



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

January 15, 2023

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

Happy New Year!!!

January - a fresh start, a new chapter, the art of winter, a do-over, the quietest month!

A question from John Steinbeck: "What good is the warmth of summer without the cold of winter to give 'summer' it's sweetness?"

Friday, January 27: STARTA BREAKFAST
STURGEON VALLEY GOLF CLUB 9:00 AM- 11:00AM
COST: \$25 for MEMBERS or \$28 for NON-MEMBERS

Guest speaker: **Susan Carter** – Comedian Extraordinaire

A speaker, teacher and comic, Susan Carter finds humour in everyday situations and offers creative solutions to cope with the stresses of teaching. After teaching Junior High School for thirty years, Susan created successful programs to help teachers connect with their students while having fun in the classroom. Susan, now retired from teaching, will give us a few laughs as we look together at the lighter side of our former careers!

Doors Open at 8:30 am. Membership fees of \$10.00 per person can be paid at the registration desk. Non-retired teacher partners can purchase an Associate Membership.

Please **RSVP** to your Contact Team Person by **Wednesday, January 19**, as we **MUST** give the caterer an accurate number of attendees by Friday, Jan 21.

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

NEXT Breakfast Meeting: February 25th, 2023

Looking Back : Nov. 25th Breakfast meeting with
Tim Moffit, The Walk Shoppe

A Review by Ardyth Garrison:

Tim Moffit became a Certified Pedorthist in 2003 and joined the Custom Orthopedic family in 2004. He joined us for breakfast at our Nov. 28 meeting and regaled us with interesting (and entertaining) information about our feet and how to outfit them.

For example:

- Did you know that your feet contain $\frac{1}{4}$ of the bones in your entire body?
- Each foot has approximately 125,000 sweat glands and produces 22 litres of sweat per foot per year that could support 200 different pathogens (No wonder we have smelly feet—and think what that does to the insoles in your shoes!!)
- The average North American takes between 7,000 and 10,000 steps per day. In a lifetime that's about the same as going around the world 4 times.
- The average person (assumed: 150 pounds) places 300 pounds pressure per foot when walking. (Good rule of thumb is 'double your body weight' to estimate force.)
- Shoes are not clothing—they are one of the oldest forms of PPE.
- Good walking shoes absorb shock at full strength for about 1,000 Km. After about 6 to 9 months, 50% of the shoe is done.

Tim provided us with 5 guidelines to teach us to be “shoe buying experts”!

- Heel Counters:
 - This is the inside of the back of the shoe. When you pinch above the foam on both sides of the shoe it should NOT be soft.
- Stable Shanks
 - The human foot does not bend beyond the arch so your shoe shouldn't either. Flex and twist the sole to check that:
 1. the shoe doesn't bend behind the arch
 2. the shoe should flex in front of the arch.
- Removable Insoles
 - Remember all that sweat? Once a month you will want to take out the insoles and spray them with hydrogen peroxide.

- Adjustable Closures
 - On average feet swell 5 to 8% from morning to night—½ to a full size! You will need to adjust.
- Rocker Forefoot
 - The big toe needs about 60 degrees range of motion. A rocker forefoot will help compensate for any loss of this range due to arthritis, bunions, etc.
 - Set the shoe on a firm surface and press on the toe. The heel should rise off the surface.

Thank you, Tim. I will certainly approach shoe buying (and care) differently in the future.

Editor's Note: What I've tried to do is summarize for you the information Tim provided. What I cannot do is convey to you are his sense of humour and friendly, relaxed presentation style.

CONGRATULATIONS to Lynn Duigou!

Lynne Duigou received the "Queen Elizabeth II Platinum Jubilee Medal for Community Service". She was nominated by the Alberta Genealogical Society for her extensive work as president, editor, and many other roles within the society. Lynn was presented with this award on Thursday, December 8 at the Queen Elizabeth Building. She was also editor of "A Bridge Over Time: The continuing story of St. Albert". Many of you know that Lynne has always been active in STARTA, and we congratulate her on this special honour.

