

ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER



President's Report

New this year, EIRTA was able to host a Valentine luncheon because of the volunteers who work behind the scenes preparing great activities for members. We had opportunity to visit on a sunny afternoon to catch up with friends and share stories while we learned or relearned facts about the origins of the celebration as well as 'love' in a quiz or two. In March, we hosted another trip to River Cree. The Eco Presentation March 28th was a great learning session to know how we can better support recycling. Keeping items out the land fill is topmost priority for the municipality. It's in our best interests to get it right while saving the planet from more harm.

Come join us for another 'Walk around the park' on April 30th to give us a reason to get out there with friends, meet new people, and simply enjoy the sun and air around us. Do you have some plant cuttings you'd like to share? We hoping to encourage a 'bring one, get one' plant exchange this day as well. Pray for a great sunny day.

Our branch is honoured and humbled to be busy planning for the ARTA Golf Tournament hosted by EIRTA. Golfers from all around the province will be joining us. Get a foursome together and register when the online registration opens up. July 4th will be here before we know it so mark your calendars now! We are very lucky to have such capable people pushing up their sleeves to offer activities that we like to take part in. We will be donating the excess funds to the ARTA Charitable Foundation. Please watch for news about our registration online and what great opportunities you will be offered at Legends Golf Course. Not a golfer but would like to be involved, please contact me as we're happy to have volunteers join us at the golf course to help with activities. It promises to be an exciting day. For an idea of what happens at these events, see what happened July 8th last year here: <https://www.arta.net/artcf-charity-golf-classic> .

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

Spring Edition

April 2025

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Communication contact:

newseirta@gmail.com

Elk Island RTA website:

<http://artabranches.net/elkislandrta>

ARTA
ALBERTA RETIRED
TEACHERS' ASSOCIATION

While attending the February ARTA Board of Directors meeting, I was able to talk with many other branch presidents to learn more about what they're doing to help members be active and supported by each other. Today, we avoid talking about the subject of tariffs in polite company, and we try not to get hot under the collar regarding the federal election work going on right now. I am knee deep in an electoral office, staying dressed in black, white, and grey for the duration to portray neutrality for the duration. I'm sure there are lively conversations going all around the supper tables every night.

We will soon be renewing our memberships for July 1st, and in preparation for our Annual General Meeting, we would be honoured to have you come to the June walk for heart health. Do you know someone who's retired out of Elk Island Catholic Schools? Please invite them to join us. We encourage all of us retirees to get to know each other and share in the benefits of membership.

EIRTA counts on its members to volunteer and enjoy activities shared by everyone, including non-members of ARTA. Our \$10 membership fee hasn't changed since 1985. I'd like to remind us, spouses can be associate members, and support staff of the school divisions may join as associate members. You can save enough to pay for that membership when attending activities where the non-member pays a higher price.

<https://artabranches.net/elkislandrta/> is the link to visit, renew, join, and get more information.

You may already be a member of EIRTA, but are you a member of ARTA as well? It's only \$25 a year. But for us, your membership counts toward a grant we can receive from ARTA. This grant supports our costs for events, thus reducing the attendance fee for events as we can subsidize them. Each member of ours who is also a member of ARTA will bring our organization \$20. This year, of the 232 member names we submitted, ARTA counted 142 members fully a member of both organizations. This also applies as to how many voting representatives can attend the Annual General Meeting (AGM) held each first week in October of a year. We could only send two delegates in 2024.

Please consider making that membership pay for your benefit! <https://www.arta.net/arta-advantages> Look at the perks: the benefit plan, the discounts you can take advantage of, wellness activities offered and encouraged, advocacy, scholarships for family members, regular communications about so many seniors' related supports and interests, and, best of all, you are connected to ARTA staff who are ready and willing to help you in so many ways and no matter where you are.

The ARTA Rx Pharmacy Edmonton offers more than just medications by delivery. There are medical and support professionals available for consultation to support your health needs. Just ask! Calgary's pharmacy is due to open before the end of June.

Our AGM will be held in June as usual, the date to be announced. Consider joining the executive and have a say in our direction.

Please see the rest of the newsletter and mark your calendars!

If you're anything like me, you've been listening to the news and feeling possibly more and more anxious about what's going on in the world. I haven't got an answer for that, but I do find that debriefing with friends and family does help me. Take time to yourself.

