



Edmonton Retired Teachers' Association Summer Newsletter

www.edmontonrta.org

June 2010



INSIDE THIS ISSUE

- 1 Summer Luncheon & AGM
- 2 President's Message
- 2 Dates to Remember
- 2 Summary of Executive Meeting
- 2 ERTA Annual General Meeting Minutes
- 3 Seniors' Drug Plan Update
- 3 Benefit Plan Update
- 4 Join The ERTA Executive
- 4 Temporary Licence Class Reunion
- 4 Revision of the ERTA Bylaws
- 5 Myer Horowitz Theatre
- 5 Wellness Workshop
- 5 A Perspective of Age
- 5 Nanofabrication Laboratory Field Trip
- 6 Mayfield Dinner Theatre
- 6 Volunteer Opportunities
- 6 Membership Form

SUMMER LUNCHEON

and

Annual General Meeting

Chateau Louis

11727 Kingsway Avenue

Date: June 9, 2010

Lunch: 11:45 a.m.

Menu: Roast beef buffet

Cost: \$20 per person (includes GST and gratuity)

Program: Reports
Bylaw Revisions
Election of Executive

Door Prize: Everyone is eligible for a door prize.

PLEASE NOTE

A member of the Telephone Committee will be contacting you prior to June 2nd so that we can have an accurate count for our caterer.

ERTA has to pay for lunches that have been booked even if the individuals do not attend.

Donations to the Food Bank are appreciated.

THE EXECUTIVE

President:
Vi Oko,
(780) 459-8013

1st Vice-Pres:
Joan Harrison,
(780) 467-3885

Treasurer:
Bernie Lemay,
(780) 469-5031

Membership:
Maurine Maslen,
(780) 418-8032

PRESIDENT'S MESSAGE

Winter ended with Mother Nature demonstrating her power to transform the surface of the earth in unrelated occurrences all over the planet. These past few weeks daffodils and tulips have struggled in the face of somewhat adverse conditions to turn their countenances upward and pronounce that spring has indeed arrived. Summer, therefore, cannot be far behind.

Recent manmade events threaten to upset the tranquility we seek in the months ahead. Is the volatility in the stock market driven by fear of the economic instability of the Euro, the ecological disaster in the Gulf of Mexico, the harsh military suppression of peaceful protesters in pursuit of democracy in Thailand, the "disappearance" of priceless masterpieces from an art museum in Paris and the creation of an artificial self-replicating life form a precursor of what we can expect this summer?

May time spent with family and friends replenish your spirit and rejuvenate your soul.

DATES TO REMEMBER

Summer Luncheon & AGM	June 9, 2010
Myer Horowitz Theatre	June 23, 2010
Executive Meeting	August 25, 2010
Fall Luncheon	September 22, 2010

SUMMARY OF EXECUTIVE MEETING

The following decisions were made at a meeting of the ERTA Executive held at the Central Lions Senior Citizens Recreation Centre on May 12, 2010:

- Despite an increase in the per plate cost, the fee will remain at \$20.00 per person for the luncheon on June 9, 2010.
- The armed forces speaker was deferred until the September meeting.
- All associate member categories were reclassified as full members of ERTA.
- How notice is to be given for all ERTA special and Annual General Meetings as well as all regular and special executive meetings was specified.
- A quorum was established for all ERTA meetings.

ERTA ANNUAL GENERAL MEETING MINUTES

The ERTA Annual General Meeting was held in the Conference Centre of the Chateau Louis Hotel on June 10, 2009.

