

# news&views

The Magazine of the Alberta Retired Teachers'

SUMMER 2022

## Gratitude Issue

Give Thanks in All Things

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Finding Gratitude Daily

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Gratitude: The Pause  
that Refreshes





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### On the Cover:

Turn to page 26 to read more about how choosing to be grateful refreshes ARTA member Larry Lambert, pictured here on the cover with Louise Lambert.

Photo by Virginia Quist.



ARTA supports an engaged lifestyle after retirement through member-centred services, advocacy, communication, wellness, and leadership.

## EDITOR-IN-CHIEF

Margaret Sadler

## ASSOCIATE EDITOR

Marilyn Bossert

## COPY EDITORS AND PROOFREADERS

Inge Coates

Vi Oko

Tara Penner

Bev Sawyer

## CONTRIBUTING EDITORS

Jennifer Hope

Robert Michon

Gary Sawatzky

Jonathan Schieman

Amanda Shaw

Scott Tywoniuk

## DESIGN

Tony Esteves

Virginia Quist

## PRINTING

Burke Group

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Telephone: 780-822-2400

Canada only: 1-855-212-2400

fax: 1-780-447-0613

email: [info@arta.net](mailto:info@arta.net)

website: [arta.net](http://arta.net)

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## ARTA Office Opening

We're excited to be opening our new office to staff who have returned to their offices over the past month and, finally, to you, our members.

Beginning June 13, 2022, ARTA members can visit the office by appointment only. These appointments can be booked online at [arta.net/contact](http://arta.net/contact) or [myarta.net](http://myarta.net) (under Contact Us), or by calling the office directly.

ARTA staff will be wearing masks while meeting with visitors, and it is strongly recommended that visitors wear masks to these meetings as well. We ask that you reschedule your appointment if you feel sick to protect both staff and fellow members.

A reminder that we are in a new location to serve you better: 15505 137 Avenue NW, Edmonton AB.



**Member Services**



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# From the President

Lorna McIlroy | President, ARTA



*Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.*

— Marcel Proust

The members of my immediate family support me and allow my soul to blossom within the family unit, in our community, and far beyond. I have endeavoured to give my daughters and granddaughters wings as well as roots, and in return, they have allowed me the space to grow as a lifelong learner and the freedom to follow my dreams and passions.

My parents, already in their forties at my birth and busy with health issues and homesteading, gifted me with a carefree, unfettered childhood. My two brothers, who left us much too soon, encouraged me to push my limits. They did this by convincing me, the smallest, to run across the newly frozen dugout with the ice cracking behind me to determine if the ice was strong enough for skating. They also squeezed me through minuscule openings to explore forbidden places and report back to them.

I am grateful for my extended family, members of which live all around the world. We keep in touch, share family milestones, and visit whenever possible. I also cherish the ancestors that I have discovered in my genealogical pursuits, and I treasure the fascinating details that I discover. For example, as the local postmaster, my maternal grandfather was allowed the honour of offering his arm to Queen Victoria as she disembarked her ship to visit the western highlands of Scotland.

My school families are extremely important to me, including desk mates from my earliest one-room school, high school classmates, university pals, and colleagues from my teaching career.

We keep in touch online and in person, celebrating milestones and sharing losses.

I am so grateful to Communities in Bloom (CiB) where I have volunteered as a judge since retirement. CiB has afforded me the privilege of visiting communities provincially, nationally, and internationally, seeing what makes them great, and giving evaluative observations and suggestions. My many judging partners and the community representatives have certainly enriched my life.

Special bonds have been forged with rose growers from around the world as we meet with the World Rose Federation for regional and international conferences where lectures are presented, roses are judged, and friendships blossom. It is heartening to see our Canadian-bred roses flourishing in gardens around the world.

Finally, I am so grateful for the people associated with ARTA who have enabled me to live my best life as a retiree. I have certainly appreciated all the branch presidents, committee members, and particularly, executive members who share their time and expertise so generously. The ARTA officers and staff, like diligent gardeners, work daily to make our lives easier, richer, and better. The past thirty months have not been easy with the many trials of COVID-19, but our ARTA officers and staff have persevered. They have even managed to look at recent challenges and turn them into opportunities. Thank you, ARTA. You, too, make my soul blossom! ●



# ARTA BENEFIT PLANS OFFER MORE CHOICES THAN EVER BEFORE



As the **ARTARx Pharmacy** gets closer to opening its doors, many ARTA members are wondering if the **ARTARx** or **ARTARx+Travel** Benefit Plans are the right choice for them. There is no such thing as a one-size-fits-all health plan, and that's why ARTA offers options — so you can find the coverage you need to fit your retirement lifestyle.

## **100% coverage on Prescription Drugs filled at the ARTARx Pharmacy**

### **\$2,500 Annual Drug Maximum**

If you find yourself hitting your drug maximums each year, or if you're tired of paying out of pocket for expensive medications, the ARTARx plans offer a great way to save money.

---

## **80% coverage on Defined Lifestyle Drugs (Weight Loss Medication, Hair Loss Treatment, etc.)**

Everyone's bodies age a little differently, and if you have a lifestyle need that falls under Defined Lifestyle Prescription Drugs, the ARTARx plans offer great value.

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## **\$600 Vision Care, every 24 months \$5,000 Annual Accidental Dental Care \$750 Orthopedic Shoes, every three years**

If your vision, dental, or foot health is a concern for you, the ARTARx plans offer the highest coverage.

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## **\$2,000 Annual Diabetic Supplies**

If you are living with diabetes, ARTARx offers more coverage for your supplies.



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Member Services team  
at **1-855-212-2400**, or  
email **info@arta.net**  
for more information  
on the ARTARx plans  
or to sign up.





# From the CEO

Daniel Mulloy | Chief Executive Officer, ARTA



*Every day may not be good...  
But there's something good in every day.*

– Author unknown

I thought that writing about gratitude would be easy — there are so many things in life to be grateful for — but to be honest, I found writing this article a bit of a struggle. The last two years have not been easy for any of us. Dealing with a global pandemic, the stresses of day-to-day life with limited contact with loved ones, the stresses of change — all these things seemed to weigh people down; when we are down, sometimes it is hard to get up.

But as I started to collect my thoughts, I realized there are a lot of good things that have happened, a lot of things for which I am personally grateful. Sometimes even the smallest act of kindness can bring feelings of gratitude that can make the darkest days seem bright.

For starters, I am incredibly grateful for my family. My wife and son are the two people that I am most grateful for. I probably do not say it nearly enough, but I love you both.

I am also grateful to my dedicated ARTA team. They have all worked tirelessly in COVID-19–forced silos, doing their best to advance the mission of ARTA.

I am thankful for our dedicated ARTA members, especially those who have treated the staff with kindness. Those who shared kind words with us really helped us soldier on through challenging times. In the last two years, we have tripled the size

of our front-line Member Services team and handled all training remotely. Learning all about ARTA and our benefit plans is an exponential learning curve, and we are grateful to our members who have been patient and kind as we worked through the challenge of onboarding and training new staff.

While ARTA managed record-breaking call and email volumes around changing travel restrictions, plan changes, and more, stories of members who were understanding and supportive really brightened the day of all our staff.

I am grateful to our partners who helped us deliver services to our members whilst they too were dealing with the effects of a global pandemic. Their dedication to ARTA and all ARTA's members is to be commended.

I am also grateful to my mentors, the people in my life who I can count on for sage advice, a shoulder to cry on, or who provide that moment of humour at the exact right time to ease life's tensions. To my mentors and friends — thank you.

While it is true that not every day is a good day, there **is** always something good in every day... we just need to take the time to look. •

Yours in service,







# Wellness Conference

A WELLNESS CONFERENCE  
FOR RETIREES



TOGETHER

AHEAD

2022

MOVING



## KEYNOTE SPEAKER DR. ADRIAN WAGG

Dr. Wagg is a specialist in geriatric and general medicine. He currently serves as a professor in the Department of Medicine at the University of Alberta, holds the Alberta Health Services Chair in Healthy Ageing, and is recognized nationally and internationally for his work. With an in-depth perspective of healthcare, he participates in numerous activities promoting health literacy and the healthy ageing of seniors so they can live their best life.

Dr. Wagg is an excellent presenter who captivates his audience by delivering an important message with enthusiasm and humour.

**September 22, 2022 • 8:00 a.m. to 4:30 p.m.**

Chateau Louis Conference Centre — 11727 Kingsway Ave NW, Edmonton

Registration \$110 | **Early bird registration \$95 until July 31**

Information at [SecondWindConference.ca](https://SecondWindConference.ca) or call 780-919-5848

*Attendance will be limited.*





# From the Editor

Margaret Sadler | Editor-in-Chief, *news&views*, [nveditor@arta.net](mailto:nveditor@arta.net)



## Enough Is Enough

Christians pray  
“Give us this day...”  
enough  
for today.

Jews sing  
*Dayenu*,  
“It would have been enough.”  
Just one of God’s saving acts —  
enough.

Muslims remark  
*Alhamdulillah*,  
“Praise and thanks be to God,”  
grateful for simple  
daily life,  
Begin and act in His name, they say.  
“This will suffice.”

Pause  
and give thanks  
for the gift of enough.

In Japan, at mealtimes,  
hear *Itadakimasu*  
“We receive,”  
gratitude woven in,  
back to the farmer,  
to everything  
that made this meal possible.

Pause  
and give thanks  
for the gift of enough.

We crave more,  
even while some know  
the earth can’t support  
“more” without end.

As we age,  
we need less,  
acquire less,  
having collected about us  
all we need  
and more  
of what we want.

Still we buy.  
Old tech works;  
surely new tech is better?  
So we buy.  
But a phone is a phone  
even when it’s not a camera.

Pause  
and give thanks  
for the gift of enough. ●







# Health Benefits

Gary Sawatzky | Chief Operating Officer, ARTA

## Dental Care Basis of Payment Update

If you have ever wondered how your dentist decides how much to charge you for a procedure, look no further than dental fee guides. These guides determine the appropriate charges for each dental procedure when a claim for that procedure is submitted. Of course, dentists can still charge whatever they want for their services, but the guide helps set a standard. A dental fee guide gives the most reasonable and customary rate for each dental code, allowing for more transparency overall.

Dental fee guides had normally been updated every year but were not between 1997 and 2018. The Alberta Dental Association and College (ADA&C) stopped publishing fee guides in 1997, letting dentists charge what they thought was appropriate, and costs for dental care increased significantly for almost twenty years. At one point, Albertans were paying, on average, almost forty per cent higher dental fees than British Columbians. Alberta had the highest per capita dental costs in North America at that time.

Group benefit providers needed a basis of payment for their dental coverage, and insurance companies filled in the gaps by providing their own dental fee guides based on what the marketplace was charging (called “Usual and Customary” fee guides). ARTA used a Usual and Customary fee guide for many years as the basis of payment for ARTA’s dental care plan.

Over time, the high costs of dental procedures turned into a public health issue, leading the Alberta government to work with the ADA&C to reinstate a fee guide in 2018. The hope was that this partnership would lower the dental costs of Albertans, or at least limit their growth. The 2018 ADA&C fee guide recommended fees that were, on average, 8.5 per cent lower than what was charged by the marketplace in 2016 (the last full calendar year for which they had claims experience).



**The ARTA Dental Care plan recently updated its fee guide to represent changes in the marketplace.**



This new ADA&C Fee Guide was fine-tuned over the next two years; meanwhile, ARTA continued to use the Usual and Customary fees from 2016 as our basis of payment as the new fee guide recommended fees that were 3.9 per cent higher. Overall, ARTA members had an advantage over benefit providers who had switched to the new ADA&C Fee Guide.

