
ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

President's Annual Report As Presented at the 2019 AGM

This has been a very quiet year for Elk Island Retired Teachers. After all the major changes last year, we returned to a more normal pace.

The Policies and Procedures Document is an on-going work, with additions and amendments being discussed and entered through the year.

The membership of our association now stands at 217 members in good standing, which is a decrease of 11 members since the 2017 AGM. Our membership chair, Thelma Baumgartner, has done an excellent job maintaining accurate records and informing the executive of any changes.

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

- I have chaired 4 Elk Island RTA Executive Meetings
- Four ARTA Local Meetings were attended by me.
- All ARTA BOD meetings were attended by me. Also, Dolaine Koch, our Treasurer has attended all of these in her role as Treasurer for ARTA.
- 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 organizational excellence. In attendance were Dolaine Koch, Karen Atkinson, Deb Gerow, Julie Ginther and Inge Coates.

Events that were organized by our social committee (Sylvia Roes, Lorna Johnson, Sheila Busch, and Ruby Okamura) included the following:

- May 31, 2018 AGM - over 30 attended the AGM at the Strathcona Museum

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SUMMER EDITION

July, 2019

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Elk Island RTA website:
Our new website is under
construction.

Elk Island RTA email:
elkislandrta@gmail.com



Elk Island RTA is a branch of ARTA

President's Annual Report – *Continued*

- September 4, 2018 To Hell With The Bells - Many members came together to welcome new retirees and to celebrate another year without bells!
- October 19, 2018 Paint night! One of our members (Cynthia Clarke) is an established artist and was gracious enough to take us through painting a lovely picture.
- December 5, 2018 Christmas Luncheon – Many members came together to celebrate the season. Donations were made to help the needy. Our members were very generous!
- March 14, 2019 Luck of the Irish Casino Trip – Once again, members had the opportunity to take a bus out to River Cree Casino to enjoy the day. This year members of ERTA also joined in the fun!
- ARTA wellness challenge was not accepted by many members. Those who did participate were appreciative of the resistance bands provided by the ARTA Wellness Committee.

Our communications chair is the true backbone of the group. Inge Coates continues to amaze us with her efforts! Four newsletters were sent out this year via email. Our secretary, Carol Gilbertson mailed copies 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 find it difficult to believe I have held the position of President for a full year. I am quite sure I only survived that year because of the support, guidance and assistance from all the members of the executive. Inge Coates, as past-president and communications chair, has always been there for me. She has offered advice, given suggestions, and basically made everything work as I tried to find my way. Carol Gilbertson has provided timely and accurate minutes, which are a great help when I forget things! Our Treasurer, Dolaine Koch, has been a rock. The members of our committees have done tremendous work to assist our members and to provide interesting and entertaining opportunities for them. The Social committee was briefly named but I must commend all of them for putting together wonderful activities – Ruby Okamura, Sheila Busch, Lorna Johnson, Sylvia Roes – kudos to all of you! Member communication is a key for the branch. Dianna Millard, Lorna Johnson, Candace Averill, Judy Craig, Jackie Symbaluk, and Thelma Baumgartner have kept members accounted for and informed all through the year.

I must also thank Brenda Smith, who served as Vice-President. I knew I could always count on her. Her decision not to remain in the role was accepted, but she will be missed dearly.

I think it best to view this year as a probationary period for me as president. I hope I have learned enough to be able to proceed with less need for reliance on others. I still know they will be there for me if I need them.

Karen Atkinson

President 2018-19

2018 – 2019 Treasurer’s Report as Presented by Dolaine Koch

Interim Financial Report

Elk Island RTA

July 1, 2018- June 3, 2019

GIC Carried Forward, July 1, 2018	\$	1,420.31	
Add Accrued interest	\$	17.75	
GIC balance June 4, 2019			<u><u>\$ 1,438.06</u></u>

Income

Membership cash received	\$	816.00	
Less 8 members 5/6th carryforward	\$	266.67	
Declare one year for 117 previous prepaid	\$	975.00	
			<u> </u>
Calculated membership income **	\$	1,524.33	
Meals Income			<u>\$ 4,322.00</u>
Total income			\$ 5,846.33

Expenses

Meals			\$ 3,991.26
Office & News costs			\$ 118.85
			<u> </u>
Total Expenses			\$ 4,110.11
Excess of Income over Expenses			<u><u>\$ 1,736.22</u></u>

Common Shares	\$	439.19	
Dividend earned Dec 2018	\$	15.22	
			<u> </u>
Balance as at June 4, 2019			\$ 454.41

Bank Cash on Hand, July 1, 2018			\$ 7,412.99
	Membership cash received	\$	816.00
	Meal Income	\$	4,322.00
	Less expenses paid out	\$	4,110.11
			<u> </u>
Bank Cash on Hand, period ended June 30, 2018			\$ 8,440.88
Old Bank account with new GIC to 2019			\$ 1,438.06

Cash on hand and GIC Balance \$ 9,878.94

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.

