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## Wear Purple and Join LEARN for a Walk to Raise Awareness



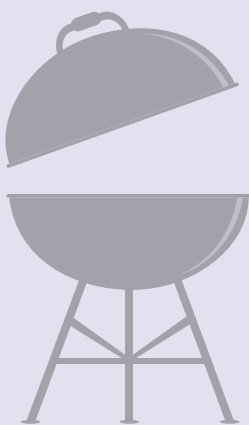
## WORLD ELDER ABUSE AWARENESS DAY WALK

**Wednesday, June 15, 2016**

**10:00 ~ 11:00 am**  
**Civic Centre Track**  
**\$2 BBQ to follow**

*All proceeds to the 2017 Seniors Safety Calendar*

Sponsored by Lethbridge Police Service, LSCO, Save On Foods and Family & Community Support Services, City of Lethbridge.



### Join Us for

#### PANCAKE BREAKFAST

JUNE 6

#### LSCO PAR 3 GOLF TOURNAMENT

JUNE 7

#### GOLDEN OLDIES JAZZ IN THE AFTERNOON

JUNE 7

#### WORLD ELDER ABUSE AWARENESS DAY WALK

JUNE 15

#### FATHER'S DAY BRUNCH

JUNE 19

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Executive Director

Rob Miyashiro  
rmiyashiro@lethseniors.com

Many of you have seen the poster boards of the parking lot re-design (as presented by the City of Lethbridge staff at our AGM) in the entrance to the card area/dining room. These poster boards show the plan for water retention, landscaping, pedestrian movement and vehicle traffic in the newly constructed lot. Once the lot is completed, we will have several more parking spaces than are currently available, the lot should be safer for pedestrians and the disabled parking stalls will be directly in front of the main entrance.

An important fact that needs to be stated is that the parking lot adjacent to LSCO is owned and operated by the City of Lethbridge. LSCO

members and guests have access to this lot because it exists for public parking, not for the sole use of LSCO...as it is mistakenly thought of by our members.

When the parking lot reconstruction begins during the second week of July, LSCO members and volunteers will be allowed to use the east row of stalls in the City Hall Parking Lot. There has also been discussion of freeing up some additional stalls for our volunteers. Those parking in that lot, plus those approaching LSCO from the west will have to enter the building through the Fritz Sick pool doors as the sidewalk in front of the building will also be torn up. Disabled parking will be made available on the row of stalls on 11 Street, directly south of LSCO. People parking there and on streets east and north of the building, can access the building via the doors off the atrium in the dining room. Meals on Wheels volunteers will pick up meals at the back door by the kitchen during the parking lot construction.

Other considerations for parking could be discussed as well, and updates will be posted in the building. I would like to thank everyone for their patience and understanding as this project will disrupt many aspects of our operation. ★

**Did you know?** 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. You will be notified so you can get the best seats available.

First Nation, Inuit and Métis: what's in a name?

As Canadians get set to celebrate *National Aboriginal Day on June 21*, the start of Summer Solstice, it's also an opportunity to learn more about First Nation, Inuit and Métis people in Canada.

For example, do you know the difference between First Nation, Inuit and Métis?

- First Nation replaces the outdated term "Indian" and refers to status and non-status Indigenous people.
- Métis people are a mix of First Nation and European ancestry and identify themselves as Métis people, separate from First Nations, Inuit or non-Aboriginal people.
- Inuit people are an indigenous people in northern Canada who live above the tree line in Nunavut, the Northwest Territories, Northern Quebec and Labrador. The word "Inuit" means "people" in Inuktitut.

2016 marks the 20th anniversary of National Aboriginal Day, which recognizes the culture, history and song of First Nation, Inuit and Métis people in Canada. You can find celebrations in your area by contacting your nearest Friendship Centre or visiting [www.canada.ca/en/indigenous-northern-affairs/](http://www.canada.ca/en/indigenous-northern-affairs/).

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

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\*AutoAlert does not detect 100% of falls. If able, you should always press your button.

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

**Board of Directors:**  
Bill Hansen, Bob Maslen, Carol Roesler, Merri-Ann Ford, Pamela Brown and Robert Girard

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

**Staff Members:**  
Executive Director – Rob Miyashiro  
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jmcdonnell@lethseniors.com . . . . . ext. 23  
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Farron Matthews  
catering@lethseniors.com . . . . . ext. 27  
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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  
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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



Vector images designed by Freepik

LSCO Vision Statement

“An active, healthy community which is learning, growing and making a difference.”

Welcome  
New Members!

Lizabeth WarmanGeorge Sevcov  
John FisherSharon Stein  
Michael KennedyBrian Baines  
Patricia KennedyMohsen Seyed  
Elizabeth PocockMahmoud

A Smile is  
the Universal Welcome.

  
Fitness  
PASS  
10X PASS

Fee: \$55 LSCO Members; \$65 Non Members  
Expires December 31, 2016

DROP IN FEES

	Member	Non-Member
Active Aging	\$6.00	\$7.50
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Morning Yoga	\$6.00	\$7.00
Active Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Zumba	\$6.00	\$7.00
Fitness Centre	\$6.00	\$7.00

(Fitness Centre closed Saturdays for June, July & August).

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LSCO Hours of Operation

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

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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 (must be accompanied by billiard member)
Crib	\$2 non-member
Duplicate Bridge	\$2 non-member
Scrabble	\$2 non-member

FITNESS CENTRE

SUMMER HOURS

JUNE, JULY, AUGUST

MONDAY ~ FRIDAY

8:00 AM ~ 4:15 PM

SATURDAYS & SUNDAYS  
CLOSED




LSCO Gym 1 & Gym 2

will be **CLOSED** from

August 15 – September 2

for maintenance

Publishing  
Schedule

Issue	Deadline
July 2016 . . . . .	June 17
August 2016 . . . . .	July 15

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

Old you say? I'm getting there, however the context of the word "old" can be very deceiving. In referring to things, yes, they can be old and just about worn out and fulfilled its usability. An old friend has a different meaning; an old movie; old habits; for old times sake; old enough to know better; and the list goes on and on. As for me, I'm happy to be known as "old" for the simple reason many do not have that chance to become old. Read the *Herald* and you will know what I mean. I feel a small sense of accomplishment and satisfaction (nothing I have really done) to be classed in the category of being old. To me, it is a compliment to be grouped into a class of people that have accomplished so much with so little with so much of out of date resources. LSCO has so many wonderful, talented, accomplished, genuine "old" people and I for one am proud to say I am part of those good people!



President's Message  
Clifford (Charlie) Brown

The knowledge that is combined with LSCO is amazing. Wouldn't it be nice to be able to put all that knowledge and experience into a computer chip and have it for the world to share. I think it would be simply amazing.

Who do they ask when some information is lost or history needs to be confirmed or simple advice is needed? Us old people!

Our bodies may be getting a little slower and our joints might creak, but we still have it upstairs and can function as good as ever. I don't think there is any problem we couldn't solve if somehow all the knowledge of the LSCO membership could be funnelled into one great pot.

So in writing this I hope I have not offended any one, as my intentions are to show the superb example you all are to this great City and your families. You are the ground work of many integral parts of this City and other places you have lived and served. Be proud of your accomplishments and heritage.