November Book and Puzzle Fund Raiser!

A huge **THANK YOU** to all members who participated! Whether you donated books/puzzles or contributed generously for items you chose to take home, you contributed to a profit of \$337.25 – the highest on record for this fundraiser! This will help greatly in providing programming in the months ahead.

FROM ARTA:

We are pleased to announce that ARTARx has received its operating license from the Alberta College of Pharmacy (ACP) and has been approved to begin providing services to the public. However, due to some recent changes in ACP regulations, we are not able to offer the full scope of service we originally intended.

Under the new rules of a community pharmacy license, ARTARx will only be able to provide services to those living within the service area of our physical pharmacy space, supported by regular in-person care — the Greater Edmonton Area. To view the list of postal codes within our service area, visit the ARTARx webpage.

[ARTARX Service Area](#)

As a result of these ACP policy changes, members living within this area will still be able to register for an ARTARx benefit plan, but those living outside of this area will no longer be able to sign up. The ARTARx benefit plan's eligibility has been redefined from "available to residents of Alberta" to "available to those living within the pharmacy service area & willing to maintain regular in-person care."

We are now beginning the transition period between receiving our license and stocking our shelves with supplies and medications. This process will not be complete until mid-[January 2023](#). Non-ARTARx benefit plan members in the ARTARx service area will still be able to visit and support the pharmacy if they so wish and access the pharmacy services as members of the general public.

Thank you for your patience as we have navigated these legislative changes, and we apologize for any disappointment this news brings. We will keep you updated on any future changes to this policy that may affect the services we offer, as well as any expansions in the current service area.

ARTA Tax Slips

Tax slips will be mailed later this month, but you can also view your tax slip through *MyPension* earlier in the new year. If you would like to receive an email notification advising you when an electronic copy of your document is ready, select this option in the Join Our Email List (JOEL) menu of *MyPension*.

If you don't receive your paper tax slip by early March, please contact us at retiredmember@atrf.com and we will mail a duplicate to you. Please ensure that we have your up-to-date contact information including your address, in order to minimize any disruption to your service.

Contributions from our members:

We are always so pleased to hear from our members and to get contributions to include in the News Bulletin. The following was sent in to share with you!

A Senior's Prayer

Today, dear Lord, I'm 80 and there's much I haven't done.
I hope, dear Lord, you'll let me live until I'm 81.
But then, if I haven't finished all I want to do,
Would you let me stay a while – until I'm 82?

So many places yet I want to go, so much more to see,
Do you think you can manage to make it 83?
The world is changing very fast; the future has lots in store.
I'd like it very much to get to 84.

And if by then I'm still alive, I'd like to stay 'til 85.
Climate change, new technology, much more in the mix;
I'm curious to know what will happen when I'm 86.
I know, dear Lord, it's presumptuous to ask (and it must be nice in heaven)
But I would really like to stay until I'm 87.

I realize by then I won't be fast and sometimes I'll be late,
Oh, but it would give me such joy to be around at 88.
I will have experienced so many things and will have had a wonderful time,
So I'm sure that I'll be willing to leave at 89 ... maybe.

I'm 90, Lord. My mind is sound. I like it here. I can still walk around.
My time is limited I know, and some day I'll have to go!
I'm not greedy or guided by fear.
I want to see what happens in the next few years.
I'm sure you've heard this plea before,
My bags are packed at 104!

(adapted – author unknown)

SECOND WIND REMINDER... Save the date of Sept. 07, 2023, for Second Wind's **tenth** conference. Plans are well underway, so mark your calendar!

A new **CHALLENGE** for our members:

January of every year is a great time to look back at our lives, reassess and set new goals for our futures. Your composers/editors have a new request for the News Bulletins in 2023. This year we would like to know about your first year or years of teaching. Those first few years are often so exciting and so challenging. What was your assignment and classroom like? How did you manage? Do you recall any unusual events or interesting 'happenings'?

Every month, we would like to feature one or two stories of the early teaching years of our members. The following is a contribution from one of our executive members.

