



# Edmonton Retired Teachers' Association Spring Newsletter

March 2016

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## THE BOARD OF DIRECTORS

### **President:**

Joan Harrison, 780-467-3885

### **Past President:**

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### **Vice-President:**

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### **Treasurer:**

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### **Secretaries:**

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### **Membership Coordinator:**

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### **Webmaster:**

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Beth Robinson, 780-486-5230

Shirley Strembitsky, 780-988-9195

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## SPRING LUNCHEON

Join us for our spring luncheon at the

## **Chateau Louis**

**11727 Kingsway Avenue**

Date: March 16, 2016

Lunch: 11:45 a.m.

Menu: Roast beef buffet

Cost: \$25.00 (includes GST and gratuity)

Speaker: Brandy Stewart—Registered Dietitian, Chronic Disease Management With Alberta Health Services

Topic: Diabetes: Are You at Risk?

Door Prize: Everyone is eligible for a door prize.

### **PLEASE NOTE**

A member of the Telephone Committee will contact you prior to March 9<sup>th</sup> in order to provide an accurate account for our caterer.

If you have not received a phone call by 6:00 p.m. that evening and would like to attend the luncheon, please contact Pam Roy at 780-473-5598.

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

**PRESIDENT’S MESSAGE**

As advocates of wellness for seniors, the Alberta Retired Teachers' Association (ARTA) and each of its branches are endeavouring to promote a healthy lifestyle for their members.

Over the past few years, the Edmonton Retired Teachers' Association (ERTA), with assistance from ARTA, has placed a strong emphasis on wellness issues by hosting health-related clinics, workshops and activities. In addition, speakers at luncheons have been invited to address a variety of topics that enhance one's well-being.

In 2014, ARTA initiated a wellness strategy with diabetes being the first of five health targets that pose major concerns.

Why diabetes? It is a disease which develops slowly and is often ignored in the early stages because one feels fine. Unfortunately, chronic high blood sugar affects major organs resulting in a whole host of devastating complications for the patient. The toll on the quality of life for the individual, as well as their family members and caregivers, alone warrants attention and action. The concern, however, extends even further to the financial burden it imposes on health care resources.

The Alberta Diabetes Cost Model estimated, in a 2010 study, that 217,000 people in Alberta were diagnosed with diabetes and projected that the number of cases would rise to 363,000 by 2020, requiring \$1.2 billion for treatment of the disease and its inherent complications.

But the good news is that, with the adoption of recommended lifestyle changes and appropriate treatment, the onset of diabetes can often be delayed with a corresponding delay, or even the prevention, of complications and a reduction in their severity.

Maintenance of good health in retirement is a prerequisite to enjoying our leisure years. Any action we take on our own behalf to stay healthy benefits us, our loved ones and the health care system on which we depend.

*For each petal on the shamrock,  
This brings a wish your way;  
Good health, good luck and happiness,  
For today and every day. —Irish Blessing*



**MARK YOUR CALENDAR**

Spring Luncheon	March 16, 2016
Technology Workshop	April 6, 2016
Writer's Workshop	April 18, 2016
Retiree Brunch	April 23, 2016
Board of Directors Meeting	May 4, 2016
Mayfield Dinner Theatre	May 18, 2016
Summer Luncheon and AGM	June 8, 2016
Edmonton Waste Management Centre Tour	June 14, 2016
Ft. Edmonton Park Classic Film	June 23, 2016

**LUNCHEON NEWS**

It was inevitable! Luncheon fees are now up to \$25.00. Food costs have increased substantially and the Chateau Louis Convention Centre is no longer able to hold the price at the previous rate. Restaurants and caterers throughout Alberta are facing the same issue.

Looking on the bright side, ERTA members are still able to enjoy a delicious buffet with a variety of desserts, tea and coffee in a pleasant, inviting atmosphere. We are treated to great service and the luncheon fee includes the gratuity.

**CHARITY NEWS**

ERTA is pleased to announce that \$171.25 was collected for the Edmonton Seniors Centre at the last Christmas luncheon. The Executive Director, Scott McLeod, sent a letter expressing the centre's sincere gratitude for the donation.

**BOARD MEETING SUMMARY**

The following items were reported and decisions were made at the February 10, 2016 meeting of the ERTA Board of Directors at the Central Lions Seniors Citizens Recreational Centre:

- A legacy of \$150.00 was received from Jean Mucha's estate.
- Some members of local branches are planning a fifth wellness conference (see Second Wind Conference 2016).
- The preferred designs of a new logo and a name tag were approved.

