



Volume 2 Issue 1

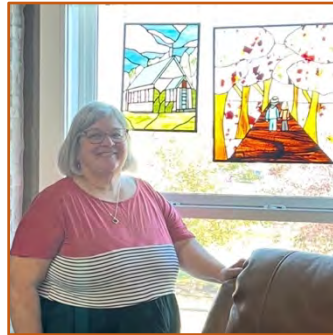
Fall News

November 2022



President's Message

It is my pleasure to serve as NWARTA's new Branch president. Though I know many of our members, there are also many of you that I do not know so I will share a bit about myself. I retired in 2017 from the Grande Prairie Public School District. My last position with GPPSD was principal at Crystal Park School which I filled for the last nine years of my career. I grew up in Grimshaw and have lived most of my life in the Peace country area. My retirement days are filled with family activities as all three of my children (and grandchildren) are here in Grande Prairie, a bit of travel, doing stained glass, and meeting up with friends for visits. To that list, I now add NWARTA duties and events.



I want to thank past president, Joan Godbout, for her support and taking me under her wing as I learn about what my new role entails. I am grateful also for the support of past executive who are continuing in their roles, new executive, and of course the encouragement from ARTA's past president, Lorna McIlroy. Having Lorna as a member of our Branch is a tremendous asset and we benefit from her expertise!



ARTA's Annual General Meeting

October 4, 5 in Edmonton



I recently attended the Annual General Meeting of the Alberta Retired Teachers' Association (ARTA) where a new executive was elected. You will find details later in this newsletter. I want to share a few other interesting tidbits from the information shared by ARTA and presentations by the ATA, and ATRF (Alberta Teachers' Retirement Fund).

- * There are 29 ARTA members that are 100 years of age or older.
- * The oldest ATRF pensioner is 104 years old. She has been receiving pension for 45 years!
- * 87% of ATRF pensioners live in Alberta, 9% in British Columbia, 4% elsewhere.
- * The ATRF pension plan is in excellent shape, 98% funded at this time. The plan pays \$88 million/month to pensioners.
- * The ATA is focusing on promoting quality education through various campaigns

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leading to the spring provincial election. This includes a rally on the legislature grounds on October 22nd and round table conversations in communities around the province.

I encourage you to keep your memberships active with both ARTA and with us, your local branch, NWARTA. I look forward to meeting you at local events soon!

Charlene Ungstad 

Upcoming Events

December



The St Nicholas Luncheon for NWARTA Members and Guests

Tuesday, December 6th 11:00 – 1:30

11:00 Coffee & Mingling
Starting 11:30 Sharp

It will be a delicious turkey meal with all the traditional trimmings.



\$30 Get your advanced tickets by November 30th. Pay by e-transfer to nwarta.treasurer@gmail.com (Maxine Maxwell, NWARTA Treasurer)

or mail your cheque to

NWARTA Box 1435 Grande Prairie, AB T8V 4Z2

The luncheon will be at the Grande Prairie Legion #54

9912 - 101 Avenue, Grande Prairie

(Parking is available on both sides of the street, along the building and the lot to the east.)

Thinking you might want “to do” lunch at the Legion one Friday this winter?

Check for announcements of upcoming winter luncheons and gather with your NWARTA friends at the Grande Prairie Legion #54.



Charlene will let you know by email;

she will post it on NWARTA's Facebook Page [NWARTA](#), and it will appear on the NWARTA website

<https://www.artabranches.net/nwarta/net>

Already looking forward to Spring 2023?



NWARTA's 7th New Frontiers Retirees' Conference

is scheduled **Monday, April 24, 2023**

With the stress of the last 2+ years, the planning team is focusing on

Fun ... *Laughter* and ... *Entertainment*

Links to Articles You May Find Interesting

Tips for Older Adults to Regain their Game After Being Cooped Up



“Understand that this has been a time of psychological trauma for many people, and it has impacted the way we behave,” said Dr. Thomas Cudjoe, a geriatrician at Johns

Hopkins Medicine in Baltimore. “We’re not going to go back to pre-pandemic activity and engagement like turning on a light switch. We need to respect what people’s limits are.”

If you would like to read this article, go to *Navigating Aging* --

<https://khn.org/news/article/tips-for-older-adults-to-regain-their-game-after-being-cooped-up-for-more-than-a-year/>

The Relationship Between Mental Health and Cleaning *(Oh! Really??)*

“Keeping your home clean and engaging in the cleaning process is good for you ... clutter and mess is linked to negative emotions like confusion, tension, and irritability while an organized home tends to produce more positive emotions like calmness and a sense of well-being.”

