



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald

## HARTA's Newsletter of Branch Events

### HARTA's 10th Year March Edition

**Publisher: Ron Thompson**

**Volume No. 10**

**Issue No. 7 Date: March, 2022**

## A Branch of ARTA



**For the Foreseeable Future, all events  
will be online until further notice.**

### HARTA's Presentation—March 9th, 2022

At 1:00 PM Lawrence Hrycan will be our guest. He will be giving a presentation on Public Interest Alberta (PIA). He will outline some of the concerns this group is advocating for. This presentation will be on Zoom.

### HARTA's Presentation—April. 13th, 2022

At 10:00 AM, Wednesday, April 13th, HARTA will host a Presentation on Zoom with Gary Sawatzky. Gary will present an update on ARTA Rx. Check the poster at the end of this newsletter for more information.

### HARTA's Mini-Conference on Zoom May. 4th, 2022

The HARTA Mini-Conference will be on Zoom. Start time 9:30 AM. Further details re: registration, cost and presenters will be available as details are worked out.

### HARTA's 2022 AGM in Leduc & Drayton Valley —September 16th, 2022



Celebrating HARTA's 10th Year as a Branch of ARTA

The HARTA 2022 AGM will be at St. David's United Church, in Leduc and also in Drayton Valley as well as on Zoom. Start time 10:30 AM.

## From the President

At the last ARTA Executive Meeting, I strongly suggested that all HARTA events be Zoom events. The Executive Members agreed. The Executive has confirmed that HARTA will hold all its events on Zoom until September of this year. More details re: the recent Executive Meeting follow later in this newsletter.

Ron Thompson —HARTA President

## From the Archives

During 2022, to celebrate the 10 years HARTA has been a Branch, the Newsletter Editor will publish historical information re: HARTA, and articles previously published in earlier editions of the HARTA Herald. I hope you find them of interest.

## **Recipes from February 2014's Healthy Food Luncheon**

The following recipe was submitted by Dawn Holmlund of Wetaskiwin. From the HARTA Herald, August 2014

### **Three Beans Salad**

1 – 15 oz. can of green beans  
 1 – 15 oz. can of yellow beans  
 1 – 15 oz. can of kidney beans  
 1 bell pepper, (yellow, orange or red)  
 ½ cup sliced onion  
 ½ cup chopped celery  
 1 cup vinegar  
 ½ cup sugar  
 2/3 cup salad oil  
 1 tsp (or less) of salt  
 Pepper to taste  
 ¾ tbsp. Worcestershire sauce  
 Drain liquid from beans. Mix together beans, pepper, celery, salt and onions.

This recipe was submitted by Linda Thompson of Leduc.

### **Lettuce and Fruit Salad**

1 head of romaine lettuce chopped into bite sized pieces  
 1 jar of mandarin oranges, diced  
 1 large package of strawberries diced  
 2 cups (500 ml) of purple grapes chopped  
 Put all the ingredients in a large bowl and chill until time to serve. Serves 6.

.From the HARTA Herald, September 2014

## **Decisions From HARTA's Most Recent Executive Meeting**

The following are the decisions taken at HARTA's February 9th Executive Meeting.

The Mini-Conference Presenters have been confirmed. Lorna McIlroy, ARTA's President, is our Keynote speaker. Deb Gerow, ARTA's Vice President, will do a session on her experiences setting up a school using Alberta's Curriculum, in India. Bob Silverthorne will give the Indigenous Welcome to begin the conference. He will also be doing sessions on the beginnings of the Maskwacis College and on Land-Based education. Carolynne Melnyk will do a session on Qigong, a form of exercise and meditation to promote a healthy mind and body. The Mini-Conference will be on Zoom on Wednesday, May 4, 2022. All members who are current to August 31, 2023 will be able to attend the Conference free of charge.

We continue to work toward more engagement of our membership. However, being able to meet only Zoom really impacts the motivation to meet with other members. Many of us are craving meeting in-person again. Hopefully this will happen in September.

COVID restrictions are relaxing but HARTA has decided to keep all presentations on Zoom until September. Hopefully there won't be any changes in the COVID status requiring us to stay only on Zoom in September and beyond. HARTA's next Executive Meeting will be in July. At that time we will review the current COVID situation.

Ron Thompson, HARTA President

## **Stan's Windows 10 Workshop**

On Tuesday, February 16th, Stan Gerber gave a workshop dealing with many of the possible benefits of Windows 10. His session dealt with many issues from file management to the use of the taskbar. The following are some thoughts from an email Stan sent me after his workshop.

For some of you, the pace of the workshop may have been too fast. Remember that this was an overview. I am hoping that my procedure sheets will be of assistance to you. And remember, you really do not need to know a lot about Windows 10 in order to do most things on your computer. Microsoft includes many apps within its package and some folks use lots of these and others use only the basics. And remember that the Google search engine can be very helpful.

