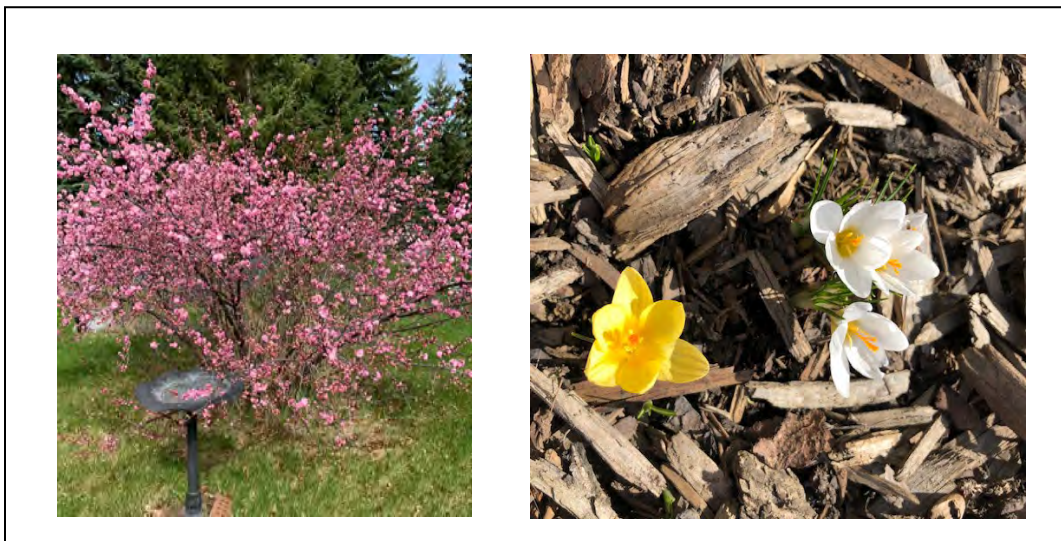




ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

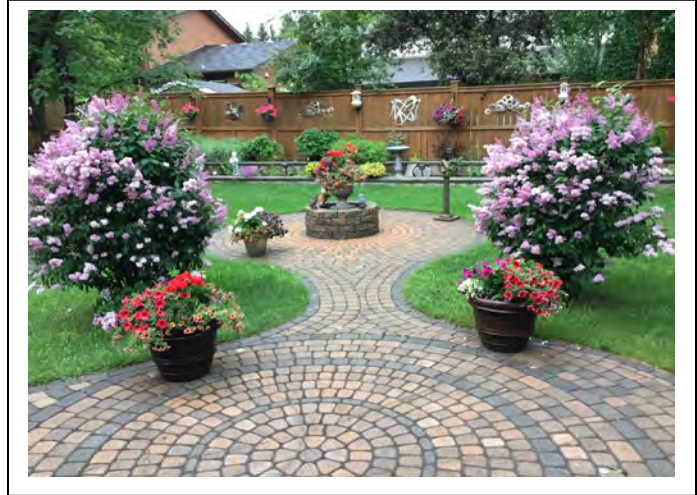
May 17, 2021

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It is the merry month of May. By mid-month things begin to blossom and so does our sense of hope and wonder at this season of great renewal. The outdoors beckons and we cannot ignore its invitation. Gardening, golfing, birdwatching, biking, camping and cottage life all compete with other outdoor pursuits for our time and attention. Time to enjoy nature's smorgasbord of life in spring. This means that your STARTA news bulletin will be going on a word count diet while we all turn our attention outside. We will still be publishing, so don't worry; there will still be a news bulletin, it simply won't be as hefty.

*"The spring is fresh and fearless
And every leaf is new,
The world is brimmed with moonlight,
The lilac brimmed with dew...
By Sara Teasdale*



Coming up soon:

May 18: International Museum Day: There are many virtual museums you can visit for free whilst Covid curtails your wanderlust.

<https://ecobnb.com/blog/2020/03/online-museums-free/>

May 20: STARTA Zoom AGM, Coffee and Chat @ 10:30a.m. We hope to see you there.

