



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

June 15, 2023

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June - the weather has been unusually hot (except for the last few days), the grass is green and thick, flowers are overflowing the hanging baskets, seeds are sprouting in gardens, and the birds are chirping! What a wonderful world we live in!

REMINDER: 'Make Your Own Sandwich' Potluck Picnic
at Lions' Park picnic shelter from 4:00 – 8:00
on Monday, July 10, 2023.

We are trying something new this summer – you will be making your own sandwich(es) at our Potluck supper. We are asking our attendees to bring a food item of your choice to share – we are hoping for a variety of meat platters or sandwich 'fillings', cheese platters, veggie platters, as well as a variety of salads and desserts. Paper plates and cutlery will be provided.



Please bring a food item to contribute as well as your own beverage. At this point our numbers are low, and we are considering cancelling, so please let Maurine know if you are planning to come.
(phone (780)418-8032, by texting (780)690-5644, or email at maslen1@telus.net)

We hope to see you there for a time of fellowship and fun!

Goin' to the Horse Races!

Join me at the Finish Line Buffet at Century Race Track and Casino on [Saturday, August 19th](#). Enjoy sitting at tables looking over the racetrack while you enjoy a wonderful buffet. The buffet is open 3:00 to 5:30 with Post Time at 3:45.

For Seniors (65+), the buffet (coffee and tea) is \$41.95 +GST \$2.10 = \$43.05 + tip.

Of course, other types of drinks and betting are extra!

The casino and racetrack are located near the International airport. You will have to supply your own transportation there. Feel free to invite your friends.

Reservations will have to be made very soon so please let me know if you would like to join me at the races. Contact me by phoning (780)418-8032, by texting (780)690-5644, or email me at maslen1@telus.net by [June 30](#). I hope to hear from you soon!

Maurine Maslen

Membership and Breakfast Coordinator (and now Race Coordinator)

Second Wind conference:

Register before July 14

for the early bird fee of **\$95.00**

(regular fee is \$120.00)



Last Call for Early Bird Registrations: **Save \$25** by sending in your registration for the Second Wind Health and Wellness Conference on or before the Early Bird deadline of [July 14th](#). Find the information and the registration form at **secondwindconference.ca**.

If you would like to bring your completed registration form and cheque to the STARTA picnic on [July 10th](#), I will gladly pass them on to the registrar for you.

Maurine Maslen

Membership and Breakfast Coordinator (STARTA) and Treasurer (Second Wind Conference)

ARTA BOARD OF DIRECTORS MEETING AND RETREAT

One of the very enjoyable roles that Mary and I have, as STARTA Presidents, is to represent our members at the annual Board of Directors Meeting and the Retreat, held this year at Jasper Park Lodge after the long weekend in May.

The theme was ***Celebrating Milestones***. Some of the Milestones that were marked:

- ARTA now has 29,500 members: by October 2023, we are expecting to reach 30,000 members.
- Profits from the Benefits Plan are currently \$88,000. With the addition of the ARTARx Pharmacy, that profit is expected to reach \$1,000,000 by the fall of 2024. This is exciting news as it helps to control the cost of the members' benefit plans.
- ARTA has opened its new office on 137th Avenue in Edmonton and members are welcome to visit the office and to visit the pharmacy, located behind the offices. ARTA is now considering opening a Calgary office to better serve southern Alberta.
- The ARTA Charitable Foundation is celebrating its 10th year funding research into various wellness and health initiatives for seniors.

The Retreat allowed the Branch Presidents from across the province to gather and share ideas for branch activities, listen to interesting speakers, participate in fun activities such as canoeing, water aerobics, yoga, bingo etc. and eat delicious meals all while enjoying some fantastic scenery in beautiful Alberta. The speakers generally covered some aspect of wellness for seniors: this year we heard about the keys to successful, active aging and nutrition for brain health. We also heard from an Indigenous Liaison with Parks Canada, who run an education program called *Howl Experience*. She facilitates holistic learning for sustainability as an interpretive guide in the mountains.

ARTA partners with various organizations: TW Insurance, Inkblot, Chartwell Retirement Residences, Capital Planning, Alzheimer Society, Orbit Travel, and Hearing Life just to name a few. At the Retreat these partners participated in an Information Fair to help the delegates learn more about the organizations that act as a valuable resource center for ARTA members. Mary and I are hoping to engage some of these organizations as speakers for our upcoming breakfasts.

It was an enjoyable 4 days, learning more about ARTA. As Presidents, we were royally treated by our ARTA staff, and we grew our appreciation for this Association to which we belong.

Thank You to those who have contributed to this News Bulletin.