



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events **The Groundhog 2023 Edition**

**Publisher: Ron Thompson**

**Volume No. 11**

**Issue No. 6 Date: February 2023**

## **A Branch of ARTA**

# ARTA

ALBERTA RETIRED  
TEACHERS' ASSOCIATION

## **HARTA's Program Schedule**

**for 2022-23**

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

### **ARTA's Pension & Financial Wellness Committee presents the ATRF Update of the ATRF Pension Plan**

During the month of January 2023 ARTA's Pension & Financial Wellness Committee along with the ATRF presented the ATRF's update of the ATRF Pension Plan. This presentation is available on ARTA's website at <https://arta.net>.

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

The HARTA Devices Workshop will be on February 14th between 1:00 and 3:00 PM at St. David's United Church. Doors will open at 11:00 AM. The Luncheon will start at 11:30. More details will be available later in this newsletter.

### **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.



This Photo by Unknown Author is licensed under CC BY

Dennis Theobald, ATA's Executive Director is our speaker.

### **HARTA's April Luncheon, Thursday, April 13th, 2023**

The HARTA April Luncheon and program is tentatively scheduled for Thursday, April 13th 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 are available in this newsletter. Further details will be available as the remaining speakers are confirmed.

## **From the President**

The information below is from Daniel Mulloy, CEO and Executive Director of ARTA. The staff at ARTARx have been busy preparing for the pharmacy's long-awaited opening. ARTARx is now open to ARTA members in the greater Ed-

monton Area. ARTARx would like to invite ARTA members in the Greater Edmonton Area to utilize the ARTARx pharmacy for any prescription needs that might be required in the next couple of weeks. This will give us the opportunity to test out some of our systems, including the dispensing automation and operating systems, shortly after.

The greater Edmonton Area includes the following communities: Edmonton City, St. Albert, Morinville, Spruce Grove, Beaumont, Leduc, Sherwood Park, Ft. Saskatchewan and Camrose. The decision which communities to include was not made by ARTA. The provincial pharmaceutical organization responsible for licensing Alberta's pharmacies outlined the conditions of ARTARx's licence.

If you anticipate any prescription needs that you would like to be filled in the next couple of weeks, please call the pharmacy staff at 780-822-3784. Our hours of operation are Monday to Friday, 9 a.m. to 5 p.m. The pharmacy staff will make all the prescription transfer arrangements, or you can drop off the prescription during operating hours at the pharmacy. We would be happy to prepare them for you. We can also offer free delivery to your home, (in the greater Edmonton area as outlined above.) Your order would help us test our distribution systems, or you can pick them up at ARTARx.

If all goes well on our test run, we will inform our members that the pharmacy is now operational and ready to serve. Feel free to contact our Director of Pharmacy Services (Yatin Patel, 780-822-1913) or our ARTARx pharmacy staff, with any questions or concerns.

As February 2023 approaches HARTA looks forward to more information sessions on a variety of different topics from the Devices Workshop in February to the Mini – Conference in May. We await all speakers' confirmation by March 1st. The program schedule for the May Conference will be finalized by that time. The Mini-Conference will take place on Tuesday, May 9th. The Conference will be at

St. David's United Church in Leduc. There will be four sessions as well as the Keynote Presentation by ARTA's President, Deb Gerow. Stan Gerber will be doing a session on Travel in November 2023. The subject of the November presentation will be decided after the Mini-Conference.

When you have ideas re: a possible HARTA event, please email me at the following email address :[rnthompson102@gmail.com](mailto:rnthompson102@gmail.com). Please put Program Suggestions in the subject line of your email. Happy Groundhog Day and Valentine's Day to everyone in February 2023!

