



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

The Virtual Conference 2021 Edition

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A Branch of ARTA



HARTA's Mini-Conference Will be held on Zoom on Wednesday, May 5th. Check the details in this newsletter for a great deal for your membership renewal and the Mini-Conference!

Possible Summer HARTA Presentation on Zoom

HARTA is looking at the possibility of a Zoom presentation for either July or August. Stay tuned.

HARTA's AGM—September 17th 2021

The HARTA AGM will be held on Friday, September 17th. This will be HARTA's 10th AGM and it will mark the beginning of HARTA's 10th year as a Branch of ARTA. The Executive will determine whether or not the event will be in person or on Zoom closer to the date. Stay tuned for more details.

Alberta Retired Teachers Charitable Foundation Details

Below please find information on how you can contribute to the Charitable Foundation. The Foundation's Mission statement follows below.

Our Mission:

"From classrooms and beyond, the Alberta Retired Teachers Charitable Foundation and its members are linked by one common purpose: to support Alberta Seniors in pursuit of Appropriate Housing, Health Services and English as a Second Language, to improve their lives! "

We ARTCF support the following Charities:

Parkinson Association of Alberta - three ARTCF Tele-Support Groups

Alzheimer Society of Calgary - Funding for their Learning and Support Services

Alzheimer Society of Alberta / NWT - "Minds in Motion", which is a fitness and social program

CNIB - Community Education & Outreach Program

Operation Friendship Seniors' Society – Grant to support equipment for the facility

ARTCF, with your support, will make a difference. We have provincial status as an Alberta Society, as well Charitable Status (ability to give Tax Receipts) from Canada Revenue Agency.

Join us in expanding our impact. Honor or Memorial gifts will be recognized, and all gifts will be Income Tax receipted. On-line donations, may be made at www.arta.net/cf-give

Cheques may be made out to **ARTCF** and mailed to:

ARTCF Office
15505 - 137 Avenue NW
Edmonton AB
T5V 1R9

Laurie Bauer's Session on Insurance Fundamentals

On Wednesday, April 14th HARTA members were treated to an informative session on Insurance fundamentals. She covered many topics but mainly she focussed on the concept of risk management. The session was attended by a small group of interested members. A number of questions asked after the session. Thank Laurie for your extremely interesting and informative presentation.

Member Welfare

If you know of anyone needing our support, please let the editor know so we can show our support in helping their return to good health. With COVID-19 having been with us for a while, this would be a good time to reach out to someone you haven't heard from or seen in a while. Please keep well and keep safe.

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. 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.

COVID-19 Humour

1. What do scholars eat when they're hungry? Academia nuts.
2. What do you call an ant that has been shunned by his community? A socially dissed ant.
3. Why do trees seem suspicious on sunny days? They just seem a little shady!
4. A Vicks VapoRub truck overturned on the highway this morning. Amazingly, there was no congestion for eight hours!
5. When does a joke become a dad joke? When it becomes apparent.
6. I don't really care for funerals that start before noon. I guess I'm just not a mourning person!
7. The barista at Starbucks was wearing a face mask. I asked, "Why are you wearing a surgical mask?" She answered, "I'm not, it's a coughy filter."
8. If Covid 19 has forced you or a loved one to wear a mask with your glasses, You may be entitled to condensation.
9. I don't think anyone saw a worldwide pandemic happening this year. I guess most people don't have 2020 vision.
10. Why did the chicken cross the road? Because the chicken behind it didn't know how to socially distance properly.

Membership Fees

Recently HARTA has given all members who have purchased their 2022 HARTA membership, a free registration to this year's Mini-Conference in May. (This includes Lifetime members who pay no more fees after the age of 85 provided that they were up-to-date on their 85th birthday.) Everyone who has already updated their membership to 2022 or beyond can take in the Conference by Zoom in May.

Members who need to pay their fees can do so by mail until April 23rd. After April 23rd please register by email to rnthompson@shaw.ca and pay by e-transfer. Also, after April 23rd, please pay using e-transfer. If this is not possible, please phone (780) 986-8349 to make other arrangements.

Otherwise during the COVID-19 Emergency Members may 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 after retirement is \$10.00 (first year is free.)

HARTA Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks (when the Pandemic is over.) 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. During this time of COVID-19 Social Distancing, another way to contribute is to provide stories and other news for our newsletter. You can submit to: The Editor: r_n_thompson101@hotmail.com. It would be great to get more submissions for our readers.

