

NEWSLETTER

January 27, 2012

President: Lou Duigou

Editor: David Flower



A Winter's Tale

There will be two presentations to-day
Leo Bruseker will bring members up-to-date on ARTA insurance
and
John Althouse will speak on Genealogy

Welcome to 2012 and our January breakfast meeting

Looking out of the window right now the conditions look absolutely marvellous. There is snow on the ground and a fabulous blue sky — perfect winter weather! We thought we should take a photograph and send it to our relatives in England and then on the following page say that the only problem is that the outside temperature is minus 34°C and including the wind chill feels more like minus 45°C. What a dramatic change this month from 3°C on January 13 to minus 24° on January 16. However as the lady at the gas station said to me it could be worse even minus 34°C sounds relatively balmy compared to minus 50°C in Fort St. John! But then again there are those who glibly remind me that “this is Alberta, and it is winter, just get used to it” — right?

Future breakfast meetings

As many of you will be aware we are changing the location for our next five meetings. In a poll members were requested to indicate their preference for future meetings between the Apex Casino in Campbell Industrial Park and the Sturgeon Valley Golf Club. We had responses from 87 members, of whom 67 percent indicated they were in favour of the Apex Casino. Therefore, the remainder of the meetings from January through May will be held there. The cost will increase to \$18 — the price was the same for both locations. **Since breakfast costs are critical the executive requests that if you indicate to your telephone contact that you are coming, please come, because STARTA will be charged for the number of people we tell the Casino will be there.**

Our February 24, 2012 meeting will feature a very apropos session on Public Health Care — an issue that should be front and centre in the upcoming provincial election — and there will also be a book sale.



Astrology

Whenever I go into a Chinese restaurant I always pass the time between ordering the food and it being delivered by reading the astrological signs on the place mat. Not all are as “true” as the one I was sent recently by a friend. My birth date comes under the sign Virgo and here is one explanation of the kind of person your editor is:

The Perfectionist (Aug 24 to Sept 22)
Dominant in relationships. Conservative. Always wants the last word. Argumentative. Worries. Very smart. Dislikes noise and chaos. Eager. Hardworking. Loyal. Beautiful. Easy to talk to and please. Harsh. Practical and very fussy. Often shy. Pessimistic.

My only comment on such a critique comes from the politician Francis Urquhart in “House of Cards,” who when speaking to a reporter stated “You may very well think that, I, on the other hand, could not possibly comment.”

STARTA Constitution

We need to consider some amendments to the STARTA Constitution. Therefore, at the

breakfast meeting, January 27, immediately following breakfast, a general meeting will be convened in order to make a Notice of Motion pertaining to the proposed amendments. The proposed amendments will involve four points:

- to make a few housekeeping changes,
- to specify more clearly the four positions of the Table Officers (Article IV(A)),
- to change Article IV(A) to allow for the election of two co-presidents. It already permits the election of two co-vice-presidents, and
- to reword Article IV(C) to permit the various positions of convenors, as well as additional positions as required, to be appointed by the President(s) in consultation with the other elected table officers.

This Notice of Motion will be addressed at the February 24 meeting at the call of the chair.

As part of this newsletter is attached a copy of the Constitution with the changes highlighted in red. You may or may not wish to copy it in its entirety, or only take notice of the highlighted changes. Please bring your copies to the February meeting. Thank you for your patience in this matter.
Lou Duigou, President.



Auverusement

STAR Literacy

#211, 86 McKenney Ave.

St. Albert, AB

780-459-5864

starliteracy@shaw.ca

Coordinator: Shelley Passek

Helping **adults** in St. Albert achieve their full potential by assisting them to develop their reading, writing, numeracy and English language skills.

Do you want to make a difference in your community? **STAR Literacy needs Volunteer Tutors!**

- Training is provided
- Commitment is 1-2 hours per week
- Flexible schedule
- Extensive resource library
- Tutoring done at the St. Albert Public Library.

STAR Literacy is always in need of volunteers.

