

# ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

## President's Message

The weather this summer is just like the summers I remember from my childhood.

I remember eight-year-old me heading to my friend's house early in the day. Dad would look at me going out the door, and he'd say, "If the wind picks up, put some rocks in your pockets so you won't fly away!" I didn't have to worry about extra pounds back then. Maybe that was because I was so active.

My friend, Barb, lived on the farm kitty-corner to our place, and I remember when the cows' watering tank needed to be cleaned, we were allowed to put on our swim suits and splash in the tank before it was emptied a second time and readied for the cows to use. The water was oh, so cold at first, but by the afternoon it was perfect! A few feet from that tank was a tall, dusty straw stack, and I can remember making slick slides. We would zip down, then scramble up again for another run.

We climbed up to the hayloft in the barn where a brood of kittens hid, eyes not yet open. All that life in such a tiny body! We would whisper as the kittens mewed loudly for their mother.

We explored a shallow pond that dried up to mud in the summer, and we allowed the cool mud to ooze through our toes and laughed at our footprints.

When the days were really hot, we wove long stems of goldenrod onto the page wire fence, and spread a blanket in the shade that it provided. It was there that I learned to read the stories in dusty English textbooks that we found in the attic.

Often, the heat meant that Mom and Dad would come in after work and not want to cook, so my sister and I would be in charge of cutting sturdy wiener roast sticks out of the tall caragana hedge, and bringing in scrap wood for the fire pit that was circled by the large rocks that we found. My sister and I both became quite accomplished at starting a campfire, and would even set up the tent that Mom had sewn so we could spend the night listening to coyotes howl. Then, when we heard the thunder rumble in the distance, we would head back up to our bedroom on the second floor of the old farmhouse, and we would open the windows wide to let in the fresh breeze.

I remember watching the lightning in the distance and counting seconds between the flash and the boom to see if it was coming closer or moving farther away. Pages in Ray Bradbury's book, Dandelion Wine, captured those moments from so long ago. That book is also part of the collage of happy memories stirred by this summer's amazing weather!

If you are now smiling as you remember simple pleasures of your own past summers, then I have accomplished what I set out to do with these few words. (Inge Coates - Elk Island RTA President 2017-18)

## August, 2017 Summer Edition

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Elk Island RTA is a branch of ARTA



## 2017 AGM - Our New Name: Elk Island Retired Teachers' Association

Our 2017, 30th Anniversary AGM was held on June 1, from 2:00 p.m. to 4:00 p.m. at the Strathcona Museum. Balloons and 30th birthday cupcakes, baked by Sylvia Vailas, were celebratory markers of this significant AGM. Tea was served in china cups, and the agenda proceeded with reports from the president and treasurer that appear on pages 8 and 9 of this newsletter. We said regretful good-byes to four wonderful SCRТА volunteers who have resigned to pursue new adventures - Deb Gerow, Sylvia Vailas, Jeannie Sargent, and Carol Daymond; and we welcomed three new executive members - Thelma Baumgartner, Ruby Okamura, and Lorna Johnson. The new 2017-2018 slate of officers is listed on the side panel of page 4 of this newsletter. I am extremely thankful for all the volunteers, present and past, who have offered and continue to offer so much to our membership.

The most significant feature of our AGM agenda was a major update of our bylaws and a name change for our branch. At the AGM, all the changes were covered in two motions that were also distributed in advance of AGM. One change in wording was accepted as a friendly amendment, and both motions were passed almost unanimously. In all, the AGM took little time, leaving plenty of time for our guests to explore the vignette rooms of the museum, a favorite of which was the old school room.



Discussion of SCRТА's name change to the Elk Island Retired Teachers' Association included the wish that we avoid the use of an acronym. If we have to shorten our name, it would simply be Elk Island RTA. Our new email address, [Elk.Island.RTA@shaw.ca](mailto:Elk.Island.RTA@shaw.ca), is now in effect as the old address is slowly phased out, and changes to the website, logo, banking, and membership forms will all be in transition during the upcoming year. We hope that all the ripple effects of the name change will have been accommodated by the next AGM.

Look for an article in the next ARTA *news&views* magazine that introduces Elk Island's RTA to the rest of Alberta.