Thank you for being such good examples for LSCO. I am happy and proud to be a part of you and this organization and to respectfully be called an "Old Person"!! ★

**Closing Thought:**  
*Life isn't tied with a bow, but its still a gift.*

LETHBRIDGE & AREA  
SENIORS of DISTINCTION  
AWARDS

In honour of National Seniors Day October 1st, AgeCare Columbia along with very committed partners have come together to create the Seniors of Distinction Awards.

**September 30th ~ 2 pm – 4 pm**  
AgeCare Columbia ~ 785 Columbia Blvd. W, Lethbridge

**NOMINATE A SENIOR OF DISTINCTION TODAY!**  
Deadline for nominations is August 15th.  
Winners will be notified by September 1st.

**NOMINATE ONLINE**  
agecare.ca/SeniorAwards

OR

**DROP OFF NOMINATION FORM**

AgeCare Columbia ~ 785 Columbia Blvd. W, Lethbridge T1K 4T8

**I WISH TO NOMINATE THIS SENIOR OF DISTINCTION**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ City: \_\_\_\_\_

Category of Nomination: \_\_\_\_\_

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Please attach a brief statement (*no more than 2 pages*) about the nominee's contribution and why they deserve the award.

**NOMINATED BY**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 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 1 and then take our walking outside. If you do not have poles they will be supplied.

When: Tuesdays, June 14 – 28  
Time: 9:00 – 10:00 am  
Fee: \$6 LSCO M; \$12 NM  
Register by: Monday, June 13

# SEARCH ENGINES & CLOUD

We will learn how to use search engines such as Google, Yahoo and DuckDuckGo and make are searches more relevant and more secure. We'll learn about how to make internet usage easier and more useful for ourselves. We will also learn about "The Cloud", what it is and why and how we would use it.

When: Tuesdays & Thursdays, July 12 - 28  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, July 7 (after this date add \$5)

**MARIA FITZPATRICK**  
MLA FOR LETHBRIDGE-EAST

13th St South  
Lethbridge AB T1J 2W1  
Phone: 403-320-1011  
Fax: 403-328-6613  
Email: lethbridge.east@assembly.ab.ca

Photo: David Rossiter

# Stop by Thursday Afternoons to play Crib

# Volunteer Corner



## Volunteer Coordinator

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

### JESUS CHRIST SUPERSTAR

The LSCO is very proud to present Jesus Christ Superstar on Thursday, Friday, Saturday and Sunday, October 13, 14, 15, and 16, 2016. It is 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. A meeting will be held over coffee & cookies in the Dining Room on Wednesday, June 1st at 3 p.m. If you are able to assist us with costume construction, costume alterations, hand sewing and surging, you must be signed up first.

### QUILT RAFFLE

Thank you ladies of the LSCO Quilt Club for your generous donation of 2 beautiful quilts. The quilt raffle raised \$983.00. The lucky winners are Helene Dahl and Barb Fisher.

### BINGO VOLUNEERS NEEDED

HELP! We are in need of volunteers at Winners Bingo on Mondays and Thursdays. Bingo is a large revenue source for LSCO so please consider lending a hand and having fun too. ★



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**TRIVIA ~ Did you know?** The placement of a donkey's eyes in its' head enables it to see all four feet at all times.

## Embracing Life's Changes Coffee & Conversation Support Group

This is an on-going drop-in group. Participants are welcome to drop-in whenever they are available.

Participants share concerns/worries when they are comfortable to talk in the group. Support and encouragement is offered to all participants.

*Every Wednesday Afternoon ~ 1:15 p.m.*  
Lethbridge Senior Citizens Organization  
500 – 11th Street South • 403.320.2222

*There is no charge to participate in the group.  
Everyone is welcome and membership at LSCO is not required.*

Coffee is supplied by LSCO but donations are accepted.





## IMPORTANT NOTICE

### Christ Trinity Lutheran Church

416 - 12th Street South  
**NO PARKING**

In consideration of the Christ Trinity Lutheran Church who own and operate their own parking lot, there is no parking in their private lot. They have posted signs and left notices on vehicles illegally parked in the lot but the parking offences have continued.

In the future illegally parked cars will be towed away at the owner's expense.

If you would like to lease one of their parking spaces, please call and speak to Dallas at 403-327-0709 during weekday mornings.

We wish to work amicably with the Christ Trinity Lutheran Church and hope to remedy this parking issue.

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## WINDOWS 10

When: Monday & Wednesday  
July 11 – 27

Time: 1:30 – 3:30 pm

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

Register by: Thursday, July 7  
(after this date add \$5)



