



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The Post- Conference Edition**

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A Branch of ARTA



HARTA's 2024

Program Schedule to the 2024 AGM

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

- **Friday, September 13, 2024 HARTA AGM, St. David's United Church.**
- **Watch for other events as they are posted in this newsletter: September 2024; Wetaskiwin. October 2024, Drayton Valley; November 2024; Leduc**
- **Watch for the tentative 2024 – 2025 Schedule after the July Executive Meeting.**

From the President

With the end of HARTA's program year I would like to thank the presenters and attendees, both in-person and online for their support. I would also like to thank those members who continue to be members of HARTA so that they can continue to receive our newsletter each month. After our latest mini-conference I have been looking for presentations of interest to members of

our branch. If you know of a topic that you would like dealt with please let me or one of the members of HARTA's Executive know. If you have heard a speaker on a topic that you think would be of interest to branch members, please let any member of our executive know. Together, we can continue to find presenters on topics of interest to our membership.

Ron Thompson — HARTA President

Mini-Conference Highlights

The conference began with the Indigenous Welcome by Bob Silverthorne. His remarks set the stage for an engaging conference.

Robert Michon—Keynote Speaker

Our keynote speaker Robert Michon, spoke on how stories are an important part of human connection. Robert has been working in the world



of communications and magazine publishing for ten years. With his many years of freelance writing experience, he has become very passionate about storytelling of all kinds. In his capacity as

Communications Manager for ARTA, he is currently serving as Managing Editor of their quarterly magazine, *news&views*. His keynote detailed the

aspects of storytelling and how each aspect affected how effective a storyteller was in relating their story.

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 of this presentation she has retired from Communities in Bloom.



The Canadian Communities in Bloom program is patterned after Britain in Bloom, operating under the 'Royal Horticultural Society', as well as programs in Ireland, France and the United States. Raymond Carriere founded Communities in Bloom in 1995.

Communities in Bloom is a Canadian non-profit organization committed to fostering: civic pride, environmental responsibility, and beautification through community participation and the challenge of competition. Canada's Governor-General has agreed to be a patron of Communities in Bloom. In Alberta, Roger and Bernice Knight promoted the Communities in Bloom program.

As part of her presentation, Lorna also included many photos of communities in central Alberta. Thank you Lorna for a very informative session.

Noel Cairney—Laughter Yoga

Another of the presenters at the May Mini-Conference was Noel Cairney. Her session was



on Laughter Yoga, 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.

In part of her session Noel posed this question: "Why is laughter so important?" the answers are listed below:

- Laughter contributes to mind/body balance. "Health nuts are going to feel stupid someday, laying in bed dying of nothing." Red Foxx
- Laughter maximizes brainpower. "Laughter has the ability to capture the attention of the brain. Emotion drives attention and attention drives learning." Sylvester
- Laughter enhances creativity. "The latest survey reports that three out of four people make up 75% of the population." Unknown.

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." Thank you, Noel for sharing your session with us.

Marilyn Hoar — A Travelogue of Five Countries

Marilyn and Gordon Hoar spent time in Fiji, Tajikistan, Uzbekistan, Nepal, and Kenya. In addition to giving us a travelogue of her time with UNIEF, Marilyn Hoar treated us to photos and commentary of their time in Fiji and Tajikistan. She showed us photos from each of the countries included in the travelogue. Along with her photos



she shared more information on their experiences while living in each country. The photos captured the various cultures the Hoars experienced and Marilyn's added commentary filled in the gaps. Marilyn's

husband Gordon was the tech making Marilyn's presentation smooth and seamless. Thank you Marilyn and Gordon.

My Life with Mildred Hall Helena Acikahte

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. Helena came into a Mildred Hall's life as a result of a trip Mildred took to Texas to visit her family. Her brother, Alba, was married and had a few children, the youngest of

whom was Helena. Helena's father, Alba, Mildred Hall's brother, asked Mildred if she would take Helena to Canada and raise Helena as her own child. Mildred immediately phoned her husband Jock, and asked him if he wanted Helena to come and live with them. Jock heartily agreed. Thus Mildred and Jock raised Helena as their foster daughter.

