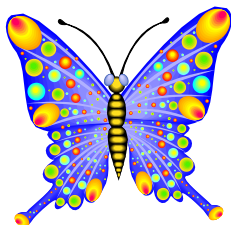




Edmonton Retired Teachers' Association Spring Newsletter

March 2018

www.myerta.org



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SPRING LUNCHEON

Join us for our spring luncheon at the

Chateau Louis

11727 Kingsway Avenue

Date: March 21, 2018

Lunch: 11:45 a.m.

Menu: Baked ham buffet

Cost: \$25.00 (includes GST and gratuity)

Speaker: Paul R. Foisy—Senior Lawyer, Foisy Law Offices in St. Albert

Topic: "Reverse Mortgages: Pros and Cons"

Door Prize: Everyone is eligible for a door prize.



PLEASE NOTE

Please mark the **March 14** deadline for luncheon registration on your calendar. If a member of the Telephone Committee has not contacted you by 6:00 p.m. on Wednesday, **March 14**, please contact **Pam Roy** at **780.473.5598** immediately.

Donations to the Food Bank are appreciated.

THE BOARD OF DIRECTORS

President:

Joan Harrison, 780.467.3885

Past President:

Sherry Robbins, 780.437.0566

Vice-President:

Ray Roy, 780.473.5598

Treasurer:

Mike Mort, 780.761.5027

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Carol Loewen, 780.435.6832

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Membership Coordinator:

Cliff Otto, 780.476.9264

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Directors:

Lynn Arnold, 780.919.5848

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Shirley Strembitsky, 780.988.9195

Carol Williamson, 780.436.9684

PRESIDENT’S MESSAGE

Upon reaching the age of retirement a person’s thoughts turn to ways of extending the years of freedom in which they can comfortably pursue all their pre-retirement dreams. Fulfillment of those goals is largely governed by one’s ability to maintain physical, social and emotional well-being.

Involvement in community and organizations is known to enhance a feeling of satisfaction with life so the Edmonton branch of retired teachers is asking you to consider getting involved at some time in the future. You may be interested, but ‘not ready yet,’ so an effort is being made to create a list of members who would be willing, in the future, to be contacted with an invitation to join the Board of Directors. Putting your name forward is not a commitment, just an indication of your willingness to be approached. Let’s hear from you!

Now a disconcerting topic needs addressing. A humorous commercial years ago, stated that there is a lot to be said for clarity. The Christmas newsletter brought that message home loud and clear. Despite all efforts to ensure the accuracy of addresses, dates, names, numbers and places, an error occasionally occurs that causes a great deal of confusion. In this case an incorrect phone number and a date discrepancy between the web-site and paper newsletter resulted in a flurry of calls for clarification. Thanks to all of you who brought attention to those errors. Special thanks goes to the patient, pleasant person (♥alliteration) who was very kind and understanding in the way he fielded the numerous calls to reserve dinner theatre tickets. A good-natured soul to be sure!



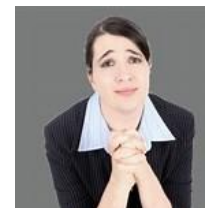
MARK YOUR CALENDAR

Spring Luncheon	March 21, 2018
ARTA Wellness Challenge	April 1, 2018
Faculty Club Brunch	April 7, 2018
Technology Workshops	April 12, 2018
Mayfield Dinner Theatre	April 18, 2018
Technology Follow-up Sessions	April 19, 2018
Board of Directors Meeting	May 9, 2018
Summer Luncheon and AGM	June 13, 2018
ARTA Annual Golf Tournament	June 21, 2018
Second Wind Conference	September 6, 2018

LUNCHEON NEWS

Registration Deadline

Please mark March 14 as the deadline for registering for the spring luncheon.



SCENT-FREE EVENT

Charity

The Edmonton Retired Teachers’ Association’s (ERTA’s) Board of Directors elected to continue supporting the Food Bank at the luncheons. Non-perishable goods are always welcomed but, with its increased purchasing power, a gift of cash to the Food Bank magnifies your donation and funds can be directed to buying the most needed items.

