



# Edmonton Retired Teachers' Association Summer Newsletter

June 2024

www.myerta.org



## INSIDE THIS ISSUE

- 1 Summer Luncheon
- 2 President's Message
- 2 Mark Your Calendar
- 2 Luncheon News
- 2 Board Meeting Summary
- 2 Membership Report
- 3 ERTA Annual General Meeting Minutes
- 4 Wine Tasting
- 4 Mayfield Dinner Theatre
- 5 Second Wind Conference
- 5 ARTA Scholarships
- 6 ARTA Nominations
- 6 Nominees for Board of Directors
- 6 Travel Symposium
- 6 Who Can Join ERTA?
- 7 Ordering a Pizza in 2024
- 7 What is Artificial Intelligence?
- 8 Benefit Every Cell in Your Body
- 8 A Successful Wellness Walk
- 8 Volunteer Opportunity

## SUMMER LUNCHEON

Join us for our summer luncheon at the

### **Chateau Louis**

**11727 Kingsway Avenue**

Date: June 12, 2024

Lunch: 11:45 a.m.

Menu: Roast beef buffet

Cost: \$35.00 (includes GST and gratuity)

Speakers: Darren Tardiff, Manager of Pharmacy Services, and Jennifer Hope, Manager of Marketing and Promotions

Topic: "ARTARx"

Door Prize: Everyone is eligible for a door prize.

### Luncheon Registration Deadline

Please mark the **June 5** deadline for luncheon registration on your calendar. If you have not received a telephone call by 6:00 p.m. that evening and would like to attend the luncheon, contact Pam Roy at **780-473-5598** immediately.

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



## THE BOARD OF DIRECTORS

### **President**

*Ed Butler, 780-461-0261*

### **Past President**

*Joan Harrison, 780-467-3885*

### **Vice-President**

*Lyndi Karbonik, 780-932-7314*

### **Treasurer**

*Bonnie Zack, 780-717-8775*

### **Secretaries**

*Janice Aubry, 780-868-9269*

*Vi Oko, 780-459-8013*

### **Acting Membership Coordinator**

*Cliff Otto, 780-476-9264*

### **Webmaster**

*Ray Roy, 780-473-5598*

### **Directors**

*Lynn Arnold, 780-919-5848*

*Mary Dunnigan, 780-451-0705*

*Joyce Liska, 780-487-3029*

*Lily Ma, 780-438-4032*

*Mike Mort, 780-761-5027*

*Carol Williamson, 780-436-9684*

*Greg Wilson, 780-487-5218*

**PRESIDENT’S MESSAGE**

Another year—our 60th—is almost complete. We have a new round of cherished memories, new events to look forward to and new aspirations.

Retired teachers across the province are indebted to their early counterparts in Edmonton and Calgary who persevered in their commitment to improving the well-being of fellow retirees. Their dedication to this concept led to the establishment of the provincial association over sixty years ago and the services available to today’s membership.

The contributions over the years of those branch members whose vision and service resulted in the evolution and vibrancy of the association are gratefully acknowledged.

I am particularly proud to see the efforts of our members recognized and rewarded both by the Edmonton Retired Teachers' Association (ERTA) in the granting of an honorary life membership to Joan Harrison and Cliff Otto as well as the honour of a life membership being awarded to Vi Oko by the Alberta Retired Teachers' Association (ARTA).

I am also proud of the new retirees who joined the board this past year—Janice Aubry, Lyndi Karbonik, Lily Ma and Greg Wilson. They stepped in and worked alongside those who continued to serve on the board.

The key to our success rests in volunteers like you, who embody the spirit of generosity by saying, “Yes, I can and I will do.”

I am looking forward to the creative leadership of the new board members in the upcoming years.



**MARK YOUR CALENDAR**

Wine Tasting	June 11, 2024
Summer Luncheon	June 12, 2024
Mayfield Dinner Theatre	July 10, 2024
Board of Directors Meeting	August 15, 2024
Wine Tasting	September 5, 2024
Wine Tasting	September 9, 2024
Second Wind Conference	September 12, 2024
Fall Luncheon	September 25, 2024

**LUNCHEON NEWS**

Despite inflationary pressures, the Chateau Louis Conference Centre is not increasing the per plate price for our group for the 2024 summer, fall and Christmas luncheons. Fees will remain at \$35.00 per person.

Sadly, perogies will not be on the menu this time as that item significantly increases the cost.

