

# ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

## President's Message

### *Saying good-bye...*

For the last several years I have had the honour of serving as president of the Elk Island Retired Teachers Association. I have enjoyed working with the rest of the executive and welcoming new members was always a highlight. The branch has provided services to its members provided by extremely talented and dedicated people with whom I was glad to work. I had little part in planning but did my best to assist if I could.

As president I represented Elk Island RTA on the ARTA Board of Directors. I found this role to be quite rewarding. I learned a lot at every board meeting and was able to participate in many events.

I have thought for a long time about when my involvement would have to end. The time has come. For personal reasons I have tendered my resignation as president. I know I am leaving the branch in very good hands and the membership will continue to be well served.

Sticks and stones may break my bones,  
But words can never hurt me!  
Yes they can.  
One word is cold and cutting..  
It comes in many forms,  
Disguised in foreign phrases,  
Or shortened, rushed,  
deformed.

It signals something final,  
When no one wants it so.  
Sometimes softened with a  
handshake  
The pain is still a blow.

Why do we say this word then?  
Silence cannot change the facts.  
So we mumble it or shout it fast  
And move on to other acts.

No matter how the word is said,  
It must be so, no backing out.  
The time has come again for us  
To use it – there's no doubt.

One partner gone away now,  
A colleague and a friend.  
The future beckons all of us,  
This is not really an 'end'.

Adieu; farewell; sayonara;  
Ta-ta; adios; so long.  
They all mean only a parting,  
The real word is all wrong.

But fortune dictates  
otherwise.  
To its whims we now bend.  
A good time here is over.

I say good-bye, my friend.

*Karen Atkinson*



Spring Edition

April 2023

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Elk Island RTA website:

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

Elk Island RTA email:  
[newseirta@gmail.com](mailto: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

Vice President Denis Schell

Treasurer Dolaine Koch

Secretary Elaine Whitford

Compassion & Congratulations  
Karen Bittner

Past President Inge Coates

Newsletter, Websites and Email  
Julie Ginther

Membership  
Thelma Baumgartner

Phoning Committee Chair  
Dianna Millard

Social Committee  
Sheila Busch  
Ruby Okamura  
Sylvia Roes

ARTA Reps: Dolaine Koch

## EIRTA News:

With the resignation of Karen Atkinson as president, the position of acting president is being shared between our current Vice President, Denis Schell and our Past President, Inge Coates. We will be holding elections for EIRTA at our AGM in June.

## 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](mailto:thelbaumgartner@gamil.com)

??Hikes  
or  
Walks??

??Gardening  
tips and  
tricks??

## HELP US SERVE YOU BETTER

??Guest  
speakers??

The Executive of EIRTA would love your help. We are so happy to again be able to meet in person, but we would love know what events our members we like to attend.

??Casinos??

Please email your ideas as soon as possible to [newseirta@gmail.com](mailto:newseirta@gmail.com)

We can't wait to hear your ideas!!

??Painting  
Nights??

??Museums??



# News from ARTA

## The Joy of Being Retired: Sixty reasons why ARTA members love being retired

In honour of ARTA's 60th anniversary, we want to hear from you! Let us know what your favourite thing about retirement has been, and we'll share your responses on ARTA's social media pages and in news&views magazine. If you are interested in participating, please email [contests@arta.net](mailto:contests@arta.net) with the following information:

SUBJECT LINE: The Joy of Being Retired

NAME:

NUMBER OF YEARS RETIRED FOR:

POSITION RETIRED FROM:

FAVOURITE THING ABOUT RETIREMENT: In 2 – 3 sentences

By sending in your quote, you will also be entered to win 1 of 10 ARTA prize packs as thanks for your participation. We look forward to hearing from you!

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## ARTA Annual Golf Tournament



We are happy to announce the **ARTA**

Golf Tournament hosted by SWARTA

June 21st @ 1:00 pm

Picture Butte Golf Club

104082 Range Rd 215,

Picture Butte, AB T0K 1V0

\$130/person or \$500 for group of 4

Pre-register [SWARTAcontact@gmail.com](mailto:SWARTAcontact@gmail.com)

*Fun! Dinner! Prizes!*

## 2023 SCHOLARSHIP INFORMATION

These scholarships recognize academic achievement, community involvement, and volunteer work. Future goals, personal accomplishments, and supporting letters of reference are also significant in selecting the scholarship recipients.

### ARTA-TW INSURANCE DEGREE SCHOLARSHIPS

Through ARTA, TW Insurance Brokers provides scholarships for undergraduate students registered in a degree program who are related to an ARTA member.

