



SCRTA NEWSLETTER

Strathcona County Retired Teachers' Association

President's Message

Spring is an exciting time of year. White and brown landscapes are refreshed with colour: new leaf green, apple blossom pink, robins' breast orange, and of course, the early blossoms of crocuses and tulips. These welcome changes are expected and appreciated as they cycle every year.

On our SCRTA executive, two of our members are also embarking on changes this spring, probably far less expected, but still very exciting. As Dianna Millard explained in an email to the executive, "Deb (Gerow) and I caught the same bug I guess! I will be serving as superintendent of a new Alberta school opening in Jalandhar, India (in the province of Punjab). This will be the first Alberta school in India. Deb will be the first principal for this school! (Just FYI there are 17 Alberta schools in the world at the present time — this will be the 18th — Alberta curriculum, principal, teachers, requirements, etc. No cost to Alberta for these schools — all costs paid from the county/place that wants to provide an Alberta education opportunity for students — they must apply and receive approval from Alberta Education, then ongoing monitoring to ensure all standards are met.) The school, a Cambridge International Foundation School, will be K-Grade 9 this year, then adding 10, 11, and 12 for subsequent years to become a K-12 school." We certainly wish these two ladies all the best in their new adventures!

There is a certain amount of envy on my part as I contemplate what Deb and Dianne are experiencing: new friends, new culture, new foods, and the opportunity to make a difference. It brings to mind the words of Stephen Grellet, "I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again." And such opportunities tend to cross our paths very rarely. I am proud of Dianna and Deb for embarking on this adventure, and I recognize that I would probably not be as courageous.

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**May 1, 2017
Spring Edition**

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SCRTA website:
<http://www.artabranches.net/scrta>

Editor: Inge Coates



SCRTA is a branch of ARTA

(President's Message - *continued from pg 1*)

SCRTA is very fortunate in that Karen Atkinson has agreed to complete Deb's term as Vice President, and she also is allowing her name to stand in that capacity for the 2017-2018 slate of officers to be elected at the upcoming AGM on June 1. (Invitation on page 3 of this newsletter.)

We have an almost complete slate of officers to present for the coming year:

President - Inge Coates

Vice President - Karen Atkinson

Treasurer - Dolaine Koch

Secretary - Carol Gilbertson

Social Committee - Brenda Smith, Sylvia Roes, Jeannie Sargent, Sheila Busch, and Karen Atkinson

Phoning Chair - Dianna Millard

(Dianna Millard has indicated that she will be back to Alberta fairly frequently, but if someone wishes to take her position as Phoning Chair, she would be fine with that.)

Leaving us this year are Sylvia Vailas, our Membership Chair, who has an exciting year of travel planned for the 2017-18 term and may be back after that; Deb Gerow, Vice President, who may also be back after next year; and Carol Daymond, who has been working on our behalf since 2011. Our volunteers are our "everything!" Their generosity with their time and their wonderful sense of humour makes the meetings a pleasure to attend. We will miss every one of the ladies who are leaving, and hope that they will come back to us, if they are so inclined.

Nominations are, of course, open for all positions, but we are especially hopeful to find someone who would like to handle the position of Membership Chair. Also, since both Peggy Melmock and Billie Thompson passed away this term, our secretary, Carol Gilbertson has taken on the role of Congratulations/Condolences Chair in addition to her other duties. However, if someone would like to do this work, we would welcome him or her.

The SCRTA executive is very pleased that we can celebrate our 30th Anniversary AGM at the Strathcona Museum this year! In keeping with the celebration theme, there will be cupcakes and an acknowledgement of our history. There will also be a motion to further update the bylaws that were created in 1987 in order to have them reflect changes in the geographical area that SCRTA now covers, changes in communication technologies (i.e. the use of email and the website) and changes that keep us in tune with the progress that ARTA has made through these years regarding their vision and mission statements and their strategic planning. Although this may seem like it will be a time-consuming, onerous part of the AGM, the work of formatting these updates has already been done. A copy of the revised bylaws will be sent out as a second attachment to this newsletter email, and the two motions that will be presented can be found on the front page of that document. I hope that this process will be as quick and painless as the bylaw change that occurred at our last To Hell with The Bells event.

So, spring really is a time for change! Like Dianna and Deb, I hope that our SCRTA members will embrace the opportunity to become engaged in the changes around them. See you at the AGM!

Inge Coates

SCRTA President 2016-2017

You are Invited!

Join us as we celebrate
SCRTA's 30th Anniversary
AGM.

Date: June 1, 2017

Time: 2:00p.m. to 4:00p.m.

Place: Strathcona County Museum
(913 Ash Street)

Tea and cupcakes will be served in a setting that captures memories of times from the past.