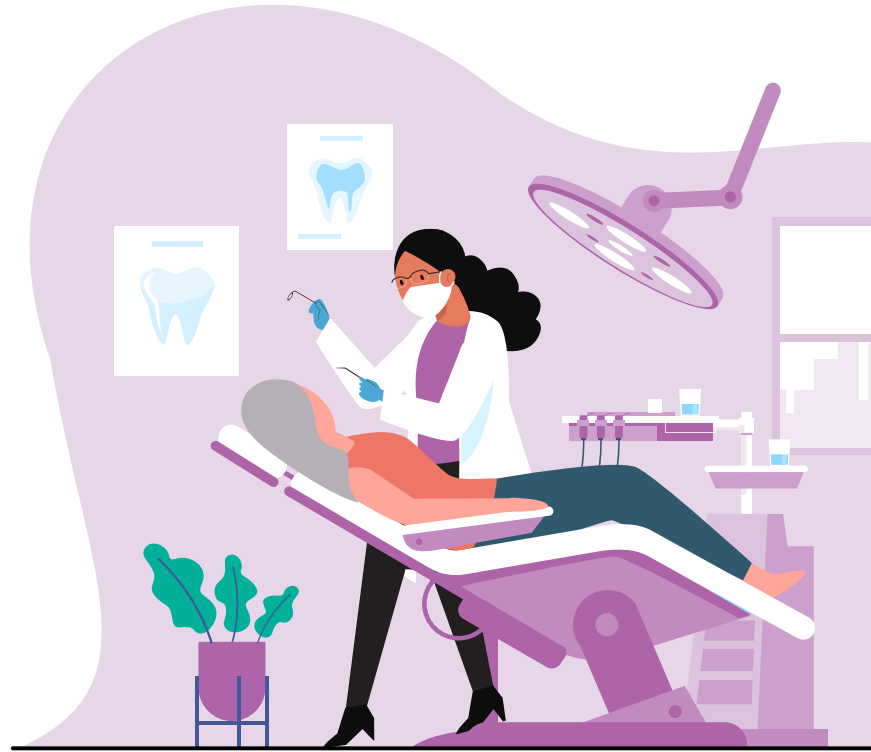
The ADA&C continued to adapt their fee guide, and beginning January 1, 2022, ARTA’s covered members were paying higher out-of-pocket costs for their dental treatment if their dentist used the 2022 fee guide as their basis of charges for dental procedures — the 2022 Fee Guide paid 0.9 per cent higher than the ARTA Usual and Customary Fee Guide.

To correct this discrepancy, at the February 2022 meeting, the ARTA Health Benefits Committee passed a motion recommending that the ARTA Board of Directors implement the 2022 ADA&C



Dental Fee Guide as the basis of payment for ARTA's Dental Care plan, which was accepted by the board. Beginning April 1, 2022, ARTA began using the ADA&C Fee Guide for residents of Alberta and will use the most current fee guide each year going forward.

Always review your dental charges with your dentist, including asking which fee guide they use as their basis of charges or whether they use a standard fee guide at all. As mentioned previously, the ADA&C Fee Guide provides "suggested" rates only — dentists in Alberta may still charge a rate that factors in their individual practice. Having such a discussion could allow you to maximize your coverage under ARTA's Dental Care plan and make your benefits go further. •



## From the Branches

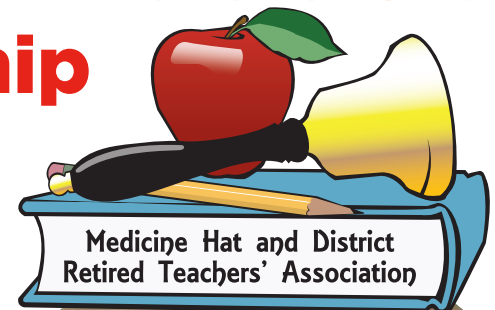
Mel Deydey | President, MHADRTA

## MHADRTA Life Membership for Claire Sergeant

We have enjoyed five in-person general meetings with our members since September 2021, with thirty to forty gathering each time. Many still feel uncomfortable meeting in person, and we respect that. Hopefully, one day we will all join together again.

At our general meeting on Wednesday, April 13, 2022, we were privileged to honour long-time MHADRTA member, Claire Sergeant, with a life membership. Claire has been a regular participant in our branch activities and has volunteered as a part of our phoning committee for many years, reminding members of upcoming meetings. She was presented with a certificate, a bouquet of flowers, and treated to lunch!

Our June meeting will be our annual general meeting at which time a new executive for 2022–23 will be elected. •







# Outdoor Living

Duane Radford | Article and Photos



Alberta is blessed with outstanding green spaces —  
Dinosaur Provincial Park

## In Appreciation for Alberta's Green Spaces

How does gratitude fit into the context of outdoor living for Alberta's seniors? Outdoor living is all about making connections with nature, no matter where you live. Research indicates that people who are more connected with nature are usually happier in life and more likely feel that their lives are worthwhile. "Nature can generate a multitude of positive emotions, such as calmness, joy, creativity and can facilitate concentration" ([bit.ly/nv-benefits-nature](https://bit.ly/nv-benefits-nature)).

I often reflect on the vision of our forefathers who set aside so many wonderful national parks in our province for a variety of reasons, all of them valid. I've been fortunate to have travelled to all of these parks — Banff, Elk Island, Jasper, Waterton, Wood Buffalo — most of them numerous times. Because they are such marvels, I return again and again. Friends from far away have told me that Albertans are blessed to have such treasures at their doorsteps. Except for Wood Buffalo, all these parks are easily accessible to seniors. Most of the parks have campsites and toilets, tourist accommodations, eateries, places to shop, numerous senior-friendly hiking trails, ski runs, interpretive programs, historic sites, fishing opportunities, bountiful wildlife, and many have sightseeing tours to accommodate all manner of people with mobility issues.

You don't have to leave Alberta to enjoy world-class national parks. That's why I feel such a depth of gratitude to our past leaders who created them. It's also a good reason why we should support the creation of a new national park along the North

Saskatchewan River near Edmonton, similar to the federal Gatineau Park north of Ottawa.

It doesn't stop there: Alberta's provincial parks backstop our national park framework. Some of them, such as Peter Lougheed Park, married to Kananaskis Country, are on an equal footing with any of the famed federal parks. There are nearly five hundred areas in Alberta's provincial parks that protect sensitive habitats and wildlife, with the message "It's all about keeping the wilderness wild, while letting humans experience it." The provincial park network spans our beautiful province. Some are world class destinations — Dinosaur and Writing-on-Stone, for example. I'm



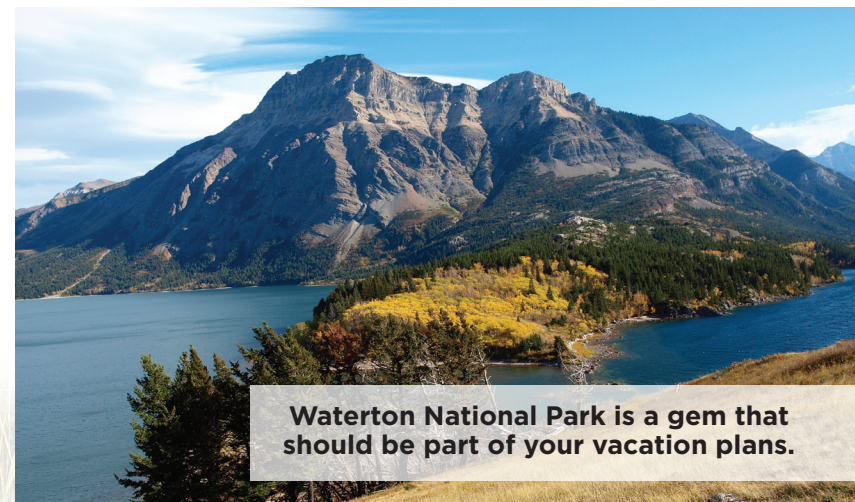


## Alberta Discover Guide [albertadiscoverguide.com](http://albertadiscoverguide.com)

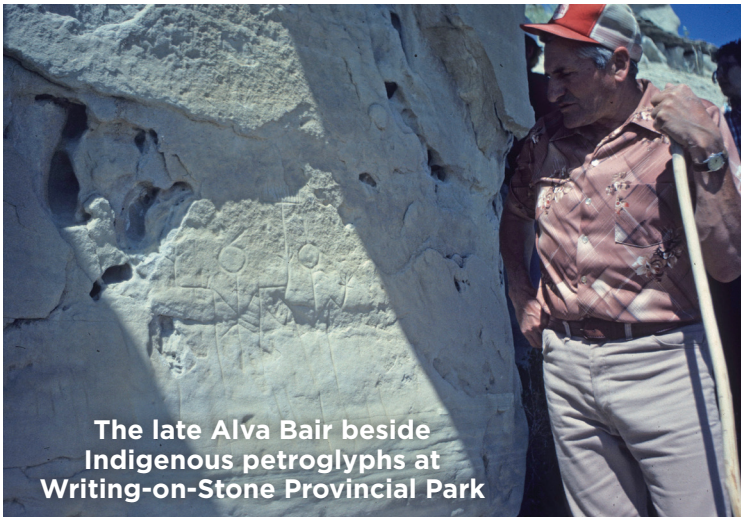
numerous Wildlife Trust Fund Properties that are featured in the Alberta Conservation Association (ACA) 2020 *Alberta Discover Guide*, available free online and in hard copy. Thanks are also due to Alberta's anglers and hunters who funded these ACA land purchases through levies on their fishing and hunting licences. We can be grateful that the AFGA and ACA had the foresight to purchase these increasingly valuable properties to conserve our fish and wildlife and provide spaces for us to recreate, free of charge.

The next time you wish to enjoy nature, visit one of Alberta's green spaces and say a word of thanks to the visionaries who secured them — they didn't just happen by chance. ●

*Ever thankful, Duane Radford returns home refreshed from walks in the city with a more positive attitude than when he started, ready to sit back down at his desk. Exercise really is good for mental and physical health, he confirms.*



**Waterton National Park is a gem that should be part of your vacation plans.**



**The late Alva Bair beside Indigenous petroglyphs at Writing-on-Stone Provincial Park**

amazed at the services available in the signature parks that are a blessing for travelling seniors. If you're thinking of an Alberta staycation this year, my suggestion is to make a regional plan to see several parks in the same general area and take advantage of their amenities. Speaking of "gratitude" — thanks go to provincial officials for being visionary and establishing such a great series of parks with so many fine attributes. While you're travelling between provincial parks, take time to visit Alberta's storied interpretive centres, which rival the best in the world. In southern Alberta, the Royal Tyrrell Museum is fantastic, while the awesome Head-Smashed-In Buffalo Jump Interpretive Centre and the landmark Frank Slide Interpretive Centre are amazing. There are lots of top-notch provincial interpretive centres in our wonderful province, all of which provide seniors with educational, interesting, and stimulating experiences tied in with green spaces.

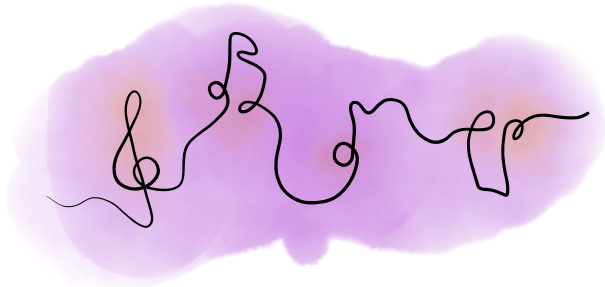
Tip your hat to urban planners who have done a tremendous job developing walkways and trails in Alberta's major towns and cities, where seniors can enjoy the outdoors in comfort. Lots of pathways connect with urban parks. I live in Edmonton, which features the largest urban park in Canada, which is loaded with a network of trails — a testament to good planning. I often see jack rabbits, songbirds, woodpeckers, red squirrels, coyotes, and deer when hiking these trails and connecting with nature.

