



# ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN April 15, 2024

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## *Happy Spring - maybe?*

### **UPCOMING EVENTS:**

**STARTA "HEART AND SOLE" WELLNESS Walk - Monday, April 22, 2024 at 10:00 am at the Morinville Leisure Centre (less than a week away!)**

**WHO:** STARTA members, ARTA members, spouses, partners and friends! If you have not registered yet, you can do so upon arrival at the event!

**WHAT:** Walking options:

- The Morinville Leisure Centre indoor track, in multiples of 200 metres. Bring athletic shoes or indoor footwear that will not scuff the flooring.
- On Morinville's trail system, accessible outside the Morinville Leisure Centre, weather permitting, a walking distance of up to 8 kilometres.
- Complementary coffee and muffins will be provided, as well as some SWAG from ARTA

**WHEN:** Monday, April 22, 2024 at 10:00 am

**WHERE:** The Morinville Leisure Centre is located on the northeast corner of town, and 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)

**WHY:** This is a great opportunity to get out, to get active, to meet other retirees in the community, and to celebrate the importance of being physically active in retirement.

### **OTHER DETAILS:**

- ARTA members are invited to contribute a non-perishable food item(s) to be donated to the local Food Bank.
- **THERE IS NO CHARGE FOR THIS EVENT.**
- Comments and/or questions? Contact [andrewraczynski@gmail.com](mailto:andrewraczynski@gmail.com)

## **Last Breakfast until Fall - Fri., April 26, 2024**

### **At Sturgeon Valley Country Club**

9:00 AM- 11:00AM (Doors open at 8:30 am.)

**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 April 25<sup>th</sup>** to [startacontact@gmail.com](mailto:startacontact@gmail.com)
- Please check in at the registration tables upon arrival at the breakfast meeting.

**REMINDER: Book and Puzzle Fundraiser – contribute and pick up some summer reading or puzzles (maybe for our occasional rainy days!)**

**AGM: This is one of our MOST IMPORTANT meetings, as we are looking forward to planning for fall.** Each member should have received, by e-mail on Friday, April 12, 2024, the paperwork needed for our AGM. It included MINUTES from our 2023 AGM, REPORTS from each executive officer, a SUMMARY of programs provided at breakfast meetings, a FINANCIAL STATEMENT, and JOB DESCRIPTIONS of each executive position. You may wish to bring a printed copy to the breakfast meeting.

Please note: There are still many vacancies on the list of Executive positions for the upcoming year. During the unusual circumstances of the recent Covid years, most of the 2020 executive officers agreed to hold their position for several extra years to get us through the challenging times.

The following list of positions will be addressed during the AGM. Each can be filled by one or two members.

Elected by members: President, Vice President, Secretary and Treasurer

Appointed: Membership Convenor, Program Convenor, Breakfast Coordinator, Communications, Historian, Branch ARTA Rep., and ARTA Pension Rep.

**Whether or not you plan to attend the breakfast, please reply to your contact person by Thursday, April 16<sup>th</sup>. Thank you.**

## ***Looking Ahead: Last planned event until fall***

**Weds. May 15 from 2:00 pm – 4:00 pm**

You are invited to come visit with STARTA colleagues at the

St. Albert Seniors' Centre for afternoon *coffee (or water) and a cookie*.

Cost: \$5.00 per person, to be paid at the registration table (similar to our breakfast meeting table). The cost of the facility will be covered by part of the grant from ARTA. We hope to see you there!

**March Breakfast Presentation in Review** by Ardyth Garrison

### **Gary Gagnon and the Braided Journey Program**

From Edmonton Catholic Schools 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."

Gary Gagnon shared some of his personal journey with us at our March meeting to help us understand the need for and genesis of this program.

The Gagnon family has very deep roots in our area—as far back as the mid-1800s. His Kokum (grandmother) lived to be 105—always in St Albert. He told of family trips when he was a child to a cabin where they hunted and prepared meat. They were proudly indigenous and were learning the traditional ways. But at that time the children were discouraged from speaking of their background at school.

He reminisced about a favourite teacher who shared her soup with him every day. And also another who told him he would never amount to anything. As well there was a story of an administrator who made a "deal" with him that greatly improved his attendance—and no doubt his academic success! He was one of 5 school graduates from his indigenous family.

Gary shared with us some of the important things he has learned:

- Humour is very important
- That having a disability doesn't mean you can't learn it just means it takes longer
- It is better to be of service than be served
- You need love
- You remember the good teacher with you head, your mind and your heart.

He said "I was loved and I want to share love. I want to bring stories of hope and love to these students"

The Braided Journeys program started at Ben Calf Robe School as a lunch and learn program. It is now widely available across the district. It includes indigenous theology and encourages the use of indigenous languages. It promotes healthy relationships and provides culturally safe spaces and supports for transitions in students' lives.

In closing he stated that reconciliation is missing a 'u'. If you put "you" in reconciliation, good things will come of "recconciliation! And finally: "Don't fear the Journey".

Great advice, and a great presentation!

### 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](http://artaevents.net)

### Greater St. Albert Catholic Schools Education Foundation Golf Tournament

STARTA members are invited to participate in this event. Follow the link for information on registration for the golf tournament as well as sponsorship.

<https://www.foundation.gsacrd.ab.ca/events>



**Health & Wellness Conference**

***Shifting Gears***

September 12, 2024

at the Chateau Louis Conference Centre

in Edmonton

*See you at the upcoming events!*

**Thanks to those who contributed to this News Bulletin!**