



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

April 16, 2022

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We encourage all attendees to use sanitizing spray available just inside the front door. Also, in accordance with building guidelines, we are to wear a mask in the Entrance area and all common areas, until we are in the 'Friendship Room' with other STARTA members.

You may wish to bring your own pen/pencil as we have an activity that requires writing. A dessert and beverages will be provided.

“April showers bring May flowers!”

As the weather warms, many of us will be pulling out and cleaning our gardening tools in preparation of a spring and summer full of gardening. As peaceful and relaxing as gardening can be, it does require a lot reaching, pulling, twisting, and bending. Remember to take the necessary precautions to protect our back, upper legs, knees, shoulders, and wrists as we ‘play’ outside!

The professionals suggest that we

- 1) **Stretch:** Give your muscles a good stretch before you even head outside with your favourite gardening attire. Stretching warms muscles, making them work more efficiently and be less likely to be injured. The [Straighten Up Alberta program](#) is a great place to start if you are looking for an effective way to stretch and warm up before digging.
- 2) **Pay attention to your Body mechanics:** Gardening is full of repetitive motions, which, over time, can cause a whole host of problems. Below are suggestions of ways to reduce problem movements while you work in the garden.
 - When it comes to gardening, think about ways to reduce the amount your body is twisting. Generally, it is best to squarely face whatever you are working on, never over reach; and keep moving in order to be close to your work.
 - Keep your elbows partially bent when you are digging, in order to prevent the onset of [tennis elbow](#) from repetitive and stressful movement.
 - When watering your potted plants, try to NOT reach above your shoulders. Using a sturdy ladder will help to keep work below the shoulder level and to prevent a shoulder impingement or another type of rotator cuff injury.
 - When pruning or using a similar motion, hold objects with a light grasp or pinch, avoiding a tight sustained grip and reducing pinching or pulling with your thumb or fingers.
- 3) **Finally, pay attention to your Tools:** The shovel, spade, rake, etc., used should be appropriate for your size. Make sure handle size, length. Also make sure tools meant for digging are kept sharp as that will reduce the amount of effort needed to move your dirt.

STARTA EVENTS: old and new...

Looking back: Our last Zoom Coffee & Chat was held on St. Patrick's Day At 10:30 AM Mountain Time (US and Canada).

How Green We Were! Many participants (virtually) were decked in "garb of green" in honor of the day!

The previous Bulletin had included a variety of pictures of Ireland submitted by members. We questioned each other about the origins of the pictures and heard interesting travel memories. This, of course, led to comments about aspirations for future travel.

Attention turned to possibilities for future STARTA events and venues. Questions were asked about member readiness to attend in-person events, escalating costs, connections for remote access to in-person events, and participants' access to events out-of-city limits. It was clear that our executive considers a great many variables in planning for the future of STARTA!

Commendations to all executive members for their efforts to keep us connected over the course of this pandemic and their thoughtful approach to our shared future.

PLEASE NOTE: At this point we have not planned any more Coffee and Chat Zoom Meetings. If you would like the executive to plan one or more future Coffee and Chat Zoom meetings, please let us know by emailing Peggy Bergmann (pbergmann@shaw.ca), Wendy Poirier (rwpoirier@gmail.com), or Marian Oberg (mroberg@telusplanet.net)

The STARTA AGM usually held in May will be postponed until fall of 2022.

The executive has decided it would be best to wait until fall to hold our AGM, hopeful that we will then have an 'in-person' meeting, and we also will have some names to fill the new executive roster. Most of the current executive have served not only their two years, but an additional year due to Covid and our inability to meet in person.

Like most other organizations, STARTA has fought hard to maintain our group over the last two years. If we are to continue, we need members to step up to take the Executive positions.

The STARTA Executive is compiled of the following 2-year positions:

Elected Positions (4)

Presidents (2)
Vice-Presidents (2)
Secretary
Treasurer

Volunteer and Assigned Positions

Past Presidents (2)
Program Convenors (2)
Membership and Contact Coordinator
Historian
Webmaster
Bulletin Editor

- *Vice-presidents generally move up to become presidents after 2 years)*
- *Co-presidents generally move up to become past presidents after 2 years)*

PERSONAL HEALTH is important

Consider booking your second COVID-19 Booster now.

Check out either website for the AHS online booking.

If you ask for locations within 10 km or more of your postal code, you will find several local pharmacies. Some have walk-in access.

<https://bookvaccine.alberta.ca/vaccine/s/>

<https://www.ab.bluecross.ca/news/covid-19-immunization-program-information.php>

In Memoriam – Honouring members who have passed away

Written by colleagues and friends (thank you to all contributors)

Roy Gouchey: Roy grew up in the Kleskun community east of Grande Prairie. He graduated from Red Deer composite High School where he was a member of the Football Team. After a year of “teacher education”, he taught for a year in North Kleskun. He returned to university and then taught in Conklin, Benzanson, and Beaverlodge, while completing a B. Ed. by 1960.

In 1963, the Gouchey family moved to Athabasca. Beginning there, Roy was able to focus on his passion: Physical Education. In 1968, he joined the staff at St. Albert High and the next year at Victoria Composite High School (now Victoria School of the Arts) as a member of the Phys Ed Department. Throughout those years he was a founding member of and active in the Alberta Schools Athletic Association. He also developed an early form of the Life Skills/Outdoor Education program, taking students on multi-day camping trips amongst other things.