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## Tea and Tour of the Legislature

On Thursday, June 8, about fifteen Elk Island retired teachers and their guests were hosted at the legislature. While an accomplished pianist provided background music, we sipped on tea and munched on scones, squares and fruit. We enjoyed the opportunity to visit with the people from our branch sitting at our table. After a brief program all guests were grouped and assigned tour guides who led us to the bus that took us to the Legislature. Our tour guide then proved he not only had an enormous background in the history of various rooms and artifacts, he was also delightfully enthusiastic and engaged in sharing his knowledge. Our tour group included Elk Island members and new friends who joined us. After the tour, we again boarded the bus that took us back to the Federal Building where we watched an interactive, multidimensional movie that took us from the time before early explorers to present day. A brief visit to the Alberta Branded Gift Shop finished our day. Those who participated felt that this was a most enjoyable way to spend our time!



## Elk Island RTA Executive

President and Communications:  
Inge Coates

Vice President: Karen Atkinson

Treasurer: Dolaine Koch

Secretary and  
Compassion and Congratulations:

Membership: Thelma  
Baumgartner

Phoning Committee:  
Dianna Millard  
Lorna Johnston

Social Committee:  
Sylvia Roes  
Brenda Smith  
Sheila Busch  
Karen Atkinson  
Ruby Okamura

ARTA Reps:  
Dolaine Koch and Inge Coates

Note: To contact any of the executive, please visit our website at and use the "Contact Us" feature.

<http://www.artabranches.net/srta/index.php/home>

## Mark Your Calendars:



### To Hell With The Bells

This is a great time to check on your membership to see if you are due for a renewal!  
Monday, August 28, 2017 - Broadmoor Golf Clubhouse.  
8:30 am Registration, 9:00 am Breakfast -- Details on page 5

### 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 the Edmonton Retired Teachers' Association and some of the branches surrounding Edmonton.

For details and to register, visit the website at <http://www.SecondWindConference.ca> or call 780 418 8032 (\$85.00)

## Walking Challenge Results

Congratulations go out to the following six participants for their impressive scores for ARTA's 2017 Walking Challenge!

Karen MacDonald - 526,557 steps  
Wendy Cleveland - 525,727 steps  
Lorie Nagy - 485,905 steps  
Valery Lambert - 451,538 steps  
Jane Hill - 419,957 steps  
Dolaine Koch - 406,445 steps

We commend you for representing us with these excellent scores! Thank you for participating.

## 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 if you have been a member for the previous 10 years.)
- You have moved. (We need your new contact information.)
- You are not certain if your membership has expired.

To register changes, contact Thelma Baumgartner. (See "Contact Us" at <http://www.artabranches.net/srta/index.php/home>)

**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.



You are hereby invited to join fellow retirees from  
Elk Island's Retired Teachers' Association for the

**To Hell with the Bells Breakfast at  
The Clubhouse at the Broadmoor Golf Course  
2100 Oak Street  
Sherwood Park  
Monday, August 28, 2017**

This is the first operational day of the 2017-18 school year, when staffs return  
for their Professional Learning Day!

**Elk Island Retired Teachers**

will be meeting at

8:30 a.m. for registration and coffee.

At 9:00 a.m. a buffet breakfast will be served.

**Cost\*\***

Members - \$22.00 -- Guests - \$25.00

Cash or Cheque

**RSVP by August 20**

Brenda Smith (Please use the "Contact Us" feature on this website.)

\*\*PLEASE NOTE: Registration implies that payment will be forthcoming. Should you be unable to attend your payment is still required unless we are notified before August 20. After August 20, our numbers will be confirmed with the caterer and the cost of your meal will be part of their charge to us. Thank you for your support and understanding. Also, please note that new retirees may enjoy the first year membership in the Elk Island Retired Teachers' Association free. Thereafter, membership is \$10.00 per year, or 6 years for \$50.00.

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## News from ARTA

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 from 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.

Make sure to check points 9.6.4 - to 9.6.7 (Motions 21 to 24) on page 4 of the briefing notes for updates to the following:

- a list of paramedical practitioners soon to be covered
- changed coverage for mobility scooters combined with electric wheelchair coverage
- aids and appliances a Primary Care Provider who works within a Primary Care Network can provide written orders for, and
- a list of reasonable and customary amounts provided for a list of items on this page.

## 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.*

**Cancer:** Cancer is a disease of our cells caused by uncontrolled growth. Genes tell cells how to function, reproduce and die and when these instructions get mixed up, it results in uncontrolled production of abnormal cells. Risk factors for developing cancer may include age, gender, family history of cancer and certain environmental factors. Risk factors we can change include not smoking and avoiding second hand smoke, maintaining a healthy diet, being physically active on a daily basis, keeping a healthy weight, limiting the use of alcohol, reducing exposure to ultraviolet light and following instructions for hazardous materials. Cancer is the second leading cause of death among people over 65. If caught early through screenings such as mammograms, colonoscopies, skin checks and prostate checks, many types of cancer are treatable. Annual physical check-ups are important. Though you're not always able to prevent cancer, get treatment and work with your medical team and maintain their healthy senior living recommendations.

