



The Newsletter

November 2014 - February 2015

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THE 2014—2015 CRTA EXECUTIVE

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Vice President Barb Smith

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Margaret Kurtze Director at Large

Joe Manchurek Director at Large

Linda Manwarren Social

Gordon Marconi Director at Large

Jim Nielsen Short Day Trips

Rolande Parel Director at Large

Brian Scott Director at Large

President's Report

September and October have quickly passed for another year. The CRTA sponsored several activities in the last two months. Jim Nielsen's short excursion program held another successful visit to the Big Rock Brewery.

The final "See Alberta" bus trip travelled to Drumheller to visit the Royal Tyrrell Museum. Thanks to Marilee Jasper, we were able to meet one of the founding paleontologists for the museum. Dennis Braman gave an entertaining description of a day in his life at the museum. He believes he will need at least another three years to complete the research on the specimens he has collected. After an excellent lunch, the participants on the trip were able to spend two more hours working their way through the museum's exhibits.

The CRTA' AGM and luncheon was held at the Ramada Airport Inn on September 27. The 2014-2015 Board of Directors was elected. We said goodbye to two members of the previous board. We wish to express our thanks to Juliette Hachey and Fran Genereux for their several years of volunteer service to the CRTA Board of Directors and to its membership. We welcome three new members to the board: Joe Manchurek, Rolande Parel and Brian Scott.

The ARTA AGM was held in Edmonton on October 1 and 2, 2014. Barb Smith stepped down as the Membership and Marketing Committee Chairperson. The CRTA will continue to be strongly represented in the affairs of ARTA. Gordon Cumming is the new Past-President, Paul Demers continues in his position as Treasurer. Mary Checkley is the continuing chair of the Wellness Committee, Trudy Hall is the new chair of the Pension and Financial advisory Committee, Margaret Brucker is the new chair of the Human Resources Committee, Gordon Marconi is a member of the Benefits Committee, Greg Chitrenky is a member of the Communications and Technology Committee and Don Checkley is a member of the Strategic Planning Committee.

The CRTA sponsored a Silk Scarf Dying workshop on October 24. Fifteen

ARTA Walking Challenge 2014



At a retirement party that I attended this summer, a physiotherapist said to me, “the older we get, the more exercise we need.” I am happy to report that many of our ARTA branch members took this mantra to heart and walked a grand total of 87,436,947 steps in a 30 days, during the period of April 1 to June 30, 2014. Fifteen

of the eighteen ARTA branches took part, with an average of 5, 829,130 steps per branch. The branch with the most steps was CARTA (Red Deer) with 12,448,884 steps and the winning individual walker with 1,280,829 steps was John Bauer, also from CARTA. John was also last year’s individual winner and hasn’t slowed down at all! Congratulations to CARTA and John on a job well done.

Much praise and thanks goes out to ALL the participants. Your example and effort make you fitness leaders—and where you lead, others will follow. This year’s pedometers were of much better quality and seemed to work well for our participants. One participant commented, “I got used to people asking me what that *thing* was clipped to my belt. I wore it every day and it gave me added incentive to be more committed. Now my goal is, as subtly suggested by this walking challenge, to keep walking daily.”

Twenty-seven of our participants logged more than half a million steps each and seven of those had over 700 000 steps. (700 000 steps/30 days = 23,000 steps per day.) Here is a statistic that one of our participants contributed: The average daily steps of a working teacher, with extra-curricular activities at school X was 17,000. So some of our retired teachers are walking more than full-time, active teachers!

I also heard from some beginning walkers, whose steps weren’t as numerous as those above, but their enthusiasm for walking with the use of a pedometer was unparalleled. And the news just gets better: they are still keeping track of their steps every day; “it has become a routine and maybe an addiction!”

Thank you to all those who participated in walking, reporting your results and offering your observations of the event. Your feedback will help the Wellness

participants learned two different techniques in a two hour workshop. A number of people were disappointed to learn that the workshop was over-subscribed. CRTA, through Kathy Newman, is considering repeating this popular activity. We will keep you informed via e-mail.

