



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

October 15, 2023

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



Song for Autumn

In the deep fall
don't you imagine the leaves think how
comfortable it will be to touch
the earth instead of the
nothingness of air and the endless
freshets of wind? And don't you think
the trees themselves, especially those with mossy,
warm caves, begin to think
of the birds that will come – six, a dozen – to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
vanishes, and the white field over which
the fox runs so quickly brings out
its blue shadows. And the wind pumps its
bellows. And at evening especially,
the piled firewood shifts a little,
longing to be on its way.

by Mary Oliver



UPCOMING EVENTS: Save these Breakfast DATES:

Friday, November 24 Friday, January 26

Friday, February 23 Friday, March 29

Friday, April 26 AGM in May (TBA)

Next Breakfast: Friday, October 27, 2023

At Sturgeon Valley Country Club

9:00 AM- 11:00AM

Doors Open at 8:30 am.

NEW COST: MEMBERS \$26.00 or NON-MEMBERS \$30.00

Payment by cash or cheque at the registration desk **OR**
by e-transfer the Thursday prior to the breakfast. (see details below)

Please note – there will be no refunds on e-transfer payments.

MEMBERSHIP FEES due: **\$10.00** per person for the 2023/2024 season.

Membership fees can be paid by cash, cheque or by e-transfer.

Partners who are not retired teachers can purchase a membership as an Associate Member of STARTA for \$10.00 per person.

You may use an e-transfer to pay for your breakfast and membership fees. If you have set up e-transfer with your financial institution, you can send your payment to the following email address:
startacontact@gmail.com

SPECIAL NOTES about e-transfers:

- **Send payment NO LATER** than the **Thursday** prior to the Friday breakfast meeting.
- **All members will still need to check in** at the registration tables upon arrival at the breakfast meeting.

If you have not been contacted about the breakfast by Wednesday, October 18 and you wish to attend, please contact Maurine at (780)418-8032 or text (780) 690-5644

Start collecting items now for our next Fundraiser – a **Book and Puzzle Sale** at the breakfast meeting **on Friday, November 24.**

Events in Review: Our September 29th breakfast meeting was all about 'Making Connections'. Along with a delicious breakfast, we celebrated both June and September birthdays, met our executive officers, and heard bits and pieces about the work of ARTA and upcoming ARTA meetings for our Presidents. The highlight of the morning was our assignment – we were assigned to groups and were to find someone in our group that we did not know or did not know well. To get to know them, we were given a few questions to ask each other, and we spent an enjoyable 15 minutes chatting with a new friend! (Making Connections!)

SPECIAL NOTE: Your executive members are really feeling the strain of having no Program Coordinators but are doing our best to fill in...we really do need your help! We have tentatively arranged programs for the November, January, and February breakfast meetings, but encourage a member or two or three to come up with some ideas/plans for the March and April breakfast meetings. **Please contact Wendy if you are willing to host or make a presentation at either breakfast meeting.**

Your STARTA Executive for the 2023/2024 Year

Co-Presidents: Wendy Poirier & Mary-Pat O'Neil

Vice-President: Sue Kennedy

Past Co-Presidents: Debbie Kelley & Marian Oberg

Secretary: Donna Federation

Treasurer: Leo Bruseker

News Bulletin: Peggy Bergmann & Ardyth Garrison

STARTA Historian (& photographer): Joyce Keltie

Membership & Contact Co-Ordinator: Maurine Maslen

STARTA/ARTA Communications Liason: Gail Cuff

Ambiance Co-Ordinator: Debbie Kelley

HELP - Anyone willing to take on the role of Program Co-ordinator???

ARTA: If you have not yet done so, **check out ARTA RX Pharmacy**

ARTARX was designed to support members in their prescription needs. It was also designed to reduce premiums paid on prescription medications, meaning that members save on individual prescriptions and the overall plan benefits from reduced costs from reimbursing claims.

Since January 9 this year, the pharmacy has been providing clinical care and dispensing services to ARTA members. By June 30 it had generated \$803,851 in sales and collected \$145,610 in dispensing fees and upcharges.

Book your flu and COVID shots (thus helping to generate funds for the program) and take the opportunity to check out the facility and services (you don't have to be a member) at 15505 137 Ave NW. phone: 780-822-3784.

