



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald
HARTA's Newsletter
of Branch Events
**The October
Edition**

Publisher: Ron Thompson

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A Branch of ARTA



**HARTA's Program Schedule
for 2022-23**

**Most Presentations will also be
available on Zoom.
(Funded by ARTA.)**

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

The HARTA October Luncheon and program in Drayton Valley, is scheduled for October 13th between 10:00 AM and 2:00 PM. For more details see the article on the Drayton Valley Luncheon in this newsletter.

**HARTA's Leduc Luncheon,
Thursday, November 17th, 2022**

The HARTA November Luncheon at St. David's United Church Thursday, November 17th at 11:00 AM. Lunch will be sandwiches vegetable and fruit plates and beverages. The Luncheon will be at 11:30 with program to follow. The Program to be announced..

**HARTA's Devices Workshop Tentatively
Tuesday, February 14th, 2023**

The HARTA Devices Workshop is tentatively scheduled for February 14th between 1:00 and



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

3:00 PM. Doors will open at 11:00 AM. The Luncheon will start at 11:30. More details will be available at a later date.

**HARTA's Wetaskiwin Luncheon,
Tuesday, March 14th, 2023**

The HARTA March Luncheon and program in Wetaskiwin at First United Church, is scheduled for March 14th between 11:00 AM and 2:00 PM. More details will be available later.

**HARTA's April Luncheon,
Thursday, April 14th, 2023**

The HARTA April Luncheon and program in is tentatively scheduled for Thursday, April 14th between 11:00 AM and 2:00 PM, place to be decided. More details will be available later.

**HARTA's May Mini-Conference,
Tuesday, May 9th, 2023**

The HARTA Mini-Conference is scheduled for Tuesday, May 9th in Leduc. The Conference will consist of a Keynote address and four sessions on various topics. More details will be available later as speakers are confirmed.

From the President

There seems to be some confusion about the use of the terms “Local” and “Branch.” The term “Local” refers to a bargaining entity such as the Alberta Teachers’ Association. The term “Branch” refers to an associate organization with aims similar to the parent organization. HARTA was given its charter on September 10th 2012 by the Alberta Retired Teachers’ Association. ARTA is not a bargaining unit. It is a non-profit organization which provides its members with various benefits. ARTA is not affiliated with the ATA except that it is a special Local. ARTA does not bargain on behalf its members for their wages. Therefore HARTA should be referred to as a Branch of ARTA. I hope this helps clarify the difference between “Local” and “Branch.”

If you have suggestions for future presenters for the Conference or for a luncheon, please email me at

:rnthompson102@gmail.com. Please put Program Suggestions in the subject line of your email.

More Details for the October Luncheon in Drayton Valley

Thursday, **Oct 13 is the Fall Luncheon**, with speakers before & after lunch. It's a great chance to reconnect with former colleagues.

- Please update if your intentions have changed by replying to Susan to let her know whether or not you will be attending on October 13. The final reservation deadline is Wednesday, October 5. We will meet at the OAK room (Lakeview Inn) at about 10 am to register and for coffee, snacks and visiting.
- The cost will be \$25, including membership renewal (slight price reduction thanks to being subsidized by ARTA) Just \$15 for those that already are paid for 2022-23.

The first speaker, beginning at 10:30,

(Colleen Sekura) will be presenting information on Aging Health Care planning - specifically setting up a Greensleeve, and information on Personal Directives, and Power of Attorney. She will bring along Greensleeve packages to get those that don't already have one started! Lunch will be about 11:45. Soup, Sandwiches, Veggies, Squares & beverages

Our second speaker at 12:30 (RCMP & Telus rep) is regarding Scams - what's new/current, what techniques to be on the lookout for, and strategies for how to respond and/or report these concerns.

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 Mini-Conference in Drayton Valley—May 2019

On Tuesday, May 14, 2019, Drayton Valley hosted it's second, full day mini-conference at the Best Western Hotel. The conference was open to all members of HARTA, other branches, other members of ARTA and guests.

There were five sessions. They included Body Laughing Yoga; internet safety; Good Eating Habits for Seniors; Caring For Indoor Plants; and Qigong. The presenters are: Noel Cairney—Body Laughing Yoga; Merv Leibel—Good Eating Habits for Seniors; Carolynne Melnyk—Qigong; Kelly Bateman—Caring for Indoor Plants and Kyle Finn and Terri Simenosky—Internet Safety.



