



# Edmonton Retired Teachers' Association Spring Newsletter

March 2015

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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

## SPRING LUNCHEON

Join us for our spring luncheon at the

## Chateau Louis

11727 Kingsway Avenue

Date: March 18, 2015

Lunch: 11:45 a.m.

Menu: Roast beef buffet

Cost: \$22.00 (includes GST and gratuity)

Speaker: Cindy Gordon—Director of Rehabilitation Services, Bridges Support Services

Topic: "Understanding Hearing Loss"

Door Prize: Everyone is eligible for a door prize.

### PLEASE NOTE

If a member of the Telephone Committee has not contacted you by 6 p.m. on the evening of March 11<sup>th</sup> and you would like to attend the luncheon, please contact Pam Roy at 780-473-5598.

☺☺ The Program Committee will be showing an amusing video entitled *23 ½ Hours* which will loop beginning at 11:30 a.m. This seven-minute clip humorously and effectively presents a valuable health message.

**Donations to the Food Bank are appreciated.**

**PRESIDENT’S MESSAGE**

Some quotes strike a chord and resonate for a long time. Such is the one I came across a few years ago from an unknown source:

"An educated man is a good man and a good man acts honourably."

The obvious question, especially for retired teachers who have devoted a huge portion of their lives to education, is what is education?

Certainly the answer cannot be as simple as schooling. One only has to watch the nightly news to be disabused of the idea that years of school correlate with honourable behaviour.

Perhaps education is more about informing ourselves, keeping an open mind, continually challenging our own beliefs, seeking insight, and developing a truly rich understanding of the people and the world around us. It is a lifelong journey!

In our age of technology we have an incredible opportunity to educate ourselves. Never before have so many people had easy access to such enormous amounts of information. However, in his book *The Information Diet*, Clay Johnson states that, although the average person is exposed to upwards of eleven hours a day of media in one form or another, their consumption habits reflect an unhealthy information diet. His findings are that society values entertainment and affirmation over well-balanced facts which may conflict with their beliefs—a preference that major media companies, ever mindful of ratings, are happy to indulge.

He contends that people tend to consume junk data, confer with like-minded individuals and only seek out sources of information that affirm, rather than challenge their pre-existing belief systems. Unfortunately junk data contributes to ignorance and selective, one-sided consumption fosters narrow-minded thinking—both dangerous trends. Mr. Johnson points out that humanity's darkest moments are the ones in which masses of people had the worst information diets.

Evidence of impoverished information diets is displayed daily in the horrific events that take place here and around the globe. It would seem that there is a desperate need for 'education' if one accepts the premise that *an educated man acts honourably*.



**MARK YOUR CALENDAR**

Spring Luncheon	March 18, 2014
ARTA Walking Challenge	April 1–June 30
Retiree Brunch	April 18, 2015
Board of Directors Meeting	May 6, 2015
Mayfield Dinner Theatre	May 20, 2015
Ukrainian Cultural Heritage Village Tour	June 2, 2015
Memory and Aging Workshop	June 10, 2015
Summer Luncheon and AGM	June 10, 2015
Second Wind Conference	October 21, 2015

**SUMMARY OF BOARD MEETING**

Information about the following branch events was shared at the meeting of the Board of Directors of the Edmonton Retired Teachers' Association (ERTA) on Tuesday, February 10 at the Central Lions Senior Citizens Recreation Centre:

- The Wellness Committee of the Alberta Retired Teachers' Association (ARTA) is offering ERTA members an opportunity to participate in a pilot project that involves using a machine that tests and analyzes body composition (see ARTA Wellness Pilot Project).
- A Memory and Aging Workshop will be held on June 10 prior to the summer luncheon (see Memory and Aging Workshop).
- A tour of the Ukrainian Cultural Heritage Village is planned for Tuesday, June 2 (see Ukrainian Heritage Village Tour).
- The fourth annual Second Wind Conference is scheduled for October 21, 2015, at the Chateau Louis Conference Centre.

**NOMINEES FOR THE ERTA BOARD**

A new ERTA Board of Directors will be elected at the Annual General Meeting to be held in conjunction with the luncheon on June 10, 2015. The Board meets four times a year—in August, November, February and May—to deliberate board business and to plan association events. If you are interested in serving on the ERTA Board or would like to nominate someone, contact Sherry Robbins at 780-437-0566 or Joan Harrison at 780-467-3885.

## **MEMBERSHIP REPORT**

ERTA membership has increased by 5.4% to 372 members since February of 2014. The newsletter is sent via email to 225 of these members. The remainder receive theirs by regular postal delivery. The association has thirteen life members and an additional eight of them hold an honorary life membership. As of the end of June this year, 122 memberships, including thirteen complimentary ones that were awarded to newly retired teachers, will be due for renewal.