## DON'T LEAVE YOUR HOME ALONE!!

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<div><div></div><div><h1>MENU FOR JUNE 2016</h1><p>Lunch served from 11:00 am ~ 1:00 pm • Soup is not included with meal • The dining room is CASH ONLY Daily Lunch Specials Available • Non-Members add 15% • Menu subject to change without notice</p></div><div></div></div>				
<i>Join Us in Celebrating</i> SENIORS' WEEK <i>June 6 - 10 at LSCO</i>		<b>Wednesday, June 1</b> <b>Entree:</b> Fried Chicken <b>Potato:</b> Hot Potato Salad <b>Sandwich:</b> Grilled Turkey Swiss & Tomato <b>Salad:</b> Ham, Apple & Cheddar	<b>Thursday, June 2</b> <b>Entree:</b> Tilapia <b>Potato:</b> Roasted <b>Sandwich:</b> Grilled Turkey Swiss & Tomato <b>Salad:</b> Ham, Apple & Cheddar	<b>Friday, June 3</b> <b>Entree:</b> Pepper Steak <b>Potato:</b> Rice <b>Sandwich:</b> Grilled Turkey Swiss & Tomato <b>Salad:</b> Ham, Apple & Cheddar
<b>Monday, June 6</b> <b>Entree:</b> Veal Cutlet <b>Potato:</b> Mashed <b>Sandwich:</b> Tuna Melt <b>Salad:</b> Chicken Caesar	<b>Tuesday, June 7</b> <b>Entree:</b> Chicken Breast with Mushroom Sauce <b>Potato:</b> Egg Noodle <b>Sandwich:</b> Tuna Melt <b>Salad:</b> Chicken Caesar	<b>Wednesday, June 8</b> <b>Entree:</b> Pork Chop <b>Potato:</b> Pan Fries <b>Sandwich:</b> Tuna Melt <b>Salad:</b> Chicken Caesar	<b>Thursday, June 9</b> <b>Entree:</b> Meatloaf <b>Potato:</b> Steamed <b>Sandwich:</b> Tuna Melt <b>Salad:</b> Chicken Caesar	<b>Friday, June 10</b> <b>Entree:</b> Beer Battered Cod <b>Potato:</b> Steamed Baby Red <b>Sandwich:</b> Tuna Melt <b>Salad:</b> Chicken Caesar
<b>Monday, June 13</b> <b>Entree:</b> Roasted Leg of Lamb <b>Potato:</b> Rice <b>Sandwich:</b> Pizza Sub <b>Salad:</b> Cranberry, Mandarin & Walnut	<b>Tuesday, June 14</b> <b>Entree:</b> Salmon <b>Potato:</b> Roasted <b>Sandwich:</b> Pizza Sub <b>Salad:</b> Cranberry, Mandarin & Walnut	<b>Wednesday, June 15</b> <b>Entree:</b> Roast Beef <b>Potato:</b> Mashed <b>Sandwich:</b> Pizza Sub <b>Salad:</b> Cranberry, Mandarin & Walnut	<b>Thursday, June 16</b> <b>Entree:</b> Pulled Pork <b>Potato:</b> Mac & Cheese <b>Sandwich:</b> Pizza Sub <b>Salad:</b> Cranberry, Mandarin & Walnut	<b>Friday, June 17</b> <b>Entree:</b> Chicken <b>Potato:</b> Dumplings <b>Sandwich:</b> Pizza Sub <b>Salad:</b> Cranberry, Mandarin & Walnut
<b>Monday, June 20</b> <b>Entree:</b> Cabbage Rolls <b>Potato:</b> Mashed <b>Sandwich:</b> Chicken Salad <b>Salad:</b> Spinach, Bacon & Egg	<b>Tuesday, June 21</b> <b>Entree:</b> Beef & Mushroom Stew <b>Potato:</b> Biscuit <b>Sandwich:</b> Chicken Salad <b>Salad:</b> Spinach, Bacon & Egg	<b>Wednesday, June 22</b> <b>Entree:</b> Garlic Sausage <b>Potato:</b> Perogies <b>Sandwich:</b> Chicken Salad <b>Salad:</b> Spinach, Bacon & Egg	<b>Thursday, June 23</b> <b>Entree:</b> Roasted Chicken <b>Potato:</b> Rice <b>Sandwich:</b> Chicken Salad <b>Salad:</b> Spinach, Bacon & Egg	<b>Friday, June 24</b> <b>Entree:</b> Ham <b>Potato:</b> Scalloped <b>Sandwich:</b> Chicken Salad <b>Salad:</b> Spinach, Bacon & Egg
<b>Monday, June 27</b> <b>Entree:</b> Sole <b>Potato:</b> Rice <b>Sandwich:</b> Veggie Wrap <b>Salad:</b> Broccoli, Sunflower Seed & Cheddar	<b>Tuesday, June 28</b> <b>Entree:</b> Wieners & Beans <b>Potato:</b> Potato Salad <b>Sandwich:</b> Veggie Wrap <b>Salad:</b> Broccoli, Sunflower Seed & Cheddar	<b>Wednesday, June 29</b> <b>Entree:</b> Turkey & Stuffing <b>Potato:</b> Mashed <b>Sandwich:</b> Veggie Wrap <b>Salad:</b> Broccoli, Sunflower Seed & Cheddar	<b>Thursday, June 30</b> <b>Entree:</b> Swedish Meatballs <b>Potato:</b> Noodles <b>Sandwich:</b> Veggie Wrap <b>Salad:</b> Broccoli, Sunflower Seed & Cheddar	See Our <i>Catering Booklet</i> online at www.lethseniors.com

Come to LSCO for the return of the

\$6<sup>00</sup> BREAKFAST

## Take your health to the next level with sea greens

Our fascination with getting more greens into our diet continues to grow, along with our search for healthier and more sustainable food options. The Canadian Health Food Association (CHFA) named sea vegetables as one of the top natural health trends of 2016 — but it looks like they’ll be more than just a trend. The unwavering momentum shows that sea vegetables have lasting power to become an important part of our daily lives.

If you’re new to these greens, here’s the lowdown on three of the most popular ones — spirulina, nori, and chlorella — and why they’re being hailed as the newest superfoods, plus how you can easily add them to your daily routine for an extra healthy punch.

### Spirulina

This proves to be the most popular choice of sea greens. In the past year, we’ve seen spirulina added to the aisles of natural health stores across the country in a variety of forms. This dried, blue-green algae, grown naturally in the ocean and some subtropical lakes, can be found in organic powder form, supplements, and even in snacks like dark chocolate (which is already rich in antioxidants), making spirulina an extremely versatile ingredient.

Spirulina is high in B-vitamins, specifically riboflavin (vitamin B2), which is essential in helping your body produce red blood cells, turning carbohydrates into fuel, and metabolizing fats and protein. Spirulina is also a source of C-phycoerythrin, a powerful liver detoxifier that helps increase your liver’s ability to break down and remove toxins from the body. An easy way to get more spirulina in your diet is by adding it to your morning smoothie.

### Nori

If you’ve ever gone out for sushi, you’ll know what this one is. Nori is the name for this particular type of seaweed (which is actually a type of red seaweed, but has a green appearance). While nori is a staple

in Japanese and other East Asian cuisines, we’re finding more and more uses for this delicious snack.

Nori contains many beneficial vitamins and minerals, such as calcium, folic acid, fibre and magnesium. Not only that, but it’s rich in iodine, which creates thyroid hormones that help in the regulating of our weight and metabolism, as well as in the enhancing of our growth, development and energy. You can get nori cut up in small pieces in convenient snack packs, or in larger sheets that you can crumple up and sprinkle on your salad.


### Chlorella

Chlorella is also a green algae that’s typically grown in Asian countries like Taiwan and Japan, and is available in powder and supplement forms. Similar to spirulina in more than just colour, chlorella contains all the essential amino acids and is high in protein.

Chlorella is an excellent vegan source of iron and the form of vitamin B12 that can be absorbed well by your body. Both of these essential nutrients aid in the production of hemoglobin in your red blood cells, which helps to ensure that these cells — and your body — receive enough oxygen. The best part is that you can experiment. Try it in a supplement, in powder form in your shake, or in a homemade salad dressing.

These greens may not be new, but they’ve never been more easily accessible than they are now. Visit [chfa.ca](http://chfa.ca) to find your nearest natural health retailer and discover how these supplements can help you.

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





Seniors and Billing

How many individuals are regularly billed for a service? Do you pay attention when you are billed? Do you check back through your records, dates to make sure you are not paying for a service/ item you have already paid for?

It has come to my attention that some of the companies providing service to our seniors are not diligent in their billing. Whether you are receiving a service such as regular maintenance in your home or having regular deliveries of oxygen, incontinence supplies, please check your billings. Make sure you are not being taken advantage of.

Mark your Calendar for June 7th

Standard Time (Randy Epp and Don Robb) will be performing “Golden Oldies Jazz in the Afternoon” here on **June 7th** in Gym #2 at 1:00 pm. Come out and listen to these wonderful musicians as they entertain us.

To all the wonderful Fathers out there I would like to say Happy Father’s Day! May you have a day filled with love and happiness.

Community Partnerships

Information on Law

Doug Alger from the law firm of **Alger Zadeiks Shapiro** will be here on **Wednesday, June 8th**. The law firm of Alger Zadeiks Shapiro offers



Support  
Services  
Coordinator

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

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

Serenity Foot Care

The care provider for this service is Mercy Lar, LPN. 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. *Serenity* offers one-

hour appointments. Book your appointment for **Tuesday, June 7th & 21st** by calling the LSCO 403-320-2222 There is a fee for this service with a portion of it going to LSCO. To book and appointment for a home visit, call 403-915-1800.

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, June 9th**.

Massage Therapy Appointments!

