



NEWSLETTER

March 2, 2018

Co-Presidents: Ardyth Garrison and Peggy Bergmann
Editor: David Flower



Schneeglöckchen

Today's presentation will address
“How becoming more active can revitalize muscle,
sharpen minds and inspire our souls.”

with

PAUL ROBINSON

Fitness trainer and Consultant

Today's speaker

Paul Robinson is a fitness columnist with the *Edmonton Journal* and is the owner of *KR Personal Training*. He has 29 years experience as a fitness trainer, executive speaker and consultant in the fitness industry. **STARTA thanks ARTA for the grant received to permit us to have Paul make his presentation to us.**

STARTA presents

Bob Layton on how to write your family history

on Friday April 13, 2018 from 2:00—4:30 pm

at Red Willow Place

(St. Albert Senior Citizens' Centre)

Bob (with the help of his puppet!) will present this workshop especially for STARTA members and friends. He will use his own stories to help trigger memories that you will want to record for your family. You will receive a workbook to write in during the session,

Please register and pay at our Friday, March 2, breakfast meeting. Cost per person is \$10, non-members \$15.

Maximum space available 54.

Once again STARTA wishes to thank ARTA for providing a grant to assist in the presentation of this workshop.

Silent Auction

We will be having a Silent Auction at our STARTA breakfast meeting on Friday, April April 6. This is a reminder for those

interested to begin collecting items to be donated to this event. We will not be accepting glassware with a company logo, candles, Christmas items, body care items, reading material, records, clothing, golf clubs or jewellery. After the breakfast you will be responsible for picking up any of your unsold items.

PLEASE BRING YOUR DONATIONS TO THE STURGEON VALLEY GOLF AND COUNTRY CLUB ON THURSDAY, APRIL 5, BETWEEN 1 pm and 5 pm. Some of the executive members will be there to help you. **WE ARE ALSO ASKING YOU TO BRING YOUR ITEMS ON THIS DAY INSTEAD OF FRIDAY MORNING.** Perhaps a friend can bring your items if you are unable to do it yourself.

Debbie Kelley



Woman's revenge

“Cash, check or charge?” I asked, after folding the items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote control for a television set in her purse.

“So, do you always carry your TV remote?” I asked. “No”, she replied, “but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally.”

Editor's thoughts

In no specific order, winter is almost over and we will very soon have the spring equinox with 12 hours of daylight and 12 hours of dark. This eventful happening will herald a rush into spring and it will be gardening time again. My success this winter has been staying on my feet while walking the dog every day.

The Olympic Games are over for another two years and despite a few disappointing performances Canada's medal count is very presentable and as an observer I have to congratulate the Tanzanian skier and the Jamaican bobsledders for giving it a try. None of those sports are easy and as I get older some seem more and more crazy.

The United States president is still tweeting and things do not seem to be getting any better. Those pesky Russians just seem not to want to go away, indeed they seem to be becoming even more involved in the democratic elections all over the place. I think the creators of social media and all the associated instant communications programmes have a great deal to answer for in opening up the Pandora's communications box to anyone capable of manipulating it.

In addition we have the potential of a war between Israel and Iran further spreading the conflict zone in the Middle East. What a mess it could end up!

Finally there is the issue of multiple shootings in some American schools. I find the President's proposed solution totally unbelievable that some teachers in each school should be permitted to carry hidden weapons thereby deterring possible shootings. The president of the National Rifle Association (NRA) in speaking of the latest shooting in Florida explained that the only groups promoting the limitations on gun use were socialists or socialist lead groups who wanted to destroy the U.S. capitalist system. According to NBC News the NRA contributed \$21 million to President Trump's election campaign and a total of \$36.6 million mostly to Republican candidates. Now there's a thought – a huge conspiracy theory!!!!



Who does what?

A man and his wife were having an argument about who should brew coffee each morning. The wife said, "You should do it because you get up first, and then we don't have to wait as long to get our coffee". The husband argued, "You are in charge of cooking around here and you should do it because it is your job and I can just wait for my coffee." The wife replies, "No, you should do it, and besides, it is in the Bible that the man should brew the coffee." The husband replies, "I can't believe that, show me." So the wife fetches the Bible and opens it at the New Testament and shows him at the top of several pages, that it indeed says 'HEBREWS.'



ARTA Notes

ARTA members have Edvantage.

Edvantage is a savings programme exclusively for members of the education community. As an Edvantage member, you have access to special offers, exclusive events and savings from some of the biggest names in travel, entertainment, electronics, health and wellness, education and more.

Merit Travel is one Edvantage partner that recently reached out to branches in our area.

They offer a variety of discounts and services available to members. You can access these with a call to the toll free number that is dedicated to ARTA members: 1-844-408-1770.

Visit the www.edvantage.ca website to view all Edvantage partners and their offers.

"Little Sprouts"

"Little Sprouts" is a field trip program for Grade One students in St. Albert. It takes place at the St. Albert Botanic Park. The program is now in its tenth year. It involves the children learning about plants in five different learning centres with hands-on experience, seeds, scents, roots, what plants need to grow and what parts of the plant we can eat. The program involves music, stories and poetry to complete a well-rounded study culminating with children planting two sunflower seeds which they can then take back to school.

It is a 75 minute program led predominantly by retired teachers. It takes place on Tuesdays and Thursdays in May each year and coordinates with the objectives of the Alberta Science curriculum for Grade One. Teachers and parents have been thrilled with the program and we all hope it will continue to be successful. We are looking for future centre supervisors and particularly for retired teachers to volunteer as substitutes in order to ensure the continued success of the program. If interested please contact one of the following retired teachers: Susan Supruniuk, Maurine Maslan, Vi Oko, Mary-Pat O'Neill or Eryl Jones (780-459-8407).

God may have created man before woman, but there is always a rough draft before the masterpiece.



Building Connections

7th Annual Wellness Conference for Retirees

Save the Date: September 6, 2018
Chateau Louis Conference Centre
Edmonton, Alberta T5G 3A1

\$85 Early Bird fee
prior to June 30, 2018

For more information, visit
secondwindconference.ca



The Silent Treatment

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day he would need his wife to awake him at 5 a.m. for an early morning business flight. Not wanting to be the first to break the silence (and thereby LOSE), he wrote on a piece of paper "Please wake me at 5.00 a.m." He left the note where he knew his wife would find it. The next morning, the man woke up, only to discover it was 9:00 a.m. and he had missed his flight. Furious he was about to go and see why his wife had not wakened him, when he noticed a piece of paper by the bed. The paper said "It is 5 a.m. wake up." Men are not equipped for these kinds of contests!