
ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER



President's Message

Apparently, this is the year when 'Soylent Green' was supposed to take place. Remember that old Charlton Heston movie? I suppose we should be very glad it was not an accurate prediction of the future.

We have weathered one more year of Covid, with restrictions coming and going, masks and double masks, vaccinations, outbreaks, and all the rest. Many times we have been teased with the possibility that we might go back to 'normal' interactions. People are making attempts to travel again and get out to restaurants and gyms. I envy them their courage. I do believe there is hope for an end to it all. Patience is the key.

I spent 37 years as an active teacher. I will always be a teacher, but I am very glad I am not in a classroom now. The pandemic is one factor. Politics is another. Our still-working colleagues are facing challenges on many fronts. I suppose it has never been an 'easy' profession, but the current issues appear to be extreme. I hope you are able to encourage and support teachers (and other professionals) who are facing obstacles.

The January thaw has come (and perhaps gone by the time this is published). I find it a welcome respite after the snow and cold. It is a reminder that warmth will return.

I have never been a very 'social' person. I like time alone. I like quiet. That translates to an ability to cope with the limitations placed on me by pandemic restrictions. I am lucky. Many people feel the loss of contacts so much more. Please remember to reach out however you are able. Use social media; use virtual connections; find a way to talk to people. If you are like me, safe in my solitude, remember those who need more. Seek them out and remind them they are part of a larger whole that still exists. From an old Barbra Streisand song...

*"A feeling deep in your soul
Says you were half now you're whole
No more hunger and thirst
First be a person who needs people
People who need people
Are the luckiest people in the world"*



Winter Edition

January 2022

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Elk Island RTA website:

<https://artabranches.net/elkislandrta/>

Elk Island RTA email:

newseirta@gmail.com

ARTA
ALBERTA RETIRED
TEACHERS' ASSOCIATION

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

Elk Island RTA Executive

President	Karen Atkinson
Vice President	Denis Schell
Treasurer	Dolaine Koch
Secretary/Compassion & Congratulations	Carol Gilbertson
Past President, Websites and Email	Inge Coates
Newsletter	Julie Ginther
Membership	Thelma Baumgartner
Phoning Committee Chair	Dianna Millard
Social Committee	Sheila Busch Ruby Okamura Sylvia Roes Karen Carlson
ARTA Reps:	Dolaine Koch Karen Atkinson

News from ARTA



Upcoming Financial Wellness Seminar with ARTF

In these unpredictable times, many of us are concerned about our future financial wellness. Rod Matheson and Julie Joyal from the Alberta Retired Teachers Fund will be speakers at a seminar about this topic on January 27, 2022.

Date: Thursday, January 27, 2022

Time: 1:00-2:00pm

Speakers: Rod Matheson and Julie Joyal from ARTF

Please Note: You are welcome to register at this time. Once you have registered, you will receive the Zoom invitation. ARTA has issued this seminar invitation to all branches in Alberta and the Okanagan; however, a limit of 500 participants will be enforced

Registration link:

https://us06web.zoom.us/webinar/register/WN_1--ZFqDESoKKVl6WAnNBQg

Membership Fees:

Due to the ongoing pandemic, the Elk Island Retired Teachers Executive, has again suspended membership fees. It is our hope that we will be able to again meet in-person during 2022.

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 780 464 4129 or email her at thelbaumgartner@gamil.com

AND RESTRICTIONS CONTINUE...



We had hoped 2022 would see us meeting in person, but in-person gatherings are still being discouraged. For many seniors this has meant ongoing isolation, being fearful and searching for things to fill our days. I have found my monthly book club has offered a much-needed escape. The books we read allow travels to other countries, cultures, eras and many new characters. The members of my book club take turns recommending our monthly read. These recommendations mean we are exposed to many genres and authors. I enjoy our monthly meetings where we discuss the book, we read each month. These meetings have taken many forms during the pandemic.

If you are finding yourself wanting to participate in a book club; Elk Island Retired Teachers is offering "Book Talk Tuesday". Inge Coates has organized these book talks that will focus on a different genre. Participants will be invited to share the title of a favorite book or the author of a series of books in the genre for that session. A quick description, perhaps of the main character or the central conflict, will help participants decide if they will look for that book for themselves.

You are invited to check out the past "Book Talk Tuesday" recommendations by checking out the Elk Island Retired Teachers website: <https://artabranches.net/elkislandrta/>

If you are interested in registering for the upcoming "Book Talk Tuesday", contact Inge Coates elkislandrta@gmail.com.

Upcoming Book Talk dates and topics...

February 8 - Thrillers

March 8 - Fantasy/Science Fiction

April 19 - Money Matters/Economics



Views & Inspirations

LIFE LONG LEARNING is still available

As teachers, we are natural life long learners and the past couple of years have been very difficult for us to enhance our learning. As things have begun to open up, some are getting their “learning fix” online. The internet provides us with social media, news channels, YouTube and podcasts for learning opportunities. I find myself questioning the sources and validity of some of the sites I view and read. I really have enjoyed taking part in webinars on a variety of topics. One of the advantages of our membership in ARTA is the many online learning opportunities.

We are very lucky that we are able to take advantage of the ARTA 101: Webinar Series. The series has information about your membership perks and the ARTA benefits plan. This is definitely an opportunity to get the most out of your ARTA membership this year.

You can check out the Webinar series at:

<https://www.arta.net/news-events/arta-news/arta-101-webinar-series/>

You also have an opportunity to learn how to access ARTA tools available online at: My ARTA – Online Tool Webinars. These webinars are very useful if you have been reluctant to work online.

<https://www.arta.net/news-events/arta-news/myarta-online-tool-webinars/>

An important new initiative of ARTA is ARTARx. I have read the information in news&views and ARTAfacts but I found the webinar on YouTube very informative.

[ARTARx Plan Webinar - YouTube](#)



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.

MAKE SOCIAL INTERACTION A PRIORITY

When you go to work every day, you have regular routines and familiar faces. Then comes retirement and you no longer have these familiar routines. You are free to do whatever you want, and yet with that freedom often comes loneliness. It’s too easy for seniors to stay at home and spend more time alone, especially as their mobility decreases. It is important for seniors and their family members to encourage social interaction. Maintaining relationships and spending time with others is essential to a senior’s physical, mental and emotional well-being, helping to prevent depression which is prevalent with seniors. Socializing keeps the mind active and maintains brain activity. The improvements are greatest when the person is involved in fun interests with other people.

Seniors can now enjoy new experiences by communicating online. As well as staying in touch with family and friends, the internet has given seniors a way to be involved by visiting or joining in forums and chats. This is just socialization on a smaller scale, which is especially important with the Covid epidemic.

Remember that scheduled social pursuits give you something to look forward to on a regular basis. It allows you the opportunity to keep in touch and have fun.



Notes of Compassion

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

To the family of our colleague,

Joe Sadee

Who passed away on October 12, 2021

To the family of

Doreen Marvis Mager

Who passed away on November 14, 2021

To the family of

Margaret Rose Adamson

Who passed away on August 14, 2021

**Note: Please contact us at newseirta@gmail.com if you know of notices that should be included in our Compassion or Congratulation 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.