For information on becoming a volunteer tutor please contact Shelley Passek at 780-459-5864

“Not only have I learned valuable new skills as a tutor, but I have been inspired by the students I have met”. STAR Literacy Tutor

Reminders

Please don't forget the **Silent Auction** when you are house cleaning in the next couple of months. If there are appropriate items for the auction please hang on to them and when the timing for the collection of materials is announced then your contributions can be handed over. If you have any questions regarding the auction please contact Eryl Jones at 780-459-8407.

The **Book Sale** will be held at the February meeting. Please remember paperback books,

no hard covers and magazines not more than a year old. Books are 50 cents.

ARTA Golf Tournament

The STARTA Executive at its August 2, 2011, meeting decided to host the provincial ARTA Memorial Golf Tournament on June 18, 2012, at the Sandpiper Golf and Country Club. The tournament will be held in memory of the late Rod Thronson, a highly respected member of STARTA and of the St. Albert community. The golf committee will be chaired by Lou Duigou. Several members have already volunteered to serve on the committee: Brenda Kane, Dawn Curran, Helen Kieran, Leo Bruseker and Mac Kryzanowski.



ARTA to celebrate 50 years

In 2013 the Alberta Retired Teachers' Association (ARTA) will celebrate its 50th birthday! Established in 1963 when most of us were still thinking about our possible careers, this is a milestone worth celebrating. A special 50th Anniversary Committee with Dean McMullen, a past president, as chair. There will be activities planned at three levels: provincial, co-ordinated activities with various ARTA committees and branch level activities. There will be a 50th Anniversary website

link, special publicity initiatives, contests, a 2013 calendar and much, much more.

Branches will be able to participate by recognizing special events, members or citizens in their area, by using local media, by submitting their branch histories, and by publicizing local volunteer contributions by retired teachers.

There is much more to come but start thinking how STARTA might be a part of the celebration.

How's your electricity bill?

Being a reasonable individual I expect to be treated reasonably and if I am my world is fine. But if I feel I am being mistreated I can become a little annoyed. So, imagine my anger at receiving an electricity bill dated January 17, 2012, with a charge of \$200.85. I checked to see how many kilowatt hours I had used — the answer was 905. So I checked back for the previous two years. In January 2010 I used 926 kWh and was billed \$126.80 and in 2011 I used 809 kWh and was billed \$117.60. Further study of the numbers on the bills shows the following:

2010	926 kWh	--	269 @ 6.568 cents	657 @ 7.771 cents
2011	809 kWh	--	146 @ 7.585 cents	663 @ 6.749 cents
2012	905 kWh	--	151 @ 14.664 cents	754 @ 13.08 cents

I call that **gouging** and for those of you unfamiliar with the term it means “taking an unjustly large sum of money from someone.” A 123.25 percent increase (from 6.568 cents to 14.664 cents) in the price of one kWh over two years is an “unjustly large sum”!

Shame on you EPCOR!

Public Health Care

There is absolutely no doubt that from the public's perception one of the most vital matters that should be debated in the next provincial election is **public health care**. The issue is far-ranging and includes hospital care, emergency services, ambulance coverage, doctor accessibility and seniors' care to name only a few tentacles of this huge public program.

To continue the debate the issue of public health care will be the focus of STARTA's February meeting. The organization Canadian Doctors for Medicare (CDM) ([www. canadiandoctorsformedicare.ca](http://www.canadiandoctorsformedicare.ca)) has a vision for health care. It is **a high-quality, equitable, sustainable health system built on the best available evidence as the highest expression of Canadians caring for one another.**

In the Fall 2011 publication the organization summarized some recent research on "The problem with profit-driven health care." There are many people who believe that the profit-driven health care system is one Canadians should adopt in whole or in part to solve what seem to be ongoing problems with the public system. The conclusion of the research is simply that "more private care does **not** increase efficiency or access."

The article states that the evidence shows that private, for-profit health care usually produces worse patient outcomes than non-profit care and that private clinics order more unnecessary tests and procedures thus tying up public resources. For-profit clinics will often "cherry-pick" the healthiest patients, who are the easiest and cheapest to treat. In addition they tend not to serve unprofitable markets like remote and rural communities, Aboriginal communities, marginalized urban populations and those needing complex chronic care and emergency care. Rather they focus on

affluent populations in urban centres who face the lowest barriers to care.

