



# The Newsletter

November 2013

Mailing Address: CARTA, 337, 305-4625 Varsity Drive NW, Calgary, T3A 0Z9

The Newsletter Editor: Ena Beunder, cbeunder@shaw.ca, 403-288-3895

www.calgaryretiredteachers.ca

## THE 2013—2014 CARTA EXECUTIVE

President Don Checkley  
(checklem@telusplanet.net)

Past President Marg Brucker  
(mabrucker@shaw.ca)

Vice President Greg Chitrenky

Vice President Barb Smith

Secretary Marg Espetveidt

Treasurer Paul Demers

### Directors

Terry Allen Casino

Ena Beunder Newsletter

Mary Checkley  
Foreign/Provincial Travel

Gordon Cumming Steppin' Out

Norma Ellis Liaison Senior Groups

Fran Genereux Social

Linda Manwarren Social

Juliette Hachey

Trudy Hall

Margaret Kurtze

Garry Jeffrey Membership  
(gjeffrey@shaw.ca)

Gordon Marconi

Jim Nielsen Short Day Trips

Consider joining CARTA as a Director  
for 2014-2015

## President's Report

In order to do something special to celebrate our 45th wedding anniversary my wife Mary and I left Calgary on September 11 for a 24 day Holland-America Line cruise of the Eastern and Western Mediterranean. The ports of call were fantastic and the weather was superb. We arrived back in Calgary on October 6. The cruise was obtained at a CARTA member discount through our travel partner **'Cruise Plus'**.

Since the August 23rd Executive meeting, CARTA has sponsored an August 26 visit to the Chinook Honey Farm, followed by lunch at the Saskatoon Berry Farm. We thank Jim Nielsen for organizing and hosting this very informative activity.

September 26 was the date of CARTA's Annual General Meeting, which was conducted during the Fall Luncheon. A slate of Directors, who consented to serve during the 2013-2014 membership year, was presented and approved by the CARTA members present. (See their names in the sidebar)

October 1 and 2 marked the first time ARTA's AGM occurred outside of Edmonton. A committee had been formed from you Board of Directors earlier in the year to help plan the Wind-up banquet for the 50th Anniversary of ARTA and be to host to the events various activities. Since then we have received many accolades from other branches in the province that were very impressed by the welcoming spirit of the CARTA branch. I extend my personal thanks to our planning committee for their superb effort.

On October 17 CARTA, in conjunction with the ARTA Wellness Committee, sponsored a HEALTHY EATING for SENIORS workshop. Participants were provided with information on How to Read a Food Label, Sodium content Portion size and other informational tidbits. Linda Manwarren and Mary Checkley organized the presentation. After a healthy lunch, participants were treated to a Seniors Driving Session by a representative of the Alberta Motor Association.

On October 24 and 31, CARTA together with the ARTA Communication/Technology Committee, presented two workshops by Bob Crabb. The focus of the first workshop was how to secure your privacy when working with a computer. The second workshop focused on computer security when working with the internet. All participants in these workshops left with a wealth of knowledge and will hopefully be more secure when working with their computers. CARTA thanks Chuck Rose and Margaret Brucker for organizing these two well-attended workshops.

Continued on p.3

## ***Social Committee Report and September 27 Luncheon***

Ninety-one members and guests registered for the September 27th AGM and luncheon at the Blackfoot Inn. The CRTA had recommended that five volunteer Outstanding Volunteer Awards would be presented at this event. The following people had been nominated: Don Williams, Ishie Dawood, Irene Bruzga, Meva McDonald and Rosemary Hack and were recognized. They and their spouse were guests on this occasion of CRTA.

The Calgary Public Library Flood Relief Fund was selected as our charity of choice at the Luncheon/AGM. It has ex-

pressed its gratitude to our gesture in a letter to the Social Committee for the funds that were collected on its behalf.

On-line payments caused some problems and we apologize. Since the new CRTA website, that is being developed, is taking longer than CRTA anticipated, we have decided to have payments for the next Luncheon go through the 'cheque' system.

