



Edmonton Retired Teachers' Association Spring Newsletter

www.myerta.org

March 2014



INSIDE THIS ISSUE

- 1 Spring Luncheon
- 2 President's Message
- 2 Dates to Remember
- 2 Summary of Board Meeting
- 3 Membership Report
- 3 Henry Simonson
- 4 Rosebud Theatre
- 4 Retiree Brunch
- 4 Mayfield Dinner Theatre
- 4 Computer Workshop
- 5 ARTA Photography Contest
- 5 Memorial Golf Tournament
- 5 Lifelong Learning Opportunities
- 6 Pharmaceutical Cost Increases
- 6 Marigold Off-Year Games
- 6 Volunteer Opportunity

SPRING LUNCHEON

Join us for our spring luncheon at the

Chateau Louis

11727 Kingsway Avenue

Date: March 19, 2014

Lunch: 11:45 a.m.

Menu: Roast chicken buffet

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

Speakers: Dr. Adrian Wagg—Professor of Healthy Ageing and Division Director for Geriatric Medicine, University of Alberta

Topic: "What's the Evidence for Healthy Ageing?"

Door Prize: Everyone is eligible for a door prize.

PLEASE NOTE

A member of the Telephone Committee will contact you prior to March 12th 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

Our life is March weather, savage and serene in one hour.—Ralph Waldo Emerson

The frigid winter of our discontent has been made splendid by the spectacular opening and closing ceremonies in Sochi and the glow of gold, silver and bronze medals won by our Canadian athletes. Endless days and nights were spent spellbound by skiing, figure skating, curling and, of course, ice hockey. And after the women's gold medal hockey game, it is now a compliment to tell any guy that he plays like a girl!

But the lustre of Sochi is offset by the turbulent uprising and the deployment of Russian troops in Ukraine. The red and white of the Canadian jerseys are replaced with the red of the Liberal Convention. There is open rebellion and a threatened coup in Venezuela, politicians are plagued by expense accounts, and Edmonton is caught in yet another icy blast of winter.

Overwhelmed by the frigid temperatures and icy roads of winter, seniors often retreat to the safety of their homes. It is essential, however, that they continue to challenge themselves to remain active in retirement.

Increased daylight and warmer temperatures tempt us to venture outdoors. Anyone who is dismayed by the uneven sidewalks and paths might want to try using urban poles. They are structured like cross-country ski poles but have rubber tips or even boot-shaped ones that provide greater balance and stability. Their appearance is preferable to the old-fashioned wooden canes of our parents and grandparents.

Spring is a good time to reassess our lives and take heed of the burgeoning possibilities. Old friendships can be nurtured and new ones cultivated at a number of Edmonton Retired Teachers' Association (ERTA) and Alberta Retired Teachers' Association (ARTA) events planned for the next few months.

Spring is also the time to avail ourselves of the growth of new brain synapses by registration in the many mentally stimulating lifelong learning opportunities offered at a reasonable rate to mature adults by the University of Alberta and MacEwan University.

Albertans are already purchasing packets of seeds and little pots and clearing spaces near windows with a warm southern exposure. The seedlings will be nourished, as children were nourished in our classrooms, and encouraged to grow and reach for the sun. And so...

*March with grief doth howl and rave,
And April weeps-but...
Follows with May's fairest flowers.*

—Percy Bysshe Shelley

DATES TO REMEMBER

Spring Luncheon	March 19, 2014
Retiree Brunch	April 12, 2014
Board of Directors Meeting	April 23, 2014
Mayfield Dinner Theatre	April 30, 2014
Rosebud Theatre	May 8, 2014
Summer Luncheon & AGM	June 4, 2014
Second Wind Conference	October 29, 2014

SUMMARY OF BOARD MEETING

A meeting of the Board of Directors was held on Tuesday, February 11, 2014, at the Central Lions Senior Citizens Recreation Centre where the following topics were deliberated:

- Since the company no longer provides technical support for the old version of the Simply Accounting software program, a new one (now known as Sage 50) was purchased for \$241.49.
- The Advertising Policy Ad Hoc Committee presented the first draft of policy guidelines regarding advertising at luncheons, in the newsletter and on the website.
- Several speakers have already committed to make presentations at the third annual Second Wind Conference on Wednesday, October 29, 2014.
- A computer workshop, hosted by ERTA, will be offered in September at the Technology Training Centre in the Cameron Library on the University of Alberta campus (see Computer Workshop).
- The ERTA Board is seeking the nomination of a worthy member (or two) for honorary life membership in the association. To qualify, the member must have made a significant contribution to the organization.

