



Edmonton Retired Teachers' Association Fall Newsletter

September 2017

www.myerta.org



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FALL LUNCHEON

Join us for our fall luncheon at the

Chateau Louis

11727 Kingsway Avenue

Date: September 20, 2017

Lunch: 11:45 a.m.

Menu: Roast pork buffet

Cost: \$25.00 (includes GST and gratuity)

Speaker: Bonnie Berezanski—Family Services Director,
Glenwood Funeral Home & Cemetery, Arbor Memorial Inc.

Topic: "Making Your Executor's Job Easier"

Door Prize: Everyone is eligible for a door prize.



PLEASE NOTE

A member of the Telephone Committee will contact you prior to September 13 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.

THE BOARD OF DIRECTORS

President:

Joan Harrison, 780.467.3885

Past President:

Sherry Robbins, 780.437.0566

Vice-President:

Lynn Arnold, 780.919.5848

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:

Cathy Arbeau, 780.466.0938

Veronica Hellweg, 780.456.7640

Nadine Lung, 780.416.1312

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

Congratulations to all new retirees. Bask in the extended summer holiday and start living those magnificent retirement dreams. The Edmonton Retired Teachers' Association (ERTA) is pleased to welcome over seventy newly retired members and looks forward to meeting them at luncheons and other functions.

Guest speakers, featured at each of the spring, summer and fall luncheons, provide information, inspiration or entertainment. Such is the case at the September 20 luncheon as well.

Imagine a scenario where you take an elderly parent to a lawyer because they want to make additional provisions in their will. There, you are asked to provide a number of documents but find, on returning home, that neither your parent nor you have a clue as to where, or how, to locate the requested papers. The implication for you, as the executor, suddenly hits home with the realization that the task of accessing vital information—not just documents— will be a big one with their help and a mammoth one without.

Perhaps you have already been asked to act as executor to an estate and are not sure if you feel proud and flattered at the expression of trust or are uneasy about carrying out the duties required. The entire process can be greatly simplified by preparing now.

Facilitating that preparation is the reason for the choice of speaker and topic at the fall luncheon. Bonnie Berenzanski will share some knowledge that she has gained over the years while helping people during difficult times.

MARK YOUR CALENDAR

Second Wind Conference	September 7, 2017
Fall Luncheon	September 20, 2017
ARTA AGM	October 3 & 4, 2017
Mayfield Dinner Theatre	October 11, 2017
Board of Directors Meeting	November 1, 2017
Faculty Club Brunch	November 4, 2017
Christmas Luncheon	December 6, 2017
Spring Luncheon	March 21, 2018
Faculty Club Brunch	April 14, 2018
Summer Luncheon	June 13, 2018

BOARD MEETING SUMMARY

Board members made the following decisions at the ERTA board meeting held August 16, 2017, at the Central Lions Seniors Recreational Centre:

- The membership initiative was extended (see Membership Initiative Draw).
- The purchase of a Mayfield Dinner Theatre gift card in appreciation of the auditor's services was authorized.
- Arrangements for a branch banner, courtesy of the Alberta Retired Teachers' Association (ARTA), were affirmed.
- Several tickets were purchased for the current Mayfield production (see Mayfield Dinner Theatre).
- The Faculty Club Brunch dates were set (see Faculty Club Brunch).
- The 2018 luncheon dates were established. (see Mark Your Calendar).
- Lynn Arnold, Joan Harrison, Ingrid Neitsch, Vi Oko, Ray Roy and Shirley Strembitsky will represent ERTA at the ARTA Annual General Meeting (AGM) (see ARTA AGM).

ARTA WALKING CHALLENGE

Results from all branches for the 2017 Walking Challenge will be shared by ARTA later in the fall but the ERTA information is as follows.

Twenty-five pedometers were distributed at the end of May, 2017, on a first-request basis. All ERTA members who had a tracking device of any sort were encouraged to participate in the challenge. Thirty-four walkers registered for the challenge; that translates into 8.6 per cent of the membership.

The top walker for ERTA was Karen Sanderson, who clocked a phenomenal 600,000 steps over her best thirty days. Congratulations on a feat well done! (Pun intended.)

