTRODUCTION TO YOUR IPAD

If you need some assistance to learn how to connect to the Internet, find and install a variety of “Apps” this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Wednesdays & Fridays  
April 20 – May 5

Time: 1:30 – 3:30 pm  
 Fee: \$40 LSCO M; \$60 NM  
 Register by: Thursday, April 15 (after this date add \$5)

*Please Note: Additional classes will be scheduled throughout the summer. Please review future additions of the LSCO Times.*

## Programs & Workshops

Non-members are welcome to participate in some of the following programs and workshops. Drop in fees are listed. Fees good until Dec. 31, 2016. Programs may be cancelled due to meetings, low attendance, special events, during the summer.

### Creative Arts

#### CERAMICS & CHINA PAINTING

If you are new to painting ceramics china painting or are a veteran you will enjoy the information Gladys will share with you to either learn or improve your brush stroke techniques. Beginners are very welcome. Supplies for your first project will be provided.

When: Mondays, 9:00 am – 3:00 pm  
 (9:00 – 12:00 instructor available)  
 Fee: \$22 & LSCO membership  
 Firing Fee: Nominal fee charged on each piece  
 Instructor: Gladys Larson

#### CRAFTING WORKSHOP

Time has been set-aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found.

When: Thursdays, 9:00 am – 12:00 pm  
 Fee: \$22 & LSCO membership

#### NEEDLEWORK

If you enjoy needlework register for this program. It's a great time to work on projects of your choice, share ideas and enjoy a coffee. Beginners are welcome.

When: Thursdays, 1:00 – 4:00 PM  
 Fee: \$6 & LSCO membership  
 Instructor: Gladys Larson

#### LAPIDARY (STONECRAFTERS)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, sign up today. Newcomers are welcome; times for instruction will be arranged. Supply costs extra.

When: Tuesdays, 10:00 am – 12:00 pm  
 Wednesdays, 1:00 – 3:00 pm  
 Fee: \$35/yr & LSCO membership

#### PAPER TOLE WORKSHOP

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given.

When: Fridays, 9:00 am – 3:00 pm  
 Fee: \$22 & LSCO membership

#### QUILTING

Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Admin Desk.

When: Tuesdays, 12:00 – 3:00 pm  
 Fee: LSCO membership

#### WATERCOLOR WORKSHOP

Kaye's Wednesday Watercolor painters are encouraged to register for 2016. You must be experienced as there will not be any formal instruction.

When: Wednesdays, 1:00 – 3:00 pm  
 Fee: \$25 & LSCO Membership

#### WOOD CARVING

Wood carving is a form of working with wood using cutting tools. If you are interested in learning this craft pay \$5 at the Administration Desk. Newcomers will be loaned equipment needed to complete a small project. If you choose to continue you will be required to purchase your own tools, wood, etc. and pay the remainder of the fee (\$9).

When: Thursdays, 12:30 – 2:30 pm  
 Fee: \$14 & LSCO membership

#### WOOD WORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use.

When: Monday – Friday, 8:00 am – 3:00 pm  
 Fee: \$44 & LSCO membership

## Physical Activities

#### BADMINTON

Everyone of all skill levels are welcome to play badminton weekdays. Beginner players should come Tuesdays & Thursdays at 10:00 am for instruction. Drop in fee \$2.50 members \$3.50 for non members. Pay at the Administration Desk prior to playing.

When: Mon., Wed., Fri.  
 Time: 11:10 am – 12:30 pm  
 When: Tuesdays & Thursdays  
 Time: 10:30 am – 12:00 pm  
 Fee: \$66 & LSCO membership

#### KEEP FIT

Staying active is important at any age. Start your day by participating in this gentle keep fit program. Everyone is welcome and encouraged to exercise at your own level. LSCO volunteers lead this 50-minute class. Wear comfortable clothes and clean, non-marking indoor footwear. Drop in fee is \$2. Pay at the Administration Desk.

When: Mon., Wed., Fri.  
 Time: 10:00 – 10:50 am  
 Fee: \$22 & LSCO membership

#### SCOTTISH COUNTRY DANCE

Both men and women are welcome to participate in this low impact style of dance. Wear comfortable clothes and non-marking soled shoes. Drop in fee \$3.

When: Fridays, 10:30 am – 12:00 pm  
 Fee: Weekly donation & LSCO membership

#### TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own racquet. Drop in fee is \$2. Pay at the Administration Desk prior to playing.

When: Mon., Wed., Fri.; 3:00 – 4:30 pm  
 Fee: \$44 & LSCO membership

#### TAI CHI

LSCO Members with a great deal of Tai Chi experience may be interested in joining this Tai Chi session.

When: Mon., Wed., Fri., 8:30 – 9:30 am  
 Fee: \$17 & LSCO membership

## General Interest

Please ask for start dates.

#### ADVANCED PHOTOGRAPHY

If you are a fairly experienced photographer, enjoy going on outings to take photos leave their name and phone number. You will be contacted.

When: Tuesdays, 9:30 – 12:00 pm  
 Fee: \$22 & LSCO membership

#### AMATEUR HAM RADIO

This group meets daily to socialize, provide emergency communication services and provide other assistance as required. Newcomers welcome.

When: Monday – Friday  
 Time: 9:00 am – 12:00 pm  
 Fee: \$28 & LSCO membership

#### BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may drop in provided they are accompanied by a billiard member. Drop-in Fee: \$6 M; \$7 NM.

When: Monday – Friday  
 Time: 8:15 am – 4:00 pm  
 Fee: \$53 & LSCO membership

#### COMPUTER CLUB

Individuals interested in attending free workshops, volunteering and more are encouraged to join. The Computer Lab is available for club members 2 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays & Wednesdays  
 Time: 1:00 – 4:00 pm  
 Fee: \$20 & LSCO membership

#### CRIB

Please register at the Administration Desk. Drop in fee is \$2.

