

Happy Summer!

"In early June the world of leaf and blade and flowers explodes, and every sunset is different." John Steinbeck

**NEARTA: Northeastern Alberta
Retired Teachers' Association**

**June 2025
Newsletter
Volume 2, Issue 2**

Highlights from the June Meeting

***President Larry Lambert presented his report: Review of the ARTA Board of Director's May Retreat for strategic planning; the NEARTA Wellness Walk held June 7 in St. Paul.**

***ARTA Presentation by Jim Allan, Chair of the Alberta Retired Teachers' Charitable Foundation. Thank you.**

***Guest Speaker: Clayton Bellamy and the realization of the new Bonnyville Theatre, The Strathcona Performing Arts Centre. "Community partnerships to support education and community programs by providing financial support to the arts and by advocating for the benefits of arts education." Thanks so much for the wonderful performance!**



Your NEARTA Newsletter

The NEARTA Newsletter is produced four times per year. If you have suggestions or photos to share, please send them to the NEARTA email (northeasternarta@gmail.com) for possible inclusion.

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>



**Come to the next
NEARTA Meeting: Tuesday,
September 16, 2025, 11:00
a.m. at the Glendon Seniors'
Centre. See you there!**



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 have fun!



**ARTA
Heart and
Sole
Wellness
Walk 2025**

The NEARTA Wellness Walk was held in St. Paul during Alberta Seniors' Week, Saturday, June 7th at 10 a.m. at Reunion Station. Thanks to everyone for your spirit and participation.

**HEART AND SOLE
WELLNESS WALK**





Thank you!



NEARTA meetings feature entertaining and fun presentations! Thank you to Clayton Bellamy. We appreciate your information and entertainment at the June 2025 Meeting.

Pictured: Richard Cameron, Secretary; Roy Ripkens, Vice-President; Clayton Bellamy; Paul Boisvert, Past President; Larry Lambert, President; John Orr, Interim Treasurer.



Did you know that many ARTA Webinars and Presentations can be viewed on YouTube?

Go to YouTube and search for ARTA Webinars to find a presentation on a topic of interest to you.



Living Well—ARTA is a leader and advocate in the promotion of living well leading up to, and in retirement. ARTA develops and implements strategies to enhance the quality of the life of its members and retired people in the community.

Go to <https://www.arta.net/living-well>

Explore these topics:

- ◆ Heath and Fitness
- ◆ Travel
- ◆ Mental Health
- ◆ Community
- ◆ Financial Wellness



Coming to St. Paul this summer! Take the opportunity to experience the tradition of the
RCMP
Musical
Ride
on July 23rd.





Welcome to Summer!

NEARTA wishes our members and friends a safe and restful summer!

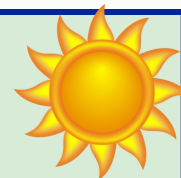
May your summer days be filled with sunshine, laughter, and relaxation.

See you in the Fall.



Alberta Wild Berries We Love

- **Saskatoon Berry:** The purple berry is mildly sweet and a traditional staple.
- **Blueberry:** Sweet tasting berry that grows in wooded and open moist areas.
- **Raspberry:** Wild red raspberries are sweet and taste best eaten fresh.
- **Chokecherry:** Loved for their tart flavour, make a great jelly.
- **Cranberry:** Tart, sour flavour, can be dried for storage, make a great jelly.
- **Cloudberry:** Orange-raspberry-like berries, can be sour tasting, have high vitamin C content.
- **Red & Black Currant:** High levels of vitamin C; use fresh and preserved.
- **Gooseberry:** Mild and sweet flavour, ideal for fresh eating, baking and making jams or jellies.
- **Wild Strawberry:** Sweet berry used in many ways; eat fresh, preserved, or in baking.



The Heart and Sole Wellness Walks

On June 7th, NEARTA hosted the Heart and Sole Wellness Walk in St. Paul. Participants collected food donations for the local food bank and enjoyed coffee and refreshments after the walk.

The ARTA Wellness Walks are held across Alberta. The walks are an opportunity to get out, get active, and meet other retirees in the community! It is also a chance to celebrate the importance of being physically active, engaged in the community, and to donate to the Food Bank.

Thank you to everyone who “stepped up” and participated. We look forward to seeing you next time!

Pictured are some of the walkers from the NEARTA Wellness Walk.



Important Considerations when you head out berry picking:

- * **Identification:** Always be 100% certain of the plant's identification before consuming any wild berry, some berries can be poisonous.
- * **Taste and Preparation:** Wild berries can have a different taste and texture than cultivated berries.
- * **Harvesting:** Be aware of local regulations regarding berry picking in specific areas.





Alberta Retired Teachers' Charitable Foundation

The Alberta Retired Teachers' Association, through its Charitable

Foundation, aims to help Alberta seniors find appropriate housing and health services, and education services to improve their lives, especially to support seniors who are English language learners. To achieve this mandate, the Foundation partners with like-minded charitable organizations and funds programs to make an impact on seniors living in Alberta. The ARTA Golf Tournament is held to support the Alberta Retired Teachers' Charitable Foundation. Join the Charity Golf Tournament: *Friday, July 4th, 2025 at Legends Golf and Country Club 53541 Range Road 232, Sherwood Park.*

For Information: Contact the Golf Course: 780-449-4911 or Contact Elk Island Retired Teachers' Association: <https://www.eirtagolf2025.com/>



Thank You and Best Wishes to Leon Ward.

Leon served as NEARTA Treasurer for the past five years.

Thank you for your work with NEARTA and all the best in your future endeavours.



NEARTA welcomes and thanks John Orr for filling in as the Interim Treasurer. The NEARTA Election of Officers is coming in September 2025.

Membership

Join NEARTA or renew your membership. Annual membership is valid from Sept. 1st to August 31st. NEARTA Membership is \$10.00 per year.



For the NEARTA Membership Form, go to: <https://forms.gle/bDTJ5tmemV4QpAtr6>

For more information about becoming a member of ARTA, go to:

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

Haying in the 30's

Since 1999, *Haying in the 30's Cancer Support Society* has assisted and continues to assist more than 5,000 individuals diagnosed with cancer in the local area, Lakeland Region and beyond.

Haying in the 30's is held on the August Long Weekend.

All Expenses for this event are funded by Sponsors and Volunteers. 100% of donations assists individuals diagnosed with cancer.

NEARTA Member, Ted Gerlinsky, is supporting *Haying in the 30's* with a specially crafted crib board. Your purchase of a crib board for \$75 will donate \$50 to the Cancer Support Society. Please contact Ted at 780-645-0411 or mr-g@telus.net

