



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

March 14, 2024

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Happy St. Patrick's Day!

Spring WAS on its way, but then March announced its first days with snowy, blustery, COLD weather. We really did need the moisture...Thank goodness it did not last long! Now we are well on our way to Spring!

UPCOMING EVENTS: Breakfast Fri., March 22, 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.

SPECIAL NOTES about e-transfers:

- Send payment **NO LATER** than **Thursday Mar. 21st** to startacontact@gmail.com
- Please check in at the registration tables upon arrival at the breakfast meeting.

PROGRAM: Gary Gagnon will speak to us about **Braided Journeys** which operates under the auspices of the Edmonton Catholic School System. The following statement comes from the Braided Journeys website:

Braided Journeys Student Support Centres are committed to assisting student success by cultivating a caring, welcoming, and positive place where Indigenous students see themselves, their contributions, and their culture represented, respected, and celebrated. Each centre offers support, encouragement, and guidance throughout a student's educational journey.

Whether or not you plan to attend the breakfast, please reply to your contact person by Thursday, March 14th. Thank you.

February Breakfast in Review:

Presenters **Nicole Farn and Adrienne Wiebe** took us on a (virtual) 8-hour trek to a remote area in Nicaragua as they described the work of Change for Children. The organization was founded in 1976 by a small group of people in the Edmonton area who believed that concerned Albertans could make a positive impact in the fight against poverty and injustice in the world. In the decades since then, projects have been undertaken in Central America and the Caribbean, South America and Africa.

The projects focus on the priorities of:

- Clean Water
- Climate Change
- Food Sovereignty
- Health
- Education
- Indigenous Peoples

Projects are developed cooperatively with the communities involved with emphasis on identifying local needs and finding long-term solutions.

Through a slide presentation, we saw remote villages in the rainforests, schools built collaboratively and water and sanitation projects.

Would you like to be part of such an adventure? The Alberta Teachers Association has partnered with Change for Children and arranged 5 exchanges with Nicaragua and 3 with Guatemala. One will take place this coming summer. These tours take groups of 6 to 10 teachers to remote communities. 20 schools have been built – that is 20 schools equipped with technology, where local teachers have been provided with professional development and support.

You, too, could participate. Visit change4children.org for more information.

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

<https://change4children.org/2023/09/time-waits-for-no-one-abouttime/>

STARTA “HEART AND SOLE” WELLNESS Walk - Monday, April 22, 2024

Looking to get more physically active in your community? What about meeting like-minded retirees? New this year, **ARTA** is hosting a series of wellness walks in communities across Alberta. These walks are a great opportunity to get out, to get active, and to meet other retirees in the community. It's also a chance for all of us to celebrate the importance of being physically active in retirement.

- Registration:
 - Now open through **the ARTA Website (<https://www.arta.net/wellness-challenge>)**.
 - Register online by March 15, and receive a “Heart and Sole” T-shirt for participating in the Walk.
 - One can also register at our March 22nd Breakfast, and in-person on the day of the Walk. (but you will not be eligible to receive a free T-shirt),
- The Wellness Walk will take place at the **Morinville Leisure Centre on Monday, April 22nd at 10:00 AM.**
 - The Morinville Leisure Centre, located on the northeast corner of town is well signed, traveling from
 - Hwy 2 - Drive east on 100 Avenue (main street)
 - Hwy 28 – Drive west on Hwy 642 (100 Avenue / main street)
- Walking options:
 - At the Morinville Leisure Centre on the indoor track, in multiples of 200 metres or more. Participants will need athletic shoes or indoor footwear that will not scuff or damage the flooring.
 - On Morinville's trail system, accessible outside of the Morinville Leisure Centre, weather permitting, a distance of up to 8 kilometres.
- ARTA members are invited to contribute a non-perishable food item(s) to be donated to the local Food Bank.
- Complementary coffee and muffins will be provided to all participants.
- Did someone ask, “Will there be **PRIZES?**” **YES!** There will be prizes!
- **THERE IS NO CHARGE FOR THIS EVENT.**
- Stay tuned for further updates, including lunch options in Morinville.
- Comments and/or questions? Contact [**andrewraczynski@gmail.com**](mailto:andrewraczynski@gmail.com)

A STARTA REGISTRATION FORM is attached at the end of this News Bulletin. You may wish to complete it and bring it to the March 22,2024 breakfast meeting!

Looking Ahead: Last Breakfast until fall

Friday, April 26: AGM, Book & Puzzle Sale

This spring, we are *TRYING SOMETHING NEW!*

MARK YOUR CALENDAR: Wednesday, May 15 from 2 pm to 4 pm

Meet with STARTA colleagues at the St. Albert Seniors' Centre for *coffee and cookies*. Watch for more details in the next News Bulletin!