There is much more to say in the health care debate and many questions that need asking of our politicians to ensure that we obtain the best public health care possible.



Brain study

Try reading this brain study test.

7H15 M3554G3 53RV35 7O PR0V3 H0W
0UR M1ND5 C4N D0 4M4Z1NG
7H1NG5! 1MPR3551V3 7H1NG5! 1N 7H3
B3G1NN1NG 17 WA5 H4RD BU7 N0W,
0N 7H15 LIN3 Y0UR M1ND 1S R34D1NG
17 4U70M471C4LLY W17H 0U7 3V3N
7H1HK1NG 4B0U7 17, B3 PROUD! ONLY
C3R741N P30PL3 C4N R3AD 7H15.
PL3453 F0RW4RD 1F U C4N R34D 7H15.

For Men only!!

The following e-mail message was sent this January to my wife and passed on to my daughters and they all deemed it to be "very true." I share it with you in all humility!

Nine deadly words used by women

1. Fine

This is the word women use to end an argument when they are right and you need to shut up.

2. **Five minutes**
If she is getting dressed, this means half an hour. Five minutes is only five minutes if you have been given just five more minutes to watch the hockey game before helping around the house.
3. **Nothing**
This is the calm before the storm. This means something, and you should be on your toes. Arguments that begin with “nothing” usually end up with “fine.”
4. **Go Ahead**
This is a dare, not permission. Don’t do it!
5. **Loud sigh**
This is actually a word and is a non-verbal statement frequently misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing there and arguing with you about nothing. (Refer back to #3 for the meaning of “nothing”).
6. **That’s Okay**
This is one of the most dangerous statements a woman can make to a man. “That’s okay” means she wants to think long and hard before deciding how and when you will pay for your mistake.
7. **Thanks**
A woman is thanking you, do not question, or faint, just say “you’re welcome.” (I want to add in a clause here – this is true, unless she says “Thanks a lot” – that is pure sarcasm and she is not thanking you at all. DO NOT say “you’re welcome” – that will bring on a “whatever”).

8. **Whatever**
Is a woman’s way of saying f___ you!
9. **Don’t worry about it, I got it**
Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself. This will later result in the man asking “What’s wrong?” For the woman’s response refer to #3.



Some selected comments on the state of capitalism

From the Left-wing “we’re in the middle of a revolution caused by the near collapse of free-market capitalism” (Paul Mason in his book *Why it’s Kicking Off Everywhere*). The cliché of the protesters and the occupiers is simply, we are not going to pay for “their crisis” (meaning the crisis caused by the banking and financial system).

From the Right-wing “the global banking system is an adventure playground for the participants, complete with a spongy, health-and-safety approved flooring so that they bounce when they fall off. The role of the rest of us is simply to pay.” (Charles Moore, official biographer to Margaret Thatcher).

Second Wind

A conference for retired teachers & friends

www.GERTASecondWindConference.com

RENEW • RECONNECT • RE-ENERGIZE

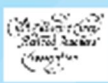


KEYNOTE SPEAKER
WENDY EDEY

*Rejuvenate your mind body & spirit
Connect and make new friends
Learn the latest aging research*

APRIL 11, 2012 @ 8:30 a.m. - 4:30 p.m.
CHATEAU LOUIS CONFERENCE CENTRE
11727 KINGSWAY AVENUE NW, EDMONTON, AB.
REGISTRATION - \$85 | REGISTER BY MARCH 1 - \$50