Noel Cairney - Laughing Yoga



Carolynne Melnyk—Qigong



Kelly Bateman—Caring For Indoor Plants &
Sandy Hamilton—VP Drayton Valley\

Ron Thompson Editor

AGM Details

HARTA's AGM was held Friday, September 9th, at St. David's United Church, at 10:30 AM. The Executive for the 2022-23 Operational year is as follows:

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

Gary Hansen : ATA Liaison for Blackgold and STARS ATA Locals

Walley Porter: ATA Liaison for Wetaskiwin and Timberline ATA Locals (Confirmed after the AGM)

Al Rurka has stepped away from his position as Past President. Ron Holmlund has asked to be replaced as VP of Wetaskiwin. We thank Alvin and Ron for their service to HARTA for their time on the HARTA Executive. We

thank all former Executive members for their time serving HARTA.

The financial position of the association and proposed budget were approved. The tentative program schedule for the 2022 –23 program year was approved. The events listed at the beginning of this newsletter are a part of the approved events.

Ron Thompson

HARTA Wetaskiwin September Luncheon

HARTA's September Luncheon was held in Wetaskiwin at Wetaskiwin First United Church. Lunch was provided by Pasta Kulture, a new local Wetaskiwin business. The presentations addressed food insecurity. Susan Silverthorne and Craig Haavaldsen presented three presentations ways to mitigate food security locally. The biggest contributor to food insecurity in Canada is food waste, in the food industry and at home.

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.artabranes.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 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

Here are a few humorous stories and jokes from various sources, enjoy!

1. **ACTUAL** transcript of a US naval ship with Canadian authorities off the coast of Newfoundland in October, 1995. This radio conversation was released by the Chief of Naval Operations on October 10, 1995. .
Americans: "Please divert your course 15 degrees to the North to avoid a collision."
Canadians: "Recommend you divert YOUR course 15 degrees to the South to avoid a collision."

Americans: "This is the captain of a US Navy ship. I say again, divert YOUR course."

Canadians: "No, I say again, you divert YOUR course."

Americans: "This is the captain of a US Navy ship. I say again, divert YOUR course."

Canadians: "No, I say again, you divert YOUR course."

Americans: "THIS IS THE AIRCRAFT CARRIER USS ABRAHAM LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH. THAT'S ONE-FIVE DEGREES NORTH, OR COUNTER MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP."

Canadians: "This is a lighthouse. Your call."

2. Three guys were talking about tea drinking. One of the questions they addressed was, "What was the proper way to stir sugar into your tea?"
"That's easy," said the Englishman, "Stir it with your left hand."
"No, stir it with your right hand," said the Scotsman.
"I stir it with a spoon," said the Irishman.
3. Two lads were on the opposite side of the River Lee in Cork. "How do I get to the other side of the river?" shouted one. "Sir, you are already on the other side," replied the other.
4. A lawyer sat with his Irish client, "Marty," he sighed, "Why is it that whenever you ask an Irishman a question he replies with another question?" "Nonsense," said Marty, "Who told you that?"
5. A courtroom artist was arrested today for an unknown reason. Details are sketchy.
6. What did Snow White say when she came out of the photo booth? "Someday my prints will come."
7. What word becomes shorter when you add two letters? Shorter.

8. Due to the quarantine, I'll be telling only inside jokes.
9. To the thief who stole my glasses; I'll find you. I have contacts.
10. A perfectionist walked into a bar. Apparently it wasn't set high enough.

These jokes were from October jokes and Indian Hills Signs on the internet and from Robin Stuart's Irish jokes as well as Linda Thompson'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 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. 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.

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

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 2022-23 Program Year

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
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Bob Silverthorne: Vice President Wetaskiwin
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Susan Schwindt: Drayton Valley Rep..
(780) 542-4136 salschwindt@gmail.com

Janice Storeshaw: Secretary (780) 986-0056
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Connie Dublenko: Treasurer (587) 783-8588
ccdublenko@gmail.com

Lawrence Dublenko: Membership Co-ordinator
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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.



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ARTA
ALBERTA RETIRED
TEACHERS' ASSOCIATION

**You're Invited
to HARTA's Fall Luncheon
& Presentations in
Drayton Valley
@ the Lakeview Inn in
the Oak Room
4302 - 50 Ave
in Drayton Valley
Colleen Sekura - Aging
Health Care Planning
Speakers from the
RCMP & Telus -
Scams - What's new**



**email:
salschwindt@gmail.com
phone:
(780) 542-4136
Susan Schwindt**

**Thursday October 13, 2022 Doors open 10:00
AM 1st presentation 10:30 AM,
2nd presentation 12:30 PM
Lunch & Beverage \$15.00 - 11:45 AM
Membership \$10.00 Per Year
New retirees \$10.00 for the first Two Years
Please RSVP by Oct. 5, 2022**