ARTA ALBERTA RETIRED TEACHERS' ASSOCIATION

IS YOUR STARTA MEMBERSHIP UP-TO-DATE ?

STARTA received a subsidy cheque from ARTA in November 2023. This subsidy helps to subsidize speakers and events for our STARTA Branch and its members. The amount we receive is based on the number of paid memberships to our STARTA Branch. If your STARTA Membership is due for renewal, it is important that you renew ASAP. You can renew your \$10 membership by cash or cheque at any of the STARTA breakfasts or by sending an e-transfer to: Leo Bruseker, St Albert and Area Retired Teachers' Association startacontact@gmail.com

UPCOMING WEBINAR: CYBER CRIME AND OTHER INSURANCE CHALLENGES

ARTA's Pension and Financial Wellness Committee has organized another virtual Financial Wellness seminar which will take place over a Zoom webinar.

Date: **Thursday, March 21, 2024**

Time: **1pm – 2pm**

Presenter: **Laurie Bauer of Orbit Insurance Services**

For registration information go to the ARTA Website for the link.

ARTCF CHARITY GOLF CLASSIC

The ARTA Golf Tournament hosted this year by the Alberta Retired Teachers Charitable Foundation will be held on **Monday, July 8, 2024** at **The Quarry** in Edmonton. Registration opens on March 15 at artaevents.net

12th Annual ARTA Photo Contest

All ARTA members- regular or affiliates are eligible to enter. As in the past, there are two entry levels: if you have won in the past, please submit to the Masters level. If you have not been a past winner enter the Novice level. Winners will be announced in the autumn 2024 issue of News & Views and will be posted on ARTA's online media platforms.

Contest categories are Nature, Travel, Colour and Detail

ARTA SCHOLARSHIP PROGRAM

In keeping with its continuing support for education, the ARTA Scholarship Program is made possible by the generosity of ARTA Members and Orbit Insurance Services, a service partner for home and auto insurance. Orbit Insurance Services provides through ARTA, scholarships to students who are related to an ARTA member. These scholarships recognize academic achievement, community involvement and volunteer work. Future goals, personal accomplishment, and supporting letters of reference will also be significant in the overall determination of the scholarship recipients. Up to eight scholarships of \$5000 will be awarded in 2024.

ARTA also awards two scholarships for ARTA 101 Members (active teachers) and their relatives. The future of education is in the hands of active teachers, and ARTA wants to give them the tools to shape it. ARTA awards one \$2500 scholarship annually to an active teacher pursuing additional education to support them in their career. ARTA also awards one \$2500 scholarship annually to the direct relative of an active teacher who is getting their first undergraduate degree or diploma and are in their second, third or fourth year of study. More information on the application process can be found on the ARTA Website.



Health & Wellness Conference ***Shifting Gears***

September 12, 2024

at the Chateau Louis Conference Centre

in Edmonton

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

STARTA Members Travel the World

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

Tell us about your 'TRAVELS' so we can go with you, vicariously of course!

We appreciate contributions from our membership – a lengthy commentary, or something a little 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!

Check out these COMMUNITY Events:

St. Albert Painters Guild

Spring Show at La Crema Caffe with Al Anderson, 44 St. Thomas St, St. Albert AB, May 1-31.

UPCOMING SHOWS

St. Albert Painters Guild **3rd Annual "Art in the Open" Show**, a ONE DAY, outdoor show, Saturday, June 11 from 10:00 AM - 5:00 PM. I am delighted to show my works with Al Anderson at 51 Fenwick Crescent, St. Albert AB.

St. Albert ART WALK at The Bookstore on Perron, 7 Perron St, St. Albert AB.
TBA soon.

*See you **Friday, March 22, 2024** for the next breakfast meeting!*

A special Thank you to those who contributed to this News Bulletin!

HEART AND SOLE WELLNESS CHALLENGE

MONDAY, APRIL 22 10:00AM

REGISTRATION FORM

Please note: even if you have already registered with ARTA, we still need a completed registration form from you to have accurate numbers of participants to send to ARTA. Thank you.

NAME: _____

ADDRESS: _____

PHONE: _____

ARE YOU AN ARTA MEMBER? YES No

ARE YOU A STARTA MEMBER? YES No

You are welcome to walk indoors on the track at the MORINVILLE LEISURE CENTRE that day OR if the weather is pleasant, there will be a group walking around the lake on the pathway outside the Centre.

After your walk, please join us for a coffee and muffin and time to socialize with colleagues and friends.

Do you need a gluten-free option? YES No