



# Edmonton Retired Teachers' Association Fall Newsletter

www.edmontonrta.org

September 2011



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## FALL LUNCHEON

Join us for our fall luncheon at the

# Chateau Louis

## 11727 Kingsway Avenue

Date: September 21, 2011

Lunch: 11:45 a.m.

Menu: Roast chicken buffet

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

Speaker: Dr. Ryan Perry—Knowledge Transition Specialist,  
Mazankowski Alberta Heart Institute

Topic: "Advancing Cardiac Care Through Research,  
Innovation and Education"

Door Prize: Everyone is eligible for a door prize.

### PLEASE NOTE

A member of the Telephone Committee will contact you prior to September 14<sup>th</sup> in order to provide an accurate count for our caterer.

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

## MEET OUR 2011-2012 EXECUTIVE

### **President:**

Vi Oke, 780-459-8013

### **Vice-President:**

Mike Mort, 780-761-5027

### **Secretaries:**

Shelley Bouska, 780-473-3248

Carol Loewen, 780-435-6832

### **Treasurer:**

Bernie Lemay, 780-469-5031

### **Membership Co-ordinator:**

Maurine Maslen, 780-418-8032

### **Benefits Representatives:**

Ed Friss, 780-476-5924

Sherry Robbins, 780-437-0566

### **Pension Representative:**

Eva Nolan, 780-473-9251

### **Members at Large:**

Lorraine Caldwell, 780-454-1608

Joan Harrison, 780-467-3885

Dorothy Keeler, 780-458-1250

Fred Laux, 780-444-6386

Mary Paranych, 780-433-7456

Cynthia Peterson, 780-455-6245

Gilles Verret, 780-452-1289

**PRESIDENT'S MESSAGE**

The ringing of school bells, the yellowing of leaves and sunset skies all aglow herald the approach of autumn. Cold water in the Pacific Ocean is the harbinger of a La Niña, ostensibly another long, cold winter is on the horizon.

Instead of enjoying long, hot, carefree days, we were enveloped in a summer of discontent. Violence spiralled out of control around the world as opposition forces rebelled, riots erupted and deadly attacks shook the national psyche.

Economic instability in the eurozone, stagnation of the job market and political ineptitude in Washington caused the major stock indices to plunge. World leaders are scrambling to quell the anxiety gripping the globe as fear of a double-dip recession spreads.

The United States is reeling from an onslaught of natural disasters—wildfires, tornadoes, heat waves, earthquakes and widespread flooding.

Closer to home, a political icon succumbed to disease, two provincial leadership campaigns are heating up and the enumeration of Alberta voters is underway. Can an election be far behind?

We have just marked the 40<sup>th</sup> anniversary of the rise to power of the provincial Progressive Conservatives and are about to observe the 10<sup>th</sup> anniversary of the terrorist attack on the World Trade Centre. How fast time passes!

We encourage you to enjoy the sunshine while it lasts and participate in the many activities we have planned for you this year.

**DATES TO REMEMBER**

Fall Luncheon	September 21, 2011
Mazankowski Alberta Heart Institute Tour	September 26, 2011
ARTA AGM	October 4 & 5, 2011
Mayfield Dinner Theatre	October 12, 2011
Retiree Brunch	October 29, 2011
Executive Meeting	November 2, 2011
Christmas Luncheon	December 7, 2011
Spring Luncheon	March 21, 2012
Retiree Brunch	April 21, 2012
Summer Luncheon	June 6, 2012

**SUMMARY OF EXECUTIVE MEETING**

The following information was presented and decisions made at the executive meeting held at the Central Lions Senior Citizens Recreation Centre on Wednesday, August 3, 2011:

- Edmonton Retired Teachers' Association (ERTA) assets amount to \$26,348.57, which includes \$4,129.00 in prepaid membership dues.
- The entrée at the luncheon on September 21, 2011, will be roast chicken. The price of the buffet will remain at \$20.00 per person.
- Esther Oaks will be awarded an honorary life membership at the fall luncheon.
- Luncheon dates were set for the upcoming year (see Dates to Remember).
- Two brunches at the Faculty Club were also scheduled (see Retiree Brunch).
- A tour of the Mazankowski Alberta Heart Institute has been arranged (see Mazankowski Alberta Heart Institute Tour).
- Tickets for a Mayfield Dinner Theatre production have been purchased (see Mayfield Dinner Theatre).
- Joan Harrison, Carol Loewen, Mike Mort, Vi Oko and Sherry Robbins will attend the Alberta Retired Teachers' Association (ARTA) Annual General Meeting on October 4 and 5 at Barnett House.
- The name of a new webmaster was offered.