The new Board of Directors will be planning the events for the year 2015 and a calendar update will appear on the website once the plans are finalized.

The Steppin’Out Conference committee is already planning the 2015 event which will be held on May 1, 2015 at the Ramada Airport Inn (formerly Greenwood Inn Hotel, where we have been hosting the event in previous years) . The Conference Banquet will be held the evening of April 30.

The CRTA will participate in three Remembrance Day ceremonies this November 11. Sharon Terray will lay a wreath on our behalf at the Military Museums, Charles Grant will do the honours at the Jubilee Auditorium ceremony and Trudy Hall will represent CRTA at the Central Memorial Cenotaph. We urge you to attend one of these events.

The November 26 Christmas Show at Rosebud has been sold out again. Two full busses will be going to this event.

The joint REA-CBE and CRTA Christmas Luncheon will be held at the Carriage House Inn on November 19, 2014. We hope to see many of our members at this event.

Submitted by Don Checkley



Steppin’Out 2015

Our 10th Anniversary

Bigger and Better

Banquet Thursday, April 30, 2015

Conference Friday May 1, 2015

Look for Program and Registration Details in mid February.

We are looking forward to seeing you there.

Committee in planning next year's challenge.

Keep well and keep walking.

Mary Checkley, Chairperson ARTA Wellness Committee

From the Editor's Desk this little bit of information:

Thirty members of CRTA participated and accumulated a total of 11, 813,683 steps. As a participant in this contest I can state with honesty that this number reflects an enormous amount of time and energy spent. I recall that toward the end of June I was truly looking forward to complete the task I had committed myself to. A great big "Congratulations" to all my fellow walkers for a job well done! Ena Beunder

Membership

It has been a long time coming, but the administration of CRTA's membership appears to have arrived into the twenty-first century. The membership committee was able to contact most members via email advising them of the expiry of their membership on June 30, 2014 and others were contacted via regular mail.

Thank you to all the members who showed their interest in our organization by renewing their membership for another year.

For your information: The price for a regular membership and an affiliated membership is the same: \$20.00. Regular and affiliated members enjoy the same discounts on trips and luncheons.

Garry Jeffrey—Membership Director



Calgary Retired Teachers Casino

Reserve these dates: March 14-15, 2015

Our next casino will be held on Saturday March 14 and Sunday March 15, 2014. Once again we will need a number of volunteers to fill all of our shifts. These will include the positions of alternated General Managers, Bankers, Cashiers and Chip Runners for all shifts. The



CRB-REA Annual Christmas Luncheon

November 19, 2014

Carriage House Inn—9030 Mcleod Trail SE

*Entertainment by the Lord Beaverbrook
Choir under the direction of Heidi Wood*

Come and enjoy a traditional Turkey Dinner

Registration between October 29 and November 10, 2014

Registrar: Linda Manwarren—by phone 403-259-5597—by email lmanwarren@gmail.com. Indicate any dietary restrictions at that time.

After registration write a cheque to CRTA and mail it to

Linda Manwarren,
72 Sinclair Crescent SW,
Calgary, T2W 0L9

If you are a member of both CRTA and CBE-RE register with only one organization.

Cheque to be received by November 10, 2014

Sorry, no walk-ins will be accepted

***CRTA and CBE-REA will gratefully accept cash donations
or food items for the Veterans Poppy Fund***

shifts will run from 11:00 AM to 7:00 PM and 6:30 PM to 3:00 AM the next day. In addition we will require count room staff; this shift will run from 11:00 PM till 3:00 AM.

The casino is an important fund raiser for the activities of the CRTA. We use this money to support all of our bus excursions, workshops and Steppin' Out Conference.

If you can help as a volunteer please contact Terry Allen, Casino Chair, CRTA at tgallen1@telus.net. Please indicate your preferred day and shift.