2019 AGM

The 2019 AGM for Elk Island Retired Teachers' Association was held on June 4, 2019, at 1:00 p.m. Those who attended had the option of first enjoying a lunch catered by the Strathcona Museum, which was also the venue for this meeting, or arriving after the lunch just for the meeting.

After checking registrations for this event, we feared that we may not be able to achieve a quorum; however, 24 faithful members joined us so that we could elect our slate of officers. The floor was opened to further nominations should any of the attending members wish to run for the positions. That, however, was not the case. All nominees were elected without contest:

President - Karen Atkinson
Vice President - Deb Gerow
Treasurer - Dolaine Koch
Secretary (and Compassion and Congratulations) - Carol Gilbertson
Membership Chair - Thelma Baumgartner
Communications Chair (and Past President) - Inge Coates
Phoning Chair - Dianna Millard

Although Brenda Smith was not able to attend this meeting, she was honoured for her contributions. Brenda has been a key member of the executive since 2011. We wish Brenda all the best in her future endeavours.

Other volunteers were acknowledged for their contributions:

Phoning Committee (These ladies contact those members who do not access email to let them know about events) - Lorna Johnson, Candace Averill, Judy Craig, Jackie Symbaluk, and Dianna Millard.

Social Committee (The heart of all of our social events!) - Sylvia Roes, Sheila Busch, Ruby Okamura, Lorna Johnson, and Karen Carlson.

ARTA Representatives are specially trained to interpret ARTA policies, especially related to the medical plan provided by our provincial body. The ARTA Reps for our branch are Dolaine Koch and Karen Atkinson.



Building Inukshuks

On Monday, June 10, Jim Flaman who is an Elk Island RTA member, provided a workshop for a small group of enthusiastic Inukshuk builders. All who attended were delighted with the results of their work. To see more of Jim's stone work, check out his website: <http://www.jimflaman.ca>.



Elk Island RTA Executive

To contact any of the executive members listed below, please email us at:

elkislandrta@gmail.com

President:
Karen Atkinson

Vice President:
Deb Gerow

Treasurer:
Dolaine Koch

Secretary and Compassion and
Congratulations:
Carol Gilbertson

Past President and Communications:
Inge Coates

Membership:
Thelma Baumgartner

Phoning Committee Chair:
Dianna Millard

Social Committee:
Sylvia Roes
Sheila Busch
Ruby Okamura
Lorna Johnston
Karen Carlson

ARTA Reps:
Dolaine Koch
Karen Atkinson

Mark Your Calendar



September 4, 2019 – To Hell with the Bells Breakfast
Please see page 7 for details.

September 5, 2019 – Second Wind Conference
Chateau Louis Conference Center
Information can be found at www.SecondWindConference.ca
or call 780 919 5848.

December 4, 2019 – Christmas Luncheon
Details will be available in our fall newsletter.



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/>

Links to the *news&views* magazine and Artifacts can also be found on the ARTA website

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.

To Hell with the Bells Breakfast 2019

Once again, we will be welcoming our new retirees to join us for breakfast on one of the first days that our teaching colleagues are back in their classrooms for a new school year.

Whether you are a new retiree or an “experienced” retiree, make sure to RSVP in order to attend this very popular event. As always, this is a great way to re-connect with colleagues and celebrate our retirement.

Also, if your membership has expired, you can pay your fees at this time. Fees are still only \$10.00 per year, or 6 years for \$50.00. New retirees’ fees are waived for the first year. Please make separate payments for the breakfast and membership fees.