Andrea Clarke is a registered massage therapist with 11 years experience. Andrea will be at LSCO on **Friday June 10th & 24th** 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.

Reflexology Appointments

Reflexologists Brenda & Linda will be here on **Friday, June 17th**. 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 LSCO.

Reach out further to give refugees  
a safe haven called Canada

As you recall, this spring marked the 104th anniversary of the sinking of the RMS Titanic. In 1912, some 1,514 people perished in the frigid waters of the Atlantic Ocean. That is tragedy enough, but did you know that 468 of those 1,514 people drowned entirely needlessly? There were exactly 468 empty seats in the lifeboats launched from the Titanic.

In today’s refugee crisis, perhaps it is not so easy to count the avoidable deaths, but a clear analogy can be drawn, say observers on this issue. The wealthy countries of 2016 represent a lifeboat for forcibly displaced people. How many lives are lost every day, as a result of the failure of these countries to respond adequately to the current refugee crisis? Many nations have the capacity, but lack the leadership to accept and protect more refugees, leaving empty seats in the lifeboat. The developing world shoulders a disproportionate share of the responsibility to protect refugees and therefore, the wealthier states are called upon to do more.

Canada has been rightly commended for resettling 25,000 Syrian refugees between November 2015 and March 2016. This is an important accomplishment that will make a tremendous difference in the lives of these 25,000 new permanent residents of Canada. It will also enrich the lives of the thousands of Canadians who are contributing to the resettlement effort.

The United Nations High Commissioner for Refugees (UNHCR) has called Canada’s contribution “extraordinary,” compared to other nations. It is commendable not because of its magnitude in the global context: the UNHCR has estimated that in the current crisis, over 1,150,000 vulnerable refugees require resettlement. Canada has helped only 2% of those in urgent need right now. Neither is Canada’s resettlement effort extraordinary because of its magnitude at home: Canada hosts only about four refugees per 1,000

population. Compare this to the contribution of Lebanon, which hosts over 200 refugees per 1,000 population. In Lebanon, one in every four or five people is a refugee.

Our contribution is extraordinary because even as Canada sails to the rescue of these few, many other countries are rowing in the opposite direction. Although the United States of America historically has resettled about 85,000 refugees each year, the hurtful rhetoric currently being used in the presidential primaries prompts the question: how long willthat policy last? The leadership of Canada is quite timely and clearly necessary.

With due recognition of the resettlement effort, Amnesty International has proposed a 2016 Human Rights Agenda for Canada, outlining several policy recommendations to protect the rights of refugees and migrants. Amnesty says it is also collaborating on a campaign called Refugees Welcome Here!, an initiative with the Canadian Council for Refugees. Take a look at three of the most important ways that the campaign partners are asserting that Canada can continue – and expand – its leadership on refugee protection:

- Reunite refugee families;
- Recognize refugees, respecting non-discrimination principles; and
- Resettle more refugees.

Together, Canadians and governments at all levels are working to ensure that there are no more empty seats left in lifeboats.

June 20th is World Refugee Day. Please join others in your community to advocate for refugee rights and celebrate the contributions of refugees to Canada. More information is available at [www.amnesty.ca](http://www.amnesty.ca).

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



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Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun. 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, June 1 - 22  
Time: 2:00 – 3:30 pm  
Fee/session: \$15 LSCO M; \$30 NM  
Register by: Tuesday, May 31 (after this date add \$5)



# beginner PICKLEBALL

## CHAIR EXERCISES



If you have not been active for awhile this may be the program for you! Seated exercises in this class are gentle and easy to follow. The program is designed for those with limited mobility, arthritis, etc. however, everyone is welcome. You will work on strength, flexibility while having a great time. The class is lead by a Recreation Therapist. Wear loose, comfortable clothing and bring some water.

When: Tuesdays, May 10 – June 28  
Time: 8:30 – 9:15 am  
Drop-In Fee: \$2  
Instructor: Ashley McNutt

# GENTLE YOGA

Everyone is welcome to attend this gentle class. 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, July 5 – 28  
Fee: \$36 LSCO M; \$48 NM  
Drop-in Fee: \$6 M; \$7 NM  
Time: 9:30 - 10:30 am  
Register by: Monday, July 4



# LSCO is Jump'in this June

## REGISTRATION INFORMATION

Please register early to ensure class is not canceled. Registrations can be made in person or by calling 403-320-2222. Payment can be made over the phone with your credit card.

## Special Events

### SENIORS WEEK

#### 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

## Activities

#### CHAIR EXERCISES

Don't worry if you haven't done much for a while! Seated exercises in this class are gentle and easy to follow. The program is designed for those with limited mobility, arthritis, etc. however, everyone is welcome. You will work on strength, flexibility while having a great time. The class is lead by a Recreation Therapist. Wear loose, comfortable clothing and bring some water (or get a glass from our water cooler).

When: Tuesdays, May 10 – June 28  
Time: 8:30 – 9:15 am  
Drop in Fee: \$2  
Instructor: Ashley McNutt

#### Introduction 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 1 and then take our walking outside. If you do not have poles they will be supplied.

When: Tuesdays, June 14 – 28  
Time: 9:00 – 10:00 am  
Fee: \$6 LSCO M; \$12 NM  
Register by: Monday, June 13

#### GENTLE YOGA

Everyone is welcome to attend this gentle class. 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, July 5 – 28  
Fee: \$36 LSCO M; \$48 NM  
Drop in Fee: \$6 LSCO M; \$7 NM  
Time: 9:30 - 10:30 am  
Register by: Monday, July 4

#### Summer Noon Yoga

Individuals of all levels are welcome to attend this class led by Melanie Hillaby.

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)

#### ZUMBA, ART, EXERCISE and so much more!

LSCO has a variety of classes for you to try! Ask us about our drop in fees and check our website for more information.

## 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,  
Non-member fee: \$30/month

#### 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. 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, June 1 – 22  
Time: 2:00 – 3:30 pm  
Fee/session: \$15 LSCO M; \$30 NM  
Register by: Tuesday, May 31  
(after this date add \$5)

## 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.

When: Mondays & Wednesdays  
June 13 – 29  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, June 9  
(after this date add \$5)  
Instructor: Rod Henriquez

#### WINDOWS 10

When: Mondays & Wednesdays  
July 11 – 28  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, July 7  
(after this date add \$5)

#### FACEBOOK & SOCIAL NETWORKING

This 4 day course focuses primarily on Facebook with some discussion on other ways to use social networking (Pinterest, Instagram). You will be shown how to set up Facebook, set up your profile, find and add friends, how to make sense of privacy options, what to avoid, much more.

When: Tuesdays & Thursdays  
June 14 – 23  
Time: 1:30 – 3:30 pm  
Fee: \$30 LSCO M; \$50 NM  
Register by: Thursday, June 9  
(after this date add \$5)

#### SEARCH ENGINES & CLOUD

We will learn how to use search engines such as Google, Yahoo and DuckDuckGo and make are searches more relevant and more secure. We'll learn about how to make internet usage easier and more useful for ourselves. We will also learn about "The Cloud", what it is and why and how we would use it.

