



Edmonton Retired Teachers' Association Summer Newsletter

June 2015

www.myerta.org



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THE BOARD OF DIRECTORS

President:

Joan Harrison, 780-467-3885

Past President:

Sherry Robbins, 780-437-0566

Vice-President:

Eva Nolan, 780-473-9251

Treasurer:

Mike Mort, 780-761-5027

Secretaries:

Carol Loewen, 780-435-6832

Vi Oko, 780-459-8013

Membership Coordinator:

Cliff Otto, 780-476-9264

Webmaster:

Ray Roy, 780-473-5598

Directors:

Veronica Hellweg, 780-456-7640

Fred Laux, 780-444-6386

Sheila MacKay, 780-466-8697

Ingrid Neitsch, 780-435-3221

Beth Robinson, 780-486-5230

Shirley Strembitsky, 780-988-9195

Carol Williamson, 780-436-9684

SUMMER LUNCHEON

Join us for our summer luncheon at the

Chateau Louis

11727 Kingsway Avenue

Date: June 10, 2015

Lunch: 11:45 a.m.

Menu: Roast chicken buffet

Cost: \$22.00 (includes GST and gratuity)

Speakers: John Cocchio—Industrial Professor, Department of Chemical and Materials Engineering at the University of Alberta & Yvonne Cocchio—Business Manager with Edmonton Public Schools and Travel Consultant with TravelOnly

Topic: “A Visual Tour of the Galápagos Islands”

Door Prize: Everyone is eligible for a door prize.

PLEASE NOTE

A member of the Telephone Committee will contact you prior to June 3rd in order to provide an accurate count for our caterer. If you have not received a call by 6:00 p.m. that evening, and would like to attend the luncheon, please contact Pam Roy at 780-473-5598.

Donations to the Food Bank are appreciated.

PRESIDENT’S MESSAGE

History was made in Alberta on May 5, 2015. I could easily relate to Rachael Notley when she admitted to having a knot in her stomach upon realizing that she would become the premier of Alberta. Becoming president of the Edmonton Retired Teachers' Association (ERTA) is not in the same league, but it was historical in terms of my life. Even though I had served on the ERTA Board of Directors for eight years prior to taking on this role, there was still a great deal of learning to do. The year has been challenging, interesting and, above all, rewarding.

I would like to thank the Board for their patience, guidance and assistance through that learning process. Sincere appreciation is also warranted for their dedication in organizing events of interest to the membership while overseeing the smooth operation of the association.

It is gratifying to see the enthusiastic response to, and participation in, events like the recent Body Composition Clinic that was organized to create an awareness of body composition and how it may affect health, for which twenty-eight people were registered. Such a response makes the many volunteer hours worthwhile. Wonderful!

Let's make ERTA even better! Preparations are already under way for next year. Your ideas for speakers, topics, activities, tours and workshops along with suggestions for improvements that could be made in any area are welcome. Simply contact a board member to share your ideas.

Until we meet again in the fall, remain healthy, stay active and be safe. Have a great summer!



MARK YOUR CALENDAR

Ukrainian Cultural Heritage Village Tour	June 2, 2015
Memory and Aging Workshop	June 10, 2015
Summer Luncheon and AGM	June 10, 2015
ARTA Annual Golf Tournament	June 17, 2015
ARTA Walking Challenge	April 1–June 30
Board of Directors Meeting	August 19, 2015
Fall Luncheon	September 23, 2015
Second Wind Conference	October 21, 2015

SUMMARY OF BOARD MEETING

The following decisions were made at the ERTA Board of Directors meeting held on Wednesday, May 6, 2015, at the Central Lions Senior Citizens Recreation Centre:

- A Technology Workshop will be offered again next year.
- A Writer’s Workshop, conducted by the editor of ARTA’s newsmagazine, is being planned as well.

NOMINEES TO BOARD OF DIRECTORS

A new Board of Directors will be elected at the Annual General Meeting (AGM), held each June along with the summer luncheon.

If you would like to serve on the Board or wish to nominate an individual who has expressed an interest, please telephone Sherry Robbins at 780-437-0566 to submit their name. Nominations will be accepted from the floor at the meeting. A signed note must be provided by nominees not able to attend the meeting.

Join a dynamic group of retired teachers. New members bring innovative ideas as well as a fresh perspective to branch programming.

MEMBERSHIP REPORT

Total membership now stands at 380, six more than last June. Of those, 183 are also currently members of ARTA. One hundred fifty members receive their newsletters via Canada Post while the remaining 230 get theirs by email. Included in these numbers are twenty-one life members.

