



Heartland
Alberta
Retired
Teachers'
Association

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

Publisher: Ron Thompson

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A Branch of ARTA



HARTA's 2024

Program Schedule to the AGM

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

- Thursday, February 15, 2024, Executive Meeting at 9:30 AM followed by lunch, Pot-luck Musical Selections and Marlene Marvin's Wellness Workshop, St. David's United Church, Leduc
- Thursday, March 14, 2024, Wetaskiwin First United Church, Wetaskiwin. The Camino Trail, Susan Silverthorne, Presenter. More details in January's Newsletter.
- Thursday, May 9, 2024, Mini-Conference, St. David's United Church, Leduc. More details in this newsletter.
- Friday, September 13, 2024 HARTA AGM, St. David's United Church.

From the President

Well it's December again, the start of holiday season. HARTA hopes all our members have a very happy holiday. In November, two of HARTA's Executive have taken the ARTA Branch Area Rep-

resentative training. Janice Storeshaw and Ron Thompson are HARTA's Branch Area Rep. If you need information re: anything ARTA, please contact either Ron Thompson or Janice Storeshaw for further information. If they can't answer your queries, they can refer you to someone at ARTA who can answer your questions.

We received our ARTA subsidy cheque in late November. The subsidy is based on the number of retired teachers in each branch who are members of ARTA. We have a total of 41 retired teachers who are members of ARTA out of a total of 67 HARTA members whose home branch is HARTA.

The Pension and Financial Wellness Committee will be hosting an ARTF update on the state of the Alberta Teachers' Pension Fund on Wednesday, January 9th. The time and link will be provided closer to date of the presentation. A presentation on Cyber Safety is planned for April.

Please watch ARTAfacts or the HARTA Newsletter for more details.

HARTA's Executive Meeting

HARTA held its November Executive meeting on Thursday, November 16th. All HARTA events in September, October, and November covered their costs. The Executive approved the plan to apply for two grants, a grant of \$200.00 to help defray the cost of printing 200 HARTA brochures to be used at Teachers' Conventions, ATA Local Meetings and at other ARTA affiliated Conferences. The second grant application for \$750.00 is for covering the presenters' fees or donations and for some of the costs of the facilities used.

Some of the concerns voiced concerned the possible Alberta Pension Plan being suggested by the Provincial Government. A presentation on the pros and cons of such a plan was hosted by the Pension and Financial Wellness Committee on Wednesday, November 15th. This presentation is available on the ARTA website.

The suggestion was made that we investigate the possibility of using presenters from CARP and to that end, that we contact the Calgary chapter of CARP. We will follow through with contacting CARP to see what resources can be shared with our branch.

HARTA's Leduc November Program

The November program was held in Leduc on Thursday, November 16th, at St. David's United Church. The program started with a lunch of assorted sandwiches, veggie, and fruit plates and a beverage.

Two soloists, Jim Montney, and Ron Thompson along with accompanist Robin Stuart sang selections reflecting Remembrance Day theme. Afterward, the duo and Robin lead a selection of favorite Christmas Carols.

Stan Gerber presented some of his many photos of places in southeastern Alberta. Along with each photograph, Stan provided the context of each picture through his informative commentary. For those who wished to create and share their own slide show Stan introduced the program he uses to create these slide shows. The slide show has been recorded. If you would like more information on the program Stan used to make his photo show email me at rnthompson102@gmail.com.

Thanks to the Potluck group and Stan Gerber for their contributions to the November HARTA Program.

Is Your HARTA Membership Up-To-Date?

In late November of 2023, HARTA received our subsidy cheque from ARTA. The amount we receive each year is based on the number of paid up ARTA members that are also HARTA members as of September 1st of that year. Each branch president is required to send their list of current members. HARTA's yearly subsidy is based on the number of paid up ARTA members the Heartland Branch has. If your membership is due for renewal, you can renew it at a regular HARTA meeting, by sending an e-transfer to rnthompson102@gmail.com, or by 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.

St. Thomas Aquinas ATA Local 45 Induction

I remember my induction into the ATA in my first year of teaching in the Three Hills School Division in the fall of 1967. It was with great pleasure that I accepted an invitation from Jean Porter, president of St. Thomas Aquinas ATA Local #45. The evening consisted of dinner and speeches underlining the importance of the teaching profes-

sion and the ATA. HARTA's president was also given a few minutes to say a few words about HARTA and about its connection to the Alberta Retired Teachers' Association (ARTA). HARTA was also given the opportunity to hand out bundles of ten brochures to each school rep.

Ron Thompson—HARTA President



Inductees and head table guests at the St. Thomas Aquinas ATA Local #45 Induction Thursday, November 22nd in Leduc

HARTA's February Luncheon & Program

In February, HARTA will hold its luncheon and program at St. David's United Church in Leduc on Thursday, February 15th. Doors will be open at 11:00 AM, the luncheon to start at 11:30. the cost will be \$15.00 per person.

After the lunch, members of the Potluck Group accompanied by Robin Stuart will entertain with a selection of solos and ensemble numbers honoring Valentine's Day.

Afterward, Marlene Marvin will give a session on some activities to keep our strength as we move into our senior years. Marlene says of her session, "It is a simple DYNA BAND workout, introducing a fun & easy way to strengthen and lengthen your muscles." Bands are a simple tool when used properly that will build muscle, create circulation, & increase bone density.

All ages can benefit (Standing Sitting or Laying positions) with results. Individuals will be guided with the necessary Warm up, Cool Down & proper Breathing Techniques. Marlene is a certified Instructor. She has been a certified Fitness Instructor (since 1981) and Certified Yoga Instructor (since 1986). She has Attended various workshops over the years. She is CPR certified. She is presently employed at Central Lions Fitness Centre, Kingsway Edmonton. She has given Dyna Bands presentations for Retied teachers (Sept 2022). She has also given previous Fitness/Yoga presentations for Grant MacEwen and City of Edmonton. Please join us Thursday, February 15th these varied events.



