

# news & views

The Magazine of the Alberta Retired Teachers' Association

WINTER 2023

## Let's Get Cooking

Jock in the Kitchen:  
Recipe for Disaster  
or Success?

*La Desayuna*  
(Breakfast Time  
in Mexico)

Food Volunteers



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ARTA member Jock Mackenzie surprised his wife when he announced he'd make supper every second night. Read all about it starting on page 26.

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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**Deadline for submissions to the *Dreams for the Future* issue is January 20, 2024.**

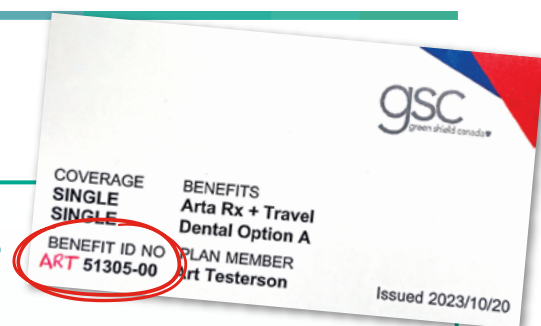
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## New Benefit ID Cards Change Required

Due to a printing error, the most recent benefit ID card ARTA mailed out is missing an “ART” prefix before your benefit ID number.

Your current healthcare providers will not be affected by this mistake if they have your benefit ID number on file. This missing prefix, however, may affect claims with new providers when setting up direct billing.

There are two solutions:

1. Write “ART” on your benefit card, in front of your ID number, as shown in the example above. Future providers will need to include this prefix when inputting your ID number.
2. Print a new ID card with the correct information from your [myarta.net](http://myarta.net) account.

As a non-profit organization, we are always trying to save administration costs for our benefit plan. Thus, please try to use one of these two fixes. If neither of these options work for you, please contact the ARTA office directly.

We apologize for this inconvenience. ●

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## From the President

Deb Gerow | President, ARTA

# The Best Christmas Gift I Ever Received Was a Cookbook

If there were prizes awarded for choosing Christmas presents, my mother would have been a gold medal winner. She was observant, and every year she found perfect gifts for everyone on her list. Sometimes they were things you hadn't even realized you were wanting, like the ski equipment I received when I was 10. (I nearly knocked over the Christmas tree in my excitement when I saw the skis standing there in the corner.) At other times, it was something you had been longing for, like that perfect winter jacket you had noticed in a store but knew your parents couldn't afford. When you saw what was inside your package, you knew it was what you had been hoping to receive.

It was a mystery how she made those perfect choices. For many years, Mom must have spent hours shopping, looking for the right things to delight her offspring. Sometimes, she created the gifts herself, like my sister's Sleeping Beauty doll bed and handsewn wardrobe that she somehow found time to make. In their later years, my parents moved to an area where options were more limited. Despite this and even though Mom's energy for shopping expeditions was declining, she continued to find or create those special things.

A few years ago, my sister and I and all of our children received similar packages. When they were opened, each of us found a special cookbook that Mom had put together containing many of our family's favourite recipes. I'm told that younger people don't use cookbooks these days, preferring to just find cooking ideas online, but I must tell you that Mom's book was the best gift ever.

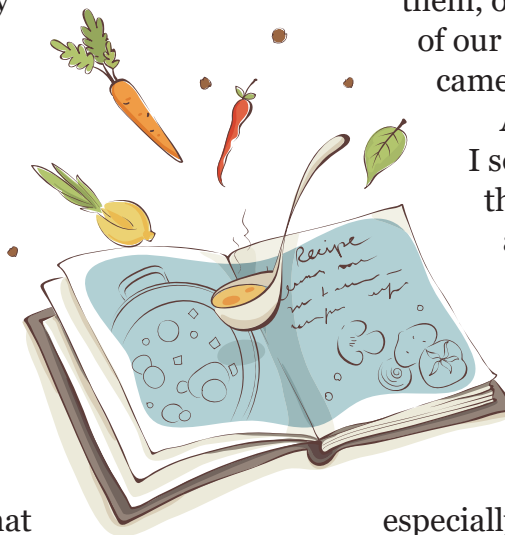
When I leaf through the book, I find items which bring back very fond memories. Some recipes instantly remind me of the aroma of that item cooking, like my mother's chili sauce that my father loved so much. I remember the refreshing taste of Fort William Country Club Punch — so good

on a hot summer's day. My grandmother's special pancake recipe is included. Some things that we used to make often, I had forgotten about, and I hunger to try them again now. The recipes are not only there, but also the names of people who originally shared them with Mom. Seeing those names reminds me of them, of stories about how they were part of our lives, and sometimes how the recipe came to be shared.

As we approach the holiday season, I sometimes feel stressed because things can get so busy. I know that I am not a master of gift shopping like my mother was, but I do my best, and that must be enough. I love to spend time with my family cooking those special items which have become family traditions. Our grandchildren,

especially the younger ones, enjoy being part of this, so once again this year, I will take Mom's special gift off the shelf. We will open it to a favourite recipe and get busy cooking as we make memories together. ●

Best wishes to you and your family,







# Cultural Treasures of Vietnam & Cambodia

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Accommodations throughout for 17 nights | Group arrival/departure transfers | Private transfers and transportation on tour | Inclusive of hotel tax, hotel service charges and includes daily breakfast at mentioned hotels (or similar) | 2 day/1 night cruise on Paradise Elegance Cruise in Hạ Long Bay | Sightseeing with local English speaking guides (one guide in each city) | Entrance fees as per itinerary | Meals as specified – 43 meals | Domestic flight from Hanoi to Saigon with airport taxes, one way, economy class | 7 night Mekong River Cruise (only 14 cabins onboard – maximum 28 passengers) | Port charges | Cold towels and water on sightseeing days | Vietnam Visa | Tips for entire program (land, shore excursions and Mekong Princess cruise crew) | And much more!

### Not Included in Price:

Round trip International Airfare | Cancellation and Out-of-Country Medical Insurance | Visa for Cambodia (\$50 USD cash per person at border crossing between Vietnam and Cambodia) | Premium drink options on cruise | Cabin category upgrades (inquire for pricing)

Pricing is based on a minimum of 15 paying passengers. Limited space is available! For more information about this exciting trip opportunity, contact Trip Merchant at [info@tripmerchant.com](mailto:info@tripmerchant.com) or call at 1-800-481-9739 ext. 3.





## From the CEO

Daniel Mulloy | Chief Executive Officer, ARTA

# The Lessons I Learned from Julia Child

“To be a good cook you have to have a love of the good, a love of hard work, and a love of creating.”

— Julia Child

Julia Child’s quote captures a universal sentiment that extends beyond cooking. The essence of her message is that to excel in any endeavour or passion — cooking, writing, music, sports, or any other pursuit — you must have a deep appreciation for the subject matter, a willingness to put in the required effort, and a genuine love for the act of creation. These ingredients are essential for success and fulfilment in any area of life where one seeks to shine.

Success and accomplishment can be achieved in various areas of life. While the specific qualities and attributes that lead to success may vary depending on the situation, there are several fundamental qualities that are generally considered necessary for an engaged lifestyle.

**Resilience:** The ability to bounce back from setbacks, adapt to new and changing situations, and persevere in the face of challenges is crucial in all aspects of life.

**Passion:** A deep enthusiasm for what you do can be a driving force for success and can keep you dedicated, even when the initial excitement wanes.

**Hard Work:** Diligence, effort, and a strong work ethic are key to achieving excellence in any field.

**Continuous Learning:** Being open to learning, growing, and improving are key factors in personal and professional development.



**Effective Communication:** The ability to convey your thoughts, ideas, and emotions clearly and empathetically can enhance relationships and facilitate success in various areas.

**Problem-Solving Skills:** The capacity to analyze problems and find effective solutions is valuable in both personal and professional life.

**Positive Mindset:** A positive attitude can help you stay motivated, deal with adversity, and maintain good mental and emotional health.

**Health and Wellness:** Taking care of your physical and mental health is fundamental to long-term success and overall well-being.

These qualities can serve as a foundation for success and fulfilment in various areas of life, whether it’s in your career, retirement, relationships, personal growth, or any other aspect you hold dear. Keep in mind that the specific mix of qualities may vary depending on your goals and the framework of your life. However, these fundamental attributes can be a valuable guide for personal development and achievement.

Like any great recipe, a mix of the right life qualities (ingredients) can create something special and can even become a standard by which we can find comfort and peace. ●

Yours in service,



# 'Tis the Season of Giving

**What do you get for that person in your  
life who already seems to have it all?**

Why not make a charitable donation in their name? By donating this holiday season, you'll be making a difference in the lives of seniors across the province, and you'll be eligible to receive a tax receipt in recognition of your generosity.



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# From the Editor

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

## The Joy of Cooking for Others

Cooking engenders stories — stories of my grandmother's and mother's cooking; stories of cooking disasters (given enough time has passed); stories of communal cooking at the last family reunion and of cooking solo; stories of pulling out all the stops to cook all the favourite little dishes I can for our annual open house.

Apparently cooking isn't a love language, but it should be! Cooking is my gift to others. I enjoy discovering others' favourite foods and relish setting a table overflowing with things I've cooked and baked for a particular group of people. Sharing food contributes to a greater sense of community, both within the family and outside of it. COVID-19 interrupted old habits of dinner party guests and potluck dinners, and we need to find our way back to opportunities to share of ourselves in this way. When we open our homes to others, when we share food we've made for an occasion, we give of ourselves and open ourselves to receive others.

One of my favourite activities in the kitchen is making bread — sourdough, soybean, multigrain, raisin, baguette. The act of kneading the dough, the aroma filling the kitchen as it bakes, and the joy of its presence on the table all foreshadow the gift of breaking bread together.



I love making filled doughs, which appear in almost every global cuisine whether boiled, baked, or fried — and sometimes using more than one method. I've made perogies, pupusas, Cornish pasties, samosa, kraut bierrock, calzone, and plum dumplings. Each recalls the experiences of earlier kitchens, gatherings, and celebrations. I welcome opportunities to make and share them again and again.

Food — a necessity and a pleasure, fuel for the journey and an entertainment, a quotidian intake and a celebration. I'm thankful for our abundant, nutritious, never-ending supply of this life's essential and my opportunities to share it. ●



*ms*





# Health Benefits

Gary Sawatzky | Chief Operating Officer, ARTA

## Changes to the ARTA Benefit Plans Effective November 1, 2023

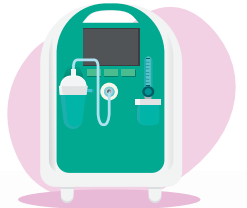
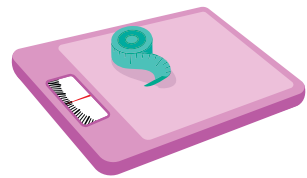
Each year, the ARTA Health Benefits Committee reviews potential changes to the ARTA Benefit Plans. These potential changes often arise when covered members submit change requests to the Health Benefits Committee for consideration, which is the case for a few of the changes being made this year. Each of these requests is reviewed to determine if a group benefit plan such as ARTA is allowed to cover the service or device, and to make certain a significant number of members would benefit from the coverage change. Additional changes are then considered to ensure the Plan continues to provide the best retiree benefits available to ARTA members.

The following changes became effective November 1, 2023, for all members covered by an ARTA Extended Health Care plan:

1. A virtual physician service (Maple) is available to members and their eligible dependants. As the name suggests, virtual care allows patients to meet with physicians online using technology like smartphones, computers, and tablets. Virtual physician services are not meant to replace a person's family physician. Instead, it may be used to supplement in-person visits with a family physician. This service is especially useful for people with reduced mobility, people in rural areas who need to wait in hospital emergency rooms just to fill a prescription, or people who need to see a physician right away but cannot meet with their family physician in a timely manner. Virtual physicians have access to each person's provincial health care records and can prescribe medications, order requisitions, and diagnose ailments, just like in-person physicians can.