MEMBERSHIP REPORT

Of the 353 current members, 149 receive their newsletter by postal delivery and the remaining 204 receive theirs electronically.

The association always welcomes new members. If you know of any retired teachers who have not taken advantage of an ERTA membership, encourage them to arrange for one by calling Cliff Otto at 780-476-9264 or emailing him at cliffcon@telus.net. As well, if you know of any teachers who are retiring at the end of this academic year, please forward their contact information (email address and/or telephone number) so that they can be granted a complementary one-year membership.

Another nonagenarian is about to join the exclusive group of ERTA life members.

Henry Simonson, the youngest of five children, was born on a farm near Kingman, Alberta, on October 30, 1916, shortly after his father passed away. His mother moved the family in with her parents in town soon after. He attended school in Kingman for Grade One to Grade Eleven. For the next two years Henry clerked in a store completing his Grade Twelve diploma by correspondence.

Following graduation Henry enrolled in the one-year teacher education program at Camrose Normal School, received a First Class Teaching Certificate in the spring, then began teaching in a Grade One to Grade Nine school in the Camrose School Division in the fall.

Two years later he entered the three-year undergraduate program in the Faculty of Science at the University of Alberta, earning his BSc degree in only two years by registering for both winter and summer school courses.

Henry accepted a job as the principal of a four-room school in Minburn where, for two years, he taught all of the matriculation subjects including French to a class consisting of all three high school grades before joining the Royal Canadian Air Force in 1942 as a radar technician.

Although the war in Europe ended in early May of 1945, Henry was not discharged from the Air Force until the war with Japan ended because

he had been assigned to instruct new recruits. He married his wife, Marguerite, on October 7, 1945, shortly after his return to Canada. By then all of the teaching positions were filled.

A vacancy, however, occurred at a four-room school at Mountain Park near Cadomin. He served as the principal there for a year before a position teaching junior high Mathematics and Science opened up at Queen Alexandra School.

In 1950, Henry moved to University High School, the demonstration school in Corbett Hall on the University of Alberta campus. When the Faculty of Education grew, the high school closed. Henry stayed on as a junior high school Mathematics and Science teacher, becoming principal of the elementary school a few years later.

He assumed the principalship of Ottewell Junior High School when it opened in 1960.

In 1964, Henry was assigned to McKernan School when the elementary and junior high demonstration school was moved from Corbett Hall to McKernan. Viewing classes in action via closed-circuit television was a concept that did not work.

In 1969, he was selected to serve as principal of a Department of National Defence school in Laar, Germany. Accompanied by his wife and two daughters, he spent two years overseas while his two sons continued to pursue their post-secondary education at the University of Alberta.

Henry returned to Edmonton in 1971 as the principal of D.S. MacKenzie Junior High School. The principalship position at Ottewell opened up again in 1973. He retired in 1975.

Henry and his wife travelled to Hawaii for a month for several years before spending part of the winter in Hermit, near Palm Springs.

He curled in a league at the Granite Curling Club during the winter and golfed at the now-defunct Pioneer Meadows Golf Course, north of Ellerslie Road, in the summer. Henry's health deteriorated after he tripped over a curling rock in March last year.

Cliff Otto

ROSEBUD THEATRE

ERTA is promoting an Anderson Vacations trip to the theatrical presentation of the Diary of Anne Frank at the Rosebud Theatre, near Drumheller, on Thursday May 8, 2014.

Anne Frank, a profoundly talented young girl whose fortitude would not be stifled by her deplorable circumstances, recorded the true account of her family who hid from the Nazis in a secret annex for two years during World War II. She confronted the increasing horror of her time with astonishing perseverance, honesty, wit and determination.

The \$136.50 (including GST) cost includes a scrumptious buffet luncheon, the theatrical presentation, and transportation with early morning pick up at the back of the Ramada Hotel & Conference Centre at 11834 Kingsway Avenue or the front door of the Super 8 Hotel Edmonton South at 3610 Gateway Boulevard. Parking is permitted at both locations.

Phone Heather Murray of Anderson Vacations at 1-866-814-7378 before April 1st to book a reservation. Make sure to inform her that the reservation is for an ERTA member.

RETIREE BRUNCH

Join retired colleagues and friends for a very appetizing brunch on Saturday, April 12, 2014, at the Faculty Club on the University of Alberta campus. The per-person fee is \$23.00.

Plan to gather shortly before 11:30 a.m. in the lounge inside the front door. Staff will direct ERTA members and their guests from the entry to an area especially reserved for them.

