

SPRING Newsletter



MARCH 2025

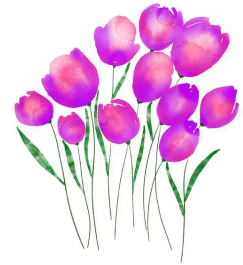
www.myerta.org

Welcome to the revamped ERTA Newsletter! We're thrilled to unveil this exciting new look, designed to make our news and information more accessible and engaging for you. This issue includes digital links, providing easy access to in-depth information and resources on the topics you're most interested in exploring. The recent postal strike highlighted the importance of digital access for our members, and coupled with the increasing costs of production and mailing, we're actively exploring more efficient and cost-effective delivery methods. Stay tuned for further updates as we continue to improve and enhance your access to the latest ERTA news and insights!

Spring Luncheon

Join us for our spring luncheon at the **Chateau Louis**, 11727 Kingsway Avenue

Date: March 19, 2025
Lunch: 11:45 a.m.
Menu: Roast Pork Buffet
Cost: \$35.00 (includes GST and gratuity)
Speaker: Mike Salme - Mike Salme is a physiotherapist and owner of Movenetics Physiotherapy, and a regular guest on CBC Edmonton AM radio show.
Topic: "The Importance of Movement for Seniors"
Door Prize: Everyone is eligible for a door prize.



Luncheon Registration Deadline: **March 12, 2025**

Please mark the 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.

President's Message

We live in challenging times, and it is easy to feel discouraged when we listen to the news and hear some of the changes going on around us. However, when I look at the people around me, I see hope for a brighter future. We are receiving more and more ideas for new program initiatives. Our program committee is reviewing ideas and some of them are being put in place while others are close to becoming a reality. Members are not only proposing new programs, but they are putting in the time to organize these events.

We are also now very close to being able to release our new Mission, Vision and Value statements. Work is beginning with our communication plan and budget plans, all of which I hope to see before

the new year. Keep your eyes open to future editions of this newsletter and/or to postings on our website for full details as they become available. If you would like to join our board -please email me at presidenterta@gmail.com and I will forward your information to our nominating chair.

One other note I feel important to raise at this time is to ask you to keep your colleagues who are still working in your thoughts. Even though COVID is not the issue it once was, other events have again put our school leaders and staff in tremendously stressful situations. If you are in touch with any of these colleagues, please let them know they are in our thoughts and we have a great deal of respect for their professionalism and their perseverance in these very challenging times.

Membership Report

Happy New Year! We are excited to now offer E-transfers for membership dues. New members can access this option by completing ERTA's new online registration form and choosing the e-transfer payment option. Existing members with renewal dates in 2025 also enjoy access to the e-transfer option. Details will be forwarded to you via email or post in the coming weeks.

Help us to keep ERTA growing by telling your friends about our organization! Invite them to an event or one of our luncheons. You may also wish to share the access information to our online registration form.

ERTA Membership Form QR Code

Scan this QR code with your smartphone, tablet or digital camera. This will take you to the ERTA registration form. Follow the instructions on the form to complete your registration.



If you prefer, click on this link [Membership Application](#) to access the application.

To assist you with your membership questions, or to help guide you through the registration process, contact membershiperta@gmail.com

Board Meeting Summary

Two highlights from the ERTA Board of Directors meeting, held at Barnett House on February 13, were as follows:

ERTA's new Mission and Vision statements were approved:

Mission Statement

Our mission is to be an engaging, vibrant and supportive community of retired educators that provides opportunities for connections, wellness, learning, advocacy and volunteerism.

Vision Statement

To be a thriving and valued community of retired educators, enriching lives through meaningful connections, lifelong learning, healthy lifestyles, and active engagement with our community.

The Board supported expanded programming for 2025-2026, including new learning opportunities and new social events. (Note: Watch for upcoming announcements!)

At the February Board of Directors Meeting it was moved and carried "that the ERTA Board of Directors recommends, to the Annual General Meeting, the addition of a new choice for membership purchases or renewals. This choice would be a ten year membership for \$110"

This addition would not change any of the existing choices.

Since this requires a change to existing bylaws, the item will be added to the agenda for a vote at our Annual General Meeting following the luncheon on June 11th at the Chateau Louis. Questions may be asked at that time, prior to the vote.

Awards

HONORARY LIFE MEMBERSHIP

The honorary life membership award is intended to formally recognize ERTA members who have made a significant contribution to the association.

The ERTA bylaws state that three criteria must be met for a nominee to qualify for this award:

1. Candidates must be a current member of ERTA,
2. They must have been a member of the branch for at least five (5) years and
3. They must have made a significant contribution to the association.

