



Heartland
Alberta
Retired
Teachers'
Association

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

Publisher: Ron Thompson

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September 2025

A Branch of ARTA



HARTA's 2025 –26 Tentative Program Schedule

- HARTA AGM, Friday, September 19th, 2025, St. David's United Church, 4614-48St. Leduc 10:30 AM.
- HARTA Wetaskiwin Luncheon, First Wetaskiwin United Church, Thursday, October 16, 2025, Program, Fraud Issues.
- HARTA Leduc Luncheon, Thursday, St. David's United Church, November 20, 2025. Program, Insurance Concerns.
- HARTA Events for 2026: February 19, March 19 and the Mini - Conference in Leduc, Thursday, May 14, 2026.
- The HARTA AGM is tentatively scheduled for Friday, September 18, 2026.
- ARTA's Heart & Sole Walks—tentatively June 1st to 5th, 2026.

From the President

Earlier in July, I sent out the agenda for September's HARTA AGM. If you know any retired teachers in your area who are not already members of HARTA, please invite them to come as your guests to the AGM in September. There is no cost for the lunch. The first year of HARTA membership is free. Gary Sawatzky or his associate will give an update on ARTA's Benefit Plans. If you would like to learn more about the tentative plans for HARTA programs or to have advance awareness of the ARTA changes to the plans, please plan to attend the AGM and luncheon as well as listen to Gary's presentation.

HARTA's Executive Update

HARTA held its executive meeting at St. David's United Church on Monday, July 7th. The president will continue to represent the Drayton Valley until a new Drayton rep is selected by the Drayton Valley members. Ron will attend some of the Drayton group's breakfasts to keep in touch with this group of HARTA members. HARTA held seven events throughout the program year. Ron Thompson and Bob Silverthorne met with the Timberland ATA Local and shared information re: HARTA's activities. The president outlined the activities HARTA undertook during its program

year. AGM attendees will receive a copy of the President's report at the AGM. The Membership Report gave the active membership count as 57 members. The executive decided that we would try offering door prizes to everyone who registers for HARTA events. This registration will help us to know how many people will attend each HARTA event before the event takes place.

The AGM was confirmed as taking place on Friday, September 19, 2025 at St. David's United Church. The start time is 10:30 AM with the doors open at 10:00 AM. There will be no charge for the lunch following the AGM. After the lunch, Gary Sawatzky will update the HARTA members on the changes to the ARTA Benefit Plans. We look forward to seeing everyone at the AGM.

The HARTA Executive Slate

At the AGM, the slate of candidates for the 2025-2026 HARTA Executive was confirmed. **Other nominations for positions on the executive may be accepted and voted on at the AGM, Friday, September 19th.** The candidates so far are as listed below:

President	Ron Thompson
V. P. - Leduc	Elaine Merriman
V. P. - Wetaskiwin	Bob Silverthorne
Drayton Valley Rep	Ron Thompson (until a new D.V. Rep can be recruited.)
Secretary	Janice Storeshaw
Treasurer	Connie Dublenko
Membership	Lawrence Dublenko

Plans for Luncheons in October and November

There will be luncheons in October and November. The October luncheon will be held at the First United Church in Wetaskiwin on

Thursday, October 16. The subject for the October event tentatively is fraud prevention. In November, the HARTA Luncheon will take place on Thursday, November 20 at St. David's United Church. The November presentation will be about insurance concerns. Laurie Bauer from Orbit Insurance will be the presenter. When the final arrangements are confirmed, the final details will be released in the next HARTA newsletter.

Is Your HARTA Membership Up-To-Date?

In late November of each year, HARTA receives a subsidy cheque from ARTA, 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 to the ARTA office. HARTA's yearly subsidy is based on the number of paid up ARTA members who are retired Alberta teachers who are eligible for an Alberta teachers' pension and who are members of HARTA. If your membership is due for renewal, you can renew it at a regular HARTA meeting, by sending an e-transfer to: rnthompson@shaw.ca, 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. If you are 80 years of age or older and your HARTA membership is paid up, you are considered a life-time member. You no longer need to pay membership fees. Please let us know when you celebrate your 80th birthday so we can change your membership status.

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 mostly from the Coffee News.

1. Q: What type of bird should you never take to the bank? A: A robin.
2. Customer: "Can I pick out a watch?" Sales Person: "Take your time."
3. Q: How do pigs say goodbye? A: With hogs and kisses.
4. I've always had an irrational fear of speed bumps, but I'm slowly getting over it.
5. People are making end-of-the-world jokes like there is no tomorrow.

6. Q: What do you get when you cross a turtle with a porcupine? A: A slowpoke.
7. Q: Why did the turtle cross the road? A: To get to the Shell station.
8. Q: What do you call a turtle who takes up photography? A: A snapping turtle.
9. Q: What did the turtle say to the taco? A: My shell or yours?
10. Q: Why can't a turtle eat food from McDonald's? A: Because a turtle is too slow for fat food.

