



SCRTA NEWSLETTER

Strathcona County Retired Teachers' Association

President's Message

As the echoes of New Year's Eve fireworks fade away, I wonder about the generally accepted notion that 2016 was a bad year.

We could focus on the horrors of the Fort McMurray fires or the worrisome results not only of the U.S. election itself, but also of the roles social media, false news and other irregularities played in what happened south of our border – but don't we need balance? There have been positives in 2016, too!

An article by David Staples, published on January 3rd in the *Edmonton Journal*, itemized several positive things about 2016:

- The price of oil moved up,
- The Oilers improved their plays,
- The latest results of the Programme for International Student Assessment (PISA) placed Alberta's education 1st in Canada and 2nd of 72 countries or economies in the world, and
- Albertans are living longer than ever (an average of 83 years!)

Tied to that last point, I saw another article about a 105-year-old Frenchman who rode his bike 22.547 km. in one hour—a record in a category created just for him.

Closer to home, we finally saw the end to construction on the Anthony Henday. I have been able to get to ARTA meetings in west Edmonton in just a bit over 20 minutes without speeding!

SCRTA also saw some successes in 2016. The Hell with the Bells Breakfast and the Christmas Luncheon maintained their popularity, and the Luck of the Irish Casino trip increased in popularity. We had a nice turnout for something new—the fall Segway tour in Edmonton's river valley. Also, SCRTA's website went online early in 2016, and it has been a good source of information for our members.

Perhaps there will be times in 2017 when the balance of good to bad seems to be a bit out of whack, but there always seems to be some good that we can find if we look for it.

Our wish is that 2017 will be good to all of our members!

Inge Coates

SCRTA President 2016-17

January 10, 2017
Winter Edition

CONTENTS

President's Message	1
Mark Your Calendars	2
ARTA News	3
Christmas Luncheon	4
Volunteering	5
Health Matters	6
Compassion and Congratulations	7

SCRTA website:
www.artabranches.net/scrta

Editor: Inge Coates
scrta@shaw.ca



SCRTA is a branch of ARTA

SCRTA Executive

To contact our executive,
please check the
“Contact Us” section of
SCRTA’s Website

<http://www.artabranches.net/scrta/>

President

Inge Coates
scrta@shaw.ca

Past President

Judy Axelson

Vice President

Deb Gerow

ARTA Reps

Dolaine Koch
Inge Coates

Secretary

Carol Gilbertson

Communications

(Website and Newsletter)
Inge Coates

Membership

Sylvia Vailas

Phoning Chair

Dianna Millard

Social Committee

Carol Daymond
Sylvia Roes
Jeannie Sargent
Brenda Smith
Judy Busch
Karen Atkinson

Compassion and Congratulations
Position currently vacant

Mark Your Calendars:



SCRTA Executive Meeting

Tuesday, February 28, 2017 – 1:00 p.m.
Strathcona County Museum

Luck of the Irish Casino Trip

Save the date: Thursday, March 16 – details to come

SCRTA’s 30th Anniversary AGM – Tea at the Museum!

June 1, 2017 from 2:00 to 4:00 pm – details to come

BC Wine Tasting and Golf Tour

As noted in our Fall Newsletter, Merit Travel offered a wine and cheese afternoon on October 18, 2016, during which they planned to examine the possible events to include in a wine tasting and golf tour in the Okanagan for our members. Unfortunately there were only four people who responded to this invitation, so this concept will be on hold at this time. However, there is a possibility that we can combine with another branch to repeat this offer at a future date.

Please Keep Us Updated

Please register changes in your membership information if...

- You have turned 80 years of age. (Membership is free after this age.)
- You have moved. (We need your new contact information.)
- You are not certain if your membership has expired.

To register changes, contact Sylvia Vailas using the “Contact Us” portal on the SCRTA website: www.artabranches.net/scrta/ or email scrta@shaw.ca.