### DEGREE SCHOLARSHIPS

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000

### ARTA CERTIFICATE/DIPLOMA SCHOLARSHIPS

Through ARTA's generosity, scholarships are provided to students in a certificate or diploma program of two or more years at an accredited post-secondary institution and who are related to an ARTA member.

### CERTIFICATE/DIPLOMA SCHOLARSHIPS

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000



**DEADLINE**  
July 31, 2023

Review the criteria and apply online:  
[my.reviewr.com/site/ARTA/Scholarships](https://my.reviewr.com/site/ARTA/Scholarships)

## DISCOVER, CONNECT, GO FOR IT! A Wellness Conference for Retirees

Thursday, September 7, 2023

Chateau Louis Conference Centre, Edmonton, Alberta



**Connect with former colleagues, friends, and fellow retirees to engage your mind, body, and spirit. Mark your calendar now.**

The Second Wind Conference Committee is looking forward to presenting a tenth wellness conference with the theme of *Discover, Connect, Go for It!* This popular conference, offered to all retirees in the Edmonton area and beyond, will be held at the Chateau Louis Conference Centre in Edmonton on **Thursday, September 7, 2023**.

After registering, delight in the company of others in the beautiful Grand Ballroom while enjoying a morning beverage and assorted pastries. The conference will open with a keynote address by

**Jeremy Albert, proud member of the Sweetgrass First Nation  
and Advisor with the First Nations, Métis, and Inuit Education team for  
Elk Island Public Schools.**

The day also features

- eighteen breakout sessions addressing a variety of topics
- a delicious buffet lunch
- two coffee breaks
- a "wine down"
- an opportunity to engage with business and craft exhibitors in the display room
- door prizes.

Check the website, [secondwindconference.ca](https://secondwindconference.ca), in early April for a list of speakers, topic descriptions, and registration information.



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# ARTA Photo Contest 2023

ARTA is proud to sponsor its *eleventh 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, 2023.

We have two entry divisions for members.

One division for previous winners (master) and a division for everyone else (novice)

The categories for 2023 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.
- **Well-Aged** Interpret this category as you will. Find people, objects or entire scenes that embody both age and beauty.
- **Contrast** There are many forms of contrast, both visual and symbolic. Show us what contrast means to you.





# SPRING

## fling



The inaugural "Spring Fling" event was held Wednesday, April 19 at the Broadmoor Golf Club. It was a cool and sunny, spring day. Nearly sixty members, friends and guests gathered for a wonderful luncheon and outstanding entertainment.

We were again honoured to have guests from ARTA, Kendra, and Maria, and from TWI, Laurie Bauer. The afternoon was such a treat as we enjoyed the comedy of our colleague, Susan Carter. The stories related were appreciated by those in attendance and generated much laughter.

Attendees left with smiles and full stomachs. Many door prizes were carried away as well. It was so great to get together again for fun, food, and fellowship!



