

ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

President's Message

As we entered April, we were dragging. But there was something in the air. Listening to the news about Artemis and the crew gave us hope for a better future despite all the violence and damages we keep seeing in the news regarding warring factions. Listening to the Canadian, Jeremy Hansen, speaking of his experience, we can be proud of his leadership and his character as a wonderful human being.

The On a positive note, Sylvia Rose brought a group of gamblers to River Cree in March. Having time to socialize and play a bit is a good thing.

The political and economic landscape for Canada has really shifted as well since the actions of a few in leadership in the US have pulled the rug out from so many commercial entities and departments for economic growth and health. Alberta is really suffering at this time for more reasons I won't go into. We leave that to you to act as you can and choose to. Elk Island RTA strives to share any links or information we believe may be of help to our membership in politics and economics.

Spring has sprung a few times since the actual calendar date, LOL. I think it's influenced me in

that I've tried to do something, get started, then go on to something else. "SQUIRREL!" This message is for all of us who "struggle to get it done". Your input and suggestions are always we Do you have some suggestions as to activities we may sponsor for us seniors? We're always happy when more people want to work with us. Many hands make light work. Please do let me know using "CONTACT US" on this website.

Ruby Okamura and the social committee are hard at it to prepare for the Heart and Sole Walk. This is an excellent way to come together, informally socialize and exercise at the same time. Put June 3 in your calendars to attend. Register by May 1st.

The Elk Island Retired Teachers' Association **AGM** is being held at the Strathcona Museum this year. Please plan to attend as we need quorum of 25 members. We are holding elections for the slate of officers. Did you respond to the survey we sent out in March? We'll share some news on that at the AGM. Please consider being there to influence the direction of the Association! Help shape the social activities and planned presentations to be what you'd like to participate in by coming to the AGM and share your thoughts. Consider joining the executive and have a say in our direction.



Spring Edition

April 2026

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Elk Island RTA website:

<http://artabranches.net/elkislandrta>

ARTA
ALBERTA RETIRED
TEACHERS' ASSOCIATION

ARTA held a seminar for the Branch Representatives to learn more and be able to present to us. We thank Alain Lévesque and Maj-Britt Bigotti for stepping up and attending. They'll have more for us over the next many months.

If you know anyone who is planning to retire at the end of this year or over the next few years, please ask them to consider becoming a member of Elk Island RTA. 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. All too often, our information seems to be blocked out there such that the benefits retirees could get aren't reaching them. Make their retirement better!

Elk Island RTA counts on its members to volunteer and enjoy activities shared by everyone, including non-members of ARTA. 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. Renew for July 1, 2026.

You may already be a member of Elk Island RTA, 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 236 member names we submitted, ARTA counted 118 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 2025.

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.

If you're anything like me, you've been listening to the news and feeling possibly increasingly 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> 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>

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 open too. Watch the newsletters for announcements of health-related invites. The Foot Clinic was oversubscribed. Let's ask for more.

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>

Please see the rest of the newsletter for more thoughts and news and mark your calendars!

**Elk Island RTA Executive
To reach us, use
"Contact Us" on this website**

President

Dolaine Koch

Vice President

Maj-Britt Bigotti

Treasurer

Alain Levesque

Secretary

Elaine Whitford

ATA Liaison

Denis Schell

Compassion & Congratulations

Cathy Allen

Communication

Julie Ginther

Membership

Cathy Allen

Social Committee

Ruby Okamura

Members: Sheila Busch

Sylvia Roes

Members at Large

Kaye Schindeler

Carol Gilbertson

Dianna Millard

Karen Wilson

Deb Gerow

Lorna Johnson

**ELK ISLAND RETIRED
TEACHERS ASSOCIATION
NEWS**

Membership has benefits!

Being a member of EIRTA does have benefits. Our membership dues are only \$20/year. 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 send a message to Cathy Allen through "CONTACT US" on this website.



**Lace Up for the ARTA Heart and Sole
Wellness Walks**

Are you ready to step out into the sunshine, breathe in the fresh air, and enjoy the beauty of your local walking trails with fellow ARTA members? The third annual Heart and Sole Wellness Walks are taking place during Seniors Week (June 1-5, 2026), and we can't wait to see you there!

