



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

April 28, 2021

Editors: Peggy Bergmann (pbergmann@shaw.ca)

What? Another EXTRA News Bulletin? Yes... the main purpose for this one is to remind you of, and provide you with some reading material in preparation for the upcoming STARTA AGM meeting. Enjoy!

Spring in Alberta is all too often fickle. One day you can wear a sweater or short sleeves, the next day you get to bundle up in winter gear. Some days you get to don a spring jacket. The mail keys are inevitably in the jacket you are not wearing when you just happen to pass your community postal box. If you leave your gloves behind, you will regret it but if you wear them, you'll be sure to have to remove them and stuff them into a pocket that is reluctant to accommodate them. You may start to use a spade in the garden, but you had better keep the snow shovel handy. You might begin to add compost to the soil but better keep the sand and sidewalk de-icer ready for application. On the farm the gravel road would be enveloped in thick swirls of dust after each passing vehicle while in the backyard your boots could be so firmly suctioned into the mud that you were afraid they would be permanently entombed in the garden and might one day be found in an archaeological dig. I was thinking that the one constant of spring in Alberta would be the wind, but I just looked outside, and of course it was very still. Although an Alberta spring may be erratic it is still a time of hope and increasing hours of light.

Here are two beautiful reminders of SPRING:



Significant Dates in May:

May 2, 1939: The National Film Board is created. The mere mention of the National Film Board causes me to hear loons and a lone clarinet and the flapping of film at the end of the reel. It reminds me of the smell of mimeograph fluid and the slightly damp, soft, sometimes wrinkled nature of mimeographed paper.

The National Film Board has produced over 13000 works and has won over 5000 awards, including 12 Oscars and 90 Genies.

May 3: World Press Freedom Day

May 4: Space Day

May 5: Cinco de Mayo

May 7, 1920: The Group of Seven Exhibit in Toronto results in international acclaim.

<https://thegroupofseven.ca/>

May 9: Migratory Bird Day: The theme this year- Sing, Fly, Soar Like a Bird

<https://www.birdday.org>

May 9: Mother's Day

May 12: International Nurses' Day: Nurses have been a group of heroes during the pandemic. When I went to the vaccination site in Sky Vue I found out that the nurses there are routinely working twelve or more hours a day to vaccinate people.

May 12: Limerick Day. I was surprised at how many limericks are actually too raunchy for this news letter. This site has some milder, tamer limericks:

<https://www.rd.com/list/funny-limericks/>

ARTA YouTube

Did you know ARTA has postings on YouTube? Go on to YouTube and type in, "Alberta Retired Teachers Association". I tried the acronym without success but the full name as shown in quotation marks got me to their video selections.

Financial Well Being

Here is a link to recently posted ARTA YouTube videos on the topic of financial wellbeing.

<https://www.youtube.com/watch?v=6RPW3X7Ua3s&t=78s>

<https://www.youtube.com/watch?v=8V-8BtMKkes>

Intellectual Well Being

Right now many of us have taken on the ARTA challenge. This article with the URL shown below posits that there are proven ways to look after our brains and the way they function. Exercise is one of the twelve techniques.

<https://www.lifehack.org/901865/boost-intellectual-wellness>

ARTA Wellness Challenge

The best time to start exercising if you haven't already begun is probably today. Join the ARTA Wellness Challenge. For details go to the following site.

arta.net/wellness-challenge

UPCOMING FUTURE EVENTS:

Following the pandemic restrictions, we still cannot meet together for our year-end AGM so...

Our next STARTA event, scheduled for May 20, 2021 at 10:30, will be a combination of our yearly required AGM with our monthly Coffee and Chat.

We will begin with the AGM, which will be brief as this is not an election year. Executive and committee reports, provided at the end of this 'extra' News bulletin, will be briefly reviewed.

Grab a snack and a drink, and connect with friends and STARTA members through the following Zoom invitation.

Your STARTA team is inviting you to join the scheduled AGM and Coffee/Chat Zoom meeting.