Ron Thompson, HARTA President

HARTA's May

Mini Conference Details

HARTA's Mini Conference will be on Wednesday, May 5th from 9:30 AM. to 3:40 PM. The following sessions have been confirmed: Tom Dirsa, a local historian, will do a session on Leduc and District's History. Audra Stevenson, 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. Noel Cairney will do a session on Laughter Yoga. Marilyn Bossert, Past President of ARTA will present the keynote to commence the Conference as well as a session on ACER—CART, the Canadian federation of retired teachers' associations for Canada's Provinces and territories.

More about the Presenters

Marilyn Bossert

Marilyn Bossert, ARTA's current Past President, began her journey with ARTA as a columnist for *news&views*. That journey continued as she served as a member of the ARTA Board of Directors and, over time, on every ARTA standing committee.

Prior to ARTA, Marilyn taught junior high English Language Arts at JR Robson High School in Vermilion. Within her community, she remains active with the Agricultural Fair, and continues to support the Music Festival.

In retirement her passions continue to be quilting and spending as much time as possible with her family, especially her grandchildren.

Her beliefs coincide with the ARTA Mission Statement that supports an engaged lifestyle after retirement through member-centred services, advocacy, communication, wellness and leadership.

Marilyn will be giving the Keynote Presentation to start our Mini-Conference as well the presentation on ACER—CART (a federation of Canada's Provincial and Territorial Retired Teachers' Associations.)

Tom Dirsra

Tom grew up on the tip of Cape Cod in Massachusetts and moved to Alberta, Canada for two years, which became a lifetime.

After a successful 38 year career as a teacher, basketball coach, and a school administrator he retired to Leduc, Alberta.

Since his retirement Tom began a second career as a writer. He wrote the Alberta Distant Learning Preview/Review programs for the Junior High Social Studies courses. In 2017 he was the author of Canada Becomes a Federation as part of the Canada Turns 150 series.

For the past few years he has published a series of children's picture books about a child with ADHD as he learns to cope with the world around him. They are based on his experience with his grandson who was diagnosed with ADHD. In 2018 working with the Leduc Public Library he published an updated history book of Leduc called Leduc: Then & Now.

Currently he is working on a second Leduc history book and speaking at teacher conventions.

Audra Stevenson

For the last decade Audra has taken ideas and transformed them into solutions that have had a positive impact in the arts, technology, and small business sectors across Alberta. By combining a BFA in technical theatre from the University of Alberta and an MBA from the University of Calgary, Audra has developed the perfect skillset to build creative solutions to large societal problems. Audra has now found her home at Leftovers Foundation, where she has focused on social innovation of our food systems.

The COVID-19 pandemic has led to more families than ever going to bed hungry. Food insecurity now affects over 600,000 Albertans, but at the Leftovers Foundation, we know that we can get food to those who need it by working together. Discover how you can make a major difference in your community with just half an hour of your time and an app on your phone.

Noel Cairney

Noel is a retired educator from Northern Alberta who has worked with students from 18 months to 81 plus years of age. After a fortuitous Face Book pop up ad in 2009, she discovered the world of Therapeutic Humour and has never looked back. In 2010, in Orlando, Florida, she became a Certified Laughter Yoga Leader and Leader Trainer under founder Dr. Madan Kataria and has also studied with Steve Wilson from World Laughter Tour.

Noel's passion for Laughter and learning took her to West Virginia for three weeks to work with the renowned therapeutic clown, Patch Adams, who inspired the name of Noel's breakthrough palliative care project, "The Last Laugh". She is excited to share the benefits of Laughter, Humour and Happiness with you.

This presentation will focus on Laughter and Joy. We will discuss the health benefits of laughing 'for no reason' and experience a mini-Laughter Yoga session involving breathing, stretching and playfulness. Noel will share her experience with Patch Adams doing Therapeutic Clowning with incarcerated youth, elderly in care homes and the general public. Get ready to chuckle, giggle and belly laugh!

I will share other presenters' information as it is available.

Other Branch Events

ARTA now has a 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

OKARTA Virtual

Wine Tasting Event

OKARTA, the Okanagan Branch of ARTA, is offering a Virtual Wine Tasting Session on May 20, at 7 PM Mountain Time. The details have been emailed to HARTA members earlier this month. If you are interested in the event, please email the OKARTA Branch at wine@pentictonwineinfo.com

Discover BC Wines in all their glory with the **Penticton Wine Info Centre's** certified international Sommelier, Wendy Vallaster.

