



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter of Branch Events

HARTA's 10th Year April Edition

Publisher: Ron Thompson

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A Branch of ARTA



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

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

The HARTA 2022 AGM will be at St. David's United Church, in Leduc and also in Drayton Valley as well as on Zoom as long as the current COVID situation continues to improve. Start time 10:30 AM.

From the President

In Early March I had an email breach on



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

my rnthompson@shaw account. From now on please use rnthompson102@gmail.com for correspondence to HARTA and the email address r_n_thompson102@shaw.ca to submit information to HARTA's newsletter. I will be sending out HARTA's newsletter on the r_n_thompson102@shaw.ca email. When I send out correspondence or other emails, please look for my email signature. For HARTA business it will read as follows:

Ron Thompson
HARTA President
A Branch of ARTA
<https://artabranches.net/harta>

If you receive any emails that claim to be from me, please check for my email signature and the subject matter. If it doesn't contain information re: HARTA or ARTA, please delete it and let me know. All of my email addresses require two levels of verification for a password

change. This change in security should make my email address much more secure. I regret any inconvenience the email breach may have caused.

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.

The ARTA Walking Challenge July 2016 Results

The Walking Challenge finished up on June 30th. 25 members signed up for the challenge. The total number of steps by all participants was 7,958,281. The average number of steps per participant was 318,331 steps or 10,611 steps per day. Thank you to all who participated. We had a participation rate of 33.3%.

Drayton Valley Mini Conference, May 2016

The Conference featured sessions on cell-phones, Tablets, stretching, and Nordic Walking. Our opening Event was an overview on the Body Analyzer Machine with presenter Ingrid Neitsch.

Ingrid Neitsch, a member of the Wellness Committee gave a presentation on the Body Composition Clinic, which started being offered to ARTA Branches in May of 2015. Leduc took advantage of this program in May of 2015 for HARTA's Mini Conference in Leduc.

Sharon MacLellan and Louise Bailey led a workshop on Nordic Walking. The poles were provided. Participants could purchase the poles if they chose.

Kryssy Timmons, Assistant Manager at Go Wireless, gave sessions on using your tablet

or laptop computer and on iPhones and other smart phones. The Conference ended with coffee time and time for feedback on the conference as well as suggestions for future presentations.

From the HARTA Herald, May & August 2016

Details for the HARTA Online Mini Conference on May 4, 2022

HARTA's 2022 Mini Conference will start at 9:30 AM on Wednesday, May 4th. Lorna McIlroy will be the keynote speaker. Lorna is the current ARTA President. she has a keen interest in the issues that impact her retired colleagues.



With ARTA, Lorna seeks to provide a smooth transition into a fulfilling retirement with the best options for members. These include member-centred services; advocacy which ensures a unified voice is heard on issues affecting retirees; wellness by promoting a healthy, active, and enhanced quality of life; and communication which fosters vibrant, engaged and enhanced quality of life for retirees.

Deb Gerow had planned to speak on developing a school in India using the Alberta curriculum, however, due to a death in the family, she will not be available. She plans to join us next year.

Lawrence Hrycan will do a session on ARTA's role in Seniors' Advocacy with its partners ACER—CART and Public Interest Alberta Lawrence is also the current Chair of the Strategic Planning and Advocacy Committee (SPAC) of ARTA.



He represents ARTA on the Seniors Task Force of Public Interest Alberta (PIA) and on ACER-CART.

Both organizations advocate for the betterment of all seniors in the province and across Cana-

da. Pharmacare, long-term care facilities, aging in place, and affordable housing for all are some of the areas that are addressed.

Bob Silverthorne came to Alberta 50 years ago to be on staff at the University of Calgary in the department of Native Studies, teaching university courses at Hobbema. He began canvassing the community to decide the direction of post secondary education.



In that two-year planning period Maskwacis College was formed. The community wanted the young people to have a recognized university degree as certified teachers as well having an equal and parallel Cree education of Cree culture, language, and tradition. (At that time there was only one First Nations person in Alberta with a University degree.) After reaching his goal of turning the college over to community members with a college degree, he founded the first school in Canada to train mountain horse and mule guides. Recently, he has just completed an Indig-x Virtual International Exchange for Indigenous Entrepreneurs

Bob is a member of HARTA. He will give the Indigenous Welcome to begin the conference. He will also be giving sessions on the creation of 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.

Carolynne is an educator, world traveller, writer, Certified Spring Forest Qigong Trainer, Qi~ssage practitioner and inspirational speaker devoted to sharing the ancient wisdom of Qigong, so that others may reclaim their natural health and well-being from the inside out.

