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Presidents' Message

Denis Espetveidt / Mary McDougall



CRTA is looking forward to another great year full of opportunities for our members to get involved and stay connected. The year has started off with a few new events that we have never offered before. The series of five Calgary Philharmonic Rehearsal Sessions have been well received with a full complement of registrations each time and we have increased our capacity for the remaining three. Sponsoring a private viewing for a documentary movie by Participaction was another new venture for CRTA. We are however not dropping our past activities that have always had a great response. The third Deerfoot Casino lunch of the year will be held on March 7 and our Art Show and Sale is coming up as is our very popular and wonderful Steppin' Out 2024 Conference. Be sure to check out all the events on our website as well as in our newsletter.

We strongly encourage you to provide feedback on the CRTA activities that you choose to attend. It will help us decide the direction of our future plans. Your input is crucial to helping CRTA better meet your needs. Use the Contact Us button on our website calgaryretiredteachers.org.

Looking forward to a wonderful spring!

LOOKING BACK: CRTA ACTIVITIES December 2023 – February 2024



Christmas Table Centerpiece Workshop

Margaret Kurtze

All 20 participants at the **December 11, 2023** workshop had a fantastic time creating their centerpieces after seeing Kristen Otteson demonstrate the appropriate technique. To begin, various greens, two orchids, two roses, a seed pod, pinecone and a Christmas ball were handed out. Kristen, owner of *Flowers at the Market* then gave instructions about proper placement of greens and how to add other florets to fill in the spaces. The foliage and accoutrements were creatively placed into a gold container with floral sponge.

Two enjoyable hours later, we each had our unique master pieces.

Unsyncable: Movie Review

Barb Kujala



Thirty-two CRTA members and guests attended the documentary movie viewing at Canyon Meadows Cinema on **January 30, 2024**. The documentary reminds and inspires seniors to get out and become passionate about life. In this case, it was accomplished through synchronized swimming, now known as artistic swimming. Sue one of the seniors featured has been a dedicated athlete from the age of twelve and still aspires to be the best by competing in the American Masters championship at sixty eight. She is a driving force encouraging teams from coast to coast to come to Maine and

participate. So many of these athletes find a family within their teams. If you look at the participants you won't see athletic bodies but you will see dedicated passionate inspired people who have goals and drive to be the best that they can be. Ellen was the lone Canadian who joined the water sport. She suffered with joint pain and ten minutes in the pool daily turned into hours practicing and enjoying the sport with fellow participants. She had a great attitude. Sometimes the number of people competing in her age category were few but she proudly added to her medal collection! Shirley at ninety-two still looked good on the podium. The moral of the story ...you are never too old to participate, get out and live your life well. At the end of the movie, I saw smiling faces and heard people talking about hitting the pool



CRTA Film Festival - Review of “Nobody Knows I’m Here

Ron Jeffery

Our January movie was titled “Nobody Knows I’m Here”. This award-winning film was directed and produced in Chile – a first for Netflix.

The main character, Memo, lives on a remote Chilean sheep farm with his uncle. He is hiding a beautiful singing voice from the outside world. A recluse with a glittery flair, he can't stop dwelling on the past, but what will happen once someone finally listens? What story is he hiding?

The life of Memo Garrido, changes forever with the arrival of Marta – a woman in a local village who brings him wool to clean and hears him singing and recognizes the song. Thinking he might be autistic as he doesn't speak, she soon realizes he doesn't speak as he doesn't trust people. She forces him to face his past, giving him an opportunity for redemption and to realize his dreams.

This is a moving film; suggesting challenges our young people often face in developing their own dreams rather than what others expect of them. The ending was powerful and touching, and our discussion group was highly reflective and moved by the film and story.

Calgary Philharmonic Open Rehearsals

Linda Manwarren

On **January 19**, a bitterly cold winter day, 30 retired teachers and guests joined others at the Jack Singer Concert Hall for the first CPO Open Rehearsal of 2024.

The energetic guest Conductor, Virginia Martinez had the audience enthusiastically shouting "ole' ole' " to the sultry melodies of Spanish dances. Daniel Bolshoy, a Russian-born, Israeli-raised Canadian renowned classical guitarist mesmerized those in attendance with the expressiveness of his style and stories introducing the pieces. Our exceptional Calgary Philharmonic Orchestra musicians, talented guest Conductor and superb classical guitarist warmed our hearts with a musical morning enjoying sensational Spanish guitar.

