



NEWSLETTER

April 8, 2018

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Editor: David Flower



Photograph: Joyce Keltie

I'm back – a herald of spring!

This week's Breakfast Meeting
THE 2018 SILENT AUCTION



Photograph: Joyce Keltie

Footprints in the snow

Welcome to STARTA's April breakfast meeting

Time of your life! Are you ready?

Spring has come and it is time for STARTA members to sign up for the annual **Wellness Challenge**. This year there has been a **major change**. Members are being encouraged to focus on personal wellness and can track and record time spent doing any activity which improves their life, whether it be walking, meditation, gardening, bicycling, cross country skiing, swimming, weightlifting or more! The intent of the change is to broaden the scope and make the challenge more inclusive. Of course, if walking is your preference you can still do that—just record time instead of steps!!

The challenge runs April 1 to June 30. Then report your best 30 days.

Sign up and pick up a "Personal Wellness Log" at our meeting April 6 or contact Ardyth at starta.press@hotmail.com. Last year over 30 percent of our members participated. **We were very close to winning the Branch category. Together we can win it this year!**

There are digital pulse rate monitors available for the first 30 registrants.



What a morning!

- 8:00 I made a snowman
- 8:10 A feminist passed by and asked me why I didn't make a snow woman?
- 8:15 So I made a snow woman as well
- 8:17 The neighbour's nanny complained about the snow woman's voluptuous chest
- 8:20 The gay couple living nearby grumbled that it could have been two snowmen instead
- 8:25 The vegans at #12 complained about the carrot, as veggies are food and not to decorate snow figures
- 8:28 I am being called a racist because the snow couple is white
- 8:31 A Muslim gentleman across the road wants the snow woman to wear a headscarf
- 8:35 A First Nations group stopped and said that the project had been built on what was once their traditional land without their consultation and approval. They want an apology and compensation

- 8:40 Someone called the cops who show up to see what is going on
- 8:42 I am told that the broomsticks of the snowman need to be removed because they could be used as deadly weapons. Things became worse when I muttered an obscenity
- 8:52 My phone is seized and thoroughly checked while I am blindfolded and flown to the police station in a helicopter
- 9:00 I am in the local news as a suspected terrorist bent on stirring up trouble at this sensitive time
- 9:10 I am asked if I have any accomplices
- 9:29 ISIS just claimed responsibility.

NRA response to high school shooting

On February 14, 2008, a gun entered Marjory Stoneman Douglas High School in Parkland, Florida, and killed 17 people and wounded a further 17.

On February 22, 2008, Wayne LaPierre, the executive vice President of the National Rifle Association (NRA) addressed a Conservative Political Action Conference in Maryland. As well as recommending that armed guards should be established in schools, Mr. LaPierre blamed the following seven reasons for the attack on this school and other schools in the United States:

1. Insecure schools
2. Family structure
3. Mental health system
4. The FBI
5. Mainstream media
6. Democrats
7. European Socialists

The NRA is the most powerful lobby group in the United States.

The Silent Auction

This is just a reminder to bring your silent auction donations to the golf club on Thursday, April 5 between the hours of 1:00 pm and 5:00 pm. We will be there to receive your many donations! The following day, at the Silent Auction, you may use cash and/or cheque for your purchases. The money collected from the auction will go to support the activities of STARTA. Thank you in advance for your support.

Debbie Kelley



Photograph: Joyce Keltie

Hard paddling on hardwood

Different acronyms

There is little more annoying to a reader or listener to be bombarded by acronyms. The assumption is that the recipient of the information is expected to know what the initials stand for and many times that is open to interpretation. Here are some possible examples:

A I **A**dvanced **I**diocy
 IT **I**nept **T**wat
 USB **U**seless **S**illy **B**utton
 HTTP **H**ow **T**o **T**hwart **P**rogress
 WWW **W**orld's **W**andering **W**ays



Writing Your Way into History :
A workshop to get you started on a Family
History Project
with Bob Layton

At Red Willow Place
St. Albert Seniors' Assn. 7 Tache Street
April 13th, 2018 2:00 - 4:30 p.m.
Cost: STARTA member - \$10;
non-member-\$15

Limited space available. To reserve your place email
starta.pres@hotmail.com

Refreshments available for purchase

Sponsored by Alberta Retired Teachers' Assn.

news&views Writing Contest 2018-03-29

Do you have a story inside you, or a bent for poetry? This may be your opportunity to write it and have it published! The ARTA publication *news&views* has announced the 2018 version of its **Writing Contest** with the deadline for entries **Friday, November 16, 2018**. Winners will be announced in the Spring issue of *news&views* in March 2019. There are three categories: Flash Fiction; Poetry; and Once Upon a Time, A Tale for Children. For more information go to www.arta.net/writing-contest/ or check the current issue of *news&views*.