If you have the time, I'm sure the Premier of Alberta would like to hear your thoughts: premier@gov.ab.ca Our MLAs should receive our input willingly. We all live in different electoral districts, and you find your advocate online: <https://www.assembly.ab.ca/members/members-of-the-legislative-assembly>

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**Elk Island RTA Executive
Contact at
RetiredTeachersElkIsland@gmail.com**

President

Dolaine Koch

Vice President

Kaye Schindeler

Treasurer

Alain Levesque

Secretary

Elaine Whitford

ATA Liaison

Denis Schell

Compassion & Congratulations

Lorna Johnson

Communication

Julie Ginther

Membership

Cathy Allen

Social Committee

Ruby Okamura

Sylvia Roes

Members at Large

Maj-Britt Bigotti

Carol Gilbertson

Dianna Millard

Karen Wilson

We must help our MPs understand what really needs to happen for seniors and families to get preventative help to save the whole system costs and provide for better health outcomes and quality of life for us all. Why not take a few minutes to get a message to your MP?

<https://www.ourcommons.ca/members/en/search>

ATRF, our teachers' pension fund, is at the foundation of our financial wellness for many of us. You've received word about your cost-of-living increase. Do you know about the history of it all? Have you visited your personal account on their website lately? You can mark your calendar for the payment dates, get up to date information about what's happening inside our fund, and more by going to: <https://www.atrf.com>

Dolaine Koch

Membership has benefits!

Being a member of EIRTA does have benefits. Our membership dues are only \$10 per year and this rate has not increased since 1985. Members receive special rates on many of our events. You get the opportunity to receive our quarterly newsletter and important email notifications. 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 please contact Cathy Allen.



Become a Volunteer

Are you interested being a volunteer tutor? We want to hear from you!

- Volunteer tutors are always welcome
- Must be 18 years or older
- Must be patient and interested in helping people learn

Tutors will be provided with:

- Initial and ongoing training
- Resource material for tutoring
- Support from the program coordinator

Contact Dyan at 780-667-8441 to learn more about the volunteer tutoring program in Strathcona County.

Contact Lisa at 780-257-6281 to learn more about the volunteer tutoring program in Fort Saskatchewan

☘ Luck of the Irish event.... Thursday, March 13 ☘

Despite the snowstorm that suddenly arrived Thursday, twelve hardy souls gathered at the River Cree casino to try their luck at the gaming machines as well as dining with all those that came, reconnecting, reminiscing, and wishing each other “good luck”. Some went away with a bit more in their wallets 💰 and a few went away with a bit less in their wallets, **BUT**, in the end, **FUN** was had **by ALL!!!**



Walking, Walking, Walking!!!



Those shoes are made for walking and that's just what they're gonna do...



Spring has sprung and it's time to start walking...around Broadmoor Lake, that is.

Please join us on **Wednesday, April 30th @ 2 pm** for a coffee or tea,
cookies for energy,
all with no fee.
(I'm a poet and I know it, and my legs show it...they're Longfellows!)

Please respond to Ruby Okamura
RetiredTeachersElkIsland@gmail.com
by April 28th

Thanks. Hope to see you there.



EIRTA is participating in the Heart and Sole ARTA Wellness Walk again this year. Walk throughout Alberta will be from June 2nd through 8th.

Our date for the walk is **Tuesday, June 3rd @ 2 pm**.

ARTA will once again be providing t-shirts for all walkers. Also, we will be collecting food for the food bank, so you can bring some canned goods.

Put the date on your calendar. More information will be forthcoming in May.

Thanks so much.

Political Engagement

Spring 2025 News

It looks like spring is finally here! Is it just me or did it seem like winter just wouldn't let go of us? Perhaps we have a good case for harassment!

I admit to missing a few ATA meetings at Bev Facey while I was in Mexico for a while. (Don't judge me; I needed to get warm!) Catching up, I noticed a change in Elk Island Local ATA's executive. Maxine Holm is their new president, and Deneen Zielke is now the District Representative. The April AGM saw some new faces elected to executive positions as well. There was a lot of discussion and concerns at the meeting regarding teacher bargaining and there are several town halls scheduled for teachers to review and to explain contract proposal, which was presented by their mediator, I was not privy of the offer other than it was not even close to what the nurses were recently offered. Elk Island's teachers are in a stressful and worrisome time They deserve our support. Perhaps you stopped by their booth at Millenium Trade Far on the weekend of the 11th to the 13th to say hello and offer some encouragement?

In February, a number your Elk Island Retired Teachers Executive helped to man the Alberta Retired Teachers Association booth at Teachers' Convention. This was a good opportunity for me to advertise and promote our ARTA Benefit Plan and recruit some potential future member for our branch as well. I'm looking forward to connecting with new retirees from Elk Island Schools and inviting them to our "To Hell with the Bells" brunch at the start of next school year.