Any ERTA member may nominate an individual for this award by hard copy or electronically using the nomination form on the myerta.org website.

Email the form to Mary Dunnigan at mary.dunnigan@gmail.com or Ray Roy at rayroy@shaw.ca with the subject line *ERTA Honorary Life Membership Award*. If preferred, send a printed copy to Mary at 10403 135 Street NW, Edmonton, Alberta T5N 2C5 or Ray at 9926 176 Avenue NW, Edmonton, Alberta T5X 5W2

Submissions must be received by 6:00 p.m. on April 30. Any awards will be made at the September luncheon.

ARTA VOLUNTEER AWARD

The ARTA Volunteer Award recognizes the outstanding volunteer contributions made by retired teachers within their respective communities and beyond.

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

Submit your nomination to either Mary Dunnigan or Ray Roy (see Honorary Life Membership submission information above).

Mark Your Calendar

Jan 21	- Wine Tasting (California)
Jan 27	- Wine Tasting (California)
Feb 13	- Board of Directors Meeting
Feb 27 & 28	- Greater Edmonton Teachers' Convention
Mar 19	- Spring Luncheon
Mar 19	- Wine Tasting (Portugal)
Mar 26	- Mayfield Dinner Theatre <i>The Full Monty</i>
Mar 27	- Wine Tasting (Portugal)
Apr 30	- Mayfield Dinner Theatre <i>Jersey Boys</i>
May 8	- Board of Directors Meeting
May 22	- Wine Tasting (Canada)
May 26	- Wine Tasting (Canada)
July 17	- Wine Tasting
July 22	- Wine Tasting

Mayfield Dinner Theatre



The next Mayfield Dinner Theatre event is scheduled for Wednesday, March 26, 2025. Tickets for the brunch presentation of the musical comedy **The Full Monty** are \$87.26 for booth seating in Section C and \$96.18 for Section B seats. The stage version of *The Full Monty* is based on the film of the same name.

After spying on their wives at a “girls’ night out,” a group of jealous unemployed steelworkers from Buffalo contrive a plan to make some fast money. Their antics, which involve some instances of implied nudity, are hilarious and guaranteed to have the audience laughing right up to the end.

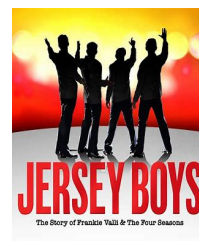
For reservations, phone Vi Oko at 780-459-8013 prior to sending her a cheque, made payable to the Edmonton Retired Teachers’ Association, to 20 Glenhaven Crescent, St. Albert, Alberta T8N 1A5. Seating will be assigned on a first-come, first-served basis.

Seats are available for the brunch performance of **Jersey Boys** on Wednesday, April 30 at the Mayfield Dinner Theatre.

This theatrical production takes the audience inside the story of how four blue-collar, young men from New Jersey evolved into the very successful pop-music group, Frankie Valli and The Four Seasons, on stage along with their ongoing tribulations off stage. Many of the legendary hits of this award-winning quartet will be featured. Dinner theatre attendees are being advised that the show contains some mature themes and strong language.

Reserved seats in Section C cost \$87.26 for this rags-to-riches musical while tickets in Section B are \$96.18 each.

Contact Vi Oko at 780-459-8013 before sending a cheque, made payable to the Edmonton Retired Teachers Association, to 20 Glenhaven Crescent, St. Albert, Alberta T8N 1A5.



Wine and Beer Tasting Events

Our wine tasting events have become very popular! Bring your friends, meet with former colleagues and learn about the marvelous wines of countries around the world! Thomas Coburger from Wine and Beyond will lead fun-filled evenings of wine tasting, set in the beautiful MacTaggart Ridge tasting room. Each wine participant will receive six wine samples and a small charcuterie and cheese plate from the Italian Centre Shop South, as well as a wealth of knowledge. Registration for these events is now open but register early as space is limited!

Dates: Please note that if two dates are given for an event, the second one for each set is a repeat of the first session and will be used if registration permits.

- March 19 and 27: Wines of Portugal
- May 22 and 26: Wines of Canada
- July 17 and 22:

Note: Additional dates for 2025-2026 will be posted in the next ERTA Newsletter



Location: [MacTaggart Ridge Wine and Beyond](#) at 5962 Mullen Way in Edmonton

Cost: ERTA members \$34.65; non-members \$39.90 (both including GST).

Time: The tasting room doors open at 6:00 p.m. for registration and social time. The presentation and tasting of wines will occur from 6:30 p.m. to 8:00 p.m.