When: Thursdays, 1:00 – 3:00 pm  
 Fee: \$11 & LSCO membership or \$2

#### DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in expertise.

When: Fridays, 9:00 am – 12:00 pm  
 Fee: \$10 & LSCO Membership

#### DUPLICATE BRIDGE

Drop in fee is \$2. Pay at the Administration Desk.

When: Tuesdays  
 Time: 1:00 – 3:00 pm  
 Fee: \$11 & LSCO Membership

#### GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a couple desk top computers for use however; it is recommended that you bring along your lap top if you have one.

When: Wednesdays  
 Time: 10:00 am – 3:00 pm  
 Fee: \$20 & LSCO membership

#### GOLDEN MILE SINGERS

If singing and entertaining are passions of yours, we welcome you.

When: Tuesdays, 10:00 – 11:30 am  
 Fee: LSCO membership

#### KARAOKE

The karaoke singers meet weekly at LSCO and twice a year produce wonderful concerts for the community to enjoy.

When: Tuesdays, 1:00 – 3:00 pm  
 Fee: \$17 & LSCO membership

#### SCRABBLE

Please register at the Administration Desk. Drop in fee is \$2.

When: Wed/Thurs., 9:30 – 11:00 am  
 Fee: \$11 & LSCO Membership

## FROM THE GALT

# CARNA

This year – 2016 – CARNA (College & Association of Registered Nurses of Alberta) turns 100. The organization had its start in 1916 when the Alberta Association of Graduate Nurses (AAGN) was formed with 91 members. AAGN changed its name to Alberta Association of Registered Nurses in 1920.

As nursing has been a large part of the history and story of southern Alberta, this seemed an appropriate time to reflect on some nurses and nursing education in Lethbridge and southern Alberta.

In the early days the nurses who worked here were trained elsewhere. The first nurses at the Galt Hospital often had their training in Ontario or Quebec. In February 1894 Helen Chapman came to the Galt Hospital to work as Nursing Superintendent with Annie Prime as her assistant. The two were pleasantly surprised with how modern the new hospital was but were unimpressed with the first operating room table – a plain board table. It would be a few years before the hospital received a better operating table. Elliott Galt, following a visit to Montreal, was able to pleasantly surprise the hospital with a new white enamel and glass operating room table.

Helen Chapman retired in 1898 to marry E.N. Higinbotham. By 1901 the Galt Hospital had a staff of four nurses with three lay staff to assist them. Until 1907 all of the nursing staff resided on the top floor of the hospital and were essentially on duty at all hours. In 1907 a separate nurses' residence was constructed.

In 1909 a training school was established and in 1910 the Galt School of Nursing took in its first class. Over the next 70 or so years over 1000 students graduated from its program.

The rules of nurses and nursing students have certainly changed over the years. The 1911 Galt School of Nursing rules included:

- Applicants had to be women between 20 and 35 years of age.
- Students had to give the hospital and school their uninterrupted attention!
- Nurses will work on duty from 7 am to 7 pm or from 7 pm to 7 am. Day nurses would have two hours off for rest and study when work permitted and one afternoon off each week.
- When off duty, nurses were to participate only in wholesome recreation and to never do anything that could dishonor the school.

For the privilege of meeting these rules (and more), the student nurse would be paid \$8.00 per month for the first year which increased to \$10.00 in the second year and \$12.00 in the third. Training was three years in length. If nurses broke the rules, it would result in expulsion from school.

In the 1920s as part of the nursing training, the students would spend six weeks with Mildred Dobbs at the Isolation Hospital where persons with contagious diseases were sent. This was in the days when the Isolation Hospital was beside Mountain View Cemetery. It

appears that one student at a time took on the six week assignment and during the month and a half, the student was quarantined at the hospital with Miss Dobbs and the patients. The student could leave the hospital once a week but only after having a bath and washing her hair in antiseptic solution; but at least the student was able to leave. According to the stories of Mildred Dobbs, she worked 39 years at the Isolation Hospital and never had a holiday (living at the hospital all of those years).

In the 1950s the Galt School of Nursing was joined by a second nursing school in Lethbridge, the St. Michael's School of Nursing. St. Michael's Hospital received permission for a school of nursing from the University of Alberta in November 1950 and a Nurses' Residence and School of Nursing facilities were then constructed. These buildings cost \$480,000 and were ready by 5 January 1953 when the first class of 20 students was admitted. St. Michael's Nursing School operated until 1973 when the education of nurses moved to Lethbridge Community College (now Lethbridge College).

Over time the responsibilities for teaching nurses in Lethbridge came to be shared between the College and The University of Lethbridge. ★

*Belinda Crowson is a local historian and Museum Educator at the Galt Museum & Archives.*

**TRIVIA ~ Did you know?** Apples, not caffeine, are more efficient at waking you up in the morning.

## Computer Corner by Sjoerd Schaafsma

### Computer Self Help – Part 2

Not everyone learns the same way. The internet provides help for many learning styles. If you are a visual or hands on learner and like to watch a video one of the best places to start is YouTube ([www.youtube.com](http://www.youtube.com)). By entering your questions in the YouTube search box you skip much of the rest of the internet. The video can be stopped as often as you like to get an almost hands on learning experience. The downside of YouTube is that there is so much interesting material that it can be hard to stay focused.

If your computer question is for a specific program, piece of equipment or operating system, the manufacturer's website is a reliable place to start. The tricky part is finding the right information, and often the writing has been done by people who assume the readers already have the background knowledge and technical vocabulary to understand the subject matter. The product number is an invaluable piece of information. Watch out for the ads and offers for software that provide easy fixes. Often they will cause more problems than they solve. Read the URL carefully, be sure you really are on a Microsoft, Dell, Asus, HP or Adobe site and not a cleverly camouflaged ad site.

If you are learning from scratch, it helps to add the word "tutorial" to your search term. There are tutorials for almost every common operating system out there. If you can wade through manuals, often the answer you want is there. Many manuals are available on the internet, most can be downloaded to your computer.

