



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events

## The Early Summer 2022 Edition

**Publisher: Ron Thompson**

**Volume No. 10**

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### A Branch of ARTA



**A HARTA Garden Party at Alain & Erika Lefevre's Acreage, Saturday, July 30th, at 2:30 PM**

Alain & Erika Lefevre would like to invite all HARTA members to their acreage for a Garden Party. This event starts at 2:30 PM. There is no cost.

**HARTA's 2022 AGM in Leduc & Drayton Valley September 9th, 2022**

The HARTA 2022 AGM will be at St. David's United Church (if available), 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

With the summer now upon us, we are making up for lost time by travelling and visiting with friends. With this in mind I would like to thank Alain and Erika Lefevre for offering to host a Garden Party at their acreage near Rollview. Erika and Alain ask that members either bring a pot luck contribution, enough food for yourself and two other people, or if you pre-



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

fer, bring your own lunch and non-acholic beverage. Alain and Erika will provide coffee, tea, and water. If you choose, you could bring your own cutlery and cups or glasses. For more information please contact Erika or Alain at the following contacts:

Telephone: **780-941-2245**, Cell: **780-292-1219**  
email: [elefevre6@gmail.com](mailto:elefevre6@gmail.com)

On another matter, for those that participated in this year's Mini-Conference, we need to receive more evaluation forms, so that we can properly evaluate the Conference. Please send your evaluation as soon as you can. I would like to have my evaluation summary completed for the HARTA AGM in September. If you have suggestions for future presenters for the Conference or for a luncheon, please email me at : [rnthompson102@shaw.ca](mailto:rnthompson102@shaw.ca). Please put Program Suggestions in the subject line of your email.

My hope is that everyone can take time to get away from the daily grind and enjoy a more moderate summer. Keep well and keep safe.

Ron Thompson —HARTA President

## Directions from Leduc to Lefevre acreage

**Acreage Address: 49162 – Range Road 231,  
Leduc County T0B 3M3**

1. Take Rollyview Road (HWY #623) going east
2. Keep going east on #623 through the hamlet of Rollyview.
3. Stay on #623, but now you have to start counting intersections.
4. At the 3rd intersection after Rollyview (3 miles 4.8 Km.) – old threshing machine on the corner of Range Road #231 turn right (south) onto Range. Rd. 231, a gravel road.
5. Continue on Rge. Rd. 231 for 2 miles (3.2 Km) (the next intersection) when you come to a Stop sign.
6. Stop at the Stop sign. Then continue on the same road for another ¼ of a mile.
7. You will see our street address (49162) and our mailbox (A & E Lefevre) at our driveway. We are the first place on the west (right) side of the road, south of Township Road 492. There are a lot of trees, and you can hardly see the house from the road.

My suggestion is to follow these directions. GPS is quite unreliable in this area. Just the other day people go lost coming out here, following GPS. This happens often enough.

We have lots of lawn chairs but if people want to bring their own, that's fine.

Telephone: **780-941-2245**

Cell: **780-292-1219**

email: [elefevre6@gmail.com](mailto:elefevre6@gmail.com)

Looking forward to seeing everyone.

Submitted by Erika Lefevre

**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.

## Digitally Archive Your Family Photo Collection

This short presentation introduced members to the procedure of collecting, sorting, saving and storing the hundreds of photos found in many family homes. Iona guided us through a step-by-step method of saving and preserving family photographic histories and treasures, keeping them safe from fire, water and mold. Digitally storing the pictures on a USB flash drive makes them easy to share and no one person is “the keeper” of the family historical archives. Although time consuming, the result is inexpensive and practical. There was a small turnout but the participants were energized and engaged. More information on future digital photography workshops will be coming. Stay tuned.



To



The article on the previous page is from the June 2017 HARTA Newsletter. Iona Robertson, President of PARTA, gave the session in June 2017 in Leduc.

Ron Thompson Editor

## Letter From Alberta Education

After receiving a letter from Alberta Education re: registration of my Teaching Certificate I contacted Lorna McInroy, ARTA's President re: possible action. She suggests taking no action until the ATA and ARTA have made their positions known. It is better to work together, rather than acting on our own.

