



Heartland
Alberta
Retired
Teachers'
Association

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

Publisher: Ron Thompson

Volume No. 12

Issue No. 10 July 2024

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. Doors open at 10:00 AM, event starts at 10:30 AM. Gary Sawatzky's presentation is at 12:30 PM.**
- **Thursday, September 26, 2024 1:30 PM, First Wetaskiwin United Church, Event details TBA.**
- **Thursday, October 17, 2024, 10:00 AM to 2:00 PM Drayton Valley's Mini—Conference. More details to be announced at a later date.**
- **Watch for other events as they are posted in later editions of this newsletter: September 2024; Wetaskiwin. October 2024, Drayton Valley; November 2024; Leduc**
- **Watch for the tentative 2024 – 2025 Schedule in the next issue of this newsletter..**

From the President

September 13th marks the date of HARTA's AGM. The AGM will take place at St. David's Unit-

ed Church, starting at 10:30 AM. Doors will be open at 10:00 AM. For this year, there will be no charge for the lunch. Membership renewals are \$10.00 per year. If you're a new member, membership is \$10.00 for the first two years. Following the lunch, at 12:00 PM, Gary Sawatzky, or a member of his staff will give an overview of the changes in ARTA's benefit plans as of November 1st, 2024. Please let your retired colleagues know about Gary's presentation and the AGM. It's a great time to renew old friendships and make new ones. Hope to see you on September 13th. Have a great summer.

Ron Thompson — HARTA President

ARTA Retreat Highlights

ARTA's Retreat and Board of Directors Meeting took place at Pomeroy Kananaskis Village in Kananaskis from Monday, May 27th to Thursday, May 30th. The week began with a banquet for the Board of Directors on Monday, May 27th. The Board of Directors met from 9:00 AM to 4:00 PM on Tuesday, May 28th. The delegates to the retreat were invited to a banquet and welcoming activities after the meal. There were four guest speakers as well as a wellness activity.

Dr. Bill Gibson

Dr Bill Gibson graduated from the University of Sheffield Medical School in 2001, and undertook

higher specialist training in general internal medicine and geriatrics in South Yorkshire, UK. He undertook a research fellowship and PhD in urinary incontinence at the University of Alberta from 2013, and was appointed assistant professor of geriatric medicine at the University of Alberta in 2017. He is a staff geriatrician at the University Hospital in Edmonton and provides a specialist outpatient continence clinic at the Glenrose Hospital.



Two topics Dr. Bill dealt with were, deprescribing, and different ways of aging. He elaborated on the various ways that we age. Among the many ways are chronological aging, biological aging, psychological aging and social aging. The above forms of aging, with the exception of chronological aging, vary according to the individuals involved. As medicine has relieved various diseases the human life span has increased. The result is people are living longer and conditions that once were terminal such as diabetes, are now controllable.

With regard to deprescribing, Dr. Bill reminded us that it is important to review with our family doctor or pharmacist the medicines we are currently taking to be sure they are still needed. As we age the need for a certain medicine may change.

Carl Honoré: How to Age Better and Feel Better About Aging

Carl Honoré is a Canadian journalist, bestselling author, broadcaster, and the voice of the Slow Movement. His two main-stage TED Talks have racked up millions of views. His TED Course is entitled *How to slow down*. He travels the world to deliver powerful keynotes that



put time and tempo in a whole new light. His counter-intuitive message is simple but game-changing: To thrive in a fast world, you have to slow down.

Brian Keating "Cold Leadership" & Adapting to Change

Brian Keating is a naturalist, speaker, author, and radio & TV host. In his previous



role at the Calgary Zoo, Brian helped raise funds to support environmental projects around the world. He is also a former Adjunct Assistant Professor of Anthropology at the University of Calgary. Presently, Brian is the Zoo's Honorary Conservation Advisor to their outreach efforts, and the co-director of the website www.greatBIGnature.com.

Brian's session recounts the experiences of Ernest Shackleton in his two ill-fated polar journeys to Antarctica. Shackleton's diaries relate how he kept his crew's morale in spite of the crises they lived through.