# Puzzle Page

## Crossword 22

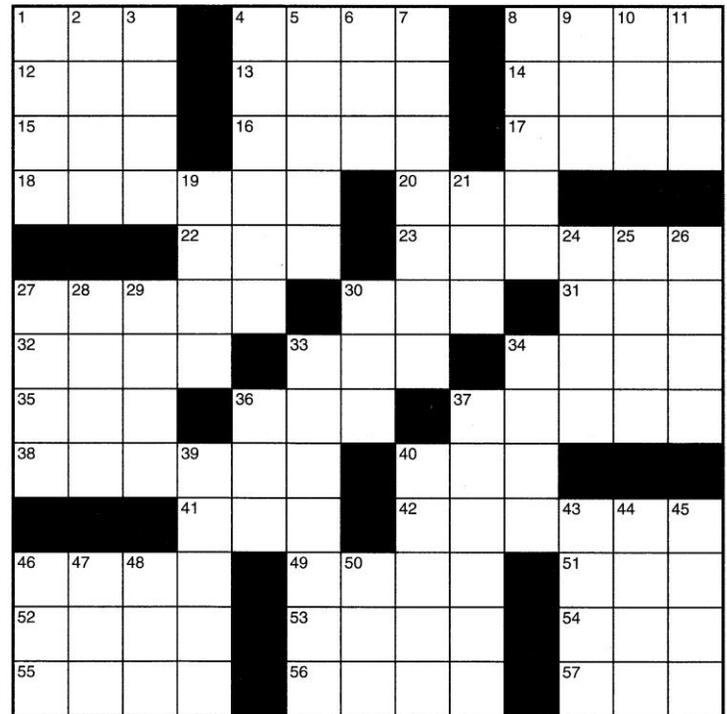
### Across

1. Application
4. Lugosi of films
8. Put your feet up
12. Like Arizona's climate
13. Gloomy forecast
14. Concluded
15. Alien's ride (abbr.)
16. On a voyage
17. Mini's opposite
18. Kleenex alternative
20. Interval
22. Public notices
23. Hurries
27. Designs
30. Shred
31. \_\_\_ Saints' Day
32. Earring location
33. Bubble-blowing product
34. \_\_\_ beans
35. Adam's mate
36. Wonderful, Beatles-style
37. \_\_\_ aid kit
38. Intensify
40. Valuable stone
41. Increase
42. Empty luggage

46. Black cat, e.g.
49. Narrative poem
51. Laughing sound
52. Mandolin ridge
53. Was a passenger
54. Certain poem
55. Requests permission
56. Caraway \_\_\_
57. Yearning

### Down

1. "Nope" (hyph.)
2. Settee
3. Prince Harry's alma mater
4. Plaits
5. Lightens
6. Falsehood
7. Letter rearrangement
8. Frolics
9. A Gabor sister
10. Dr. Ruth's expertise
11. Three (prefix)
19. Carol of "Scrooged"
21. Sept. preceeder
24. Salon sweepings
25. Shade sources
26. Mattress support
27. Entreated
28. Jennifer \_\_\_ Hewitt
29. Have \_\_\_ in one's bonnet (2 wds.)



30. Massage
33. Quick looks
34. Like wet noodles
36. Gave breakfast to
37. Sold stolen goods
39. Gasps for breath
40. Steer
43. Shout on a boat
44. Yield territory

45. Peachy \_\_\_
46. The chance \_\_\_ lifetime (2 wds.)
47. Mr.'s mate
48. Comic strip scream
50. "The Bells" poet

The answer is included at the end of the newsletter. *Hope you enjoy!*



# FLOWER GARDENS

By Carol Gilbertson

*Carol Gilbertson has an amazing green thumb, and she enjoys spending time in her gorgeous garden.*

I am getting so excited to get out into my garden and get my hands dirty. After my makeup is on and my hair is done (those who know me, know this is true!), I put on my gardening clothes and out I go.

I was going to describe my gardening routine, but how boring.

Did you know that it is believed that flowering plants (angiosperms) date back 120 million years? In 18<sup>th</sup> century Britain, most plants considered decorative originated as “weeds”. If they were attractive enough, the farmers would tolerate them. This led to an artificial selection process. Once domesticated, flowers were grown either by themselves or with the kitchen garden. Flowering gardens denoted pleasure which distinguished it from the kitchen garden which carried connotations of utility. Moreover, flower gardening required specialized care and expertise. Kitchen gardens were often situated beyond the view of the main house while the flower gardens were often placed in relative proximity of the most prestigious rooms where they could be viewed.

Now we find flowering gardens everywhere even decorating industrial sites. Such beauty!



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*After a long delay, as changes to confidentiality rules were interpreted and understood, our Notes of Congratulation and Compassion has returned.*

## Notes of Compassion

*It is with heavy hearts that we send our condolences:*

*To the family of our colleague,  
**Doris Corbin**  
Who passed away on April 20, 2022.*

*To the family of our colleague,  
**Mary Knox**  
Who passed away on July 26, 2022.*

*To the family of our colleague,  
**Cindy Lee Martin**  
Who passed away December 20, 2022.*

*To the family of our colleague,  
**Henry Unrau**  
Who passed away on February 22, 2023.*

*To our colleagues, Don Swenson, and Val MacMillan  
At the passing of their mother  
**Margaret Swenson**  
Who passed away on March 4, 2023 at 101 years young.*

*To the family of our colleague,  
**Lynne Peterson**  
Who passed away on March 18, 2023.*

*\*NOTE; Please contact us at [neweirta@gmail.com](mailto:neweirta@gmail.com) if you know of news that should be included in our Compassion and Congratulation section. We depend on our membership to keep us posted.*



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.

Answer key for Puzzle

### PUZZLE 22

USE		BEL	A		REST
HOT		RAIN			OVER
UFO		ASEA			MAXI
HANK	I	E		GAP	
		ADS		RUSHES	
PLANS		RAG		ALL	
LOBE		GUM		LIMA	
EVE		FAB		FIRST	
DEEPEN		GEM			
		ADD		UNPACK	
OMEN		EPIC		HEE	
FRET		RODE		ODE	
ASKS		SEED		YEN	