



PROVIDING NEW DIMENSIONS IN RETIREMENT

CALGARY RETIRED TEACHERS' ASSOCIATION

Mailing address: CRTA,, Suite 337, 305 - 4625 Varsity Drive, Calgary AB, T3A-0Z9

E-mail: crtainfo@calgaryretiredteachers.ca

Website: calgaryretiredteachers.ca

CRTA Executive 2007-2008

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Gordon Cumming 288-5731

Vice-Presidents

Marge Brucker 241-0244

Jim Jarrell 281-3046

Past-President

Dr.Charles Rose (Chuck) 288-5266

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Kathy Newman 288-4542

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Mike Allen Pensions 281-4081

David Baker CHR.rep 242-6046

Sheena Banks Social 251-0172

Ena Beunder Newsletter 288-3895

Erich Berndt Technology Consultant

Pensions 286-2240

Elizabeth Bourges 245-2035

Irene Bruzga Social 255-4395

Greg Chitrenky website 256-9364

Jean Crawford Pensions 247-3664

Juliette Hachey 279-7640

Shirley Holmlund 271-3036

Dr. Jean Hurchinson 282-6179

Garry Jeffrey Membership 289-2807

Dr.Ralph Levinson Benefits/Pensions

948-3691

Jeannie McCauley 275-8025

Ron Nikiforuk e-mail 271-2854

Glen Roszel resigned

Lorna Solaczek 255-6016

Jim Weed 239-4564

Call anyone of the Executive or Directors if you have a concern or use the e-mail.: crtainfo@calgaryretiredteachers.ca

CRTA IS FOR ZOOMERS

SECOND STEPPING-OUT CONFERENCE A GREAT SUCCESS

MUCH INTEREST IN NEW DIMENSIONS

TIME FOR MEMBERSHIP RENEWAL

New memberships for \$15.00 per year are due on July 1 of this year. Your mailing label shows in what year your membership expires. Members receiving the newsletter electronically will receive a reminder by that medium. Memberships can be paid at the Barbecue on June 12 at the Varsity Community Association Hall or by mail addressed to Garry Jeffrey, 4412 Brentwood Green, NW, Calgary, T2L 1L4

FROM THE DESK OF THE PRESIDENT

Retired Colleagues BEWARE !!!

There is a fever sweeping through our ranks and it is called “STEPPIN’OUT” The latest outbreak was witnessed at Dalton’s Convention Center in Calgary on April 29 and it resulted in 250 colleagues succumbing to a euphoria caused by great food, twenty outstanding presenters and a healthy dose of camaraderie. It concluded with a chaser of folk songs and a lot of door prizes.

For those who missed the outbreak, I have to inform you that this fever can only be described as a lot of fun and is highly contagious. Once exposed, you have to go through a number of stages, which lasts for about seven hours.

STAGE 1—”The Warm-Up”

While the Golfers were warming up for the season, the Actors next door were warming up their vocal cords (and losing their inhibitions). The Gardeners were getting ready to meet Global warming with low water, while other participants were warming to the idea of a holiday with Collette Vacations. Rounding out this group of sessions were two red hot presentations . . . Wills and Estates Management, and The ARTA/Johnson Benefit plans.

STAGE 2—”Colour-Up”

Re-invigorated by coffee, it was on to hit the Green (with Golf) or keep it green (Gardening—When Less is More). Others learned to stretch themselves (Yoga), stretch their Menu (Eggspectations), or stretch their involvement (Volunteering). To keep a record we had “Leaving a Legacy—Creating a Vision”, and a session on Digital Photography.

STAGE—”Feeding the Fever”

At lunch we were fortunate to enjoy an outstanding Buffet provided by Dalton’s. As well, the prescription

for a healthy dose of Laughter with a great message courtesy of Miss Loosie (alias Sparkle the clown—AKA Cheryl Oberg).