Thank you for your anticipated support.

*Let Us Take A Moment to Remember
Those Colleagues Who Passed Away Recently*

Bob Wiswell	May 19	Victor Quan	September 22
Richard St,George Mitchell	July 25	Catherine Lee (Cathy) Glenn	October10
Jason Middleton	September 5	Michelle Leibel Cutshaw	October 10
Larry Weselak	September 8	Thora Angeline Meissner	October 12
James Leslie Appleby	September 17	Sue Ellen Moffatt	October 11
Patricia Marie Finestone	September 19	Frederick William Ring	October 12

ARTA Volunteer Awards

Honouring the Outstanding Contributions of Retired Teachers in your Community or Beyond

Retired teachers provide invaluable volunteer service to their communities or beyond. The Alberta Retired Teachers Association (ARTA) wishes to recognize those who provide these exceptional services. **As part of the program Calgary Retired Teachers Association (CRTA) will recognize up to 2 recipients this year.**

Nomination Criteria & Submission Requirements

1. In 500 words (or less) describe why you are nominating the nominee or selecting the recipient and why you believe this person is deserving of an ARTA Volunteer Award.
2. Please include a short biography of the nominee. This may include an overview of their personal background, teaching history etc.

CRTA Nominations may be submitted in hard copy or electronically to Gordon Cumming

cummingg@shaw.ca or

125 MacEwan Ridge Vi. NW Calgary, AB, T3K 4G3

Deadline for nominations is November 30, 2014. The awards will be presented at a future CRTA event.

A New Idea From the Social Committee!

Jubilee Dinner Theatre

Pirates of the North Saskatchewan III

Mark your calendars for February 11, 2015

Watch your e-mail in the middle of December for registration details

Join us for an evening of laughter, music and a fine dinner.

Feel free to contact Linda Manwarren for further information Imanwarren@gmail.com or 403-259-5597

September 27, 2014 Luncheon

Door Prize Winners

Healthy Eating book, universal seasoning and pear chutney went to Anna Leinweber, Rebecca Aizeman, Marg Kurtze and Joe Manchurek.

A Rocky Mountain coffee table book was won by Norma Ellis, Arlene Witherspoon and Wally Shoults.

Donna Gendre received a free CRTA luncheon.

A one year free membership went to Nora Ming.

Dalton's again made a free Sunday Brunch ticket available and it was won by Cecily Bornemisza.



Remembrance Day



It was early May 1940. Word came through the radio that German bombers had attacked the city of Rotterdam. I sensed my mother's worry:

"Mamma, what will we do when the bombs come here?"

"Don't you fret, sweetheart, we go and hide in the forest patch across the street."

"But, Mamma, there are stinging nettles there."

"I'll roll you in a blanket and you won't feel a thing."

This little incident is my earliest memory of World War II. As a four year old I had little or no understanding of what the future for me would hold; least of all what a war entailed. The overheard talks by my elders and explanations by my parents answering my questions, made me understand that bad things were happening.

At the end of our street was a horse stable. Shortly after beginning of the war the six houses, immediately adjacent to the stables were taken by the army to accommodate the soldiers that looked after the horses. The German army used many horses to pull the carts to move equipment. The soldiers who came to live on our street were mostly Austrians and my playmates and I freely interacted with them.

Early in the war the decree came out that everyone had to take their radio to a drop-off point. My Mom and Dad had bought a beautiful, new radio in 1939 and were reluctant to give that up. My Dad moved the sofa, lifted up the linoleum and sawed a square in the wooden floor. The radio was packed in a box and lowered on the sandy soil beneath our house. The floorcovering and the furniture wet back in place. Later on in the war, it must have been the winter of 1944, for we no longer had electricity, a SS officer rang our doorbell and made it clear that we had to provide him with a bed to sleep in. Our house had only three bedroom and they were all being used. So the SS officer was offered the sofa. Our radio was never so safe!