ERTA is pleased to announce that \$192.00 in donations were collected for the Alberta Retired Teachers Charitable Foundation (ARTCF) at the Christmas luncheon. Contributions to this charity benefit all Alberta seniors and a tax receipt is issued to donors. An added benefit is that your information will never be added to a mailing list or passed on to groups who solicit donations.

Visit artcf.ca/about/ for more specific information about ARTCF and how to contribute.

BOARD MEETING SUMMARY

Points of view were exchanged regarding the following agenda items at the ERTA Board of Directors meeting on Wednesday, February 14, 2018, at the Central Lions Seniors Recreation Centre:

- The purchase of a \$300.00 Mayfield Dinner Theatre gift card for the ERTA auditor was approved in advance of the annual audit of the association’s accounts.
- Significant modifications are being made to the annual walking challenge sponsored by ARTA (see Wellness Challenge).
- Arrangements for the next Faculty Club Brunch were affirmed (see Faculty Club Brunch).
- ERTA has arranged for a series of technology workshops at the Central Lions Seniors Centre in April (see Technology Workshops).
- Nominations are being sought for one or two members worthy of an honorary membership. To be eligible, the member must have made a significant contribution to ERTA.

MEMBERSHIP REPORT

Current total membership.....	454
Regular.....	355
Complimentary	80
Honorary life	6
Nonagenarian life	13
Memberships not renewed.....	41
Regular.....	21
Complimentary	20

Don't Forget the Membership Draw

Do you know a retiree who qualifies for an ERTA membership but has never joined? Bring them to an event and, if they take out a membership, your name will be entered into a draw for a \$60.00 gift certificate to either the Royal Coach Dining Room at the Chateau Louis Hotel or the Faculty Club at the University of Alberta.

In Remembrance

Bernard Henri Lemay, an honorary life member and former executive secretary of the Edmonton Catholic Teachers Local No. 54, passed away on January 18, 2018.

He earned his Bachelor of Commerce degree in 1956 and then worked as an accountant for an oil company for three years prior to enrolling in the Faculty of Education.

He began his teaching career as a vice-principal in a Catholic school in Beaumont, a position he held for five years. In 1963, Bernie received his Bachelor of Education degree. In 1964, he joined the staff of Austin O'Brien High School, teaching science and business courses for three years. Bernie assumed the role of executive secretary of the Catholic local only a few years after the position was created served in that capacity for twenty-seven years, retiring in June 1995.

He functioned as the treasurer of the St. Albert and Area Retired Teachers' Association for four years before becoming the acting treasurer for ERTA early in the winter of 2005. He served as the branch's official treasurer for the next eight years.

Music and community service were of foremost importance in Bernie's life.

Cliff Otto

BYLAW REVISIONS

A comprehensive revision of the branch bylaws, approved at the Annual General Meeting (AGM) in 2012, resulted in the incorporation of ERTA as a not-for-profit organization.

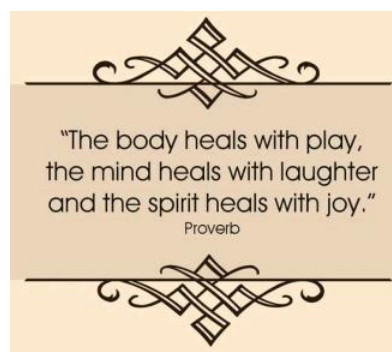
Following a recent review of the bylaws, the ERTA Board of Directors opted to submit a few revisions for consideration by the membership at the ERTA AGM in June.

The existing bylaw (2.1.1.6) states that spouses or partners of full members who are deceased are eligible for full membership including voting privileges. The proposed revision would change the membership category for these individuals to 2.1.2 'Non-Voting Members'.

