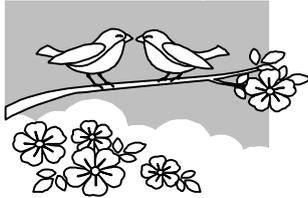




Edmonton Retired Teachers' Association Spring Newsletter

www.edmontonrta.org

March 2010



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THE EXECUTIVE

President:
Vi Oka, (780) 459-8013

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

Treasurer:
Bernie Lemay, (780) 469-5031
Membership:
Maurine Maslen, (780) 418-8032

SPRING LUNCHEON

Join us for our spring luncheon at the

Chateau Louis

11727 Kingsway Avenue

Date: March 24, 2010

Please note venue change

Lunch: 11:45 a.m.

The luncheon is being served in the
Grand Ballroom on the main floor.

Menu: Roast chicken buffet

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

Speaker: Mindy Bodnarchuk – Specialist, Community
Education and Senior Peer Support, CNIB

Topic: "What You Should Know About Aging and Vision Loss"

Door Prize: Everyone is eligible for a door prize.

PLEASE NOTE

A member of the Telephone Committee will be contacting you prior to March 17th 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.

PRESIDENT'S MESSAGE

Have you survived the withdrawal pangs you suffered after being mesmerized by seventeen days of electrifying television coverage of the XXI Winter Olympic Games?

It was heartwarming to see the spontaneous displays of patriotism that erupted at all of the Olympic venues, the streets of Whistler and downtown Vancouver, and all across the country, as Canadians demonstrated their support of our young, and not so young, athletes regardless of the sport.

We all shared in this little bit of Canadian history – together! Regional differences and inferiority complexes were overcome for a short time. Along with a record number of gold medals and the highest ever standings in the medal count, a number of Canadian athletes scored personal bests.

Although the slogan was very un-Canadian, in many ways we did "Own the Podium". "I believe" will hopefully become the motto of every young Canadian.

DATES TO REMEMBER

Spring Luncheon	March 24, 2010
Nanofabrication Field Trip	April 15, 2010
Retiree Brunch	April 17, 2010
Executive Meeting	May 12, 2010
Wellness Workshop	May 14, 2010
Mayfield Dinner Theatre	May 19, 2010
Summer Luncheon & AGM	June 9, 2010

ARTA RETREAT

From March 1 to 4, 2010, members of the Alberta Retired Teachers' Association (ARTA) were intently involved in a four-day retreat that included a full-length board meeting, the fifth in a series of similar events held in 2005, 2006, 2007 and 2009, at the Sanctum Spiritual Retreat Centre located a few kilometres west of Caroline, Alberta.

Participants included branch presidents, chairs of standing committees, member representatives from the branches, as well as staff members.

The purpose of the retreat was to give ARTA members an opportunity to dialogue, to plan, to hear about new initiatives, and to identify common issues and specific concerns. Plenary and small group discussions resulted in the development of action plans for immediate and future implementation for each of the seven priorities that were identified during last year's goal-setting sessions.

Reinvigorated ARTA members departed from the serene surroundings of the retreat site with a renewed sense of focus and a vision for the future of the Association.

TELEPHONE COMMITTEE VOLUNTEERS

Although there are twenty-five dedicated volunteers on the Telephone Committee who contact the entire membership prior to each luncheon, three more would be appreciated because from time to time, for a variety of reasons, a few people are unable to make these calls before a particular luncheon.

Prior to a luncheon, each telephone volunteer calls the individuals on a specific list mailed to the caller along with the newsletter, records the names of the ERTA members and their guests who intend to attend the luncheon, then forwards that information to the committee chair. With a few more volunteers, the current lists could be reduced from between fourteen and sixteen to a maximum of twelve names.

If you are willing to make some telephone calls, please contact Joan Harrison at (780) 467-3885.

NOMINEES FOR NEW EXECUTIVE

The ERTA Annual General Meeting will be held in conjunction with our summer luncheon scheduled for Wednesday, June 9, 2010. Joy de Mello, ERTA Past President and Nominating Committee Chair, would appreciate a phone call at (780) 455-9003 if you or someone you know is interested in serving on the ERTA Executive.

