



ST. ALBERT AND AREA  
RETIRED TEACHERS' ASSOCIATION  
**BULLETIN** *May 1, 2019*

*May 9, 2019 Barbeque*

*At Sturgeon Valley Golf and Country Club*

Doors Open: 5:30 pm *(Please do not arrive early!)*

Dinner: 6:30 pm

Cost: \$27 for STARTA members & \$32 for non-members  
*Please bring correct change if possible.*

**PLEASE NOTE: TICKETS MUST be purchased in  
advance prior to May 5, 2019.**

**WE CANNOT SELL TICKETS AT THE DOOR!**

MENU: 6 oz. steak, garlic bread, baked beans, baked potato, salads, squares, fruit tart. Bar will be open.  
If you have specific dietary requirements, please contact Marian.

Our co-presidents, Debbie Kelley and Marian Oberg, will have tickets available for purchase on Saturday, May 4, 2019, from 10:00 until 1:00 pm at the Sturgeon Valley Golf and Country Club. You could also contact Marian by phone ( 780-459-4764) or email ([startacontact@yahoo.com](mailto:startacontact@yahoo.com)) to make a reservation, and to make arrangements to pick up and pay for your ticket.

## UPCOMING EVENTS:

**Summer Picnic:** Plan to meet for a potluck picnic on July 24, 2019 at the St. Albert Lion's Park. Please sign the interest sheet at the Barbeque, or contact Eryl Jones to let her know you are interested in attending. Committee members will phone with further information prior to the event.

**Off to the Races:** A day at the thoroughbred races in their new venue is being planned for a Saturday in late August. To indicate an interest in attending, please sign the sheet at the Barbeque. Also, watch for details in our June News Bulletin.

### **FANTSTIC FABRIC FRENZY** by *GANG/ The Stephen Lewis Foundation*

If you sew, quilt or knit, check the May 4<sup>th</sup> fabric sale hosted by the GANG group for amazing bargains. This Fabulous Fabric Frenzy is on May 4<sup>th</sup> from 9:00 am – 3:00 pm at Hardisty School, at 10534 62 Street, Edmonton. Admission is only \$2.00. Please check our website to get more information about the fabric sale and our projects.

Submitted by Kate Gale STARTA member and Fabric sale coordinator <https://edmgrandmothers.org/>

### “Get Moving” ARTA Wellness challenge

It is not too late to join the Wellness Challenge. All you need is your 30 ‘BEST’ days before the end of June. Record your daily physical activity with the TOTAL minutes spent, starting today! To join and have your minutes added to the STARTA record, send your name and email address to [mroberg@telusplanet.net](mailto:mroberg@telusplanet.net), or phone Marian at 780-459-4764. You will need to send in a record of your ‘30’ BEST days before July 5<sup>th</sup>, 2019.

Submitted by Co-President Marian Oberg

### **Second Wind Conference 2019**

The 8<sup>th</sup> annual Second Wind Conference for retirees will be held at the Chateau Louis Conference Centre at 11727 Kingsway Avenue on Thursday, September 5, 2019.

Register before July 19, 2019, to take advantage of the early bird fee of \$85. After July 19, the registration fee for the conference will be \$100. Some copies of the registration form will be available at the registration table at the STARTA barbecue on May 9.

Submitted by Vi Oko for ARTA

## 2019 ARTA Annual Golf Tournament

The Edmonton Retired Teachers' Association is hosting the 2019 ARTA Annual Golf Tournament on Thursday, June 6 at The Ranch Golf and Country Club located a few kilometres west of Edmonton off Stony Plain Road. Details about this event were in the last News Bulletin.

A few registration forms will be available at the registration desk at the May 9 barbeque. For more information or to download a registration form, visit [arta.net/wellness](http://arta.net/wellness) and click on Annual Golf Tournament. To ask questions or have a registration form sent in the mail, contact John Renfree by emailing [renfree1@telus.net](mailto:renfree1@telus.net) or phoning 780-708-6359. Registration deadline is May 17, 2019.

*Submitted by Vi Oko for ARTA*

# Save the Date

## November 21, 2019

for

# ‘Lively Living’

## A Wellness Conference for Retirees

- Proposed **PRESENTATIONS**: Top Issues in Wellness for Retirees, Hearing, Travel, Financial Wellness, Photography
- Proposed **SERVICES**: Free Hearing Screening, Gait Scan
- Proposed **ACTIVITIES**: Line dancing, Stretch and release, Strength and fitness, Card making, Scrabble Challenge, Cribbage Tournament, Crocheting and Knitting Circles

**COST ONLY \$25.00** per person  
for any part of or the whole day,  
including lunch .

*Thank you to all those who contributed to this News Bulletin.*