

South West Alberta Retired Teachers' Association

Box 2322 Lethbridge, Alberta T1J 4K8

March 2025 Newsletter

Editor: Terry Whitehead

swartacontact@gmail.com

Luncheon

Lethbridge Polytechnic (College)

Garden Court Restaurant

April 8th, 2025 @ 11:30 am

\$19.95 payable to the college at the door. Cash tips are appreciated.

Pick up parking passes at the door.

Please register at swartacontact@gmail.com by April 1st

Note: Executive meeting: 10:00 in the cafeteria.

May 8th – SWARTA AGM/Elections/Presentation/Lunch beginning @ 10 am at the Nord-Bridge Senior Centre. Presentation by Hearing Life

June – ARTA Wellness Walk TBA

June – Bus trip to Alberta Historic Sites if there is interest TBA

Districts will be announcing activities soon – please contact us if there is something you would like to see happening in your area.

From the President:



Terry Whitehead

Thank you to everyone for coming out to our September Breakfast in Paradise, October Information Session, and Christmas Social. It is so much fun to see everyone in attendance! I would like to take this opportunity to thank my wonderful executive for the time and effort they put in on a volunteer basis on your behalf.

Wendy has been with us for a few years and is amazing at keeping track of all our members and encouraging each of you to help us by paying your membership fees. Please pay fees by our deadline of July 1st by cash at events, money order or cheque to our SWARTA mailbox, or e-transfer to swartacontact@gmail.com. Your fees determine our representation at the ARTA AGM in October – all four of our ARTA Reps would like to attend but this year only two can go. You can pay for more than one year at a time.

John and Diane have joined us this year and come with lots of experience as treasurer and secretary so we are so grateful to have them on our team.

Sharon sends out cards and congratulatory notes to our members. Please let her know if anyone is in the hospital, having a special anniversary, or if a member has passed away. We feel sad when we lose one of our precious members.

Blair and Craig have been attending training sessions to help with presentations at the Teachers' Convention and other events if requested. They have become very professional in this capacity and we are grateful for their expertise.

Rod and Sharon have been attending training sessions about ARTA's ins and outs so they can answer your questions and give updates in the newsletters and our information sessions. Their knowledge is becoming very extensive and we are grateful for them.

Our District Directors are planning local events for you so please let them know if there is something you would like to see such as book clubs, walks, bike rides, quilting groups, etc. Thank you to **Doreen, Sharon, Vaughan, Dianne, and Natalie** for your work in this area.

We still need a Lethbridge District Director and a Social Director to coordinate between all the District Directors and help them in these important positions. Our AGM will be held in May so please attend and submit your name.

I am looking forward to seeing all of you at the Lethbridge Polytechnic for our luncheon, and thank you for your continued support! We would not be able to function as an association without you.

Terry Whitehead,
SWARTA President

Note: All executive members can be contacted through swartacontact@gmail.com. This email is checked daily.

Our Executive:

President: Terry Whitehead

Past President: Doreen Pawlowski

Treasurer: John Darroch

Secretary: Diane Shapcott

Membership Director: Wendy Brown

Member Outreach Director: Sharon Hatch

ARTA Specialists: Blair Lowry, Craig Whitehead

ARTA committees:

Pension and Financial Wellness: Blair Lowry, Craig Whitehead

Wellness: Terry Whitehead, Rod Lowry Benefit Plan Trust: Arlene Purcell

Health Benefits: Patty Atkinson

Branch Area Reps: Rod Lowry, Sharon Hatch

District Directors:

Holy Spirit: Vaughan Coupland

Horizon: Doreen Pawlowski

Livingstone Range: Dianne Yarmoloy

Westwind: Sharon Hatch

Palliser: Natalie Townshend

We are still looking for volunteers for the positions of Vice President, Social Director, and District Director for Lethbridge. If you are interested, please check our By-Laws on the SWARTA website under ARTA for position descriptions and contact us at swartacontact@gmail.com if you are interested or have questions. Note: all executive members may be contacted through swartacontact@gmail.com

Membership

Has your membership in SWARTA expired? Our membership year runs from July 1 to June 30. Please check your newsletter e-mail or mailing label for the year your membership expires. Membership fees are \$12 for individuals per year or \$17 for couples who are both retired teachers. Membership fees can be paid by cheque or money order addressed to SWARTA and sent by mail to SWARTA Box 2322, Lethbridge, AB T1J 4K8, or by e-transfer to swartacontact@gmail.com, or by cash or cheque at our events.

At age 85, members are eligible for Life Memberships and are exempt from dues. When you turn 85, please contact Wendy Brown through swartacontact@gmail.com or her personal email below.

