



NEWSLETTER

February 26, 2010

President: Jack Flaherty

Editor: David Flower



**Vancouver 2010 Winter
Olympic Games
February 12 to 27, 2010**



**To-day's presentation by
TOM CONNELLY**

**Director of Resuscitation and Northern Relations
Heart and Stroke Foundation of Alberta and NWT**

and semi-annual Book Sale

Welcome to STARTA's February Breakfast Meeting

I am sure that many of you have spent some time this month watching some part of the Winter Olympic Games coverage whether it be the opening ceremonies or a particular sport you enjoy. It is fun for those who enjoy sporting events, boring for those who do not. My wife, watching ski jumping, commented that some of the participants looked too young to be participating! I remember once thinking the same about a lawyer working with the ATA – she looked more like a high school student. Then, of course, I realized I was the one that was getting old!!

Thinking about this month's cover photograph, I was torn between an image of Muhammad, whose birthday is purported to be February 26, 570 □ a suitable image of the tiger to celebrate the Chinese Year of the Tiger starting February 14 □ and a photograph of the Alberta Premier who promised "no tax increases on my watch." I decided today's cover was the least offensive and would celebrate Canada's Winter Olympics.

More on Today's Topic

The Heart and Stroke Foundation of Canada sets the guidelines for cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) training to improve the chances of survival from Canada's leading cause of death. Knowing how to respond to a cardiac emergency can increase a person's odds of survival and recovery by 30 percent or more. There are two recommendations for further information. The first is a book entitled *My Stroke of Insight* by Jill Bolte Taylor and is her personal account of suffering a stroke and the process of recovery. Another source is an 18 minute video on the same topic by Jill Bolte Taylor which can be found at:

http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html

Good News

STARTA's webmaster, Larry Wyatt, was delighted to inform the executive at its meeting earlier this month that the STARTA website is once again up and running. If you are interested you can access the website by typing "St. Albert and Area Retired Teachers' Association" in your search engine.

Did you Know

That it is impossible to lick your elbow.

And that at least 75 per cent of people who read that statement will try to do it anyway!



Condolences

Our sincerest condolences go out to the family of Mary Forest. Mary was one of the founding members of STARTA and served on the first executive as President for three years from 1997-2000. Mary died on February 21 at her son's home in Sherwood Park.

Next Meeting

The March 26, 2010 meeting will feature our annual Silent Auction with hundreds of bargains. We are currently collecting new and like-new items for our auction and Eryl Jones would be pleased to receive any items

as soon as possible. As usual there will be a table for items that you may not consider suitable for sale but might be perfect for people to take home free. All items can be delivered to Eryl Jones 780-459-8407.

If you are able to help with the packing of boxes for transportation to the hotel, please contact Eryl.

The April 30 meeting will be a presentation by Jim Hole of Hole's Greenhouses on spring gardening.

The May 28 meeting is the Annual General Meeting and will feature entertainment by the STARTA choir with songs from a variety of musicals.



Things you Already Know!

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

The first couple to be shown in bed together on prime time television was Fred and Wilma Flintstone.

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his

son-in-law with all the mead he could drink. Mead is a honey beer and because the calendar was lunar based, this period was called the honey month. Today we call it the honeymoon.

Wellness Workshop

STARTA is planning to hold a Wellness Workshop in April. Attendance will be limited to 25 people. More details are to follow.

'Robbing' Hood Stelmach

I am sure that it lightened your heart when you heard the premier announce that MLAs would be accepting a wage freeze for this year, 2010.

On April 1, 2008, MLAs' salaries rose by 4.53 per cent (your teacher's pension probably increased by about three per cent in 2008). In addition on June 1, 2008, Alberta cabinet ministers gave themselves an additional increase of \$42,000. On the same date MLAs who served on government committees were also given a further increase. Compounding all the enormity of these increases is the fact that one third of an MLA's basic salary of \$78,138 is tax free.

