



Fitness for Life!
Using Nordic Walking Poles
with
Elma Pawl and Dwayne, Darlene and Everett Kunitz

Welcome to the April breakfast meeting

Winter just doesn't want to let go this year. It will, of course, but spring may be very short and suddenly we will be into summer. However, odd weather patterns are not unique to us but seem to be happening world wide. They always did, of course, it was just that we heard very little about them because of the limited world coverage and the delay in time. Now, thanks to technology, we expect everything instantaneously and it is strange where this instant information occurs. We were in Cuba in March staying at one of the many resorts in Varadero. The television in our room had numerous channels but only two in English – CNN and CTV (Edmonton), if you can imagine. We had local Edmonton news all week – strange but true!

Today is ANZAC Day which is commemorated in Australia and New Zealand to remember members of the Australian and New Zealand Army Corps who landed at Gallipoli in Turkey during World War I.

Other celebrations this week are:

April 23 – St. George's Day

April 26 – Tanzania's National Day

April 27 – South Africa's National Day.

St. George's Day is celebrated on the traditionally accepted date of his death in 303. He was a soldier of the Roman Empire and a Christian martyr. He is the patron saint of England, Catalonia (Spain), Portugal, Georgia, Serbia, Bulgaria, Bosnia and Herzegovina, and the Republic of Macedonia. According to Wikipedia he is also the patron saint of the scout and guide movement. The day is not celebrated much in England.

Tanzania is the result in 1964 of the union of Tanganyika and the Zanzibar islands in the Indian Ocean.

South Africa's National Day is also "Freedom Day" because in 1994 the first democratic elections were held on that day and on the same date in 1997 the new constitution took effect.

STARTA's website

We are up and running. Our webmaster, Larry Wyatt, has set up our website at <http://www.stalbertrta.org>. There you can find some of the history of the organization, the constitution, a calendar of events, the newsletter and contact information. The process has just started and there will be more information available as the site develops. We will be establishing in the fall a process whereby should you be unable to attend a breakfast meeting you can choose to obtain your newsletter on line and not by mail. Thank you Larry for a job well done!

Volunteers still sought

Joan Trettler is still seeking individuals who might be interested in running for positions on the executive. All positions are available, except that of Past-president. If you are interest in being president, vice-president, secretary, treasurer, program convener, phoning co-ordinator, communications person, historian or benefits representative then please let Joan know either at the meeting or by phoning her at 460-7454.

Silent Auction a huge success

It was good to see everyone enjoying the silent auction and also enjoying the camaraderie of our association. A crew of 36 members worked to make this event run smoothly. There were 18 different job categories, everything from packing to recycling boxes. It really was OUR auction. The crew included:

Eryl Jones	Dawn Curran
Jean Thornton	Suzanne Schnell
Susan Supruniuk	Lee De Champlain
Joan Alexander	Ardyth Garrison
David Flower	John Buma
Sid Romaine	Margaret Romaine
Pat Herlich	Joan Mestinek
Glen Kane	Brenda Kane

John Burzminski	Ada Burzminski
Donna Cooper	Linda Person
Alison Weingardt	Thérèse Gatien
Rod Thronson	Betty Thronson
Jutta McAdam	Jean Elder
Helen Kieran	Jane Holdsworth
Sybil Simmons	Pat Babiuk
Sylvia Hoffman	Joan Trettler
Ron Trettler	Carmen Tellier
Paul Tellier	Carol Kaup
Thérèse Binette	

There were 96 members present and 71 bidding numbers (to singles or couples) were given out. Of these 66 were successful bidders, so everyone had a high chance of getting what they wanted. We realized \$900, a record!!!

Just a few interesting facts:

36% of Christmas items sold

50% of mugs and candles

Homemade items (knitting, jams), china, vases and jigsaws were big sellers, as were kitchen and household items.

Poor sellers included macramé, small ceramic ornaments and stuffed toys.

Over 65% of all items were sold and left over items always go to Lo-Se-Ca.