1. **Call to Order:** Vi Oko, ERTA President, called the meeting to order at 1:10 p.m.
2. **Approval of Agenda:** Moved by Joy de Mello, seconded by Joan Harrison, *that the agenda be approved as distributed.*
CARRIED.
3. **Approval of Minutes of the 2008 Annual General Meeting:** Moved by Bernie Lemay, seconded by Dave Burghardt, *that the minutes of the 2008 AGM be accepted as printed in the June 2009 newsletter.*
CARRIED.
4. **First Call for Nominations:** Joy de Mello, ERTA Past President, presented the list of nominations. Further nominations were requested from the floor but none were presented nor volunteered.
5. **President's Report:** Vi Oko gave a report briefly outlining the work of ERTA for the past year. An average of 125 guests attended each luncheon, two brunches were held at the Faculty Club at the University of Alberta and four newsletters were sent to the entire membership either by mail or electronically.
6. **Membership Report:** Maurine Maslen asked those present to inform her of changes to email addresses and other information, all of which makes it easier to maintain contact with members. She indicated that many retirees had renewed their memberships at the door that day because no one was available to take membership renewals at the December and March luncheons. Maurine thanked Joyce Lukasiewich for sending out the newsletters electronically and the members of the Telephone Committee for their dedication.
7. **Second Call for Nominations:** Joy reviewed the proposed slate of nominees and asked for nominations from the floor a second time.

8. Health and Wellness Benefits Report:

Ed Friss outlined a number of changes to the ARTA Health and Wellness Benefit Plan as well as the new benefit options that will come into effect on September 1, 2009. He offered to arrange a presentation that would describe these changes and how they will affect each of the members of ARTA and ERTA at the fall luncheon.

9. Treasurer's Report: Bernie Lemay briefly reviewed ERTA's audited financial statement that showed an excess of revenue over expenses of \$3,210.04 for the year ending April 30, 2009 compared to \$2,367.69 for the previous year. Total liabilities and equity equals \$21,636.22, \$5,000.00 of which is invested in term deposits. Moved by Bernie Lemay, seconded by Ray Roy, *that the audited financial report be accepted as presented.* CARRIED.

10. Election of ERTA Executive: Joy de Mello called for nominations from the floor a third time before declaring the following slate of nominees elected by acclamation: President – Vi Oko, 1st Vice-President – TBA, 2nd Vice-President – TBA, Past President – Joy de Mello, Treasurer – Bernie Lemay, Membership Co-ordinator – Maurine Maslen, Assistant Membership – TBA, Secretaries (2) – Shelley Bouska and Carol Loewen, Benefits Representatives (2) – Fred Laux and the second TBA, Pension Representative – Dave Burghardt, Webmaster – Joyce Lukasiewicz, Members at Large – Norma Boraas, Ed Friss, Joan Harrison, Mike Mort, Cliff Otto and Gilles Verret.

11. Appreciation of Retiring Executive Members: Vi Oko expressed her appreciation to all of the retiring executive members for their contribution to the work of the Association. Thanks were also extended to the members continuing on the Executive and continuing to work for Edmonton retired teachers.

12. Adjournment: The meeting was adjourned at 1:33 p.m.

"Youth is a gift of nature; age is a work of art."

SENIORS' DRUG PLAN UPDATE

On March 31, 2010, two days after an amicable meeting with the ARTA Health and Wellness Benefits Committee, Gene Zwozdesky, Minister of Health and Wellness, announced the postponement of the implementation of the controversial seniors' drug plan, the fourth policy change since he assumed the health portfolio in January. He indicated that addressing the needs of an aging and rapidly expanding population requires time for the requisite legislative and regulatory changes to be put into effect and the alignment of the drug plan with other government programs for seniors to be achieved. Once again ARTA members demonstrated their collective strength in their lobbying efforts of MLAs throughout the province.

BENEFIT PLAN UPDATE

Since the health minister's announcement, the Benefits Committee has been expending its efforts on procuring upgrades to the ARTA Extended Health Care and Dental Plans. The most recent proposal features an enhanced vision, hearing and paramedical component as well as the inclusion of Best Doctors and partial coverage for lifestyle drugs. The emergency medical travel plan includes an increase in the lifetime maximum to \$2 million and an ARTA dedicated travel concierge telephone line.

The contemplated changes will be available to policyholders effective September 1, 2010, for a minimal increase in the monthly premium, pending approval at the ARTA Board of Directors meeting held after this newsletter went to print. Details of the provisions embodied in the new plans will be available at the June luncheon.

"Gardeners know that many types of flowers will go to seed and die if the blossoms are not picked regularly. If the flowers are collected before they fade and dry up, the plants will continue to bloom throughout the summer, providing bouquets for friends and neighbours. The same is true of other joys in life. If we keep them to ourselves, they will dry up and die. If we share them, they will simply multiply."

