



news&views

The Magazine of the Alberta Retired Teachers' Association

SPRING 2023



Harmony

Harmony and Discord

Learning from the Land

Harmony and Balance
Through History

ARTA

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Photo by Virginia Quist.

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

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Ask Questions! Vote!

In advance of an election, ARTA will contact every political party with a list of questions about issues that are important to seniors and public education. Responses that we receive will be posted (unedited) on arta.net under the Advocacy section. ARTA also encourages you to contact candidates running in your riding to address similar issues. ●

Erratum

In the article "The Discussion: Finances, Death, and Family" (winter 2022 issue, page 36), Ray Hoger indicated that the CRA expects personal tax returns for the deceased within six months of death. Actually, return deadlines are determined by when death occurred. The CRA provides the following chart:

Period when death occurred	Due date for the final return
January 1 to December 15 of the year	June 15 of the following year
December 16 to December 31 of the year	6 months after the date of death

news&views offers our sincere apologies for this error. ●

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From the President

Deb Gerow | President, ARTA



Creating a Better Whole

Making music, especially singing, has always been one of the great pleasures in my life. Both of my parents were musically gifted, and for as long as I can remember, our family made music together. Our car did not have a radio, so Sunday afternoon drives in the country were enlivened by versions of many old favourite songs like “Down in the Valley,” sung in three or four parts. Even now, when family gets together, our idea of fun is gathering around the piano, harmonizing to familiar tunes. My family is where I first developed my love of singing in harmony. Not only is it the sound of different parts joining to create a beautiful whole but also the feeling of love remembered.

In a choir, sopranos are often given the melody part, with altos and tenors adding the interesting tones which colour the piece, and basses providing a solid foundation. As a soprano, I am accustomed to singing melody, but I have always been attracted to the harmony parts. My earliest group singing experience was in our church choir, usually short of people who were proficient music readers. Because I read music well, whenever there was a need for an extra person to help the altos or tenors, I was often asked to help. I came to love those moments when the harmony parts added the one special sound that changed everything, when apparent dissonance was resolved by the movement of one part. Eventually, I sang a supporting part as often as I sang soprano. As an adult, singing in choirs has continued to bring me much joy. I still love choral singing, and I will return to it when time allows.

Reflecting on harmony, I realize that the operations of ARTA are much like a well-written piece of music. There are many parts — branches, committees, and staff — that each have a specific role to play. Sometimes we are engaged in a leadership role, and sometimes we are part of the supporting cast. We must realize that there are no unimportant roles. When everyone is doing their part, then the work of ARTA gets done.

Harmony in an organization is not about everyone thinking the same but rather when each of us contributes our own thoughts, ideas, and energy to create a better whole. As much as I love singing in harmony, I love the work we do together to create a beautiful future where all of our members enjoy an enhanced quality of life. ●





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From the CEO

Daniel Mulloy | Chief Executive Officer, ARTA



A Personal Reflection of Harmony

Haven
Attitude
Reflective
Mercy
Ownership
Nature
Yielding

These words are how I see and define harmony; they are the aspects I use to achieve a sense of harmony in my own life.

Haven — A place of safety, a refuge. To me, that is my home. My family is my safe place and my refuge from life's challenges.

Attitude — A settled way of thinking or feeling about someone or something, typically reflected in a person's behaviour. Harmony starts with the right attitude. A positive attitude contributes to my personal harmony while a negative attitude breaks down personal harmony.

Reflective — Reflective people take time to look back on things done or said to better understand them. Reflection is integral to my own personal harmony — taking the time to think about what went well or what could have been done better helps me in the pursuit of continuous improvement and gives me the experience and calm that personal harmony requires.

Mercy — Mercy is the compassionate treatment of those in distress, especially when it is within one's power to rebuke or damage them. Mercy is a key attribute in achieving personal harmony and is one of the hardest things to show. Mercy is reflective: I too have made mistakes and I too have been forgiven — "There, but for the grace of God, go I."

Ownership — Ownership is taking the initiative to bring about positive results. Ownership and harmony go hand in hand. Ownership is the first step in accountability, and personal accountability is where attitude and mercy begin.

Nature — Someone's nature is their character, which they show through the way they behave. Harmony is best achieved by making sure one's nature has all the finest attributes of temperament, character, personality, and disposition — at all times and in all circumstances.

Yielding — A yielding person can change the way they normally behave or deal with situations when it is helpful or necessary. To achieve harmony, we need to be flexible and accommodating in situations that may be uncomfortable. Harmony involves giving a little extra of oneself to promote harmony with others.

Life's journey is a continuous search for harmony; harmony and happiness go hand in hand. ●

Wishing you all the best in your search for harmony,

DISCOVER, CONNECT, GO FOR IT! *A Wellness Conference for Retirees*



Thursday, September 7, 2023

Chateau Louis Conference Centre, Edmonton, Alberta

Connect with former colleagues, friends, and fellow retirees to engage your mind, body, and spirit. Mark your calendar now.

The Second Wind Conference Committee is looking forward to presenting a tenth wellness conference with the theme of *Discover, Connect, Go for It!* This popular conference, offered to all retirees in the Edmonton area and beyond, will be held at the Chateau Louis Conference Centre in Edmonton on **Thursday, September 7, 2023**.

After registering, delight in the company of others in the beautiful Grand Ballroom while enjoying a morning beverage and assorted pastries. The conference will open with a keynote address by

**Jeremy Albert, proud member of the Sweetgrass First Nation
and Advisor with the First Nations, Métis, and Inuit Education team for
Elk Island Public Schools.**

The day also features

- eighteen breakout sessions addressing a variety of topics
- a delicious buffet lunch
- two coffee breaks
- a “wine down”
- an opportunity to engage with business and craft exhibitors in the display room
- door prizes.

Check the website, secondwindconference.ca, in early April for a list of speakers, topic descriptions, and registration information.



Seniors' Week 2023

First full week in June. Check this link closer to the date for virtual events: alberta.ca/seniors-week.aspx



From the Editor

Margaret Frances Sadler | Editor-in-Chief, *news&views*, ARTA



There's No Harmony in Isolation

"Harmony" always takes me first to music. There's nothing like standing in the middle of a Lutheran congregation and hearing all the parts of the hymn swirling around me. I'm in awe of those who can find the alto, tenor, and bass lines, knowing that these notes will complement the rest.

Harmony requires others — that's its most striking element. There's nothing solitary about harmony. Harmony requires community. Harmony requires partnership, cooperation, and togetherness — it cannot stand alone.

This reminds me of *ubuntu*, a concept I learned in Namibia, which many African cultures embrace. Ubuntu roughly translates as "I am because you are" — acknowledging the universal truth in "a person is a person through other people."

Once assembled, a choir or a community must find and maintain harmony to be effective and efficient. Effectiveness and efficiency are diminished without harmony. Harmony refers to congruence, to agreement and accord, to tranquility, and to story lines that weave together and complement each other. Other applications of harmony are found in colour, art, nature, and spirituality, as you'll read elsewhere in this issue. In all these variations on harmony, nothing stands alone.

Partnership, cooperation, and accord call out for others.

At the risk of launching an earworm, you may recall the soft drink jingle that aimed to "teach the world to sing in perfect harmony," to keep others company, to grow apple trees and honeybees, to stand hand in hand and echo peace throughout the land. Rose coloured glasses? Perhaps not, if these can be seen as goals for our life today. Each of us can keep company with those in need, can garden for the sake of our own health and the environment, can work for peace in large and small ways. We can make changes in various ways to improve harmony in our immediate and larger world. When we consider that a person is a person through other people, we realize that our part in the whole is dependent and depends on those around us. We cannot be without each other.

I am because you are. ●





Health Benefits

Gary Sawatzky | Chief Operating Officer, ARTA

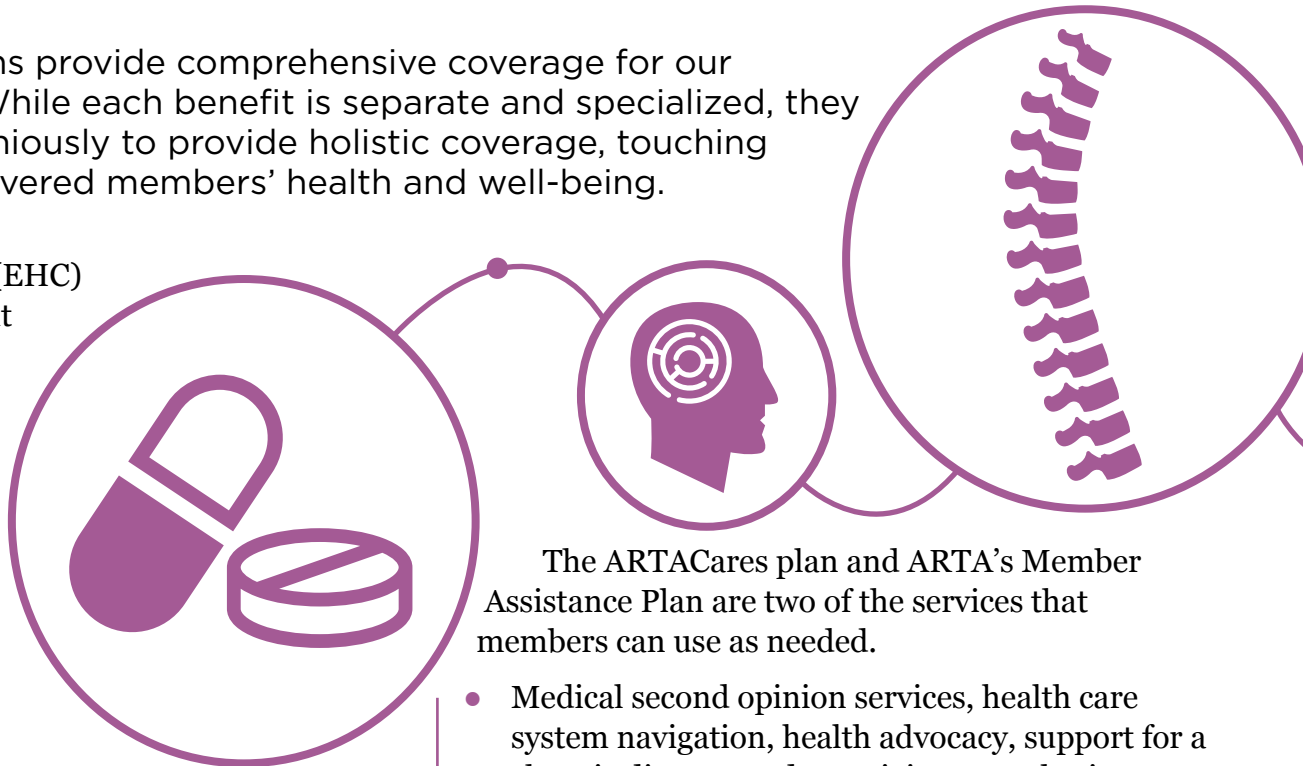
Our Plans — Working Together to Serve Our Members

ARTA's benefit plans provide comprehensive coverage for our members' needs. While each benefit is separate and specialized, they all combine harmoniously to provide holistic coverage, touching each part of our covered members' health and well-being.

Extended Health Care (EHC) remains the core benefit provided by ARTA's benefit plans. Coverage varies based on the specific plan chosen by each member, but several fundamental benefits are provided under each plan. Covered benefits include not only goods such as prescription drugs and eyeglasses, but also services that may be beneficial to our members.

The most widely used EHC benefit is prescription drugs. Most of our covered members have some public prescription drug coverage, but often the public plans do not cover the entire cost of a medication, and certain drugs are not covered at all by the public plans. ARTA's EHC plans provide coverage for a wide gamut of drugs, as long as they are considered eligible Medical Expense Tax Credits. In 2022, the ARTA plans covered over \$17 million in prescription drug costs.

The next most widely used EHC benefit is services provided by paramedical practitioners — ARTA paid over \$11 million in claims in 2022. ARTA covers nineteen paramedical practitioners, but almost 90% of the claims are made for services provided by chiropractors, physiotherapists, and massage therapists.



The ARTACares plan and ARTA's Member Assistance Plan are two of the services that members can use as needed.

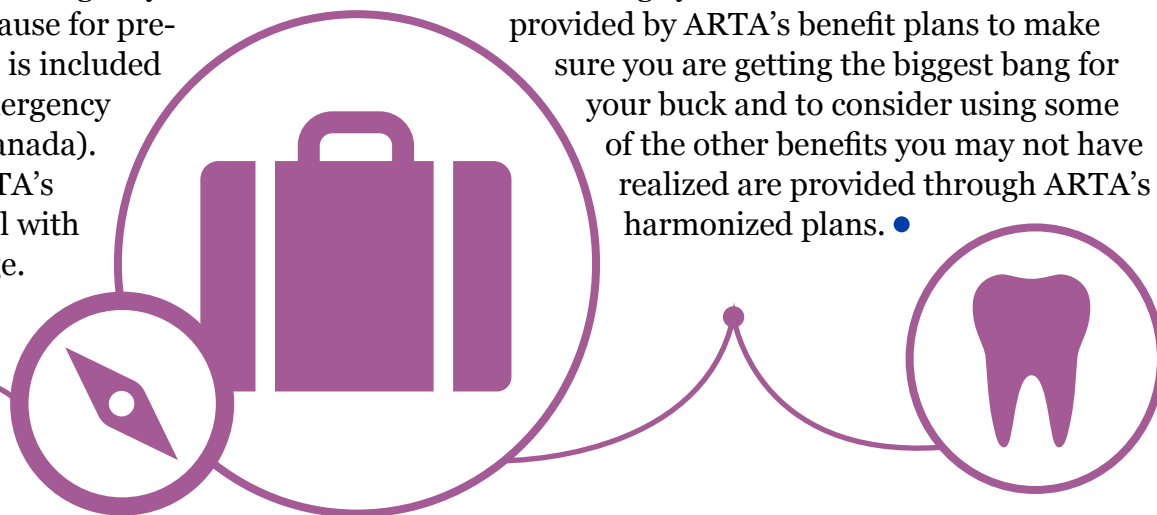
- Medical second opinion services, health care system navigation, health advocacy, support for a chronic disease, and caregiving consultations are made available by ARTACares.
- The Member Assistance Plan supports members' mental health and overall well-being. You and your eligible dependants can each set up an individual account to access five hours of counselling and five hours of couples counselling per contract year. Advisory services on topics such as legal, financial, health, career, and life transitions are also included.

