

NEARTA—Northeastern
Alberta Retired Teachers'
Association

March 2024
Newsletter
Volume 1, Issue 1

Welcome Back to the NEARTA Newsletter!

The NEARTA Newsletter is a celebration of our organization and a promotional tool! With our Newsletter we share news, events, activities, and useful content for our members. The key to a successful newsletter is making it useful to the readers. If you have ideas, suggestions, or photos to share, please send them to our NEARTA email (northeasternarta@gmail.com) for possible inclusion in the next Newsletter. The Newsletter will be produced four times per year following our meeting schedule. Newsletters will be produced in September, December, March, and June.

Who is NEARTA?

ARTA is a vibrant organization with a wide variety of services to offer members, no matter what stage of life you're in.

Our branch, NEARTA, provides an opportunity for friends and colleagues to meet, enjoy activities together, and pursue a healthy lifestyle. NEARTA activities offer social connectedness, an avenue for retired teachers to remain in contact with their colleagues, enjoy meals, benefit from speaker presentations, encourage and participate in community volunteerism, and most of all, have fun!



**Next NEARTA
General Meeting**
Tuesday, June 11,
2024, 11 a.m. at the
Glendon Seniors'
Centre.

See you then!

ARTA Mission:

“ARTA supports an engaged lifestyle after retirement through member-centred services, advocacy, communication, wellness and leadership.”



NEARTA

NEARTA EXECUTIVE 2023-2024



From Left to Right:

Richard Cameron, Secretary; **Larry Lambert**, President;
Roy Ripkens, Vice-President; **Leon Ward**, Treasurer.

ARTA PHOTO CONTEST 2024

The 2024 photo contest is under way, and the entries are pouring in! Participating members have until **May 31, 2024**, to get their entries in, so you've still got time to capture that perfect moment. The annual photo contest is a chance for ARTA members to exercise creative muscles and show off their photographic artwork.

Photos can be submitted for one, or more, of four categories: travel, nature, colour, detail. 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.

There are two entry divisions for members:

- ◆ **Novice** - for any member that has not previously won in any category.
- ◆ **Master** - division for previous winners in any category.

You can find the official contest rules, descriptions of the four categories, and entry form by following the link below:

<https://www.arta.net/photo-contest>

Contact Us

By Phone: President Larry Lambert—780-645-0376

Email: northeasternarta@gmail.com

Website: <https://artabranches.net/nearta/>

Facebook: We are working on it! **Like Us & Follow Us:**

<https://www.facebook.com/northeasternarta>

Enjoy the 2023 ARTA Photo Contest Winners.

See the winning photos using this link:

<https://www.arta.net/photo-contest>

Thank you to everyone who participated. The talent our members have for the camera is truly special. Congratulations to past winners.



The ARTA 2024 Photo Contest Deadline is May 31, 2024

ARTA believes travel is good for the soul.

Explore what ARTA has to offer with travel advice, experience, and inspiration.



At the March 12, 2024 NEARTA Meeting Rita Normand gave a presentation about her experiences travelling to over 40 countries on every continent. Rita (centre), a retired teacher from Bonnyville, is pictured with the NEARTA executive.



HEART AND SOLE WELLNESS WALK



*Looking to get more physically active in your community?
*What about meeting like-minded retirees?



Excerpts from— “Happiness and Well-Aged Shoes”

By Linda Manwarren,
Chair, ARTA Wellness
Committee

- ◇ “For me, well-aged shoes are not about the length of time but about the quality of experiences I had wearing them.”
- ◇ “I have loved Dr. Seuss for a very long time — any of his well-aged sayings resonate with me even today.”
- ◇ “You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.” From “*Oh, The Places You’ll Go*” By Dr. Seuss

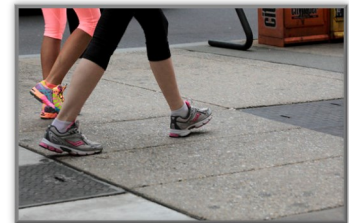


ARTA is hosting a series of short, fun walks across Alberta! These walks are a great opportunity to get out, get active, and meet other retirees in the community! It's also a chance to celebrate the importance of being physically active in retirement.

Each walk is a little different, but all of them are taking place the week of April 22, 2024.

Each walk will act as a drop-off for **Food Bank donations in your area**. Please bring your kindness and generosity in addition to your walking shoes!

Lace up your walking shoes, bring along your sense of adventure, and make some memories and new connections.



Wellness Walk Contacts:

Bonnyville - John Orr (780-207-0090); Lac La Biche - Carol McArthur (780-623-7543); St. Paul - Larry Lambert (780-645-0376).

To find out more about the ARTA Wellness Walks, visit:

<https://landing.arta.net/wellness-walk-2024>

MEMBERSHIP PERKS OF ARTA OR THE ARTA BRANCHES

1. Wellness Activities: Stories and Tips for Living Well
2. Advocacy for Education and Seniors
3. Scholarships to Support Family Members' Education and Growth
4. Staying Connected to News, Ideas, and Conversations
5. ARTA Benefit Plans
6. ARTA Perks Discount Program

More Information:

<https://www.arta.net/arta-advantages>



NEARTA Membership Update



NEARTA

Have you renewed your membership? Your 2023/2024 membership is valid from September 1, 2023 to August 31, 2024.

NEARTA Membership is \$10.00 per year, payable by e-transfer, cheque, or cash.

NEARTA Membership

Here is the information you need to pay your NEARTA membership dues:

- ⇒ E-Transfer (send to north-easternarta@gmail.com)
- ⇒ Cheque (made payable to **Northeastern ARTA** – bring your cheque to our next meeting on June 11, 2024)
- ⇒ Cash (you can pay with cash at our next meeting on June 11, 2024)

Membership in both ARTA and NEARTA is encouraged. They are separate. For more information about becoming an ARTA Member, go to:

<https://www.arta.net/join>

NEARTA has *74 members who joined or renewed their memberships for 2023/2024. We welcome you and encourage new members to join us!*

We look forward to having you join NEARTA!

You can renew your membership at the September 2024 meeting or take advantage of one of three options above.

Have you recently updated your NEARTA information?

Here is the link to the 2023-2024

NEARTA Membership Form:

<https://docs.google.com/forms/d/1N1A4fADRAphqNvSPHfGRA-4WoUIYp94J5nKOb7lsnHw/edit>