A good manual will have a search box to let you find what you're looking for. If a one word search gives you too many responses, add another. Many manuals come as PDF formatted documents, most PDF readers have a search function. If you don't have a PDF reader you'll need one. Adobe and Foxit reader are two of the most common.

I was thinking about tips for next month, so went to the internet for some ideas. A search for "this month's computer tip" without the quotes resulted in over 500 million hits; entering "this week's computer tip" with quotes showed 144 hits. It looks like I won't run out of tips any time soon.

**This month's tip:** Accessing email away from home. If your usual email program doesn't work away from home, go to your service provider's web mail page. You'll need your log in name and password. Test this before you leave home. An alternative is to use a gmail account.

For details of workshops check out our website or the Computer Club Bulletin Board in the downstairs foyer.

Read the Computer Corner online at <http://members.shaw.ca/lscocc>.

Direct comments to: [saltidae@gmail.com](mailto:saltidae@gmail.com)

*Reservations now being booked  
for Mother's Day Brunch  
on May 8th*

## Computer Club WORKSHOPS

### Upcoming Computer Club Events April

**April 4 – Joan Adams**  
*Learning MS Word with GCF Learning*  
Making the best of the GCF website

**April 6 – Caran McKenzie**  
*Pinterest*

Pinterest is a visual discovery tool that you can use to find ideas for all your projects and interests.

**April 13 – Garth de Heer (CIBC)**  
*On-line Banking: Safeguards and Instructions*

How to safely set up on-line banking, how to pay bills on-line, do e-money transfers and e-deposits if interested and cover all the ins and outs of banking. If a member brings their debit card with them Garth will help them get set up on-line banking with their very own bank. It does not matter if they deal with CIBC as he will assist them with any bank.

**April 20 – Grant Alger**  
*Creating Slideshows for Any Occasion*

**April 27 – Van Christou**  
*Composition - the Foundation of Art Photography*

# April LSCO Weekly Activity Schedule

For more information regarding programs contact the Administration Desk at 403-320-2222.

*Schedule may change without notice.*

Note: Some programs are for members only while others are open to the community. • Drop In Fee options available.

Monday	Tuesday	Wednesday	Thursday	Friday
Active Aging 8:00 am		Active Aging 8:00 am		
Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Woodworking 8:30 am Billiards 8:30 am	Social Cards 8:30 am Tai Chi Club 8:30 am Woodworking 8:30 am Billiards 8:30 am
Amateur Ham Radio 9:00 am Ceramics & China Painting 9:00 am	Amateur Ham Radio 9:00 am Program Committee Meeting Tuesday, April 19, 10:00 am	Amateur Ham Radio 9:00 am	Amateur Ham Radio 9:00 am Crafting 9:00 am	Amateur Ham Radio 9:00 am Paper Tole 9:00 am Digital Photography 9:00 am Active Yoga & Stretch 9:00 am
	Advanced Photography 9:30 am Gentle Yoga 9:30 am	Chair Yoga 9:30 am Scrabble 9:30 am	Scrabble 9:30 am Gentle Yoga 9:30 am	
Keep Fit 10:00 – 10:50 am Yoga 10:00 am	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Yoga 10:00 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am
Line Dancing 10:30 am	Lapidary 10:00 am Qigong 10:15 – 11:30 am		Badminton 10:00 – 11:50 am Qigong 10:15 – 11:30 am	Scottish Country Dance 10:30 am
Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am – 12:30 pm	Zumba Gold 11:00 am	Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm	
Tai Chi 12:45 pm		Tai Chi 12:45 pm	Wood Carving 12:30 pm	
Pickleball 1:00 – 4:50 pm Computer Club 1:00 pm	Quilting 1:00 pm Karaoke 1:00 pm	Bingo 1:00 pm Lapidary 1:00 pm Computer Club 1:00 pm	Needlework 1:00 pm Crib 1:00 pm Line Dancing Beginner 1:15 pm	Pickleball 1:00 – 4:50 pm
	Pickleball 1:30 – 4:50 pm	Pickleball 1:00 – 3:30 pm	Pickleball 1:30 – 4:50 pm	
Table Tennis 3:00 pm		Table Tennis 3:00 pm	Chair Nia 2:30	Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
	Zumba 5:30 pm	Active Yoga & Stretch 4:45 pm	Classic Nia 5:15 pm	
			Jam Session 6:00 pm	
Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm	Fitness Centre 8:00 am - 4:15 pm

Saturday Fitness Centre 9:00 am – 12:00 noon • For information about LSCO programs go to [www.lethseniors.com](http://www.lethseniors.com)

## Creative Arts

### Creative Arts Classes this Spring

- Watercolour Florals • Scrapbooking
- Drawing & Painting Landscapes
- Flowers • Knitting

Eat anything you want...

anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge  
(403) 327-7244 • Toll Free 1-877-467-2251

## JESUS CHRIST SUPERSTAR

Be part of a Select Group - you can purchase advance tickets for Jesus Christ Superstar 10 days before it will be advertised to the general public. To join this select group just send your email request to [jcslethbridge@gmail.com](mailto:jcslethbridge@gmail.com).

You will be notified so you can get the best seats available.



**LSCO**  
**Shredding Event**

*It's spring and time to de-clutter!*  
**Thursday, April 14**  
**9:00 am - 3:30 pm ~ LSCO Lobby**

Bring in your personal documents to LSCO for secure shredding.  
 Locked boxes will be supervised by volunteers.  
 By donation to LSCO.

