



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

The March

Edition

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A Branch of ARTA



Events for February to June 2020 & the AGM

Wetaskiwin Wednesday, March 11th at O'Brian's Restaurant. 11:30 AM. Program: Canada's New Food Guide.

Drayton Valley Luncheon Thursday, April 30th at Best Western Plus. 11:30 AM. More details to be announced.

Leduc Tuesday, May 5th, HARTA's Mini-Conference at St. David's United Church. 9:30 AM to 4:00 PM. Save the Date.

Leduc Friday, September 11th, 2020, 10:30 AM AGM, Election of Officers and Pancake Brunch at St. David's United Church in Leduc. ARTA Benefit Plans Updates. Confirmed

Member Welfare

Walley Porter has had a hospitalization and an operation for a back problem. He is recovering well at home. Please keep him in your thoughts and prayers as he starts to resume his active life. Please let the editor know of anyone who would appreciate a get well note or a phone call from other HARTA members.

Date Change for Drayton Valley Luncheon

The date of the Luncheon in Drayton Valley has been changed from April 16 to April 30 at 11:30 AM at the Best Western Plus Hotel. The Program guest for the day will be Lisa Cookson from Drayton Valley's Primary Care Network. Her topic will be Foot Care and Health. HARTA's Drayton Valley members could register for the HARTA Mini Conference in Leduc as well.

ARTA Café at the Teacher's Convention

ARTA rolled out the ARTA Café at the Teachers' Convention February 6th and 7th at the Edmonton Convention Centre. HARTA was one of four ARTA Branches manning the Booth. The other three branches were Parkland (PARTA), St. Albert (STARTA) and Elk Island (EIRTA). Each Branch received a supply of cookies with each branch's logo on the icing, as well as a large urn of coffee which the branches shared as well as a supply of disposable coffee cups. The booth was situated beside the ARTA booth. The coffee and cookies engaged teachers and allowed for conversations to explain the benefits of the branches. Beside the Branches' booth on the other side was an FASD booth which gave information re: Fetal Alcohol Syndrome Disorder. The following article was supplied by the FASD Network-Northwest Central Alberta.

FASD—Northwest Central Alberta Network

Fetal Alcohol Spectrum Disorder (FASD) is a life long, organic brain, whole body disability that affects approximately 4% of the Canadian population. This disability occurs when babies are exposed to alcohol through maternal consumption during pregnancy. There is no known safe time, no known safe kind, and no known safe amount of alcohol for pregnant women to consume. It is widely recommended that women abstain from all forms of alcohol while attempting to become pregnant and throughout their pregnancy.

You cannot tell whether a person has an FASD as the “stereotypical” facial features associated with the disorder, thin upper lip, flatter groove between nose and upper lip, and smaller eye openings, occurs in less than 10% of the people diagnosed. This leaves 90% of individuals diagnosed with an FASD undetectable on sight, which is why FASD is known as a Hidden Disability. When a person can see that someone has challenges they often change how they respond to that person, such as speaking slower, adjusting height to get to their eye level, using simpler words, and only asking one question at a time, to name a few. However if you cannot detect challenges a person has by looking at them, you expect them to be able to “act their age”. With FASD that is not always possible.

Communication Strategies to Use with Individuals with FASD

- Use the student’s name at the beginning of any verbal exchange to ensure he/she is paying attention.
- Keep language simple and concrete
- Keep language consistent – especially about rules and daily routines
- Be specific
- Avoid use of abstract phrases and sarcasm.
- Speak slowly, allow for processing time
- Give a verbal or visual cue when you are giving and completing instructions.
- Use visual cues and schedules when appropriate.

The Northwest Central FASD Network has taken it upon themselves to be a first contact point with regards to education, training and

support for FASD. There are twelve FASD Networks in Alberta that we can connect organizations to. We will assist to the best of our ability through connection with local resources, information location, video conferencing, and remaining as a resource for all your FASD queries. We appreciate being invited to present, and/or train at any facilities or conferences free of charge.

- Submitted by Angela Kemble FASD –Network in Northwestern Alberta

After reading “Raising Grandkids” by Gary Garrison I was reminded of the trials and tribulations of dealing with a child with FASD at a daycare centre where Linda and I once worked. If any of HARTA’s members are dealing with grandchildren with FASD or have friends who have children or grandchildren dealing with FASD, I hope this information has been helpful.

The Editor

The Devices Workshop

On Wednesday, February 12, HARTA held its Executive Meeting in the morning and Luncheon at 11:30 AM. Some of the items covered during the Executive Meeting were: the approval of a table for Money Mentors to provide information for our membership and the announcement that all ARTA and Branch functions will be covered by a new insurance policy. Money Mentors is a nonprofit organization providing information on managing money by giving session to all ages from Kindergarten to grade 12 in school as well as to adults. With regard to insurance, the insurance covers all events put on by the Branch but does not cover transportation to and from the event.

