



**"May your blessings be many,
your troubles be few and
your Thanksgiving be wonderful."**



**NEARTA Northeastern
Alberta Retired Teachers'
Association**

**September 2026
Newsletter
Volume 3, Issue 3**



***NEARTA, provides an
opportunity for friends
and colleagues to meet,
enjoy activities togeth-
er, and pursue a
healthy lifestyle.***

***NEARTA activities offer
social connectedness, an
avenue for retired teach-
ers to remain in contact
with their colleagues, en-
joy meals, benefit from
speaker presentations,
encourage and participate
in community volunteer-
ism, and have fun!***

September 15th Meeting Highlights



- ◆ **Meeting Theme – *Life Transitions.***
- ◆ **Election of the 2026-2027 NEARTA Executive.**
Thanks to Ted Gerlinsky for chairing the election of officers. See inside for more.
- ◆ **President Roy Ripkens presented his report and a re-
view of the ARTA Board of Director's September
Meeting.**
- ◆ **With new information from ARTA we will continue
to review and revise NEARTA Constitution / Bylaws.**
- ◆ **NEARTA History & Archives - discussion about what
should be done with the collected documents.**
- ◆ **Guest Speakers: Catherine Miller, RN BScN, Pallia-
tive Care Resource Nurse, Amy Regnier, Nurse Prac-
titioner: "Dignity in Dying: End of Life Care, Pallia-
tive Care, & Medical Assistance in Dying (MAiD)".**



**Winner of the
ARTA Larry
Lambert
Scholarship**

**Ruth Trono of Calgary
is the winner of the
2026 Larry Lambert
Scholarship.**

**The Larry Lambert
Scholarship is granted
to the applicant who
reflects the qualities
that Larry Lambert
was known for: long-
standing commitment
to service, leadership,
and strengthening
communities. It cele-
brates dedication to
education, mentor-
ship, and creating op-
portunities for others,
and supports appli-
cants who demon-
strate similar values
through academic
achievement, commu-
nity involvement, and
volunteer service.
Congratulations!**



***The NEARTA Newsletter is produced four times per
year. If you have suggestions, please send them to the
NEARTA email:***



Contact NEARTA

Email: northeasternarta@gmail.com



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

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



Come to the next NEARTA Meeting:

Tuesday, December 8, 2026, 11:00 a.m.

At the Glendon Seniors' Centre.

See you then!

***"Autumn carries more gold in its pocket
than all the other seasons." – Jim Bishop***





In Memoriam



With sadness we announce the recent passing of three long time NEARTA members.

Larry Lambert passed away August 3, 2026.

Larry Lambert was a long time NEARTA President who provided years of exemplary service to ARTA and NEARTA. Larry continued to serve NEARTA as the Past President sharing his knowledge and experience until the time of his passing. Larry became involved with ARTA and NEARTA in the year 2000, becoming NEARTA Branch president in 2010.

Ed Kubash passed away August 5, 2026.

Ed Kubash was a long time NEARTA member and served on the NEARTA executive as treasurer.

Darlene Sereda passed away June 11, 2026.

Darlene Sereda was a long time NEARTA member and attended NEARTA meetings with her husband Orest.



NEARTA sends condolences to the family and friends of the recently departed. We thank our departed colleagues for their service to their communities and to our organization.

Volunteering: Volunteering gives Canadian seniors a strong sense of purpose, better physical health, and valuable social connections after retirement. According to the Canadian National Seniors Council, older adults who give their time help strengthen local charities and non-profit groups while improving their own lives.

Some Key Benefits of Volunteering:

- **Sense of Purpose:** Giving back adds daily meaning and boosts self-esteem after a career ends.
- **Social Connection:** Working with others fights loneliness, builds friendships, and expands support networks.
- **Better Health:** Light physical tasks improve strength and mobility, while helping others can lower stress and reduce depression.
- **Mental Sharpness:** Tasks that require planning or learning new skills keep the brain active and focused.

*Report of the National Seniors Council on Volunteering Among Seniors and Positive and Active Aging



Happy Thanksgiving

**Thanksgiving Day
Monday, October 12th.**

A little collection of Thanksgiving quotes, blessings, and sayings:

“A basic law: the more you practice the art of thankfulness, the more you have to be thankful for.” Norman Vincent Peale

“Acknowledging the good that is already in your life is the foundation for all abundance.” Eckhart Tolle

“Thankfulness is the quickest path to joy.” Jefferson Bethke

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness.” David O. McKay

“Now is no time to think of what you do not have. Think of what you can do with what there is.” Ernest Hemingway

“Counting your blessings increases them. People who take the time to focus on the things they are grateful for are happier and healthier.” Sheryl Sandberg





“Autumn is a second spring when every leaf is a flower.” -Albert Camus

Alberta’s New Time System (ABT): Alberta has eliminated the practice of semi-annual clock changes and adopted permanent Alberta Time.

Alberta has adopted permanent Alberta Time (previously called Mountain Daylight Time or MDT in Alberta) to eliminate the previous practice of semi-annual clock changes. Its official abbreviation is “ABT.”

