



Edmonton Retired Teachers' Association Fall Newsletter

September 2015

www.myerta.org



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FALL LUNCHEON

Join us for our fall luncheon at the

Chateau Louis

11727 Kingsway Avenue

Date: September 23, 2015

Lunch: 11:45 a.m.

Menu: Roast beef buffet

Cost: \$22.00 (includes GST and gratuity)

Speaker: Detective Bill Allen— Edmonton Police Services, Major Crimes Branch, Economic Crimes Section

Topic: "Fraud Prevention for Seniors"

Door Prize: Everyone is eligible for a door prize.



Scams are becoming ever more creative and sophisticated making them harder to detect. Detective Bill Allen will identify current scams, especially those targeting seniors, discuss how to detect them and indicate effective ways to avoid the traps. Fraud affects everyone; be informed, be cautious, be safe.

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:

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

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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

PRESIDENT’S MESSAGE

September often sees retired teachers gathering to celebrate their 'freedom' from the demands of the classroom and to reminisce. Throughout our lives, whether we view the start of school from the perspective of a young child embarking on a new adventure, an adolescent familiar with the whole process or a teacher now responsible for a group of students, the back-to-school month holds special meaning. As retirees looking back on the memories and emotions associated with returning to the classroom, one has a sense of relief flavored by a hint of nostalgia.

We all carry with us a library of stories waiting to be shared. Myriad career stories relating tales of success, of humour, of lessons learned and many more reside in our memories.

Some stories never fail to induce a chuckle such as that of a Grade One child with limited English who repeatedly asked his teacher to buckle his coat. The teacher finally shared her considerable knowledge of the English language. "This is a zipper," she explained. "You buckle a buckle, tie a tie, button a button and zip a zipper." His reply: "Thanks. Now can you scarf my scarf?" What better reminder to an educator that the mind is a pattern-seeking device.

So many stories, be they fact or fiction, merit recording before it is no longer possible to do so. Write your stories about incidents at school, about retirement or give voice to the narratives nestled in the creative corners of your mind. You could even submit them to the Writing Contest, sponsored by the Alberta Retired Teachers' Association (ARTA), for all 15,700 of us to enjoy.

LUNCHEON NEWS

Meat prices are up 8% over the past year and, according to Statistics Canada, the Consumer Price Index for food in Alberta has seen a 3.7% increase over that same period. The Chateau Louis Conference Centre, however, is holding luncheon costs steady for the Edmonton Retired Teachers' Association (ERTA) for the remainder of 2015. An increase in the luncheon fee can be expected in 2016.

SUMMARY OF BOARD MEETING

The following decisions were made at the ERTA board meeting on Tuesday, August 18, 2015, at the Central Lions Seniors Citizens Recreational Centre:

- Luncheon dates for the upcoming year were established (see Mark Your Calendar).
- Two retiree brunch dates were set as well (see Retiree Brunch).
- A technology workshop, a writer's workshop, a tour of the Edmonton Waste Management Centre and a classical film outing to the old Capitol Theatre at Fort Edmonton Park are being planned for the spring of 2016.
- Five ERTA delegates to the ARTA Annual General Meeting (AGM) were determined.

MEMBERSHIP REPORT

Current total membership **401**
Membership August 2014..... 382
Increase year over year..... 19 (5%)

Newsletter delivery method
Canada Post 148
Email..... 252
No newsletter (by request) 1

Memberships
 Total due June 30, 2015 **129**
Regular memberships due 115
Complimentary memberships due 14

To date
Regular renewed..... 68
Regular not renewed..... 47
Complimentary renewed 5
Complimentary not renewed..... 9

Total life members **21**
Nonagenarian..... 13
Honorary 8
Upcoming life membership in 2015 1

MARK YOUR CALENDAR

Fall Luncheon	September 23, 2015
ARTA AGM	October 6 & 7, 2015
Mayfield Dinner Theatre	October 14, 2015
Second Wind Conference	October 21, 2015
Board of Directors Meeting	October 27, 2015
Retiree Brunch	November 7, 2015
Christmas Luncheon	December 2, 2015
Spring Luncheon	March 16, 2016
Retiree Brunch	April 23, 2016
Summer Luncheon	June 15, 2016

Although **Ron Rhine** was granted an honorary life membership in 2002, he also joined the ranks of ERTA nonagenarians in July.

Ron was born in Calgary, Alberta, on July 26, 1925, but grew up in the Turner Valley area. He went to various Turner Valley Oilfields elementary schools then Okotoks Junior and Senior High School before graduating in 1943.