For more information, you can check out this website:

<http://www.cancer.ca/en/cancer-information/cancer-101/what-is-cancer/?region=ab>

## Alberta Caregivers

Are you taking care of aging parents or an ill spouse or child? The job of taking care of loved ones in need can be depleting. Here is contact information for an organization that offers support and information:

Alberta Caregivers Association  
10310-56 Street Edmonton, AB T6A 2J2  
Ph. 780 453 5088 or 1 877 453 5088  
[www.caregiversalberta.ca](http://www.caregiversalberta.ca)

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## Notes of Compassion or Congratulations

*We have received no notices to report in this newsletter.*

*\*Note: Please contact us if you know of news that should be included in our Compassion or Congratulations section. We depend on our membership to keep us updated. You will find a contact link under the "Contact Us" menu heading on this website.*

## A Long Kiss Goodbye

It's difficult to think about death, but facing it and making it count seems like the right way to do things. As with all such difficult times, a bit of guidance helps. The organization "A Long Kiss Goodbye" seems to offer helpful services. If you or someone you know has such a need, the following website may offer answers: <https://alongkissgoodbye.ca/>

(Please Note: We have not personally contacted them and know of them only through a poster found in a senior's center. )

## 2016-2017 SCRТА/ Elk Island RTA Financial Statement

Submitted by Dolaine Koch, Treasurer

The following are important notes relating to the financial statement shown on the following page:

- Website Domain Name is purchased to 2019. FYI: we will need a new domain name going forward.
- The cost of website archiving and hosting is currently \$180.00 per year
- \*Strathcona Museum allows our branch to hold meetings there for free. This year we supported a new school program now open to visiting classes and youngsters with a \$1000.00 donation.
- \*\*Pre-Paid Memberships are being held in these GICs. We now have 89 members prepaid. To correctly reflect annual membership income, we use the calculation <# of memberships prepaid, calculate a yearly portion of (\$50/6)>, to declare a year portion of earned membership.
- The \$1080.91 excess of expenses over income is partially due to the following one-time expenses:
  - A \$1000.00 donation to the museum
  - The cost of a no-charge AGM
  - Printing and mailing costs of the bylaw revisions to members without email

It should be noted that the overall cash on hand at the end of the 2017 year is **\$7,646.84.**

**Annual Financial Report  
SCRTA now Elk Island RTA  
July 1, 2016 - June 30, 2017**

<b>GICs July 1, 2016</b>	\$7,390.95	
	-	
Matured Term Deposits	\$6,000.00	
<b>GIC balance</b>		<u>\$1,390.95</u>
GIC #1	\$1,390.95	
interest earned on GIC #1		<u>\$14.60</u>
<b>GICs June 30, 2017</b>		<u><u>\$1,405.55</u></u>
<b><u>Income</u></b>		
Membership cash received	\$790.00	
Less 8 members 5/6th carryforward	\$(333.33)	
Declare one year for 81 previous prepaid	\$675.00	
Actual membership income **		<u>\$1,131.67</u>
Meals Income		\$3,971.30
Interest earned		<u>\$103.37</u>
<b>Total income</b>		<u>\$5,206.34</u>
<b><u>Expenses</u></b>		
Museum Donation*	\$1,000.00	
Meals	\$4,768.10	
Office & News costs	\$519.15	
<b>Total Expenses</b>		<u>\$6,287.25</u>
<b>Excess of Expenses over Income</b>		<u><u><b>-\$1,080.91</b></u></u>
<b>Bank Cash on Hand, July 1, 2016</b>		<b>\$3,069.42</b>
Membership cash received	\$790.00	
Meal Income	\$3,971.30	
Interest received	\$103.37	
Additional money from GIC	\$6,000.00	
Less expenses paid out	-\$6,287.25	
<b>Bank Cash on Hand, Year ended June 30, 2017</b>		<u><u><b>\$7,646.84</b></u></u>
<b>Common Shares</b>	\$408.29	
Dividend earned	\$14.20	
<b>Balance as at June 30, 2017</b>		<u><u><b>\$422.49</b></u></u>

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## President's Report

The 2016 - 2017 year was a busy year for the SCRТА executive and our members. Below, I have outlined meetings attended, social events planned, and some aims for the upcoming year.

### **SCRТА Executive Meetings, ATA Local 28 Meetings, and ARTA Meetings**

#### SCRТА Executive Meetings

- 4 meetings were held during this past year, and all meetings were advertised in the SCRТА newsletter. These meetings were all held at the Strathcona Museum, a venue that has allowed us to use their facilities free of charge.