Previously, Albertans would advance their clocks during the spring to observe Daylight Saving Time. In the fall, clocks would be reset to Mountain Standard Time. Beginning in November 2026, clocks will no longer reset to Mountain Standard Time, and Alberta will remain on Alberta Time year-round.

Benefits: Permanently adopting Alberta Time will:

- reduce frustrations and disruptions associated with the previous practice of semi-annual clock changes.
- improve predictability for families, businesses, schools, and services.
- align Alberta with neighbouring jurisdictions that have moved away from seasonal clock changes
- reduce confusion for those who live, work, or do business across borders.

From: Alberta Government -
<https://www.alberta.ca/albertas-new-time-system-abt>



The NEARTA 2026-2027 Executive elected at the September 15, 2026 Meeting

♦President - Roy Ripkens

♦Vice-President - Zan Reilly

♦Treasurer - John Orr

**♦Secretary / Communications
- Richard Cameron**

♦Past President - Paul Boisvert

**We look forward to working with you!
Thank you.**

“Sing Your Way to Health” *Excerpts from an ARTA Living Well Article*

Wouldn't it be great if we could do something that gave us great joy and provided increased health benefits too? Well, I've got just the thing. It's music, particularly the music we can make anywhere — singing.

Ten Healthful Benefits of Singing

- * **Relieves stress**
- * **Stimulates the immune response**
- * **Increases pain threshold**
- * **May improve snoring**
- * **Improves lung function**
- * **Develops a sense of belonging and connection**
- * **Enhances memory in people with dementia**
- * **Helps with grief**
- * **Improves mental health and mood**
- * **Helps improve speaking abilities**

If you want to feel connected to others, have less stress in your life, or have a stronger immune system, sing your way home at the end of the day. It may improve your well-being and overall health.

Sing Your Way to Better Health

- ♦ **Take a drive or walk, listening to music and singing along.**
- ♦ **Don't be embarrassed to sing in the shower.**
- ♦ **Sing with your grandchildren and make lasting memories.**
- ♦ **Join a choir or chorus in your community.**

by Rod Lowry, Member, ARTA Wellness Committee, March 17, 2026

Read more: <https://www.arta.net/living-well/mental-health/sing-your-way-to-better-health>



Transitions

I hope everyone had a wonderful summer. Jane and I spent about 6 weeks on the road camping around Alberta and catching up with family and friends throughout the province. It's always good to be back home though! September is a busy month for NEARTA as we will be holding our AGM and hopefully giving consent to our updated NEARTA Constitution. After a year of consultation and editing, I hope that the membership will approve the final draft.

Our September guest speaker was Catherine Miller. She is a palliative care nurse, and she shared her knowledge and insight about medical assistance in dying. I personally enjoyed her presentation entitled "Dignity in Dying". You may recall that the topic of MAiD was the most popular choice in last year's member survey regarding presentation topics / themes. It was certainly in my top three since my personal experiences over the death of my father left me quite determined to take control of my own exit plans. My father acquired early onset Alzheimer's disease in his late fifties. His decline was rather rapid and noticeable with memory issues and lapses in judgment becoming the norm. My mother took over the management of the household and did her best to keep him at home, but as is true with many caregivers, the demands outstrip their ability to provide the constant care required. My dad was institutionalized in a dementia ward for the remainder of his life, eventually passing away at 67 years of age. Although he continued to receive daily care from my mother, nurses and medical assistants, he lived the last two years in a constant state of agitation and fear. He could not recognize anyone and often actively objected to the feeding, bathing and toileting that was required. There was nothing graceful about this exit and I always knew he would not have wanted this. So, when I had the opportunity to fill out the federal government survey on MAiD, I spent three hours providing feedback and real-life examples of changes I thought should be made to the legislation. Hence my interest in this presentation on Dignity in Dying.

♦ Submitted by Roy Ripkens, NEARTA
President



Membership

Join NEARTA or renew your membership. Annual membership is valid from Sept. 1st to Aug. 31st.

NEARTA Membership is \$10.00 per year.

Membership dues can be paid at NEARTA meetings, or pay by e-transfer to:

northeasternarta@gmail.com

For the NEARTA Membership Form, go to:

<https://artabranches.net/nearta/join-nearta/>

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

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



Health Benefits of Stretching:

Stretching helps seniors maintain joint mobility, reduce muscle stiffness, and perform daily tasks more easily.

Key Benefits of Stretching

- **Better Flexibility:** Keeps muscles supple and preserves the full range of motion in hips, knees, and shoulders.
- **Pain Relief:** Eases aches in weight-bearing joints and reduces tension from sitting too long.
- **Easier Daily Routines:** Makes basic tasks like tying shoes, reaching high shelves, or turning around simpler and safer.
- **Improved Posture and Balance:** Alleviates slouching and supports steadier movement when walking.
- **Enhanced Circulation:** Boosts blood flow and delivers oxygen to hardworking muscles and joints.

