



Heartland
Alberta
Retired
Teachers'
Association

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

Publisher: Ron Thompson

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September 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. See further details in this newsletter.**
- **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 United 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

HARTA's AGM Details

HARTA's AGM will take place at St. David's United Church as indicated in my president's report. The agenda has been circulated by email and will be included with this newsletter. Briefly, it is as follows:

10:00 to 10:30 AM Doors open
10:30 to 10:45 AM Call to order, Minutes from the last AGM, Elections,
10:45 to 11:15 AM Other business of the meeting
11:15 AM The AGM concludes. All times indicated are approximate. The plan is to finish the AGM before 11:30. A light lunch will follow. At 12:30, Gary Sawatzky or one of his staff give an update re: the ARTA Benefit Plans. Please plan to attend this gathering to get the latest update on these ARTA Plans.

Below please find the slate of candidates for the 2024-2025 HARTA Executive.

President: Ron Thompson
 VP Leduc: Elaine Merriman
 VP Wetaskiwin: Bob Silverthorne
 Drayton Valley Rep. To be chosen at the next D.V. event.
 Secretary: Janice Storeshaw
 Treasurer: Connie Dublenko
 Membership Lawrence Dublenko

ATA Local Liaisons: To be assigned at or before the next HARTA Executive Meeting
 Other nominations from the floor are welcome.

Wetaskiwin Game Afternoon, Thursday, September 26th

The Wetaskiwin HARTA Activity will take place on Thursday, September 26 at First Wetaskiwin United Church, 5115 — 51st Avenue in Wetaskiwin. The event will take place from 1:00 to 3:00 PM. Please bring your yearbook from either Junior or Senior High or pictures from your childhood. Desserts and beverages will be served. The afternoon will feature memories from our childhood as well as cards games or board games. Bring your favourite board game or a deck of cards and join us for an afternoon of laughter, dessert, and games.

HARTA's Drayton Valley Mini-Conference

The Drayton Valley members of HARTA will host their Mini-Conference at the Day's Inn in Drayton Valley on Thursday, October 17th. The day will consist of two presentations, one at 10:30 AM followed by lunch with the second presentation to follow.

The first Speaker, Donna Erickson, who is a bereavement grief facilitator, whose most recent adventure has her at the mic as a standup comic. She has worked in various health-care roles since 1999. Donna is committed to life-long learning and holds a number of certificates and designations. Her most recent adventure has her at the mic as a standup comic. She lives in Sherwood Park with her beau, Rick Walker.

Our second speaker is Natalie Cameron, who started her journey with yoga 20 years ago. She took her first teaching training (of many) 15 years ago and has been teaching ever since. She has accumulated over 2000 hours of training in many different styles and opened her studio Affinity Yoga Centre in 2017. Natalie is always in pursuit of what will help people most and loves to continue to learn. The joy her students and this practice brings her is truly a blessing.

Please save the date, Thursday, October 17th. More details regarding the Drayton Valley Mini-Conference will follow as they are known.

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: A 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. HARTA's editor can be reached at:

r_n_thompson102@shaw.ca

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: What kind of flowers are never given on Valentine's Day? A: Cauliflowers.
2. I'm afraid for the calendar. Its days are numbered.
3. I used to run a donut shop, but I got tired of the hole business.
4. Q: What do you call having your grandma on

speed dial? A: Insta-gram.

5. Q: How do trees access the internet? A: They log on.
6. Q: Why did the computer sneeze? A: It had a virus.
7. Q: What did the paper clip say to the magnet? A: I find you very attractive.
8. Q: Why do Canada Geese fly to their choice of destination? A: It's quicker than walking.
9. Q: Why did the barber win the race? A: He took a short cut.
10. Q: What do you get when you cross a thought with a light bulb? A: A bright idea.

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

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 Key-note speaker. 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.

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

Drayton Valley Contacts. To be decided

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

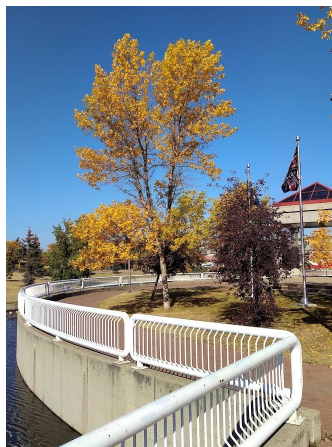
- To carry on social activities, enabling our members to maintain contact with their colleagues.
- To provide information to our members about the resources available through the Alberta Retired Teachers' Association. (ARTA) and other sources.

HARTA's Website

www.artabranches.net/harta

For Drayton Valley, please go to the Facebook page:

Drayton Valley Retired School Staff



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



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



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
(Membership \$10.00 for two years for new retirees.)



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA

ARTA
ALBERTA RETIRED
TEACHERS' ASSOCIATION

**HARTA's Wetaskiwin
Luncheon at Wetaskiwin
First United Church
5115 - 51st Ave. Wetaskiwin
Program:
Memories and Games
Afternoon, Bring your
deck of cards or a
board game and your
childhood memories.
Cost for dessert and
beverage \$5.00
No cost for new members
or guests.**



**email:
rnthompson102@gmail.com
phone:
(780) 986-8349**

**Thursday, September 26, 2024
Doors open 1:00 PM, Dessert at 1:30 PM
Activities at 1:00 PM
Membership \$10.00 Per Year
New retirees \$10.00 for the first Two Years**



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA

ARTA
ALBERTA RETIRED
TEACHERS' ASSOCIATION

**You're Invited
to HARTA's Fall
Mini-Conference
in Drayton Valley
@ the Days Inn in
the Oak Room
4302 - 50 Ave
in Drayton Valley
Donna Erickson,
Comedian
Natalie Cameron,
Yoga**



**email:
pambaker@telusplanet.net
phone:
(780) 621-7117
Pam Baker**

**Thursday October 17, 2024 Doors open 10:00
AM 1st presentation 10:30 AM,
2nd presentation 12:30 PM
Lunch & Beverage \$15.00 - 11:45 AM
Membership \$10.00 Per Year
New retirees \$10.00 for the first Two Years
Please RSVP by Oct. 10, 2024**