I have no idea what those politicians' increases total but I must take umbrage at a government having the audacity to suggest a claw of \$23 million in a pharmaceutical strategy aimed solely at (a) single seniors with an annual taxable income of over \$24,001 or (b) a senior couple with a taxable income of \$48,001. I am sorry Mr. Premier but Robin Hood took from the 'rich' to give to the 'poor.' You are taking from the old and poor and giving to those who already have plenty □ a genuine 'Robbing' Hood. The "poverty line" in Canada in 2007 for a single person before tax was \$21,666. Something does not fit, sir!

Please continue to send letters opposing this whole pharmaceutical strategy to

Hon. Gene Zwowdesky,
Minister of Health and Wellness,
#208 Legislature Building,
10800 97 Avenue N.W.,
Edmonton. AB T5K 2B6

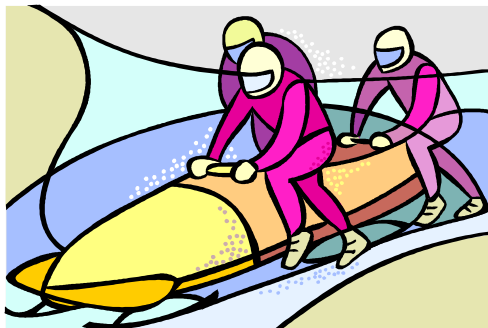
e-mail:
edmonton.millwoods@assembly.ab.ca

Premier Ed Stelmach,
307 Legislature Building,
10800 97 Avenue N.W.,
Edmonton. AB T5K 2B6

e-mail:
fortsaskatchewan.vegreville@assembly.ab.ca

You CAN Read This

I cdnuolt blveiee taht I cluod aulacly
uesdnatnrd waht I was rdanieg. The
phaonmneal pweor of the hmuan mnid.
Aocrednig to rscheearch at Cmabrigde
Uinervtisy, it deosn't mttae in waht oredr
the ltteers in a wrod are, the olny iprmoatnt
tihng is taht the frist and lsat ltteer be in the
rghit pclae. The rset can be a taotl mses and
you can siltl raed it wouthit a porbelm. This
is bcuseae the hmuan mnid deos not raed
ervey lteter by istlef, but the wrod as a
wlohe. Amzanig huh?



What is the Key to Success?

Give the 26 letters of the alphabet
numbers A=1, B=2, C=3, D=4
W=23, X=24, Y=25 and Z=26.

Calculate the total for each of the following
three words by adding the number assigned
to each letter and call it a percentage.

The words are: HARD WORK
KNOWLEDGE
ATTITUDE

(The answers on Page 6)



Jubilations Dinner Theatre

Members are invited to join an evening of
fun at the Jubilations Dinner Theatre in West
Edmonton Mall. The date is May 26, 2010
and the time is 6:30 p.m. The program is
entitled **Law and Order, the Canadian Files**.
This spoof on one of TV's most popular
crime shows brings two hard-edged New
York policemen up to Canada to navigate
their way through the Canadian legal
system. Will they catch the criminal and get
a conviction? Or will they get kicked out of
court for their behaviour?

The cost for the entertainment is \$42 plus a
gratuity. Tickets are on sale at the February,
March and April breakfast meetings from
Brenda Kane or call her at 780-460-2414.

Have you Noticed?

Despite all the talk about the changes to the
provincial health care program since Gene
Zwozdesky replaced Ron Leipert as minister
of health and wellness, there has been **no**
mention of the government withdrawing
their proposed pharmaceutical strategy.

Costs related to health care have been growing over the last decade primarily as a result of the increased demand for and use of technology and the cost of living.

Talking of cost of living did you calculate the increase in your pension from ATRF for last year. The following information is taken from the Alberta Teachers' Retirement Fund's website.

