



# ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

February 19, 2020

Editor: Peggy Bergmann/Marian Oberg ([pbergmann@shaw.ca](mailto:pbergmann@shaw.ca))

## March 6, 2020: Breakfast Meeting

At Sturgeon Valley Golf and Country Club

8:30 am: Doors Open

9:00 am: Breakfast

Cost: \$22 for STARTA members

\$27 for non-members

Membership - \$10 (available at the door)

*Please bring correct change if possible*



10:00 am: Our March speaker will be Tam Andersen, the owner/operator and "Director of Fun" at Prairie Gardens in Sturgeon County. A pioneer for agri-tourism, she is a past Global TV "Woman of Vision". Tam's operation is involved



in vegetable production for local chefs and farmers market shoppers. Many fun events and festivals are held at Prairie Gardens. Tam believes in collaborating with chefs, and cultivating community support. Specializing in vegetables and succulents, Prairie Gardens supports shopping locally and showcasing locally produced food. Tam will be speaking to various farm and gardening topics at our breakfast gathering"

## SAVE THE DATE:

**April 3, 2020 - Silent Auction:** Mark your calendar and *bring your silent auction donation items to the golf course from 1:00-4:00 on Thursday, April 2nd.* Helpers will be needed to make this fundraiser run smoothly.

**May 7, 2020 – dinner BBQ!! Doors open at 5:30 pm with Dinner at 6:00 pm and AGM to follow. \$30 for Members, \$35 for non-members. Tickets for either chicken or steak available at March and April Breakfasts.**

**Do you ENJOY STARTA breakfasts and other events?** *If so, please consider becoming part of the planning team. It is crucial to our organization to have a full team!*

According to our Constitution (see it online at [artabranches.net/starta](http://artabranches.net/starta)), under **Article IV - Executive Officers** :

A. The Executive Officers shall attain office through election at the AGM. Two (2) members may jointly fill the positions of president and vice-president as co-presidents and co-vice-presidents.

The Executive Officers as listed below shall be elected for a two-year term as in IV B below:

1. President(s)	3. Secretary
2. Vice President(s)	4. Treasurer

B. The election of the Executive Officers shall be conducted in even years at the general meeting in May.

C. Directors shall be appointed to chair specific committees such as Program, Membership Contact Convenor, Communication, STARTA Historian, and such other directors as deemed necessary from time to time, for a two-year term by the President in consultation with the other elected officers. Such two-year term shall coincide or end with the term of the elected officers.

*This May, the current Presidents (Marian and Debbie) move to become Past-Presidents, and the current Co Vice-Presidents (Mary Pat and Janet) move up to become Co-Presidents. That leaves the following positions open to be filled:*

To be ELECTED: Co-Vice Presidents-2 positions

To be APPOINTED: Program Convenors-2 positions and  
Communications-2 positions

Also, both our current **Secretary** (Emilie Keane) as well as our current Membership and Contact Coordinator (Wendy Poirier) have agreed to stay on for another term, but would each like a **volunteer** as a back-up for times when they are unable to attend to their duties.

## **Cancer Information from Feb. 7 Breakfast talk**

### **Winter Spence...Cancer Resources**

- **Twitter: @Winter Spence or Email: Winter.spence@ahs.ca**

[www.albertaquits.ca](http://www.albertaquits.ca)

[www.smokershelpline.ca](http://www.smokershelpline.ca)

(<https://food-guide.canada.ca/en/>)

[www.edmontonjournal.com/Brain+surgery+without+scalpel+reality+Edmonton/11322602/story.html](http://www.edmontonjournal.com/Brain+surgery+without+scalpel+reality+Edmonton/11322602/story.html)

[www.canadiancancertrials.ca](http://www.canadiancancertrials.ca)

<https://www.albertahealthservices.ca/cancer/cancer.aspx>

<https://www.albertahealthservices.ca/>

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

[www.albertacancer.ca](http://www.albertacancer.ca)

[www.cancer.ca](http://www.cancer.ca)

[www.partnershipagainstcancer.ca](http://www.partnershipagainstcancer.ca)

<https://bcsc.ca/>

### **Videos.....**

#### **Canadian Cancer Society: Cancer Overview :**

- <https://www.youtube.com/watch?v=HANmCZeb4Z8&feature=youtu.be>
- **What Works to reach a Healthy Weight :**
- <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abq0092&lang=en-ca>
- **What is immunotherapy? :**
- <https://www.youtube.com/watch?v=TGSS8QuYbYk&feature=youtu.be>
- **Your Support Network :**