SUMMARY OF EXECUTIVE MEETING

At the February 24, 2010 executive meeting of the Edmonton Retired Teachers' Association (ERTA) the following items were discussed and decisions were made:

- In the absence of the ARTA Health and Wellness Benefits Committee Chair (Ed Friss), Vi Oko shared information regarding recent developments with respect to the proposed design of a new Extended Health Care Plan option based on information about the Seniors Drug Plan received as a result of a series of meetings with a representative of the Minister of Health and Wellness.
- Roast chicken was selected as the entrée for the spring luncheon, which will be held in the Grand Ballroom of the Chateau Louis Convention Centre. A motion was passed to keep the luncheon fee at \$20.00 despite the fact that the per plate cost has increased to \$20.47.
- Planning for a Wellness Workshop is underway, pending approval of a funding request.
- A spokesperson for the Morinville Brethren has indicated that, due to liability concerns, they will not be able to host a tour of the Hutterite colony by a group of ERTA members as had been previously discussed.
- ERTA has display table space at the Greater Edmonton Teachers' Convention. Vi Oko indicated that she would set up the display. Cliff Otto volunteered to hand out brochures and field questions for a shift or two.
- Norma Boraas volunteered to deliver seasonal materials once used for table arrangements at ERTA luncheons to the Reuse Centre.
- A motion was passed to make a maximum \$100.00 donation to ARTA to be used toward the purchase of prizes for the ARTA Memorial Golf Tournament.
- Discussions took place regarding revisions to the ERTA bylaws stipulating

membership requirements, terms of office and how bylaws could be amended, added to or rescinded.

SENIORS DRUG PLAN

You are urged to refrain from enrolling in the Government Drug Plan (Blue Cross) until you have received information regarding the revised ARTA Health and Wellness Benefit Plan provisions for prescription drugs, extended health care and travel benefits effective July 1, 2010, and understand all of the options.

The Alberta Government has announced several key changes that will, at age sixty-five, impact you and any of your dependents. These changes will also have a significant impact on ARTA's Extended Health Care Plan. Effective July 1, 2010, the Government Drug Plan will change from a universal premium-free plan to a voluntary, income-based premium plan. Ninety percent of ARTA's members will likely pay monthly premiums of between \$31.75 and \$63.50 for a single person, and between \$59.00 and \$118.00 for a couple. The premium will be based on the net income line of your 2008 or 2009 income tax form.

On October 20, 2009, the Government announced the reduction of the cost of existing generic drugs in Alberta from seventy percent to fifty-six percent of the cost of the brand name drug. New generic drugs will cost forty-five percent of the brand name drug.

Generic drug rebates from drug manufacturers to pharmacies will continue but at lower levels as a result of reduced prices. The Government will pay a transition allowance to all Alberta pharmacies for drugs that cost less than \$75.00 per prescription.

It will serve you well financially, regardless of the plan you choose, to request a three-month refill of all maintenance drugs you require rather than refilling the prescription monthly due to the fact that the dispensing fee that pharmacies charge is applied to

each separate refill, not the quantity of the medication refilled.

Introduction of an optional Government Seniors Drug Plan means that all ARTA members will need to decide whether or not they should enroll in the Government Plan. In the middle of April, Alberta seniors can expect to receive detailed enrollment information regarding the Government Seniors Drug Plan in the mail. Although the ARTA Health and Wellness Benefits Committee has had a series of meetings with a representative of the Health and Wellness Ministry, not all of the details of the Government Plan have been released. The Benefits Committee, in conjunction with the plan administrator, Johnson Inc., has redesigned a tentative plan and cost options in anticipation of the new Government Plan, but they are not in a position to release details of all aspects of the Benefit Plan until the Alberta Government rolls out its plan.

ARTA is anxious to provide ARTA members with the tools to assess whether they should enroll in the Government Seniors Drug Plan that will cover only approved formulary drugs or the ARTA Extended Health Care Plan that includes prescription drugs, enhanced extended health care benefits (such as nursing care, paramedicals and vision care) as well as travel benefits. Since the Government Drug Plan is optional, you are strongly urged to review the revised ARTA Benefit Plan before you make your decision. You will receive information regarding the new ARTA Plan shortly after the final details of the Government Plan are officially released.

The Benefits Committee has been advised that should an ARTA member not join the Government Plan by July 1, 2010, they may join at a later date without any restrictions (i.e. coverage would be effective on the first of the month following payment of the first Government Drug Plan premium).