May 20: Quiche Lorraine Day- I love this as a solution to the, "What's for supper?" problem. Making it crustless would be even better.

<https://showmethenyummy.com/crustless-quiche-lorraine-recipe/>

May 24: Victoria Day

May 24, 1918: Canadian Women earn the right to vote in elections.

May 25: Tap Dance Day: Trying out some of these steps might be part of my fitness program on this day. Tap dance also helps with balance. You can make do without tap shoes. Your floor and your pocketbook will thank you, but you will be missing out a little on the intricate rhythms that can be created.

<https://www.learntodance.com/online-tap-dance-lessons/>

<https://www.youtube.com/watch?v=y60nqyhwYoM>

May 29: International Jazz Day: There are a number of Canadian Jazz Musicians of note. You can find some suggestions from the following website.

<https://www.canadajazz.net/>

May 31: Save Your Hearing Day: Protecting your hearing is vital for brain health and

your social wellbeing. Guess what, exercise is a key part of optimizing your hearing health. The following link suggests some other ways to protect your hearing in a very succinct manner.

<https://www.earq.com/hearing-health/articles/9-ways-to-protect-your-ears>

Apparently even the dark cloud of the pandemic may have a small rainbow when it comes to our hearing.

<https://www.belmarrahealth.com/is-the-pandemic-saving-your-hearing/>

June 3: World Bicycle Day

June 4: Aesop's Birthday (allegedly)

June 6: D-Day

June 8, 1831: De La Verendrye leaves Montreal to establish new trading posts in the west.

June 15: Power of a Smile Day: Even while you are wearing a mask your eyes will reveal the smile beneath it. A smile is good for you and it is good for others too.

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 Coffee and Chat.

We will begin with a brief AGM, as this is not an election year.

Documents for the STARTA AGM: The Financial Statement is included here for your perusal. You can access other documents as well as the executive reports for this important meeting by utilizing the following link and examining the April 28, 2021 edition of the STARTA news bulletin.

<https://artabranches.net/starta/>

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

Join Zoom Meeting

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

Meeting ID: 935 9259 9387

Passcode: 712794

Joining by phone? Contact mroberg@telusplanet.net

Hope to see you there!

On another note, we had hoped to continue with our tradition of meeting at Lion's Park Mid July for our annual picnic. Of course, it will have to be quite different this year. We thought perhaps a "bagged picnic lunch" might work. However, our event is on hold at the moment, due to Covid-19 restrictions for number of people attending outdoor gatherings, as well as the suspension of all city facility bookings, We are hopeful that the situation will continue to improve as we approach the summer months. Stay tuned for updates in future News Bulletins!

ST ALBERT & AREA RETIRED TEACHERS' ASSOCIATION
FINANCIAL STATEMENT – April 1, 2020 TO March 31, 2021

Balance brought forward from 2019-2020 Financial Statement in Servus Credit Union Chequing Account \$2,908.73 In Petty Cash \$ 130.00

REVENUE;

ARTA	\$ 210.00
GIC	\$ 1,889.51
TOTAL REVENUE	\$ 2,099.51

EXPENSES:

Zoom License	\$ 210.10
Speakers	\$ 200.00
Donations	\$ 250.00
GIC	\$ 1,900.00
Total Expenses	\$ 2,560.10

Difference Revenue minus Expenses (-\$ 460.59)

Balance in Chequing Account as of March 31, 2021 \$2523.14

Outstanding Cheques	\$75.00
Amount to be brought forward to 2020-2021	\$2,448.14
Retained in Float	\$130.00
GIC Maturing on November 14, 2022	\$2,238.91
GIC Maturing on June 3, 2021	\$1,900.00
Total Assets	\$6717.05

*Meet your STARTA Executive: Introducing **STARTA Archivist Joyce Keltie***

My brother and I were born in Ottawa. We moved to Montpelier, Vermont for my Dad's work. when I was 1 1/2. When I was 3 1/2 we moved to Winnipeg.