2. Weight-loss medications are now eligible under the lifestyle categories if you are covered under Health Wise Plus or Ultimate Health, under the current coverage and maximums (50% coverage, up to \$150 per year).
3. An Enhanced Generic Substitution pricing policy for brand-name prescription drugs that have a bioequivalent generic version available, but are not listed in the Alberta Drug Benefit List, was introduced. Generic medications have been proven to be just as effective as their brand-name counterparts while costing significantly less. This results in additional long-term sustainability of the ARTA Benefit Plans.
4. Coverage for battery packs for portable oxygen concentrators has been added to the plan as eligible expenses.
5. Usual and customary charges for a number of services were updated to reflect actual charges in the marketplace.



The following changes became effective November 1, 2023, for all members covered by an ARTA Dental Care plan:



- Up to ten (10) additional scaling units are available for members who have underlying health conditions and require additional scaling because of the health condition, with special authorization as directed by the patient's physician and based on medical need. Any additional coverage needs to be approved by ARTA in advance of the procedures being performed.

Detailed information on these coverage changes is included in the plan booklets, available online at [artabenefits.net/benefit-booklets](http://artabenefits.net/benefit-booklets).

Rates for ARTA Benefit Plans increased this year due to inflationary pressures across the benefits sector. For full information on how your rates were impacted, view your renewal statement on [MyARTA.net](http://MyARTA.net).

ARTA will continue to review potential plan enhancements on an ongoing basis, while keeping the plan affordable for our covered members. Please continue to submit plan change suggestions that you think may be suitable for consideration by the Health Benefits Committee. Suggestions may be mailed to the ARTA office or forwarded via email to [info@arta.net](mailto:info@arta.net). •

## SAVE THE DATE

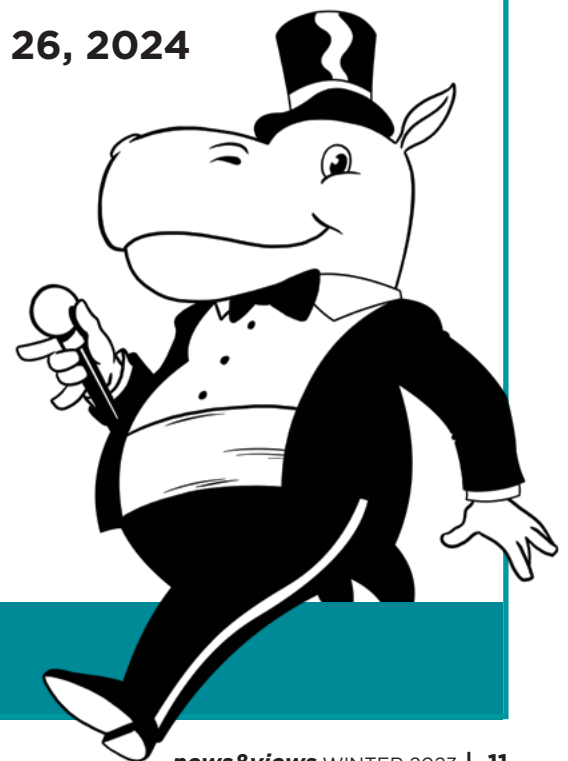
# STEPPIN' OUT 2024

Thursday, April 25 and Friday, April 26, 2024

The Calgary Retired Teachers' Association is thrilled to invite our ARTA and retiree friends from across the province to our annual "Steppin' Out" banquet and conference. Join us in exploring topics of wellness and enjoying presentations that will plant the seeds for a more meaningful retirement. Connect with former colleagues and enjoy making new connections.

**Session details and online registration will be posted on February 23, 2024.**

Riviera Hotel and Conference Centre  
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[calgaryretiredteachers.org](http://calgaryretiredteachers.org)

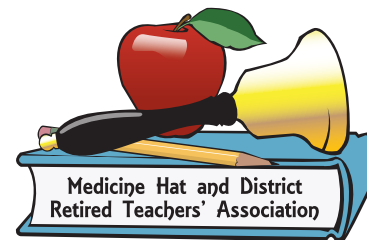


# From the Branches



## MHADRTA's Newest Life Members

Mel Deydey | Past President, MHADRTA



At the “To Hell with the Bell” meeting at the end of August, MHADRTA recognized a most deserving couple as our newest life members. Garry and Anne Law drive from Bow Island to regularly attend our general meetings in Medicine Hat. We were pleased to honour them with this recognition.

Garry was born and raised in Alberta. His career as a teacher and administrator was spent in Sarnia (Ontario), Cluny, Rosebud, Hussar, Foremost, and Bow Island. Garry is a former ATA district representative.

Anne was born and raised in Ontario where she started her teaching career in Sarnia. She moved to Alberta and taught school in Cluny (where she met Garry), then in Hussar, and finally in Bow Island.



Therese Bullin (President),  
Garry and Anne Law,  
and Mel Deydey  
(Past President)

Garry and Anne have a son in Calgary and a daughter in Tacoma, Washington. They have six grandchildren and one great grandson.

We presented Garry and Anne with framed life membership certificates, a bouquet for Anne, and both enjoyed a free lunch. We congratulate Garry and Anne and look forward to having them join us for our meetings for many years to come! ●



## Second Wind 2023: A Memorable Day

Hosted this past September by the Edmonton Retired Teachers' Association (ERTA), Second Wind 2023 offered a wonderful health and wellness experience for retirees at the Chateau Louis Conference Centre.

The theme of this year's conference — Discover, Connect, Go For It! — was apt. The 160 attendees enjoyed a thoughtful and inspirational keynote presentation by Jeremy Albert and Jeanette Lean, as well as eighteen additional presenters speaking on a range of topics including nutrition and brain health, pickleball, downsizing, memoir writing, uncovering one's genealogy, aging in place, and caring for trees and shrubs in a changing Alberta climate. With a further offering of nineteen exhibitors, a welcome coffee and pastry, a scrumptious luncheon, a jigsaw puzzle exchange, a fun-filled Wine Down and dozens of door prizes, attendees expressed their thorough enjoyment of the day!

**Mark your calendar, bring a friend, and see you at the eleventh Second Wind Conference on September 12, 2024! ●**



# The Principals of École Jasper Elementary School

Dale Karpluk

The Municipality of Jasper celebrated Homecoming 2023 in August with an interesting scenario that unfolded at École Jasper Elementary School. Seven of the school's eight principals returned for a walk down memory lane in reminiscence of the sixty-year history of the school built in 1963.

Dean Tweedle (deceased) was the first principal of the school and was the only one missing in 2023. Dean taught math at the high school while being principal of both Jasper High School and Jasper Elementary School.

Bryn Thomas arrived in 1968 and remained principal for eighteen years. He co-owned and operated Whitewater Rafting, during and after his years at JES. Bryn loves the outdoors and his preferred mode of transportation these days is his e-bike, which he rides at the crack of dawn while exercising his faithful canine companion. He has been a devoted member of St. Mary and St. George Anglican Church through his many decades in Jasper.

Dale Karpluk arrived in 1967 and spent twenty years at the elementary school before becoming principal of Jasper High School for twenty-one years. Following retirement, she was the director of the international student program for Grande Yellowhead Public School Division. Today Dale is in her second term as the Jasper trustee and board chair on the GYPSD School Board.

Jill Fenton's retirement was a short-lived six months, as she and her husband Neil moved to Rwanda where they worked for the next twenty-three years. They developed a small local school, which grew to over a thousand students. They retired from this project and established Tools for Schools, a not-for-profit organization, working in isolated rural areas in Rwanda developing facilities and training teachers.

Steve Carlyle played hockey for the Canadian National Team for two years and for the Edmonton Oilers for four years prior to moving to Jasper Elementary to teach and serve as principal for six

years. After leaving Jasper, he coached the Chinese Women's National Hockey Team. Currently, he works for Careers the Next Generation assisting high school students get into the trades through the Registered Apprenticeship Program (RAP).

Raymond Blanchette Dube started as the band teacher at Jasper High School, then taught music at the elementary school and was principal there for eleven years. Following his retirement, he was the chair of Friends of Jasper National Park for five years. His creativity is now devoted to stained glass.

Jodie Cambell exchanged her principal hat to go back to the classroom where she is a much-loved kindergarten teacher.

Eric Bouchard, the current principal, started as the assistant principal at Jasper High School.

Thanks for the memories, École Jasper Elementary School! ●



L to R: Bryn Thomas, Dale Karpluk, Jill Fenton, Steve Carlyle, Raymond Blanchette Dube, Jodi Campbell, Eric Bouchard

Photo: P. Shokeir/Jasper Fitzhugh



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# Wellness

Erika Foley | Member, Wellness Committee, ARTA

## Cooking for Two

Do you remember when you cooked for your whole family? Most women — and some men — made breakfasts, lunches, and suppers for more than two people. When your children were young, you made school lunches and adjusted the times for breakfasts and suppers when they participated in team sports. If you were working, it was just something else you did — no questions asked.



As the children grew older, they might have made their own lunches and possibly their own breakfasts, but family suppers were still usually made by Mother. Your mothers did this for you, and you did it for your children. Just because you were working did not make this chore of cooking any less important.

As the children moved out and went on to further education or jobs, cooking for the family changed. Whether a gradual or sudden change, cooking for two takes some getting used to — buying less and cooking less. At first you might freeze a lot or eat leftovers for a few days. After a while though, you get used to cooking for just you and your partner.

You might also have to deal with medical issues, so again, cooking can change — not just less but different kinds of food. Some food might be eliminated or cooked less often. Certain seasonings, such as salt and hotter spices, need to be used with discretion for some health conditions, like high blood pressure. Whole grains, beans, and nuts are healthy options to lower cholesterol. The clarion call is for more fruits and vegetables, no matter your diet. Red meats can be replaced with poultry; fish and seafood can be a regular habit.

Speaking of habits, it may help to establish a regular routine — fish on Friday or meatless Mondays. Recipes abound so variety is still possible, but one decision is made.



As we remember to maintain an active lifestyle, our cooking changes as well.

We try to eat healthier, so we cook less fatty foods. Instead of eating so much, we eat less and thus cook less. On the other hand, we may have to cook two different meals at a mealtime if one partner doesn't eat the same foods as the other.

I like my old cookbooks and adjust the recipes to cook smaller and fewer servings.

Many recipe websites and cooking blogs specialize in cooking for two, from easy dinners for beginners to dinners that leave no leftovers. A quick online search for “cooking for two seniors” displays a row of cookbooks with title variations on *Cooking for Two...* Check online; check your library, until you find the right fit.

My transition to cooking for two was gradual as the kids left home and retirement arrived. I spend much less time in the kitchen when cooking for two — or one (if my husband's away). You might enjoy spending more time in the kitchen without the time constraints of a full-time job. I hope your transition to cooking for one or two is smooth and problem free. Either way, eat healthily, stay safe, and take care. ●

*Erika Foley is the president of the Wainwright Retired Teachers' Association and is also on the ARTA Wellness Committee. She enjoys reading and writing and being a long-term ARTA member.*





## Cooking Wild

As temperatures dip with the onset of winter, a person's body starts to crave calories. Dishes high in calories can be served up in delicious comfort-food meals featuring fish, wild fowl, and game — mouth-watering chilis, fish in wine sauces, grilled waterfowl with apple jelly, cranberry or maple syrup reductions and sauces, tangy meat loaves and internationally flavoured meat pies, spicy venison meatballs, tasty Asian stir fries, tender pot roasts, delicious grilled steaks with local berry sauces (blueberry in particular, chokecherry, and saskatoon), and hearty stews.

When I first started my Alberta Outdoorsmen recipe column, I adapted most of my recipes from cookbooks of European or North American genre; they generally featured only a few seasonings such as thyme, sage, or savory along with salt and pepper that are the western restaurant standards. British recipes are far better than popular belief, often very flavourful. In China “five spice powder” would be on the table in virtually every restaurant, along with salt and pepper. Over the years, I branched out into recipes from Asia, Latin America, and the Middle East that tend to feature mouth-watering flavour bombs.

I learned the hard way that not all cookbook authors and recipe columnists are honest. Some recipes have weird seasoning combos, erroneous cooking temperatures and times, and incorrect ratios of marinade ingredients. I've tested all my recipes to get them right and you can take that to the bank. Keep your guard up for bogus recipes, especially online, which are not subject to peer review.

