



# ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION

## BULLETIN June 22, 2020

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*Greetings,*

This year, the month of June has taken on a different flavour. Usually, I'm busy as the season ends with windups and final meetings for most of my activities. This year, we've had more time to spend at our cottage and enjoy the long early summer days.

This morning we were treated to the goslings swimming on parade. The long line of little ones reminds me of school children lined up for entrance into a school assembly. There are adult geese at the front and back of the group (today we had about 25 little ones). Most goslings are very orderly, but there's usually one who has the need to explore outside the accepted structure.

Debbie and I have been talking and meeting over the past months to discuss STARTA business. The STARTA executive remains in place although we hope to be able to "pass the torch" next fall. Debbie is assembling the annual reports which may come out in time for your summer reading. Meanwhile, we will do our best, with the help of the executive, to make whatever decisions are necessary.

Keep Well!

*Marian*

### Wellness Challenge

Reminder: If you have been participating in the ARTA Wellness Challenge, this is the final lap. The challenge ends on June 30, 2020. Please submit the information for your best 30 days (time spent) to Marian Oberg ([mroberg@telusplanet.net](mailto:mroberg@telusplanet.net)). **ANY AMOUNT OF PARTICIPATION IS GREAT!!** It would be helpful if you would add up the number of minutes you have participated over those 30 days. If you cannot submit this electronically, please phone me at 780 459 4764 and we'll make a plan. I would appreciate having your report early in July so that I'll have time to collate and send our report to ARTA.

If you're not an ARTA member but have participated, please submit your times, noting this. I'm promising a surprise reward for the best of STARTA.

## ARTA Notes

On May 26-27 I was privileged to attend the ARTA Board of Directors Meeting, held by Zoom. The meeting was well managed and the 34 participants had opportunities to present and answer questions from the group.

A Board of Directors meeting is the forum for ARTA business. All committees, foundations and trustees present reports and business plans and bring forth motions. The financial report is discussed and this time the upcoming budget was presented. If anyone wishes to see the notes or minutes of any of the BODs, let me know. Here, I will include a few items which might interest ARTA members.

- Concern over the transfer of ATRF funds to AimCo is ongoing. A recent information email was sent to members, suggesting ways to advocate for maintaining control of our pensions by ATRF. Make your voice heard.
- The ARTA magazine, **news&views** is sponsoring both photo and writing contests. The photo contest deadline is past for this year, but the writing contest is open until November 13. A reminder: The summer issue, with the theme of ``water`` is available to everyone on the website under “News and Events”; ARTA members should receive a copy in the mail.
- ARTA sponsors post-secondary scholarships for direct relatives of ARTA members. They are set up for students who have completed at least one year of post-secondary education. Check the website for information (search for Scholarships).
- The golf tournament, with proceeds going to the Charitable Foundation, has been postponed until next year. OFSS (Operation Friendship Senior Society) is a new partner of ARTCF.
- Health Benefits:
  - Extra dispensing fees incurred because of the 30-day limit to dispensed medications have been assumed by the ARTA plan.

**UPDATE:** Effective June 15th, 2020, the Alberta Government has approved pharmacists dispensing up to a 100-day supply of drugs. Accordingly, the ARTA Retiree Benefits Plan will resume its Maintenance Medication Management program, covering up to five dispensing fees per year for maintenance medications starting June 16. The dispensing fees count will be refreshed as of this date (i.e. the start of the count for the five dispensing fees for 2020 beings June 16, 2020).

- Updated payment schedules with some added items will become effective on November 1, 2020. Watch for information if you are part of the ARTA benefits plan. Some change in rates is expected, with travel insurance increases likely, given the Covid-19 situation.
- If you leave the ARTA Benefits Plan, you must wait one year before rejoining.
- Part of the ARTA Benefit Package includes access to Humanacare. If you need help navigating medical situations, with Eldercare, or with a

host of other topics, try accessing Humanacare at 1-888-327-1500. More info through arta.net, including info about their Webinars.

- Covid-19 has affected travel insurance coverage.

Our **Emergency travel insurance** provides coverage for events that are “sudden and unforeseen”. If a worldwide pandemic is happening and if someone becomes unwell due to the known pandemic, it is not considered sudden and unforeseen and therefore would not be covered by the plan.  
We are not covered for COVID-19 outside of the province of residence. \*

\*This quote is from the meeting at the end of May, so it would be wise to clarify your coverage if you plan to leave the province. Currently, non-essential travel outside the province is not encouraged.