Ron Thompson

## HARTA Executive Meeting Highlights

HARTA's Summer Executive Meeting was held on Tuesday, July 5th. The HARTA AGM has been moved from Friday, September 16th to Friday, September 9th, 2022. The venues in Drayton Valley and Leduc are still to be announced. The Executive passed a motion to allow members to offer an event approved by the HARTA Executive. Out-of-pocket expenses will be covered up to \$100.00 and will be reimbursed upon receipt of supporting receipts. The next Executive Meeting will be on Thursday, December 8th.

## ARTA Benefits Updates as Part of HARTA's AGM

Just a reminder that Gary Sawatzky will be doing his annual update of ARTA's Benefit Plans and what changes will take place after November 1st. Please watch for details on the date and time of the AGM and Gary's Presentation. We will also feature a more detailed session on ARTARx in Wetaskiwin during the last week in September. Time, date, and venue will be announced as the information becomes available.

## Some Computer Security Issues

With computer hacking issues and malware viruses rearing their ugly heads I have had some members ask me about security fixes for their computer. One must have is some form of Antivirus protective software. But this software does not protect against all viruses. In addition to my antivirus Software I also use FixMeStick, an antivirus software on a USB stick. This software is three antivirus software packages in one. The manufacturer recommends doing a scan every month to protect against malware.

**The above article is not an endorsement for FixMeStick. Members are encouraged to do their own research to make sure this product will fit their needs.**

The Editor

## ARTA Retreat Reminder

ARTA holds a Retreat in Canmore towards the end of May of each year at no cost to the attendees. Each year presenters on various subject of interest to Seniors are features at these Retreats. There is a limit placed on the number of attendees from each Branch. If you would be interested in attending a retreat please watch for the announcement of the retreat for 2023 and let the President know of your interest.

## 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.

## 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 puns below were sent to me by Stan Gerber. Enjoy!

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whisky-maker, but he loved her still.
4. A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope; it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart. Two silk worms had a race. They ended up in a tie.
8. A hole has been found in the nudist-camp wall. The police are looking into it.
9. Time flies like an arrow. Fruit flies like a banana.
10. Atheism is a non-prophet organization.

These jokes were sent by Stan Gerber. Thanks Stan, for these great puns.

## 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.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

## ARTA's Wellness Challenge

Just a reminder that the ARTA Wellness Challenge ends on June 30th. You can find the log sheet toward the end of this newsletter. The deadline for receiving the Wellness Challenge forms is Sunday, July 31st. The Wellness Challenge Form is near the end of this newsletter.

## The Second Wind Conference

The Second Wind Conference is once again taking place at the Chateau Louis Hotel. Please check the information sheet at the end of this newsletter.

## ARTA Scholarships

Applications can now be found online for degree and diploma scholarships. Applicants must be closely related to an ARTA member and be entering the second year of their program. More information is available at the end of this newsletter and on the ARTA website. [www.ARTA.net](http://www.ARTA.net) The deadline for receiving the scholarship applications is Sunday, July 31st.

## 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  
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**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 [mayopropector@gmail.com](mailto:mayopropector@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.***

# 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)

## **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!





# Personal Daily Log

Use this Personal Daily Log to keep track of your daily progress. You can print multiple pages if needed.

Please send or email the **Best-30-Days Report** page to your branch president by Friday, July 31, 2022. If you do not belong to a branch, please send or email the Best-30-Days Report page to the ARTA office at [contest@arta.net](mailto:contest@arta.net) by Friday, July 31, 2022.

Date	Type of Activity	Time Start	Time Stop	Total Minutes
<b>TOTAL</b>				

NAME  MEMBER #

EMAIL  PHONE NUMBER



Heartland  
Alberta  
Retired  
Teachers'  
Association

**A Branch of ARTA**

**ARTA**

ALBERTA RETIRED  
TEACHERS' ASSOCIATION

**You're Invited to  
A HARTA  
Garden Party  
at Alain & Erika  
Lefevre's Acreage  
2:30 PM, Saturday,  
July 30th.  
Rain or Shine**



This Photo by Unknown Author is licensed under CC BY-NC-ND

**Erika & Alain Lefevre**  
Telephone: **780-941-2245**  
**780-292-1219** (cell)  
email: [elefevre6@gmail.com](mailto:elefevre6@gmail.com)

**This is an In-person Potluck Event.  
Please bring enough food for yourself  
and two others or bring your own lunch  
and non-alcoholic beverage. Coffee, tea,  
and water will be supplied.**

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.

