

SUMMER Newsletter



JUNE 2025

www.myerta.org

Summer Luncheon

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

Date: June 11, 2025
Lunch: 11:45 a.m.
Menu: Roast Beef Buffet
Cost: \$35.00 (includes GST and gratuity)
Speaker: Steve Hogle is the General Manager of the Edmonton Riverhawks.
Topic: Double Header: "Party in the Park! How the Riverhawks Made People Flock to the Nest."
Door Prize: Everyone is eligible for a door prize.



Luncheon Registration Deadline: **June 4, 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

I want to thank you for trusting me with the leadership of our Branch for the past three years. I can think of no greater honor than being given the opportunity to lead our team. Together we have had many good times and overcome many challenges. We have welcomed enthusiastic new retirees and introduced several new program initiatives. In addition to our always popular luncheons and theater outings we have added wine tastings, travel opportunities, city walks through Chinatown with Dim sum and we won, for the first time, the participation award in the ARTA Wellness Walk. We are looking into pickleball, a Christmas craft event with a local garden centre and much more.

We have begun a major review of our governance practices and defined our mission, vision and value statements. We have begun a review of our communication practices with the goal of making our work more efficient; strengthening the inclusiveness that we have always valued. We are also sharing opportunities for members to get involved as volunteers in the community.

Of course we need to continue to recruit new members, a task where you can all help. If you know any recent or upcoming retirees, encourage them to join (first year is free). The link to the membership application is in this newsletter and on our website. As ERTA evolves to meet the needs of all members, we hope new and present members will want to share their ideas and their passion and perhaps join a committee or the Board.

As I leave the presidency, I see promising new leadership moving forward and I see opportunities for all members to be engaged and to offer their expertise. In my new role as past president I will continue to support the president and the Board you elect at our AGM. The years ahead look bright!

Membership Report

Our ERTA website myerta.org is changing to provide members with enhanced access to news and registration for events, new volunteer opportunities, links of interest to retired teachers and more! Navigate to the ERTA site to have a look!



Remember to renew your ERTA membership before June 30 if your membership is expiring this year. Members can visit our website at myerta.org to access the renewal form. E-transfers or cheques are payment options for renewing. You can also scan the QR code to the left 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.

Please let us know if you have changed your phone, email, or address so that we are able to continue to provide information about ERTA membership, events and news. Email membershiperta@gmail.com to update your information.

We encourage you to share news about our complimentary first year membership option with your friends and colleagues! New patrons can sign up by visiting the ERTA website, myerta.org

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 May 8th, were as follows:

ERTA's new Values were approved. The values include:

Community
Respect
Engagement
Lifelong Learning and Growth
Wellness

The Board is in the process of making significant changes to the website. This is work that will be ongoing for the next little while. Please be patient as we make every effort to improve the site and bring our many activities and learning and volunteer opportunities to you. The Travel Committee has an opportunity for you to travel to South America in March 2026. Check out the brochure on the website.

Nominees to Board of Directors

The 2025 ERTA annual general meeting (AGM) will be held on Wednesday, June 11 in conjunction with the summer luncheon at the Chateau Louis Conference Centre. If you are interested in serving on the ERTA Board of Directors, consider letting your name stand for election or nominate another consenting member. Nominations can be made up until 6:00 p.m. on June 9 by contacting Joan Harrison at 780-467-3885 or emailing her at joanh1@telusplanet.net. A slate of nominees will be presented at the meeting, but additional nominations may also be made from the floor.

New board members help to guide and enhance an organization by contributing their time and expertise, adding a fresh perspective, renewing enthusiasm, adding creativity and fostering

innovation. This can be a fulfilling and enjoyable way to give back to fellow retirees, gain valuable leadership experience, and develop new skills.

Members who are not on the board can also contribute to the association by offering to coordinate the telephone volunteers or by helping to organize events.

The ERTA Board of Directors would like to extend a sincere thank you to Cliff Otto and Mary Dunningan who, after 16 and 6 years of service respectively, are moving on to other endeavours. They have made a valuable contribution to the association and will be greatly missed.

