



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

September 17, 2021

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“Winter is an etching,
Spring a watercolour,
Summer an oil painting and
Autumn a mosaic of them all.”

Stanley Horowitz



In the warm light of the season, evening shadows appear earlier and stretch long as they reach for the autumn night. The shadows reappear in the morning and with each passing day grow more reluctant to relinquish the dark cover of night. The fiery beauty of the trees is set to the music of the rustling leaves and the cries of geese as they cheer each other onward. The cooler air energizes. As nature prepares for rest we prepare for more commitments, activities, and responsibilities.

This month brings the end of summer, followed closely by the arrival of October and Thanksgiving. A time to reflect and appreciate what we have!

Highlights of this month

September 15: International Talk Like a Pirate Day: It is a curious thing that pirates are celebrated with a day like this. Many pirates were slave traders and piracy is recognized as an international crime. Pirates existed in Babylonian times and likely even earlier. Ancient Greeks at first endorsed piracy but then it was seen as a disgraceful occupation. Piracy has been practiced around the world. Governments sometimes condoned piracy as long as the pirates were acting to enrich and enable the state's objectives. In China, Zheng Yi and his wife Zheng

Yi Sao amassed a coalition of 10000 pirates that was capable of defeating the Qing Dynasty navy. The pirates we have often seen in movies are loosely based on what was known as the golden age of piracy. It was also the age of empire building and slave trading was a big part of this. The amusing scamps portrayed in movies have little to do with real pirates. If you still want to speak like a fictional pirate, you may find this site helpful. (It might be fun with the grandchildren) <https://www.wikihow.com/Talk-Like-a-Pirate>

More about pirates: <https://www.thecollector.com/ancient-mediterranean-pirates/>

September 19: Terry Fox Run

September 20: Federal Election: There are issues at stake that affect seniors and it is important to have your say through voting. For more information go to <https://www.elections.ca> Also there is a section on topics of interest for retired educators and Canadian seniors at <https://www.arta.net> Some of this information is from ACER/CART (the Canadian Association of Retired Teachers and is also viewable on the ACER/CART Website. Look at the section under advocacy on the ARTA website to learn even more about this and other information relevant to the upcoming election. Information on issues such as Pharmacare and Long-Term Care is available under the section on the latest news at <https://www.acer-cart.org>

September 21: Alzheimer's Day: This day is set aside to inform about the disease. Alzheimer's is the most common form of dementia. <https://www.theglobeandmail.com/life/article-its-never-too-late-to-fight-off-risk-of-dementia-as-you-age/>

September 21 at 2pm: St. Albert Public Library: Drop in Book Club via Zoom: The Goldfinch by Donna Tartt. The book is a 2014 Pulitzer Prize winner and has been made into a movie. It is told in the first person by a boy who at age 13 was a victim of a terrorist attack at the Metropolitan Museum and ends up stealing a painting called the Goldfinch in the confusion of the attack. The novel then goes on to relate how this incident affected his life. <https://www.sapl.ca/>

September 22 at 1:21 pm: This is the time for the autumn equinox in our area. The actual equinox is a very specific time when the sun is directly over the equator. Our autumn this year is supposed to last for 89 days, 20 hours and 38 minutes. Someone should really let the meteorologists know. I wish they could keep warmer autumn temperatures here. We don't want to let winter temperatures arrive too early.

September 27: World Tourism Day: A UN initiative, the theme this year is "Tourism for Inclusive Growth". Covid 19 has had a seriously negative effect on regions where tourism is a key industry.

September 27: St. Albert Public Library: Indigenous Canada Learning Circle Series Forsyth Hall at 6:30pm. <https://www.sapl.ca/>

September 30: International Translation Day: St. Jerome, who translated the Bible from Greek to Latin, is the patron saint of translators. September 30 is considered to be his day. The UN chose this day to honour the work of language professionals. The UN is heavily dependent on the work of translators.

September 30: National Day for Truth and Reconciliation



Patricia L. Cisco

Sing To Me, Autumn

*Sing to me, Autumn,
with the rustle of your leaves.
Breathe on me your spicy scents
that flow within your breeze.
Dance with me, Autumn, your waltz
that bends the boughs of trees.
Now tell me all the secrets
you've whispered to the seas"*

October : Healthy Lung Month: Three recommended ways to celebrate: quit smoking if you smoke, get a check-up and clean your house. Did you know that the lungs are the only human organ that can float in water and that your right lung is bigger than your left lung? Other suggestions to protect lung health include being mindful of indoor pollutants as well as air pollution outside, getting vaccinated against the flu, avoiding crowds when there is high case count of respiratory infections, regular hand washing, exercising (particularly aerobic – think "brisk walking"), and practicing good oral hygiene. Protecting yourself against Covid is yet another way to ensure your lungs stay healthy.

