

President's Message

Spring! Blue skies or rain; almost greening trees and grass. The renewal of life. And the coming of change? We are approaching a crucial election in Alberta. I hope every one of you has taken some time to become acquainted with the issues and the stance of the candidates from whom you need to choose. We have provided you with a link to the ARTA page which provides relevant questions and the party responses that they have received. Please VOTE!

Remember to be careful out there! It is such a temptation to get out and start playing in the garden. Take it easy! There is information out for the Wellness Challenge. Whether or not you decide to participate officially, please do stay mindful of the need to keep your health!

Save room in your June Calendar for the Elk Island RTA Annual General Meeting. More information will be coming.

To help you usher in the season, I offer this...

Green,
New growth,
Pushing forth from rich dark soil,
Sprouting from the slender branches,
Spreading swiftly in the sun.
Green,
Young leaves,
Tender tendrils of soft grasses,
Lush life renewed in every space,
Glowing bright and beautiful.
Green,
So fresh,
Myriad shades and hues,
Layered and flowing over all,
The colours of spring.



Karen Atkinson
President 2018-2019



NEWSLETTER

April, 2019
Spring Edition

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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:



Next Elk Island RTA Executive Meeting

Tuesday, May 21, 2019 - 1:00 pm
Strathcona Museum - 913 Ash Street,
Sherwood Park

Elk Island RTA Annual General Meeting

Tuesday, June 4, 2019
Strathcona Museum - 913 Ash Street, Sherwood Park
Please watch for more information in an email to come after the May 21 executive meeting



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 also contain updates.

April Artifacts

<https://www.arta.net/wp-content/uploads/2018/06/ARTAfacts-April-2019.pdf>

ARTA Spring Copy of *news&views*

<https://www.arta.net/wp-content/uploads/2018/06/ARTA NewsViews Spring2019.pdf>

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.

River Cree Casino Trip



Our Luck of the Irish event of Thursday, March 14 was once again a big success.

It was a real pleasure to welcome eight retired teachers from Edmonton's membership to join us in this event. We had 21 members and their guests from our membership attend.

There were many cash winners but all 29 attendees were winners in that we all had a very enjoyable social day meeting and mingling."

Tips and Taps

Did you know that the ATA Library is accessible to retired teachers? A letter, an email or a telephone call can have any of these books sent out to you, and you can do your search online!

<http://library.teachers.ab.ca/Presto/home/ATADefault.aspx>

- *The 50 Biggest Estate Planning Mistakes ... and How to Avoid Them* by Jean Blacklock and Sarah Kruger
- *Alberta Probate Kit: Everything you need to probate or administer an estate* by Lynne Butler
- *The Canadian Guide to Will and Estate Planning* by Douglas Gray and John Budd
- *Creating a Happy Retirement* by Dr. Ronald W. Richardson and Lois A. Richardson
- *New Rules of Retirement: What Your Financial Advisor Isn't Telling You* by Warren MacKenzie and Ken Hawkins

Notes of Congratulations

We would like to include good-news notices in our newsletter, and encourage you to please send your happy announcements in an email to Elk.Island.RTA@shaw.ca. Your good news also puts smiles on our faces!

*Congratulations are extended to Carol and Layne Gilbertson
on their 50th Wedding Anniversary, July 27, 2019.*

*Mas and Ruby Okamura welcomed a new granddaughter,
Reya Margaret Savita Okamura, born on January 18, 2019.*

Choose Your Next Adventure

Inuksuk Building Class

One of our members, Jim Flaman, has offered to conduct an Inuksuk building class! The class would be 2 - 3 hours long, and it would be limited to 10 - 20 participants, depending on the size of the venue.

All instruction and materials (stone, sandpaper, glue and finish) would be included in Jim's fee of \$40.00 per student. The only cost not yet determined would be for the venue. We would like to gauge interest before looking for a venue of appropriate size.

Please send an email to Inge Coates (elkislandrta@gmail.com) to register your interest in this adventure. Jim would start with a short presentation regarding the Inuksuk followed by the art

project. The finished artwork stands about 8-10 inches tall (20-30 cm).