**MEMBERSHIP REPORT**

One new retiree has accepted the one-year complimentary membership. We welcome this individual to our branch and look forward to having her participate in ERTA activities, particularly the lunches and brunches. We would like to extend this opportunity to other retirees in the greater Edmonton area as well. If anyone knows a new retiree, please have them telephone 780-418-8032 or email momaslen@telusplanet.net to join our organization. You could also bring them to the luncheon. Make sure they drop by the membership table to get their complimentary membership card.

Thank you for your continued support. If you know of anyone who qualifies for an honorary life membership, please let me know.

Letters have been sent to everyone whose membership is due for renewal. You may update your membership at the luncheon or by mailing your cheque to 53 Goodridge Drive, St. Albert, Alberta T8N 2B1. This newsletter will be the final one that you receive if your membership has not been renewed.

Once again, a heartfelt thank you is extended to Joan Harrison and the members of the Telephone Committee who contact the membership before every luncheon. If you have not been telephoned by Wednesday, September 14 or need to change your plans, please call Joan at 780-467-3885.

Maurine Maslen

### **ERTA/ARTA MEMBERSHIP**

The Edmonton Retired Teachers' Association is a branch of the larger organization, the Alberta Retired Teachers' Association (ARTA). Membership in one does not constitute membership in the other; each association has its own fee. Hopefully, you will take out a membership in both organizations. Although their goals are compatible, each association provides different benefits.

The first year of membership immediately following retirement is complimentary in both organizations. You must, however, contact the ARTA office and the ERTA Membership Co-ordinator to take advantage of this opportunity since the Personal Information Protection Act prevents both associations from accessing your personal information.

Memberships become due every June 30. Several retirees pay their dues in both organizations for more than one year.

A person in receipt of an ATRF pension or the surviving partner pays a regular ARTA membership fee. An affiliate membership fee is paid by a retired educator or support staff member of an accredited educational institution who hails from another province or territory and contributed to a government retirement plan for at least five years or their surviving partner.

You are required to have a regular or affiliate membership to be eligible for the ARTA Health and Wellness Benefit Plan.

### **ARTA ANNUAL GENERAL MEETING**

ARTA is an active organization governed by committed, energetic retired teachers. According to its bylaws, each branch is entitled to send delegates to the Annual General Meeting (AGM), the number of which is based on the number of paid-up memberships in ARTA.

ERTA is entitled to six voting delegates at the 2011 AGM scheduled for October 4 (p.m.) and October 5 (all day) at Barnett House. Observers, who are ineligible to vote, are encouraged to attend as well.

Contact Vi Oko at 780-459-8013 if you wish to observe the proceedings of this vibrant organization.

### **NEW ARTA STAFF**

Robin Carson has been selected to replace Dr. David Flower, outgoing editor of the *ARTA News and Views*. The fall issue will be David's last one after serving the Association as editor of the quarterly publication for the past seven years instituting its transformation from a black-and-white newsletter to a thirty-six page full-colour newsmagazine. David was the editor of the *ATA News* for twenty-one years, from 1980 to 2011, prior to assuming the position with ARTA in 2004.

Robin retired in 2001 after spending thirty-six years in Edmonton Public School Board classrooms—Queen Elizabeth Senior High School, Bonnie Doon Composite High School (currently the Vimy Ridge Academy), and the Victoria School of Performing and Visual Arts—teaching drama, English and Latin. He was a lecturer at the Banff School of Fine Arts, teaching theatrical make-up for thirteen summers. He also taught three winter-session drama courses on Saturdays at the University of Alberta for twenty-seven years.

Since his retirement, Robin spent four years writing book reviews for the *Edmonton Journal* and is currently employed as a fiction editor for *On Spec*, a speculative fiction magazine published locally. He spent the past ten years performing various duties for the Northern Alberta Brain Injury Society. Robin is looking forward to this new challenge.

## **MAZANKOWSKI ALBERTA HEART INSTITUTE TOUR**

A tour of the Mazankowski Alberta Heart Institute, located in the Walter C. Mackenzie Health Sciences Centre on the University of Alberta campus, is scheduled for 10:00 a.m. on Monday, September 26, 2011. We will gather in front of the Bill Comrie statue on the ground floor of the facility at 9:45 a.m. so that names can be checked off. Please contact Vi Oko at 780-459-8013 or register your intent at the luncheon if you wish to participate in the guided tour.