Important: Please do not send cash through the mail to pay for membership fees, or for any other reason. It is much safer to send a cheque, and the cancelled cheque can also act as a reminder as to the details of your payment.

News from ARTA

Board of Directors' Meeting

The next BOD will be on February 21 and 22. You are reminded that SCRTA's President is your representative on this board. SCRTA is fortunate to also have two more of our executives active on the board: Treasurer – Dolaine Koch and Communications Chair – Deb Gerow. If you have concerns that you would like to raise at this meeting, please email scrta@shaw.ca and let us know or contact ARTA directly (info@arta.net).

Changes at ARTA

There have been some significant changes at ARTA: there is a new emergency travel insurance provider, ARTA's offices will be moving to a new location, and a stand has been taken regarding dental fees. For details regarding these changes, please make sure to read the article in the recent, winter edition of *news&views* (Page 8 and 9) written by Daniel Mulloy, CAO and Executive Director of ARTA, or check ARTA's website at www.arta.net.

2017 Photo Contest

The Photo Contest rules are available on page 4 of the winter edition of *news&views*. These can also be found on the ARTA website: www.arta.net.

Please remember that all current ARTA information can always be found on the ARTA website, and it is also linked on SCRTA's website: www.artabranches.net/scrta.

And Again...Email Safety Reminders

I have found that hackers have become ever more sneaky! I received an email that looked quite genuine informing me that my SCRTA mailbox was full and would soon be unable to process more emails. Because I am wary of clicking on email links, I went directly to my service provider's website and checked on my mailbox there...and there is no issue with an overflowing mailbox. Because I was almost fooled, I would like to repeat the following warnings.

- Do not click on ANY link offered in an email unless you are sure it is legitimate.
- Banks or other financial institutions generally do not send out emails that ask you to click on a link.
- Bogus emails can often be identified by spelling and grammar mistakes in the message.
- Legitimate company logos can be cut and pasted into a bogus email.
- Don't be bullied into opening a link—Canada Revenue does not use email to deal with accounts; you would know if you owed PayPal money.
- If you didn't know that the relative who is in trouble exists, he/she probably doesn't exist.
- You did *not* win \$10,000,000.00 from the Coca Cola Company!
- If in doubt, do not open the link.

And now, another scam: my son forwarded an email that he supposedly received from me; however, when I looked at the email address behind my name on the "from" line of the email, it was someone else's address. Hackers were using my name attached to a bogus email address! Just another thing to check before clicking a link—does the address match the display name?

SCRTA's Christmas Luncheon

The SCRTA Christmas Luncheon was the place to be on December 1, 2016. Careful planning by SCRTA's social committee ensured that this was a perfect afternoon starting the moment people came into the doors and heard lovely Christmas music Deb Gerow played on piano. Later, Lois Derkson provided a delicious buffet, Pat Becker led us in caroling, and eventually, Jeannie Sargent distributed the door prizes of lovely poinsettias. Our gracious MC, Dianna Millard, kept the program running smoothly. It was fitting that Trudy Tienkamp was honoured at this occasion for her many volunteer activities, and she was also given a poinsettia. Special guests included Juanita Knight, President of ARTA; Lynn Johnston, President of the ATA Local; Jean Boisvert, Trustee for EICS; Candice Ulliac and Lucy Takahashi, from ARTA Member Services; and John Takahashi, ARTA Financial Coordinator. A total of \$335.00 plus many toys and books were collected for the Christmas bureau. What a wonderful way to engage with the Christmas Spirit!



Trudy Tienkamp – Volunteer Recognition

It was a pleasure to recognize Trudy Tienkamp for her extensive volunteer work.

Trudy retired in 1992 after teaching for 24 years at Strathcona County/Elk Island Schools. As with so many of us, retirement just meant a busier life style for Trudy. She started her retirement by committing to take her mother to dialysis three times a week, as well as continuing with a full slate of volunteer activities.

