

ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

President's Message

Dare I say it? Spring is here! Well, maybe. We endure the rollercoaster of weather that is the norm for Alberta. There is hope that soon we will see green again!

The first tentative steps are being taken to find our lives again – to pick up the bits that the pandemic took away. My choir started up in March. I wanted so desperately to be part of it, but I was afraid. I suppose it was lingering covid paranoia. There were protocols in place – proof of vaccination, masks, distancing – but I was still afraid. I felt if I did not go back that first day I would never get back. So, I went. It was glorious!!! I was not the only nervous singer, and we all were very rusty (voices did not last the whole rehearsal). That first step will lead me to others as I venture into places, I have not visited for two years. It feels so strange.

I was not able to join in on the walk organized by the social committee, but I am sure it was a wonderful time. I hope we will be able to gather more often in the days ahead. The ARTA offices are planning return to in-person work. Keep an eye open for news on that front.

Our Annual General Meeting will be coming up in a few months. Perhaps you might want to think about joining a committee or running for an executive position. For more information about duties for executive and committees check [here](#).

Do you know of any practicing teachers who might be thinking of retiring? Please let them know about us and encourage them to become members. We love to have more folks to connect and participate.

As the geese return and bird song again greets the sunrise, look forward. Watch for...

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 overall,
The colours of spring.



Spring Edition

April 2022

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Elk Island RTA website:

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

Elk Island RTA email:

newseirta@gmail.com



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 elkislandrta@gmail.com
Newsletter	Julie Ginther newseirta@gmail.com
Membership	Thelma Baumgartner
Phoning Committee Chair	Dianna Millard
Social Committee	Sheila Busch Ruby Okamura Sylvia Roes Karen Carlson
ARTA Reps:	Dolaine Koch Karen Atkinson

EIRTA Membership Fees:

July is the new fiscal year for our branch. After the past two years, we will again be assessing membership fees.

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

News from ARTA



ARTA Office Reopening Spring 2022

As part of the Government of Alberta's gradual easing of public health measures, the province's work-from-home mandate was lifted on March 1, 2022. Since this news was shared, ARTA has been creating an office reopening plan that would allow us to safely welcome members, partners, and staff back into our building. Beginning in April, ARTA staff will begin to return to the office, and members will be able to start booking appointments to visit beginning May 1, 2022. The booking calendar for members to make appointments will become available on arta.net and myarta.net during the month of April. As we take these first steps back to our normal routines, please remember that COVID-19 is not entirely behind us. You should stay home if you feel ill, for the continued safety of staff and other members.



A Walk in The Park

Who knew that March 23, 2022, would be a history making day!

After 2 years the members of Elk Island Retired Teachers Association were able to gather in person. The event was such a success. We had 30+ members come out to Broadmoor Lake Park for the "Walk in the Park". The Social Committee supplied coffee and donuts for people to enjoy.

We had gorgeous weather, and everyone found such joy in meeting with each other. The walk was wonderful and the conversations with colleagues were enjoyed.

The most amazing part of the event was the smiles!





Golf Registration OPEN!

Join us for the Charity Golf Classic hosted by the Alberta Retired Teachers Charitable Foundation.

June 16, 2022

Ponoka Community Golf Club
3519 46 Street
Ponoka, Alberta

The golf tournament features a different format this year from year's prior — visit the event webpage for more information.



ARTA Photo Contest 2022

We are pleased to announce *ARTA's tenth annual photo contest!* Photos can be submitted for one, or more, of four categories. All ARTA members (regular or affiliate) are eligible to enter. Please include the ARTA membership number on the official entry form. ARTA membership must be in good standing. The closing deadline for entries is 4:00 p.m., May 31, 2022.

We have two entry divisions for members. One division for previous winners (master) and a division for everyone else (novice)

The categories for 2022 are:

- **Travel**
photos of your travel adventures, wherever they took you.
- **Nature**
the physical world collectively, including plants, animals, the landscape, and other features and products of the earth, excluding humans and human creations.
- **Making It**
photos that demonstrate how something is made.
- **Ten**
It's our tenth anniversary. Photos that symbolize ten.





Welcome back! The ninth annual Second Wind Conference will be held on September 22, 2022, at the lovely Chateau Louis Conference Centre in Edmonton. All retirees in the Edmonton area and beyond, who are looking to expand their knowledge, acquire information, connect with colleagues and friends, and meet new people, are welcome to attend. This conference features a stimulating lineup of interesting topics presented by knowledgeable, enthusiastic speakers, focusing on all aspects of well-being. Learn how to stay safe in an online world; how to protect your hard-earned money from scammers; how to build a balanced fitness routine or how Qigong or Yoga can positively im-pact your life. By March 15, all eighteen topics, speakers, and session descriptions will be posted on the web - site at <https://secondwindconference.ca>.

Register before July 31 to take advantage of the \$95.00 early bird fee rather than the regular one for \$110.00 that comes into effect after that date. Included in the conference fee is a light breakfast of assorted pastries, a keynote presentation with Dr. Wagg, eighteen compelling breakout sessions, a delicious buffet lunch and coffee breaks, along with a relaxing “wine down” and door prize draws. There are also opportunities throughout the day to visit the exhibitors and browse the craft display and sale tables. Please note that registration will be capped to ensure comfortable, safe seating in session rooms and in the dining area.