I will be attending Elk Island Separate Schools Ata meeting at the end of April. It has been my objective to connect with them to promote our association and of course, ARTA as well. I will keep you informed!

I do like spring as I'm sitting here listening to the birds sing and watching my perennials pop up All the while, mu nose runs, eyes sting, and this sneezing reminds me I'm still alive!

Denis Schell





SAVE THE DATE

2025 ARTA GOLF TOURNAMENT Hosted by the Elk Island Retired Teachers' Association

Date: July 4th, 2025

Time: 8:00 a.m. Shot Gun Start

Where: Legends Golf and Country Club, 53541 Range Road 232, Sherwood Park, AB.

Registration will be available on April 25th.

Check the ARTA website for a link to the [golf tournament registration](#).

Puzzle Page

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

Crossword 32

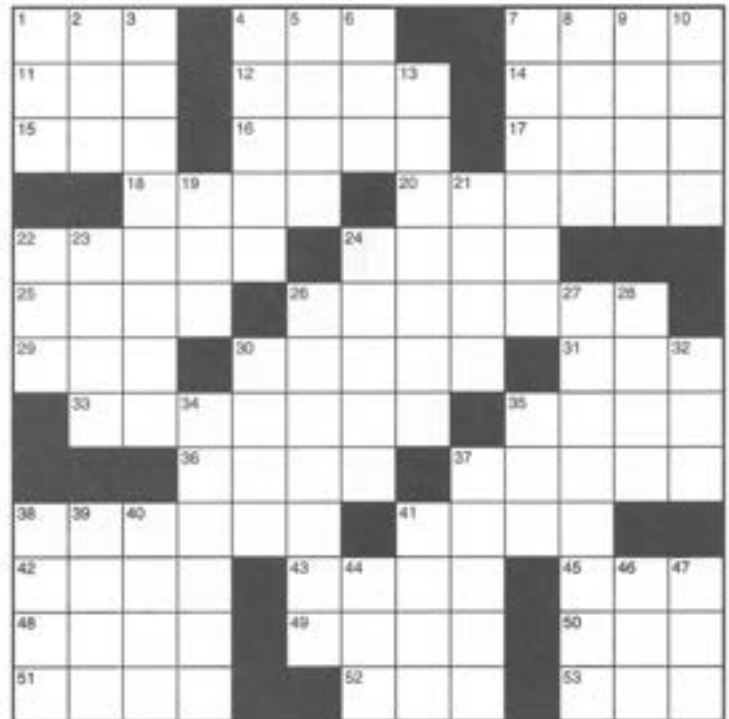
Across

1. Young seal
4. Numero ___
7. Fragrant cooking herb
11. "Birds ___ feather..." (2 wds.)
12. Authentic
14. Snow clearer
15. Prevailed
16. Pierce
17. Actor's prompt
18. Adam's domain
20. Lessens
22. Soft drinks
24. Mimics
25. Lacking humidity
26. Newer
29. ___ Plains
30. Rural exhibitions
31. Columnist Smith
33. Tales
35. Alike
36. Stockyards
37. Slight error
38. Clown Kelly
41. Gladys Knight and the

42. House opening
43. Pour forth
45. "___ had it!"
48. Showy celebration
49. Cowboy's gear
50. Penpoint
51. Odds and ___
52. Over, poetically
53. Gossip

Down

1. "Bam!"
2. Flying saucer (abbr.)
3. Member of a discussion group
4. Recommends
5. Broadway lighting
6. Rowing implement
7. Belly flop result
8. Disembarked
9. Auctioneer's cry
10. Meadow moms
13. Jumpers
19. Father, affectionately
21. Porgy's woman
22. Scoundrel
23. Natural minerals
24. Zodiac sign
26. One who swoons
27. Slipping away
28. Lips
30. Guitar neck item
32. Alphabet's ending
34. Verdi works
35. Drain energy
37. Metric unit
38. Small advantage
39. Suffering sound
40. Form
41. "___ down!" ("Hush!")
44. Pasture sound
46. By way of
47. ___ and flow



Notes of Compassion

It is with heavy hearts that we send our condolences:

*To the family, friends, and colleagues at the passing of our colleague,
Nadine Fodchuk
March 5, 2025*

**NOTE; Please contact us at newseirta@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*

www.CreativeCertificates.com



***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.***