Author Unknown

JOIN THE ERTA EXECUTIVE

A new Executive will be elected at the upcoming Annual General Meeting to be held in conjunction with the luncheon on June 9. Joy de Mello, ERTA Past President, is seeking your assistance in identifying people to help guide our organization for the next year. Meetings are held on a Wednesday afternoon in August, November, February and May. Anyone interested in joining a group of dynamic individuals is asked to contact Joy at (780) 455-9003.

TEMPORARY LICENCE CLASS REUNION

Members of the Faculty of Education teacher training class of '52 at the University of Alberta are planning a reunion at the ERTA luncheon on June 9, 2010. If you once held a temporary licence or know of anyone who did, please contact either Lillian Bulman at (780) 464-1670 or Florence Pidruchney (née Cerezke) at (780) 434-5571 for further information.

REVISION OF THE ERTA BYLAWS

Since February the Executive has worked intently on an extensive review of the ERTA bylaws.

The original constitution (bylaws) of the Edmonton Retired Teachers' Association was approved at a tea held at the Knox Metropolitan United Church on March 26, 1975. In the late 1950s, Edmonton retired teachers informally organized and held meetings to address concerns over low pensions, medical insurance needs and hospital care. The Retired Teachers of Edmonton was formally organized on November 14, 1960. The name was changed in 1963 after the creation of the Alberta Retired Teachers' Association. Minor changes and additions were made to the bylaws on September 27, 2000 and again on September 20, 2006.

The current bylaws have been reorganized, renumbered and revised.

Two additions were made to the "Objects" of the Association.

All former associate members are now included in the full membership category. The

age requirement for granting an honorary life membership was removed, while a life membership at age ninety was added. Two generic bylaws were inserted under "Membership" as well.

Additional bylaws in the "Fees" section state in writing what is presently done in practice.

The "Governance" section consists of two generic statements and a number of previously approved bylaws that have been reorganized and rephrased.

Most of the "Meetings" section is new. It includes the usual information required by Corporate Registry.

The "Finance" and "Remuneration" sections are composed of generic statements found in most association bylaws.

The "Amendments" bylaw was revised to clearly specify that bylaws can only be changed by special resolution as defined in the Societies Act and when amendments that have been approved take effect.

A two-thirds affirmative vote of those retired teachers in attendance and eligible to vote will be required to adopt the proposed revisions. No further amendments to any of the bylaws can be considered at the 2010 Annual General Meeting. The motion to accept the revisions as presented will either be approved or defeated.

Association members who wish to submit a draft revision of any bylaw for consideration by the membership at an AGM must do so before the February executive meeting so that it can be included on that meeting's agenda and so that notice of intent can be given at the March luncheon.

The current bylaws along with the proposed revisions are being forwarded to the membership as a separate document in conjunction with this newsletter. For your convenience, words that are being replaced are crossed out, while changes or additions to the bylaws are underlined.

"Friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly."
Author Unknown

MYER HOROWITZ THEATRE

Centre section tickets for the off-Broadway musical, *Menopause Out Loud!* have been purchased for the 6:00 p.m. performance on Wednesday, June 23, 2010, at the Myer Horowitz Theatre in the Students' Union Building at 8900–114 Street on the University of Alberta campus.

The hilarious celebration of menopausal women and “the change” features four females – Professional Woman, Soap Star, Iowa Housewife, and Earth Mother – at a Bloomingdale's lingerie sale with nothing in common but a black lace bra and hot flashes, night sweats, memory loss, chocolate binges and day-to-day challenges.

This highly entertaining theatrical performance has even received the endorsement of reluctant male theatre-goers throughout the United States and is currently scheduled to play in several major Canadian cities this summer.

Tickets are available on a first come, first served basis at a discount price of \$50.44 each (including GST) by contacting Vi Oko at (780) 459-8013. Mail your cheque made payable to the Edmonton Retired Teachers' Association to Vi at 20 Glenhaven Crescent, St. Albert, Alberta, T8N 1A5 or hand it to her at the luncheon on June 9 at the Chateau Louis.