STAGE 4—”Feeling the Tingle”

For Muscle twitches, there was the Outdoor Council, Tai Chi, Line Dancing or a little more gardening. If on the other hand you were worried about switches there were offerings to learn more about Identity Theft, Financial Planning and Elder Wisdom. Finally there was Photography to capture the moment.

STAGE 5—”The Final Glow”

Thanks to a little more food, Donnie Williams and his group, the instant CRTA choir and a plethora of Door Prizes . . . our ‘patients’ went through the final glow of the day . . . ready to meet the Deerfoot Trail traffic and head for home.

For those who experienced “Steppin-Out” there is good news. Rather than an acquired immunity, you will be particularly susceptible to this type of event, and we look forward to ‘treating’ another outbreak next year.

Thanks to our Emergency Response Team . . . Our Hosts, the Presenters, Sponsors (ARTA, Johnson Inc., Collette Vacations and The Alberta Lottery Foundation), Donors of Prizes and particularly the Planning Committee.

For pictures by Erich Berndt go to our website www.calgaryretiredteachers.ca

P.S. If you cannot wait till next year and want to enjoy the same symptoms now, CRTA is excited to be sponsoring “**New Dimensions in Retirement—2008**”. Subsidized by funding from the Federal Government’s New Horizons Program, this series of workshops and activities will provide something for every interest, as well as proving “infectious” with fun and friendship. Details are available on the CRTA website.

E-MAIL

The executive encourages the membership to provide them with an e-mail address only for the purpose of communicating quickly with each individual member. With the trend of offering our membership more programs and another possible insurance settlement, the executive would like to establish efficient lines of communication with all the members who have an e-mail address.

Although we encourage you to allow us to mail you the newsletter electronically, **we will not do so without your permission.**

At this time approximately 60% of our membership receives the newsletter by e-mail. TREES AND POSTAGE SAVED!

CRTA Wind-Up Barbecue

THURSDAY June 12, 2008

**Varsity Community Hall
4303 Varsity Drive NW**

Doors open at 11:15 a.m. No-Host Bar

Dress Western—Yahoo!

All cowpokes can choose a book for summer reading

**Please confirm your attendance between
May 27 and June 2**

By e-mail to: confirmluncheon@gmail.com

**By telephone contact the person below according to you
last name.**

When registering leave your first and last name and indicate any dietary restrictions you may have. Do the same if you bring a guest.

If you have indicated any dietary restriction when registering, please make your server aware that you have had a special plate prepared for you.

PLEASE NOTE THAT IF YOU HAVE NOT CANCELLED PRIOR TO JUNE 4, YOU WILL BE EXPECTED TO PAY THE COST OF THE MEAL AS CRTA IS CHARGED ACCORDING TO CONFIRMED NUMBERS

Surnames Starting with	Contact Person	Telephone Number
A,B	Bernice Gaetz	252-5781
C,D	Earl Larden	281-5722
E,F,G	Tanis Lefroy	251-6214
H,I,J	Julie Biggs	249-1999
K, L	Mimi Hogaboam	288-2792
M,N,O	Gloria Rasmussen	271-3579
P,Q,R	Marion Kinney	271-1344
S	Marg Brucker	241-0244
T,U,V	Dave Thompson	249-9086
W,X,Y,Z	Kay Samphire	242-0189

**LET'S TAKE A MOMENT
TO REMEMBER
THOSE COLLEAGUES WHO
PASSED AWAY**

<i>Glenn Whitehall McCullough</i>	<i>March 24</i>
<i>Theresa Frances Weston</i>	<i>March 29</i>
<i>Annie Hrenewich</i>	<i>April 3</i>
<i>Mary" Molly" Verigin</i>	<i>April 6</i>
<i>William(Bill) George Phipps</i>	<i>April 12</i>
<i>Beulah Myrtle Leadbeater Muir</i>	<i>April 15</i>
<i>Carol Suzanne Lee</i>	<i>April 17</i>

VOLUNTEERS NEEDED

Retired teachers are esteemed, valuable volunteers for many organizations. If you have a little time available, why not donate some hours to a worthwhile organization.!

