

# ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

## President's Report

This is a crazy, unpredictable summer. One extreme to another. Enjoy the weather of your choice!

Do you remember that old "Certs" commercial from the 60s? (Two Mints in One) Check it out.... It explains our new President's position. Inge and I have decided we'd do a great job as a tag team, so EIRTA has elected us as Co-Presidents. Inge has all the experience, knowledge, and background. I have something else "to be determined." Together, we share a vision of greater member engagement with more events and a greater variety of them coming up for you to enjoy. We also welcome event suggestions from fellow EIRTA members.

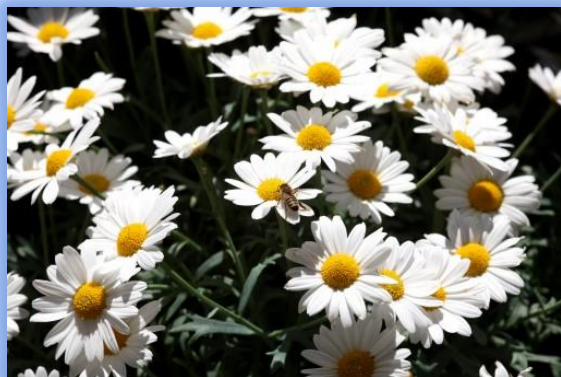
Our AGM in June left an opening for a new vice-president if you're interested in joining our team. Our executive now meets in-person at a variety of exciting venues in Sherwood Park!

Further back in time, in May, four of us were off to the ARTA retreat. Jasper Park Lodge got a Five Star rating from all of us lucky folks. The venue was amazing, the food was wonderful, and the speakers were thought provoking—and there was no cost to participants! For next year's retreat, EIRTA executives will be selecting members from EIRTA, who are also ARTA members, to join the retreat in Canmore.

Looking ahead, we will be welcoming some new members at our "To Hell with the Bells" brunch coming up August 31st. Be sure to let our Ruby Okamura know you'd like to celebrate and join in the fun. Check your emails for details in the invitation.

I must get back to my visiting company even though I warned them the weather lately has been terribly cold. I was quite clear in my message to them. "It's cool here in Alberta, I'm chillin." (But just wait a couple of days and we could be hot!)

Denis



Summer Edition

July 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

Co-Presidents: Denis Schell  
Inge Coates

Treasurer: Dolaine Koch

Secretary: Elaine Whitford

Compassion & Congratulations:  
Karen Bittner

Communication (email, newsletter & website):  
Julie Ginther

Membership: Thelma Baumgartner

Phoning Committee Chair:  
Dianna Millard

Phoning Committee Members:  
Lorna Johnson Judy Craig  
Jackie Symbaluk

Social Committee Chair:  
Ruby Okamura

Social Committee Members:  
Sheila Busch Sylvia Roes

Members-at-Large:  
Cathy Allen Deb Gerow  
Carol Gilbertson Linda Growth  
Cheryl Moller

ARTA Reps: Dolaine Koch

## EIRTA News:

### Please Keep Us Updated

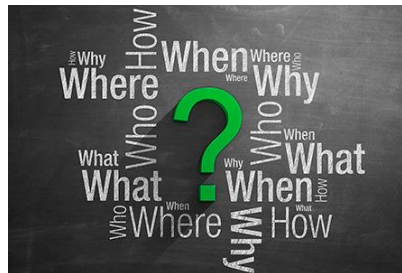
Please register changes in your membership information if...

- 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](mailto:thelbaumgartner@gmail.com)

### MEMBERSHIP NEWS:

In June, you may have received a letter informing you of your upcoming dues payment. If you received a letter, please remit your payments as soon as possible. If you have any questions about your membership, please contact Thelma Baumgartner at 780-464-4129 or email her at [thelbaumgartner@gmail.com](mailto:thelbaumgartner@gmail.com).



After years of isolation, it is so nice to be able to offer our members a chance to get together! So much has changed over the past few years, so our executive team would love to have your ideas of things you would like or feel comfortable doing!

Please email us at: [newseirta@gmail.com](mailto:newseirta@gmail.com) with your ideas and suggestions.