**BOARD MEETING SUMMARY**

The following decisions were made and information shared at the ERTA board meeting held at Central Lions Seniors Recreation Centre on Wednesday, May 8, 2024:

- The presentation of a \$200.00 gift card to the auditor upon completion of the audit of ERTA’s financial records was authorized.
- Tickets have been reserved for the upcoming theatre season at the Mayfield Dinner Theatre (see Mayfield Dinner Theatre).
- Additional wine tasting opportunities have been scheduled (see Wine Tasting).
- Session topics and speakers have been confirmed for the 2024 Second Wind Conference (see Second Wind Conference).
- A deserving ERTA member will be granted an honorary life membership on September 25.

**LIVING AN INTENTIONAL LIFE**

*Throughout your life may you use  
 Your eyes to see the beauty of the world;  
 Your hands to help others;  
 Your mouth to speak kindness;  
 Your mind to do good;  
 Your heart to spread love;  
 Your life to make a positive difference  
 In the lives of others and the world.*



**MEMBERSHIP REPORT**

Current total membership .....	451
<i>Regular</i> .....	374
<i>Complimentary</i> .....	52
<i>Honorary life</i> .....	7
<i>Nonagenarian life</i> .....	18
Newsletter Distribution	
<i>Canada Post</i> .....	119
<i>Email</i> .....	329
<i>Not receiving by request</i> .....	3

Cliff Otto

## **ERTA ANNUAL GENERAL MEETING MINUTES**

The 2023 ERTA annual general meeting was held on June 7 in the Grand Ballroom of the Chateau Louis Conference Centre.

### **1. Call to Order**

Ed Butler, ERTA President, called the meeting to order at 1:24 p.m.

### **2. Approval of Agenda**

Moved by Nadine Lung, seconded by Mike Mort, *that the agenda be approved as presented.* CARRIED.

### **3. Approval of Minutes of the 2022 Annual General Meeting**

Moved by Ray Roy, seconded by Sheila MacKay, *that the 2022 annual general meeting minutes be accepted as printed in the June 2023 newsletter.* CARRIED.

### **4. First Call for Nominations**

Joan Harrison, Nominating Committee Chair, read out the fourteen names on the slate of nominees. There were no nominees for the membership coordinator position. No response was received to the first call for nominations from the floor.

### **5. President's Report**

Ed Butler reported that the 2022–2023 year was a turning point as ERTA members began participating, sometimes hesitantly, in branch activities again. ARTA continued to provide a number of grants to the eighteen branches. Two ERTA members—Sheila MacKay and Vi Oko—serve on ARTA committees. Four lunches and a successful Second Wind Conference were held. The Program Committee hosted an e-bike and a resistance band session along with two dinner theatre outings. Members were kept informed by postings on the website and through quarterly newsletters. ERTA's 60th anniversary, a significant milestone for the organization, will be celebrated in September, at which time two honorary life memberships will be awarded.

### **6. Membership Report**

Cliff Otto, Membership Coordinator, stated that ERTA has 372 regular, eighty-two complimentary, five honorary life and nineteen life members. Newsletters were emailed to 344 of the 478 members and mailed to the remain-

ing 132. A total of 131 memberships are due for renewal at the end of June (forty-nine regular and eighty-two complimentary).

### **7. Second Call for Nominations**

Joan asked for nominations from the floor for the individual board positions a second time. None were forthcoming.

### **8. Treasurer's Report**

Bonnie Zack, ERTA Treasurer, indicated that copies of the audited financial statement were available on each table. Income for the past year was \$33,187.91, expenditures amounted to \$25,265.14, leaving a year-end balance of \$7,922.77. Assets in the form of prepaid membership dues total \$7,932.00. Currently there is \$35,476.68 in the branch account. Moved by Bonnie Zack, seconded by Cliff Otto, *that the 2022–2023 audited financial statement be adopted as distributed.* CARRIED.

### **9. Appointment of Auditor**

Moved by Ray Roy, seconded by Mike Mort, *that Brian Jordan be appointed auditor for the 2023–2024 fiscal year.* CARRIED.

### **10. Election of ERTA Board of Directors**

Following the third call for nominations from the floor, the proposed slate of nominees was declared elected by acclamation: President—Ed Butler, Vice-President—Lyndi Karbonik, Secretaries (2)—Janice Aubry and Vi Oko, Treasurer—Bonnie Zack, Membership Coordinator—vacant, Directors—Lynn Arnold, Mary Dunnigan, Joyce Liska, Mike Mort, Cliff Otto, Ray Roy, Carol Williamson and Greg Wilson.

