



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

The COVID-19

June 2021 Edition

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A Branch of ARTA



HARTA's Let's Share Event On June 16 on Zoom, get your beverage and a snack and join us at 10:00 AM to connect and share your experiences since COVID struck in March of 2020.

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.

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 some-

one 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

An elementary School Teacher had twenty-six students in her class. She gave each child in her classroom the 1st half of a well-know proverb and asked them to come up with the remainder of the proverb. While reading, keep in mind that these are grade one pupils, 6-year-olds. The following are ten of their responses. The most surprising is the last one.

1. Don't change horses... until they stop running.
2. Never underestimate the power of ... termites.
3. You can lead a horse to water but ... how?
4. A miss is as good as a ... Mr.
5. You can't teach an old dog ... new math.
6. The pen is mightier than ... the pigs.
7. Where there's smoke there's ... pollution.
8. An idle mind isthe best way to relax.
9. Laugh and the whole world laughs with you ... cry and you have to blow your nose.
10. Better late than ... pregnant.

Membership Fees

A reminder that memberships are from September 1st, 2021 to August 31st, 2022. If you have already updated your membership to 2022 or beyond you will be able to continue to receive HARTA's Newsletter as well as communications

pertinent to HARTA and ARTA. At a certain point members who fail to renew their memberships could cease to receive these communications. If you are not sure if your membership is current, please contact Lawrence Dublenko, HARTA's Membership Director at email: mayopropector@gmail.com or phone: (587) 783-8533. You could also contact Ron Thompson at email: rnthompson@shaw.ca or phone: (780) 986-8349.

Members who need to pay their fees can do so by mail until August 31. After August 31st please send your membership by email to rnthompson@shaw.ca and pay by e-transfer so that your payment can be received before September 17th, 2021 ensuring that you would be able to vote at September's AGM, September 17. In special cases please phone Ron Thompson to arrange for payment other than etransfer at the phone number given above.

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: rnthompson.harta@gmail.com. It would be great to get more submissions for our readers.

Ron Thompson, HARTA President

HARTA's May Mini Conference Highlights

HARTA's Mini Conference took place on Wednesday, May 5th on Zoom. Marilyn Bossert gave the keynote on Connecting During COVID-19. Noel Cairney gave her session on Laughter Yoga. Tom Dirsa invited us on a tour of Leduc's history. Audra Stephenson explained the role the Food Rescue Foundation and its mission to alleviate food insecurity. Marilyn concluded the Conference with her session on ACER—CART, the Canadian federation of retired teachers' associations for Canada's Provinces and territories.

Marilyn Bossert is ARTA's current Past President. 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's Keynote emphasized the importance of Connection during this time of COVID-19. She challenged our Branch to connect over Zoom and tell each other how this time of isolation has affected each of us. As an answer to her challenge we are holding a Zoom meeting on June 16th at 10:00 AM to show how we are connecting during this time of isolating. She also encouraged us to phone our friends and acquaintances, to check in on them periodically so they can stay connected to someone.

Noel's passion for Laughter and learning was evident during her session on Laughter Yoga. Noel talked about her time in West Virginia where she worked for three weeks with the renowned therapeutic clown, Patch Adams, who inspired the name of Noel's breakthrough palliative care project, "The Last Laugh". Her presentation focussed on Laughter and Joy. She emphasized the health benefits of laughing 'for no reason' and experience a mini-Laughter Yoga Her session involved

breathing, stretching and playfulness. Noel shared her experience with Patch Adams doing Therapeutic Clowning with incarcerated youth, elderly in care homes and the general public. She led us laughingly through her session giving us the gift of laughter and health.

Tom Dirsa grew up on the tip of Cape Cod in Massachusetts and moved to Alberta, Canada for two years, which became a lifetime. In his retirement Tom has become known in Leduc as a valuable source of information on Leduc's history. He started by discussing the stories of how Leduc got its name, related a number of festinating stories about teaching in Leduc during the early 1900s. His session will be available along with the other sessions on Zoom beginning in June.

Audra is interim CEO with the 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, her organization is getting food to those who need it by working food producers, bakeries and grocers to make sure leftover foodstuffs aren't wasted. Audra's presentation focussed on how make a major difference in your community with just half an hour of your time and an app on your phone. Her presentation really drew attention to the problems of food waste and food insecurity. HARTA Members in three communities are making plan to contact Audra and follow up. We look forward to seeing where this inspiration will lead.

Marilyn Bossert presented the final session on ACER—CART. ACER—CART is federation of Provincial and Territorial retired teachers' association. The federation advocates for seniors in healthcare, housing, long term care and other issues concerning seniors. Marilyn's presentation emphasized the need to advocate for seniors who don't have the resources to advocate for themselves.

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

How Was Your 2020?

On Wednesday, June 16th, 2021 HARTA will be holding a conversation asking the question "How was your 2020? Please plan to attend. With the advent of COVID-19, we have had to find other ways to hold conversations. I would encourage members to become familiar with Zoom so that we can continue to communicate even during times such as adverse weather, when person-to-person conversations would become more difficult. Keeping in touch is better than being isolated!

Ron Thompson
HARTA President

Know Your Worth

A father said to his daughter "You have graduated with honors, here is a car I bought many years ago. It is pretty old now. But before I give it to you, take it to the used car lot downtown and tell them I want to sell it and see how much they offer you for it."

The daughter went to the used car lot, returned to her father and said, "They offered me \$1,000 because the said it looks pretty worn out."

The father said, now "Take it to the pawn shop." The daughter went to the pawn shop, returned to her father and said, "The pawn shop offered only \$100 because it is an old car."

The father asked his daughter to go to a

car club now and show them the car. The daughter then took the car to the club, returned and told her father," Some people in the club offered \$100,000 for it because "it's an iconic car and sought by many collectors."

Now the father said this to his daughter, "The right place values you the right way," If you are not valued, do not be angry, it means you are in the wrong place. Those who know your value are those who appreciate you.....Never stay in a place where no one sees your value. [#knowyourworth](#)

The above item was emailed to the editor on Facebook by HARTA member Caroline Nelson

Alberta Retired Teachers Charitable Foundation

Charitable Foundation Details

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! "

ARTCF supports 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

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

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



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**HARTA's Zoom
Conversation:
"How Was Your
2020?"**

**Wednesday,
June 16th
10:00 AM**

**Zoom Annual Licence
Funded by ARTA**

Log On Details:

Meeting ID: 859 8359 5680

Passcode: 895218

Phone: 1 587 328 1099

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

**Session Free to Members
Membership \$10.00 Per Year
New retirees \$10.00
for the first Two Years**



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