

President's Message

The holiday season is behind us. Winter stretches ahead for the foreseeable future. Bleak skies and cold nights. I find myself with far too much time for introspection which has a tendency to lead me into dark territory. I am thankful I have friends who remind me that the world is a beautiful place and there is fun to be had in spite of my melancholy thoughts. I hope all of you have friends like that to beat back the winter blues.

Looking back – I so enjoyed the get-together for the Christmas luncheon. It was a lovely meal and everyone seemed to have a great time. We managed to come up with a considerable donation for charity as well!

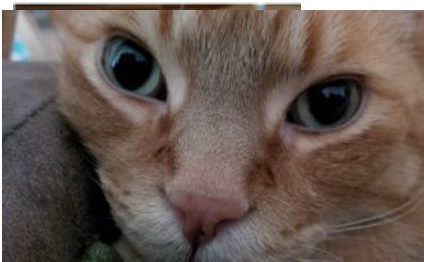
Looking forward – Spring will come! Keep the March outing in mind – our casino trip should be lots of fun.

Looking around – There is so much going on in the world that news can become overwhelming. I hope you are all finding a little time to stay informed about important issues relating to upcoming elections in Alberta. We live in times of economic volatility and a drastically changing social landscape. Staying up-to-date will help us prepare for what is to be.

Looking within – Just a small bit of advice that I try to follow myself. Dare to dream. Don't dwell on things that bring you down. Find a bit of fun and share it!

So...

In keeping with my suggestion to find a little fun, I offer an image for all cat-lovers (and those who should be).



*Little
cat
feet
steppi
ng
dainti
ly,
Whisk
ers*

*twitching - tail, too,
Eyes sparkle, watching closely,
A sudden tensing, halted,
No further movement seen:*

NEWSLETTER

January, 2019
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Elk Island RTA website:
[Currently not available](#)

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



Elk Island RTA is a branch of ARTA

Elk Island RTA Executive

To contact any of the executives listed below, please email elkislandrta@gmail.com

President: Karen Atkinson

Vice President: Brenda Smith

Treasurer: Dolaine Koch

Secretary and Compassion and Congratulations: Carol Gilbertson

Past President and 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 and Karen Atkinson

Mark Your Calendars:

Spring Event - Casino Trip

Thursday, March 14, 2019

Details in this newsletter.



Elk Island RTA Executive Meeting

Tuesday, February 26, 2019 - 1:00 pm

Strathcona Museum - 913 Ash Street, Sherwood Park

NCTCA 2018 - Thursday and Friday, February 7 and 8, 2019.

Retired teachers may attend NCTCA 2019 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, check out

<https://www.mynctca.com/attendees/>

More Green Sleeves

Our membership responded very enthusiastically to our offer of providing Green Sleeves. In fact, all 150 Green Sleeves that were ordered were also distributed. There may be more of our members who would also like to have these sleeves for themselves, family, or friends; therefore, another order will be placed in the spring, allowing for pick up during the summer or at the To Hell With The Bells Breakfast. An email message will be sent out to all members once the new order has been received.

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

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.

SCRTA's Spring Social Event
River Cree Casino



WHEN: Thursday, March 14, 2019

WHERE: River Cree Casino

A free bus will pick up participating members in the parking lot
by Walmart on Wye Road.

Please Note: The bus will leave **PROMPTLY** at 9:30 a.m. from the west end of the
parking lot of the Walmart on Wye Road and Range Road 233

Spouses and friends of SCRTA members are welcome to attend.

This year, we are also opening our invitation to the Edmonton Retired Teachers Assoc.
(A minimum of 15 people is required.)

The bus will be leaving the parking lot at 9:30 a.m. sharp and will return to Sherwood Park
around 2:30 – 3:00 p.m. We are required to be at the casino for a minimum of 4 hours.

There is **NO COST** for the bus. Our tour guide will distribute complimentary lunch tickets and a
\$5.00 free play voucher to each attendee; however, each person is responsible for the payment for
any beverages they order as well as the gratuity for lunch and beverage services.

While at the River Cree Casino, you may play the machines, gamble, dine, visit and/or explore.

CONTACT: To register or for more details, contact Sylvia Roes

elkislandrta@gmail.com

DEADLINE: Contact Sylvia on or before Thursday, March 7, 2019.

Elk Island RTA's Christmas Luncheon

Elk Island retired teachers enjoyed a wonderful Christmas luncheon on December 5, 2018. The welcome extended by Karen Atkinson included an evocative, original poem that allowed the audience to taste, smell and see Christmases past, present and future, and that put us in the right mood for the occasion. As usual, Lois Derksen served up a very tasty turkey dinner with all the trimmings, and then Whitecroft hall was filled with the voices of enthusiastic singers led by Barbara Sadler-Wells and a small group of volunteers at the piano. The sense of community was strengthened by the generosity of those who attended as "Santa" bagged many donated gifts as well as cash totaling \$500.00! It was great to see familiar faces and many of us appreciated this gift of time to spend with friends who once were part of our daily working lives.