The 127 memberships due for renewal at the end of June can be renewed at the June and September luncheons. Membership application forms may be mailed in at any time.

Retired teachers are entitled to a complimentary membership for the year immediately following their retirement. Many new retirees, however, are not aware of this. If you know of a recently retired teacher, have them phone Cliff Otto, the membership coordinator, or, alternatively, pass their contact information on to him in order that a complimentary membership can be issued.

Another nonagenarian will achieve the status of ERTA life member at the summer luncheon on June 10.

Marjory Shamchuk was born in Edmonton on June 7, 1925. She attended North Edmonton School for Grades One to Eight before enrolling at Eastwood, where she earned her high school diploma in 1943.

Following a three-month normal school program, Marjory was assigned to a one-room rural school near Pickardville. Her teaching career began on February 14, 1944 with twenty-eight students in Grades One to Eight inclusive. She returned for another year at the school the ensuing fall.

Marjory taught in the Sturgeon School Division at Sunnyside, Bellerose and Carbondale prior to joining the staff at Fairview School in Edmonton in 1948, where she had a split Grade Three/Four class of fifty-two youngsters that first year.

During that time Marjory began taking music lessons and singing duets with Robert Goulet.

After five years at Fairview, she transferred to Montrose where she taught Grade Two before moving on to Bellevue, Mount Royal and, finally, Kildare. She ended her teaching career at age sixty-three after spending more than forty-two years in the classroom.

Marjory registered in evening and summer school classes to brush up on Grade Twelve curriculum before taking a leave of absence to attend the University of Alberta. She acquired a Bachelor of Education degree in 1965.

Marjory loved to travel and did so often throughout her teaching career and after her retirement in 1986. She visited her older sister in California numerous times and travelled to many parts of North America, including Alaska and Hawaii. She cruised through the Panama Canal and went to Jamaica. Marjory particularly enjoyed a holiday that involved a cruise across the Atlantic Ocean and a six-country European tour. She returned to Europe on several occasions to visit Russia and the Scandinavian countries. She journeyed to Japan for Expo '70. If a tour was advertised, Marjory Shamchuk was promptly booked for it, often accompanied by her favourite travelling companion.

Marjory was a perfectionist in whatever she chose to do. She loved to sew, embroider and crochet, as well as do needlepoint and cross-stitching. Her handiwork was a work of art.

Although she never married, Marjory endeared herself to her nieces and nephews. She is still considered a beloved aunt and has extended family members constantly dropping in to visit with her at a continuing care facility where she resides.

Cliff Otto

ERTA ANNUAL GENERAL MEETING MINUTES

The 2014 ERTA Annual General Meeting was held in the St. Michael Room of the Chateau Louis Hotel & Conference Centre.

1. Call to Order

Sherry Robbins, Edmonton Retired Teachers' Association (ERTA) President, called the meeting to order at 1:38 p.m.

2. Approval of Agenda

Moved by Mary Ellen Pawluski, seconded by Ray Roy, *that the agenda be approved as distributed.* CARRIED.

3. Approval of Minutes of the 2013 Annual General Meeting

Moved by Sheila MacKay, seconded by Jean Kapoor, *that the minutes of the 2013 Annual General Meeting be adopted as printed in the June 2014 newsletter.* CARRIED.

4. First Call for Nominations

Vi Oko explained that the election of the ERTA Board of Directors would be conducted according to the nomination and election procedure outlined in *Robert's Rules of Order* and reviewed the process that would be followed.

5. President's Report

Sherry Robbins presented a report about ERTA activities. During the past year, the ERTA Board of Directors held four general meetings, published four newsletters and hosted four luncheons, which included the gala celebrating ARTA's 50th anniversary. Guest speakers or musical entertainment were the highlight of each luncheon. The Board organized two retiree brunches at the Faculty Club, two outings to the Mayfield Dinner Theatre and a bus trip to the Rosebud Theatre. ERTA contributed to, and participated in, the second annual Second Wind Conference and is involved in the

planning of a third one in October. ERTA members were also active in the provincial organization. She emphasized the need to recruit more retirees at the branch level, promote member wellness and advocate on behalf of seniors before she announced that she would not be seeking a second term as president of the branch.

6. **Membership Report**

Cliff Otto provided a membership update. Presently, 151 of the current membership of 374 receive their newsletters via Canada Post, while 223 of them have opted for email to expedite the process. About thirty of the 120 memberships due to expire at the end of June, including the nineteen complimentary ones granted this year, have already been renewed. Twenty-one retired teachers have a life membership in ERTA. He stressed that the association depends upon memberships, both new and renewed, to remain viable and encouraged members to inform him of new retirees so that they, too, are able to enjoy the fellowship available to members of the association.

