



*Wishing You Warmth and Joy this
Fall Season!*



**NEARTA—Northeastern
Alberta Retired Teachers’
Association**

**September 2024
Newsletter
Volume 1, Issue 3**



NEARTA

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!

Highlights of the September Meeting

- * President Larry Lambert presented his report, including a review of the **ARTA Board of Director’s** September 2024 Meeting.
- * **Guest Speaker, Mr. Ron Young**, NLPS Board Trustee and Retired Teacher: “Artificial Intelligence and Implications for Education.”
- * Election of the **NEARTA 2024-2025 Executive**: President: Larry Lambert; Vice President: Roy Ripkens; Secretary / Communications: Richard Cameron; Treasurer: Leon Ward; Past President: Paul Boisvert; Member at Large: Ted Gerlinsky.



Your NEARTA Newsletter

The NEARTA Newsletter shares news, events, activities, and useful content for our members. If you have ideas, suggestions, or photos to share, please send them to our NEARTA email (northeasternarta@gmail.com) for possible inclusion in the newsletter.

Contact Us

Phone: President Larry Lambert—780-645-0376

Email: northeasternarta@gmail.com

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

Follow Us on Facebook:

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

Next NEARTA General Meeting:

Tuesday, December 10, 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.”





What is this pickleball everyone is speaking of?



Pickleball is a racquet sport that originated as a backyard invention in the United States in the mid-1960s. It migrated across the states, and snowbirds brought it north to Canada. Pickleball is now the fastest growing sport in North America!

Pickleball is popular with seniors (easy on knees and hips) but also with participants of all ages. This game can be as relaxed or competitive as you make it.

The game of pickleball is played with a hard plastic ball with holes, a net, and paddles. Somewhat a cross between tennis and table tennis, the rules and play are similar. Being a social game, games are usually played with a partner.

Pickleball is played on a variety of indoor and outdoor surfaces. Entering the world of pickleball is simple. Some beginners prefer lessons or watching YouTube videos to learn the rules of the game. Partnering up with a fellow “pickler” or joining a drop-in program at your local recreation centre is even better!

Pickleball’s popularity stems from the fact that it is social, inexpensive, good exercise and fun! The first step is to just get out there and play. —**By Martin Ciesielski - ARTA Living Well article - <https://www.arta.net/living-well/health-fitness/pickleball-guide-for-seniors>**

Pickleball Resources in Alberta:

<https://www.arta.net/living-well/health-fitness/pickleball-resources-alberta>

Who is ready for some pickleball?

Leagues, associations, and drop-in classes are a great way to start learning and meeting picklers to help introduce you to the game. Whether you are a veteran pickler or just getting into this exciting sport, here are some contacts to help you get out there and play.

Pickleball Alberta:

<https://pickleballalberta.org/find-a-club/>

St. Paul Pickleball Club: Danny Gadowski—780-614-1244

danielgadowski24@gmail.com

Bonnyville Pickleball Community: Linda Eyles—780-826-2744

lje4115@hotmail.com

Cold Lake Pickleball Club: Cole White—780-573-5349

coldlakepickleball@gmail.com

Pickleball at the Bold Center in Lac La Biche:

#100 8702-91 Ave. Lac La Biche, 780-623-3829

Elk Point Pickleball Club: FG Miller High School Gym 5218 51 St, 403-620-3052,

eppickleballclub@gmail.com



Pickleball

Alberta

Vision:

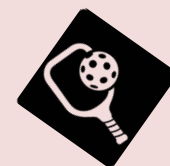
Pickleball will be valued as an essential element in thriving and healthy communities.

Values:

- Continuous Improvement
- Teamwork
- Safety
- Integrity
- Accountability

So . . . How Did Pickleball Get Its Name?

In the summer of 1965, pickleball was founded by Joel Pritchard, Bill Bell and Barney McCallum on Bainbridge Island, Washington. Within days, Joan Pritchard had come up with the name “pickle ball”—a reference to the thrown-together leftover non-starters in the “pickle boat” of crew races.