You can see Jim's carvings displayed at *Picture This Gallery and Custom Framing* in Sherwood Park and at the departures (gate 80) at the Edmonton Airport. You can also see some of his work on his website, <<http://jimflaman.ca/>>

Once a teacher, always a teacher! Thank you, Jim, for this offer!

Get Moving! ARTA's Wellness Challenge for 2019!

Every spring ARTA offers a new wellness challenge for all eighteen branches, including Elk Island RTA. The purpose is to inspire all members of the Alberta retired teachers' community to stay active. The motivation, aside from personal wellness, is a competition to see which branch has the highest rate of participation.

In the past, wellness devices like pedometers or activity watches have been given to participants. This year, resistance bands are available to those participating in the challenge. For more information on the challenge and to download the forms, please check the following link:

<https://www.arta.net/wellness/physical-wellness/wellness-challenge/>

If you would like to participate, and would like a free resistance band, please contact Karen Atkinson at elkislandrta@gmail.com.

The Future is Ours: Second Wind Conference for Retired Teachers in the Greater Edmonton Area

Just a reminder that this conference will be held on September 5, 2019, and there will be an early bird discount for early registrations.

Program and registration information will soon be available online at <http://www.secondwindconference.ca> or you can obtain further information by phoning Lynn Arnold at 780 919 5848.

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.

Skin:

As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Skin creams become essential. The skin also becomes more susceptible to the sun’s rays. Be sure to protect your skin from the sun. Too much sun and ultraviolet rays can cause skin cancer.

Hearing:

As we age, our ears normally lose their ability to discern sounds in certain frequencies. A hearing loss often results in feelings of isolation or loneliness, which can trigger depression. A test can help to identify if a hearing loss is affecting your relationships with friends and family. Remember that the cost of hearing aids is included in most medical plans, and the aids themselves have become more effective and less obtrusive than those of the past.

Notes of Compassion

Our heartfelt sympathies are extended to the following:

The family of Heather-Belle Dowling (November, 1928 - January, 2019)

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*Val MacMillan and her family on the passing of her father,
Leonard Swenson (November, 1924 - January, 2019)*

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The family of Sharon Tilley who passed in March, 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.*

Alberta Election Information

Message from ARTA

2019 Alberta Election and the Issues that Affect Our Members

ARTA's mission is to support an engaged lifestyle after retirement through member-centred services, advocacy, communication, wellness and leadership.

ARTA is non-partisan and encourages active involvement and participation in the political process amongst its members. As part of that encouragement, we have an organisational priority of informing our membership of the positions of interest and importance to seniors and retirees.

We have asked eight questions regarding issues that affect our members to all twelve of Alberta's registered political parties. All eight questions are listed on our website. The responses from the political parties will be posted on our website as they are received.

To see the questions and the respective responses, visit the ARTA Alberta Election webpage using the link below:

Message from Elk Island Retired Teachers' Association

To facilitate your own information gathering by directly accessing the platforms of the parties, we have found the links to their websites, presented below. We tried to find the web pages of all parties in this year's running, but may have missed a few.

To find the websites for any party on the Internet, type in the search word "Alberta" followed by the name of the party. Look for a website that has a URL that matches the party that you are searching. For example, all of the below links are the URLs for the parties listed beside them. When you see the name of the party right in the URL, you know that you are going directly to their website.

Green Party - <https://greenpartyofalberta.ca/>

Communist Party - <http://www.comunistparty-alberta.ca/>

Alberta Liberal Party - <https://www.albertaliberal.com/>

Alberta Party - <https://www.albertaparty.ca/>

United Conservative Party - <https://unitedconservative.ca/>

New Democratic Party - <https://www.albertandp.ca/>

For inquiries from anywhere in Alberta as to where you should vote or if you have other questions about the process, please contact Elections Alberta:

<http://www.elections.ab.ca>

Phone 1 877 422 8683

Weekdays: 8:15am - 8:00 pm

Weekends 10:00 am - 4:00 pm