The rationale for creating this category is that some spouses or partners may not have had an association with the education profession and, therefore, should not be granted voting rights. They could, however, retain their connection to the branch as a non-voting member. The category of 'Membership' would therefore be renumbered.

Other changes would include omitting the hyphen in the word 'coordinator' (2.2 and 4.2.1.6) and substituting the lower case 'b' for the upper case in the word 'board' where the word refers to the 'Board of Directors' (2.1.2, 2.3.2, 4.2.1.4, 4.2.1.5 and 5.24). The upper case 'A' in Association will be replaced with the lower case 'a' in fifteen (15) instances as well.

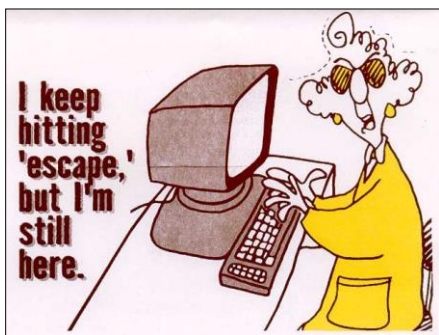
ERTA bylaws (8.1) dictate that the membership must be informed of any intention to propose an amendment a minimum of twenty-one (21) days before the meeting (June 13). The bylaws can be amended by a special resolution passed by a seventy-five percent (75%) majority vote of the members present and eligible to vote at the AGM.



TECHNOLOGY WORKSHOPS

Many seniors have been blessed with a device that is supposed to make their life easier or 'open up the world' through Internet connectivity. The field of technology, however, comes with a steep learning curve for the novice such that they often abandon the effort. Some people have a working knowledge of their devices but are using only a small portion of the capabilities inherent in these powerful tools.

Lessons are often expensive, but such is not the case for those wishing to register in one of three technology workshops organized for members by Shirley Strembitsky and Ray Roy. With a grant from the Alberta Retired Teachers' Association (ARTA) and some assistance from ERTA, a fee of only \$10.00 is needed to provide five hours of instruction on either Android™ phones, iPhones or Windows 10. Participants are responsible for their own lunch costs.



Android Phones

This session involves two mornings—on April 12 and April 19 from 9:30 a.m. to noon for a total of five hours of instruction. The two-part session allows time for practice of the concepts learned between the two classes.

iPhones

This session spans two afternoons—on April 12 and April 19 from 1:00 p.m. to 3:30 p.m. for a total of five instructional hours. Allowing practice time between each afternoon session will maximize learning.

Both of the iPhone workshops are limited to an enrollment of twelve people, which is the capacity of the Board Room at the Central Lions Seniors Recreation Centre located at 11113 113 Street in Edmonton. Participants are asked to bring their own hand-held devices.

Windows 10

Learn about Internet safety, computer files, and making folders and build on computer basics by registering for a full-day class on **either** April 12 or April 19, 2018, from 9:30 a.m. to 3:30 p.m. with a break for lunch from noon to 1:00 p.m.

Class size is limited to ten people and will be held in the Computer Lab at Central Lions. There are eight desktop computers available for student use along with room for another two participants who bring their own laptops.

Small classes and experienced facilitators from Windsong Training should make for a rewarding and enjoyable day of learning.

The Central Lions Seniors Recreation Centre, with an on-site cafeteria and ample free parking, is an ideal location for these workshops.

Sign up at the spring luncheon where the \$10.00 fee can be paid or telephone Shirley Strembitsky at 780.988.9195 to register for the workshop of your choice. Forward a cheque (payable to the Edmonton Retired Teachers' Association) to her at 409 - 160 Magrath Road, Edmonton, Alberta T6R 3T9.

Increased proficiency makes technology both fun and functional!

FACULTY CLUB BRUNCH

Spring is just around the corner and, with it, the opportunity to gather with friends for brunch in the Saskatchewan Room at the University of Alberta Faculty Club on Saturday, April 7 from 11:30 a.m. to 2:00 p.m.