Complimentary parking is available at the adjoining Faculty Club parking lot or in the nearby Windsor Car Park.

The Faculty Club offers retirees an informal environment in which to discuss pertinent issues, to be informed about upcoming events and to make new friends. Bring a spouse, a good friend or someone who is contemplating retirement.

Call Joan Harrison at 780-467-3885 or Sherry Robbins at 780-437-0566 to reserve your seat or indicate your interest on the sign-up sheet at the spring luncheon.

MAYFIELD DINNER THEATRE

Only a few tickets remain for the Mayfield Dinner Theatre brunch performance of the musical, *Hairspray*, on Wednesday, April 30.

Tracy Turnblad, an overweight teenager in 1962, is obsessed with "The Corny Collins Show." She quickly takes advantage of the opportunity to dance on the show when one of the stars of the television program leaves and Corny Collins, the show's producer, holds auditions to fill the vacant spot. Not only do her dancing skills attract the attention of Corny Collins, they also catch the eye of the teenage heartthrob, Link Larkin. Chaos ensues when the scheming dance queen, Amber von Tussle, and her mother, the program manager, plot to destroy Tracy.

Contact Vi Oko at 780-459-8013 to check on availability before forwarding a cheque to her for \$62.48 (including GST) payable to the Edmonton Retired Teachers' Association.

COMPUTER WORKSHOP

ERTA is sponsoring a full-day computer workshop at the Technology Training Centre in the Cameron Library on the University of Alberta campus on Wednesday, September 24, 2014.

Initially, the ERTA Board is seeking input from interested branch members regarding the topics to be covered. Workshop options include the basics of Microsoft Word 2010/2013, Excel and the Windows 8/8.1 operating system along with tips and tricks for iPads/iPhones or Android devices and smartphones. The specific topics offered will be determined by which options pique the interest of the membership.

The \$20.00 fee for the workshop covers the cost of a catered lunch as well as coffee and assorted goodies during scheduled breaks. An ARTA grant will be acquired to compensate the workshop instructors.

Computer classroom space is limited. Register early so that the preferred choices can be quickly ascertained and to allow for detailed arrangements to be made in a timely manner.

Please phone Esther Oaks at 780-437-7499 or Joan Harrison at 780-467-3885 to indicate your preferences or for additional information.

ARTA PHOTOGRAPHY CONTEST

As a result of the many favourable responses received from the membership, the ARTA Photography Contest—a 50th anniversary initiative—will become an annual event.

The contest theme is 'Winter in Alberta.' There are four categories within this theme: Winter Landscape, Winter Outdoor Activities, Animals in Winter and Black and White (prints must be in black and white).

Entries must be either 5"x7" or 8"x10" mounted on a rigid backing (no matted/framed photos). The official entry form is available from ERTA board members, at the spring luncheon, online at the ERTA website (www.myerta.org), the ARTA website (www.arta.net) or on Facebook and must be attached to the back of the entry using a bit of tape only. (The entry form is detached from the photo for judging purposes.)

Contest participants may submit one entry per category. All submissions must be the work of the participant and have not been judged in any other photography competition.

Submit all entries by postal service or hand deliver to the ARTA office at 11010–142 Street NW, Edmonton, Alberta T5N 2R1 no later than 4:00 p.m. on May 31, 2014.

MEMORIAL GOLF TOURNAMENT

The Medicine Hat and District Retired Teachers' Association is hosting the Clarence M. Goldade Memorial Golf Tournament at the Cannaught Golf Club in southeast Medicine Hat, just off the TransCanada Highway, on Monday, June 16, 2014. The Texas scramble, shotgun start begins at 1:00 p.m.

The \$100.00 registration fee includes green fees, a power cart, a gift bag, and fabulous prizes along with a roast beef dinner. (Dinner only is \$30.00.)

Registration forms are available online from the ERTA website at www.myerta.org, the ARTA website at www.arta.net and ERTA board members or can be picked up at the spring luncheon. Enter as an individual or a team before June 9.

Contact Henk Hof at hrhof@shaw.ca for more information.

LIFELONG LEARNING OPPORTUNITIES

The Edmonton Lifelong Learners Association (ELLA) three-week spring session (April 28 to May 16, 2014) has become increasingly popular, so popular in fact that more instructors, more courses, more classrooms and more volunteers have been added while still offering relevant, high quality, and affordable non-credit courses to 50+ adults that promote mental and physical well-being, with no prerequisites or exams.