### **11. Appreciation of Retiring Board Members**

Ed Butler acknowledged the service of those members leaving the board—Veronica Hellweg (ten years), Nadine Lung (seven years) and Sheila MacKay (nine years) as well as Cliff Otto who is stepping down from his executive position but will remain on the board as a director. The new members were warmly welcomed to the ERTA Board of Directors.

### **12. Adjournment**

The meeting was adjourned at 1:44 p.m.

The **ARTA Annual Golf Tournament**, scheduled for Monday, July 8, is **sold out**.

**WINES TASTING**



Comments from attendees at the first wine tasting event were very positive and most signed up for the second event on June 11. Look for the details in the March newsletter.

Several more events are planned starting with one on September 5, which features the wines of Argentina, followed by a repeat of that session on September 9.

Each event runs from 6:30 p.m. to 8:00 p.m. at the MacTaggart Ridge Wine and Beyond store at 5962 Mullen Way. Participants will gather in their impressive tasting room for a delightful evening led by Thomas Coburger who is very knowledgeable about wine. Each person will receive six samples of wine as well as an appetizing charcuterie and cheese plate created by the Italian Centre Shop South.

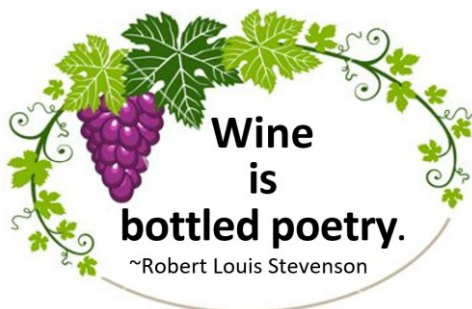
**Price:** The fee for members is \$34.65 and \$39.90 for non-members. The price includes GST.

**Registration:** Those members who receive the newsletter online, click on this [link](#) to fill out and submit the registration form. Members who receive their newsletter by post or anyone who requires assistance can contact Lyndi Karbonik by emailing her at lckarbonik@gmail.com. or by phoning her at 780-932-7314.

**Payment:** Staff at the store will collect the fee upon arrival. Debit or credit cards and cash will be accepted.

Space for both events is limited, so register early.

Unfortunately, neither allergies nor preferences can be accommodated at these events.



**MAYFIELD DINNER THEATRE**

*On Golden Pond* is the last show of this dinner theatre season. This relatable comedy is based on the routine life of a retired couple experiencing turbulent family relationships. Family dynamics are thrown into disarray when the teenage son of their daughter's fiancé is thrust upon them while the younger couple travel to Europe.

Join family members and friends for the brunch presentation at the Mayfield Dinner Theatre on Wednesday, July 10, 2024. Telephone Vi Oko at 780-459-8013 with your seating request before sending her a cheque for \$72.98 for Section C seating, made payable to the Edmonton Retired Teachers' Association, at 20 Glenhaven Crescent, St. Albert, Alberta T8N 1A5.

The Mayfield is featuring another incredible line-up of shows for next year's theatrical season with only a small increase in ticket pricing.

The season begins with the *Musicians Gone Wild* series but this time in Nashville. Listen to the music of the likes of Johnny Cash, Willie Nelson, Shania Twain and Dolly Parton on Wednesday, October 23. For seats in Section C, tickets are \$87.26 and \$96.18 for booths in Section B. Seating in other sections will cost more.



The Mayfield Dinner Theatre will celebrate its 50th anniversary throughout an elongated Christmas season with *Flashback Fever*. On Wednesday, November 20, reminisce about past productions as memorable moments over the last fifty years are recalled.

Seats for *The Full Monty* have been booked for Wednesday, March 26, 2025. The focus of this hilarious comedy is on a group of jealous, unemployed steelworkers from Buffalo who spy on their wives while they are on a 'girls' night out.'

Tickets have been reserved for the April 30, 2025, brunch production of *Jersey Boys*, the behind-the-scenes story of Frankie Vallie and the Four Seasons.

Round out the stage season in July with *Shirley Valentine*, a hilarious comedy involving a bored housewife who accompanies a friend on an impromptu trip to Greece, only to be abandoned when they arrive.