She fulfilled various positions such as treasurer, president, and others as she spent 30 years associated with horse shows, 11 years with Sherwood Park Minor Baseball and over 10 years with the 55+ Club. As well, Trudy still volunteers with track and field.

Trudy's work with SCRTA started in 1993, shortly after her retirement. She took on the role of treasurer from 1993 to 1996, adding membership duties from 1994 to 2003 and again from 2007 to 2009. She also published the newsletter from 1998 to 2009. From 2004 to 2006, she was SCRTA's president, and from 2006 to 2007 she took the role of Past President.

Even now, I see Trudy at most SCRTA events, including all the AGMs, which are so important to the functioning of SCRTA.

SCRTA members like Trudy are like gold!



Volunteer Opportunity – Ice on Whyte

Ice on Whyte takes place from January 26 to 29 and February 2 to 5, 2017. The festival runs a school program called L'il Chippers where children learn to carve their own small block of ice. School pre-register for these programs via our website. The pre-registered school programs run on the two Thursdays and Fridays between 10 am and 3 pm. in a 40 foot heated inflatable igloo.

If you are interested in volunteering for this fun-filled winter program, please visit our website www.iceonwhyte.ca to learn more about the L'il Chipper program and our volunteer program.

You can sign up to volunteer directly on our website under the volunteer tab, or contact Sarah Fabruizius at volunteer@iceonwhyte.ca.



Health Matters

“Health Matters” is a feature written by Carol Gilbertson that offers health reminders. These reminders are meant to be helpful, and are not to be taken as medical advice. At all times, readers are advised to consult their own physician to ensure that what they are doing health-wise is in their best interests.

COPD: COPD is the third most common cause of death among people 65 and older. Asthma, Chronic Bronchitis and Emphysema are all examples of COPD. COPD worsens over time and makes it difficult to breathe. Frequency of COPD increases with people over age 65. Risk factors include smoking, indoor and outdoor air quality. Some signs and symptoms of COPD may include: frequent, long-lasting lung infections, long-lasting cough, coughing up mucus, feeling short of breath, a barrel-shaped chest, wheezing, fatigue, and losing weight without trying. Although having a chronic respiratory disease increases senior health risks, making you more vulnerable to infections such as pneumonia, getting lung function tests and taking the correct medication or using oxygen as instructed will go a long way toward preserving senior health and your quality of life.

For more information on COPD or other lung ailments, check the following website reviewed by the Canadian Thoracic Society’s COPD Clinical Assembly:

<https://www.lung.ca/copd>

Pneumonia: Pneumonia is often a result of influenza a vulnerable disease in seniors. Senior health care recommendations include getting a flu shot and getting the pneumonia vaccine if recommended by your doctor to prevent this infection and its complications.

For information on free adult and seniors immunizations available through local community and public health offices check the following website:

<https://myhealth.alberta.ca/find-health-care/services/Pages/profile.aspx?SERVICEID=5825>

Alberta Caregivers

Are you taking care of aging parents or an ill spouse or child? The job of taking care of loved ones in need can be depleting. Here is contact information for an organization that offers support and information:

Alberta Caregivers Association
10310-56 Street Edmonton, AB T6A 2J2
Ph. 780 453 5088 or 1 877 453 5088
www.caregiversalberta.ca

Note of Compassion

It is with great sadness that we acknowledge the loss of two very important members of our SCRTA executive, Peggy Melmock and Billie Thompson. These two ladies, were not only the contact people for our Compassion and Congratulations Committee, they also sent out the cards that advised the families of our members that the loss of their loved ones was also felt by SCRTA.

Our sincere sympathies are extended to their families and loved ones. Please know that SCRTA also feels the loss of these wonderful personalities.

MELMOCK, Margaret Joyce - January 22, 1929 - October 9, 2016

THOMPSON, Elizabeth "Billie" – April 8, 1930 – October 23, 2016.

**Note: Please contact us at scrta@shaw.ca if you know of news that should be included in our Compassion or Congratulations section. We depend on our membership to keep us updated.*