If you have jokes you'd like to share in the HARTA newsletter, please send them to the editor at r_n_thompson102@shaw.ca.

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. Contact Ron T. or any other member of HARTA's Executive to let us know that you'd like to help.

If you'd like to provide stories and other news for our newsletter, you could submit to your contribution 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. You can go to the Calgary Retired Teachers' Association website to view the Steppin' Out Conference details for this year. 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

Second Wind Update

Please see the letter from the Edmonton Retired Teachers' Association regarding the Second Wind Conference in September at the end of this newsletter. Also included is the registration form. More information is available at secondwindconference.ca.

Please Note: The speaker for the session "Music Therapy as a Tool for Health and Well-Being" is unable to do this session. It has been replaced with "Ring Those Bells - Experience the Art of Ringing" with Debbie Rice.

Session Description:

The art of ringing is an inclusive activity that lifts one's spirits. It involves navigating a sense of rhythm (can you count to 4?), some coordination skills and range of movement for arms and shoulders with no heavy lifting. Participants will engage in ringing hand chimes as beginners, exploring a variety of sounds while enjoying exploitive social interaction!

If you would like to attend, please confirm with me. Lynn Arnold

Registrar

Second Wind Conference 2023.

chair.secondwind@gmail.com

ARTCF Updates

Partnership Updates

There are 2 new grant recipients:

NorQuest College was awarded \$8,000.

The Calgary Chinese Elderly Citizens' Association was awarded \$13,000.

Bethany Care Foundation was awarded \$25,000. Karen Wilson will serve as the ARTCF representative for Operation Friendship Seniors Society and NorQuest College. Donna Crawford will serve as the ARTCF representative for the Calgary Chinese Elderly Citizens' Association.

The ARTCF Casino

The ARTCF will host a casino at the Grand Villa Casino in Edmonton on August 29 and 30, 2025. Group transportation to/from the ARTA office and the Hampton Inn & Suites will be provided to alleviate parking and safety concerns downtown. The application for the casino license is underway. A volunteer sign-up sheet has been created and will be shared with Edmonton and area members for volunteer recruitment. If you are interested in volunteering, you can sign up at: volunteersignup.org/7PQL7

Respectfully submitted,
Jim Allan
ARTCF 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.

Jewish Family Services of Calgary - Grant to support their programs

NorQuest College - Grant in 2025

The Calgary Chinese Elderly Citizens' Assn - Grant in 2025

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 Contacts for the 2024-25 Program Year

Ron Thompson: President & ARTA Branch Rep
(780) 986-8349 rnthompson@shaw.ca (r n thompson)
r_n_thompson102@shaw.ca (HARTA correspondence)

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.peachhills@gmail.com

Drayton Valley Contacts. Ron Thompson is the
temporary contact.

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

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.***



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A Branch of ARTA

ARTA
ALBERTA RETIRED
TEACHERS' ASSOCIATION

You're Invited to HARTA's AGM

**ARTA Benefits
Presentation by Gary
Sawatzky to follow.**

**The meeting will be at St.
David's United Church,
AGM at 10:30**

Lunch to follow.

**Register early by email
to receive a door prize
during the AGM.**



email:

**rnthompson@shaw.ca
(r n thompson) phone:
(780) 986-8349**

Friday, Sept, 19th, 2025, 10:30 AM

Doors open at 10:00 AM

Annual Membership \$10.00

Lunch, no charge

(First year membership free for new members.)

ERTA Travel Group Special News



Dear HARTA Members,

I hope this E-Note finds you well and that you are enjoying the final days of spring as we at ERTA get ready for our 11 June Summer Luncheon.

The following message is brought to you on behalf of our President, Ed Butler.



The ERTA Travel Group with the assistance of Julie Bekdashe of Paull Travel has arranged for two incredible ravel adventures. One trip goes to Chile and Argentina (March 6 to 15, 026) and the other goes to Namibia and South Africa from October 14 — 30, 2026.

Both trips have the opportunity to add to the adventure, but this is optional on an individual basis. Full details of each trip are posted on the website of the Edmonton Retired Teachers under the Events - Travel Group tab.

For the South American trip, 16 seats are being held for the ERTA group until July 30, 2025, and 20 seats for the African tour until February 8, 2026

We are also extending these opportunities to retired teachers and spouses from our neighboring Branches (EIRTA, HARTA, PARTA, and STARTA)

If you have questions, you can contact Julie Bekdashe whose contact number is on the flyers or you can email edmontonretiredteachers@gmail.com and it will be forwarded to a member of the organizing ERTA Travel Group.

We hope you will join us as we undertake this new adventure.