Dave Thompson is one of our members who volunteers at Heritage Park. Why not join him there! Contact Shereeda at 268-8863.

Volunteer Calgary gave a presentation at the "Steppin'Out" Conference. They can lead you to hundreds of opportunities for volunteering. They pointed out that volunteer positions are available for a few hours or for longer periods. Flexibility to accommodate the volunteer is key to filling the needs the community has. Contact 265-5633 or www.volunteercalgary.ab.ca

Also check out our website where you find volunteer positions and contacts, as well as offers for paid positions.

**DO NOT FORGET TO OFFER YOUR SERVICES TO CRTA. WE NEED TO FILL SOME POSITIONS ON THE EXECUTIVE FOR THOSE WHO WILL RESIGN IN JUNE AFTER SOME YEARS OF SERVICE.
THE EXECUTIVE MEETS FIVE TIMES A YEAR.**

PHONE CHUCK ROSE FOR INFORMATION 288-5266 OR cprose@shaw.ca

STEPPIN'OUT CONFERENCE 2008 DOOR PRIZES

DONOR	PRIZE	WINNER
Kingsland Shoppers Drug Mart 7606 Elbow Drive SW	Reusable "Green Grab Bags"	All Participants
Vistek West Inc. 1231—10 Avenue SW	20% Coupon for Photofinishing	All Participants
Alberta Egg Producers www.eggs.ab.ca	Gift Bag	Erich Berndt
Calgary Zoo	Two Passes	Marg Brucker
Collette Vacations 1-800-468-5955	Umbrellas In-flight Bags	Chuck Rose Marlene Sorensen Paul Demers Joyce Grieve
Curves	Gift Bag One week Trial Coupon	Lynn Piechotta All Participants
Greenwood Inn 3515-26 Street NE	Brunch Tickets	Linda Dustan Marian Shaw
Fitter First 3050 Portland Street SE Sales@fitter1.com	Exercise Ball Power Web Balance Board	Al Russell Irene Krouse Marlene Marchand
Forage, 3508—19 Street SW	Gift Certificate	Christie Murphy
Johnson Inc. Rikki Wosnack Consultant Home/Auto Insurance 1-800-483-0456	Travel Blanket Sports Bag Travel Alarm Clock	Karen Anderson Margery Gilliland Annabel McLean
Nature Zone Vitamins 2040—34 Avenue SW	Gift Certificate	Bev Cumming
Stride Management Corporation 3950 - Street NE	Quartz Clock Seiko Watch	Meryl O'Dell Marj Weerstra
Sharon Levinson 700 -1330 -8 Street SW 229—0555	Paper Shredders	Margaret Topping Paul Boisvert
The Beehive 311—10 Street NW 831—17 Avenue SW	Gift Basket Sample Bar of Soap	Angela Pirie All Participants
Calgary Gold Honey Products 286-8338	Honey Cookbook	Arlene Witherspoon
Vitamins First 2136—33 Avenue SW	Gift Certificate	Lorna Solaczek
Western Canada Lottery Corp.	Sports Bags	John Simala Irene Buzga Bernice Gaetz

<i>DONOR</i>	<i>PRIZE</i>	<i>WINNER</i>
Wash My Back Towels Wescov Holdings Spruce Grove AB T7X 3A8 1-780-488-3678	Sports Bags	Alicia Hawrylic Gracia Gagnon Joann Stimpson
Olds College www.oldscollege.ca	Horticultural Week Olds College Fibre Week	Lorraine O'Neill Shirley Branton

Changing Faces Identity Theft Materials Courtesy of the Government of Alberta.

WE THANK ALL OF THE ABOVE BUSINESSES FOR THEIR GENEROUS DOOR PRIZES AND ITEMS INCLUDED IN THE REGISTRATION PACKET. WE WOULD LIKE TO ENCOURAGE OUR MEMBERS TO SUPPORT THESE BUSINESSES THAT HAVE SUPPORTED OUR CONFERENCE.