



Heartland
Alberta
Retired
Teachers'
Association

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

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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.)**

**HARTA's April Event
Thursday, April 13th, 2023**

HARTA will be hosting an online Coffee Hour with Stan Gerber on Thursday, April 13th between 10:00 and 11:00 AM. Bring your favourite beverage and a snack. And enjoy some great conversation with members of your branch.

**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.

A possible HARTA Event in June, 2023

A possible HARTA event is being investigated for some time in June. The event would consist of a tour of New Sarepta and a luncheon probably at St. David's United Church in Leduc. More details will be available as details are confirmed.



Spring toward the end of April

From the President

The information below is from Ashley White, Administration Specialist from ARTA. There will be an ARTA Financial Wellness Webinar: Life Insurance and Critical Illness. The presentation will be given by Capital Estate Planning.

Do you have life insurance? A lot of families assume it's something they won't need — until they wish they had it.

In a lot of cases, we think of Life Insurance as something that's important when we're young, when we have things like mortgages or young kids to take care of. But there are still uses for Life Insurance as you age! This session will be a beginner's guide to talk about the times when insurance might make sense (and when it might not); what the different kinds of insurance look like; and how to use them to help protect your family, make things easy for your loved ones, reduce taxes, and leave a legacy.

The webinar will be on April 5th from :1:00 to 2:00 PM. HARTA members can register using the following link: https://us06web.zoom.us/webinar/register/WN_UZ-98LP_QQ-oPdNvvH-qGA

More details on HARTA's Mini-Conference

As we move closer to the end of our program year, HARTA continues to offer more information sessions on a variety of different topics from the Conversation with Dennis Theobald held in March to the Mini – Conference in May. All speakers have been confirmed for the May Mini-Conference.

The Conference will take place on Tuesday, May 9th, 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. The sessions will feature Deb Gerow with "Starting a School Based on the Alberta Curriculum in India." Deb is ARTA's current president. She is a member of the Elk Island branch of ARTA.

Linda Mak will do a session on Money Mentors. Money Mentors is a non-profit organization dedicated to promoting better financial literacy. She presented a session for HARTA in November of 2022.

Stan Gerber will be doing a session on Travel in "Touring South America and the Antarctic." Stan has been a member of HARTA since its beginning. He has travelled all over the world. As well as his travels, Stan is well known in our branch for his helpful tips on computer technology.

Audrey Bell-Hiller's session is entitled "Movement and Yoga." She is married with 4 children and 7 grandchildren. She was an Administrative Professional Officer in the Faculty of Political Science at the University of Alberta. Audrey spent 20 years in that position. She received her BA, University of Alberta in 1994. She is a permanent certified senior teacher with the Yoga Association of Alberta, since 2005. In addition to her membership with the Yoga Association of Alberta she is a member of ARTA and of the Westend Seniors Ac-

tivity Centre. She also volunteered with the YMCA, Steering Committee, Tribute to Women of Distinction, 2001-2004.

A registration form for the conference is included at the end of this newsletter. The cost is \$10.00 online and \$25.00 in-person (includes lunch). When you have ideas re: a possible HARTA event, please email me at the following email address: rnthompson102@gmail.com.

If you received the latest **news&views**, you'll see HARTA member Bob Silverthorne on the cover. Congratulations Bob. Have a great rest of the year!

Ron Thompson — HARTA President

HARTA's March Luncheon and Presentation in Wetaskiwin

HARTA held its March Luncheon in Wetaskiwin, March 14th at the First United Church. Our speaker was Dennis Theobald, Executive Secretary of the Alberta Teachers' Association. Dennis outlined the history of the development of the ATA and of the teaching profession in Alberta. He recounted how conditions for the teaching profession were relatively stable from Aberhart's premiership in the 1930s to the beginning of Ralph Klein's term in the early 1990s. Dennis cautioned us to remain vigilant, staying aware of what the present government is trying to do to take away many of the teaching profession's hard won regulations to ensure members act professionally. In addition to its attacks on the teaching profession, the UCP has consistently increased the average number of students in the classroom. If we don't want the quality of education in our province to deteriorate further, we must continue to voice our concerns.

