



# Edmonton Retired Teachers' Association Summer Newsletter

www.myerta.org

June 2014



## INSIDE THIS ISSUE

- 1 Summer Luncheon
- 2 President's Message
- 2 ARTA Scholarships
- 2 Dates to Remember
- 2 Summary of Board Meeting
- 2 Telephone Committee Tribute
- 3 Membership Report
- 3 ERTA Annual General Meeting Minutes
- 4 Second Wind Conference 2014
- 5 Technology Workshop
- 5 ARTA Memorial Golf Tournament
- 5 Wellness Workshops
- 6 Health and Wellness Workshops—Living Better Survey

## SUMMER LUNCHEON

Join us for our summer luncheon at the

# Chateau Louis

11727 Kingsway Avenue

Date: June 4, 2014

Lunch: 11:45 a.m.

Menu: Roast beef buffet

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

Speaker: Noel Sommerville—Chair, Seniors Task Force of Public Interest Alberta, Member of the Seniors Action and Liaison Team

Topic: "Declining Support for Seniors' Care in Alberta"

Door Prize: Everyone is eligible for a door prize.

### PLEASE NOTE

A member of the Telephone Committee will contact you prior to May 28<sup>th</sup> in order to provide 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 BOARD OF DIRECTORS

**President:**  
Sherry Robbins  
780-437-0566

**Vice-President:**  
Joan Harrison  
780-467-3885

**Treasurer:**  
Mike Mort,  
780-761-5027

**Membership Co-ordinator:**  
Cliff Otto  
780-476-9264

**PRESIDENT'S MESSAGE****ARTA SCHOLARSHIPS**

Two categories of scholarships, the ARTA–TW Insurance Degree Scholarships and the ARTA Certificate/Diploma Scholarships are available to direct relatives (children, grandchildren, first and second generation nieces and nephews) of current ARTA members. Scholarships valued at \$2,500, \$1,500 and \$1,000 for each category are awarded annually.

The Alberta Retired Teachers' Association (ARTA) provides scholarships to students in a certificate or diploma program of two or more years at an accredited institution. Undergraduate students enrolled in a degree program are eligible for the ARTA–TW Insurance Degree Scholarships that are made possible by the generosity of TW Insurance Brokers, ARTA's home and auto insurance partner.

Academic achievement along with community involvement and volunteer work, future goals, personal accomplishments as well as reference letters are all significant in determining the recipients in both scholarship categories.

Application forms and criteria details can be downloaded from the ARTA website at [www.arta.net](http://www.arta.net) or by writing the ARTA office at 409, 11010–142 Street NW, Edmonton, Alberta T5N 2R1.

The application deadline is July 31, 2014.

**DATES TO REMEMBER**

Summer Luncheon & AGM	June 4, 2014
ARTA Memorial Golf Tournament	June 16, 2014
Board of Directors Meeting	August 20, 2014
Fall Luncheon	September 17, 2014
Technology Workshop	September 24, 2014
Second Wind Conference	October 29, 2014

**SUMMARY OF BOARD MEETING**

On April 23, the following issues were debated and decisions made at a meeting of the ERTA Board of Directors at the Central Lions Senior Citizens Recreation Centre:

- The Calgary Retired Teachers' Association has offered to share the website template developed for their branch. ARTA will monitor the installation of the template on ERTA's website and pay for some of the start-up costs to develop the upgrade.
- Thirty ERTA members are actively involved in the Great ARTA Walking Challenge.
- A number of branch members have already indicated an interest in participating in the technology workshop (see Technology Workshop).
- A contribution of \$500 in support of the upcoming Second Wind Conference was authorized (see Second Wind Conference 2014).
- Policy guidelines regarding advertising at ERTA events, in the newsletter or on the website have been finalized.

**TELEPHONE COMMITTEE TRIBUTE**

Over 300 ERTA members are contacted prior to each luncheon with the help of a wonderful group of volunteers. The Board of Directors would like to extend a sincere thank you to the callers for their help and to let them know how much their efforts are appreciated. The board members would especially like to acknowledge the contributions made by Alice and Alan Bell as well as Pat Butler who, after a seven-year commitment, are resigning from the Telephone Committee. ERTA members are invited to join the committee.

