



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events **The March, Shamrock Edition**

**Publisher: Ron Thompson**

**Volume No. 12**

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## **A Branch of ARTA**

# ARTA

ALBERTA RETIRED  
TEACHERS' ASSOCIATION

## **HARTA's 2024**

### **Program Schedule to the 2024 AGM**

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

- 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**

Welcome to March everyone, the month in which spring is supposed to start on March 21st. ARTA's Pension & Financial Wellness Committee is planning to present another webinar on Zoom

on Thursday, March 21st. The webinar is entitled, "Cyber Crime and Other Challenges." Laurie Bauer from Orbit Insurance, (formerly TW Insurance) will be the presenter. You can go to the ARTA website [ARTA.net](http://ARTA.net) to register.

## **Presenters for HARTA's Mini-Conference**

### **Robert Michon—Keynote Speaker**

Robert Michon will be the Keynote Speaker for HARTA's Mini-Conference. Robert has been working in the world of communications and magazine publishing for ten years. With many years of freelance writing under his belt, he has become passionate about storytelling of all kinds. He is currently the Communications Manager of the Alberta Retired Teachers' Association (ARTA) and serves as the Managing Editor of their quarterly magazine, *news&views*.



### **Noel Cairney—Laughter Yoga**

Among 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!

## **Lorna McLroy—Communities In Bloom**

Since taking early retirement in 2004, Lorna McLroy has kept busy volunteering for the Alberta Retired Teachers' Association, Alberta Horticultural Association, Communities in Bloom, and the local Museum. As a lifelong gardener and a lifelong



learner, she has completed the Prairie Horticulture Certificate program and most recently her international Rose Judging certificate and the Alberta Master Gardener program from Dalhousie

University.

## **Marilyn Hoar—A UNICEF Travelogue**

After a year backpacking around the world, Marilyn Hoar decided she would like to work overseas. She did her doctoral research on education in Fiji, worked for the Aga Khan Educational Services in Tajikistan, and with educational reform in Qatar and the United Arab Emirates.



Marilyn was Chief of Education with UNICEF in Uzbekistan, Nepal, and Kenya. She will host a slide show travelogue of some of the interesting places she has lived.

## **My Life with Mildred Hall**

### **Helena Acikahte**



Helena was raised through most of her childhood by Mildred Hall, the first teacher in Yellowknife. She has many experiences to relate about those first years in Mildred Hall's classes as well as of the early history of Yellowknife's first school.

## **Conference Registration Details**

The poster and registration form for the Mini-Conference are at the end of this newsletter. Registration options are listed on the registration sheet along with the conference schedule. Your registration is not complete until your registration fee has been received.

## 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 held its luncheon and program at St. David's United Church in Leduc on Thursday, February 15th. After the lunch, members of the Potluck Group accompanied by Robin Stuart entertained with a selection of solos and ensemble numbers honoring Valentine's Day.

Afterward, Marlene Marvin gave a session on some activities to keep our strength as we move into our senior years. Marlene said 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.

## HARTA's March Luncheon

Susan Silverthorne and Theresa Doherty will speak about their experience of walking the Camino de Santiago Trail, on Thursday, March 14th. The day will start with door open at 11:00 AM, lunch at 11:30 AM and the presentation after-



ward. Lunch is \$10.00 per person 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.

## 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 are from "The Wit & Wisdom of Bob Edwards," Edited by Hugh Dempsey. These jokes and witty sayings are gleaned from Bob Edward's newspaper, The Calgary Eye Opener, which he published sporadically from 1902 to 1922.

1. **Accuracy:** The man who is always right, is a nuisance.
2. **Advice:** If you afflicted with a desire to give advice at every opportunity, become a lawyer or doctor and sell it.
3. **Age:** Most people who are old enough to know better often wish they were young enough not to.
4. **Ambition:** It is alright to pray for the things you want, but it is a good idea to work for the things you need.
5. **Argument:** Be sure you're right—but don't be too sure that everybody else is wrong.
6. **Automobiles:** When Solomon said there was a time and place for everything, he had not encountered the problem of parking an automobile.
7. **Cleverness:** Occasionally a man is clever enough to know how important he isn't.
8. **Conceit:** A conceited man is one who wants to talk about himself, when you want to talk about yourself.
9. **Contrary-Mindedness:** A Macleod jury recently brought in the following verdict: "We find

the prisoner guilty as charged, but we do not believe he is the right man.”

10. **Happiness:** Tomorrow is the happiest day of our lives.

Above are some of the mildest samples of Bob Edwards' wit. His more scathing comments I didn't dare to quote. If you would like to read more of his humour, please look for "The Wit & Wisdom of Bob Edwards" edited by Hugh Dempsey and published by Hurtig Publishers, Edmonton. Unfortunately this book is out of print however it may be available at your public library and it is available on Amazon for a price. Happy hunting.

## 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

## ARTCF Charity Golf Classic

Included with this newsletter please find a PDF with information about the Alberta Retired Teachers Charitable Foundation's latest Charity Golf Classic. The Information included tells about the foundation's mandate and Sponsorship Opportunities. If you know of someone who is an ARTA member and a golf enthusiast, please pass this information onto them.