When: Tuesdays & Thursdays  
July 12 – 28  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, July 7  
(after this date add \$5)

#### 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: Monday – Friday, August 8 – 12  
Time: 10:00 – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Thursday, August 4  
(after this date add \$5)

#### IPHONE

You have an iPhone, now what? Register for this class if you need more information on how to connect to the internet, get mail, set up voice mail, add contacts and more. Bring your charged iPhone to class.

When: Wednesday, August 3, 10 & 17  
Time: 1:00 – 3:30 pm  
Fee: \$20 LSCO M; \$30 NM  
Register by: Tuesday, August 2  
(after this date add \$5)

#### ANDROID SMART PHONES & TABLETS

Are you in need of basic information in order to operate your smart phone or tablet more efficiently? If so register for this 6 day course.

When: Tuesdays & Thursdays  
August 2 – 18  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Register by: Friday, July 29  
(after this date add \$5)

Technology program funding from Alberta Innovation & Advanced Education through Lethbridge Lifelong Learning.

June LSCO Weekly Activity Schedule				
For more information regarding programs contact the Administration Desk at 403-320-2222. <i>Schedule may change without notice.</i>				
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 Chair Exercises 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	Amateur Ham Radio 9:00 am Active Yoga & Stretch 10:00 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
	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	Golden Mile Singers 10:00 am Badminton 10:00 – 11:50 am	Keep Fit 10:00 – 10:50 am Genealogy 10:00 am		Keep Fit 10:00 – 10:50 am
Line Dancing 10:30 am	Lapidary 10:00 am		Badminton 10:00 – 11:50 am Drop In Line Dancing 10:30 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		Badminton 11:10 am
	Basketball 12:00 – 1:15 pm Noon Yoga 12:05 – 12:55 pm		Basketball 12:00 – 1:15 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		Table Tennis 3:00 pm
			Gentle Nia 3:30 pm	
	Zumba 5:30 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
Seniors Week ~ June 6 – 10, 2016				
Monday, June 6	Tuesday, June 7	Wednesday, June 8	Thursday, June 9	Friday, June 10
Pancake Breakfast 8:00 am \$3/plate	Golf Tournament 9:00 am \$30/person Golden Oldies Jazz in the Afternoon with Randy Epp & Don Robb 1:00 pm	Golden Mile Singers Performance 10:00 am LSCO Tour 10:00 am Refreshments to follow	Drop In Line Dance 10:30 am \$4 member; \$6 non-member	\$2 Drop In Scottish Country Dance 10:30 am Friday Music Program 12:30 am



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if I can be of any  
assistance."

FROM THE GALT

Fort Whoop-Up

There has been a replica of Fort Whoop-Up in Lethbridge for the past 50 years, though plans to build some sort of replica of Fort Whoop-Up were discussed as early as the 1950s. In the 1950s, as Lethbridge was growing by leaps and bounds following the Second World War, there was growing interest in preserving the history of the community. At that time there was as yet no community museum in Lethbridge, so early plans discussed related to a replica sometimes involved a museum and archives to be built along with the replica fort. The plans also included suggestions to have a lounge and meeting place for the old-timers of the area as part of the replica. In the 1950s, discussions around the fort often involved building the replica on Mayor Magrath Drive near 10 Avenue South.

Some people, including members of City Council, were adamantly against the replica fort being constructed. “Ald. Reg. Turner said any move to build a reminder of Fort Whoop-Up and to name a memorial to Lethbridge’s pioneers after the historic old post was a bad idea. ‘The fort was a den of thieves and to associate our old timers with that muck hole down there is an insult’, he said.” (quote from Georgia Green Fooks, *Fort Whoop-Up*)

Whether people were for or against the fort, these early ideas went into abeyance for

almost a decade until the idea of a replica fort was revised in the early 1960s. This time the idea for the replica was linked to the development of Indian Battle Park and this time the construction of a replica was able to get community support. Though the plans were very different from those discussed in the 1950s.

Many people may recall that many things were built and opened in 1966 and 1967. The year 1966 was the Diamond Jubilee of the City of Lethbridge (60th year of being a city) and 1967 was the Centennial of Canada so the City of Lethbridge decided to have two years of celebrations and construction. The two major events also encouraged people to think more about Canadian and local history. This focus brought the idea of a fort replica back to the forefront.

The first replica built of Fort Whoop-Up was constructed in Indian Battle Park by the Kinsmen Club. Construction of the fort began in 1965 and was completed in 1966 though the fort was officially opened during Canada’s Centennial year of 1967. When the replica was first built, the experience wasn’t just about the fort. It was about a larger story of the early history of the area and included a foray into the early coat history in the area as well.

The entire experience was called Whoop-Up Country. Many people may well remember the coal mine train that used to be part of the experience and which included a trip through a tunnel built to resemble an old coal mine.

The original replica of the fort was built on the best research done at that time. But history is constantly revised and reviewed as new information comes along and in the 1980s the replica was rebuilt based on newly discovered (or rediscovered) information and an interpretive centre was added to help improve the visitors’ experience. The redevelopment in the 1980s was also part of a great focus on many of the city’s parks through the Urban Parks Project. One of the great legacies of this project was the purchase of and development of many more parks throughout Lethbridge’s river valley.

Now, 50 years after it was first constructed and with many changes and new research and information, the story of the replica Fort Whoop-Up continues. And, as it has for the past decades, the site will continue to share the many stories of the original Fort Whoop-Up and the people and the events of the late 1800s. ★

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

CELEBRATE SENIORS’ WEEK

Join Us at LSCO for these Seniors’ Week Events

MON	TUE	WED	THU	FRI
<b>June 6</b> Pancake Breakfast 8:00 am \$3/plate	<b>June 7</b> Golf Tourney 9:00 am \$30/person Golden Oldies Jazz Concert Randy Epp & Don Robb 1:00-2:00 pm	<b>June 8</b> Golden Mile Singers Perform 10:00 am LSCO Tour 10:00 am Refreshments to follow	<b>June 9</b> Drop In Line Dance 10:30 am \$4 member \$6 non-member	<b>June 10</b> \$2 Drop In Scottish Country Dance 10:30 am Friday Music Program 12:30 pm

LSCO’s next **Introduction to Nordic Walking** course takes place Tuesdays, June 14 – 28 from 9:00 – 10:00 am. If you are a pole walker there is a group that meets weekly. For more information see page 10 or call 403-320-2222.

**LSCO & Legacy Hearing 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. Complete registration forms are available at LSCO or online. **You do not have to be a member to participate.** Please register at LSCO.  
Tuesday, June 7th • \$30 (golf, light lunch, prizes) • Register by Monday, June 6th

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

This is an ongoing drop-in support group that meets every **Wednesday at 1:15 pm** 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, September 26th**.

### 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

## Self Help Groups

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 **June 21st at 7:00 pm**. 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 pm. The next meeting will take place on **Thursday, June 16th** in Room A. For more information please contact Monica at 403-317-7710.

### Lethbridge Stroke Recovery Association (LSRA)

The group will be having a potluck supper on **Wednesday, June 1st** at 6:00 pm in Room A. *Please bring a hot dish or a salad to share.* Dessert, beverages, plates and cutlery will be provided. For more information or to RSVP

please 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 **June 11th** at 2:00 pm in Room 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.