Join Zoom Meeting

<https://zoom.us/j/93592599387?pwd=MVdMcFZnWTMyd0MwUkQxUTFxbThxUT09>

Meeting ID: 935 9259 9387

Passcode: 712794

Joining by phone? Contact mroberg@telusplanet.net

At this time, we have no immediate Zoom Program Events booked for the next few months but are already beginning to look at possibilities and make arrangements for the fall. If you have an idea or suggestion, please send to mikedickinsonab@yahoo.ca

ONLINE RESOURCES for Stretching and Exercise Routines for STARTA Members

Andrew Raczynski

As a follow-up to Servus Place trainer and yoga specialist Hailey Dame's special ZOOM session, **At Home Exercises and Stretching During COVID-19**, on February 26th, I was invited to share some online resources that members can add to their respective fitness toolkits that may prove useful to members. The following resources provide a variety of instructional videos to accommodate a variety of fitness levels and personal objectives.



Johnson, Hal, Joanne McLeod and John Muscedere. "Healthy eating and physical activity is important – especially for older adults," **Globe and Mail**, March 14, 2021, Accessed March 15, 2021. <https://www.theglobeandmail.com/life/health-and-fitness/article-healthy-eating-and-physical-activity-is-important-especially-for-older/>

*This timely advice for seniors provides readers with a one-two punch approach to healthy living that these well-known, trusted fitness experts have been dispensing to a Canadian audience for many years. Readers who are not **Globe and Mail** subscribers can access this article by signing in for a "free sample."

Groth, Leah. "Is a Warm-Up Really Necessary Before Exercise?" **BYRDIE**. March 25, 2021, Accessed April 4, 2021. <https://www.byrdie.com/do-you-have-to-warm-up-5118408>

Sports medicine doctor Elizabeth Gardner, MD and celebrity trainer Jillian Michaels underscore how a warm-up can prevent injury and improve workout performance.

"14 Exercises for Seniors to Improve Strength and Balance." **Lifelines**, Accessed March 15, 2021. <https://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/>

*These exercises are designed for seniors who are less mobile, but who want to maintain their strength and balance to walk comfortably and safely, preventing slips and falls.

"Seated Weights Workout for Seniors." **More Life Health Seniors**. Accessed March 15, 2021. <https://www.youtube.com/watch?v=wlyzNOirdb8>

*This ten minute clip demonstrates a number of strength exercises to improve the core.

Daw, Eric. "Most Important Exercise for Seniors to Master." April 10, 2018, Accessed March 17, 2021. <https://www.youtube.com/watch?v=lgucdyUSVRU>

***This exercise may not be suitable for older seniors, but it provides an effective exercise that strengthens one's core and lower body to provide the stability and balance.**

Robinson, Julie. "Improve your Balance in 5 minutes!" **Move it or Lose it UK**, 13 Dec 2016, Accessed 210318, <https://www.youtube.com/watch?v=ujoD1l4fnP4>

*A short video clip that helps seniors to remain flexible and stable on their feet.

"The Only 6 Stretches You Need to Become Flexible." **BRIGHT SIDE**. March 31, 2019, Accessed April 3, 2021. <https://www.youtube.com/watch?v=ifzRKFXaaB8>

These easy stretches can provide much-needed back relief.

Schrupp, Bob and Brad Heineck. "7 Signs Your Hips Are Way Too Weak." February 20, 2021. Accessed March 18, 2021, <https://www.youtube.com/watch?v=JUyAqIkuLK0>

*This video clip is one of a series to help seniors overcome hip pain.

Schrupp, Bob and Brad Heineck. "This One Simple Exercise Can Greatly Improve Your Balance." June 26, 2020, Accessed March 18, 2021, <https://www.youtube.com/watch?v=VbowUtSeSV8>

*Another Bob and Brad production, from two physiotherapists who provide good information with humour. This clip complements the **Move it or Lose it UK** video at a variety of ability levels that help to improve one's balance and reflexes.

