

St. Albert & Area
Retired Teachers'
Association

NEWSLETTER

February 3, 2017

Co-Presidents: Ardyth Garrison and Peggy Bergmann

Editor: David Flower



**Pain can be a pesky part of aging. Tired of hurting?
There is help!**

Come and listen to a presentation by

Christine Labbe and Murray Olexan

Welcome to our February breakfast meeting

The last week of January seemed like the calm after the storm. Once the world survived the inauguration of the 45th president of the United States on January 20, it seemed that there was a huge sigh of relief that it was over. In our part of the world even nature seemed to relax for we had a couple of days with no wind, plenty of fog and fabulous hoar frost lacing the trees and bushes and turning everything into a winter wonderland.



In the big outside world, however, change has begun. The regular media is trying to interpret what is happening and wondering what the “alternate facts” are really all about. For many years in the United States one side of the media has been ridiculed as being aimed at the left-liberal-academic-urban-professional crowd (thanks to Margaret Wente *The Globe and Mail*). Now that media is ridiculed by those in charge and there is delight at its downfall amongst many citizens. Things are going to change, but by how much and how fast we will have to wait and see. The President has already withdrawn his country’s involvement in the Trans Pacific Partnership. He is threatening to renegotiate, or even cancel, the North American Free Trade Agreement. He has approved the Keystone XL pipeline rejected by his predecessor and he has signed a document which will allow the dismemberment of Obamacare.

All anyone can say is ‘keep watching’ because this is just the beginning of a new era in U.S. politics putting “America First” and you can hear many American citizens cheering.

Information on today’s speakers

Come and listen to two St. Albert complementary health care practitioners who can offer possible solutions for you if you are in pain or hurting. Many physical problems can be corrected so you can once again enjoy an active and healthier life style. Reflexology, the practice of applying pressure to the ears, hands and feet will be demonstrated by Christine Labbe. She says that she can help you deal with health issues in a *proactive* or preventative manner. Murray Olexan is a medical exercise specialist who works not only with clients looking to improve their health and fitness levels, but also has the knowledge and skills to work with clients who need a fitness program tailored to their particular medical condition. Regardless of what your fitness goals are, Murray thinks he can help YOU reach them.

Lexophile

Lexophile is a word used to describe those who have a love for words, such as “you can tune a piano, but you can’t tuna fish”, or “to write with a broken pencil is pointless”. To see who can come up with the best lexophiles, a competition is held every year.

Here are a sample of this year’s best submissions.

When fish are in schools, they sometimes take debate.

The thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

The batteries were given out free of charge.

A will is a dead giveaway.

With her marriage, she got a new name and a dress.

When you have seen one shopping centre you have seen a mall.

When she saw her first strands of grey hair she thought she would dye.

A bicycle cannot stand alone; it is just too tired.

Those who get too big for their pants will be totally exposed in the end.

Book/magazine/DVD Sale Coming in March

We are planning a mid-winter sale of books/magazines and DVDs.

Books. You are asked to start putting aside books that are in good condition.

Magazines. Please only bring magazines that were published during the years 2016 and 2017.

DVDs. Please bring only DVDs, not videos or CDs.

*Items *you bring* will be a donation and items *you buy* are “pay as you will.” All proceeds will be used to fund future STARTA programming.

*Older books and magazines can be donated to either Value Village at 18 Inglewood Drive or Goodwill Industries at 2530 Tudor Glen.

Condolences

Our condolences go to Brenda Kane and her family on the death of Brenda’s mother. She will be deeply missed by all the members of Brenda’s family.

Best wishes to Glen Kane, Brenda’s husband for a speedy recovery. We hope to see him at a STARTA meeting again soon.

MARK YOUR CALENDAR FOR April 13, 2017

Due to a previous reservation at the St. Albert Inn, we are unable to book our April breakfast on the usual day. We have rescheduled the breakfast for Thursday April 13 at the usual time at the St. Albert Inn.

Membership in STARTA

At the January 2017 meeting of the STARTA Executive a motion was passed to help the Membership Contact Committee keep an accurate record of who is a member of our retired teachers’ branch. The motion clarifies how a name is

removed from the membership and contact lists. If a person has not attended a breakfast in a programming year **and** has not purchased a membership. Their name will be removed from the contact list. That person will no longer receive the STARTA *Newsletter* and will no longer be contacted for breakfasts. Any member can ask to have their name removed at any point in the year.