After he enlisted in the Royal Canadian Navy Volunteer Reserve on December 1, 1943, Ron served on a submarine destroyer task force in the Atlantic for seven months and on a torpedo boat flotilla in the English Channel and the North Sea as a radio operator, coder and decoder until his discharge on October 12, 1945.

Following the war, he enrolled in the Bachelor of Education program at the University of Alberta, graduating in 1949 as a member of the first class in Western Canada to convocate with a BEd.

He launched his teaching career as the principal of Sunnynook, a Grades One to Twelve school southeast of Hanna, until 1952. From there he moved to a high school for one year then on to a Grades Eight to Twelve school for a second one, both of which were in the Turner Valley School District, before making the trek north to Edmonton to work on his MEd, which he earned in 1965.

Ron taught junior high school at McKay Avenue from 1954 to 1958 and at McKernan from 1958 to 1966 before becoming the vice-principal at Oliver for two years. He was appointed principal of Central Elementary in 1968, Spruce Avenue in 1973, Eastwood in 1974 and ended his career at Dickensfield in 1983. Even as an administrator, he insisted on teaching during some portion of the school day,

Ron served his profession in other capacities as well. He was the president and salary negotiator for the Berry Creek and Turner Valley locals for the first five years of his teaching career, then a cooperating teacher with the Faculty of Education for eight, a faculty advisor for another two and on the Student Teaching Committee for three years. He wrote curriculum, worked on copious Alberta Teachers Association and Edmonton Public School committees and was a delegate to thirty-six Annual Representative Assembly meetings. In the summer of 1970, he went to Sarawak and Sabah, North Borneo to set up an

education system similar to the one in Alberta.

Ron was active in the community as well playing and coaching soccer, baseball and hockey. He was a councillor for fifteen years and mayor for nine of the summer village of Lakeview on Lake Wabamun. He was also active on innumerable regional and provincial boards and member of countless organizations.

Upon retirement, Ron joined ARTA, serving as its treasurer from 1983 to 1985, president from 1986 to 1988, past president from 1989 to 1990 and executive director from 1992 to 1996. He was responsible for modernizing the association and implementing health insurance coverage for retired teachers. Ron was also instrumental in founding the satellite branch in the Okanagan.

He received many honours for his contributions to his chosen profession and the community. Ron was granted an honorary life membership in ARTA in 2002. He was also presented with an Outstanding Volunteer Award in 2013 as part of ARTA's 50th anniversary celebrations.

Ron moved to the Kelowna area in 2002. When he was not doing for others, he sang in choirs, acted in skits, and enjoyed reading, swimming, camping, body surfing, mountain climbing, stamp and coin collecting, woodcarving and painting.

Cliff Otto

ARTA ANNUAL GENERAL MEETING

Representatives of the eighteen ARTA retired teacher branches along with ARTA office staff, officers, and committee chairs will assemble on October 6 and 7 for the 52nd ARTA AGM at the Chateau Nova Yellowhead on St. Albert Trail.

Five ERTA delegates will receive annual reports, ratify the budget, and elect the three association officers and new members for the eight standing committees.

Anyone interested in benefits, wellness, strategic planning, governance, financial wellness, human resources, communications or marketing is urged to consider getting involved in the retired teachers' provincial association.

Phone Joan Harrison at 780-467-3885 for more information about ARTA or if you would simply like to sit in on the proceedings as an observer.

MAYFIELD DINNER THEATRE

The theatrical presentation of *Dark Star: The Life & Times of Roy Orbison* is a repeat of the highly acclaimed (and reputed to be the finest production ever on the Mayfield Dinner Theatre stage) 2010 biopic music review. Tickets in the Broadway section are available for the brunch presentation on Wednesday, October 14, 2015.

The live theatre production celebrates the life and music of Roy Orbison from his early years as a youth in Texas, his meteoric rise to fame in the 60s, the continuous personal tragedies that led to his subsequent fall in the 70s, followed by his renaissance in the 80s before his untimely death at the age of fifty-two.

Due to the popularity of this musical tribute, you are urged to contact Vi Oko at 780-459-8013 to reserve your seat before you post a cheque for \$71.40 (made payable to the Edmonton Retired Teachers' Association) to her at 20 Glenhaven Crescent, St. Albert, Alberta T8N 1A5.

Join retired teachers and their friends for an unforgettable afternoon of music performed at one time by the man Elvis Presley described as the greatest singer on earth and presented by most of the original cast.