Photograph: Joyce Keltie

Snow Bunny with two Easter Eggs

Editorial Musings

Every two weeks or so I have a visit from the Jehovah Witness representatives. Invariably we have a religious chat about the pamphlet that they leave with me and the most recent one about the Four Horsemen of the Apocalypse has proved particularly interesting. As I am sure you all know the four horsemen, representing Conquest (Pestilence), War, Famine, and Death are prominent in the book of Revelations in the Bible and are linked to the “end of time.” My visitors gave me a pamphlet that describe the apparent process toward the apocalypse as having begun with World War 1. After they had left I decided that I needed to know more about this prediction. I purchased a book published in 2014 and written by William Rosen entitled *The Third*

Horseman: A Story of Weather, War and the Famine History Forgot. It deals with climate change and the great famine of the 14th century specifically as it affected Britain and Western Europe. It is not an easy book to read but Rosen’s explanation of climate change and its effects on the population and the subsequent famine would suggest that the four horsemen were already in action in the 14th century. The next discussion will be interesting because, although the author of Revelations might have a valid point, we appear to have had visits from the four horsemen at other times in history and we are still surviving!

How fast can you read?

How would you like to be an elected Congress representative sitting in Congress and being presented with a **2,232 page** budget document that you will be expected to vote on the following day? That is what happened in the United States Congress on March 22, 2018. An Omnibus Budget Bill was tabled in the House which had to be approved immediately to avoid the U.S. government having to shut down because of lack of funds. Omnibus Bills are a common means of bundling a number of sometimes controversial pieces of money-involved legislation that really should be voted on separately but which, if put in with a more significant bill, can often be passed quickly without much debate. The Bill the Republican-dominated Congress was asked to approve was for a total of \$1.3 trillion. The report of this legislation appeared in *Politico* on March 23 and entitled “Here’s what’s in the budget bill nobody’s bothered to read” by Michael Grunwald.

ARTA 2018 Photo Contest

It is not too late to enter the sixth annual photo contest. All regular and affiliate ARTA members are eligible to enter. Photos must be received by ARTA no later than 4 pm, May 31, 2018.

Categories are: **Travel**, **Well-aged**, **Small Things**, **Black and White**. Prizes for Best of Category and Second Place. For more details go to www.arta.net and type Photo contest in search box.

Letter to the Editor

“A Different Point of View” by Emil Guzik

Many people are praising President Trump for cutting taxes for the wealthy believing in the trickle-down economic theory. Nobody can illustrate that the theory works. In fact there is an increasing spread between the 10 percent of the US population that owns 76 percent of the wealth and everybody else. Have things become so much better economically under Donald Trump than under Barack Obama? When President Obama was elected, the US was under economic collapse from the trickle-down economics practiced under President George Bush Junior. President Obama not only turned things around but prosperity and jobs were on the up-swing in the U.S. when President Trump took over. Will they still be when this President has completed his two four year terms?

The worst economic and environmental disaster on the horizon is climate change but the US has withdrawn from the Paris Climate Accord. That withdrawal will place the US behind other countries in having superior green energy technology. Furthermore the decision causes politicians in other countries to question climate change contrary to the conclusions presented by environmental scientists.

Canada has also to be very concerned about the President's replacement of his National Security Advisor and his Secretary General. Both the new officials in these offices, John Bolton, as National Security Advisor and Mike Pompeo as Secretary General are known as military hawks.

The reason Canadians should be concerned about what is happening in the US is because Canada is tied economically, militarily and environmentally to the U.S. and we will be affected by decisions made by the President.

ARTA wins National Award

Our provincial association was recently awarded the National Employer of Choice Award. This award recognizes organizations that have committed themselves to become better managers of both financial and human resources. This is a great tribute to the talented and dedicated staff that work to fulfill their mission:

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

Last Dinner Theatre of the Season

A double header! (but not baseball) Two one act plays They are about breakfast, in a way Double the laughs.

Two for the price of one Same place, same price (\$52.50), same great food. A choice of nine dates: April 26, 27, 28. May 4, 5, 6, 10, 11, 12.

The plays are “A Mad Breakfast” and “When God Comes for Breakfast, You Don't Burn the Toast.”

Tickets: www.stalberttheatre.com or 780-222-0102.