

## President's Message

As I composed the next few pages of this newsletter, I tried to be aware of my muse in hopes that she would inform me about a great topic for this President's Report. My muse was shy, and it wasn't until I saw what Karen Atkinson, our Vice President, wrote that I knew what this President's Report would say. Karen wrote:

As the year comes very close to its end, we look back. I suggest we do not spend much time in that pursuit. What "was" is done. All the challenges met - successfully or not. All the sorrows cried out - or held in. All the worry and the hopes that plagued us...let them be. A new year comes, holding promise of new hope, new joy, new pleasure. Focus there and find the brightness of the best that is to be. Build on the happy moment and treasured memories of the year that was, to make the year to come the best it can be. I offer my most sincere best wishes to all who read this, that 2018 will be filled with laughter, good health, and yet-to-be-discovered experiences.

Three days before my husband and I were to depart for our twelve-week winter escape, we had a health scare that had us cancel our travel plans. But it also forced us to recognize how important we are to each other, and how unimportant the winter escape was. Our home has been cozy-warm, even in the intense cold that is only now lifting, and we are safe, relatively healthy, and comfortable. Our friends and family have been close, and they made sure we had a wonderful Christmas here at home. We have started to look forward and, by summer, we may even book a vacation to Newfoundland, a part of Canada we have yet to visit. We hope to catch a glimpse of icebergs floating along the coast amid amazing scenery. We also hear that Salt Spring Island is a wonderful place to visit. With the strong possibility of having to stay home for future winters, we are looking at possibly putting a fireplace in our living room. (Those who know us well know that we are the king and queen of renovations!)

So, when I read Karen's words, they really resonated with me. I hope that you, too, will appreciate the truth of what she wrote. Like Karen, I also wish all of you a hopeful and healthy 2018!

Inge Coates

(Thank you Karen for allowing me to quote your beautiful words.)



### NEWSLETTER

January, 2018  
Winter Edition

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Elk Island RTA website:  
<http://www.artabranches.net/scrta>

Elk Island RTA email:  
[Elk.Island.RTA@shaw.ca](mailto:Elk.Island.RTA@shaw.ca)



Elk Island RTA is a branch of ARTA

## Elk Island RTA Executive

To contact our executive,  
please check the  
"Contact Us" section of  
this website

President and Communications:  
Inge Coates  
[Elk.Island.RTA@shaw.ca](mailto:Elk.Island.RTA@shaw.ca)

Vice President:  
Karen Atkinson

Treasurer:  
Dolaine Koch

Secretary and  
Compassion and Congratulations:  
Carol Gilbertson

Membership:  
Thelma Baumgartner

Phoning Committee Chairs:  
Dianna Millard  
Lorna Johnston

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

ARTA Reps:  
Dolaine Koch and Karen Atkinson

## Mark Your Calendars:



### Luck of the Irish Casino Trip

Thursday, March 15, 2018

Details will be sent out via email after our February executive meeting

### Elk Island RTA Executive Meeting

Tuesday, February 6, 2018 - 1:00 pm

Strathcona Museum - 913 Ash Street, Sherwood Park

### NCTCA 2018 - Thursday and Friday, February 8 and 9

Retired teachers may attend NCTCA 2018 if they have worked even one day as a sub in the school year. Retired certificated teachers who do not remain active in the Association by working as substitutes may attend convention as Guest Delegates, provided they:

- Register for and purchase an annual associate membership in the Association; and
- Pay the required guest registration fee to the convention they wish to attend.

Here is the link to the NCTCA website that has information for Substitute/Retired/Student teachers. To check with Robyn Oldham if you have further questions, email [nctca.assistant@nctca.ab.ca](mailto:nctca.assistant@nctca.ab.ca). or check out <https://www.mynctca.com/attendees/substitute-teachers-retired-teachers-and-student-teachers/>

## Did You Know?

According to our bylaws (See 3.2.1 to 3.2.4) Elk Island RTA will accept into associate membership the spouse of a member or the spouse of a deceased member of this branch. An associate member has full voting powers on matters of local concern, but not on ARTA matters unless they are also ARTA members. They may sit on committees, but are not eligible for election to the executive unless they are ARTA members (because the executive is also answerable to ARTA.) An associate membership is contingent upon the payment of the annual fee for Elk Island Retired Teachers' Association.

## 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 at [elkislandrta@gmail.com](mailto:elkislandrta@gmail.com)

**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.

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## Elk Island RTA's Christmas Luncheon

The bright, warm sunshine on November 30 was a bonus for the eighty plus members who attended this year's Christmas Luncheon. As in the past, we celebrated our Christmas Event in the atrium of the Alliance Church in Sherwood Park. It was wonderful to see colleagues greet each other with hugs and enthusiasm. Many exchanged photos of new or growing grandchildren, told of trips and adventures they participated in over the past year, and discussed plans for the future.

The hot turkey luncheon provided by Lois Derksen from Call To Serve Catering was generous and delicious! We would also like to thank Lois Westerlund for delivering grace so beautifully. After lunch, our organizers distributed great door prizes, and a short program including a Christmas story, told by Inge Coates, and carol singing, guided by Barbara Sadler-Wells, ensued.