ARTA WRITING CONTEST

The ARTA Writing Contest is an initiative of the ARTA Communications/Technology Committee. All ARTA members are eligible to participate.

Contest participants are limited to one entry per category; however, submissions in more than one are encouraged. The fiction category is restricted to 1500 words of fictional narrative on any subject and in any genre. Literary essays on the topic of retirement are confined to 1000 words. Memoirs about school events must not exceed 1200 words. Poetry entries can be of any length, about any subject, written in any form, with the exception of rhyming couplets.

Specific instructions can be accessed on the ARTA website at arta.net and also appear in the ARTA *news & views* magazine.

Monday, October 5, 2015, is the deadline for the contest.

Entrants retain complete ownership over their publication rights.

All electronic entries must be emailed as an attachment to nvsubmit@shaw.ca with the subject line Writing Contest. Submissions may also be typed or handwritten and mailed to the following address: Writing Contest
c/o ARTA Office
409-110 142 Street NW
Edmonton, Alberta T5N 2R1

RETIREE BRUNCH

All retirees are invited to meet with members of the ERTA Board of Directors for a tasty brunch and lively conversation in a sociable setting at the University of Alberta Faculty Club at 11:30 a.m. on Saturday, November 7, 2015.

The cost of the brunch is \$26.00. Parking, however, is complimentary in the Faculty Club lot off 116 Street and in the nearby Windsor Park.

You are encouraged to bring a spouse, friend or prospective retiree to reconnect with former staff members and make new friends.

Indicate your intention to attend by signing up at the fall luncheon or calling Shirley Strembitsky at 780-988-9195 to register.

ARTA PHOTOGRAPHY CONTEST

The ARTA photography contest, launched as a 50th anniversary activity in 2013, has proven to be popular with ARTA members as evidenced by the increase in the quantity and exceptional quality of photographic entries received for last year's competition.

The four categories for the 2016 contest are as follows:

- Category A—Canadian Sunset
- Category B—Flora in the Wild (as in fields, forests and meadows)
- Category C—Children at Play
- Category D—Black and White (any theme)

All images must be mounted and must be at least 5" x 7" but not larger than 8" x 10" in size. Contest details are available at www.arta.net, the ARTA website and myerta.org, the ERTA website.

Get clicking those camera shutters early. Fall is an excellent time to capture an exquisite sunset, plant life in its natural environment and children playing outdoors.

THE MAGNA CARTA TOURS CANADA



On June 15, 1215, King John of England affixed his royal seal on a document, drawn up by his subjects, limiting the powers of the unpopular monarch. The Magna Carta (The Great Charter), written in Latin,

established the principle that certain customs and laws had more authority than the Crown.

Several of the sixty-three articles in the Charter dealt with specific problems of the period. The most famous article, number thirty-nine, stated that "no freeman shall be arrested or imprisoned ...except by the lawful judgement of his equals and according to the law of the land." It was later expanded to guarantee a jury trial for everyone. Number twelve, which stated that "no scutage (taxes) or aid shall be levied...unless by the common consent of the kingdom," later came to mean "no taxation without representation." Two articles in the Charter ensured the freedom of the English Church. The people now have the right to force the Crown to comply.

As a legal instrument, the Magna Carta was not very effective for many years after it was signed and was reissued many times after King John's death in 1216. It is only since the 1600s that it has become the symbol of English liberty.

In honour of the 800th anniversary of its signing at Runnymede, the Magna Carta, along with the Charter of the Forest, is on tour in Canada this year. The actual documents, housed in jewel-like cases, will be the centrepiece of a display at the Legislative Assembly of Alberta Visitor Centre from November 23 to December 29. The bilingual interpretive exhibit is based on three themes—history, legacy and justice today— and includes a twelve-minute high definition film and interactive multimedia.

No ticket prices are available yet, but the fee is \$20.00 for seniors in Toronto with a discount of 20% for groups of twenty or more. Go online to www.magnacartacanada.ca for up-to-date tour information.

This is an opportunity to see one of the most famous documents in the world and you do not need to travel far to do it.

SECOND WIND CONFERENCE 2015

The fourth annual Second Wind Conference, a collaborative effort organized by representatives of ARTA branches in the greater Edmonton area, will be held on Wednesday, October 21, 2015, at the Chateau Louis Conference Centre. The wellness conference provides an occasion for retired teachers to connect with former colleagues to explore new associations with people who have similar needs, interests and passion.