7. **Second Call for Nominations**

Since her name was on the slate, Vi Oko called upon Ernie Pawluski to present the names of the nominees for election to the ERTA Board of Directors. Vicky Paziuk nominated Eva Nolan for vice-president when Ernie called for nominations from the floor. He read the names of the nominees again before calling for nominations from the floor a second time.

8. **Treasurer's Report**

Mike Mort stated that he was not able to present a financial report for the 2013–2014 fiscal year because the financial statements had not been received from the bank in time. An audited financial report will be presented at the September luncheon.

9. **Appointment of Auditor**

An auditor was not appointed at this time. Brian Jordan will audit the books again this year.

10. **Election of ERTA Board of Directors**

The slate of nominees was repeated a third time. Since there were no further nominations

from the floor, the following nominees were declared elected by acclamation for the 2014–2015 term:

President—Joan Harrison, Vice-President—Eva Nolan, Secretaries (2)—Carol Loewen and Vi Oko, Treasurer—Mike Mort, Membership Coordinator—Cliff Otto, Directors—Veronica Hellweg, Fred Laux, Sheila MacKay, Ingrid Neitsch, Daphne Price, Beth Robinson, Ray Roy, Shirley Strembitsky and Carol Williamson.

11. **Appreciation of Retiring Board Members**

Sherry Robbins thanked Esther Oaks for serving on the Board of Directors this year.

12. **Adjournment**

The meeting was adjourned at 2:10 p.m.

Addendum to the ERTA AGM

Mike Mort reported that revenue for the fiscal year ending April 30, 2014, totalled \$19,245.41 and expenditures amounted to \$20,123.67 after an adjustment of \$937.00 was made for the previous year, resulting in a deficit of \$878.26. Moved by Barry Roberts, seconded by Anne Isaac, *that the audited financial statement be accepted as received.* CARRIED.

Moved by Mike Mort, seconded by Sherry Robbins, *that Brian Jordan be appointed auditor for the year ending April 30, 2015.* CARRIED. (Fall Luncheon, September 17, 2014)

ARTA ANNUAL GOLF TOURNAMENT

The annual ARTA Golf Tournament, hosted by the Wolf Creek Retired Teachers' Association, is being held at the Ponoka Community Golf Club on Wednesday, June 17, 2015.

The Texas scramble shotgun start will begin at 1:00 p.m. after a beef-on-a-bun lunch. Lunch is included in the \$125 registration fee, along with green fees, a power cart, numerous prizes and a rib-eye steak barbecue following the completion of eighteen holes of golf.

The entry deadline is June 10. Registration forms can be downloaded from the ARTA website at www.arta.net or the ERTA website at myerta.org for team or single entries.

Email Dave Lindstrand at tex47ca@yahoo.com or call him at 403-783-6974 for more information regarding the community or the golf tournament.

MEMORY AND AGING WORKSHOP

Consider registering for the Memory and Aging Workshop to be held prior to the June luncheon and AGM between 10:00 a.m. and 11:00 a.m. on Wednesday, June 10. If you have not already done so, phone Joan Harrison at 780-467-3885 or email ingridneitsch@gmail.com to add your name to the list.

Learn about how your memory functions and how it changes as you age. Memory tips will be provided.

ARTA WALKING CHALLENGE

The Great ARTA Walking Challenge ends on June 30. Please submit your results to Joan Harrison at 57 Highland Way, Sherwood Park, Alberta T8A 5E7 or, if you prefer, email them to roughlyshod@telus.net with the subject line 'ARTA Walking Challenge.'



ARTA SCHOLARSHIPS

The Alberta Retired Teachers' Association (ARTA) has three categories of scholarships for direct relatives (children, grandchildren, first and second generation nieces and nephews) of ARTA members this year.

The ARTA–TW Insurance Degree Scholarships for \$5000, \$3000 and \$2000, awarded to undergraduate students enrolled in a degree program, are made possible by the generosity of ARTA's home and auto insurance partner, TW Insurance Brokers Inc. In addition, ARTA underwrites the ARTA Certificate/Diploma Scholarships valued at \$2500, \$1500 and \$1000 for post-secondary students in a certificate or diploma program of two or more years. The Clarence M. Goldade Memorial Golf Tournament Scholarship is a one-time award to a student entering the second year of studies in the Faculty of Education.