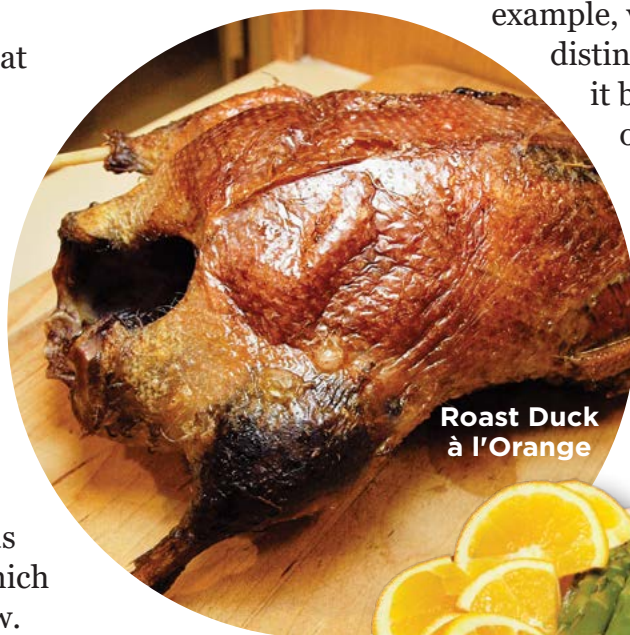
Waterfowl (in particular) are aligned with national recipes such as China's Peking Duck. France boasts Roast Duck à l'Orange.

Both of these iconic recipes are truly incredible gourmet dishes. Roast Duck with Port–Garlic Sauce is another tasty recipe of international prominence. Wild ducks and geese have dark meat. They're not at all fatty. They can be substituted for domestic ducks in many international recipes; however, wild ducks shouldn't be cooked as long as domestic ducks.

Upland birds are well-suited for many recipes from the Middle East for chicken, such as Moroccan Spiced Grouse Breasts and Butter Grouse Curry.

There's some history regarding mouth-watering fish, wild fowl, and game dishes. For example, various European countries have a distinct way of preparing a stew, whether it be England, France, Germany, Italy, or Poland. Poland has a national stew called Bigos that features venison while *Hirschgulasch* is Germany's signature venison stew. Some of these stews can be made into soup simply by adding more water.

There are a lot of unique Canadian recipes for fish, wild



Roast Duck  
à l'Orange







fowl, and game. Popular recipes for fish would include Baked Walleye Fillets. If you don't mind firing up your BBQ this winter, I'd suggest Planked Salmon with Whisky, Birch, and Maple Syrup Sauce. The Freshwater Fish Marketing Company has an online recipe book with dozens of Canadian-style recipes for freshwater fish. For upland birds, try Grouse with Grapes or Grouse with Ten Cloves of Garlic. For wild game, opt for Maple-Smoked Cheddar Venison Steaks or Grilled Venison with Blue Cheese and Pimento.

For those of you who don't hunt or fish, you can purchase farmed game (bison and elk), pheasants, freshwater fish such as lake whitefish, pike, walleye, Arctic char, and salmon commercially. Search Google for sources. Farmers' markets often carry these products, too. Some local meat markets carry bison and elk cuts such as ground meat, burgers, smokies, bison sticks, and jerky. If you know a hunter or angler, they may gift you something, as it has long been a custom of outdoorsmen and outdoorswomen to share in their harvest.

Wild game should be cooked differently than beef because it's lean, with little or no fat. Ditto for upland birds and waterfowl. Fat is marbled inside beef; not so with wild game where it's on the outside and should be trimmed because it does not taste good and will go rancid in a freezer. Wild game meat is low in fat and high in protein; it's best cooked at a

low heat for a short period of time so it doesn't dry out and become tough to chew. It is ideal for chilis, pot roasts, stews, and grilled in a skillet with sauces. While you can use a slow cooker, they are not essential to tenderize meat because most game animals are young and tender; old animals should be hung for at least a week or two to age.

I regard wild game as gourmet food — a delicacy — and prepare it accordingly as though it was being cooked for royalty. A bonus is that it's healthy and nutritious. ●

*Duane Radford has been the outdoor recipes columnist for the Alberta Outdoorsmen monthly magazine for the past twenty-five years. He was also an outdoor recipe columnist for the Newfoundland Sportsman magazine for many years. He has written recipes for Outdoor Canada and has authored a couple of cookbooks featuring fish and wild game.*

Venison Chili



Baked Walleye Fillets



Moroccan Spiced Grouse Breasts







# Travel

Lorianne Tenove



## La Desayuna (Breakfast Time in Mexico)

They say that breakfast is the most important meal of the day. As Canadians, we were brought up to this way of thinking, and most nutritionists would likely agree that one should break the fast after not eating for twelve hours to rejuvenate the body.

In my life experience in Canada, particularly as a child, the breakfast choice during the school week was cereal. On weekends, pancakes, my dad's famous waffles with whipping cream and strawberries, or my mom's quiche were welcomed, accompanied by polka music, of course. Since then, many more breakfast food choices are available for families on the go, but for the most part, the weekly breakfast choices in Canada are pretty predictable. But when you come to Mexico — *madre mía!*

Breakfast — *desayuna* — in Mexico is not like any other morning meal I have experienced. The choices are endless, flavourful, and always incorporate fresh ingredients like eggs that are not refrigerated, onions, chilies, garlic, beans, tomatoes, peppers, mushrooms, various meats, tortillas, and fruit.

When I first arrived in Mazatlán, the school administration team wanted to take me out for breakfast. I had no idea what to order on the menu,

so they recommended *chilaquiles*. My response: “OK!” But then it was chilaquiles with *salsa verde* or *salsa roja*? Then with *queso* or *pollo*? Basically, chilaquiles are nachos with a red or green salsa sauce accompanied by either cheese or meat, and they are the bomb in Mexico!

A big lesson for me was to learn how I want my eggs done — *muy importante* because runny eggs are gross! So, when you say, “*huevos al gusto*” that means eggs as you like them. My preference always is “*revueltos*,” which means scrambled eggs, or “*estrellados*,” meaning sunny-side up.

We have learned that in different parts of Mexico, certain tacos are only served in the mornings. In Mazatlán that would be the birria taco. The restaurants that serve this taco are called *birrerías* because they have their own variations. This is my favourite taco in all of Mexico because the tortilla is fried, not soft, and filled with meat that you dip in juices. It is a messy morning taco, but what taco isn’t messy?

Enchiladas can also be a breakfast choice, particularly *enchiladas suizas*, which have a green tomatillo sauce with added cream and cheese.

*Huevos rancheros* is very popular as well — fried eggs served on a tortilla with spicy tomato sauce. Another favourite dish, which I think is hilarious, is *huevos divorciados*. Basically, it is two fried eggs — one egg served with red sauce and the other with green sauce — thus, divorced eggs.

One of the things I love about Mexico is that there are always so many choices for what to eat at any time of day. That being said, many Mexican people who have eaten traditional breakfasts for most of their lives are turning toward smoothies and fruit juices made from all of the fresh fruit available in this country. This dietary shift has



created a tremendous opportunity for small start-up businesses, whether in a kiosk or street stand, to produce fresh fruit drinks.

It has been so interesting to see, within my limited time here, how the culture of breakfast has changed within the school culture. When I started almost three years ago, it was taco fiesta all day long. Now it is tea, coffee, smoothies, and fresh fruit.

Mexican breakfasts are now more for weekends and holidays, a favourite at our house at any time of day. *Huevos rancheros* anyone? ●

*Lorianne Tenove, retired in Alberta but head of a school in Mazatlán, reports that she loves cooking, and what better way to learn about new recipes than living in a country that has authentic and fresh ingredients. She often starts her day with fresh eggs, tomatoes, onion, garlic, cheese, and tortillas. “Mi favorita, omellete Mexicana!”*



**If this were my breakfast every day,  
I think I’d be a morning person.**





# Spirituality and Wellness

Lloyd Den Boer

## Setting a Hospitable Table

According to ten-year-old me, no one could cook like my favourite aunt. When Aunt Ella invited our family for dinner, the menu featured whatever my uncle had hunted recently — usually ducks, sometimes pheasants, and, one memorable time, a goose. Aunt Ella served birds with meat so juicy that even a finicky eater like me asked for seconds. Her potatoes, whipped until they were airy, had savoury gravy to top them. Pungent ice pickles and dark red beets, preserved a season earlier and plated side-by-side, added colour to the table and put a crinkle in our noses. I don't remember the vegetables — after all, vegetables are seldom memorable when you are ten — but I do remember the stuffing. According to me, no one made stuffing like Aunt Ella.

Truth be told, however, the tastes on Aunt Ella's table were very like the tastes of special meals cooked at home. If Aunt Ella had a "secret sauce" that made her wonderful food extraordinary, it must have been the hospitality that she and Uncle Ed extended to their guests. From the moment when a warm welcome greeted us at the door, to the moment when a fond farewell followed us out a few hours later, Aunt Ella bubbled with merriment while Uncle Ed looked on with a genial smile. Conversation flowed eagerly. From time to time, my mom would join her sister in gales of laughter, buttressed by my dad's booming voice. For a few magical hours my parents carried their worries

more lightly, and we children luxuriated in the fun erupting around us. Aunt Ella and Uncle Ed knew how to use a dinner invitation to create a warm and joyful space for us, and once within it, our family seemed to become a brighter, better version of itself.

Wonderful meals appear in many stories. Sometimes — as in a Shakespearean comedy — they tie plot threads together, bringing the action to a satisfying close. Other times, as in "Babette's Feast," a short story by Isak Dinesen, meals transform characters. The climax of Dinesen's story is a lavish dinner, worthy of Paris, but held in an improbable place — an isolated fishing village in northern Norway during the 1870s. The guests are a



challenge. Members of a little flock of pious believers who had become “querulous and quarrelsome” in their old age, they arrive at the feast determined not to be taken in by sinful pleasures. Yet, as one course follows upon another, their barriers begin to dissolve. Softened by the experience, they begin to recall moments from the past when they had been less resentful of each other. When the dinner ends and the guests emerge into a world of new fallen snow, they have been restored to a semblance of the vital, loving fellowship they once had been.

However, for Dinesen, “Babette’s Feast” is primarily a tale about an artist who makes a great sacrifice for her art. Babette was once a cook in a famous restaurant patronized by the elite of Parisian society. When the story opens, she had been living in the Norwegian village as a refugee from revolutionary France for many years. When an unexpected financial windfall comes her way,

Babette chooses to spend it all on one last great dinner, one last opportunity to practice her art. The villagers’ transformation is meant to show how a great artist’s self-expression has power to shape the world.

These days I like to read this story against its grain, interpreting Babette’s feast less as a celebration of artistic self-expression and more as a portrait of the power of hospitality. When mistrust, anger, and shouting are on the rise, we should respond with the generous and deliberate practice of hospitality. Even though hospitality’s open hand seems weak when surrounded by hostile fists, the open hand grows strong when we all extend it. ●

*Lloyd Den Boer is a retired educator who lives with his wife in Edmonton. Appreciating the hospitality that good friends and neighbours extend to them, they do their best each day to make the hospitable circle larger.*

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# 60 YEARS OF ARTA

1963 – 2023

To read the  
2022-23  
Annual Report,  
visit  
[arta.net/link/  
2022-2023-annual-  
report](https://arta.net/link/2022-2023-annual-report)

ARTA celebrated its 60th anniversary at the Annual General Meeting on October 3 and 4.

Deb Gerow, Léo Richer, and Lawrence Hrycan were re-elected to their respective positions of president, vice-president, and treasurer for a second year, and one new member was elected to each of ARTA's six committees. Each executive and committee chair reported on their activities over the last year, highlighting successes and challenges faced.

The AGM was also visited by special guest speakers. ATA Vice-President Greg Jeffrey spoke to the challenges educators are facing in Alberta and highlighted the strength of retirees as advocates,

mentors, and essential parts of their communities. Julie Joyal, a representative from ATRF, spoke to the strength of the pension plan and how it has grown, despite the challenges of recent years.