"The year-over-year change in the Alberta Consumer Price Index (ACPI) used to calculate the 2010 COLA for teacher pensions is 0.1%, the lowest since COLA was first provided in 1975. For service before 1993 the adjustment will be 60% of the change in ACPI – six one-hundredths of 1% (0.06%) and for service after 1992 will be 70% of the change in ACPI – seven one-hundredths of 1% (0.07%). The level of increase will result in very minor changes to most net pension payment amounts".

After all that gobbledegook, my pension increased by \$1.75 a month.



The following is a "groaner"!!

The four Goldberg brothers, Lowell, Norman, Hiram and Max, invented and developed the first automobile air-conditioner. On July 17, 1946, the temperature in Detroit was 97°F.

The four brothers walked into old man Henry Ford's office and sweet-talked his

secretary into telling him that four gentlemen were there with the most exciting innovation in the auto industry since the electric starter. Henry was curious and invited them into his office. They refused and instead asked that he come out to the parking lot to their car. They persuaded him to get into the car, which was registering about 130°F, turned on the air conditioner, and cooled the car off immediately.



The old man was very excited and invited them back into his office where he offered them \$3 million for the patent. The brothers refused, saying they would settle for \$2 million, but they wanted the recognition by having a label, 'The Goldberg Air-Conditioner,' on the dashboard of each car in which it was installed. Now old man Ford was more than just a little anti-Semitic, and there was no way he was going to put the Goldbergs' name on two million Fords.

They haggled back and forth for about two hours and finally agreed on \$4 million and that just their first names would be shown. And so, to this day, all Ford air conditioners show □Lo, Norm, Hi and Max□ on the controls.

From the 'Beeb'!

The following item was sent to my wife by her cousin who lives just north of Manchester in England.

There is a television program on the BBC (known locally as the 'Beeb') in England called simply "AM." It is a morning show hosted by Andrew Marr (AM again). He had

a guest, Michael Grove, on his show on Sunday February 14, 2010. Michael Grove is the shadow secretary (Conservative opposition) for children and education. Obviously “with the tin pot organization we have running the country at the moment [ed: the Labour Party],” says the cousin, “the Conservatives are trying to muscle into favour with the voting public. But I thought you might feel proud to know that he said that when they get into power, they would like to reform the education policies in this country [England]. He went on to say that the role model was taken from the best education governing body in the world today, that being the one in Alberta.”
How about that then!!



Answer to ‘What is the Key to Success?’

HARD WORK

$$8+1+18+4+23+15+18+11 = 98\%$$

KNOWLEDGE

$$11+14+15+23+12+5+4+7+5 = 96\%$$

ATTITUDE

$$1+20+20+9+20+21+4+5 = 100\%$$

Smiles

1. King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the star of the Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan.

Croesus said, “I’ll give you 100,000 dinars for it.”

“But I paid a million dinars for it,” the King protested. “Don’t you know who I am? I am the king!”

Croesus replied, “When you wish to pawn a Star, makes no difference who you are.”



2. A marine biologist developed a race of genetically engineered dolphins that could live forever if they were fed a steady diet of seagulls. One day the supply of the birds ran out, so the biologist went out and trap some more. On the way back, he spied two lions asleep on the road. Afraid of them, he stepped over them gingerly. Immediately he was arrested and charged with . . . transporting gulls across sedate lions for immortal porpoises.

3. Back in the 1800s the Tate’s Watch Company of Massachusetts wanted to produce other products and, since they already made the cases for watches, they used them to produce compasses. The new compasses were so bad that people often ended up in Canada or Mexico rather than California. This problem, of course, is the origin of the expression “He who has a Tate’s is lost.”

4. A skeptical anthropologist was cataloguing South American folk remedies with the assistance of a tribal Brujo who indicated that the leaves of a particular fern were a sure cure for any case of constipation. The anthropologist expressed his doubts, the Brujo looked him in the eye and said, “Let me tell you, with fronds like these, you don’t need enemas.”