Please note: Paper ONLY! Cardboard is not accepted.  
 Donations \$10 or over receive a tax receipt.  
*Lethbridge Mobile Shredding will be picking up boxes Friday so that documents can be securely shredded.*

LSCO • 500 - 11th Street South • 403-320-2222

**Blue Jays in Seattle Coach Tour**  
**Sept. 18-23, 2016**  
 Pickup/Drop off in Lethbridge



**HIGHLIGHTS**  
 All breakfast included  
 One dinner in Seattle ~ City tour of Seattle  
 Seattle Mariners gift cards to be used for meals or souvenirs  
 Three game tickets in "infield Terrace Club"

**PRICING: \$1,499 double + \$25 tax**  
 Triple: \$1,399 + \$25 tax - Quad: \$1,349 + \$25 tax  
 Single: \$2,029 + \$25 tax (all prices are per person)

**Maritime Travel**  
 Lethbridge ~ 403.329.3373  
 122@maritimetravel.ca



**LETHBRIDGE COMMUNITY BAND SOCIETY** *Upcoming Events*

**A World of Music**  
**April 16**  
 Lethbridge Community Gold Band  
 ~ Ken Rogers, conductor ~  
 guest Nick Sullivan, bass trombone  
 College Drive Community Church ~  
 7PM

**Colours of Brass**  
**April 21**  
 Lethbridge Community Brass Choir  
 ~ Dr. Josh Davies, conductor ~  
 La Cité des Prairies ~ 7PM

Tickets (\$15) available at Casa or the door

     
 "...for the love of music." [lcbs.ca](http://lcbs.ca)



**Flowers**

Here's an opportunity to work with fresh flowers and your favourite painting medium. This 8 week class will concentrate on the wonderful structures and colours of flowers. Basic flower arrangements and compositions will be covered as well as color mixing to achieve those brilliant and vibrant colours that flowers give us. Techniques and approaches will be covered including layering to maximize colour intensity, painting the outside shapes first and analyzing flower shapes. All levels of students are invited to join.

When: Wednesdays, April 20 – June 8  
 Time: 10:00 am – 12:00 pm  
 Fee: \$40 LSCO M; \$65 NM  
 Register by: Monday, April 13 (after this date add \$5)

COFFEE IS ALWAYS ON AT **LSCO**



**TRIVIA ~ Did you know?** The first mobile car phones were located in the car's trunk, taking up nearly half of the space!

**Are You On Your Own?**

Come Join Us for the **3 C's**

**Cooking, Conversation & Companionship**

A six week cooking class for individuals who live alone.

Instruction will be given each week to create simple, healthy meals to be taken home. The six week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Tuesday, April 19 – May 24  
 Time: 2:00 pm  
 Where: McKillop United Church  
 2329 15th Avenue South  
 Register by: April 12

*This is a joint partnership between McKillop United Church and LSCO.*

LSCO Chefs Farron or Jody will guide you through the creation of wonderful meals in the kitchen at McKillop. The cost for the 3 C's is \$50 per person (works out to less than \$10 a week including supplies). Fee must be paid at time of registration.

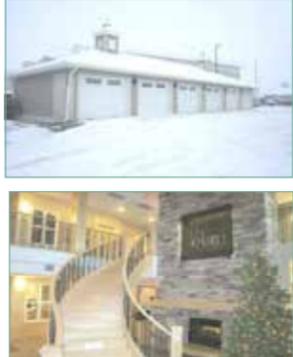
Call Marlene at Lethbridge Senior Citizens Organization to register.  
 403-320-2222 ext. 25

Welcome to...



Gracious Independent and Congregate Living

275 Lettice Perry Road North  
 Lethbridge, AB

*Elim Village is an independent living facility for Christian seniors. Our goal is to promote a lifestyle in which each person will be able to thrive spiritually and socially.*

**What's Included?**

- A residence in a new, spacious and secure building
- 3 professionally cooked meals per day
- Telephone, cable, internet, and utilities
- Microwave, refrigerator and laundry facilities in each unit
- Access to all areas of the building, including dining room, activity rooms, lounges and other multi-use rooms

For more information & private viewing, call:  
 Peter 403-849-7223  
 John 403-330-7850  
 Peter 403-393-0269

[elimlethbridge.ca](http://elimlethbridge.ca)

# April 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Music Program Hank Wiebe 12:30 ~ 2:00 pm	
3	4	5	6	7	8	9
		Rudy & the Classic Legends ~ 1:00 pm Chair Exercises 2:45 pm	Fun with Wii 1:00 pm	Music with Sandy 1:00 pm	Music Program Classic Legends 12:30 ~ 2:00 pm	
10	11	12	13	14	15	16
		Music with Hank 1:00 pm Chair Exercises 2:45 pm	Bowling Holiday Bowl 1:00 pm	<b>Volunteer Supper Dinner 6:00 pm</b>	Music Program Ray & Colin 12:30 ~ 2:00 pm	
17	18	19	20	21	22	23
		Music with Stan Ashbee ~ 1:00 pm Chair Exercises 2:45 pm	Fun with Wii 1:00 pm	Music with Barry 1:00 pm	Music Program Classic Legends 12:30 ~ 2:00 pm	
24	25	26	27	28	29	30
		Pressed Flowers with Eira ~ 1:00 pm Chair Exercises 2:45 pm	Bowling Holiday Bowl 1:00 pm	Music with Alex, Bill & Roy Los Gringos 1:00 pm	Music Program Los Gringos 12:30 ~ 2:00 pm	

Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$5 per visit.

## Dementia Care Can Be So Different

*Achieving the Top 20 "Butterfly Ingredients"*

**Thursday, May 26, 2016**  
**6:30 pm ~ LSCO Gym 2**  
**500 - 11th Street South**  
**Open to the Public**

**Dr. David Sheard**  
*Chief Executive and Founder, Dementia Care Matters*

Dr. Sheard is a leading dementia care consultant in the UK, Ireland, USA and Canada. His main focus in speaking has been to hold up a mirror to reflect the realities of dementia care and what it really takes to 'get it'.

After 15 years in health and social services in specialist dementia care posts, latterly as a General Manager-Old Age Psychiatry in an NHS Trust, Dr. Sheard founded Dementia Care Matters in 1995.

His purpose is to demonstrate that dementia care is about emotional care, and that this is no different to what we all need in life.