The following YouTube video which was prepared in August 2020 and is one of the more recent ones which should correspond fairly close to your Windows 10. I have not watched this to the end but I like the way that this lady presents. Watch something and Stop the video and test out what she says on your computer.

[Windows 10 Tutorial - 3.5 Hour Windows Guide + Windows 10 Tips - YouTube.](#)

Please send Stan an email if you have a question or concern about the technology that you need assistance with. He has the 40 minute Zoom program and can quickly set up a one on one session with you.

One of the topics last evening was Microsoft's OneDrive and he created a link and was only able to send it to me (Ron Thompson) as he did not have everyone's email addresses at that time.

Following is a link to file on Stan's OneDrive cloud server. This folder contains photos taken by him over the years that the Gerber's lived on an acreage. Stan's wife was the caretaker of the perennial beds and these photos are memories of these. There are 416 photos in this file. If you click on the first photo it will expand and you will notice that you have a Slideshow option. Sit back and enjoy. Spring is around the corner!!!!

<https://1drv.ms/u/s!>

[ApknOlc0CAANgp4q2IJ\\_nelrnunToA?e=K5ynWF](https://1drv.ms/u/s!ApknOlc0CAANgp4q2IJ_nelrnunToA?e=K5ynWF)

On March 15 Stan will be doing a 2 hour presentation on Windows 11. This one will be offered by Stan through the Beaumont Library. To register when this workshop is on the Library's webpage activate the following link:

[Bibliothèque de Beaumont Library - Adults - Bibliothèque de Beaumont Library](#)

Look after yourself – exercise the body and the mind. There is space for 20 participants so if you're interested in this workshop contact Stan at (587) 341-4005.

Stan is prepared to do more workshops on Windows and other computer topics. If you have ideas for issues you would like addressed, please contact the editor at [rnthompson@shaw.ca](mailto:rnthompson@shaw.ca). Stan has sent the editor some additional articles on various technical subjects. I will include them under the title "Stan's Corner" in later newsletter editions. You may find that you can't access the links Stan included with his email. Should you find that you can't access the links in this newsletter, try this. Use Control C (Command C for Macs) and highlight the link you want to copy, then paste the link to your browser by using Control V (Command V for Macs).

## **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. **AIMCO (Alberta Investment Management Corporation)** is the Alberta Government's umbrella Investment Organization which also manages various Government Pensions)

## **Abbreviations**

**ASEBP:** Provider of Health Care Benefits before 65 years of age: [www.asebp.ca](http://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](http://www.arta.net)

Branches: [www.artabranches.net](http://www.artabranches.net)

**ATRF:** Provider and Funder of Alberta Teachers' Pensions: [www.atrf.com](http://www.atrf.com) **CPP and OAS:** Pensions provided by the Canadian Government Contact Service Canada at: [www.Canada.ca](http://www.Canada.ca)

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

**AIMCO:** Alberta Investment Management Corporation at: <https://www.aimco.ca>

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

## **HARTA's March Presentation**

On Wednesday, March 9th, Lawrence Hrycan, a member of Wolf Creek Retired Teachers in Ponoka, and Chair of the Strategic Plan-

ning and Advocacy Committee, will give a session on Public Interest Alberta on Zoom at 1:00 PM. Some of PIA's concerns are as follows:

- **Post-secondary education** is a cornerstone of Alberta.
- **Public Interest Alberta (PIA) – Seniors Task Force (STF)** One of the focuses over 2021-2022 is to promote the need for a Seniors' Advocate. At the present time, B.C. is the only province to have an independent Seniors' Advocate. CARP is making a major push along with the STF to stress the importance of this position.
- **The United Nurses Alberta** representative on the STF told the group that many nurses are not able to take their holidays because of the staffing shortage. She is also concerned with the number of nurses who have left AHS to work at for-profit agencies. Hospitals are having to hire through these agencies to get nurses because of the staffing shortages.
- **Discussion on Home Care** – It was felt that the McKinnon Report was now being put into play by the provincial government. This is the part where 11,000 jobs in health care were being eliminated and turned over to the private industry.
- One of the discussions being held at the meetings revolves around the **“Green House Model”** which has been around for 50 years in Europe and in North America. Researchers for STF are worried that the for-profit companies are putting this forth as a new idea to try to get more funding from the government.

(excerpts from the Public Interest Alberta Website and ARTA's PIA information Package from the latest Board of Directors' Meeting). See the info at the end of this newsletter for other details re: this ses-

sion.

## Member Welfare

If you know of anyone needing our support, please let the editor know. 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.

## Humour Corner

The first three items are obscure laws in some American communities.

1. Frankfort, Kentucky, makes it against the law to shoot off a policeman's tie.
2. The good burghers of Redwood City have outlawed the frying of gravy.
3. In Santa Clara, it is forbidden to dedicate parking spaces to the patron saint of television.
4. Q: Why don't flies go through screen windows?  
A: They don't want to strain themselves!
5. Q: What do you call a 100 year old ant?  
A: An ant-ique!
6. Q: Why are spiders good baseball players?  
A: Because they know how to catch flies!
7. Q: How does a mama beetle carry her little baby beetle?  
A: In a baby buggy!
8. Did you hear about the cat who ate cheese so he could peer down mouse holes with baited breath?
9. A rabbit had difficulty hopping. He was keeping one foot in his pocket for good luck.
10. Q: Why can't a woman ask her brother for help?  
A: Because he can't be a brother and assist

her, too.