2017 saw a greater representation from ERTA than 2016 and the possibility of an exponential increase for next year's challenge. The goal is to improve health by raising awareness about one's own degree of activity and provide an incentive to do a little more. Out-stepping fellow contestants is not necessary because the only competition is with yourself (...and Calgary!).

IF YOU REST, YOU RUST!

MEMBERSHIP REPORT

Current total membership.....	483
<i>Regular</i>	354
<i>Complimentary</i>	108
<i>Honorary</i>	7
<i>Nonagenarian</i>	14
Non-renewals from 2016.....	63
<i>Regular</i>	32
<i>Complimentary</i>	31
Newsletter distribution	
<i>Canada Post</i>	141
<i>Email</i>	340
<i>No newsletter (by request)</i>	2

Another ERTA member will be granted a life membership at the fall luncheon.

Rose Orlecki was born in Vegreville, Alberta, on May 18, 1926, but grew up on a mixed farm in the Two Hills area.

She started school at seven years of age. As an only child of a Ukrainian family, her first years at school were quite trying because she could not speak a word of English. Rose had to walk three kilometers across country to Pobeda School, an elementary and junior high school, and over six kilometers to Two Hills during her high school years. During the winter, she stayed in town with relatives. After graduation she went to Edmonton for the one-year Normal School program.

Rose taught briefly at Nizir School in the Two Hills area before getting married in 1947 and moving to Edmonton. She was a homemaker and mother and worked part-time at the downtown post office before returning to the classroom as a substitute teacher in 1966. Rose began teaching full-time in 1968 at St. Pius X Elementary and Junior High School where she continued to teach for sixteen-and-one-half years, most of which were spent in a Grade Four classroom. She retired in 1984 due to ill health.

She was a nature lover and enjoyed the changing seasons, especially spring. Rose watched for the return of the crows and other migratory birds, as well as the appearance of the first crocuses and pussy willows. Rose is a talented artist and has painted many pictures that she has given away as gifts. She has created works in acrylics, oil and pencil. Rose still enjoys arts and crafts and music.

She has travelled in Canada, to Hawaii, England, Russia and Ukraine, and has cruised through the Panama Canal and to Cuba.

In 1997, Rose moved into a seniors complex. She continues to enjoy fellowship activities.

Cliff Otto

MEMBERSHIP INITIATIVE DRAW



Congratulations to Jan Wilhelm who was the winner of the membership draw. Nadine Lung presented her with a \$60.00 gift certificate at the luncheon in June.

The word-of-mouth approach would appear to be the most effective way to introduce both already retired teachers and those who will be retiring in the near future to ERTA. The success of having representatives from the Edmonton branch attend ATA-sponsored pre-retirement sessions, as well as events held to honour new retirees, is evident by the issuance of seventy-seven complimentary memberships this year.

Realizing that colleagues who have been retired for a few years are more difficult to contact, last autumn, a Membership Initiative Draw designed to encourage a conversation between current members and their colleagues who have never joined ERTA was launched. The draw resulted in a total of seventeen sponsorships last year—warranting a continuation of the program through the 2017–2018 year.

Inform others about ERTA. For each person who joins the association you will have an opportunity to win 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. ERTA membership is open to individuals from a variety of educational groups. Go to myerta.org and check the bylaws pertaining to membership.

ARTA ANNUAL GENERAL MEETING

Six ERTA delegates will join representatives from the other seventeen branches along with board officers, committee chairs and the ARTA office staff for ARTA's AGM on October 3 and 4 at the Chateau Nova Yellowhead on St. Albert Trail. Elections will be held at that time for three officer positions—president, vice-president and treasurer—as well as single positions on each of the six ARTA standing committees.

Committees focusing on governance, strategic planning, health benefits, financial well-being, wellness and communication contribute in a major way to ARTA's goal of promoting a healthy, active, engaged lifestyle after retirement. If you have an interest in serving as an officer or on a committee and would like additional information regarding the nomination and election process, contact Joan Harrison at cornerstone@telus.net or call her at 780.467.3885. Note that a nominee and a nominator must be both a retired teacher and an ARTA member.

ARTA is a strong, vibrant organization providing a pragmatic voice for and serving over 19,000 retirees. Participating as an officer or committee member is a wonderful opportunity to learn and contribute.

MAYFIELD DINNER THEATRE

Tickets have been purchased in the Broadway section for the October 11 brunch production of *Soul Sistas* at the Mayfield Dinner Theatre.



