



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald

## HARTA's Newsletter of Branch Events

### **HARTA's 10th Year Mini Conference Edition**

**Publisher: Ron Thompson**

**Volume No. 10**

**Issue No. 9 Date: May, 2022**

## **A Branch of ARTA**



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

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

The HARTA Mini-Conference will be on Zoom.  
Registration 9:00 AM, Start time 9:30 AM.  
**HARTA's 2022 AGM in Leduc & Drayton Val-  
ley —September 16th, 2022**

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

### **From the President**

On Good Friday I contracted COVID. I test-  
ed twice with a positive result the second time.  
As I write this, I am recovering from COVID. My  
symptoms are mild. I expect to be getting back  
to a more normal routine within the next week.  
As we dealt with the symptoms, my wife Linda  
and I navigated the system and learned that the  
COVID test strips we needed are easily obtained  
through our local pharmacy, and that our local  
pharmacists are well informed. When the symp-



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

toms first appeared we tested according to the  
instructions we received from the pharmacist.  
We are now getting better. If you find yourself  
in a similar position, consult your pharmacist  
and the Alberta website at: [www.alberta.ca](http://www.alberta.ca). This  
website will give further information re: quaran-  
tine instructions and other pertinent infor-  
mation. As you get better, keep monitoring your  
recovery process closely. Be sure to get Medi-  
cal aid if your symptoms worsen, or if you find  
breathing more difficult.

Ron Thompson —HARTA President

### **From the Archives**

During 2022, to celebrate the 10 years HAR-  
TA 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 in-  
terest.

## Chronic Disease Prevention Body Composition Clinic

(From the September 2015 HARTA Newsletter)

The InBody 230 uses BIA (bioelectrical impedance Analysis) to analyze your body composition. BIA is a non-invasive method that measures body impedance by sending an electrical current through the body. Most people do not feel the electrical current, however, some might feel slight tingling on the bottoms of their feet. The current only passes through the water fluids inside the body, and based on the impedance values collected, the water volume is calculated. Since water fluids are usually inside muscle tissue, by using the water volume, the fat-free mass can be calculated.

### How accurate is this?

The InBody uses 8-point tactile electrodes- that easily contact the body at 2 points in each hand and foot. This 8 – point method divides the body into 5 regions (left and right arm, trunk, left and right leg, giving a measurement of each segment. There is high reliability when the ideal factors are in place (up to 2-6 % error rate).

### Who can use this machine and who can't?

It is safe and accurate for kids, elderly and anyone up to 500 lbs. Although the electrical current that is sent through the body is extremely low, it is NOT recommended for pregnant women or for anyone with artificial electrical implants, such as defibrillators or pacemakers.

### What happens during my InBody exam?

You will remove your shoes and socks, remove outerwear, empty your pockets and stand on the footpads. While you are standing still, the machine will take a weight reading and then you will enter your age, height and gender. Once your information has been entered, place your hands appropriately in the handgrips. The scan takes approximately 30 seconds and a result sheet will be printed.

### How can the InBody Machine help me?

Your health is dependent on more than just your weight. Knowing if you need to increase your

muscle mass, to lose fat, can help you tailor your diet and exercise to identify specific lifestyle goals.

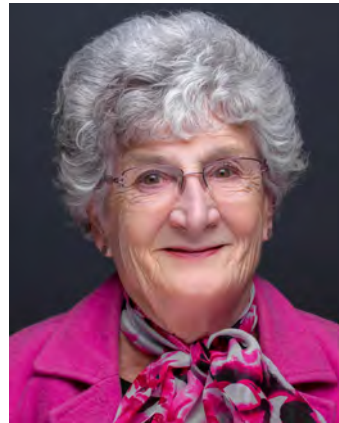
The above article appeared in the September 2015 HARTA Newsletter.

Ron Thompson Editor

## 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 Canada. 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 Hobbe-



ma. 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 as 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 programs 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 ARTA Rx Presentation, Wednesday, April 13th**

Gary Sawatzky gave a session on ARTA Rx. ARTARx is Canada's first plan-owned pharmacy, designed from the ground up to work in tandem with the ARTA Retiree Benefit Plans. When ARTARx opens its doors later this winter, members living in Alberta will be able to access a host of pharmacy services directly through their benefit plan, whether they visit in person or online. This includes getting prescriptions filled and delivered right to your home, scheduling travel vaccinations, having consultations with dedicated pharmacists, and much more.

There are so many ways that members can use ARTARx to take charge of their own health needs — and save money at the same time. If you would like to learn more about ARTARx and how it works, read through the links on these pages and discover all the benefits it

can bring to your life in retirement. For more information on ARTARx please go to the ARTA website [www.arta.net](http://www.arta.net)

## Stan's Corner



### Windows 10

#### Personalizing Your Windows 10 Computer's Desktop

(This article is from Stan's Windows 10 Workshop given in February of this year.) In Windows 10, you can easily personalize your computer by simply right-clicking on the desktop and selecting Personalize. This gives you a wide range of options to change, including themes, background, sounds, screensaver, mouse pointers, and desktop icons.

