

## President's Message

I retired in 2007 when my husband was transferred to Fort McMurray, and I felt that it was important to be with him. Truth be told, I probably also had my fill of the huge piles of marking I had to dig through every week as a junior high English teacher!

Doing the physical work of renovating the house we bought in Fort McMurray was a wonderful change from teaching. I learned how to prepare and paint walls, and I could replace baseboards using a compound miter saw! I loved seeing the results of my work--something that is much harder to see in a junior high classroom. Then the downturn came and we moved back to Sherwood Park.

I had heard about the To Hell With The Bells breakfast when I retired, but thought it was held by a small, closed group of retired teachers. Once I understood that this was an event open to all retired educators, I attended my first THWTB in 2013, and when I volunteered to be part of the executive, Judy Axelson who was President then, convinced me to become the Vice President. A year later, Judy's life found a new focus, which gave her joy, but she became a snowbird--therefore I took on the duties as the Vice President in representing our branch at ARTA events, and I took over branch meetings when Judy was not available.

Since that time, I moved on to fill the role of President, and thanks to a wonderful executive team, I feel that I have done much to meet the needs of our branch. However, it is now time for me to pull back a bit--not totally--but just enough to make my workload manageable and enjoyable again. Although I am resigning from my position as President of our branch, I will enjoy a new role as Past President, and I will continue working on this newsletter and the website, if the membership allows by giving me their votes at our next AGM.

It has been a wonderful journey! I have learned so much about how our branch works within the framework of ARTA, and I have been enormously fortunate to work with wonderful people who have provided our members with many hours of volunteer work on their behalf. I will enjoy working with them for a while longer. I don't want to miss the fun we have!

Inge Coates



## NEWSLETTER

April, 2018  
Spring 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 use this email:

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

President and Communications:  
Inge Coates

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:



### 2018 AGM

Thursday, May 31, 2018

Details can be found on pages 4 and 5 of this newsletter.

### Best 30 days from April 1 - June 30 (ARTA Time of Your Life)

Get info from our website at <http://www.artabranches.net/scrta/>  
I still have a few more fitness watches to give away!

### Next Elk Island RTA Executive Meeting

Tuesday, July 31, 2018 - 1:00 pm

Strathcona Museum - 913 Ash Street, Sherwood Park

### THWTB - September 4, 2018 - Whitecroft Community Hall

Details will be sent out closer to the date.

## Gaging Interest

We have an opportunity to engage a speaker who will explain the advantages and process involved in making a charitable donation as part of a will or estate. We would like to know how many of our members would be interested in such a presentation.

Please email us at [Elk.Island.RTA@shaw.ca](mailto:Elk.Island.RTA@shaw.ca) to register your interest.

## 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 on the ARTA Board Of Directors.) 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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## Casino Trip

As in the past, our Casino Trip was scheduled as close to St. Patrick's Day as possible in the hopes that participants would benefit from the "Luck of the Irish." This year's trip took place on March 15.

Nineteen participants boarded the Casino bus in Walmart's parking lot at 9:30 a.m. and enjoyed the ride to River Cree. Once on board the bus, we received two vouchers: one for a free lunch, the other for \$5.00 to be used to gamble.

After breakfast, several of us chose to just remain in the restaurant to visit, and others tried their luck in the casino.

Although everyone had a fine time, one of our members probably had more fun than the others--she hit a \$600.00 jackpot!

Thank you Sylvia Roes for organizing this event. Everything went very smoothly, and we all enjoyed ourselves!



## Thank You from the Strathcona Christmas Bureau

Our branch received a letter from the Strathcona Christmas Bureau thanking our members for their generous donations of gifts, toys, and \$445.00 at our Christmas Luncheon. These gifts were put to good use, and were greatly appreciated by less fortunate members of our community.



## 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.

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# Luncheon and Annual General Meeting

## May 31, 2018

### **The Luncheon - 11:30 a.m. - 1:00 p.m.**

On May 31, 2018 at the cost of only \$15.00 per person  
Our Strathcona Museum and Archives  
(913 Ash Street, Sherwood Park)  
will provide a delicious luncheon for us.