Food: Please note, food allergies or preferences cannot be accommodated at these events.

Payment: The registration fee will be collected by staff at the store upon arrival. Debit cards, credit cards and cash will be accepted.

Registration: Please use this link [Wine Tasting Registration](#) or email vpresidenterta@gmail.com, to receive an email containing the link to register for these events. Registration will close one week prior to each date listed and confirmations will be sent to all participants.

Citadel Theatre

ERTA members can take advantage of special group pricing for a Mainstage 6 season ticket package at the Citadel Theatre!

- When a minimum of 10 people commit to this opportunity, we can take advantage of group pricing which is \$430. (10% off the A-level ticket package).
- The season ticket includes the 6-mainstage shows: Life of Pi, Vinyl Café: The Musical, Death of a Salesman, The Wizard of Oz, Casey & Diana, and Cyrano De Bergerac.
- Season ticket holders get free date exchanges, provided that you make the exchange at least 24 hours prior to your scheduled performance. **Please Note:** We can not exchange tickets from one show into another show. All exchanges must be made within the same show.

Please email Gail at director1erta@gmail.com by March 23, 2025 if you would like to take advantage of this opportunity.

Chinatown Walking Tour and (Optional) Dim Sum Luncheon

Do you know when the first Chinese person arrived in Edmonton and what business he operated? Did you know there is a heritage Chinatown and a north Chinatown in Edmonton? Have you heard what happened to the Harbin Gate that once stood on Harbin Road? Join us for a guided walking tour of Edmonton Chinatown's vibrant contemporary and historical places, learn about key moments in our Chinatown history and have fun exploring fascinating cultural elements. Wai-Ling Lennon, retired Chinese Bilingual Program teacher leader and current Intercultural Consultant with Edmonton Public Schools, will lead our group on a fascinating walk-through Edmonton's Chinatown. After the walk, participants who have pre-registered for the (optional) Dim Sum lunch will continue the experience in the Dynasty Century Palace Restaurant. There will be a maximum of 15 participants for each walking tour and a pre-ordered set menu for the dim sum experience.

Times: Each guided walking tour lasts approximately 90 minutes.

- Tour 1 - Wednesday June 4, 10:00-11:30 am (optional lunch 11:30 am - 1:00 pm)
- Tour 2 - Thursday June 19, 10:00-11:30 am (optional lunch 11:30 am - 1:00 pm)

Location: Participants are asked to meet at 9:45 am in front of the [Edmonton Arts Council Shop and Services](#) at 9930-102 Avenue NW. The guided walking tour will end at approximately 11:30 am in front of the Dynasty Century Palace Restaurant (9700-105 Avenue NW).

Cost:

- Chinatown guided walking tour only: ERTA members \$5; Non-members \$10
- Chinatown walking tour and dim sum luncheon: ERTA members \$25; Non-members \$30

Payment: Cash or cheques for the total registration amount will be collected just prior to the beginning of the walking tours.

Registration: Please use this link [Chinatown Tours Registration](#) or email secretary1erta@gmail.com (to receive an email containing the link) to register for these events. Registration will close one week prior to each date listed and confirmations will be sent to all participants.

Second Wind Conference

September 11, 2025



REWARD YOURSELF: spend a fabulous day at the 12th **Second Wind Health & Wellness** Conference for retirees at the Chateau Louis Conference Centre.



- Pick up a **Swag Bag**, enjoy a coffee & muffin at our “**Hava Java**” meet-and-greet and begin your wellness experience with an uplifting keynote address.
- Choose from a variety of engaging and informative **speakers** intent on improving your mental, physical and spiritual wellness.
- Enjoy a scrumptious **buffet lunch** — including perogies!
- Grab a coffee during breaks and visit a host of **exhibitors** offering senior-oriented services as well as local artisans displaying their crafts.
- Win fabulous door prizes and share highlights from your day during our **Wine Down**.
Mark your calendar, bring a friend and join the FUN at Second Wind!



Early bird registration **STILL** only \$95

Visit secondwindconference.ca in April to learn more about the Second Wind Conference.

Volunteer Opportunities

Edmonton Public School Foundation Wrap and Roll Event

For the first time, ERTA became involved in providing its members with the opportunity to volunteer at the Edmonton Public Schools Foundation annual Wrap and Roll event, held at Kingsway Mall in December 2024. ERTA volunteers had a great time wrapping gifts alongside EPSB students to raise funds for the [Edmonton Public Schools Foundation](https://www.edmontonpublicschools.ca/foundation), whose mission is to raise awareness and funds to level the playing field for children who come to the classroom at a disadvantage. Watch in the Fall for more opportunities to join in this fun and rewarding annual event! Volunteer gift wrappers as well as lead event coordinators will be sought.