Mildred was the first public school teacher in the North West Territories. Helena had 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. Helena showed many photos of the interior of the original school, as well the exterior. She also showed photos of the cabin where Mildred, Jock, Helena spent their days.

As well as speaking about life during her school years, Helena spoke about the celebrating of the completion of the new Mildred Hall school. She showed many pictures of the festivities that took place during these celebrations. Thank you Helena for the fascinating story of your life with Mildred Hall.

The conference concluded with an informal oral evaluation of the day lead by Bob Silverthorne. The evaluation consisted of a series of questions about the type of sessions, the meals, and any concerns the participants might have had. The result of this review was that everyone appeared satisfied with the program that was offered.

Is Your HARTA Membership Up-To-Date?

In late November of each year, HARTA will receive a subsidy cheque from ARTA, each year 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, or 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.

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.

ARTA Scholarships

ARTA and ORBIT Insurance Services, a home and automobile insurance partner, sponsor eight scholarships worth \$5,000 each for direct relatives (children, grandchildren, along with first- and second-generation nieces and nephews) of ARTA members who have completed at least one full year (thirty hours) of study in an undergraduate degree or a two-year certificate/diploma program at an accredited post-secondary institution. In addition to academic achievement (a transcript signed by the registrar is required), community involvement, and volunteer service, as well as personal accomplishments, future goals and two letters of reference describing the applicant's skills and personal characteristics are taken into consideration when scholarship recipients are selected.



The ARTA 101 Scholarships are a separate category of scholarships sponsored by ARTA. Active teachers who are ARTA 101 members (membership is free) and enrolled in a post-graduate program are eligible for an ARTA 101 Scholarship valued at \$2,500. A second \$2,500 ARTA 101 Scholarship is available to direct relatives of ARTA 101 members. The above criteria applies to these applicants as well. All scholarship applications must be signed by the sponsoring ARTA/ARTA 101 member. Previous scholarship recipients are not eligible to apply.

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, please 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 are from Linda's joke book..

1. Where did Napoleon keep his armies? Up his sleeves.
2. Q: Did you hear about the podiatrist who ran for mayor? A: He was de-feeted.
3. Customer: "I'll have a hamburger."
"Waiter: "With pleasure."
Customer: "No, with pickles and onions.
4. A long shot was leading the big horse, not furlong.
5. Knock! Knock! Who's there? A: Disguise.
R: Disguise who? A: Disguise de limit.
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: Why did the muffin marry the loaf of bread? A: He had lots of dough!
8. Q: What do bees do with their honey? A: They cell it.

9. Q: What country makes you shiver?
A: Chile
10. Q: What kind of eggs does a wicked chicken lay? A: Deviled eggs.

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.artabranches.net.

- Ron Thompson, HARTA President

Steppin' Out Highlights

Toward to end of each April the Calgary Retired Teachers' Association (CRTA) presents the Steppin' Out Conference. The conferences begins with a banquet, keynote speaker and entertainment to follow. Below please find details of some of the sessions offered during the CRTA's most recent conference on April 26,

2024.

Keynote Speaker— Darrel Janz

Darrel's broadcasting career began at CFAM Radio in Altona, Manitoba, in 1962. He did both radio and television in Moose Jaw, Saskatoon and Montreal from 1963 to 1972.



In 1972 he joined CFPL-TV in London, Ontario and a year later accepted an offer to join CFCN-TV as its senior news anchor. From 1973 to 1987 Darrel anchored the CFCN-TV 6:00 and 11:30 P.M. local newscasts. From 1987 to 2010 he co-anchored the 6:00 P.M.

news, first with Michelle Hogan for two years and then with Barb Higgins for twenty-one years.

Darrel trained as a teacher at Saskatchewan Teachers College and put that training to good use as a Broadcast Journalism instructor at SAIT for eleven years and Mount Royal College for fifteen years. He has worked with dozens of his former students over the years and is proud of their achievements.