Integrated into the conference is a humorous and inspirational keynote presentation along with a number of breakout sessions that focus on active living, wellness and special interest topics meant to enhance the well-being of retired teachers as well as their friends by informing, engaging and entertaining them.

Try beer tasting, art therapy, cardiosalsa or laughing your way to health and prosperity.

Learn about pole walking, sexy senior wellness, Ayurvedic medicine and travelling solo but not alone. Glean some tips about cognitive wellness, becoming a savvy senior, financial wellness and remaining mobile in the community after driving.

For the enjoyment of all conference participants, an art display featuring works by local artists will run concurrently throughout the day.

Early bird registration is \$65.00. The price will increase to \$75.00 after September 15. Go to gertasecondwind.org to download a registration form or to fill one out online. Copies will also be available at the fall luncheon.

The conference will offer retirees an opportunity for learning, laughing and loving while renewing an interest in lifelong learning, reconnecting with professional associates, and spending the day being re-energized.

ARTA WALKING CHALLENGE RESULTS

Branch members who participated in the 2015 Great ARTA Walking Challenge have achieved impressive results by logging a grand total of 5,937,114 steps. Way to go ERTA walkers!

Of the thirty individuals registered, twenty-three of them submitted their totals. Compliments go to Ralph Lee who boosted our total by 564,625 steps.

2015 SENIORS HOUSING FORUM

Seniors, their families along with their caregivers are invited to attend the ninth annual one-day free informative forum from 9:00 a.m. to 3:00 p.m. on Saturday, September 26 at the Central Lions Recreation Centre at 11113 113 Street.

The intent of the forum is to educate attendees about the range of housing options and resources available for older adults in the community and to guide individuals in planning for appropriate housing for themselves or significant others in the future.

Presenters will provide information about the following topics:

- Housing Options
- New Housing Models
- Financial Literacy
- Health and Wellness Supports
- Community Resources
- Pertinent Legal Documents
- Dementia Care
- Caregiver Support and Family Dynamics
- Downsizing and Managing Your Move
- Transportation
- Utility Choices

Free parking is available on site. Participants will receive a complimentary lunch at noon. Muffins, coffee and tea will be offered as well.

In past years, attendance ranged from 650 to 850 people with forty-five to fifty exhibitors present.

Telephone 780-809-8604 to register.

Go online to seniorshousingforum.blogspot.ca or www.mysage.ca/events/seniors-housing-forum for more information or contact JoLynn Parenteau at the Seniors Association of Greater Edmonton (SAGE) by emailing jlparenteau@mysage.ca or telephoning 780-701-9017.

VOLUNTEER OPPORTUNITIES

University of Alberta U School

Organizers of the U School program are inviting retired teachers to help out with this week-long 'field trip' on the University of Alberta campus for classes from schools that have been identified as socially vulnerable. Each class that arrives on campus will be engaged in learning experiences scripted in consultation with their teacher. During

their week on campus, the students will not only learn subject area content specific to their grade curriculum, they will also learn that the university campus is an inviting and welcoming place. It is hoped that, over the week, students will think of a post-secondary education as a desirable and attainable option for their educational future.

With your volunteer assistance, the U School will be able to maintain, and continue to enhance, the quality of programming that has garnered the University of Alberta Senate and the U of A high praise.

Access the volunteer webpage at www.senate.ualberta.ca/USchool/Volunteeringopportunities for additional information about the program.

If you would like to participate in this program, you can communicate with Amissa Jablonski, the program lead by using the contact information below.

Amissa Jablonski, BSc, BEd

U School Program Lead
Office of the Senate, 150 Assiniboia Hall
University of Alberta, T6G 2E7

Phone: 780-492-0003

Email: amissa.jablonski@ualberta.ca

Centre for Family Literacy—Volunteer Tutors

The Centre for Family Literacy is looking for adult tutors.

Today, one in five Albertans struggle with literacy, but you can make a difference in their lives! Volunteer tutors work individually with adults who want to improve their reading, writing, or math skills. Confidence increases as skills essential for success improve. Tutors must be proficient in English, patient, non-judgemental and reliable. Typically tutoring sessions are once a week for one to two hours.

Email volunteer_coordinator@famlit.ca, visit the website at www.famlit.ca or call 780-421-7323 for more information.

Free training, resources and ongoing support are provided in an effort to help families improve job prospects by attaining a higher level of education. Tutoring at the Centre for Family Literacy affords you an opportunity to make a major difference in the life of another person while enriching your own.