

ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

President's Message

Summer!

I must confess that it is my favourite season. Even with a very rainy June, the green growth, the birdsong, the blooming flowers, everything makes it summer for me.

Soon enough the days will be noticeably shorter, but for now those long lazy evenings are so very sweet. I hope you are finding time to enjoy every minute of them.

I hope you are staying informed about the progress being made at ARTA to get folks working on site. The prospect of ARTARx is getting closer, too! Check out the ARTA website or their Facebook page to see all the new staff!

As we look ahead, Elk Island is once again planning a To Hell with the Bells breakfast in the fall. Watch for an official notification but save the date – August 30th. We will once again meet at the Broadmoor Golf and Country Club to celebrate another school year starting without having to make any plans! If you know of any new retirees who might want to join us for the breakfast, have them check the Elk Island website for more information and a chance to join online.

For the moment, I offer you a picture of summer...

A single band of cloud, deeply pink and haloed gold, obscured the rising sun, but still let all the brightness through.

Reflected in the mirrored surface of the water, the rays danced and sparkled on the ripples from the water bugs flitting here and there.

The quick splash of a leaping trout sent larger circles spreading outward, quickly dissipating, leaving the stillness once again mainly undisturbed.

In the reeds along the close shore, a heron stood, one leg raised, head cocked bright eyes curious. With one stilted step, the bird disappeared into the grasses.

Farther off drifted a larger, pale ghost - a pelican - white in the shadows, silent, serene.

From just past a clump of willow bushes swam a single duck, followed closely by an armada of five tiny ducklings.

This haunting scene was accompanied by its own sweet music - the trills of bird song, buzzing insects, subtle splashing, lapping wavelets, rustling of hidden life.



Summer Edition

July 2022

President's Report	1
News from ARTA	2
Annual General Meeting	3
Volunteers for Ukraine	4
Second Wind Conference	4
Another Walk In the Park	5
To Hell with The Bells Returns	5
Summer Flower Beds	6
When Life Hands you Lemons	7
Puzzle Page	8
Condolences and Celebrations	9
Puzzle Answer	10

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 780 915 6168 ka88@telus.net
Vice President	Denis Schell 780 761 9136 djls@shaw.ca
Treasurer	Dolaine Koch 780 477 0170 dolainekoch@shaw.ca
Secretary/Compassion & Congratulations	Karen Bittner kkbittner@shaw.ca
Past President	Inge Coates 780 257 6961 elkislandrta@gmail.com
Newsletter, Websites and Email	Julie Ginther 780 998 2079 newseirta@gmail.com
Membership	Thelma Baumgartner 780 464 4129 thelbaumgartner@gmail.com
Phoning Committee Chair	Dianna Millard 780 464 4121 dianna.millard@shaw.ca
Social Committee	Sheila Busch 780 449 0043 sheilacolleenbusch@gmail.com Ruby Okamura 780 416 1055 masandruby19@gmail.com Sylvia Roes 780 463 2845 roesjane@telusplanet.net Karen Carlson 780 464 1349 karencarlson@me.com
ARTA Reps:	Dolaine Koch Karen Atkinson

EIRTA Membership Fees:

After the two years of suspended membership, all members should have received an email informing them of their current standing with their membership fees. If you have not received a notification, please contact Thelma Baumgartner at thelbaumgartner@gmail.com

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@gmail.com

News from ARTA



June was a busy month, as ARTA celebrated the long-awaited opening of the new ARTA office! Member Services team met face-to-face with forty-seven members, the judges for the 2022 Photo Contest discussed the entries in-person, and the *news&views* production team sat around the same table for the first time in over two years.

If you would like to schedule an in-person meeting with ARTA's Member Services team, appointments can be booked online at arta.net/contact, myarta.net (under Contact Us), or by calling the office directly. Appointments with members will be conducted in the dedicated meeting rooms near the front of our building (Parking is available outside the north entrance of the building). ARTA staff will be wearing masks while meeting with visitors, and it is strongly recommended that visitors wear masks to these meetings as well. The ARTA staff asks that you reschedule your appointment if you feel sick, to protect both staff and fellow members.