**MEMBERSHIP REPORT**

Current total membership .....	<b>367</b>
<i>Regular</i> .....	344
<i>Complimentary</i> .....	23
Newsletter delivery method	
<i>Canada Post</i> .....	140
<i>Email</i> .....	225
<i>No newsletter (by request)</i> .....	2
Lapsed membership .....	<b>41</b>
<i>Regular</i> .....	35
<i>Complimentary</i> .....	6
Life members .....	<b>21</b>
<i>Nonagenarian</i> .....	14
<i>Honorary</i> .....	7

**William Larry Gibson** will be granted a life membership in ERTA at the spring luncheon.

Larry was born in Winnipeg, Manitoba, on January 12, 1926. When he was two years of age, the family moved to Calgary where Larry's father opened two five-pin bowling alleys. The Great Depression began shortly thereafter and times were tough for the family. He began setting pins and throwing balls at the age of five.

He went to the Normal School Practice School for the first eight grades and finished the ninth grade at King George V School in 1940. Larry appeared in school plays during his three years at Crescent Heights High School.

Over the extended summer holidays during the war, Larry worked in the shipping department of United Artists Films, which led to employment at Paramount Pictures after graduation.

He quit his job in 1962 to attend the University of Calgary, enrolling in the Faculty of Education. He continued to bowl throughout his university years.

Larry began teaching at Laurier Heights School in 1964 and, following a tour of Canada in 1967, he returned to the University of Calgary to do graduate work, receiving an Education Graduate Diploma in 1971. He taught junior high students social studies and language arts and coached the badminton team for twenty-four years. When he discovered that he was teaching the children of his original students, he decided to retire. In honour of his dedication and service, the school established the W. L. Gibson Award for the most improved Grade Seven student.

Larry bowled once a week until 2012 and played badminton from high school up to the turn of the century. He spent many days on the golf course before giving up the sport in 2005. He collected 1,600 lead soldiers and made over 6,500 wooden clothes peg soldiers as well. He continued to be a devoted movie buff, viewing films at the Royal Alberta Museum and taking tickets up until last November.

Cliff Otto

**TECHNOLOGY WORKSHOP**

Windows 10, a new innovative operating system, has all the features that we wanted, but it has its challenges. Turn those challenges into rewards and opportunities at the full-day workshop on April 6, 2016, from 9:00 a.m. to 4:00 p.m. at the University of Alberta Technology Training Centre in the Cameron Library. In addition, this session will save you some time and give you some tips in file management, the creation of folders, and generally how to organize your computer.

Registration will be limited to twenty-three, the capacity of the computer lab. Contact Veronica Hellweg at 780-456-7640 or hellwegv@telus.net for more information. Registration forms will be available at the March luncheon.

The cost for the day is \$20.00, which includes a light lunch and refreshments.

**WRITER'S WORKSHOP**

All would-be authors, from the fledgling writer to the more accomplished wordsmith, are invited to participate in a writer's workshop presented by Robin Carson, the editor of the *news&views* magazine at 10:00 a.m. on Monday, April 18, at the Central Lions Senior Citizens Recreation Centre. The registration fee is \$20.00.

This session will address ways to begin to write and promote writing as an enjoyable pastime, not a task. It will examine the writing process from the blank sheet, to self-editing, to utilizing an outside editor. Kinds of writing ranging from poetry, to fiction, to report writing will be included.

Friends and relatives of branch members are also encouraged to attend. Computer experience is not necessary.

Register your intent to participate at the luncheon on March 16 or phone Vi Oko at 780-459-8013.

## **RETIREE BRUNCH**

ERTA members are invited to bring a spouse, a colleague contemplating retirement or a friend for a delicious brunch on Saturday, April 23, at the Faculty Club on the university campus. The price is \$26.00 each.

Gather in the lounge inside the entryway shortly before 11:30 a.m. before proceeding to the area specifically assigned to the ERTA group.

Parking in the adjacent lot off 116 Street or in the nearby Windsor Park is complimentary.

Attendance at the brunch is an opportunity for retirees to renew acquaintances and make new friends in surroundings conducive to stimulating conversation.

Sign up at the spring luncheon on March 16 or telephone Shirley Strembitsky at 780-988-9195 to reserve a seat.

## **MAYFIELD DINNER THEATRE**

Some tickets are still available for the brunch theatrical performance of *Hair* at the Mayfield Dinner Theatre on Wednesday, May 18, 2016.