Your Social Committee continues to ask that you will thank the donors for their generous gifts to our Luncheons. Here are the lucky winners for September 2013.

<b>Number</b>	<b>Item</b>	<b>Donor</b>	<b>Winner(s)</b>
	<b>Group One—Table Door Prizes Set of 8</b>		
1	Travel Towel	Pipestone Travel	Table P
2	Hard Ice Cream Cone	My Favorite ice Cream Store	Table M
3	Pasta	The Old Spaghetti Factory	Table S
4	Mini flashlights	Tupperware	Table T
	<b>Group Two—Individual Door Prizes</b>		
5	CRTA Christmas Luncheon	CRTA	Dennis Ming
6	CRTA Christmas Luncheon	CRTA	Pat Haase
7	\$25.00 Gift Certificate Talbots	Victoria Ballinger	Diane Day
8	Healthy Living Cookbook and Spices	CRTA Linda Manwarren	Don Williams
9	Healthy Living Cookbook and Spices	CRTA Linda Manwarren	Lilly Mirtle
10	Healthy Living Cookbook and Spices	CRTA Linda Manwarren	David Honnet
11	Gina Brown Week-End Workshop	Gina Browns	Marilyn Zelenka
12	Table Cloth	Down Shop Willow Park—Francis Pike	Ishie Dawood
13	\$25.00 Gift Certificate	Cobs Bakery Willow Park	Chuck Rose
14	Gift Package	Owls Nest Britannia shopping Centre	Avis Williams
15	\$50.00 Gift Certificate	Brittania Wine	Garry Jones
17	Gift Certificate for Two	Blackfoot Hotel	Sharon Terray

**The CRTA Social Committee want to extend a special “Thank You” to the merchants of The Willow Park And Britannia Shopping Centres.**

Continued from page 1

On November 11, three members of CRTA laid a wreath at three different Remembrance Day Ceremonies in the city. Sharon Terray at the Military Museums, Charlie Grant at the Jubilee Auditorium and Don Checkley at the Central Park memorial service. Thanks go to Irene Bruzga for organizing our participation at these events.

On November 17, the CRTA's Art com-

mittee is sponsoring a Holiday Card Making Workshop. This event sold out quickly.

On November 27 the Annual CRTA-CBE/ REA joint Christmas Luncheon will be held at the Carriage House Inn. There will be a table with books, bought by CRTA through a donation at the Annual Book Sale in June, that are free to be picked up at the Luncheon. Special thanks to Barb Smith to do the "heavy lifting" in this pro-

ject.

On December 6, Jim Nielsen has organized another Blooming Fields Farm holiday trip. The twenty participants will be preparing Holiday Table Center Pieces.

Enjoy the Holiday Season with your family and friends, travel safely and look forward to CRTA activities in 2014.

Your president, Don Checkley



## **The Great ARTA Walking Challenge June 2013**

The picture perfectly depicts what the participants in The Great ARTA Walking Challenge faced. Many days

they went out accompanied by an umbrella and shod with somewhat waterproof footwear. Who were these competitive souls? ARTA members "walked the talk" for twenty days in June 2013. Twenty members of each ARTA branch were given pedometers, generously provided by TD Insurance and challenged to see how many steps they could take. With pedometers clipped to their waistbands, oh, the places they did go: parks, gyms, their neighbourhoods, out of province and even out of country. They walked!

34,236,646 steps were taken in total. Participants reported positive outcomes for their efforts: lowered blood pressure and blood sugar, weight loss, enjoyment of the outdoors, finding new places in their neighbourhoods and beyond, connection with family and friends and an overall feeling of wellness.

ARTA's Wellness Committee tabulated the results and the following awards were given out at the ARTA AGM in October of 2013. CRTA was the winning branch with 5,077,033 steps. They received a Wellness trophy that will remain in the ARTA office inscribed with the branch name and the year. Each of the 20 participants received a smaller copy of the walking trophy to take home and to proudly display. The individual walker who walked the farthest was John Bauer from CARTA with 750,483 steps. John also received an inscribed trophy and a take home version. The overall average for the branches was 2,445,475 steps.

