



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

November 28, 2018

December 7, 2018 Breakfast

Location: Sturgeon Valley Golf and Country Club

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

9:00 am: Breakfast

Cost: \$22 for STARTA members & \$27 for non-members

Memberships available at the door for \$10

Please bring correct change if possible.

Note: CASH DONATION jar for ST. Albert Food Bank

9:50 am: STARTA Choir

10:00 am: Guest speaker Josh Classen



Upcoming guest speakers:

January: Tim Kubasek, a stand-up comedian for 18 years, has performed across Canada at The Comedy Factory, Yuk Yuk's, The Comic Strip, The Laugh Shop and at River Cree Casino as the opening act for Farmer's Daughter. His quirky, intelligent and insightful comedy style appeals to audiences of all ages. This season, he is seen in The St Albert Dinner Theatre's productions of "A Little Piece of Heaven " and "The Regifters".

February: Stacy Maurier is a local lawyer specializing in wills and estates. She will be speaking to these topics, as well as topics such as power of attorney.

PLEASE NOTE: Expect your January News Bulletin by December 27 with information about the January 4, 2019 Breakfast.

Information - Apologies: In the last newsletter, I indicated that the number of test strips for diabetics had been reduced to 1000 per year. This is true for non-insulin dependent diabetics only. For those using insulin, there has been no change in the number allowed under the plan. Thanks to Larry and Donna Wyatt for drawing this error to my attention. My apologies for any confusion. Marian

Christmas Giving

In the spirit of the season, at the December 7 breakfast, STARTA will provide a cash donation box, with proceeds to go to the St. Albert Food Bank and Community Village. If you wish to make a larger donation and have a receipt provided, go to <http://stalbertfoodbankandcommunityvillage.com/> or mail to St. Albert Food Bank, at 30, 50 Bellerose Drive, St. Albert AB T8N 3L5

STARTA Choir Celebrates the Season with Seniors

The STARTA choir, under the direction of Eryl Jones, is Celebrating the Season by bringing their music to various Senior centres in the greater St. Albert area. You are invited to come along, enjoy the presentation and participate in the sing-a-long.

Here is the upcoming schedule:

Monday **Dec. 3** at 2:00 pm *Ironwood Estates*

Tuesday **Dec. 4** at 1:00 pm *Aspen House, Morinville*

Wednesday **Dec. 5** at 1:30 pm *Rosedale*

Friday **Dec. 7** at 10:00 am *STARTA breakfast*

Friday **Dec. 7** at 1:30 pm *Northridge Lodge*

Monday **Dec. 10** at 2:00 pm *Heritage Lodge Place in Morinville.*

Tuesday **Dec. 11** at 1:30 pm *River Ridge Seniors' Community*

Wednesday **Dec. 12** at 2:00 pm *Youville Home*

Monday **Dec. 17** at 1:30 pm *West Country Hearth, Villeneuve*

From our Presidents:

First Year Teacher Baskets; Each year, STARTA asks the larger area school boards to nominate first year teacher recipients of baskets containing useful items. This year baskets have been delivered to:

Cierra McCara, grade 4, Notre Dame

Kailyn Ross, grade 2/3, Legal

Jaylene Tye, grade 4, Wild Rose

Tyler Boychuk, Grade 7/8 Social Studies, Lorne Akins

Our next book sale will be held at the March breakfast. Funds earned at the sale support our programs and incidental expenses. The last sale brought in \$137.00. Thank you for your support.

What Being a Senior Citizen Means:

Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind. To-day, I received a call from Home Depot who installed them. The caller complained that the work had been completed a year ago and I still had not paid for the job.

Hellooo . . . just because I am a Senior Citizen does not mean that I am automatically mentally challenged. So, I told him just what his fast-talking sales guy told me last year – that these windows would pay for themselves in a year. It has been a year, so they are paid for, I told him. There was only silence at the other end of the line, so I finally hung up. He never called back. I bet he felt like an idiot.

The Face of Education

With a provincial election upcoming, the ATA has mounted a campaign called “The Face of Education”. To read more, go to www.ibelieveinpubliceducation.ca and take the pledge to support one or more of four key elements of public education.

Wellness Opportunity

Have you ever wondered how well you are doing at maintaining muscle mass throughout your body? Or about maintaining appropriate levels of body water or fat?

ARTA (our provincial organization) offers a project called *Body Composition Clinic* to each Branch. This project offers any branch member an opportunity to meet with a health professional and be assessed by a body composition analyzer, called an InBody 230, in a private, confidential setting.

Measurements of total body water, skeletal muscle mass and percent of body fat are provided and explained by the health professional. There is a follow up opportunity approximately six months later.

