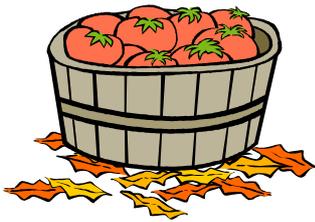




# Edmonton Retired Teachers' Association Fall Newsletter

September 2014

www.myerta.org



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## FALL LUNCHEON

Join us for our fall luncheon at the

### Chateau Louis

11727 Kingsway Avenue

**Date: September 17, 2014**

**Lunch: 11:45 a.m.**

**Menu: Roast Beef Buffet**

**Cost: \$20.00**

**Speaker: Bridget Ryan—Actor, Singer, Playwright, Director and Television Host**

**Topic: "What Inspires Your Artistic Life?"**

**Door Prize: Everyone is eligible for a door prize.**

### **Please Note**

**A member of the Telephone Committee will contact you prior to September 10<sup>th</sup> 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.**

## MEET OUR 2014–2015 BOARD OF DIRECTORS

### **President:**

Joan Harrison, 780-467-3885

### **Past President:**

Sherry Robbins, 780-437-0566

### **Vice-President:**

Eva Nolan, 780-473-9251

### **Secretaries:**

Carol Loewen, 780-435-6832

Vi Oko, 780-459-8013

### **Treasurer:**

Mike Mort, 780-761-5027

### **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

Esther Oaks, 780-437-7499

Daphne Price, 780-475-1543

Beth Robinson, 780-486-5230

Shirley Strembitsky, 780-988-9195

Carol Williamson, 780-436-9684

**PRESIDENT’S MESSAGE**

Imagine a 101-year-old-lady competing in the javelin event at a track and field meet, athletes in their eighties and nineties participating in 800- and 1500-metre races or entering swimming competitions!

The Canada 55+ Games, held in Strathcona County the last week of August, saw athletes from 55 years of age to 101 coming from all over Canada to compete. The level of fitness exhibited by these seniors was awe inspiring. The motto for these games was Health is Happiness. How true and how well it meshes with the goal, shared by the Alberta Retired Teachers; Association (ARTA) as well as the Edmonton Retired Teachers' Association (ERTA), of encouraging an engaged, informed, healthy, active lifestyle for retired people.

Some health issues are beyond our control but anything seniors can do to increase mobility will have a major impact on their quality of life. It was therefore gratifying to see so many ERTA members enthusiastically embrace the Great ARTA Walking Challenge promoted in April, May and June this year. Our branch recorded an impressive 6,293,615 steps.

ERTA welcomes all continuing, renewing and incoming members to this, our 51<sup>st</sup> year as a formally organized association. Members of the Board of Directors look forward to offering an interesting program of activities for you this year. Please feel free to contact any board member with comments or suggestions.

**SUMMARY OF BOARD MEETING**

The status of plans for upcoming events was shared and the following decisions were made at the meeting of the ERTA Board of Directors held on Tuesday, August 19 at the Central Lions Senior Citizens Recreation Centre.

- A website domain has been purchased for ERTA in readiness for the installation of a highly adaptable and readily expanded template developed by the Calgary Retired Teachers' Association. The cost of training and implementation will be closely monitored to determine if the use of the template will be feasible for other ARTA branches.
- Revenue for the 2013–2014 fiscal year was \$ 19,245.41. Disbursements amounted to \$20,123.67 after a \$937.00 adjustment for the previous year was made, resulting in a deficit of \$878.26.
- A \$300.00 Mayfield Dinner Theatre gift card will be presented to Brian Jordan for auditing ERTA's financial records.
- Bridget Ryan will be provided with a \$150.00 honorarium for her presentation at the fall luncheon.
- Luncheon dates for the upcoming year were established (see Mark Your Calendar).
- The dates for the two retiree brunches were determined (see Retiree Brunch).
- Reservations have been made for the brunch performance of the musical, *Top of the Pops: A British Rock Invasion*, at the Mayfield Dinner Theatre on Wednesday, November 19, 2014 (see Mayfield Dinner Theatre).
- Almost all of the eighteen session topics and presenters have been ascertained for the GERTA Second Wind Conference: The Journey Continues. Online registration has commenced (see Second Wind Conference 2014).
- Only a few spaces are still available for the Technology Workshop to be held on the university campus on September 24 (see Technology Workshop).
- Joan Harrison, Ingrid Neitsch, Vi Oko, Sherry Robbins and Ray Roy will represent ERTA at the ARTA Annual General Meeting (AGM) on October 1 and 2. Mike Mort will attend as an observer.