RSVP: By May 23, 2017

To register, please check the SCRTA website. Under the heading "Contacts" click on "Register for the 30th Anniversary AGM" (www.artabranes.net/scrta)

SCRTA Executive

To contact our executive,
please check the
"Contact Us" section of
SCRTA's Website

<http://www.artabranches.net/scrta/>

President

Inge Coates
scrta@shaw.ca

Past President

Judy Axelson

Vice President

Deb Gerow

Treasurer

Dolaine Koch

Secretary

Carol Gilbertson

Communications - Website and Newsletter

Inge Coates

Membership

Silvia Vailas

Phoning Chair Dianna Millard

Social Committee

Sylvia Roes
Jeannie Sargent
Brenda Smith
Sheila Busch
Karen Atkinson

Compassion and Congratulations Position currently vacant

ARTA Reps

Dolaine Koch
Inge Coates

Mark Your Calendars:



SCRTA's 30th Anniversary AGM - Tea at the Museum!

June 1, 2017 from 2:00 to 4:00 pm
Strathcona Museum and Archives (913 Ash Street)
Please RSVP by May 23

To contact Sheila Busch please find the email link under the
"Contacts" heading of our website
(www.artabranches.net/scrta).

Senior's Tea at the Legislature

June 8, 2017 - 10:00 am. to 2:00 pm.

Please RSVP by June 1

To contact Inge Coates please email her at
scrta@shaw.ca

We have tentatively booked 30 seats for this event, but ask
members to please let us know if they are interested.

- Registration is at 10:00 a.m. at the Capital View Room on
the second floor of the Edmonton Federal Building where
tea and a presentation will take place.
- Formal programming starts at 10:30 am.
- There will be an ETS bus to take guests from the Federal
Building to the Legislature and back.
- A formal agenda, parking maps and instructions will be
sent out a couple of weeks prior to the event, and will be
shared with SCRTA members.
- When people register with us, we will find out if they would
like to offer a ride, or if they need a ride to the Federal
Building.

To Hell With The Bells

This is our first "Save the Date" notice:

Monday, August 28, 2017 - Broadmoor Golf Clubhouse.

8:30 am Registration, 9:00 am Breakfast -- Details to come.

Second Wind - Expanding Horizons

September 7, 2017 - 8:30 a.m. - 4:30 p.m. - Chateau Louis
Conference Centre. This is a wellness conference organized by
GERTA (Greater Edmonton Retired Teachers' Association.)

For details and to register, visit the website at

<http://www.SecondWindConference.ca>

(\$85.00/ Early Bird \$70.00 by July 15.)

Donation to Museum

SCRTA's support of the Strathcona Museum and the Museum's support of SCRTA have a history. Evidence of this can be found in the article "Strathcona Teachers Do Not Quit" written by Emma Lien recalling the early days of SCRTA (full text found on the [SCRTA website](#) under *About and History*.)

Reaching out to the wider community, several members of the executive joined the local Heritage Society in its attempt to establish a museum and archives in Sherwood Park. Urged on by Superintendent Gordon Welch, SCRTA set up a History and Archives Committee to collect, organize and store school artifacts, historical material and related information. Marg Williston was a passionate promoter of the project; and after her death George Milner continued her work. The collection is now found in the museum, which officially opened on July 12, 1997. Ron Mundell was a special guest at the opening as the Society paid tribute to SCRTA for their dedication to the project.

SCRTA has continued its relationship with the Museum. SCRTA documents are stored there and, for quite some time, the museum has allowed us to conduct our executive meetings there, free of charge.

At our February executive meeting, the museum's manager and curator, Starr Hansen, joyfully introduced us to a new "play and learn centre" that includes a sand table, building logs, puzzles and games, a dress up station, play farm kitchen, felt board stories and a reading corner! This area is available to visitors with regular admission Monday to Friday from 10:00 a.m. to 4 p.m., unless a tour is in progress. There are several more, equally exciting, education programs offered by the museum that we found quite impressive. (Check their website at <http://www.strathconacountymuseum.ca>)



At that same February meeting, SCRTA's executive, on behalf of its membership, voted to make a donation of \$1000.00 to the museum to continue its good work.



News from ARTA

ARTA Briefing Notes

ARTA has asserted its right to post its own information and updates. Please visit the ARTA website at <http://www.arta.net> for general information, and for information about ARTA Board of Directors' meetings, please visit <http://www.arta.net/about/resources/briefing-notes/>. You will find that the *news&views* magazine also contains ARTA updates.

2017 Photo Contest

The Photo Contest rules are available on page 4 of the winter edition of *news&views*. These can also be found on the ARTA website: www.arta.net.

2017-18 Writing Contest

Watch for the 2017-18 Writing Contest announcement coming out in our spring *news&views* magazine!

Please remember that current ARTA information can always be found on the ARTA website, which is also linked on SCRTA's website: www.artabranches.net/scrta.