There is a possibility that an open enrollment window with no medical would be established to allow individuals who had not previously applied to ARTA for benefits to be able to make application. Those people who had previously been denied due to health challenges would continue to be denied.

It is important that all ARTA members sixty-five years of age and older take the time to make an informed decision and do so only after they have received, and are confident that they understand, all of the information forwarded to them by ARTA.

You would be wise to request a printout of your drug purchases for the last twelve-month period from your pharmacy (or pharmacies). This information will be helpful in determining which plan would best meet your needs. Remember, however, that the cost of all generic drugs will decrease from seventy to fifty-six percent of the brand name drug on April 1, 2010.

Stay tuned!

WELLNESS WORKSHOP

Did our role as an educator define who we were or was it just what we did?

ERTA members are invited to experience a workshop related to a profound new vision of growing older presented by Judy Steiert, a professional sageing leader. The day will include a definition of "elder" and how it is modelled by each of us as we age and leave a legacy of wisdom for future generations, videos related to sageing, an introduction to elder wisdom in movies and related exercises to tap your "inner wisdom".

Come to the workshop scheduled for 9:30 a.m. to 3:00 p.m. on Friday, May 14, 2010 in Room 410 at Barnett House. Be prepared to expand your thoughts about ageing positively, come to terms with yourself for what was not great in your life thus far and embrace the next phase with purpose and meaning, a process that will result in a feeling of hope and a sense of peace.

Approval was granted at the last Board of Directors meeting for funding of up to \$1,000.00 for each branch event. The money will be used to subsidize expenses related to the presentation. The \$12.00 fee, payable to the Edmonton Retired Teachers' Association, will be applied to the cost of materials, as well as lunch, coffee, and tea for each workshop participant.

Registration is limited to the first twenty-five people who remit the \$12.00 workshop fee to Vi Oko at 20 Glenhaven Crescent, St. Albert, Alberta, T8N 1A5.

VOLUNTEER DRIVERS

Several ERTA members are no longer able to drive, and, as a result, are often unable to attend ERTA events. If you are willing to pick up one or more people when you plan to attend an event, please contact Joan Harrison at (780) 467-3885 or Vi Oko at (780) 459-8013 as soon as you read this newsletter, giving us your location and the area of the city or outlying area to which you are willing to travel to enable someone to come. Conversely, if you would like to attend an event but cannot drive, please telephone us immediately so that arrangements can be made, preferable before a member of the Telephone Committee contacts you.

NANOFABRICATION LABORATORY FIELD TRIP

A ninety-minute field trip to the Micromachining and Nanofabrication Research Facility, an unparalleled Canadian plant for cutting edge micro and nanofabrication research and development at the University of Alberta, is planned for Thursday, April 15, 2010 beginning at 10:00 a.m. The nanotechnology presentation and tour of the laboratory will be co-ordinated by the Outreach Director of the Faculty of Graduate Studies and Research.

The Electrical and Computer Engineering Research Facility (ECERF), situated on the east side of 116 Street opposite 92 Avenue, is a building with a red sandstone base and

cream-coloured brick upper storeys in the front (west side) and red brick upper storeys at the back (east side). Heed the ETLC signs along the walkway to find the nanofabrication facility housed at the back of this building. The tour group will gather in the foyer of the Maier Learning Centre by entering through the doors located at the base of the sandstone column.

Although no parking is allowed along 116 Street or on the neighbouring residential streets, ample parking in close proximity to the laboratory will be available since winter session classes end on April 12 and final examinations do not begin until April 16. The nearest parking facility is the Windsor Car Park located north of 92 Avenue on 116 Street. The parking lot adjacent to the Faculty Club is situated immediately north of the Windsor Car Park facility. Parking at the Windsor parkade costs \$11.40 per day, \$1.65 for each half hour. You are expected to deposit the \$11.40 when you enter; however, the unused balance is returned to you when you exit. The parking rate is exactly the same at the Faculty Club parking lot but no refunds are issued.

To register for the field trip, please write your name and telephone number on the sign-up sheet on the registration table at the luncheon on March 24. In the event that you are unable to attend the luncheon, please telephone either Vi Oko at (780) 459-8013 or Joan Harrison at (780) 467-3885 if you wish to visit the nanofabrication laboratory.