The lunch followed the Executive Meeting. Following the luncheon, members of “Pot Luck” performed a few love songs in honour of Valentine’s Day. The performers were Jim Montney, Suzanne Ritchie and Ron Thompson—vocalists and Robin Stuart—Piano. Each vocalist performed three selections then all three sang selections in which all luncheon attendees could join in. The presenter, Terri Shimenosky was unavailable for her session

because she was involved in a traffic accident on her way to Leduc. We will try to arrange a session on online security at a later date with Terri or another presenter. Please, stay tuned for future developments re: this event.

Confusing Abbreviations

After you retired from teaching you probably noticed a number of abbreviations re: retirement. **ASEBP** (Alberta School Employee Benefits Plan) refers to the health benefits provided by various school districts and which are also available to retired teachers until age 65. The **ARTA** (Alberta Retired Teachers' Association) Plans, are plans available to all ARTA members and Associate Members. The **ATRF** (Alberta Teachers' Retirement Fund) is the fund that pays teachers' pensions to retired Alberta teachers. Retired teachers with concerns re: their pensions, should contact the ATRF re: these issues. **CPP** (Canada Pension Plan) refers to the Pension Plan provided by the Canadian Government. The **OAS** (Old Age Security) is a supplementary payment to every person over 65 years also created by the Canadian Government. As a review of these abbreviations, I have listed all these abbreviations with their websites where you can get more information on a given topic. The **ARTCF** (Alberta Retired Teachers' Charitable Foundation) is ARTA's foundation to support various partners with their various projects to achieve their goals..

Abbreviations

ASEBP: Provider of Health Care Benefits before 65 years of age: www.asebp.ca

ARTA: Alberta Retired Teachers' Association Provider of many services and Benefits to Alberta Retired Teachers and other Professional Retirees: www.arta.net

Branches: www.artabranches.net

ATRF: Provider and Funder of Alberta Teachers' Pensions: www.atrf.com

CPP and OAS: Pensions provided by the Canadian Government Contact Service Canada at: www.Canada.ca

ARTCF: Alberta Retired Teachers' Charitable Foundation at: <https://www.arta.net/advocacy/artcf>

I hope the above information makes the retirement information world easier to navigate.

HARTA's May Mini Conference

HARTA's Mini Conference will be on Tuesday, May 5th from 9:00 AM. to 4:00 PM. Confirmed sessions are as follows: Tom Dirs, a local historian, will do a session on Leduc and District's History. Lourdes Juan, Founder of the Leftover Foundation, an organization dedicated to distributing unused food that would otherwise be thrown out will do a session on how her organization helps provide food at a more reasonable price. Susan Soprovich, A representative from the Alberta Securities Commission, will ensure that a session on Investment Fraud will be presented at our mini conference. Finally, Noël Cairney will do a session on Laughter Yoga. As well, Wellness checkups featuring the Body Composition Clinic will be offered.

The Keynote Presenters have changed. Marilyn Bossert, Past President of ARTA and Jason Schilling, ATA President, will be joint Keynote Speakers. The change was made necessary by the continuing concerns generated by the Provincial Government's changes concerning Teachers and other Professionals.

A1C screening and Blood Pressuring Monitoring will also be offered as well as the body composition Clinic. These services are designed to screen for issues that could cause problems at a later date. Such screening could alert you to health issues before they become serious. There are a limited number of spaces available, so, please reserve your space early, Please save the date, Tuesday, May 5th, to attend this infor-

mation-packed day.

We would like to present Marilyn Bossert with a cheque for the Charitable Foundation from proceeds we collect from contributions from our luncheons. I will have more to say re: this thought at our coming luncheons.

More about the Presenters

Noël Cairney

Noël is a retired educator from Northern Alberta, who has worked as an elementary teacher, principal, and District Supervisor of Student Services. She has always been interested in cutting edge teaching techniques, which led her to research the powerful tool of laughter for learning and healing

In 2010, Noël became a Certified Laughter Yoga Instructor and Teacher Training in Orlando Florida, studying under founder Dr. Madan Katarina. She has since led several laughter groups and workshops, as well as presenting at conferences in both Canada and the US.

Noël's passion for laughter and learning took her to West Virginia in July of 2019, where she spent 3 weeks working with the renowned therapeutic clown, doctor and activist, Patch Adams, whose life was profiled in the 1998 movie starring Robin Williams. Patch inspired the name of Noël's breakthrough palliative care project, "The Last Laugh," a collection of medicinal laughter activities.