I was very interested in art and drawing in school, and as I grew older, I decided on an art career. I took Interior Design at the University of Manitoba from 1961 - 66, then moved to Vancouver. I worked for Eaton's for 2 years, in their Interior Design Studio. Back in Winnipeg I worked in The Bay's Interior Design Studio for 4 years, then moved to a private furniture shop. After 2 years there, I decided I was not enjoying work and took a clerical job until I decided what I wanted to do for the rest of my life. Earth shattering decisions!

A friend suggested I approach the Home Economics faculty for a job but I realized I didn't have enough education to be a professor. But teaching quickly began to sound appealing. The moment I walked into the Education building, I had an overwhelming feeling that I was home. My practicum was in an open area/closed classroom mix school and I found the kids fascinating. With one degree behind me, I only had to take 1 year to get an Elementary Education diploma. Those were the carefree 1970s.

I felt there was little likelihood of getting a city job so applied to a few rural communities. I had two interviews and was offered a job in Killarney, Manitoba, a town of about 2500 people at the time. The school had about 1100 students in 1976, mostly bussed from the surrounding farm area.

My first year I wondered what I had gotten myself into in the first 2 or 3 months but persevered. (The city motto of Edinburgh, Scotland where my Grandpa Keltie was born, is Persevere.) I had a wonderfully talented teaching partner who helped me enormously.

The principal had organized the whole school on subjects. So, my first year I taught Grade 3 Language Arts and Math, Grade 5 Language Arts and Math and a few Health classes. I had no home room, and the students had no home room teacher. The next year Grades 3 - 6 were reorganized into home rooms.

After that first chaotic year, I was given a Grade 4 class and then after a few years, a Grade 3 class. I spent the rest of my career teaching Grade 3. Teaching in a small community gave parents and kids the opportunity to see me outside the school setting and we all became great friends. Or almost all. Quite a few of my Facebook friends are former students, now in their 40s with kids of their own.

After 30 years living there and 4 years of retirement, my life in a small town was getting tedious. My sister asked if I would move to St Albert to help her look after my widowed Mom. I said yes and moved but had to live with her and her husband in Kingswood for 3 months. I drove past the St Albert Botanic Park almost every day and one day I dropped in to ask if I could volunteer. One of the women there was a member of STARTA and invited me to join her at a breakfast meeting. So, I became a member.

One day Alison Weingardt phoned me to ask if I would be interested in taking over her position as STARTA Historian. It sounded intriguing as I've always been interested in history so to her surprise, I said yes. And here we are...

Review of STARTA Zoom April 15th Coffee & Chat

On April 15th STARTA had another Zoom Coffee and Chat. We discussed concerns about the new draft curriculum and about the increase in fees for University students and the potential consequences of this extra financial burden. There was discussion about the vaccines and about which shots were available at particular venues. One member had been told to begin inquiring about their second shot starting four weeks after their first dose. The nurse had recommended they get in touch with AHS at the number on their form on a weekly basis to determine if they could get an appointment that more closely complies with the vaccine producer's recommendation of a three-week interval between shots. Many of us have been told that there will be a sixteen-week gap between our first and second doses. The impact of Covid on hospital wait times for procedures and surgeries has unfortunately affected some STARTA members. We were reminded to send pictures of our garden in spring or other "signs of spring" pictures for inclusion in the mid-May news bulletin. It was lovely to see and chat with other STARTA members.

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

Wellness Challenge 2021: Yes, You Can Still Join the Challenge

“Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young”.

Joseph Pilates

We encourage each STARTA member to participate in the ARTA Wellness Challenge. Participation for thirty days can qualify as your best thirty days. Every little bit of physical activity is beneficial. Don't delay, start today. This challenge encourages you to become more engaged in physical activity to support wellness. The challenge is open to all ARTA members and it continues until June thirtieth. You can participate by getting active and recording the number of minutes you are involved in activity per day. At the end of the challenge, you choose your best thirty days and submit the results to ARTA. Prizes are awarded to the top performers; there will be participation prizes selected by random draw from the submissions sent by challenge participants. Remember to continue to practice Covid safety measures as you engage in these activities.

Find out more about this challenge by reading an article entitled, “Embark on a Wellness Journey” found on pages 38-40 of the Spring 2021 edition of News&Views. An alternate source of this information can be accessed through the following link.

arta.net/wellness-challenge

A bear, however hard he tries, grows tubby without exercise.