Besides all the national, provincial, and urban parks, there are hundreds of day-use areas in Alberta. Seniors should thank the Alberta Fish and Game Association (AFGA) for purchasing the



# Proust Questionnaire

## I am grateful...



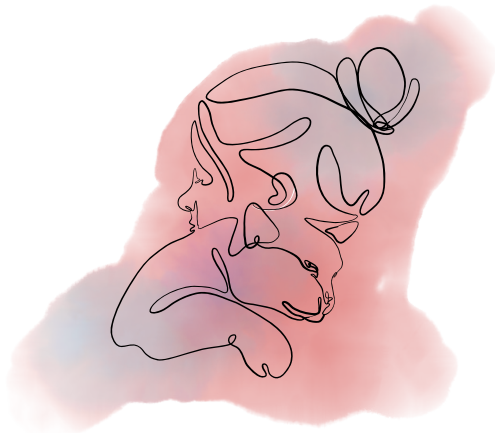
**... to my parents for the gift of music: wherever we were, there was always music-making — singing, playing, listening. I'm grateful to the man of my dreams: after more than fifty years, he's still the man who works with me to achieve those dreams.**

[Deb Gerow, Wellness]



**... that my parents instilled the necessity of getting a trade — they were so right, and teaching was so right for me! I'm grateful for my family's fabulous sense of humour — their storytelling resembles stand-up comedy.**

[Maria Lentz, Governance]



**... for cuddles with my cat, sunshine on the deck, birdsong in the morning, the smell of fresh-baked bread, a bit of music that turns my mind back to happy memories, random moments of quiet solitude.**

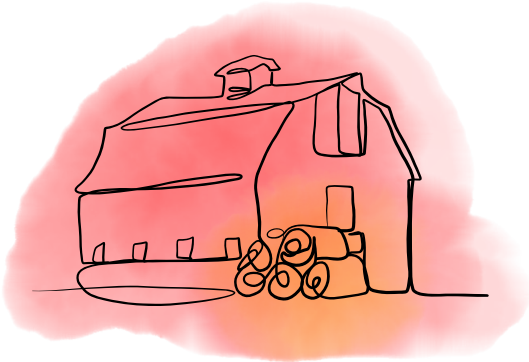
[Karen Atkinson, Health Benefits]



**... for days that start with an excellent cup of coffee at the kitchen table any time later than the morning school bell used to ring. For a good life made of family, friends, fun, and good food.**

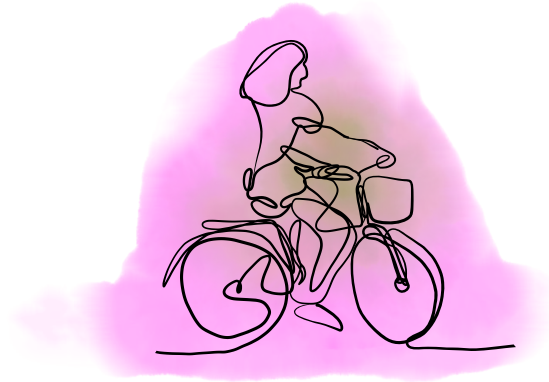
[Arlene Purcell, ARTA Benefit Trust]

Since the 2021 annual general meeting, these ARTA volunteers have entered their final term on ARTA committees or boards. We asked a few Proust-style questions to elicit some of the things they're most grateful for. ●



**... to my parents for the gifts of responsibility and fairness to others, as instilled in being raised on a farm. It is pure luck that I was born in this country and at a time when our world has generally made so much progress for humankind.**

[Léo Richer, Pension & Financial Wellness]



**... for having grown up in an American blue-collar industrial city located on Lake Michigan. While riding my bike through tree-lined streets, past historical homes and buildings, my appreciation of history and admiration of previous generations' contributions was born.**

[Julie Ginther, Communications]



**... for the generosity of others, the laughter of children, an adolescent sense of humour, and any place in Canada with Bev by my side.**

[Gordon Cumming, Charitable Foundation, term completed November 2021]



**... for phone, email, and social media ways to share joys and concerns with immediate and extended family spread across Alberta, Saskatchewan, and British Columbia; that we live in a country that allows us much happiness.**

[Lawrence Hrycan, Strategic Planning & Advocacy]





## Gardening

Gerald Filipski

# A Rose by Any Other Name

For me, gardening can be all about fragrance. It is impossible for me to walk by a fragrant flower and not stop to inhale the perfume. Sitting in the garden or on the balcony on a quiet evening is made just that much more special when surrounded by plants that offer up their heady scent. Roses have been grown for centuries for their perfume. Some offer fragrances that are very delicate and almost imperceptible, while others broadcast their fragrance from metres away.

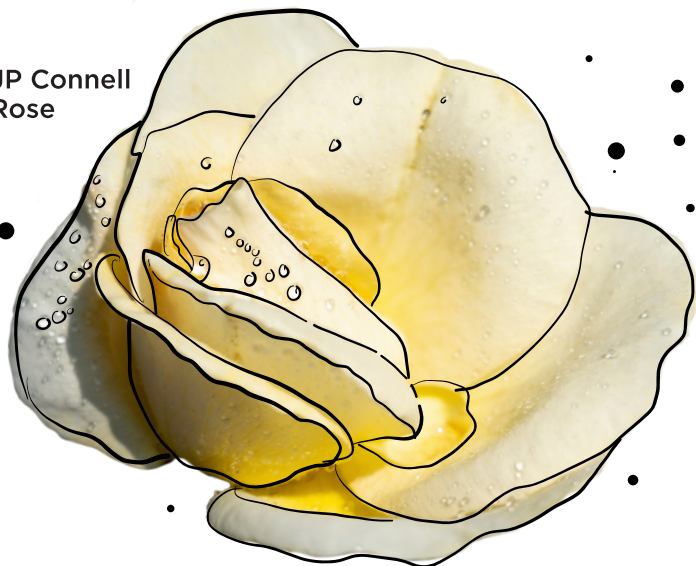
It is relatively easy to add this fragrance to your deck or balcony by growing roses in containers. For me, gardening is becoming more and more about growing things in containers. My gardening space is smaller than it used to be, yet I still want to experience my favourites. I find that containers fill that bill quite nicely.

Some roses, such as the Explorer series, may even overwinter in the container if given special winter protection. Others, such as the hybrid teas and floribundas, may not survive the winter but will offer a great deal of enjoyment for very little investment. Roses really are worth the little extra effort they take in terms of keeping them happy during the growing season and meeting their overwintering needs.

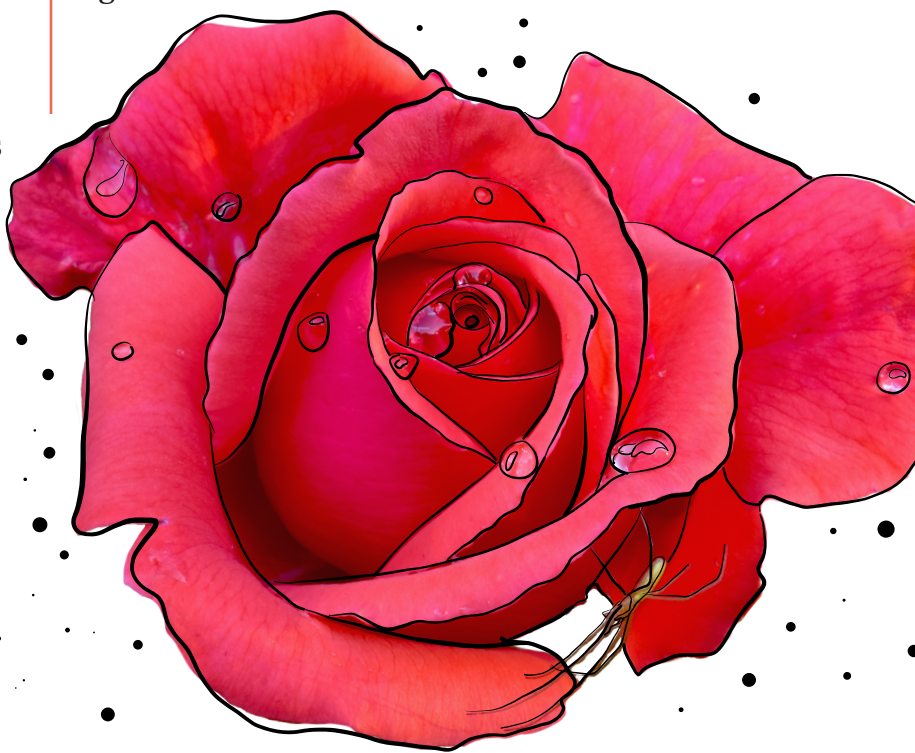
One of the challenges I enjoy when rose gardening is trying to find the least expensive roses that will perform the best. Yes, I am inherently frugal, and finding a bargain is an endless source

of entertainment for me. Often, you can find bare root stock hybrid tea roses on sale in the big box stores for \$7 to \$10 each. If you wait until mid-June, you can get many of these for fifty to sixty per cent off. Paying \$3 to \$5 for a hybrid tea that likely will not survive the winter in a container makes more sense to me than paying \$30 for a potted rose. The trick when buying bare root roses is to look for ones that show signs of life. Look for the formation of buds or leaves that have already opened. If you don't see any of these, be cautious. I used to recommend looking for green on the stems as a sign of life, but the growers have taken to coating the stems with a green wax.

JP Connell  
Rose



Fragrant  
Cloud Rose



Choose a container that will be large enough to accommodate the rose. For bare root roses, a pot that is forty to fifty centimetres in diameter will work. I recommend using potting soil as the planting medium, but the mix should include some well-rotted mushroom manure at a rate of two parts potting soil to one part mushroom manure. Roses are very heavy feeders and will do well with the addition of the manure. Before planting, soak the bare root roses in a pail of water overnight.

To prepare the container for planting, place five centimetres of gravel in the bottom of the pot. You can also use broken terracotta pots. This layer will allow the water to drain through but not the soil. Next, fill the pot two-thirds full of the potting soil mix. Place the rose's roots over the mound, spreading them out gently as you go. Fill in the soil over the roots and firm it once you have added enough. For hybrid tea roses, the soil level should be just above the bud union, which is the swollen part of the stem where the rose is grafted onto the rootstock. If you find the rose is too deep in the pot, or if the soil level is far below the edge of the pot, start over and raise the soil level in the bottom of the pot.

Since roses are such heavy feeders, you will need to fertilize regularly for optimum performance. Use a fertilizer with a higher second number such as 15-30-15. Fertilize at half the recommended strength every two weeks. You may also choose to use a slow-release granular fertilizer suited for containers.

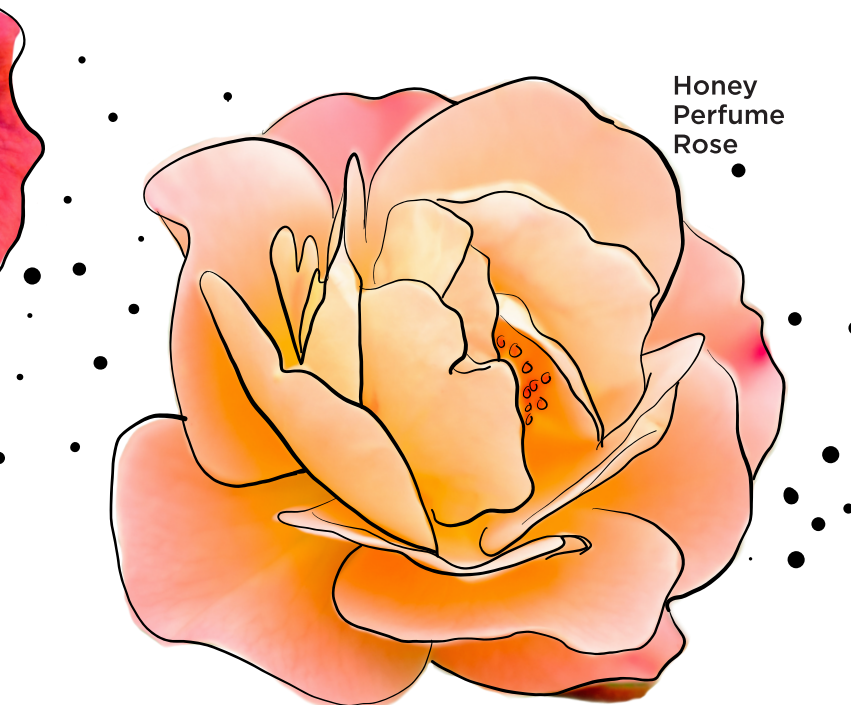
This will keep nutrient levels more even and free you from having to fertilize at regular intervals. Roses prefer full sun for at least six hours a day and will not perform well in semi-shaded or shaded locations.