Fraud Prevention

The incidents of fraud seem to be increasing in number! Canada has an Anti Fraud Center website that is kept up-to-date with information on several fraud types: telemarketing scams, online scams, email and text message scams, identity theft, business scams and mail scams. To access this information, just use the search term "Canadian Anti-Fraud Centre" or go to <http://www.antifraudcentre-centreantifraude.ca/>

Please Keep Us Updated

Please register changes in your membership information if...

- You have turned 80 years of age. (Membership is free after this age.)
- You have moved. (We need your new contact information.)
- You are not certain if your membership has expired.

To register changes, contact Sylvia Vailas via email using the [membership](#) link under the "contacts" menu of our website.

Important: Please do not send cash through the mail to pay for membership fees, or for any other reason. It is much safer to send a cheque, and the cancelled cheque can also act as a reminder as to the details of your payment.

Luck of the Irish Casino Trip

March 16, 2017 saw another fun-filled day at the River Cree Casino. Twenty-five people attended this social event. There were many winners, both financially and socially. The big winner this year took home an extra \$1000.00! This event provided an opportunity for the attendees to win some extra cash and to meet new SCRTA members as well as to socialize with familiar friends.

A big thank you goes to the SCRTA volunteer who organized and ran this event for us this year. We really appreciate your work on our behalf Sylvia Roes!

ARTA Walking Challenge Kickoff

Okay...so spring has been a bit stubborn in making its appearance. We did postpone our Walking Challenge Kickoff from April 23 and moved it to April 30 because the forecast on the 23rd was downright wintery! It is difficult for some of us to embrace outdoor walking when the wind chill is -4 and snow is falling in large clumps, even when we know that not walking or moving has the effect of seizing up our joints. So, we chose April 30 and looked forward to the Department of Recreation's offer to enjoy a bonfire in the fireplace of the picnic shelter we arranged to use, and we hoped for a break in the weather.

Dolaine Koch and I were available to register walkers and hand out free pedometers from one o'clock to just before three, when the skies suddenly opened up with a drenching rain. Most of this time, however, was sunny and pleasant and many walkers passed us on the paths around Broadmoor Lake. We enjoyed the fire that we built in the fireplace, and we watched the Canada geese put on a great show as they staked their claims to nesting areas. Dolaine and I had lots of time to visit and catch up because only one wonderful soul cheerfully joined us for this kickoff. We enjoyed chatting with Wendy Cleveland when she came to register and pick up her pedometer.

We have a few online registrations for the walk, making SCRTA's representation a total of six walkers. Perhaps there are more who just haven't registered yet?

To all of you who are participating, I wish you many safe steps (and perfect weather!) If you still need to register, please contact Inge Coates at scrta@shaw.ca.



Health Matters

“Health Matters” is a feature written by Carol Gilbertson that offers health reminders. These reminders are meant to be helpful, and are not to be taken as medical advice. At all times, readers are advised to consult their own physician to ensure that what they are doing health-wise is in their best interests.

Transient Ischemic Attack (TIA): TIA’s occur when a blood clot stops blood from flowing to the brain for a short time. During a TIA, part of the brain cannot receive blood anymore, so it becomes starved of oxygen and nutrients. This is called ischemia. In TIA’s, the clot dissolves on its own and blood flow returns to the starved area of the brain to restore brain behaviour to normal. Symptoms of a TIA may include: weakness, trouble speaking, vision problems, severe headache and dizziness. In a TIA these signs disappear in a few minutes, BUT the body has a higher chance of getting a stroke. A stroke is like a TIA but the brain does not return to normal after a stroke. Risk factors you cannot control include: age, gender, ethnicity, family history and history of a stroke or TIA. Risk factors you can do something about include: high blood pressure (hypertension) high blood cholesterol, heart disease, diabetes, being overweight, excessive alcohol consumption, physical inactivity, smoking and stress. If you experience any of the symptoms of a TIA or stroke call 911 or your medical emergency number immediately. For more information, you can check out this website:

<http://www.healthline.com/health/stroke/signs-symptoms-tia-mini-stroke?m=0#nbsp1>

Notes of Compassion

Our sincere sympathies are extended to the families and loved ones of the following people who have recently passed away.

FIEGE, Henry - July 11, 1948 - February 3, 2017

JACKNISKY, Audrey Vera - April 19, 1946 - February 28, 2017

FREDERICKS, Beatrice - September 29, 1926 - March 18, 2017

DAYMOND, Bernice Marjorie (Stepmother of Carol Daymond) - October 8, 1920 - April 12, 2017

KLYM, Taras Nikolai - March 24, 1950 - April 18, 2017

**Note: Please contact us at scrta@shaw.ca if you know of news that should be included in our Compassion or Congratulations section. We depend on our membership to keep us updated.*