ARTA Perks is a brand-new discount program for ARTA members, designed with you in mind. With a focus on travel, health and wellness, and shopping and entertainment, ARTA has been working hard at securing discounts on the services that mean the most to you. There is a selection of offers, both local and national. All the deals available through the ARTA Perks program can be found in your [myarta.net](https://myarta.net) account, under the "ARTA Perks" menu bar. Check back often as we are adding new offers on a regular basis!

## 2023 WRITING CONTEST

**Deadline for entries: November 17, 2023**

### Entry Categories

#### Short Story

Prompt: Dreams of the Future 800-word maximum  
A fictional work, not a memoir, that offers character and plot development. A short story must have a beginning, middle, and end.

#### Poetry

40-line maximum Any form, any subject.

#### Travel Vignette

500-word maximum "A vignette is a short yet descriptive piece of writing that captures a brief period in time. Vignettes are more focused on vivid imagery and meaning rather than plot" (Wikipedia). Submit a brief, vivid word picture of a memorable, meaningful travel moment that has left a lasting impression. The submission must be the writer's own experience, written in the first person. This is not intended to be a travelogue. Please do not submit photos with your vignette.

**For more information, rules, guidelines and submission information go to:** [www.ARTA.net](https://www.ARTA.net)



## Story Contest: What Does Retirement Mean to You?

The world seems to focus on the differences, and never has that been more apparent than in the past year. We focus on what separates us — whether it be physical distance or differences in opinion. Even within the Alberta Retired Teachers' Association, it is easy to focus on what you aren't. Not all of our members live in Alberta, not all are Retired, and many didn't come from the Teaching profession!

But no matter our differences, we are bonded together by our ability to create connections. Each of our ARTA members served their community throughout their careers with continuous service and dedication and improved the lives of others. What continues to unite us in ARTA is our common mission of living engaged and active lifestyles in retirement, so this contest is designed to share what unites us, even if we execute it differently!

## How to Enter

We want to hear your retirement stories! No, not the story of how you retired, but the story of the retirement you've built for yourself! If you've got a story related to the month's topic, we encourage you to share it!

There are two ways to enter:

1. Email your story to [contests@arta.net](mailto:contests@arta.net).
2. Post it on social media – use the hashtag #ARTAstory in your description and tag ARTA.

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## Discover, Connect and Go For It!

*A Wellness Conference for Retirees*

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Thursday, September 7, 2023

*Chateau Louis Conference Centre, Edmonton Alberta*

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Prepare for a wonderful, energizing day at the Second Wind health and wellness conference on September 7, 2023. Enjoy a beverage and a pastry while visiting with friends and colleagues in the spacious Grand Ballroom of the Chateau Louis Conference Centre.

Conference organizers are delighted to welcome Jeremy Albert, an Advisor with the First Nations, Métis and Inuit Education team for Elk Island Public Schools, as the keynote speaker. Jeremy is an entertaining, motivational speaker with a strong message highlighting the value that elders, with their knowledge, wisdom and cultural memory contribute to Indigenous communities and to all societies.

Knowledgeable speakers for eighteen breakout sessions are keen to share their expertise on a wide variety of topics chosen to appeal to every interest:

- Explore some enjoyable senior-friendly physical activities such as golf, how to use resistance bands, and mindful movement to improve your fitness level at home or in social settings;

- Discover the connection between nutrition and brain health;

- Learn effective strategies to explore your family history and answer questions you wish you had asked long ago;

- Recognize that your memories are a treasure and acquire both the motivation and a plan for writing your own story;

- Discover how to shift the narrative on seniors housing for the future; and

- Learn about volunteer opportunities.

Your conference fee includes free parking, a gift bag, a morning pastry and beverage, the keynote presentation by Jeremy Albert, a choice of break-out sessions, a delicious buffet lunch, two coffee breaks and the wine down complete with snacks and door prizes.



Do you have jigsaw puzzles that you would like to exchange for different ones or simply donate? The **Puzzle Exchange** table at Second Wind is a perfect place to do that. Bring, take, or donate—any puzzles not claimed at the end of the day will be donated to a charity.