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**FREE \$200 GAME**

**Call the Hotline: 403-327-7454**  
or Email: winners\_bingo@telus.net

### Give your dad the newest mobile tech toy

Forget the neckties, socks and wristwatches this Father's Day. Instead, give your dad or husband the trendiest tech toy on the block – one that will make him feel like a kid again.

Just in time for Father's Day, LG has launched its latest phone, the G5, and the first reactions show it is just as much fun as it is functional. For the first time ever, consumers can customize their smartphones well beyond calling, texting, and surfing the Internet. Now you can enhance your experience with modular or connected accessories.

For all of the different types of dads out there, here are the latest add-ons:

**The Shutterbug Dad:** For those who like the convenience of a mobile phone but want the function of a DSLR camera, the plug-in camera grip is perfect. Simply transform the smartphone with the Cam Plus add-on which includes dedicated shutter and video buttons, zoom dial and a comfortable hand grip. Now, it's a cinch to take one-handed photos and videos on the fly. It also offers an embedded 1,200 mAh battery that allows dad to take hundreds of additional pictures without drawing on the phone's power.

**The Active or Travelling Man:** Capture life's most invigorating experiences, memorable moments, and favourite locations with the compact, spherical 360 camera. Connect the camera to the G5 phone and take stunning photos and pristine 2K videos of the entire surrounding – not specific scenes. Taken from your dad's perspective at the centre of the action, the 360 camera shows entire environments thanks to the dual wide-angle 13 mega-pixel lens that captures all the action.

**The Tech-forward Dad:** Virtual reality has never been so portable or convenient to use with a smartphone. The 360 VR headset plunges the user into the world of 360 degree videos and 3D games in a super light and compact design. Easily controlled by the phone or onboard buttons, the headset offers crystal clear images and allows users to view content as if watching a 130-inch display from only 2 meters away.

More information is available at LG.com.

www.newscanada.com

### How is your hearing?

Do you need a

## Hearing Test?

Candice from  
**Lethbridge  
Hearing Centre**  
will be here Thursday, June 9, 2016  
Book your free initial test at the  
administration desk  
or phone 403-320-2222

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and we want to thank you for that.

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# Legal Matters

As many of our readers of this monthly column are aware, James Farrington was appointed as a Master for Court of Queen’s Bench of Alberta last year. Alger Zadeiks Shapiro bought out Mr. Farrington’s practice and brought over lawyer Christina Lam, who took over the task of writing a monthly article on legal matters. Christina Lam practiced with dedication and skill with Alger Zadeiks Shapiro, but finally the lure of the big city of Calgary and her boyfriend proved too much for us to keep her in Lethbridge. Consequently it has now fallen on the shoulders of Ian Zadeiks and yours truly, Douglas Alger to continue this fine tradition of writing these articles.

To start off I think a little introduction would be in order, Douglas Alger has been practicing law in Lethbridge since 1986 and Ian Zadeiks has been in our fair city since 2001. Doug and Ian are both our solicitors, in other words we spend out time in the office doing paper work. Both Ian and Doug practice in the area of real estate, wills and estates and corporate law. Doug also does mediation and divorce work.

Our offices are located in the historic (by Lethbridge standards) Paramount Theatre building. Doug and Ian like to practice law in a relaxed cordial setting and make their clients feel at home when they come to visit.

In the months to come we will likely be covering articles that have been done before, after all there is only so much a lawyer can



## Legal Tips and Information

Douglas Alger

write about. In order to encourage new content we are going to start up a new section whereby we answer your email questions. You can send those to [alger@azlawyers.ca](mailto:alger@azlawyers.ca) and we will try to get to those questions every month or two. I know that sometimes that the answers might not be timely, but think of it like the old days when communication would sometimes take weeks or months for an answer to come, and really are we any better off with this instantaneous communication anyways?

Many of you might wonder, what the life of a lawyer is like and I will choose to devote the balance of this column to this topic. Maybe you have a grandchild considering a career in law. When I first attended law school, I had notions of being like a lawyer you see on television. Some of my early influences were shows like LA Law and Rumpole of the Bailey. Many of you probably still watch legal shows like the Good Wife. Lets face it, the law makes for good drama, you can’t imagine


too many television shows revolving around accountants or dentists.

Having said this, being is lawyer is nothing like what you see on television, which you probably already know anyways. A lawyer in private practice in a small firm is the ultimate small business owner. It is very much like running a corner grocery store. There are monthly bills to pay, like rent, salaries, and office supplies. There are computers to fix and upgrade. There are staffing concerns and believe me a lawyer simply cannot function without proper staff, fortunately we have excellent staff. There are many things a small firm lawyer must do, before he can actually get to do some legal work and get paid for the work he or she has done. Aside from transactional work, a lot of things lawyers do take time to get completed, even in this need it done yesterday world we live in.

Would I recommend someone become a lawyer? Not until they have had their eyes opened to work involved and the business aspect of being a lawyer. This is not something they will teach in law school and only an experienced lawyer can give young aspiring lawyers this insight. If they understand this and still want to be a lawyer, the law can be a rewarding career from a personal perspective.

Remember to send in your questions for July’s article to [alger@azlawyers.ca](mailto:alger@azlawyers.ca) ★

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



# JUNE 2016

\*admission fees apply [incl. exhibit access] | free to annual pass holders

**\* Wednesdays at the Galt**  
1st and 3rd Wed | **2 – 3 pm**  
for ages 55+

**\* Thursdays at the Galt**  
Archives, Discovery Hall & Museum Store  
open until **9 pm**  
program from **7 – 9 pm**  
for adults & seniors

**\*Cafe Galt**  
Lectures | **2 – 4 pm**  
for adults & seniors

01 Waterton Wild: Flora & Fauna of a Special Place with Ian Wilson & Jacinthe Lavoie

15 A Snapshot of History with Archives Assistant Trish Purkis

09 Watercolour Painting




16 Best of the Best Wine Tasting  
Tickets \$60<sup>+gst</sup>

23 Just Scan It

05 Alberta & The Great War with Dr. Stéphane Guevremont

18 Waterton Wildflowers Bus Tour  
Full Day | \$100<sup>+gst</sup> | pre-registration required

20 National Aboriginal Awareness Week  
11 – 1:30 pm



**FOR MORE INFORMATION** 403.320-3954 | [www.galtmuseum.com](http://www.galtmuseum.com)

## Summer Noon Yoga

Individuals of all levels are welcome to attend this class led by Melanie Hillaby.

**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)

## WINNERS BINGO

### 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

*Delicious*



**PANCAKE  
BREAKFAST**

MONDAY, JUNE 6  
8:00 am

*Celebrate Seniors' Week*

Pancake, Sausage & Coffee ~ \$3  
*(under the awning outside LSCO)*  
Lethbridge Senior Citizens Organization  
500 - 11th Street South • 403-320-2222

*Celebrate Seniors' Week*

**GOLDEN OLDIES  
JAZZ  
IN THE AFTERNOON**  
*WITH STANDARD TIME  
DON ROBB & RANDY EPP*

**TUESDAY, JUNE 7TH**  
**1:00 PM ~ 2:00 PM | LSCO GYM 2**

500 - 11TH STREET SOUTH 403-320-2222

LSCO Fitness Centre opens at 8:00 am Monday to Friday. Stop by for a workout and then enjoy breakfast or lunch in our Dining Room.