In the evening of October 3, AGM attendees were invited to a special banquet in honour of ARTA's anniversary. The evening featured music, entertainment, and décor from 1963 — the year ARTA was founded — and the presentation of an honorary membership to Vi Oko in recognition of her years of service to ARTA. ●

## 1960

Retired teachers begin meeting on an informal basis in 1960 in Edmonton, Calgary, and Lethbridge, forming The Retired Teachers of Edmonton (1960), and the Calgary Retired Teachers' Association (1961)

## 1970s

ARTA gains its first permanent office: a single room in Edmonton's Barnett House



## 1995

ARTA's first group benefit plan rolls out

ARTA joins ACER-CART.



## 1997

Opens associate membership to non-teachers

## 1963

Representatives from the RTE and CRTA gathered with representatives from Lethbridge and Medicine Hat to form ARTA, officially incorporating on Nov 14, 1963

## 1996

ARTA's scholarship program begins

## 1992

news&views begins publication



Vi Oke receives honorary membership from CEO, Daniel Mulloy.

## 2004

ARTA establishes current governance structure, including Board of Directors

## 2008

ARTA expands affiliate membership to include public service employees

## 2005

First Members' Retreat takes place in St. Paul



## 2002

ARTA's first website launched

## 2012

Alberta Retired Teachers Charitable Foundation registered

ALBERTA RETIRED TEACHERS  
**Charitable  
FOUNDATION**

## 2021

ARTA begins self-administration of retiree benefit plans



## 2012

ARTA launches annual photo contest

## 2010

ARTA hits 10,000-member mark and hires first full-time employee

## 2023

ARTARx, ARTA's plan-owned pharmacy opens its doors

**ARTA<sub>Rx</sub>**



Sixty years of ARTA means sixty years of vibrant and active lives in retirement. Over the last year, ARTA members have been sharing their favourite parts of retirement. Here are a few of our favourites.



RETIRED  
**3**  
YEARS

### VALERIE

Director of Diversity, Equity, and Protected Disclosure

Retirement, or as I prefer, another phase of my journey through life, is like being a kid again. You get to play all day, but no one calls you in for dinner.



RETIRED  
**8**  
YEARS

### MEE WAN

Registered Nurse

I have more time to relax, to get up when I feel like it with no one to worry about except my miniature black poodle, my best friend who loves to cuddle beside me in bed.



RETIRED  
**12**  
YEARS

### GERRY

Jr. High Math Teacher

The freedom to ski, bike, kayak, hike, visit the cabin, and travel with family and friends on any day of the week. Living the Dream!



RETIRED  
**24**  
YEARS

### ROY

Elementary School Principal

Retirement has given me the opportunity to explore a wide variety of cultural experiences in fifty countries on six continents.

To read more, visit  
[bit.ly/JoyOfBeingRetired](http://bit.ly/JoyOfBeingRetired)



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# Lyric for My Friend

Janeen Werner-King

You stretch each morning,  
front paws reach, ask for a lift and cuddle.  
You give me your left paw to hold, then your right;  
you turn round, stand on back legs —  
morning exercises to start your day.

You bring your leash, say, “Time for our walk.”  
We connect with leash, looks, and love  
as you synchronize every step with mine.  
We walk together through aspens and willows,  
hike mountain trails, breathe in Douglas fir forests,  
wade in streams, and run on beaches.  
Free, you sniff, follow invisible trails — always returning,  
constant in your ebb and flow.

You make afternoon naps a habit, in a pile of fresh laundry  
or curled up behind my knees.

You bask in your bath, relish attention — pampered, you stand  
on the patio table, snack on liver treats while trimmed in summer sun.

You invite, bow before play, flip treats from nose to mouth,  
search through toys to find just the right one for tug or fetch.  
You sit, stay; I hide and call;

you  
bound up  
stairs.

Found, I am  
your reward —  
your tail waves, wiggles,  
quivers with delight.

You run for your supper, excited for the same food served every day.

I love your voice — wff, wff, arf, arf,  
yips and yaps announce arrivals unique to each person.  
At the window, rrrroaw, rrrroaw, warns strangers, “I see you.”  
When coyotes howl, your growl grows — GRrrr, GRRrr, GRRRRr.

We gaze into the ocean dark sky; your hip touches mine,  
reassuring. Saturn rises, swims closer to Jupiter, and  
in the south, two stars dance so close, they appear as one  
dog star. You turn, look into my eyes, and I see  
the universe we carry inside.







# Jock in the Kitchen: Recipe for Disaster or Success?

Jock Mackenzie | Article Virginia Quist | Photos

*“Are you kidding? You’ll cook supper every second night?”*  
My wife’s reaction was memorable — one of shock.

I don’t recall just how the promise originated, but I’d made it. It was too late to take it back — and I didn’t really want to. I’d never been much of a cook, but I do enjoy a challenge.

Sharing seemed fair. We do so many other things together: golfing, skiing, housework, yard work, walking the dog. And the joy my proposal received was beyond my expectations. Simple plan — whoever cooked didn’t clean up. Cook every second night.

But what to cook?

A bit of history is in order. I’d never really “cooked.” I’d barbecued, but often just the meat part of a dinner. The rest of the meal just miraculously appeared on the table. Okay, I did tackle the boxed mac’n’cheese, but its preparation resulted in gales of laughter when my adult kids visited. They saw me following the “boil six cups of water” instruction on the box.

I started small. I’d barbecue the meat (usually a rotation of chicken, pork chops, steak, hamburger), do some variety of potato (boiled, mashed, sliced and barbecued in foil), then add a vegetable (often heated in the microwave). It got a bit boring — but it worked.

Then, I discovered these things called recipe books. I soon learned that not all of them had the likes of me as their intended audience. Many were



intended for chefs, not wannabe-late-to-the-party dudes. Jan had an excellent collection of Best of Bridge recipe books, a series written by women in Calgary and quite the rage many moons ago. They’re classics.

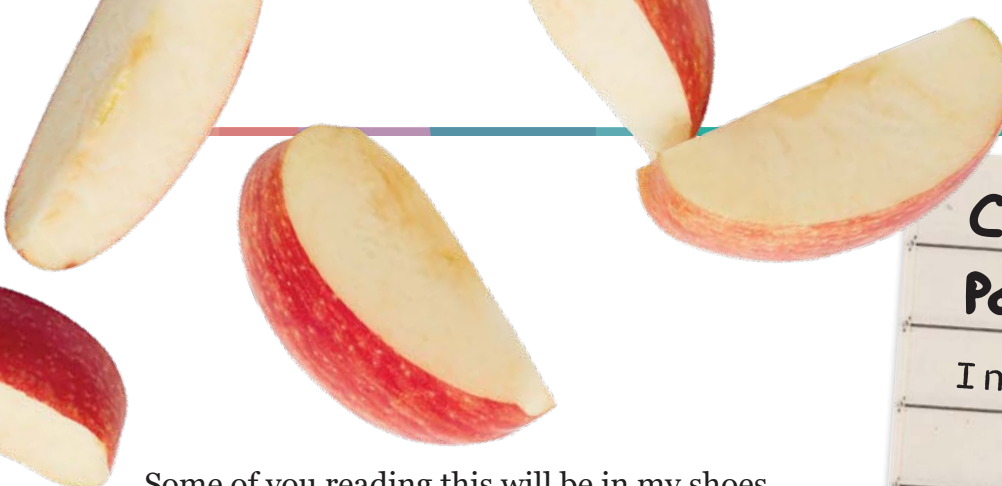
Perhaps even better were online recipes. These often had the advantage of videos that showed the step-by-step process. Wow! My favourite site has been Inspired Taste. A couple from Washington State have a delicious array of tasty and relatively straightforward dishes for all parts of a

meal — soup to nut bread. A favourite that I’ve made several times is their Cheesy Apple Stuffed Pork Chops.

But talk is cheap. It was easy enough to say that I’d cook every second night — but did I? Yes! It’s a bit like the old joke — Question: “How do you remember your wife’s birthday?” Answer: “Just forget it once.” And the next part was routine. I quickly got into the habit and soon became intrigued with a bit of one-upmanship.

Jan is and has always been an excellent cook. I couldn’t consistently outdo her, but I did have moments of brilliance. And her admiration and wonder at my efforts were incentives. Add to this the every-other-day joy of not having to do the dishes — delightful!





# Cheesy Apple Stuffed Pork Chops

## Ingredients

- 2 thick-cut pork chops, 1 1/2 inch thick
- 1/2 tsp fine sea salt, plus more to taste
- 2 tsp Dijon mustard
- 1 tsp fresh thyme leaves, chopped or 1/4 tsp dried thyme
- 1/4 tsp fresh ground black pepper, plus more to taste
- 1 small apple, cored and sliced
- 1/2 medium onion, sliced
- 2 oz Gruyère or sharp cheddar cheese, sliced
- 4 wooden toothpicks, for securing the stuffing

## Method

Visit **Inspired Taste** at [inspiredtaste.net](http://inspiredtaste.net)

Some of you reading this will be in my shoes or apron. Some of you, like a small number of my friends, will say, “Hey, you’re a little late to the party.” Others have said to me, “Jock, my husband already does all of the cooking.” My point? To quote the last verse from a golf poem I wrote about a husband and wife sharing time on the links, it’s all about teamwork:

Of the summer day we went to play  
Together as husband and wife  
We’re the twosome who grew some  
And now we’re a pairing  
As we walk down the fairway of life. ●

*Jock Mackenzie taught thirty-one years for the Red Deer Public School District. For the latter half, he was an elementary school principal. Upon retirement, he toured the convention/ in-service circuit sharing a career’s worth of ideas (see his blog) and now enjoys volunteering and writing — and cooking.*







# 2023 Scholarship Recipients

**Ron Thompson** | Chair, Governance Committee, ARTA

The ARTA Governance Committee administers the ARTA scholarship program and evaluates applications for the degree and the certificate/diploma program scholarships. Six winners are selected in each category. This year we received fifty-seven applications; the award recipients are listed below.

Thanks go to Orbit Insurance Services (formerly TW Insurance Brokers) and ARTA who sponsor the degree scholarships. Degree applicants must have completed one, two, or three years of an undergraduate or transfer program. The certificate and diploma awards, sponsored by ARTA, are for students who have completed one or more full years of a certificate or diploma program.

This year, ARTA has created two new scholarships. The first is the ARTA 101 Continuing Education Scholarship for a practicing teacher who is an active member of the ATA and who is currently enrolled in a continuing education program of one full year of studies. The second ARTA 101

Scholarship is for a student who is an immediate relative of an ARTA 101 member who is registered in at least their second year of post-secondary education in an accredited post-secondary institution.

On behalf of the Governance Committee, I would like to thank all applicants and congratulate those who have been selected for an award.

The following are responses from the scholarship recipients, addressing these Proust-style questions: Who is your greatest role model? What is your greatest achievement? What impact have teachers had in your life? If you were any animal, what animal would you be?

## ► ARTA-TW Insurance Degree Scholarships



### **\$5,000 Simon Williams**

Teachers have been an enormous inspiration for me. My first piano teacher, Elaine Dunbar, encouraged me to pursue music and was always supportive of my development. I'm always sure to dedicate my compositions and performances to her; I wouldn't be where I am without those lessons.



### **\$5,000 Victoria Wright**

My greatest role model is my mom. I watched her dedication and hard work as she pursued her PhD, opened two new schools in Edmonton, taught university-level courses, and pursued volunteer and service initiatives while raising a family. These lessons inspired me to pursue service work.



### **\$3,000 Quinn Levinson**

My most significant achievements have been through Scouts Canada. I have participated in hundreds of hours of community service, skill-building, and outdoor activities, leading to the highest achievable award, the Queen's Venturer Award. Attaining this award inspired me to grow my skills by doing more community service and outdoor activities.



**\$3,000 Amy Wenzel**

My greatest role model has to be my grandmother who sponsored me for this scholarship and suggested that I apply. I am so impressed by her commitment to her academic career as a teacher and as a researcher, by how curious and intelligent she is, and by her unwavering kindness.

---



**\$2,000 Paige Ingram**

My high school social studies teacher, Mr. Lee, had an incredible impact on my life. He empowered me to support vulnerable populations in my community and educate youth on social issues. He also taught me the importance of engaging with people of varying backgrounds to learn their perspectives and to remain open-minded.

---



**\$2,000 Declan Sander**

My greatest role model is undoubtedly my grandfather. His life journey, shaped by unwavering dedication to his craft as an accountant, his unyielding moral compass, and his devotion to his family, community, and values has left an indelible mark on my heart and soul.