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 as of September 1st. In January I 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 or you may send a cheque, payable to HARTA care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. Please 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

ARTA: Alberta Retired Teachers' Association Provider of many services and Benefits to Al-

berta Retired Teachers and other Professional Retirees: www.arta.net

Branches: www.artabranched.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 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.

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

I received the following items from Robin Stuart. Refresher Course on Laws They Don't Teach in Physics Class....

1. **Law of Gravity:** Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe .
2. **Law of Probability:** the probability of being

watched is directly proportional to the stupidity of your act.

3. **Law of Random Numbers:** if you dial a wrong number, you never get a busy signal; someone always answers.
4. **Variation Law:** If you change lines (or traffic lanes) the one you were in will move faster than the one you are in now.
5. **Law of the Bath:** When the body is fully immersed in water, the telephone will ring.
6. **Law of Close Encounters:** The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
7. **Law of Result:** When you try to prove to someone that a machine won't work, it will. (This applies especially to auto mechanics.)
8. **Law of Biomechanics:** The severity of the itch is inversely proportional to where the itch is located. (how hard it is to reach.)
9. **Law of Physical Surfaces:** The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.
10. **Law of Logical Argument:** Anything is possible IF you don't know what you are talking about.

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 programs. 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:

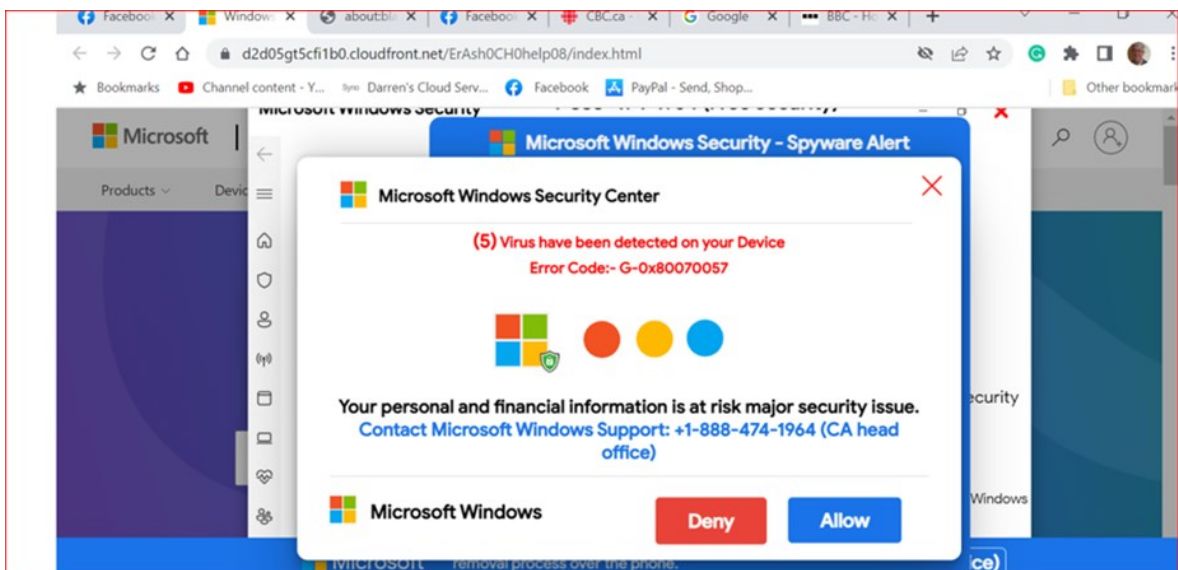
r_n_thompson102@shaw.ca.

It would be great to get more submissions for our readers. - Ron Thompson, HARTA President

Stan's Corner, A Scary Phishing Scam

The following is an email from Stan Gerber about a voice mail he recently received.

This morning when I was working on my computer the following appeared on my screen with the attached voice message. This is an example of a phishing email which is quite sophisticated. There is no way that you can close the internet browser other than by turning off your computer or by accessing the Task Manager (Alt Ctrl Delete) and then highlighting the browser and select END TASK.



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.

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 be 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

Time to get active: ARTA Wellness Challenge

Many of our members look forward to participating in ARTA's annual Wellness Challenge year after year, and the enthusiasm is always encouraging. ARTA's Wellness Committee has switched up the challenge this year, with a fresh new feel. The goal of the Wellness Challenge has always been to motivate people to be more active; this new version makes it easier than ever to participate.

