



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

Publisher: Ron Thompson

Volume No. 14

Issue No. 2

October 2025

A Branch of ARTA



HARTA's 2025 – 26 Program Schedule

- 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 February Luncheon, Thursday, February 19, 2026. St. David's United Church, Leduc Program TBA.
- HARTA March Luncheon, Thursday, March 19 Frist United Church in Wetaskiwin. Program TBA.
- HARTA's Mini - Conference in Leduc, Thursday, May 14, 2026. at St. David's United Church.
- The HARTA AGM is tentatively scheduled for Friday, September 18, 2026 unless the date needs to be changed by unforeseen events.
- ARTA's Heart & Sole Walks—tentatively June 1st to 5th, 2026.

From the President

HARTA held its AGM on Friday, September 19th. More details on HARTA's AGM will follow later in this newsletter.

This newsletter is being published after the rejection of the latest teachers' contract offer. Bob Silverthorne and I attended the Timberline ATA Local's June council meeting. At this meeting, participants were encouraged to take a sign and place it in a prominent place. (See the picture below)



HARTA members who would like a sign could contact the president of the closest ATA local in your area and enquire about the availability of a sign. A list of the presidents and their email addresses follows below:

Timeline ATA Local: Mike Wheeler

mike.wheeler@timberlineteachers.ca

Wetaskiwin ATA Local: Patrick Granger:

p.granger770@gmail.com

St. Thomas Aquinas Catholic ATA Local:

Jean Porter: atalocal45president@gmail.com

Black Gold ATA Local: Kim St. André:

president.ata.8@gmail.com

Hopefully, by putting out some of these signs we can make our concerns known to the Provincial Government and give support to the teachers.

HARTA's AGM Review

HARTA's AGM on Friday, September 19, had the following results. The HARTA Executive is as follows:

President	Ron Thompson
V. P. - Leduc	Vacant
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

Janice Storeshaw will be the Liaison Officer between HARTA and Blackgold and Star Catholic ATA Locals. Bob Silverthorne will be the Liaison Officer between HARTA and Timberline and Wetaskiwin ATA Locals.

HARTA will be looking a replacement for VP Leduc for the 2025-26 program year.

The budget for the 2025-26 program year will fund the luncheons in Leduc and Wetaskiwin as well as the mini-conference. The budget also includes three executive meetings. (Two of these are included with the Leduc Luncheons in

November and February.) The events listed at the beginning of this newsletter, were approved. This includes the HARTA AGM at St. David's United Church on Friday, September 18, 2026.

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. Bob Silverthorne is working with the Wetaskiwin RCMP to provide a speaker for the October Luncheon.

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 Alberta retired teachers with 5 years or more of teaching experience for a board in Alberta as well as being a HARTA member 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. (During the mail strike please phone the president to work out possible work-arounds for getting a check to HARTA. My phone number is (780) 986-8349. Please leave a voice mail message on my phone.) 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 lifetime 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. Please also confirm your ARTA status with ARTA. (if you have an ARTA Benefit Plan, you do not need to verify your membership. Your yearly membership fee is included in your ARTA Plan.)

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.

Second Wind Takeaways

On Thursday, September 11, Linda and I attended the Second Wind Conference at the Chateau Louis Conference Centre in Edmonton. I have inserted some information gleaned from the conference for the information of HARTA's membership. The Keynote started the conference. Below please find a short bio of the speaker and a brief description of some of her comments re: aging well.

Keynote Details

Aging Well in the Fourth Industrial Revolution

Presented by Dr. Lili Liu, PhD



Lili Liu is a professor in the School of Public Health Sciences and dean of the Faculty of Health at the University of Waterloo. She maintains an externally funded research program that focuses on acceptance and adoption of technologies by older adults, their care partners and health care professionals.

As an occupational therapist, Dr. Liu engages with community organizations, as well as policy and decision makers. Alzheimer Societies, police services; search and rescue, dementia advocacy and caregiver associations, nationally and internationally, are partners in her research program.

As an AGE-WELL network investigator, Dr. Liu's current research program examines the applications of technologies and other innovations to mitigate risks of going missing among persons living with dementia. AGE-WELL is Canada's technology and ageing network, a federally funded Networks of Centres of Excellence (NCE) program, aiming to accelerate the delivery of technology-based solutions for older adults and caregivers (<https://agewell-nce.ca>).

Workshops We Attended

Senior Accommodations: Choices, Choices, Choices

Steven Krahn

This session, sponsored by Chartwell Retirement Residences, explores all levels of senior living in Alberta, including the pros and cons of aging in place (seeking homecare and renovations to your home), both independent living and independent supportive living in a retirement residence as well as type A care and type B care with Alberta Health Services

New & Future Life for Old Family Photos

John Chalmers

We all have precious old family photos, many without negatives, and many that need repairing or restoring. John demonstrated repairing, restoring, reproducing, and conserving for future generations, and even adding colour to black and white photographs.

Women's Heart Health

Dr. Colleen Norris

Dr. Norris shared her considerable knowledge about the importance of learning how women's heart health is different. This

year's session will focus on how sex hormones and gender factors impact women's health as they journey through reproductive aging.

Shifting Focus: Your Eyes Throughout the years

Dr Rochelle Hudson □

Have you ever wondered why the print on packaging has become so small? Sponsored by IRIS Visual Group, Dr. Hudson spoke about eye aging as well as discussing various types of glasses and how they help your visual needs. She also described how to keep your eyes healthy and different eye diseases to watch out for.

Open the Shutters: Nature Photography for Better Mental Health

Shane Turgeon

These days our mental health could use a little breathing room. We joined Canadian Geographic Photographer of the Year Shane Turgeon as he touched on his favourite nature photography styles, and how and why photography has become a major part of his mental health toolbox.

Linda and I spent a very enjoyable day, on Thursday, September 11th taking in the above sessions at the Second Wind Conference in Edmonton. If you enjoy learning from different sessions at a one day conference, you might enjoy attending the Second Wind Conference next year in Edmonton. Watch for it next September, 2026 .

Ron Thompson—HARTA Editor

Humour Corner

The following jokes are mostly from the Coffee News.

1. A duck walks into a pharmacy and asks if they have any lip balm. The cashier says

yeas. That will be \$2.00. The duck says, "Put it on my bill."

2. Knock! Knock! Who's there? Esther. any cranberry sauce?
3. Q: What vitamin will sting you? A: Vitamin Bee.
4. Golf is a lot like taxes: you drive hard to get to the green and wind up in a hole.
5. My first job was in an orange juice factory. They fired me because I couldn't concentrate.
6. Teacher: "Where is the English Channel?" Student: "I don't know. Our TV only picks up local channels."
7. Where are dogs scared to go? A flea market.
8. A group of physicists is a "nucleus."
9. There was a tap on my door. My plumber has a weird sense of humour.
10. Diner: "Do you have lobster tails?" Waiter: "Certainly. Once upon there was a little lobster"

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.artabranched.net.

- Ron Thompson, HARTA President

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.

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!"

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)

Vice President Leduc **Vacant**

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.***

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



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA

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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.



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA

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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.