Other EHC items covered and enjoyed by our members include vision care, hearing aids, medical aids and appliances, ambulance, hospital, home care, and private duty nursing. All are available to our members to ensure their health issues are attended to and they receive the goods and services they require.

Many of our members love to travel and will choose one of the EHC plans that includes Emergency Travel coverage. ARTA's travel insurance plan is amongst the best retiree travel plans in Canada, if not the best. Members with travel coverage can travel outside of their province of residence worry-free, knowing they are not subject to a stability clause for pre-existing conditions (which is included in virtually every other emergency travel insurance plan in Canada). The majority (85%) of ARTA's members enjoy their travel with Emergency Travel coverage.

Of members with EHC coverage, 82% are also covered for dental care benefits. Depending on the level of dental care coverage you have, eligible services range from exams and diagnostic services up to implants and crowns. Dental care claims accounted for almost \$23 million in 2022.

We encourage you to review the benefits provided by ARTA's benefit plans to make sure you are getting the biggest bang for your buck and to consider using some of the other benefits you may not have realized are provided through ARTA's harmonized plans. •



2023 PHOTO CONTEST

ARTA is proud to sponsor its **eleventh annual photo contest**. All ARTA members — regular or affiliate — are eligible to enter. This year, once again, we have two categories: Masters and Novice. If you have won in the past, you fall under the Masters category; if you have not been a past winner, enter the Novice category. Winners will be announced in the autumn 2023 issue of *news&views* and posted on ARTA electronic media sites.

Contest Categories

- Nature
- Well-Aged
- Travel
- Contrast

All entries must be received by ARTA no later than 4:00 p.m., May 31, 2023.

Entries should be mailed to

ARTA Photo Contest
15505 137 Avenue NW
Edmonton, AB T5V 1R9

Digital images can be emailed to contests@arta.net



Visit arta.net/photo-contest for contest rules and entry form.

From the Branches



SWARTA Awards Volunteer of the Year

Terry Whitehead | President, SWARTA



Besides enjoying a successful teaching career, **Sandra Brunelle** still found time to do volunteer work, which was and still is important to her. When reflecting on her volunteer work, Sandra said, “Benefits may include a sense of community, a meeting of new friends, increased social skills, improved self-esteem, and bringing fun into one’s life. I have had the opportunity in my life to experience all of this and so much more. During my childhood, excellent examples were demonstrated to me by my parents, teachers, and community. I thank them for this. Many, if not all of you, have volunteered during your life. Verbal thanks may not be given, but the feelings you are left with are worth every effort you made. Helping a friend or a neighbour is volunteering. I encourage each of you to reflect on where you have given your time.”



**Sandra Brunelle with SWARTA
President Terry Whitehead**

The list of Sandra’s volunteer commitments is long and remarkable. She has served

- as president of the Alberta Teachers’ Association Local #41 for four years, having served previously as secretary and vice president
- on the Alberta Choral Federation Board for ten years
- with Lethbridge Musical Theatre in the orchestra pit, backstage, on stage, and as vocal director
- on the Local Carl Orff Association Board as secretary and chair
- as director of McKillop United Handbell Choir for many years
- on the Ambassador Committee for the Alberta 55 Plus Winter Games 2009.

Sandra has also

- played with the Lethbridge Symphony Orchestra for ten years and
- served on the Lethbridge Symphony Board for eight years
- volunteered for the Kiwanis Festival for years in various roles
- served as area representative for the Alberta Heart Foundation for many years
- canvassed for the cancer fund
- served as chair on the Lethbridge and District Music and Speech Arts Society Board since 2016.

We are so proud to have Sandra as part of our ARTA and SWARTA family and as a dear friend to all of us. ●



WRTA Distinguished Volunteer Award

Allen Ford | WRTA



The Wainwright Retired Teachers' branch is pleased to grant **Erika Foley** the ARTA Volunteer Award. She has served as the president of the Wainwright Retired Teachers' Association for fifteen years. At the provincial level, she has served on the ARTA Health Benefits Committee and is currently serving on the Wellness Committee.

Erika has lived in Wainwright for most of her life. She attended school in Wainwright, her teaching career was centred around Wainwright, and she has spent all her adult life in the Wainwright area. Erika and her husband Bob have been married for over fifty years. They are a truly community-minded couple — true mascots for Wainwright.

Erika has been a community volunteer all her adult life. During her teaching career, she coached girls' basketball, girls' volleyball, track and field, badminton, and headed the stamp club. She is still serving her community as a substitute teacher, even through the pandemic.

Erika has served the following causes and organizations:

- Wainwright Public Library Board
- Wainwright Museum as president
- Anglican Church Vestry Board
- Museums Alberta as president and committee member
- Walk for Cancer
- Falcon Enterprise Wainwright as a board member and president
- Wainwright Wildlife Society
- Wainwright Adult Learning

Erika has always been especially kind to her elderly neighbours and friends. She makes a special point of helping them by taking them for groceries and appointments. All the time she devotes to visiting and caring for them is a kindness that can never be repaid.

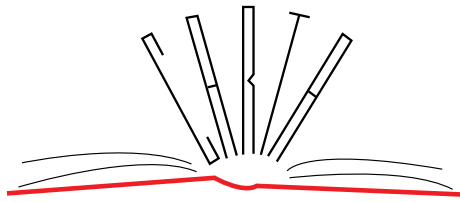
The Wainwright Retired Teachers' Association is pleased to grant Erika Foley the ARTA Volunteer Award. ●



Erika Foley with her ARTA Volunteer Award



Wainwright Retired Teachers



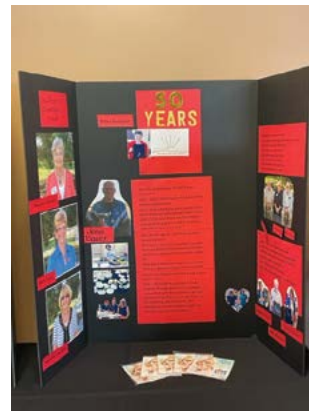
CARTA 50th Anniversary

Edna Warriner and the CARTA Executive

In celebration of CARTA's fiftieth anniversary this year, we held an exhibition at the Red Deer Arts Council Gallery. The exhibit was held during the month of November, with an opening reception on the evening of Friday, November 4, 2022. It also made an appearance at our Christmas luncheon on December 1, 2022.

The exhibit included archival materials from 1972 to the present as well as writing and art from talented members of CARTA. Members were encouraged to share and post on the fiftieth anniversary board "Where Were You in '72?"

Thank you to those who set up the exhibit and to those who came to remember and share your memories. CARTA is proud of its long history and especially all of the members who have contributed to its success. ●



ACER-CART

Marilyn Bossert | ACER-CART West Representative and Communications Chair

The ACER-CART Political Action Committee is in the final stages of preparation of information sheets on "Aging in Place" and "Long-Term Care." When complete, questions for politicians will be added, and the final product will be found on the ACER-CART website. Members are always encouraged to contact their MPs and MLAs with their concerns.

The ACER-CART Pension & Retirement Income Committee encourages retiree associations to reach out to their active teacher groups. Data and talking points on cost-of-living issues and economic wellness are also being prepared. ●



For more information: acer-cart.org



Outdoor Living

Duane Radford | Article and Photos



Harmonious Cycles of Nature

There's a harmonious ecological relationship in nature; it is the very essence of all things wild and is manifest in all of God's creations, especially in the spring and summer following a long Canadian winter. As the snow melts and breakup occurs on lakes and streams, one of the first harbingers of spring is the arrival of Canada geese in Alberta, usually while there's still some rotten ice on water bodies.

"Canadas" like to get a head start on staking out nesting grounds and waste no time! There's nothing comparable to the honking of a flock of geese in late March, which signals that spring is around the corner. As breakup advances, flocks of snow geese and other waterfowl arrive in central and eastern Alberta, followed by sandhill cranes with their characteristic trilling calls that can be heard far away. I live in Edmonton, and the flights of cranes are always a stirring event — a true sign of spring.

Songbirds like American goldfinch, robins, and yellow warblers show up at my bird feeders; and if I'm fortunate, perhaps some bluebirds and hummingbirds. Murders of crows and raucous gulls arrive about the same time. The crows pester resident ravens and drive them out of Edmonton's residential areas to roosts along the North Saskatchewan River. Another portent of spring is the appearance of Richardson's ground squirrels that locals call "gophers," which seem to pop up

just about anywhere. Snakes migrate from their hibernacula and search for prey as they slither about in Alberta's grasslands.

The fallen leaves and needles from the previous autumn give off a pungent aroma as they decay and provide nutrients for new growth. As the sap begins to flow in deciduous and evergreen trees, buds form and stems shoot out of the tips of branches of evergreens, typically a lighter colour than on the primary branch. Larches are deciduous trees, and their needles soon take shape and rejuvenate them.

Dead grass decays; soon, "green-up" takes place and the appearance of new shoots of grass occurs. Interestingly, photosynthesis is a universal process and moves forward quickly during the long days of spring. In Alberta's river valleys and foothills, there will be a short period in June when all the vegetation takes on about the same shade of green. That's when I know that spring, per se, has ended and summer has arrived.

After breakup and as green-up advances, several species of Alberta's fish go through their spawning cycle. Species of the salmonid family such as cutthroat trout, golden trout, and rainbow trout spawn in foothill and mountain streams, while species such as northern pike and walleye often spawn in lakes and some walleye populations may spawn in tributary streams. During the spring and early summer, goldeye, lake sturgeon, and mooneye spawn in large rivers such as the Athabasca, Bow, North Saskatchewan, Peace, and Red Deer.



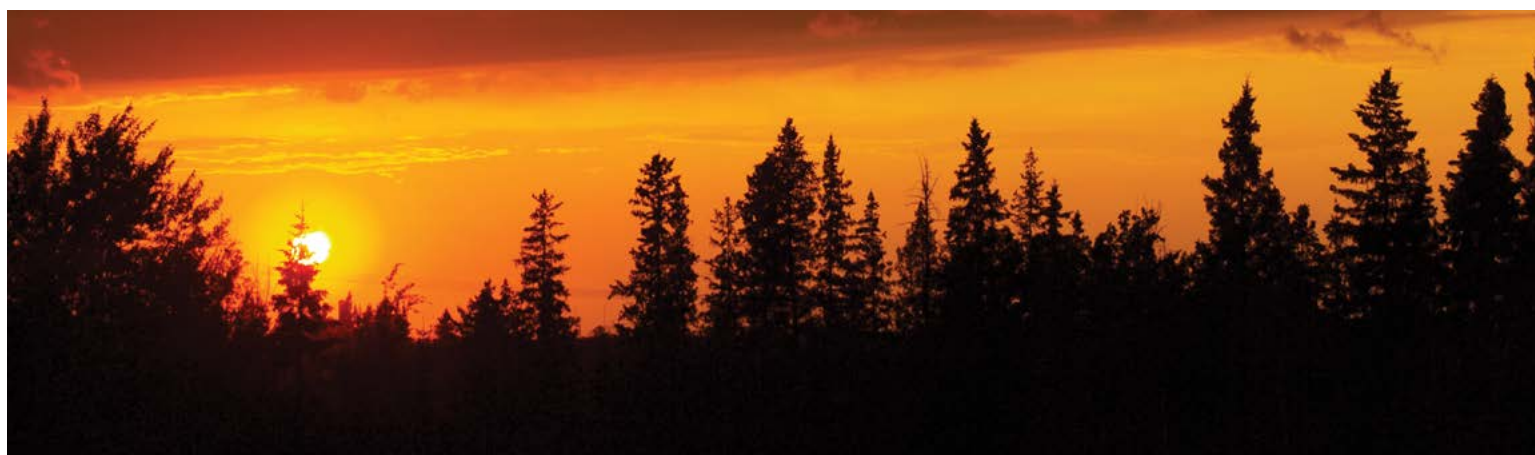
Large mammals such as black bears and grizzly bears give birth to their cubs, while bighorn sheep, caribou, elk, moose, mountain goats, mule deer, and white-tailed deer calve and fawn their offspring. Give mother bears a wide berth — they may attack people if they feel their offspring are threatened. Similarly, it's best to not disturb or handle fawns of deer or calves of caribou, elk, or moose as their mothers have likely not abandoned them but simply left them to feed for awhile. The calves and fawns instinctively know to remain still, stay calm, and not make any noise, often hidden in plain sight with their camouflage. Stay clear of moose calves, as cow moose can be dangerous if they feel their offspring are at risk.



One of the joys of nature is the appearance of wildflowers in the spring. Usually pasque flowers, commonly called a “crocus,” and yellow bells are the first to flower, followed by numberless other species like asters, paintbrush, marsh marigolds, wild roses, and fireweed as summer begins.

Get out there and smell the roses; enjoy the fresh air and sunshine. ●

Duane Radford rejoices in the lyrics of “Somewhere Over the Rainbow,” which epitomizes for him the striking blue skies, white clouds, and joys of life all so characteristic of spring and summer. Duane encourages us to get outdoors and enjoy the therapeutic benefits of being in harmony with nature’s animals and plants, an experience that will be of comfort to body and soul.



2023 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.

ARTA-TW INSURANCE DEGREE SCHOLARSHIPS

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

ARTA CERTIFICATE/DIPLOMA SCHOLARSHIPS

Through ARTA’s generosity, scholarships are provided to students in a certificate or diploma program of two or more years at an accredited post-secondary institution and who are related to an ARTA member.

CERTIFICATE/DIPLOMA SCHOLARSHIPS

(up to two each to be awarded)

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



DEADLINE
July 31, 2023

Review the criteria and apply online:
my.reviewr.com/site/ARTA/Scholarships

COME IN! WE'RE OPEN!

**The ARTARx pharmacy is open
and ready to serve ARTA members
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Proust Questionnaire

Kavita Mali | Pharmacist, ARTARx



Kavita Mali Responds to a Proust Questionnaire

What do you appreciate most in your friends?