Benefits of this project include an increased awareness of risk factors associated with different body composition measurements and motivation to be more intentional regarding one's health. All data are provided to the participant and NOT retained by the project personnel.

The individual sessions are approximately 20 minutes, voluntary, private and confidential.

Our branch hosted a clinic and follow up about 2 years ago. We are eligible to have another (some branches do this annually and report their members find this motivational in making lifestyle changes).

Is this something that interests you? At our upcoming meeting you will have an opportunity to indicate interest so your executive can decide whether to include the *Body Composition Clinic* in our plans.

Ardyth Garrison

Heart Health:

I imagine that quite a number of STARTA members receive the daily bulletin FOLIO from our alma mater the UofA. Most of the time I skim the headlines and then delete, but once in a while an article catches my eye and I open it and read it more thoroughly. And the heading for the following article certainly caught my attention!

<https://globalnews.ca/video/4593311/university-of-alberta-invention-may-help-to-prevent-heart-attack-deaths>

The short video left quite an impression on me. After reading and watching the video, I did some further investigating. I happen to have four friends who are retired pharmacy researchers and professors, and I talked at length with them to make sure that I wasn't jumping hastily onto a band wagon. They all endorsed the validity of the invention and the background of the researchers.

I feel that this information, as contained in the article (which I hope that you have taken time to check out), is important enough to share.

Let's face it, we are all of, or approaching, a 'certain age', and need to be taking as many sensible precautions as possible.

I tracked down the source for purchasing the medications described, (sources are listed at the end of the article) and bought two, one for my wallet, one for the glove compartment in the car. Our teacher insurance picked up most of the cost. After I explained to my daughters what I had done, one exclaimed 'oh mum, I hope you don't have to use it', to which I replied 'so do I, but I may be in the right place at the right time when one of my friends needs it!'

Certainly, my brother echoes that sentiment, having twice been out rambling on long hikes when a fellow walker had a heart attack.

What are you waiting for? Please read the article and consider acquiring the SmartHeart card.

Kate Gale

AND a few items from David Flower:

Same old! Same old!

In 2001 the acerbic American critic, Michael Moore, wrote a book commenting on the business and government scene in the United States. The book was entitled "Stupid White Men and other sorry excuses for the State of the Nation." Moore was particularly incensed that a group of old white men controlled the government and the major corporations in his country and they in no way reflected the composition of the population in general. Moore's comments in his book are just as relevant today as they were 17 years ago. The government is run by not just millionaires but by billionaires who buy their positions with the sole purpose of making more money. The less wealthy seeking political office have to raise significant funds to enter the election race making contention an impossibility for the vast majority of people.

There are 435 seats available in the House of Representatives and in the 2018 mid-term elections 529 female candidates sought political office (387 Democrats and 142 Republicans) compared to a total of only 300 in the 2016 mid-term election. Of that number 111 were elected (96 Democrats and 15 Republicans). Interestingly five elected Democrats changed the picture, two are Muslims (from Michigan and Minnesota), two are Native American (from New Mexico and Kansas) and one is Puerto Rican (from New York).

Guess who?

This individual was a reality TV star, has declared six bankruptcies, has five children from different marriages, has been charged 11 times for sexual assault, faces 4,000 lawsuits, avoided five military drafts because of bone spurs, plays golf very frequently, lost a nation-wide popular vote by 2,868,691 votes and became only the fifth person in U.S. history to become president despite losing the nation-wide vote.

Statistics tell an interesting tale:

Some voting statistics to ponder from 2016 presidential election: Trump won 52% of **male** votes. Clinton won 54% of **female** votes.

By age groups:

| | 18-29 | 30-44 | 45-64 | 65+ |
|---------|-------|-------|-------|-----|
| Clinton | 55% | 51% | 44% | 45% |
| Trump | 36% | 41% | 52% | 52% |

(Failure to total 100% because there were five other candidates on ballots)

Five men became presidents of the U.S. despite losing the nation-wide popular vote:

James Munroe, Rutherford B. Hayes, Grover Cleveland in 1888, George W. Bush in 2000 and Donald J Trump in 2016.

Protecting Our Children ???

The mother of a 17-year-old girl was concerned that her daughter was having sex. Worried the girl might become pregnant and adversely impact the family's status, she consulted the family doctor. The doctor told her that teenagers today were very willful and any attempt to stop the girl would probably result in rebellion. He then told her to arrange for her daughter to be put on birth control pills and until then, talk to her and give her a box of condoms. Later that evening, as her daughter was preparing for a date, the mother told her about the situation and handed her a box of condoms. The girl burst out laughing and reached over to hug her mother, saying, "Oh Mom! You don't have to worry about that! I'm dating Susan!"

Wishing you and yours a very restful and relaxing season!