Annual General Meeting



After 2 years, Elk Island Retired Teachers were able to meet to hold their annual general meeting. The meeting was held at Festival Place in Sherwood Park. Those in attendance enjoyed a luncheon followed by the AGM. It was so nice to meet in person. Elections were held for the executive committee. It was also a chance to thank retiring committee members for their contribution to EIRTA. The retiring members were Inge Coates and Carol Gilbertson.



During the meeting elections were held. The following members were elected to the 2022 – 2023 Executive:

Karen Atkinson	President
Denis Schell	Vice President
Dolaine Koch	Treasurer
Karen Bittner	Secretary/Compassion and Condolences
Julie Ginther	Newsletter, Website and Email
Dianna Millard	Phoning Committee
Sheila Busch	Social Committee
Ruby Okamura	
Sylvia Roes	
Karen Carlson	

Call for Volunteers: Teachers for Students in Ukraine

Smart Osvita, a Ukrainian education non-profit group, is working to connect volunteer speakers and educators, including retired teachers with students who have been displaced by the war in Ukraine.

These volunteers deliver presentations and lessons on a variety of topics, help students prepare for exams, and provide a sense of structure and normalcy during an incredibly difficult and uncertain time.

Volunteers need not speak Ukrainian, as translators are available. All that is required is a background in teaching, a Zoom connection, and the willingness to help. If you are interested in volunteering your time

and expertise, send an email indicating your interest to David Falconer who is their volunteer recruiter in Canada

smartosvitacanada@gmail.com

Learn more about Smart Osvita: <http://en.smart-osvita.org/>

Watch CBC The National report on volunteer program:

<https://www.cbc.ca/player/play/2047947843596>

and the CBC News Article

<https://www.cbc.ca/news/canada/edmonton/canadian-volunteers-virtual-lessons-ukrainian-students-1.6496835>

Read Ukraine's Pravda article about the volunteer work: <https://www.yahoo.com/now/distract-war-just-moment-story-112921014.html>

Watch astronaut Chris Hadfield do a session with Ukrainian students: <https://youtu.be/2fAW8fjgqRg>



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 impact 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.

Another Walk in the Park

Many of our members expressed how much they loved participating in our spring walk around Broadmoor Lake in March.

Therefore, the executive has decided to now promote a summer walk.

Please join us once again

Broadmoor Lake Park Picnic Site

Wednesday, July 20th 10:30 am

Yes, there will be refreshments.



We will have coffee and tea and delicious cookies.

Please come out and join us in two weeks for a most enjoyable walk with fellow teachers and friends.

RSVP to Ruby Okamura at masandruby19@gmail.com by Sunday, July 17th.



To Hell with the Bells Breakfast

We are so excited to again be able to hold this event.
This year it will be held at

The Clubhouse at the Broadmoor Golf Course

2100 Oak Street
Sherwood Park

Tuesday, August 30, 2022

This is the first operational day of the 2022 - 2023 school year, when staffs return for their Professional Learning Day!

Elk Island Retired Teachers
will be meeting at
8:30 a.m. for registration and coffee.
At 9:00 a.m. a buffet breakfast will be served.

Cost**
Members - \$10.00 -- Guests - \$25.00
Cash or Cheque

Please register with Ruby Okamura at: mas&rubby19@gmail.com by August 20, 2022

****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 20. After August 20, 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. Also, please note that new retirees may enjoy the first-year membership in the Elk Island Retired Teachers Association free. Thereafter, membership is \$10.00 per year, or 6 years for \$50.00.

CREATING AND MAINTAINING SUMMER FLOWER BEDS

You don't have to be a professional gardener to create an eye-catching flower garden. (I most certainly am not.) Decide where your garden will be and what shape it will take. Most of my garden is around the edges of the yard both in the front and the back except for a kidney-shaped extension in the back. However, all my edges are curved. I try to avoid straight lines. (Let's not line everyone up like toy soldiers except along sidewalks etc.) Curving shapes naturally create visual interest.