ARTA Benefits: Attendees at the ARTA General Meeting were informed that the Benefits program had received 1,615,370 claims by the end of September. We are fortunate to have these services available to us!

Your new ID card should have arrived in the mail by now. If you have not received it, contact the ARTA office at 780-822-2400

Canada Pension Plan Webinar [November 15 at 1:00 pm.](#)

Join ARTA for a Financial Wellness Webinar all about the Canada Pension Plan (CPP), presented by Jeffrey Hodgeson of CPP Investments. CPP is a topic of interest to all Albertans, as it is part of many Canadians' foundation for retirement, so it's important that you take the time to understand it. Covering a brief history, [today's](#) successful, multi-pronged investment strategy and its sustainability going forward, this webinar is designed for all CPP members. The webinar will also address the potential Alberta Pension Plan and discuss its possible implications.

Registration: https://us06web.zoom.us/webinar/register/WN_gJqOuQR7Qku0g40sO4uqOQ

Second Wind Conference

by Maurine Maslen, Treasurer for Second Wind Conference

Cam Fahlman, the Chairman of the Second Wind Conference, and I thank STARTA and STARTA members for your support. Because of this participation and support of the donation given to the conference by STARTA and ARTA, the registration fee was maintained at a low level. It was by individuals registering before the end of the Early Bird deadline that the steering committee was able to determine that the conference would actually take place. Staging a conference is a highly unpredictable enterprise and that early registration, plus the donation made by STARTA, helped give the committee the confidence to proceed. We know from the evaluations that most participants felt they had an excellent day.

Cam and I hope that you and STARTA will continue to support the Second Wind Conference. The next conference, at the Chateau Louis Conference Centre, will take place September 12, 2024. Reserve the date on your calendar and please register early.

STARTA Members Travel the World

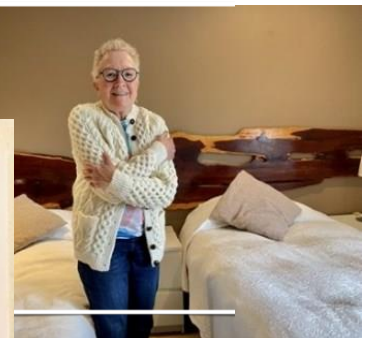
The theme of our News Bulletins this year will be 'TRAVELLING' either for real or vicariously! We are hoping to collect an assortment of short travel commentaries and pictures from our membership to fill our cooler days and warm our hearts. What are your most treasured travel experiences? Where did you go? What did you see? Please send in a one page commentary, complete with a few pictures if you choose, to share with colleagues in our membership.

My Irish Sweater by Joyce Keltie

My brother Richard, sister-in-law Kayla and I made a trip to Ireland in June and July of 2023. We had decided to follow The Wild Atlantic Way along the west and north coasts to get the most scenic photos. We first drove from Dublin down to the south coast and one of the B&Bs we stayed at was in Killarney. (I lived and taught in Killarney MB for 30 years!) I asked our host for advice on finding an authentic Aran hand-knit sweater. He said: in a small town in a small shop, look on the tag for the signature of the knitter and pay close to 300 Euros. So I did. We were visiting the Cliffs of Moher when I saw a premonition out on the ocean, a boat called Doolin Ferry. Later that day we arrived in the small town of Doolin and found a gorgeous small pink place called The Sweater Shop. Kayla and I looked for a long, button-up cardigan and she found one in my size. I tried it on, bought it and left the shop "a happy camper".



Contact Information...



IF YOU HAVE HAD ANY CHANGES to your **CONTACT INFORMATION, please fill out and bring the attached form to the October breakfast meeting. Thanks!**



**ST. ALBERT RETIRED TEACHERS' ASSOCIATION
MEMBERSHIP Information
2023-2024**

NAME: _____

ADDRESS: _____

CITY _____ POSTAL CODE: _____

TELEPHONE: _____ EMAIL: _____

PLEASE CHECK ALL THAT APPLY:

NEW MEMBERSHIP: _____ RENEWAL OF MEMBERSHIP _____

RETIRED TEACHER: _____ ASSOCIATE MEMBER: _____

Current ARTA MEMBER: Please circle one: YES NO

Membership Fee for 2023-2024 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.