



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

February 14, 2024

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

Happy Valentine's Day!

What a topsy turvy month it has been so far! One day it is so sunny and warm that we just know spring is around the corner. The next day it is blustery, foggy or snowing, and we wonder... where did that come from? Ah, well, we will survive! February is the month of kindness and love – set a goal to do some special acts of kindness around your community!



UPCOMING EVENTS: Breakfast Friday, Feb. 23, 2024

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

MEMBERSHIP FEES (including Associate members, who are not retired teachers) are now DUE - \$10.00 per person paid by cash, cheque or by e-transfer.

SPECIAL NOTES about e-transfers:

- Send payment **NO LATER** than **Thursday Feb. 22nd** to startacontact@gmail.com
- Please check in at the registration tables upon arrival at the breakfast meeting.

Whether or not you plan to attend the breakfast, please reply to your contact person by Thursday, February 15th. Thank you.

PROGRAM: Our guest speaker this month is *Nicole Farn* from **Change for Children**. The group was founded in 1976 by a small group of Edmontonians who believed that they could make a difference in the fight for poverty and injustice in the world. Currently the group is participating in many projects from education and water supply to computer access in Central America, particularly in remote areas of Nicaragua and Guatemala. Check out the website for extensive information on their projects.

<https://changeforchildren.org/#>

In a recent newsletter, “Building Bridges” Director Lorraine Swift talks about the importance of simplifying daily tasks to save time which can then be spent to expand horizons. To see this newsletter, Ctrl Click on the following:

<https://changeforchildren.org/wp-content/uploads/2023/11/Bridges-Nov-2023-Reader-Proof.pdf>

In 2023, Canadian teachers in partnership with the Alberta Teacher’s Association participated in a teacher’s brigade to Guatemala and Nicaragua. Teachers experienced firsthand the time, effort, and challenges associated with education in resource-scarce communities. To see their story, go to

<https://changeforchildren.org/2023/09/time-waits-for-no-one-abouttime/>

January Breakfast in Review: The first breakfast of the New Year began with a surprise – our planned guest came down with Covid just days before our breakfast event! In a flurry, many of our ‘back-up’ presenters were called! We were so pleased to have Wendy Poirier and Nancy St. Amand, along with Judy Rausch take us on a journey with the Friendship Force to Cedar Rapids in Iowa for a week, and on to Oklahoma City for the second week. It was amazing to visit many landmarks and sites in each city. We heard stories about the Public Library, Grant Wood Memorial, Mount Trashmore, the Paramount Theatre (and it’s ghosts), the Farmer’s Hen House, the University of Iowa, the Historic Poor Farm, the Amana Colonies, and the actual site of the Field of Dreams, all in Iowa. On to Oklahoma City, where we visited the First American Museum, followed the ‘Trail of Tears’ and learned about several other historic places through the photos and comments of the presenters. Our time went quickly, as we all enjoyed this whirlwind vicarious trip!

A huge thank you to all three ladies for filling in and entertaining/educating us!

More community connections: At our January breakfast meeting, we collected **in excess of \$400.00 in cash plus a box of Food Supplies for the Food Bank!** Thank you so much to all those who contributed with a donation.

Honouring members who have passed...

Olga Burma: We were saddened to hear of the sudden passing of STARTA member Olga Buma on February 1, 2024, at the age of 87. Olga and John were described by friends as stalwart STARTA members. When they were in town and not on one of their many trips, both attended our monthly breakfast meetings.

Olga was a person with many interests and talents. Topping the list were her family and friends. She was steadfast in keeping up connections with both. She and John met while in university and began their teaching careers together in Grande Prairie. In fact, she taught Grade 9 Math to our own Ardyth Garrison who says, "She was one of the best!" Later on, she went back to university and prepared for a new profession. She was proud to receive her social work degree at the same convocation as her daughter, Shelley, who graduated in nursing science. She finished her career at the Sturgeon Hospital where she was a valued colleague. We send our condolences to John and the Buma family.