Date

Wednesday, September 4, 2019

Time

Sign in and payment starts at 8:15 a.m.
Buffet Breakfast at 9:00 a.m.
Program following breakfast

Location

This event will take place in the Parish Hall
Our Lady of Perpetual Help Parish
13 Bower Drive, Sherwood Park
There will be plenty of space for parking, and the venue is also spacious.
There is an elevator for those who have difficulty with stairs.

Menu

Scrambled eggs, grilled sausages, hashed brown casserole,
waffles, whipped cream, syrup, fruit sauce (blueberries, blackberries, and raspberries)
Please advise us of special dietary needs when you RSVP

Cost

Members - \$22.00
Guests - \$25.00
Guests are welcome at all Elk Island RTA events.

RSVP before Thursday, August 29, 2019

To register, please contact **Lorna Johnson**
via email (elkislandrta@gmail.com)

****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 29. After August 29 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.

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.

Oral Health Care

Plaque can build up quickly on the teeth of seniors, especially if oral hygiene is neglected. Older adults are at a particularly high risk for tooth decay and gum disease. Poor oral hygiene in seniors has also been linked to general systemic health risks such as cardiovascular disease, stroke, poor nutrition, glycemic control in people with diabetes and respiratory infection. To maintain good oral health, it is important to brush at least twice a day with a fluoride-containing toothpaste. Floss at least once a day.

More Green Sleeves Available

Green Sleeves are a very handy way to collect your medical details and have them available in case of an emergency. EMS services often look to the top of the refrigerator to see if a Green Sleeve exists when they attend to an emergency. Included in this package is a page where you and your physician record the advanced care planning that you have agreed upon. Aside from that, a list of current medications, medical history, doctors whose care you are under, and contact information for next of kin can be kept in a Green Sleeve.

Last year, we distributed 125 of these to our members; however, it became apparent, after our Christmas Luncheon last year, that more of our members were interested in acquiring green sleeves for themselves, their friends, and/or family.

I have placed a new order for 50 more Green Sleeves! These will be available at the THWTB Breakfast, or you can email Inge Coates at elkislandrta@gmail.com to make arrangements to pick them up from my home mailbox, at your convenience.

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 elkislandrta@gmail.com. Your good news also puts smiles on our faces!

Congratulations to Deb and Chuck Gerow on their 50th anniversary, which they celebrated in June.

Congratulations to Mas and Ruby Okamura whose son, Tim, is creating fresh canvas work for a street-art-themed show opening August 9 at Peter Robertson Gallery in Edmonton.

Congratulations to Edna Dach

Edna Dach Receives Provincial Commissioner Promise Award



At the Edmonton Area banquet in May, Edna Dach was presented the Provincial Commissioner Promise Award. The recipient of this award is a member of Alberta Guiding who exhibits the ideals of the Promise in all aspects of her life, who does her best at all she does, and who is someone who has been a role model, mentor, support person for many Guiders that are in her circle. By the things she does, she takes action for a better world every day. She displays kindness to those around her and is always there to assist when she is needed. Many times, she is not front and centre but rather behind the scenes inspiring those around her or giving support.

Edna has been involved in Girl Guides since she was a girl member. She has served in a variety of positions at the local, provincial and national level. She currently belongs to the Trefoil Guild but still is active helping out with trainings and camping.

Congratulations Edna for receiving this award.



Notes of Compassion

It is with heavy hearts that we send our condolences to the families of our colleagues:

To the family of Audrey Josephson who passed away on November 23, 2018

To Edna Dach and her family on the passing of Edna's sister, Diana Schultz, April 3, 2019

To the family of Marjorie (Gilbert) Gordon who passed away on April 23, 2019

To Mary Knox and Gayle Knox and their family on the passing of Stewart on April 24, 2019

To the family of Randy Ceretzke who passed away on May 1, 2019

To the family of Baird Stanley Thom who passed away on June 12, 2019

To the family of Eileen Mae Loeffler who passed away on June 17, 2019

To Ron Saranchuk and his family on the passing of Ron's wife, Donna Gaye on June 28, 2019

To the family of Joseph Raymond (Ray) Lajeunesse who passed away on July 8, 2019

To the family of Myron Dubyk who passed away on July 9, 2019

**Note: Please contact us at elkislandrta@gmail.com if you know of news that should be included in our Compassion section. We depend on our membership to keep us updated.*

Kindness

Are you aware of a member who is struggling?

Please let us know, and we will reach out with a call or a card.

Sometimes, just a little touch of kindness makes all the difference in the world.