February 2, saw 16 members and guests attend the CPO Rehearsal featuring Montgomery and Mesa with cellist Tommy Mesa spotlighted and Andres Gonzalez conductor. Another great CPO Open Rehearsal.

CRTA Generosity

The annual Calgary Retired Teachers' Christmas Lunch collects donations for the Calgary Food Bank and over the past two years our members and guests have donated almost \$4000 worth of food and funds. In 2022, 310 lbs and \$1310 was collected and in 2023 150 lbs and \$1511. Tax receipts are issued by the Calgary Food Bank for all cheques over \$25. Thank you for making a difference in the lives of so many who are in need in Calgary especially during the Christmas season.



WHAT'S AHEAD: March – May 2024

CHECK THE UPCOMING EVENTS/CALENDAR ON OUR CRTA WEBSITE!

FIRST CURTAIN CALL It's Movie Night at CRTA Ron Jeffery



Mark your calendars for the upcoming films:

Tuesday April 2 NYAD

Tuesday May 7 The Live Ahead

Registration and information for each movie will begin following an email blast. It will also be listed on our CRTA web site. The movie will follow 2 weeks after registration.

All films are available on Netflix which you can watch at your leisure or watch as a group on Zoom. Discussion will follow the movie. There is no cost for this activity.

Calgary Philharmonic Open Rehearsals Moira Kelly - Bucher



Join the Calgary Philharmonic for a full working concert in the Jack Singer Concert Hall (10:00 am to 12:30 pm) and discover the time and dedication it takes to prepare for a performance. For each rehearsal there will be an email sent out with registration ending about two weeks before the scheduled date. Come enjoy a variety of music concerts presented by talented musicians from all over the world.

Call Moira Kelly-Bucher 403-921-2807 about three weeks before the performance date if you are unable to register online. Cost: \$10 members, \$15 non-members.

- March 1, 2024 Beethoven's Seventh
- March 15, 2024 Phillippe Quint Premieres Wallen
- May 10, 2024 Brilliant Bassoon

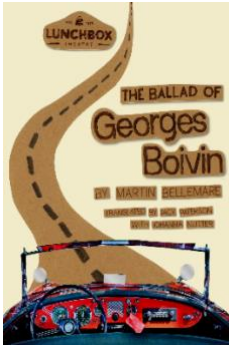
ARTA Heart and Sole Wellness Walks Elizabeth Galatiuk and Moira Kelly-Bucher

New this year! ARTA is hosting a series of wellness walks in communities across Alberta. These walks are an opportunity to get out, get active, and meet other retirees. The walk will also collect donations for the Calgary Food Bank.

The Calgary Retired Teachers' Association walk will be held on **Tuesday, April 23** at 10:00 am in North Glenmore Park. For more information and to register see the February 2024 **ARTA facts** issue or go to landing.arta.net/wellness-walk-2024 as well as the CRTA website. calgaryretiredteachers.org

ARTA members who register before March 15 will receive a free T-shirt.

Lunchbox Theatre – The Ballad of Georges Boivin
 Sandi Grassick



Join us for a noon hour performance of **The Ballad of Georges Boivin**. We have a limited number of tickets for this performance on **April 18, 2024**. Registration will open on March 15.

At 77, Georges Boivin decides to “give the dice a roll.” Georges just lost his wife, the “centre of his universe.” But there is life after 70, and it must continue even after his great loss. With his three friends, all older than he, he sets out on a cross-country road trip from Québec to Vancouver, in search of his first love whom he hasn’t seen in 50 years.

This poetic and playful script is a tour de force for the solo actor who plays all four friends along for the ride. It’s also a heart-warming story that challenges the myths and assumptions around aging.

“Steppin’ Into Spring 2024”

Registration opened on February 15, 2024
 Linda Manwarren and Gordon Cumming, Co-chairs



HIGHLIGHTS:

Thursday, April 25, 2024

The evening will see you enjoying a delicious meal followed by entertainment provided by **3rd time lucky Quartet**. Their repertoire includes barbershop classics, pop hits, folk songs, touching ballads, and musical theatre tunes.

Friday, April 26, 2024

Continental breakfast, lunch, wind-up social hour, fabulous door prizes! Keynote Speaker: retired news anchor **Darell Janz**, building on stories from his long career as a journalist, will be focussing on the importance of finding purpose in retirement. Then enjoy your choice of two of the eighteen presenters in the remaining sessions of the day.