## ► ARTA Certificate/Diploma Scholarships



**\$5,000 Catherine Jarmain**

I have had many different teachers and their impact has been profound. Each style of teaching has been different, but they genuinely wanted to hear my perspectives, without judgment. Teachers helped me learn about any given subject and also about myself. The impact of teaching is far-reaching and leaves a legacy for all of us.

---



**\$5,000 Rachel Yaschuk**

If I were to compare myself with any animal, I think I have the most similar attributes to an elephant. Elephants are intelligent, have a high emotional quotient, display leadership, are self-aware, patient, nurturing, compassionate, social, playful, and very loyal and protective of their family.

---



**\$3,000 Gloria Boyle**

Having teachers as parents, I spent many evenings and weekends in classrooms. I became friends with many faculty members: the vice principal would jump on the staff room couches with me; the gym teacher let me into the gear closet; the Grade 6 teacher would give me ice cream from his secret stash.





**\$3,000 Jared McMullen**

My greatest achievement has been becoming the leadership coordinator for a summer camp. It took three years to reach the position, but I have loved every moment of it, and watching kids grow and learn has been so rewarding.

---



**\$2,000 Brayden Brown**

One of my greatest achievements is passing the first year of my program with honours. While it was hard work, I'm sure it will be worth it for my future endeavours.

---



**\$2,000 Benoit Marcotte**

Teachers have always had a massive impact in my life: both parents worked as teachers. They taught me to value every piece of knowledge, regardless of how small. I also had excellent teachers throughout my post-secondary schooling, who enabled me to explore the universe around me and bring service to my community.

## ► ARTA 101 Continuing Education Scholarship



**\$2,500 Jacqueline Yu**

My greatest role model is my doctoral supervisor at the University of Calgary, Dr. Sharon Friesen. She has modelled positive relationships and a commitment to empowering teachers. She is intelligent, visionary, decisive, and kind. It is an honour to learn alongside her as I pursue my Doctorate of Education in Learning Sciences.

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## ► ARTA 101 Scholarship for the Direct Relative of an Active Teacher



**\$2,500 Océanne Kahanyshyn-Fontaine**

As a child, I wanted to be a dolphin: beautiful, playful, and intelligent creatures shrouded in magic. However, my family would jokingly reply that I personify a Tasmanian devil: proudly outspoken and determined, and I assertively pursue my goals. Now, I am unsure which animal to compare myself to, though I covet the elephant's exceptional intelligence, the dolphin's altruism, and the mouse's adaptability.

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# Pension & Financial Wellness

Ray Hoyer | Chair, Pension & Financial Wellness Committee, ARTA

## A Recipe for Tax Savings: Five Sometimes Overlooked Ways to Save On Taxes

One of my favourite financial websites is Boomer&Echo, which provides financial information for all ages and stages. A guest post in February 2023 by Mark McGrath, a financial advisor in British Columbia, provided ways to save taxes in retirement. Here are five of his suggestions.

The easiest way to save on taxes is to claim the **pension income tax credit**, assuming you have a pension income and are over the age of 65 (or under 65 and receive an annuity because of the death of your spouse). Pension income excludes your Registered Retirement Income Fund (RRIF), foreign source pension income, Canada Pension Plan (CPP) benefits, Old Age Security (OAS), and retiring allowances. Your accountant or tax professional can provide the specifics.

If you have a Registered Retirement Savings Plan (**RRSP**), you will convert it to a RRIF by the age of 71. You must take out a minimum amount from the RRIF each year: four per cent of its value at age 65 but 5.4 per cent at age 72 (the percentage increases until age 95). You can use the younger spouse's age to calculate the minimum withdrawal to extend the life of the RRIF, but once you select the age for withdrawal purposes, you can't change it.

**Pension income splitting** with a spouse is another area of potential savings. If one spouse has a significantly higher pension than the other, you can move up to fifty per cent of eligible pension income to the lower income spouse. (The split amount can be different every year.)

CPP benefits can't be split, but they can be shared. To qualify, you must be living with your spouse and one of you must be receiving CPP. If only one of you contributed to CPP, you can share one pension. If you both contributed to CPP, you both may receive a share of both pensions, based on the number of months you lived together during your joint contributory period. This is not a simple tax form adjustment, and the information is deeply buried in the [Canada.ca](https://www.canada.ca) website (see link in circle).

Apply to **share CPP benefits** using your My Service Canada Account or by sending certified copies of the CPP Sharing form to Service Canada. If you are eligible, the sharing begins. The amounts revert to previous values on request, divorce, or the death of one spouse.

Either spouse may claim the family's **medical expenses**. (Remember, ARTA benefit plan premiums are considered a medical expense.) You can claim the total eligible expenses minus the lesser of \$2,479 (for 2022) or three per cent of your net income. The spouse with the lower net income should claim all medical expenses, since three per cent of a lesser amount would result in a larger tax credit.

Seek professional advice from a tax specialist to legally minimize your taxes. Some of these ideas might be a surprise, but a tax professional can tell you if they apply to your situation. •

*Ray Hoyer is quick to remind you that he is a retired professional teacher with an interest in financial issues, not a financial expert!*

To learn more about **CPP Sharing**, visit:  
[bit.ly/49rAyeH](https://bit.ly/49rAyeH)







# Volunteer

Sheila Bean

ARTA member Debbie Piquette Roney picks fruit for the Life Cycles Fruit Tree Project on Vancouver Island.



## Food Volunteers

Rising food costs and other circumstances have many people scrambling to fill their fridges and their bellies. Newcomers to Canada, people without a home, adults with low-paying jobs, university students, seniors, school children — the community of hungry people is vast and varied.

Another community — volunteers all over Canada — are helping to meet this need with food banks, school lunch programs, and other creative and practical programs. If you're looking for a volunteer opportunity, here are a few food-related ideas.



### Food Banks

People who struggle to pay for groceries might be eligible to use a food bank. Food banks purchase some of their fresh, frozen, and non-perishable food and receive donations from individuals, farms, and corporate partners, such as grocery stores.

At the Central Okanagan Food Bank in Kelowna, for example, volunteers sort food, help with special events, and even work as parking attendants. Volunteer shifts are three hours long, and you can schedule yourself for once a week or every day.



### School Lunches

A child with an empty tummy has to work extra hard at school. In Calgary, a volunteer program called Brown Bagging for Calgary's Kids (BB4CK) makes and delivers nutritious and discreet brown-bag lunches to schools all over Calgary. In Medicine Hat, the Brown Bag Lunch program's volunteers prepare daily lunches for up to 900 children over three school districts.

Check for a similar program in your community. You might also contact a school directly and ask what they need. Some keep stores of fruit cups, tuna-and-cracker kits, or cereal and milk.



### Leftovers

Sometimes a restaurant or bake shop ends the day with unsold sandwiches, quiche, or other food, or people have extra potatoes and apples from their backyard. Rather than throw it into the compost, they donate to the Leftovers Foundation, which rescues leftover food in Hinton, Airdrie, Lethbridge, Red Deer, Edmonton, and Calgary.

Volunteers pick up donated food and deliver it to service agencies. Sometimes large donations go to warehouses, where volunteers separate and repack the food.

Read more about two members' volunteer experiences at [bit.ly/FoodsSidebar](https://bit.ly/FoodsSidebar)





## Community Fridges

A community fridge is like a Little Free Library for food. Communities such as Lethbridge and Cochrane offer at least one community fridge where anyone is welcome to put in — or take out — nutritious, non-perishable food. Also known as community pantries, freedges, or food sheds, their wish lists differ. If they have an actual refrigerator, then bread and produce might be welcome. Check first.

Volunteers stock the shelves and generally maintain the fridge space. If you're an artist, the community fridge committee might appreciate a cheerful mural!

ARTA member Cathryn Gilham (right) loves working at the Pioneer Museum Tea House, Stony Plain.



## Meals at Shelters

Shelters for unhoused people often need help at mealtime. At Inn from the Cold in Calgary, for example, volunteers prepare and serve meals to families experiencing homelessness. At the Drop-in Centre and at the Mustard Seed, volunteers offer the same help to adults without children.

Look online for similar opportunities in your community, such as **Operation Fruit Rescue** in Edmonton or the **Okanagan Fruit Tree Project**.



## Food From Your Garden or Your Kitchen

How are you ever going to eat all of the carrots in your garden? (Don't even ask about the zucchini!) If you find yourself with a surplus crop, you can ask if the food bank needs it. You might even start the growing season by planting a row or two, intentionally, to donate to a cause.

Don't forget that charity begins at home. Your next-door neighbour might be grateful for some washed produce from your garden. Someone going through a bad time might appreciate help in their own garden or a cooked meal. You could make this as sporadic or as regular as you like. (But be prepared for a "no thank you" — not everyone wants a neighbour's assistance.)

## Volunteer Details

Volunteering anywhere could require a formal, written application, a police check, or a certain time commitment. Also, a place might have all the volunteers it needs, for now. If you cannot give your time, you might donate money or the gift of non-perishable food (look online to see what they need). Even supporting them on social media is helpful. ●

*Sheila Bean taught with the Calgary Board of Education for seventeen years — retiring just before COVID-19. She still dabbles in teaching and writing.*





# Gardening

Gerald Filipski

## Living Christmas Trees

Don't think you can get a Christmas tree into your small space? Don't want to buy a tree that will drop needles and make a mess in your home? Consider a living Christmas tree to solve your space problems. With so many people downsizing, a living tree may be the perfect solution for that smaller living space. You can get the same effect from a live tree as you can from an artificial one or a harvested tree. The bonus is that you will have a beautiful houseplant to enjoy long after the holiday season has passed.

The other benefit is that the tree will not dry up and become a fire hazard as many harvested Christmas trees do. You can decorate your tree earlier and leave it up longer without fear. You will also be contributing in a positive way to the environment by not using artificial trees that may be made from non-renewable petroleum resources.

One of the best choices in living trees is the Norfolk Island Pine (*Araucaria heterophylla*). This is an indoor plant well-suited to low light conditions. In nature, the tree can reach heights of thirty or more metres. Thankfully, it is rather slow growing as a houseplant and will tolerate growing conditions that many other plants would balk at.

It will grow in warm or cool conditions as well as tolerating low light or full light as long as it is well watered. It is one of the best choices for a living Christmas tree because when the decorations are removed, the lovely green colour makes it a handsome specimen anywhere. It lends itself well to pruning and can be easily trained to take on the shape desired. A well-decorated Norfolk pine can look every bit as good as the most expensive cut tree without taking up the space a full-sized harvested tree would.

Another interesting idea for a living Christmas tree is to use a rosemary plant. By pruning and shaping this plant, you can get the effect of a Christmas tree grown in bonsai scale. If you are not up to the challenge of shaping your own, many local garden centres and even some supermarkets carry these and they are pre-shaped for you. This tree is much smaller than the



Pre-shaped rosemary plant



Norfolk pine but can be very charming when decorated with miniature ornaments, bows, or even some of the ultra-mini lights that are available for decorating miniature Christmas villages. The benefit of these trees is that they not only look good but smell good when the leaves are squeezed. They also make an excellent herb addition to so many dishes in the kitchen.

Keeping your rosemary well-watered and in a sunny spot are the keys to a healthy and long-lived plant. Stick the plant in the sink each morning and water it until the water runs out of the drainage holes. Give the pot a little shake and place it on a saucer. Rosemary, while hating to have its roots sit in water, will die if the roots dry out.

If you have a small yard or balcony, you may consider growing evergreens as living Christmas trees. Many nurseries or garden centres sell Colorado blue spruce, eastern white pine, Scotch pine, and other varieties of evergreens as living Christmas trees. One of my favourites is the dwarf Alberta spruce that has soft needles and a very full look to it. These living trees are usually available as seedlings or one-year-old stock. There are some available in sizes up to one metre in height. These trees are easily cared for as houseplants during their stay indoors.

Keep them away from heat sources such as furnace vents that will dry out the trees and cause needle loss, and keep them well-watered without allowing the roots to sit in water. The tree should be in a cooler room in the order of 17-18 C and in full, indirect light. Keep the tree indoors until the spring when it can be planted as regular nursery stock or kept as a container plant and trained, with judicious pruning, to maintain its small size and used again the following Christmas season. When choosing the trees, make sure you look for trees that have healthy green leaves or needles. Avoid any that have browning tips. I look for trees that don't have a lot of



Potted spruce tree

dead needles in the pot. The needles should also be full, firm, and not easily pulled out.