If you would like to read the article, go to --
<https://www.verywellmind.com/how-mental-health-and-cleaning-are-connected-5097496>



NWARTA's Annual General Meeting

The Philip J Currie Dinosaur Museum hosted NWARTA's Annual General Meeting on June 13th, such a **great gathering place** especially after two virtual general meetings. Of course, the morning began with coffee and time to reconnect.

Those in attendance received and approved the 2021-2022 Branch Report, Financial Statements, and 2022-2023 Budget. What was most valuable were the many suggestions that came forward ... **a great start for the 2022-2023 Executive/Planning Team.**

Thank you to Lorna McIlroy who was returning officer. Nominations to the NWARTA Executive Team were presented, the positions to be determined at the first meeting in late August.

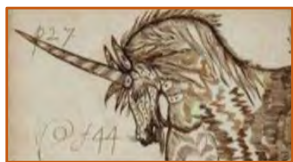
The 2022 - 2023 NWARTA Team

On August 31, Joan Godbout gave notice that because of changing life circumstances, she could not remain as president, stating she would, however, like to remain as a branch director. **NWARTA will be well served with Charlene Ungstad** taking the helm as president. **Perry Schofield** assumed the position of vice president, **Gail Schau** became the branch's secretary, **Maxine Maxwell** remained treasurer, **Martin Hanam** and **Karen Goad** agreed to be directors.



Back Row: Maxine Maxwell, Perry Schofield, Martin Hanam, Karen Goad.
Front Row: Joan Godbout, Charlene Ungstad, Gail Schau.

The Natural History of the Unicorn

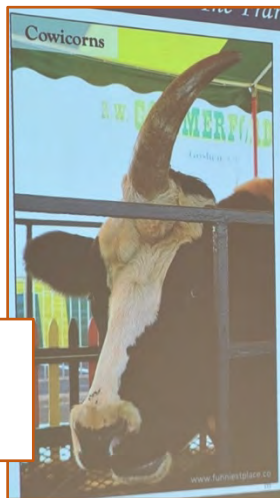
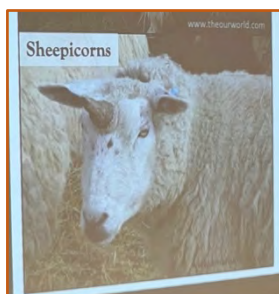


Following the business portion of the Annual General Meeting, members were delighted by **Dr Emily Bamforth's presentation**. Dr Emily is Philip J Currie Dinosaur Museum's palaeontologist and curator.



Dr Emily's interesting and entertaining presentation explored the theological and scientific history of the unicorn. She asked the questions: what animals and fossils might have contributed to the discovery of this hypothetical creature?

Geneticist of not so long ago tried to create one-horned animals; they experimented with cows, sheep, even giraffes.



Building a Genetically Engineered Unicorn -- The Problem with Horns

Following a wonderful lunch at Café on 43, members were treated to **a tour of the fossil lab** "explaining the removal of dinosaur fossils from their encasing rocks".

Dr Emily also spoke of the Museum's volunteer program in the fossil lab where steady-handed volunteers get hands-on

experience working to remove fossils that may be used for future research and study.

If you want to get your hands dirty in the fossil lab check --

<https://dinomuseum.ca/fossil-prep-lab>

You may want to read about the *Legend of the Unicorn* or watch a YouTube of a similar unicorn presentation Dr Emily gave while she was at McGill University.

<https://www.mcgilldaily.com/2013/10/the-legend-of-the-unicorn/>

<https://www.youtube.com/watch?v=e4m2xyau3tg>





Thank you, Barry, Alice, Liz and so many others who worked over many years to make this such an enjoyable tradition.

Thank you!
@CurrieMuseum
@EL_Bamforth
www.dinomuseum.ca



Celebrating the 1st Day of School

Several ARTA Branches have the tradition of gathering for breakfast to celebrate the first day of school. Some even use the rhyming title *To Hell with the Bells* for their event.

On August 31, over 80 retirees from the northwestern area gathered at the Grande Prairie Golf and Country Club to enjoy a great breakfast. **The chatter, laughter, and sheer volume in the room was reminiscent students' first days** when they come back and are meeting friends they haven't seen all summer.

I've been told this breakfast's tradition started with the Grande Prairie Public Teachers. Barry Edgar with a small group had been planning the event for 22 years. Adding to the tradition,

Barry graciously invited NWARDTA to attend the event. Last year he asked if NWARDTA would take over. It is a tradition, NWARDTA is proud to continue, and Lorna McIlroy assumed the helm in planning the event.