## **HARTA's December Executive Meeting Notes**

The HARTA Executive met on Thursday, December 8th at St. David's United Church and online. Treasurer Connie Dublenko outlined the financial report from September 1st to November 30th. President Ron circulated the President's report for the first three months of HARTA's Program year. Drayton Valley Rep, Susan Schwindt, reported that the monthly breakfast gatherings are continuing. Drayton Valley hosted a mini-conference in October consisting of three presentations. (See November's Newsletter for the details.) For the Luncheon on February 14, 2023, there will a lunch consisting of sandwiches, vegetable, and fruit plates as well as various beverages (tea, coffee, and juice.). *Pot Luck*, a group of various soloists and pianist Robin Stuart will entertain with a few love songs in honour of Valentine's Day. At 1:00 PM, Stan Gerber will present a Devices Workshop on Internet Safety.

Mini-Conference Plans for In-person and on Zoom in 2023 are progressing. The Conference at St. David's United Church, will cost \$10.00 for all attendees either in person or online, and lunch costs will be \$15.00 for those who attend in-person. The Mini-Conference Draft Budget 2023 - was approved. ARTA, in conjunction with the ARTF, will present a webinar in January on the state of the Alberta teachers' pension fund. Be sure to watch for it. The next Executive meeting

will be on February 14, 2023 at 10:00 AM. at St. David's United Church.

## Is Your HARTA Membership Up-To-Date?

In December HARTA received our subsidy cheque from ARTA. The amount we receive is based on the number of paid up ARTA members that are also HARTA members. I have sent out the newsletter with an introductory email in January's newsletter letting each recipient know the status of their HARTA membership. If you wish to renew your membership, you can send an e-transfer to [rnthompson102@gmail.com](mailto:rnthompson102@gmail.com) or you may send a cheque, payable to HARTA care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. Make out the cheque or e-transfer for \$10.00 for each year you would like to renew.

## 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 previous 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 so much sickness around us, this might 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.



January 4, 2023

## Is it Time for Weight Training in Your Life?

*by Linda Manwarren, Wellness Committee Chair, from the January edition of ARTAfacts*

The World Health Organization defines healthy aging as "the process of developing and maintaining the functional ability that enables wellbeing in older age." Wellbeing is not simply being free of disease or health conditions. Many

older adults have one or more health conditions that, when well controlled, have little influence on their wellbeing. When it comes to aging, we have all heard the old adage “it sure beats the alternative!” But how much control do we have over *how* we age? I think quite a lot. I cannot deny the reality of aging, but not everyone should expect to *feel* old. If you are sedentary, your body becomes better at NOT moving, making you stiff and sore. Functional ability refers to the ability to perform tasks and activities that people find necessary, or desirable, in their lives. As one ages, loss of muscle and strength, without intervention, can lead to reduced function and loss of independence.

I recently enrolled in a course called Strength Training 101. My instructor posited that if there is a fountain of youth, strength training may well be the route to it. In addition to the actual exercises, this course led me through some research on the topic. In March 2022, a thesis by Neil J Meigh of Bond University in Australia showed that older adults, with no strength training experience, can train safely with kettlebells. Kettlebell training resulted in clinically significant improvements in grip strength, and significant improvements in cardiovascular capacity, muscular strength and endurance, functional capacity, and body composition. In a recent trial in Brisbane, scientists found weight training can prevent bone fractures in people suffering from osteoporosis. Here is a link to a short video about this study. [https://youtu.be/2fx\\_LfZFxv0](https://youtu.be/2fx_LfZFxv0) According to my instructor, Kathy Dodd, there are many benefits to weight training. These six points below provide some insight into the benefits.

**Muscle tone.** After age 30, women lose 3-8% of their muscle mass every decade and the rate and speed at which this happens accelerates after 50. Loss of muscle mass impacts metabolism and leads to decreased activity and increased risk of injury and frailty.

**Loss of strength.** Can lead to balance issues, im-

paired mobility, and impaired functionality in your day-to-day life.