For a fee of \$30.00 you will be treated to a lovely buffet that includes dessert, juice, coffee, and tea.



A \$2.00 fee per vehicle applies in the parking lot adjacent to the Faculty Club at 116 Street and Saskatchewan Drive. Only credit cards or exact change can be used in the machines (bandits).

This event has become increasingly popular over the years. Those wishing to register may either sign up at the spring luncheon or phone Shirley Strembitsky at 780.988.9195.

See you there!

LIFELONG LEARNING OPPORTUNITIES

The **Edmonton Lifelong Learning Association** (ELLA), working in partnership with the Faculty of Extension, offers an annual three-week spring session at the University of Alberta from April 30 to May 18. The not-for-profit organization, run by volunteers, presents relevant and challenging but affordable courses for adults fifty and older that promote mental and physical well-being.

There are no prerequisites for any of the courses, no homework and no exams. Courses range from art, music and literature to health, wellness and movement; from geology, paleontology and nano-technology to engineering, history, mathematics and physics; and includes digital photography, ethical reasoning, religious extremism, and solo travel. The ELLA website, www.my-ella.com, has course details.

Registration commences on Tuesday, March 13. Registrants are provided the option of registering for up to four courses for a set fee of \$250.00. Some restrictions apply to art and fitness classes.

Register online, by telephone at 780.492.5055, in-person or by mail addressed to the ELLA office, Room L-022B Enterprise Square, 10230 Jasper Avenue, Edmonton, Alberta T5J 4P6. Registrants must be ELLA members. Membership fees are \$20.00 annually.

The **Minerva Senior Studies Institute** offers a variety of courses and presentations in the fall, winter and spring geared to mature adults aged fifty and over.

Health and wellness, music, travel, writing and special interest classes in the spring session run from April 10 to June 25 at the Alberta College Campus of MacEwan University.

Continuing education program information can be found on the School of Continuing Education website (search Minerva). To sign up for lifelong learning pursuits, go to minerva@macewan.ca or call the Minerva office at 780.497.5082.

The **Central Lions Seniors Association** offers seniors courses in art, music, crafts, health and wellness, computers and other digital devices, and general interest topics, as well as fitness and movement programs.

The Reciprocal Program enables members of all twelve participating senior centres in Edmonton

to register for a program at another centre without being assessed a non-member registration fee.

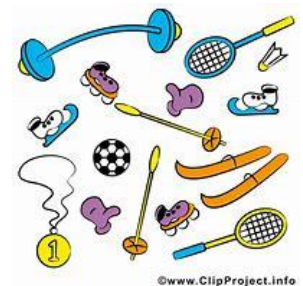
Registration for the spring program for members opens on March 19, 2018. The membership fee is \$35.00.

Register online by going to centrallions.org, by phone by calling 311, or in-person at the Central Lions Seniors Recreation Centre reception desk at 11113 113 Street or at any City of Edmonton recreation centre. Senior centres in other parts of the city offer similar programming. Check out the possibilities for learning that enhance the quality of life at a centre in your neighborhood.

ARTA WELLNESS CHALLENGE

2018 Time of Your Life

Recognizing that ARTA members are involved in a variety of activities, the Wellness Committee is promoting a focus on personal wellness by having members record *time spent* on **any activity** that improves their quality of life.



Whether you are passionate about walking, Tai Chi, swimming, yoga, dancing, curling, weight lifting, skiing, biking, golfing or other enjoyable activities requiring movement—be it leisurely or energetic—consider participating in this year's Wellness Challenge.

Participants can use one of the thirty digital watch heart monitors provided by ARTA, or a device of their own, to track time spent and record the data. Recording sheets and instructions will be given to those who register. Monitors will be distributed on a first-come basis.

Awards are given to the branch with the highest ratio of member participation, the individual with the most time spent on personal wellness and the branch with the most time logged.

To register contact Veronica Hellweg by way of email at hellwegv@telus.net, telephone her at 780.456.7640 or sign up at the spring luncheon.