Here is a list of some roses I have grown and enjoyed for their form but mostly for their fragrance:

- Fragrant Cloud – One of the most fragrant roses I have ever grown. Hybrid tea. Large flowers 8–12.5 cm. Coral red in colour. Free flowering.
- Honey Perfume – Floribunda rose, former All-America winner. Apricot yellow blooms. Spicy fragrance.
- Ebb Tide – Hybrid tea. Flowers double resembling old-fashioned roses. Colour purple reminiscent of grape juice. Intense clove-like fragrance.
- JP Connell – Explorer rose. A personal favourite. Creamy white bloom with yellow centre borne singly or in clusters. Almost thornless. Very hardy.
- Charles Albanel – Explorer rose. Medium red. Hardy. Disease resistant. Low-growing and spreading.

The days of restricting container gardening to annuals have passed. Today, small-scale gardeners continue to push the envelope when it comes to containers. Having a rose garden on your balcony or deck can be as easy as planting a petunia in a pot. Have fun looking for your own choices of fragrant roses. Sitting on your deck or balcony enveloped in the sweet scents of roses is one of the true joys of summer. Who says you need a rose garden? Containers allow you to smell the roses anywhere. ●

*Gerald Filipski, our gardening columnist for almost five years, reminds us of a quote from Luther Burbank, "Flowers always make people better, happier, and more helpful; they are sunshine, food, and medicine for the soul."*



Honey  
Perfume  
Rose





# Travel

Chris and Nancy Garnham | Article and Photos



## Camping in a Teardrop

While I retired fifteen years ago, Nancy only joined me in 2017. (She's just a young thing.) This allowed us to try to answer that question: "What now?"

We realized that we could continue our love of the outdoors and go camping more often. This certainly pleased Nancy.

After camping and hiking for all but the first five years of my life, I'd had enough of sleeping on the ground. I vetoed any big plans based on tenting. As a kid, my camping experiences included a tent camper or trailer. Nancy vetoed these; folding up and putting away wet canvas was as distasteful to her as lying on rocks was to me.

When I suggested a teardrop trailer as a compromise, she said "What's that?" and

immediately dived into a search engine to find out.

Teardrops are little trailers that you pull behind almost any size car (no truck required); the backs open up to a galley-style kitchen. "Hey, that looks neat." She liked the idea of being out camping but still sleeping under a roof. We started looking for suppliers.

Online, we scoured North America for options, pricing, and levels of trim. Buying from the United States was too expensive with no guarantee of quality. Canada provided fewer choices, with an equal number of hobbyists building out of their garages and less-than professional commercial builders.

We eventually found a good supplier and were able to order a custom teardrop trailer. The details, such as the kitchen cabinets, galvanized frame, insulation, and queen-sized bed with a six-inch mattress were a great bonus!

It arrived in September 2017 and gave direction to our retirement.

We took a week to outfit the trailer with our stuff. Then we took off in late September to Ottawa



Nancy kayaking on Upper Kananaskis Lake



for a shakedown trip — perhaps not our best idea. Heading east from Jasper in late September meant campgrounds were closing just behind us and daylight was sliding away. Coming home meant having to travel through the United States. Interesting but limiting.

Over the years we've only added slightly to the trailer we bought. We've upgraded to a lithium battery and replaced the cooler with an actual compressor-style refrigerator. We've added toys to our travelling road show: a couple of kayaks, and a special bike rack for our very heavy e-bikes. (This means we are very careful of load distribution; when the extra 125 pounds of bikes is added "aft," we have to move mass forward of the trailer's wheels.)

COVID-19 has disrupted our holidaying like it has yours. Where we would have been going on (what now seems exotic) trips into the United States for a month or so, we now stay in Western Canada for shorter trips. I know — poor, poor us.

Turns out Alberta has some stunning options. ●



Elbow-Sheep Wildland  
Provincial Park trail.

*Nancy, who retired from Jasper Junior/Senior High School, and Chris took their teardrop to Peter Lougheed Park in Kananaskis country last summer for about a week and are looking forward to more adventures with it this summer.*

## ASSOCIATION CANADIENNE DES ENSEIGNANTES ET DES ENSEIGNANTS RETRAITÉS CANADIAN ASSOCIATION OF RETIRED TEACHERS



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# Spirituality and Wellness

Lloyd Den Boer

## Give Thanks in All Things

Ads tug at our desires. I know my vulnerable spots; perhaps you know yours? Maybe fashionable clothes, a gleaming car, a well-furnished condo, or something else? Our desires may differ, but what we have in common are moments when we imagined, “Ah, if I only had that. That would be perfect happiness.” Anticipating happiness — that’s how ads draw us in. Often, though, once we have what we desire, the pleasure that the ad promised fades. We might say, as the ancient writer of *Ecclesiastes* discovered, that many pleasures have little substance. Finding happiness by pursuing them is like chasing after wind.

Not that acquiring things means nothing to us. After all, Enlightenment Age philosophers like John Locke saw property as one of our fundamental rights. Our neighbours to the south agreed when they listed the pursuit of happiness, along with life and liberty, as one of the unalienable rights of their citizens. With “pursuit of happiness,” Thomas Jefferson, the author of the American *Declaration of Independence*, pointed toward a purpose for property. Ownership develops a certain kind of person, he believed, a person who is industrious, stewardly, and independent. Many Albertans understand this. For years, we posed “an entrepreneurial spirit” as one of three foundational goals for school graduates in our province. Happiness depends on character, according to this view, and people who have qualities that lead to self-sufficiency are the ones most likely to be content with their lives.

People have long thought that happiness is more dependent on our characters than our circumstances. For example, *The Emperor’s Club*, a 2002 film directed by Michael Hoffman, presents Mr. Hundert, a teacher, forming the characters of prep-school boys around high ideals that could help them make lasting contributions to their world. Early in the film, Mr. Hundert admonishes a new student who strayed onto the grass to stick to the sidewalks. Walk where the great men of the past have walked, he advises. The incident signals how the boys will be guided as they tangle with great intellectual works of the past, becoming people with nobler characters in the process. The film is a popularized presentation of a long educational tradition that some of us are old enough to have experienced. The broad aim of the tradition is human excellence. It aims for human excellence by guiding students to be thoughtful, to resist unworthy



motivations, and to fashion a life and a self according to high virtues that reflect true humanity. The happiness it promises rests on character rather than the pleasures promised by advertisers. The character it hopes to form is of a different kind than the self-sufficiency promoted by instilling an entrepreneurial spirit in Albertans.

While fleeting pleasures are ephemeral, happiness as a product of character offers more substance. However, how does the aim of human excellence relate to suffering in our world? These days, our eyes are drawn toward the agony in Ukraine. Beyond Ukraine, we think of a long list of places where armed conflict is destroying lives. Afghanistan, Ethiopia, Libya, Mali, Myanmar, Syria, and Yemen are prominent examples, but the list could be longer. Then we could and should make lists related to poverty, to discrimination, to environmental degradation, and many other

issues. Is there any way to be present in a world of suffering, and to lament its effects, while making happiness our aim?

Perhaps we are mistaken in aiming for happiness, despite the nudging of advertisers or the venerable traditions that link happiness to character development. What could replace it even while we keep our eyes focused on the suffering around us? One answer, also with a time-honoured pedigree, is gratitude. Gratitude takes our attention away from the things we desire or have achieved and focuses it on what we have been given. Gratitude may not aim at happiness, but it can offer contentment. ●

*Lloyd Den Boer is a retired educator, living in Edmonton with his wife. They have many things to be grateful for. Like so many others, they are practising how to be content with them.*

## Calgary Retired Teachers — “Steppin’ Out” Again

After being bounced twice by COVID-19 and a hiatus of three years, on April 21 and 22, CRTA’s “Steppin’ Out” Banquet and Conference rolled out their welcome mat.

Slowed, but never daunted, the organizing committee was aided and abetted by twenty-one eager presenters and the staff of the Riviera Conference Centre. Together they threw open the doors and welcomed an audience eager to meet, greet, and participate in the events.

On Thursday evening, wildlife enthusiast Brian Keating, formerly of the Calgary Zoo, led banquet guests on a spirited video journey to some of the planet’s best wilderness locations. Conference sessions the next day provided a plethora of equally fascinating and involving presentations.

A success in every way, participants left sated with the intellectual and culinary fare.

Thanks to ARTA for their generous support. Next up, “Steppin’ Out 15” in April 2023. ●



[calgaryretiredteachers.org](http://calgaryretiredteachers.org)



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## Travel

Janet Tripp | Article and Photos

# Spectacular South Africa

Travelling and exploring the world has been a passion that my husband and I have had the great fortune to experience over the years. One of our most memorable trips was to South Africa. Several years ago, we were in a small group tour that journeyed from Cape Town, following the Garden Route along the south coast to Durban, then heading up north to Blyde River Canyon, a short visit in Swaziland, and then the game reserves of Kruger National Park.

Flying into cosmopolitan Cape Town, the city bowl opened up at the foot of Table Mountain on one side, flanked by the sparkling Atlantic Ocean on the other. It was stunning! The initial glance and city tour illustrated the many contrasts of the historic influences of the Dutch, British, and Cape Malays with the modern waterfront and downtown, comfortable suburbs, and the impoverished townships.

A sunny, clear morning provided the opportunity to ascend majestic Table Mountain on a rotating gondola to the plateau on the top, where we were able to enjoy a comfortable hike, offering incredible vistas of the ocean, Cape Town far below, and other sites such as Robben Island where Nelson Mandela was imprisoned for eighteen years.

Spending a day in the Cape of Good Hope's Winelands was enchanting. Driving through the





area of lofty mountains and fertile valleys planted with vineyards and orchards nestled elegant Cape–Dutch-style wine estates and towns, such as Stellenbosch and Franschhoek. A walking tour of these towns reflected their dignified Afrikaans culture, charming architecture, and delightful shops and restaurants. The Boschendal Vineyard, established in 1685, provided an entertaining tour and wine tasting by one of the estate’s family members.

Leaving Cape Town, we began our journey along the coastal Garden Route, visiting sights such as the Harold National Botanical Garden, a protected colony of African penguins at Stoney Point, the whale watching town of Hermanus, the Cango Caves with their incredible stalagmite and stalactite rock formations, and an ostrich farm. The area around Knysna provided opportunities to see hippos on an estuary; enjoy a whale-watching tour; and visit elephant, bird, and monkey sanctuaries. After a

brief stop at Tsitsikamma National Park to hike the forest and view the wild waters on the Storms River Mouth, we flew to elegant Durban situated on the Indian Ocean.

The absolute highlight of the trip was the exhilarating safari adventures. We stayed at lodges in Hluhluwe-iMfolozi Park and the greater Kruger National Park region. The accommodations were upscale with a natural, earthy architecture. Our safari days included two drives, one in the morning and the second late in the afternoon. Beginning at 4 a.m., we woke to coffee or tea, muffins, and fruit before clambering aboard the safari vehicles for the game drive. The tracker, perched on a seat on the hood, and the ranger–driver were both very knowledgeable and sought out opportunities for us to encounter the Big Five, and more, along the dusty roads that crisscrossed the forested reserve.

Near the end of each drive, we stopped at a rustic picnic site for refreshments and snacks. Afternoons



Cape Town, South Africa, City in a Bowl





were a time to relax at the pool or in the many seating areas in the lodge, and there were traditional music and dance performances each evening.

We experienced nine game drives in total, each one unique and exhilarating. Our first sighting of giraffes was so beautiful as they loped along, turning back to look at us with their big eyes. Once, when heading back to the lodge after sunset,

we heard the violent breaking of trees and were confronted by a herd of elephants devouring foliage. The elephant matriarch was not amused as she glared at the vehicle with ears flaring before moving her herd away — quite unnerving.

Other encounters included various herds of elephants, close encounters with zebras, African buffalos, lions, giraffes, leopards, antelopes, wild dogs, warthogs, monkeys, and various birds. Experiencing two young male giraffes cracking their necks together in a play fight, a trio of rhinos drinking at a waterhole, a male lion devouring a catch while the female and cub lay quietly a short distance away, following a huge herd of zebra trotting down a dirt road, and catching a fleeting glance of a leopard in the light of a tracker's flashlight were all incredible experiences of the natural world that are etched in our memories.