From 2010 to 2013 he co-anchored the weekend 6:00 P.M. news and began doing a weekly feature entitled "Inspired". On December 29th, 2013 he anchored his final newscast but continues to enjoy the Inspired feature.

A Century of Radio

Bob Pearson gave us a brief outline of the history of radio. V W Grant, the first owner of CFCN radio, operated various experimental radio stations

in the Calgary area. His first experiment was a station in High River in 1921.

In the Spring of 1922, the Calgary Herald newspaper started CFAC. The station first operated at a power of 100 watts broadcasting power.

The Canadian National Railway operated the first radio network in Canada. The CNR provided headphones in their observation cars as the trains travelled across Canada. These headphones allowed passengers to listen to programs while viewing the landscape while traveling in the train. On Dominion Day 1927 the network broadcasted a program celebrating Canada's 50 years as a nation.

Bob related many stories in the development of radio in Canada from the start of radio in 1922 right to the present. His session was packed with stories in the history of Canadian radio.

Strategies for Family Tree

Tara Shymanski's session was a workshop dedicated to helping people interested in researching their family tree. Her first suggestion in starting your research is to start with your family. Some of the resources you may have are family members, birth, marriage and death certificates, obituaries, tombstones, and land records. As you do your research keep track by keeping a research log and note what information is missing. Genealogy software can be helpful in helping to keep your research organized. Some helpful hints in keeping your research organized are:

- File immediately.
- Plan your research.
- Use Census information thoroughly.
- Search all the records.

- Use other family trees judiciously
- Connect with distant cousins.
- Use DNA.

The above session was very helpful in giving me a start in developing my family tree.

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

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 Contacts 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



Early summer pictures, 2019

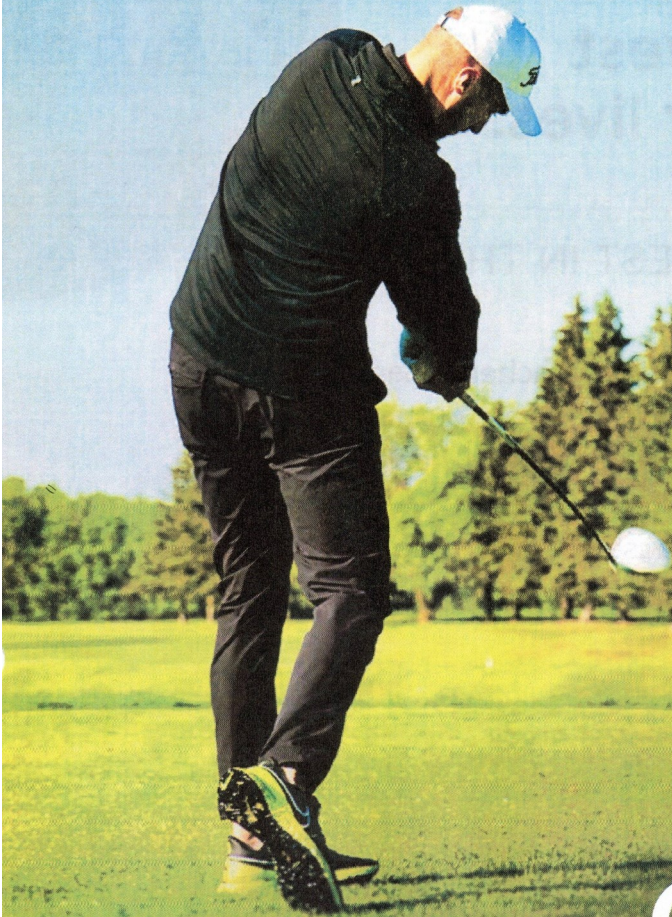
ARTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness, and leadership.

Pictures from HARTA's Mini-Conference, May 9th, 2024



Photos Courtesy of Laurie Semler

ARTCF ALBERTA RETIRED
TEACHERS CHARITABLE
FOUNDATION

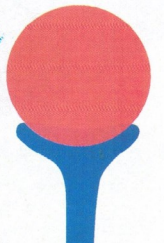


Charity Golf Classic

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