SPONSORED BY



INCLUDING AN
ART SHOW & SALE
FEATURING LOCAL ARTISTS

Wednesday, April 11, 2012 "Second Wind" Conference →

8:30 - 9:00	Registration & Coffee					
9:00 - 10:15	<p style="text-align: center;">KEYNOTE: <i>"Audacious Hope In The Search For The Future Me"</i> Wendy Edey</p>					
10:15 - 10:30	Coffee					
10:30 - 11:45 <i>Session 1</i>	Aging Well: Growing Young Rod Anderson	Friendship Force Helmut&Enid Nikolai	Living, Laughing, Learning, and Love: Maintaining Personal Balance Bill Gordon	Learning About Wine Irv Barros	Spiritual Emergency: A Personal Journey Kim Boyes	Cooking For One Sally Vaughan- Johnson
11:45 - 1:00	<p style="text-align: center;">LUNCH: "Raging Grannies"</p>					
1:00 - 2:15 <i>Session 2</i>	Laughter Yoga Bill Strean	Cardio-Salsa Maria Yakula	Improving Your Golf Blair Oko	Sing For Joy David Garber	The Newest In Plants For Your Garden Bill Drake	Technology for Seniors: Get Re-connected Harvey Duff
2:15 - 2:30	Coffee					
2:30 - 3:45 <i>Session 3</i>	Keeping Seniors Mobile Dr. Bonnie Dobbs	Memory & Concentration Power Rod Anderson	Alberta Genealogy John Althouse	Honouring Our Personal Experiences Stands for HOPE Sheri-Lee Langois	Health, Wealth, and Happiness Adrienne Coull	Finding Meaning Colin Inglis
3:45 -	Wine - Down.....Prizes					

All day - Art Show and Sale - St. Michael room

• renew • reconnect • re-energize •

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

**Email address _____

** for confirmations and correspondence – We do not share or sell registration information. We will be emailing ALL confirmations. No regular mail confirmations will be sent.

Do you have any special Dietary needs? Please specify:

Membership – Check one

ARTA ERTA STARTA SCARTA PARTA non member

Conference Fee: **\$65.00**

Early Bird Fee (postmarked on or before March 1, 2012) \$50.00

No refunds after March 15, 2012

Payment Details - Enclosed is Cheque/Money Order for \$ _____

Make Cheques/Money Order payable to **GERTA, Second Wind Conference**

Mail to Lynne Duigou, 7 Paquette Place, St. Albert, Alberta T8N 5K8

AGENDA April 11, 2012 Chateau Louis Conference Centre, 11727 Kingsway, Edmonton, AB

8:30-9:00 – Registration and Coffee

9:00 – 10:15 **Plenary Session - Keynote Speaker – Wendy Edey - Main Ballroom**

10:15 – 10:30 Coffee

10:30- 11:45 a.m. **Session 1**

11:45 – 1:00 p.m. Lunch

1: 00 – 2:15 p.m. **Session 2**

2:15 – 2:30 Coffee

2:30 – 3:45 p.m **Session 3**

3:45 – 4:30 p.m. **Wine Down**

8:30 – 4:00 p.m. **Art Show and Sale - St. Michael Room**

Program details are provided on the website: www.GERTASecondWindConference.com

- Limited room capacity for some sessions.
- First come, first served will apply to all sessions.

St. Albert & Area Retired Teachers' Association
The most vigorous, active and enthusiastic Retired Teachers' Association in Alberta

Articles

STARTA Constitution

Article I - Name

The name of this branch of ARTA shall be "The St. Albert and Area Retired Teachers' Association" hereinafter referred to as STARTA.

Article II - Membership

A. Voting Membership

STARTA will accept into membership, with full voting power, any person in receipt of a pension from The Alberta Teachers' Retirement Fund.

STARTA membership shall be principally persons resident in or previously employed within the geographic area encompassed by the City of St. Albert, the Counties of Barrhead, [Parkland and](#) Sturgeon and the Municipal District of Westlock.

B Associate Membership

The following persons may be accepted as Associate Members without the right to vote or hold the office of President, Vice President, or Branch Benefits Representative:

1. The spouse of a member.
2. Retired teachers from other educational institutions in Alberta.
3. Retired teachers in receipt of a pension from other provinces.
4. Honorary Members of the Alberta Teachers' Association.
5. Other persons as approved by the Executive.

Article III - Objectives

The objectives of STARTA shall be:

- A. To promote good fellowship among retired teachers.
- B. To maintain contact with less active members.
- C. To encourage the participation of new retirees.
- D. To promote contact with other retired teachers in the area.
- E. To assist in protecting the welfare of retired teachers.

