



Heartland  
Alberta  
Retired  
Teachers'  
Association

The Heartland Herald  
HARTA's Newsletter  
of Branch Events  
**The 10th  
Anniversary AGM  
Edition**

**Publisher: Ron Thompson**

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**A Branch of ARTA**



**HARTA's 2022 AGM in Leduc,  
Friday, September 9th, 2022**

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

**HARTA's Wetaskiwin Luncheon,  
Tuesday, September 27th, 2022**

The HARTA September Luncheon at Wetaskiwin First United Church Tuesday, September 27th at 11:00 AM. Lunch supplied by Pasta Kulture of Wetaskiwin. Luncheon at 11:30 with program to follow. The Program will be from Rock Soup in Wetaskiwin.

**HARTA's Drayton Valley Luncheon,  
Thursday, October 13th, 2022**

The HARTA October Luncheon and program in Drayton Valley, is scheduled October 13th between 10:00 AM and 2:00 PM. More details will be available later.

**From the President**

In February of 2022 St. David's United Church experienced a sewer backup. This resulted in the closure of the CD wing of the church. This closure is one of the reasons HAR-



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

TA did not hold its Mini-Conference in May at St. David's United Church. We are confident that St. David's will be ready to welcome us back by AGM date of Friday, September 9th. If the rooms are not ready we will be meeting at Peace Lutheran Church, located beside St. David's. If you don't receive an email indicating a change of venue, then we will be meeting at St. David's.

At this time, Gary Sawatzky of ARTA will give us an update the ARTA Benefit plan changes effective November 1st, 2022. During this presentation you will have a chance to ask questions re: the Benefit plans.

If you have suggestions for future presenters for the Conference or for a luncheon, please email me at [:rnthompson102@gmail.com](mailto:rnthompson102@gmail.com). Please put Program Suggestions in the subject line of your email.

Ron Thompson —HARTA President

## **HARTA's Garden Party at the Lefevre's Acreage**

On Saturday, July 30th, HARTA members were invited to the Lefevre Acreage for a Garden Party. HARTA members were treated to great conversation and a great meal, to which all attendees contributed. Although there was a small group, we had a great time.

## **HARTA's Up Coming AGM Celebrates 10 years as a Branch**

During 2012, Ron Thompson, Robin Stuart and ARTA's 2012 Vice President, Juanita Knight, met monthly along with other ARTA members in this area to establish a new Branch. HARTA became a reality on Tuesday, September 4th with its first AGM. Please join us on Friday, September 9th to celebrate our 10 years as a Branch of ARTA.

### **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.

## **HARTA's Wetaskiwin Luncheon in March 2018**



On Wednesday, March 14, 2018, Wetaskiwin held its March Luncheon. Our presenter was Dean Cowan. Dean did a workshop on Caregiving. What follows is a brief summary of Dean's talk.

When dealing with how to refer to

the person being cared for, Dean recommends not to refer to him/her as "Loved One" as this sounds like the person is deceased. The relationship may not have been a healthy one. Use preferably their name if in their presence. He never mentioned Alzheimer's around his wife.

More information in the form of handouts is now on the internet. Questions or clarifying at any point is the best way as you may not be the only one with the same question. Dean wanted to interact with those in the workshop as well. A Caregiver is a Paid person. While a Care Partner is an Unpaid person such as a family member. 30% of Canadians are Care partners in some role. 60% of the 30% are working. 48% are caring for a parent. 10% care for thirty plus hours per week. 69% are female. 20% need financial help. 44% are 45 to 64. These were from a study in 2014 so apparently this means Freedom 55 is a dream only, it's gone! 5% of the population cost 66% of our health care costs. 1 in 3 caregivers the age of 80 plus themselves have a chronic condition.

The previous article is from the April 2018 HARTA Newsletter

Ron Thompson Editor

### **AGM Details**

At the time of the writing of this newsletter HARTA is expected be holding its AGM September 9th, at St. David's United Church, at 10:30 AM. The following is the slate of officers for the Executive for the 2022-23 Operational year.

Ron Thompson : President

Elaine Merriman : VP Leduc

Bob Silverthorne: VP Wetaskiwin

Susan Schwindt: Drayton Valley Rep.

Janice Storch: Secretary

Connie Dublenko: Treasurer

Lawrence Dublenko: Membership

ATA Rep to be confirmed

Ron Thompson

## 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.

## 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. I was wondering why the baseball kept getting bigger. Then it hit me.
2. A sign on the lawn at a drug rehab centre said, "Keep off the grass."
3. The midget fortune-teller who escaped from prison was a small medium at large.
4. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
5. A backward poet writes inverse.
6. In a democracy it's your vote that counts. In feudalism it's your count that votes.
7. When cannibals ate a missionary, they got a taste of religion.

8. If you jumped off the bridge in Paris, you'd be in Seine..
9. A vulture carrying two dead raccoons board an airplane. The stewardess looks at him and says, "I'm sorry, sir, only one car- rion allowed per passenger."
10. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too..

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 vari- ous 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 pro- vide 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 infor- mation on events in other Branches throughout Alberta and the Okanagan Branch in BC. If you would like to find other Branch events, this web- site 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 Re- tired 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 Sec- ond 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 pro- gram.

**CNIB** - Community Education & Outreach Pro- gram

**Operation Friendship Seniors' Society** – Grant to support equipment for the facility

ARTCF, with your support, will make a differ- ence. We have provincial status as an Alberta So- ciety, 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

## 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.

## **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 [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

(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 Tim-  
berline 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.***





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## A Branch of ARTA



Zoom Annual Licence  
Funded by ARTA

**You're Invited to  
HARTA's 10th  
Anniversary AGM**

**ARTA Benefits  
Presentation by Gary  
Sawatzky to follow.  
The in-person meeting will be  
at St. David's United  
Church,  
Doors open 10:00 AM  
AGM at 10:30 AM  
Lunch to follow.**



email:

[rnthompson102@gmail.com](mailto:rnthompson102@gmail.com)  
(r n thompson) phone:  
(780) 986-8349

**Friday, Sept. 9th, 2022, 10:30 AM**

**Annual Membership \$10.00**

**(Membership \$10.00 for two years for new retirees.)**

**Please RSVP by Wednesday, Sept. 7th, 2022**



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**A Branch of ARTA**

**ARTA**

ALBERTA RETIRED  
TEACHERS' ASSOCIATION

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**HARTA's Wetaskiwin  
Luncheon at  
Wetaskiwin First United  
Church  
5115 - 51st Ave.  
Wetaskiwin**

**Program:  
Feeding the  
Hungry**

**Cost for lunch \$10.00  
per person, no cost for  
new members or  
guests.**



**email:  
rnthompson102@gmail.com  
phone:  
(780) 986-8349**

**Tuesday, September 27, 2022**

**Doors open 11:00 AM, Lunch at 11:30 AM**

**Program at 12:30 PM**

**Membership \$10.00 Per Year**

**New retirees \$10.00 for the first Two Years**

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>.

The registration fee is \$95.00. 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.