South Africa was an awe-inspiring adventure. A trip of a lifetime! ●

*Janet Tripp is a retired teacher and school administrator, living with her husband in St. Albert. She is grateful for her health, family, friends, and opportunities in her life experiences.*





# Gratitude: The Pause that Refreshes

Larry Lambert | Article and photos

Webster defines gratitude as a feeling of appreciation for a kindness or favour received. I believe that it is more than that. It is an attitude, a way of thinking and living.

My grandparents, parents, and siblings were my first introduction to gratitude — before I could put a name to it. We were a close, loving family. Gratitude came from that. I will never forget the many after-school tea-and-toasts with my very English grandmother, where we discussed everything on my mind and many things that weren't. She taught me to appreciate our family, to look for the good, and not dwell on the bad. Gratitude is a choice — it is yours to make. Those words stayed with me throughout my career and will for the rest of my life.

I am grateful for the opportunity to be taught skating and team skills by my father (my coach). In fact, I got my first teaching job because I could play hockey and was willing to coach. I am grateful that my principal was a patient and understanding man. He taught me more in that first year than I ever learned in college.

I also got my second job because I could play hockey, and I moved our family from Saskatchewan to Alberta. I then had a deep love of teaching and my fellow teachers. After six years, I realized that being an administrator was my calling, and I am grateful that my school board thought so too, as I was offered the position of vice principal; a year later I became the principal of that K to 12 school.

Over the next thirty years, I had the opportunity to work with many, many wonderful teachers and was grateful to call them my friends. Oh sure, there were some headaches, but that is why analgesics were developed.

In 2009, I heard about ARTA from Brian Scott (now the president of the Calgary branch) who invited me to a

branch meeting to see what I thought. At the next meeting, he said he was stepping down as president of NEARTA and I should consider running for the position. The rest, as they say, is history.

I had always been a strong ATA member, and ARTA was the next logical step. Being a member of the board of directors has allowed me to make many friends from all over the province. I am grateful for our dedicated staff, under the leadership of our executive director, whose sole purpose is to make lives better for retired professionals.

Gratitude is how I started this article and that is how I want to close. I am forever grateful for my wife Louise, who has been my support and partner for over sixty-two years. I am grateful for my four daughters and one son, and their families, who have made us proud every day.

In 1989, our daughter Laurie was expecting her second child when the doctors discovered she had





thyroid cancer. They operated immediately and found it was encapsulated, so they could remove her thyroid before it spread. She successfully delivered a baby girl on December 26, 1989. On April 9, 2005, our eleventh grandchild was born. Our family's joy was short-lived because on April 10, our grandson Brady lost his battle at the age of 15 with a rare disease called cardio-facio-cutaneous syndrome. There were only twenty-one cases in the world at that time. Family and friends rallied around us to help us get through this very tough time.

Fifteen years later, in 2020, our theory of gratitude was tested again as in July our son Brent was diagnosed with large B-cell lymphoma and our daughter Kimberly was diagnosed with double breast cancer. Then, in September I was also diagnosed with large B-cell lymphoma. I am grateful for our health-care system and our dedicated doctors and nurses. I have nothing but gratitude for the many colleagues and friends who reached out

to our family in this time of need and especially a few months later when our oldest daughter had a routine scan that showed a malignant tumour on her kidney. Through the wonders of modern medicine, the prayers of hundreds of colleagues and friends, and the love of family, I can report that we are all cancer free at this time. How could we not feel elation and gratitude?

Take the time to pause, and think of all the things you are grateful for. It is a refreshing experience. Then, tell someone that you love them. ●

*Larry Lambert, a middle child for a while until his sister was born, is a product of the mid-twentieth century. Now in the twenty-first century, Larry and his wife Louise are grateful for life in Canada with family, friends, and colleagues.*



Larry Lambert and family





# What is a VPN, and Do I Need One?

Inge Coates | Chair, Communications Committee

Like many ARTA members, I am delightedly making plans to travel again. However, I wonder if I have just been lucky in the past when I logged on to a public internet in an airport, hotel, or restaurant to check my email. I apparently have not picked up any malware nor have I been hacked. As I said, I've been lucky.

I will not leave things to chance in the future. I recently researched virtual private networks (VPNs) to find out how they work, what they can and cannot do, and what to look for before purchasing this service.

Although VPNs come in several formats — for businesses, families, gamers, travellers and so on — I will focus on family and travel use.

## How Does a VPN Work?

When you use public Wi-Fi, whatever messages you are sending or receiving are exposed to outside access. Hackers and other bad actors can locate you via your IP address, and they can access these messages. They can then bombard you with advertising you do not want, or they can target you in other ways, including publishing your private information (doxxing), and they can use your identity to spread malware to your contacts. By using a VPN, your message is sent through a virtual tunnel, your IP address is not disclosed, and your message is encrypted creating a point-to-point secure connection.

If you have a secure internet connection at home, one that you have to sign onto, or use your own personal data plan, you may not need a VPN. But even that might change as hackers become more sophisticated.

Some devices have features that resemble those a VPN offers, but these are usually not as robust as an actual VPN.



## What Does a VPN Not Do?

A VPN does not disable tracking cookies when you search the net, which means that you still need to handle cookies through your device settings. If you visit a phishing site, or open and download files you have not scanned for viruses, your device and your personal information is at risk.

A VPN does not make you immune to hackers. If you offer personal information on any site on the internet, that information is now in control of that organization, and it is only as secure as that organization keeps it.

The only security a VPN gives you is the encryption of your messages and the secure pathway between your device and the destination of your message.



## Are There Disadvantages to VPNs?

With a VPN, there is a new step in your internet activity: securing your message, your identity, and your location. This security takes just a bit more time, with some providers being faster than others.

It may also be somewhat complex to install a VPN on a device, but many are quite intuitive to install and use.

Beware of free VPNs. The problem with free services is that many of these will log a user's activities and sell these logs to advertisers and others. If you are considering a free VPN, be sure to read all of the terms and conditions carefully to see how your information would be handled. These VPNs are often very slow and limited in the ability to hide your identity as well as a subscribed service, because they can access fewer IP addresses and run fewer servers, giving them less power.

The cost for a robust VPN is currently around \$100 yearly, often with an incentive for the first year of a two-year subscription. The service can also be purchased monthly, just for the time you might need it when travelling. Furthermore, it may be wise to either bundle this service with antivirus,

anti-spam, and anti-malware services, or to purchase these other services separately for supplemental security.

When checking the internet for reviews of providers, be sure to consider if the reviewers may have a stake in a particular service.

## What Features Should I Look For?

- Make sure the provider has a no-log policy. There should be no record kept of activities that can be connected to your identity.
- The VPN should include a kill switch. This would automatically cut your connection if your VPN is suddenly disabled.
- If you are planning to travel to an exotic location, check that the VPN you choose has a server there.
- Check the home location of the security provider; avoid countries with reputations for hacking and other security breaches.
- Although the VPN will slow things down a bit, look for one that does not do so dramatically.
- If you are planning to install the VPN yourself, find one that is user-friendly. Otherwise, ask for advice from the place where you bought your device.
- If there are several devices in use in your household, find a service that offers special rates for the number of devices you want to cover.
- Consider including additional security services.

Just as you ensure that you have had all your vaccinations for safe travelling, you need to protect your devices from viruses, malware, and bad actors. •

*Inge Coates is enjoying her second term with ARTA's Communications Committee. She is looking forward to putting her new VPN and security service through its paces in some exotic location.*





# 2022 WRITING CONTEST

**Deadline for Entries: Friday, November 18, 2022**

Announcement of Winners: Spring issue of *news&views* (March 2023)

## Entry Categories

### Short Story

**Prompt: Harmony**  
**800-word maximum**

A **fictional** work, not a memoir, that offers character and plot development.

A short story **must** have a beginning, middle, and end.

### Poetry

**40-line maximum**

Any form, any subject.

### Travel Vignette

**500-word maximum**

"A vignette is a short yet descriptive piece of writing that captures a brief period in time. Vignettes are more focused on vivid imagery and meaning rather than plot" (Wikipedia).

Submit a brief, vivid word picture of a memorable, meaningful travel moment that has left a lasting impression. The submission must be the writer's own experience, written in the first person. **This is not intended to be a travelogue.**

Please do not submit photos with your vignette.

## Rules and Guidelines

- The contest is open to all ARTA members and spouses, except members of any ARTA committee, the ARTA Board of Directors, or their families.
- Submissions must be the author's original work, and winning entries will be published with the name of the author.
- Submissions may be handwritten, typed, or electronic (digital).
  - Electronic copies must be in .doc or .docx.
  - Handwritten or typed hard copies will not be returned.
  - Decorative fonts, headers or footers, or photos are not permitted.
- Submissions are limited to one entry per category; however, submissions in more than one category are welcome.
- Entries are disqualified for the following reasons:
  - contain explicit or implied sexuality, violence, stereotypes, or disrespectful content.
  - exceed the category word or line count.
  - are received after the contest entry deadline.
- The selection of winners by the Communications Committee is final.
  - Prizes are awarded for first and second place.
  - All prizes must be accepted as awarded.
  - Winners will be advised privately by letter and publicly in the spring issue of *news&views*.
  - First and second place winning submissions are published in *news&views*.
- All entrants retain ownership of publication rights to their work; however, we ask that winners not submit their entries to another market until after publication in *news&views*.
- Submitting an entry implies permission to print the winning entry in paper and electronic issues of the magazine, as well as continued display in the online archive of past *news&views* issues. Beyond this permission, the ownership and copyright for any work is retained by the author.

As with all *news&views* content, submissions may be edited using *The Canadian Press Stylebook* and the *Canadian Oxford Dictionary*.

## How to Submit

**Deadline for Entries:** Friday, November 18, 2022

### Submitting Digital Entries — NEW PROCESS THIS YEAR

This year, online submissions will be managed through the Reviewr website. Email submissions will no longer be accepted. Visit [my.reviewr.com/site/ARTAwritingcontest](https://my.reviewr.com/site/ARTAwritingcontest) to create an account and submit your entry or entries.

If you require a print copy of the entry form, or if you are having difficulties submitting, contact [writingcontest@arta.net](mailto:writingcontest@arta.net).

### Submitting Handwritten or Typed Manuscripts

To download a copy of the entry form, please go to [arta.net/writing-contest](https://arta.net/writing-contest).

Contact the ARTA office if a print copy of the entry form is required. Send paper copies to:

**WRITING CONTEST, c/o ARTA Office, 15505 137 Avenue NW,  
Edmonton, AB T5V 1R9**

Please only submit a disposable copy since we cannot return handwritten or typed material.





# Journey to the Inland Sea

Michael Watson

Just past the mass of refinery installations at Mesaieed, our driver shouted, “Hang on!”

I grabbed the door panel as we veered off the pavement onto unevenly packed sand, and then, into the midst of a whole array of off-road vehicles.

A squat group of run-down buildings sat on a small incline, with storefronts plastered with all manner of signs.

We joined the long line of revving machines and drew forward to have our tire pressure reduced by three sullen individuals who went about their business, slamming the side of the SUV when the job was done. I was told that this procedure allows for better traction on the desert surface.

Off we went, one minute shuddering over packed washboard sand and the next racing up steep dunes with a hard crest on top, hoping no one was coming the other way. After skirting around a small wadi, we climbed up a deep-rutted hill only to stop near a gaping drop to our left. I found myself flung forward toward the dashboard, saved by my seatbelt. There was a strained silence behind me and then a collective sigh of relief as we got moving again.

Everyone slowly began to relax and started to chat as we journeyed on.

Finally, after an hour, I could see the landscape ahead of us changing. A harder surface of scrub, gravel, and small rocks appeared and soon, a discernible track.

A few more minutes, and I had my first glimpse of the Inland Sea!

And not long after, across a shimmering stretch of turquoise, I could make out a hazy outcrop. Saudi Arabia!