**Bone Density.** As we age, we become more and more at risk for osteoporosis. Strength training can reverse this trend.

**Insulin sensitivity.** If you are struggling with metabolic issues, strength training has been shown to help.

**Injury prevention.** If you like to do other sports or forms of exercise, strength training helps prevent injuries during these activities and during life in general.

**Mental Health.** A summary of studies showed positive outcomes for anxiety, pain, cognition, depression, and more.

“What you do today can improve all your tomorrows.” Ralph Marston

## **HARTA's February Luncheon**



This Photo by Unknown Author is licensed under CC BY

Just a reminder that HARTA will hold a luncheon, a half hour of love songs, and a session on Internet Safety hosted by Stan Gerber on Tuesday, February 14th. The lunch will consist of sandwiches, vegetable and fruit plates as well as beverages. The performers of the love song segment will be members of Potluck: pianist Robin Stuart and Soloists Regine Baerends, Julie Junod, Jim Montney, and Ron Thompson. After the soloists, Stan Gerber will do his session on internet safety. The doors will be open at 11:00 AM, lunch at 11:30 AM with the entertainment to follow. Stan's workshop will start at 1:00 PM in-person and online.

## Public Interest Alberta

If you would like to keep abreast of the various emerging issues in Alberta such as Health Care, Education, and Long Term Care go to <https://www.pialberta.org> up to the election and beyond for more information on these and other topics. This website will also tell you more about other organizations that are part of Public Interest Alberta. Lawrence Hrycan is ARTA's representative on this organization.

## Humour Corner

These jokes are from Linda's Joke Book.

1. Tom: "I used to have a terrible fear of hurdles." Tim: "What did you do." Tom: "I got over it."
2. I know a woman who used to be a train driver, but she got sidetracked.
3. Remember: Models of dragons are not to scale.
4. Knock! Knock! Who's there? Betrha. Bertha who? Happy Bertha-day to you!
5. Mrs. Jones: "Is your house warm?" Mrs. Smith: "It should be. The painters gave it three coats."
6. Why did the athlete take up bowling? She thought it would be right up her alley.
7. A sports arena is a get place to spend a hot day. It's full of fans.
8. What did the alien say to the egg? Take me to your beater.
9. What do you get when you cross a bed with a kitchen appliance? A four-poster toaster.
10. How do three men in a tub sign their love letters? "I lub-a-dub-dub you."

## Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks. 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 Wetaskiwin either Bob or Ron T. 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).

There are two conferences coming up this year. The Calgary Retired Teachers' Association is hosting "Steppin' Out" on Friday, April 28th with a banquet to take place on Thursday, April 27th. More details will available after February 20th at: <https://calgaryretiredteachers.org>.

On Thursday, September 7th, the Edmonton Retired Teachers' Association is hosting the "Second Wind Conference." Watch for notices in this newsletter about the sessions to be offered.

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 2022-23 Program Year

**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)

**Bob Silverthorne:** Vice President Wetaskiwin  
(780) 387-6676 [rsilverthorne.peachills@gmail.com](mailto:rsilverthorne.peachills@gmail.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 [mayoprosector@gmail.com](mailto:mayoprosector@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.***



Heartland  
Alberta  
Retired  
Teachers'  
Association

## A Branch of ARTA



Annual Zoom Licence  
Funded by ARTA

**You're Invited  
to HARTA's Leduc  
Luncheon &  
Devices  
Workshop  
@ St. David's United  
Church, 4614 - 48 St.  
in Leduc,  
Stan Gerber  
will be our  
Workshop Host**



This Photo by Unknown Author is licensed under CC BY

email:  
[rnthompson102@gmail.com](mailto:rnthompson102@gmail.com)  
phone:  
(780) 909-8347  
Ron Thompson

**Tuesday, February 14th, 2023 11:30 AM  
Doors open at 11:00 AM  
Lunch & Beverage \$10.00  
Membership \$10.00 Per Year  
New retirees \$10.00 for the first Two Years  
Zoom Presentation at 1:00 PM  
The presentation is free on Zoom**



