



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The Welcome to Spring Edition**

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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, 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 April everyone, hopefully the month in which spring comes to life. On March 21st. ARTA's Pension & Financial Wellness Committee presented another webinar on Zoom. The webinar was entitled, "**Cyber Crime and Other Challenges.**" Laurie Bauer from Orbit Insurance, (formerly TW Insurance) was the presenter. If you missed it, go to the YouTube website: www.youtube.com and type in "**ARTA Cyber**

Crime and Other Challenges" in the YouTube search window to view this presentation.

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 re-



search 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 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. Mildred Hall was born in Olds, Alberta. As a young teacher, she went north and became the

first public school teacher in the NWT. The rest of her family went south to the US. One brother, Aliba, joined the US army. He married and had a daughter, Helena. Helena was raised through most of her childhood by Mildred Hall, the first teacher in Yellowknife.

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, 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 March Luncheon

Susan Silverthorne spoke about her experience of walking the Camino de Santiago Trail, on Thursday, March 14th. Lunch consisted of pasta dishes supplied by Pasta Kulture and, as a bonus, we were served pie as well, since March 14th was also Pie Day.

Susan Silverthorne gave us a quick view of her walk along the Santiago de Compostela.



Who walks the Camino? In 2023 47% of the pilgrims were men, 53% women; Walkers made up 94% of the participants while 5% were

cyclists. Susan travelled the Camino with a backpack and poles. The Spanish make up 56% of the pilgrims, Americans, Germans, and Italians making up the next largest group. Over half the pilgrims walk the Camino Francés, the

starting point of Sarria being the most popular. There has been increase in numbers of people who have walked the Camino. In 1988, 3,501 pilgrims made this journey. By 2023, 446,035 had walked the Camino. Over 10,000 people were over the age of 65.

The Camino was a spiritual trail long before the time Christians travelled along it. It followed the Milky Way to what people in Pre-Christian times thought was the end of the earth. St. James the Apostle came to preach at Finisterre. He planned to take an already holy place and embed upon it the Christian message. He was not successful. When St. James returned home, King Herod beheaded him and denied him a Christian burial. Later, his disciples did give him a Christian burial. The Camino has been a pilgrimage for Christians for over 1,400 years. Thank you Susan, for your informative presentation.

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

The following jokes about spring are from the internet. I hope you enjoy them.

1. Q: What spring break destination allows you to bring pet birds? A: The Canary Islands.
2. Q: What travelled around the world over spring break? A: A stamp.
3. Q: Why didn't the teacher wear sunglasses over spring break? A: Because her brightest students weren't around.
4. Q: Why don't skeletons go on vacation during spring break? A: They have nobody to go with.
5. Q: What do fishermen play with their kids during spring break? A: Go fish.
6. Q: What did parents say to their kids when they went to the beach for spring break? A: Long time no sea.
7. Q: What did the baker's son do over spring break? A: He loafed around.
8. Q: Where did the shark go for summer vacation? A: Finland.
9. Q: Where did the egg go for spring break? A: New York City.
10. Q: Why didn't the basketball player go anywhere for spring break? A: She feared she would be called for travelling.

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. Online 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

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.

Second Wind - 2024

Stay tuned for the Second Wind Conference in Edmonton at the Chateau Louis. The conference will take place on Thursday, September 12, 2024. Retired Teacher Ken Valgardson will be the Keynote speaker. The Early Bird registration fee is only \$95.00 before July 31st. There are many other sessions to choose from. There is a poster at the end of this newsletter with more information. More information will also be available on the Second Wind website: secondwindconference.ca. Further information on the conference sessions will be available in the next few weeks.

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
Liaison—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.

HARTA's Website

www.artabranches.net/harta

For Drayton Valley, please go to
the Facebook page:

Drayton Valley Retired School Staff



Photos from HARTA's first Mini-Conference, April 15, 2014

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



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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 (r n thompson)**



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HARTA Mini-Conference 2024 Form Presenters and Schedule for Thursday, May 9th, 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 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 2nd, 2023. Space is limited so register early.

9:00-9:25	Registration – In-person and on Zoom
9:25-9:30	Indigenous Welcome – Bob Silverthorne
9:30-10:00	Keynote – Robert Michon – (Communications Specialist)
10:00-10:10	Break
10:10-11:10	Communities in Bloom – Lorna McIlroy
11:10-11:20	Break
11:20-12:20	Laughter Yoga – Noel Cairney
12:20-1:20	Lunch Break
1:20-2:20	A UNICEF Travelogue in Photos – Marilyn Hoar
2:20-2:30	Break
2:30-3:30	My Life With Mildred Hall – Helena Acikahte
3:30-4:00	Evaluations – Wrap-up

ARTCF ALBERTA RETIRED
TEACHERS CHARITABLE
FOUNDATION

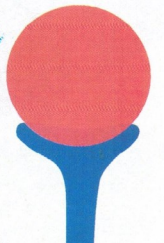


Charity Golf Classic

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

2024
**Sponsorship
Package**

Please send all
inquiries to
Kendra Liber
kliber@arta.net





Health & Wellness Conference for Retirees

TREAT YOURSELF to a fabulous staycation at *Second Wind 2024* sponsored by HARTA and other local ARTA branches.



- Park for free, pick up a **Swag Bag**, and enjoy a coffee and a muffin during our "**Hava Java**" meet-and-greet
- Start your wellness experience with laughter courtesy of our keynote speaker: comedian and retired teacher **Ken Valgardson**
- Choose from a variety of engaging and informative **speakers** focusing on improving your mental, physical and spiritual wellness
- Indulge in a delicious **buffet lunch** including – of course – perogies!
- Visit a host of **exhibitors** offering senior-oriented services as well as local artisans displaying their creations
- Win door prizes and share highlights from your day during the **Wine Down**

Mark your calendar and bring a friend!
Chateau Louis Conference Centre
Thursday, September 12, 2024

Early Bird registration still only \$95 before July 31st

Want to learn more? Visit: secondwindconference.ca