



Executive Committee Report

Some say beware the ides of March, but here in Manitoba we're all excited for more sunshine and warmer temperatures! This month's report from the Executive and Board are ready for your review.

[Read More](#)



In Memoriam Notifications - Update to the RTAM Service

In Memoriam Updates

To respect the privacy of RTAM members, who can no longer provide their consent to the RTAM office, moving forward the In Memoriam will no longer be listed quarterly in KIT. Family members who wish to provide consent for their loved one's name to appear in the In Memoriam section of KIT can contact the RTAM office by email info@rtam.mb.ca or complete the online form linked below, which is also available on the RTAM website. Only RTAM members will be listed.

<https://members.rtam.mb.ca/ap/Form/Fill/p9ENvf1p>



RTAM Events

Here is a great seminar RTAM is presenting in February. Check the calendar for more upcoming seminars and events!

- March 12th - Chair Yoga
<https://members.rtam.mb.ca/ap/Events/Register/ZRF4yl4cgCeC2>
- May 7th - Aging with Integrity

- May 14th - U of M Centre on Aging

A minimum of 10 participants is required for these events to proceed. Please log in to the RTAM website through the new member portal to register for this program!

Check the RTAM website for new events!



Calgary & Area Chapter - Upcoming Event!

The Calgary & Area Chapter of RTAM is proud to host a member service event on Thursday March 13, 2025 @ 11:30 MST.

It will be held at Scotsman's Well, 12024 Symons Valley Rd NW, Calgary, AB.

A speaker from Calgary police Service will speak on 'Scams'. Interested members can RSVP Penny at literacyplus@shaw.ca or by calling Jan at (403) 909-7402.



Portage la Prairie Chapter - Upcoming Event!

The re-established Portage la Prairie Chapter of RTAM is excited to host "Afternoon British Tea" to reacquit with friends on Thursday, March 13th, 2025 from 2:00-4:00 pm, at the Herman Prior Activity Centre - Crocus Room, 40 Royal Road North, Portage la Prairie.

Please bring a famous, or fun quote Please bring a famous, or fun quote about women on an index card to attach on poster board. Reacquaint with friends.

RSVP TO: Betty-Jean 204-239-5976 or Vicki 204-872-5784.



RTAM Choir

The RTAM choir winter/spring season is well underway. If you are interested in joining, please contact the RTAM office at 204-889-3660 or by email to info@rtam.mb.ca for more information.

The choir is open to all RTAM members who enjoy singing and socializing. Male voices are always needed. To learn more about the choir's activities visit the following link <https://rtam.mb.ca/en/news-and-events/news/view/30/the-heartwarming-harmony-of-the-rtam-choir-a-celebration-of-song-community-and-engagement/>



RTAM Launches 2024-2025 Substitute Teacher Concerns Committee Survey

The Retired Teachers' Association of Manitoba (RTAM) is excited to announce the launch of its newest initiative—the RTAM Substitute Teacher Concerns Committee Survey for 2024-2025. This comprehensive survey, developed by the Substitute Teacher Concerns Committee, aims to gather valuable insights from substitute teachers who are members of RTAM. The information collected will help RTAM better understand the current challenges faced by substitute educators, providing an opportunity to advocate for meaningful change in the work environment and conditions for retirees who continue to work as substitutes.

More of this story and the survey link can be found here: [RTAM Launches 2024-2025 Substitute Teacher Concerns Committee Survey - Retired Teachers' Association of Manitoba](#)



CANADA 55+ SENIOR GAMES – August 24 – 28, 2026 – WINNIPEG, MB!

Welcome to Winnipeg! That will be the theme of the Canada 55+ Senior Games in 2026 when approximately 3,000 participants will travel to Manitoba to participate in the Canada 55+ Games.

Over 20 events are planned to include men's & women's hockey, pickleball, golf, curling, darts, track, slo-pitch, swimming, 8 ball pool, and bowling just to name a few.

Our city will also get a chance to shine with two evenings of local entertainment for participants to take in and further enjoy everything Winnipeg has to offer.

Become a Participant

If you are interested in becoming part of Team Manitoba for the Canada 55+ Games in your own backyard – please plan to participate in the Manitoba 55+ Games in June 2026, as a qualifier event for the 2026 Canada 55+ Senior Games.