Complete program and registration information is available online:

www.calgaryretiredteachers.org

or contact Linda Manwarren at 403-200-0472 or lindam8484@gmail.com

Conference Location:

Riviera Hotel and Conference Centre
 3515 26th St NE
 Calgary, AB



ART SHOW AND SALE

SATURDAY, MARCH 23, 2024

10:00 to 4:00

PARKDALE UNITED CHURCH

2919 - 8th Ave NW **NEW LOCATION**

Free admission and door prizes



Coutts Centre for Western Canadian Heritage

Linda Manwarren

Travel by coach to Nanton, to the Coutts Centre for Western Canadian Heritage to hear about the history of the area and tour their beautiful gardens. Boxed picnic lunch will be provided. Stay tuned for more information to follow. Mark your calendars for **June 20, 2024**.



CRTA Annual General Meeting and Lunch

Thursday, June 27, 2024

11:00 am- 2:00 pm

Canyon Meadows Golf and Country Club

CASINO NEWS!!

Sandi Grassick (Casino Chairperson)



We are happy to announce that our next casino will be at Cowboys' Casino on **September 9 and 10, 2024**. We will be looking for volunteers to work all shifts over the two-day event. Mark it on your calendar and invite a friend who may want to join you. Life may change over the next few months, but if you are possibly interested in volunteering, send a quick email to spgrassic@shaw.ca. Your name will be added to our list of possible volunteers and the final volunteer schedule will be set closer to the event date.

Something to Share with Active Teachers

Several members of the Board of Directors of CRTA volunteered at the Calgary City Teachers' Convention on February 15 and 16. Information about the ARTA Health Benefits Plans was provided at the booth, ARTA Café and in a session. Many teachers took advantage of the opportunity to join ARTA 101 which is available, at no charge, to active teachers. More information can be found on the ARTA website, ARTA.net.

Information about joining CRTA and its many benefits and activities was also shared with teachers potentially considering retirement.



ARTA Update

ARTA Pension and Wellness Committee

Webinar: Cyber Crime & Insurance Challenges

March 21, 2024 1:00-4:00 pm

arta.net/events/pension-and-financial-wellness-committee

ARTA Communications Committee

Photo Contest Deadline is May 31, 2024

arta.net/photo-contest

Registering and Paying for CRTA Events

- Register on our CRTA website <https://calgaryretiredteachers.org/>
- Pay by e-transfer: crraatb@gmail.com Be careful entering the correct email address!
- Pay by cheque mailed to: CRTA
Box 337, 305 – 4625 Varsity Dr NW Calgary AB. T3A 0Z9
- Pay by PayPal

Did you Know?

PayPay charges CRTA a variable fee for each transaction. Please consider paying by e-transfer or cheque to help keep our costs down.

Giving Back

Each year, CRTA grants financial awards to students in the Faculties of Education at University of Calgary, Mount Royal University and St. Mary's University. We are happy to introduce you to the latest recipient – Hana Storkova from the University of Calgary

My name is Hana Storkova and I'm in my final year completing my Bachelor of Education degree. Thank you for offering me the 2023 Calgary Retired Teachers' Association Scholarship. This has truly meant a lot to me and allowed me to pursue some exciting opportunities.

Ever since elementary school, I knew that I wanted to be a teacher, so it has been incredible seeing that dream come to fruition these last couple of years. I have loved exploring many in-depth topics related to teaching in my university courses, and then putting that knowledge into practice during my practicums. It has been incredible connecting with both my students and my partner teachers as I reconfirm how much I love teaching.

This last year has been an exciting journey. As a result of your scholarship, I was able to accept the offer to travel to Inuvik, NWT to complete my last two field experiences. This opportunity has allowed me to delve into the topics of Indigenous Education and reconciliation. It has also been a great introduction to working closely with a community and teaching in complex and diverse classrooms. I am looking forward to completing my last practicum here as well.

Looking into the future, I hope that I can teach somewhere that I will truly make a difference in the lives of my students. At this point, I am considering spending a couple of years working in the Northwest Territories since I have enjoyed my practicum so much. But, in the longer term, I am also looking forward to returning to Calgary. Thank you for supporting me in this journey on becoming a teacher.



We welcome your comments and questions.

Use the *Contact Us* button on the website at calgaryretiredteachers.org or write to us at CRTA, Box 337, 305 – 4625 Varsity Drive NW, Calgary T3A 0Z9