**LIFE IS TOO SHORT**

*Grudges are a waste of happiness.  
Laugh when you can, apologize when you should, and let go of what you cannot change.  
Love deeply and forgive quickly.  
Life is too short to be unhappy.*

**SECOND WIND CONFERENCE**   
*Shifting Gears*

Switch gears in your retirement years and treat yourself to a day of revitalization at the Second Wind Conference to be held at the Chateau Louis Conference Centre on Thursday, **September 12**. After the comedy of Ken Valgardson cranks up your spirit, choose three sessions from the selection offered by eighteen engaging speakers, some of which are listed below:

- Learn how to craft a memorable memoir;
- Acquire strategies to live from a place of hope;
- Find out what is new in the world of mobile devices and how to stay safe;
- Get tips on maintaining good foot health;
- Develop an understanding of trans youth and learn how to connect with them;
- Gain insights on how to get the most out of your travels by using innovative tools and having a plan in place to ensure that your choices align with your wishes;
- Try out tai chi or learn some exercises that will improve your balance and strength;
- Look to the skies and hear of new discoveries about what’s out there; and
- Update your knowledge about women’s heart health.

Visit [secondwindconference.ca](http://secondwindconference.ca) for a complete list of speakers and topic descriptions.

Enjoy the refreshment breaks and a scrumptious buffet brunch while connecting with friends and former colleagues. Visit the displays hosted by senior-focussed businesses and local artisans, then cap off your day with the draw for numerous prizes at the ‘wine down.’

All of these features are available for a low **early bird fee of \$95 by registering before July 31**. Registration is limited so mark the date and invite a friend to the informative and uplifting health and wellness conference for retirees.

Remember the jigsaw puzzle bring-and-swap.

**ARTA SCHOLARSHIPS**

ARTA and Orbit Insurance Services, the home and automobile insurance partner, sponsor eight scholarships worth \$5,000 each for direct relatives (children and grandchildren, along with first- and second-generation nieces and nephews) of ARTA members who have completed at least one full year (thirty hours) of study in an undergraduate degree or a two-year certificate/diploma program at an accredited post-secondary institution.

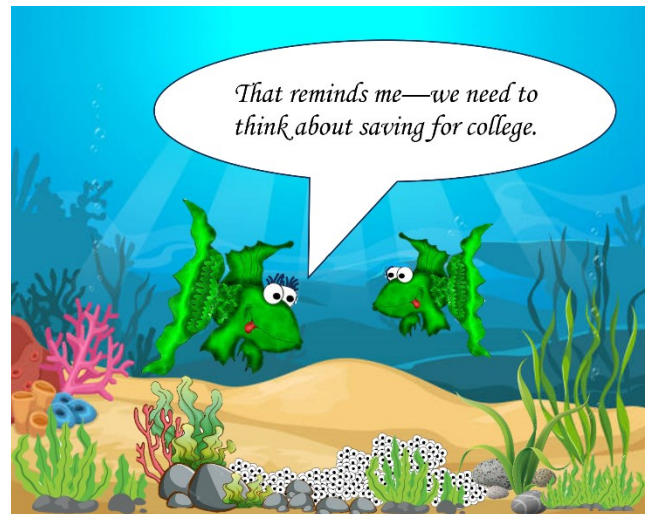
In addition to academic achievement (a transcript signed by the registrar is required), community involvement, and volunteer service, as well as personal accomplishments, future goals and two letters of reference describing the applicant’s skills and personal characteristics are taken into consideration when scholarship recipients are selected.

The ARTA 101 Scholarships are a separate category of scholarships sponsored by ARTA. Active teachers who are also ARTA 101 members (memberships are free) and enrolled in a post-graduate program are eligible for an ARTA 101 Scholarship valued at \$2,500. A second \$2,500 ARTA 101 Scholarship is available for direct relatives of ARTA 101 members. The above criteria are applicable to these applicants as well.



All scholarship applications must be signed by the sponsoring ARTA member. Previous scholarship recipients are not eligible to apply.

The deadline for submission is July 31, 2024. Go to [arta.net/scholarship](http://arta.net/scholarship) for more information or to apply.



**ARTA NOMINATIONS**

Every October, elections are held at the ARTA annual general meeting (AGM) for three officer positions and the vacated positions on the six standing committees—Communications, Governance, Health Benefits, Pension and Financial Wellness, Strategic Planning and Advocacy, and Wellness.

Executive officer positions are one-year terms while committee members serve for four years except for Health Benefits Committee members who are elected to a five-year term.