If you would like to volunteer, please email Joan Harrison at [joanh1@telusplanet.net](mailto:joanh1@telusplanet.net) or phone her at 780-467-3885.

## **MEMBERSHIP REPORT**

Current ERTA membership is 372, an increase of twenty-four members since August 2013. Of those, 150 receive their newsletter via Canada Post and 222 have opted for email delivery. Nineteen complementary memberships are expiring at the end of June, 2014. This past year five newly retired teachers were accorded a complementary membership. Twenty-one members are life members, eight of which are honorary life members while thirteen achieved life membership status by virtue of having reached the age of ninety with five years of membership.

There are 120 memberships up for renewal at the end of June. For ERTA members who receive their newsletters by Canada Post, renewal notifications will be mailed along with the newsletter. An email notice will be sent to those members who receive their newsletters electronically. If you are one of the renewing members, return the completed form with your cheque to the address on the membership application or bring it to the membership desk at the June luncheon. Your continuing support is appreciated.

Please provide Cliff Otto, your membership co-ordinator, with the contact information (telephone number or email address) of any teachers who are retiring this year so that they can be offered a complementary membership for their first year of retirement.

The ERTA membership is also asked to inform Cliff of colleagues who are about to celebrate their ninetieth birthday by telephoning him at 780-476-9264 or contacting him by email at cliffcon@telus.net so that they, too, may be awarded a life membership.

Cliff Otto

## **ERTA ANNUAL GENERAL MEETING MINUTES**

The 2014 ERTA Annual General Meeting was held on Wednesday, June 5 at the Chateau Louis Conference Centre.

### **1. Call to Order**

Vi Oko, Edmonton Retired Teachers' Association (ERTA) President, called the meeting to order at 1:05 p.m. Vi stated that

this was the first Annual General Meeting of the Association since its incorporation as a society on August 15, 2012.

### **2. Approval of Agenda**

Moved by Ray Roy, seconded by Mike Mort, *that the agenda be accepted as circulated.* CARRIED.

### **3. Approval of Minutes of the 2012 Annual General Meeting**

Moved by Irl Miller, seconded by Ray Roy, *that the minutes of the 2012 Annual General Meeting be approved as printed in the June 2013 newsletter.* CARRIED.

### **4. First Call for Nominations**

Joan Harrison, Nominating Committee Chair, presented the proposed slate of nominees. Further nominations from the floor were requested.

### **5. President's Report**

Vi Oko briefly reported on association activities for the past year. ERTA held four general meetings and one special meeting of the Board of Directors, published and distributed four newsletters, hosted four luncheons and had four guest speakers. The membership also enjoyed musical entertainment at the Christmas luncheon, gathered for brunch at the Faculty Club in November and April, attended theatrical presentations at the Mayfield Dinner Theatre in October and May, toured the Art Gallery of Alberta in April and has a tour of the St. Albert Botanic Park scheduled for June 20, 2013. Plans are in place for the Alberta Retired Teachers' Association 50<sup>th</sup> Anniversary Gala Luncheon and the Second Wind Conference in September.

ERTA members also made a valuable contribution to the provincial association by serving on the Alberta Retired Teachers Charitable Foundation, Communications/Technology, Governance, Membership/Marketing and Wellness committees.

### **6. Membership Report**

Cliff Otto, ERTA Membership Co-ordinator, provided some membership statistics. Currently, the organization has 363 members, 191 of which receive their newsletters electronically and 172 who

have them delivered by Canada Post. The association has eleven life members, six honorary life members and five new retirees who received a complimentary membership for the past year. A number of memberships are up for renewal. Cliff thanked the members of the Telephone Committee who contacted the entire membership prior to each luncheon and Joan Harrison for co-ordinating the work of these volunteers.

#### 7. Second Call for Nominations

Joan read the names of the nominees again, then asked for further nominations from the floor once more.