The generosity of those in attendance was obvious in the gifts and donations that were collected for the Strathcona Christmas Bureau. Our special guests, Marilyn Bossert, President of ARTA; Lorna McIlroy, Vice President of ARTA; and Laurie Bauer of TW Insurance were impressed by the event and were pleased to be part of this occasion.

Special thanks go to the members of the social committee, who spent many hours organizing and making arrangements: Ruby Okamura, Sylvia Roes, Brenda Smith, Shiela Busch, and Karen Atkinson - as well as the wonderful people who arrived early to help us set up!





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## Wine Tasting - The Noble Wines

On Thursday, October 26th, a group of ten retired teachers were treated to an excellent wine-tasting event, hosted by Sheri at Everything Wine and Beyond. Sheri's enthusiasm for wine is exciting and her knowledge is incredible. We tasted and learned about the "The Seven Nobles", which are grapes that can be grown almost anywhere. She personally chose the seven wines she presented to us and shared much information about these wines and the practice of wine tasting.

Along with a variety of cheeses, crackers and meats to snack on, we cleansed our palates with water between each wine tasting.

We swished, smelled, rolled and tasted three white grapes: Chardonnay, Sauvignon Blanc and Riesling as well as four red grapes: Pinot Noir, Merlot, Shiraz/Syrah and Cabernet Sauvignon. For an extra treat, Sheri provided us with a fairly pricey French Champagne!

The presentation was full of many interesting tidbits. Did you know that Chardonnay is called the 'butter popcorn' wine because it pairs so well with buttered popcorn? Or that Riesling can pair with anything but goes best with Chinese food? Or that Pinot Noir is called the 'turkey wine'?

If you have a chance to attend one of the wine-tasting events hosted by Sheri at Everything Wine and Beyond, don't miss out. It is a great way to socialize and learn about wines at the same time.

by Shiela Busch  
Event Coordinator





## News from ARTA

Please visit the ARTA website at <http://www.arta.net> for general information. Information from ARTA Board of Directors meetings can be found at <http://www.arta.net/about/resources/briefing-notes/>. The *news&views* magazine and Artifacts email blasts also contain ARTA updates.

### New ARTA Team Members

Email from Daniel Mulloy, ARTA CAO & Executive Director:

November 14, 2017

Hello all,

We have made a few additions to our team that I would like to share with you.

On October 23, 2017, we welcomed a new employee in the role of Administrative Assistant in Alana Raymond. Alana brings with her a fresh administrative background and years of customer service and we look forward to the contributions she make to ARTA. Alana is taking over from Danielle Drozdiak who will be taking a one year parental leave...we wish her all the best.

On November 14, 2017 we will welcomed Gary Sawatzky into the role of Director, Member Services. Gary is well known in the ARTA community and we are fortunate to have him on our team. Gary has a strong background in Benefits and Wellness and we know his contributions will be great.

Please join me in welcoming Alana and Gary into their new roles and we look forward to continuing to provide you the best service possible.

Sincerely,

Daniel Mulloy

CAO & Executive Director

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## 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.*

**Osteoarthritis:** Osteoarthritis (OA) is a disease that results from the breakdown of cartilage in the joint. OA is the most common type of arthritis and a leading cause of long-term disability. It affects one in ten Canadians. By age 65, almost everyone will have symptoms in at least one joint. Women and men are equally affected.

Signs and symptoms include: an achy feeling in your joints after or during exercise; pain, stiffness, swelling or a loss of flexibility in your joints; increased cracking, creaking or crunching when you move; stiffness for more than ½ hour after you get out of bed. The simplest movements can cause the most pain. There is no cure for OA but you can take an active role in managing this chronic disease. Early intervention and self-management may slow the progress of the disease and reduce pain. See your doctor to diagnose your joint pain and discuss ways to manage your OA.

To learn more about osteoarthritis, check out the following websites:

The Arthritis Foundation -- <http://www.arthritis.org/about-arthritis/types/osteoarthritis/>

The Mayo Clinic - Osteoarthritis -- <https://www.mayoclinic.org/diseases-conditions/osteoarthritis/symptoms-causes/syc-20351925>

### Notes of Compassion

*Our heartfelt sympathies go out to the families of the following*

*Craig Donaldson (May 4, 1944 - September 27, 2017) Craig taught at Sherwood Heights and Salisbury*

*Beatrice Bodell, (April 2, 1926 - Nov 12, 2017) Beatrice taught at Ypres Valley 1947-1948 and was a long time substitute teacher in our system.*

*Her daughter, Linda Whitford, is a member of Elk Island RTA.*

*Our sympathies are also extended to*

*Bernice Casavant on the passing of her husband,  
Frank Casavant (September 18, 1939 - August 11, 2017)*

*Marilyn Macyk on the passing of her brother,  
Gordon Gray (November 7, 1945 - December 9, 2017)*

*\*Note: Please contact us at [Elk.Island.RTA@shaw.ca](mailto:Elk.Island.RTA@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.*