



Fall on the banks of the Sturgeon River

**Today's Presentation
by
Deborah Anzinger speaks on "Healthy Eating"**

and a book sale

Welcome to our October breakfast meeting

Things seem to happen so quickly these days. Since I last talked to you through this medium we have had political changes in Alberta, we have read about the execution of a dictator, seen our federal government spend \$35 billion on new military vessels, gasoline prices remain static at around \$1.08 a litre despite the declining price of oil and experienced a delightful fall season.

Perhaps there should be just a very brief comment on some of the above. Our new premier won the position on the second ballot, not unlike her predecessor. For the first time in our province's history we have a female premier with lots of qualifications for leadership and an "old boys" party that did not expect her to succeed. Some of the media attributed her victory to the teachers in the province since she committed to restoring some \$107 million to the education budget in her first ten days. She delivered on her promise but I really question whether the teachers made the difference between the first and second ballots—they never proved to me that they were that politically active!

We have another example of rejoicing over the execution of a dictator. The death of Colonel Muammar Gaddafi on October 20, 2011 ended his rule of Libya that began when he seized power in 1969. Libya had oil and Canada had companies involved in extracting that oil, hence our interest in sending planes to participating in the destruction of this man's regime. We, the western nations, are very selective in our support and in claims to be establishing democracy. We have not been much use to Aung San Suu Kyi in Burma. The legitimately elected leader of her party that won 80 percent of the seats was not allowed to establish a democratic government. She has been under house arrest and in detention

by the military rulers. As I maintain we are very selective about our support.



A meeting of STARTA's telephone contacts

Then, of course, we have been hearing lots about the "Occupy Wall Street" movement. This ground swell of frustration with the direction in which society is going has been quickly dismissed by those who are politically or economically in control. The critics claim that those protesting have no definite aim or goal and are just jumping on the bandwagon of the Arab Spring to cause unrest. Of course, these same critics who dismissed the Tea Party movement in the United States and you remember how successful that movement became among Republicans. There is a perception among many working class people that talking about the "trickle down" effect of unfettered capitalism is just that, merely talk. They were lied to by their governments and are now being made to suffer lower wages, lower pensions and even unemployment to bail out the corporate sector. They did not cause the problem but are being expected to pay for it. In Spain it is estimated that 46 percent of people between 16 and 24 cannot find jobs and that in Britain over 900,000 in a similar age range are unemployed. These same young people read, see and hear of massive financial bailouts and do not understand why they are being ignored. There is no wonder that protest movements are developing not only in the United States

but across 77 countries worldwide. Mikhail Gorbachev told the Board of Trade of Metropolitan Toronto earlier this month that millions of ordinary people are asking “why do they have to tighten their belts, because they are not to blame for the crisis.”



STARTA Choir

For many years now our STARTA choir has been able to hold practices at the Visionary College here in St. Albert. The staff at the College has always made us feel most welcome and allowed us to use a room with a piano (this year we have been given the use of a grand piano). Some of our members have helped the College with their annual Music Fest in the last few years. The College has expressed its appreciation for our contribution to music that we have provided to the community. The College would like to continue their support in any way they can.

STARTA would like to extend a big thank you to the Visionary College for its continuing support of our choir.

Eryl Jones

[Anyone interested in joining the choir is encouraged to talk to Eryl Jones at 780-459-8407 at any time or to any other member of the choir]

Smile!

The businessman dragged himself home and barely made it to his chair before he dropped exhausted. His sympathetic wife was right there with a tall cool drink and a comforting word. “My, you look tired,” she said, “You must have had a hard day today. What happened to make you so exhausted?” “It was terrible,” her husband replied, “The computer broke down and we all had to do our own thinking.”

Highlights of the Annual General Meeting of ARTA October 4-5, 2011, at Barnett House

Larry Wyatt, Leo Bruseker, and Lou Duigou of the Executive Committee attended. Below are some of the highlights of this meeting held over 1-1/2 days. On the evening of the first day, a special retirement/farewell dinner was held in honour of Don Mock who has just retired from the position of Executive Director.

As the meeting began on the Tuesday afternoon, Daniel Mulloy, the new Executive Director, was introduced to the assembly.

Overall Year Activities

The Mission Statement of ARTA is as follows: **The Alberta Retired Teachers’ Association, the voice of retired teachers, strives to support improvements in education, in the profession, and in the welfare of present and future members individually, and in their communities.** Having sat in and participated in all of the sessions, the three of us can attest to the fact that ARTA is a robust and vibrant organization that truly works on behalf of the retired teachers of Alberta.

Without going into any details on each report, whether individual officer or committee (standing or ad hoc) report, a list

of those reports is a significant indication of the depth and breadth of ARTA:

- The regular reports of the president, vice-president, past president, and Executive Director
- Benefits Committee report
- Communication/Technology Committee report
- Governance Committee report
- Human Resources Committee report
- Membership/Marketing Committee report
- Pension Committee report
- Strategic Planning Committee report
- Branch Presidents' reports
- Treasurer's report
- 2010-2011 Financial Statement
- One Liaison report: ATA Educational Trust

What is remarkable about all of these individual and committee reports is that there are as many as 50-60 dedicated retired teachers who work countless hours doing officer and committee work and reporting to the Board of Directors which meets at least four times a year. It is the committees who do all of the legwork and make the recommendations for action and development in order for ARTA to meet its objectives.

