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President's Message

Brian Scott



As I write this, Family Day is approaching. The day is designed to recognize the importance that our family plays in our lives. It is a time to think about both the good times and not so good times that have helped to shape our lives. As seniors, for many of us, our friends are an extended family. In both cases, people are there to support each other. It is important to let our families and those who are close to us, know what they mean to us.

Some of our active teachers are getting ready to join us in retirement. At the Calgary Teachers' Convention this year, some sessions focused on retirement while CRTA joined with ARTA to host the Coffee Cafe where the benefits of membership in both ARTA and CRTA were the focus. Members of the CRTA Board of Directors were there to connect with teachers close to retirement, to answer questions about our organization and retirement in general.

Something to consider when paying for CRTA events is the use of e-transfers. Unlike PayPal and the use of credit cards, e-transfers do not cost CRTA anything in receiving the payment for the event.

CRTA activities continued with painting workshops in January. January also saw a number of CRTA volunteers working at a casino raising funds to help subsidize CRTA activities which keeps costs down for attendees. Many thanks to the volunteers who participated. Movie Nights were held in January and February with another one coming up in April. The movies are designed to encourage discussion following the viewing via zoom. The Rothney Astrophysical Observatory tour that was scheduled for Feb 23, was postponed until March 16 due to the cold weather and the long awaited, and often postponed, Broadway Across Canada production of Anastasia is set for March 5, 2023. Coming up on March 18, is a Terrarium Workshop where participants will create a 6" terrarium with instruction and guidance provided by The Plant personnel. March 25, 2023, is the Annual CRTA Art Show at St. Peter's Anglican Church and the ARTA Wellness Challenge begins April 1 and continues until the end of June. Linda Manwarren, our wellness challenge coordinator, will be sending out the full details. We hope that everyone will join us by participating in this event. A Body Composition Workshop will be held on April 20 and on April 27-28, our annual Steppin' Out Conference takes place. Registration opened on Feb 21. Also coming up is the CRTA Annual General Meeting to be held June 27 at the Canyon Meadows Golf Course once again. As well as an opportunity to socialize with friends after the AGM, there will be a great lunch. For more information and to register for any of these events, please check out our website at: [http:// www.calgaryretiredteachers.org](http://www.calgaryretiredteachers.org).

Stay Safe, Stay Well, Stay Active, Make a Difference.



Christmas Lunch 2022

Mary McDougall

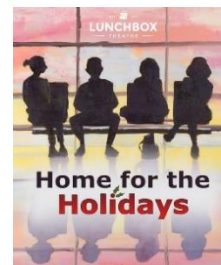


Cold weather and bad roads could not stop 175 cheerful people from attending the CRTA /CBEREA Christmas Lunch on Nov 30 at the Best Western Premier Coast Plaza. A plated turkey lunch was followed by entertainment provided by the talented Silverwood Trio: Bart Hicks piano, Diana Piggott violin and Judy Dofoo cello, with a repertoire of classical, contemporary and Christmas music. CRTA’s donation of \$600 to RESET (Rapid Exit From Sexual Exploitation and Trafficking) once again provided a free book selection for all. Our attendees also generously donated \$1550 to the Calgary Food Bank to help the many families in need over Christmas. A special thanks goes out to the following generous sponsors for their door prize donations:

DONOR	PRIZE	WINNER
ARTA	<ul style="list-style-type: none"> • cribbage board, cards, hot/cold mug, Wellness Planner 	Fred K
TW Insurance	<ul style="list-style-type: none"> • Surprise Box • Travel Quilow, Emergency Car Kit • Travel Quilow, Emergency Car Kit 	Susan O Lynette P Judy P
CRTA	<ul style="list-style-type: none"> • Gift card Edelweiss \$15 	Sandy L
CBEREA	<ul style="list-style-type: none"> • Christmas Table Runner, Ornament 	Marlene D
Eve Keddie	<ul style="list-style-type: none"> • Magic box Creator, \$15 Tim Hortons Card 	Millie H
CBEREA	<ul style="list-style-type: none"> • Cabernet wine 	Trevor G
CBEREA	<ul style="list-style-type: none"> • ARTA Roots jacket 	Carolyn D
CBEREA	<ul style="list-style-type: none"> • Wine 	Mary C
Best Western Premier Hotel	<ul style="list-style-type: none"> • \$50 Gift certificate to Barrington’s Restaurant 	Brenda M