BYLAW REVISIONS

The Edmonton Retired Teachers' Association is proposing revisions to the current membership and terms of office bylaws as well as how bylaws are amended, added to or rescinded. The ERTA membership will be informed of the specifics of each bylaw revision prior to the Annual General Meeting to be held on Wednesday, June 9, 2010.

"You are never too old to set another goal or to dream a new dream." Les Brown

ARTA SCHOLARSHIPS

The Alberta Retired Teachers' Association sponsors two scholarship programs for post-secondary students related to ARTA members. One is the ARTA-Johnson Scholarship sponsored by Johnson Inc., the ARTA Benefit Plan administrator, for students who have completed the first, second or third year of an undergraduate or transfer program leading to a first degree. The other is the ARTA Certificate/Diploma Program Scholarship for students who have successfully completed one or more full years of a two or more year certificate or diploma program in an accredited institution and must be registered for the following year in the program.

Applications are welcome from children, grandchildren, nieces and nephews who are sponsored by current ARTA members. The amount of the scholarship awarded is determined by the scholarship selection committees each year. Academic achievement as well as out-of-class involvement is used by the selection committees to determine the scholarship recipients. Applications must be received in the ARTA office no later than July 31 of the current year.

For more information regarding the scholarships and the supporting documents required, please contact the ARTA office in Barnett House at (780) 447-9474. The application forms may also be downloaded from the ARTA website at www.albertarta.org.

ARTA MEMORIAL GOLF TOURNAMENT

An ARTA-sponsored golf tournament in memory of Brie Jensen, a beloved member of the South West Alberta Retired Teachers' Association, is scheduled for Monday, June 7, 2010 at the Picture Butte Golf and Winter Club. The tournament format will be a best ball foursome with a shotgun start beginning at 1:00 p.m. The \$90.00 charge includes the eighteen-hole green fee, a power cart, a hot meal and prizes.

If you are interested in more information about the competition, please contact Ted Likuski at (403) 328-7137 or email him at tlikuski@telusplanet.net.

RETIREE BRUNCH

The second of two retiree brunches planned for this year will be held on Saturday, April 17, 2010, at the University of Alberta Faculty Club located at Saskatchewan Drive and 114 Street. The cost of the brunch is \$18.00 per person. We usually assemble in the lounge near the front door between 11:15 a.m. and 11:30 a.m. Courtesy parking is available in the parking lot directly west of the facility.

You are encouraged to bring a spouse, a colleague or a friend to meet members of the ERTA Executive and discuss pertinent retiree issues in a comfortable setting.

Please telephone Vi Oko at (780) 459-8013 or Joan Harrison at (780) 467-3885 if you plan to attend.

MAYFIELD DINNER THEATRE

Only a few tickets remain for the noonday performance of *Buddy, The Buddy Holly Story* on Wednesday, May 19, 2010. To reserve a seat in the Broadway section, at a cost of \$49.97 per ticket, present Vi Oko with a cheque made payable to the Edmonton Retired Teachers' Association at the luncheon on March 24 or forward the cheque to 20 Glenhaven Crescent, St. Albert, Alberta, T8N 1A5.

The doors at the Mayfield Dinner Theatre open for brunch at 10:00 a.m. Dress is business casual.

The theatrical performance will feature a number of memorable hit tunes of the youthful rock and roll star, struck down tragically when his chartered plane crashed in a snowstorm.

"Hindsight is good, foresight is better, insight is best of all."
Author Unknown

FESTIVAL OF EDMONTON SENIORS' THEATRE

The second annual Festival of Edmonton Seniors' Theatre (FEST), an incredibly dynamic component of the Edmonton Creative Age Festival will run from Monday, June 14 to Wednesday, June 16, 2010, at the Timms Centre for the Arts at the corner of 87 Avenue and 112 Street on the University of Alberta campus.

The festival will feature drama workshops for seniors in comedy performance, musical theatre and other disciplines as well as performances by local seniors' theatre groups that are open to the general public.

Interested seniors are encouraged to come out and join in the fun. FEST was wildly successful last year and it is hoped that even more seniors will be involved in celebrating creative aging through theatre in this year's festivities.