ARTA Health Plan

One of the most significant objectives of ARTA is: **To pursue ways and means of improving the welfare of our present and future members.** This objective is met through ARTA's Health and Wellness Benefit Plan. It is such a good plan that retirees from other Education sectors (5,413 members), other public sector members (1,118 members) for a total of 6,531 members have become part of it. Other groups are looking at joining such as AUPE and AFL, B.C. Universities, and more. Details of the ARTA Plan are always described in the *News and Views Magazine*

or you can contact Johnson, Inc. through their website.

Election of Officers

A new slate of officers was elected or re-elected for the 2011-2012 year:

President—Gordon Cumming; Vice-president—Juanita Knight; Treasurer—Paul Demers(re-elected); Past-president—Marlene Redekopp. STARTA members who hold a position on ARTA committees: **Leo Bruseker—Branch Benefits Representative; Brenda Kane—Pension Representative(interim); Larry Wyatt—Communications/Technology Committee.**

Tributes and Awards

Honorary Memberships to ARTA—Paul Boisvert, Past President and who has served on the ARTA Board since 1993, and Dean McMullen, also a past president and one who served many years on the Board

Scholarship Awards—there was a total of 7 Scholarship Recipients of the ARTA-Johnson Degree Program who together received a total of \$5,000.00 and 6 Scholarship Recipients of the ARTA Certificate/Diploma Program who together also received a total of \$5,000.00.

Financial Statement (July 1 to June 30)

A financial statement was received from the Accounting Firm of The Dash Group and adopted by the assembly.

Budget for 2011-2012 (July 1 to June 30)

A budget was approved as presented by Treasurer Paul Demers.

Revenues—\$934,226;
Expenditures—\$822,221;
Balance—\$112,005.

A question arose regarding the fact that the by the time the current budget is approved in October, nearly a third of the year has gone by. The majority passed a motion to instruct the Board of Directors to study and make

recommendations regarding the timing of the AGM so that the members of the assembly can approve the budget in its entirety before expenditures begin being made.

Changes in By-laws

Several changes were made to the existing by-laws, many of which were simply house-keeping. Significantly, a Notice of Motion was made change the by-laws to provide for the election of another vice-president. This is to lighten the load of the president and one vice-president. These are all volunteer, non-paid positions that require many meetings and driving in some instances.

Next Annual General Meeting—October 3-4, 2012

Summary

All in all, this was again a very enlightening meeting in that it helped each of us gain a better understanding of our organization at the provincial level and just how much this organization serves as an effective voice for retired teachers.

Respectfully submitted,
Lou Duigou, President, STARTA



Training STARTA telephone contacts

An important note from the editor's esteemed proof reader

After an orientation session in September (isn't that what all teachers have to go

through in September) the Editor has to admit that Dali, in China, is on his "other" East.



Continuing training

Advertisement

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WE WAS BRUNG UP PROPER!!

CONGRATULATIONS TO ALL WHO WERE BORN IN THE 1930's 1940's, 50's, 60's and 70's

First, some of us survived being born to mothers who smoked and/or drank while they carried us and lived in houses made of asbestos.

They took aspirin, ate blue cheese, raw egg products, loads of bacon and processed meat, tuna from a can, and didn't get tested for diabetes or cervical cancer.

Then after that trauma, our baby cribs were covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets or shoes, not to mention, the risks we took hitchhiking.

As children, we would ride in cars with no seat belts or air bags.

We drank water from the garden hose and NOT from a bottle.

Take-away food was limited to fish and chips, no pizza shops, McDonalds, KFC or Subway

Even though all the shops closed at 6.00pm and didn't open on the weekends, somehow we didn't starve to death!

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We could collect old drink bottles and cash them in at the corner-shop and buy Toffees, Gobstoppers, Bubble Gum.

"And we never had a whole Mars bar until 1993"!!!

We ate cupcakes, white bread and real butter and drank soft drinks with sugar in it, but we weren't overweight because.....

WE WERE ALWAYS OUTSIDE PLAYING!!



Biography on Deborah Anzinger

Deborah is a professional Home Economist. Her company, Zinger Essentials, has been in operation for over 20 years. She has worked on air as a Food and Nutrition consultant with City TV and also worked with CFTO on a 13-part series called *Fitness with Love*. She has developed and taught nutrition, recipe modification and cooking classes for all ages at Ryerson University, Humber College and the Toronto Board of Education.

Deborah's freelance client list includes the second largest food manufacturer in the world for whom she worked for 17 years. She scripted, hosted and hired production teams for training videos and has travelled nationally working trade shows with the sales department.