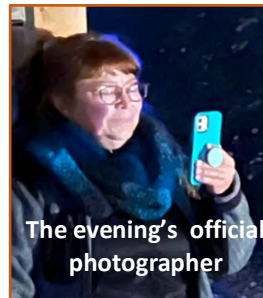
See pictures of the event on page 6.

Seniors Reading Theatre Perform at the Heritage Village Folktales Tour

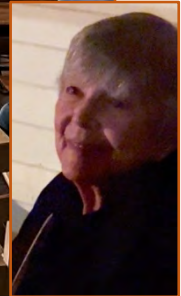
October 14, 15

Several NWARDTA members are part of the Seniors Reading Theatre. And of course, many of you may recall they've entertained us twice at the St Nicholas Luncheon.

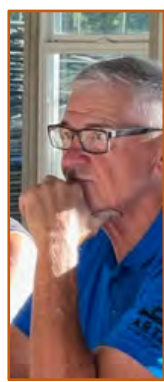
As in previous years, the Readers performed at the Museum's **Heritage Village Folktales Tour**. Tales based in truth, with perhaps elements of fiction were told in the spooky darkness of the Museum Village.



See Bethé's photos of the event on the Seniors Reading FB page <https://www.facebook.com/SeniorsReadingTheatreGP/>

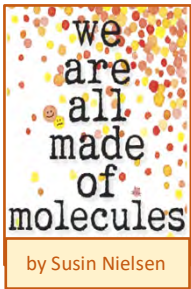


A Few Back-to-School Breakfast Photos



Every day is a Saturday when you're retired.

Needing Something to Read?



This title caught my eye when searching the GP Library's list of new eBooks. ***We are all Made of Molecules*** by **Susin Nielsen** centers around the drama of two siblings who come together in a blended family.

Stewart (age 13) and Ashley (age 14) could not be more different. Stewart is academically gifted but socially stunted. He has attended a privileged private school solely focused on academics. Now in a public school, he is far younger than his classmates and struggles to fit in, understand the people in his new school and home.

Ashley, on the other hand, is a "with it" girl who has horrible marks. She struggles with what her peers will think now that she's saddled with a geeky stepbrother. Image and social position are of utmost importance to her.

There are several light-hearted incidents as they come to terms with changing family dynamic, sibling rivalry, adolescents' social conflicts, and most importantly, acceptance of one another's differences.

"Susin Nielsen, a west coast Canadian, has been a script writer for *Degrassi Junior High*, *Heartland*, *Arctic Air*, and *Robson Arms*, which she co-created." She writes teen (young adult) fiction, but **this novel crosses the boundary of age** and presents an *un-Brady Bunch* family. **A read well worth your time.**




Thank you, Grande Prairie Live Theatre, for giving Nwarta tickets to use in door prize draws.



 **Jeanette Borstad**, Nwarta's secretary, resigned earlier in the year when she and her husband relocated to be closer to their family. We will miss the energy and insightful contributions Jeanette brought to the group. Thank you for the many hours spent lending a helping hand.



 **Cliff Mitchell** was unable to return to the



Team this year. We are so grateful for his input and the work in hosting virtual and in-person events.

Also, a big thanks to Joyce for her help.



At NWARTA's AGM **Yvonne Mury**

returned for her fourth term as a director; however, later in the summer she announced she would not be able to continue. Again, we greatly appreciate her work and the energy she brought to the Team. Always such good ideas!!



Lorna McIlroy has

held several positions in NWARTA; her contributions in each role have been incredible. Even though Lorna will no longer be NWARTA's Past President, she has agreed to continue to work in planning the Back-to-School Breakfast as well as volunteer at Branch events. We appreciate the experience and wisdom she brings from serving ARTA retirees across the province.



Serving Fellow Retirees

While Zoom has been great during Pandemic times, the NWARTA Executive was certainly happy to be together once again. **After all, we are social creatures who enjoy being and working together.**

April 2022 was the NWARTA Team's first face-to-face meeting in a very long time. However, as winter approaches, there is no doubt **hybrid meetings will be part of NWARTA.**



The Branch needs helping hands.

Changing circumstances in some executive members' lives has left us needing. If you are able, **we would love to have you join the team and you might want to come to planning meetings via Zoom** when it's cold.