History notes

England is old and small and in the 1500s the local people started running out of places to bury people. The solution was to dig up coffins and take the bones to the bone-house, then reuse the grave. When reopening the coffins, one out of every 25 coffins was found to have scratch marks on the inside meaning that some people had been buried alive. The answer the people came up with was to tie a string on the wrist of the corpse, lead it through the coffin, then up through the ground and tie the string to a bell. Someone would have to sit out in the graveyard all night – “the graveyard shift” to listen for the bell; thus, someone could be “saved by the bell” or was considered a “dead ringer.”

Sometimes when people could obtain pork it made them feel quite special. When visitors come over, they would hang the bacon from a hook in the ceiling to show off. It was, after all, a sign of wealth that a man could bring home the bacon. A small piece was cut off to share with guests and

everyone would sit around and literally “chew the fat”.

Intriguing news headlines

January 12, 2017 *CBC News* “Did you know that Japanese bombs were dropped on Saskatchewan on January 12, 1945?” Eight bombs carried by Japanese paper balloons landed in Saskatchewan and six more in Manitoba. There were no reports of damage. The bombs landed on January 1 near Stoney Rapids, January 12 near Minton, February 9 near Moose Jaw, February 22 near Porcupine Plain, March 21 near Camsell Portage, March 30 near Consul, March 31 near Ituna and May 15 near Kelvington.

January 15, 2017 *CBC News* “How a small southern Alberta town became a drone hotspot.” Foremost is a small town in southeast Alberta in an area of 2,400 square kilometres and with a population of 500 people. The town has been chosen as a centre for drone testing

January 15, 2017 *BBC News* “Eight people ‘as rich as poorest half.’” According to a report from Davos, Switzerland, “the world’s eight richest individuals have as much wealth as the 3.6 billion people who make up the poorest half of the world, according to Oxfam.”

January 15, 2017 *BBC News* “Why do [East] Indians vote for criminal politicians?” Apparently they [the politicians] come with “deep pockets” and exploit the inability of the government to deliver services.

January 22, 2017 *Telegraph* “By turning on the press, Donald Trump is playing with fire.” It will be interesting to see over the next four years whether the “fire” consumes him or he extinguishes the fire!

January 22, 2017 *Telegraph* “Why Hollywood hears English accent as a perfect voice for film villains.” Now there is a thought for those of us who are stuck with English accents!

Want to Buy a Moose?

Probably not! But, you certainly may want to go to see a production called “Buying the Moose” and

enjoy a great meal, all for the low price of \$52.50 (GST included). This price is the same for any guests you may want to bring and it is right in St. Albert at the Kinsmen Banquet Centre, 47 Riel Drive.



Further to what you read in last month’s newsletter, we now have more information about this dinner and the live production. Three tables of ten have been block booked for the evening of February 23rd. There will be a free draw for the three books written by local author Corinne Jeffrey. The three books *Arriving*, *Thriving*, and *Choosing* tell the tale of life on the prairies from 1909 to 1989. The books are valued at approximately \$30 each. Also included is a private meeting with the director, Jeff, at about 6:20 pm that same evening. He will give an insider’s view of the play and tell us what to watch for. This is a light hearted screwball farce which takes place on stage with two couples. It has been referred to as the “art of miscommunication” and shows how men and women relate quite differently. There are still unanswered questions: Does a moose really appear on stage? Does someone buy a moose and for how much?

Mike will say a very few words about this night at the breakfast on February 3rd. At that time, you will be offered the opportunity to pay for your tickets by cash or cheque. Receipts will be issued. You may also fill out a form and pay by credit card over the phone at a later date.

Mike Dickinson

“By and large, mothers and housewives are the only workers who do not have regular time off. They are the great vacationless class.”

Anne Morrow Lindbergh

Betty Thronson

Betty is moving to Calgary to be closer to her daughter, Shawna. Betty was a faithful member of STARTA and participated in many events such as the horse racing, picnics and golf tournaments.

Betty's husband, Rod served six years on the executive of STARTA including an extra term as President, filling in when a vacancy occurred. At executive meetings, each member takes turns at bringing snacks. The executive members would look forward to Rod's turn: the cookies or chocolate cake would be from Betty's oven, often still warm!! Rod died in August 2010. Our branch hosted a Provincial ARTA Golf Tournament in 2012 in his honour. Betty, daughters Shawna (pictured) and Terena and two grandsons played golf.

We wish Betty the very best of happiness and health.

Dawn Curran ,Secretary



Thanks to Joyce Keltie for the above photograph.