During these years, Roy continued his own education, spending summers attending University of Oregon where he completed a Masters of Education Degree in 1973.

From 1976 until retirement in 1985, Roy taught Biology at Paul Kane High School. He and his students organized Blood Donor Clinics challenging District staff and community members to set participation records. He also arranged weekend workshops for students and (in some cases) parents to take Red Cross CPR training.

After retirement from teaching, Roy attended Olds College, completing a horticulture program. He also continued his association with the Red Cross, and in 1997, Roy became a member of the first executive committee of STARTA.

Reminder: If you would like to honour a member who has passed, please write a short article, and send it to pbergmann@shaw.ca. To get it published in the subsequent News Bulletin, be sure to submit the item(s) to Peggy Bergmann before the 14th of the month.

ARTA NEWS:

Reminders FROM THE BOARD INFORMATION SESSION held Feb. 22 a.m.

- **ARTA Rx** is inviting members to sign on with the pharmacy to receive their continuing medications via courier service at no extra cost (you must live in Edmonton and area... St. Albert is included). To encourage participation in this plan, there are increased benefits being offered to those members who join ARTA Rx. Check out the You-Tube Video for more information on the program and its benefits, or phone 855-444-2782. Plans are also listed on-line at artabenefits.net
- Plans to hold a modified, in-person **ARTA Retreat** May 23-26 are being developed. The theme will be "Welcome Back".
- Photo Contest 2022: Categories: Travel, Nature, Ten (to celebrate the 10th anniversary of this contest), and Making It
- **ARTAFacts** is requesting stories from the Branches to include in the newsletter: "What have you been doing during COVID?"
- **Golf Tournament 2022**: will proceed on June 16, 2022, at the Ponoka Golf and Country Club. (some modifications to accommodate COVID concerns)
- There will be both a **Mental Health Wellness Challenge** and a **Wellness Walking Challenge** for 2022.

The **2022 ARTA Wellness Challenge** encourages ARTA members to live an active and engaged lifestyle in retirement by tracking time spent or steps on any activity that gets them moving and their hearts pumping!

Participants can track time on their watch, fitness tracker, or cell phone, making it easy and accessible for all to participate. This year we will also bring back "steps taken" as a metric, so members can convert time spent on an activity into steps. Members do not need to concern themselves with figuring out the conversion, ARTA is happy to do it for them.

The 2022 Wellness Challenge started on **Friday, April 1st** and will run until **Thursday, June 30th**. You will need to send your final numbers in by July 4th. More information regarding submitting totals will be in the next News Bulletin.

ARTA has sent a **call for nominations of candidates for the 2022 Board of Trustees for the ARTA Benefit Plan Trust Fund**, to be sent in by Tuesday, May 10, 2022. The ARTA Benefit Plan Trust Fund Trustees meet quarterly, at minimum, to provide direction and governance to the operations of the ARTA Benefit Plan Trust Fund. Each position is a three-year term. Trustees can expect to spend, on average, 5–10 hours each month on various duties including preparation for and attendance at Trustee meetings, education and orientation activities, and association events. If you are interested, please contact Marilyn Bossert, Chair of the Nominations Committee of ARTA.

Save the Date!

The Second Wind Conference is back!

The Second Wind Conference steering committee is very excited and pleased to announce that the 9th Annual Wellness Conference for Retirees will be held at the Chateau Louis Conference Centre in Edmonton on

Thursday, September 22, 2022

Joining us again this year will provide you with an opportunity to connect with friends, make new ones as well as, gain new knowledge, learn new skills, pursue new interests, and experience a rewarding day.

Sessions to be offered at the conference and the registration form may be viewed on our website. Please look at these topics and consider which of them would be of interest to you and register today at

www.secondwindconference.ca

The cost of attending the conference is: **\$95.00 per person** if you register prior to **Sunday, July 31, 2022**. From **August 1** through to **September 22, 2022**, the regular Conference Fee is \$110.00 per person.

Join us in September!

We look forward to seeing you once more and providing you with yet another memorable experience.

HOUSEHOLD HINTS: HAVE ANOTHER COLA!

From Eryl Jones

1. In many states of the USA, the highway patrol carries two gallons of cola to remove blood stains from road accidents.
2. Place a steak in a bowl of cola for two days and it will be GONE!
3. To clean a toilet bowl, pour the cola in and let it sit for one hour and you can then flush all stains from the citreous enamel.
4. To remove stains from chrome bumper bars, rub the spot with foil dipped in cola.
5. To clean a rusted bolt or car battery terminals, apply a cloth soaked in cola for several minutes.
6. To remove grease from clothes, add cola to the washing and it will shed the grease during the washing cycle.
7. THE ACTIVE INGREDIENT IN COLA IS PHOSPHORIC ACID. The PH level is 2.8 and it will dissolve a nail in about 4 days!

Just a Reminder:

*Please consider a **STARTA** executive position for the coming 2-year term!*

Thank you to everyone who contributed to this News Bulletin!