



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events **The Happy New Year Edition**

**Publisher: Ron Thompson**

**Volume No. 12**

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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.
- 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.
- Watch for other events as they are posted in this newsletter.

### **From the President**

It's 2024, the start of new year. HARTA hopes our members have a happy and prosperous 2024. In this month the Pension and Financial

Wellness Committee will be hosting an ARTF update on the state of the Alberta Teachers' Pension Fund on Tuesday, January 9th at 1:00 PM. To take part, make sure you register with ARTA by going to the website [arta.net](http://arta.net) to register. A presentation on Cyber Safety is planned for April. Please watch ARTAfacts or the HARTA Newsletter for more details.

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. Those whose memberships have expired as of December 31, 2023 will be contacted by email. If you wish to continue with HARTA please see the information on membership renewal later in this newsletter.

### **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. HARTA has applied 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 covering some of the costs of the facilities used.

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. Watch for more information when we receive a response from the Calgary chapter of CARP.

## Noel Cairney—Laughter Yoga

One of the presenters at the May Mini-Conference will be Noel Cairney. She will be doing a session on Laughter Yoga.



Laughter Yoga is a practice that brings together traditional Yoga breathing and laughter, that helps relieve stress, boost the immune system, enhance respiration, lift mood, regulate blood pressure, and help relieve pain. This fun new exercise was developed by an Indian medical doctor from Mumbai and has spread throughout the world with groups in over 100 countries. There is a large body of research supporting the physical and mental benefits of laughter but really, the great feelings we experience really tell the tale. Laughter really is the best medicine! Mother Theresa said, "Every time you smile at someone, it is an act of love, a gift to that person, a beautiful thing." Join us as we enjoy a typical Laughter Yoga session. No experience necessary!

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## 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](mailto:rnthompson102@gmail.com), or by a cheque, money order payable to HARTA care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. Please make out the cheque, money order, or e-transfer for \$10.00 for each year you would like to renew.

## 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 work-out, 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.



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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 Fit-

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

## Coming Programs

Events to come are the annual Alberta Teachers' Retirement Fund update on January 9th. Susan Silverthorne will be presenting a session on the Camino Trail in Portugal and Spain at Wetaskiwin First United Church on Thursday, March 14. More details in the February Newsletter. More details on our annual Mini—Conference in May follow in this newsletter. Please stay tuned as more details are available.

## Mini-Conference Plans

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

- Keynote — Robert Michon
- Communities In Bloom — Lorna McIlroy
- Laughter Yoga — Noel Cairney
- A travelogue 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 February.

- Ron Thompson HARTA President

## 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

This month's jokes come from "Linda's Joke book.

1. One day my 6 year old granddaughter was sitting on my porch step just staring down at the ground. Surprised I asked what she was doing. "Well," she said, It says, "Watch your step, so I am."
2. A husband and wife were driving through Louisiana. As they approached the town of Natchez. they started arguing about the pronunciation of its name. Then they stopped for lunch. At the lunch counter, the husband asked, the employee, "Before we order, could you please pronounce where we are very slowly?" She leaned over and said very slowly, "Burger King."
3. Q: How do you cure a sick lemon? A: Use lemonade.
4. Q: Why did the barber win the race? A: He knew a shortcut.
5. Never buy a car that you can't push.
6. Patient: Doctor, doctor, I feel like I've been

hit over the head with some maracas. Doctor: You've probably got a slight percussion.

7. Always keep your words soft and sweet, just in case you have to eat them.
8. Never put both feet in your mouth at the same time. Then, you won't have a leg to stand on.
9. A truly happy person is one can enjoy the scenery on a detour.
10. Drive carefully. It's not only cars that can be recalled by their maker.

## The (FAST) Program

This item is repeated from last month's newsletter in case some members didn't see it. Please feel free to pass this information to your friends and love ones.

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](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. 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.artabranches.net](http://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

**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. Online 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

**Lawrence Dublenko:** Membership Co-ordinator(587) 783-8588 [mayoprospector@gmail.com](mailto:mayoprospector@gmail.com)**Gary Hansen:** ATA Liaison—Black Gold and St. ThomasAquinas Locals (780) 986-1745 [gbhanson@telus.net](mailto:gbhanson@telus.net)**Executive and Contact Info for the  
2023-24 Program Year****Ron Thompson:** President & ARTA Branch Rep  
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[ccdublenko@gmail.com](mailto:ccdublenko@gmail.com)**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.

**HARTA's Website**[www.artabranches.net/harta](http://www.artabranches.net/harta)

For Drayton Valley, please go to

the Facebook page:

Drayton Valley Retired School Staff



It's the beginning of January and where's the snow? (Taken Thursday, January 4, 2024)

***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



**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**



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## **HARTA Mini-Conference**

### **Featured Topics**

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

**Zoom Licence & Presenters  
Funded by ARTA**



**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](mailto:rnthompson102@gmail.com) (r n thompson)**