Mark Your Calendar

June 4 - Chinatown Walking Tour and (optional) Dim Sum SOLD OUT!
Jun 11 - Summer Luncheon and Annual General Meeting
Jun 25 - Mayfield Dinner Theatre *Shirley Valentine*
Jun 19 - Chinatown Walking Tour and (optional) Dim Sum
Jul 17 - New Beer and New Ciders Tasting
Jul 22 - New Beer and New Ciders Tasting
Sep 11 - Second Wind Conference

Mayfield Dinner Theatre

Shirley Valentine is a completely hilarious and relatable comedy about Shirley, a bored, middle-aged housewife trapped in a stale and loveless marriage. She is invited by her best friend, Jane, to go to Greece with her for an impromptu holiday, Shirley jumps at the chance to holiday without her husband for two weeks, but when Jane abandons Shirley for a fling with a man she met on the plane, Shirley ventures out on her own. Shirley rediscovers herself and the happiness she has been missing.

A title card for the play "Shirley Valentine" featuring the name in a serif font against a light blue background with a subtle cloud pattern.

To get more information about this event on June 25, and if you would like to attend, please contact Vi Oko at 780-459-8013. Once you are registered you will need to send a cheque, made payable to the Edmonton Retired Teachers Association, to 20 Glenhaven Crescent, St, Albert, Alberta T8N 1A5.

Wine and Beer Tasting Events

Registration for New Wine Tastings Now Open, With a Special Beer and Cider Tasting Event Summer 2025!



ERTA is pleased to continue its partnership with Wine and Beyond (Mactaggart Ridge location) throughout 2025-2026. ERTA members and non-members can begin to register for these fun and information-filled events! The 2025-2026 dates are as follows:

- July 17 (and 22) - New Beers and Ciders
- Oct. 9 (and 15) - Wines of Argentina
- Nov. 6 (and 12) - Wines of Tuscany, Italy
- Jan. 15 (and 20) - Wines of Spain
- March 12 (and 16) - Wines of Germany
- May 14 (and 20) - Wines of Canada
- July 16 (and 21) - New Beers and Ciders

Follow [this link](#) or contact Lyndi Karbonik at edmontonretiredteachers@gmail.com for further information and to register for any or all events.

Chinatown Walking Tour and (Optional) Dim Sum Luncheon

Chinatown Walking Tour on June 19 - only a few spots left!

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. For more information and to register, follow [this link](#) or contact Janice Aubry at edmontonretiredteachers@gmail.com.

Second Wind Conference

Treat yourself to a fabulous day at the twelfth **Second Wind Wellness Conference** by navigating your way to the Chateau Louis Conference Centre on **September 11, 2025**. Visit with former colleagues, friends and fellow retirees over a beverage and a muffin (along with fruit and yogurt dip), before enjoying a fascinating keynote presentation by



Dr. Lili Liu, Dean of Health Waterloo University, Ontario.

Her presentation will address how Artificial Intelligence will contribute to maintaining seniors' health and wellness.

The day continues with eighteen break-out sessions on a wide variety of topics, delivered by engaging speakers, and includes refreshment breaks, a delicious buffet lunch, plus an opportunity to visit senior-focused businesses and local artisans who host displays throughout the day. A 'wine down', along with dozens of door prizes, caps a delightful day.

All of these features are included for the **same low early bird conference fee of \$95.00** if registration is received prior to July 31.

For a detailed list of session topics and speakers, visit secondwindconference.ca.

Mark the date, bring a friend and see you at **Second Wind!**

Volunteer Opportunities

New Volunteer Opportunity for ERTA Members!

Zebra Child & Youth Advocacy Centre

The Zebra Child & Youth Advocacy Centre is our community's response to child abuse, providing safety, support, and strength to children and youth who have been impacted by abuse and crime. Together, we help children and youth throughout the investigative, judicial, and healing processes with our continuum of multi-disciplinary resources and a herd of caring professionals. The Zebra Centre could not provide the quality and quantity of care and support we do without the generosity of passionate volunteers!