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abp7288&lang=en-ca>

### **Allie Pearce Alberta Cancer Foundation**

[apearce@conquercancer.ca](mailto:apearce@conquercancer.ca)

Ride to Conquer Cancer.....July 25 and 26,2020

Site: [ride.conquercancer.ca](http://ride.conquercancer.ca) (to register to ride or pledge a donation)

Video: <https://www.youtube.com/watch?v=UU1GxSi3kl&t=2s>

We have some members riding in this event who would appreciate your sponsorship!! More information to come.

### **STARTA Choir**

STARTA Choir is taking a rest just for Spring 2020. We will be back to normal one practice per week in September 2020, ready for performances for the Christmas season. From February to August, anyone who's ever been in choir can meet for a short singsong and then enjoy time to eat and/or socialize together, for example, a pizza lunch, surprise lunch boxes, etc.

Anyone who loves to sing, please feel welcome to join us.

*Submitted by Eryl Jones*

### **Getting to Know ARTA—Part 6 The Pension and Financial Wellness Committee**

The role of the Pension committee is advocacy and education. The committee has been advocating for ARTA to have an official voice with the Government and the ATA regarding pension matters. They also advocate for retired and retiring teachers concerning pension issues. Education of retired teachers with regard to pension and financial issues is also a responsibility of this committee. As such, they recommend books for the ATA Library and report on relevant issues in ARTA publications.

*Submitted by Marian Oberg*

### **SECOND WIND: LET'S DO IT AGAIN in 2021!**

The Second Wind Conference, first offered to all seniors in Edmonton and area in 2012, has enjoyed eight truly successful years. Each successive conference improved on the previous culminating with a phenomenal 280 registrants in 2019 choosing from twenty-one break-out sessions after enjoying a light breakfast with friends and colleagues and a keynote speaker presentation. Each organizing committee has been justifiably proud of their accomplishment.

Although 2020 will be a 'gap' year for the conference, the plan is to be back in 2021 after bringing together a fresh, enthusiastic organizing committee. Unlike the first committee that, with no prior experience whatsoever in organizing a conference, bravely set out to offer this one-day wellness event, a new group of volunteers will have the benefit of the work done by previous committees. Much of the structure, materials and planning are in place. To that they can add their own creativity and a fresh perspective.

If you have enjoyed the conference in the past and would like to see it continue, then you, as a branch member, ARTA member or an interested individual from the community at large, are invited to take this opportunity to participate in planning for the 2021 Second Wind Conference.

A conference for 2021 is dependent on the work of volunteers. If you would like to contribute your time and skills to this wonderful event or would like more information about the committee and commitment, please call Joan Harrison at 780.467.3885 or email her at [cornerstone@telus.net](mailto:cornerstone@telus.net). We would love to meet with you to discuss ways in which you can contribute to this rewarding experience.

*Sent by Joan Harrison, President, ERTA*

## **How Grandma Saved the Environment...Or Not**

I was reflecting on how great my parent's generation was when it came to saving the environment. It occurred to me that although they were great at reusing and repurposing items, it wasn't due to a great desire to save the environment, but rather the result of situations outside their control. I found three reasons why our parents and grandparents lived easier with the earth.

First of all, the population of Alberta is over four times greater today than it was when I was born at the end of WW II. More of us were distributed in rural areas. The earth and atmosphere could deal with our harmful emissions, making them less obvious, if not less harmful.

Secondly there were fewer consumer goods to be thrown away. The Great Depression, the drought of the 1930's, and World War II all had an impact on a scarcity of "stuff". During the war, gasoline was rationed; manufacturing was concentrated on materials for the war. Fewer plastics and synthetic fabrics were available. Most clothing was cotton or wool, fabrics which biodegrade much more easily than synthetics. When buying food or other necessary items, those items were placed in paper bags or recycled boxes. Eventually these could be used to start a fire in the kitchen stove or elsewhere.