In the fall of 2014, ERTA members who have an email address were surveyed to determine their membership status with ARTA. About 295 emails were sent resulting in 195 responses. Of those who responded, 176 of them are ARTA members.

ERTA members who have not as yet confirmed the status of their ARTA membership with the Membership Coordinator are asked to email Cliff Otto at cliffcon@telus.net, telephone him at 780-476-9264, or drop by the membership table at the luncheon.

A number of members omitted their birth date on their membership application form. Those members who are eighty years of age and older are asked to contact Cliff with their date of birth so that the ERTA Board is aware of candidates for life membership well in advance of their ninetieth birthday.

### **In Remembrance**

**Dr. Bernie Keeler**, a former Alberta Teachers' Association (ATA) executive secretary and ERTA honorary life member, passed away on January 1, 2015.

Bernie was a very distinguished educator who earned a Bachelor of Arts and a Bachelor of Education degree in his home province of Nova Scotia. He undertook graduate studies at Laval University, earning a Master of Arts degree, and at the University of Alberta, where he graduated in 1961 with a Doctor of Philosophy degree in Educational Administration.

In 1962, he became the first principal of Jasper Place Composite High School. Soon after this distinguished scholar was appointed director of research with the Edmonton Public School Board.

He served as a district representative, the vice-president, then the president of the ATA and worked with other teachers' organizations and government agencies worldwide.

His most significant contribution, however, was his service as executive secretary of the ATA from 1968 to 1988. Bernie is remembered by his colleagues as a remarkable visionary and respected leader. His strongly held convictions regarding the role of a teachers' organization is reflected in the association's mission, values and beliefs. He was instrumental in developing the current association structure and protocols along with determining the optimum use of staff resources.

Dr. Keeler received an honorary membership in the ATA in 1993 for meritorious service to the association.

He was elected to the ERTA Executive in 1999 and served as the association's treasurer until 2003. During his tenure, Bernie converted the membership information from a Rolodex to an electronic database. In 2004, he was awarded an honorary life membership in ERTA.

The ATA made a \$5,000 donation in Bernie's memory to the Educational Trust, a fund that he established in 1977.

Cliff Otto

## **2015 ARTA WALKING CHALLENGE**



**It's back! Let's start walking.**

The 2015 ARTA Walking Challenge will begin April 1 and go to June 30. If you are interested in participating in this event, sign up by calling Veronica Hellweg at 780-456-7640.

Pedometers will be given to thirty members of each branch along with instructions and record sheets. Participants record the number of steps taken each day then, in early July, total their best thirty days of walking and report the results to Joan Harrison at 780-467-3885. Pedometer distribution information will be available soon.

## ARTA WELLNESS PILOT PROJECT

The ARTA Wellness Committee is hosting a pilot project, a Body Composition Clinic, that will take place on March 18 at the Chateau Louis Conference Centre from 8:00 a.m. to 4:00 p.m.

Branch. participation in the clinic will create an awareness of body composition and how it may affect health. No diagnosis of any condition will be provided during the session. It will include the following:

- An opportunity for branch members to meet with a health professional and be assessed by a body composition analyzer called an InBody 230 in a private, confidential setting;
- Measurements of total body water, skeletal muscle mass and percent body fat explained by a health professional;
- Increased awareness of risk factors associated with different composition measurements as well as prevention strategies;
- A follow-up opportunity six months later; and
- Improved and sustained health of the people involved and indirectly, the branch members.

Please note: Body composition scans are **not recommended** for individuals with implanted electronic devices such as a pacemaker or an insulin pump.

ERTA members who are also ARTA members are eligible to participate. Priority registration will be given to those ERTA members who responded to the Wellness Survey last year.

You can indicate your interest in participating in the clinic by emailing [Ingrid.Neitsch@gmail.com](mailto:Ingrid.Neitsch@gmail.com) with a telephone contact number.

## MEMORY AND AGING WORKSHOP

A Memory and Aging Workshop is planned for Wednesday, June 10, 2015, at the Chateau Louis Conference Centre between 10:00 a.m. and 11:00 a.m. on the morning of the summer luncheon.

How memory functions and how it changes with age will be discussed. Tips for how to maintain and improve one's memory and advice about when to seek professional help will be offered.

Email [Ingrid.Neitsch@gmail.com](mailto:Ingrid.Neitsch@gmail.com) or telephone Joan Harrison at 780-467-3885 to register.