Lunchbox Theatre: Home for the Holidays

Liza Bennett and Bonnie Chandler



After a 2 year hiatus due to COVID, participants enjoyed the Christmas production of “Home for the Holidays” on Thursday, December 8 at the Vertigo Theatre. Written, produced and directed by local playwrights, this delightful musical is set in a Calgary airport on Christmas Eve leaving four desperate travellers to fend for themselves as their holiday plans are squashed by wintry conditions. We soon see that this group, albeit strangers, forge their dilemma into a coming together of connection and caring for each other as they create a makeshift Christmas of their own. The overwhelming theme of caring and kindness in challenging situations proves once more that the spirit of Christmas is alive and well even at an airport! The event was a wonderful way to start the holiday season.

CRTA Scholarship Awards 2022-2023

Linda Manwarren

Each year the CRTA grants financial awards to students in the Faculties of Education at the University of Calgary, Mount Royal University and St. Mary's University. We are happy to introduce you to the latest recipients - Emily Wilson from Mount Royal University and Joseph Boissonneault from St. Mary's University.



Emily Wilson

I am honoured to have been selected as the recipient of the CRTA Scholarship Award. I am currently a fourth-year teacher candidate at Mount Royal University in the Bachelor of Education program.

I made the decision to begin my education degree after several years of working as a youth mentor and educational assistant. These experiences have rooted a deep passion for engaging and building connections with students.

I believe that a classroom should provide a nurturing, safe, and compassionate atmosphere where each unique student is encouraged to grow intellectually, emotionally, and socially. I hope to create this environment through inclusive education, supporting the needs of diverse learners and backgrounds.

Outside of the classroom, I enjoy spending time outdoors, quality time with my family, friends and animals, and taking care of my wellness so that I can be at my best in the classroom!

My academic success and professional responsibilities are very important to me, and with this award, I was given the gift of time, which has allowed me more opportunities to focus on my studies and growth as a teacher candidate. Thank you!



Joseph Boissonneault

I am currently a second-year education student at St. Mary's University and I am writing to thank you for your financial support through your scholarship.

Next year I hope to be teaching for the Calgary Catholic School District, and it will be one of my greatest wishes to instill in my future students a lifelong love of learning. To nurture future generations of lifelong learners requires continual support from so many diverse members of our communities. I could not be where I am today,

embarking on this new journey, without the many forms of support I am honoured to receive. It takes strong families, a healthy and vibrant civil society, and selfless generosity of so many people to bring our shared love of learning into the world and to the people who need it most.

Everything from my academic background in philosophy and ethics, to my hobbies of music, fine arts, and photography – molds who I can become as a teacher and enables me to reach out to countless students over the hopefully long course of my career. I thank you on my own behalf as well as on behalf of my wife, and our two children who are my greatest supporters. Your generosity means so much to us.



Wellness Committee

Let's Get Physical

Linda Manwarren

The ARTA annual Wellness Challenge is happening April 1-June 30, 2023 – a perfect opportunity to up your physical activity game! The system is streamlined this year and we are hoping to have record participation in CRTA. The what's and how's will be shared in an email blast mid-March. It will also be highlighted in the next issue of *news and views*. Participation is achieved by doing a physical activity for 30 minutes in a day. The Canadian guideline for physical activity for seniors indicates positive impact on your health occurs when there is at least 150 minutes of moderate to vigorous physical activity per week. A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life—even if you don't start exercising until your senior years. Several years ago, I watched a video with Dr Mike Evans called 23 and a half hours. If you haven't seen it, it is worth a look. This YouTube video about the health benefits of exercise is entertaining as well as informative. Here are the top reasons to exercise regularly:

- o Maintain or lose weight.
- o Reduce the impact of illness and chronic disease.
- o Enhance your mobility, flexibility, and balance.
- o Improve how well you sleep.
- o Boost your mood and self-confidence.
- o Improve your brain function.

Save the dates and embrace the exercise habit. Please contact Linda (lindam8484@gmail.com) if you would like to be part of a team leading a walk during the challenge dates (April 1-June 30).



Technology in Our Daily Lives

Elizabeth Galatiuk

Twelve eager members participated on November 3, 2022 at the Kerby Centre in the Technology in Our Daily Lives workshop with Madeleine Hardy. Being a hands-on workshop, everyone brought a mobile phone, tablet and/or laptop.