**MARK YOUR CALENDAR**

Fall Luncheon	September 17, 2014
Technology Workshop	September 24, 2014
ARTA AGM	October 1 & 2, 2014
Retiree Brunch	October 18, 2014
Board of Directors Meeting	October 22, 2014
Second Wind Conference	October 29, 2014
Mayfield Dinner Theatre	November 19, 2014
Christmas Luncheon	December 3, 2014
Spring Luncheon	March 18, 2015
Retiree Brunch	April 18, 2015
Summer Luncheon	June 10, 2015

## **MEMBERSHIP REPORT**

ERTA currently has 382 members, with 151 of them receiving their newsletters via Canada Post and the remaining 231 obtaining theirs by email. There is a total of twenty life members. Of those, twelve have achieved this status by virtue of having reached the age of ninety with five or more years of membership, and eight are honorary life members. A total of eleven complementary memberships were issued to teachers who retired this year.

To date, eighty of the 119 members whose membership expired at the end of June have renewed. Of the nineteen complementary memberships issued last year, twelve have renewed them.

Since ERTA does not have access to the names of newly retired teachers, they cannot be reached. Consequently many new retirees are unable to benefit from the complementary first year of membership. If you are acquainted with any teacher who has recently retired, please advise them that they are entitled to a one-year complementary membership and have them contact me at cliffcon@telus.net or 780-476-9264 to enroll. Alternatively, submit their contact information to me so their branch membership can be implemented.

Cliff Otto

## **TECHNOLOGY WORKSHOP**

On September 24, 2014, ERTA members will have the opportunity to receive instruction in MS Word tips and tricks and Windows 8/8.1 at the Technology Training Centre in the Cameron Library on the university campus. Additional information will be forwarded to workshop participants.

The \$20.00 fee includes refreshments and a catered lunch. Instructional costs are being subsidized by an ARTA grant.

Informative handouts will be made available to participants so they can continue to improve their skills at home.

If you are interested in acquiring or enhancing your Word or Windows 8/8.1 skills, telephone Esther Oaks at 780-437-7499 or email her at esther.oaks@gmail.com as soon as possible as space is limited.

## **SECOND WIND CONFERENCE 2014**

Advertising for back-to-school supplies reminds us that another school year is upon us. It also means that it is time to celebrate the new year by attending the third annual GERTA Second Wind Conference on October 29 at the Chateau Louis Conference Centre, which is located at 11727 Kingsway Avenue.

Back by popular demand, this year's keynote speaker is Bill Gordon, our very own 'bionic turkey'! Following his presentation, participants will have the opportunity to select three break-out sessions from a wide menu of choices designed to nourish the body, mind and soul. The work of local artists will again be displayed and made available for purchase (only cash or cheque please). The day will end with a 'wine down' where there will be time to socialize and to win one of the fabulous door prizes.

All of this (and more) is available for the cost of only \$70.00, with a reduced price of \$60.00 for early birds who register before September 15.

Go online to [www.gertasecondwind.org](http://www.gertasecondwind.org) for program details and registration forms.

Treat yourself to a day of wellness to reconnect and to be renewed and re-energized.

The journey continues!

## **SMILE**

The aging process could be slowed down if it had to work its way through the Senate.

## **RETIREE BRUNCH**

Members of the ERTA Board of Directors will host the first retiree brunch at 11:30 a.m. on Saturday, October 18, 2014, at the Faculty Club on the University of Alberta campus.

Invite a spouse, a companion or a colleague and enjoy a scrumptious meal in a cordial and relaxed atmosphere while making new friends and renewing acquaintances.

The per-person fee for the brunch is \$25.00; however, parking in the nearby Faculty Club parking lot is complementary.

Phone Shirley Strembitsky at 780-988-9195 or email her at svstrem@shaw.ca to indicate your intention to attend or sign up for the brunch at the fall luncheon.

### **ARTA ANNUAL GENERAL MEETING**

ARTA's great success in providing services to its members, promoting healthy active aging, and advocating for seniors results from the tireless work of dedicated volunteers willing to serve on various ARTA committees.

Five ERTA board members, along with the delegates from eighteen branches, will join members of the ARTA Board of Directors on October 1 and 2 in the auditorium of Barnett House for the association's AGM. Nominations are open for three officer positions and for membership on eight standing committees.

If you are interested in an officer position with the association or are willing to let your name stand as a committee member for benefits, communication/technology, governance, human resources, membership/marketing, pension, strategic planning or wellness, email Joan Harrison at [cornerstone@telus.net](mailto:cornerstone@telus.net) or phone her at 780-467-3885 by September 25.

Nominations of any ARTA member can also be made from the floor at the AGM. Anyone who is unable to be present is required to write a note confirming their interest in serving in some capacity.

Participation as an officer or a member of a committee is a rewarding experience that contributes to the strength of the association.