6:30 pm *Welcome and Introductions*  
 6:45 pm *Dr. Sheard: Dementia Care Can Be So Different*

Lethbridge Senior Citizens Organization • 403-320-2222

**TRIVIA ~ Did you know?** Estevan, Saskatchewan is reportedly the sunniest place in Canada with 2,537 hours of sunshine per year.

*Prearranging provides peace of mind.*

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 403-381-7777 (24 Hrs)  
 Corner of Mayor Magrath Drive & 28th Avenue South, Lethbridge  
 www.cornerstonefuneralhome.com



# PAR 3 GOLF TOURNAMENT CELEBRATING SENIORS

When: **Tuesday, June 7, 2016**  
 Time: Check in 9:00 am; Golf to follow  
 Entry Fee: \$30/person (Cheque, Cash, Debit, Credit Card accepted)  
 Register before: Friday, June 3rd  
 Location: Evergreen Golf Centre  
 5225 - 24th Ave. S., Lethbridge, AB (Highway 4)  
 Where to Register: LSCO, 500 - 11th Street S., Lethbridge, AB

Things to know:

- All skill levels welcome.
- Golfers play their own ball. Individual scoring.
- Golfers can form their own team.
- If tournament is cancelled due to poor weather it will be postponed to June 14th.
- If player cancels after June 3, entry fee is non-refundable.
- If player is a "no show", entry fee is non-refundable.
- Bucket of balls available to purchase for Driving Range.
- All participants must have a set of clubs to use.
- Clubs, Pull Carts & Limited Power Carts available to rent.
- Prizes Awarded.

Complete the following:

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 List who you will be playing with (if known): \_\_\_\_\_

Check if required. Payment to be made at Evergreen.

Power Cart Rental (\$13)  Pull Cart (\$3)  Club Rental (\$7)   
(Limited availability)



**Entry Fee includes green fees, prizes & light lunch.**  
**LIMITED SPACE . . . REGISTER EARLY**  
**CALL 403-320-2222**  
 for more information.

**QUILT RAFFLE**  
 ENTER TO WIN

Tickets \$3 each or 3 for \$5  
**DRAW MAY 8, 2016**  
 LSCO's Mother's Day Brunch  
 Thank You to LSCO Quilters

Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun. Instruction will begin at 1:00 pm followed by practice time. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and **clean, indoor court shoes**. Fee includes additional practice time (ask the instructor for times). Please complete an Activity Waiver Form upon registration. Drop in participants not accepted Wednesdays.

When: Wednesdays, April 6 – 27  
 Time: 2:00 – 3:30 pm  
 Fee/session: \$15 LSCO M; \$30 NM  
 Register by: Tuesday, April 5 (add \$5 after this date)

**beginner PICKLEBALL**

*Remember to make your reservation for our Mother's Day Brunch on May 8th. 3 seatings available.*

## Intro to Nordic Walking

If you would like to learn how to use poles to expand your walking experience register for this beginner class. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve. Aerobic capacity will also increase. Wear comfortable walking shoes and clothes appropriate to the weather. We will meet in Gym 2 and then take our walking outside. If you do not have poles they will be supplied.

When: Mondays, April 4 – 25  
 Time: 12:15 – 1:00 pm  
 Fee: \$10 LSCO M; \$20 NM  
 Register by: Friday, April 1

## Introduction to Meditation

This class offers a contemplative blend of gentle stretching and vinyasa (movement with the breath) for fostering a restful inner atmosphere. Each class includes intention/goal setting, pranayama (breathing techniques), asana (postures) and seated meditation. Whether you are new to yoga and meditation, an established practitioner or interested in exploring the subtle realm of yoga this class is open to all. Learn how to calm the mind, be present in your body and feel invigorated. The benefits of daily meditation practice can reduce stress, anxiety and insomnia as well as increase clarity, concentration and creativity. Please bring a blanket, pillow, mat or any other item you may need to sit comfortably for a period of time and wear comfortable clothing so you can easily breath and move freely. Gathering with others to meditate adds uplifted energy to all so please join us!

When: Mondays, May 16 – June 20  
 Pre-registration is required.  
 Time: 5:00 – 6:00 pm  
 Fee: \$25 LSCO M; \$40 NM  
 Register by: Thursday, May 12  
 Instructor: Kelsey Lazarick

# Preventing Financial Elder Abuse

The majority of the abuse cases LEARN has dealt with over the past several years are financial in nature. Financial abuse of the elderly can take a number of forms, and may include the following:

- Forging an older person's signature;
- Getting an older person to sign a deed, will, or power of attorney through deception, coercion, or undue influence;
- Using the older person's property or possessions without permission;
- Promising lifelong care in exchange for money or property and not following through on the promise;

In these types of cases, the abuser is typically a family member (adult child or grandchild), caregiver, or other person in a position of trust who:

- Has a substance abuse, gambling, or financial problem;
- Stands to inherit and feels justified in taking what they believe is "almost" or "rightfully" theirs;
- Fears that their older family member will get sick and use up their savings, depriving the abuser of an inheritance;
- Has had a negative relationship with the older person and feels a sense of "entitlement"; or
- Has negative feelings toward siblings or other family members whom they want to prevent from acquiring or inheriting the older person's assets. <sup>1</sup>In cases of fraud or



## LEARN Case Manager

**Tanya  
Purdy-Fischer**

learn@lethseniors.com  
403-320-2222 ext. 31

theft, prosecution may be possible, but is often hindered by reluctance on the part of the elderly person to speak to police or pursue criminal charges. Many of the individuals I have worked with tell me they don't want to get their loved one in trouble, are afraid their loved one will have a criminal record, or simply do not realize the extent of the crime until it is too late.

The consequences of financial abuse can be very devastating. The victim may be liable for financial costs incurred as a result of things like cash advances taken out or purchases made against a credit card, unpaid bills and arrears in rent or mortgage payments. Even small amounts can cause serious financial hardship for those living on fixed incomes. Victims may also be unable to afford day-to-day necessities including prescriptions, transportation and food, and quality of life may be significantly altered.

