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PRESIDENT'S MESSAGE

Denis Espetveidt

If you ever wondered why CRTA hasn't organized a particular event or activity, you are precisely who CRTA is looking for to strengthen our organization.

Over time CRTA, like most non-profits, has seen its volunteer base diminish in size. This year, 16 very hardworking and experienced Board members plan and administer the operation of CRTA. We are blessed to have outstanding people serve in the roles of Treasurer, Secretary, Membership Coordinator, Webmaster and Newsletter Editor. Programs such as Giving Back are growing and need increased time and attention. In addition to these essential organizational duties, Board members organize the events our members eagerly anticipate: Steppin' Out, trips to Rosebud, and the Christmas lunch, to name a few. Recently, you may have noticed an effort to broaden our offerings to include more crafts and wellness activities, as well as tickets to lecture series.

Sixteen people can only do so much however, which is why we need your creativity and energy to help expand and diversify the range of activities and programs CRTA offers. We know that events involving physical activity appeal to many seniors. Other members with mobility challenges might welcome more online opportunities to participate, in addition to our increasingly popular Movie Night.

Need to know more? That's fair. Email one of the contacts listed in the invitation printed elsewhere in this newsletter. Consider attending our May Board meeting as an observer (We'll even treat you to free hot lunch). Our Board of Directors for 2026/2027 will be ratified at the August General Meeting.

UNITED WE STAND, DIVIDED WE FALL Submitted by Brian D. Scott

Do you remember the 2016 referendum held in the United Kingdom to decide whether they should leave the European Union. Many people were so sure that the referendum would not pass, that they did not vote and the referendum passed. There is a possibility that Albertans may face a referendum in the near future to decide if Alberta should remain in Canada. If that is the case, it is important that all eligible voters vote.

If you believe in a united Canada please register on the Forever Canadian website at <https://www.forever-canadian.ca>, so that you can be informed as we fight for Alberta's future in Canada and our rights as Canadian citizens.

LOOKING BACK: January - March



Calgary Retired Teachers' Association Scholarship at University of Calgary

Late in December we learned the name of the 2025-2026 recipient of the scholarship established at the University of Calgary in 2011 by CRTA. This scholarship is offered annually to a student seeking a Bachelor of Education degree. Cee Spencer is completing her degree in Secondary Education with a specialty in English Language Arts. Her letter of appreciation follows.

"Thank you so much for your generous support of students like me. Going back to school as a mature student to prepare for a new career path can be intimidating, especially considering the financial cost. Finding out that I'd received funding took a great weight off my shoulders and allowed me to better focus on my studies in what has been one of the most challenging programs I've ever undertaken. Knowing that I received a hand up in managing bills made it easier to concentrate on the work at hand and learn how to become the best teacher I can be. I am training to become an educator because I care deeply about helping others; in helping me, you've better positioned me to do just that.

Thank you from me, my family and all my future students."

Educational Progress Club Bursary Submitted by Terry Allen

The Educational Progress Club of Calgary was composed of individuals from many institutions in Calgary including public and separate school staff, university and other post-secondary institutions. The club membership decided to dissolve in 2001 and established a bursary at the University of Calgary with the funds in the account. This bursary has been presented to individuals in the faculty of Education annually. This year's recipient is Jack Macintyre who is enrolled in the Bachelor of Education - Two-Year Consecutive (After Degree) Secondary Education - Physical Education at Werklund School of Education.

"I would like to extend a heartfelt thank you for your generous support through this student award. Your contribution has made it possible for me to focus fully on my studies without

the added stress of financial pressure. This support has allowed me to dedicate more time and energy toward becoming the best educator I can be. As a student in the Werklund School of Education, specializing in physical education, I am passionate about promoting health, movement and well-being among youth. This program has strengthened my commitment to creating inclusive, engaging learning environments where every student feels capable and valued. Your generosity reminds me of the importance of community and giving back through meaningful work. I hope to honour your support by making a positive difference in the lives of my future students and continuing the cycle of encouragement you have started."

Moulin Rouge – Broadway Across Canada Submitted by Linda Manwarren



The afternoon of January 11th brought 50 CRTA members and friends to Southern Alberta Jubilee Auditorium for a musical treat for the eyes and ears. This production of Moulin Rouge presented exceptional sets and costumes, as well as a full orchestra. There was comedy, familiar songs, love scenes, a villainous villain, and exceptional dancing. It was a lovely way to pass a post-holiday season January afternoon.



