

ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

President's Message

As the newly elected President of the Elk Island Retired Teachers' Association, I thought it would be a good idea to introduce myself to the members.

I retired from Elk Island Public Schools in June of 2016, after a career spanning 37 years. I taught almost everything – from grade 4 math to high school; outdoor education to library skills – but most of my time was spent in junior high (mainly math and science). I was very active with the Alberta Teachers' Association for most of my career, serving members at the Local level and through a variety of roles at the provincial level. I won't bore you with details of either my teaching history or ATA involvement. Anyone who is interested can chat with me some time. (Maybe at the 'To Hell With The Bell' breakfast in September!)

I live in Sherwood Park, currently with my son in the basement (temporary?). My daughter is in Calgary. I dabble with vegetable pot-gardening. No – not cannabis! Tomatoes, herbs, peppers. All in pots on my deck! I love to read and have been systematically devouring the stock of the library since I retired. It is so delicious to have the time to read! I sing with the Cosmopolitan Music Society (and serve as treasurer on their Board). Poetry is a love of mine. It is one item on my bucket list to pair my own photographs with my poetry and have them published.

I am involved with the Alberta Retired Teachers' Association as well. I am on the Health Benefits Committee and have received training as an ARTA representative,

I am hoping to provide good service to the members of Elk Island RTA. I hope you will feel free to contact me at any time.

Retirement is a wonderful adventure! I hope you will share a small part of yours with us!

Karen Atkinson
President 2018 - 2019



SUMMER EDITION

July 1, 2018

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

Elk Island RTA email:
Elk.Island.RTA@shaw.ca



Elk Island RTA is a branch of ARTA

Like ARTA, Elk Island RTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness and leadership.

Elk Island Retired Teachers' Association 2018 AGM

On Thursday, May 31, 30 members gathered for Elk Island RTA's 2018 AGM at the Strathcona Museum and Archives. With an additional 5 proxy votes available, we were pleased to have a few more than needed to make up a quorum for this meeting. A lasagna lunch was offered at 11:30, followed by the AGM at 1:00pm. As promised, the AGM went by quickly.

The slate of officers, as presented by Trudy Tienkamp, was accepted for the upcoming year. Congratulations are extended to Karen Atkinson, our new President; Brenda Smith, our new Vice President, and Lorna Johnston who joined the Social Committee. Appreciation is also extended to those who are continuing their roles: Dolaine Koch, Treasurer; Carol Gilbertson, Secretary and Compassion and Congratulations; Thelma Baumgartner, Membership; Dianna Millard and Lorna Johnson, Phoning Committee; Inge Coates, Past President and Communications; Sylvia Roes, Sheila Busch, Ruby Okamura, and Lorna Johnson, Social Committee. Dolaine Koch and Karen Atkinson, who have received the training from ARTA, fill the position of ARTA Representatives.

Although all positions have been filled, we would welcome two more people to help the phoning committee, and one more person on the social committee. We would welcome you even if you feel you might be able to help for only one of our events. If you would like to join our dynamic volunteers, please contact Karen Atkinson (Elk.Island.RTA@shaw.ca).

As always, the museum offered many interesting nooks and corners to investigate during the break between lunch and the meeting. Many also appreciated the opportunity to visit during that time.

Thanks to all who attended, and to all the volunteers who help to keep our organization going.



2018 To Hell With The Bells Invitation



You are hereby invited to join fellow retirees from
Elk Island's Retired Teachers' Association on
Tuesday, September 4, 2018 for the
To Hell with the Bells Breakfast!

September 4th is the first day of classes for students and teachers in our
district, but **Elk Island Retired Teachers**, will be meeting at

THE WHITECROFT COMMUNITY HALL
52313 Range Road 232, Sherwood Park



(Use the second left after Salisbury Greenhouse)

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

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

Cost**

Members - \$22.00 -- Guests - \$25.00 (Cash or Cheque)

Please RSVP by August 27

Contact Karen Atkinson -email Elk.Island.RTA@shaw.ca

****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 27. After August 27, 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.