Soul Sistas is a grand tribute to two iconic African American performers of our time—Aretha Franklin and Tina Turner. Aretha Franklin, considered to be the greatest pop and rhythm and blues voice of all time, is the most celebrated female artist in the history of recorded music. Tina's power and passion and her incredible talent enabled her to overcome countless obstacles to become one of the most dynamic performers of her generation.

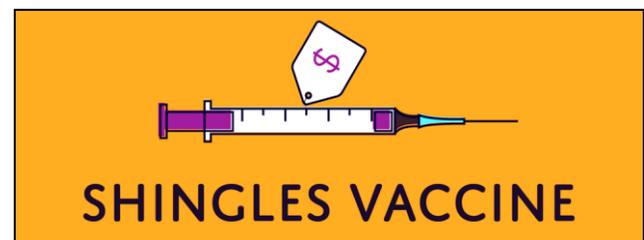
The theatrical presentation portrays the lives and music of these legendary women—from Aretha's gospel beginnings in the church to becoming the undisputed Queen of Soul and Tina's tough childhood through her tumultuous career to one of the greatest comeback stories of all time.

To reserve your seat, mail a cheque for \$75.87, made payable to the Edmonton Retired Teachers' Association, to Vi Oko at 20 Glenhaven Crescent, St. Albert, Alberta T8N 1A5.

SHINGLES VACCINE

If you, or anyone you know, have suffered from shingles (herpes zoster), then you are aware of how painful the itchy, burning, blistering rash that is occasionally accompanied by flu-like symptoms can be.

Seniors, who have had chicken pox, should be aware that the risk of the dormant virus flaring up increases with age. Experts suggest up to half of seniors over eighty will get shingles. Zostavax®, the shingles vaccine, has been shown to prevent, or at least significantly diminish, the severity of symptoms for a period of at least five years. It is most effective for individuals sixty years of age or older and is recommended for those who have no contraindications due to medications or an illness that affects their immune system. Check with your doctor first.



Although not covered by Alberta Health Care, the vaccine is available at Alberta Health Services clinics in Edmonton without a prescription. You will need to make an appointment beforehand. The fee for Zostavax® is covered by the ARTA Retiree Benefits Plan.



FACULTY CLUB BRUNCH

The Saskatchewan Room at the University of Alberta Faculty Club has been booked for ERTA's first brunch of the year to be held from 11:30 a.m. to 2:00 p.m. on Saturday, November 4. A \$30.00 fee covers the brunch, a gratuity and the GST.

Brunch includes a 'build-your-own omelet,' eggs Benedict, waffles, bacon, sausage, French toast, pancakes, a fish entrée, and a variety of salads. Combined with the assorted desserts, coffee, tea and a relaxing atmosphere—is there a better way to begin the weekend!

Saturday parking in Lot V, located off 116 Street, is a flat rate of \$2.00. In the rare event that overflow parking is necessary, the Windsor Car Park can be accessed for a daily rate of \$5.50. Exact coinage or credit cards are recommended since the machines are not able to dispense change.

Register by either emailing Shirley Strembitsky at svstrem@shaw.ca or fill out the sign-up sheet at the fall luncheon on September 20.

This popular event is a great opportunity to invite colleagues, family or friends to join you. Members of the Board of Directors look forward to sharing the occasion with as many of you as possible.

ARTA WRITING CONTEST

The Communications Committee is sponsoring the ARTA Writing Contest once more. All ARTA members (education, private and public sectors) are eligible to participate. Although submissions are limited to only one per category, writers are encouraged to submit a creative composition in more than one of the following categories:

- Flash Fiction (maximum 1200 words)
- Children's Story (maximum 1000 words)
- Poetry (any form, but no rhyming couplets)

For more detailed contest information, go online to the ARTA website at www.arta.net or to page four of the 2017 summer issue of *news&views*.

Digital copies of submissions can be forwarded to writingcontest@arta.net as an attachment to an email. Send typed or handwritten entries to the ARTA office located at 11835 149 Street NW, Edmonton, Alberta. T5L 2J1.

Note that the entry deadline is December 1, 2017.

CHRISTMAS LUNCHEON VOLUNTEERS

For the past eleven years the ESSOTONES have added a musical sparkle to Christmas luncheons. A festive atmosphere, set by this five-member band playing lively carols, greeted participants as they entered the Chateau Louis Grand Ballroom. Their services were very much appreciated.