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*Cornerstone Funeral Home  
would like to congratulate LSCO  
and Lethbridge Hearing Centre  
for their upcoming production of*

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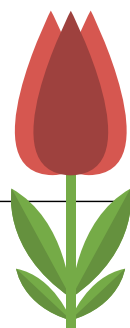

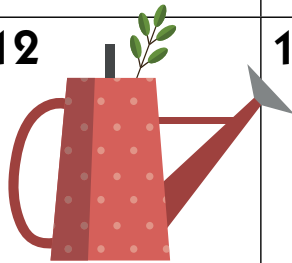
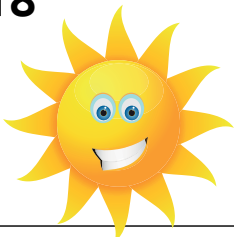
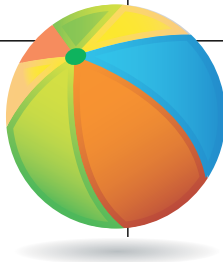
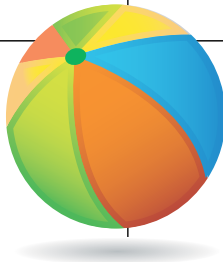

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# June 2016 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>Fun with Wii</i> 1:00 pm	2 <i>Music with Sandy</i> 1:00 pm	3 <i>Music Program</i> <i>Hank Wiebe</i> 12:30 ~ 2:00 pm	4 
5	6 	7 <i>Rudy &amp; the Classic Legends ~ 1:00 pm</i> <i>Chair Exercises</i> 2:45 pm	8 <i>Bowling Holiday Bowl</i> 1:00 pm	9 <i>Movie Time</i> 1:00 pm	10 <i>Music Program</i> <i>Classic Legends</i> 12:30 ~ 2:00 pm	11
12 	13	14 <i>Music with Hank</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm	15 <i>Fun with Wii</i> 1:00 pm <i>Fit Walk</i> 1:45 pm	16 <i>Music with Alex, Bill &amp; Roy</i> <i>Los Gringos</i> 1:00 pm	17 <i>Music Program</i> <i>Los Gringos</i> 12:30 ~ 2:00 pm	18 
19 	20	21 <i>Music with Stan Ashbee ~ 1:00 pm</i> <i>Chair Exercises</i> 2:45 pm	22 <i>Bowling Holiday Bowl</i> 1:00 pm	23 <i>Music with Barry</i> 1:00 pm	24 <i>Music Program</i> <i>Ray &amp; Colin</i> 12:30 ~ 2:00 pm	25
26 	28 <i>Pet Therapy</i> 1:00 pm <i>Chair Exercises</i> 2:45 pm		29 <i>Fun with Wii</i> 1:00 pm <i>Fit Walk</i> 1:45 pm	30 <i>Music with Floyd Sillito</i> 1:00 pm		
<b>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.</b>						

Join in on our Seniors’ Week Activities from June 6 to 10 at LSCO.

FATHER’S DAY  
BRUNCH



Sunday, June 19th  
10:00 am - 1:00 pm  
Now Taking Reservations

BBQ Beef on a Bun, made to order omelette station,  
eggs, ham, sausage, hash browns, pancakes,  
salad bar, desserts, coffee and tea.

Adult \$18.50 / 5-11 \$9.75 / 4 and under Free

Lethbridge Senior Citizens Organization (LSCO) ~ 500 - 11th Street South  
Cash Only ~ OPEN TO THE PUBLIC

Get a  
Non-Member  
Friend to Join  
Discount

Get a non-member friend to join the LSCO and get \$5.00 off your next years membership. For each non-member you get to join we will give you \$5.00 off to a maximum of \$45.00.

# World Elder Abuse Awareness Day, Wednesday, June 15

*“The distressing crime of elder abuse often occurs in quiet, private settings, making a vocal, public response that much more important. Let us strengthen our resolve to end this problem as part of our broader efforts to create a life of dignity for all.”*

United Nations Secretary General Ban Ki-mon, 2015

Abuse of the elderly is an issue that touches people of all races and ethnicities, regardless of gender or socio-economic status. Individuals, families and communities the world over feel the impacts when the rights of an elderly person are abused. It is not enough to say that we abhor this type of abuse; we must unite and show solidarity in our actions to make it stop.

In April 2002, 159 countries collectively supported a political declaration formally known as the Madrid International Plan of Action on Ageing. This document was designed to address “the key challenge of building a society for all ages”, and made reference to the issue of “neglect, abuse and violence”.<sup>1</sup> Four years later, on June 15, 2006, the International Network for the Prevention of Elder Abuse (INPEA) along with the World Health Organization (WHO), marked the debut of World



LEARN  
Case  
Manager

Tanya  
Purdy-Fischer  
learn@lethseniors.com  
403-320-2222 ext. 31

Elder Abuse Awareness Day. Formal recognition of these efforts came in December 2011, with the United Nations designation of June 15 as World Elder Abuse Awareness Day, under resolution 66/127. Since that time, countries around the world wear purple and encourage activities to bring awareness to the issue.

Provincially, the Alberta Elder Abuse Awareness Network will be promoting a theme of Random Acts of Kindness for Seniors. For more information about WEAAD activities, resources and general information about elder abuse, go the AEAAN website at [www.albertaelderabuse.ca](http://www.albertaelderabuse.ca). You can also go to [www.ecumenicalretirement.org/images/Random\\_](http://www.ecumenicalretirement.org/images/Random_)

Acts\_Ecumenical for a list of 51 ways you can show your support to an elderly person.

Locally, the Lethbridge Elder Abuse Response Network will be hosting a walk to bring awareness to the problem of elder abuse. We encourage seniors, their support systems and anyone who is concerned about the abuse of the elderly to join us on Wednesday, June 15 at 10:00 a.m. at Civic Athletic Track (directly behind LSCO, next to the Curling Rink). Following the walk, we will be hosting a bar-beque. The cost is only \$2.00, and all proceeds will go towards the 2017 edition of our Seniors Safety Calendar. Put on purple and join us for this worthwhile cause! For more information, please contact the LEARN Coordinator, Dan Walton, at (403) 393-6482 or [dwalton@lethseniors.com](mailto:dwalton@lethseniors.com).

Remember, LEARN is here to help! Our services are provided free of charge to anyone 55 years of age or older currently living in Lethbridge and communities that make up the County of Lethbridge. 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> Political Declaration and Madrid International Plan of Action of Ageing

Program Schedule

Tuesday, Wednesday & Thursday  
1:00 pm – 4:00 pm  
Cost: \$5 per visit  
Attend 1, 2 or 3 days a week  
.....  
Transportation to and from the program are the responsibility of participant or caregiver.

LSCO  
Adult Day Program

Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.

Benefits

The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.