Lasagna  
Caesar Salad  
Tea or Coffee  
Cookies

We will start registering our guests and collecting payment at 11:30 a.m.  
You will have time to visit with colleagues before you enjoy the lunch that will be offered at 12:00 noon.

Please consider joining us for this luncheon -- and encourage other Elk Island RTA members to attend!

To register, please contact Brenda Smith.  
email: [brendasmith@shaw.ca](mailto:brendasmith@shaw.ca)  
phone: 780 464 2715

Please register before May 24 so that we can confirm our numbers with the Museum.  
(As always, registering your intent to attend implies that payment will be forthcoming.  
Cancellation without penalty is possible up to May 24.)

### **The AGM 1:00 p.m. to 2:00 p.m.**

For those who only have time to attend our AGM, but not the luncheon, we have scheduled the meeting to follow the luncheon. The meeting will begin at approximately 1:00 p.m. You are welcome to join us at that time.

**As in the past, it is crucial that we have a quorum in order to proceed.**

This year, the quorum will require 22 votes which makes up the required 10% of our membership. Please remember that it is possible to vote by proxy - one proxy vote per attendee. The proxy form appears at the bottom of the draft agenda on the next page of this newsletter.

As you will see on the AGM Draft Agenda, we currently have a full slate of members volunteering for elected positions; however, any Elk Island RTA member who wishes to run for a position may contact Inge Coates (email: [Elk.Island.RTA@shaw.ca](mailto:Elk.Island.RTA@shaw.ca) -- Phone: 780 417 6961) to add his/her name to the slate. Nominations will also be called for at the AGM.

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Elk Island RTA AGM - Draft Agenda  
May 31, 2018

1. Welcome
2. Approval of Agenda (table copies will be available at the meeting)
3. Minutes from 2017 AGM (table copies will be available at the meeting)
4. Treasurer's Report (table copies will be available at the meeting)
5. President's Report (copy will be sent out via email in advance and only highlights will be covered at this meeting.)
6. Election
  - Call for further nominations to the 2018 - 2019 Executive Committee (Members who contact Inge Coates about adding their names to the nominations list before this meeting will see their names on the final draft of this agenda)
  - Current executive members who wish their names to stand for 2018-2019
    - President - Karen Atkinson
    - Vice President - Brenda Smith
    - Treasurer - Dolaine Koch
    - Secretary/ Compassion and Congratulations - Carol Gilbertson
    - Membership Chair- Thelma Baumgartner
    - Communications Chair- Inge Coates
    - Phoning Chair - Dianna Millard, Lorna Johnson
  - Final call for nominations
  - Call for motion for nominations to cease
  - Vote called - vote on positions where there is a contest OR vote to accept the slate if there is no contest - proxy votes will be accepted according to bylaw 6.5.2
  - We are also looking for volunteers to join the following committees:
    - 2 more people needed for the Phoning Committee
    - 1 more person needed for the Social Committee. Currently serving are Sylvia Roes, Sheila Busch, Ruby Okamura, and Lorna Johnson
  - Dolaine Koch and Karen Atkinson, who have received the training from ARTA, fill the Position of ARTA Reps.
9. Other Business
10. Adjournment of 2018 AGM

**Proxy Vote**

The Proxy Form below may be reproduced, printed from the website, or may be totally written out by hand.

I, \_\_\_\_\_, am an Elk Island Retired Teachers' Association member in good standing. I hereby allow \_\_\_\_\_ who is also an Elk Island Retired Teachers' Association member in good standing to vote in my stead at Elk Island Retired Teachers' Association's meeting on \_\_\_\_\_.

Signed on (date) \_\_\_\_\_ Signature \_\_\_\_\_

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## The Strathcona Museum and Archives Needs Our Support

Have you seen the articles in *The Sherwood Park News* about supporting our Strathcona Museum and Archives? Elk Island Retired Teachers' Association--and Strathcona County Retired Teachers before our name change--has held its executive meetings at the museum for many years, and I took a few moments before our recent meeting to speak to Starr Hanson (Manager/Curator) about what is happening.