Schrupp, Bob and Brad Heineck. "5 Exercises All Seniors Should Do Daily." June 1, 2020, Accessed March 18, 2021. <https://www.youtube.com/watch?v=gECNsPHgbc0>

*These exercises don't take long and offer three variations of each exercise: easy-medium-hard. Find out which exercises work for you and do them everyday to increase your strength.

Thanks to members who contributed to this News Bulletin.

Just a REMINDER: Mark your calendar
May 20, 2021: AGM and Coffee & Chat with STARTA members
at 10:30 a.m. via Zoom

The STARTA AGM, May 20, 2021

The executive has once again decided to hold the AGM, not as an in-person meeting but by Zoom. This decision was based on issues related to Covid-19, such as AHS limits on gatherings and the rising number of infections. Although some of our members have had both vaccines, many are in the interval between vaccine doses. As Covid is still rampant we also lack insurance in case of a lawsuit if one or more of our members were to get the virus.

The AGM will be held via Zoom on Thursday, May 20th, 2021 at 10:30 am. It is important that we have the AGM so that we can finalize the STARTA year's business. The AGM will be followed by a Zoom Coffee and Chat. The following information is pertinent to our AGM.

Technology Required to use Zoom: A laptop or computer or tablet or mobile phone, with a built-in microphone and camera, and an internet connection is required.

A land-line telephone number will be provided but long-distance charges may be applied.

Agenda

St. Albert and Area Retired Teachers 'Association
2021 Annual General Meeting
May 20, 2021, 10:30 am.

1. Call to Order
2. Approval of Agenda
3. Minutes of the 2020 AGM
4. Annual 2020-2021 Report
5. Annual Financial Report
 - a) Presentation of the financial report by Leo Bruseker, treasurer.
 - b) Budget for 2021-2022, Leo will speak to this issue
6. New Business



7. Adjournment

St. Albert and Area Retired Teachers' Association Zoom AGM Meeting Minutes October 23, 2020 10:00 am

In Attendance: Mary Pat O'Neill, Janet Kiriakides, Marian Oberg, Debbie Kelley, Leo Bruseker, Sandy Fildes, Ardyth Garrison, Bill Garrison, Laura Heatherington, Mike Dickinson, Wendy Poirier, Dawn Curran, Brenda Kane, Andrew Raczynski, Betty Mackey, Emilie Keane, Val Crutchfield, Vi Oko (via telephone), Helen Arnott, and Dave Geddes

Regrets: Peggy Bergmann, Emil Guzik, Joyce Keltie

- 1) Call to Order
 - a) Marian welcomed everyone to our ZOOM AGM meeting and called the meeting to order at 10:07am
 - b) Andrew offered a prayer and graciously volunteered to gift and deliver two bottles of his homemade wine as a couple of door prizes. Marian will determine a process for selecting the winners of the door prizes.
- 2) Agenda Additions & Approval
 - a) Marian added "Report from Program Convenors" as No. 6 on the agenda
 - b) Leo moved and Brenda Kane seconded that the agenda be approved as amended. Carried.
- 3) Minutes of 2019 AGM: Review and approval
 - a) No amendments were made to the 2019 AGM minutes. Mary Pat moved and Ardyth seconded that the minutes of the 2019 AGM meeting be approved as presented. Carried.
- 4) 2019-2020 Annual Report: Review and approval
 - a) No amendments were made to the 2019-2020 Annual Report. Dawn Curran moved and Val Crutchfield seconded that the 2019-2020 Annual Report be approved as presented.
- 5) Financial Report: Leo Bruseker
 - a) Leo explained that during the fiscal year of April 1st, 2019 to March 30th, 2020, our branch actually had more expenses than revenue last year because we were not able to hold the Silent Auction due to the Pandemic.
 - i) We have 141 paid memberships as well several life memberships who don't pay membership dues.