Your living Christmas tree is limited only by your imagination. If you have a Chinese evergreen, a rubber tree, or even a palm, who says that can't be your Christmas tree? I have seen some Kentia palms decorated that would put any Christmas tree to shame. Don't be afraid to experiment and don't be afraid that it will look silly. 'Tis the season to have fun. ●

*Gerald Filipski, the gardening columnist for the Edmonton Journal and active on X (formerly known as Twitter) @justaskjerry01, likes to end his columns with a quote — sometimes they make him laugh out loud as well as give him food for thought. Jerry quotes Jim Bugg this time: "I thought I was pretty cool until I realized plants can eat the sun and poop out air."*





# ARTA Bulletin Board



## Cooperative Memorial Society (CMS)

CMS is a non-profit, member-owned cooperative. We arrange economical funeral plans for our members in the Edmonton area and in central and southern Alberta, by contracting with locally operated service providers. Members can save an average of \$2,500 to \$5,000 on their funeral arrangements, depending on the plan selected. Plans can be prepaid with many of our service providers to lock in prices or can be paid at the time of need.

Since our founding in 1965, we have enrolled more than 55,000 members. Membership ensures that your wishes for your final arrangements are respected and provides you with access to lower-priced plans for funeral services from our service providers. You can opt to enter your guidance information into our online database for the funeral home to access at the time of need. This service also provides your loved ones with important information that they will need at that time.

The most important benefit of membership is the peace of mind gained from knowing that, by putting your affairs in order now, you will be saving your next-of-kin some hasty, painful, and expensive decisions at a time when they may be emotionally unprepared.

You can purchase a lifetime membership for only \$40 per adult. For more information, visit [calgarymemorial.com](http://calgarymemorial.com) or call the CMS at **403-248-2044** or **1-800-566-9959**.

## Beach House on the Bay

Three-bedroom Parksville Beach House overlooking French Creek Marina on Vancouver Island available to rent monthly at \$2,450 (amenities included) off-season or weekly during July and August.

Rates vary depending on number of guests.

For more information, please call Kerry at **250-248-3446** or email [kapitt@shaw.ca](mailto:kapitt@shaw.ca).





# 2022 Writing Contest

POETRY: SECOND PLACE (TIE)

## Nurse

Theresa Arcega

Cold floor underfoot  
No daylight at the sill  
Coffee is a welcome scent  
Rising is pure will.

Arriving before the sun  
To be a face of hope  
For many...or just one  
A spark to light a room

Purpose, like a beacon  
Leading forward  
Into storms and calm  
Hour after hour...pushing  
Then again,  
The Alarm.



## 2024 PHOTO CONTEST

ARTA is proud to sponsor its **twelfth annual photo contest**. All ARTA members — regular or affiliate — are eligible to enter. As in the past, we have two entry categories: if you have won in the past, please submit to the Masters category; if you have not been a past winner, enter the Novice category. Winners will be announced in the autumn 2024 issue of *news&views* and posted on ARTA electronic media sites.

### Contest Categories

- Nature
- Colour
- Travel
- Detail

All entries must be received by ARTA no later than 4:00 p.m., May 31, 2024.

### 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](mailto:contests@arta.net)



Visit [arta.net/photo-contest](https://arta.net/photo-contest) for contest rules and entry form.





# Replacing a Well-Used Laptop

Inge Coates

Experts suggest that the average lifespan of a laptop is three to five years, but these experts tend to be IT professionals who service businesses.

## What Makes Sense for ARTA Members?

To find out if you should replace your laptop, ask yourself:

1. Does your laptop efficiently do what you want it to?
2. Does it easily update both the operating system and software to include the latest security features, especially if you bank online or do online shopping?

If you answered yes to both questions, you may not need to replace it yet.

Warning signs of an imminent breakdown include a noisy laptop fan, a machine that frequently overheats, or a laptop that is slow to start up or shut down. When working on several applications at the same time, it should easily switch between them. You should not be getting warnings that you have run out of memory.

Obviously, frequent crashes or corrupted data are serious. If security features are not regularly updated by the manufacturer, it may be because that laptop is significantly out of date.

If you think you need a new laptop, here are some considerations.

## Backing Up the Information on Your Old Laptop

You can usually back up all of the information from an old computer to a new one. Support can be found online or from the person who sells you the new one.

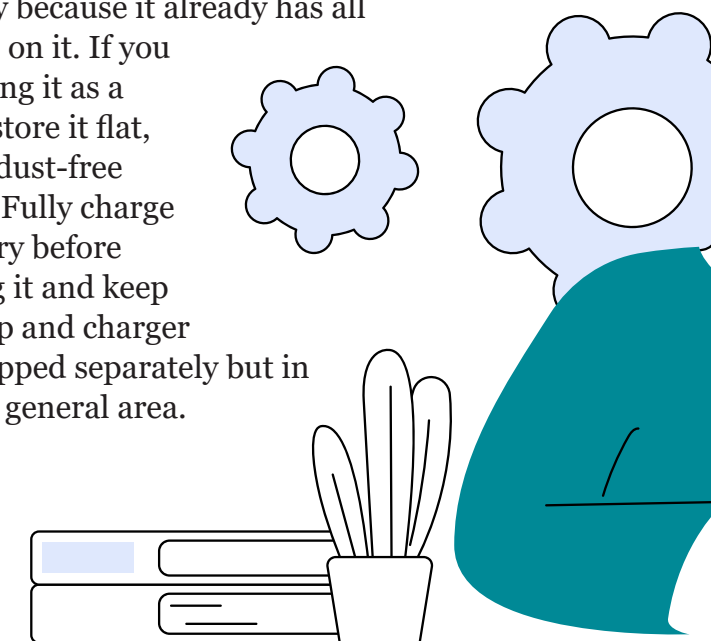
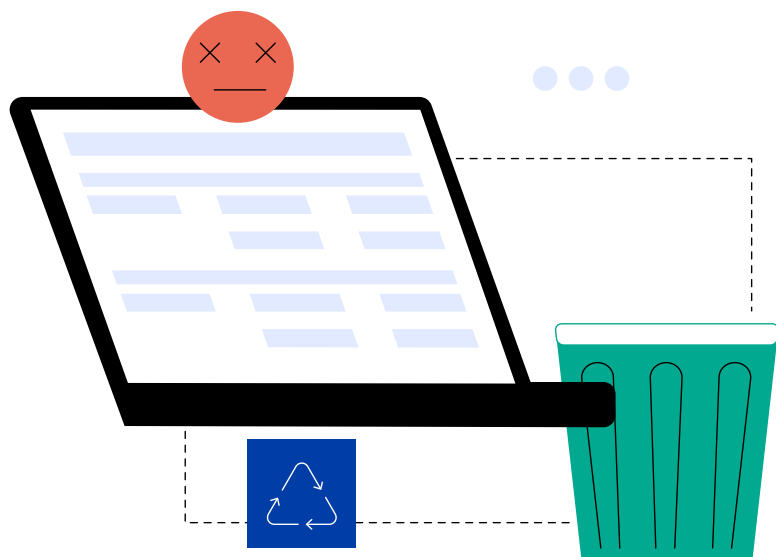
You can also back up to virtual storage such as iCloud or Google Drive. There is often a fee for this, but your information is encrypted and should be safe and reliably restored, as needed.

A USB flash drive with enough storage space or a separate external hard drive will also work. With a separate hard drive, it may even be possible to schedule automatic backups so that information is always current should your new laptop crash, become infected by malware, or be stolen.

## Planning Your Old Laptop's Retirement

If your old laptop is still functioning, you might consider selling it. However, if you used it for banking, you may not be able to erase that data as thoroughly as you hope, so be careful. Perhaps gifting it to a friend or family member would be a better option.

You could keep it as a backup, especially because it already has all your files on it. If you are keeping it as a backup, store it flat, in a dry, dust-free location. Fully charge the battery before removing it and keep the laptop and charger each wrapped separately but in the same general area.



## Destroying the Hard Drive in an Unwanted Laptop

Once you have backed up your old laptop, you may decide to destroy its hard drive. Reformatting may not remove all private information if someone is determined to access it. Using a magnet may have worked years ago but isn't enough for today's laptops, not even your old one. Physically destroying the hard drive with a sledge hammer requires safety equipment and know-how to be effective, and advice for this on the internet isn't always accurate. Better to use a company that professionally destroys hard drives than try it on your own.

## Buying a New Laptop

Laptops range from \$300 to \$3,000. The cheaper ones usually have limited features, are slower, and often have a shorter lifespan. The expensive ones have sophisticated features that you may not use or need.

When making your selection, find a laptop that does all the things you normally do, with maybe a few shortcut features that make your work easier. If you are hoping to use your laptop for design work, research what you might need and speak to the salesperson about the capabilities of each machine. Make sure the machine you're considering

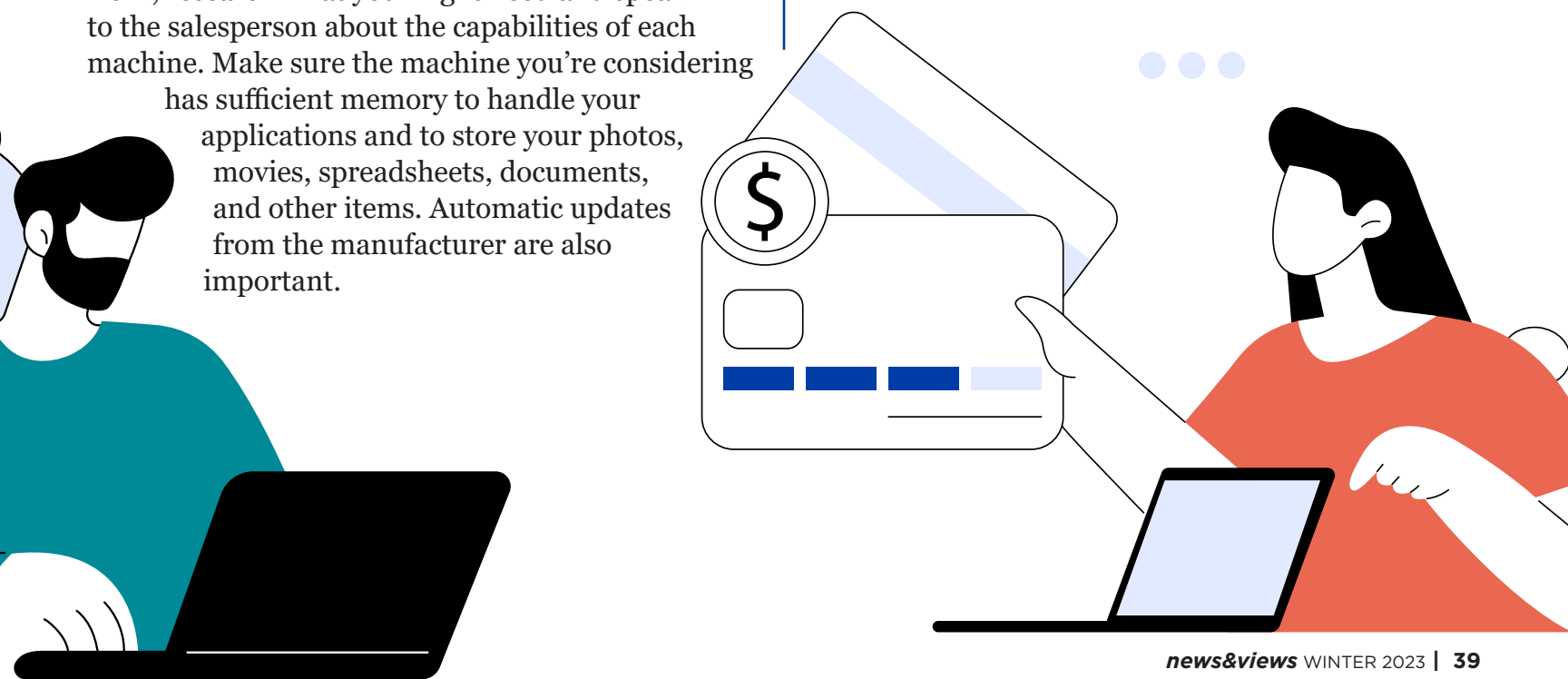
has sufficient memory to handle your applications and to store your photos, movies, spreadsheets, documents, and other items. Automatic updates from the manufacturer are also important.