The third reason for their careful stewardship was simply that they had very little money. As farmers, my parents and their neighbors were not making a lot on their small farm. The effects of the depression and the war were felt into the 1950's. Anyone who had a bit of land grew as much of their own food as possible, canning, pickling and storing food to last through the winter. Animals raised on the farm were often headed for the table, if not the stockyard. Clothing was darned and patched, with "good" clothes looked after carefully for school or social occasions. Very few items ended up in our personal landfill out behind the biffy; anything that could be reused was, or was repurposed.

Electricity hadn't reached our farm in my early years, so it couldn't be wasted. Nor was there running water, so conservation was in effect by necessity. Farming was still carried on using horses in the early days, so gasoline was saved for important trips to the store or rare events in the community. The few gasoline engines, including my mother's wringer washer, were used sparingly.

By the time I left home for university, we had been thoroughly corrupted. We had a tractor, electricity, natural gas heat, running water, and television. My parents retained the habits of recycling, reusing and repurposing items throughout their lives; me, not so much.

What do you remember about recycle, reuse, and repurpose from your earlier years? Write to me at [mroberg@telusplanet.net](mailto:mroberg@telusplanet.net) so we can include some submissions in the next Newsletter.

### **Read It or Not... from a STARTA member:**

A high school teacher was arrested today at Kelowna International Airport as he attempted to board a flight while in possession of a ruler, a protractor, a compass, a slide-rule, and a calculator.

At a press conference, Premier John Horgan said he believes the man is a member of the notorious extremist Al-Gebra movement. He did not identify the man, who has been charged by the RCMP with carrying weapons of math instruction.

'Al-Gebra is a problem for us', the Premier said. 'They derive solutions by means and extremes, and sometimes go off on tangents in search of absolute values. They use secret code-names like "X" and "Y" and refer to themselves as "unknowns," but we have determined that they belong to a common denominator of the axis of medieval with coordinates in every country. As the Greek Philosopher Isosceles used to say, "There are three sides to every triangle."'

When asked to comment on the arrest, Prime Minister Trudeau said, "If God had wanted us to have better weapons of math instruction, He would have given us more fingers and toes."

Fellow Liberal colleagues and supporters told reporters they could not recall a more intelligent or profound statement by our Prime Minister.

### **Engagements and Consultations**

At the January Breakfast, the Alberta Government's Vision for Student Learning Engagement and the Curriculum Advisory Panel were mentioned. These are available on the website <https://www.alberta.ca/consultations.aspx> If you scroll down, you will find engagements on many topics, some active, others closed. This just popped up in Facebook: <https://www.alberta.ca/k-to-12-education-funding-model.aspx>

### **Trip Merchant**

Ryan Mikucki from Trip Merchant has written to remind STARTA that Trip Merchant has partnered with ARTA to offer some special travel deals to ARTA members. To find out more, go to [arta.net](http://arta.net) and scroll down to see the ARTA partners, including Trip Merchant, then click.

**Please Note: Do you have an article, a comment, a 'bouquet', a joke, or a neat photo to contribute to our News Bulletin? We would love to include more contributions from our membership in our News Bulletin. Please send anything you are willing to share to [pbergmann@shaw.ca](mailto:pbergmann@shaw.ca)**

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



**St. Albert Seniors Association**

A Not-For-Profit Organization proudly presents:

*An educational and entertaining Fundraising Event  
where participants experience  
specialty wines and pairings  
presented by a professional sommelier*



# *A Night In Paris*

**BUY YOUR TICKETS NOW**  
for this event featuring:

- Five Specialty French Wines
- Appetizer Pairings and Recipes

*Additionally featuring:*

- Wine Bar (for sale by the Glass and Bottle)
- Door Prizes!
- Silent Auction!
- Raffle Draw!
- Limousine Ride Draw for Pre-purchased Tables of 8!

**FRIDAY, APRIL 3, 2020**  
Doors open at 6 pm ~ Event starts at 7 pm

**Tickets: \$50.00 each**  
or Reserve a Table of 8 for \$400.00

*Available at*  
**St. Albert Seniors Association**  
7 Tache Street, St. Albert  
(780) 459-0433, ext. 0

**TICKETS ARE LIMITED!**

## ***Our Signature Sponsor***

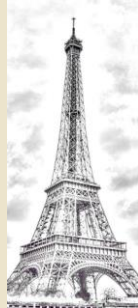
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*Fundraising for the Support A Senior program and to support operating our facility in  
order to provide programs, classes, activities, social events and more to seniors  
of St. Albert and surrounding areas.*