



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN May 11, 2024

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UPCOMING EVENT: Weds. May 15, 2024

Come for Coffee or Tea, a cookie, and Conversation...

at St. Albert Seniors' Centre (Red Willow Place)

at 7 Taché Street, St. Albert

2:00 pm- 4:00pm

COST: ONLY \$5.00

Payment by cash or cheque at the registration desk

The cost of the facility will be covered in part by a grant from ARTA.

We hope to see you there!

RECENT EVENTS in REVIEW:

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

A plethora of blue T-shirts with these two words blazoned across the fronts populated the Morinville Leisure Centre the morning of April 22! The turnout for our Wellness event was excellent! Despite the wind, a number of the STARTA members, spouses, partners and friends took advantage of Morinville's outdoor trail system, a walking distance of up to 8 kilometers. Others, including some with mobility devices, chose to use the indoor track. After walking, many enjoyed the complementary coffee, muffins, and cupcakes provided by STARTA, and appreciated the t-shirts, bottled water, and SWAG offered by ARTA.

What 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!

Thanks to ARTA for their contributions (t-shirts, bottled water, and SWAG) to this event.

A huge **THANK YOU** to **Sue Kennedy and Andrew Raczinski** for planning and arranging this event.

April 26th breakfast meeting: Attendance at the April breakfast was excellent. Thank you to all who attended our last breakfast of the season and participated in both the AGM and Puzzle and Book Sale.

Breakfast, as usual, was delicious, with a variety of breads and dishes.

After breakfast, the following outgoing executive members were recognized and thanked for their efforts on behalf of STARTA. Past Presidents Debbie Kelley and Marian Oberg, Treasurer Leo Bruseker, Membership and Breakfast Coordinator Maurine Maslen, Historian Joyce Keltie, Communications Peggy Bergmann and Ardyth Garrison.

Annual reports and nominations for Executive Officers for the 2024 – 2026 were presented and elected. The required positions were dealt with first. Congratulations to the incoming executive:

President : Sue Kennedy

Vice- President: no nominations, so the position will remain open.

Treasurer: Lou Duigou

Secretary: Donna Fedoration will continue on in this position.

Branch ARTA Rep.: Gail Cuff will continue on.

ARTA Pension Rep.: Sue Kennedy will remain in this position.

Please note: The following list of **appointed** Executive positions had no nominations or volunteers, are still vacant, and will remain so until there are some volunteers:

Membership Convenor, Program Convenor, Breakfast Coordinator, Communications, and Historian

Following elections, incoming President Sue Kennedy addressed the group, noting that there had been 12 executive members in the past 4 years, and are only 4 for the coming year. Unfortunately, that will greatly affect the events for the upcoming year. We will likely have to find a different way to plan breakfast meetings, or we may have to choose a different form of meeting. It was noted that the vacant positions could be shared for the term, or individuals or teams could take on organizing one or two events per year, so the overall 'job' would be shared by many over the year. These certainly are things to think about in going forward.

All STARTA members are sincerely asked : **Can you help STARTA in any way?**

Community Request: Volunteers needed!

The Volunteer Coordinator for St. Alberts Children's Festival has sent the following information in search of more volunteers (especially **team leaders**) for the festival. Retired Teachers of St. Albert would be a great fit! The festival is the perfect excuse to get outside, connect with your community, and have lots of creative and active fun!

VOLUNTEER AT THE INTERNATIONAL CHILDREN'S FESTIVAL OF THE ARTS FROM MAY 30TH - JUNE 2ND!

St. Albert's International Children's Festival of the Arts brings the best in children's arts and cultural experiences to the region in a way that removes barriers, fosters joy and creativity, and inspires the next generation of artists and patrons of the arts. This multi-day adventure has always depended on volunteers to stay running year after year, and we would love to have YOU on board!

Available positions include Feature Performance Venue Ushers, Hospitality, Activity Assistants, Volunteer Registration, and Green Team! Looking for more responsibility? Volunteers ages 16 and up are encouraged to sign up as **Team Leads** overseeing activity tents, greeting teachers and classes, and supervising fellow volunteers.

To volunteer you will need to create a 'Better Impact Volunteer Profile' and upload a signed waiver where prompted. Find more information with steps to complete this process at <https://stalbert.ca/exp/childfest/get-involved/volunteering/waiver-forms/>.

Any questions? To contact Volunteer Headquarters call 780-700-8205 or go to festivalvolunteer@stalbert.ca

Thanks so much for considering volunteering with us this year!

Cheers,

Emily Tomnuk (She/Her),

Children's Festival Volunteer Coordinator, Community Services, City of St. Albert

Contact: 780-700-8205

email: festivalvolunteer@stalbert.ca | Childfest.ca

OTHER UPCOMING OPPORTUNITIES:

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 opened on March 15 at 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

Check out the details at secondwindconference.ca

Early Bird registration is still **ONLY \$95.00** before July 31st.

To register, email secondwindregistrar@gmail.com

NOTE: On the next page are some pictures from the 'Heart and Sole' event! Thanks to Donna Federation (Secretary) for providing those!

This is our last edition of the News Bulletin. A huge thank you goes out to all those who contributed to the News Bulletins over the past four years. A special thanks to Joyce Keltie, who provided many of the pictures we all have enjoyed, and to Ardyth Garrison and Marian Oberg who carefully edited the text and content of each News Bulletin!



ORGANIZERS Andrew & Sue