## Preparing Your New Laptop

Before you start using a new laptop, consider these steps:

1. Acquire and install software and apps that you prefer. This might include a word processing tool and accounting software.
2. Check the security features already on your new machine (e.g., fingerprint reader, facial recognition) and supplement as necessary. (See our article on VPNs in the summer 2022 issue of *news&views*.)
3. Upload the files that you want to access from your old laptop.
4. Customize your settings (e.g., font size, brightness, screensaver) to make this machine truly yours. ●

*Inge Coates's interest in computer technologies prompted her to complete a Master of Arts in Communication and Technology at the University of Alberta in 2005. She has been fascinated by the impacts of these technologies ever since. Inge was on ARTA's Communication Committee for several terms.*







# Recipes That Bind: The Enduring Legacy of Community Cookbooks

Jane Thrall | Article and Photos

Growing up, we didn't have many cookbooks in our home, just a couple of time-worn standards that probably dated back to the Pliocene epoch. We had a box of recipes cut from newspapers and women's magazines, the popular ones frayed at the edges. My mother typed up index cards with a few of her favourite recipes, and we had the community cookbooks.

This was long before the specialty cookbooks of today — the keto, gluten-free, low-GI, fancy cookbooks featuring recipes with photos and step-by-step instructions. Back in the 1970s and '80s, we relied on the trusted recipes of our friends and neighbours, and we shared our own family recipes with them.

The result was a plethora of self-published community cookbooks, often fundraisers for a new hall, playground, or school library. They were put together by curling clubs, hospital auxiliaries, and parent groups. Almost exclusively coordinated by women, these cookbooks contain a wealth of culinary knowledge and history.

Self-publishing a community cookbook was no easy feat. A committee of dedicated volunteers would have to spend hours going through submissions, balancing soups and salads, casseroles and cakes. This task fell largely on the shoulders of the women-led auxiliary groups of the local parish, club, or school.

Full of comfort foods, they weren't always low calorie nor what we would consider "healthy" by today's standards. During difficult times the recipes were simpler — having fewer ingredients and made with what was readily available. Bacon drippings, lard, and shortening were commonplace in the older books.

These cookbooks were filled not just with recipes, but measurements, conversions, tips, and quips. They often featured anecdotes, memories, and unique

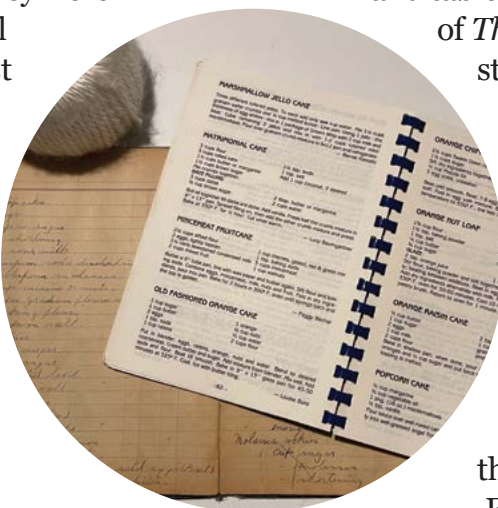
stories. These collections were a way of connecting people, their recipes, and their culture.

One of Canada's first fundraising cookbooks was published in 1877 in support of Toronto's Hospital for Sick Children. In less than ten years they sold 100,000 copies of the book, a huge success by today's standards, let alone 150 years ago. The cookbook included advice on housekeeping, social observances, and table talk in addition to recipes. Reprints of *The Canadian Home Cookbook* can still be found, providing a snapshot of life in the nineteenth century.

The enduring legacy of these vintage community cookbooks lies in their ability to safeguard our shared memories for future generations. Over the years, these treasures have withstood the trials of time, serving as cherished heirlooms that connect the past to the future.

Each book is a snapshot of the community at that moment and the recipes reflect the culture and diversity of the region the book came from.

Recipes could differ based on whether they were from a rural community or an urban area. The cookbooks reflect the origins of the people, strongly influenced by their heritage. The rural prairie cookbooks I have in my collection have recipes for cabbage rolls and borscht, while some of my more metropolitan books feature unique appetizers and cocktails.



## An array of cookbooks

You can find northern cookbooks full of recipes for cooking game including rabbit and deer, while the southern ones will feature key ingredients more likely to be found at the local grocery store.

One of my books has a “celebrity” section with recipes from the town’s mayor, local personalities, and federal politicians such as Ed Broadbent and Brian Mulroney.

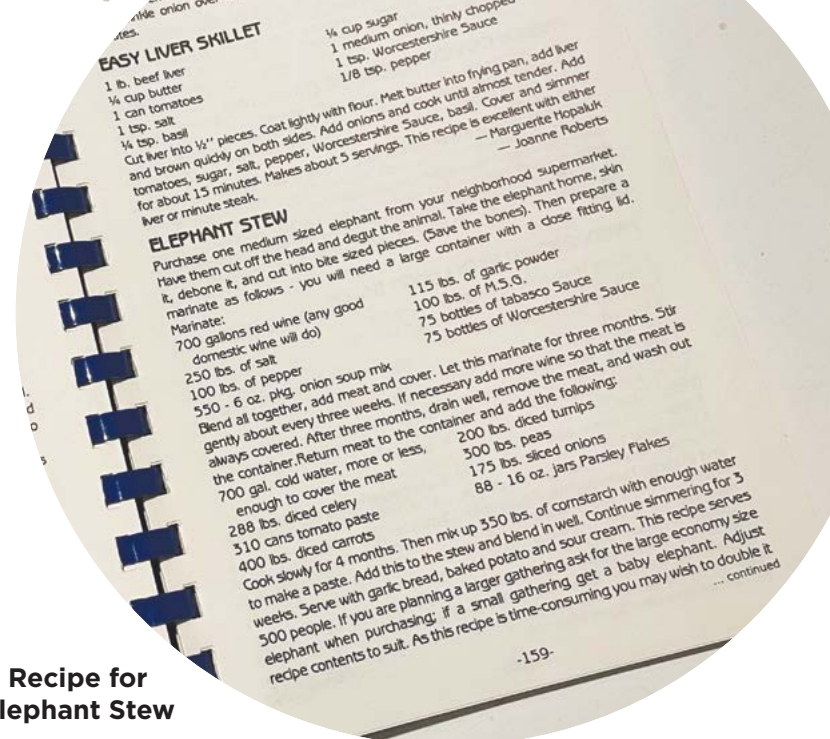
No matter the source of the community cookbooks, any copy hides the most popular recipes between stuck pages, while spots of honey or oil mark other pages of these well-worn books.

In our house, the stickiest pages were the ones in the dessert section, a chapter that held tried-and-true recipes passed down through the generations. These recipes often featured the name of the original family member who was associated with the dessert, so we see names like Grandma’s Favourite Ginger Cookies or Auntie Carol’s Date Bars.

In Canada, small publishers specializing in community cookbooks appeared in the 1930s and many of these still exist today, with the process being much easier and more streamlined than ever.

Although the original vintage books are becoming more difficult to find, archives have been developed to preserve these important parts of our collective history.

No matter where you currently reside, what you enjoy eating, or what dietary restrictions you live with, these community treasures will have something special for your family dinner. If nothing else, the funny stories and the tidbits of advice stand the test of time. ●



**Recipe for Elephant Stew**

*Jane Thrall says she’s no culinary genius, but she knows her way around the kitchen. A good recipe that can be put in the crockpot and left to simmer all day is her idea of perfect comfort food (see recipe for stewed elephant).*

Possibly the most significant archival collection is the Canadian Culinary Collection at the University of Guelph, home of Macdonald Institute, by the 1950s the premier school of home economics in North America.





## Competitive Birding

Chris Rees | Article and Photos

People have been watching and observing birds for thousands of years, but birding in its modern form is less than 100 years old. Let me start by introducing some terminology.

**Bird watching** is the casual, low intensity observation of birds.

**Birding** involves observing and identifying birds, as well as studying their behaviour, ecology, and conservation.

**Twitching** is a specific type of birding focused on rare or unusual bird species.

Before I retired from teaching at NAIT, and while I was raising a family, I was into bird watching. Since retiring, I have progressed to being a birder. I enjoy being outdoors in nature, so birding gives me a *raison d'être*. In support of bird watching and birding, the eBird app gives you tools for tracking your species counts for a home circle, for any particular hotspot, for monthly, yearly, or life-long lists. So far, my birding has been focused on my local eBird hotspots and region. I have an annual target of 200 species for the Edmonton region. I also have an annual target of 250 species for Alberta. The gold standard for Alberta is 300 species for a year or for a life list. I do one-day road trips to explore new areas

and look for different species of birds. I am mostly trying to stay within 100 kilometres of home.

Birding, I often find, gives me the same feeling as downhill skiing or golf. In downhill skiing if I have a great run or a very good day, I am motivated to ski even better next time. The same is true in golf; if I have a great day and shoot a low score, I want to go back the next day and beat that score, even if only by one stroke. eBird gives you options for competing with yourself or even competing with others. If you like to compete with others, there is a top 100 list for birders for a region, province, country, or the world. Currently, I am in the top 10 for the Edmonton region and the top 100 for Alberta.

Taken to the extreme, competitive birding can lead to “twitching.” Twitching only really came to prominence in the 1950s and '60s. The term originated from the nervous and twitchy behaviour of British birder Howard Medhurst, whose twitchiness heightened whenever an exceptionally rare bird was reported. It is the competitive nature of humanity that has led to the rise of twitching.



**Bay-Breasted Warbler —  
Sir Winston Churchill Provincial Park**



**Connecticut Warbler — Newbrook area**

As birding increased in popularity, many sought to outdo one another in the listing stakes, and thus the need “to twitch” was born. Twitchers frequently travel long distances on short notice in order to see a rarity. eBird provides tools to notify users when rare birds are reported for their area. Alberta Birds on Facebook is another source of rare bird information.

At its worst, twitching has led to birders experiencing financial ruin, marriage breakdowns, and strained relationships with family members. Obsessive twitching can put a birder’s job on the line, especially if they continuously phone in sick or fail to keep important appointments.

I am fighting hard not to become a twitcher, but, in June, after sitting for over eight hours, hoping for a rare bird to appear, I began to wonder about the fine line between perseverance and Einstein’s definition of insanity. ●

*In a previous article, “Birding a Local Hotspot” in news&views (spring 2023), Chris Rees introduced eBird as a tool to support birding. His early career was as a chemist, researcher, and environmental, health, and safety specialist in industry before becoming an instructor at NAIT — and competitive birder.*



**Virginia Rail —  
Bittern Lake area**

**Black-Throated Green Warbler —  
Long Lake Provincial Park**







## IT'S LIFE-CHANGING.

Finally! A local doctor is helping cancer survivors live free from the constant pain and suffering associated with  
**Peripheral Neuropathy.**

Irreversible is not a word you want to hear from your doctor, but it's a common one if you've been diagnosed with chemotherapy-induced peripheral neuropathy (CIPN).

Elliott S. of Edmonton, Alberta, survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound."

**Nearly half of the patients who undergo chemotherapy will develop chemotherapy-induced peripheral neuropathy (CIPN).**

Chemotherapy meds travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. A high number of really unfortunate people will be forced to endure the symptoms associated with CIPN for months, or even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, Elliot responded **"It was difficult to walk up and down stairs and do other things we usually take for granted."**

The most common symptoms include:

- Pain, tingling, burning, weakness, or numbness in arms, hands, legs, or feet
- Sudden, sharp, stabbing or shocking pain sensations
- Loss of touch sensation
- Clumsiness and trouble using a hand to pick up objects or fasten clothing
- Loss of balance or falling

For some, their nerves will recover over time. For most, the nerve damage is **'irreversible.'** Elliott had been told just that by a series of doctors and specialists. Essentially, they could cure his cancer but couldn't fix the damage done by the drugs used for the cure.