There are several things you can do to be proactive and prevent financial abuse. Some suggestions include:

- Be informed about your financial affairs.
- Use direct deposit for all cheques that you receive (eg. OAS, CPP).
- Have bills automatically paid from your bank account (eg. telephone or utilities).
- Be careful when co-signing loans or signing over ownership of your home to anyone.
- Do not lend your bank card or give your PIN number to anyone.
- When it comes to legal documents or contracts:
  - a. Read all documents carefully, including the fine print.
  - b. Seek independent advice from someone you trust and/or legal advice before signing.
  - c. Do not be guilt-tripped into doing something you are not in agreement with
- Update Power of Attorney documents yearly or as relationships change. Be sure the person(s) you name is someone that you know, trust, and will respect your wishes.
- Do not lend money without a formal pay-back schedule...unless it's a gift. <sup>2</sup>

As always, if you or someone you know is experiencing abuse, please give LEARN a call. When it comes to Elder Abuse, *silence is not an option.* ★

<sup>1</sup> Taken from an article by the NCEA (National Committee for the Prevention of Elder Abuse)

<sup>2</sup> Taken from an article by Elder Abuse Ontario

## Refugee rights day reading

To mark Refugee Rights Day, the Amnesty Book Club is hosting a special novel this month: *The Illegal* by Lawrence Hill. The novel is featured on CBC Canada Reads, as well as Hill's own book tour that coincided with the ongoing Syrian refugee crisis. Now fiction meets reality as both the Amnesty International Book Club and Hill discuss the vivid story of *The Illegal* and its real-world implications.

In his novel, Hill challenges Canadians to consider a different perception of the refugee – not focused on the families in the camps, but rather those in limbo between systems. Keita is a runner who has fled the politically motivated violence of his homeland, and arrives in a land called Freedom State. But Keita has no true freedom, and must keep running within this new home that hunts down refugees. He runs from the authorities, but also runs to train in hopes of winning an important race – the prize money so important, it could save the life of his sister.

Through this novel, the Amnesty International Book Club shares Canada's own refugee story, both past and present, and discusses how we can offer a place of safety and opportunity in our own country and worldwide.

Other novels featured include *Ru*, *What We All Long For*, and *Dogs at the Perimeter*, which shed light on the diverse experiences of refugees.

A free-to-attend online interview will be held in April with Lawrence Hill. Join the reading community at [amnestybookclub.ca](http://amnestybookclub.ca) for more information.

[www.newscanada.com](http://www.newscanada.com)

## monday morning yoga

Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. All levels of experience welcome. Wear comfortable clothing; bring a mat, blanket and water bottle. Classes will be held in the All Purpose Room.

When: April 4 – May 16  
Time: 10:00 – 11:15 am  
Fee: \$32 LSCO Members; \$39 NM  
Instructor: Leigh Monette  
Register by: Monday, April 4



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# Sweating the Small (Claims) Stuff – Part 1

In Alberta, there are three levels of Court: the Alberta Court of Appeal, the Alberta Court of Queen's Bench, and Alberta Provincial Court. Each level of court deals with different types of legal matters. Provincial Court and the Court of Queen's Bench are referred to as trial courts. These levels of court are responsible for hearing the trial of disputes for the first time. Part of the jurisdiction of the Provincial Court is what is commonly referred to as Small Claims Court. This name reflects the fact that Provincial Court is only able to hear trials for civil matters involving debt or damages under \$50,000.00.

Provincial Court is intended to be more user friendly and enable people to handle their legal disputes without needing to hire a lawyer. These disputes can range from landlord and tenant disputes to small employment issues, breaches of contract and other civil matters. Regardless of the type of civil dispute, almost all begin with filing a Civil Claim form with the Provincial Court. The exception is landlord tenant disputes, which may be dealt with by making an application under the Provincial Court Residential Tenancies program.

Filing a Civil Claim does not immediately mean that a particular dispute is going to go to trial. There are many steps that must be completed before a trial date is set to fully hear



## Legal Tips and Information

Christina Lam

the issue. After filing the Civil Claim with the Provincial Court at the local Provincial Court location (i.e the Lethbridge Court House), the Civil Claim must then be sent to the persons or parties who are being accused of committing some form of civil wrongdoing, also known as the Defendants. The Court needs to be sure that the Defendants are aware of the Civil Claim against them, and as a result, will require an Affidavit of Service proving that the Defendant actually received the Civil Claim. For some Plaintiffs, service can be an early stumbling block if the Plaintiff does not have a current address or other method of finding the Defendant.

Defendants are permitted 20 days to respond to the Civil Claim by filing a Dispute Note at Provincial Court. A Dispute Note states the Defendant's side of the story and any information which either defeats the Civil claim or acts as a defence to the Civil Claim. If a Defendant does not respond within the time

period, the Plaintiff may note the Defendant in Default and potentially obtain a Default Judgment granting them what they asked for in their Civil Claim without a hearing.

If a Defendant does file a Dispute Note, the matter will be scheduled for mediation, pre-trial conference, trial, or a combination of the three. These stages are intended to help the parties resolve the dispute, if possible, and prepare for trial. Both parties will receive notice of the dates of mediation, pre-trial conference or trial in advance and are required to attend. Plaintiffs and Defendants alike should be aware of these often forgotten steps, as they can cause a matter to take over six months to actually proceed to trial of the issues.

This is only a brief introduction to the Civil Claims process. The Alberta Courts website, <https://albertacourts.ca/provincial-court> is an excellent resource for Plaintiffs or Defendants looking for more information about the process. While small claims litigation can be a useful tool to deal with disputes, it does have its disadvantages. Next month, our article will discuss in greater detail some points Plaintiffs should consider before launching a Civil Claim. ★

*Alger Zadeiks Shapiro LLP* is a local Lethbridge Law Firm.

**TRIVIA ~ Did you know?** Charlie Chaplin once won third prize in a Charlie Chaplin look alike contest.



**GALT**  
MUSEUM  
& ARCHIVES  
*stories unfolding...*

The exhibit will tell the history of the Lethbridge Fire and Emergency Service from its earliest days to today through stories, photographs, and artifacts.



