



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

November 15, 2022

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

"November- the month after a glorious season of brilliant yellows, oranges and reds, falling leaves, cool breezes, and little skiffs of snow, bringing contrast to the landscape and preparing us for winter! A month to remember those who lost their lives that we all may have freedom. The month before the season of festivities and celebrations"

***NEXT Breakfast Meeting: November 25th, 2022
at Sturgeon Valley Golf Club 9:00 AM- 11:00AM***

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

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.

This is our last breakfast meeting of 2022... and exactly one month from Christmas day, so ***DRESS UP in your BEST (or ugliest) Christmas attire!***

PROGRAM: Speaker: Tim Moffitt from Walk Shoppe

I first heard Tim Moffitt speak at the *Second Wind Conference* held in September of this year. We all know that foot health is important, especially as we age. The theme of his presentation was to tell us how to protect our feet and keep them functioning optimally for our daily activities. He talked about shoes as our PPE for our feet and gave a list of 5 detailed descriptors of what to look for when buying a pair of shoes. As passionate as Tim is on this topic, he is also funny. This was one of my favourite presentations at the Conference, and STARTA is fortunate that he agreed to present at our breakfast meeting in November. *Wendy Poirier*

Also, we are having a Book and Puzzle Sale as a Fund Raiser

to support our activities for our breakfast meetings.

Please bring gently used books and puzzles for other members to purchase.

Cost ??? You decide what you will donate... so please bring cash!

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

Looking Back : Breakfast held on Oct. 28th

Guest speakers Jeanne Boutin, Leo Bruseker and Sandy Fildes greeted us with the phrase “Buen Camino” and took us on a tour of Lourdes, Fatima and parts of the Camino Trail.

But the introduction included telling of delayed flights and missing luggage – headaches they had in common with thousands of other travelers this year. Fortunately, they managed to have a very interesting trip in spite of these challenges.

First to Lourdes, France where they visited an underground cathedral that can accommodate an astonishing 25,000 people! Actually, there are many religious facilities in this city, including 3 Basilicas. They were charmed by the friendliness of fellow travelers and of the citizens of Lourdes who are known for showing kindness to the many pilgrims who visit there.

Next stop: Fatima, Portugal. It was here that three young children were said to have seen an apparition of Mary, mother of Jesus. It is a story deemed by the Catholic Church to be “worthy of belief”. As such it is a place of pilgrimage for thousands of people each year.

And now to El Camino de Santiago in northern Spain. Legend has it that the remains of the Apostle St. James the Great were buried in the Cathedral and discovered by a shepherd in the 9th century. The city of Santiago is named after St. James: Santiago de Compostela means St. James of the Field of Stars. It has been a destination for pilgrims for centuries.

The greeting “Buen Camino” means “Good Way” or “Good Walk” and is used by pilgrims as they make their way to Santiago. The Camino de Compostela routes are a network of many different paths, all leading pilgrims to the city of Santiago de Compostela.

Thanks Jeanne, Leo and Sandi for this interesting travelogue!

[PS Did the lost luggage ever find its way home?]

A 'Focus on Education' RALLY, organized by the ATA, was held on **Saturday, October 22** at the Legislature. Teachers, parents, grandparents, students, and the public at large congregated at the Legislature on that **Saturday** at 1:00 pm to demonstrate to the government how important public education is to Albertans. To those of you who attended, thank you for adding your voice at the Rally.

Second Wind 2022 was a memorable delight. The organizing committee is already planning ahead for next September. Don't miss Second Wind's tenth conference on September 07, 2023.

A Message from your executive!

After our AGM, in September, we had two people join our Executive: **Maurine Maslen** and **Ardyth Garrison**.

Maurine has taken over the Membership Contact Coordinator position. She has recruited new people to join the Contact team, who collectively email and phone each STARTA member to register the RSVP's for each breakfast. Maurine welcomes new members to STARTA at the breakfasts and keeps the Membership Roster for our Association.

Ardyth joined the Executive in the role of helping to create the STARTA Newsletter each month. We have heard from many of our members how much they appreciate receiving the monthly newsletter but it is a big job for one person to undertake. Peggy Bergmann has been creating the newsletter with submissions from a variety of contributors each month for a few years now. She is extremely happy to have Ardyth join her to share the work that goes into publishing the newsletter.

The Executive is still in need of a **Webmaster**, a **Program Convenor** and two people to take on the **Co-Vice Presidents** position. Current Executive members are doubling down on their positions to cover the duties of these vacant positions, but over time, this is not sustainable.

We need your help. Our Executive is a great team and we will provide support as you take on the responsibilities of your new position. Hey! We're teachers! It's what we do!!

Please consider volunteering. For more information, you can contact

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

Wendy Poirier rwpoirier19@gmail.com

Looking Forward:

Upcoming Breakfast Meetings...

Mark Your Calendar!

January 27, 2023 and February 24, 2023

It truly is 'the most wonderful time of the year'
as individuals and families take time to participate in many UPCOMING WINTER EVENTS. The following list includes some from the Greater Edmonton Region:

1) **St. Albert Winter Snowflake Festival: Nov. 25th 6:00- 9:00**

Join us in the heart of downtown St. Albert as we light up the Perron District with the warm glow of the Christmas lights. Enjoy all the festivities as we welcome the holiday season with our annual Snowflake Festival. Families can take a ride on the polar express, cuddle the animals at the petting zoo, play a little road hockey, and of course meet Santa.