If you could collect good packing materials in your own home and deliver them to Eryl Jones next February it would be appreciated.

The history of 'Aprons'

I don't think our kids know what an apron is. The principal use of Grandma's apron was to protect the dress underneath, but along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in

that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes. REMEMBER: Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron!

A thought for the day

"When 'citizens' changed into 'consumers,' political life became an exercise in keeping the customer happy." John F. Schumaker, "The Triumph of Triviality," *New Internationalist*, April 2008.

Interesting survey results

A recent A. C. Nielsen survey in the United States produced a couple of interesting figures:

1. When asked to choose between spending time with their fathers and watching television, 54 percent of American 4 to 6 year olds chose TV.
2. American parents spend an average of 3.5 minutes per week in "meaningful conversation" with their children while children themselves watch 28 hours of TV a week.

Celibacy

Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a marriage encounter weekend, Walter and his wife, Ann, listened to the instructor declare, "It is essential that husbands

and wives know the things that are important to each other.”

He addressed the men, “Can you name and describe your wife’s favourite flower?”

Walter leaned over, touched Ann’s arm gently and whispered, “Robin Hood All Purpose, isn’t it?”

And thus began Walter’s life of celibacy.

Remember P3s?

I am sure some of you remember the promise by the Alberta government to build a host of new schools across the province using the P3 model – the **Public Private Partnership** model. The following is an item from the Spring 2008 edition of *Our Schools Our Selves* published by the Canadian Centre for Policy Alternatives.

This particular item was put together by Larry Kuehn and is entitled “No Savings from P3s:”

“A report commissioned by the Federation of Canadian Municipalities says that there is no evidence that P3s cost less or provide better services than traditional public projects, according to the *ATA News* (Oct. 23, 2007).

The issue is of particular interest to the Alberta Teachers’ Association because the Alberta government proposes to build 18 new schools in Calgary and Edmonton using the P3 approach.

The municipalities’ report identifies three problems with P3s. Only significant public investment can meet infrastructure needs. Municipal financing is cheaper than private sector financing. P3s are only attractive to corporations for new construction, not dealing with the major issues of funding repairs and maintenance.

The Alberta government seriously underestimated the cost of the schools it intends to build and had to increase the budget from \$200 million to \$512 million to get private sector partners.

The B.C. government requires all public projects, including schools, over \$20 million to be evaluated as P3 projects. While most schools are under that amount, if groups of new schools are packaged as the government of Alberta has

done, schools would be covered by these requirements.

Nova Scotia had a disaster with P3 schools and had to take them over again when problems with maintenance and usage became serious. The Alberta government claims that the schools built as P3s would be owned and operated by school boards – described as “P3s Lite.” However, under the P3 contracts, according to an *Edmonton Journal* story, the schools cannot have other public uses. No child care, after school care, no sharing of spaces with libraries or health services.”

A Fair Cop!!!!

George Phillips of Meridian, Mississippi, was going up to bed when his wife told him that he had left the light on in the garden shed, which she could see from the bedroom window.

George opened the back door to go and turn off the light but saw there were people in the shed apparently stealing things.

He phoned the police, who asked “is someone in the house?” “No,” George replied. Then they said that all patrols were busy and that he should simply lock his door and an officer would be along when available.

George said, “Okay,” hung up the phone, counted to 30 and phoned the police again. “Hello,” he said, “I just called you a few seconds ago because there were people stealing things from my shed. Well, you don’t have to worry about them now because I’ve just shot them.” Then he hung up.

Within five minutes three police cars, an Armed Response Unit and an ambulance showed up at the Phillips’ residence and caught the burglars red-handed.

One of the policemen said to George: “I thought you said that you’d shot them!”

George replied, “I thought you said there was nobody available.”

Stay young

Laugh often, long and loud. Laugh until you gasp for breath.

Boycotts, Olympic Games and Tibet

I have been most intrigued by the continuing debate with regard to the Olympic Games scheduled for Beijing this coming summer. The following are some personal thoughts – you might well disagree and if you do why not let me know.