### **You are advised to bring the following directions with you on the tour.**

Public parking, at \$1.75 every half hour, is available in the East Parkade of the parking garage situated on the south side of 83 Avenue off 114 Street. The Heart Institute can be accessed via the pedway from Level Four of the parking garage, which actually becomes Level Two in the Walter C. Mackenzie Building. (The self-pay station is located in the pedway.) Turn to your right at the Information Desk and take Elevator 40 or 41 to the main floor. You may choose to walk up the hallway past the Information Desk and take the two flights of stairs down to the entrance instead. The statue is located opposite of the Mazankowski Alberta Heart Institute sign.

You can enter the Institute by walking through the front doors of the Clinical Sciences Building. The doors are located in the alcove at the base of the curved glass structure on the north side of 83 Avenue (across the street from the staff entry of the West Parkade) just east of the Provincial Laboratory entrance.

The facility can also be accessed by using the Stollery Children's Hospital entrance on 114 Street opposite the Health Sciences / Jubilee LRT station. Walk through the Stollery entry into the hallway leading to Admitting and Registration, past the Family Medicine Clinic before turning right into the hallway going by Emergency and down one flight of stairs to the Mazankowski or take Elevator 10 to the ground floor. The entry to the Institute is directly opposite the elevator and stairs. Walk past the Healthy Trendz Café to the Bill Comrie statue.

Public parking is at a premium at the university. Parking stalls are also available at the Jubilee Auditorium Parkade and under the University of Alberta Hospital.

Edmonton Transit System buses servicing routes 128, 130, 203 and 204 eastbound stop in front of the Northern Alberta Jubilee Auditorium; their westbound counterparts stop in front of the Butterdome. Meanwhile, transit buses travelling routes 4, 51, 54, 94, 106, 128, 390 and 404 northbound stop in front of the main doors of the University of Alberta Hospital.

## **RETIREE BRUNCH**

You are invited to a retiree brunch scheduled for 11:30 a.m. on Saturday, October 29, 2011, at the University of Alberta Faculty Club on Saskatchewan Drive. Complimentary parking is available at the Faculty Club parking lot off 116 Street or in the nearby Windsor Car Park.

Bring a spouse, a colleague or a friend to meet members of the ERTA Executive, ask questions or just enjoy the camaraderie of retirees in an informal setting for a \$20.00 per-person fee.

Please telephone Vi Oko at 780-459-8013 or Mike Mort at 780-761-5027 to make your reservation.

## **MAYFIELD DINNER THEATRE**

Tickets in the Broadway section have been purchased for the performance of *Four Lads Who Shook the World: The Beatles Story, Part One* at the newly-renovated Mayfield Dinner Theatre on Wednesday, October 12, 2011. The doors open at 10:00 a.m. and the show starts at noon.

In July 1957 a young man played a gig at a church garden party and another young lad showed up to watch. Thus began the most prolific and successful musical group in history: The Beatles. The world had not seen anything like them and, in all likelihood, never will again.

*Part One* tells the story of their early beginnings in 1957 in the Cavern Club in Liverpool, to the seedy clubs in the red light district of Hamburg, through to their last performance in America in 1966.

There was pandemonium, perhaps better described as Beatlemania, everywhere they went. The Beatles re-invented the music industry both as an art form and as a business. This music revue revisits the triumphs and challenges they encountered upon their meteoric rise to fame and fortune, set to the infectious music of four lads who shook the world!

Ticket sales for this theatrical presentation have been brisk this summer. Reserve your seat early by calling Vi Oko at 780-459-8013 or Mike Mort at 780-761-5027. Mail a cheque for \$58.00, made payable to the Edmonton Retired Teachers' Association, to Vi at 20 Glenhaven Crescent, St. Albert, Alberta T8N 1A5 or hand it to her at the luncheon. Tickets are available on a first-come, first-served basis.

### **SECOND WIND CONFERENCE 2012**

Reserve your spot now for the Second Wind Conference!

As you begin to fill in your calendar for the upcoming year, remember to set aside April 11, 2012, for the Second Wind Conference, an inaugural event being planned for retirees in the greater Edmonton area. The one-day conference will provide you with an opportunity to re-unite with former colleagues to explore new connections with people of similar interests, passions and needs.

The primary intent of the Second Wind Conference is to raise the profile of retirees as valuable and productive members of society, to provide information and share resources that promote retiree health and wellness, to inspire retirees to remain actively engaged in their community, to provide an opportunity for social interaction and mental stimulation, as well as to promote membership and involvement in ARTA and affiliate organizations.

Following an inspirational keynote presentation, a variety of interactive sessions to nourish your body, mind and soul will be provided for your selection.

The event will be held at the Chateau Louis Hotel & Conference Centre and includes lunch. To reduce participant costs, the event will be

supported by ARTA and sponsored by ERTA, PARTA and STARTA.