The walk for EIRTA will take place at Broadmoor Lake Park on June 3, 2026, at 2:00 p.m. You must register early to take part. You can register two ways: Please [register by May 1, 2026](#) with ARTA or you can register with Ruby Okamura.

Annual General Meeting 2026

We hope that our members will consider attending our AGM to cast their vote and connect with us.

DATE/TIME: Tuesday, May 19, 2026, from 11:00 am to 2:00 pm.

LOCATION: Strathcona County Museum (913 Ash Street, Sherwood Park)

TIMELINE OF EVENTS:

11:00 am - registration and time to visit and enjoy complimentary sandwiches, vegetable and fruit plates, tea or coffee, and dessert.

Please make sure to register so that we know how many will be there.

1:00 pm (approximately) - AGM business

2:00 pm - event ends

Please register by May 15, 2026

RSVP

Ruby Okamura

ATA Liaison Report

Is winter over yet? Don't ask me!! It seems as though this year's winter is like someone who is really angry and stomps out of the room, only to return again to say, "And another thing!" Only in our Canada, eh?

The last few ATA Locals have been in person again at Bev Facey. Their Annual General Meeting will be at the May 5th ATA Local where some members of their executive will be elected for one-year terms. If they will have me, I am considering volunteering on the Political Engagement Committee in order to keep our Elk Island Retired Teachers abreast of the issues affecting our working colleagues.

The ARTA booth was quite popular at February's teachers' convention. Jennifer Hope's session on ARTA 101 was very well attended. If you have not checked out the many discounts ARTA members can enjoy, be sure to visit their website! <https://www.myarta.net/perks>

You can take advantage of countless perks for insurance, restaurants, hotels, car rentals, special attractions and a variety of many businesses around the province. It is well worth your time to get informed!

I'm looking forward to the opening of our local greenhouses at the beginning of May. A wise man once said, "Don't wait for someone to bring you flowers. Plant your own and decorate your soul."

PS. I'm sorry for the things I said when it was winter!

Respectfully submitted,

Denis



Important upcoming events for ARTA members



[Pension & Financial Wellness Seminar in St. Albert](#)

ARTA members are invited to join the Pension & Financial Wellness Committee for a special in-person seminar on estate planning and fraud prevention. Featuring an exceptional panel of financial experts, this seminar will take place on Wednesday, June 24, 2026 from 9 a.m. to 12 p.m. at the St. Albert Inn & Suites. For more information and to register, [please click here](#).

[ARTA's First Book Club Meeting is Around the Corner!](#)

This is your last chance to [register for the first meeting](#) of **The Page Turners**, ARTA's members-only book club! Join us on **April 30, 2026**, from **1 to 2 p.m.** via Zoom to discuss [A Man Called Ove](#) by Fredrik Backman with your fellow ARTA bookworms. If you can't make it this time, stay tuned for details on the next one – we hope to see you there!



Planning a vacation or buying a new car? Looking for a fitness membership or going for a nice dinner out?

ARTA can help you save on these and so much more!

ARTA Perks is the custom-built 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.

Save much more than your annual membership fee by using the many discounts from a large number of partners around the world. The ARTA discounts are at no additional cost to you as an ARTA member and are designed to offer you more value for your annual ARTA membership.

All the deals available through the ARTA Perks program can be found in your [myarta.net](#) account, under the "ARTA Perks" menu bar. Check back often as we are adding new offers on a regular basis!