CRTA FILM FESTIVAL RECAP submitted by Ron Jeffery

January saw our film group come together to watch and discuss *The Thursday Murder Club*. The film follows a group of senior citizens who solve a murder while dealing with issues of ageing, retirement homes and social connections. The group analyzed the film's portrayal of seniors as more active and engaged than stereotypes might suggest, discussing how technology and social connections can help maintain quality of life in later years. They also explored themes of ageism, labour laws affecting immigrants, and the importance of community in retirement settings. They felt that, while some aspects of the

film were realistic, others, such as the extensive use of technology, may not reflect the experiences of all seniors. Of special note was when Shirley Branton shared a link that provides ideas and structure to telling our own journey and stories. Hope to see you at the next Film Festival gathering on Tuesday, April 21 when we will watch and discuss *My Oxford Year*.

RIBSTONE AT LUNCHBOX THEATRE submitted by Linda Manwarren



On January 22 thirty-nine CRTA members and friends attended the Lunchbox's world premiere of *Ribstone*. The star, Christopher Hunt, also wrote the play, a reflective look at southern Alberta through the lens of a collection of family objects. Memory, music, and family lore came together to create an enjoyable afternoon.



TEACHERS' CONVENTION submitted by Lina Kind

The Calgary Retired Teachers' Association was pleased to staff a booth at the Calgary City Teachers' Convention on February 12 and 13, 2026. The booth was staffed by several members of our Board of Directors, each of whom actively engaged with attendees to introduce CRTA and connect with prospective future members. Pat Sokolosky, a retired teacher and member of CRTA, ARTA and Lina Kind, a board member of CRTA enjoyed the opportunity to reconnect at the booth. Lina's connection to Pat goes way back. Pat taught Lina's older brother in Grade One! When Pat retired Lina took over her classroom at St Rupert School! Since then, their paths have crossed many times at different CRTA events.



WHAT'S AHEAD

March 28 CRTA Art Show and Sale at Parkdale United Church

2919 8th Avenue NW Calgary 10:00-4:00

April 21 CRTA Film Festival, *My Oxford Year*

April 29,30 Steppin' Out Baquet and Conference

Glenmore Inn and Convention Centre 1000 Glenmore Court SE Calgary



Co-Chairs: Gordon Cumming (cummingg@shaw.ca) Linda Manwarren
(lindam8484@gmail.com)

Our 20th Anniversary, and we're still going strong! Come join us . . .

We're saving a spot for you. Details and Registration information may be found on the website. Registration opened February 17th with early bird pricing in effect until March 19th.