"Walking is the first thing an infant wants to do and the last thing an old person wants to give up. Walking is an exercise that does not need a gym. It is the prescription without medicine, the weight control without a diet, and the cosmetic that cannot be found in a chemist. It is the tranquiliser without the pill, the therapy without a psychoanalyst, and the holiday that does not cost a penny. What's more, it does not pollute, consumes few natural resources and is highly efficient. Walking is convenient, it needs no special equipment, is self-regulating and inherently safe. Walking is as natural as breathing".

John Butcher, Founder Walk21, 1999

## **Membership**

Did you renew your membership in CRTA? CRTA's membership year duplicates the school year: ends June 30, starts July 1. You may have renewed your ARTA membership, but forgotten about the CRTA membership.

A membership in CRTA costs \$20. CRTA issues a quarterly Newsletter, organizes interesting day trips and workshops as well as a Conference for retired teachers. Discounts on cruises and overseas trip are accessible through Cruise Plus and Collette Vacations.

Soon you will receive a reminder that your membership has expired and that you will no longer receive email blasts or other communication from our organization if your membership is not updated. RENEW your membership NOW. Send your cheque to Garry Jeffrey, 4412 Brentwood Boulevard, Calgary NW, T2L 1L4

## ***Remembrance Day 2013***



Don Checkley, Charlie Grant and Sharon Terray represented CRTA at three different remembrance day services by laying a wreath at the foot of the foot of the cenotaphs, together with numerous other Calgary organizations. Many of us have personal connections to and vivid memories of the dark days of wars when Canadian army personnel and civilians went overseas to fight for the freedom from tyranny for millions and paid the ultimate price for doing so. Sharon Terray has her personal memories and is sharing them with us. Thank you, Sharon, for doing this.

Remembrance Day at 11:00 AM affords us a moment in time to pause and reflect. This year it became more so for me personally since I was asked to lay a wreath at the Military Museum in Calgary on behalf of the Calgary Retired Teachers Association. I was asked to do this not because of any achievement of mine, but because of the fact that both my parents were Canadian overseas Air force veterans of WWII. It has given me a chance to remember and say thank-you. My mother Grace Howard, from small town Saskatchewan enlisted in the Canadian Air Force in 1942. She trained at MacDonald Institute in Guelph, Ontario in dietetics. After training she shipped overseas in a converted banana boat—anything that floated became a troop carrier. En route for the south of England her ship was torpedoed in the North Atlantic. She, along with many other young volunteers, bailed water with chamber pots and anything else at hand. Miraculously, by morning they were still afloat. While in England she was posted to the Victoria Hospital in London where she worked on the famous “guinea pig ward”. This was where young airmen, burn victims, were brought for reconstructive surgery. The work done there helped lay the foundation for modern plastic surgery.

In London my mother met a Canadian Air Force Lieutenant from Trenton, Ontario, Harvey Powell. My father enlisted in 1942 and trained in Calgary, at what is now the SAIT campus, as a WAG, wireless and air gunner. He flew a total of 59 missions with Bomber Command. Among many military honors he was awarded, were his gold wings and bar, for the many missions flown, as well as the DFC (Distinguished Flying Cross) by King George VI. Most recently, on his behalf, I received the Bomber Command Bar from the Canadian Government. He would have been very pleased and honored to have been recognized this way.

The day my parents were given permission to get married was supposed to be, like all wedding days, a happy event. My mother’s sister even sent her a wedding dress from Canada. Sadly she never had the opportunity to wear it. The day of the wedding my father’s crew was killed in a training exercise. My parents were later married in uniform after attending funeral many years later we visited the Canadian Air Force grave site at Herrogate during a family holiday in England. We were pleased to see how well tended the Canadian section of the cemetery was.