Why put off feeling good? Find something that you enjoy and **START NOW!**

SECOND WIND CONFERENCE

Building on past successes, the seventh Second Wind Conference is scheduled for September 6, 2018. Being offered are a variety of entertaining and uplifting presentations in a supportive and accessible setting.

This year's conference is fortunate to have Mark and Alyson Connolly as the keynote speakers. Mark spent twenty-two years as a sportscaster with CBC Radio and Television before becoming a news anchor for "CBC News Edmonton" from 2010 to 2013 and now hosts "Edmonton AM."

Mark recently covered the PyeongChang Winter Olympics in South Korea. Alyson started out as a child actor in the first musical ever produced by CTV, *The Magic Trumpet*. As founder of Dramatic Learning in 2004, Alyson used drama in her work with stroke and brain-injured patients at the Glenrose Rehabilitation Hospital.

Following the keynote address, attendees are encouraged to explore new ideas, expand their knowledge base, and connect with friends and colleagues by attending a variety of interactive sessions offered by speakers from Edmonton and surrounding area. The breakout sessions will include the following presentations: Cannabis—Medicinal Properties, Senior Nutrition—Cooking for One, The Lonely Senior, Personal Directives, Dentistry and the Heart, Family Archives Using a Computer, Pain Control for Those With Arthritis, Computer and Internet Safety and Scams, and iPad, iPhone and Android Technologies. Back by popular demand are the revamped sessions on decluttering, gardening tips, ARTA benefit plan updates and golf.

A craft show and sale, featuring local artisans, will run concurrently with the conference and a 'wine down,' with a draw, will conclude the day.

The early bird fee of \$85.00 is in effect until July 1. Fees include a light breakfast, buffet lunch, coffee breaks and the 'wine down.' No refunds will be issued after July 30, 2018.

Registration forms, with payment, must be sent via Canada Post to: The Registrar, 204 - 2588 Anderson Way, Edmonton, Alberta T6W 0R2.

Visit www.secondwindconference.ca for complete program and registration information or telephone Lynn Arnold at 780.919.5848.

ARTA PHOTOGRAPHY CONTEST

This year's categories—travel, well-aged, small things and black and white—can be expected to generate some uniquely creative submissions in the 2018 Photography Contest. The content is open to all ARTA members, regular as well as affiliate. Contest participants are limited to only one entry per category. All photographs must be titled this year.

All rectangular images must not exceed 8" x 10" and be no smaller than 5" x 7", while only square submissions no larger than 12" x 12" or smaller than 7" x 7" will be accepted.

Photographs must be mounted on rigid backing with an official entry form attached to the back with a bit of tape. Entries that display images of people require an official permission form that has been signed by the subject of the photo or their legal guardian.

Complete contest rules can be found online. Go to ARTA.net/ARTA-2018-photo-contest to download the entry forms. All entries must be mailed or hand-delivered to 11835 149 Street, Edmonton, Alberta T5L 2J1.

ARTA ANNUAL GOLF TOURNAMENT

The Highwood Golf and Country Club in High River, Alberta, is the location of the 2018 ARTA Annual Golf Tournament, hosted by the Foothills Retired Teachers' Association on June 21.



The event commences with lunch at 12:00 noon, followed by a Texas scramble start at 1:30 p.m. A buffet dinner will be served at 6:30 p.m.

The \$125.00 registration fee includes eighteen holes of golf, a cart, lunch, dinner, a golf shirt, swag bag and \$30,000.00 worth of prizes. The hole-in-one prize is a 2018 Toyota RAV4. Any profit from the tournament will be donated to the Alberta Retired Teachers Charitable Foundation. Go to arta.net for more information or to download registration forms.

Special activities led by a local artist have been planned for non-golfers as well. They can choose between a three-hour painting workshop for a \$50.00 fee and a two-hour mug creation class for \$40.00. Pre-registration is required by May 1.