Adults get the most value out of exercise when they do at least 150 minutes of aerobic activity at a moderate pace each week. That might sound like a big commitment, but when you break it down, it amounts to only half an hour of physical activity per day five days a week.

This year's Wellness Challenge asks members to track at least thirty minutes of activity per day and submit their results to contests@arta.net or to your branch president.

How It Works

1. At the back of this newsletter, you will find three calendars for the months of April, May, and June. Each day you get your heart pumping for thirty

minutes and check off that day's box in the calendar to track your progress. You can also find printable calendars with sixty suggested activities on arta.net/wellness-challenge.

2. At the end of the challenge, submit all three calendars to be entered to win one of many fantastic grand prizes. **If you belong to an ARTA branch, submit your results directly to your branch president**, and you will be helping your fellow members compete at the branch level.

A Bonus Challenge

At the end of each month, submit a picture of your wellness calendar to contests@arta.net for the chance to win random draw prizes for participating in the challenge, regardless of how many checkmarks you've earned.

Jennifer Hope – Marketing, Wellness & Promotions – from the Spring edition of **news&views**

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

Bethany Care Centre - Grant to support a Music Therapy Program.

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
(780) 467-0010 terry6@telusplanet.net

Bob Silverthorne: Vice President Wetaskiwin
(780) 387-6676 rsilverthorne.peachhills@gmail.com

Susan Schwindt: Drayton Valley Rep..
(780) 542-4136 salschwindt@gmail.com

Janice Storeshaw: Secretary (780) 986-0056
jes90@telus.net

Connie Dublenko: Treasurer (587) 783-8588
ccdublenko@gmail.com

Lawrence Dublenko: Membership Co-ordinator
(587) 783-8588 mayoprospector@gmail.com

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.



Heartland
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Retired
Teachers'
Association

A Branch of ARTA



HARTA's Zoom Conversation: "Let's Chat"

Thursday,

April 13th

10:00 AM

With Stan Gerber

Zoom Annual Licence

Funded by ARTA

Log On Details:

Meeting ID: 886 3313 9926

Passcode: 681579

Phone: 1 587 328 1099

email:

rnthompson102@gmail.com

(r n thompson)

phone:

(780) 986-8349

Session Free to Members

Membership \$10.00 Per Year

New retirees \$10.00

for the first Two Years



Heartland
Alberta
Retired
Teachers'
Association

HARTA Mini-Conference

Featured Topics

- Starting a New School in India
- Money Mentors
- Movement and Yoga
- Touring South America & the Antarctic

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 (r n thompson)

A Branch of ARTA



**Zoom Licence & Presenters
Funded by ARTA**



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



Heartland
Alberta
Retired
Teachers'
Association



A Branch of ARTA

HARTA Mini-Conference 2023 Registration Form, Presenters, and Schedule for Tuesday, May 9th, 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 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 – Bob Silverthorne
9:30-10:00	Keynote – Deb Gerow – ARTA's President
10:00-10:10	Break
10:10-11:10	Establishing a School Using the Alberta Curriculum in India – Deb Gerow
11:10-11:20	Break
11:20-12:20	Money Mentors – Linda Mak
12:20-1:20	Lunch Break
1:20-2:20	Movement and Yoga – Audrey Bell-Hiller
2:20-2:30	Break
2:30-3:30	Touring South America and the Antarctic – Stan Gerber
3:30-4:00	Evaluations – Wrap-up



2023 Wellness Challenge

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30						

MAY 2023

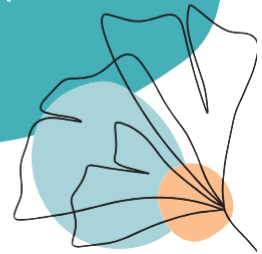
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JUNE 2023

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25	26	27	28	29	30	



Visit arta.net/wellness-challenge for 60 suggested wellness activities for ARTA's 60th ANNIVERSARY.



BONUS CHALLENGE

Submit your calendar at the end of each month to contests@arta.net to be

SUBMIT YOUR ENTRY

AFTER JUNE 30

Email your completed entry to contests@arta.net or mail it to:

ARTA Wellness Challenge
 15505 137 Avenue NW
 Edmonton, AB T5V 1R9

Name: _____

Member #: _____

Branch (if applicable):