Submitted by Donna Federation

Margaret Ivy Romaine: It is with regret that we share with you the news of the passing of Margaret Romaine on January 23, at the age of 92. Margaret came to Canada from England as a nurse, and later became a teacher. In her retirement, Margaret became a STARTA member and sang with the STARTA choir for some years, later moving on to the Groovy Gang. A fierce advocate for many causes, Margaret had many areas of interest and loved to share these interests with others. She will be dearly missed by family, friends, and colleagues.

Submitted by Marian Oberg

STARTA executive and members send condolences to Donna Cooper, one of our phoners, on the sudden recent passing of her husband, **Garry Cooper**. Our thoughts and prayers are with the Cooper family through this difficult time.

Did you know ... You can get the RSV shot free of charge if you have the ARTA benefits and have not exceeded your yearly total allowance for prescriptions. You will need to make an appointment and visit the ARTA pharmacy to receive the shot. If you choose to go to a different pharmacy, your ARTA benefits will cover 80% of the cost.

The “**Wellness Challenge**” for **STARTA** will take place on April 22 from 10:00 until 12:00 at the Morinville Leisure Centre. Participants may choose to walk inside or outside on a cleared path Morinville's scenic trail system, weather permitting for a distance of up to 10 km.

Members will have until March 15th to sign up for this Fun Walk to welcome Spring with friends and colleagues and to contribute to the local Food Bank. Stay tuned for more event details to come!



Health & Wellness Conference

Shifting Gears

September 12, 2024

Retirees will be flocking to the **Chateau Louis Conference Centre** in Edmonton **September 12, 2024** to attend the 11th *Second Wind* Health and Wellness Conference.

Comedian Ken Valgardson kicks off the day followed by a wide variety of engaging speakers, refreshment breaks, and a delicious buffet lunch. Senior-focused businesses and local artisans will host displays throughout the day, and a Wine Down featuring dozens of door prizes will cap a great day.

All this for the same low conference fee as last year!

Visit secondwindconference.ca mid-April, 2024. for a list of session topics and speakers. Treat yourself to this informative and uplifting event with friends and former colleagues.

Mark the date, and invite a friend to come with you!

Looking Ahead: Save these DATES

Friday, March 22 - Breakfast Meeting (NOTE date)

Monday, April 22 - 2024 Wellness Activity Challenge
from 10:00 until 12:00 at the Morinville Leisure Centre.

Friday, April 26 – Breakfast Meeting : AGM, Book & Puzzle Sale (LAST Breakfast until fall)

STARTA Members Travel the World

An Alberta Gem *by Ardyth Garrison*

From the depth of winter, I am reflecting on a lovely warm weekend last summer. We joined some fifty other family members for a reunion at Sheep River Provincial Park in Kananaskis Country. Do you know of this gem? We had never heard of it. Located approximately 25 kilometers west of Turner Valley, it is definitely off the beaten path.



We set off on a glorious Friday summer morning and made our way to Sandy McNabb Campground, a reservation-only campground. It was the most scenic, private, and well-laid out group campground we had ever seen. There were approximately 15 spacious, serviced campsites, a covered shelter and toilets arranged around a large oval grassed area. There were no other campers within our sight or hearing—it felt like we “owned” that little piece of heaven!



There are several other group sites and individual camping sites in the area. It is an easy walk to the Sandy McNabb Interpretive Trail and a pleasant, scenic drive to Sheep River Falls.

We highly recommend this beautiful Alberta Gem!



Where in the world have you visited? Where did you go? What did you see?

We are continuing with the 'TRAVELLING' theme for the 2024 News Bulletins. We appreciate contributions from our membership – a lengthy commentary or something shorter, maybe with a picture or two, to share with our membership colleagues.

Send to pbergmann@shaw.ca by the 12th of the month. Thank you!

DID YOU KNOW... In 1974, photographer Daniel S. Sorine took a picture of two mimes in a park. Thirty-five years later, he discovered that one of those mimes was Robin Williams, before he became famous!

Thank you to all who have contributed to this News Bulletin!

See you at the Feb. breakfast meeting on Friday, Feb. 23.

Contact Information...

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



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.