The product of the hippie counterculture and the sexual revolution of the 1960s, the rock musical relates the story of young, long-haired pacifists in the Age of Aquarius who resist the draft into the Vietnam War.

Several of the songs from its score became anthems for hippie activists who fought against conscription.



The racially integrated cast, use of profanity, depiction of the use of illegal drugs, treatment of sexuality, irreverence for the American flag and the nude scene created a lot of controversy when the show opened on Broadway in April 1968 and throughout its run of 1750 performances.

This Broadway revival is a toned-down rendition; however, forty-five years after the show's debut, this compelling musical seems to be more daring than ever.

Before sending Vi Oko a cheque made payable to the Edmonton Retired Teachers' Association for \$71.40, phone her at 780-459-8013 to check on ticket availability.

## **ARTA PHOTOGRAPHY CONTEST**

With the approach of the spring equinox and the increase in the number of hours of sunlight, the time has come to open those apertures and click those shutters when photographic opportunities present themselves.



Entries for the 2016 photography contest will be accepted in the following categories:

- Category A—Canadian Sunset
- Category B—Flora in the Wild (no city parks or manicured gardens)
- Category C—Children at Play
- Category D—Black and White (any subject)

All snapshots must be mounted on rigid backing and be at least 5" x 7" but cannot exceed 8" x 10" in size. ARTA members or affiliates may submit one picture per category. Visit [www.arta.net](http://www.arta.net) for further contest details.

The deadline for submission to the ARTA office in Barnett House is Tuesday, May 31, 2016.

## **ARTA ANNUAL GOLF TOURNAMENT**

The Calgary Retired Teachers' Association (CRTA) is the host branch of the 2016 ARTA Annual Golf Tournament, scheduled for Tuesday, June 21 at The Links of Glen Eagles in Cochrane. The Texas scramble with a shotgun start format will begin at 1:00 p.m.

Lunch, green fees, shared power cart, marvellous prizes and a fabulous steak dinner are included in the \$125.00 registration fee.

Enter the tournament as a single golfer, a pair or a foursome made up of ARTA members, affiliates, colleagues, relatives or friends.

Go to the ARTA website, [www.arta.net](http://www.arta.net), and click on the link to the CRTA website to register and to pay the tournament fee online, or contact an ERTA board member for a registration form. The entry deadline is Tuesday, June 14.

Email Paul Demers at [jpdemers@shaw.ca](mailto:jpdemers@shaw.ca) or call him at 403-286-8338 for more information.

### **ARTA WALKING CHALLENGE**

In the July 2, 2015 health segment of the "CBC News," it was reported that seniors taking part in the National Senior Games in the United States were found to have a 'fitness age' years younger than their 'actual age.' The average age of these Senior Games participants was 68. Their average fitness age was 43. That is a difference of 25 years!

You do not have to be an athlete to enjoy the benefits of exercise—just start walking!

If you are looking for motivation, take part in the 2016 ARTA Walking Challenge that runs from April 1 to June 30. A pedometer, recording sheet and instructions will be provided to the first fifteen branch members to sign up, either by contacting Veronica Hellweg at 780-456-7640, emailing her at hellwegv@telus.net or signing up at the spring luncheon.

If you have a pedometer from previous years, then you too can participate. As many ERTA members as possible are encouraged to take part in this year's challenge. Keep track of your daily steps, tally your best thirty days then call in your results to Joan Harrison at 780-467-3885 between July 1 and July 12.

### **WASTE MANAGEMENT CENTRE TOUR**

A tour of the now world-famous Edmonton Waste Management Centre, located just north of the junction of Anthony Henday Drive and Yellowhead Trail in northeast Edmonton, is scheduled for Tuesday, June 14, beginning at 12:15 p.m.

This unparalleled integrated waste management system currently diverts over 50% of Edmonton's residential waste from the landfill.

Discover how recyclables get sorted, computers get recycled, and household garbage gets turned into compost or methanol. Because the site is equivalent in size to five West Edmonton Malls, participants will be transported, at no cost, to the various structures in a small bus.

Be one of the first fifteen people to sign up for this unique field trip at the spring luncheon or telephone Vi Oko at 780-459-8013 to reserve a seat on the shuttle.

More information will be forthcoming in the next newsletter.

### **FORT EDMONTON PARK CLASSIC FILM**

ERTA has booked seats for "Moulin Rouge," a classic film that will be shown at 7:30 p.m. on Thursday, June 23 at the historical Capitol Theatre at Fort Edmonton Park, next to the Selkirk Hotel, at an approximate cost of \$13.00 per ticket.