### **MAYFIELD DINNER THEATRE**

Tickets for the brunch revue of *Top of the Pops: A British Rock Invasion* on November 19 have been purchased in the Broadway section at the Mayfield Dinner Theatre. The doors open at 10.00 a.m. and the production begins at noon.

This rock 'n roll extravaganza features the original British invasion of the 60s, the second wave of the 70s, followed by the new wave of the 80s, right up to the superstars of today. The music of the Beatles, the Rolling Stones, The Who, Adele, Amy Winehouse and more is highlighted in this tribute to the contributions made by British musicians to the world of popular music.

To reserve a seat, call Vi Oko at 780-459-8013 and mail a cheque for \$70.40, made payable to the Edmonton Retired Teachers' Association, to 20 Glenhaven Crescent, St Albert, T8N 1A5.

### **WELLNESS WORKSHOPS**

Accurate, reliable information and practical advice is not only interesting but essential to improving and maintaining good health. All too often myths are deemed to be factual and misguided advice is followed resulting in no benefit to the individual or, worse, causing harm. Nothing travels faster or is adopted more quickly than misinformation. For this reason, the Council of Senior Citizens' Organizations (COSCO), in conjunction with the medical community, has developed practical, research-based workshops. ERTA would like to present some of those workshops to its members.

To determine which topics would be of greatest interest, a survey was placed on the tables at the June luncheon and included in the summer newsletter. Completed surveys have given the committee an indication of where interests lie. To gain a broader sampling of interest, the same survey will be available again at the fall luncheon to give those, who have not already done so, an opportunity to let the committee know which topics would be of interest to them.

### **ARTA PHOTOGRAPHY CONTEST**

The 2014 ARTA Photography Contest was a tremendous success with a great number of entries submitted. As a result, Paul Boisvert, the contest coordinator, has volunteered to oversee another one.

Like previous contests, participants are allowed to submit one entry in each of the categories. The contest theme for the first, second and third category focuses on nature scenery in Alberta, Canada and other lands, respectively. Photos of man-made structures, however, will be rejected. The fourth category is open to black and white photography of any subject. Photographs must be either 5"x7" or 8"x10" in size and mounted on a rigid backing. Matted or framed pictures will not be accepted. All regular and affiliate members are eligible to participate. The contest deadline is May 31, 2015.

Log onto the ARTA website at [www.arta.net](http://www.arta.net) for more contest details.

Winning photographs from the 2014 contest may be viewed through the following URL, [http://www.arta.net/newsletters/August\\_Newsletter\\_2014.pdf](http://www.arta.net/newsletters/August_Newsletter_2014.pdf)

## ARTA VOLUNTEER AWARDS

ARTA is again sponsoring awards to recognize the outstanding contributions made by retired teachers who volunteer their services within their respective communities or beyond. Up to two individuals or a couple in each branch are eligible for the honour. As many as five awards will be presented to ARTA members where no branch exists.

In 500 words or less, please describe how the retired teacher you nominated has provided exceptional service in their community or elsewhere in Alberta. Include a maximum one-page biography of the nominee composed of a brief summary of their personal background along with their teaching history.

Nomination forms can be downloaded from the ARTA website at [www.arta.net](http://www.arta.net), retrieved from the ERTA website at [myerta.org](http://myerta.org), obtained from an ERTA board member, or picked up at the fall luncheon.

Please submit your nomination to Ray Roy at [rayroy@shaw.ca](mailto:rayroy@shaw.ca) or to 9108-152a Avenue, Edmonton, Alberta T5E 5W1.

Nominations of a worthy retired teacher who resides in a part of the province where no branch exists can be submitted electronically or by hard copy directly to the Executive Director at the ARTA office at [info@arta.net](mailto:info@arta.net) or 409, 11010-142 Street NW, Edmonton, Alberta T5N 2R1.

The nomination deadline is October 31, 2014.

## WANTED

**What:** Telephone volunteers

**Why:** To call 18-20 ERTA members

**When:** 7-12 days prior to each luncheon

**Time Commitment:** 20-40 minutes



Although only sixteen volunteers are needed for each luncheon, a pool of twenty-two people allows us to cover the contact list when some of our assistants are not available. If you can help, please phone Joan Harrison at 780-467-3885.

Our sincere gratitude to Gilles Verret who, after seven years of volunteering to phone, has opted to retire from the Telephone Committee. Gilles has been a dedicated caller and his help has been much appreciated.

## ALAN BELL—ALUMNI HONOUR AWARD



**W. Alan Bell '53 BA, '55 BEd, '67 MEd**

The ERTA Board is delighted to learn that Alan Bell is to be presented with the Alumni Honour Award by the University of Alberta on Thursday, September 18 at the Northern Alberta Jubilee Auditorium.