Thirty-seven courses ranging from Colonialism and Indigenous Peoples of Latin America: Past & Present to Middle East Politics (The Arab Spring): Implications for World Peace, from the History of Jazz to Modern Opera: A Walk on the Wild Side, from Key Moments in the History of Mathematics to Introduction to 20th Century Physics will provide thought-provoking and engaging course material and activities. Lunch-time speakers will address topics that are both current and controversial.

ELLA, with the University of Alberta Faculty of Extension, is introducing online registration through Eventbrite. Telephone, mail and walk-in registration will continue to be available. For more information, go to the ELLA website at www.extension.ualberta.ca/ella or contact the office at 780-492-5055.

The Minerva Senior Studies Institute at MacEwan University provides opportunities that are intended to enrich the lives of mature adults. Each course or program is offered at a reasonable cost. Courses and programs run fall, winter and spring from the third week in September to the third week in June.

Although several of the Minerva courses began in January, some computer-related ones are still available as are political science and creative writing courses, along with two-hour travel presentations on Siberia and Poland, and walk-about behind the scenes at CTV, through the NAIT kitchen and a walk back in time at the Alberta Legislature, all of which include lunch in the assessed fee.

Register by logging on to www.macewan.ca, by calling the Minerva office at 780-497-5082, or in person at Minerva in Room 628 at the Alberta College Campus at 10050 MacDonald Drive.

PHARMACEUTICAL COST INCREASES

On February 11, 2014, Health Minister Fred Horne announced that the four-year Alberta Pharmaceutical Services Agreement was ratified between the province and the Alberta Pharmacists' Association that will result in an increase in the compensation pharmacists receive for their services.

Effective April 1, 2014, dispensing fees to fill a prescription will increase from \$10.93 for a basic prescription to a flat fee of up to \$12.30 (\$18.45 for compounds). The new agreement also increases the allowable 'up charges' that pharmacists may charge (up to 8.5% for drugs on the provincial formulary and up to 13% for those drugs that are not). These costs increase by 0.5% each year of the agreement. These changes apply to the Alberta Seniors' Drug Plan, which is the first payor for drug coverage for Alberta seniors.

The province reduced the cost of generic drugs from 45% to 35% of the brand-name price on July 1, 2012. The cost has been lowered again to 18%, thus reducing the price of generics to consumers. Special authorization requests are available for those patients who cannot take a generic drug. Since the provision for automatic substitution of brand-name drugs with generic alternatives (unless otherwise specified) has been removed from the current pharmacy agreement, higher-cost drugs (with higher markups) could be dispensed instead.

The current agreement suggests that a ninety-to one-hundred-day supply of maintenance, or long-term therapy, drugs be dispensed. This maintenance medication provision, however, has been removed as well. As a result, some maintenance medications could be dispensed more often than every three months, increasing dispensing costs.

Moderate adjustments will be made to the Extended Health Care provisions of the ARTA Retiree Benefit Plan to reflect these changes in the service agreement. Stay tuned!

MARIGOLD OFF-YEAR GAMES

Even though 2014 is not an Alberta 55 Plus Games year, the Marigold 55 Plus Recreation Association is holding a number of competitive

events for seniors who reside in Edmonton and have reached fifty-five years of age by the end of December 2014.

A \$30.00 membership is required in order to participate in association activities. For more information, email Derry Ingram, Membership Co-ordinator, at ingram10@telus.net or phone him at 780-466-1731.

To register for any of the competitions, please contact the appropriate activity co-ordinator listed below well in advance of the competition date.

Activity	Date	Contact Number
Athletics	June ?	Arnold Nett 780-475-8971
Bocce	May 20	Stan Androschuk 780-484-2168
Contract Bridge	May 27	Gloria Zielinski 780-488-3131
Cribbage	June 30	Gordon Conrad 780-452-4295
Cycling	May 24	Harvey Ford 780-434-1063
Floor Curling	May 9	Mike Dolynny 780-457-5036
Floor Shuffleboard	May 23	Gordon Conrad 780-452-4295
Golf	May 29	John Frank 780-476-0140
Horseshoes	June ?	Carol Sievers 780-476-0225
Military Whist	May 16	Helen Conrad 780-452-4295

VOLUNTEER OPPORTUNITY

Seniors Assisted Transportation Society of Greater Edmonton

If you enjoy driving, the Seniors Assisted Transportation Society of Greater Edmonton (SATS) has a volunteer opportunity for you. SATS is a non-profit organization that provides transportation for low-to-middle-income seniors aged sixty-five and over. Additional insurance is not required. Volunteers drive only when they are available. Reimbursement for the cost of fuel is provided.

Contact www.satsofedmonton.org or telephone 780-732-1221 for more information or to apply.