Paint Night

Who would have thought that some of us with zero experience with acrylic painting could create something worthwhile in a matter of 3 or 4 hours! Cynthia Clark, teacher of teachers, took us on a journey that not only allowed us to create a finished image to take home, but also shared her experiences in Venice that evolved into the subject of our painting. HeadQuarters Restaurant provided the private side room as well as snacks and a bit of wine that helped the evening along.

Good food, good drink, a new experience, and new friends. What more could you want?





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 Artafacts email blasts also contain ARTA updates.

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.

Manage Stress:

Try exercise or relaxation techniques; perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Success coping can affect our health and how we feel. Learn the role of positive thinking.

Seniors and Pets:

For elderly pet owners, pets can help reduce stress, lower blood pressure, increase social interaction and physical activity. A new pet can stimulate someone to read up on an animal or breed, which can be mentally stimulating. Pets live very much in the here and now. They don't worry about tomorrow, and tomorrow can be scary for an older person. By having a pet with that sense of now, it tends to rub off on people. Pets can lessen loneliness. When we have a pet, we will enjoy their play time during the day, helping to keep ourselves engaged and active. It also gives the owner a sense of purpose – a reason to get up and start their day. It becomes a routine, and it gives the day more structure. Lastly, it gives a sense of loving and being loved and needed.

Notes of Compassion

Our heartfelt sympathies are extended to

The family of Hazel Pilger (November 28, 1927 - September 24, 2018)

and

Mas and Ruby Okamura and their family on the passing of Mas' brother

Hiroshi Okamura of Oakville, Ontario (1940 - January 17, 2019)

**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.*

Tips and Taps

Many of our members have already started the process of planning ahead. Having a green sleeve handy in case of sudden, serious illness is one example of such planning. Ensuring that you have a Will, Enduring Power of Attorney, and Personal Directive may also help to set your mind at ease. If you are considering preparing an estate plan or meeting with a lawyer please give thought to the following list of information. It will greatly assist in the process of preparing a Will, Enduring Power of Attorney, and Personal Directive. Also, think about leaving a comprehensive file for your executor or executrix that lets him or her know where all this information can be found. That will make their job much easier in what will certainly be a trying time.

- Name and other names you are known by
- Date of birth
- Current address
- Citizenship
- Marital status
- Prior marriages
- Plans to get married or separate
- Children, grandchildren, deceased children
- Real estate (whose name is on title, value of property, mortgage amount outstanding)
- Debts owed to you (to be forgiven or collected)
- Bank accounts (in whose name, approximate balances)
- Investments
- Life insurance
- Pension plans
- Corporations, partnerships, unincorporated businesses
- Valuable personal property
- Other valuable or sentimental assets
- Liabilities
- Personal advisors (accountant, life insurance agent, property insurance agent, banker)
- Location of any safety deposit boxes
- Passwords to social media, computers, email accounts, clubs, or organizations you are part of (but never record passwords on your computer!)
- Burial wishes/cremation
- Executor, Alternate executor
- Guardian, Alternate guardian
- Beneficiaries, alternate beneficiaries
- Attorney under Enduring Power of Attorney, Alternate attorney
- Agent under Personal Directive, Alternate agent
- Location of existing Will, Enduring Power of Attorney or Personal Directive

ARTA's website also has helpful information in their Wellness section that would help members navigate through the difficult time after a loved one passes. <https://www.arta.net/wp-content/uploads/2015/01/Loved-One-Passes-Checklist-1.pdf>



The Future is Ours
A Wellness Conference for Retirees
Chateau Louis Conference Centre, Edmonton, Alberta
Thursday, September 5, 2019

News Release

We are back in 2019.

The Second Wind Conference steering committee is pleased to announce that the 8th Annual Wellness Conference for Retirees will be held at the Chateau Louis Conference Centre in Edmonton on

Thursday, September 5, 2019

A list of topics to be offered at the conference may be viewed on our website. Please look at these topics and consider which of them would be of interest to you. The confirmed sessions and speakers will be posted on our website by the middle of March 2019, along with the registration form.

www.secondwindconference.ca

The cost of attending the conference is: **\$85.00 per person** if you register prior to Friday, July 19, 2019. From July 20 through to September 05, 2019 the regular Conference Fee is \$100.00 per person.

Please make a point of entering the date on your calendar, and join us for an enjoyable series of uplifting sessions.

FUN, FELLOWSHIP, FULFILLMENT