What I appreciate most in my friends is that time doesn't faze the quality of our encounters. We can catch up right where we left off as if no time has passed between us. Life is busy for everyone, and more often than not, we aren't able to stay in touch with our friends as frequently as we would like. But real friendship shouldn't depend on the quantity of encounters but more on the quality.

What is your motto?

I believe in the saying, "It'll happen if it's meant to be." The reverse is also true: "If it doesn't happen, then it wasn't meant to be." Living by these mottos helps me to believe that some sort of divine intervention is involved and helps to relieve some stress and anxiety when dealing with decisions and choices in life.

What is your favourite place in Canada?

My favourite place in Canada is Toronto. I wouldn't like to live in Toronto myself, and it wasn't until my brother moved there that I developed a liking for visiting the city. There's a scene for everyone — Michelin-star restaurants, Broadway-style theatre, NBA/MLB/NHL/CFL sports, beautiful lake life, and a quick drive to the US for shopping.



What is the most important lesson you ever learned?

The most important lesson I've learned so far in life is to not take my health for granted. The human body is a magnificent wonder. So many parts working together in harmony. But it also has a way of letting us know when something isn't working properly — so listen to your body and don't procrastinate to see a health-care professional when something doesn't "feel" right. ●



Birding a Local Hotspot

Chris Rees | Article and Photos

There are many articles about colourful exotic birds in faraway places. This is not one of those articles.

Centennial Park is the main baseball field park in Sherwood Park. From a satellite view, the park seems to be all baseball diamonds, but surprisingly, the park has a wide variety of microhabitats. There are two re-engineered natural ponds with marshy edges, a willow-lined marshy area, one artificial pond, a mature poplar wood with thick undergrowth, two strips of grassland, several stands of planted spruce trees, a small patch of larch trees, several rows of planted willows, open lawns, and paved or gravel trails.

I started walking the dog on the paved trails at Centennial Park when my son was at hockey or soccer practices in the adjacent Millennium Place. Several times we encountered a great horned owl as the trail entered the poplar woods. Several years later, I again walked my dog at this park because the trails were cleared of snow and ice during the winter. Flocks of Bohemian waxwings caught my attention.



Great horned owl is a year round resident



Common redpoll — winter visitor

Cooper's hawk — summer resident



Horned grebe — summer resident

I have always been an enthusiastic bird watcher, but only as a youth did I journal my observations. This changed after I retired. I started entering my observations in eBird, a collaborative effort with hundreds of partner organizations, thousands of regional experts, and hundreds of thousands of users, managed by the Cornell Lab of Ornithology. eBird began with a simple idea: every birdwatcher has unique knowledge and experience. eBird's goal is to gather checklists of birds, archive this information, and freely share it to power new data-driven approaches to science, conservation, and education. eBird manages lists, photos, and audio recordings, allowing real-time maps of species distribution and alerts to let birders know when species have been seen. This provides the most current and useful information to the birding community. One feature of eBird is the ability of local users to create local "hotspots." Hotspots let multiple birders enter data into the same shared location, creating aggregated results available through eBird's "Explore" tools.



Bonaparte's gull — autumn migrant

Although many of us would love to go to faraway places and see colourful exotic birds, our reality is that we live in our hometowns. We can add enjoyment to our everyday walks or dog walks by finding local eBird birding hotspots that give us a daily dose of common everyday birds, plus the excitement of an occasional less-common species.

You can explore or sign-up for eBird at ebird.org/home. •

Chris Rees began his career as a chemist, researcher, and environment, health, and safety specialist in industry. His second career was as an instructor at NAIT. Since retiring six years ago, he has been an active member of the Edmonton Nature Club and a regular contributor to eBird.

Centennial Park is an eBird hotspot. Based on the number of species reported, it is twenty-ninth out of the top one hundred hotspots for the Edmonton region, with 155 species reported. I have found 146 species in the park. Birds found in any Edmonton area hotspot tend to be seasonal. There are winter visitors, spring migrants, summer residents, and autumn migrants. More varied available habitats mean more varied species will be found in any season.

Some highlights for me in Centennial Park are:

- Winter visitors: northern goshawk, northern shrike, snow buntings, common redpolls
- Spring migrants: gray-cheeked thrush, Swainson's thrush, western grebe, long-eared owl, yellow-rumped warbler, orange-crowned warbler, white-crowned sparrow, Sabine's gull
- Summer residents: red-eyed vireo, Leconte's sparrow, Cooper's hawk, Swainson's hawk, double-crested cormorant, horned grebe
- Autumn migrants: tundra swan, Bonaparte's gull, blue-headed vireo, yellow-bellied flycatcher, Harris's sparrow, purple finch
- Year-round residents: great horned owl, common raven, merlin, black-capped chickadee, downy woodpecker, hairy woodpecker, pileated woodpecker, northern flicker, grey partridge

Blue-headed vireo — autumn migrant



Harris's sparrow — autumn migrant



Swainson's thrush — spring migrant

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ARTCF Supports Vibrant Living Through Music

Robert Michon | Communications Specialist, ARTA

One of the three areas of focus for the Alberta Retired Teachers Charitable Foundation (ARTCF) is to support Alberta's seniors in accessing safe and comfortable housing. In line with that goal, ARTCF is pleased to announce a new grant recipient for the Foundation: The Bethany Care Foundation.



The Bethany Care Foundation operates throughout Calgary and southern Alberta to provide seniors with housing options that are suited to their needs, including affordable housing, long-term care, or care for those living with complex medical concerns.

Of course, safe and comfortable housing isn't just about the ability to stay warm and dry, it's also about securing a living environment where you can feel active and vibrant as you age. To help accomplish this for Bethany Care's residents, ARTCF has awarded them \$20,000 to run a music therapy program.



Music therapy has many benefits for residents, including increasing social interaction, lifting moods, and most notably, improving cognitive functioning. Music therapy has been shown to stimulate cognition in adults living with conditions like dementia and Alzheimer's disease and can help to slow mental decline. Music stimulates memory, helps with mood regulation (such as stimulating alertness or calm), and keeps anxiety and depression at bay.

"ARTCF is proud to be providing support for this program," says Frank Bruseker, president of ARTCF. "We hope it improves the lives of the many seniors living in Bethany Care residences both now and in the years to come." ●





Gardening

Gerald Filipski

Companions — Keeping Peace in the Garden

When one speaks of harmony in gardening, one's thoughts turn to colour matching or planning aesthetically pleasing landscapes with plants chosen carefully to fit the planting scheme. But there is another harmony when it comes to plants — companion planting.

According to Wikipedia, “Companion planting in gardening and agriculture is the planting of different crops in proximity for any of a number of different reasons, including pest control, pollination, providing habitat for beneficial insects, maximizing use of space, and to otherwise increase crop productivity.”

Some advantages include a particular plant added to supply needed nutrients to the soil (e.g., legumes add nitrogen) or perhaps they may distract pests and/or lure beneficial insects. Others may protect delicate plants from the sun and wind (e.g., cabbages with cucumbers). Companion gardening has a long history and how plants interact is still not well understood. The bottom line has always been that certain plants can help other plants.

Does companion gardening have a scientific basis? While there has been some investigation in this area, most information comes directly from gardeners. Their experience has been spread by word of mouth for centuries, and that is the basis of companion gardening.

Companion gardening is very much an organic means of controlling pests as well as increasing the vigour of plants by planting other plants close by.

Chemical controls are not used in this method of gardening.

Types of Companion Gardening

Trap cropping — A neighbouring crop may be selected because it is more attractive to pests and distracts them from the main crop. For years, commercial farmers have been planting collard greens around cabbage crops to lure away the diamondback moth. The moth is attracted to the collards, leaving the cabbages alone. Another example is using buttercrunch lettuce to lure white cabbage butterflies away from cabbages. Using this method, one plant is sacrificed for another.

Nitrogen fixation — Legumes, such as peas, beans, and clover, can convert atmospheric nitrogen for their own use and to benefit neighbouring plants. Forage legumes, for example, are commonly seeded with grasses to reduce the need for nitrogen fertilizer. Likewise, beans are often planted with corn.

Natural pest repellent — Some plants give off chemicals from roots or aerial parts that repel pests and protect neighbouring plants. The African marigold, for example, releases thiophene — a nematode repellent — making it a good companion for several garden crops and reputedly attracting hoverflies, which prey upon aphids.

Spatial relationships — Tall-growing, sun-loving plants may share space with lower-growing, shade-tolerant species, resulting in higher total yields. A good example of these relationships is growing cabbages with some cucumber plants nearby. By the time you plant cucumber seeds, the cabbages will have a good start. When hot days come, the cucumber vines can “hide” from the hot, wilting sun under the cabbage leaves.

Common Companion Plantings

Basil with tomatoes — Said to improve the flavour and growth of tomatoes. Bees love it; aphids and white flies hate it. The added benefit is that basil tastes great when mixed with tomatoes in a salad. I once interviewed an Italian gentleman who grew the largest tomato plants I had ever seen. In between the rows of tomatoes were rows of basil. When I asked him why he had all the basil, he winked at me and said, “Tomatoes have a love affair with basil.”

Beans with corn, cucumbers, beets, and cabbages — Beans enrich the soil and corn, cukes, beets, and cabbages are all heavy feeders.

Dill with lettuce, cabbage, cucumbers, and onions — Said to improve the growth and flavour of cabbage. Lettuce grows well next to it, but keep it away from carrots. The carrots will be smaller.

Garlic with roses — Repels aphids.

Marigolds — Excellent reputation as a pest deterrent, so plant freely throughout the garden.

Mint with cabbage and tomatoes — Repels white cabbage moths, rodents, ants, flea beetles, and aphids. Improves health of cabbage and tomatoes. Plant in containers as this plant is invasive.

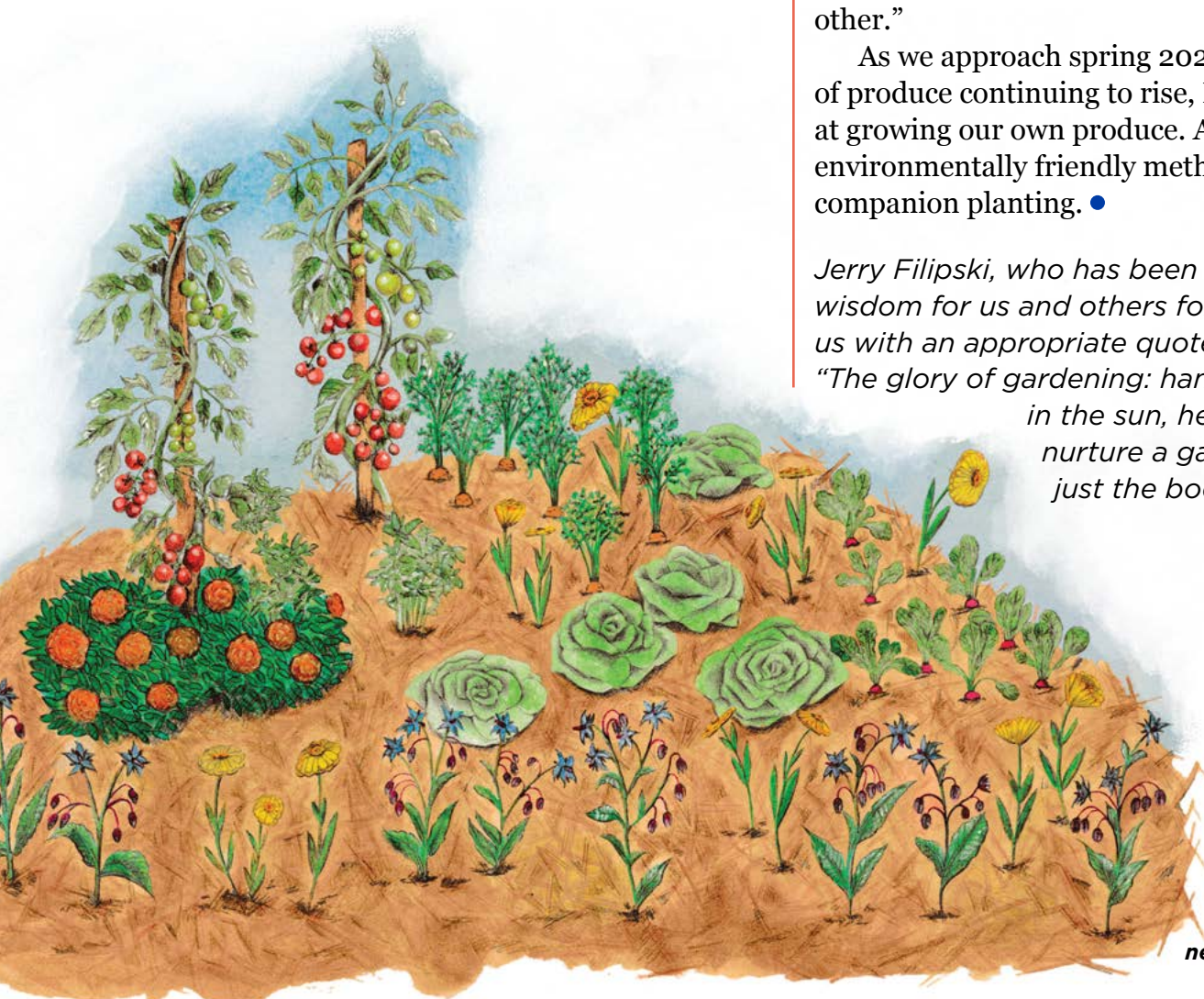
Nasturtiums — Plant as a barrier around cabbage, tomatoes, fruit trees, and cucumbers. Good plant for trapping certain pests such as aphids. Deters whiteflies and cucumber beetles.

An excellent website offers a planting guide for beginners starting with companion plantings: heeman.ca/garden-guides/companion-planting.

My grandfather often talked about harmony in the garden and how certain plants should not be planted in proximity to “keep the peace,” while other plants should be planted close together to “help each other.”