**Fire & EMS**  
FEB 06.16 - MAY 23.16

---

**\* Daytime Galt Workshops** ▶  
weekly Wed to APR 15 10:30 am–noon  
for adults of all ages requiring an accessible environment

06 Painted Pots  
13 Art Dolls

20 Bird Feeders  
27 Horseshoe

**\* Wednesdays at 2:00** ▶  
1st & 3rd Wed 2:00 pm  
twice monthly program for 55+

06 Reinterpreting Indigenous Marginalization and Happiness with Dr. Linda Many Guns

15 Loneliness is Killing Me: Life Stories of Immigrant Women in Canada with Ph.D. Student Ruksana Rashid

**\* Saturdays at 1:00** ▶  
weekly family program 1-2pm | details online  
presented with Green Acres Kiwanis Club of

02 Fire & Emergency Services  
09 Sequence Game

Earth Day celebration from 12-4:30  
23 Bird Feeders  
30 Periscopes

**\* Thursdays at the Galt** ▶  
Archives, Discovery Hall & Museum Store open to 9 pm  
programs start at 7 pm  
cash bar open 5-8 pm

28 Archives Program: Playing on the Prairies: sport and lethbridge's Early Inhabitants with Robert Kossuth

Sun 03 | 2-3 pm Café Galt: Help Recover Lethbridge's Vimy Heroes with teacher and historian Brett Clifton

SPECIAL SUNDAY PRESENTATION

APR 11 | 10 am TICKETS go on sale for the Tue MAY 10 + Wed MAY 11 Taste of Downtown

\* = admission applies | free for Annual Pass Holders  
YEAR-ROUND HOURS OF OPERATION  
10-5 mon-sat | 10-9 thu | 1-5 sun + hol  
CLOSED DEC 25-26, JAN 01, Easter Sunday

**program information & event tickets:**  
information desk 403.320-3954 | info@galtmuseum.com  
[www.galtmuseum.com](http://www.galtmuseum.com)

## GHOST TOWN BUS TOUR

**September 12 – 16, 2016**

- A 5-day bus tour to West Kootenays
- Visit former internment sites of Canadians of Japanese descent who were incarcerated during WW2
- We will visit Slocan Valley, New Denver, Sandon, Kaslo and also Doukhobor Village & Museum in Castlegar
- Visit Ainsworth Hot Springs prior to returning home

**Cost: \$825/person**

### Price includes:

- bus transportation
- 4 nights hotel accommodation (double occupancy)
- all entry fees and 7 meals

**SPACE IS LIMITED SO REGISTER EARLY**

Send deposit cheque in the amount of \$400 made out to:  
NCS of LA

Mail to: George Takashima  
3112-29 Street South, Lethbridge, AB T1K 7J9  
no later than April 30, 2016

For more information, contact George:

E-mail: geotak@shaw.ca or phone 403-328-0156.

**Please note: \$800/person if you book before April 10th, 2016**  
**Send deposit cheque of \$400 made out to – NCS of LA**

**Sponsored by The Nikkei Cultural Society of Lethbridge and Area (NCS of LA)**

# World Tai Chi & Qigong Day

Saturday, April 30, 2016

On the last Saturday of April each year, the world is invited to join in on mass Tai Chi and Qigong teach-ins and exhibitions held in over 70 nations.

Tai Chi & Qigong enthusiasts & friends are invited to meet at LSCO on Saturday, April 30 in Gym 2 at 10:00 a.m.

Be a part of World Tai Chi & Qigong Day 2016

"One World... One Breath"



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## FORGET ABOUT THE WORKOUT

JUST LOSE YOURSELF IN THE MUSIC AND FIND YOURSELF IN SHAPE AT THE ULTIMATE DANCE-FITNESS PARTY



### ZUMBA

Tine Gulbrandsen will ensure you have a great time as she leads you through fun filled Zumba routines. All levels welcome. Register early for spring and summer sessions to ensure they take place. You will be glad you did!

When: Tuesdays, March 8 – April 26, 5:30 – 6:30 pm  
Drop in Fee: \$6 LSCO M; \$7 NM

### EVENING - SPRING & SUMMER

When: Tuesdays, May 3 – June 28, 5:30 – 6:30 pm  
Fee: \$41 LSCO M; \$62 NM

When: Tuesdays, July 5 – August 9, 5:30 – 6:30 pm  
Fee: \$41 LSCO M; \$62 NM

[zumba.com](http://zumba.com)

**TRIVIA ~ Did you know?** Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

## Did you know?

that LSCO Fitness Centre memberships are available to anyone 35 years and over.

# New Yard Waste Site Locations



North Side location open April 1<sup>st</sup>, part of the North Side Recycling Station

(junction of Stafford Dr and Scenic Dr North)



**Thanks for helping make compost and mulch instead of waste!**



South Side location open in June, part of the new South Side Recycling Station

(28<sup>th</sup> Ave South beside Soccer Centre)



CITY OF Lethbridge

Visit [Lethbridge.ca/YardWaste](http://Lethbridge.ca/YardWaste) for more info



CITY OF Lethbridge

## Sublime Watercolour Florals

In this class we will concentrate on more detailed floral painting but with a hint of abstract. For some projects we will combine subtle pencil line as a design element to enhance the paintings. This style will be suited for small paintings or greeting cards as well as larger paintings. We will also study and paint other "growing things" to paint.

Supplies: Watercolours, favourite brushes for detailed painting, photographs you wish to paint from and favourite watercolour paper. I like Arches 140b Hot Press. I will bring some photos to share. No photos of other artist's paintings. We want to paint from "real images."