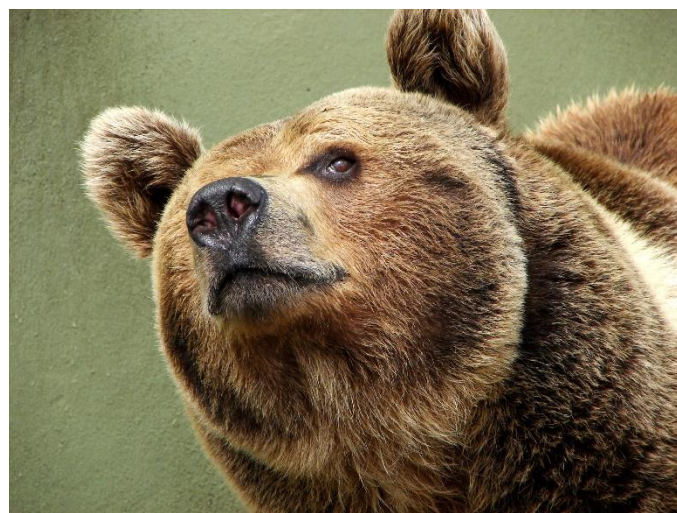
Three holy men and a bear

A priest, a Baptist minister and a Rabbi all served as chaplains to the students of Northern Michigan University in Marquette.

They would get together two or three times a week for coffee and to talk shop. One day, someone made the comment that preaching to people is not really that hard. A real challenge would be to preach to a bear. One thing lead to another and the decided on an experiment. They would all go out into the woods, find a bear, preach to it, and attempt to convert it.

Seven days later, they all met together to discuss their experiences.

Father Flannery, who has his arm in a sling, is on crutches, and has various bandages on his body and limbs, goes first.



“Well,” he says, “I went into the woods to find me a bear. When I found him I began to read to him from the Catechism. The bear wanted nothing to do with me and began to slap me around. So quickly I grabbed my holy water, sprinkled him and said ‘Hole Mary Mother of God!’ He became as gentle as a lamb. The bishop is coming out next week to give him his first communion and confirmation.”

The Reverend Billy Bob spoke next. He was in a wheel chair, with an arm and both legs in casts and an IVdrip. In his best fire and brimstone oratory he claimed, “Well brothers, you know we don’t sprinkle! I went out and I found me a bear and began to read to that bear from God’s Holy Word! The bear wanted nothing to do with me. So I took hold of him and we began to wrestle. We wrestled down one hill and up another and down another until we came to a creek. Quickly I dunked him and baptized his hairy soul. And just like you said,

he became as gentle as a lamb. We spent the rest of the day praising Jesus.

The priest and the reverend both looked down at the Rabbi. He was in a hospital bed in a body cast and traction with IVs and monitors running in and out of him. He was in really bad shape. The Rabbi looked up and said “Looking back on it, circumcision may not have been the best way to start.”

Have you heard of ‘DRIVE HAPPINESS’?

DRIVE HAPPINESS, under the not-for-profit *Lifestyle Helping Hands Seniors* organization, gives the gift of assisted transportation to seniors with reduced mobility and limited resources. This year DRIVE HAPPINESS volunteers will provide almost 10,000 rides to seniors in Edmonton and the surrounding area. We help our seniors with their groceries, accompany them to appointments and lend a friendly ear while driving. Our drivers select times and the areas to which they are willing to provide transportation. A small reimbursement to the driver will go towards gas and vehicle wear and tear. If you enjoy chatting with seniors and driving, this is the perfect volunteer opportunity for you. Even volunteering to drive two hours a week can change a senior’s life.

With the support of individuals, foundations and businesses, DRIVE HAPPINESS will be able to sustain the ever-growing demand. If you are interested in getting involved, please contact us through our website <https://drivehappiness.ca> or call 780-424-5438.



A few thoughts on Retirement

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a ten percent discount.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their kids will want to store stuff there.

Question: What is the best way to describe retirement?

Answer: The never ending coffee break.

I feel as though my body is getting totally out of shape, so I asked my doctor for permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I had my leotards on the class was over.

Question: Why does a retiree often say he/she does not miss work, but misses the people he/she used to work with?

Answer: He/She is too polite to tell the whole truth.

Second Wind Conference 2017

The Second Wind Conference for retired people will be held Thursday, September 7th.

The key note speaker will be Peter Brown from CBC's *Irrelevant Show*.

We encourage you to reserve September 7th for attending the conference.