



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

January 25, 2019

February 1, 2019 Breakfast at Sturgeon Valley Golf and Country Club

8:30 am: Doors OPEN (Please do not arrive earlier!)

9:00 am: BREAKFAST

COST: \$22.00 for STARTA members, \$27.00 for non-members

Please help us out by bringing exact change!

ANNUAL MEMBERSHIP FEE: \$10

10:00 am: PROGRAM: Guest speaker, lawyer Stacy Maurier, specializes in wills and estates. *Your Will is a final gift to the ones you love. Stacy Maurier, our guest, will discuss what should be included in a Will, the rules for leaving gifts behind, as well as advanced care planning options and the appointment of an Agent and an Attorney. Learn more about how to leave your loved ones with solutions, not problems.*

PLEASE NOTE: STACY HAS PROVIDED SOME WRITTEN MATERIAL which will be helpful for you to have at the breakfast. It will be sent out electronically for you to DOWNLOAD AND PRINT OR BRING ON YOUR DEVICE.

UPCOMING PROGRAMS:

March : RCMP officers will speak on safety and security for seniors

April: Our guest will be a physio-therapist from Leading Edge & BOOK Sale

May: AGM and annual Barbeque

Are you travelling this season? See arta.net for information on the new
ARTA Travel partner, Trip Merchant.

Dinner Theatre Opportunity!

Two dates are block booked for STARTA members and partners for the February Dinner Theatre production of the comedy "Daddy's Girl". The dates are February 7 and 15, and the special price for STARTA members and partners is just \$50 plus GST per person. See Mike at the breakfast on February 1st to sign up and pay by cash or cheque. Call Mike at 780-222-0102 or 780-996-7436 for more information.

Sad News: Joan Trettler passed away Jan. 4, 2019. There will be a memorial service in her honour April 6, 2019 at Paul Kane High school at 1:00 pm.

Second Wind Conference: The steering committee is pleased to announce the **8th Annual Wellness Conference for Retirees**, held at the Chateau Louis Conference Centre in Edmonton on **Thursday, September 5, 2019**.

A list of topics to be offered at the conference may be viewed on our website. The registration form, as well as confirmed sessions and speakers will be posted on our website by the middle of March 2019.

www.secondwindconference.ca

Registration fee - \$85.00 per person if you register prior to Friday, July 19, 2019.
Registration fee after July 19 is \$100.00 per person.

Snowbird Benefits Plan Members:

- You are now able to submit your request for a greater than 100 day supply of drugs directly to your pharmacist without any additional paperwork.
- Plan members are reminded that **each** person returning to Canada to renew their 92 day absence trip duration **MUST:**
 - Return to their home province
 - Have "proof" of the date of return. If you are part of a couple, you each need your own receipts.
- Excluded from travel coverage are "Any cardiac catheterization, angioplasty, or cardiovascular surgery **unless approved in**

advance by Allianz Global

Assistance” We were assured that in a real emergency this would not apply. It seems that certain hospitals particularly in the US tend to pile on procedures that are not immediately necessary.

The Face of Education

Have you taken the Pledge for Public Education yet? (* In Alberta, public education refers to public, separate and francophone schools.) Join the growing number of Albertans who are showing their support for public education.

At our last breakfast meeting, Ellen Snaith, ATA Local 73 President, encouraged us to get involved. Challenge candidates running in the upcoming provincial election to define their party's priorities on education. Draw attention to areas which have become critical.

Go online for background on the four priorities identified by the ATA, (link: <http://www.ibelieveinpubliced.ca>), choose all or some, and add your own to the list. Spread the message.

Brushing up on My Driving By Dawn Curran

I thought I was a good driver. But the last time I had professional instruction was 55 years ago. Believing that we seniors are never too old for learning, I registered for a two hour in-car brushing up session with Northern Lights Driver Training (www.fun2drive.net). Driver trainers look at three main skill sets: Vehicle Handling, Knowledge, and Awareness.

I BELIEVE IN PUBLIC EDUCATION

(taken from the ATA "The Face of Education" campaign)

I believe all students should be able to learn in small-sized classes.

I believe all students with special learning needs should receive the supports and resources they require for success.