Heartland  
Alberta  
Retired  
Teachers'  
Association

## A Branch of ARTA



Annual Zoom Licence  
Funded by ARTA

**HARTA's Wetaskiwin  
Luncheon at Wetaskiwin  
First United Church  
5115 - 51st Ave.  
Wetaskiwin  
Program:  
Emergent Issues Re:  
Education,  
Speaker:  
Dennis Theobald,  
ATA Executive  
Director**



The Alberta  
Teachers' Association

email:  
[rnthompson102@gmail.com](mailto:rnthompson102@gmail.com)  
(r n thompson) phone:  
(780) 909-8347

**Tuesday, March 14, 2023  
Doors open 11:00 AM, Lunch at 11:30 AM  
Lunch & Beverage \$10.00 Membership \$10.00  
Per Year New retirees \$10.00 for the first Two Years  
Zoom Presentation at 12:30 PM  
The presentation is free on Zoom**





## A Branch of ARTA



**Zoom Licence & Presenters  
Funded by ARTA**

### Featured Topics

- **Starting a New School in India**
- **Money Mentors**
- **Exercise Session**
- **Travelling Alberta or Touring South America & the Antarctic**



**Tuesday, May 9, 2023  
9:30 AM to 4:00 PM  
On Zoom and  
In-person**

**Cost - \$10.00 for the Conference  
Meals \$15.00 for in-person attendees  
Registrants may add one more year to their  
HARTA memberships!**

**For more info phone (780) 909-8347  
or email: [rnthompson102@gmail.com](mailto:rnthompson102@gmail.com) (r n thompson)**



Heartland  
Alberta  
Retired  
Teachers'  
Association



**A Branch of ARTA**

## **HARTA Mini-Conference 2023 Form Presenters and Schedule for Tuesday, May 9<sup>th</sup>, 2023**

**St. David's United Church & On Zoom  
4614 – 48 Street, Leduc T9E 5X7**

Surname \_\_\_\_\_ First Name \_\_\_\_\_ Street Address \_\_\_\_\_  
City \_\_\_\_\_ Postal Code \_\_\_\_\_ Email Address \_\_\_\_\_  
Phone No. \_\_\_\_\_

Membership: Check one or more. If you are a branch member, indicate the branch:

ARTA     HARTA     Other ARTA Branch (name) \_\_\_\_\_     Non-member

Workshop fee: \$10.00 Conference Registration, \$15.00 In-Person meals. Payment details:  
Cheque/cash or e-transfer for \_\_\_\_\_ (\$10.00 – on Zoom per registrant)  
(\$25.00 – in-person per registrant) **Please don't send cash through the mail.**

Forward registrations to Ron Thompson: [rnthompson102@gmail.com](mailto:rnthompson102@gmail.com) or by mail to:

HARTA C/O 4020 - 37 Avenue, Leduc, Alberta. T9E 6C9

**Registration is not complete until payment has been received.  
No refunds after May 2, 2023. Space is limited so register early.**

9:00-9:25	Registration – In-person and on Zoom
9:25-9:30	Indigenous Welcome – <b>Bob Silverthorne</b>
9:30-10:00	Keynote – <b>Deb Gerow</b> – <b>ARTA's President</b>
10:00-10:10	Break
10:10-11:10	Establishing a School Using the Alberta Curriculum in India – <b>Deb Gerow</b>
11:10-11:20	Break
11:20-12:20	Money Mentors – <b>Linda Mak</b>
12:20-1:20	Lunch Break
1:20-2:20	Exercising for Health – <b>Audrey Bellhiller</b> or <b>Noel Cairney</b>
2:20-2:30	Break
2:30-3:30	Exploring Alberta – <b>Twyla Campbell</b> or <b>Touring South America and the Antarctic</b> – <b>Stan Gerber</b>
3:30-4:00	Evaluations – Wrap-up