



ST. ALBERT AND AREA RETIRED TEACHERS 'ASSOCIATION BULLETIN

September 15, 2022

Editors: Peggy Bergmann (pbergmann@shaw.ca)
Ardyth Garrison (garrisonardyth@gmail.com)

*September: the month 'in-between'...
A wonderful time of the year, when it is still
warm enough to work, eat, and sit outside!*

UPCOMING EVENTS:



September 22, 2022

Chateau Louis Hotel and Conference Centre

There are still spaces left to fill... ONLY \$95.00

Check the website for sessions offered and the
registration form: www.secondwindconference.ca

REGISTER now!

Thursday, September 29: (NOTE: Change of DATE)

'Comeback' Breakfast'

at the **Sturgeon Valley Golf and Country Club (SVGCC)** at **9:00 am**. A short **AGM** will be held immediately after breakfast, followed by Guest speakers **Megan Kroschinski** and **Bryce McLeod** from **SERVUS PLACE, Fitness and Wellness Centre** who will share with us

EVERYTHING WE WANT AND NEED TO KNOW ...
about Servus Place Fitness and Wellness Centre!

Membership fees of \$10.00 per person are due this September and can be paid with the breakfast cost of \$25.00 at the registration desk on Sept. 29, 2022.

Our celebration will include time to reconnect with friends and colleagues, win PRIZES, make some serious business decisions, win PRIZES, participate in a fabulous fitness presentation, and win PRIZES! You need to be there to win!

At our **AGM**, we will review the past year, and make some decisions on the current year. It is very important that we have good representation from our members, as many of these decisions will affect our activities going forward. Please note that, because we are in an even-numbered year, we need to carry on a full election for the following 4 positions: Co-Presidents, Vice President, Secretary and Treasurer. We do already have a few names to put forward for Co-Presidents, Secretary and Treasurer. At this point we have no-one offering to stand for Vice President. We do need this position filled, so please consider these requirements:

The Vice President(s)*:

- is a member, or members, of the STARTA Executive, attending both Executive and General STARTA meetings. Most months both an Executive meeting and a meeting of the membership are held. If there are co-vice-presidents, at least one will attend, but both are welcome when available.
- works with the ARTA in setting up and manning the North Central Convention Booth.
- organizes the venues and menus for STARTA meetings.
- chairs meetings when the President(s) is unavailable.
- works as part of a team with other executive members.
- prepares to take on the role of President after two years

*Note: For several years, we have had two people holding the positions of Vice-President and President. This means that the job is shared, and incumbents have freedom to travel, or to look after personal concerns as they arise.

Although the following are not voted in at the AGM, we are looking for these additions to our STARTA executive:

Membership and Contact Convenor

This is a very important position with STARTA, as it provides for contact with members. Some of the tasks involved are to:

- manage the membership directory.

- set up and maintain a list of phoners and provide information from the Executive for them to distribute to members.
- collect information from phoners, such as expected attendance at a meal.
- contact venue with numbers expected at upcoming meals, according to the requirements of the venue.
- attend Executive and General meetings. At meetings of the membership, keep track of attendees and any record any changes to their information.

Webmaster

The Webmaster's job has evolved over the years, but some of the tasks are:

- Work with ARTA staff to maintain up-to-date contact information and newsletters on our website, which is available to us free from ARTA.
- Maintain a data base of member e-mails in order to send newsletters and information to all members who have e-mail accounts. Send items as directed by the Executive, including the Membership Contact Coordinator and the Communications Director.
- Attend Executive and General meetings of STARTA.

Following the AGM, we are delighted to off the following program:

EVERYTHING WE WANT AND NEED TO KNOW ... about Servus Place Fitness and Wellness Centre!

We will get an overview of Servus Place program, especially for people of our age group, and learn about the qualified professionals who work with their clientele. There are probably things you don't know about what they offer and about the ways they can include anyone.

Think about your questions for them. They are ready for anything. They will also provide a way to receive feedback and hear your ideas about how they might better serve us.

One question they ask is: What would you like to see and what would encourage you to take part in their programming?