Become a Volunteer

At this time, we are looking for volunteers; especially if you have experience volunteering at an event of this size. We are looking for individuals with expertise in a certain area such as volunteer management and recruitment, IT, finance management, security, marketing, event planning, accommodations, and of course for each sport that will be featured as part of the Games.

Please contact Linda Brown, Executive Director, Active Aging in Manitoba, for further information for either the Manitoba 55+ Games or the 2026 Canada 55+ Senior Games.

Lbrown11@sogh.mb.ca

info@activeaging.mb.ca

204-632-3947

See you at the Games!

Our Health

Monthly Health News Curated by the RTAM Board

This newsletter does not provide any medical advice. Any health-related information is provided for informational purposes only and not to be used for any diagnostic or treatment. Do not attempt self-diagnosis or treatment based on anything read in this newsletter. Always seek the advise of medical professionals or health care providers regarding a medical condition, diagnosis, or treatment.



Flying With Heart Conditions: Tips for Safe Air Travel

By **Teresa Zhang**, **ZHANG YUE** and **JoJo Novaes**

Planning a trip for the holidays? If you have a heart condition, take these precautions to ensure a safe flight. Long flights and extended sitting combined with low air pressure can put extra strain on the heart and lungs. For people with heart conditions, it's essential to be cautious when traveling by plane.

CFFEE - Money and You Newsletter

This month, our partners and friends with Money and You help deliver stories and

MONEY AND YOU

SENIORS EDITION

- articles on:
- Financial self defence guide for seniors
 - Grey hair doesn't have to mean dull hair
 - Hibernation and aging
 - AI a hackers new weapon
 - Urban parks, a legacy for senior
 - Quebec snowbirds leaving the sunshine states
 - [Click here for more!](#)

CFEE Launching Student Event at Red River College in Manitoba 2025

"**Summer Side Hustle**" is designed to give grade 9 students an opportunity to test the waters of entrepreneurship through a "gamified" competition, we would like RTAM Volunteers to help us deliver a successful program.

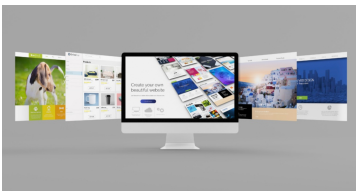
For volunteers, they can email the organizer of the competition, Justin Pasosky jpasosky@RRC.CA, and cc cizatt@cfee.org, to get them added to the volunteer roster. There will be a number of volunteer positions available across the 5 activities that are part of the Applied Commerce Education High School Competition.

The main tasks would be supervising students as they complete the tasks, aiding in the implementation of the different competition activities, judging submissions, and assisting teachers in the lounge.

The actual "hours" of the competition take place during school hours on **Wednesday, April 16th, 2024.**

Please email to register as a volunteer or [download the flyer to learn more here!](#)

[Click Here for the CFEE Newsletter](#)



RTAM Website: Member Portal - Your New User Profile

RTAM launched a new website and through it a member profile unique to each of our members. This will be the hub where you register for events and programs, update your contact information and get updates and access member benefits moving forward. To learn about creating your profile, please visit the RTAM website through the link below!

[Read More](#)



New Travel Portal with Member Incentives!

We're excited to announce the launch of the new travel website platform with *Trip Merchant*, designed exclusively for *RTAM* members.

Trip Merchant has secured special membership savings, offering up to 50% off on travel experiences. Trip Merchant partners with a wide range of suppliers to cater to diverse travel styles, including Ocean Cruises, River Cruises, Guided Tours, Adventure & Active Travel, African Safaris, Solo Travel, Long Stay Vacations, and others.

Register for the new Trip Merchant website here: <https://tripmerchant.com/register>

Under Organization Code: Use 482a (this one-time organization code ensures you're accessing the RTAM/Trip Merchant Travel Site at no cost).

If you have already done this, you can simply access the site by clicking here **(Trip Merchant | Log In)** and entering your email address and the unique password you created for access. For more information, visit MROO's site: **Trip Merchant - Retired Teachers' Association of Manitoba**

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