### 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 [mayoprospector@gmail.com](mailto:mayoprospector@gmail.com)

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

## HARTA's Goals

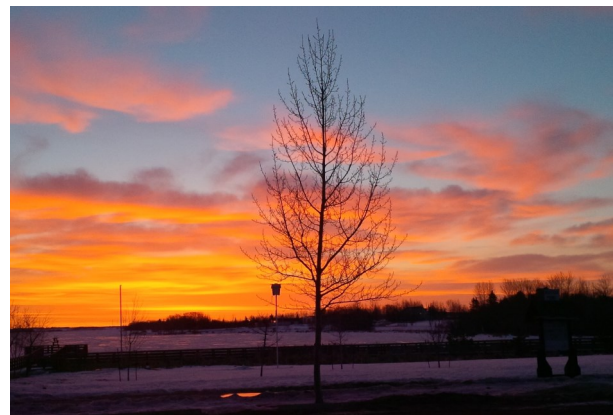
- To carry on social activities, enabling our members to maintain contact with their colleagues.
- To provide information to our members about the resources available through the Alberta Retired Teachers' Association. (ARTA) and other sources.

## 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.***



Heartland  
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Teachers'  
Association

## A Branch of ARTA



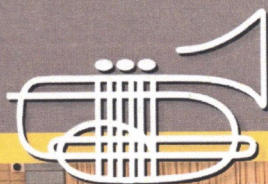
### Annual Zoom Licence Funded by ARTA

**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**



# Mission Hill Brass



presents . . .

## *Panis Angelicus* (Bread of Angels)

SUNDAY  
**MARCH 24**  
**2024**  
**3 pm**

**Admission: Donations Accepted at the Door**

**St. David's United Church**

4614 48 Street, Leduc, AB T9E 5X7





## 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)**



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**A Branch of ARTA**

## **HARTA Mini-Conference 2024 Form Presenters and Schedule for Thursday, May 9<sup>th</sup>, 2024**

**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 other than HARTA, indicate the branch. \_\_\_\_\_

\_\_\_\_ ARTA \_\_\_\_ HARTA \_\_\_\_ Non-member.

**Workshop fee: \_\_\$25.00 In-Person with meals. Afternoon or Morning Sessions only: \_\_\$15.00 no meals. Online: Free with current HARTA membership, \_\_\$10.00 Zoom (HARTA membership included.) Payment details: Cheque, Money order or cash for \_\_\_\_ registrations: Total fees \$ \_\_\_\_\_ (We also accept e-transfers.)**

Forward registrations to Ron Thompson: [rnthompson102@gmail.com](mailto:rnthompson102@gmail.com) or by mail to:

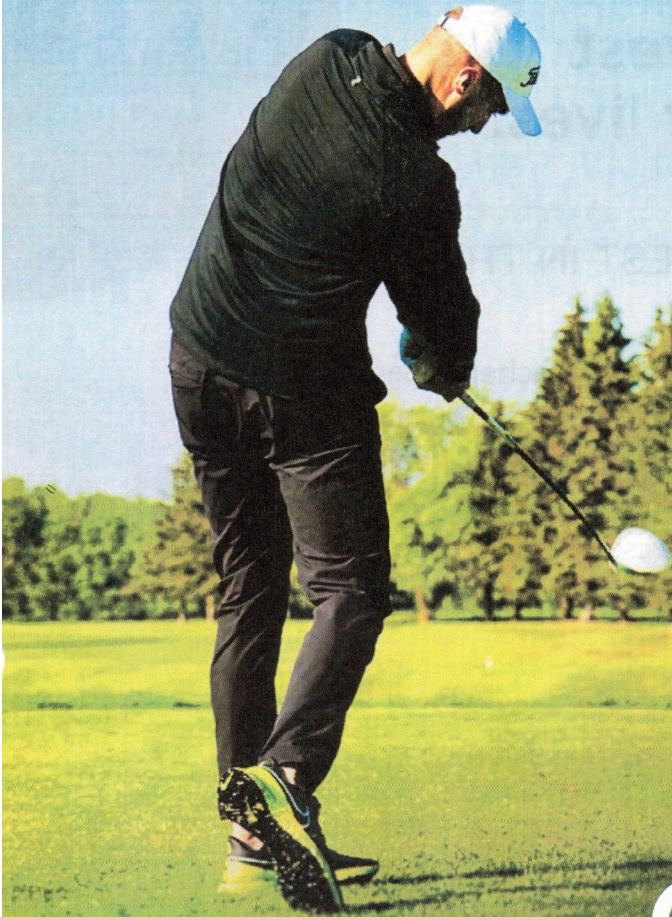
HARTA C/O 4020 - 37 Avenue, Leduc, Alberta. T9E 6C9

**Registration is not complete until payment has been received.**

No refunds after May 2<sup>nd</sup>, 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>Robert Michon</b> – (Communications Specialist)
10:00-10:10	Break
10:10-11:10	Communities in Bloom – <b>Lorna McIlroy</b>
11:10-11:20	Break
11:20-12:20	Laughter Yoga – <b>Noel Cairney</b>
12:20-1:20	Lunch Break
1:20-2:20	A UNICEF Travelogue in Photos – <b>Marilyn Hoar</b>
2:20-2:30	Break
2:30-3:30	My Life With Mildred Hall – <b>Helena Acikahte</b>
3:30-4:00	Evaluations – Wrap-up

**ARTCF** ALBERTA RETIRED  
TEACHERS CHARITABLE  
FOUNDATION



# Charity Golf Classic

The Quarry Golf Club, Edmonton  
Monday, July 8, 2024

2024  
**Sponsorship  
Package**

Please send all  
inquiries to  
**Kendra Liber**  
[kliber@arta.net](mailto:kliber@arta.net)