WELLNESS WORKSHOP

On May 14, 2010, participants at the ERTA Wellness Workshop learned that an elder is a person who continues to learn and grow, is still in pursuit of peace and happiness, deserves honour and respect, harvests life's experience and transforms that wisdom into a legacy for future generations. Workshop colleagues gained an insight into what is important in life, how to find joy in the moment, and how to embrace the time that is left and live an authentic life of purpose, meaning and vitality. The aim is to become a retiree who, in the autumn of one's life, ages positively by being physically active, mentally stimulated, spiritually centered, creatively fulfilled, and psychologically balanced while in pursuit of goals and dreams that may have been put on hold during the years of employment.

A PERSPECTIVE OF AGE

As one grows older aging is viewed from a different perspective.

Little children are so excited about getting older that they think in fractions and proudly proclaim that they are ‘four and a half’. Teenagers jump to the next number or even a few ahead and declare that they are ‘going to be sixteen’. Eighteen is a milestone to be celebrated as is becoming twenty-one.

Then an individual ‘turns thirty’, ‘pushes forty’, ‘reaches fifty’, ‘makes it to sixty’ and ‘hits seventy’. At eighty each day is a complete cycle. By the time a person is in their nineties they revert back to being ‘just ninety-two’.

A strange thing happens when people make it to one hundred – they become a little kid again and claim to be ‘one hundred and a half’. May we all achieve a healthy one hundred and a half!

NANOFABRICATION LABORATORY FIELD TRIP

On April 15, 2010, an inquisitive group of retired teachers were treated to an enlightening introduction to the microscopic world of minuscule particles, both man-made and those found in nature, and the nanotechnology involved in the production of these nanoparticles, the diverse range of new materials produced and the practical application of nanomechanics. We learned that the nanomaterial produced needs to be economically viable before it can be used in industry. Therefore, much of the work currently being done in a laboratory setting is not ready for implementation on a large scale.

We also received a brief overview of the process involved in wave guide fabrication and the production of fibre optic wafer chips.

After the lecture theatre presentation, we were extremely fortunate to receive a guided tour of a nanofabrication facility where we saw some of the actual equipment used in making nanoscale devices – a cognitively stimulating experience indeed!

“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”
Author Unknown

MAYFIELD DINNER THEATRE

Retirees who attended the theatrical presentation of *Buddy, the Buddy Holly Story* at the Mayfield Dinner Theatre on May 19, 2010, were transported back to the late 1950s and treated to a rousing afternoon of toe-tapping, thigh-slapping music and entertaining stage antics. An outstanding cast, which included two actors who starred in London's West End version of the hit show and a musical director from the United Kingdom who put that production together, told the story of one of rock and roll's great pioneers.

It was one of the best, perhaps even the best musical performance to ever grace the stage at the Mayfield.

VOLUNTEER OPPORTUNITIES

Canadian National Institute for the Blind

The Canadian National Institute for the Blind (CNIB) is looking for someone to help coordinate the monthly get-togethers of the VIPs, one of the CNIB Edmonton's largest and most active group.

Duties will involve helping to select topics and speakers for future meetings as well as ensuring that all VIPs receive a telephone reminder of the meeting using a fan-out system, refreshments are available, and guest speakers introduced and thanked. For more information, please contact Mindy Bodnarchuk, Community Education and Seniors Peer Support Specialist, at (780) 453-8326 or email her at mindy.bodnarchuk@cnib.ca.

PLEASE ENSURE THAT YOUR MEMBERSHIP FEE IS DUE FOR RENEWAL
BEFORE YOU SUBMIT YOUR PAYMENT
TO THE MEMBERSHIP CO-ORDINATOR.

ERTA MEMBERSHIP APPLICATION
(First year of membership for a new retiree is complimentary)

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____ Email Address: _____

Date of Birth: _____

Please check here if you would like to receive your newsletter by email.

Send \$15.00 by cheque to: Maurine Maslen, Membership
Edmonton Retired Teachers' Association
53 Goodridge Drive
St. Albert, AB
T8N 2B1