As we approach spring 2023 and with the price of produce continuing to rise, I suggest we look at growing our own produce. An organically and environmentally friendly method of gardening is companion planting. ●

Jerry Filipski, who has been writing garden wisdom for us and others for many years, leaves us with an appropriate quote from Alfred Austin, “The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body but the soul.”





Travel

Jock Mackenzie | Article and Photos

“Being one of the glass artists and instructors at the Lincoln City Glass Center has been an absolute honour and privilege. It’s very rare to be able to wake up and be excited to go to work; thankfully working at the Lincoln City Glass Center is something that I look forward to every day.”

— Chandler Snidal, Lincoln City Glass Center



Glassblowing on the Oregon Coast: An Adventure in Creating a Memorable Gift

You know the saying, “When the student is ready, the teacher will appear.” Last summer, a new twist evolved: “When the *tourist* is ready, the teacher will appear.” While motor-homing our way down the Oregon coast, we stopped in Lincoln City and discovered the Lincoln City Glass Center — one side filled with blown glass that was awesome, amazing, intricate, and classy to the max, and the other side a studio with several stations dedicated to teaching tourists the technique.

Equally as excited as a kid at Christmas, I set up a time to meet my teacher and create my very own work of art (well, creating while under the supervision of a professional). I was given four choices: float, heart, paperweight, votive. Now a votive, despite officially being a candle holder, also makes a great wine glass, so my decision was easy.

My second choice was that of colours of glass: red, orange, yellow, olive green, dark green, teal, cobalt blue, purple, pink, amber, black, white, and grey. I chose only blue and amber. Because I enjoy jamming as much into any space as I can, I wanted to make my bride a gift and, to make it meaningful, I thought a “rememory” of the Oregon coast would



be appropriate: sand, sea, and sky, thus the amber and blue.

But what I knew about glassblowing would fill a thimble and leave room for a bag lunch! In stepped the teacher, Chandler Snidal. Surprisingly, Chandler has six years of formal training at ... wait for it ... the *Alberta University of the Arts*. He has a Bachelor of Fine Arts, majoring in Hot Glass. As we all spent our careers trying to be, Chandler was the right mix of knowledge, encouragement, good humour, and skill.

Together, over the ensuing hour, we created Janet's wine glass. You really would have to have been there to appreciate these steps because simply listing them makes the entire process seem overly simple. It wasn't. Still, this is what we did: we first gathered some glass by dipping the end of a long steel blowpipe into a crucible of molten, clear glass and then rolled it over my two colours and melted the brown and blue into the clear glass. We rolled the amber at one end and blue into the middle and top. Trips back and forth into the oven kept the glass at the necessary 1000°F temperature. Using tongs, Chandler twisted the glass to create our pattern design. A closer look will show you the waves twisted in about a third of the way up. We then shaped the glass into an ample-sized wine goblet. Next, we reheated it, added air until it became slightly smaller than the desired size, heated the end of the glass with a blowtorch, and added air slowly until a hole popped at the end of the glass. *Almost done*. We heated the end, opened



Chandler Snidal and Jock Mackenzie holding Jock's final piece of blown glass art.

it to our desired shape, removed the glass from the pipe, and added a base.

The entire process took about an hour and cost \$65. As excited as I was with the finished product, I had to leave it overnight so it could undergo the annealing or gradual cooling stage. I guess "I blew it" but in the most positive way. With Chandler's guidance, the result was more than I could have hoped for. As with any successful partnership, we worked in harmony and, thanks to writing this article, have stayed in touch. ●

Jock Mackenzie, retired teacher, and Janet, retired nurse, are spending a motorhome year on the road. Leaving Red Deer, they meandered through BC and down the Pacific coast to Arizona. While in Oregon, Jock chanced upon this opportunity at glass blowing.





Spirituality and Wellness

Lloyd Den Boer

Harmony and Discord

Imagine a serene Sunday morning in a prairie town a lifetime ago. The day being young, the town lies still in the cool of the morning. Soon church bells begin to toll, first from one area of the town, then others, saturating the air with glorious sound. As the bells toll, families gather in their churches. In time, the services start. The people rise, sit, and bow their heads at the bidding of their pastors. The pastors urge their congregations to live worthy lives. The congregations respond with hymns. Finally, as the services come to their ends, the organists throw the swell shutters on their instruments open, rattling windows with postludes that bring worship to a jubilant end. Then, if the town is like the one where I was born, the rest of the day is tranquil. All businesses are closed; no work is done. Families gather for meals, friends arrange visits, and children play quietly. The streets of the town are empty because the town agrees that Sunday is a day of repose.

That was decades ago. These days, churches in towns like the one where I was born no longer ring bells, pipe organs have fallen out of favour, and Sundays are less tranquil. Still, the deepest changes lie elsewhere. When industrialized agriculture replaced the family farms that once dotted the countryside, the rural population surrounding these towns collapsed. Some towns became derelict shadows of their former selves. In towns that prospered, family-owned businesses were closed as restaurant chains, big box stores, and factories owned by corporations took their places. In each successful town, a society built by small independent entrepreneurs — whether farmers or businessmen — changed into a society of

corporate managers and their wage labourers. Soon newcomers needing work moved into these towns. The perception that everyone belonged based on a common European settler lineage no longer made sense.

According to some, progress saved these towns from rural blight. Others noticed that the pathways to individual, self-made success had narrowed, leaving only the kinds of jobs that big corporations offered. The more those who felt left behind looked about them, the more they felt like outcasts in their own towns. Sometimes, they concluded, even newcomers were shown more respect than wage labourers whose families were long-time settlers



in the town. They perceived that powerful people didn't seem to care that lives were being stolen from those left behind. In time, as their resentment grew, leaders emerged to harness and express it. Whereas before, harmony appeared to be a hallmark of these towns, now discord reigns.

We say that it takes two to tangle, meaning that responsibility lies on both sides of most disagreements. When we quarrel, we tell simple stories to defend our points of view. To move ahead, we need to accept that things are more complicated than we like to admit. Accordingly, we may need to accept that progress saved a town, but it also created winners and losers. We may need to pay more attention to what was lost and who lost it. Or, we may need to understand that there is no going back

to a way of living that feels lost to us. We can shape history into the future, but we cannot freeze it in the present or turn it back. Moreover, as much as we long for the way things once were, we may need to admit that those ways favoured the people who were seen to belong. They didn't favour everyone.

In an age prone to polarization, perhaps we need a goal that can inspire and instruct all sides, a goal like Martin Luther King Jr.'s "beloved community." The beloved community, King taught, is not a place without differences. It is a place where everyone belongs. ●

Lloyd Den Boer is a retired educator. He and his wife live in Edmonton where they do their best to inspire more harmony than discord.

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Learning from the Land

Robert Michon | Communications Specialist, ARTA

Ashley Feldberg and Alana Schamber | Photos



Outside a small teepee in the woods of central Alberta, about twenty children, ages 7 to 13, gather around a fire that they had made with only materials provided by nature: cattails as tinder and friction for a spark. Warm and sheltered from the wind, they use hand-carved wooden spoons to gobble down môso-mícimâpoy that they spent the afternoon preparing themselves. While they eat, a knowledge-keeper tells them stories from the Plains Cree tradition — stories, they all know, that have a deeper purpose than the entertainment they provide.


This might sound like a scene from an Indigenous Canadian history book, but it's actually the experience of a present-day group of students in the Wetaskiwin area, some Indigenous, some not, all taking part in a style of education that goes back thousands of years: land-based learning.

Land-based learning begins with the belief that the earth itself is humanity's first and greatest teacher. By learning to live in concert with the lands and waters around us, we can learn not just to survive but to thrive. The land can teach us about ourselves, our history, about the importance of responsibility and community. It's a style of

education that retired educator Bob Silverthorne has been imparting upon younger generations for his whole career, and something he continues to be passionate about in his retirement.

As a Plains Cree knowledge-keeper, Silverthorne hosts eight-week courses for children in the area, covering the four main tenets of living off the land: creating fire, building shelter, gathering water, and learning to feed oneself. But it's not survivalist training. Each practical, hands-on lesson comes with a teaching that connects with a more broad, rounded curriculum.





“In our second semester, we learn how to make arrowheads from obsidian, the same way they were made pre-contact with settlers,” says Silverthorne, giving an example of how this plays out. “But Alberta doesn’t have natural obsidian; it came here from around St. Anthony, Idaho. So, while we learn a hands-on skill, we talk about the real history of the land: How did the obsidian get here? Did Indigenous peoples trade? Did they travel? The kids learn about real social studies, real history, and real community interaction.”

Silverthorne also emphasizes literacy in his program as an introduction to the kinds of knowledge students will pursue. Wilderness novels like Gary Paulson’s *Hatchet* — already well-loved in Canadian classrooms — are a perfect fit. “*Hatchet* is about a kid, Brian, same age as our students, who gets stranded in the wilderness,” says Silverthorne. “But he survives and lives really well because he has some good skills to lean on. And those are the same skills the students are going to learn. Brian learns to make a spear to catch fish; we learn to make a spear to catch fish. Brian learns to cook his fish over the fire, and we do the same thing.”

Because of the age differences of the students, Silverthorne pairs up younger and older readers as reading buddies so more experienced readers can help younger ones with challenging books.

While they read together, they learn how to communicate and support each other’s learning. “In a classroom, many kids can’t do a physical skill or an academic skill, and they end up feeling ostracized,” Silverthorne says. “We don’t allow that. Everyone supports each other’s development.”

And it’s not just students who support each other — Silverthorne invites parents and volunteers to assist in the lessons, too. Alana Schamber has three children in the program, and she is grateful for the opportunity for her kids to learn what it means to be good stewards of the land. “I think it’s important to learn about the land you’re living on, and the people who first inhabited it,” she says. “We love nature and the way it connects us to each other. I want my kids to develop a relationship with it and a respect for it.”

Land-based learning is becoming more common in schools and curricula across Canada as a teaching tool for both reconciliation and environmental consciousness. Silverthorne believes that it can be a powerful tool for all who want to live in harmony with the land. “We believe that on this land, there’s room for all,” he says. “We don’t own it because the Creator made it for all of us, and so we share it. The knowledge that has been given to me is not for me to keep but to be passed on to the young people. If you want to live with the land, you have to take care of it.” ●





ARTA 2022 Writing Contest

Laurie Semler | 2022 Writing Contest Coordinator

The 2022 ARTA Writing Contest once again showcased the creativity of our members. We received a total of sixty-four entries this year. The three categories were more evenly represented than in past years with twenty-five poems, twenty-four short stories, and nineteen travel vignettes. Writing in the Poetry and Short Story categories presented interesting and unique views on diverse topics. The Travel Vignettes from our well-travelled members showcased destinations as close as our own province to exotic locales on the other side of the world. As always, the contest judges faced the daunting task of selecting winners from the many outstanding entries in each category.

For 2022, the Communications Committee chose to use Reviewr, a submission management software, to streamline the submission and judging processes. As planning for the 2023 contest gets underway, the committee will evaluate how successfully Reviewr assisted with the administration of this year's contest.

We thank all contest participants. Congratulations to the talented authors whose entries were awarded prizes this year. First and second place winners will be published in *news&views* for your reading pleasure, beginning here with the first-place winners in each category. ●

TRAVEL VIGNETTE

1st Place:	<i>London's Tribute</i>	by Charlotte Parker
2nd Place:	<i>Père Lachaise Cemetery</i>	by Maria Smyth
Honourable Mention:	<i>Castle on the Coast</i>	by Martyn Chapman

SHORT STORY

1st Place:	<i>Does My Bus Stop Here?</i>	by Albert Azzara
2nd Place:	<i>A Quiet Life</i>	by Marilyn Russell
Honourable Mention:	<i>Presto Finito</i>	by Mona Baco

POETRY

1st Place:	<i>Leaf Falling Day</i>	by Sylvia Peterson
2nd Place (tie):	<i>Nurse</i>	by Theresa Arcega
	<i>Lyric for My Friend</i>	by Janeen Werner-King





London's Tribute

Charlotte Parker

Everywhere I looked, people were carrying flowers. The jock. The grandmother. The child. The soldier. The teenager. The young mother. The elderly man. It seemed almost everyone had a bouquet.

I joined the steady stream of mourners as we walked into the square at the Victoria Monument. Just a few months prior Queen Elizabeth II stood for the last time on the balcony of Buckingham Palace while pageantry and fireworks celebrated her Platinum Jubilee. Now the balcony stood empty. The revelry was silent. The eyes of the world were fixed on the unfolding events following the passing of Her Majesty.

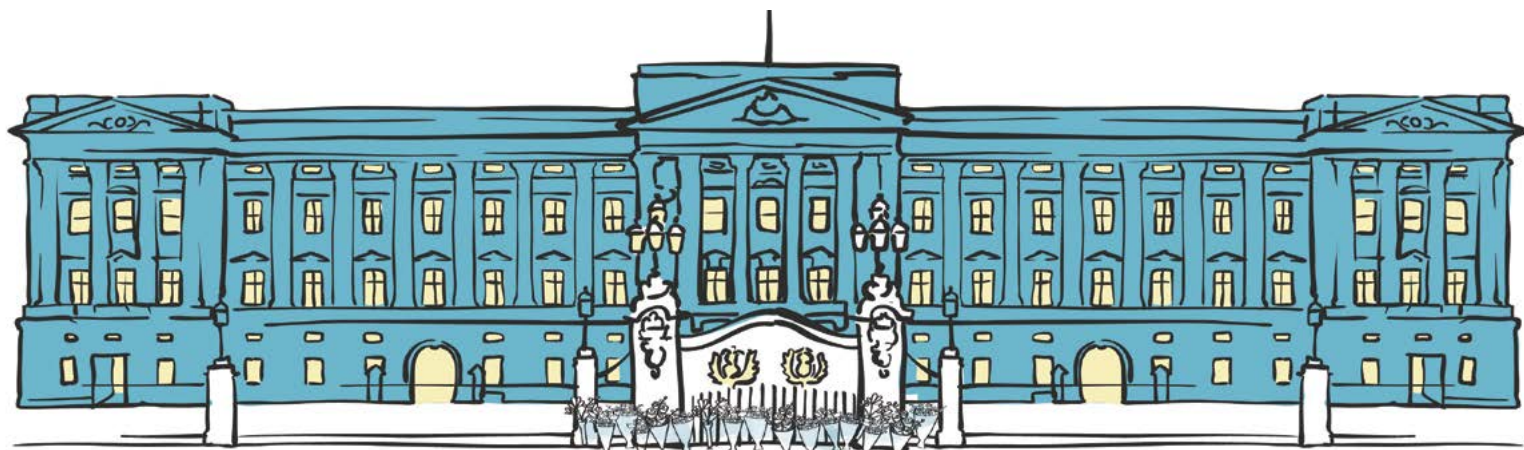
The palace gates seemed a cold backdrop to grief. Over the days since her death, floral tributes had been laid at this fence. Soon it was apparent that the square was being overwhelmed, so each flower had been carefully transported to nearby Green Park. I witnessed a city worker tenderly lift bouquets and carry them to his small truck for the move. His actions were achingly respectful.