May 12, 2026, Wellness - Body Composition Analysis

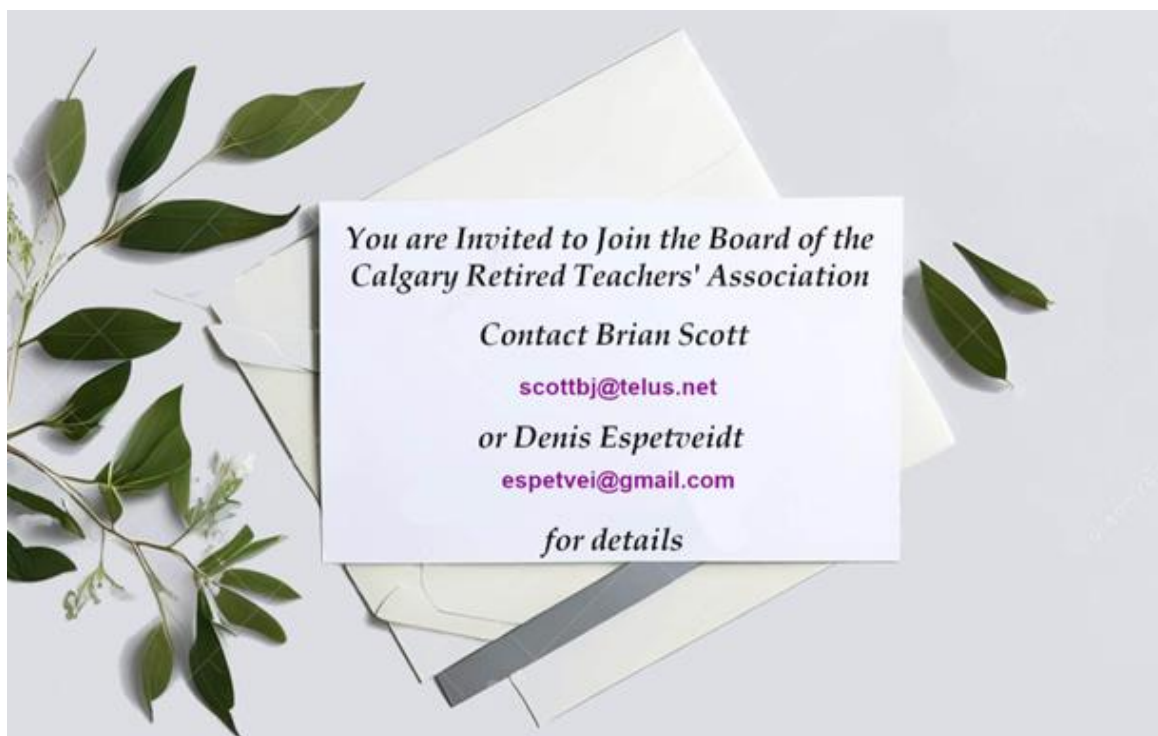
We all wish to maintain good health. Monitoring your weight is a good starting point. Examining your body composition is key to understanding more about your body. Please join us at Urban Fitness Calgary for an InBody Test. InBody not only examines the compositions of your body, but also reveals percentage of body fat, muscle distribution, and body water balance; components that are key in understanding more about your body. Assessments are 15-minute appointments, throughout the day. This activity is supported by ARTA and is free to CRTA members. More information will be available closer to the date. If you wish to know more about InBody, visit www.inbody.com.

JUNE 3 ARTA and CRTA Wellness Walk, North Glenmore Park 10:00

June 28th and June 29th Casino Volunteers at Cowboys Casino. Save the dates.

July 28 Stage West Dinner and Concert, Johnny Cash Tribute

August CRTA AGM and Luncheon



Register Before Paying, a Must for all CARTA Events!

We appreciate your enthusiasm to attend CARTA events but please do not pay by e-transfer until the day registration opens and only after you have registered. If you do not register on the website after the opening date, you will not be included in the count and will not be on the list generated by the registration program. You may not be able to attend an event which has limited numbers. Thanks for supporting all our great activities.

CARTA appreciates our members' support for our events. In most instances, the registration and payment for the event goes smoothly. However, in some cases, members are attending the events without registering in advance and/or making a payment. This is a gentle reminder that registration is a two-step process:

Step 1 Registration

If your registration is successful, you will receive an email confirming your registration. This email is sent in all cases. If you do not receive a confirmation email, you are not registered.

Step 2 Payment

You can pay by cheque or e transfer. With either payment method, you are asked to identify the event and the people for whom the payment is made. Please **DO NOT** send the cheque or make the e transfer before you are registered for the event **AND** have received confirmation. Payment does not guarantee that you will have a space for the event. If you arrive at an event without confirmation of registration you are at risk of being

turned away. To avoid this scenario, you are now asked to include both the name of the event and the date of registration, with your payment.

Please remember that you can always contact the event organizer for assistance, should you encounter problems registering or making a payment.

CRTA Contact Information:

Website:
calgaryretiredteachers.org

E-transfer: \$\$
crtatb@gmail.com

E-mail:
calgaryretiredteachers@gmail.com

Mail Cheque
payments to: **CRTA**
Box 337, 305 – 4625 Varsity Dr NW
Calgary AB. T3A 0Z9





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Your source for healthy aging information you can trust

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VOLUNTEER TO GUIDE SCHOOL TOURS AT
THE HANGAR FLIGHT MUSEUM



50
YEARS

Do you like sharing knowledge?

Are you curious about history?

Do you care about inspiring the next generation?

Volunteer as a guide with us!

**FREE MEMBERSHIP,
SHOP DISCOUNT,
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Apply to volunteer by visiting
thehangarmuseum.ca/become-volunteer

Jan 2026



ART SHOW AND SALE



SATURDAY, MARCH 28, 2026

10:00 to 4:00

PARKDALE UNITED CHURCH

2919 - 8th Ave. NW

Free admission and door prizes