Bryce McLeod, BKin

Since Servus Place's inception in 2006, Bryce has been the Fitness and Wellness Supervisor, leading the charge to their 13th time being voted Best Fitness Center in St. Albert. With a Kinesiology Degree from University of Alberta, Bryce has been in the fitness industry for 25+ years. He has worked with a wide range of people including youth to older adult, and teaching group fitness classes for people living with MS. Since Day 1 Bryce has maintained the stance that our main goal at Servus Place Fitness and Wellness center is promoting healthy ageless play to anyone and everyone.



Megan Kroschinski, BKin



As the Mind Body & Special Populations Programmer at Servus Place Fitness Center, Megan works with a wide variety of people with different goals and interests. Toting a Kinesiology degree from the University of Alberta, promotion of health and fitness to all has been a priority in her life. Being at Servus Place since 2008, Megan has had years of experiencing working with older adults, athletes, pore/post-natal mothers, and people living with mobility considerations and chronic disease. Over the past couple years, we have witnessed how physical and mental health are so important- and finding ways to stay active and involved has been thrust into the forefront. Let us help you find ways to stay fit and have fun while doing it.

MARK YOUR CALENDAR:

Upcoming Breakfast Meetings are booked for

October 28th and November 25th, 2022.

HERE'S YOUR OPPORTUNITY TO SHOW ALBERTA LEGISLATORS

HOW VERY IMPORTANT PUBLIC EDUCATION IS TO YOU!

On [Saturday, October 22](#), a Rally in support of Public Education is being organized by the ATA. THIS IS NOT A PROTEST - **IT IS A RALLY!!**

It has been 25 years since the last Rally in support of Public Education and the ATA strongly believes it is time for all teachers, administrators, parents, and even students to come together to show the Government that Public Education is a priority in this Province. Public education puts no emphasis on race or economic status. It is a right that deserves to be adequately funded.

This Rally is still in the planning stages by the ATA. Buses are being arranged to transport participants to the Legislative Grounds that day. **SAVE THE DATE AND WE WILL KEEP YOU POSTED AS THE DETAILS ARE ANNOUNCED.**

ARTA Benefit Plan: Renewal Statements are rolling out to ARTA Benefit Plan members throughout the month. Each ARTA member will receive a mailed copy of their renewal statement by the end of [September 2022](#), or they can be viewed at [MyARTA.net](#) when they become available.

Riverview chiropractors offer the following health and safety tips to avoid injury this fall:

- Warm up and cool down. It may not seem like a workout, but one hour of raking can burn nearly 300 calories! Warm up for at least 10 minutes by walking and stretching to prevent straining your shoulders, neck and back. When you're done your work, gentle stretching exercises will help relieve tension in your muscles.
- Choose the right tools. Use tools that are the right size for your height and stature. Look for ergonomic handles for comfort, ease of use and to prevent back strain.
- Wear the right clothing. Lightweight clothing will keep you warm without trapping sweat. Shoes should be sturdy to help prevent injuries to your

feet and have slip-resistant soles to minimize the risk of falling. Gloves provide traction and help prevent blisters on your hands.

- Practice proper position. Stand upright and vary your movements often to avoid overusing muscle groups. Bend at the knees and not the waist when picking things up. Avoid tossing leaves over your shoulder or to the side, which can strain your back.
- Practice ladder safety. Ensure your ladder is in good repair with no loose screws, hinges or rungs. Position it on a firm, level surface and angle the ladder approximately 75 degrees from the ground. Always face the ladder when climbing and descending, and never sit or stand on the top of the ladder.
- Take frequent breaks. Rest every 10 to 15 minutes—repetitive tasks can strain your muscles and joints. Drink plenty of water and stretch to relieve any tension in your back, shoulders and neck.

We welcome your feedback, stories, jokes, articles, travelling tales, recipes... anything from your experiences that you are willing to share with your colleagues! Please send your contributions to pbergmann@shaw.ca on or before the 11th of each month. I am looking forward to hearing from you!

Peggy Bergmann