A.A. Milne

Physical Activity and Mental, Emotional and Social Well Being

Physical activity is of great value to your brain and to your mood. Brain derived neurotrophic factor is released during exercise. Think of it as acting like a fertilizer for your neurons. In addition to enhancing brain functions like memory, exercise can be used to elevate your mood, beat the blues and reduce cortisol production and anxiety. If you mix exercise and a social connection, such as walking with a friend or engaging in sports such as golf or tennis, you enhance the brain benefits of exercise. Combining music, exercise and engagement with others results in a powerful brain and mood elevating effect. That is why dance and exercising with others is so beneficial to our mental, emotional, and social wellbeing. While we are currently limited in terms of engagement with others, we can still use music and exercise to improve our wellbeing.

An early morning walk is a blessing for the whole day.

Henry David Thoreau

May is Blood Pressure Month

The following link gives some tips on keeping your blood pressure under control.
(Exercise is once again on the list)

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

ARTA: The Pension and financial Wellness Committee has organized a three-part financial seminar for its members.

1. The first session, Tax and Estate Planning, presented by Capital Estate Planning is available at the following link.

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

2. The second session, Estate Planning and Wills, presented by Matt F. Trotta is Available at the following link.

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

3. The third session, Investment Fraud was presented by James MacTavish, Senior Advisor for the Alberta Securities Commission. It is available at the following link.

<https://www.youtube.com/watch?v=QR1EB3QJarI&t=5s>

STARTA CHOIR:

Way back, on Friday, January 24, 2020, some choir members got together to sing a few songs, have lunch together, and chat about the future of the choir. We agreed that it was time to take a well-deserved break to catch up with our grandchildren, take time for family and friends, and get some things in our own lives in order. We hoped to meet in the fall, to prepare for Christmas performances. Then along came Covid-19! **Goodbye 2020!**

So, we thought we might meet again in January of 2021, refreshed and ready to begin preparing for our spring performances. That too went the way of many dreams – thanks to the Pandemic! Our hope now is to start again in January of 2022.

Great thanks to Carol Kaup for booking venues for all our performances. That is a huge task, and I do not know how she did it! Thanks to Faye for preparing the church venue for our practice sessions. Thanks to Lynda for looking after the lights for the pianist. Thanks to Peggy for her help with adding in some alto parts. Thanks to Tarol who has offered to look at the books and sort out our finances. A huge thank you also goes to Marian for preparing the music for each choir member. We will be looking for someone to take over that task when we begin practicing again.

The Friends of Botanic Park did not publish a calendar in 2020, so we missed out on that this year.

Now, we wait for the inevitable ending of Covid-19, and hopefully we can continue to uphold our reputation as the only ARTA branch with a choir. I will sadly miss our Christmas program again this year, as the choir always gave such moving renditions of the chosen songs. We certainly do have a good repertoire of Christmas music!

I had really hoped that, come January of 2021, we would be back on track with plans for spring performances, but only IF the virus had been annihilated! Maybe, spring of 2022??? I do trust that everyone is 'masking' and 'distancing', and that you and yours are all clear of the pesky Pandemic 'bug'. Bug seems such a weak word for the mind-boggling power it has had!

A special message to all Choir members: Have a Healthy Year and Keep Singing!

Eryl Jones

Your Homework: It is B-B-Que time, and everyone likes to try something new... Send us your "recipe" for something you like to make on the BBQ. I will share the BBQ pizza I made with the grand children in the times before the "Royal Highness Corona Virus" (it rules our lives like a tyrannical monarch). The grandchildren loved to do it because they got to "make" their own pizza. When they were preschoolers the crust sometimes had curious grey streaks in it no matter how carefully we had them scrub their hands before handling the dough. They still happily ingested it, so no harm done. Janet Kiriakides

**Just a REMINDER: See you this Thursday, May 20, 2021, at 10:30 a.m
for the AGM and Coffee & Chat with STARTA members via Zoom**

Thanks to all members who contributed to this News Bulletin.