Interested? Contact President Charlene or Secretary Gail

nwarta.president@gmail.com or northwesternretiredteachers@gmail.com



On the NWARTA website, in the section **Our Busy Members**, read the delightful article on **Eva Carrell Foster's**, one of the Peace Country's honoured centenarians. <https://artabranches.net/nwarta/wp-content/uploads/sites/14/2022/11/Iva-Foster-BIO-Oct22.pdf>



Would you like to share your retirement story?

... or perhaps you would love to share one of your retirement experiences?
... or you might even like us to feature one of your NWARTA buddies?

Let us know, email

nwarta.pastpres@gmail.com (Joan Godbout)

Sadly, additions have been made on the **Remembering Colleagues** webpage; our goal is to honour northwestern area colleagues. Find this at --

<https://artabranches.net/nwarta/remembering-colleagues/>



From the
ARTA Website –



Featuring Two Wellness Articles

You may want to read Erika's article about puzzles for wellness found on the ARTA site.

May 11, 2022

Making Puzzles for Wellness

by Erika Foley

<https://www.arta.net/news-events/wellness-tips/making-puzzles-for-wellness/>

ADHD in Seniors?

July 4, 2022 by Deb Gerow

*An
interesting
read!*

“**Many older adults struggle with some aspects of attention, memory, and planning.** They may have difficulty following conversations and find themselves interrupting others. Their memory is not consistently failing but cannot be counted on to be reliable. **They can be easily thrown off course in the middle of a task.** Things are misplaced, and words or names are forgotten, at least temporarily. **They may have difficulty with time management,** establishing a daily routine and sticking with it. They may also fidget, feel restless, or experience random thoughts passing through their mind. ... **many seniors visit their doctor to ask for testing for dementia** or mild cognitive impairment (MCI). But **perhaps** these are not the real culprits. **It may be ADHD** that is really causing them difficulty.

You may wish to read the entire article on the ARTA website

<https://www.arta.net/news-events/wellness-tips/adhd-in-seniors/>



National Day for Truth and Reconciliation

Grande Prairie, September 30th

A few NWARDA members participated in the **Orange Shirt 5km Walk** from the pavilion at Muskosepi Park to the Friendship Centre on September 30th. What an incredible afternoon with speakers at the Muskosepi amphitheatre, crafters, and a healing jingle dance. Later, there were drummers and jiggers.

Unlike this year, 2021 activities were limited. NWARDA initiated an online activity with a prize of an orange t-shirt. Unfortunately, at the time the t-shirts were sold out.



Cate Sazwan, the winner of an orange t-shirt,

received hers this September for last year's prize draw.



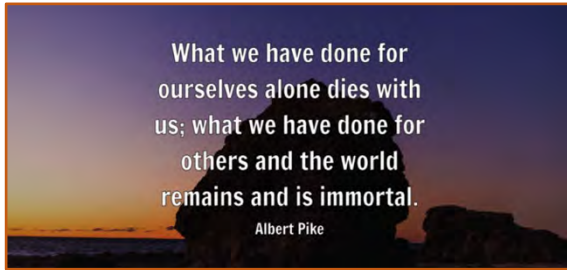
A Little More about ARTA's 59th Annual General Meeting

The Holiday Inn, Edmonton South was the physical site of the Alberta Retired Teachers' Association Annual General Meeting on October 4 – 5. A few delegates joined the two-day event via Zoom. In addition to Branch delegates from the 18 ARTA Branches, there were representatives from the six ARTA Committees, the ARTA Trust, the Charitable Foundation, and of course, several members of the ARTA staff.

President Charlene Ungstad represented the Branch and **NWARDA was eligible to have two delegates** – Joan Godbout (who attended virtually) and Perry Schofield.

ARTA President Lorna McIlroy began the AGM with greetings. This was Lorna's third AGM as president, but her first opportunity to physically chair the meeting.

Lorna went on to mention **the personal value of being a volunteer** with reference this Albert Pike quote.



Lorna also expressed appreciation to the ARTA management team and staff for their work during Pandemic-times. The staff has been terrific in planning and organizing for the business and social events of this AGM.



Elections were held for the executive positions as well as the ARTA committees.

 Here is the **2022-2023 ARTA Executive.**



President Deb Gerow is from Elk Island Retired Teachers' Association (EIRTA).



Vice President Léo Richer is from Central Alberta Retired Teachers' Association (CARTA).



Treasurer Lawrence Hrycan is from Wolf Creek Retired Teachers' Association (WCRTA).



Past President Lorna McIlroy remains as a member of the ARTA Executive. Lorna is from the Northwestern Alberta Retired Teachers' Association (NWARTA).