Christine Dernerlander: Guiding the Transition: Empowering individuals to Embrace Natural Change

Christine Dernerlander, is a down-to-earth humanitarian who has worked the

front lines and is not afraid to be real in the field of grief, trauma, and bereavement.



Christine holds a certification in Bereavement Trauma with the American Academy of Experts in Traumatic Stress,

and is a Certified Trauma Services Specialist with the Association of Traumatic Stress Specialists. Christine is a member of the Toronto International Coaching Federation and the International Association of Coaching, holding a Practitioner certification.

In 2023, Christine worked alongside Indigenous communities and reserves in creating and facilitating full-day grief camps. Through this collaboration, a publication and facilitator training camp was released: *Camp 5.0.A.R. - Spirits Our Ancestors Rekindled*. As a Toronto International Coaching Federation member, Christine offers professional coaching, writing, and speaking for clients including corporations, small businesses, individuals,

Wellness Activities

As well as the above speakers the retreat also featured two Wellness activities. As an icebreaker, the retreat participants were divided into teams. These teams were given a series of tasks to achieve in a certain time. Teamwork was also a goal of each activity. The activities were graded by the team leading the events. After the events were graded, a winner was chosen and the team members were each awarded a medal. The activities had the added advantage that the participants became more

familiar with the location of the various facilities on the retreat campus.

A second wellness activity was the walk to a nearby stream. The participants were driven to the beginning of the path. From the parking lot they walked to the falls. There were two falls located one above the other. The participants all reached the first falls. At that point, half the participants went back along a different path to the parking lot. The second group continued to the second falls then returned to the lodge. I have included a few pictures from the retreat after the articles in this newsletter.

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. Q: Why don't computers eat anything?
A: They don't like what's on their menus.
2. Eating a clock may seem like a good idea, but it's time consuming.
3. I used to run a donut shop, but I got tired of the hole business.
4. Principal: "This is the fourth time you've been in my office this week."
Student: "Well, I guess I'm glad it's Friday."
5. The moon saves money by cutting its own hair. How? Eclipse it.
6. Show me a man with braces on his teeth and I'll show you a man who puts his money where his mouth is.
7. Why couldn't the archeologist get promoted? His career was in ruins.
8. First monster: Are the monsters in your town ugly? Second monster: Last year we held a beauty contest and no one won.
9. That poor piece of paper pinned to the wall! It was under a tack.
10. Q: What do you call a knight who just lost a fencing match? A: A sword loser.

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 Westaskiwin 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

A New Creation Story

The story below was received from Robin Stuart by email. It is a humorous comment on the general state of affairs in North America today. Enjoy.

1. In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.
2. Then using God's great gifts, Satan created Ben and Jerry's Ice Cream and Krispy Crème Donuts. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "and as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.
3. And God created the healthful yogurt that Woman might keep the figure that Man

found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.

4. So, God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.
5. God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight, and his cholesterol went through the roof. God then created a light, fluffy white cake, named it "Angel Food Cake" and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."
6. God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.
7. Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy centre into chips and deep-fried them. And Man gained pounds.
8. God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheeseburger. Then said, "You want fries with that?" And Man replied, "Yes! And super-size them!" And Satan said, "It is good." And Man went into cardiac arrest.
9. God sighed and created quadruple bypass surgery.
10. Then Satan created Cuts to the Health Care System. Amen.

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 Streshaw: 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 mayopro prospector@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



Retreat pictures



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



A Branch of ARTA



Zoom Annual Licence Funded by ARTA

**You're Invited to
HARTA's AGM**
**ARTA Benefits
Presentation by Gary
Sawatzky to follow.**
 The in-person meeting will
 be at St. David's United
 Church, **AGM at 10:30**
Lunch to follow. The
AGM and Gary's
Presentation will also be
available online.



email:
rnthompson102@gmail.com
(r n thompson) phone:
(780) 986-8349

Friday, Sept, 13th, 2024, 10:30 AM
Doors open at 10:00 AM
Annual Membership \$10.00
Lunch, no charge, per person
(Membership \$10.00 for two years for new retirees.)



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