While my father was fighting in the air, Cecil, his older brother was with the Canadian Army tank core. He was part of the Canadian army volunteer that landed in Sicily and pushed on to Rome. My father’s younger brother, Garnet, enlisted with the Canadian Navy. His war took him from the Atlantic to the China seas. All three brothers came home.

I am sure that other Canadian families have similar stories of courage and sacrifice. This Remembrance Day, thanks to CRTA, I have been able to remember mine in a special way.

*Lest We Forget*

## *Let Us Take a Moment to Remember those Colleagues who passed away recently*

Julita Kislanko	April 21
Annette Corrine de Champlain	August 31
Joanne Lynn Anderson	September 7
Aletta Cornelia Wilhelmina MacDonald	September 18
Frank Dyck	October 2
Barbara Elizabeth Desruisseau	October 3
Vivian Christine Osborne	October 13
Vera Victoria Hampel	October 17
Shirley Hughes	October 21
Drake Shelton	October 20
Evelyn Merle Nibogie	October 24
Patricia Pallesen	November 1

Joe Berlando, a person well-known to many of us, as an Alberta Teachers Association negotiator passed away on October 28.

After teaching in Rosedale and Wayne and Lethbridge Joe began a thirty year career with ATA. He was deeply committed to teachers and the teaching profession and took immense pride in the bargaining he did to help give teachers in our province a better life.

Joe retired to Calgary and was a member of CRTA. Joe was present at the 50th Anniversary Celebration dinner on September 29 enjoying meeting many of us. His work continues to live on in the contracts of today's teachers.

*If we are remiss in recognizing the passing of a colleague, please contact Ena Beunder, [cbeunder@shaw.ca](mailto:cbeunder@shaw.ca) or 430-288-3895 and I will place the name in the next Newsletter.*

## **Odds and Ends**

### ***CRTA and the ARTS***

Now already a number of years ago, Irene Bruzga suggested that CRTA should organize an ART Sale and Show where retired teachers could show case the work of their retirement years. This initiative has proven to be very successful. The 2014 edition is in the planning stage.

CRTA is now wondering if we should expand this idea to Crafts show, a place where retirees (teachers first of all) would be able to display and sell their quilts, wood working items, pottery etc. If there is someone among our membership, who would like to help to bring this idea to fruition, contact Don Checkley at [checklem@telus.net](mailto:checklem@telus.net)

### ***Casino Funds***

Where does all that money that has been raised go? Paul Demers and Terry Allen are the people in charge to oversee that funds are used according to the strict guidelines of the Alberta Lottery commission.

Have you been on anyone of the many long or short bus trips to various places in our province? All the transportation comes from the casino account. Workshops? Hall rental and if necessary instructors' fees come from the Casino fund. CRTA is also making generous donations to various organizations such as Servants Anonymous, Adopt a Grandparent, Confederation Park' Tea and Conversation program, Christmas Fund etc.

Terry Allen advised the Executive that the next Casino will take place in the first quarter of 2015.

### ***Day Trips 2014 and Beyond***

Jim Nielsen and Don and Mary Checkley have put their heads together and made up a list of interesting places to visit and maybe some to revisit for the coming year.

If you on your own travels and visits throughout Alberta come across an interesting place that you may think other would enjoy to, don't forget to pass on that information to Jim and /or Don.

As many of Alberta's interesting places are beyond a day trip, the idea was floated at the last Executive meeting to explore the possibility of an overnight trip to some of the more far flung regions. Send Don an email with your thoughts on this idea. [checklem@telus.net](mailto:checklem@telus.net)

### ***The Newsletter***

This is likely the last time that you will receive The Newsletter directly in your mailbox. Once the new website is functioning, Stride Management will facilitate the delivery through a link that you will receive in an email from CRTA

### ***CRTA WEBSITE***

CRTA is excited that the new website is close to being finished. We hope it will be launched sometime during December. The new website will give members the opportunity to keep their personal data up-to-date: change of address, telephone number and email address. Registration for various events will go through CRTA website, which will be totally separate from ARTA's website. Therefore a change of address etc. will have to be done through both websites, if you are a member of both organizations.