I arrange my plants from tallest to shortest with the taller plants in the back creating a stair-step effect. I also ensure that I have a variety of leaf colour because once the spring flowers are done, I still want some interest. I find that as the garden grows some small plants get buried under larger plants. I cut off the offending leaves from the larger plants to give the smaller plant breathing room or sometimes I just dig up the smaller plant and move it to another location.

A little garden maintenance can help create a great summer garden:

- Deadheading – or removing spent flowers – helps fool your plants into producing more blooms especially with annuals.
- Fertilize regularly – about every 2 weeks. A balanced fertilizer 14-14-14 will boost roots, green foliage and flower production.
- Keep a look out for insects like aphids, thrips, spider mites, etc. I use insecticidal soap. It needs to be sprayed directly on the invaders. Watch your rose bushes for black spot and use an appropriate spray. If I find the red lily beetle, I just pick it off and squish it.
- Weeding – not my favourite sport. Weeds compete with your flowers and shrubs for nutrients and space. Getting to your weeds before they go to seed is crucial.
- Watering needs to be done to promote deeper stronger roots. If it is hot or windy you may need to water twice a day. During an extended dry spell and during water ban I have been known to bail my bath water. It is a pain but better than losing my garden that I have worked so hard on.

I know this may seem like a lot to consider, but it is worth it whether you have a small plot or extensive plots. Happy gardening!





When life hands you lemons....

The old saying suggests you make lemonade. I was thinking more of a pie. I make a pretty good lemon curd. Throw it in a pie shell and whip up some meringue...

Sometimes the craziest moments in your life turn out to be amazingly good. Well, at least better than the immediate reaction might suggest. I had a pipe burst in my home around 1 AM one night in June. By the time it was discovered, and the water was turned off, the main floor was almost completely flooded, and it was 'raining' on the lower level (a finished walk-out basement).

I found the insurance papers and started making calls. By 8 AM there was a team starting to make things right again. It is a very long process to restore the place, but it is nice to see the progress.

It was difficult to see the workers identifying items as non-recoverable. These would go into a large bin on my driveway for disposal. Shelving, furniture, electronics, exercise equipment... all gone. The furnace had to be replaced. The house was unlivable.

Sounds like a really big bag of lemons, right? For a few moments it was. Then I realized that there was so much which did not go into that disposal bin. The dozens of scrapbooks my mother created; the china from several generations; the paintings my father did; the piano; photographs and papers; the list goes on...

My lemon pie contains a lot of beautiful memories and soon I will have my home back to house them again.

I learned that loss can be frightening but holding on to what remains is a tether for your sanity. May you never feel such loss, but if it comes, remember to make a pie.

-Karen Atkinson

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!*

PUZZLE 69

FIDO ON VACATION

AUTO

CONSIDER

HEALTH

BOWLS

OTHERS

HOTEL

CAMP

CRATE

ID TAGS

CANNED FOOD

EXERCISE

LEASH

COLLAR

STOPS

LICENSE

CONFINED

FRESH AIR

MOTEL

S R E H T O R E D I S N O C
D A P H K H Q E G S W X E T
R Q H E A L T H P A E X T B
O W I D T A G S T M E R P O
C C G E R F C E O R A B O W
E X A C D O R H C V O C L L
R F N N N I R I E H T O E S
M O R F N O S L E L O A M K
O A I E T E G D I N S T E C
T N U O S U D C A H D V E O
E X M T I H E F T O O L U L
L Y O D O N A T O F R Q Y L
P P E T S E Y I U O A S H A
S T A E R T K X R K D F G R

MOTOR HOME

PET-FRIENDLY

RECORDS

ROADSIDE

ROOM

TOUR

TRAVEL GUIDE

TREATS

WATER

Answer on page 96

Notes of Compassion and Congratulations

Please bare with us as we implement a new policy regarding the publishing notes of compassion and congratulations. This edition of the newsletter does not contain any compassion or congratulation notices.

It was announced at ARTA's May Retreat, there is a new change in policy our newsletter must maintain. Before publishing obituary information, which is considered personal information, even if it has been published in a newspaper or online, we are now required to contact a family member for permission.

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.