She offers Qigong classes, workshops, retreats, and online groups. Mentorship pro-

grams have helped seniors, cancer patients, caregivers, and others to reclaim their natural state of health and well-being through the balancing of body, mind, emotion, and spirit.

The Mini-Conference will be on Zoom on Wednesday, May 4, 2022. All members whose memberships are current to August 31, 2023 will be able to attend the Conference free of charge. Please check the poster and schedule at the end of this newsletter for further information re: the conference.

The Presentation re: PIA With Lawrence Hrycan Wednesday, March 9th

Lawrence Hrycan gave a session on Public Interest Alberta. Public Interest Alberta is an Advocacy Group of like-minded organizations advocating for better health, education and living conditions for Albertans. The following are some of the topics he covered.

PUBLIC INTEREST, ALBERTA – SENIORS TASK FORCE

The Public Interest Alberta, Seniors Task Force meets once a month (currently by Blue Jeans), and the last meeting was on February 7, 2022. The next meeting is on March 4, 2022.

The focus 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. Dr. Kwong See, former Alberta Seniors' Advocate, was invited to meet with a subcommittee of the STF.

Dr. Kwong See is of the opinion that the Seniors' Advocate needs to be autonomous, with its own budget. It should not be under a ministerial order. When she was the Seniors' Advocate, she could not go public because she was not independent. She shared that the scope of the office



is bigger than health care. The phone calls that came to her office are broken down into the following: Health Care 28%, Income Support 25%, Social Supports 26% and Housing 21%.

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. Heather feels that everyone needs to be “pro-support” for public health. She also feels we need to push back against the “for profit” in Long Term Care. It was also shared that nurses have been accosted going to work.

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.

Submitted by Lawrence Hrycan

The above information is a sample of the advocacy that Lawrence is undertaking through Public Interest Alberta. You can find out more about how ARTA advocates for Alberta’s Seniors through its partners by attending Lawrence’s session on Advocacy during HARTA’s Mini Conference, Wednesday, May 4th online. See the

poster at the end of this newsletter for more information.

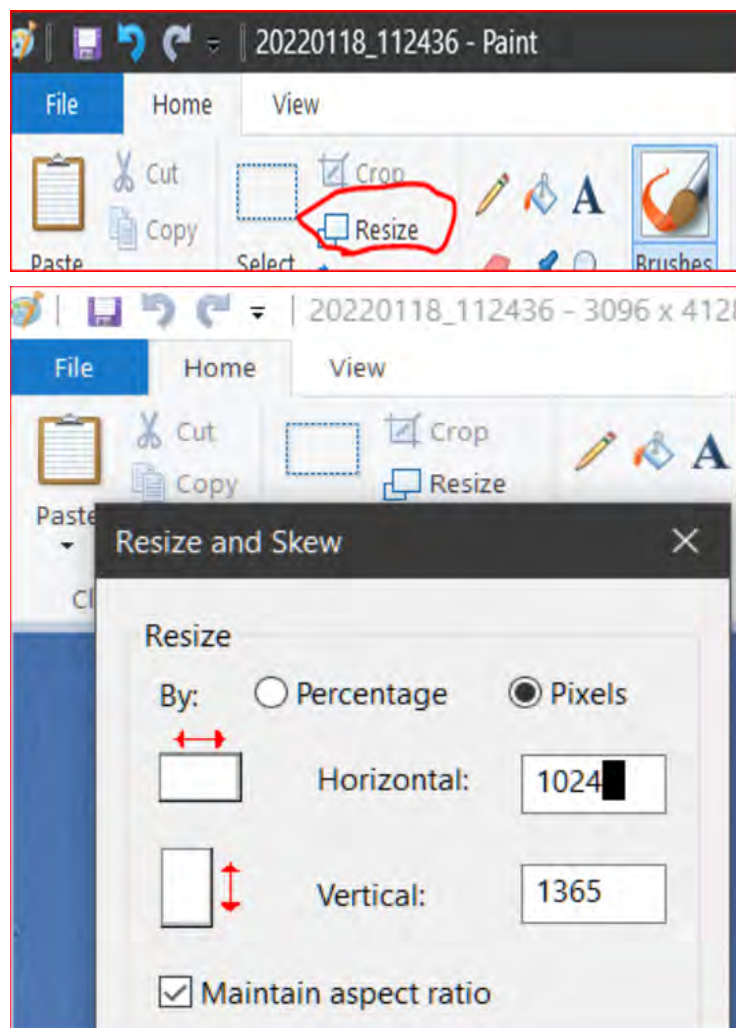
Ron
Thompson
ident

Ron
HARTA Pres-
ident

Stan's Corner

One of the concerns raised by many senior computer users over the years has been the distribution of photos by email. Most email providers have a maximum attachment size restriction.