The Edmonton Public Schools Foundation is also seeking volunteers to become involved in event support. This could include tending an information booth at conferences, assisting to set up or support special fundraising events, or providing other volunteer support as the needs arise. For further information about providing volunteer assistance to the Edmonton Public Schools Foundation, please contact Catherine Bay (Acting Director, Edmonton Public Schools Foundation) at 780-970-5238 or at catherine.bay@epsb.ca.

Mentor with Big Brothers Big Sisters of Edmonton & Area

BGC Big Brothers Big Sisters of Edmonton & Area (BGCBigS) invites retired educators to share their wisdom, guidance, and care as volunteer mentors. Your experience and compassion could be the key to helping a young person thrive!

Two Rewarding Ways to Get Involved:

☀ [Mentoring for Youth & Young Adults from Care \(MYAC\)](https://www.bigsisters.org/YYAC): Support young adults (ages 16 to

24) who've had current or past involvement with Children Services (ie. living in foster homes or group care) or are transitioning out of care and living independently.

☀️ In School Mentoring:

Use your expertise to help students in Grades 1 to 9 build confidence, stay engaged, and reach their potential.

What's Involved?

- *MYAAC program:* Meet your mentee in the evenings or weekends at places like libraries, coffee shops, or community events. Commit to 1 hour per week or bi-weekly for 1+ hours.
- *In School Mentoring:* Spend 1 hour during the school day, once a week, building a connection with a student.

Ready to Get Started?

Email Danielle Newman, Volunteer Recruitment Specialist, at Danielle.Newman@bgcbigs.ca to learn more or apply today!

ARTA Photo Contest 2025

Want to share how you view the world through a lens? ARTA is now accepting submissions for their annual photo contest, and this year's categories are Travel, Nature, Reflections, and Heroes. All ARTA members are eligible to enter in either of two entry divisions—novice or master. Entries must be received no later than 4 pm, May 31, 2025. Winners will be featured in the Autumn 2025 edition of *news & views* magazine.

Go to arta.net/photo-contest to find detailed information about the contest rules, submission process and to obtain an entry form.



ARTA Wellness Walk 2025

Reserve the date of Thursday, June 5th, as another great opportunity to get active and meet like minded walkers by participating in the ARTA Heart and Sole Wellness Walk! This day was selected to coincide with Alberta's Seniors' Week celebrations during the first week of June. All participants are encouraged to bring a donation to the Food Bank.

Details of the walk, including the exact route, time, and the registration process can be found in future editions of ARTAfacts that you receive by email.



Community Gardens: More than Fresh Produce



Are you aware that there are more than 80 community gardens in Edmonton? That the University of Alberta, Strathcona County and many more Alberta communities have embraced the idea of these gardens? Community gardens are not just about producing fresh produce, they are an opportunity to build "community" with like minded people. To laugh and learn, create friendships, increase gardening knowledge, taste new foods, support food banks and engage in some "functional" fitness.

My husband and I joined our community garden in the spring of 2023 and have now had two growing seasons with the group. We have a community league membership and pay \$30 to rent a small raised bed. This provides enough vegetables for us (as well as some for friends and family) for the summer and into the Fall. We've

experimented with growing corn, snowpeas, carrots, onions, beans, beets, radishes and zucchini. We plant in May and can begin harvesting from June through September. We also have free access to the fruit trees and berry bushes that are a part of the garden. I have harvested cherries, haskaps and raspberries to make jam. Of course there are responsibilities that come with joining the group. There is a spring and fall workbee, and throughout the growing season you care for your garden along with an assigned orchard/berry area. Becoming a part of my local garden led me to volunteer with Sustainable Food Edmonton as part of the community garden grant committee. I encourage you to investigate the community gardens in your area. They are good for the planet and they are good for YOU!



Below are some links that you might find helpful if you want to become involved with community gardens. (ERTA member Simone Shirvell)

[Edmonton Community Gardens](#)
[Sustainable Food Edmonton](#)
[Alberta Community Gardens Handbook](#)
[Community Gardens - Strathcona County](#)
[Sustainability Council - University of Alberta](#)

Highlights from the Christmas 2024 Luncheon

The ladies' barbershop quartet, *Chance*, was enjoyed by all at the Christmas luncheon held on December 4, 2024.

Attendees at the 2024 Christmas luncheon generously donated \$465.00 to Santa's Anonymous. Santa's Anonymous also received a corporate donation matching the donated amount. Thank you for making Christmas better for children!



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