Underneath a wind-sculpted dune, we found a beach of fine sand lapped by a gentle tide.

With shouts of high glee, the children spilled out and made a run for the water while we unloaded sunshades, chairs, and picnic things. Others had arrived, some erecting tents for an overnight stay. Did I really see a satellite dish?

Occasionally, behind us, brightly coloured dune buggies zoomed past heading for the hills, whip flags whipping, ready for fun.

All too soon, as the sun red-drenched the beach, we packed up and, in the growing twilight, started back.

Darkness dropped quickly, hiding all the bumps and dips we had encountered on the way in. Through a haze, I could make out the rear lights of an increasing number of vehicles, some criss-crossing and some outpacing us. To my immediate left, our driver said nothing. I said nothing back.

On this rough, unregulated, multi-laned desert highway, some vehicles, probably the overnights, were coming toward us, sticking neither to the right nor left to pass! The view behind us was equally chaotic: a pell-mell race for home.

Later, unscathed, we reached the “tire pressure” buildings, paid our dues for service, and with headlights on high, drove back, the sound of fully inflated tires on firm pavement music to my ears. ●







# Book Review

Ray Hoyer | Member, ARTA Pension & Financial Wellness Committee

## *The Psychology of Money: Timeless Lessons on Wealth, Greed, and Happiness*

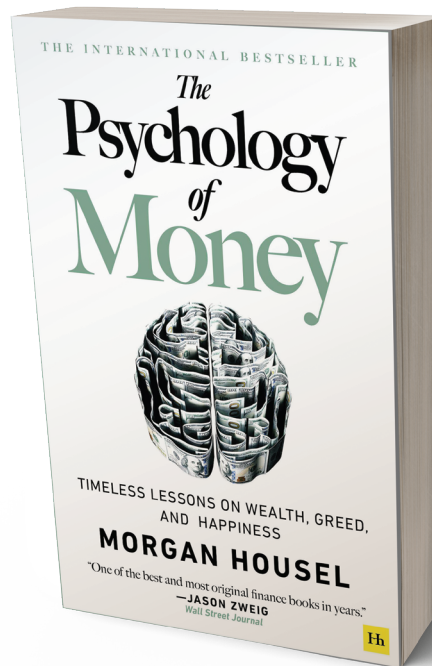
by Morgan Housel, Harriman House, 2020.

“The premise of this book is that doing well with money has a little to do with how smart you are and a lot to do with how you behave. And behaviour is hard to teach, even to really smart people.” Morgan Housel introduces his book with this quote and demonstrates it endlessly throughout its twenty chapters. Housel is a former financial columnist for *The Wall Street Journal* and contributor to the investment advice website *Motley Fool*. He is considered an expert on behavioural finance. Although this book is by an American author with American financial products (e.g., 401K versus our RRSP, Internal Revenue Service versus Canada Revenue Agency), the behavioural analysis and advice is international in scope (with over 500,000 copies sold in over twenty-five different languages).

“Money is everywhere, it affects all of us and confuses most of us.” Housel tries to clear up some of the confusion and provides endless examples using facts, research, and stories of people whose names may ring a bell, including Cornelius Vanderbilt, John D. Rockefeller, Bernie Madoff, Bill Gates, and Warren Buffett.

Despite Housel’s assertion that money confuses most of us, he has the ability to take this difficult, seemingly incomprehensible topic and present it in a clear, easy-to-understand fashion. He begins by pointing out that our view of money is dictated by what we have experienced in our own personal view of the world, particularly early in our adult life. Did we grow up with poverty, high inflation, or suffer through a recession or depression?

The first seven chapters discuss ideas of luck versus risk, striving to have more and more, getting wealthy versus staying wealthy, how we define wealth, and deciding how we control our time. We are treated to a smooth narrative which seamlessly weaves facts, figures, and names from history with a



dash of psychology that will leave you thinking, “Well of course, that makes perfect sense!”

“Wealth is What You Don’t See” is the title of Chapter 9. This and several following chapters deal with not spending to show your wealth. Housel explains the significant difference between being rich and being wealthy, and why wealth should be the goal but is also so hard to see. Our egos can often lead us to make less than optimal choices about how much, where, and when we choose to spend our financial resources.

Housel looks at history and how it is sometimes used to predict future events. The chapter titled “Surprise!” explains why this is not the case for financial decision making. Following chapters detail suggestions on how to think about and plan for our financial futures. From planning with the idea of “room for error” (estimate lower revenues and higher expenses) to changing personal goals over time, we are presented with ideas and suggestions to help deal with all kinds of present and future challenges.



early 20s to low-cost index funds today, he details some of the lessons he's learned:

- Live comfortably below what your family can afford.
- Don't worry about keeping up with the proverbial Joneses.
- Stop moving the goalposts further down the field.

This book is an easy, enjoyable read. Prepare to challenge any preconceptions you might have about your financial choices and what you know (or think you know) about money! •

*Ray Hoger is a retired teacher with thirty-nine years of service under his belt. He was a member of the ATA's Retirement Consultants Corps for nine of those years. After borrowing this book from the Medicine Hat Public Library, he went online to purchase his own copy.*

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## Travel

Jane Thrall | Article. Photos by Jane Thrall, Peggy Hof, and Tracie Kyne.

# Cruising to Alaska

Prior to the pandemic, a friend and I were presented with an irresistible opportunity to cruise to Alaska on a last-minute spring voyage. We departed Vancouver at 4 p.m. on a cool but sunny Wednesday afternoon in mid-May 2019.

The ship passed beneath the Lions Gate Bridge and into Burrard Inlet before encountering the full brunt of the cool sea wind sending us scurrying down to our portside suite. At just under 300 square feet, the room was spacious enough for two narrow beds, a small seating area, and a desk, as well as a tiny bathroom with a stand-up shower.

Thursday was our first full day aboard, and we spent it at sea. Although there were no ports to visit, there was no lack of activity aboard the ship. I attended a lecture about the origin and activity of Alaskan volcanoes and glaciers, and my friend went to the test kitchen to learn about preparing and cooking fresh salmon. I spent the afternoon at an Alaskan beer-tasting session. We topped off the day with the first of two gala evenings in the dining room.

On day three we docked in Juneau, greeted by clear but cool weather. Packing a small shore lunch, we headed out to explore the small port, the only state capital inaccessible by road.

Locals were friendly and warm, and the shops were diverse. We visited the Alaska State Museum, a must-see with a well-curated selection of Indigenous and historical items, which give a vivid picture of life in Alaska from early days to recent times.

The Red Dog Saloon is the most famous pub in town, but we found a brewery popular with the locals, with a good selection of mild to bitter beers. Nearer the harbour, we ate at a great restaurant with fabulous home cooking and a view of float planes as they take off and land.

From Juneau, several passengers departed for a whale-watching tour, reporting back that they



Marjorie Glacier



had seen numerous grey whales, seals, and orcas. Some people chose to go dogsledding, but the most popular excursion was a short bus trip to the Mendenhall Glacier, a rapidly retreating ice flow twenty minutes from town.

The following morning, we awoke to sunshine in Skagway, one of Alaska's gold rush boomtowns. Skagway offers dogsledding, whale-watching, and zip lining, but we opted to take the twenty-mile White Pass & Yukon Route train to the summit of White Pass at an elevation of 2888 feet. Built during the Klondike Gold Rush in 1898, the railway follows the same route taken nearly 125 years ago by countless adventurers bound for Dawson City, Yukon.

After our tour, we had a pint of an award-winning spruce tip blonde ale at a local brewery before reboarding our ship. The shopping was great; we found that the further from port we wandered, the more authentic the wares were. Local artisans were well represented with jewellery, art, handmade pottery, and traditional Inuit knives — "ulus."

The following morning, we found ourselves in Glacier Bay enroute to view the Lamplugh, Johns

Hopkins, and Margerie glaciers. Our ship spent at least an hour hovering adjacent to Margerie Glacier, by far the most impressive of the three. Glacier Bay National Park and Reserve is part of a UNESCO World Heritage Site protected from human encroachment. Visitors each year are welcome to kayak, canoe, and boat in the frigid water, but the shore is strictly off limits. Protecting these rapidly retreating natural wonders is an international endeavour.

Our final stop on the return voyage was Ketchikan, a small town originally built as a fishing and canning port long before becoming a popular cruise port. Ketchikan derived its name from *Kitschkhin*, the Tlingit word for the creek that runs through town.

The Tlingit people have lived on these shores for thousands of years and are well represented among the local people. Local guides will take tourists about town to show them the sites from an Indigenous perspective. Ketchikan has the largest collection of







Juneau, Alaska.  
Photo JT



Dog sledding.  
Photo TK

standing totem poles in the world, and they are carved by local artists.

Ketchikan is famous for rain, but we had a beautiful day to shop, sightsee, and enjoy the local music and culture. We perused Creek Street, a quaint row of former brothel houses, now home to shops and restaurants. The buildings are built over the creek itself where salmon come to spawn and seals can be seen enjoying the bounty.

Finally, on day seven, we spent the entire day at sea watching for whales and enjoying Haida Gwaii as we slowly made our way back to Vancouver. Dolphins swam alongside the ship for several minutes, appearing and disappearing beneath the cold dark water.

Tired and over-fed, our suitcases decidedly heavier, we disembarked in Vancouver on the final morning with memories of Alaska to last a lifetime. ●

*Since retiring as an optometrist, Jane enjoys travelling, exploring, and learning about other cultures. Like many others, she's looking forward to getting back out in the world.*



Camp Skagway. Photo TK



Skagway. Photo TK





# Finding Gratitude Daily

Bonnie Bauer | Member, Wellness Committee

There is never a shortage of things to be thankful for if we just take the time to look.

A short video called “A Moving Story about Gratitude” on YouTube touched my heart, as my love for teaching has always been one of the things I have been most grateful for in my life. It ended with a very special quote.

“Let us be grateful not for the material things given to us but the small ways we give something to others.”

We often teach children to fill other people’s invisible buckets. In return, their own bucket will be filled, and they will be happier. This can be true at any stage of our lives — young or old.

Like all things, the process of aging can present its fair set of challenges, but we just have to remember that the positive aspects of old age drastically outweigh the negatives.

**1. Wisdom.** This comes from all your years of experience. They say that “experience is the best teacher,” and experience brings about wisdom that can’t be learned otherwise. A person learns much more from things that happen to them in real life. Wisdom also makes you able to empathize and feel other people’s emotions.

**2. A happier outlook.** Perspective has a way of showing you that ultimately, life always works out. Research suggests it may be easier to feel grateful as we grow older. Neuroscientists have suggested that older people have a sunnier outlook because the area of the brain involved in emotional attention and memory becomes less active in response to the negative information. Older individuals maintain or even increase their reactivity to positive information.

**3. Opportunity to pursue lifelong dreams.** One benefit of retirement and aging is that it gives us forty-plus hours of free time each week, which we can now dedicate to pursuing other lifelong passions and dreams. I love to make digital photo books, and someday I would like to learn to quilt. Travelling is also a top priority.

**4. Financial perks.** One of the obvious positive aspects of old age is the opportunity to cash in on our CPP and old age security. I haven’t made it to the second one yet, but hopefully I will in another few years. That’s something to be grateful for. ATRF pays me to wake up each morning and do whatever I want with my day. Plus, there are senior discounts for travelling, dining, and shopping. You just need to learn what day to do your shopping to get the best deal. I recently found out that Thursdays are twenty per cent off for seniors at a nearby drug store, and they even included me. It was pretty sweet!