No time for supper? Visit one of our downtown restaurants and enjoy a hot meal with your family. Get a head start on your holiday shopping while sipping hot cocoa and strolling Winter Boulevard and Reindeer Road.

This family fun event is a great way to support local charities and discover the heart of downtown St. Albert.

2) **"I SEE THE LIGHT"**: This year's presentation by the St. Albert Singers Guild will be held Friday, Dec 2 @ 7:00 pm and Sat. Dec 3 @ 2:00pm at St. Albert United Church, 20 Green Grove Drive.

Tickets: \$20.00 ea. - call Barb: 780-293-2842

3) **Blue Christmas Service**: Wednesday, December 21 @7:00pm
St. Albert United Church, 20 Green Grove Drive

This church service is meant for those people who are struggling to be happy in "the season of joy". A recent loss is difficult anytime, but at Christmas, it can often be more challenging to cope.

- 4) **Luminaria: U of A Botanical Gardens: A Winter Garden Story**
Snow is here! Winter is here! Luminaria starts November 23, 2022 - a favorite celebration of the season. Enjoy the essential elements of seasons past, like serene candle-lined pathways in the Kurimoto Japanese Garden and Memory Lane, where you can light a candle for a loved one. Add to that the new Chalet and Village Square for alpine-inspired warming food, drink and live music. Take in fun family-friendly features like the Woodland Express train ride through the forest, the interactive Winter Queen's Royal Garden and Sprites Hollow and more. **Kids 12 and under are free!**
Book your tickets soon as preferred dates can sell out quickly.
Go to www.ualberta.ca/botanic-garden/events/luminaria/index.html

- 5) **Powwow! Ohcîwin The Origins: Until November 26, 2022 at the Musée Héritage Museum, St. Albert Place**

Meaning, respect and love – these are the qualities that a dancer's regalia carries. Powwow! Ohcîwin The Origins features seven powwow dance styles, with full Regalia and craft work.

- 6) **Cantilon Choirs Christmas Concert "Welcome Yule"** Dec 4, 2022

2:30 to 4:30 pm at the Winspear Centre, Edmonton cantilonchoirs.ca

- 7) **Telus World of Science "Sparkle"** Dec. 1, 2022, until January 2, 2023.

"the first floor of the science centre transforms into a celebration of holiday lights! Get your cameras ready for the perfect photo under enormous glimmering, shimmering spaces, with LED walls, huge geometric structures, strands of bejewelled light hanging in and around you. The sounds here are crystalline, harmonious."

11211 142 St NW Edmonton

Sparkscience.ca

- 8) **Terri Clark:** Dec 6, 2022 @ 7:30 pm at the Arden Theatre, St Albert Place

terri-clark.ticketsstalbert.com

Do you miss teaching? Do you miss the kids? Are you looking for a part-time activity this winter? Here is a request from a local business...

To all Retired Teachers,

As one of the owners of an Early Learning and Child Care Centre in St. Albert, I am wondering if any of you might be interested in potential positions available at our centre. We always are looking for experienced individuals to cover shifts, and it may be a great fit for retired teachers. We've had several teachers take roles as substitutes at our centre and it has been a good experience for both parties.

If you are interested in filling in or talking to me about possible part-time work, please contact me at 780-719-1368 tyler@hopscotchkids.ca

Tyler Shapka

Hopscotch Child Care Ltd. | Owner

A REMINDER: We love to know what is going on with our members, and to share in those precious moments of excitement, happiness, as well as times of sadness or sorrow. Please send information on any events in the lives of fellow members, so we can send Greetings, Congratulations, Best Wishes, Get Well messages, or announcing and honoring those who have passed. We only send out to the membership what we receive from members.

One final ITEM: Many of our former members have changed addresses or phone numbers, and we no longer have correct contact information. Included in the News bulletin is a form to indicate if you have had any contact information changes in the past three years. Please complete the form and either bring it with you to a breakfast meeting, or mail it as per instructions in the last paragraph on the form. Thank you for helping us update our files.

And some **HOMEWORK...**

What makes the month of December Christmas or special for you?

Do you do anything specific every December? Have you found a unique way to bring cheer or help those around us who are having challenges and difficulties this beautiful season? Do you know of something a friend or an acquaintance does to brighten the season for someone? Share your ideas and actions (anonymously if you prefer) with us!

*Please send your contributions to pbergmann@shaw.ca
on or before the 11th of each month*



**ST. ALBERT RETIRED TEACHERS ASSOCIATION
MEMBERSHIP APPLICATION
2022-2023**

NAME: _____

ADDRESS: _____

CITY _____ POSTAL CODE: _____

EMAIL: _____ TELEPHONE: _____

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.

Please make cheques payable to **STARTA**.

Either bring this application and payment (cash or cheque) to the breakfast meeting or mail application and cheque to:

Maurine Maslen, Membership Coordinator,
#203, 20 St. Joseph Street, St. Albert, AB, T8N 6M5