Elk Island RTA Executive

To contact any of the executive,
please email:
Elk.Island.RTA@shaw.ca

President:
Karen Atkinson

Vice President:
Brenda Smith

Treasurer:
Dolaine Koch

Secretary &
Compassion and Congratulations:
Carol Gilbertson

Past President &
Communications:
Inge Coates

Membership:
Thelma Baumgartner

Phoning Committee Chairs:
Dianna Millard
Lorna Johnston

Social Committee:
Sylvia Roes
Sheila Busch
Ruby Okamura
Lorna Johnston

ARTA Reps:
Dolaine Koch
Karen Atkinson

Mark Your Calendars:

To Hell With The Bells

This is also great time to check on your membership to see if you are due for a renewal!

Tuesday, September 4, 2018 - Whitecroft Community Hall
8:30 am Registration, 9:00 am Breakfast



Second Wind

September 6, 2018

Conference information can be found on Page 10 of this newsletter.

Request from Strathcona Museum and Archives

The Strathcona County Museum and Archives has contacted the Elk Island RTA to request help in locating any former teachers who taught at the old Broadmoor Junior High School in Sherwood Park. Mike Boyd is presently processing a number of unlabeled photographs taken at the school and would appreciate assistance in identifying teachers or students in the photos. If you taught there, or know someone who did, please contact retired volunteer Mike Boyd at 780-467-4216 (home number), who is conducting this work for the Museum

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 Elk.Island.RTA@shaw.ca

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.

News from ARTA

ARTA has asserted its right to post its own information and updates. We encourage you to visit the ARTA website at <http://www.arta.net> for general information, and for information from ARTA Board of Directors' meetings at <http://www.arta.net/about/resources/briefing-notes/>

If you would like to see who the speakers were at ARTA's 2018 retreat and what their presentations offered, check out this link: <http://artaevents.net/retreat/>

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.

Physical Activity:

Physical activity brings multiple benefits and significantly contributes to healthy aging. Physical inactivity is associated with premature death, chronic diseases, illness and disability, as well as reduced quality of life and independence. Healthy older adults should do activities regularly, especially aerobic exercise and activities to strengthen muscles, improve balance, and increase flexibility. Your physician can help you decide the level of physical activity appropriate for your needs.

Social Connectedness:

Social support contributes to higher quality of life, increased life satisfaction and enhanced mental and physical well being, while social isolation is associated with higher levels of depression and disability associated with chronic diseases, increased rates of premature death, and decreased overall well being.

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

Notes of Compassion or Congratulations

We have received no notices to report in this newsletter.

**Note: Please contact us at 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.*

2017-2018 Elk Island RTA Financial Statement

Submitted by Dolaine Koch, Treasurer

Interim Financial Report
Elk Island RTA
July 1, 2017- May 31, 2018

GICs	\$ 1,405.55
Matured Term Deposits	\$ 1,405.55
GIC balance	\$ 0.00

Income

Membership cash received	\$ 1,480.00	
Less 6 members 5/6th carryforward	\$ 900.00	
Declare one year for 125 previous prepaid	\$ 1,041.67	
Actual membership income **	\$ 1,621.67	
ARTA Grant	\$ 200.00	
Meals Income	\$ 4,332.00	
GIC Interest earned	\$ 14.76	
Total income	\$ 6,168.43	

Expenses

2nd Wind Conference donation	\$ 200.00	
Meals	\$ 4,615.00	
Bank fees	\$ 18.00	
Office & News costs	\$ 540.00	
Total Expenses	\$ 5,373.00	
Excess of Expenses over Income	\$ 795.43	

Common Shares	\$ 424.49
Dividend earned Dec 2017	\$ 14.70
Balance as at May 31, 2018	\$ 439.19

Bank Cash on Hand, July 1, 2017	\$7,646.84
Membership cash received	\$1,480.00
Meal Income	\$ 4,332.00
Grant received	\$ 200.00
Less Share Purchase	\$ 2.00
Less expenses paid out	\$5,373.00
Bank cash	\$8,283.84
Old bank account to be closed, will purchase new GICs	1405.55
Bank cash on hand, period ended May 31, 2018	\$ 9,689.39

Notes:

Website Domain Name is purchased to 2019. New developments are moving forward with Elk Island RTA name.

*Strathcona Museum allows executive to hold meetings for free and gives discounted pricing for our events.

**Pre-Paid Memberships will be transferred from bank to GICs. We now have 125 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.