New retirees get the first year of membership free. Your first year of membership in **ARTA** is also free but you must apply by calling the ARTA office. After the first year, membership is \$25/year payable to ARTA or is attached to your monthly dues if you have the ARTA Health Plan.

If you have not been receiving our newsletters and reminders by email, please send your email address to swartacontact@gmail.com

Wendy Brown
wendybrown45@gmail.com



The Barfacts:



Rod Lowry: ARTA
Branch Area Rep

Do you ever wonder what your SWARTA reps do? Here is some insight into the Branch Area Representative (B A R rep). B A R reps act as a representative for ARTA (Alberta Retired Teachers Association) in each of the branches. They serve as an information resource for current and future ARTA members on a local level.

You will see us at our regular activities and the Teachers' Convention at the SWARTA booth. We receive training and information from ARTA's staff and strategic partners. Our responsibility as BAR reps includes informing you and future teachers about our experiences as retired members of ARTA and giving information and updates about ARTA. SWARTA's BAR reps are me and Sharon Hatch. If you have any questions, we will do our best to find answers.

Upcoming Events:

It's tax season again.

Premiums & Claims statements will be available online for ARTA members by the end of February 2025. Log into your [MyARTA](#) account to download or print a copy of your statements.

Are you a photography enthusiast?

Submissions are officially open for **ARTA's 2025 Photo Contest!** The deadline for submissions is May 31st, 2025. This year's categories include Travel, Nature, Reflections, and Heroes. Winners will be featured in the Autumn 2025 edition of *News & Views Magazine*. For more contest details go to <https://www.arta.net/photo-contest>.



Sharon Hatch: ARTA
Branch Area Rep

Changes to the Freestyle Libre 2

The Freestyle Libre 2 system is now partially covered by Alberta Coverage for Seniors Program, with up to one reader covered every three years and 26 sensors covered each benefit year.

Insulin-dependent Albertans utilizing the Freestyle Libre 2 system will now have up to \$320 per year for all other diabetes testing supplies including needles, syringes, lancets, and testing strips, if eligible. This coverage year resets on July 1. While this coverage is not fully comprehensive, you can combine it with your ARTA Benefits to further reduce out-of-pocket expenses. Patients who found they were running out of coverage by September or October might find their combined Alberta Seniors and ARTA coverage will last the full year, or close to it.

Please note that ARTA requires proof of insulin dependency to cover Freestyle Libre sensors. If you have any questions about your coverage, don't hesitate to contact the ARTA Member Services team toll-free at 1-855-444-ARTA (2782).

Congratulations!

ARTA Volunteer of the Year Award

Craig has always believed in service. After serving a mission for the Church of Jesus Christ of Latter Day Saints in Quebec, he served as a member of the University of Lethbridge Senate, Budget Committee, and the Advanced Education Minister Advisory Committee. He has a passion for sports and refereed basketball for 50 years and rugby for 20 years. He was also a rugby referee coach. He has been the director and president of the Southern Alberta Senior Mens' Golf Association for the past 7 years and they have raised over \$21,000 for various local groups. He has also been a director for the Picture Butte Golf Course and was co-chair organizing the ARTA Golf Tournament in 2023, which raised \$4600 for the ART Charitable Foundation. He enjoys his positions as ARTA Rep for SWARTA and a member of the ARTA Pension Committee. "Service has always been an expectation in my family".



Presentation by ARTA Vice President Ray Hoger

In Memoriam

Delores Berte

Delores was born March 15, 1944, and passed away peacefully in Chinook Regional Hospital on Sunday, December 22nd, 2024 at the age of 80. She truly enjoyed many years of teaching at R.I. Baker Middle School. She loved seeing how her students progressed in their lives.

Albert Paskuski

Mr. Albert Paskuski of Lethbridge, beloved husband of Mrs. Jeanne Paskuski, passed away in his home on Saturday, February 1, 2025, at the age of 88 years. He taught at LCI, Fleetwood Bawden and Lakeview. He loved playing sports, coaching, and music and was active in the ATA. He also loved to laugh!

Ione Dergousoff

Ione, beloved wife of Jack Dergousoff, passed away peacefully Wednesday, November 28th, 2024 at the age of 92 years. She attended the Saskatoon Teacher's College. After moving to Lethbridge, she got a job at Buchanan School and met Jack whom she married in 1958. They then moved to Eastend, Saskatchewan where she taught for 10 years before moving back to Lethbridge in 1969. She enjoyed sorority, curling, computer, dancing, and traveling. She loved teaching computer and exercise classes at the Senior Centre.