[Name](#)
[Membership](#)
[Objectives](#)
[Executive](#)
[Committees](#)
[Finances](#)
[Meetings](#)
[Quorum](#)
[Procedures](#)
[Amendments](#)
[Executive](#)
[Job](#)
[Descriptions](#)

F. To maintain liaison with ARTA.

G. To encourage members to support the activities of ARTA.

Article IV - Executive Officers

A. The **Table Executive** Officers shall attain office through election at the AGM. **Add: "Two (2) members may jointly fill the positions of president and vice-president as co-presidents and co-vice-presidents."**

The Table Officers as listed below shall be elected for a two-year term as in IV B below:

1. President(s)
2. Vice President(s)
3. Secretary
4. Treasurer

B. The election of the **Table Officers** shall be conducted in even years at the general meeting in May. The **immediate** Past President, or another past president, shall prepare and offer a nomination slate, with at least one name for each position, for the consideration of the membership. Additional nominations from the floor shall be in order. The term of office shall begin at the conclusion of the AGM.

C. A Program Convener, Telephone Convener, Communication Convener, Historian, and such other officers as deemed necessary from time to time, shall be appointed for a two-year term by the President in consultation with the other elected officers. Such two-year term shall coincide with the term of the elected officers.

D. A Branch Benefits Representative, a Pension Representative, and a Webmaster shall be appointed by the president, in consultation with the other elected officers, for a two year term. Such two-year shall coincide with the term of the elected officers.

E. The appointment of appropriate Executive Officers shall occur at the Executive meeting next following the AGM. **All Executive Officers shall have one vote.**

F. The Past President will be the person who last served as president.

G. The responsibilities of the Executive Officers shall be as prescribed and generally accepted by ARTA and ATA and as may be determined by the executive from time to time. The lists of duties shall be attached hereto as "Appendix A".

H. Should a vacancy occur during a term of an elected person, the Executive shall appoint a replacement, except that if the position of President becomes vacant, the Vice-President shall assume that position and a new Vice-President shall be appointed.

Article V - Committees

A. A(n) convener officer may, after consultation with the Executive, appoint individuals to assist in carrying out the functions of the office.

B. Notwithstanding other provisions of this constitution, the Executive may appoint ad hoc committees for specific purposes.

Article VI – Finances

A. The fiscal year of STARTA shall be May 1 to April 30.

B. The annual fee shall be as recommended from time to time by the Executive and approved at a general meeting.

C. The annual membership fee covers the period from July October 1 to June September 30 following. An official receipt will be issued upon request.

D. Payment of operating expenses shall be as authorized by the Executive. Signing officers shall be any two of the Treasurer, the President(s) and the Vice-President(s)

Article VII - Meetings

A. Executive Meetings

The Executive shall meet at the call of the President who shall convene the group a minimum of 3 times per year.

B. Annual General Meetings

The Annual General Meeting of the membership shall be held in May.

The Agenda shall include:

- The annual report of the President.
- Reports of other Executive officers as necessary.
- Reports of committees as necessary.
- ~~Reports of committees as necessary. Delete~~
- The audited financial statement.
- The election of Executive Table officers.
- New business.

C. General Meetings

Other general meetings, in addition to the AGM, may be called by the Executive as deemed necessary for the effective and satisfactory operation of STARTA. Membership shall be notified at least two weeks prior to the date of the meeting.

D. Social Functions (substitute Programs at Meetings)

A minimum of four (4) social program activities shall be organized by the Executive each year. The form of the activities shall be in accordance with the wishes of the membership.

Article VIII - Quorum

The quorum for any meeting of the

membership of STARTA shall be ten (10) members of whom at least two (2) shall be executive members elected officers.

The quorum for any regular meeting of the Executive shall be a simple majority

Article IX - Procedures

Parliamentary procedure for the conduct of meetings as well as other procedures and practices of STARTA shall conform to those of the Alberta Teachers' Association.

Article X - Amendments

Amendments to this constitution and any

related by-laws may be approved at any regular or special meeting of the members by an affirmative vote of two thirds (2/3) of the voting members present at the meeting provided, however, that notice had been given no later **than the previous meeting**.