Interim Financial Report
Elk Island RTA
Budget July 1, 2018 – June 30, 2019

Income

Memberships	\$ 1200.00
Meals Income	\$ 4500.00
GIC Interest	\$ 20.00
Total income	\$ 5920.00

Expenses

Meals	\$ 4,500.00
Bank fees	\$ 0.00
Office & News costs	\$ 300.00
Total Expenses	\$ 4800.00

Excess of Income over Expenses	\$ 1120.00
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GICs	\$ TBA
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Tips and Taps: Interesting Information from ARTA's 2018 Retreat

- Shingrix, the new shingles vaccination, is covered by the ARTA Benefit Plan, but the Drug Inquiry tool has not yet been updated. Some members have been asking.
- Look at the website: www.thestar.com/personalfinance. This site provides great information including information on scams and how to identify them as well as money tips from Lesley- Anne Scorgie.
- An interesting view of the drivers of Alberta's economy can be found on the ATB website: <http://www.atb.com/learn/economics/the-owl/Pages/default.aspx>
- The Canadian Association of Retired Persons (CARP) has grown far beyond Ontario's borders, and they offer much of interest to seniors across Canada:
<http://www.carp.ca/about/>



Elk Island Retired Teachers' Association
President's Report
2017-2018

As presented to our membership before the Elk Island
Retired Teachers' Association AGM on May 31, 2018

The biggest change for this year started at our last AGM, June 1, 2017. At that time, our members voted in favour of significantly revised bylaws and a new name for our association. As a result, the 2017-18 year required attention to the consequences of these changes:

- Bank accounts and investments were switched to the new name as well as new signing officers
- A logo was designed -- one that embodied the essence of who we are today and where we came from
- A branch banner was designed utilizing the new logo
- New brochures were created
- Changes to the website were required to reflect the new name
- Our membership form was redesigned and updated

ARTA's financial support in the logo creation, branch banner design and printing of new brochures meant that our branch was saved the weighty costs of all of these endeavors. We appreciate this support.

Another significant development in this past year is the creation of a draft Policies and Procedures Document. It is hoped that this document will be useful in answering new executive members' questions about what we have done in the past in certain situations, and it will be a good starting point in discussions when future changes are considered. This is a living document that can respond to new situations in a flexible manner.

The membership of our association now stands at 228 members in good standing, which is an increase of 19 members since the 2017 AGM. Our membership chair, Thelma Baumgartner, has done much to keep our list updated with current contact information, and she ensures that all members whose memberships are in danger of lapsing have been contacted.

The following meetings have been part of the 2017-2018 term:

- I have chaired 3 of the 4 Elk Island RTA Executive Meetings, and I have provided a base agenda to our Vice President, Karen Atkinson, to use at the meeting I could not attend.
- ATA Local Meetings were attended by Karen Atkinson
- All ARTA BOD meetings were attended by me, and Karen also attended most of these, either as my guest or in her role as a member of ARTA's Benefits Committee. Also, Dolaine Koch, our Treasurer has attended all of these in her role as Treasurer for ARTA.

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- ARTA extended invitations to all branch presidents, ARTA executives, and ARTA committee members, plus two guests from each branch to attend this year's retreat. The focus of this year's retreat was advocacy. In attendance were Dolaine Koch, Karen Atkinson, Carol Gilbertson, Dianna Millard and Inge Coates.

Events that were organized by our social committee, Sylvia Roes, Brenda Smith, Sheila Busch, Karen Atkinson, and Ruby Okamura included the following:

- June 1, 2017 AGM - over 30 attended the AGM 30th anniversary tea at the Strathcona Museum and many enjoyed continuing to explore the venue
- June 8, 2017 - 15 members participated in the Senior's Tour of the Legislature
- Aug 28, 2017 - To Hell With the Bells - new retirees are welcomed to our association. Over 100 retired educators attended
- October 26, 2017 - Sheri at *Everything Wine* introduced ten of our members to "The 7 Nobles"
- November 30, 2017 - Christmas Luncheon - Over 80 attended. Over \$450.00 and many gifts were donated to the Strathcona Christmas Bureau.
- March 15, 2018 - Luck of the Irish Casino Trip - About 20 people took advantage of the bus ride to and from the venue, lunch tickets, and a \$5.00 gambling voucher--all provided by River Cree Casinos. Our big winner went home with an extra \$600.00!
- April 1 to June 30, 2018 - ARTA Time of Your Life Event - 15 people signed up to receive the watches provided by ARTA in order to participate in this event.