Direction as well as oversight of the operation of the association are provided by the executive members. Committees have specific roles and responsibilities within the organization.

Prospective candidates will be able to access an information package from the ERTA president in early August. Nominations must be submitted to the ARTA office by September 12, 2024, to ensure inclusion in the AGM delegate package.

Branch members are urged to contemplate joining their colleagues from across the province to provide forward-thinking leadership of the provincial association.



*The most important thing in life is giving back.*  
~Michael R. Bloomberg

**NOMINEES FOR BOARD OF DIRECTORS**

The ERTA AGM, scheduled for Wednesday, June 12 at the Chateau Louis Conference Centre in conjunction with the summer luncheon, affords branch members a chance to serve their colleagues by standing for election to the Board of Directors. A slate of fourteen candidates will be presented for election to the position of president, vice-president, secretary (2), membership coordinator, treasurer and director.



Phone Joan Harrison at 780-467-3885 or email her at [cornerstone@telus.net](mailto:cornerstone@telus.net) before 6:00 p.m. on June 10 to nominate someone for a position on the board. Nominations can also be made from the floor at the meeting during the Call for Nominations. All candidates must be ERTA members and must attend in person or have consented in writing to stand for election.

**TRAVEL SYMPOSIUM**

Planning is underway for a travel symposium to be held on October 7, 2024, from 1:00 to 4:00 p.m. in the Otter Room at the Storyland Valley Zoo.

The symposium will feature six speakers talking about a few different types of travel experiences. Each session will be about thirty minutes long, including time to have your questions answered.



One of the presenters will be Gary Sawatsky, Chief Operating Officer for the Alberta Retired Teachers' Association and an expert on group benefits. He will inform participants about the travel insurance offered by ARTA and how to use this service.

There will also be some displays where you can get more information on travel possibilities and even express an interest in specific trips which might be planned. Although there is no charge to attend this symposium, you are asked to register your intent to attend so appropriate preparations can be made. A survey earlier this year indicated a very high level of interest in the organization of a travel group.

If you receive your newsletter online, registration can be done by clicking on this [link](#) and following the instructions on the form. Otherwise, a sign-up sheet will be available at the June luncheon, or you can phone Ed Butler at 780-461-0261 or call Greg Wilson at 780-487-5218.

**WHO CAN JOIN ERTA?**

Membership in ERTA is open not only to several categories of retired teachers, but to many retired instructors of Alberta educational institutions and retired employees (support staff) of school boards, universities, colleges and technical institutions who have contributed to an Alberta government pension plan. Spouses of deceased members are eligible to join as non-voting members.

Go online to the ERTA website at [myerta.org](http://myerta.org) to read about joining.



Your first year of membership is free.

**ORDERING A PIZZA IN 2024**

Dr. Phil McRae spoke at the spring luncheon about artificial intelligence (AI). He described what it is, what it can do now and what it will be capable of in the future. It is a powerful technology currently in its infancy. It can be used to do incredible good but, in evil hands, can do profound damage. Because so much of our personal information is already on the internet and potentially obtainable by AI, the following conversation of unknown origin—intended to be funny—is all too plausible.



Caller	Is this Pizza Hut?
Google	No sir, it's Google Pizza.
Caller	I must have dialed the wrong number, sorry.
Google	No sir, Google bought Pizza Hut last month.
Caller	Okay. I would like to order a pizza.
Google	Do you want your usual, sir?
Caller	My usual? You know me?
Google	According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.
Caller	Super! That's what I'll have.
Google	May I suggest that this time you order a pizza with ricotta, arugula, olives and sun-dried tomatoes on a whole wheat gluten-free thin crust?
Caller	What? I don't want a vegetarian pizza!
Google	Your cholesterol is not good, sir.
Caller	How the (beep) do you know that?
Google	Well, we cross-referenced your home telephone number with your medical records. We have the result of your blood tests for the last seven years.

Caller	Okay, but I do not want your rotten vegetarian pizza! I already take medication for my cholesterol.
Google	Excuse me sir, but you have not taken your medication regularly. According to our database, you purchased only a box of 30 cholesterol tablets once at Lloyds Pharmacy, four months ago.
Caller	I bought more from another pharmacy.
Google	That does not show up on your credit card statement.
Caller	I paid in cash.
Google	But you did not withdraw enough cash according to your bank statement.
Caller	I have other sources of cash.
Google	That does not show on your latest tax returns, unless you bought them using an undeclared income source, which is against the law!
Caller	What the heck!!
Google	I am sorry sir. We use such information only with the sole intention of helping you.
Caller	Enough already! I am sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I am going to go to an island without the internet or TV and where there is no phone service and no one to watch me or spy on me.
Google	I understand sir, but you need to renew your passport first since it expired six weeks ago...