In her acceptance, newly elected President Deb Gerow acknowledged **the four previous ARTA presidents in attendance** –

Lorna McIlroy, Marilyn Bossert, Juanita Knight and Gordon Cummings

ARTA's Chief Executive Officer, Daniel Mulloy, added that the five ARTA presidents would be honoured with an ARTA version of Mount Rushmore. I'm not certain, but he may actually build a mountain carved memorial. Time will tell.



🍁 ARTA is Special Local #1 of the Alberta Retired Teachers' Association



ATA President Jason Shilling, spoke of Alberta's current political climate and the ATA's work with the provincial government to "make education a priority ... with sound educational policy". This will include a three-phase plan: the October 22 Rally at the Legislature, Round-Table conversations with the Locals and work in preparation of the 2023 provincial election.

MY words, YOUR words, OUR words.

We would love to include your contribution to the Winter (February) newsletter.

Email nwarta.pastpres@gmail.com



I may not say everything perfectly.
I may not do everything perfectly.

But if my heart is in the right place,
and I try my best,
then I am OK with that.

Joan Godbout



🍁 **Fall and the cold weather coming calls for comfort food.** You may want to try this recipe.

🍁 Shepherd's Pie 🍁

Topping -- Cook 2 large russet potatoes. Drain and let the potatoes rest, allowing the liquid to evaporate before mashing.

Mash and add:
8 Tbsp butter
1/3 c half & half
1/2 tsp garlic powder
1/4 c parmesan
Salt and pepper

Meat Mixture -- Brown on med-high for a few minutes
1 lb ground beef

Add and cook for an additional 8-10 minutes:
1 c chopped onion
2 tsp dried parsley
1 tsp each dried rosemary and thyme
Salt and pepper

Blend in:

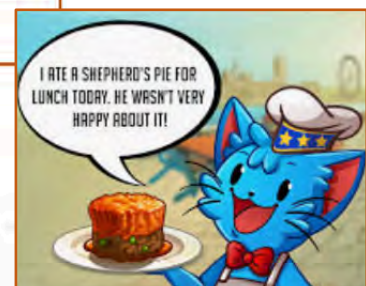
1 Tbsp Worcestershire
2 minced cloves garlic
2 Tbsp all-purpose or gluten-free flour

Add 1 c beef broth. Bring to a boil and simmer 5 minutes to blend flavours.

Finally add a mixture of your favorite frozen vegetables -- possibly 1 c frozen peas and carrots and 1/2 c corn

Assemble -- In an 9x9 casserole dish (you may wish to use a cooking spray) spread the meat, top with the mash potato mixture.

Bake in 400°F preheated oven 25 – 30 minutes; allow the pie to rest for 15 minutes before serving.





ADDENDUM to Fall News November 2022



Volume 2 Issue 1 Addendum



A Change ... and one more reminder

Please note the change in starting time from 11:30 to 11:00 for finding a table with friends, coffee, mingling ...

December



The St Nicholas Luncheon for NWARTA Members and Guests

Tuesday, December 6th 11:00 – 1:30

11:00 Coffee & Mingling

Starting 11:30 Sharp

It will be a delicious turkey meal with all the traditional trimmings.



\$30 Get your advanced tickets by November 30th. Pay by e-transfer to nwarta.treasurer@gmail.com (Maxine Maxwell, NWARTA Treasurer)

or mail your cheque to

NWARTA Box 1435 Grande Prairie, AB T8V 4Z2

The luncheon will be at the Grande Prairie Legion #54

9912 - 101 Avenue, Grande Prairie

(Parking is available on both sides of the street, along the building and the lot to the east.)



A Correction

First, a correction is needed in the Fall issue

At the top of page 5 – please change to **Lorna McIlroy**.

Lorna, please accept my apology. And if I've made other blatant errors, again my apologies



Photos from ARTA's Annual General Meeting

Also, we've received pictures from ARTA Marketing that I wanted to share. They were just a little too late to include in the *Fall News*. Great photos of the ARTA's Annual General Meeting, October 4, 5.




 Marilyn Bossert (ARTA Past President) and Lorna McIlroy (ARTA President) getting ready to start the meeting. Notice Lorna's school bell.




 Lorna McIlroy (ARTA President) and Daniel Mulloy (ARTA's CEO)




 The business of the AGM has several entertaining moments.



 Marilyn Bossert (ARTA Past President)



 Deb Gerow (Newly Elected ARTA President)



 **FIVE ARTA PRESIDENTS –**
Deb Gerow, Lorna McIlroy, Marilyn Bossert, Juanita Knight and Gordon Cummings



NwARTA is one of the eighteen branches of the Alberta Retired Teachers' Association.