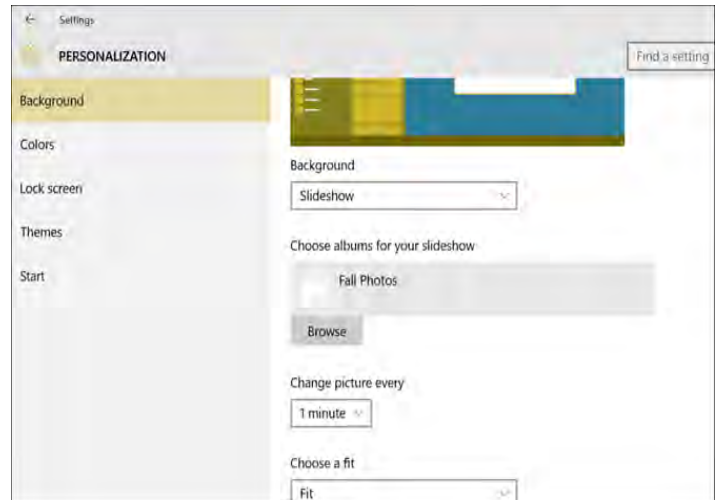
#### Adding your favourite picture on to the screen as the desktop background

1. Go to your picture folder and find the picture that you would like to have on your desktop.
2. Do a right-mouse click on this picture and select the option Set as Desktop Background. Close the picture folder and your picture should now be present. This picture will stay there until you decide to change it.

#### Adding a Slide Show on to the screen as a ever changing desktop background.

1. Do a right-mouse click on your desktop and select the PERSONLIZE option. This should bring up the following form.
2. Select Background option.
3. In the Lock Screen option select SLIDESHOW
4. Select BROWSE. This will send you to the Windows electronic filing system. Locate

the folder where your photos are in. Click the Choose this folder option to accept the folder.



5. The default time is one minute per slide. The rest of the steps are fairly straight forward.

## 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.artabranche.net](http://www.artabranche.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.

## 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. If you're not supposed to eat at night, why is there a light in the refrigerator?
2. Don't let your emotions get the best of you. Remember, Moses started out as a basket case.
3. Just so everyone's clear, I'm going to put my glasses on..
4. Why is it unwise to share your secrets with a clock? Well, time will tell.
5. What do you say to comfort a friend who

struggling with grammar? "There, their, they're."

6. A bicycle can't stand alone; it's just too tired.
7. He had a photographic memory but it was never fully developed.
8. When she saw her first strands of grey, she thought she'd dye.
9. Acupuncture is a jab well done. That's the point of it.
10. I'm reading a book about anti-gravity. I just can't put it down.

These jokes were from Linda's Joke Book. Enjoy!

## 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 Susan or 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\\_thompson102@shaw.ca](mailto:r_n_thompson102@shaw.ca). 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.artabranche.net](http://www.artabranche.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

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**Ron Thompson:** President & ARTA Rep

(780) 986-8349 [rnthompson102@gmail.com](mailto:rnthompson102@gmail.com)  
(HARTA correspondence) (r n thompson) and  
[r\\_n\\_thompson102@shaw.ca](mailto:r_n_thompson102@shaw.ca) (Newsletters)

**Elaine Merriman:** Vice President Leduc

(780) 467-0010 [terry6@telusplanet.net](mailto:terry6@telusplanet.net)

**Ron Holmlund:** Vice President Wetaskiwin

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**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

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**Walley Porter:** ATA Liaison—Wetaskiwin and Timberline Locals

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**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.***



**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](mailto: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 4<sup>th</sup>, 2022**

**Theme: Connecting Through the Generations**

- |                    |  |
|--------------------|--|
| <b>9:00-9:25</b>   | <b>Registration – Log on (with Zoom)</b>   |
| <b>9:25-9:30</b>   | <b>Indigenous Welcome – Bob Silverthorne</b>   |
| <b>9:30-10:00</b>  | <b>Keynote – Lorna McIlroy – ARTA's President</b>  |
| <b>10:00-10:15</b> | <b>Break</b>   |
| <b>10:15-11:15</b> | <b>ARTA's role in Seniors' Advocacy with its partners<br/>Lawrence Hrycan: Strategic Planning and Advocacy<br/>Committee Chair</b> |
| <b>11:15-12:15</b> | <b>The History of Maskwacis College – Bob Silverthorne</b>   |
| <b>12:15-1:15</b>  | <b>Lunch Break</b>   |
| <b>1:15-2:15</b>   | <b>Qigong – Carolynne Melnyk</b>   |
| <b>2:15-2:30</b>   | <b>Break</b>   |
| <b>2:30-3:30</b>   | <b>Land Based Education – Bob Silverthorne</b>   |
| <b>3:30-4:00</b>   | <b>Evaluations – Wrap-up</b>   |

**Registration is free (on Zoom)**

**with an updated HARTA membership to August 31<sup>st</sup>, 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](mailto:contests@arta.net)

Visit [arta.net/photo-contest](http://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](http://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](http://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](mailto: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](http://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!