For more information about FEST and the Creative Age Festival, contact Sheila by telephoning her at (780) 423-5635 or emailing her at sheila@seniorscouncil.net or visit www.creativeagefestival.ca.

MARIGOLD SUMMER FESTIVAL

Although 2010 is not an Alberta 55 Plus Games year, Zone 6 (Edmonton) holds a number of similar competitions at the zone level for members of the Marigold 55 Plus Recreation Association. All of the activities scheduled for the winter months have already concluded; however, competitions in an additional fifteen activities are being planned for May, June and early July.

All participants must be at least fifty-five years of age during this calendar year and must be a member of the provincial association. Please contact Derry Ingram (Zone 6 Membership Co-ordinator) at (780) 466-1731 or ingram@interbaun.com for membership information.

You are encouraged to participate in more than one activity. For more information

regarding location, time and age categories, please telephone the contact person listed in the chart below well in advance of the competition date.

Activity	Date	Contact Number
Athletics	June 9	Arnold Nett (780) 475-8971
Bocce	June 11	Ken Shaw (780) 455-7864
Contract Bridge	May 14	Jessie Trottier (780) 452-4917
Cribbage	June 18	Vic Larson (780) 475-5022
Cycling	May 29	Harvey Ford (780) 434-1063
Eight Ball	Early June	Walter Mollenkoph (780) 469-0844
Floor Curling	May 14	Mike Dolynny (780) 457-5036
Floor Shuffleboard	Mid-May	Mike Dolynny (780) 457-5036
Golf	End of May	Walter Mollenkoph (780) 469-0844
Horseshoes	Early June	Henry Dewald (780) 454-4078
Lawn Bowling	TBA	Barbara Tyson (780) 457-1639
Military Whist	July 9	Vic Larson (780) 475-5022
Slopitch		Rollie Ulmer (780) 466-4221
Swimming	May 6	Jackie Scott (780) 476-4448
Tennis	May 25-27	Eunice Barron (780) 435-7541

For 2011 Winter and Summer Games information, please telephone either Vic Larson at (780) 475-5022 or Harvey Ford at (780) 434-1063.

VICTORIA TRAIL TOUR

Spend a stimulating day retracing some of Alberta's early history by embarking on a journey that will take you north from Edmonton along the Victoria Trail, a national historic trail that leads you to the communities of Waskatenau, Warspite and Smoky Lake, then on to the site of the historic Victoria Settlement where a video

presentation will provide a visual depiction of life in the area at an earlier time.

A whole day can be spent taking in the area's best kept secrets, all located within a few kilometres of each other. The historic markers are informative and visible at each of these sites. Only recently have people living in the region begun to put specific sites in the area into historic perspective. Another area of historic significance is the nearby Métis Crossing, where an interpretive centre is currently being developed.

Henia Martyniuk at (780) 383-3841 or Elaine Breadon Peiche at (780) 383-2202 are eager to guide group tours to sites along the Trail, are flexible and willing to tailor the tour to the specific needs of any group.

Take your family or organize a special group and immerse yourself in history for a day. Although the Trail is the same, each tour is different and every group sees something new.

VOLUNTEER OPPORTUNITIES

Big Brothers Big Sisters of Edmonton and Area

The Big Brothers Big Sisters Society of Edmonton and Area is a community-supported mentor-based organization

committed to the healthy development of children in need as well as their families through provision of quality, one-to-one volunteer relationships and related programs.

They currently have volunteer opportunities available in their In-School Mentor Program. In-school mentoring is an easy and rewarding way to get involved in improving a child's life. With a commitment of just one hour per week, you can help a child realize their full potential by developing increased confidence and literacy skills.

Contact Anita by telephoning her at (780) 424-8181 ext. 227 or emailing her at a.saini@bbbsedmonton.org or visit the website at: <http://www.bbbsedmonton.org/> for more information and to register as a volunteer.

Canadian Cancer Society

If you have a car and a few hours to spare, the Canadian Cancer Society would like to encourage you to provide rides for cancer patients in the Edmonton area to and from their treatments.

For more information, please contact Hayley at (780) 437-8418.

ERTA MEMBERSHIP APPLICATION

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

Name: _____

Address: _____

City: _____

Postal Code: _____

Telephone: _____

E-mail Address: _____

Please check here if you would like to receive your newsletter by e-mail.

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