



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald
HARTA's Newsletter
of Branch Events
**The Drayton Valley
Mini-Conference
Edition**

Publisher: Ron Thompson

Volume No. 13

Issue No. 2

October 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.)**

- Thursday, October 17, 2024, 10:00 AM to 2:00 PM Drayton Valley's Mini—Conference. Updated info in this newsletter
- Thursday, November 21st, 2024, 11:00 to 2:00 PM, t. David's United Church, 4614 48th Street in Leduc
- Thursday, February 13th, 2025, St. David's United Church 4614 48th Street in Leduc, Luncheon & Program 11:30 AM to 2:00 PM
- Thursday, March 13th, 2025, Wetaskiwin United Church, Wetaskiwin 1:30 to 3:00 PM.
- Thursday, May 8th, 2025, HARTA's Mini-Conference in Leduc, St. David's United Church, 4614-48 St. Leduc, 9:30 AM to 3:30 PM
- HARTA AGM, Friday, September 19th, 2025, St. David's United Church, 4614-48 St. Leduc 10:30 AM and on Zoom.

Other Events may be announced as the
Information is available.

From the President

September marked the start of HARTA's program year. The list of confirmed dates of HARTA Events is featured at the beginning of this newsletter. One change to be noted is the in the cost of the Mini-Conference in Drayton Valley. The cost per person will be \$20.00 per person rather than \$15.00 as earlier advertised. The higher cost is due to higher than anticipated costs in hosting the conference. The article on preparations for the Drayton Valley Mini-Conference will give more details on presenters and meal arrangements.

HARTA's AGM Review

HARTA's AGM took place at St. David's United Church in Leduc. The agenda was circulated by email and approved as circulated. The slate of officers as approved is as follows:

President:	Ron Thompson
VP Leduc:	Elaine Merriman
VP Wetaskiwin:	Bob Silverthorne
Drayton Valley Rep.	To be chosen in Drayton Valley
Secretary:	Janice Streshaw
Treasurer:	Connie Dublenko
Membership:	Lawrence Dublenko
ATA Liaison Officers:	to be at the next Executive Meeting.

Motions passed:

- The signing authorities were updated.
- The event schedule was adopted as circulated with one change. The AGM will be held one week later on Friday, September 19th at 10:30 AM at St. David's United Church.
- Gary Sawatzky gave an update re: the ARTA Benefit Plans.

Other information re: the AGM will be available when the draft minutes are available. After the lunch was over, Gary Sawatzky from ARTA, gave an update on the changes in the ARTA Benefit Plans as of November 1, 2025. Due to the increased costs in the dental, general benefit, and travel plans there will be increases in all three plans. Plan holders will receive more information shortly about their individual plans. Watch for your information in the mail or on the ARTA Portal.

Wetaskiwin Activity Afternoon

The Wetaskiwin HARTA Activity took place on Thursday, September 26 at First Wetaskiwin United Church. We brought our yearbooks from Senior High and pictures from our childhoods. Desserts and beverages were served. The afternoon featured memories from our childhoods. Great conversations and reminiscences ensued. Our next HARTA Event will be in Drayton Valley.

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 total cost for the speakers and lunch will be \$20.00 per person. The price had to be adjusted because of the unforeseen costs.

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 chair 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.

HARTA's November Program Thursday, Nov. 21st

On Thursday, November 21st, Leduc will host the program. The event will consist of lunch, a short musical program of vocals on a Remembrance Day theme followed by a Christmas Carol Sing-Along. Afterwards, Janice Storeshaw and her husband, David Marriot will give a slide presentation on Egypt. Please join us on Thursday, November 21st for this event.

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 were sent to me by Robin Stuart.

1. I may not have lost all my marbles yet, but there's a small hole in the bag somewhere.
2. If a cookie falls on the floor and you pick it up... that's a squat, right?
3. I choked on a carrot this afternoon and all I could think was, "I bet a donut would not have done this to me."
4. My super power is holding onto junk for years and throwing it away a week before I need it.
5. I don't let my age define me, but the side effects are getting harder to ignore .
6. Do you ever feel like your body's "check engine," light has been on and you're still driving it like, "nah it'll be fine?"
7. We keep a potato masher in a drawer because sometimes it's fun to not be able to open that drawer.
8. The biggest lie I tell myself is, "I don't need to write that down, I'll remember it."
9. Saw a store that has a sign that reads, "We treat you like family!" Yup, NOT going in there.
10. It turns out that when asked who your favourite child is, you're supposed to pick one of your own. I know that now.

If you have jokes you'd like to share in the HARTA newsletter, please send them to the editor at rnthompson102@gmail.com.

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 at: r_n_thompson102@shaw.ca. It would be great to get more submissions from 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

Executive and Contacts for the 2024-25 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 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 mayoprospector@gmail.com

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.



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA

ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

Funded in part by ARTA

**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,
Chair Yoga**



**email: hamgs1@telus.net
phone: (780) 542-5146
Sandy Hamilton**

**Thurs. October 17, 2024, Doors open 10:00 AM
1st presentation 10:30 AM,
2nd presentation 12:30 PM
Registration & Lunch \$20.00 Members
\$25.00 Nonmembers
Membership \$10.00 Per Year
New retirees \$10.00 for the first Two Years
Please RSVP by Oct. 11, 2024**



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA



Zoom Annual Licence
Funded by ARTA

**You're Invited
to HARTA's Leduc
Luncheon & Zoom
Presentation @
St. David's United
Church, 4614 - 48 St.
in Leduc,
Janice Storeshaw
& David Marriot,
Egypt Travellogue**



email:
rnthompson102@gmail.com
phone:
(780) 909-8347
Ron Thompson

Thursday, November 21st 2024 11:30 AM

Doors open at 11:00 AM

Lunch & Beverage \$15.00

Membership \$10.00 Per Year

New retirees \$10.00 for the Two Years

Zoom Presentation at 12:30 PM

The presentation is free on Zoom