On entering Green Park, the river of the sorrowful had broken into tributaries while people thoughtfully moved around the massive islands of bouquets. An overarching sacred quietness enveloped the space. I bent down to read notes of affection tucked among the flowers. No music

played. No speeches were given. There was not even a lingering sweet fragrance from the flowers. The simple carnation, the sunflower, the rose, and the hydrangea joined together in silent tribute.

I wandered out of the park with mist-filled eyes. I had come with arms full and now I was leaving empty handed. As I walked in a fog, I found myself a few blocks away at The Mall. It was sequestered from the usual traffic to the palace. There was a single crosswalk available. As I crossed the street, I turned and stole a photo of the naked corridor lined with flags before being shooed away by the security guards. In a matter of days, The Mall would host the Queen on her final journey.

By late afternoon I was back in our flat. I was watching the traffic below when I looked up and saw it. A double rainbow stood in the eastern sky. The teardrop prism encircled London like heavenly arms extended to comfort a country in grief. I was immersed in the grief of a nation and felt the shifting sands underfoot. It was a profound privilege. ●



2022 Writing Contest

SHORT STORY: FIRST PLACE

Does My Bus Stop Here?

Albert Azzara

An old woman in a frayed cloth coat and dusty hat sat in a bus shelter shivering, staring down the street for a long-awaited bus.

A small girl lugging an overstuffed backpack entered the shelter, sitting in the corner and setting her backpack as a barrier between herself and the woman.

"Does my bus stop here?" the woman asked. Silence. "On your way to school?" More silence. "Oh dear, here I am seated next to a lovely, deaf girl, and I, unable to converse in sign language."

"My mother told me never to speak to strangers."

"Well, I'm Emily Strongbow, Amy Hatcher, and now we're not strangers."

"How do you know my name? Are you psychic?"

"Your name is on your bookbag."

"Oh."

"Does my bus stop here?"

"What number is it?"

"I don't know."

"I'm on my way to Glendale School."

"I'm not."

"Oh."

"What's your favourite subject in school?"

"I like poetry."

"Really? I was named for a poet. Emily Dickinson. Do you know her poetry?"

"No."

"We had to memorize some of her poetry."

"We don't have many poetry books in our library."

"Would you like to hear some of her poetry?"

"Sure."

The old woman begins to respectfully recite,

Hope is the thing with feathers

That perches in the soul,

And sings the tunes without the words,

And never stops at all

"That's pretty. Oh here comes my school bus. I hope your bus comes soon."

She hefts her backpack onto one shoulder and hurries away. "And I hope we study Emily Duckerson's poems someday," she yells as she climbs aboard the bus.

"Dickinson!" the woman smiled as she waved.

A few moments later a municipal truck drove up and a stocky woman dressed in reflective clothing climbed out. She approached the bus shelter.

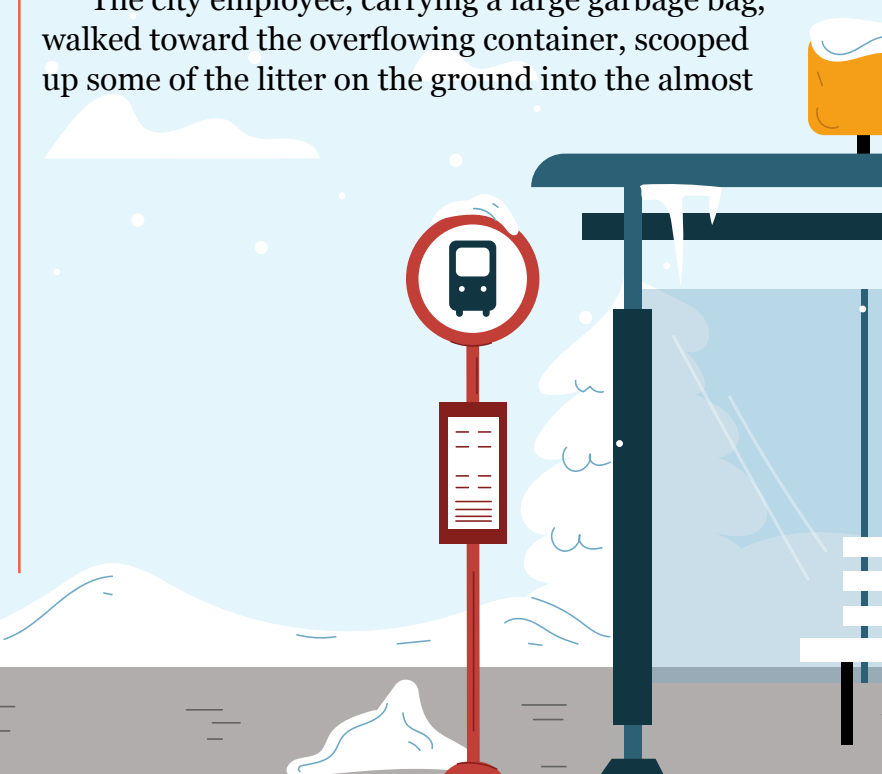
"Does my bus stop here?"

"Beg pardon?"

"Does my bus stop here?"

"That sign up there on the pole shows what buses stop here."

The city employee, carrying a large garbage bag, walked toward the overflowing container, scooped up some of the litter on the ground into the almost



full bag, lifted the bag out of the container, tied it off and replaced the bag. She started back to her truck.

The old woman spoke up, "I can't read the bus sign. It's covered with mud."

Looking up, the city worker smiled and shook her head. "Those kids," she muttered, "like to throw their mud balls. I've got something I can use to clean that sign."

After dropping the full garbage bag into the bed of the truck, she grabbed a long-handled squeegee, sprayed it with cleaning fluid, and wiped the bus stop sign clean.

"There, now you can see the numbers of all the buses that stop here."

"I...I can't remember the number."

The other woman frowned. "Listen, all you have to do is take any bus downtown to Sorenson Station. Someone down there can get you safely to where you want to go."

"You're very kind."

"I like helping people. This transit employee is at your service."

"Thank you....Doris," she replied, reading the name embroidered on the orange safety vest.

"You have a nice day, ma'am," the woman said as she climbed into her truck and drove away.

"Nice lady," the old woman murmured.

Just then a clean cut young man in a three-piece suit marched up to the bus shelter. He glanced up at the sign and frowned. "There's no arrival times on that stupid sign." He reached into his suit jacket pocket and removed a cell phone. Looking down at it, he scowled. "Low battery! And my damn car had a dead battery! Someone up there must really hate me! Son-of-a-"

"Does my bus stop here?" a voice interrupted.

"What??" He glanced at the old woman. "How would I know? I don't take buses!"

"Looks like you do today," she smiled.

"Dead phone! Dead car! Couldn't call for an Uber or a cab!"

"I think there's a taxi down at that corner."

"Great!" He runs off. "Taxi! Taxi!!"

"You're welcome," she whispered.

She stands and waves across the street. A man in a chauffeur's uniform appears.

"Are you finished for today, Mrs. Strongbow?"

"Yes, Saunders," she replied as she stripped off the old coat and hat, depositing them into the garbage container.

"Any instructions, madam?"

"Draft a cheque to Glendale School Library for \$1000 for poetry books. Send coffee and donuts for fifty to the Transit Department for the next week."

"Yes, mum, very good."

They crossed the street, and he opened the door to a black limousine.

"I think we'll try the northside next time. We'll see if my bus stops there tomorrow." ●





Leaf Falling Day

Sylvia Peterson

*Today is leaf falling day
I don't know another name for it
This is the warm autumn day
Following the first hard frost*

*I felt an urge to go to my old street
Now lined with tall strong trees
I remember: "Don't bend those branches, they will break"
My children already tall enough to reach the sapling's lowest boughs*

*The canopy above has turned a vibrant yellow
Save for here and there a splash of green
Clinging to the memory of summer
Leaf falling day*

*Not a leaf falling here or there but all together
One might expect a noise from ten thousand thousand leaves
Striking the earth
So softly they float down and spill the amber*

*There is no line to say here is the grass and there the road
A blanket covering the ground
Wishing sweet dreams until spring
The leaves are down, the branches bare*

It is leaf falling day •

Learning Music: Harmony for Me! Harmony for You?

Sandra Low

Does learning music have benefits? You bet! A 2020 article in *Psychology Today* listed five cognitive benefits:

- 1) **Concentration** — learning music requires sustained attention, which boosts the working memory in older adults.
- 2) **Self-discipline** — music training enhances impulse control, which leads to overall success in life.
- 3) **Empathy** — learning and listening to music leads us to reflect on the emotional and psychological content of the music. This promotes self-reflection, leading to increased empathy for others.
- 4) **Self-esteem** — learning an instrument increases self-confidence, which leads to a positive self-image.
- 5) **Protection against age-related decline** — neural plasticity is the foundation of the learning brain and is what keeps us young.

Does this list of benefits induce you to want to learn music? You are probably thinking “Am I too old?” No, you are not. I learned piano at age 52 with my first lesson in September of 2013. And during my second year of learning, I decided I wanted to have more accountability and be able to track my progress, so I learned Conservatory Canada repertoire. I did my first practical piano exam for Level 1 in June 2015 at 54. I am now studying for my Level 6 practical exam, and I plan to write my Level 8 music theory exam after that.

Learning piano has its challenges, but anyone committed to practising can succeed. Learning much later in life, I have done more than I thought I would. I thought it would be a hobby, but it became much more — it became a passion for me.

Finding the right teacher is the key to unlocking your music potential. For you to progress, you



must find a teacher who teaches in a way that fits your learning style, who has depth of knowledge, experience teaching adults, and many teaching tools in their toolbox. The teacher should also believe in your potential to succeed.

In writing about harmony, I am not thinking about the melodies I can play on the piano. I am thinking about a deeper harmony.

I know that my patience, my problem-solving skills, and my self-discipline have improved dramatically since I have learned music. My creativity is now high, where it was all but nonexistent before, and my self-confidence is at the highest point ever. Because of the joy I feel,

I believe that I have achieved harmony within myself and within my place in the world. I believe in my potential, and I know that my contribution will make a difference to the people, the communities, and the organizations I invest in. That is where that one decision to learn piano has taken me. I hope you will join me to see where it can take you. ●

After thirty-eight-and-a-half years as a medical lab technologist in molecular diagnostics screening labs, Sandra Low retired last year. She now has music, hiking, and volunteer work keeping her happily occupied.



Sandra performing at the Alberta Piano Teachers Association festival, March 2019



Hope & Harmony: Celebrating Thirty Years of Hope Studies

Ronna Jevne

People who live from a place of hope are more likely to live in harmony, even during times of adversity. But what do we really know about hope?

As the three of us stood on the steps of Hope House, a two-storey old home in Garneau on the University of Alberta campus, I turned to my fellow founding members of the Hope Foundation of Alberta and asked, “What if they don’t come?” Simultaneously, they replied, “They will come.” And come they did — teachers, nurses, social workers, administrators, and patients with various conditions (pain, Parkinson’s disease, brain injury, cancer). They came to the only centre in the world that researches applied hope. That was in 1992.

Thirty years later, this joint university–community centre, now known as Hope Studies Central, has just celebrated its thirtieth anniversary. Over the years, the centre has researched the nature and benefits of hope, developed a model of hope-focused counselling practice, and created a pedagogy of hope for schools and advanced education audiences. Here are a few of our historical highlights.

The SHARP Project

The good news is that hope can be learned. And where better to learn than in school? Over the past few years, Dr. Denise Larsen and Dr. Rebecca Hudson Breen have been piloting SHARP (Strengths, Hope and Resourcefulness Program for School Mental Health) with teachers and K–12 students in Edmonton schools. The purpose is to help teachers help students learn to be hopeful. Teachers ask students to think, talk, and write about hope in every subject. In a weather lesson, for example, Grade 6 students think about how they would cope in a natural disaster: where would they find hope?

Findings highlight that while students were observed to benefit from focusing on hope, teachers

also benefit from involvement in hope research. Many of the resources created can be viewed on the SHARP-SMH website (sharp.wp.educ.ualberta.ca).

The Teacher Hope Group

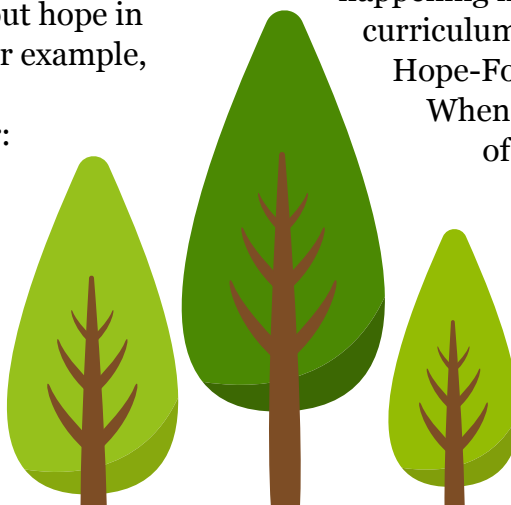
With Wendy Edey at the helm, teachers on long-term disability worked together for several years to design and apply hope strategies. Not only did the participants benefit, but their work helped the Hope Foundation secure funding for numerous group programs. The strategies refined in the teacher group were later used in training programs for social workers and other professionals. In addition, they were used to facilitate hope for groups of people with chronic pain, chronic illness, and progressive conditions like Parkinson’s disease and Alzheimer’s disease.