"Breath is the finest gift of nature. Be grateful for this wonderful gift." — Amit Ray

October 1: International Day of Older Persons: This is another UN observance. The theme this year is "Digital Equity for All Ages". The pandemic has truly made it an imperative to be digitally connected for greater well being and social engagement.

October 2: International Day for Non-Violence: This day is observed on Mahatma Ghandi's birthday in recognition of his use of non-violent practices.

October 4: World Habitat Day: The UN observes this day on the first Monday of October. The theme this year is, “accelerating urban action for a carbon free world.”

October 5: World Teacher’s Day : UNESCO instituted this day. The theme this year is, **“Teachers: leading in crisis, reimagining the future.”**

October 10: World Mental Health Day: Promoted by the World Federation for Mental Health, the theme for 2021 is, “Mental Health in an Unequal World.”

October 11: Thanksgiving :

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

Melodie Beattie

We wish you a Happy Thanksgiving.

October 12: World Arthritis Day: This day is set aside to raise awareness about arthritis and its many forms. Approximately one in five people in Canada have one or more of the over 100 different forms of arthritis. More than half of these people are under 65. Worldwide it is a serious problem affecting mobility and increasing the risk of falling. About two thirds of people with arthritis are female.

October 13: at 2pm: Seniors Drop-In Book Club via Zoom | Rabbit Foot Bill by Helen Humphreys: Shortly after World War 2 a lonely boy in small town Saskatchewan befriends an outsider and vagrant named Rabbit Foot Bill and ends up witnessing a violent crime. The young boy, who becomes a psychiatrist, does not see Rabbit Foot Bill until 15 years later in Weyburn, Saskatchewan where Rabbit Foot Bill is a patient. It is dubbed as an exploration into the human mind’s frailty and resilience.

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



St. Albert Library Drop In Book Clubs:

Visit the library website to look ahead at the opportunities for participation. The timeline we include in the bulletin may not allow you sufficient time to read the book and participate so looking ahead at their offerings early may be your best strategy if you wish to engage in the book clubs.

Benefits: Keep up to date with what is happening with your benefit plan by visiting the app called My ARTA benefits. Look for information on any developments on <https://www.arta.net> and in the publication ARTAFacts that is sent to you by email.

ARTA Rx: Take a moment to visit <https://www.arta.net> and look at the Sept. 8, 2021 posting called, “Introducing ARTA Rx, ARTA’s New Plan Owned Pharmacy.” ARTA Rx benefits you and enhances the sustainability of an already healthy benefit plan.

Financial Wellness: Go to <https://www.arta.net> Select the topic of ‘Wellness’ and then select “Economic Wellness” to learn about topics such as; “The Five Cognitive Biases of Self Directed Investment”, “Investment Fraud Prevention”, and “Identity Theft”.

Remember to get your Flu Shot:

Last year influenza was relatively rare as people quarantined, masked up and tried to avoid Covid 19. It is, however, important to get your flu shot this year. Practicing preventative measures and being on high alert to protect yourself can be fatiguing but this is one health measure you need to embrace. As people gather in close proximity and move indoors viral spread becomes more common. The flu can have serious health consequences so do not let the continuance of the Covid pandemic obscure the necessity of the flu shot. Watch carefully over the next month so that you too can be punctured to prevent flu. When going to get your jab, ensure they are using the correct vaccine - specifically for people over 65 if you are in that age category.

Here is a link to more information about this year’s flu vaccines:
<https://www.albertahealthservices.ca/influenza/influenza.aspx.ahs>

Announcement:

The government has just announced that vaccine cards will be ready on Sunday, September 19th, 2021.
Go to <https://www.MyHealth.Alberta.ca/healthrecords> to get an electronic copy of your immunizations.