Puzzle Page

Crossword 7

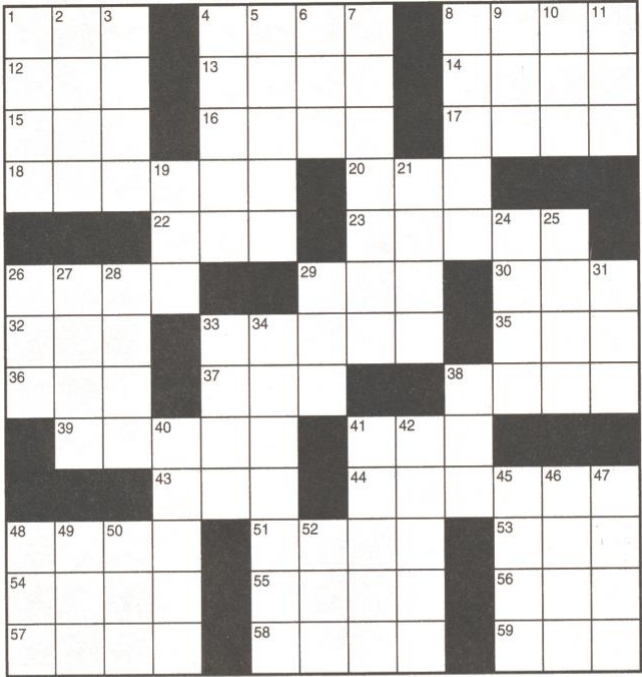
Across

- 1. Stat for Barry Bonds
- 4. "Knight Rider" car
- 8. Computer info
- 12. Daughter's brother
- 13. Done
- 14. Water jug
- 15. Large kettle
- 16. Stage part
- 17. Seafood delicacy
- 18. Correct
- 20. Baseball's Durocher
- 22. Tampa Bay baseballer
- 23. Stratum
- 26. Train hopper
- 29. Fleur-de-__
- 30. Drilling outfit
- 32. "__ Blue?" (2 wds.)
- 33. Explosion
- 35. Like winter roads, sometimes
- 36. Yoga pad
- 37. Calendar abbr.
- 38. Suppose
- 39. Kingly domain
- 41. Actor Erwin
- 43. Spider's construction

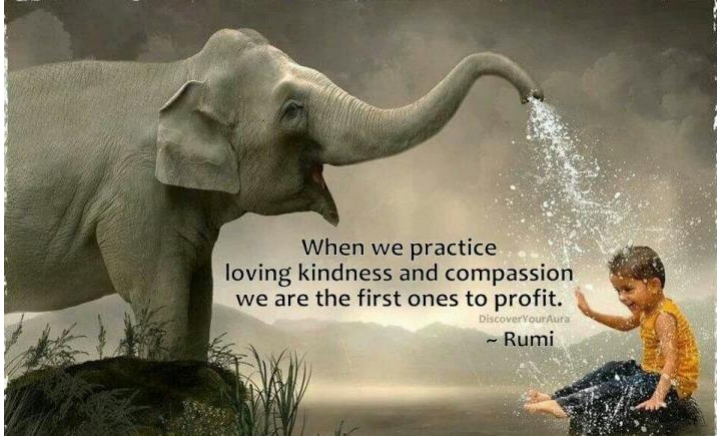
- 44. Frank
- 48. __ bargain
- 51. Motorcyclist Knievel
- 53. Historical time frame
- 54. Scoff
- 55. NHL's playing surface
- 56. Pop's wife
- 57. Sushi bar drink
- 58. Stage designs
- 59. Lone

Down

- 1. Invitation letters
- 2. Wild pig
- 3. Division preposition
- 4. "M*A*S*H" setting
- 5. Africa's __ Coast
- 6. Address bk. line
- 7. Lattice
- 8. Hunter's lure
- 9. Piercing tool
- 10. Iced drink
- 11. Shot spot
- 19. Ace
- 21. Direction
- 24. Buffalo's waterfront
- 25. Paddy grain
- 26. Overactor
- 27. Epps of "House"
- 28. Fisherman's hope



- 29. Straggle
- 31. Stairmaster locale
- 33. Bundle
- 34. Plods
- 38. Pester for payment
- 40. In the know
- 41. Bloodhound's trail
- 42. Sermons
- 45. Trial software
- 46. Golf club
- 47. __ Agatha Christie
- 48. Slumber party sleepwear
- 49. Grazing spot
- 50. Scaredy cat's shout
- 52. Struggle



***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.***

Puzzle answer