Starr explained the struggles to find appropriate funding for the museum. It seems that these battles have been ongoing for several years, and she gave me astounding statistics that supported her worries that this museum is operating on a fraction of what is given to similar museums in comparable areas like Fort Saskatchewan and St. Albert. Unfortunately, here in Sherwood Park, funding has stayed the same even though the job has become far more complex. With the need to adapt to current technologies, staff are required to become more proficient in website management (<http://www.strathconacountymuseum.ca>). There is also an urgent need to deal with the steady influx of archival material for which there is increasingly less room. Also, the volunteer base that has guided tours for schools and day cares is dwindling; these volunteers are aging and finding the work too difficult to continue, which means that the existing, limited staff also has to take on that task. Several of the people working at the museum must have university or specialized training to do this work, but the pay that the museum can afford is far below what they should be earning. Finally, the building maintenance also has to come from this limited budget, so they find themselves doing the janitorial work as part of their day.

I understand that Strathcona County will be investigating the degree to which its citizens are aware of, or want to support the museum. I worry that many who will be surveyed are unaware of the tours through this venue that schools and daycares conduct for our children or grandchildren. Even if their child has gone on such a tour, a parent may not understand what that tour was like if they did not also attend. Aside from children touring the museum, it has been proven that older people with dementia and Alzheimer's connect with items that come from their past, and this sometimes leads to moments of lucidness. In that light, the existence of a museum like the Strathcona Museum would certainly be helpful and even necessary as our population continues to age.

I hope that we not only continue to support our museum, but that we value it in a manner that recognizes its importance to our community. We need to safeguard the historical, significant artifacts that are stored in its walls. In that light, I contacted the councillor for my ward and shared the message above, explaining that I plan to use it in this newsletter, and I asked him if he would like to reply. His reply follows:

*I share your concern for the current state of the museum. I know Council as a whole was generally unaware of the problems at the current museum site and the state of its operations prior to February of this year. I am hoping to work with your team in the coming months and years to find a sustainable model for the museum to maintain operations. I believe we must properly remember Strathcona County's past, and will assist where I can to make this happen.*

I urge you to please contact your councillor if you, too, are concerned. (For contact information, check out <https://www.strathcona.ca/council-county/mayor-council/councillors/> )

Inge Coates

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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.*

### **Healthy Lifestyles:**

Research has shown that healthy lifestyles are more influential than genetic factors in helping seniors avoid the deterioration traditionally associated with aging. Interestingly, only about 30% of aging can be explained by biology and genetic endowment. People who are physically active, eat a healthy diet, do not use tobacco, and practice other healthy behaviour reduce their risk for chronic diseases and have a much reduced rate of disability compared to those who do not. Having people engage in healthy lifestyles can prevent, minimize, or even reverse frailty and poor health in old age.

### **Healthy Eating:**

As you age, your body begins to need fewer calories, but you need just as many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories. Healthy eating is critical for seniors to remain independent, maintain their quality of life, and reduce the risk of developing chronic conditions such as high blood pressure, heart disease, respiratory diseases, and some cancers. Consult with your physician and refer to the “Canada Food Guide” for ideal diet needs.

## Congratulations!

*Members of Elk Island Retired Teachers' Association wish to congratulate Eileen Loeffler on her 80th birthday! Eileen is now considered a "Life" member of our association, which means that she is exempt from paying membership fees in the future.*

## Notes of Compassion

*Our heartfelt sympathies go out to the family of Sharon Tilley who passed away on March 14, 2018.*

*Our condolences also go to Edna Dach, her husband Ernest, and their family on the passing of Ernest's mother, Donna Dach on February 3, 2018.*

*We also would like to extend our sympathies to the family of Gertrude Kadatz (Trudy) who passed away on March 28, 2018.*

*\*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.*