

Central Eastern Retired Teachers' Association



Newsletter

March 2019

Wow! Wasn't it a long cold winter? So glad you have survived it and spring in is the air. Hopefully we can all get out and enjoy the nice weather. Remember we can always meet with some friends during the following times to get more active.

Wednesdays at 10:30 am - Meet at the CN station in Vermilion

Tuesdays at 10:30 am - Meet at the Community Hall in Kitscoty

T Th (9:30 - 11:30) Sat (10 to 12) Pickleball at the College

Dates to Remember

Thursday, May 2nd - *Spring Potluck Luncheon*

JR Robson School Training Centre (We will have a greeter to direct you to the room.)

11 am - Lunch will be first

Please bring your favourite ethnic or Canadian dishes to make up our potluck luncheon. After the lunch we will have CERTA updates followed by 3 presentations of travel adventures. Special thanks to Karen Waltz, Janice Jones and Ruth Shaw for sharing some of their pictures and stories for approximately 20 minutes each.

It's going to be a great event so make sure you add it to your calendar and reserve the date.





Wednesday, May 15th - *Greenhouse Tour*

Please meet at the Vermilion Seniors' Centre at 10 am to carpool. \$5 for your driver would be greatly appreciated. We will tour 3 or 4 greenhouses with a stop for lunch at Leona's. Please bring a bag lunch and we will enjoy some fellowship time.

Thursday, June 13th - *AGM Barbeque at 11 am*

At Gord and Leona McNeil's acreage. Directions will be sent closer to the date with the reminder email.

Elections will take place at the AGM for the new executive.

Please bring a lawn chair, potluck salads and desserts. Hot dogs will be provided.





April 1st to June 30th - ARTA Wellness Challenge

The ARTA Wellness Committee is encouraging our members to live an active and engaged lifestyle in retirement with their “2019 Get Moving ARTA Wellness Challenge” . Members are encouraged to track their “time” by tracking time spent on any activity that gets them moving. Participants can track time on their watch, fitness tracker or cell phone, making it easy and accessible for all to participate. I will forward an email with documents that include the explanatory letter, personal daily log and best 30 days report for each participant, my president’s report and a list of suggested activities. Please print off the page or pages you need to participate in the challenge. Hope this encourages us all to get moving!

Thursday, June 6th- 10th Annual Golf Tournament

The 2019 ARTA Annual Golf Tournament will be hosted by the Edmonton Retired Teachers’ Association at the Ranch Golf and Country Club. It will be held on Thursday, June 6th and everyone is welcome.

The registration fee of \$125 includes a golf cart, golf shirt, bagged lunch, prizes, refreshment stations, and a gift bag plus a delicious a steak dinner in the evening followed by door prize draws.

Visit arta.net/wellness and click on Annual Golf Tournament for more details and to download the registration form which is due by May 17th.



Thursday, September 5th - **Second Wind Conference**

If you are interested in attending the 8th annual Second Wind Conference for retirees it will be held at the Chateau Louis Conference Centre on Sept. 5th.

Join friends and colleagues in a lovely setting to learn from the specialists. Some of the topics this year will be gardening in small places, improving your flexibility and health, traveling solo but not alone, employing strategies for improved sleep, identifying or avoiding scams and many more interesting topics. These and many more topics can be viewed by checking it out online. View secondwindconference.ca and click on the Speakers tab.

Early Bird registration is due by July 19th - \$85.00

After July 19th - \$100.00 Included in the conference fee is a light breakfast of assorted pastries, the keynote presentation, twenty-one stimulating breakout sessions, a buffet lunch, coffee breaks and a “wine down” with door prize draws.

ARTA Updates - from the Board of Directors Meeting Feb. 26/27th

2019 ARTA Wellness Challenge Presentation info in the newsletter

Branch President's Meeting- Discussions included grants that are available for workshops, branch websites, the purposes of branches and ideas on how to attract new members, branches are responsible for getting liability insurance for events they host.

ACER - CART

Please read and respond to the email from ARTA asking us to participate in signing the petition e-2039 "Petition for Pension Security". It can be found on the website

www.pension

security.ca Please follow the links and sign the petition. It is a very important matter with regards to Canadian pensions.

2019 Photo Contest and Writing Contest

More information can be found in the ARTA News and Views magazine.

ARTA Scholarships

Encourage your family members to apply for scholarships.

ARTA Retreat Dates

May 26th to May 28th at the Malcolm Hotel & Resort in Canmore

Branches can send the Branch President plus two delegates.



Special thanks once again, to Elsie and Verner Thompson for representing our CERTA branch at this year's Teachers' Convention in early March.

Well, I hope to see as many of you as possible at our Spring Luncheon on May 2nd. Please enjoy the beautiful spring weather and may it only get better with each passing day.



**Bonnie Bauer
CERTA President**