Link to Alberta 55 Plus, an organization

whose mission is to help older Albertans maintain an active and healthy lifestyle.

Website: <https://members.alberta55plus.ca/>

Leduc to Host the 2025 Alberta 55 Plus Summer Games from August 21-24, 2025

About 1,200 athletes from around the province will arrive in Leduc over the course of the event.

The games feature over a dozen different sporting categories including track and field, swimming, cycling, golf, slo-pitch, horseshoes, pickleball, bocce ball, cribbage, and more . . .



Fun Fall Activities:

There's something magical about fall? The amber and gold leaves and the crisper air makes being outside a pleasure and cooler nights make home feel especially cozy.



- * Go apple picking
- * Do some baking
- * Head to a pumpkin patch
- * Enjoy a day of yard work
- * Attend a fall fair
- * Go for a walk to enjoy the stunning foliage
- * Try your hand at some fall crafts or start a new puzzle
- * Try a new soup recipe



Welcome to Alberta 55 plus

Established in 1980, Alberta 55 plus is a not for profit, volunteer driven group of people.

55 plus helps mature Albertans enjoy a healthy, vital future through active lifestyle choices. 55 plus promotes sports and recreation development for Albertans 55 years of age and older. Membership includes Albertans from eight different zones of the province.

Alberta 55 plus represents the heart of mature Albertans. It stands for the idea of a fuller, healthier, more vital future; for the straightforward steps that can be taken towards that future. The association promotes participation and action, generating a unique spirit of cooperation across the province.

The association believes that sport and recreation development for mature adults is a provincial issue. It has a direct bearing on the quality of life in this province and it can become a way of life for the individual and the province as a whole. That is the ideal, and the association is working to make it a reality.



Alberta 55 plus Sports and Activities

Alberta 55 plus believes that every individual 55 years of age and over has the fundamental right to the opportunity for enrichment, fulfillment and improved quality of life and health through a broad variety of recreation, sports and organized games.

The organization, Alberta 55 plus collectively supports the Summer / Winter Games and the Canada 55 plus Games.

Summer 55 plus Sports, Games & Activities:

8 Ball Pool; Bocce; Contract Bridge; Cornhole; Cribbage; Cycling; Floor Curling; Floor Shuffleboard; Golf; Horseshoes; Military Whist; Pickleball; Swimming; Tennis; Track & Field.

Winter 55 plus Sports, Games & Activities:

5-Pin Bowling; Alpine Skiing; Cross Country Skiing; Badminton; Duplicate Bridge; Carpet Bowling; Darts; Euchre; Ice Curling; Ice Hockey; Snooker; Scrabble; Table Shuffleboard.



NEARTA Donation to Haying in the 30's

Two framed photos were donated to Haying in the 30's Cancer Support Society as part of their fundraising auction at the event held on August 3-4, 2024. This event is organized and run strictly by volunteers and this year raised a record sum of almost \$374,400.00. It is good to know that aside from the many NEARTA members who volunteer every year, NEARTA was partly responsible for helping raise some of that record amount.



Thank you to NEARTA member Paul Boisvert for sharing the photos and information.



NEARTA

Membership

Join us or renew your membership. Annual membership is valid from September 1st to August 31st. NEARTA Membership is \$10.00 per year, payable by e-transfer, cheque, or cash.

Remember to update your membership information if it has changed or if you are new to NEARTA. Update your address, phone numbers, and email address. To get to the *NEARTA Membership Form* use the link:

<https://forms.gle/bDTJ5tmemV4QpAtr6>

Autumn,
The
Season
That Teaches Us,
That Change, Can Be
Beautiful."

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NEARTA Membership

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

- ⇒ E-Transfer (send to northeasternarta@gmail.com)
- ⇒ Cheque (made payable to Northeastern ARTA – bring your cheque to the next meeting on December 10, 2024)
- ⇒ Cash (you can pay with cash at the next meeting)

Membership in both ARTA and NEARTA is encouraged. They are separate memberships. For more information about becoming a member of ARTA, go to: <https://www.arta.net/join>

We welcome you back and encourage new members to join us!