#### ATA Local Meetings

- As SCRТА president, I attended most of the monthly meetings, ensuring that staff reps had access to retirement information for anyone on their staff who had questions regarding a pending retirement. SCRТА's email and website are also listed in "The Bugler" directory.

#### ARTA BOD Meetings and AGM

- SCRТА has had ample representation at ARTA meetings through attendance by the president (or her designate) as well as attendance by Dolaine Koch, ARTA's treasurer.

- All meetings were attended, and our allotment of representation to the AGM was met. Information gleaned at these meetings was shared via the link to the ARTA website section that provides ARTA briefing notes.

### **General Meetings (In the form of social events)**

- 2016 AGM

Unfortunately we did not achieve a quorum when the 2016 AGM was called. The election of officers and a change to our bylaws was conducted at the following meeting (see below - To Hell With the Bells.)

- To Hell With The Bells 2016

This event was very well attended as 98 members and their guests enjoyed the opportunity to visit with former colleagues and rejoice in the fact that they did not have to be at work!

A list of new retirees was obtained from EIPS, and these people received a package of ARTA and SCRТА information including invitations to THWTB via EIPS courier.

At this time, a similar relationship between SCRТА and EICS has not been achieved.

Because we did not achieve a quorum at the AGM, the slate of officers was elected at this event, and two bylaw changes were passed allowing for a smaller percentage to make up a quorum (from 25% to 10%) and allow for proxy voting.

- BC Wine Tasting Tour - Wine and Cheese sponsored by Merit Travel

Too few members conveyed their interest (4) therefore this event was cancelled by Merit. However, this concept is on hold - perhaps to join with another branch at a future time.

- Christmas Luncheon was a great success.

The SCRТА Christmas Luncheon was the place to be on December 1, 2016. Live piano music, caroling, door prizes, and a wonderful hot turkey buffet prompted the Christmas spirit among attending members and guests. We used this gathering to honour our SCRТА volunteer, Trudy Tienkamp, and enjoyed the presence of ARTA's President, the ATA Local President, representatives of ARTA's member services, and a Trustee for EICS. A total of \$335.00 plus many toys and books were collected for the Christmas bureau. What a wonderful way to engage with the Christmas Spirit!

- Luck of the Irish Casino Trip

25 people attended this year's spring trip to the casino. One big winner went home with an extra \$1000.00!

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- Walking Challenge 2017

7 people registered, 6 sent in their results. The kickoff that was held in Broadmoor Park garnered only one registration. This is an ARTA event that branches support, however our branch membership does not appear to be supporting this initiative in any great numbers.

- Senior's Tea at the Legislature

We registered 20 guests for this event, and had a turnout of 15. Those who wished to carpool were given a meeting place and time, and made arrangements at that time/place. If this event is repeated, we will look into using public transit since parking close to the legislature was very expensive.

### **Looking Forward**

- Motions for bylaw changes and updates and a name change, from Strathcona County Retired Teachers' Association to Elk Island Retired Teachers' Association, were passed at the 2017 AGM. These were sent on to ARTA for acceptance, and the process for phasing in the new name will take place during the upcoming year.
- ARTA has offered, to the branches, to pay for both a professional design of a new logo and a banner that displays this logo that can be used at events. Again, that process will begin once ARTA has accepted our changes.
- ARTA has indicated that there may be a change in the platform for our website. A decision will be made in the 2017-18 year, and the process for such a change will likely be outlined this coming year.
- In the upcoming year, we will focus on developing a "Policy" document that outlines things like the process to follow with members whose membership has expired. (i.e. the number and types of reminders, notification at the point membership is withdrawn, etc.) Such a document will be helpful for the executive to be consistent when making decisions on repeating situations.

### **Executive Team**

We have fun! There is lots of laughter at our meetings, and we all pull together to serve our membership. We are there to help those who retired from our education system maintain a sense of community or connection to the people with whom they worked.

Our executive supports our new mission statement:

*The Elk Island Retired Teachers' Association (formerly SCRTA) provides a communication platform that conveys information of interest to its retired membership regarding planned social events, learning opportunities, and health and wellness initiatives. At all times, members are encouraged to participate in the planning as well as the events.*

*The Elk Island Retired Teachers' Association (formerly SCRTA) acts as a conduit that helps members access ARTA information and services and The Elk Island Retired Teachers' Association may make representation to ARTA to access member support and give seniors a voice.*

Thank you to the wonderful team that has made 2016-17 such a success!

Inge Coates  
President  
2016-17