



Les Très Riches Heures du duc de Berry—
Février from La Musée Condé, Chantilly

**Today's Guest Speaker is Emily Burt
"Cooking Healthy Meals for Seniors"**

Welcome to the February breakfast

Isn't it a real treat as the days begin to get longer? There is an interesting debate taking place in some countries about the business of daylight-saving time changes. According to the *Moscow Times* "the Russian president decided that effective March 27, 2011, his whole country will move one time zone further east and will stay there the following fall. This change will mean that Moscow will move from being three hours ahead of London, England, to four hours. Apparently the change, according to the article, is likely to please the populace because daylight-saving time 'has remained largely unpopular in Russia'." The article also quotes a poll conducted in March 2010 when 46 percent of Russians were in favour of scrapping summer time and only 36 percent preferred resetting the clocks in spring and fall. The remaining 18 percent were undecided.

Apparently the British Prime Minister, David Cameron, also would like to make the same move but the traditionalists in Britain despise the idea of giving up Greenwich Mean Time (GMT) for "Berlin Time."

Of course, there is always China where there are no time zones, everywhere is on Beijing time, even cities thousands of kilometres to the west.

Good news

For those who might be wondering and have not heard Eryl Jones is home although confined temporarily to a wheel chair. I talked to Eryl recently and she asked me to send her thanks to all those who sent her best wishes after her accident. She is busy organizing the silent auction for next month.

Upcoming meetings

March 25—Silent Auction.

April 29—How you can cook fast, healthy meal for your family.

May 27—Annual meeting

The presentation on April 29 will be by Deborah Anzinger who is a professional home economist. Her company Zinger Essentials has been in operation for 20 years and she has appeared on Breakfast Television with City TV, as well as working at various times with CFTO, YTV, CFRN, City TV and Global TV.

The Annual Meeting breakfast meeting on May 27 will include a musical presentation from STARTA's choir.



Silent Auction

Our annual Silent Auction will take place on Friday, March 25. Please deliver any items, new or like new, to Eryl Jones 780-459-8407 at 56 Salisbury Avenue or to the shed in the back yard. The cut-off for delivery of items will be March 21. There will be a "free table" for items unsuitable for sale but wonderful for someone to take home. Please indicate when you deliver the goods to Eryl whether any of your items are for the "free table."

Having a bad day?

A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with some kind of wire running from his wrist towards the electric kettle. Intending to jolt him away from the deadly current, she whacked him with a

handy plank of wood, breaking his arm in two places. Up to that moment, he had been happily listening to his Walkman.

Leadership Candidates

There are now four candidates who are seeking the leadership of Alberta's Progressive Conservative party. All candidates seeking the position have to resign their positions in cabinet. They are, in alphabetical order:



Doug Griffiths MLA Battle River-Wainwright was first elected in a by-election April 8, 2002. He taught at Byemoor School for three years prior to his election and lives in Hardisty. Griffiths was the parliamentary assistant to the Minister of Finance and Enterprise before resigning his position to run for the leadership.



Doug Horner MLA Spruce Grove-Sturgeon-St. Albert was first elected in 2001. Prior to his election he worked in the agri-business. In his second term in office he served as Minister of Advanced Education and Technology and Minister of Agriculture, Food and Rural Development. Since 2008 he

has served as Deputy Premier, Minister of Advanced Education and Technology and minister liaison to the Canadian forces.



Ted Morton MLA Foothills-Rocky View was first elected in 2004. Prior to his election he taught political economy at the University of Calgary and worked as the Parliamentary Director of Policy and Research for the Canadian Alliance. In December 2006 Morton was named Minister of Sustainable Resource Development and in January 2010 he became Minister of Finance and Enterprise.



Alison Redford MLA Calgary-Elbow was first elected in 2008. Prior to her election Redford, a lawyer, served as Senior Policy Advisor to the Right Honourable Joe Clark, and during the 1990s was a technical advisor on constitutional and legal reform issues in various parts of Africa for the European Union, the Commonwealth Secretariat and both the Canadian and Australian Governments. Redford was one of four International Election Commissioners to administer Afghanistan's first parliamentary elections in September 2005. After her

election she was named Minister of Justice and Attorney General.



For those of you who cannot wait for golf – a special story for you

Ed and Dorothy met while on a singles cruise and Ed fell head over heels for her. When they discovered they lived in the same city only a few miles apart, Ed was ecstatic. He immediately started asking her out when they got home.

Within a couple of weeks, Ed had taken Dorothy to dance clubs, restaurants, concerts, movies and museums. Ed became convinced that Dorothy was indeed his soul mate and true love. Every date seemed better than the last. On the one-month anniversary of their first dinner on the cruise ship, Ed took Dorothy to a fine restaurant. While having cocktails and waiting for their salad, Ed said, “I guess you can tell I am very much in love with you. I’d like a little serious talk before our relationship continues to the next stage. So, before I get a box out of my jacket and ask you a life changing question, it is only fair that I warn you, I am a total golf nut. I play golf, I read about golf, I watch golf on TV. In short I eat, sleep and

breathe golf. If that is going to be a problem for us, you had better say so now.”