Then Elliot made a call to Dr. Melanie Morrill Ac. of Accessible Acupuncture in Edmonton. Dr. Morrill Ac. is using the time-tested science of acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

**After a series of treatments, Elliott was taking stairs with stride.**

We have a split-level house and it has a lot of stairs. "This morning I walked down the stairs and made breakfast," Elliott shared.

**"I remember thinking 'that's become mighty easy for me,' I didn't have to hold on to the handrail or anything! It's life-changing to have my mobility back!"**

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable," but after receiving Dr. Morrill Ac.'s treatments are now living lives free from pain and suffering. For over five years, she has been reversing the effects of CIPN and other varieties of peripheral neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

**If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Peripheral Neuropathy or Diabetic Peripheral Neuropathy, Dr. Morrill Ac. and the incredible team at Accessible Acupuncture can help!**

Dr. Morrill Ac. is once again accepting new CIPN patients. She is accepting ten new neuropathy patients in December. Call (587) 879-7122 now to schedule a consultation.

**SCHEDULE a consultation TODAY**  
**CALL 587-879-7122**

**HYS Centre 600, 11010 101 ST NW**  
**Edmonton, AB**  
**AccessibleAcupuncture.ca**

# From Our Partners

Laurie Bauer, CAIB | Business Development Manager, Orbit Insurance Services



## Why You Should Contact Your Broker Before Renovating Your Kitchen

If you're like many other Canadian homeowners who have recently come out of the pandemic, chances are you have either completed some type of renovation or have something planned in the future. Whether you're wanting to give your kitchen a fresh look or building an extension for your home office, you should do your due diligence before you get started.

With so many pieces in motion — getting contractor quotes, shopping for material or meeting with designers — talking to your insurance broker may be an afterthought. Unfortunately, any changes made to your home could mean your insurance contract may be compromised, and in the event of a claim, you could be denied. Luckily, we've provided a list of situations that are important to review with your broker ahead of time.

Some insurers offer **endorsements to home renovations** and updates. Make sure to speak to your broker if you're planning to:

- **Upgrade your kitchen, bathroom, or basement** — If you're going to be doing minor renovations to these areas of your home without new plumbing, you should call your broker.
- **Tackle major renovations** that require any of the following — a building permit or any other permits that are required by regulation; a structural architect; if the renovations make the dwelling temporarily unlivable.

**Other major renovations** that warrant a conversation with your broker include:

- **First floor addition or extension**
- **Removal of load bearing walls**
- **Opening an exterior wall**

Some **minor renovations** are typically covered under your property insurance, but a call to your broker to clarify is always a good idea when:

- **Completing a basement** — Where prior to start of renovation, the wiring is one hundred per cent copper and the plumbing is copper, PVC, or PEX
- **Replacing an exterior roofless deck less than two feet high** — Contents limit applies for theft or attempted theft, vandalism, or malicious acts for any materials and supplies for use in the construction (building materials on insured's premises)
- **Installing a fence**
- **Replacing flooring**

Remember, any damage during renovations — like a pipe bursting during a bathroom remodel — could be subject of a claim, but without your insurance provider knowing beforehand, you may be denied according to a breach in your contract.

If you have any questions about a future renovation you'd like to plan or would like to review your current home policy, call one of our Orbit brokers today at 1-800-272-5688. You can also get a quote on a home insurance policy by visiting the Orbit Insurance Services website. We look forward to hearing from you! ●



# From Our Partners

Janet Lockau | Registered Dietitian, Humanacare



## Fad Diets: Fact or Fiction?

Achieving and maintaining a healthy body weight can be challenging, and as we get older it may be even trickier. Slower metabolism (due to the natural aging process, muscle loss, and reduced activity) and health conditions (some making it harder to exercise) can contribute to unwanted weight gain. Enter fad diets, the solution to your dietary woes, with big promises of dramatic weight loss in no time and with little effort!

How can we tell if the nutrition information is helpful, healthy, and nutritious or a harmful, potentially dangerous sham that could negatively affect overall health?

### The Red Flags

- Fast weight loss, guaranteed! **The truth?** It is unhealthy to expect more than a two-pound weight loss per week. Very restricted calorie diets put your body into “starvation mode,” lowering your metabolism even further.
- Quick and easy results, no exercise required! **The truth?** Too good to be true.
- Limited food choices, sometimes eliminating entire food groups. **The truth?** You could be missing out on essential nutrients, putting you at risk of deficiencies. Even a multivitamin supplement often can’t make up for the nutrients we obtain from food.
- Reports are often anecdotal, the evidence based on the experience or opinions of other people or the media. **The truth?** Reliable sources use science to support the recommendations.

Fad diets rarely result in long-term weight loss and maintenance and, rather than putting you on the path to better health, may put your health at risk. Slow weight loss might test your patience, but

rapid loss can result in losing more than just fat — perhaps water weight but also possibly lean muscle. Bone health can also be affected. Very restricted diets are usually not sustainable, and many revert back to their “normal” diet. The weight often creeps back on, frequently more than what was lost. Successful weight loss and maintenance depend on an eating plan that you can stick to long term.

A healthy diet for seniors should include a variety of foods, with lots of vegetables, fruits, and whole grains. It should allow for healthy fats (found in nuts and seeds, avocado, fatty fish, vegetable oils, and soft margarine) while limiting added sugar intake.

Healthy sources of proteins are especially important since we lose muscle mass as we age. The food guide encourages use of more plant-based proteins such as dried beans, peas, and lentils, tofu and other soy products, in addition to nuts and seeds.

Low-fat dairy products (milk, yogurt, kefir, and cheeses) are an excellent source of protein, calcium, and many other nutrients important for bone and overall good health. Fortified dairy alternatives (soy, nut, coconut, rice, and nut milks, for example) may provide similar nutrients, but other than soy milk, tend to be very low in protein content.

For good health and long-term success, ditch the trendy fad diet!



## Instead

Follow Canada's Food Guide (which is based on current scientific evidence) to get the nutrients you need to achieve and maintain a healthy weight and promote good overall health.

Eat regular balanced meals and healthy snacks, ideally going no longer than three hours without eating. This practice improves satiety, reducing the temptation to tuck into quick and easy foods that are often not the best choices. Limit use of processed or prepared foods and beverages high in sodium, sugar, and/or saturated fats.

Stay hydrated with an adequate amount of fluid each day. Thirst might be masked as hunger. As Canada's Food Guide says, make water your drink of choice.

Alberta Health Services has an excellent four-page resource with useful nutrition and hydration ideas (see sidebar).

Exercise! Activity plays an important role in weight management at any age and offers many other health benefits. You don't have to run a marathon. Find an activity that you enjoy, and try to move your body regularly. For more ideas, see Canada.ca's physical activity tips for older adults (see sidebar for URL).

Before you begin any weight loss program, talk to your medical health practitioner. You might also ask to see a registered dietitian for personal guidance and advice.

Unfortunately, there is no magic pill or formula for easy weight loss. Whatever plan you choose, make sure that it's good for your long-term health. Even if it takes some time, once you start seeing results, you'll be glad you made a healthy choice! ●



### Older Adults: Nutrition and Hydration

[bit.ly/AHSNutrition](https://bit.ly/AHSNutrition)

### Physical activity tips for older adults (65 years and older)

[bit.ly/65PlusActivities](https://bit.ly/65PlusActivities)



ARTACares is included at no additional cost with all ARTA Extended Health Care Benefit Plans and is provided by HumanaCare, an Alberta-based health and wellness provider with more than thirty-five years of Canadian health-care experience. For more information, visit [wellness.mylifeexpert.com/login/artacares](https://wellness.mylifeexpert.com/login/artacares).



# IN MEMORIAM

*Food is a powerful tool for healing and comfort in times of loss and grief.*

—Anonymous



**Casper Dwight Miller**, Vermilion

ARTA grieves the loss of Dwight Miller who diligently served as a trustee for the ARTA Benefit Plan Trust Fund for more than one term.

**William “Alan” Bell**  
Edmonton

**Michael “Mike” John  
Blackwell**  
West Kelowna, BC

**Alfred James “Jim” William  
Alexander Briggs**  
Calgary

**Renso Castellarin**  
Blairmore

**Suzie Chambers**  
Lethbridge

**Patricia “Trish” (née  
Holden) Clark**  
Stettler

**William “Bill” John Clark**  
Red Deer

**Allan Charles Crozier**  
Calgary

**Gail (née Buckingham)  
Daniels**  
Calgary

**Donna Lynn (née Shelle)  
Denommee**  
Calgary

**Joseph Henri “Jean” Dionne**  
Sherwood Park

**Lesley Colleen (née  
Gallagher) Engbloom**  
Calgary

**Warren Arthur Fordyce**  
Vernon, BC

**Ruth Mary (née Hill)  
Harrowing**  
Lethbridge

**John Gordon Hepburn**  
Victoria, BC

**Sharon Lee (née Skuba)  
Hoekstra**  
Edmonton

**George Robert “Bob” “Rob”  
Holt**  
Edmonton

**Patricia “Pat” Mary Hughes**  
Edmonton

**John “Jack” Alfred Jeffery**  
St. Albert

**Albert Lloyd Kahanoff**  
Calgary

**Dianne Marie (née  
Adelmann) Klein**  
Calgary

**Emil Ferdinand Krause**  
Medicine Hat

**Lucy (née Skikiewich) Krisco**  
St. Albert

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



**Marion Helga (née Sanden,  
formerly Beeston) Laing**  
Calgary

**Michael “Mike” Loeffler**  
Calgary

**Joyce Elaine (née Krantz)  
Lukasiewicz**  
Edmonton

**Mervyn “Merv” Gerald Lutes**  
Surrey, BC

**Dennis Gary Maxwell**  
Grande Prairie

**Wilfred John David McNeil**  
Edmonton

**Florence (née Castel)  
McQuid**  
Vermilion

**Kathryn Isabel (née Chase)  
Merrett**  
Edmonton

**Shirleyanne (née Meakins)  
Michaels**  
Paris, France

**Shirley (née Clarke) Neilson**  
Creston, BC

**John V. Orton**  
Calgary

**Ethel (née James) Oreto**  
Medicine Hat

**Sylvia Gail (née Diduch)  
Patrie**  
Mundare

**Marietta Portigal**  
Calgary

**Napoleon “Leon” A. Rebryna**  
Calgary

**Edith (née Robert) Schwarz**  
Vernon, BC

**Leif G. Stolee**  
Edmonton

**Violet “Vi” Pearl Sullivan**  
Lethbridge

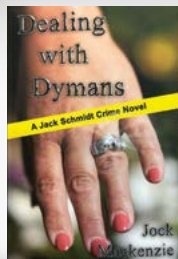
**Veronica Swan**  
Medicine Hat

**Gladys Margaret (née  
Houdek) Zelenka**  
Taber



# ARTA Bookshelf

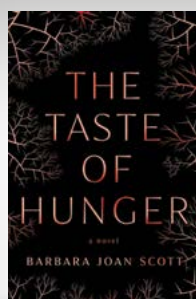
Books by ARTA members for your reading pleasure.



***Dealing With Dymans*** by Jock Mackenzie. Kindle Direct Publishing, 2023. Crime. Gun play. Word play. Jack Schmidt, ex-RCMP, attempts to unravel the mystery surrounding Dougie Dymans, the ne'er-do-well who's been switching gemstones coming into his store.



***The Fenian Season: A Historical Thriller*** by Jaroslav (Jerry) Petryshyn. Friesen Press, 2017. Crime fiction thriller. It's 1866 and John A. Macdonald has a problem. With the end of the American Civil War, Fenians are planning an invasion of British North America.



***The Taste of Hunger: A Novel*** by Barbara Joan Scott. Freehand Books, 2022. Historical Fiction. In 1920s Saskatchewan a fifteen-year-old Ukrainian immigrant is forced to marry a man twice her age. A 2022 Quill and Quire Book of the Year.



***The Bachelors and Widows Christmas Party*** by Audrey Whitson. Radical Bookshop, 2023. Chapbook. It's the hundredth anniversary of the annual Bachelors and Widows Christmas Party. Eva and Bessie think they have all matches made. But there's a wildcard.

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