My provider allows up to 10 MB which is about 2 photos. I have a Photo Management app that does a good job of resizing photos, but this is not a solution for everyone.



The second picture is a procedure sheet that outlines how to do this on a Macintosh Computer and on a Windows 10 computer along with two in-

ternet links. As I do not have a Macintosh computer that part of the procedure sheet is untested.

I did not do anything for iPads and Net pads, but I am sure that there are YouTube videos on the web that will help users. If you are inclined, you may want to test out this procedure sheet before posting in your newsletter or distributing by other means. Attached is the original photo and the resized photo.

You don't need to use a third-party app to do this on your Mac. It can be done using the versatile, built-in Preview image editing app. The following links will take you an internet page that describes how to do this. Presentations are clear and concise. [How to Resize a Photo on your Mac laptop or Computer - YouTube](#) (one photo at a time)

[batch resizing images on a Mac computer YouTube - Google Search](#) - (single and a batch of photos) .

RESIZING PHOTOS WITH A WINDOWS 10 COMPUTER

The process in Windows 10 is fairly simple. Select the photo that you wish to resize. Do a right mouse click on it and select Properties and record the size of the image which generally will be in MB (megabytes). Can only do one photo at a time.

Do a right mouse click on the image and select the EDIT option. This will open the photo up in Windows 10 Paint App. You will note that there is a RESIZE option in the ribbon

When you activate this option, you will get the following drop down. You can resize using Pixels or Percentage.

My test run was to resize a photo of 5.49 MB with percentage set to 30. The resized photo was 689 KB. (See the diagram above.)

Submitted by Stan Gerber

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

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>

AIMCO: Alberta Investment Management Corpora-
tion at: <https://www.aimco.ca>

I hope the above information makes the retire-
ment information world easier to navigate.

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

1. The World Health Organization has an-
nounced that dogs cannot contract COVID-19.
Dogs previously held in quarantine can now
be released. To be clear. WHO let the dogs
out.
2. Relationships are like algebra. Have you ever
looked at your X and wondered Y?
3. A Courtroom artist was arrested today for an
unknown reason... Details are sketchy.
4. People are making end of the world jokes like
there's no tomorrow.
5. Whatever you do, always give 100% unless
you are donating blood.
6. Q.: What do you call a sleepwalking nun?
A: A roamin' Catholic.
7. What did Snow White say when out of the
photo booth? Someday my prints will come.
8. A girl said she recognized me from her vege-
tarian club but I'd never met herbivore.
9. I've always had an irrational fear of speed
bumps but I'm slowly getting over it.
10. Q: What word becomes shorter when you add
two letters to it.
A: Short.

(These jokes were provided curtesy or Robin Stu-
art's emails.)

Volunteers Needed

At various times during the program
year, HARTA needs members to help with var-
ious tasks (when the Pandemic is over.) For
the various luncheons, we can always use
extra help in preparing the room for our pro-
grams. In Drayton Valley check with Susan or
Joan, In Leduc, Elaine or Ron T. and in We-
taskiwin 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 sub-
mit to: The Editor:

r_n_thompson102@shaw.ca. It would be
great to get more submissions for our read-
ers.

Ron Thompson, HARTA President

Other Branch Activities

ARTA has a website which provides in-
formation 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 web-
site is:

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 pur-
pose: 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

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 rnthompson102@gmail.com
(HARTA correspondence) (r n thompson) and r_n_thompson102@shaw.ca (Newsletters)

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

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

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

Janice Storeshaw: Secretary
(780) 986-0056 jes90@telus.net

Connie Dublenko: Treasurer
(587) 783-8588 ccdublenko@gmail.com

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

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
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Retired
Teachers'
Association

A Branch of ARTA

ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

**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:

rnthompson102@gmail.com

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**
- **How ARTA and Its Partners
Advocate for Seniors -
Lawrence Hrycan - Strategic
Planning Committee (ARTA)**
- **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: rnthompson102@gmail.com (r n thompson)**



Heartland
Alberta
Retired
Teachers'
Association



A Branch of ARTA

Zoom Annual Licence Funded by ARTA

HARTA Mini-Conference 2022

Presenters and Schedule for May 4th, 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 | ARTA's role in Seniors' Advocacy with its partners Lawrence Hrycan: Strategic Planning and Advocacy Committee Chair |
| 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 31st, 2023.