Ingrid Neitsch

## RETIREE BRUNCH

Welcome spring by joining ERTA members, their guests and prospective retirees for a delicious brunch on April 18 at the Faculty Club, located at the corner of 114 Street and Saskatchewan Drive.

Gather in the entry area shortly before the buffet opens at 11:30 a.m., then proceed to the space reserved for ERTA members.

The Faculty Club creates a delightful brunch featuring a variety of breakfast and lunch items along with a salad bar and a wide selection of desserts, cheeses, and fruit. The brunch fee of **\$26.00** per person includes the meal, juice, tea and coffee.

Parking in the adjoining parking lot or, in the event of overflow, in the nearby Windsor Car Park is free.

The convivial atmosphere offers retirees an opportunity to renew acquaintances with former colleagues, to discuss relevant issues and to be informed of upcoming events.

Phone Eva Nolan at 780-473-9251 to reserve a space or register your intent at the luncheon on March 18, 2015.

## MAYFIELD DINNER THEATRE

 Come to the Cabaret 

Only a handful of tickets remain for the brunch performance of the 1966 Broadway production of *Cabaret* on May 20 at the Mayfield Dinner Theatre.

The award-winning musical, set in Berlin just as the Nazis are rising to power, is based on the nightlife at a decadent nightclub and revolves around a young English cabaret performer and her relationship with a young American writer.

A sub-plot involves the doomed romance between a German boarding house proprietor and her elderly suitor, a Jewish fruit vendor. The seedy nightclub serves as a metaphor for ominous political developments in the Weimar Republic.

Telephone Vi Oko at 780-459-8013 to reserve your seat prior to sending a cheque for \$71.40, payable to the Edmonton Retired Teachers' Association, to her at 20 Glenhaven Crescent, St. Albert, Alberta T8N 1A5.



Get your  
cameras ready  
and start  
shooting!

### **2015 ARTA PHOTOGRAPHY CONTEST**

The third annual photo contest is open to any regular or affiliate member of ARTA. Entries must be either 5" x 7" or 8" x 10" and mounted on a rigid backing. Contestants may submit one photograph in each of the four categories.

The categories for 2015 are as follows:

- Category 1—Nature scenery in Alberta (not man-made structures)
- Category 2—Nature scenery in Canada (not man-made structures)
- Category 3—Nature scenery in other lands (not man-made structures)
- Category 4—Black and white (no limit on the subject of the photograph).

The closing date to submit entries is May 31.

Go online to <http://www.arta.net/contests.php> to download the rules and entry form.

### **ARTA ANNUAL GOLF TOURNAMENT**

The 2015 ARTA Golf Tournament, hosted by the Wolf Creek Retired Teachers' Association, will be held on Wednesday, June 17 at the Wolf Creek Golf Resort or the Ponoka Community Golf Club. The tournament format is a Texas scramble with a 1:00 p.m. shotgun start.

The \$125.00 registration fee includes green fees, a power cart, lunch, a barbecue dinner (\$30.00 for dinner only) and marvellous prizes.

The tournament is open to all ARTA members and their friends. Enter as an individual or as a foursome. All skill levels are encouraged to participate.

The registration form will be available online soon from the ARTA website at [www.arta.net](http://www.arta.net) and the ERTA website at [www.myerta.org](http://www.myerta.org), or by contacting an ERTA board member. It can also be picked up at the spring luncheon. The entry deadline is June 10.

Call Dave Lindstrand at 403-783-6974 or Roger Lindstrand at 403-783-7007 for more details.

### **UKRAINIAN HERITAGE VILLAGE TOUR**

The Ukrainian Cultural Heritage Village is an open-air living history museum featuring over thirty authentic structures and populated by costumed role-players to realistically depict the life of Ukrainian pioneers in Alberta from 1892 to 1930.

The site, which is located fifty kilometres east of Edmonton along Highway 16, is well signed and easily accessible from the four-lane divided highway.

Step into the past on June 2 for a two-hour general guided tour of the Ukrainian Cultural Heritage Village followed by lunch in the Kalyna Café, where authentic Ukrainian food is served.

The admission fee for seniors, which includes GST, is \$11.00 and each pre-ordered meal also includes a 15% gratuity.

Choose from one of the three set menus (see below) so that when we arrive at the café, your meal will be hot and ready. Tour participants are welcome to continue exploring the village at their leisure after lunch.