- ii) Our revenue was \$20,897 but we expended \$21,634.17.
 - iii) The Lively Living Conference created a \$200 profit.
 - iv) In addition to the bank balance of \$2,908.73, we also have two GIC's, making our total assets \$7,025.20. Overall, our Branch is financially stable.
 - v) Leo moved and Vi Oko seconded that the Financial Report for 2019-2020 be accepted as presented. Carried.
- b) Budget 2020-2021:
- i) Leo explained that, although there is a healthy sum of funds in the bank, our branch will have no income during the Pandemic. Our Branch has also decided to not charge membership dues this year because of the Pandemic. Therefore, we will have to be cautious in making expenditures during the coming year.
 - ii) Expenditures made by STARTA since April 1, 2020 include:
 - (1) \$200 for the ZOOM license for one year
 - (2) \$50 donation to the St. Albert Legion for Remembrance Day
 - (3) \$200 donation to the St. Albert Food Bank
 - iii) Leo moved and Laura seconded that the Budget for 2020-2021 be approved as presented. Carried.
- 6) Report from Program Convenors:
- i) Laura explained that the Program Convenors are planning to offer two to four online presentations during the coming year and that our financial planning still included giving speakers an honorarium or a Chapter's gift card.
 - (1) For Remembrance Day, the November newsletter will include links to various celebrations and documentaries made available through the local television channels and internet sources. Members will be able to click on the links and view presentations from their home.
 - (2) Efforts are being made to create some sort of online presentation (e.g. podcast, YouTube or other) by a panel of educators in various roles who could speak about teaching during a Pandemic and how that is different and challenging.
 - (3) It was suggested that there was no need to plan monthly presentations.
- 7) Person-at-Large
- a) Ardyth explained that a new position is being considered for the upcoming year – Person-at-Large. The goal would be to develop interest in people to participate as a member of the executive by learning what the executive does through attending meetings and assisting current executive members with their roles whenever possible. People interested in this position are asked to forward their names to Marian.
- 8) Election of Officers for 2020-2021:
- a) Ardyth, Past President, ran the election of officers.
 - b) President(s)

- i) Mary Pat O'Neill has agreed to let her name stand for co-president. No other names were brought forward. Mary Pat O'Neill was declared elected.
- ii) Janet Kiriakides has agreed to let her name stand as co-president for the INTERIM. No other names were brought forward. Janet Kiriakides was declared elected.
- c) Vice Presidents.
 - i) No names were brought forward for the position of Vice President. The position was declared vacant. The co-presidents can appoint someone for this position throughout the year.
- d) Secretary
 - i) Emilie Keane has agreed to let her name stand for the position of Secretary. No other names were brought forward. Emilie Keane was declared elected.
- e) Treasurer
 - i) Leo Bruseker has agreed to let his name stand for the position of Treasurer. No other names were brought forward. Leo Bruseker was declared elected.
- f) The members currently holding the other executive positions have agreed to remain in their positions for the rest of this year. They were declared appointed.

9) Marian and Debbie thanked the membership for their experience as Co-Presidents and wished Janet and Mary all the best as they begin their term as Co-Presidents.

Adjournment: Marian declared the meeting adjourned at 10:48 am.

- a) Note: After the AGM was adjourned, Betty Mackey declared that she was interested in this position. She will be contacted with more information about the position and its implementation as part of the STARTA executive.

Reports for 2020-2021

Co-Presidents' Report:

The year 2020-2021 has been a unique year in the history of STARTA. We have been unable to meet in person; and this has limited us to virtual meetings through the use of Zoom. Your executive has had regular monthly meetings on Zoom.

Program events were held three times this year thanks to the efforts of Mike Dickinson and Laura Heatherington. These events were a presentation with two interviews on teaching during the pandemic, a video event on exercising at home and a question-and-answer session on gardening. In addition to the program events, we held monthly Zoom Coffee and Chat meetings to help maintain and promote the social connections of STARTA. In both the program events and in the Coffee and Chat sessions we were able to hear from a wide variety of members and to share solutions for some common problems we may be facing. The expertise and experience of STARTA members is genuinely impressive.