Christmas is a special time and the ERTA Board would like to continue with that cheerful musical backdrop for the half hour prior to the luncheon. Now it is well known that ERTA members have a wealth of talent. That being the case,

**three volunteer pianists/musicians
are being solicited
to play for 10 minutes each
between 11:15 a.m. and 11:45 a.m.
on Wednesday, December 6.**



If one person is willing to provide the musical background for the entire half hour, their meal would be complimentary.

An eighty-eight key electronic keyboard will be available for pianists but musicians with other instruments are also welcome to volunteer.

If you are able to contribute your talent at the luncheon, please telephone Joan Harrison at 780.467.3885 as soon as possible.

LEGISLATURE TOUR

Twelve people braved downtown parking to tour the Alberta Legislature in June. Historical details about Alberta were fascinating. This outing was most enjoyable and is well worth repeating.



ALBERTA DENTAL FEES

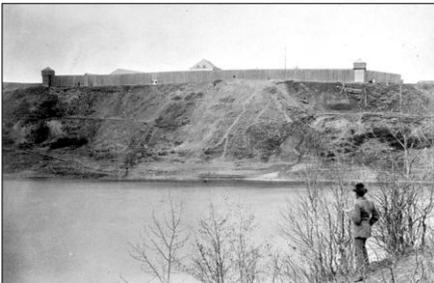
A new dental fee guide was recently released by the Alberta Dental Association and College—the first one since 1997.

The new fee guide was published in response to a government review that verified that, at this time, Albertans are indeed being subjected to some of the highest dental fees in Canada. In fact, some procedures cost double the amount charged in neighboring provinces. The newly recommended fees represent a three per cent reduction in the average rates Alberta dentists presently charge for common procedures. For some dentists, however, the fee guide represents a decrease in rates charged that is closer to twenty per cent.

Since the guide is not mandatory, the new fee recommendations may not have any impact on the actual prices that dentists set. Some dentists believe that because of strict safety standards, highly skilled staff, upgraded equipment and the cost of overhead, it is very difficult financially for them to reduce their rates. Nevertheless, based on what has transpired in other provinces, most dentists tend to set rates close to the fee guide recommendations.

Health Minister Sarah Hoffman expressed her displeasure and demanded that the association rework the fee guide to make dental costs more affordable. She also hinted at the possibility of using her power under the Health Professions Act to impose new dental regulations. Meetings in the near future involving the association and the health minister can be anticipated.

EDMONTON—FROM A FORT TO A CITY



Edmonton has evolved over 150 years!

Fort Edmonton in 1867—Charles Horetsky

From 1795 to 1891, five Hudson's Bay Company trading posts, all in central Alberta, were named Fort Edmonton. The last one became Edmonton.

VOLUNTEER OPPORTUNITY

Project Adult Literacy Society (PALS)

The life-changing Project Adult Literacy Society (PALS) provides one-on-one tutoring at no cost to adults who are functionally illiterate and have a desire to improve their literacy skills. Forty per cent of the individuals registered in the program are established immigrants.

Along with a two-hour class once a week, literacy students are expected to complete two hours of homework each week as well as read from thirty to sixty minutes each day. PALS also offers ESL and numeracy classes. Many math students are preparing for entrance into an apprenticeship or job training program that will ultimately result in better employment opportunities. Flexible class times are available during the day, in the evening and on the weekends to accommodate the adult learners' work schedules.

Abecedarians are guided through an established curriculum by tutors who assist when difficulties are encountered, serve as motivators and also encourage them to continue whenever they are disheartened.

PALS urgently requires tutors for the program for the coming year. They attend an hour-and-a-half orientation and a three-hour training session in their preferred program. Tutors are also availed an opportunity to familiarize themselves with the curriculum and the specific materials identified for use with their particular protégé in an extra hour-and-a-half session with the coordinator of the program. PALS supplies all of the resources. Funding is provided by the United Way and the provincial government.

About 150 volunteers work with over 200 adult learners at either the education facility located at 41–9912 106 Street or at a local library. Go online to www.palsedmonton.ca for more information or to download an application form or, if you prefer, phone 780.424.5514 to speak with the program coordinator.