Registration fee is \$120.00. To view speaker information, session topics, and the conference schedule and to download the registration form, visit [secondwindconference.ca](http://secondwindconference.ca).

*Spread the word, bring a friend and have a great day.*

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## ***A Walk Around Broadmoor Lake***



What a beautiful day it was on July 12th! All the members who came out to walk said the weather was just perfect... sunshine, warm temperatures, and very little wind. Hugs abounded, and friendships were renewed once again. Smiles were on the faces of all attendees as they enjoyed a cup of coffee and a delicious cookie, a sprint or walk around the lake, or just a chat in the shade of the picnic shelter. There is nothing like chatting with former colleagues about the good old days of teaching together, and then catching up on the exciting happenings in today's life. What a wonderful relaxing morning we had!

### **Elk Island Retired Teachers Association Annual General Meeting**

On June 14, 2023, 27 members gathered at the Strathcona County Building.

The vital business of the Association was discussed and voted on by the membership in attendance.

Dolaine Koch reported on the financial affairs of the Association. The cash on hand as of June 14, 2023, was \$12,275.48. A budget for 2023-2024 was presented, which projected an excess of income over expenses of \$1,414.96.

Denis Schell, Acting President, reported that Karen Atkinson was unable to complete her term as president due to health concerns. Denis thanked Karen for her service and wished her well.

Elections were held and the following were elected:

- President - Denis Schell and Inge Coates (as Co-Presidents)
- Vice President - No nominee the position is vacant
- Treasurer - Dolaine Koch
- Secretary - Elaine Whitford
- Condolences and Congratulations - Karin Bittner
- Membership Chair - Thelma Baumgartner
- Digital Communications - Julie Ginther
- Newsletter - Julie Ginther
- Phoning Chair - Dianna Millard

Other Business that required attention at the AGM was discussed.

Ruby Okamura thanked Karen Carlson for her work on the Social committee and presented her with a plant.

Denis Schell advised he will be delivering a plant in thanks to Karen Atkinson.

Two door prizes were provided by ARTA president Deb Gerow. Winners were Sylvia Roes and Sheila Busch.

Denis Schell and Inge Coates noted that members are welcome to volunteer to be members-at-large on the executive.

Adjournment of 2023 AGM at 2:29 pm.

Thank you to all the members who attended our Annual General Meeting.



**The Elk Island Retired Teachers Association (EIRTA)  
invites you to join our annual  
To Hell with the Bells Breakfast**

***Where:***

The Clubhouse at the Broadmoor Golf Course  
2100 Oak Street  
Sherwood Park, Alberta

***When:***

Thursday, August 31, 2023

This is the first operational day of the 2023 - 24 school year.

While staff and students are getting back to work,  
we can enjoy another cup of coffee and a visit with fellow retirees!

***Timeline:***

At 8:15 a.m. we will be signing in to confirm our pre-registration.

Coffee, tea, and juice will be available until breakfast is served.

At 9:00 a.m. a hot buffet breakfast with lots of wonderful choices will be available.

***Cost:***

Members - \$15.00

Non-members - \$25.00

The cost of this event will be waived for new retirees; however  
new retirees must also pre-register by August 25.

The cost to members and new retirees has been subsidized by a grant from ARTA.

To register, RSVP by August 25, 2023, to  
Ruby Okamura

[masandruby19@gmail.com](mailto:masandruby19@gmail.com)

**We hope you will join us!**



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## Puzzle Page

# 102

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

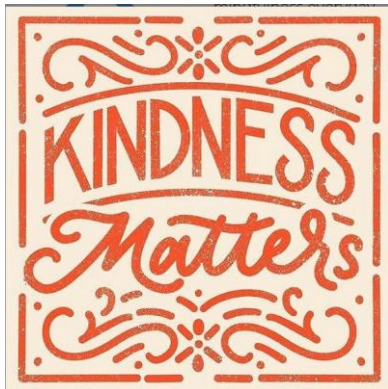
The answer is included at the end of the newsletter. *Hope you enjoy!*

## Notes of Compassion

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

*To the family of our colleague,  
**Marian Avis Fulmore**  
 Who passed away on May 24, 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*

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

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