The workshop began with the practical task of signing on to Kerby Wi-Fi to download or use a QR app to access Madeleine's website with the presentation material. No paper was used in the workshop. Topics covered in the workshop included tech literacy (icons and common terms), communication (social media and apps), common scams, password security, securing our devices and other resources we could use when we have questions or need help. One of the many resources is the website <https://cyberseniors.org/> which provides free support to seniors. Since the workshop was hands on, devices were used at every stage and we found that it was too short a time for all the skills we wanted to learn. We all left having gained practical knowledge and skills and more confidence using technology.

Casino 2023 A Huge THANK YOU!

Sandi Grassick



Our January 3, 4, 2023 casino went off without a hitch! We are so thankful to have had a dedicated and responsible slate of volunteers, some regular casino volunteers, and some “newbies” to the experience. Cowboys was fairly slow for our two-day event but the volunteers found plenty to talk about during our shifts.

Thanks to - Mary, Al, Colleen, Glenda, Doug, Julie, Linda, Burke, Helena, Kim, Dianna, Marilee, Daryl, Meva, Marion, Paul, Dorothy and Lila who worked the shifts on Jan 3. and to - Gordon, Bonnie-Jean, Donna, Cathy, Wanda, Joan, Cliff, Diane, Barb, Helen, Pat, Gordon, Bev, Jeannie, Ellen, Rose and Dean who worked the shifts on Jan.4.

A special thanks also to those who allowed their names to be put on the spare list. Although we didn't need to contact any of you, it is always important to have volunteers at the ready, if needed. Thank you Denis, Terry, Sharon, Ross, Caren, Connie and Vivian.

Acrylic Painting Series

Kim Hunter

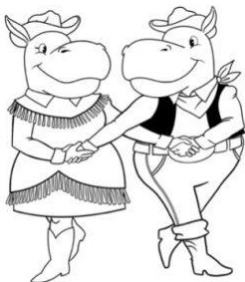


Sixteen artists gathered in January at the Kerby Centre for a series of lessons with Liz Sullivan. With Liz's guidance we expanded our abilities to really look at Monet's paintings and try some of his techniques. Monet's *Poppy Field* was the inspiration for the first two weeks. Liz introduced us to a method of mixing colours right on the painting rather than on the palette and using bubble wrap for creating texture. She encouraged us to freely experiment with brush strokes and colour. For the second piece, we had the option of choosing any other Monet painting or landscape picture. For those who were a little more hesitant, Liz guided us through creating our version of *Houses of Parliament Sunset*. Even first-time painters were pleased with their end products and it was amazing how different each of our pieces were.



ART SHOW AND SALE

SATURDAY, MARCH 25, 2023
10:00 to 4:00
ST. PETER'S ANGLICAN CHURCH
Elbow Drive and 75th Ave. SW
Free admission, door prizes
Payment by cash, cheque or credit card



Steppin' Out 2023

Gordon Cumming and Linda Manwarren, co-chairs

Mark your calendars: April 27, 28, 2023

Steppin' Out 2023 Registration is now open

We hope to see you at the Steppin' Out Conference on April 27, 28, 2023. All details are available on the CRTA website. Some highlights that we are particularly excited to bring you:

- Entertainment following the banquet - A Tribute to Stan Rogers
- Delicious food brought to you by Scarpetta at the Riviera
- 25 interesting and informative sessions

Contact: Gordon cummingg@shaw.ca or Linda lindam8484@gmail.com with questions or comments.



CRTA Film Festival Review of The Swimmers

Ron Jeffery



The January movie of the month was **The Swimmers**. Sisters Yusra and Sarah Mardini fled their home country of Syria in 2015 when their house was destroyed during the civil war. They journeyed to Turkey where they arranged to be smuggled into Greece. The refugees were in the middle of the Aegean Sea when the engine of the overcrowded dinghy cut out and the pair, plus two others who could swim, were responsible for saving the lives of those on board. Just a year after their harrowing experience Yusra competed in two swimming events at the Rio Olympics as part of the Refugee Olympic team.

The film was incredibly relevant with the backdrop of the war in Ukraine and the challenges facing Ukrainians trying to escape the war. Despite what the sisters faced on their way to Germany and beyond, Sarah who returned to Greece to assist refugees after the Olympics – was arrested for smuggling refugees and faced a possible 30 years in prison. She was pardoned just a week before we watched the film. This was life in real time.