#### 8. Treasurer's Report

Mike Mort, ERTA Treasurer, presented the audited financial report for the last year. Revenue totalled \$16,170.60 while expenses amounted to \$16,271.27, resulting in a deficit of \$100.67 for the fiscal year ending April 30, 2013. Current equity of \$24,926.37, an increase of \$414.33 in association funds over the previous year, includes \$6,348.00 in prepaid membership fees. Mike thanked all of those individuals who helped him with the transition into his new designation. Moved by Esther Oaks, seconded by Fred Laux, *that the financial report be accepted as presented.* CARRIED.

#### 9. Appointment of Auditor

Moved by Sherry Robbins, seconded by Joan Harrison, *that Brian Jordan be appointed auditor for the 2013–2014 fiscal year ending April 30, 2014.* CARRIED.

#### 10. Election of ERTA Board of Directors

Joan repeated the list of nominees a third time. Since there were no nominations from the floor, the following slate of nominees were declared elected by acclamation: President—Sherry Robbins, Vice-President (TBA), Secretaries (2)—Carol Loewen and TBA, Treasurer—Mike Mort, Membership Co-ordinator—Cliff Otto, Directors—Joan Harrison, Veronica Hellweg, Fred Laux, Sheila MacKay, Ingrid Neitsch, Esther Oaks, Daphne Price, Ray Roy, Beth Robinson and Shirley Strembitsky.

#### 11. Appreciation of Retiring Board Members

Shelley Bouska, Eva Nolan and Gilles Verret were thanked for their work on the Board of Directors. Vi Oko also expressed her appreciation of those members who are continuing to serve the association and welcomed the newly elected members to the Board.

#### 12. Adjournment

The meeting was adjourned at 1:32 p.m.

### SECOND WIND CONFERENCE 2014

Representatives of the Edmonton Retired Teachers' Association (ERTA), in collaboration with their counterparts from the Parkland and Heartland branches, extend an open invitation to the Second Wind Conference, the Journey Continues. The third annual wellness conference organized especially for retired teachers and their friends will be held at the Chateau Louis Conference Centre on Wednesday, October 29.

The morning will kick off with words of wisdom from the keynote speaker, Bill Gordon—retired high school teacher and counsellor, regarding the importance of self care particularly after a lengthy career that has involved the caregiving of others in his presentation, "Living, Laughing, Learning, Loving and Lifestyle."

Conference participants will be able to attend a variety of breakout presentations to invigorate the body, mind and spirit. Subjects will include preventing fraud and scams, defensive driving for seniors, art therapy, information technology, cell phones and tablets, Tai Chi, drumming and the benefits of beer.

Local artists will display their wares throughout the day.

The afternoon will culminate with a 'wine down' enabling participants to renew relationships with colleagues and reconnect with friends after an uplifting day that has them re-energized.

The \$60 early bird registration is in effect until September 15, after which the fee will be \$70.

Be sure to check the conference website at [www.gertasecondwind.org](http://www.gertasecondwind.org), for more detailed information as it becomes available.

### **TECHNOLOGY WORKSHOP**

On September 24, 2014, ERTA members will have the opportunity to receive instruction in the use of computer programs and mobile devices at the Technology Training Centre in the Cameron Library on the university campus. Even though there will be no charge for the instruction; a \$20 fee will be assessed for refreshments and a catered lunch.

An effort is being made to determine which kind of instruction would be most useful to the membership. Sign-up sheets will be on the tables at the next luncheon. Please be sure to choose which option (Microsoft Word, Excel, iPads/iPhones or smart phones/Notebooks) appeals to you. If you have already made a selection, do not sign up again.

Sufficient interest was indicated at the March luncheon to book at least two half-day workshops.

Twenty people have already expressed an interest in Microsoft Word programs with information about Windows 8/8.1. If four more people sign up for this workshop, two sections could be offered since the minimum number required for a class is twelve.

Another eleven would like to acquire more skill in the use of iPods and iPhones. One more registration is needed to offer a session in the operation of these devices. If you are interested in Excel or smart phones and Notebooks, be sure to add your name to the list.

If you are unable to attend the June luncheon, phone Esther at 780-437-7499 or contact her at [esther.oaks@gmail.com](mailto:esther.oaks@gmail.com) for further information or to express your interest.

