



Heartland  
Alberta  
Retired  
Teachers'  
Association

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

**Publisher: Ron Thompson**

**Volume No. 12**

**Issue No. 6 February 2024**

## **A Branch of ARTA**

# ARTA

ALBERTA RETIRED  
TEACHERS' ASSOCIATION

## **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, Potluck 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 & Theresa Doherty, Co-Presenters.
- 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 the start of February as we continue with our series of programs featuring various subjects.

February's program features some love songs and songs with a Scottish influence by members of the Potluck musicians group. In March, Susan Silverthorne will give a short tour of her time on the Camino de Santiago Trail in October of 2023. Finally HARTA's program year culminates with the Mini-Conference in May. Watch for updates on upcoming presentations.

ARTA's ATRF update was streamed on Zoom on Tuesday, January 9th. The complete presentation is available YouTube. To find the ATRF 2023 presentation, go to [youtube.com](https://www.youtube.com) and type in ATRF in the find portal. Look for the ARTF 2023 Webinar. Other ARTA webinars are also available on YouTube.

### **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 doc-

tor 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!

## **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.



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 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.

## **HARTA's March Luncheon**

On Thursday, Susan Silverthorne and Theresa Doherty will speak about their experience of walking the Camino de Santiago Trail. The day will start with door open at 11:00 AM, lunch at 11:30



AM and the presentation afterward. Lunch is \$10.00 per including a beverage. Experience the Camino de Santiago from the comfort of your

seat. This 780 km walk through Spain has been the route of a pilgrimage for over 1000 years. This session will include some of the history of the Camino as well as current day activity. Scenes from this adventure will show terrain and medical architecture along the way along with comments about the many approaches that can be taken in this journey.

## 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 representa-

tive on this organization.

## Humour Corner

This month's jokes come from February Jokes from the internet.

1. Q: Do you have a date for Valentine's Day?  
A: Of course! February 14th!
2. Q: How was Sir John A. Macdonald able to live through his 67th birthday? A: He had a strong constitution.
3. Q: Why is Lent the best time to run a marathon? A: That's when you fast.
4. Q: Did you hear that it's supposed to rain chickens and ducks on National Weatherperson's day? A: What a fowl way to spend a holiday.
5. Q: When does Punxsutawney Phil know to look for his shadow? A: When his inner circle tells him to gopher it!
6. Q: What do you call two people who fall in love on Valentine's Day? A: Seoul-mates.
7. Q: What kind of fish do Catholics eat on Fridays during Lent? A: Holy mackerel!
8. Q: Where do library books like to sleep? A: Under the covers.
9. When a man hears the word, "heart" he thinks not so much of his wife as his cardiologist.
10. Of all the jobs I've ever had, a mirror inspector is the one I could really see myself doing.

## 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.artabranched.net](http://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. 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**

## **Executive and Contact Info for the 2023-24 Program Year**

**Ron Thompson:** President & ARTA Branch 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 & ATA Liaison—Wetaskiwin and Timberline Locals (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 & ARTA Branch Rep.  
(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)

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

## **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**



***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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## A Branch of ARTA



### Annual Zoom Licence Funded by ARTA

**HARTA's Wetaskiwin  
Luncheon at  
Wetaskiwin First United  
Church  
5115 - 51st Ave.  
Wetaskiwin  
Program:  
Experience the  
Camino de  
Santiago Trail  
Susan Silverthorne  
& Theresa Doherty**



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

**Thursday, March 14, 2024  
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



## HARTA Mini-Conference

Zoom Licence & Presenters  
Funded by ARTA

### Featured Topics

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



**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)**