Themes that were discussed included: refugee survival, family sacrifices, resilience, perseverance, refugee smuggling, war and the Olympic refugee team. After viewing this movie, you may never look at the Olympics or war in the same way again.

Review of Penguin Bloom

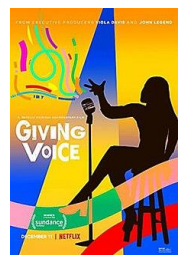
Ron Jeffery



February 21, eleven people got together to watch and discuss Penguin Bloom which is based on a true story from the best-selling book of the same name. The film tells the story of Sam Bloom (Academy Award nominated Naomi Watts) a young mother whose world is turned upside down after a near-fatal accident leaves her paralyzed. Sam's husband, (Andrew Lincoln), her three young boys and her mother (Academy Award nominated Jacki Weaver), are struggling to adjust to their new situation when an unlikely ally enters their world in the form of an injured baby magpie, they name Penguin. The bird's arrival is a welcome distraction for the Bloom family, eventually making a profound difference on Sam's life, teaching her how to live again.

The story illustrates life's joys, challenges, tragedies, and triumph and stimulated a great discussion.

Mark your calendar for the last film of the season **Giving Voice** on **Tuesday, April 11, 2023**. Get cozy and have dinner or popcorn as you watch in the comfort of your home and then join in the discussion following the film. Registration will begin after an e-Blast in early April. All movies are available on Netflix which you can watch at your leisure and join in the discussion on CRTA movie night or watch with us on Zoom.



Another Way To Pay for CRTA Events

Kim Miner

Modified Shakespeare (Hamlet Act 3 Scene 1)

To PayPal, or not to PayPal: that is the question
Whether 'tis nobler in the mind to suffer
Their high fees and charges of outrageous expense,
Or to e-transfer: craatb@gmail.com
Or to mail a cheque to:
CRTA
Box 337, 305 – 4625 Varsity Dr NW
Calgary AB T3A 0Z9
And by opposing PayPal fees, end them!
Will you mail cheque or e-transfer for free: that is the question!

A NOTE ABOUT AFFILIATE MEMBERSHIPS

Sandi Grassick

The Calgary Retired Teachers' Association (CRTA) is committed to improving the quality of life for its members through educational, social, and recreational activities.

Objects:

- To educate our members regarding matters of health and wellness.
- To promote and encourage life-long learning and engagement in the community.
- To promote the recognition of our members as active and contributing members of the community.
- To advocate for services, programs and government policies that benefit seniors.
- To maintain a collaborative relationship with Alberta Retired Teachers' Association (ARTA).

Do you know someone who likes to attend our activities but is not a member?

Do you know someone who is a senior and might enjoy some of the CRTA activities?

Do you know that we offer Affiliate Memberships for a variety of individuals?

- the spouse of a retired teacher
- a retired teacher from another province
- a teacher on extended leave or with retirement pending
- a senior over 55 who shares the objects of CRTA

If you know someone who might be interested in an Affiliate Membership, please share this information with them. Affiliate Memberships can be arranged by going to calgaryretiredteachers.org and clicking on the JOIN/RENEW link, completing the contact information and choosing a method of payment.

The annual fee is only \$21.00 (same as for Regular members) and entitles the Affiliate Member to all the same discounts on luncheons, field trips, art classes, luncheons and the very popular Steppin' Out Conference. Affiliate members receive all the email blasts about upcoming events as well as the quarterly CRTA Newsletter.

If you have any specific questions, please contact - spgrassic@shaw.ca. Membership Coordinator

Did You Know?

The CRTA website has a section with a list of frequently requested websites such as ATRF, ARTA and ATA locals. Ctrl click on the title below to view the entire list of links.

[Most Requested Links](#)

BE SURE TO CHECK THE UPCOMING EVENTS/CALENDAR ON OUR CRTA WEBSITE!



SAVE THE DATE!

**2023 - CRTA Annual General Meeting and Spring Lunch
June 27, 2023**

Canyon Meadows Golf and Country Club



We welcome your comments and questions. Use the *Contact Us* button on the website at calgaryretiredteachers.org or write to us at CRTA, #337, 305 – 4625 Varsity Drive NW, Calgary T3A 0Z9