Dorothy took a deep breath and responded, “Ed that certainly will not be a problem. I love you as you are and I love golf too; but, since we are being totally honest with each other, you need to know that for about the last five years I have been a hooker.”

“I see,” Ed replied thoughtfully. He looked down at the table, and was quiet for a moment, deep in serious thought, then he added, “You know, it is probably because you are not keeping your wrists straight when you hit the ball.”

And there is another leadership race in Alberta

Dr. David Swan resigned as the leader of the Alberta Liberal Party and as a result the party is now seeking a new leader. No date has been set for a leadership convention but on February 17 Laurie Blakeman declared her Alberta Liberal leadership aspirations.



Laurie Blakeman was first elected as Edmonton-Centre MLA in 1997 as a member of the Alberta Liberal Party. Prior to her election she had a successful career in the theatre both as a performer and an administrator. Blakeman is currently the deputy leader of the Official Opposition as well as serving as shadow minister for Culture and Community Spirit, Sustainable Resource Development and the Environment.

Past wisdom, still current

Edward Thurlow, British Lord Chancellor from 1778-1792 stated:

“Corporations have neither bodies to be punished nor souls to be condemned; they, therefore, do as they like.”

Privatized Health Care

I am sure that many of you read the article in the *Edmonton Journal*, February 18, 2011 entitled “Private health care in U.S. hits the wallet” by Naomi Lakritz. If you did not read the item the story was about Lakritz’s husband, Mark, a health care professional in Texas. He fell ill suddenly in December and was kept in hospital for five days. Although Mark had basic health insurance from his employer and paid an additional \$60 a month to bring down his deductible, he ended up paying significant additional money since those costs charged by the hospital and the doctors were not all covered by his insurance. The story simply goes from bad to worse with the insurance company wanting proof that he needed the surgery even after he had received it and was recovering at home. The essence of the story is that those who promote privatized health care only have the interests of the insurance companies at heart.

Yet another example of privatized public services comes from Britain where the government has decided to have Private Finance Initiative contracts audited. Such operations are similar to the Public Private partnerships (P3s) supported and promoted by our own Alberta government. Private contractors meet the up-front costs of building new hospitals and schools and then operate them, recouping the money from the taxpayers over many years. The latest government accounting reveals that British taxpayers will spend £229 billion (\$365 billion Canadian) on projects that cost contractors only £56 billion (C\$90 billion).

Talk about leaving a debt problem for our children and grandchildren!!



Smile!

A mother is driving her little girl to a friend’s house for a play date.

“Mommy,” asks the little girl, “how old are you?”

“Honey, you are not supposed to ask a lady her age,” the mother replied, “It’s not polite.”

“OK,” the little girl says, “how much do you weigh?”

“Now really,” the mother says, “those are personal questions and are really none of your business.”

Undaunted, the little girl asks, “Why did you and Daddy get a divorce?”

“That’s enough questions, young lady! Honestly!”

The exasperated mother walks away as the two friends begin to play.

“My Mom won’t tell me anything about her,” the little girl says to her friend.

“Well,” says the friend “all you need to do is look at her driver’s license. It’s like a report card, it has everything on it.”

Later that night the little girl says to her mother. “I know how old you are. You are 32.”

The mother is surprised and asks “How did you find out?”

“I also know that you weigh 130 pounds.”

The mother is past surprised and shocked now. “How in heaven’s name did you find that out?”

“And,” the little girl says triumphantly, “I know why you and daddy got a divorce.”

“Oh really?” the mother asks. “Why?”

“Because you got an F in sex!”



Some interesting differences that we are often not told

Listening to the details of the democratic uprisings in North Africa and the Middle East, brings to mind the importance of equality among people and the growing disgrace of our age in the vast gap between the rich and the poor. The following is a short passage from *I.O.U. Why Everyone Owes Everyone and No One Can Pay* by John Lanchester, published by McClelland and Stewart, 2010.

“For decades there was the equivalent of an ideological beauty contest between the capitalist West and the Communist East, both of them vying to look as if they offered their citizens the better, fairer way of life. The result in the East was oppression; the result in the West was free schooling, universal health care, weeks of paid holiday, and a consistent, across-the-board rise in opportunities and rights. In Western Europe, the existence of local parties with a strong and explicit admiration for the socialist model created a powerful impetus to show

that ordinary people’s lives were better under capitalist democracy. In America, the equivalent pressures were far fainter— which is why Americans workers have, to Europeans, grotesquely limited vacation time (two weeks a year), no free health care, and a life expectancy lower than that of Europe. Canada too is significantly ahead of the U.S., with a life expectancy which is a startling three years longer, 81 as opposed to 78 years—and that notwithstanding the fact that Canada spends a dramatically smaller amount on health care, 9.7 percent of GDP as opposed to the U.S.’s 15.2 percent.”



Things my mother taught me

My mother taught me *religion*

“You better pray that will come out of the carpet.”

My mother taught me about *weather*

“It looks as if a tornado swept through your room.”

My mother taught me about *contortionism*

“Will you look at the dirt on the back of your neck!”