



ST. ALBERT AND AREA RETIRED TEACHERS 'ASSOCIATION BULLETIN

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

October

“October is a fallen leaf, but it is also the wider horizon more clearly seen. It is the distant hill once more in sight, and the enduring constellations above that hill once again” – Hal Borlan

Friday, October 28: Second STARTA BREAKFAST

STURGEON VALLEY GOLF CLUB 9:00 AM- 11:00AM

COST: \$25 MEMBERS or \$28 NON-MEMBERS

Guest speakers Jeanne Boutin, Leo Bruseker and Sandy Fildes will take us on a tour of Lourdes, Fatima and parts of the Camino Trail.

Door prize baskets are back!

Doors Open at 8:30 am. Membership fees of \$10.00 per person are due and can be paid at the registration desk. Partners who are not retired teachers, can purchase a membership as an Associate Member of STARTA.

Please **RSVP** to your Contact Team Person by **Wednesday, October 19**, as we **MUST** give the caterer an accurate number of attendees by Friday, Oct. 21. Remember the Pandemic has put tremendous financial strain on food services and the Golf Course has worked hard to keep their costs reasonable for us.

*If you know of any recently **RETIRED TEACHERS**, please invite them to come to a breakfast with you. First year memberships are **FREE!***

MARK YOUR CALENDAR:
NEXT Breakfast Meeting: November 25th, 2022

Looking Back: Comeback Breakfast held on Sept. 28th

How special was the feeling of coming back together! Sixty-five people gathered for breakfast at the Sturgeon Valley Golf and Country Club the morning of September 29. Smiles and laughter were abundant as everyone seemed so happy to be back together with colleagues and friends again! It felt just like “old home week”!

Seven (yes, 7) new members were welcomed. 55 memberships were purchased and we have 4 lifetime members. Yes—STARTA is back!

Following breakfast, a brief Annual Meeting was held with an election of the following Executive Officers:

Co-Presidents: Mary Pat O'Neill and Wendy Poirier

Vice - Presidents: VACANT

Secretary: Donna Fedoration

Treasurer: Leo Bruseker

The other Executive positions are as follows:

Past Presidents: Marian Oberg and Debbie Kelley

Communications: Peggy Bergmann and Ardyth Garrison

Historian: Joyce Keltie

Membership Contact Convenor: Maurine Maslen

Program Convenor: VACANT (*Leo Bruseker has agreed to organize programs for this year only so we can continue to enjoy speakers at our breakfasts*)

Webmaster: VACANT

A huge thank you to the outgoing Executive Members for their dedication:

Secretary: Emilie Keane

Program Convenors: Laura Heatherington and Mike Dickinson

Webmaster: Emil Guzik

There are still some opportunities for members to participate in the leadership group of our Association. We do have the vacant positions that need to be filled. This is a good team to join. We work well together, and we want STARTA to be strong for the future. Please consider volunteering. For more information, you can contact

Mary Pat O'Neill mary.oneill@telus.net or

Wendy Poirier rwpoirier19@gmail.com

Guest presenters Megan Kroschinski and Bryce McLeod from the Servus Place Fitness and Wellness Centre were introduced. Their topic was “Everything We Want and Need to Know about Servus Place.” They described some physical changes to the facility that enables appropriate social distancing and enhanced routines for sanitizing equipment. There are so many opportunities for activity as well as a variety of specialty classes for people with various health concerns: it was amazing! Each of us received a free day pass and there were several month-long passes awarded!

If you were unable to attend or didn't pick up the handout, you can go to the Servus Place website and search for “2022 Fall Fitness Drop-In Class Schedule”.

Information was also shared about the **Public Education Rally** being organized by the ATA on **Saturday, October 22** at the Legislature.

HERE'S YOUR OPPORTUNITY TO SHOW ALBERTA LEGISLATORS HOW VERY IMPORTANT PUBLIC EDUCATION IS TO YOU!

Folks this is hopefully going to be a HUGE event. Teachers, parents, grandparents, students, and the public at large are being asked to congregate at the Legislature on that **Saturday** at 1:00 pm to demonstrate to the government how important public education is to Albertans. THIS IS NOT A PROTEST - **IT IS A RALLY!!!** The dream is to have 25,000 people showing their support. Buses are being organized to transport people to the Legislature from St. Albert so you don't even have to drive!! Please consider adding your voice at the Rally.

This Rally is still in the planning stages by the ATA. **SAVE THE DATE AND WE WILL KEEP YOU POSTED AS THE DETAILS ARE ANNOUNCED.**

We asked our executive: What are you thankful for?

Here is our executive Thanksgiving Alphabet:

- A Alberta blue skies
- B Baseball, Books to read
- C Christmas, churches, cuddles
- D Doughnuts
- E Education
- F Friends, Family dinners
- G Grandchildren, Godparents
- H Health, Hugs
- I Ice cream
- J Jokes
- K Kisses, kittens, Kindness (acts and words)
- L Laughter, Leaves
- M Music
- N Neighbors
- O Opportunities, Old Photographs
- P Parties, Pie, Phone calls from friends
- Q the Queen
- R Retirement, Relationships, Road Trips, Relatives
- S Songs
- T Technology, the telephone, tea
- U Uncle, Unicorns
- V Variety
- W Waves, watermelon
- X XXX (OOO) (kisses and hugs)

Y Your Education, YOU

Z Zoom, Zebra (from our travels), ZZZZ (a good sleep)

What I am thankful for by Joyce Keltie

My father for saving and investing all his adult life to leave his children the means to live a comfortable life.

My grandparents for passing on genes for creativity and curiosity.

My sister for suggesting I move to St Albert after I retired and, with her family business, building my townhouse home.

My garden friend, Helen, for welcoming me to volunteer at the Cottage Garden at SABP.

My brother and sister-in-law for inviting me on their travels.

Using Post-Retirement/COVID Time: Musings from Ardyth Garrison

Early in my post retirement I spent a weekend with some long-time friends whose creative projects inspired me. I took out my long unused knitting needles and, with the help of Google, relearned the basics of knitting. After a variety of projects, I reparked them for a few more years.

But with the restrictions and extended leisure time of COVID, I have revisited the hobby and discovered a great resource. Two sisters who have had a yarn shop in northwest Edmonton have been very successful in adapting to shop closures through use of Zoom for workshops, chat rooms and classes. Their online shop with curbside pickup and long-distance deliveries have been so successful they plan to continue with their COVID model. I have been a beneficiary of several workshops, classes, and Knit-A-Long projects. One workshop included participants from across Canada and some western US states with an instructor in Amsterdam.

My husband, Bill, is a long-time model train enthusiast. In Covid Time, he worked on assembling three-dimensional puzzles with moving parts. The largest is a model steam locomotive that is 15 inches long.

A cousin spent many COVID hours working to edit and extend her mother's genealogy files. She compiled them into a very professional-looking, 150-page book and published copies for extended family.

How did you spend your COVID time? Did you tackle a long-postponed project, undertake something new or read some memorable books? We would love to hear your story. Please send your contributions to pbergmann@shaw.ca

on or before the 11th of each month.