Join a group of retired teachers and their friends at 5:00 p.m. for a 'family style' dinner before the movie at Johnson's Café, located in the hotel. Sandwiches and burgers served with your choice of French fries, green salad or the soup of the day range from \$11.00 to \$17.00. You can also select from an array of entrée items that include a pasta dish for \$10.00 or a rib-eye steak for \$22.00. The desserts are guaranteed to be truly scrumptious.

More specific details regarding the outing will be available in the summer newsletter.

### **SECOND WIND CONFERENCE 2016**

Great reviews were accorded to the fourth annual Second Wind Conference held in October of 2015. Shirley Best, the alter ego of Zandra Bell, set the tone for an amazing day with a riotous keynote presentation that was followed by fifteen diverse breakout sessions, an incredible art show and a delightful 'wine down' at the end of the day.

Another fantastic wellness conference, organized by members of some retired teachers' branches in the greater Edmonton area, is being planned for Friday, September 9, 2016, at the Chateau Louis Conference Centre. Once again, retirees and their friends can count on a wonderfully entertaining opening address before choosing from a variety of interesting, interactive sessions intended to stimulate, motivate and educate.

The overarching theme for this year's conference is 'bridges.' Learn about cooking for one or two and how to do chair yoga, line dance, or improve your golf game to create bridges to better health. Erect bridges to a positive retirement by learning about capital estate planning or by seeking the assistance of a life coach. Establish a bridge with new technology by getting some tips regarding iPads, iPhones or notebooks. Build bridges from the past to the present by learning about memoir writing and coping with Alzheimer's disease.

Register before August 1 for only \$65.00. Go to [www.gertasecondwind.org](http://www.gertasecondwind.org) for a registration form or phone 780-962-5171 for more information.

**WALKING: A GREAT MEDICINE**

Considerable research is being directed towards analyzing the benefits of daily exercise and those findings are amazing!

A study done at the San Diego State University followed two groups of middle-aged men over a twenty-three year period. One group exercised daily throughout that period while the other one stopped after five years. Researchers found that none of the men in the exercise group developed high blood pressure, but 60% of the sedentary group did. In fact, the active group had blood pressure readings which were 25% below the average of men in their age group.

Numerous studies conclude that exercise results in the following health-related conditions:

- Reduces the risk of cardiovascular disease
- Decreases the risk of developing colon cancer
- Reduces the risk of high blood pressure
- Reduces blood pressure in those who already have it
- Increases good cholesterol
- Decreases blood sugar
- Improves balance and coordination thereby reducing the incidence of falls
- Improves muscle strength
- Reduces fluid build-up in body tissues
- Helps control weight
- Reduces lower back pain
- Improves memory
- Helps preserve mental abilities
- Lifts mood
- Improves circulation
- ...and the list goes on.

It's never too late to start increasing your activity level. Notice that that does not mean 'rigorous' physical activity. Dr. Michael Pratt, at the Centers for Disease Control and Prevention in Atlanta, Georgia, said that most of the benefits of exercise that accrue for younger adults also apply to older adults, no matter when they begin exercising. To be active every day is a step toward better health and quality of life.



**ATA CENTENARY**

The Alberta Teachers' Association will celebrate its centenary during the next two years.

The Alberta Education Association (AEA) passed a resolution in April of 1916 directing the group's president, George Gorman, to initiate the course of action required to form a provincial teachers' organization. The school inspector, however, did nothing.

The AEA consisted of classroom teachers as well as school inspectors, clergymen, school trustees, professors, Department of Education staff and even legislative members and cabinet ministers who were not inclined to be supportive of school-teachers. But in 1917, when the president had absolutely nothing to report, the teachers were ready with a new strategy to achieve their intent. The proposals were passed and the rest is history.

**VOLUNTEER OPPORTUNITY**

**LIFT Drive Happiness**

When mobility is reduced, a simple trip to the doctor's office, shopping or even social outings can become an insurmountable task.

Help give seniors a lift. LIFT Drive Happiness needs volunteer drivers to help seniors meet their essential needs. Just two hours a week can make a difference! Reimbursement toward the cost of gasoline is provided. Telephone 780-424-LIFT or visit [www.drivehappiness.ca](http://www.drivehappiness.ca) for more information.

***An Irish Blessing***

*May love and laughter  
Light your days  
and warm your heart  
and home.*

*May good and faithful  
friends be yours  
wherever you may roam.*

*May peace and plenty  
bless your world  
with joy that long endures.*

*May all life's passing seasons  
bring the best to you and yours.*