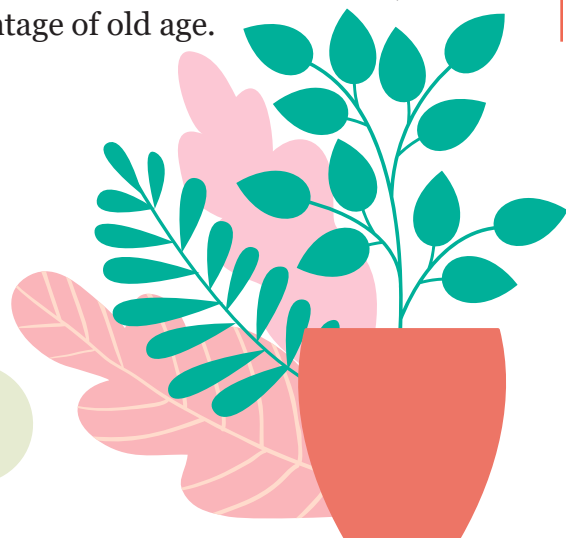


**5. More time for loved ones.** More free time usually translates to more time to spend with those who really matter. Which brings us to our next advantage of old age —

**6. Grandchildren.** The experience of raising your own children makes you value your grandchildren that much more. They offer love and a fulfilling relationship, with less responsibility. We can spoil them, love them to bits, and send them home at the end of the day.

**7. More stable friendships and relationships.** By the time you've reached old age, you've likely been able to filter through unrewarding and toxic friendships and relationships. Having and maintaining quality friendships and relationships contribute to companionship, which is a huge factor for longevity. I have three very dear girlfriends, and we've already decided that if we outlive our husbands, we're going to move in together. We love to play cards, take walks, eat girl food, do aquacize in the pool, and relax in the hot tub. We will get a granny nanny to live with us and drive us to our appointments, and all will be well.

**8. Good stories to tell.** Who doesn't appreciate a good story? The longer you live, the more experiences you have, which translates to more good stories to tell. Fond memories, whether kept to yourself or told to someone else, are a huge advantage of old age.



**9. Greater sense of self.** The older you are, the more you know **who** you are, which allows you to be less influenced by outside opinion and less bound by cultural restraints. When you have a greater sense of self, decision-making is easier. Knowing yourself allows you to be yourself, and no one can say you're doing it wrong! Be grateful for who you are.

Remember, **gratitude** is a choice. We get to choose to be grateful every day and look for the good things in our lives. ●

*A retired elementary music teacher, Bonnie Bauer lives with her husband Stan on an acreage just outside of Vermilion. She loves life and is grateful for her family, friends, and the opportunities of retirement.*

## ARTAficial Flavours



**I wish there were a “Reply All” button for these.**



# Thank you to our sponsors



## Looking forward to a great day on the course!



# From Our Partners

Dan Keon | Vice President, Marketing & Insights, Allianz Global Assistance



## Grateful For Our Partnership

As the world of travel continues to change, Allianz remains committed to protecting ARTA members and their travel experiences in the moments that matter most before, during, and after your trip.

We are grateful for our partnership with ARTA, a partner that equally values member feedback and continuously works with us to improve the product offer and member experience.

Case in point: the ARTA Emergency Travel member plan now provides coverage for medical emergency expenses related to COVID-19, even if a Government of Canada travel advisory related to COVID-19 is issued for a member's destination before departure or during their trip.

A couple of ARTA members recently expressed their gratitude for the program:

- “Everyone has been compassionate and helpful.”
- “Everyone I have talked to has been very reassuring and answered my questions as thoroughly as they could.”

If you have any questions about the ARTA Emergency Travel member plan, please call 1-844-996-9003.

### Online Claims Processing: A Few Helpful Tips

For faster claims processing, submit your non-medical claims such as Trip Cancellation, Trip Interruption, Lost or Delayed Luggage, as well as medical out-of-pocket expenses through our secure online Claims Portal: [allianzassistanceclaims.ca](https://allianzassistanceclaims.ca)

A few tips on using the online Claims Portal:

- If you have called to open a claim over the phone and need to upload documents, select “Complete an existing claim.”
- If you do not see your case number listed under “Complete an existing claim” or “Track your claim,” you can search the system by selecting “Click here to send a request.”
- In the “Tell us about your insurance” section, select “I have coverage through my employer or an association.”
- Click the ⓘ symbols throughout the portal for further information to help you fill out the form.

Start your claim

Click here to complete a claim you started online or over the phone:

Complete an existing claim (42)

Click here to view your claim status or to upload additional documents:

Track your claim

Enter your case number?

Click here to send a request

Tell us about your insurance

In case you have multiple insurance coverage, please note that your employer or association will act as primary.

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I purchased coverage

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*Allianz Global Assistance does not tolerate any attempt of fraud and considers it a serious offence. Allianz Global Assistance strictly enforces a zero-tolerance policy regarding fraud.*

# From Our Partners

Erika Healy, RPN | Nurse Care Specialist, HumanaCare



## Practising Gratitude Can Have Positive Effects on Physical and Mental Health

When you experience gratitude, you feel grateful for something or someone in your life and respond with feelings of kindness, warmth, and other forms of generosity. Making a conscious effort to count your blessings can relate to something tangible or intangible. How can we incorporate it into our daily lives? Numerous studies have shown that people who practice gratitude are happier, have lower stress levels, suffer less from depression, engage in better self-care, and have significantly fewer physical health problems. Practising gratitude reduces headaches, respiratory infections, sleep disturbances, and gastrointestinal problems. It also helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Practising gratitude is not something that always comes easily or naturally, and that is okay. It might feel a little unnatural or forced at first, and can take some work and a bit of time to master. Often we have to consciously remind ourselves of things in our lives that we can be grateful for, especially on tough days. You can also go back in your past and reframe a negative experience you may have had. Compare those experiences with where you are now and how far you have come. Remind yourself how you endured those experiences and what you learned. With the power of positive thinking, we can put negative situations into perspective and find a greater meaning.

With the many challenges that the COVID-19 pandemic has brought to people's physical, emotional, and financial well-being, it may not always be easy to practise gratitude. Many have lost jobs and loved ones, and many are missing family and friends that they have not been able to see in months or years. During these difficult times, gratitude has the power to heal and bring hope.

Here are some daily tips you can try to practise gratitude:

- **Keep a journal** — Writing down what you are grateful for each day helps you focus on all you have in life rather than on what you are lacking. Journaling your thoughts can also be fun and insightful.





- **Self-appreciation** — Every day, practice saying five good things you like about yourself. It may be awkward or difficult at first; however, over time it will become easier.
- **Tell someone you appreciate them** — Whether a simple statement over the phone or an expression of thanks when someone helps you with something at work, letting someone know you are grateful for them not only improves your own mood but improves the other person's mood as well.



- **Write a letter of thanks to someone** — This can be a letter you send or keep for yourself. Try writing to a friend or a loved one and tell them about a time they did something for you that you were grateful for.
- **Give thanks for little things** — You can be grateful for little things that may be insignificant to others. For example: a hot cup of coffee or getting a great parking spot. These little things can give your mood a little boost and train your brain to focus on the positive rather than the negative.



- **Enjoy the beauty of nature** — Technology is all around us. Putting those devices aside and noticing the beauty of nature by going for a walk, a hike, or even a drive can be good for the soul. The ocean, trees, flowers, and animals can all have a calming effect and help you to feel connected to something bigger than ourselves.

Unfortunately, our time and energy are often focused on pursuing things we don't currently have — a longing for a nicer car, luxury vacation, or bigger house. Gratitude reverses our priorities to help us appreciate the people and things we do have. If you are kind to yourself and grateful toward others, people will likely start by taking your lead and feeding off your positive energy. Before you know it, the world has the potential to be a more thoughtful and kinder place. ●

# From Our Partners

Laurie Bauer, CAIB | Business Development Manager, TW Insurance Brokers



## Avoid a Basement Flood with These Maintenance and Inventory Tips

There are some things in life you don't look to experience — especially when it comes to your basement flooding. If you're like a lot of other people, you might use your basement to house an expensive home entertainment system, store old sentimental belongings, or have other things that are important to your business.

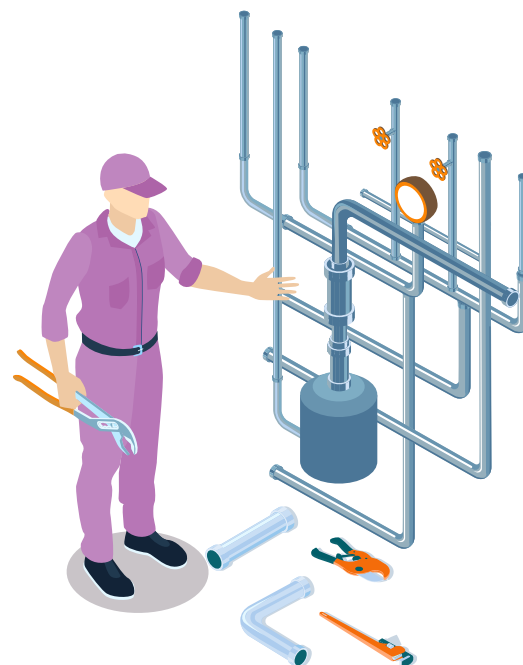
Along with damaging property, basement flooding can cause long-term health impacts to you and your family. Instead of going down that path, continue enjoying your space the way you want and make sure to follow these tips on flood maintenance, home inventory, and coverage options.

### Keeping Your Basement in Order

The Institute for Catastrophic Loss Reduction (ICLR) provides info on key areas that may require attention to reduce the risk of basement flooding to your home.

Here are some easy and free things that the ICLR has recommended:

- Never pour fats, oils, or grease down your drains!
- Reduce home water use during heavy rains.
- Keep the storm sewer grates on your street clear of yard waste, leaves, garbage, ice, and snow.
- Clean and maintain your eavestroughs and downspouts at least once a year.
- Store anything expensive, valuable, or irreplaceable upstairs.



These are some initial steps to prevent basement flooding. However, if you have had water in your basement in the past, you need to take more significant steps to protect your home.

Before you start making any changes make sure to:

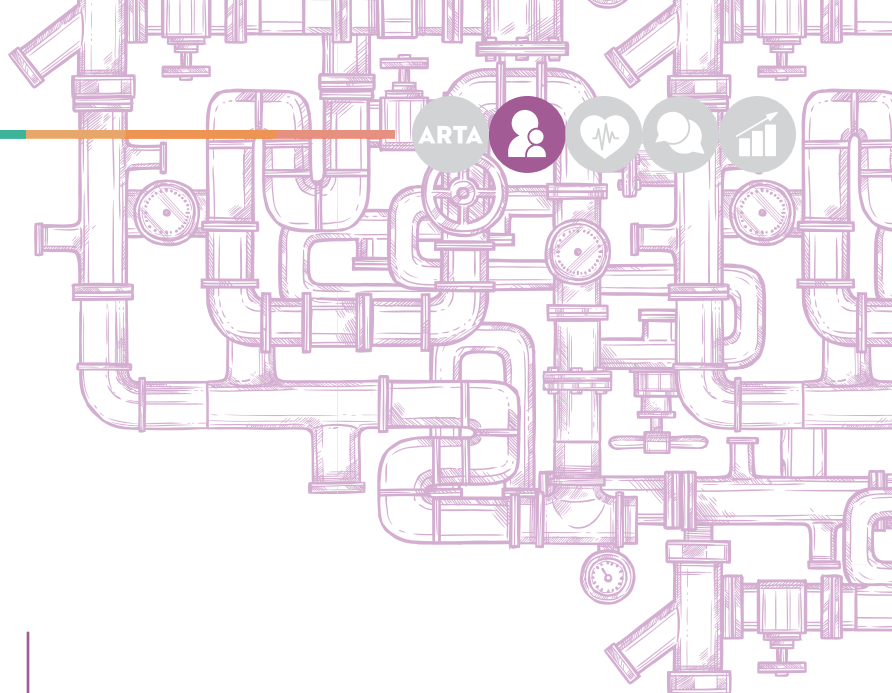
- talk to your local municipality through public works, utilities, or building departments.
- talk to your insurance broker to find out what types of water damage are covered under your policy.
- get a plumber to conduct a survey of your home.

After you've had the chance to speak with your municipality, insurance broker, and service professional, you could also potentially invest in:

- disconnecting your weeping tile and installing a sump-pump.
- installing a backwater valve in accordance with your local municipality.
- cleaning and maintaining your sewer lateral pipes.
- installing basement window wells.