#### **Ukrainian Heritage Plate** \$11.50

4 Pyrohy (Perogies),  
2 Holubtsi (Cabbage Rolls),  
Kovbasa (Garlic Sausage),  
Cucumber Salad, Dessert and Beverage

#### **Borscht Meal** \$11.50

Beet Soup with a Bun, 4 Pyrohy (Perogies),  
Kovbasa (Garlic Sausage),  
Cucumber Salad, Dessert and Beverage

#### **Compact Ukrainian Meal** \$6.30

Beet Soup with a Bun or 4 Pyrohy (Perogies),  
Cucumber Salad, Dessert and Beverage

Carpool with friends and join branch members at 9:40 a.m. near the Visitor Reception Centre to register before the tour begins at 10:00 a.m.

Free wheelchairs and electric scooters can be reserved in advance; however, a \$5.00 donation for maintenance is very much appreciated.

Sign up for the tour by calling Veronica Hellweg at 780-456-7640. Please indicate your choice of meal and whether you would like to reserve a wheelchair or an electric scooter. Register for this event before May 15 to ensure that tour details are confirmed with the village on time.

**2015 ALBERTA 55 PLUS SUMMER GAMES**

The 2015 Alberta 55 Plus Summer Games will be held in Strathmore from July 16 to 19. The Marigold 55 Plus Recreation Association will hold playoffs for the right to represent Zone 6 (Edmonton) at the provincial competition for seniors aged fifty-five and over. Participants will require a \$30.00 membership fee to compete.

To register contact the activity coordinator listed below well before the competition date. Go to [www.albertagames.com](http://www.albertagames.com) for more information.

Activity	Date	Contact Number
Arts & Crafts	May 30	Isabelle Kleparchuk 780-455-0128
Athletics	June 1	Arnold Nett 780-475-8971
Bocce	May 19	Stan Androschuk 780-484-2168
Contract Bridge	April 7	Gloria Zielinski 780-488-3131
Creative Writing	May 1	Marshall Yaremciro 780-434-1754
Cribbage	April 24	Robert Blackwood 780-473-0750
Cycling	May 23 or 30	Harvey Ford 780-434-1063
Eight Ball	May 7	Elaine Maxwell 780-483-2983
Floor Curling	May 15	Mike Dolynny 780-457-5036
Floor Shuffleboard	May 22	Louise Libach 780-466-4890
Golf	May 26	Ray McMurray 780-435-6622
Horseshoes	TBA	Marshall Yaremciro 780-434-1754
Military Whist	April 17	Delores Heck 780-760-9641
Pickleball	May 23	Linda Dane 780-436-0502
Slo-pitch	June 1-4	Bill Yakymyshyn 780-437-6598
Swimming	May 13 & 15	Dwight Robinson 780-461-2941
Tennis	TBA	Eunice Barron 780-435-7541

**LIFELONG LEARNING OPPORTUNITIES**

**The Edmonton Lifelong Learners Association** (ELLA), established in 2001, partners with the Faculty of Extension at the University of Alberta

to provide a three-week spring session (April 27 to May 15, 2015) of affordable, pertinent as well as challenging learning opportunities for seniors.

A total of forty-two non-credit courses will be presented daily between 9:00 a.m. and 3:50 p.m. at the Education Centre on the University of Alberta campus. Course content includes all forms of the arts, current issues worldwide and special interest topics.

Go online to [www.extension.ualberta.ca/ella](http://www.extension.ualberta.ca/ella), telephone 780-492-5055 or register in person at the ELLA office at Room 2–936B in Enterprise Square at 10230 Jasper Avenue.

**The Minerva Senior Studies Institute** at the MacEwan University Alberta College Campus offers a series of courses, presentations and walkabouts for mature adults that are designed to be both enriching and enlightening.

Computer, history, science, religion and writing workshops, seminars and courses are available during the spring session that will begin April 20. Presentations by popular speakers feature timely and interesting topics, while the walkabout series involves tours of various sites in Edmonton.

Log on to [www.macewan.ca](http://www.macewan.ca), phone the Minerva office at 780-497-5082 or register in person at Room 628 at 10050 MacDonald Drive.

**VOLUNTEER OPPORTUNITY**

**Ukrainian Cultural Heritage Village**

The Friends of the Ukrainian Village Society provides essential services and raises funds to ensure that the Village can fulfill its mandate. The society employs historic interpreters and operates the food services enterprise, Museum Store, Village Market and the week-long Historic Children's and Junior Interpreter's day camps in the summer. The society also hosts a number of festivals.

Events and services are available through the special efforts of the volunteers who contribute their time to make sure that the Village comes to life each summer and that every visitor leaves with a deeper appreciation of the unique skills of the early Ukrainian settlers. Please contact Chrystia Chomiak at 780-662-3855 ext 1111 or [chrystia.chomiak@friendsukrainianvillage.com](mailto:chrystia.chomiak@friendsukrainianvillage.com) if you are interested in volunteering.