

ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

President's Message

Time passes so very quickly. Autumn. I love the colours, but I miss the heat of summer. It seems we lost it much too soon this year. We will snuggle up with a good book more often, I think.

I was very glad to see so many people at the To Hell With The Bells breakfast this year. I think we had fun! Many kudos are offered to the Social Committee for their hard work in making the event possible. It was wonderful to hear the personal stories offered in honour and praise of Stew and Mary Knox. Their contribution to education and the lives of educators was very inspiring.

I was able to attend the ARTA Annual General Meeting on October 2nd and 3rd, along with three delegates – Deb Gerow, Julie Ginther, and John Takahashi. The elections portion of the meetings was of particular note for our Branch. Julie has been elected to the Communications Committee and Deb has joined the Wellness Committee. I wish them both success in their four-year commitment to service to ARTA members!

I am looking forward to Paint Night on October 19th. This is a new venture and I know it will be a success. Watch for a review next time!

I think to close my notes to you, I will share one of my poems. I hope you will enjoy it.

How intricate the layers of memory,
The varied triggers for the mind;
Any sense can bring remembrance.

Sight –
A photograph retrieved from a closet,
A worn-out blanket,
The silhouette of a tree,
The colour of the sky,
A smile.

Sound –
Lyrics from a favourite song,
A haunting melody,
A particular phrasing of words,
Laughter.

Taste –
A special family recipe,
The salt of tears,
The copper tang of blood,
Earthy grit in dry hot winds,
Candy.

Touch –
Smooth, silky fabric,
Damp fur on a dog,
Pebbles under bare feet,
The heat from a campfire,
Skin.

Smell –
Infinite scents from the kitchen,
A single gardenia,
A certain brand of soap,
Damp mossy forests,
Smoke.

So many intangibles...
So many memories...

Karen Atkinson
President 2018-2019



FALL EDITION October, 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

To Hell With The Bells Breakfast

On September 4, 2018, students and teachers headed back to classes. At just before 7:00 am on that day, if you passed by the Salisbury parking lot you would have seen that there were several cars there already. Their staff was getting ready for a busy day. If you went further, to the Whitecroft Community Hall, where registration for the To Hell With The Bells breakfast would start at 8:30 am, you would have found that several people were also getting ready for a busy morning.



Much earlier, at the Whitecroft Community Hall, Karen Atkinson, Mas and Ruby Okamura, Gordon and Dianna Millard, and Lorna Johnson had arrived at 6:30 am to greet our caterer, Lois Derkson, and to set up tables, and chairs. This crew was soon joined by more of Elk Island RTA's executive who helped with place settings, distributed fall decorations, and checked that last minute details were taken care of.



Thelma Baumgartner and Carol Gilbertson set up for those who wished to renew memberships, and Brenda Smith, Sylvia Roes and Sheila Busch prepared to greet and register guests and collect payment.

Almost 100 guests arrived, and the energy in the hall increased noticeably. People greeted friends to catch up with news and accessed their morning coffee, tea, or juice.



Karen Atkinson started the program with a treaty acknowledgement. After providing time for a moment of personal thanksgiving, tables were called up to take part in the breakfast: waffles with fruit sauce or syrup and whipped cream, sausages, hash brown potato casserole, boiled eggs, and fruit.



After everyone had time to finish their meals, Karen continued the program. New members were welcomed to our organization. Dianna Millard and Carol Gilbertson surprised Inge Coates with a tribute to her accomplishments during her tenure as president. Inge then led the audience in honouring Stew and Mary Knox, two educators who contributed to the success of our school system. Stories were told about how these two influenced and supported staff, students, and parents throughout their years of leadership. Unfortunately, Stew was not able to attend; however, Mary and her daughter, Gayle, were there, and they were moved by the accolades offered by those who knew them well.



Once the program finished, and our guests bid each other farewell, the same crew that started the day at 6:30a.m. set their backs to collecting the table decorations, folding up the chairs and tables and putting them away, emptying the trash, and we even saw someone mopping the floor. That crew was happy to help as their contribution saved Elk Island a significant charge by doing the set up and take down ourselves.

Big thanks go out to all who made this event possible, and to all who attended. It is a delight to be part of such a community!



Paint Night!

Would you like to experiment with acrylic paints at a reasonable cost before setting yourself up with supplies of your own that would be more expensive?

At paint night, for a fee of \$35.00, you will be led through the steps of creating a single painting under the guidance of an instructor, and with a canvas, paints and brushes supplied.

The venue is Headquarters Restaurant on Granada Blvd (just East of Sherwood Park Mall) where you can also enjoy a snack and, if you like, a bit of wine. (Just to take the stress of perfection out of the equation.)

Here are the details:

When: Friday, October 19 from 5-9 pm

Where: Headquarters Restaurant on Granada Blvd.

Who: Cynthia Clarke

How: Acrylic

Cost: \$ 35.00 for instruction and supplies

How Many: 10-15 Max

A few spots are still open, so register soon to join in the fun!