Final Book Talk Tuesday

April 19, 2022

Money Matters/Economics

Inge Coates has organized these book talks that have focused on a different genre. Participants have shared the title of a favorite book or the author of a series of books in the genre for each session.

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.



HARTA Mini-Conference 2022

Presenters and Schedule for May 4th, 2022

Theme: Connecting Through the Generations

- 9:00-9:25 Registration – Log on (with Zoom)
- 9:25-9:30 Indigenous Welcome – Bob Silverthorne
- 9:30-10:00 Keynote – Lorna McIlroy – ARTA’s President
- 10:00-10:15 Break
- 10:15-11:15 ARTA’s role in Seniors’ Advocacy with its partners
Lawrence Hrycan: Strategic Planning and Advocacy
Committee Chair
- 11:15-12:15 The History of Maskwacis College – Bob Silverthorne
- 12:15-1:15 Lunch Break
- 1:15-2:15 Qigong – Carolynne Melnyk
- 2:15-2:30 Break
- 2:30-3:30 Land Based Education – Bob Silverthorne
- 3:30-4:00 Evaluations – Wrap-up

Registration is free (on Zoom)

with an updated HARTA membership to August 31st, 2023.

For more information phone (780) 986-8349

Or email: rnthompson102@gmail.com

Carol Gilbertson is offering our newsletter a new feature. Carol has an amazing green thumb, and she enjoys spending time in her gorgeous garden.



HAVING FUN WITH SUCCULENTS

Succulents are all the rage right now. Although they are usually quite easy to grow, it is important to do a bit of research to know which type will grow best in the environment that you have chosen. To make your own desert-dweller happy, try to emulate its native habitat. Succulents thrive in sunny locations with warm dry climate, and most can tolerate some neglect. Having said that, I have had luck growing them in the shade. Despite what you may see in stores and greenhouses, succulents do not really thrive if they are packed tightly together in a pot.

Be creative. I like to use unique planters such as driftwood and old tea pots or odd-shaped containers. I also love to create fairy gardens with my succulents ... creativity can run wild. Just have fun.



Puzzle Page

It was suggested that we include a puzzle in our newsletter. The answer is included at the end of the newsletter. *Hope you enjoy!*

	1				2	7		4
	4		1				2	
2		5	3			8		
	8			5	3			
4		7				5		9
			7	8			3	
		2			5	4		3
	7				6		5	
8		3	4				7	

Answer key on last page





2022 WELLNESS CHALLENGE

It is that time of year again, and ARTA is once again hosting the 2022 Wellness Challenge. ARTA is dedicated to ensuring our members lead active lifestyles regardless of capabilities. If you have been putting off getting active because of the never-ending pandemic or have remained consistent in your physical activity, the ARTA Wellness Challenge provides motivation to keep moving. Turning the corner on becoming physically active can be hard, but when you have some motivation, it can be easier. Perhaps this challenge will give you some ideas on attempting new activities or kicking up your physical activity regime a notch.

HOW IT WORKS

1. Starting April 1, 2022, track your activity in minutes OR in steps on the personal daily log sheets available below.
2. On June 30, 2022, compile your best thirty days on the Personal Best-30-Days Report sheet provided below or on the Google Form which will be made available below closer to the date.
3. Submit your results via your Google Form, to your branch president (if applicable), or by mailing your log sheet to the ARTA office by July 31, 2022.

AWARDS

Once all the Best-30-Days log sheets are submitted to ARTA by branch presidents and non-branch members, awards and prizes will be distributed to the top performers. Participation prizes will also be awarded by a random draw of all members who submit their Best-30-Days log sheet. Winners will be contacted by phone or email. Please be sure to include your contact information on your log sheet.

Below you will find the PDF files for the logging sheets for the Wellness Challenge. Click on the icons and you will be able to print.



Personal-Best-30-Days-Report_2022.pdf



Personal-Daily-Log 2022.pdf

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
Margaret Bowden Anderson
January 5, 1920 – March 7, 2022*

*To the family of our colleague
Neil Horne
March 19, 2022*

*It is with deep sympathy we think of our colleague,
Sylvia Roes and her husband Andy as they
grieve the loss of three family members over the past few months.
Brian Roes
Darlene Eaglesham
Daisy Young*

*It is with deep sympathy we think of our colleague,
Deb Gerow and her family as they
Grieve the loss of Deb's father
Wilfred Erickson*

Treasure Box Poetry And Praise

Answer key for Puzzle

3	1	8	5	6	2	7	9	4
7	4	6	1	9	8	3	2	5
2	9	5	3	4	7	8	6	1
6	8	1	9	5	3	2	4	7
4	3	7	6	2	1	5	8	9
5	2	9	7	8	4	1	3	6
9	6	2	8	7	5	4	1	3
1	7	4	2	3	6	9	5	8
8	5	3	4	1	9	6	7	2

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