At school we had regular air-raid drills: we had to crawl under the desks. Later that routine was changed and we all had to move to the hallways and stand against the walls. One night in the Spring of 1943 an incendiary bomb hit my school. The bomb was intended for a small airfield located a few kilometers from my city. Oops! When the ruins of my school were inspected the walls had collapsed, but the sturdy, two person oak desks were mostly intact. The rest of the war I went to a different school, half days only, for rebuilding was not in the cards at that time.

In September 1944 the allied forces bombed the railroad system to prevent the German army from moving materiel. I suppose it was a good strategic move, but the people in the western part of the Netherlands would suffer terribly throughout the very, very cold winter. No heat, no electricity and for many no food. My family was lucky as we lived north of the Noordzee Canal and farms were in close proximity. Mom and Dad had certain farms where they would go to collect a few liters of milk, vegetables, and even sometimes cheese. The people who lived south of the canal had nothing and crossed the water by ferry and small rowboats. They rode bicycles and walked, hungry and cold. We lived close to the highway and regularly someone would ring our doorbell and ask if we had some food to share. My mother would go to a Central Kitchen in the morning and receive some watery soup, or mixed potatoes and vegetables as I recall. I did not like that food and did not eat it. Those who came to the door were happy to receive a bowl of warm soup.

Bakeries no longer functioned, but somehow my father and some of his colleagues had gotten hold of a few bags of wheat. We took the wheat the windmill in my city, where it was ground into flour. Mom was able to bake the best tasting bread. I can still smell and taste it!

Later on in the war, after the allied forces had landed in Normandy the flow of information about the progress of the fighting reached people in the underground. Progress reports were secretly printed and distributed. Regularly my family would receive a sheet with information from a neighbour, who had received it from someone else. As an eight year old I would ride on my sister's bike, on the rims (no tires) and deliver that piece of paper to friends of ours across the city. I remember that I felt quite heroic doing this secret assignment.

And then it was April 1945: the bombers that I so often observed taking their lethal load to German cities, dropped big containers filled with army rations and flour on a farmer's field just outside our city. We could see the dropping happen! It was an amazing

sight! Two days later I ate the whitest slice of bread with strawberry jam. I also remember my first wieners and stew that came out of unlabeled, yellowish cans. Oh, and soup crackers!

And then, in early May, I lined up with my parents and sister and friends and neighbours along the highway and we waved our red, white and blue flags at the Canadian soldiers who entered my city sitting on tanks. Smiling and waving at us.

Although I lived through WWII, little did I know about the horrors of battle, the mud, the cold, the rain and snow these young men had endured while fighting the enemy, such a short time before I saw them triumphant. They fought for our freedom from oppression.

When the time came in my life to move to a different country, there were choices. But I and my husband choose Canada, because of that enduring picture in my mind of those young heroes driving by me, covered in spring flowers and tulip garlands.

On November 11 I remember the sacrifices the soldiers made; the ones who lived and returned and the one who died and stayed behind in one of the many war cemeteries.

Ena Beunder

Proclamation

- WHEREAS** seniors are a vital part of our families, communities and province, giving generously of their wisdom, experience and love; and
- WHEREAS** one in three seniors will fall each year, with 50% of them falling repeatedly; and
- WHEREAS** seniors have 9 times more falls than any other groups in Alberta; and
- WHEREAS** falls among Alberta's seniors will result in over 8,700 hospital admissions and over 24,000 emergency department visits each year; and
- WHEREAS** falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of independence; and
- WHEREAS** individuals and organizations from a multitude of disciplines across Alberta are working together to increase awareness of this issue and encourage Albertans to take steps to prevent falling; and
- WHEREAS** the quality of life is improved for Alberta seniors who remain healthy, active and independent;

NOW THEREFORE Calgary Retired Teachers Association (CRTA) do hereby proclaim the month of November 2014 to be *Seniors' Falls Prevention Week* in Calgary.

Endorsed by ARTA Health and Welfare Committee
Mary Checkley, Chair