### **ARTA MEMORIAL GOLF TOURNAMENT**

The ARTA Memorial Golf Tournament is being hosted by the Medicine Hat and District Retired Teachers' Association in memory of Clarence M. Goldade, a retired teacher and administrator who was active at the branch and provincial levels. Clarence contributed to his profession as a negotiator for twenty-six years and as a student council advisor for eighteen of those years. Besides his dedication to education, Clarence was also involved in his community. He was deeply committed to service and a

master at organizing community groups and events. In addition to serving on many local boards, Clarence directed musicals, coached junior volleyball, refereed hockey and umpired baseball.

The Texas scramble shotgun start commences at 1:00 p.m. on Monday, June 16, 2014, at the Connaught Golf Club located in southeastern Medicine Hat. Green fees, a power cart, a roast beef dinner and fabulous prizes are included in the \$100 registration fee. (Dinner only is \$30).

Interested golfers are reminded that the entry deadline is June 9. Registration forms are available by downloading them from the ARTA website at [www.arta.net](http://www.arta.net) or the ERTA website at [www.myerta.org](http://www.myerta.org), by contacting an ERTA board member or at the luncheon on June 4. An interactive registration form is accessible on both websites.

Pertinent accommodation information can be found on the ARTA website.

Individual and team entries are encouraged. Participation is open to golfers of all skill levels. (Neither an ARTA membership nor retired teacher status are required for participation). Gather together family members or friends to represent ERTA at this memorial event.

Contact Henk Hof at [hrhof@shaw.ca](mailto:hrhof@shaw.ca) for more information.

### **WELLNESS WORKSHOPS**

One of the three long-term goals in ARTA's Strategic Plan is the promotion of a healthy, physically active and enhanced quality of life of its members and retired people in the local community.

The primary focus of the ARTA Wellness Committee has been the promotion of several wellness initiatives. The Great ARTA Walking Challenge is one of them. The committee's sponsorship of a variety of wellness workshops is another.

The ERTA Board of Directors is prepared to present topics of interest to the membership. **Please complete the survey on the following page** and bring it to the summer luncheon or forward it to Joan Harrison, 57 Highland Way, Sherwood Park, Alberta T8A 5E7.

**HEALTH AND WELLNESS WORKSHOPS—LIVING BETTER**

A number of proactive health workshops have been prepared by the Council of Senior Citizens' Organizations (COSCO) in conjunction with the medical community. The sessions are ninety minutes long and are delivered by trained volunteer facilitators. The information presented is practical, research based and free of technical jargon. A minimal charge may apply.

Below are some of the workshop topics. **Please indicate if you would be interested in attending a workshop by numbering five topics 1 to 5** with 1 being of highest interest.

**Mark 5 sessions**

<p><b><u>Advocacy for Caregivers</u></b> A step-by-step process and courteous but firm strategies are offered for those people who need to advocate for another.</p>	
<p><b><u>Caregiving</u></b> The causes of caregiver burnout are examined and suggestions regarding how to avoid it are specified. Sources of assistance are itemized.</p>	
<p><b><u>Healthy Eating for Seniors</u></b> Canada's revised Food Guide is reviewed and how to use food label information when making purchases is summarized.</p>	
<p><b><u>Life Without Driving</u></b> The warning signs that prompt the need to cease to drive are highlighted, advance planning is encouraged, and driving alternatives are investigated.</p>	
<p><b><u>Memory and Aging</u></b> How memory functions and how it changes with age is explained. Tips for maintaining and improving memory and advice about when to seek professional help is supplied.</p>	
<p><b><u>Senior Sexuality</u></b> Myths surrounding senior sexuality are explored and factual information about the maintenance of intimate relationships into the senior years is provided. Health concerns are also addressed.</p>	
<p><b><u>Sleep</u></b> The reasons why many older adults find it difficult to get enough sleep are scrutinized. Remedies and advice about lifestyle changes that may help are given.</p>	
<p><b><u>Social Connectedness</u></b> The social determinants of health are identified to help determine the level of social connectedness required and how to achieve it.</p>	
<p><b><u>Staying Fit at Home</u></b> Simple exercises that can be done at home to maintain and improve health and wellness are presented.</p>	
<p><b><u>Technology and Aging</u></b> Available technological advances of use to older adults are described along with possible future developments.</p>	

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_