**It's important to have the right insurance coverage whether you rent or own your home.**





## How to Determine the Worth of Your Belongings

This will require some research on your end. In terms of condominium or tenant insurance, it is very important to know the value of your possessions to determine how much coverage you want to include in your policy. With homeowners insurance, you don't choose a coverage amount — instead your content amount is calculated as a percentage of your home value. Make sure to document and appraise

any high-coverage items such as electronics, instruments, art, and business equipment.

Realistically, appraising and cataloguing all your belongings isn't the easiest thing to do. Luckily there are plenty of inventory checklists available as a starting point for evaluation. Visit the Insurance Bureau of Canada online to use their available inventory checklist. ●



## 2022 Scholarship Information

These scholarships recognize academic achievement, community involvement, and volunteer work. Future goals, personal accomplishments, and supporting letters of reference are also significant in selecting the scholarship recipients.



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Through ARTA, TW Insurance Brokers provides scholarships for undergraduate students registered in a degree program who are related to an ARTA member.

#### Degree Scholarships

*(up to two each to be awarded)*

- \$5,000
- \$3,000
- \$2,000

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#### Certificate/Diploma Scholarships

*(up to two each to be awarded)*

- \$5,000
- \$3,000
- \$2,000

**DEADLINE**  
**July 31, 2022**

Review the criteria and apply online:  
[my.reviewr.com/site/ARTA/Scholarships](https://my.reviewr.com/site/ARTA/Scholarships)

# From Our Partners

Paul Holly | Partnership Marketing Manager, Collette



## Finding Your Ideal Travel Adventure in 2022

After a year of limited travel opportunities, Canadians are getting ready to explore the world. Check out some trends in travel we are starting to see for 2022.

After two years of staycations and time to think about where to go next, 2022 is proving to be a huge rebound year for travel. We are seeing a lot of bookings for 2022 and beyond at Collette as travellers are itching to get back on the road! With restrictions loosening worldwide and an end to pre-admission COVID testing for fully vaccinated Canadians, it's time to get back out there.



### Deep Dives into America and Beyond

In the face of unprecedented travel restrictions, Canadian travellers revelled in the opportunity to see what they could discover within North America, and that trend is continuing. A new report from lifestyle and news publication *Vancouver is Awesome* stated that the number one travel destination for Canadians in 2022 is the United States, with Italy coming in second.

A “2022 Travel Trends” report from an online travel agency projected that, regardless of where Canadians decide to travel, they are searching for an enriching experience on the road. The agency referred to this in their report as the GOAT mindset, or Greatest Of All Trips, and sixty-one per cent of Canadians were looking to take that great trip in 2022. Another agency polled travellers in Canada and around the world and found the following:

- Sixty-two per cent of polled travellers plan to take two to four trips in 2022.
- Sixty-four per cent plan to spend more money on domestic travel in 2022.
- Seventy-two per cent plan to spend more money on international travel than they did last year.



### Enjoy Time Outside

In the last year, trips that connected travellers with the great outdoors were some of the most popular. According to a report from the World Travel & Tourism Council, that will continue.



Both the WTTC report and the report cited above said they expect travellers will continue gravitating to some beachy locales. Places like Maui, Hawaii, and even Gatlinburg, Tennessee, are top-searched destinations in the United States. While outdoor trips in America are hot, many other international destinations celebrate nature and continue to be top performers. Costa Rica remains a top seller across the industry for 2022, as does a destination with a cold, volcanic sand beach: Iceland!



The WTTC “Trending in Travel” report has some fascinating findings about outdoor travel in 2022:

- Fifty-two per cent of travellers say they are more likely to take an outdoor trip now than they were prior to the pandemic.
- Forty-seven per cent of polled travellers want to experience nature on their next trip.

Look for tours that showcase the best of the outdoors and nature. For a breath of fresh air this year, consider these options: feel the sand between your toes on a beach; look out over the mountains of the southeastern US; enjoy game drives searching for wildlife across the African grasslands; read a book under rustling palms on a private beach. •

Are you ready to explore? Book now! ARTA members save an additional \$50–\$100 per person off any tour — combinable with all other retail offers. See [gocollette.com/ARTA](https://gocollette.com/ARTA) to learn how to save.

## ARTA Wellness Challenge Reminder

### Just a reminder to get out and get moving!

Don't forget to track your steps taken or time spent on a physical activity for the ARTA Wellness Challenge. Submit your best 30 days by July 31 for your chance to win prizes.

You can submit your results three ways:

1. Email or mail to your branch president.
2. Visit [arta.net/wellness-challenge](https://arta.net/wellness-challenge) and fill out the form which will be submitted to ARTA.
3. Email your form to [contests@arta.net](mailto:contests@arta.net) or mail to the ARTA office: Alberta Retired Teachers' Association, 15505 137 Ave NW, Edmonton, AB T5V 1R9

**Please submit by July 31, 2022.**



**Wellness**  
CHALLENGE 2022

*Movement is the  
best Medicine.*





# IN MEMORIAM

*Say not in grief they are no more but live  
in thankfulness that they were.*

*—Hebrew proverb*

**Margaret Bowden (née  
Ferrier) Anderson**

Edmonton

**Rune Andersson**

Victoria, BC

**Catherine Arbeau**

Edmonton

**James “Jim” Brent Argue**

Edmonton

**Donald “Don” Auch**

Edmonton

**Grania Mary (née Daly) Baer**

Edmonton

**Gordon Beverley Blanchard**

Medicine Hat

**Alfred William “Bill” Blore**

Medicine Hat

**Cathryn Leona (née Sparks)**

**Brecka**

St. Albert

**Gordon “Gord” Albert**

**Brown**

Edmonton

**Lorna Victoria (née Steele)**

**Buie**

Calgary

**Ronald “Ron” Pascal Caputo**

Okotoks

**Ruby Claire (née Tully)**

**Chung**

Brampton, ON

**Elsie (née Rohatyn)**

**Czarnecki**

Regina, SK

**Ruth May (née Hulland) Daw**

Lethbridge

**Jeanne Dawson**

Calgary

**Sandra De Leon**

Edmonton

**Harley Arthur “Mr. D”**

**Dickinson**

Carstairs

**Dwight William Dombowsky**

Lethbridge

**Sena Descallar Fabiosa**

Edmonton

**Douglas “Doug” Whitefield**

**Feltham**

Calgary

**Ella Marie (née Tillack) Fisk**

Cardston

**Brian Francis Fleming**

Calgary

**Richard “Rick” Clifford**

**Flesher**

Wabamun

**George Foxcroft**

Sherwood Park

**Edward Gadowsky**

St. Albert

**Katharine “Kathy” Anne Gall**

Grimshaw

**Robert Steven Gawreluck**

Edmonton

**Gordon Gee**

Edmonton

**Isidor “Izzy” Gliener**

Edmonton

**Beverly (nee Nish) Guenther**

Vermilion

**Bernard “Bernie” Benjamin**

**Haber**

St. Albert

**Joan Berenice (née**

**Partington) Hardy**

Sherwood Park

**Elaine Anna (née Howard)**

**Harrison**

Lethbridge

**Robert “Bob” William Hart**

Fort Macleod

**Irene Lenore (née Campbell)**

**Hinman**

Pincher Creek

To honour an ARTA member or a retired teacher  
who has passed away, please email the editor at  
[memoriam@arta.net](mailto:memoriam@arta.net).







**Lawrence “Larry” Metro  
Hlushak**

Spruce Grove

**Kathleen “Kath” Hnidan**  
Lethbridge

**Robert Bentley Hogg**  
St. Albert

**Janice Elaine Holloway**  
Calgary

**Neil Horne**  
Fort Saskatchewan

**Denise Eileen (née White)  
Hudak**  
Grande Prairie

**Sandra Faye (née Dyce)  
Jeffrey**  
Calgary

**Gary Albert Stephenson  
Jones**  
Edmonton

**Stanislaw “Stan” Tadeusz  
Kiryczuk**  
Edmonton

**Jules Albert Lacoursiere**  
Edmonton

**Emily (née Nowak)  
Letwiniuk**  
Drayton Valley

**Ezekial “Zeke” Litwack**  
Calgary

**Alexander “Alex” Angus  
Macaulay**  
Calgary

**Malcolm Ian MacKenzie**  
Edmonton

**Kenneth “Ken” James  
MacRae**  
Edmonton

**Kenneth “Ken” McDougall**  
Medicine Hat

**Robert “Bob” Murray Mckay**  
Lethbridge

**Darryl Wayne McLeod**  
High River

**Margaret Milosovic**  
Edmonton

**Sheila Marion Moorhouse**  
Innisfail

**Joan Muriel Morgan**  
Lethbridge

**Ella Louise Mortemore**  
Beaumont

**Norma Marion Nelson**  
Medicine Hat

**Calvin “Cal” Ross O’Brien**  
Lethbridge

**Dale Patrick O’Dell**  
Calgary

**Florence Jean (née Tuff)  
Oberhofer**  
Calgary

**Belinda “Lindy” Louise (née  
Wedge) Olson**  
Calgary

**Donna Joy (née Watmough)  
Ott**  
Coalhurst

**Fernand “Fern” Ouellette**  
St. Paul

**Paul Robison**  
Edmonton

**George Steven Sebest**  
Vegreville

**Heather Lynne (née  
Davison) Shantz**  
Edmonton

**Dawn Elizabeth Shaw**  
Edmonton

**Cheryll Ann (née Streit)  
Simoni**  
Innisfail

**Joseph Thomas “Tom”  
Sorenson**  
Calgary

**Dorothy Catherine (née  
Vornbrock) Spicer**  
Creston, BC

**Linda Joyce Stauffer**  
Airdrie

**Daryl Thompson**  
Lethbridge

**Karen Dale Tingley**  
St. Albert

**Eugene “Gene” Andrew  
Unick**  
Lethbridge

**Aziz Musa Hassam Valiani**  
Calgary

**Judith “Judy” Anne Wales**  
Edmonton

**Donna L. Weitz**  
Victoria, BC

**Terrence “Terry” Rountree  
Wilson**  
Edmonton

**William “Will” Victor  
Woytkiw**  
Stony Plain

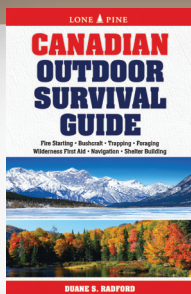
**Jennifer Anne  
(née Gomes) Wrzosek**  
Grande Prairie

**Patricia “Pat” Ann  
(née Nolan) Wyllie**  
Edmonton

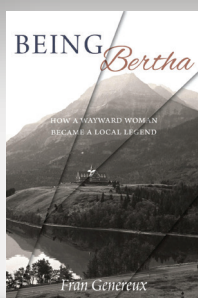
**Peter John Wyllie**  
Medicine Hat

**Sheila Mary (née Plater)  
Young**  
Grande Prairie

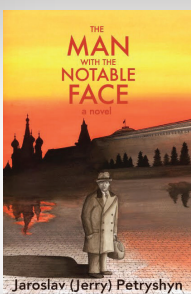




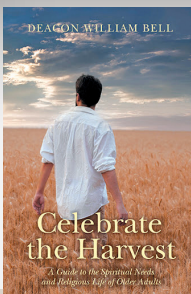
*Canadian Outdoor Survival Guide* by Duane Radford. Canada Book Distributors, 2022. Guidebook. Everyone is responsible for their own safety when travelling in Canada's outdoors. This book is a practical guide to all things important during outdoor adventures.



*Being Bertha: How a Wayward Woman Became a Local Legend* by Fran Genereux. Friesen Press, 2017. Biography. Many visitors to Waterton Lakes National Park enjoy hiking the Bertha Lake Trail. Who was Bertha? Why is her name so attached to this area?



*The Man with the Notable Face* by Jaroslav (Jerry) Petryshyn. Iguana Books, 2022. Crime fiction thriller. An assassination attempt on Stalin and a nasty fight for power in the KGB thirty-three years later leads to intrigue, subterfuge, and murder.



*Celebrate the Harvest: A Guide to the Spiritual Needs and Religious Life of Older Adults* by Deacon William Bell. Friesen Press, 2022. Nonfiction. This text illustrates that advancing years are a time to be celebrated. The author uses scriptural references, poems, lyrics, and humour to explore the topic.

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