Hope Kids

A trademarked program from 2008–2018, Hope Kids began as a volunteer program for youth to inspire hope in the lives of residents living in continuing care centres. The tagline associated with the program was “linking generations through hope companionship.” Before long, groups of seven to ten Hope Kids, along with trained coordinators, spent an hour a week after school with groups of residents in care.

By 2008, teachers in classrooms became interested in finding ways to integrate what was happening in the Hope Kids program into the curriculum. This was the beginning of the Hope-Focused Service-Learning program.

When the service delivery dimension of The Hope Foundation closed, Dr. Lenora LeMay continued her work with professional learning communities (bit.ly/3Yg9UiW).



Hope Studies Certificate Program

In 2008, NorQuest College began offering the Hope Studies Certificate program for health care practitioners. Dr. Lenora M. LeMay, principal curriculum designer, has since used the learning(s) she gleaned from the Hope Studies Certificate program to support NorQuest Recreation Therapy students in an online practicum during the pandemic.

Hope and the Helping Relationship

Every other year, the University of Alberta offers a credit course called Hope and Helping Relationship at the graduate and undergraduate level. The course focuses on the theory, research, and practice of hope within classroom, counselling, and related professional settings. It addresses the impact of hope in individual, relational, and institutional contexts and explores current research in hope enhancement. It draws students from across disciplines.

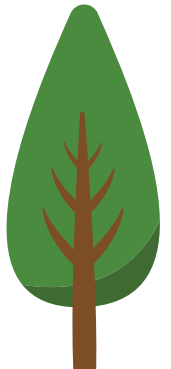
Hope Studies Hope-Lit Database

The Hope-Lit Database is a rich source of research and clinical reference material located on the Hope Studies website (bit.ly/3HMopUB). You will find references to validated hope assessments for adults and children, an extensive collection of hope research related to different populations, research and clinical articles on hope-focused practice, and a pedagogy to teach hope.

The Sphere of Influence

It is no wonder this research centre has attracted visiting professors on sabbatical, students from foreign countries, and graduate students who have conducted more than seventy-five hope-related studies. The influence crosses international borders with studies conducted in countries such as Ghana, Israel, and Australia. There is no way of knowing how many lives, from youth to seniors, have been touched by this three-decade effort to research and enhance hope. ●

ARTA member and professor emeritus, Ronna Jevne says of herself, "I laugh a lot, love deeply, and have a thirst for adventure. I believe life is not a problem; it is an experience to be lived." She and her husband now promote hope through the Prairie Wind Writing Centre.



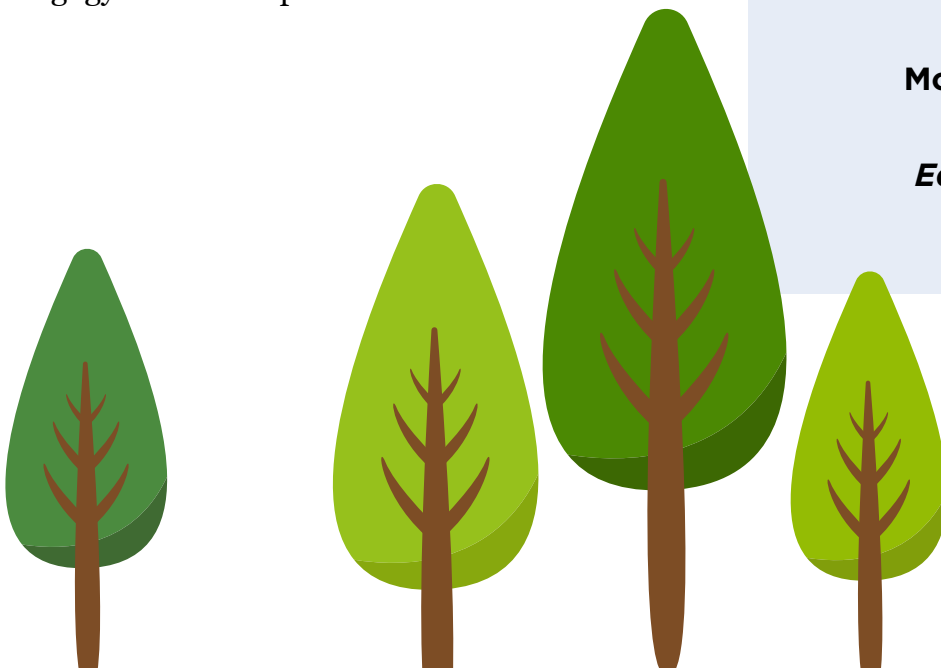
WANT TO READ MORE?

Hope Studies website:
bit.ly/3HMopUB

New Trail story:
bit.ly/3YkOuTH

More on the SHARP project:
bit.ly/3RKrtqj

Edmonton Journal feature:
bit.ly/3XeNihD





Travel

Delia McCrae | Article and Photos



Turning Misadventures into Passion

On my recent trip to Greece, a brief stop in Paris on our way to Athens was pure romance. That is, until we spent several days navigating a web of flight cancellations related to France's rotating transportation strikes. What a start to a vacation that became as memorable for its misadventures as its adventures!

A mishap occurred during our first night in Athens. I was preoccupied after receiving news that my brother-in-law had been moved into palliative care in Toronto. After turning off the bathroom light, I returned to bed only to roll off the edge of the mattress and onto the floor. Surprised, but uninjured, I repeated this simple manoeuvre of getting into bed. Ouch! When I fell a second time, I put out my right hand to brace my fall. That hurt.

My wrist was sore but not visibly fractured — according to the interested locals who directed me to a nearby private clinic. But the orthopaedic surgeon x-rayed and confirmed a break, then carefully set my wrist and placed it into a brace. My right wrist, lower forearm, and thumb needed to be immobilized for six weeks. I thanked the Greek gods for my travel insurance when I paid the bill.

The next day, a bus tour to Cape Sounion was the perfect antidote to this setback. Fatigued by this unexpected injury and uncomfortable in my sling, I soaked in the spectacular scenery as the bus wended its way along the sparkling, azure Aegean Sea and let the healing begin.

Columns of Poseidon's temple — built from marble around 440 BCE during the Golden Age of Athens — stood proudly on a cliff sixty metres above the sea. It was easy to envision the god of the seas keeping watch. This tangible connection between past and present resonated as I walked the ruins. The beauty of the site gave me deep appreciation for the wisdom and creativity of Greece's early inhabitants.



Later that day at the Placa, Athens' magical centre that percolates with warmth and excitement, soft golden hues of evening lit hillside pathways surrounding the Acropolis and Parthenon. It was awkward to photograph the citadel and city rooftops with my left hand, but once again, I felt the past meld into the present.

Crete was next. On this warm and visually stunning island paradise, the pace of life is slow. Fuchsia bougainvillea line island highways and hills are covered with olive trees. Friendly tavernas serve fabulous food without fail.

But even in paradise, things can go wrong. The magical aura of life on Crete took a turn when I began to get itchy bites. I've always attracted biting insects, even when others are not bothered in the least. The numerous swollen bites on my forehead and face caused concern; I worried they'd leave permanent scars. A pharmacist disagreed, assuring me they were only insect bites and would disappear. All the antihistamines, anti-itch creams, and potions (including Cretan donkey-milk soap) gave little relief. I vacuumed the walls hoping to clear our rental of insects. In the end, I concluded the culprit was the family dog.

Still, there was lots to see and do. Crete's picture-perfect beaches, small villages, and home-style meals, served cheerfully in seaside restaurants, helped take my mind off the insect bites.

One evening, after a long-awaited dip in the Mediterranean at Kalyves, our car battery died. Several friendly local gentlemen came to our aid. One dashed off on his bicycle, returning with a long extension



cord that was plugged into a socket in a nearby café. When this solution failed, the group of men conversed in Greek at length, then one commandeered a car and a set of battery cables. Success! The motor turned over. Everyone cheered and waved as my husband and I headed back down the road to Rethymno.

We decided to follow up on another recommendation for swimming on the other side of the island. But, as we joined sunseekers at Plakias, the sea blackened, waves churned, and wind blew sand in our faces. Clearly the Greek gods were messaging us to stay out of the water.

Knossos, Europe's oldest city, near Heraklion on the north coast of Crete, was a must-see before setting off by ferry to Santorini. On Santorini we joined tourists from across the globe who flock to see this picturesque island's iconic white-washed cliffside villages, blue domed churches, and the glorious sunset at Oia.

Alas, it was time to go home. On our first flight homeward, an object dropped from the luggage bin and hit my head. While walking to our next departure gate, I held an ice bag to my head, kindly provided by a flight attendant for my goose egg.

But I didn't let the misadventures prevail — Greece's rich culture had already reignited my passion for life! ●

Delia McCrae taught high school Spanish in Edmonton, having earned a master's from the University of Salamanca, Spain, to accompany her MEd from the University of Alberta.



What Harmony Means to You

In our winter issue, we asked:

What does “harmony” mean to you?

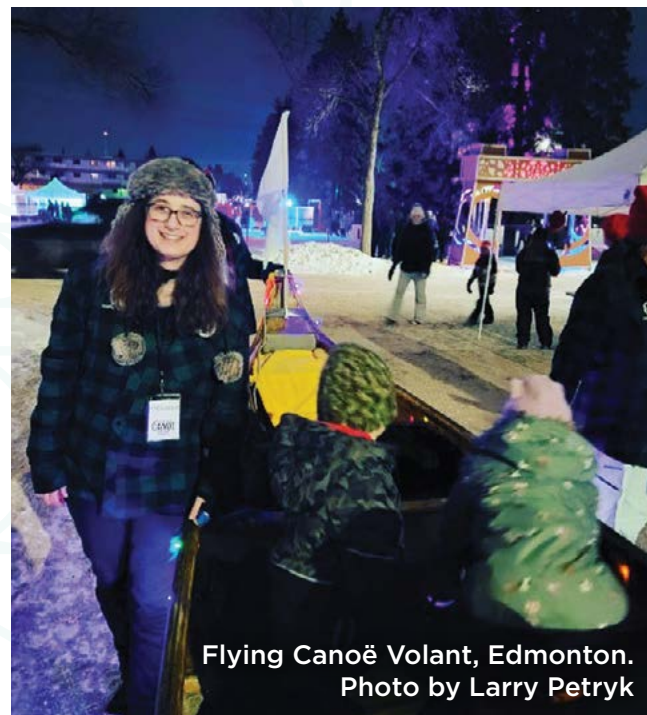
Where do you find or create harmony?

Here are how some readers responded:

Sherry Heschuk

Retired teacher, Edmonton

Sherry Heschuk took her students, whom she teaches remotely in Lyiv and Kyiv, Ukraine, to the Flying Canoe Volant festival as part of her volunteering for Smart Osvita. Sherry wrote a love poem to the water and watersheds in Ukraine. See the March ARTAfacts for the love poem Sherry wrote to the watersheds in Ukraine.



Flying Canoe Volant, Edmonton.
Photo by Larry Petryk



Isabelle Durand

Retired teacher, Comox

For me, Harmony is being able to feel one with the moment. I feel grateful that I discovered painting with alcohol ink as it allows me to create peaceful moments with that medium.



Angkor Thom, 2011

Janet Wees

Retired teacher, Calgary

This face and the profiles around it just exude harmony! A watercolour of these ancient Khmer face sculptures hangs on my wall, and feelings of harmony and joy overcome me when I look at it. This face signifies serenity which, in my vision, goes hand in hand with harmony.



Evelyn Tait
Retired government contract manager, Calgary

My husband John sitting on the edge of our deck overlooking the pond, with 8-year-old grandson Theo, which I think is appropriate as an example of harmony. They were talking about the many insects, including bees flitting amongst the flowers with my husband explaining how all of us creatures on earth must live together harmoniously to survive.

Ron Jeffery
Retired teacher, Calgary

At one with nature



Banderas Bay, Mexico

Contemplating our lives



Jasper Park Lodge



Harmony and Balance Through History

Jane Thrall

Harmony is a well-known musical term meaning the confluence of two or more individual notes, chords, or sounds to create a pleasurable outcome.

I'm definitely not a musically inclined person; I grew up in a home with little exposure and never found myself interested in learning to play an instrument, sing, or even listen to music. So, harmony as it relates to melody wasn't my first thought when asked to write about the subject.

For me, the word elicits thoughts of personal harmony or being in harmony with oneself and one's surroundings. I think of this as harmonal balance; being in tune not musically but spiritually. If you believe that we are all interconnected, that what we do matters in the world, then this balance is the essence of being part of society.

The concept isn't new — it's likely that harmony with others has been an important part of our evolution for millennia. Our ancestors lived together in like-minded groups, hunted together, and shared their surroundings with the wildlife and plants so important to survival. This societal and environmental kinship would have been key to their continuity. Their historical relationship with nature was one of harmony with the rhythms of the land, animals, and plants.

As distinct monocultures formed around the globe, so did their unique concepts of balance.

In ancient Greek mythology, Harmonia is the goddess of (you guessed it) harmony, particularly interpersonal relationships. She was given a necklace crafted by Hephaestus, blacksmith of the gods, on her marriage to Cadmus. The necklace allowed the wearer to remain forever youthful and beautiful; however, it brought misfortune to all who wore it.

Eris, the goddess of strife and discord, counters Harmonia. Eris took pleasure in war and bloodshed, encouraging conflict between people. She most famously tossed a golden apple enshrined with the words "To the most beautiful" into a feast of the gods, thus instigating the Trojan war.

In Roman mythology, Concordia is the goddess of agreement, sometimes depicted as holding an olive branch. She personifies balance and harmony in marriage and appears on several ancient Roman coins.

Chinese culture features the complementary forces of yin — the female energy — with yang — the male energy. Yin is dark, cold, and of the earth; while yang is light, warm, and from the heavens. They are believed to exist in harmony in the centre of the earth, but when out of balance the planet can experience natural disasters such as earthquakes, drought, and flooding.