Eight Rope Winery, Sauvignon - Semillon 2020

Nagging Doubt Winery - The Leap 2018

- Join us in learning how to better understand these two specially chosen BC wines, implementing professional sensorial evaluation techniques, discussing how and why we do it!
- We will discuss the origin of the selected grape varieties, note how they express themselves in BC wines as well as in their birthplace.
- We will bring some interesting food pairing ideas to the table, with suggestions of easily sourced foods that those who would like to prepare them, could try along with the chosen wines during the presentation.
- We'll learn how we can elevate the entire wine experience by implementing a few important pairing principles including cause and effect.
- in closing, a few words regarding our diverse wine club opportunities! Further correspondence will be communicated to you via the email address that you have provided with your registration. Looking forward to a memorable virtual wine adventure!

EVENT DATE: MAY 20, 2021- 6 pm-PDT

(7 pm MDT)

Registration cut off date: April 30,

Registrations via email:

wine@pentictonwineinfo.com

- Cost includes 2 premium bottles of wine: \$63.00 *inclusive of taxes*
- *Free curb-side pickup at the Penticton Wine Info Centre or Direct Shipping available to*

BC & AB for a flat rate of \$21.00 inclusive of taxes or a group order of 12 bottle case (6 participants could share the cost) can be shipped for \$30.00.

Executive and Contact Info for the 2020-21 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—Wetaskiwin and Timberline Locals (780) 388-3849 walleyp@telusplanet.net

Gary Hansen: ATA Liaison—Black Gold and St. Thomas Aquinas Locals (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 mayoprospector@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.



Zoom provided by
ARTA



**Wednesday, May 5,
2021
9:30 AM to 3:40 PM
On Zoom**

**Cost - Free with HARTA membership renewal
to August 31, 2022 for the workshops!**

**For more info phone (780) 986-8349
or email: rnthompson@shaw.ca (r n thompson)**

Topics

- **Keynote - Marilyn Bossert - Past President ARTA**
- **History of Leduc**
- **Food Rescue**
- **Laughter Yoga**
- **ACER - CART**

**HARTA Regional
Mini Conference
On Zoom**



Heartland
Alberta
Retired
Teachers'
Association



HARTA Online MINI- CONFERENCE

WEDESDAY, May 5/2021

On ZOOM

9:00 A.M. - 3:40 P.M.

Workshop Sessions

9:00-9:30- Log on

9:30- 10:00- Keynote – Marilyn Bossert

10:00- 10:10- Break

10:10- 11:00- Laughing Yoga – Noel Cairney

11:00-11:10- Break

11:10- 12:00- Leduc's History – Tom Dirsra

12:00- 1:30- Lunch Break

1:30 - 2:20 - Food Rescue – Audra Stevenson

2:20 - 2:30 - Break

2:30 - 3:20 – ACER—CART (Canadian Retired Teachers' Associations Working together) – Marilyn Bossert

3:20 - 3:40 – Evaluations – Wrap-up

Registration is free if your HARTA membership

has been updated to August 31, 2022

Registration Deadline: April 23/2021 by mail.

After April 23rd, register by email or phone.



A Branch
of ARTA



HARTA Mini-Conference Registration Form

Wednesday, May 5, 2021

On Zoom

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 Friday, April 23rd Please register by phone and pay by e-transfer to rnthompson@shaw.ca Indicate that payment is for HARTA membership to August 31st, 2022.

The registration for this Mini-Conference is free with the renewal of your HARTA membership to August 31, 2022. Membership is \$10.00 per year or \$10.00 for the first two years if this is the first year of your retirement.

___ ARTA ___ Branch: _____ ___ Non-member

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

Your registration is not complete until your HARTA 2022 membership has been verified by a member of the HARTA Executive.

Mail your registration to: Ron Thompson,

4020 – 37th Ave., Leduc, AB. T9E 6C9

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



You're Invited to HARTA's annual AGM

**ARTA Benefits Presentation by
Gary Sawatzky to follow**
The form the AGM will take has
yet to be decided. Please save
the date. Sept. 17th will mark the
beginning of HARTA's 10th year
as a Branch of ARTA

A Branch of ARTA



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

Friday, Sept. 17th, 2021, 10:30 AM

Annual Membership \$10.00

(Membership \$10.00 for two years for new retirees)

Please RSVP by Wednesday, Sept. 15th, 2021