Noël is excited to share the science behind the benefits of laughter, happiness and humour with you. Get ready to chuckle, giggle and belly laugh yourself well!

Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. Members may also send a cheque or money order to: HARTA, C/O Ron Thompson, 4020 – 37 Ave. in Leduc, Alberta. The Postal Code is T9E 6C9. Please send \$10.00 for each year you would like to renew. Membership for the first two years is \$10.00 (first year is free.) Our next HARTA event is at O'Brian's Restaurant in Wetaskiwin. See the details given earlier in this newsletter as well as the Poster at the end of this newsletter. If you renew or join HARTA during the month of March 2020, you have the option of getting an extra year for an extra \$5.00. So for \$15.00 your membership would be from March 2020 to August 31st, 2021. It's your choice.

HARTA Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks. For the various luncheons, we can always use extra help in preparing the room for our programs. In Drayton Valley check with Joan, In Leduc, Elaine or Ron T. and in Wetaskiwin either Ron H or Ron T.

Ron Thompson, HARTA President

Public Interest Alberta Actions

People's Bus

The Friends of Medicare and Public Interest Alberta chartered the People's Bus on February 12 with stops in Edmonton, Red Deer and Calgary. In Calgary, volunteers visited the office of the Minister of Health, Tyler Shandro. The group then went door to door, speaking to his constituents and dropping off leaflets. Approximately 1400 homes were canvassed. The main theme was "Seniors Deserve Better", with the 46,000 seniors removed from benefits, the 5100 front line hospital staff being cut, and the privatization of some medical services being at the forefront.

The canvassers found that not very many people in his riding are happy with what is happening in the area of health care. Several had already contacted him with emails, phone calls, and letters, with many people not happy that they did not get a response.

What was not mentioned on Calgary Global TV was that Security was called to escort the peaceful group out of the building. Then organizers supplied maps and routes to be covered in Tyler Sandro's ward. It must have taken too long for the group to leave the parking lot, because just as we were leaving several police cars including a paddy wagon pulled up. By this time, the volunteers had all left to do the canvassing.

In moving forward, plans are in place to canvass other wards. The next one may be in Sherwood Park in April. Interested individuals are able to go on the Public Interest website to keep informed of what is being planned.

Submitted by Lawrence Hrycan—PIA Liaison to ARTA Please see the additional information attached to the email to which this Newsletter is attached. Those who receive their newsletters by mail will find this insert added to their mail package.

Other Branch Events

ARTA now has a new website which provides information on events in other Branches throughout Alberta and the Okanagan Branch in BC. If you would like to find other Branch events this website can help you. The website is: www.artabranches.net.

Ron Thompson, HARTA President

Executive and Contact Info for the 2019-20 Program Year

Alvin Rurka: Past President (587) 274 - 4562 abrurka@hotmail.ca

Ron Thompson: President & ARTA Rep (780) 986-8349 rnthompson@shaw.ca (r n thompson)

Joan Henry: Vice President Drayton Valley. (780) 542-3209 brijoHenry@gmail.com

Elaine Merriman: Vice President Leduc (780) 467-0010 terry6@telusplanet.net

Ron Holmlund: Vice President Wetaskiwin (780) 352-4842 rdholm@hotmail.com

Walley Porter: ATA Liaison (780) 388-3849 wallyp@telusplanet.net

Gary Hansen: ATA Liaison Alternate (780) 986-1745 gbhanson@telus.net

Alain Lefevre: Treasurer (780) 941-2245 elefevre6@gmail.com

Erika Lefevre: Secretary (780) 941-2245 elefevre6@gmail.com

Lawrence Dublenko: Membership Co-ordinator (587) 783-8588 ccdublenko@gmail.com

Susan Schwindt: Finance Committee Member—.D.V. (780) 542-4136 salschwindt@gmail.com

The Goals of HARTA

- To carry on social activities, enabling our members to maintain contact with their colleagues.
- To provide information to our members about the resources available through the Alberta Retired Teachers' Association. (ARTA) and other sources.

ARTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness and leadership.



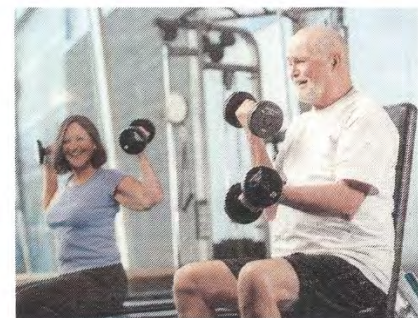
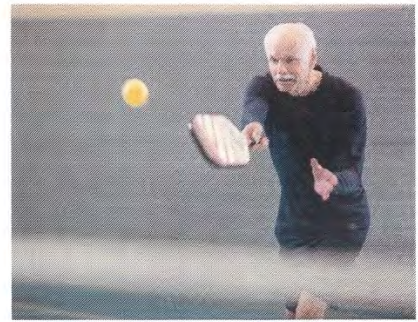
ARTA Wellness Challenge

The Wellness Challenge is an annual event where ARTA members are encouraged to focus on their personal wellness over the course of three months.