OPPORTUNITIES for interested members

Edmonton Metropolitan Chorus:

The Edmonton Metropolitan Chorus will begin rehearsals on September 20, 2021. There are two options for participating, in person and via YouTube. If you choose to attend, you must be double vaccinated and wear a mask and practice all safety measures. Registration was September 13th, but you can still register. There are no auditions, and everyone is most warmly welcomed. We picked up our music on the 13th and had a quick look and it should be exceedingly lovely. The conductor for the first concert, Dr. Joy Berg, was in attendance and was very friendly and helpful. My husband and I plan to use the YouTube option due to rising Covid numbers and vulnerable family. Remember if you choose to go to the rehearsal venue you must be double vaccinated and wear a mask. The mask should be a blue or white medical mask as this is the best choice mask for both protection from Covid and for sound quality. For more information, including the address of the rehearsal venue go to <https://www.edmetrochorus.ca/>.

If you have further questions, please email Janet Kiriakides, who will forward your questions to David Garber.

Janet Kiriakides

ELLA (Edmonton Lifelong Learning Association).

Through ELLA, in partnership with the University of Alberta, older adults are offered high quality and affordable non-credit educational courses, seminars and workshops which stimulate both mind and body by exploring liberal arts, fine arts, sciences, humanities and physical activities.

To learn more about ELLA, go to <https://my-ella.com>

Registration for on-line Fall Session classes started at 10:30 on Tuesday, September 7. Remember to renew your membership prior to registering. The course list outlines the science, wellness and leisure, humanities, fine arts and arts instruction offerings. Full course descriptions and speaker bios can be found on the website.

Mark your calendars for the October 8 – November 25 Friday noon-hour presentations which are free for all ELLA members.

Contact: Room L-012, 10230 Jasper Ave., Edmonton, AB T5J 4P6

Phone (780) 492-5055

Email - exella@ualberta.ca



*"At some hour
of the day the
commonest subject is
beautiful."*

Maurice Cullen,
Canadian artist, whose
artwork and use of
colour influenced
artists such as those
in the Group of Seven.

The quote serves as a reminder to look for those things that may seem commonplace with a renewed sense of appreciation and gratitude. When we view things in a different light or from a different perspective, we can gain an enhanced sense of appreciation. Consider the role of truckers in the early days of the pandemic. Among their travails were difficulty in finding places to eat and difficulty finding washrooms. We became more aware of how much we are supported in modern life by a vast network of people that we only rarely think about.

*"I live to enjoy life by the littlest things, feeling the grass between my toes,
breathing fresh air, watching the wind sway the trees, enjoying the company
of loved ones, a deep conversation, getting lost in a good book,
going for a walk in nature, watching my kids grow up.
Just the feeling itself of being alive, the absolute amazing fact that we are
here right now, breathing, thinking, doing."* *Marigold Wellington*

REMEMBERING BOB BRAYMAN:

**Celebration of his life to be held Saturday, Sept. 25, at Arden Theatre,
12:30 PM**

Please join the Brayman family in celebrating the life of Bob Brayman, who passed away in Kelowna in August 2020. Bob was an educator and coach in St. Albert for close to 30 years and truly loved the community.

“Gratitude is one of the most powerful human emotions. Once expressed, it changes attitude, brightens outlook, and broadens our perspective.” Germany Kent

Health Advantages of Gratitude: Expressing gratitude has been determined to have a positive effect on mental health. Some research indicates that it may improve your physical well-being too. Reportedly it can improve sleep, reduce inflammation, and diminish aches and pains.

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://positivepsychology.com/benefits-of-gratitude>

Gratitude
A voice in my heart shining,
Singing, dancing, anticipating,
Calming down all the chaos!
Iris Shih

****** A Suggestion: Make a list of things for which YOU are grateful. Post it on your cupboard or fridge – somewhere where you will see it often! Consider and plan ways to show your gratitude to those around you! Take time to enjoy how that makes you feel! ******

A Special Thank You to Our Contributors for the 2020-2021 Editions of our News Bulletin

The STARTA News Bulletin is truly enriched by the contributions of many STARTA Members. We have had informative links and articles, anecdotal stories, advice, experiences, and photos. People have even shared recipes and snapshots of treasured antique cookbooks. This has made the News Bulletin more interesting and has helped increase a sense of connection amongst members of the organization. Thank you to the following people, for their contributions to the news bulletins for 2020-2021, and in no particular order; Peggy Bergmann, Marian Oberg, Laura Heatherington, Wendy Poirier, Mary-Pat O’Neill and her daughter Cathy, Kate Gale, Gerry and Emilie Keene and their daughter Colleen, Bob and Janet Kiriakides, Dawn Curran, Ardyth and Bill Garrison, Mike Dickinson, , Eryl Jones, Joyce Keltie, Leo Bruseker and Sandy Fildes, Emil and Rita Guzik, Betty Mackey, Valerie Jean Barrie (Kelly), Jean Elder, Cres Estioko, Helen Kieran, Dave Geddes, Maurine Maslen, Doug, Cathi Cross, and Andrew Raczynski, That is about 15% of our membership! We really appreciate your contributions!