There was no ARTA retreat in May of 2020. Your Co-Presidents have attended the regularly scheduled ARTA Board of Directors' meetings and the ARTA AGM. All these meetings have been Zoom meetings. The retreat this May will be a Board of Directors meeting and possibly a presentation on the third morning. This retreat will also be held on Zoom.

The STARTA news bulletin has become our primary link to many of our members. Announcements that may normally have been made at meetings have been discussed in the news bulletin. There have been many events of pertinence to our members and information on these matters have been included in our news bulletin. These include some information regarding:

- 1) The shift of ARTA to self-administration and Green Shield.
- 2) Information about vaccines and the site for booking vaccines.
- 3) The new proposed curriculum and a link to this curriculum and the survey.
- 4) A link that STARTA members can access and share to help anyone struggling with anxiety due to the pandemic.
- 5) Information about the municipal elections, which will be held this fall, and the role of trustees, in case any of our members are considering running for office as a trustee.
- 6) Sharing events that are taking place in the community that may be of relevance to our members. A sample of these include a virtual celebration of Black History month that was paired with a take-out meal that could be ordered that was relevant to the event, a radio play and links to sites relevant to the observance of Remembrance Day.
- 7) Reviews of our three program events and the monthly Zoom Coffee and Chats so that STARTA members who may be reluctant or hesitant about a Zoom meeting have a sense of what has occurred.
- 8) An opportunity to celebrate the talents and knowledge of our members through recipes, tips, experiences, and pictures of a variety of accomplishments. We are a multi-talented group.
- 9) An opportunity to hear from a variety of STARTA members. Thank you to all the members who have contributed to the news bulletin. We look forward to your future contributions.

This year STARTA also donated to the legion for Remembrance Day and to the Food Bank at Christmas.

Many thanks to the very hardworking members of the executive for all their efforts and sage advice. Thank you to our past Presidents Debbie and Marian for initiating the implementation of Zoom and being available with ideas and advice. Marian has consistently hosted our Zoom meetings and planned possible topics for our Coffee and Chat sessions. Mike and Laura, we are grateful for your work and for the three interesting program events and your work assisting with the hosting of Zoom events. We appreciate Emilie's detailed and accurate minutes. Emilie always seems to possess or know where to acquire relevant information for nearly any question. We are grateful for Leo's work as treasurer and his willingness to help us understand the changes to our health benefits. Leo serves on the ARTA health benefits committee. Thank you to Wendy for working to keep up our contacts with membership and to Joyce for her perspective and work as STARTA historian. We were pleased to have Betty join the executive as a member at large this year. Thank you. We value Emil's consistent work in sending out the newsletter to our members in both word and PDF form as well as posting the news bulletin on our web site. Peggy persuaded, cajoled and charmed people into contributing to the news bulletin and Peggy and Marian's work as editors has built up the news bulletin from a small ensemble to a chorus of STARTA voices. Thank you to all members of the executive.

There is an opportunity for you to be involved as we are looking for co-vice presidents. Alternatively, you may wish to join as a member at large and we would be delighted to have you as part of the executive.

The executive continues to plan for the future; and we are looking at what is possible on a month-by-month basis. STARTA as an organization has seen some dramatic changes to the way we operate due to the ongoing plague; but we will prevail.

Respectfully submitted,
Janet Kiriakides and Mary O'Neill

Co-Past Presidents Report:

Debbie and I continued to act as Presidents until the virtual AGM officially elected our new presidents in October 2020. As such, we organized the Zoom license and set up Zoom meetings to continue STARTA business as best we could. We participated in the May ARTA Board of Directors meeting but asked our incoming Presidents to attend the ARTA meeting in September. Since the virtual AGM, we have attended Executive meetings and other activities and helped wherever needed.

It's been our pleasure to serve STARTA and look forward to the future when we again can meet in person.