Sincerely,

Ray Roy, ERTA Webmaster

Edmontonretiredteachers.org



[Home](#) [Schedule](#) [About](#) [Speakers](#) [Photos](#) [Contact](#)

Wellness Conference

[Register Now](#)

Welcome to the *Second Wind* Health & Wellness Conference Website



Once again, a dedicated group of retired teachers is putting together *Second Wind*, the premier health and wellness conference for retirees in the Edmonton area!

Participants will enjoy free parking and start their day with a morning coffee, a muffin and fruit. Exchange a jigsaw puzzle and pick up your swag bag. Enjoy a full day with an inspiring keynote address, engaging and informative speakers, a sumptuous lunch (with pyrogies!), senior-oriented exhibitors and local craftspeople, dozens of draws for attractive door prizes, and a chance to unwind and chat at the end-of-day Wine Down.

Bring a friend and join us for *Second Wind's* 12th health and wellness conference at the Chateau Louis Conference Centre!

Circle the date on your calendar:
September 11, 2025.

Second Wind's outstanding program is featured on this website, and registration is NOW OPEN.

Save \$25 and register by July 31st for the EARLY BIRD rate of only \$95!



Health & Wellness Conference for Retirees

Chateau Louis Conference Centre
11727 Kingsway, Edmonton, Alberta

September 11, 2025

secondwindconference.ca

Navigating the Future Conference Registration Form

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

*Email Address _____ Phone No. _____

*This information is required for confirmations and correspondence – We do not share or sell registration information. We will be emailing or posting ALL confirmations. Receipts will be made available on the day of the conference (with your name tag).

NB: For your registration to be processed expediently, all fields must be completed.

Are you an ARTA Member? ☒ Yes ☐ No Are you a retired teacher branch member? ☐ Yes ☐ No

If yes, which branch(es)? ☐ EIRTA ☐ ERTA ☒ HARTA ☐ PARTA ☐ STARTA ☐ Other

Are you an affiliate ARTA Member? ☐ Yes ☐ No

If yes, to which affiliate organization do you belong? _____

Conference Registration Fee: An Early Bird Fee of \$95 ends July 31, 2025. Fees mailed must be postmarked on, or before that date. After July 31st, the Regular Conference Fee is \$120.

Payment Options: Enclose with this registration a Cheque/Money Order made payable to: *Second Wind Conference*. Please, no post-dated cheques.

Mail to: Lynn Arnold, 112 Sullivan Drive, Kimberley, BC V1A 0A7

E-transfer the registration fee and email registration form to secondwindregistrar@gmail.com.

Cancellations: A \$20 processing fee will be charged. No refunds after August 10, 2025.

Your registration is not complete until payment has been received by the conference registrar.

Please share how you learned about *Second Wind*: _____

If you have special dietary needs, please specify: _____

Conference Program

Program details are provided on the conference website at <https://secondwindconference.ca/schedule>

Your Speaker Preferences

To help us predict possible audience numbers for each presenter and schedule them into suitably-sized rooms, please browse the descriptions of speakers and topics posted on the "[Speaker](#)" and "[Schedule](#)" pages of the [Second Wind website](#) and **indicate your speaker preferences below**. Thank you for doing this.

		<i>1st preferred session</i>	<i>2nd preferred session</i>
10:45 – 11:45 a.m.	Session 1		
1:00 – 2:00 p.m.	Session 2		
2:30 – 3:30 p.m.	Session 3		

PLEASE NOTE: By indicating your preferences, you are **not pre-registering** for a particular speaker session. Owing to room sizes and fire regulations prohibiting crowding, we cannot guarantee a seat for all those interested in attending a particular presentation.

To help reduce our conference energy footprint, please bring your own **refillable water bottle**. Refillable coffee mugs are not permitted.

Questions? Please contact the Registrar by e-mail at secondwindregistrar@gmail.com.

Please **SAVE A COPY** of this form for future reference.



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ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

**HARTA's Wetaskiwin
Luncheon at
Wetaskiwin First United
Church
5115 - 51st Ave.
Wetaskiwin
Fraud**

Awareness

**Cost for lunch \$10.00
per person, no cost for
new members or
guests.**

More details TBA



**email:
rnthompson@shaw.ca
phone:
(780) 986-8349**

Thursday, October 16, 2025

Doors open 11:00 AM, Lunch at 11:30 AM

Program at 12:30 PM

Membership \$10.00 Per Year

New members free for the first year.



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ALBERTA RETIRED
TEACHERS' ASSOCIATION

**HARTA's Leduc Luncheon at
St. David's United Church
4614 - 48 St. Leduc**

**Program:
Auto and General
Insurance
Information**

**Speaker: Laurie
Bauer**

**Cost for lunch \$15.00
per person, no cost for
new members or
guests.**



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**email:
rnthompson@shaw.ca
phone:
(780) 986-8349**

Thursday, November 20, 2025

Doors open 11:00 AM, Lunch at 11:30 AM

Program at 12:30 PM

Membership \$10.00 Per Year

New members free the first year.