Thank you to Our Faithful Zoom Coordinator: A special thank you to Marian Oberg who has set up the Zoom meetings for our executive meetings, Coffee and Chats, three program events and AGMs. Your efforts are very much appreciated.

Thank you to Our Zoom Participants. Thank you to everyone who has participated in a Zoom meeting this year. It was wonderful to see you. We know meeting on Zoom is a weak substitute for meeting in person but it has been the safest option for what seems like the longest time.

Thank you to Our Picnic Participants In July the world seemed just a bit safer and some of us met outdoors on a beautiful day. It was good to see people in person.

Thank You to The STARTA Executive We really appreciate the faithful attendance of our executive at our monthly Zoom meetings. Some challenging decisions have needed to be made and we are grateful for your efforts.

Next STARTA Event Zoom Coffee & Chat: October 1 at 10:30 am.

Decisions about STARTA events will be made on a month-by-month basis. Although we had hoped to go back to our regular 'first Friday of the month' breakfast meetings, we are now concerned about the recent dramatic rise in Covid cases, general hospital admissions and ICU admissions. So, on the first Friday in October, because we cannot have an in person meeting, you are invited to join us by Zoom for a 'Coffee & Chat' session.

Time: [Oct 1](#), 2021 10:30 AM Mountain Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/84091375925?pwd=TXcvTDI4QzNnS3ppT1hiRFhKY013UT09>

Meeting ID: 840 9137 5925

Passcode: 350277

To have the telephone access information, contact mroberg@telusplanet.net

Watch the News Bulletin in mid-October for information about our 'first Friday' in November event.

Truth and Reconciliation

We recognize, acknowledge, and honour the ancestral, traditional First Nations territories on which we live and the contributions of all Indigenous People to our community and to our nation.

Elders in an Indigenous Community:

“In Indigenous cultures, the social engagement of elders is recognized and highly valued. Through their engagement and wisdom, they contribute to their own wellbeing, but also to the wellbeing of children, youth, families and the entire community.

The holistic approach of Indigenous cultures carries meaning and hope: through its contribution to intergenerational solidarity, the social engagement of Indigenous elders can help meet health and wellness needs.” from the McMaster University Optimal Aging Blog

The post then discusses that Indigenous elders promote health initiatives, integrate traditional healing practices with current health practices, help with social cohesion and support the well-being of the individual, the family and the community.

The following link is an article about a Cree woman from Manitoba who trained as a classical singer and has now added Cree lyrics to some well-known classical works. She has written her own music and helps mentor other First Nations' musicians. <https://www.winnipegfreepress.com/arts-and-life/entertainment/music/finding-hervoise-575213432.html>

The City of St Albert to Permanently Display Two New Flags

<https://municipalinfonet.com/article/municipal/category/indigenous-relations/154/918073/city-to-permanently-display-treaty-6-and-metis-nation-flags-in-front-of-cityhall.html>

Some Thanksgiving recipes from indigenous chefs

<https://www.ctvnews.ca/lifestyle/recipes-from-first-nations-chefs-to-make-forthanksgiving-1.2046436>

We would appreciate your assistance in any or all of these three areas:

1) If you are aware of other opportunities to interest and engage our members, please send information to Peggy Bergmann (pbergmann@shaw.ca) by the 12th of the month to ensure there is sufficient time for its inclusion in the news bulletin.

2) If you know of any STARTA member who is ill, injured or hospitalized please contact Wendy Poirier (rwpoirier19@gmail.com) so that she can send them wishes from the STARTA membership for a speedy recovery and a return to better health.

3) If you know of any STARTA member who has had changes to their address, phone number or email, please contact Wendy Poirier (rwpoirier19@gmail.com). We want to be in touch with our News Bulletin, and dates and times of upcoming events *"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."* Denis Waitley

We hope that you will be able to contribute some very important submissions for our next bulletin. The time frame encompasses November 11. This year we wish to be quite specific in our Remembrance. We would like you to submit the names of family members who served our country and humanity during major conflicts. Please give their name, rank, relationship to you and if possible, several sentences about their service. Please send this information to Peggy Bergmann (pbergmann@shaw.ca) by October 12th so that it can be included in our next news bulletin.

Thank you to everyone who contributed to this and other News Bulletins.