Computer Corner

by Sjoerd Schaafsma

Summer Computer Care

Summer’s coming, and computer care takes on a new note as the temperatures rise. Heat can be a killer for both computers and people.  
Here are a few tips to keep your computer, laptop or tablet running cool and healthy.  
Dust bunnies; under our beds they don’t do much damage, in our computers they cause overheating and early computer failure. The solution is periodically cleaning the inside of your computer. Do this outside or you may be overwhelmed by dust.  
With a can of compressed air, blow the dust from vents and heating fins. Don’t use the garage air compressor, it will likely spray water and may have enough pressure to loosen computer components.  
On a laptop, find the air vents and give them a shot of air.  
Google searches for “how to keep your computer clean and cool” and “how to physically clean your computer” lead to the following websites which are just a few of the many, which give detailed step by step instructions.  
<http://www.howtogeek.com/school/pc-maintenance-for-beginners/lesson1/>  
<http://www.howtogeek.com/72716/how-to-thoroughly-clean-your-dirty-desktop-computer/>  
<http://www.gcflearnfree.org/computerbasics/14>  
Keep tablets and laptops out of the sun for long periods of time. Don’t cover cooling vents with blankets or carpets. Power adapters likewise don’t like excessive heat. It’s natural for both adapters and tablets to get warm during charging, but too much heat isn’t healthy. Don’t leave your tablet under a pile of anything when it’s charging, and unless your battery is already dying it’s not a good idea to keep your laptop plugged in and charging all the time.  
These simple maintenance tips can save you money and unnecessary computing problems.  
**This month’s tip:**  
Did you know? The horizontal stripes ≡ on a menu icon are sometimes referred to as a burger button. Whatever you call it, a menu of options shows up when you click or tap it.  
The computer club will be taking a break from regular workshops during the summer months.  
The lab will still be available to members on Monday and Wednesday afternoons, unless it has been pre-empted by a class.  
For a complete listing of courses and club offers check out our website or the Computer Club Bulletin Board in the downstairs foyer. Current and past issues of the Computer Corner can be read online at <http://members.shaw.ca/lscocc>  
Direct your comments to: [saltidae@gmail.com](mailto:saltidae@gmail.com)

TRIVIA ~ Did you know? Dogs will yawn in order to express that there is a conflict of interest between their own ideas or desires and those of their owners.



BARBERS' SHOP

DARWIN & ISABELLE SHOEMAKER



COME & SEE US AT  
#210B - 12 ST. "A" NORTH  
403-328-8738  
OPEN  
TUES-FRI 8:30 - 5:00  
SAT 8:30 - 3:00

Computer Club  
WORKSHOPS

Upcoming Computer Club Events

The computer club will be taking a break from regular workshops during the summer months.  
The lab will still be available to members on Monday and Wednesday afternoons, unless it has been pre-empted by a class.  
During the summer club members will be setting up the 6 new computers that LSCO purchased for the lab and getting the entire lab ready for fall workshops and classes. The new computers will have Windows 10 installed when all is said and done. If you have suggestions for workshops or classes please e-mail Shawn Hamilton (Program Coordinator) at [shamilton@lethseniors.com](mailto:shamilton@lethseniors.com), [saltidae@gmail.com](mailto:saltidae@gmail.com) or [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com).

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*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 and private viewing call 403-942-2672.

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



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Here To Serve You

**TRIVIA ~ Did you know?** Leonardo da Vinci could write with one hand and draw with the other at the same time.

5th Annual

# 55+ Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING

Only 2 Booths Left

Mark Your Calendars



**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

500 - 11th Street South

Presented by **Cornerstone** Funeral Home & Crematorium





# LSCO PAR 3 GOLF TOURNAMENT

## CELEBRATING SENIORS

**TUESDAY  
JUNE 7, 2016**

Beginner to experienced golfers will enjoy playing the Par 3 course at **Evergreen Golf Centre.**

Everyone welcome.

Register at LSCO  
500 - 11th Street South  
by Monday, June 6th

Download the registration form at [www.lethseniors.com](http://www.lethseniors.com)

Entry Fee includes green fees, prizes & light lunch.  
**LIMITED SPACE . . . REGISTER EARLY**

**CALL  
403-320-2222**



# iPhone

You have an iPhone, now what? Register for this class if you need more information on how to connect to the internet, get mail, set up voice mail, add contacts and more. Bring your charged iPhone to class.

When: Wednesdays, August 3, 10 & 17  
Time: 1:00 – 3:00 pm  
Fee: \$20 LSCO M; \$30 NM  
Register by: Tuesday, August 2 (after this date add \$5)



# A Man of Great Wisdom

You are what you do – not what you say.  
~ David Suzuki’s father

We all have heroes in our lives. Those men or women who inspire and educate us as we progress through our life experience. Through the years I’ve had many, but there is one man who have been at the top of my list consistently for many years – Dr. David Suzuki. When we immigrated to Canada in 1970 we were very impressed with Canadian television. One program that we tried never to miss was *The Nature of Things*. In 1979 the show became *The Nature of Things with David Suzuki* and that was when I was “introduced” to Dr. Suzuki. Many years later I was in the crowd when Dr. David spoke on behalf of the Bigstone Cree Nations in Wabasca, Alberta. His message then, through the years and now, has consistently emphasized that the earth itself and all living and non-living things on it are one gigantic organism. It is up to humankind to do what we can to keep the earth and all its inhabitants unharmed by our actions. Since Dr. David and I are almost the same age many of his words are a comfort to me. He once said that “when we die we don’t disappear. Our atoms are simply back out there, recycled into the whole system.” I like the idea that I will not leave this earth but will be recycled and become a small part of the whole again.

I enjoyed watching the recent *Nature of Things* show that was dedicated to Suzuki’s 80th birthday. His father must be proud of his son



## The Widow’s Walk

Kay Long, BSW, RSW

knowing that he has lived his life dedicated to the science that he loves and believes in, and is a scientist that shows and does not just verbalize. I’m sure his show, and the messages contained within, have educated many of us who were never particularly interested in a science we visualized as test tubes, lab coats and killing small rodents.

One of the most important messages Dr. David started preaching back in the ‘70s was that mankind is a threat to the very earth that we are so dependent on. He started talking about melting glaciers, rising sea waters, and extinct animal species caused by the actions of humans, long before other scientists would even acknowledge the possibilities. Then, somewhere in the late ‘80s or early ‘90s a paradigm shift took place in world thinking and ordinary citizens began to believe the message that he had been preaching for almost half a century.

Today most people understand that we have managed to harm much of the sea life that we profess to care about, and we acknowledge that Miami, Florida (as well as many other coastal cities worldwide), will be nearly underwater before too many years. Venice, the city of canals in Italy, has pretty much given up on most ground floor levels in their century-old buildings and many of the Polynesian islands are “sinking” into the ocean. For our generations in the here and now this is a tragedy; generations to follow will see these changes as the norm. As Dr. Suzuki says, “We are the environment and the environment is us.” We learn to adapt to our changing environment as it happens, unfortunately.

This great man (along with their mothers) has also given all of us the gift of his five children. Most of his offspring have followed his footsteps as environmentalists. Some of his children choose to express their love of nature in the world of art. So far there are six grandchildren and I’m sure, considering their upbringing in this family, they too, will be dedicated to protecting our Mother Earth.

David Suzuki is a prolific writer and his books are a comfortable balance of biography, philosophy, science and the environmental balancing act that we all live within our world. ★

*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.

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