Communication is an important part of any organization. The four seasons inspired the four newsletters that were sent out this year via email. These were also posted on the website with associated updates and the newsletters were printed so that our secretary, Carol Gilbertson could mail these to members who do not have email addresses. Additionally, email blasts were sent out approximately two or three times a month. These consisted of reminders to register for events, invitations from other branches to their events, and announcements of obituaries related to the passing of a member or close family of a member. Our phoning committee, headed by Dianna Millard and Lorna Johnson, shared this information with members without email, and Carol Gilbertson mailed out condolence cards.

I hope that I have mentioned the names of each member of this executive because they deserve acknowledgement for all that they have done for the Elk Island Retired Teachers Association.

When I retired from teaching, I was looking for a way to continue to be helpful and to contribute. I am very fortunate to have found my place in Elk Island RTA's executive and ARTA's community. These are generous, helpful, patient people. It has been an honour and a pleasure to work with them.

Inge Coates
President 2017-18

Second Wind Updates

Searching for something to look forward to in September? Check out the offerings at the Second Wind Conference happening on September 6, 2018 at Chateau Louis in Edmonton!

Conference Fee:

Early Bird Fee (postmarked on or before July 20, 2018) - \$85/person.

All Early Bird registrations will be entered into a draw for a prize.

After July 20 to Sept. 6, 2018 the regular conference fee of - \$100/person applies.

Cancellations: A \$15 processing fee will be charged. No refunds after July 30, 2018.

Payment Details:

If made by cheque or money order please make payable to Second Wind Conference.

The cheque or money order should be mailed to:

Lynn Arnold #204 - 2588 Anderson Way, SW Edmonton, Alberta T6W 0R2

Registration is not complete until payment has been received by the conference registrar.

Further information can be found on the website at www.secondwindconference.ca

Schedule									September 6, 2018								
8:30 – 4:30 Artisan Show & Sale – St. Michael Room																	
8:15 – 9:15		Registration – Foyer Coffee and Assorted Pastries – Grand Ballroom															
9:15 – 10:30		Keynote Speakers: Mark and Alyson Connolly – Grand Ballroom															
10:30 – 11:00		Coffee Break – Grand Ballroom															
Room	Grand Ballroom	Executive Capacity 70	Leland Capacity 70	Roseberry Capacity 50	Rosslyn Capacity 35	Vermillion Capacity 30	St. Michael Atrium Capacity 50	Commercial Capacity 80									
Session 1																	
11:00 – 12:00		Acupuncture, a Natural Painkiller <i>Dr. Jiulin Wang</i>	Travel - Expanding Horizons <i>Ron Jeffery</i>	Scams and Annoying Phone Calls <i>Carmen Klose (EPS)</i>	Singing for Health and Happiness <i>TBD</i>	Fabulous Fall Bulbs <i>Bob Stadnyk</i>	Trends/Legislation Implications for the Benefits Plan <i>Gary Sawatzky</i>	Nutrition Cooking for One <i>Cheryl Nickurak</i>	Declutter Your Life <i>Daina Benson</i>								
12:00 – 1:00		Lunch – Grand Ballroom															
Session 2																	
1:00 – 2:00			Humour...for the Health of it <i>Giselle Yanish</i>	Android – Hands-on use of Cell Phones <i>Terrance Judge</i>	Mindfulness <i>Dr. Priscilla Koop</i>	Legalities – HELP! <i>Tara Yates (Law Society)</i>	Dental, Health, Heart (DHH) <i>Dental Society</i>	Cardio Salsa <i>Maria Yakula</i>	Medical Cannabis Today <i>Tamara Hartson</i>								
2:00 – 2:30		Coffee Break – St. Michael Atrium															
Session 3																	
2:30 – 3:30		Are You Lonesome Tonight? Threats to Well-Being <i>Dr. Adrian Wagg</i>	Spring Forest Qigong <i>Carolynne Melnyk</i>	Apple – Hands-on use of Cell Phones <i>Terrance Judge</i>	Archiving Your Family Photos <i>Iona Robertson</i>	Pet Therapy Building Connections <i>Gillian Roberts</i>	Advance Care Planning <i>Sarah Hall (AHS)</i>	Gentle Yoga Suitable for All <i>Sylvia Galbraith</i>	On-Line Shopping Safety <i>Jon Johansson (Windsong)</i>								
3:30 – 4:30		Wine Down – St. Michael Atrium															