I believe all students should have the opportunity to benefit from fully-funded junior kindergarten and full day kindergarten programs.,

I believe all students should have access to a teacher-certificated school counsellor in their school,

Copies of posters featuring these headlines are available at the next Breakfast,

My Vehicle Handling, steering, braking, and speed control was generally good, but I learned that my visual and scanning skills needed modification. For example, when turning left, shoulder check for a bicycle behind on the center line and when stopping, always check the rear-view mirror for a distracted driver coming up too fast. Always be ready for evasive action. If I rear end the guy in front after being rear ended myself, I am at fault. Keep a little distance so evasive action can be taken. As I was driving the curves on Groat Road, I was reminded to take the foot off the accelerator just before the curve, rather than in the curve.

Knowledge and Cognitive skills include my judgement of time, space and right of way. In an uncontrolled intersection, the vehicle to the right has right of way. When turning right on red, don't roll through the stop.... count "one thousand, two thousand", proceed. A scarce few intersections in Edmonton like our Perron Street and St. Anne control the right turn on red.

The third category driver trainers consider is Awareness (Perceptual) Skills. How alert am I to hazard awareness, risk assessment? Do I look both ways, even if I have the green light? Do I look several car lengths ahead to see what's up ahead?

I came away from the brush up session with the instructor saying that I was a good driver. Although I did not undergo a formal exam, this session was helpful. I am satisfied that I am a good driver if I practice these new techniques and don't get sloppy or distracted as I drive the streets of St. Albert and beyond.

One person's view of the world – January 2019 by David Flower

One of the most interesting aspects of this new year has revolved around politics. This week started off with a minor headline in the *BBC News* describing the negotiations between the United Kingdom and the European Union as a "dog's Brexit". From our side of the Atlantic watching and listening to the debate between the "brexiter" and the "remainer" it seems that there really is no solution to "will they or won't they?" Now apparently the U.K. prime minister, Theresa May, is launching Plan B after the absolute defeat of Plan A – one can only wonder if there is a Plan C, or a Plan D, or even a Plan E, F or G.

Then on our side of the world there is the President of the United States who has spent months lambasting special prosecutor Mueller's investigation into the president's dealings, calling it a witch hunt, suddenly praising the same prosecutor for suggesting that Cohen was not telling the truth about the claimed

negotiations regarding a Moscow Trump Tower. Once again it is another example of what or who to believe and what is really behind all the politicking.

Add to that the debate over the infamous wall. Anyone at all interested in history would tell the president that walls do not keep people in or out they simply create battle grounds. Consider some examples. The Great Wall of China did not prevent the invasion from Mongolia. Hadrian's Wall did not prevent the Scots from invading England. The Berlin Wall was destroyed by the people. In fact, the only wall that currently exists is the one separating Israel from the Palestine territory and that only exists because of a huge cost in manpower and armaments. No one should waste \$5 billion on a wall that will ultimately serve no purpose other than to satisfy a wild promise in an election campaign.

As my mother-in-law used to say in her wisdom "It's a funny old world!"

Butch the Rooster

Sarah had several hundred young pullets and ten roosters to fertilize the eggs. She kept records and any rooster not performing went into the soup pot and was replaced. This took a lot of time. So she bought some tiny bells and attached them to her roosters. Each bell had a different tone, so she could tell from a distance which rooster was performing. Now she could sit on the porch and fill out the efficiency report by just listening to the bells.

Sarah's favourite rooster, old Butch, was a very fine specimen but this morning she noticed that old Butch's bell had not rung at all! When she went to investigate, she saw the other roosters were busy chasing pullets, bells a-ringing, but the pullets hearing the roosters coming, would run for cover. To Sarah's amazement, old Butch had his bell in his beak, so it couldn't ring. He'd sneak up on a pullet, do his job, and walk on to the next one. Sarah was so proud of old Butch, she entered him in the Dowerin Show and he became an overnight sensation among the judges. The result was the judges not only awarded old Butch the "No Bell Piece Prize" they also awarded him the "Pulletsurprise" as well. Clearly old Butch was a politician in the making.

Who else but a politician could figure out how to win two of the most coveted awards on our planet by being the best at sneaking up on the unsuspecting populace and screwing them when they weren't paying attention?

Vote carefully in the next election. You can't always hear the bells.

STARTA members who contributed to this Bulletin are Peggy Bergmann, Dawn Curran, Mike Dickinson. David Flower, Laura Heatherington, and Marian Oberg.