Respectfully Submitted,
Marian Oberg and Debbie Kelley

ZOOM LICENSE FOR STARTA:

In September of 2020, the STARTA Executive made the difficult decision to hold the postponed STARTA AGM virtually. Marian organized the zoom licence and set up a Zoom license for STARTA at a cost of \$200 +GST. This license allowed 24-hour access for a year. We were excited to learn some time later that ARTA would cover that cost for us.

We've been making good use of our license. Not only did we hold our 2020 AGM (and are planning for a virtual 2021 AGM as well), but we have held monthly executive meetings by Zoom. We have made three Zoom programs available, thanks to our program committee Laura and Mike. In addition, we have been holding monthly coffee and chat sessions, open to any members who wish to join.

It has been my pleasure to manage the Zoom license for STARTA. It has been a learning experience for all of us involved, and we would like to thank everyone for their patience.

Thanks also to the STARTA executive who have allowed me to use the Zoom license for a few personal sessions in return for the use of my computer and email and for my management of the license.

Respectfully Submitted,
Marian Oberg

Event Coordinators and programming Report:

During this difficult year for all of us, the two event coordinators spent much time on the phone collaborating to try to bring speakers to the membership that would be meaningful and helpful. Because STARTA purchased a zoom license for a year, that was the format used. Following is a brief description of the events presented:

Nov. 19,2020: We heard from 2 educators on what school looked like during Covid-19. They recounted the new protocols being followed, and how regular school activities have been impacted. This was based on the lull between the end of in-school activities in March and how the fall term had been going. We could really feel the frustrations and worry being felt, as well as appreciate the determination to cope with such difficulties. We hope to have an update from them in the Bulletin later this spring.

February 26,2021-Exercises /stretching at home during Covid-Hailey Dame Hailey made two videos for us, to encourage us to get moving at home.

March 26,2021- Gardening 101- Charles Schroder Charlie answered many of our gardening questions for us in many different areas. Marian sent out the audio link to the membership. The monthly social chats have gone over well. They have been very free-flowing and numerous topics have been covered, some in considerable detail. These can also be continued if the membership desires. We appreciate all feedback received and the topic ideas sent in by members for the 2021-2022 season. We also have some events held over from this past year. It has been a pleasure to bring events to you and we are willing to continue for the time-being, unless other members wish to be involved.

Respectfully submitted,
Laura Heatherington and Mike Dickinson

Historian/Archives Report :

This being a very unusual year due to the COVID pandemic, I have had little to add to the STARTA archives. I have kept track of decisions made by the Executive about meetings and activities. We have had three ZOOM presentations arranged by Mike Dickinson and Laura Heatherington. On February 26, Hailey Dame from Servus Place showed us how to exercise and keep our muscles stretched working at home. Then, in keeping with the approaching gardening season, Charles Schroder answered our many questions about keeping our plants healthy and producing food and/or flowers. As my usual job at our breakfast meetings is taking photos, I took several screen shots of these presentations as a record.

Respectfully submitted,
Joyce Keltie

Webmaster Report:

It has been a pleasure working with the editors of STARTA News Bulletin and STARTA members. All the recent STARTA News Bulletins are now on the ARTA Branch Website. The goal for 2021-2022 is to have previous STARTA News Letters on the ARTA Branch Website. I have received only positive comments about the STARTA News Bulletin.

Respectfully submitted,
Emil Guzik

News Bulletin Report:

When David retired from the position of News Letter Editor, I temporarily offered to fill in to keep information passing from the executive to the membership. That was some time ago, and I still am 'filling in' until someone from the membership offers to take my place, or even share the job. It is so interesting, especially when we find topics in which many members are also interested. They frequently have sources of resources or other levels of expertise to share with the membership. I firmly believe that is what makes our News Bulletin so "interesting and delightful to read". (*quote from a member*) Another member sent a message saying they eagerly await each News Bulletin, as it makes them feel "connected with STARTA members'. I am hoping the News Bulletin has filled a gap for each of you. I am so very grateful to all those who have helped by contributing information, pictures, articles, activities, and assisted with editing. Thank you!

Respectfully submitted,
Peggy Bergmann

Please find attached the Financial Spreadsheet.