There are various roles for volunteers at the Centre, from administrative tasks to child advocacy positions; all of them crucial to our work. We open applications for various roles throughout the year so keep checking our website and social media if you don't see anything open! You can visit us at <https://www.zebracentre.ca/volunteering> for more

information on our different opportunities, or email us at volunteer@zebracentre.ca to inquire further!

For more opportunities please check back frequently to the [ERTA Volunteer Opportunities web page](#) or by contacting edmontonretiredteachers@gmail.com.

ARTA Wellness Walk 2025

The ARTA Heart and Sole Wellness Walk will be held on Thursday, June 5. Participants are to meet in the parking lot at the Edmonton Ski Club, 9613 - 96 Avenue at 1 pm. There is a shorter 1km walk and a longer 6km walk. All participants are encouraged to bring a donation for the Food Bank.

The Joy of Walking

When I was a child, I hated walking. It was boring. Why would anyone walk somewhere when they could easily and more efficiently run? At recess, going back and forth to school and my friends' homes, I would run. And when I got older, running became the preferred way for me to maintain my weight and keep fit. However, after sustaining numerous injuries and feeling chronic pain in my knees and hips, I made a consequential visit to my doctor. At the tender age of 40, I was told by my doctor to stop running and take up walking. Although she explained to me that walking would be easier on my knees and hips and was a habit that would lead to lifelong good health, I was very skeptical and disappointed.

At first, I tried walking on my own around the neighbourhood where I had been running. Here are some of the things I learned:

- Although I didn't go as far in the same amount of time, had no pain in either my hips or knees.
- I discovered I was able to keep a brisk walking pace without feeling exhaustion or pain despite exercising every day!
- I found I had more time to think, ponder and work through some things that had been bothering me. It felt like my brain had more space.
- I found myself noticing my surroundings more for their beauty and not just a path through which I had previously raced.
- The fresh air was good for me. I was motivated!



I began telling my friends about my walking and I invited them to join me. What began as a solitary activity evolved into a group of friends who arrange times with me to walk weekly, every two weeks, some whenever they are in town because they have moved away, and some only very occasionally. The best part is that we get some exercise, see the beautiful walking paths throughout Edmonton, and enjoy each other's company all at the same time! I was even able to maintain my friend's walks during COVID when we would call each other when we were on our solitary walks and chat the whole time! On days when I don't have a walking buddy, I choose to listen to audiobooks. I have listened to a ton of books and I have noticed that if the book is a really suspenseful one, I tend to walk faster, and if the book is so good I can't put it down, I walk farther!

Some might say I am obsessed with walking. It is true. Walking makes me feel better every single day. I won't miss a day even when I'm traveling. I have been known to walk the halls of hotels, gas stations and mini malls, walk home from a restaurant with my husband following in the truck, and plan trips around venues where it is safe for me to walk. This year I hope to

complete a portion of the Camino Trail with one of my best walking buddies. It is my way of celebrating our friendship, our health and our love of walking.

If you think you might want to start walking, here are a few tips:

- Consult your doctor about the level of walking you should be doing
- Ask a friend to join you
- Invest in good shoes and change them when they become worn out
- Look online for trails in your area ([Edmonton Walking Trails](#))
- Listen to music or audiobooks ([Edmonton Public Library](#) has thousands of books available to borrow on Libby)

THE BOARD OF DIRECTORS

President

Ed Butler, presidenterta@gmail.com

Past President

Joan Harrison

Vice-President

Lyndi Karbonik

Treasurer

Bonnie Zack

Secretaries

Janice Aubry

Marlene Kirwin

Membership Coordinator

Cam Coville

Webmaster

Ray Roy

Directors

Mary Dunnigan

Lily Ma

Cliff Otto

Sue Stephenson

Carol Williamson

Greg Wilson

Gail Wozny