**WHAT IS ARTIFICIAL INTELLIGENCE?**

Artificial intelligence is a fast-evolving technology that allows computers and machines to simulate human intelligence and problem-solving abilities. It enables computers to identify people and objects in pictures and to understand language. Theoretically, the technology will evolve to the *super AI* level that not only has the ability to think, reason and learn, but will also possess cognitive abilities that surpass those of human beings. Even though it presents a vast array of positive, exciting applications in multiple fields, it also raises concerns regarding ethics, privacy and employment.

## **BENEFIT EVERY CELL IN YOUR BODY**

Some people love it—exercise that is. They are people who, for years, have made physical activity a part of their daily life and are motivated by the 'high' they get. They even declare it to be addictive. Others are inspired by the prospect of weight loss and view exertion as a necessary, but disagreeable chore. They start with gusto, are left breathless and sweaty, discover that after two weeks the scale has not moved one iota, get dispirited and quit. Maybe next year!

The benefits of exercise have been researched extensively. Glenn Gaesser, a professor of exercise physiology at the College of Health Solutions at Arizona State University in Phoenix, stresses



that regular exercise offers many benefits well beyond burning calories. Exercise has a positive effect on pretty much every cell in your body—heart, bones, brain, muscles and all other organs. **Fitness seems to provide better prospects for longevity than just trying to lose weight.** Sharper thinking, less depression, reduced anxiety, better sleep, stronger bones and muscles, and easier weight management, along with a lower risk of diabetes, heart disease, stroke, and cancers of the breast, colon and other organs have been observed in people who embark on a regimen of even moderate activity.

Lack of time or limited abilities are roadblocks for commitment to a long-term exercise routine but, if one understands that exercise is **any movement that increases the heart rate** beyond resting levels, then it is not difficult to incorporate a lot of additional activity into one's day. Replace some car journeys with walking, park at a distance from your destination and walk the rest of the way, use the stairs rather than lifts, or partake in light or vigorous exercises during television commercials.

Make activity fun. Invite a friend to take a fitness class with you, join you on a brisk walk or go swimming. Take yoga, tai chi or Pilates. Play spirited music while cleaning house energetically. (Stop rolling your eyes.) Gradually increase your activity level. Even light exercise provides a huge range of benefits for the body and mind.

*Get moving. You will be the better for it.*

## **A SUCCESSFUL WELLNESS WALK**

The ARTA Wellness Walk, held on April 25, was a great success. Over sixty members participated in the walk and each received a commemorative Heart and Sole T-shirt. The ERTA walk started at the Muttart Conservatory where parking is at a premium but, thanks to the Edmonton Ski Club who opened up their parking lot for our use, all cars were accommodated. Their kindness is very much appreciated.



## **VOLUNTEER OPPORTUNITY**



The Zebra Child & Youth Advocacy Centre is our community's response to child abuse. When danger appears, zebras form a protective circle around their young. Our multi-disciplinary team at the Zebra Centre works the same way, providing supports to children, youth, and families as they navigate the investigative and judicial systems and move towards healing.

The Zebra Centre is powered by people. Educators have been involved since the Zebra Centre opened in 2002. We are now seeking volunteers with a passion for helping children and who are available during the day to attend court proceedings. As a Court Accompaniment volunteer, you will foster safety and strength for kids when they attend court proceedings. You can make a real difference in the lives of children and youth who have experienced abuse.

*"I have been an active Zebra volunteer for the last several years. I have found the role of volunteer Court Accompaniment Advocate to be extremely humbling and fulfilling—you put your world aside to serve as a support for a child, youth, or family who is navigating the Alberta Justice system. It is wonderful to see that there are great people for these children and youth to turn to when they may have no one to support them. A person is a person, no matter how small. I am here to ensure their small voices are heard and they are seen."*

Visit [zebracentre.ca/volunteering](https://zebracentre.ca/volunteering) to learn more or reach out to us at [volunteer@zebracentre.ca](mailto:volunteer@zebracentre.ca).

~Cassandra, Volunteer