Pass this invitation on to retired friends and family members, as non-educators are also welcome. Updated information will be forwarded to you as it becomes available.

The Second Wind planning committee looks forward to your participation and support.

### **ERTA EXECUTIVE POSITIONS**

Both Maurine Maslen and Bernie Lemay have given notice that this term will be their last as a member of the ERTA Executive.

Maurine served as the assistant treasurer soon after she joined the Executive in 2003, eight years ago. The collection of membership dues was the treasurer's responsibility at that time. Maurine assumed sole responsibility for maintaining the official membership list by 2005. The position was renamed in 2006 to more accurately reflect the job description. A laptop computer was purchased in 2008 for use by the membership co-ordinator.

Bernie Lemay graciously agreed to serve as the acting treasurer when called upon in the late fall of 2004. He has overseen the prudent management of the Association's finances over the past seven years.

Recent retirees familiar with computer databases are encouraged to contact either member for further information.

### **2011 SENIORS HOUSING FORUM**

The 2011 Seniors Housing Forum will be held between 9:00 a.m. and 3:00 p.m. on Saturday, September 24 at the Central Lions Senior Citizens Recreation Centre located at 11113-113 Street in Edmonton.

The Seniors Association of Greater Edmonton (SAGE), in partnership with key community stakeholders, is presenting this event for the general public free of charge. The goal of the forum is to provide participants with an opportunity to learn more about the range of housing options and community resources available for older adults and guide individuals in planning for appropriate housing in the future for themselves or significant others.

Four concurrent information sessions relevant to aging in the right place will be presented throughout the day. Topics include housing options, community supports, health services, transitions and family dynamics, aging well in your own home (with home adaptations) and financial planning for retirement housing.

### Group Sessions

- Housing Options  
(10:15 a.m.–11:00 a.m. in Large Auditorium)

This session will focus on housing options such as home living, supportive living and facility living environments available to older adults. The session will utilize the available seniors housing resources to help address the questions and concerns seniors face when choosing the optimal environment in which to live.

- Community Supports for Seniors  
(2:00 p.m.–2:45 p.m. in Large Auditorium)

This session will present an overview of some support services and practical resources designed to help seniors live safely and independently while allowing them to age-in-place and be supported by the community.

### Concurrent Sessions

- Health Services  
(11:15 a.m.–12:00 p.m. and 1:00 p.m.–1:45 p.m. in Large Auditorium)

A representative from Alberta Health Services will speak about the wide range of publicly-funded health services attainable in all types of housing. The Alberta Continuing Care Association will review private-pay home care options that complement those services accessible through Alberta Health Services.

- Caregiver and Family Dynamics  
(11:15 a.m.–12:00 p.m. and 1:00 p.m.–1:45 p.m. in Small Auditorium)

This session will outline supports available to families and caregivers as seniors transition from one housing environment to another and discuss strategies for handling family dynamics and stress related to moving.

- Staying Well in Your Home  
(11:15 a.m.–12:00 p.m. in Gymnasium)

This session will describe home adaptations to help seniors live comfortably and safely in their own homes, examine universal and accessible design concepts that accommodate the changing ability and mobility needs of individuals as they age, and discuss grants available to low-income seniors for such home adaptations.

- Financial Planning  
(1:00 p.m.–1:45 p.m. in Gymnasium)

This session will provide financial planning strategies to support housing choices. Guidance on accessing income supports and other financial benefits will also be offered.

Complimentary parking, lunch, coffee and tea, and door prizes are available to all participants.

Please call 780-423-5510 ext. 310 to register. Telephone JoLynn Parenteau, Community Relations Assistant, at 780-701-9017, email her at [jlparenteau@mysage.ca](mailto:jlparenteau@mysage.ca), or go online at <http://seniorshousingforum.blogspot.com/> for more information about the forum.

### VOLUNTEER OPPORTUNITIES

#### Seniors Assisted Transportation Society of Greater Edmonton

The Seniors Assisted Transportation Society of Greater Edmonton (SATS) is currently seeking volunteers to drive low-income, elderly, frail seniors to medical appointments, shopping, and on other personal errands. Although rides are given on a voluntary basis, money for gasoline is provided. Keeping seniors healthy and active allows them to retain their independence.

The Society also requires office personnel to work one day a week from 10:00 a.m. to 4:00 p.m. This volunteer position provides retirees with the opportunity to be active, involved and have fun while meeting new people.

Call Jacqueline at 780-732-1221, email her at [volunteers@satsfedmonton.org](mailto:volunteers@satsfedmonton.org) or drop by their new offices at 9907–108 Avenue, if you are interested.