Buddhists strive for relational harmonies: individual, interpersonal, family, social, and world harmony. Complete harmony is reached by eliminating the cravings for power, wealth, and pleasure and the desire to cling to one's beliefs and possessions. The teachings of Buddha stress the need to reduce conflict within ourselves, in our relationships, and throughout the world.

When we put our individual needs ahead of those of our family, our community, or the planet, the results can be dire. We are now in the sixth mass extinction, this time brought forth largely by our own doing through population growth, excessive land use, and poor management of resources — particularly water.



So many of us are vastly out of harmony with our planet. Not all, but many people no longer feel the harmony and balance of being part of the world they live in.

The practice of meditation is thought to help promote mindfulness, balance, and harmony. It has its origins in the spiritual traditions of Buddhism and Hinduism. Meditation for even short periods of time can reduce anxiety, enhance focus, and improve sleep quality.

Hinduism also focuses on yoga as a means to improve health and mental clarity. I've done my fair share of yoga over the years, but I'm by no means a regular participant; I'm about as flexible as uncooked pasta. But for me the best part of yoga has been the improved connection to my body. The breathing, the listening, the awareness — they all combine to provide a sense of harmony. A sense of fluidity.

There's a certain harmony in many parts of our lives: the way large herds of caribou roam the tundra, butterflies migrate with the seasons, or birds fly in murmurations. As the seasons change, spring rains lead to new growth, summer holds hope for plentiful crops, and autumn brings thoughts of cooler weather to come.

Many of us have distanced ourselves from nature, putting concrete between us and the environment. It's this distancing that has resulted in our ability to ignore (or at the very least overlook) the damage that we are doing to our world.

Harmony is balance, whether in music, nature, or life. Balance is something we should all strive to achieve. ●

Jane Thrall may not be musically inclined, but she finds harmony in yoga, meditation, and the pursuit of a lower handicap.



Pension & Financial Wellness

Sheila MacKay | Member, ARTA Pension & Financial Wellness Committee



Harmonious Enhancement of Retirement Sources

ARTA's Pension & Financial Wellness Committee recently sponsored the webinar, "Enhancing Retirement Sources." Rick Harcourt from Capital Estate Planning Corporation explained how to responsibly take money out of our savings, specifically Registered Retirement Income Fund (RRIF) and guaranteed products such as annuities. Mr. Harcourt offered this summary of the webinar.

The essence of the webinar was to show members how "flexibility" vs. "guaranteed balance" works and to teach strategies to decide which route (or combination of routes) can harmoniously enhance our retirement income streams.

When we've spent most of our life saving, how do we approach getting our money back out? Most financial literacy is directed toward the accumulation phase of savings — encouraging people to save, teaching various concepts, and so on. At a certain point though, we reach the stage of decumulation — taking our money out. Typically, this happens at one of two times:

- When we need it. This will vary depending on the household. For some retirees, they'll use it as a top up to bridge the gap between when they retire and when federal government benefits like CPP and OAS start. For others, they will keep the bulk of their savings intact in case of an unforeseen expense, or for future expenses like long-term care later in life.

- At the end of the year when we turn 71. The Canada Revenue Agency says that you can no longer tax shelter your RRSP; you must employ one of the following income options.

**Stay tuned for more
webinars from the Pension
& Financial Wellness
Committee**



Income Options

Generally, when we take money out of our RRSPs, we have three main options:



- **Cash it out.** Money can be taken out of your RRSP in a lump sum payment at any time. When you do this, it gets added to your income for the year. A large sum could quickly put you into a high tax bracket in that year of withdrawal. You'll pay an upfront withholding tax at the time of withdrawal — 10% for \$5,000 or less; 20% for \$5,001 to \$15,000; 30% for over \$15,000. This isn't a strong option for most people unless they need cash immediately.



- **Convert your RRSP to a RRIF.** With a RRIF, you continue to invest your funds, like you did with your RRSP. You only pay tax on the amounts you withdraw — the rest continues to grow tax-sheltered. You'll have regular payments — for most people, this will be the RRIF minimum set by the government. At age 71, the minimum withdrawal is 5.28% of the RRIF balance, but if you need to take extra funds out at any time, you can — you control these. The minimum withdrawal percentage increases each year. For RRIF payments, you'll have the option of deciding how often you'd like to take your money out — yearly, quarterly, or monthly. Some prefer to get one lump sum per year. Check with a professional adviser on specifics for your individual situation.



- **Use an annuity.** An annuity places a lump sum of money with a financial institution, and in exchange, you receive a guaranteed monthly amount for the rest of your life. Annuities can be a good choice for anyone for whom RRSPs are the primary income source or who may have a defined contribution pension from their employer that will pay out as a lump sum. There are many options with annuities so talk to a professional financial planner for the annuity that works best for your situation.

Some people find that when these withdrawals start, they don't need the funds for their daily budgets. If you haven't yet maxed out your Tax-Free Savings Account, Harcourt suggests this is a great place to put those funds until you need them. The funds will be invested, continue to grow, and you can take them out tax-free whenever you need them. The TFSA also has no upper age limit so you can keep it for life if you wish.

Which way makes sense for you? It will depend on your priorities: certainty versus control, guaranteed monthly payments versus something in the bank. As a family, it also depends on your other sources — for example, whether you're accessing two pensions or one.

For those looking for harmony in their financial decision making, talk to a professional financial planner to help walk you through your options. This is never a decision you need to make on your own. ●

Sheila MacKay retired over ten years ago and is now looking forward to discussing new ideas with her financial planner.



Wellness

Ron Jeffery | Member, ARTA Wellness Committee

Transitioning from Work/Life Balance to Retirement/Life Balance

Retirees have transitioned from dealing with work/life balance to retirement/life balance. Do we know what that means? Are we ready? Are we achieving the results in retirement that we have set for ourselves?

When I began my teaching career in 1976, the excitement was palpable. There were no computers or social media. There was a traditional-looking classroom with a teacher's desk at the front, a blackboard and chalk, an overhead projector, and for "high tech" media — a 16 mm projector and screen. The most powerful part was my classroom of thirty-two students, textbooks, and me. There was, however, a television that was a sign of things to come!

What I wasn't prepared for was just how involved I would become at "work." I began teaching summer school and adult education at night; worked on my MEd at university; became involved with the ATA Social Studies Council; coached basketball; began journal writing; became involved in school productions; and eventually participated in educational travel with my students to forty-eight countries by the end of my career. These activities, however, were related to my "work" at school and commitment to my profession. For fun, I became involved with the '88 Calgary Olympics, played trombone in a swing band, and was an educational consultant for CBC Newsworld that evolved into a daily news program for the schools.

I mention the above to highlight just how busy we all were during our careers, embracing the profession we loved. There are a multitude of similar personal stories.

Work-Life

My life balance? I had a wonderful family at home with my wife and two sons. At the time, the last thing on my mind was retirement. I was too busy "living."

It all came undone as I reached possible-retirement age thirty years later, although it was not something I was planning. One spring weekend in May our sons and grandchildren made a surprise visit from Edmonton and Saskatoon. I had a stack of IB exam papers with marks due on Monday, and when my wife Linda called me down for Sunday brunch, I told her that I had to finish the marking and could only join for a short time. Linda then told me I had to get my priorities straight and balance home with work.

I retired from full-time teaching after a thirty-year career a month later and moved into a less onerous job in educational travel where I could work mainly from home. What I remember the most, however, was the Calgary Board of Education retirement banquet where more than one retiree at our table was in tears and traumatized by stopping their work life with no plan for what was to come.



Retire, Refire, Rewire

For most of us, planning for retirement meant financial planning. It meant looking forward to time with friends and family and doing the things you “never had time for.” And it is essential to look for harmony between what was and what is to come.

What we could not foresee, however, were other life challenges that would play a role in our lives and retirement plans. These include personal and family health issues; losing friends and family members that were an integral part of our lives; an awareness of our own mortality and the realization we might not achieve all the goals we had set for ourselves and our family. This doesn’t need to be negative, and with the right perspective, can create possibilities.

Possibilities

What was your bucket list? Are there things you can still achieve either with help or individually? Do you have a purpose each day for what you can achieve?

Have you taken advantage of the myriad activities and programs for seniors? Are you starting a new hobby, learning a new skill, working with children, volunteering, reading at the local library, journaling your life, or sorting through those photo albums to pass along the stories and history to your family? There are always things we can do in retirement that we could not do when working. The key is to create harmony between your interests, capabilities, and opportunities and act on them — again creating purpose in your life.

Purpose

Develop an assessment list of the goals you have set and achieved. Create another list of strategies for how to achieve the remaining goals and the resources required.

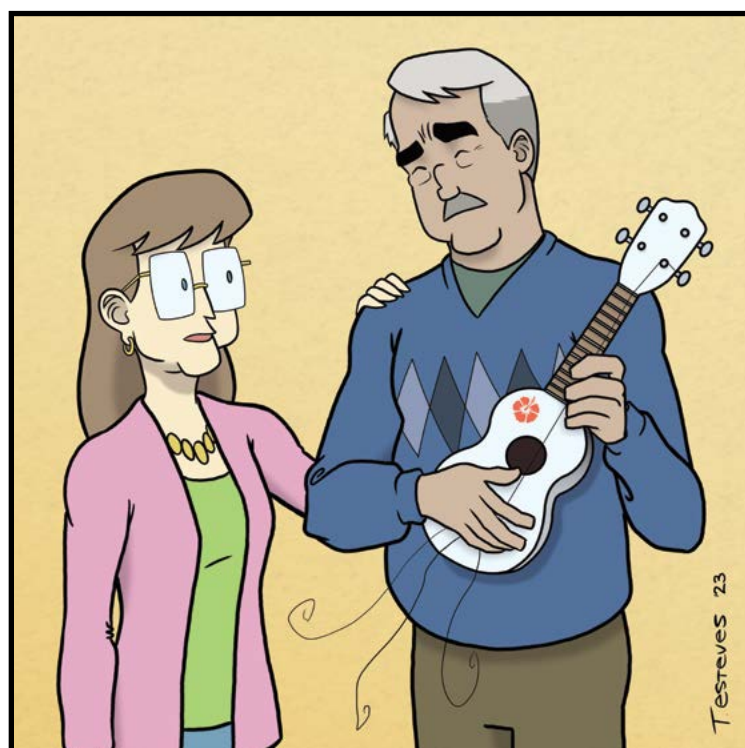
Harmony in retirement comes both from within and your connections to your own world. It comes from recognizing the possibilities.

What we have to do is “un-retire” from our retirement!

Whatever time we have left, with whatever limitations we might encounter along the way, can and should be meaningful.

Follow the Japanese concept of *ikigai*, which translates to “your reason for being.” •

After a career with the Calgary Board of Education, Ron Jeffery spent years organizing educational travel. He and his wife Linda now host longstay tours for retirees and are currently in Portugal for a month. He continues his passion for photography and volunteering with ARTA and CRTA committees.



Just imagine how much easier it is to learn to play one string.



Fitness

Leon W. Browder



The Mountains Are Calling — Take the Bus!

How often have you heard someone say, “We are so fortunate to be living in Alberta”? I hear it often on Tuesday, which is my hiking day. I belong to one of the “day of the week” hiking clubs for seniors in Calgary. Each club takes a coach-style, 55-passenger bus to various trailheads in the mountains west of Calgary. How fortunate that we live so close to such incredible terrain that provides us with outdoor physical activity year-round. We all know that outdoor physical activity benefits both our physical and mental health, but what are the impediments to doing it regularly? The biggest is probably that one- to two-hour drive, often in poor driving conditions. For me, the drive home is the worst. I’m tired, the traffic can be stressful — particularly around rush hour, which is when you are returning from a long day of hiking, snowshoeing, or skiing. The bus makes that ride home a pleasure.

The bus is a beehive of chatter during the morning drive to the trailhead when we catch up on each other’s week gone past or meet a new club guest or member. Without the need to focus on the road, we can enjoy Alberta’s fantastic scenery. Often, someone on the bus says, “Look at the sky!” Looking back over our shoulders, the sun rising in the east has the sky dazzling with colour. But, for me, the biggest treat is riding down the Kananaskis Trail and marvelling at the mountains in the morning sun. I never cease to be amazed at their grandeur. The anticipation of soon being on the trails rises.

Each day’s activities have been curated and organized by our trail master and the day’s trip

leader. When we arrive at our destination, we split up into groups based on how comfortable we are with the difficulty of terrain, distance, and elevation gain. In the winter, we also split between cross-country skiers and snowshoers. Each subgroup has its own leader familiar with the trails who makes sure we stay together and tracks any difficulties that individuals might encounter. If difficulties are encountered, the trip leader can be contacted by two-way radio.

At the end of the day’s activities, the trip leader shepherds everyone on the bus and counts to make sure everybody is accounted for (probably the hardest job the leader has: Was that fifty-four



or fifty-five? Got to count again.) Once everybody settles down, the count is verified, and the ride home is underway. The drive is more subdued than it was in the morning, as many of us will take a well-deserved nap (guilty!). Once the bus pulls into the parking lot back in Calgary after another fantastic day in the mountains, we are again convinced that, indeed, we are fortunate to live in Alberta. ●

Leon W Browder, President of the Seniors' Outdoor Club of Calgary, is also Professor Emeritus of Biochemistry & Molecular Biology and Oncology at the University of Calgary. Next Tuesday, Leon will be heading out where the trip leader and Mother Nature suggest the best conditions.

Calgary's Day of the Week Hiking Clubs

- Monday:** MnM Outdoor Club
mnmoutdoorclub.ca
- Tuesday:** Seniors' Outdoor Club of Calgary
calgary-seniors-outdoor-club.ca
- Wednesday:** Second Sixties Outdoor Club
secondsixties.ca
- Thursday:** Evergreen Seniors Outdoor Club
evergreenoutdoorclub.org/get-in-touch
5th Dimension Outdoor Club
5thdimensionoutdoorclub.com
- Friday:** Skrastins Senior Outdoor Club
skrastinsoutdoorclub.ca

Other Calgary clubs use carpooling for transportation. They include

- FLC Seniors Outdoor Club
flcseniors.ca/activities/outdoor
- Slow & Steady Hikers
meetup.com/Slow-and-Steady-Hikers
- Westwinds Seniors Outdoor Club
Wednesdays (May-October)
westwindsseniorshiking.com

**Search out other
outdoor clubs in your area,
for example:**

Edmonton Outdoor Club
edmontonoutdoorclub.com

Central Alberta Mountain Club (Red Deer)
camchiking.ca

Chinook Outdoor Club (Lethbridge)
chinookoutdoorclub.com

Some members of the Seniors' Outdoor Club of Calgary at the peak of a day's hike.