My First Week, Etc.

I received my diploma in Elementary Education from the University of Manitoba in 1976. Part of my practicum had been in an Open Area school where the teachers knew how to handle the environment. I didn't. But I was fascinated and learning.

I was offered a job teaching Grade 3 in a small town in rural Manitoba. The school turned out to be half two-storey High School and half one-storey Open Area for Grades 3 - 8. Grades 1 and 2 were in another building in the centre of town.

The principal of the whole complex thought he could organize all 1100 students by subject. So, my assignment was: Home room Grade 3 Language Arts and Math, one class Grade 4 Language Arts and Math and 2 classes of Grade 5 Health.

What the '*****!' principal also thought was a good idea was streaming the students. I knew I was in trouble when my classes turned out to have only 16 students. My 2 classes in Language Arts were the so-called "low" group of under achievers. He obviously didn't think these kids needed an experienced teacher. After the first day, I asked myself, "What have I got myself into???!!"

Thankfully, the two other teachers in our Grade 3 pod were friendly and willing to help me adjust but they weren't trained in Open Area theory. So, we just used levelled readers and workbooks and talked all day. Quietly. Or so it was expected. But of course, I would explode every so often.

The good news was that I settled in quickly, and the principal was fired the next year. We then got a competent new principal and an amazing Special Education Coordinator, and each teacher was responsible for one class/one grade. Teaching assistants were also provided to help with struggling students. Life for me became a joy. Among parents, I eventually became known as the creative Grade 3 teacher and they were able to request my room. My teaching partner was an academic specialist. We got along famously. A few years later the school board decided the Open Area concept was a bad idea and construction crews spent the year converting the ground floor area into classrooms. I was moved over to the Primary building and was given a classroom with 27 students, the largest I ever had. When we all moved back to the “Big” renovated school, I received a corner classroom with two doors. I organized desks in groups of 4 and allowed the kids to choose who they wanted to work with, me being the final decision maker. I remember one vice principal, after sitting in on my Language Arts class, saying I was a risk taker. I was very surprised as I didn't think I was taking any risks. I knew what was going to happen. It was more a reflection of his limited knowledge of Elementary teaching. Or my style. I spent 20 years teaching Grade 3.

Joyce Keltie

Thank you to our Historian, Joyce, for being willing to go ‘first’. We hope you enjoyed reading this and recalling your own ‘Beginning Teaching” experience.

We would love to share your story. Please send any additions to our News Bulletin on or before the 12th of each month to pbergmann@shaw.ca

MESSAGE from your Executive:

Your executive members continue to work well together to keep STARTA strong for the future. In order to continue going forward, we need to fill the following open executive positions.

Vice - Presidents: VACANT

Program Convenor: VACANT (*Leo Bruseker has agreed to organize programs for this year only so we can continue to enjoy speakers at our breakfast meetings. We NEED another person to help with, and then take over planning programs for our breakfast meetings.*)

Webmaster: VACANT

Please consider volunteering. For more information, you can contact

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

Wendy Poirier rwpoirier19@gmail.com

If you have had a change of contact information, please fill out and email or bring the attached form to a breakfast meeting. Thank you!



**ST. ALBERT RETIRED TEACHERS' ASSOCIATION
MEMBERSHIP Information
2022-2023**

NAME: _____

ADDRESS: _____

CITY _____ POSTAL CODE: _____

TELEPHONE: _____ EMAIL: _____

PLEASE CHECK ALL THAT APPLY:

NEW MEMBERSHIP: _____ RENEWAL OF MEMBERSHIP _____

RETIRED TEACHER: _____ ASSOCIATE MEMBER: _____

***Membership Fee for 2022-2023 is \$10 for both
a member and an associate member. An associate member
is anyone who has purchased a membership in STARTA,
but does not receive a pension from ATRF.***

NOTE: Photos may be taken at STARTA events and may be published in STARTA media. If this is an issue for you, please discuss your concern with the photographer at the event.