2022 PHOTO CONTEST

ARTA is proud to sponsor its **tenth annual photo contest**. All ARTA members — regular or affiliate — are eligible to enter. We have two categories: Masters and Novice. If you have won in the past, you will fall under the Masters category; if you have not been a past winner, you will enter the Novice category. Winners will be announced in the autumn 2022 issue of *news&views* and posted on ARTA electronic media sites.



Contest Categories

- Nature
- Making It
- Travel
- Ten

All entries must be received by ARTA no later than 4:00 p.m., May 31, 2022.

Entries should be mailed to

ARTA Photo Contest
15505 137 Avenue NW
Edmonton, AB T5V 1R9

Digital images can be emailed to contests@arta.net

Visit arta.net/photo-contest for contest rules and entry form.

2022 Scholarship Information

These scholarships recognize academic achievement, community involvement, and volunteer work. Future goals, personal accomplishments, and supporting letters of reference are also significant in selecting the scholarship recipients.



ARTA-TW INSURANCE DEGREE SCHOLARSHIPS

Through ARTA, TW Insurance Brokers provides scholarships for undergraduate students registered in a degree program who are related to an ARTA member.

Degree Scholarships

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000

ARTA CERTIFICATE/DIPLOMA SCHOLARSHIPS

Through ARTA's generosity, scholarships are provided to students in a certificate or diploma program of two or more years at an accredited post-secondary institution and who are related to an ARTA member.

Certificate/Diploma Scholarships

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000

DEADLINE
July 31, 2022

Review the criteria and apply online:
my.reviewr.com/site/ARTA/Scholarships



2022 ARTCF Charity Golf Classic

After a two-year hiatus, we are excited to connect with our fellow ARTA members on the golf course for a day of sport and socializing.

Join us for the ARTCF Charity Golf Classic on June 16, 2022 at the Ponoka Golf Club. Mark your calendars and register here: arta.net/golf.



See you on June 16, 2022

Registration is now open. The Ponoka Community Golf Club is located at 3519 - 46 Street in Ponoka. Visit the website for more information and to register.



Welcome back! The ninth annual Second Wind Conference will be held on September 22, 2022, at the lovely Chateau Louis Conference Centre in Edmonton.

All retirees in the Edmonton area and beyond, who are looking to expand their knowledge, acquire information, connect with colleagues and friends and meet new people, are welcome to attend.

This conference features a stimulating lineup of interesting topics presented by knowledgeable, enthusiastic speakers, focusing on all aspects of well-being. Learn how to stay safe in an online world; how to protect your hard-earned money from scammers; how to build a balanced fitness routine or how Qigong or Yoga can positively im-pact your life.

By March 15, all eighteen topics, speakers, and session descriptions will be posted on the web - site at <https://secondwindconference.ca>.

Register before July 31 to take advantage of the \$95.00 early bird fee rather than the regular one for \$110.00 that comes into effect after that date.

Included in the conference fee is a light breakfast of assorted pastries, a keynote presentation with Dr. Wagg, eighteen compelling breakout sessions, a delicious buffet lunch and coffee breaks, along with a relaxing "wine down" and door prize draws. There are also opportunities throughout the day to visit the exhibitors and browse the craft display and sale tables.

Please note that registration will be capped to ensure comfortable, safe seating in session rooms and in the dining area.



ARTA Wellness Challenge

The Wellness Challenge is a yearly event where ARTA members are encouraged to focus on their personal wellness over the course of three months (April 1 – June 30).

It is that time of year again, and ARTA is once again hosting the 2022 Wellness Challenge. ARTA is dedicated to ensuring our members lead active lifestyles regardless of capabilities. If you have been putting off getting active because of the never-ending pandemic or have remained consistent in your physical activity, the ARTA Wellness Challenge provides motivation to keep moving. Turning the corner on becoming physically active can be hard, but when you have some motivation it can be easier. Perhaps this challenge will give you some ideas on attempting new activities or kicking up your physical activity regime a notch.

Who Can Participate?

All ARTA members of any age and skill level are welcome to participate in the 2022 Wellness Challenge. Those members who belong to a local branch will participate directly through their branch, and ARTA members who do not currently belong to a branch can submit their results directly to ARTA by mail or by emailing contests@arta.net.

How It Works

1. Starting April 1, 2022, track your activity in minutes OR in steps on the personal daily log sheets available below.
2. On June 30, 2022, compile your best thirty days on the Personal Best-30-Days Report sheet provided below or on the Google Form which will be made available below closer to the date.
3. Submit your results via your Google Form, to your branch president (if applicable), or by mailing your log sheet to the ARTA office by July 31, 2022.

Go to www.arta.net and search for Wellness Challenge for more details on the challenge. The log sheet is on the next page. Print out as many as you need. Good luck!