Contact to Register:

Sheila Busch at <http://www.artabranes.net/scrta/index.php/contact-us>

See you there!

Elk Island RTA Executive

To contact any of the executive,
please email
Elk.Island.RTA@shaw.ca
or visit the "Contact Us" section
of our website
[http://www.artabranches.net/srta
/index.php/contact-us](http://www.artabranches.net/srta/index.php/contact-us)

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:



Paint Night

October 19, 2018

Information can be found on Page 4 of this newsletter.

Christmas Luncheon (Save the date!)

Wednesday, December 5, 2018

Further details will be sent out via email closer to the date.

2019 Second Wind Steering Committee

Are you interested in becoming a member of the Second Wind 2019 Steering Committee? Currently, we number six members and I am seeking to add two to three persons willing to volunteer their time to an excellent cause.

We meet on the second Tuesday of each month from 10:00 a.m. - 1:00 p.m. in order to discuss, and plan, the conference. Commitment to attending meetings and tasks assigned are of paramount importance. If you are willing to be part of a dynamic group, please forward your name and contact information to Karen Atkinson, who will forward your nomination to me.

The steering committee next meets on Tuesday, October 9, 2018, and it would be wonderful if I were able to introduce new members to the committee at that time. Any help you are able to offer would be very much appreciated.

Sincerely,

Christopher Harrison

Chair, Second Wind Conference Steering Committee

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 using the "Contact Us" section of our website:

<http://www.artabranches.net/srta/index.php/contact-us>

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/>

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.

Maintain a Healthy Weight:

Extra weight increases your risk for heart disease, diabetes, and high blood pressure. Consult with your physician as to your ideal weight for your age and height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water, which is calorie free.

Immunizations and Health Screenings:

Stay up-to-date on immunization and other health screenings. By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Both senior men and women should have colonoscopies every 5 to 7 years. Many preventative screenings and vaccinations are available.

Tips and Taps

If you are cautious about clicking on the links below, or the links do not work for you, please just copy and paste them or type them into your browser.

Snowbird travel has pitfalls that you need to be aware of. Check out the following article for important information: <https://www.arta.net/news-events/travel-adventure/snowbirds-be-aware/>

Green Sleeves are an important tool for advanced care planning.

Information on all that is involved in advanced care planning can be found here:

<https://myhealth.alberta.ca/Alberta/Pages/advance-care-planning-topic-overview.aspx>

The documents filed in a Green Sleeve will speak for you should you find yourself in a position where you are no longer able to speak for yourself. Find out what Green Sleeves are and why you need one: <https://myhealth.alberta.ca/Alberta/Pages/advance-care-planning-green-sleeve.aspx>

Notes of Compassion

Our heartfelt sympathies are extended to

*Dolaine and Dennis Koch and their family on the passing of Dennis' mother
Ida Koch (October 15, 1927 - September 10, 2018)*

*Emma Lien and her family on the passing of Emma's daughter
Barbara Lien (June 21, 1950 - August 4, 2018)*

*Gregg Budd and his family on the passing of Gregg's wife
Elizabeth (Beth) Budd (May 31, 1957 - July 5, 2018)*

**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.*

Remembrance Day 2018

How to acknowledge the sacrifice made by those who fought for our freedoms is a personal choice -- from wearing a poppy, attending a Remembrance Ceremony, or simply honouring that moment of silence in the privacy of our homes -- the important thing is that we do remember.

The following Remembrance Day event has come to our attention, and we would like to share this information with you:

In a touching tribute to the Canadian Armed Forces, the Cosmopolitan Music Society (CMS) fills the Winspear Centre (9720 102 Ave) with music, ceremony, and colour. Presented by The Royal Canadian Legion, the annual Lest We Forget... A Musical Tribute concert plays Sunday, November 4. In addition to the parade of colours, remembrance at the cenotaph with the Last Post, and a photographic tribute to loved ones, Lest We Forget welcomes the RCMP Regimental Pipes and Drums as special guests, and features the CMS concert bands and chorus performing a varied repertoire, from grand military marches to popular wartime music.

A Silent Auction along with lobby entertainment start at 6 pm, with the concert beginning at 7 pm. Tickets are \$25, available through Tix on the Square or CMS (8426 Gateway Boulevard; 780-432-9333; info@cosmopolitanmusic.org).

The Royal Canadian Legion presents

lest we forget

...a musical tribute

Featuring

The Cosmopolitan Music Society
Bands and Chorus

Hosted by J'lyn Nye
with Special Guests
RCMP Regimental Pipes
& Drums

Sunday
November 4, 2018
6 pm Doors &
Silent Auction
7 pm Concert

The Francis
Winspear Centre
for Music

4 Sir Winston
Churchill Square
Edmonton, AB

Tickets \$25
General Seating

Phone: 780.432.0333
Tix On The Square
and at Edmonton
and area Legion Branches