There is already talk that several Western leaders will not attend the opening and/or closing ceremonies of the games. It seems they want to show the Chinese government quite clearly that they do not approve of China's human rights record and, in particular, the Chinese involvement in Tibet.

Then there are those who are suggesting that countries should withdraw their athletes from the Games altogether – simply boycott the whole thing. The last time some countries boycotted the summer games was in 1980 when the U.S.A. led the boycott of the Moscow Games protesting the Russian invasion of Afghanistan in 1979.

I would like to suggest that despite all the protests over the Chinese behaviour in Tibet, there will be no boycott of the Beijing Olympic Games. The reason is that no Western government is prepared to risk angering the Chinese. The U.S. economy, for example, could be severely damaged if the Chinese decided to punish the U.S. for upsetting their world event both by taking out invested capital from the U.S. and by closing down exports from China to the U.S. Both such actions could damage the U.S. economy significantly. Most Western countries are in a similar position. China is the economic power-house of the world economy at the moment and no country would be prepared to risk its economic status for a matter of human rights, rightly or wrongly.

Many would not agree, claiming that there is a moral issue at stake here but looking at where the current power lies, in the corporate world, I suspect all the protests are really for naught.

“Day of Music”

On May 3 at the St. Albert United Church there is to be a “Day of Music” from 9 a.m. to 9 p.m. Different groups and individuals will be performing throughout the day. STARTA's choir will be presenting five songs at 10.10 a.m. – two songs from “My Fair Lady” and three songs from “Fiddler on the Roof.”

We may have an audience of two or 92 It would be great if some of you could support us.

Eryl Jones

Alberta Education

Join a team of friendly people and retired teachers.

We currently have several temporary job opportunities available which include clerical processing duties of student exams. You must have keen attention to detail, basic computer skills and a strong mix of diligence and enthusiasm when completing repetitive tasks. Some lifting up to 30lbs may be required. A security/criminal record check may be necessary.

Dates: End of May 2008 – 6/7 weeks

Rate: \$12.78/hour

Location: Downtown Edmonton

We encourage all applicants to contact us at their earliest convenience to discuss further details. Please call Marilyn Chorney at 780-944-0023 or e-mail your resume to marilyn.chorney@executrade.com

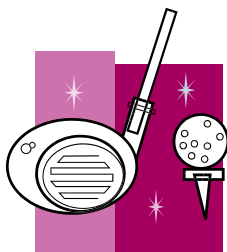
Smile!

Since it is the season – Revenue Canada's new motto is:

“We've got what it takes to take what you've got.”

Any small object when dropped will hide under a larger object.

Every morning is the dawn of a new error.



Annual Golf Event
Tuesday, June 17, 2008
Twin Willows Golf and Country Club

Join us for 9 or 18 holes of Texas Scramble golf. Golf for fun!
Clip registration form below and submit the cheque (payable to Gordon Miller) to:
Gordon Miller, 43 Grandora Crescent, St. Albert, T8N 0T8

Deadline for registration: Tuesday June 10

You will be notified of your tee time.

This year our “Annual Golf Event” will not include a barbecue. Come prepared to pay for your own lunch and refreshments from the club house menu.

Contact:

Wally Anderson 458-8770 **or** **Gordon Miller 459-7285**

Name: _____ **Phone:** _____

E-mail: _____

Register as a group or as an individual – a STARTA member may invite up to three guests:

	Name	Golf level**	Phone
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

(** Please indicate whether “Beginner,” “Intermediate” or “Experienced.”)

Payment is for green fees + GST. Carts can be rented when you check in at the course.
Buy your own lunch. First foursome playing 18 holes tees off at 8:15 a.m., first foursome playing 9 holes will start at 9:15 a.m.

9 holes of golf _____ @ \$22.35 = \$ _____ (Golf cart \$20)

18 holes of golf _____ @ \$32.75 = \$ _____ (Golf cart \$30)

Total payment \$ _____