



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events **The Mini- Conference Edition**

**Publisher: Ron Thompson**

**Volume No. 11**

**Issue No. 9 May, 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.)**

### **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.

### **HARTA's AGM Friday, September 15th, 2023**

HARTA will hold its AGM at St. David's United Church, Friday, September 15th. The time, 10:30 AM to 2:00 PM. We are arranging to have

Gary Sawatzky or someone from his staff update us re: the ARTA benefit plans.

## **From the President, More details on HARTA's Mini-Conference**

Well, its just a few days before HARTA's Mini – Conference in May. 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 Activity 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. Registration is \$25.00 in-person (includes lunch). The Executive has decided to offer all current HARTA members who would like to attend the conference online a free registration.

When you have ideas re: a possible HARTA event, please email me at the following email address:

[rnthompson102@gmail.com](mailto:rnthompson102@gmail.com).

We hope to see you on May 9th, online or in-person. Have a great month!

Ron Thompson — HARTA President

## **HARTA's April Conversation on Zoom**

On Thursday, April 13th, Stan Gerber and I had a great conversation on Zoom. We may have been few in number but we had a great conversation on many subjects and we had the beverages of our choosing. If you have a theme you'd like to dedicate to a Zoom conversation during the mid-winter months, send me an email with your suggestion to [rnthompson102@gmail.com](mailto:rnthompson102@gmail.com).

## **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](mailto: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](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.

## 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

Here are a few more items from Robin Stuart. Refresher Course on Laws They Don't Teach in Physics Class....

1. **Law of Physical Appearance** If the clothes fit, they're ugly.
2. **Law of Public Speaking:** A closed mouth gathers no feet.
3. **Law of Commercial Marketing Strategy:** As soon as you find a product that you really like, they will stop making it OR the store will stop selling it.
4. **Doctor's Law:** If you don't feel well, make an appointment to go to the doctor. By the time you get there, you'll feel better. But, if you don't make an appointment, you'll stay sick.  
**Continuing With More Jokes**
5. Writing my name in cursive is my signature move.
6. If you're bad at haggling, you'll end up paying the price.
7. Just so everyone's clear, I'm going to put my glasses on.
8. Never buy flowers from a monk. Only you can prevent florist friars.
9. When I told my contractor, I didn't want a carpeted step, they gave me a blank stare.
10. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.

## 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:

[ron.thompson102@shaw.ca](mailto:ron.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 is one conference coming up in September. On Thursday, September 7th, the Edmonton Retired Teachers' Association is hosting the "Second Wind Conference." Watch for more information in this newsletter about the how to learn what sessions will 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](mailto: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](http://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](mailto: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**

## Second Wind Conference



Prepare for a wonderful, energizing day at the Second Wind health and wellness conference on September 7, 2023. Enjoy a beverage and a pastry while visiting with friends and colleagues in the spacious Grand Ballroom of the Chateau Louis Conference Centre.

Conference organizers are delighted to welcome Jeremy Albert, an Advisor with the First Nations, Métis and Inuit Education team for Elk Island Public Schools, as the keynote speaker. Jeremy is an entertaining, motivational speaker with a strong message highlighting the value that elders, with their knowledge, wisdom and cultural memory contribute to Indigenous communities and to all societies.

Knowledgeable speakers for eighteen breakout sessions are keen to share their expertise on a wide variety of topics chosen to appeal to every interest.

Explore some enjoyable senior-friendly physical activities such as golf, how to use resistance bands, and mindful movement to improve your fitness level at home or in social settings. Discover the connection between nutrition and brain health. Learn effective strategies to explore your family history and answer questions you wish you had asked long ago.

Recognize that your memories are a treasure and acquire both the motivation and a plan for writing your own story. Discover how to shift the narrative on seniors housing for the future. Learn about volunteer opportunities.

Your conference fee includes free parking, a gift bag, a morning pastry and beverage, the keynote presentation by Jeremy Albert, a choice of break-out sessions, a delicious buffet lunch, two coffee breaks and the wine down complete with snacks and door prizes.

Do you have jigsaw puzzles that you would like to exchange for different ones or simply donate? The Puzzle Exchange table at Second Wind is a perfect place to do that. Bring, take, or donate—any puzzles not claimed at the end of the day will be donated to a charity.

Register before July 14 for the early bird fee of **\$95.00** (regular fee is **\$120.00**). To view speaker information, session topics, and the conference schedule and to download the registration form, visit [secondwindconference.ca](http://secondwindconference.ca).

*Spread the word, bring a friend and have a great day.*

## **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](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

## To Our Members in Drayton Valley

HARTA would like to let all HARTA members in Drayton Valley, and other fire threatened areas in our region, know that their welfare is a continuing concern to all of HARTA's membership as long as a threat of fire exists. We pray for the safety of all members in harm's way. Please take care of yourselves and stay safe!

## 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.peachhills@gmail.com](mailto:rsilverthorne.peachhills@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 [mavopropector@gmail.com](mailto:mavopropector@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.***



## A Branch of ARTA



## HARTA Mini-Conference

Zoom Licence & Presenters  
Funded by ARTA

### Featured Topics

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



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

**Cost - \$25.00 for the Conference In-person**  
**Online, the conference is free to current HARTA Members. In-person 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 Registration 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 (\$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	Movement and Yoga – <b>Audrey Bell-Hiller</b>
2:20-2:30	Break
2:30-3:30	Touring South America and the Antarctic – <b>Stan Gerber</b>
3:30-4:00	Evaluations – Wrap-up





# 2023 Wellness Challenge

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30						

## MAY 2023

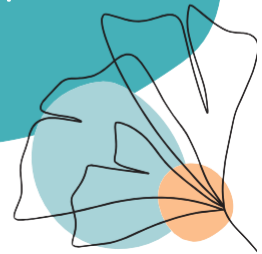
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## JUNE 2023

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25	26	27	28	29	30	



Visit [arta.net/wellness-challenge](http://arta.net/wellness-challenge) for 60 suggested wellness activities for ARTA's 60<sup>th</sup> ANNIVERSARY.



## BONUS CHALLENGE

Submit your calendar at the end of each month to [contests@arta.net](mailto:contests@arta.net) to be

## SUBMIT YOUR ENTRY

### AFTER JUNE 30

Email your completed entry to [contests@arta.net](mailto:contests@arta.net) or mail it to:

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

Name: \_\_\_\_\_

Member #: \_\_\_\_\_

Branch (if applicable):  
 \_\_\_\_\_