Academic achievement, community involvement and volunteer work, future goals, and personal accomplishments along with letters of reference are taken into consideration when determining the scholarship recipients.

Access the ARTA website at www.arta.net or write to the ARTA office at 409–110 142 Street NW, Edmonton, Alberta T5N 2R1 for application forms and criteria details before the July 31, 2015 deadline for submissions.

SECOND WIND CONFERENCE 2015

The fourth annual Second Wind Conference is scheduled for Wednesday, October 21, at the Chateau Louis Conference Centre. Hosted by the ERTA, Heartland, Parkland and Strathcona branches, the wellness conference is more than a series of informative talks originated to nourish the bodies, minds and souls of retired teachers and their friends.

The inspirational and humourous Zandra Bell is the keynote speaker. Following her presentation, conference participants will be able to choose from a number of breakout sessions intended to rejuvenate the body, stimulate the intellect and invigorate the spirit. Try beer tasting, art therapy, cardiosalsa, or standing Chi Gong. Learn about pole walking, Ayurvedic medicine, travelling solo or seniors sexuality. Glean some tips regarding starting over, brain fitness, wills and estates or becoming a savvy senior and more.

Early bird registration is \$65 and an extra \$10 after September 15. Go to gertasecondwind.org to download a registration form or pick one up at the summer luncheon.

Attend a conference for seniors to renew former friendships, reconnect with colleagues and be re-energized.

VOLUNTEER OPPORTUNITIES

K-Days Exposition

Volunteer to be part of Edmonton's hottest ten-day summer festival, July 17 to 26. Northlands is looking for folks who like to be in the middle of the action, helping families and playing a major role in the success of K-Days! Exciting volunteer opportunities range from working as an Arrival Ambassador welcoming guests to the K-Days grounds, to directing the activities on The Farm where there are real animals, interacting with youngsters at Kids Town, or selling 50/50 tickets.

Volunteer at one of the top twenty-five ranked fairs in North America and receive a golf shirt, free parking when on duty, food vouchers toward the cost of a meal and entry to a check-in centre stocked with refreshments.

Visit www.northlands.com/volunteers to fill out an online application form or call the volunteer hotline at 780-491-3400.

University of Alberta U School

Organizers of the U School program are inviting retired teachers to help out with this week-long 'field trip' on the University of Alberta campus for classes from schools that have been identified as socially vulnerable. Each class that arrives on campus will be engaged in learning experiences scripted in consultation with their teacher. During their week on campus, the students will not only learn subject area content specific to their grade curriculum, they will also learn that the university campus is an inviting and welcoming place. It is hoped that, over the week, students will think of a post-secondary education as a desirable and attainable option for their educational future.

With your volunteer assistance, the U School will be able to maintain, and continue to enhance, the quality of programming that has garnered the University of Alberta Senate and the U of A high praise.

Access the volunteer webpage at www.senate.ualberta.ca/USchool/Volunteeringopportunities for additional information about the program.

If you would like to participate in this student program, contact Amissa Jablonski by emailing her at amissa.jablonski@ualberta.ca, phoning 780-492-0003 or addressing mail to:

U School Program Lead, Office of the Senate,
150 Assiniboia Hall, University of Alberta T6G 2E7.

Love, Friendship and Good Advice

Love starts with a smile, grows with a kiss, and ends with a tear.

Don't cry over anyone who won't cry over you.

If love isn't a game, why are there so many players?

Good friends are hard to find, harder to leave, and impossible to forget.

You can only go as far as you push.

Actions speak louder than words.

The hardest thing to do is watch the one you love, love somebody else.

Don't let the past hold you back; you're missing the good stuff.

Life's short. If you don't look around once in a while you might miss it.

A BEST FRIEND is like a four-leaf clover, HARD TO FIND and LUCKY TO HAVE.

Some people make the world SPECIAL just by being in it.

BEST FRIENDS are the siblings God forgot to give us.

When it hurts to look back, and you're scared to look ahead, you can look beside you and your BEST FRIEND will be there.

TRUE FRIENDSHIP NEVER ENDS. Friends are FOREVER.

Good friends are like stars.... You don't always see them, but you know they are always there.

Don't frown. You never know who is falling in love with your smile.

What do you do when the only person who can make you stop crying is the person who made you cry?

Nobody is perfect until you fall in love with them.

Most people walk in and out of your life, only friends leave footprints in your heart.

Everything is okay in the end. If it's not okay, then it's not the end.

—Author Unknown