All ARTA members are welcome to participate in the challenge — those who belong to a branch can participate directly through their branch.

You will be asked to track your time spent on a physical activity that gets your heart pumping. Once the challenge is complete you will submit your best 30 days. Awards will be distributed to the branch who tracks the most time, the branch with the most participation, and individual participation prizes will also be randomly drawn.

Vist arta.net/wellness-challenge for more details.





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**You're Invited to
HARTA's Wetaskiwin
Luncheon
@ O'Brian's
Restaurant
4103 - 56 St.
in Wetaskiwin
Program:
Mervin Leibell;
Canada's new
Food Guide**



email:
rnthompson@shaw.ca
(r n thompson)
phone:
(780) 986-8349

Wednesday, March 11, 2020 11:30 AM

Luncheon as per menu

Membership \$10.00 Per Year

New retirees \$10.00 for the first Two Years



Heartland
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ALBERTA RETIRED
TEACHERS' ASSOCIATION

**You're Invited to
HARTA's Drayton Valley
Luncheon@ Best Western
Hotel 2252 - 50 St. in
Drayton Valley**

**Program: Lisa
Cookson from
Primary Care
Network - D. V. Foot
Care and Health.**



email:
brijoHenry@gmail.com
phone: (780) 542-3209
Joan Henry

Friday, April 30, 2020 11:30 AM

Luncheon, Soup & Sandwiches, \$15.00 / person

Membership \$10.00 Per Year

New retirees \$10.00 for the first two Years

Funded in Part by ARTA



Heartland
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Retired
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Topics

- **Keynote - Jason Schilling & Marilyn Bossert**
- **History of Leduc**
- **Food Rescue**
- **Investment Fraud**
- **Laughter Yoga**

Tuesday, May 5, 2020

9:00 AM to 3:30 PM

St. David's United Church

4614 - 48 Street

Leduc

HARTA Regional

Mini Conference

In Leduc

**Cost \$25.00 - Members; \$30.00 - non-members
for the workshops and lunch!**

For more info phone (780) 986-8349

or email: rnthompson@shaw.ca (r n thompson)



A Branch
of ARTA



HARTA Mini Conference Registration Form

Tuesday, May 5, 2020

St. David's United Church

4614 48th Street, Leduc

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

**Email Address _____ Phone No. _____

**** We do not share or sell registration information. For confirmations and correspondence: We will be emailing or phoning ALL confirmations. No regular mail confirmations will be sent.**

After April 21st Please register by phone or email and pay at the Conference the Conference fee. Registration from 9:00 to 9:30 AM, Conference from 9:30 AM to 4:00 PM.

Do you have any special dietary needs? Please specify:

Membership: Check one or more. If you are a branch member, indicate the branch.

☐ ARTA ☐ Branch: _____ ☐ Non-member

Conference Fee: - \$25/person (Includes Lunch) (\$30.00 for nonmembers)

No refunds after April 28th, 2020. Space is limited so register early.

Payment Details: Enclosed is a Cheque/Money Order for \$ _____

Your registration is not complete until payment has been received by the Workshop Registrar. Please make your Cheque/Money Order payable to [HARTA](#).

Mail your registration to: **Ron Thompson, 4020 – 37th Ave., Leduc, Alberta. T9E 6C9**

Email: rnthompson@shaw.ca (r n thompson) Phone: 780-986-8349



**A Branch
of ARTA**



HARTA Mini Conference Tentative Schedule

Tuesday, May 5, 2020

St. David's United Church

4614 48th Street, Leduc

Theme: "The Times They Are A Changing."

9:00 AM - 9:30 AM	Registration and Coffee
9:30 AM - 10:15 AM	Keynote Session:
	Jason Schilling & Marilyn Bossert
10:15 AM - 10:30 AM	Break
10:30 AM - 11:20 AM	Tom Dirsá – Leduc's History
11:20 AM - 12:10 PM	Lunch
12:10 PM - 1:00 PM	Alberta Securities Commission
	Investment Fraud
1:00 PM - 1:15 PM	Break
1:15 PM - 2:15 PM	Lourdes Juan – Food Rescue
2:15 PM - 2:30 PM	Break
2:30 PM - 3:30 PM	Noël Cairney - Laughter Yoga
3:30 PM - 4:00 PM	Wrap Up & Evaluations