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Retied teachers (Sept 2022). She has also given previous Fitness/Yoga presentations for Grant MacEwen and City of Edmonton. Please join us Thursday, February 15th these varied events.

Coming Programs

Events to come are the annual Alberta Teachers' Retirement Fund update on January 9th. On Thursday, March 14th, we are looking for a program along with lunch and conversation. Please stay tuned for more details. Look for further information re: March 14th in future newsletter issues. Details on our annual Mini—Conference in May follow in this newsletter. Please stay tuned for more details.

Mini-Conference Plans

On May 9th, HARTA will be hosting a Mini-Conference in Leduc at St. David's United Church and online. Some far the presenters are as follows:

- Keynote — Robert Michon
- Communities In Bloom — Lorna McIlroy
- Laughter Yoga — Noel Cairney
- A photo slideshow on some of the countries served by UNICEF — Marilyn Hoar
- My Life with Mildred Hall — Helena Acikahte (The first School in Yellowknife)

More details re: the speakers and the content of their presentations as well as the conference schedule will be available in the new year.

- Ron Thompson HARTA Prfesident

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.artabranches.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

Here are a few December jokes hot off the Web.

1. Sign on an auto glass installer's desk: If you want to talk to the owner ask a man. If you want to know what is going on here, ask a woman.
2. Q: What is a snowman's favourite cereal?
A: Frosted Flakes.
3. Q: What do you call a snowman with a six-pack? A: An abdominal snowman.
4. Q: What do you get when you cross a snowman and a vampire? A: Frostbite.
5. Q: How does a snowman get around?
A: By riding an "icicle!"
6. Q: What do you call a snowman with a sunburn? A: A puddle!
7. Q: Why did the snowman call his dog "Frost?" A: Because Frost bites!.
8. Q: What do snowmen wear on their heads?
A: Ice caps!
9. Q: What do you call a snowman with a great singing voice? A: A snow stopper.
10. Q: What is a snowman's favourite game?
A: Frozen tag.

The (FAST) Program

From time to time in talking to members re: their life circumstances I come upon information that may be of interest to many members of the HARTA community. In talking with Stan Gerber, he shared with me how the FAST Program has helped him to get speedy diagnosis for his cancer. This program speeded up his diagnosis and treatment schedule tremendously. The following

information has been pulled from the website [Facilitated Access to Specialized Treatment \(FAST\) Program: Centralized Referrals | Alberta Health Services](#).

Facilitated Access to Specialized Treatment (FAST) Program: Centralized Referrals: Alberta Surgical Initiative

Facilitated Access to Specialized Treatment (FAST) is a central access and intake program that receives surgical referrals. FAST currently accepts referrals for orthopedic surgery and urology*. Vascular surgery will be joining FAST on November 27, 2023. Other specialties will be added over time.

*Note that in Edmonton Zone, urology referrals should continue to be submitted through eReferral and the existing Edmonton Zone FAST program continues to be the central intake for referrals to general surgery, plastics, ENT/otolaryngology, colposcopy and orthopedics.

Patients

- You can work with your referring provider to choose a next-available surgeon with the shortest wait time, a named provider/clinic/site or an out-of-zone surgery.

If you are on a waitlist, updates will be sent every 90 days with your referral status. **Contact FAST via telephone* at 1-833-553-3278 (FAST)**

For more information go to the website mentioned earlier in this article or google FAST. Thanks to Stan Gerber for making me aware of this service.

Ron Thompson - HARTA President

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

Other Branch Activities

ARTA has a website which provides information on events in other Branches throughout Alberta and the Okanagan Branch in BC. The ARTA branches in Calgary and Edmonton host conferences once a year. At the end of April, the Calgary Retired Teachers hold the Steppin' Out Conference. At the beginning of September the Edmonton Retired Teachers host the Second Wind Conference. Look for these announcements as the next year progresses. If you would like to find other Branch events, this website can help you. www.artabranched.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

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 2023-24 Program Year

Ron Thompson: President & ARTA Branch 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 & ATA Li-
aision— Wetaskiwin and Timberline Locals (780) 387-6676
rsilverthorne.peachills@gmail.com

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

Janice Storeshaw: Secretary & ARTA Branch Rep.
(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

Gary Hansen: ATA Liaison—Black Gold and St. Thomas
Aquinas Locals (780) 986-1745 gbhanson@telus.net

HARTA's Goals

- 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.



Pictures from past years in early December

ARTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness, and leadership.



A Branch of ARTA



Zoom Funded by ARTA

**You're Invited to
HARTA's
Luncheon,
Song Selctions by
Potluck &
Wellness
Presentation by
Marlene Marvin
Warm up, Cardios,
& Cool down with
Seniors in Mind**



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

**Thursday, February 15th,
Membership \$10.00 Per Year, New retirees \$10.00
for the Two Years: Musical Selections after the
lunch, Marlene's Workshop at 1:00 PM
Lunch is \$15.00 per person, free for new members
and guests. Marlene's Worshop will be on Zoom**



Heartland
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HARTA Mini-Conference

Zoom Licence & Presenters
Funded by ARTA

Featured Topics

- **Keynote**
- **Communities In Bloom**
- **Laughter Yoga**
- **The First School in Yellowknife**
- **UNICEF Travellog**



Thursday, May 9, 2024
9:30 AM to 4:00 PM
On Zoom and
In-person

**Cost - \$25.00 for the Conference In-person,
St. David's United Church
4614 - 48 St. in Leduc, Online (on Zoom),
Free online to current HARTA Members.**

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