When: Tuesdays, April 5 - 19  
 Time: 1:00 - 3:00 pm  
 Fee: \$20 LSCO M; \$30 NM  
 Instructor: Connie Furguson  
 Register by: Monday, April 4 (after this date add \$5)



# RACHAEL HARDER

Member of Parliament  
 Lethbridge



255 8<sup>th</sup> St. S  
 Lethbridge, Alberta  
 T1J 4Y1  
 Phone: 403-320-0070  
 Web: RachaelHarder.ca



Here To Serve You

**TRIVIA ~ Did you know?** Most boat owners name their boats. What is the most popular boat name requested? A. *Obsession*

## LINE DANCING FOR BEGINNERS



This is the perfect class for the beginner. Did you know studies have shown that dancing can be great help in areas of memory, balance, the cardiovascular system and vertigo? Now that's reason enough for men and women to get their dancing shoes on.

When: Thursdays, April 7 - June 23  
 Time: 1:15 - 2:15 pm  
 Fee/session: \$33 LSCO M; \$50 NM  
 Register by: Monday, April 4 (after this date add \$5)

## When Did the Rules Change?

I read in the paper almost every day about the proper use of rest rooms in our schools. It seems that they are trying to make sure that no one in our school system is offended.

When I was a boy the world was a different place. Each school yard in rural Alberta had two outhouses. One was marked 'Girls' and other was marked 'Boys'. The girls' outhouse had a sort of screen built in front of the door to guard against a view in an open door. It wasn't until the fifties that outhouses were done away with. That was when septic systems and running water systems came to the rural schools. This forms the background for my story.

In the rural schools in my day body parts and body functions were not taught or even mentioned. The word outhouse was never mentioned by name but several names were heard on the playground. We had to ask to leave the room. Our teacher had a system and she lived by rules. She demanded that that when you requested to leave the room for a bathroom break that you would make a differentiation between number one and number two. Thus came the rule that when raised our hand to request this permission that we hold up our hand with one or two fingers raised. Maybe this would indicate a

time period needed. Then a decision would be made and permission granted or not.

Now being a simple child I could never understand why the teacher would care about the exact nature of our need. She never explained it to us. In my mind, even if she wanted to, she didn't have time to leave the class and go out in the schoolyard to the outhouse to check as to the designated need. No wonder most kids waited until recess to do their thing. And in the winter they waited even longer. If you think about it, it was just too difficult to get to the 'bottom' of things for both boys and girls.

In winter boys wore one piece with a two button flap for number one so this was OK but for number two the two button trap door was a lot of trouble. It was easier to develop control. Girls did not have the underwear with the trap door but they had many layers that needed to be removed or unpinned and at 40 below one needed to put much thought into it before making such a move. So when nature called it was either wait till recess, noon hour or after school.

I wonder how our government would regulate the comfort and security of that operation.

Just a passing thought. ~ by Stan Coxson



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# Hope for Some Calmer Waters

*Smooth sails do not make good sailors.*

~ Source unknown

Life can go from sunshine and roses to a hurricane and horror in a heartbeat. Such an experience happened recently in our family. The young Mother was in the kitchen preparing supper, the kids were in the living room watching television, and Dad wasn't home from work yet. Suddenly there was a loud crash outside followed by a cacophony of even more frightening noise.

Mom looked out the kitchen window and saw her beloved white car moved from where it was parked at the curb, the rear end smashed, glass broken and metal twisted. The front of the white car had smashed into the back of a black car, (another family car) parked 20 ft. in front of the white car. Another car, the cause of the disaster was sitting in the middle of the street. This family's ship had just experienced a hurricane and hopefully the lessons learned from this experience would teach them life-lessons that would strengthen them as "good sailors". Any vehicle accident is a shock, but one that happens when one isn't even driving is an absolute horror. The cause of the accident was a young, inexperienced driver, icy roads, and too much speed for the road conditions. It just doesn't seem fair that one can be in the kitchen cooking dinner one minute, and have life turned upside-down the next.

Bad, even horrific, experiences can happen throughout one's life and how we handle it is



## The Widow's Walk

Kay Long, BSW, RSW

a test of our character. German philosopher, Friedrich Nietzsche, said, "That which does not kill us makes us stronger." After so many years of close calls and tragedies many of us feel as though we are made of stone, but stone is not what we want. We want resiliency - the ability to spring back into shape after being bent, stretched or deformed. With apologies to Mr. Nietzsche, I'd just as soon not turn into stone and, considering what I have already lived through, I've been stretched to the limit on more than one occasion. One thing I have learned for sure. In spite of everything, you have to have a sense of humor. I once heard Dr. Julie White say that if you don't have one you had better go out and buy one. (A bit of social work humor there.)

I recently watched a documentary about the 1986 Hinton train disaster. A heavily loaded CNR freight train heading west did not stop on the side rail to allow a Via Rail passenger

train to pass. For whatever reason the two trains collided head-on at a combined speed of over 100 kilometers per hour. Twenty three people were killed, (including all crew members in the both locomotives), and almost 100 people were seriously injured. To add to the intensity of the disaster the diesel fuel caught fire making rescue for some impossible. There were several heroes on site that day. Men who risked their own lives to retrieve others from the burning wreckage. One of those men who survived this disaster and is still living today said, "You can recover. There is a tomorrow." There's a lot of wisdom in these few words and it comes from a man who once experienced such a terrible ordeal.

I have yet to meet a person who has never had bad things happen in their life. Disasters can and do happen to everyone. I have yet to figure out if I am a fatalist or if I believe that individuals have some control over their destiny, but I do know that we all need to learn lessons from our life experiences. I do believe that is why we are here. When something horrific happens we can either collapse into a puddle of misery or pick yourself up, dust yourself off and carry on. I usually go through the former first, then eventually the latter, all the time hoping for calmer waters ahead. ★

*The Widow's Walk: A Survivor's Handbook* can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

**TRIVIA ~ Did you know?** Leonardo Da Vinci invented the scissors.

**Shannon Phillips,**  
MLA Lethbridge West  
402 8th St S  
Lethbridge, AB T1J 2J7  
lethbridge.west@assembly.ab.ca  
403-329-4644



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