Photo by Mary Rappel



Fun and Games



Z	G	F	G	U	U	M	W	A	P	S	T	U	G	E	H	O	H	J	F
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C	Y	O	T	X	D	H	K	L	S	F	N	T	Q	T	F	R	A	I	Z
H	W	Y	O	C	Y	T	D	Q	O	P	I	L	I	U	H	A	X	J	W
O	M	H	W	P	C	Y	F	R	Z	D	A	N	Z	N	D	P	O	Z	D
I	I	U	R	M	E	H	N	W	U	C	I	C	I	E	X	P	P	N	F
R	C	H	S	W	T	R	F	X	N	M	W	O	R	T	R	O	H	T	R
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S	L	B	R	X	C	W	S	T	M	Z	G	O	J	S	C	T	N	W	E
W	L	P	O	Y	X	A	K	A	I	O	C	V	C	Q	F	O	E	S	N
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O	Z	T	E	Q	Z	W	A	M	V	M	A	W	Y	E	R	W	C	G	I
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V	T	R	A	N	Q	U	I	L	I	T	Y	A	I	Y	P	T	N	O	U
H	Z	T	K	V	G	F	B	V	V	X	I	M	S	V	G	H	R	E	M
A	I	H	A	R	M	O	N	Y	K	Y	Y	O	Z	L	I	E	O	A	T
R	E	I	I	X	N	A	L	Z	B	J	H	Z	Q	O	I	T	G	N	L
P	D	U	L	C	E	T	G	C	H	I	M	E	S	N	H	I	Y	Q	Y

TRANQUILITY
ORCHESTRAL
MELODIOUS
CLARINET
MUSICAL
CHIMES
VOCAL

COOPERATION
CREATIVITY
SYMPHONY
RAPPORT
HARMONY
RECORD
CHOIR

FRIENDSHIP
SAXOPHONE
AFFINITY
GUITAR
DULCET
VIOLIN
DRUM

CELLO
FLUTE
HARP
TUNE
TEAMWORK
RHYTHM

Answer key to the word search at arta.net/found



2023 Wellness Challenge

Jennifer Hope | Manager, Marketing & Promotions



Time to Get Active: ARTA Wellness Challenge

Many of our members look forward to participating in ARTA's annual Wellness Challenge year after year, and the enthusiasm is always encouraging. ARTA's Wellness Committee has switched up the challenge this year, with a fresh new feel. The goal of the Wellness Challenge has always been to motivate people to be more active; this new version makes it easier than ever to participate.

Adults get the most value out of exercise when they do at least 150 minutes of aerobic activity at a moderate pace each week. That might sound like a big commitment, but when you break it down, it amounts to only half an hour of physical activity per day five days a week.

This year's Wellness Challenge asks members to track at least thirty minutes of activity per day and submit their results to contests@arta.net or to their branch president.

How it Works:

1. On the next page, you will find three calendars for the months of April, May, and June. Each day you get your heart pumping for thirty minutes and check off that day's box in the calendar to track your progress. You can also find printable calendars with sixty suggested activities on arta.net/wellness-challenge.
2. At the end of the challenge, submit all three calendars to be entered to win one of many fantastic grand prizes. **If you belong to an ARTA branch, submit your results directly to your branch president**, and you will be helping your fellow members compete at the branch level.

Bonus Challenge:

At the end of each month, submit a picture of your wellness calendar to contests@arta.net for the chance to win random draw prizes for participating in the challenge, regardless of how many checkmarks you've earned. ●



One of the main triggers of non-communicable diseases is a sedentary lifestyle. By doing

30 minutes of physical activity

a day, the chances of them appearing decrease significantly.

bitly.ws/zVc2



Exercise increases the production of cells in the hippocampus responsible for **memory and learning.**

bitly.ws/zVcc





2023 Wellness Challenge

APRIL 2023

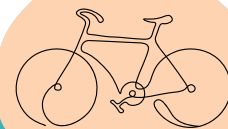
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						1
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2	3	4	5	6	7	8
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23	24	25	26	27	28	29
<input type="checkbox"/>						
30						

MAY 2023

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28	29	30	31			

JUNE 2023

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4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	12	13	14	15	16	17
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	19	20	21	22	23	24
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25	26	27	28	29	30	



Visit arta.net/wellness-challenge for 60 suggested wellness activities for **ARTA's 60th ANNIVERSARY.**

BONUS CHALLENGE

Submit your calendar at the end of each month to contests@arta.net to be entered into a random prize draw.

SUBMIT YOUR ENTRY

AFTER JUNE 30

Email your completed entry to contests@arta.net or mail it to:

ARTA Wellness Challenge
15505 137 Avenue NW
Edmonton, AB T5V 1R9

Name: _____

Member #: _____

Branch (if applicable): _____

From Our Partners

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



Benefits of RVing in the Spring

Spring is a great time to hit the road and explore. From late March to late June, the season's fresh air and sunshine complement an RV vacation. Motorhomes and trailers let you enjoy the comforts of home while discovering new and exciting places. With a spring trip, you will experience smaller crowds, forgiving temperatures, fewer insects, and opportunities to save money.

Here are some benefits when considering a springtime RV vacation!

Breathe Fresh Air

Spring provides the perfect conditions for being outside — not too hot or too cold. Fresh air lowers your blood pressure, reduces stress, increases energy, hones focus, improves mood, and helps you sleep.

Move Your Body and Get Some Vitamin D

Shake off the winter blues and get moving. Head to a campsite where you can find plenty of exercise opportunities like hiking, biking, fishing, kayaking, bird watching, and playing. Your body will benefit from the boost of vitamin D to support your immune system and strengthen bones. Whether you sit in a chair by the lake, hike along a local trail or play card games at a picnic bench, soak in the sun as you boost your health and wellness.

Stay Comfortable and Encounter Fewer Insects

Hot summer temperatures can make the outdoors uncomfortable. Cooler spring temperatures mean you can spend time outside without worrying about the heat and enjoy fewer mosquitoes, ticks and flies. It's still important to wear long pants in the woods, drink plenty of fluids, and pack sunscreen and bug spray.

Experience Lighter Crowds

Lighter crowds in the spring also mean less noise and more room to spread out. Prime RV and camping sites are also more available.

See Wildlife

Wildlife delights in the outdoors in the spring. This is a great opportunity to connect with nature and be entertained by wildlife. Use your photography skills to capture beautiful pictures of nature. Respect your surroundings by viewing wild animals from afar, removing garbage promptly, and locking your RV doors.

Save Money

Campsite and RV rental prices are generally cheaper during the off-season. Consider borrowing or renting the equipment you use infrequently.

Whether you buy or rent an RV, trailer, or motorhome, you will want to ensure you have the necessary insurance coverage. Before renting an RV, review what insurance coverage is included before committing. Call your broker for a full explanation of the coverage being offered.

If you are buying an RV, you will need to buy more coverage through your auto insurance provider. Talk to your insurer about adding coverage, and you may be eligible for a bundling discount. ●



If you are interested in getting a quote for motorhome or trailer insurance or have questions about adding an RV to your current insurance policy, call a TW Insurance broker today at 1-888-338-2685.

IN MEMORIAM

The song is ended, but the melody lingers on.

—Irving Berlin

Richard Theodore Asp

Wetaskiwin

Vladimir “Vlad” Brecka

Olds

John F. Brosseau

Edmonton

Frank Oscar Capron

Crowsnest Pass

Janet Margaret Clark

Edmonton

Robert “Bob” Bruce Cockell

Edmonton

Mary Anne (née Lubin)

D’Andrea

Lethbridge

Diane (née Dubois) Erickson

Medicine Hat

Susan Elizabeth (née Amatt)

Flower

St. Albert

Laurie (née Latoski)

Garriock

St. Albert

Mary Lynne (née Whetter)

Gould

Edmonton

James “Jim” Edward Goulet

Calahoo

Marilyn Shirley Kay (née

Wicke) Gullett

Calgary

Lee Clair Handy

Calgary

Lois Florence (née Morris)

Hawkins

Calgary

Arthur “Art” Horovitch

Cornwall, ON

William John “Jack”

Huggins

Lethbridge

Margaret Macdonald (née

Buckerfield, formerly

Barnes) Hugo

Calgary

William Gordon Jasper

Calgary

Beatrice “Bea” May Johnson

Lethbridge

Donna Marie (née Brown)

Kauffmann

Calgary

Peter Allan Kleparchuk

Edmonton

Edward “Ed” L. Knox

Lethbridge

Mary Knox

Sherwood Park

Ann Kostiuk

Calgary

Betty Hope (née Porter)

Lander

Calgary

Anne Julia (née Pek)

Lindgren

Camrose

David John Lynagh

Lethbridge

Cindy Lee Martin

Edmonton

Donald Evan Macdonald

Sidney, BC

Larry Hector MacKenzie

Calgary

Donald Douglas “Doug”

McDavid

Edmonton

Sharon Kathleen McGrath

Edmonton

Ed Meyerhoffer

Claresholm

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

Ken Murray
Pincher Creek

**Tillie B. (née Hammel)
O'Donnell**
Lethbridge

**Maureen Elizabeth (née
Grant) Pelensky**
Edmonton

Keith Michael Samuels
Calgary

Leonard Gordon Simpson
Edmonton

Gordon David Skeels
Edmonton

Joseph “Joe” Walter Stockal
Wainwright

Sylvia Agnes Strom
Bow Island

**Judith Ann “Judy” (née
Sippel, formerly Garossino)
Stuehrenberg**
Cochrane

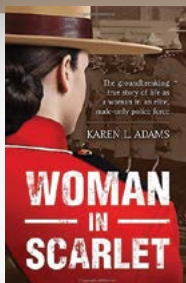
**Mary Demetrius
(née Mycyk) Tebo**
Calgary

**Vernon “Vern” Richard
Turner**
Edmonton

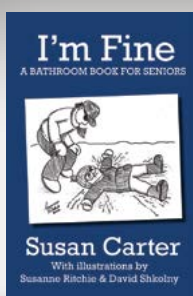
John Jacob Visser
Didsbury

**Elberta Maud (née
Christensen) Wilson**
Lethbridge

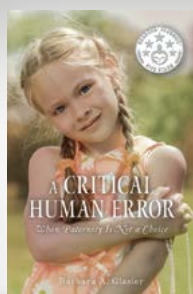




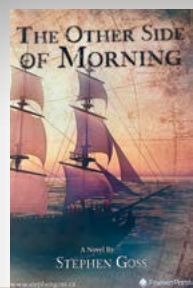
Woman in Scarlet by Karen L. Adams. Adams Enterprises, 2019. Memoir. The trail-blazing journey of one of the first female officers in the RCMP. It's a tale of fun and joy, of struggle and disappointment.



I'm Fine: A Bathroom Book for Seniors by Susan Carter. PageMaster Publication Services, 2022. Memoir. Susan tells sixty-nine stories that relate to her life. These stories grew out of her ability to laugh at the annoying "senior" things in life.



A Critical Human Error: When Paternity Is Not a Choice by Barbara Glasier. Friesen Press, 2020. Fiction. A heart-warming multi-generational story, part mystery, part affecting romance, that will tear at your heartstrings and restore your faith in human nature.



The Other Side of Morning by Stephen Goss. Friesen Press, 2022. Historical fiction. Personal triumph, tragedy, political nuance, and the power of one man's indomitable will: *The Other Side of Morning* is an immersive journey into pre-colonial India.

ARTA Bookshelf: Anyone interested in reading further is welcome to search out these books through the publishers or other book sellers. While we proudly celebrate our authors, displaying them on the Bookshelf is not an endorsement of any of these books.

With a photo of the book cover, a few publication details, and a 25-word description of the book, ARTA members who are recently published have a chance to share their success with our readers. Send details to nveditor@arta.net. The ARTA Bookshelf is available at no cost; paid advertising opportunities continue to be available through marketing@arta.net. ●

FREE hearing aid trial for ARTA members & family

Love your ears with



As the spring weather arrives, it's the perfect time to get outside and make new memories with your loved ones.

To help you make the most out of the season, we are offering all **ARTA members and their family a free trial of our top-of-the-line hearing aids for 30 days.***

At your appointment, you will receive a **FREE** hearing test* – no referral required – to determine your eligibility.

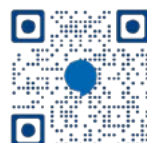
Plus, ARTA members and their family get an extra 10% off the final purchase price of hearing aids.**



Book your FREE hearing aid trial today!*



National
Affiliated
Partners



Use your phone's camera to scan the code to visit **HearingLife.ca/ARTA-TBYB**
OR call us at **1-888-904-1621**
Use **MAG-TBYB-ARTA** to claim this offer

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. This promotion is valid for select hearing aid models and cannot be combined with more than 1 promotion or discount unless stated otherwise. **The extra 10% will be applied to the remaining balance on hearing aids and accessories after all other discounts (if applicable). Offer applies to private sales of select hearing aids and discount is applied after government funding has been deducted. Please allow 45 days for Miles to be posted to your Collector Account. Some conditions apply, see clinic for details. AIR MILES available only at participating locations. ®™ Trademarks of AM Royalties Limited Partnership used under license by LoyaltyOne, Co. and HearingLife Canada Ltd. Offers not valid in Quebec. Offer expires 05/31/2023.

RETURN UNDELIVERABLE ITEMS TO
ALBERTA RETIRED TEACHERS' ASSOC.
15505 137 AVENUE NW
EDMONTON, AB T5V 1R9



**Committed to ARTA members
from your first quote to
when you need us most.**

**"It's very rewarding to work closely
with ARTA members and find the
insurance products and services
that suit their needs."**

*Laurie Bauer,
TW Business Development Manager*



Visit twinsurance.ca/arta-committed or call **1-844-324-6521** to learn more.