Alan Bell, a long-time member of the Edmonton Retired Teachers' Association and a beloved educator, has without reservation dedicated his personal and professional life to generously helping others through education, health, music and community programs.

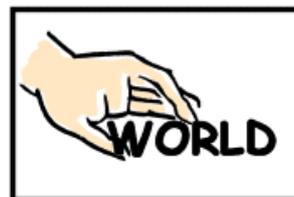
An open invitation to celebrate with Alan is extended to all of his friends and colleagues. The auditorium doors will open at 6:30 p.m. with the ceremony at 7:00 p.m. and a reception to follow.

Complementary tickets are available by going online at <http://alumni.ualberta.ca/benefits-and-services/alumni-awards>, emailing the alumni office at [alumni.awards@ualberta.ca](mailto:alumni.awards@ualberta.ca), or calling Joanna Chan at 780-492-7723.

Please register before September 15.

## TRY A REBUS

A rebus is essentially a little picture, often made with letters and words, which cryptically represents a word, phrase, or saying. Can you figure out what phrase this rebus represents?



Look on page 6 for the answer.

**ARTA BENEFIT PLAN CHANGES**

A number of changes to the ARTA Retiree Benefits Plan went into effect on September 1, 2014, with no increase in the current monthly premium rate.

The maximum trip duration of the Emergency Travel Insurance Plan has been extended from sixty-two to ninety-two days. Supplementary Travel Insurance can be purchased to extend coverage in fifteen-day increments up to 212 days.

Other changes have been instituted depending on the specific Extended Health Care plan the policyholder has.

In the Health Wise and Total Health plans the maximum coverage for frames and lenses has increased from \$400.00 to \$425.00 every two years; the maximum for hearing aids has increased to \$700.00 from \$600.00 every three years; and the paramedical practitioners' coverage has increased to \$1000.00 for all paramedical-practitioner expenses combined.

The maximum for frames and lenses has increased from \$500.00 to \$550.00 every two years; the maximum for hearing aids increased from \$800.00 to \$900.00 every three years; and the paramedical practitioners' coverage has increased to \$1200.00 per year in the Health Wise Plus and Ultimate Health plans.

Coverage for 80% of the expense of a walker (up to an annual maximum of \$120.00) or the rental of positioning equipment following vitrectomy surgery, as well as with the vision care coverage for special lenses were benefits that were added to all of the above health plans.

There were no changes to the Dental plans.

**ALBERTA 55 PLUS WINTER GAMES**

The Marigold 55 Plus Recreation Association has scheduled playoffs to determine the Zone 6 representatives for the thirteen competitive events at the 2015 Alberta 55 Plus Winter Games in Lethbridge from February 19 to 22. Residents of Edmonton aged fifty-five on or before December 31, 2015, who are members of the provincial association, are eligible to participate in any number of playoff events to qualify for the provincial competition.

Membership in the provincial association is a requirement to compete in any event leading to the Winter Games. For more information or to purchase the \$30.00 membership, email Derry Ingram at [ingram10@telus.net](mailto:ingram10@telus.net) or phone him at 780-466-1731.

The entire playoff schedule will conclude before Christmas this year, much earlier than usual. Registration is a prerequisite for all of the competitions. It is essential to declare your intention to participate by calling the activity contact person at least seven days prior to the playoff date. Team composition should be established well in advance of the registration deadline.

Activity	Date	Contact Number
Alpine Skiing	December 20	Larry Comfort 780-444-4917
Badminton	December 13	Jimmy Choo 780-456-5405
Carpet Bowling	November 29	Louise Libich 780-466-4890
Cross-Country Skiing	December 13	Marshall Yaremci 780-434-1754
Darts	December 6	Eleanor MacIntosh 780-478-7435
Duplicate Bridge	December 9	Don Holtom 780-475-8252
Euchre	November 21	Joyce Haley 780-483-7966
Five-Pin Bowling	October 24	Mike Dolynny 780-457-5036
*Hockey	December 16 & 18	Gordon Severin 780-430-6827
Ice Curling	November 8-9	Ross Lepard 780-469-8169
Scrabble	November 28	Clint Sopchyshyn 780-434-7133
Snooker	November 6	Elaine Maxwell 780-483-2983
Table Shuffleboard	November 13-14	Ron Townsend 780-760-6062

\*Team rosters must be submitted by December 1.

Age categories and the number of qualifiers varies depending on the activity. Information regarding event start times and venue locations is available online at [www.albertagames.com](http://www.albertagames.com) or by telephoning the activity contact person.

Answer to Rebus: Feeling on top of the world.