(These jokes were taken from Linda's Joke Book)

## 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](mailto:rnthompson.harta@gmail.com). It would be great to get more submissions for our readers.

Ron Thompson, HARTA President

## Other Branch Activities

ARTA 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](http://www.artabranches.net).

Ron Thompson, HARTA President

## 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's 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](http://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](mailto:abrurka@hotmail.ca)

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

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

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

**Susan Schwindt:** Drayton Valley Rep..  
(780) 542-4136 [salschwindt@gmail.com](mailto:salschwindt@gmail.com)

**Janice Storeshaw:** Secretary  
(780) 986-0056 [jes90@telus.net](mailto:jes90@telus.net)

**Connie Dublenko:** Treasurer  
(587) 783-8588 [ccdublenko@gmail.com](mailto:ccdublenko@gmail.com)

**Lawrence Dublenko:** Membership Co-ordinator  
(587) 783-8588 [mayoprospector@gmail.com](mailto:mayoprospector@gmail.com)

**Walley Porter:** ATA Liaison—Wetaskiwin and Timberline Locals  
(780) 388-3849 [walleyp@telusplanet.net](mailto:walleyp@telusplanet.net)

**Gary Hansen:** ATA Liaison—Black Gold and St. Thomas Aquinas Locals  
(780) 986-1745 [gbhanson@telus.net](mailto:gbhanson@telus.net)

## 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.***



Heartland  
Alberta  
Retired  
Teachers'  
Association

## A Branch of ARTA



Zoom Annual Licence  
Funded by ARTA

**You're Invited to  
HARTA's Zoom  
Presentation  
Program:  
Lawrence Hrycan  
Public Interest  
Alberta  
Who are they?  
Who do they  
advocate for?**



**Public Interest  
Alberta**

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

**Wednesday, March 9, 2022 1:00 PM**

**Membership \$10.00 Per Year  
New retirees \$10.00 for the first Two Years  
The presentation is free on Zoom**



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Alberta  
Retired  
Teachers'  
Association

## A Branch of ARTA



**You're Invited to  
HARTA's  
ARTA Rx  
Presentation on  
Zoom With  
Gary Sawatzki  
at 10:00 AM,  
Apr. 13th.**

**Zoom Annual Licence  
Funded by ARTA**

**Log On Details:**

**Meeting ID: 886 3313 9926**

**Passcode: 681579**

**Phone: 1 587 328 1099**

**email:**

**[rnthompson@shaw.ca](mailto:rnthompson@shaw.ca)**

**phone:**

**(780) 986-8349**

**Ron Thompson**



**We will be online,  
Wednesday, April 13th, 2022  
Membership \$10.00 Per Year  
New retirees \$10.00 for the first 2 Years,  
Zoom Workshop at 10:00 AM**





**Celebrating  
10 years as  
a Branch of  
ARTA**

**Wednesday, May 4,  
2022  
9:30 AM to 4:00 PM  
On Zoom**

## Topics

- **Keynote - Lorna McIlroy  
ARTA President**
- **Starting a school using the  
Alberta Curriculum in India -  
Deb Gerow - ARTA VP**
- **Maskwacis College, The  
Beginnings - Bob  
Silverthorne**
- **Qigong - One way of Keeping  
Fit - Carolynne Melnyk**
- **Land Based Education - Bob  
Silverthorne**

**HARTA Mini-  
Conference on Zoom  
Annual Zoom  
Licence Funded by ARTA**

**Cost - Free with HARTA membership renewal  
to August 31, 2023 for the workshops!**

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



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**A Branch of ARTA**

## **Zoom Annual Licence Funded by ARTA**

### **HARTA Mini-Conference 2022**

### **Presenters and Schedule for May 4<sup>th</sup>, 2022**

### **Theme: Connecting Through the Generations**

9:00-9:25	Registration – Log on (with Zoom)
9:25-9:30	Indigenous Welcome – Bob Silverthorne
9:30-10:00	Keynote – Lorna McIlroy – ARTA's President
10:00-10:15	Break
10:15-11:15	Establishing a School using Alberta Curriculum in India – Deb Gerow – ARTA's Vice President
11:15-12:15	The History of Maskwacis College – Bob Silverthorne
12:15-1:15	Lunch Break
1:15-2:15	Qigong – Carolynne Melnyk
2:15-2:30	Break
2:30-3:30	Land Based Education – Bob Silverthorne
3:30-4:00	Evaluations – Wrap-up

**Registration is free (on Zoom)  
with an updated HARTA membership  
to August 31<sup>st</sup>, 2023.**