- POSITIVE CHANGES TO THE ARTA BENEFITS PLAN ARE COMING! Watch for details in September.

## Wandering Through the Downtown Area to View the Art

Walk along the streets, parking lots AND back alleys to find murals. I have found the plaques related to most of the art work downtown even though some of them may be a long way away from the item. Here are some of the murals in the downtown area.

Where are they located? Who is the artist? Which mural was completed by 180 artists?



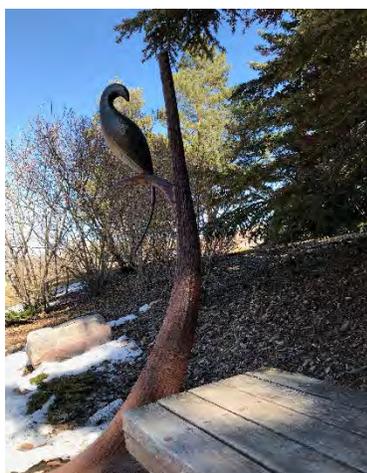


Look at the condition of the murals. Which ones look as if they need restoration? We have such a legacy of art and it really can be developed into a great tourist attraction if the city takes care of the works that are here.

There is a statue of St. Albert, Millie Seitz and Father Lacombe. What did they do that influenced our community? Where are they located (2 are in the valley and 1 is at the top of the hill)?



Near Grandin Pond are two ducks. Who do they memorialize? Another bird is in the Garden For Older People on the north side of the river.

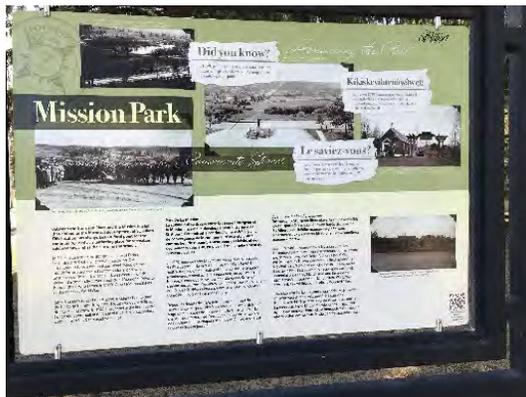


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I loved looking at the signs in the windows of the lodge right beside the river and near the bridge. During the time of self-isolating, these windows helped me feel less alone. Lately, I have seen story boards put out by the library about birds building a nest.



Look for about 18 of this type of plaque on the Founders' Walk. The walk up the hill is good exercise.



“Beauty is in the eye of the beholder”.

What do you think of this? This art form changes according to the season or event. Usually planted flowers fill in the spaces at this time of year. The display here is for mourning the victims of the New Brunswick massacre.

What do you think of the four brown sculptures below?



'Prayer' is at the west end of the library beside the river. Two forms are near the intersection of Sir Winston Churchill Avenue and St. Anne Street. One sign has been put up for two of these items. It works for one of the items but I found the second item down the block and across the street. On St. Thomas Street is a bench with more of this type of art. My guess is these were some of the first art works put up in St. Albert because the signs are only in English.

Remember, in a previous News Bulletin, I mentioned the buffalo head at the south end of Perron Street. Here it is again. It is a tribute to the Metis heritage of our community.

My two favorite statues are the Peregrine falcon (entitled 'Threshold', but I think the title should be 'Perseverance') and 'Mother Bear Prays for Earth Healing'. I draw inspiration from them as I pass both in my daily walking.





Around the traffic circle near City Hall there are three art objects that, to me, resemble coat racks. It is entitled Migration because it has 72 ducks on the stems of wheat. What special anniversary does it commemorate? Hint it is not the 72. As you walk or drive by this area take a look on the north west side of the circle. The fence and the special area behind it are works of art. Or as you walk by the river, notice the cattail designs on the grates/fences around what I assume are waterflows into the river.



I encourage you all to come downtown to stroll around. I can almost guarantee that every time you come downtown, you will find new scenes. I also encourage you to support the businesses here, especially now that they have lost the exposure brought to them by the Farmers' Market. Recently I have sampled the baklava and coffee at the Turkish Coffee Shop next door to Cranky's, and the delectable desserts and coffee at Macarons and Goodies on St. Thomas Street.

I am certainly thankful to the people who have had the vision to develop St. Albert into a Centre of Art. Explore your city this summer. It is an amazing city!

Support the Downtown Businesses including the Coffee Shop

*Submitted by Maurine Maslen*

**Many thanks to all those members who contributed to this newsletter**