

South West Alberta Retired Teachers' Association

Box 2322 Lethbridge, Alberta T1J 4K8

August 2025 Newsletter

Editor: Terry Whitehead 403-315-9514

swartacontact@gmail.com

BREAKFAST IN PARADISE

*Paradise Canyon Golf
Club*

SEPTEMBER 4TH @
10:00 AM REGISTER
BY AUGUST 28TH

SWARTACONTACT
@GMAIL.COM

\$15/MEMBER OR
\$10/RETIREE

From the Executive:

Our annual breakfast will be held Thursday, September 4th, @ 10:00 am at the Paradise Canyon Club House. \$15/member (spouse or guest welcome for \$15), \$10/new retiree. Our special guest will be Dr. Lisa Starr, Dean of Education from the University of Lethbridge. We will be donating \$400 from SWARTA to be given to the Education Department. If anyone else would like to make a tax deduction donation of \$25 or more to the U of L at that time please let me know and we will call you up for a photo with the Dean!

We will be introducing our new retirees and new Life Time Members and will have door prizes and great conversation. Hope to see you there! Don't forget to register swartacontact@gmail.com

From the President:



Terry Whitehead

I am very excited for our 2025-26 year. Thank you to everyone for supporting SWARTA. Last year we had so many wonderful activities and presentations. Thank you to our District Representatives for organizing local activities. Our members appreciated having these activities in their local areas. We look forward to even more this year. If there are other activities that our members would like, please reach out to us. Thank you so much to our executive who work tirelessly on our behalf.

Note: Positions are still open for Vice President, Social Director and District Directors for Lethbridge 51 and Livingstone Range. If interested, contact me at swartacontact@gmail.com



As president, I was honored to be invited to the University of Lethbridge Brand Workshop in November, the Donor Celebration in March and the unveiling of the Blackfoot Mural designed by Dr. Hali Heavy shield (BA/Bed, Med, PhD) in January. I also met with the Dean of Education to discuss forming a panel of retired teachers to help student teachers. Let me know if you want to participate.

University of
Lethbridge



We passed a motion at the AGM to lower the age requirement for our Life Time Memberships. **We are proud to announce that the age has been lowered from 85 years of age to 80 years of age!** If you turn at least 80 by July 1st, 2025 and are not currently listed as a lifetime member, please contact Wendy Brown wendybrown45@gmail.com so she can change your status. Lifetime members get free membership for life.

Membership fees are due July 1st of each year. Your membership in both SWARTA and ARTA determines the number of delegates we can send to the ARTA AGM in October and the grant money from ARTA. We keep the fees minimal to ensure that everyone can afford the membership. We accept cheques or money orders sent to our mailbox as well as cash at our events or e-transfers to swartacontact@gmail.com.

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

Branch Area Reps: Rod Lowry, Sharon Hatch

ARTA committees:

Pension and Financial Wellness: Blair Lowry, Craig Whitehead

Wellness: Terry Whitehead, Rod Lowry

Health Benefits: Patty Atkinson

District Directors:

Lethbridge:

Holy Spirit: Vaughan Coupland

Horizon: Doreen Pawlowski

Livingstone Range:

Westwind: Sharon Hatch

Palliser: Natalie Townshend

We are still looking for volunteers for the positions of Vice President, Social Director, and District Directors for Lethbridge and Livingstone Range. 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 (first year is free).

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 80, members are eligible for Life Memberships and are exempt from dues. **If you turn 80 before July 1st**, please contact Wendy Brown through swartacontact@gmail.com or her personal email below. For your ARTA membership 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.

Wendy Brown
wendybrown45@gmail.com



From the Districts:

Westwind District: Sharon Hatch and the Westwind retired teachers attended the Dairy Queen followed by “The Unbreakable Boy” and later “Raising the Bar” at the Movie Mill. So fun!



Lethbridge District: Thank you to LCI and Principal Annette Fox-Bruised Head for inviting all the LCI retired staff to the end-of-year breakfast to honor the active teachers for years of service. It was wonderful!

Horizon District: Doreen Pawlowski and the retired horizon teachers went to Luigi's Pizza, Taber and they enjoyed it so much, they are meeting again in September!

Palliser: Natalie Townshend and the Palliser retired teachers met at Chef Stella in May and Natalie is in the process of planning this years events.

Holy Spirit: Vaughan Coupland invited all Holy Spirit retirees to meet at the Garden Court Restaurant for a wonderful meal.

Livingstone Range: Teachers met at the Nanton Golf Course for lunch and had a wonderful time visiting.



The District Directors are all busy organizing activities for the 2025-6 year. *** Note: If you would like to serve on a local committee to help plan local events, please contact the appropriate director through swartacontact@gmail.com. I am sure they would love to have some support from teachers with fun and exciting ideas!

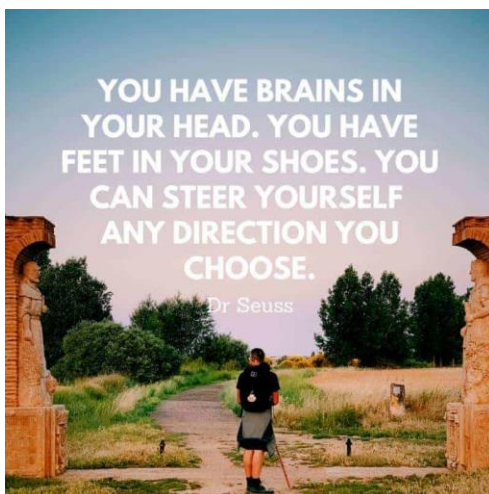


ARTA Wellness Walk

The walk was held June 3rd and the weather was perfect for walking! Thank you to ARTA for the hats. We were honored to have Blair Lowry's son and family from Sweden join us and had the youngest member ever on the walk!



HEART AND SOLE
WELLNESS WALK 



The Barfacts:



Summer is here once again, and it sure seems to keep us guessing. We've had sun, wind, rain, and even a tornado warning here in the south. With this summer comes some changes you should be aware of: the Alberta Government is making 2 significant changes to seniors' drug coverage and its immunization program.

First, "the Government of Alberta will be implementing some substantial changes to health care. The first change, which was announced on June 10, 2025, will be effectively reducing drug coverage for seniors by increasing co-payment maximums over a period of 10 months.

Second, "starting this fall, most Albertans who want to receive the latest COVID-1 vaccination will need to pay out of pocket. The estimated price is \$110 per dose. Alberta is still opting to provide COVID-1 vaccines for free to specific groups, including people in care homes or receiving home care, those with underlying medical conditions, Albertans living in congregate care settings, and people on social programs such as AISH. See the Alberta website for more information.

How can I advocate for the Government of Alberta to reconsider these decisions?

ARTA encourages members to write to their MLA using the steps provided in our Advocacy Toolkit (See the ARTA website).

Where can I learn more?

Stay tuned to news coverage and your inbox – ARTA will provide updates as they come in and share relevant information in the monthly *ARTAfacts* newsletter.

I haven't seen this covered in the news – how can I help spread awareness?

There are many ways you can help spread awareness on these issues, including:

- Sharing ARTA's Advocacy Toolkit with others and encouraging them to use their voices by writing to their MLA.
- Contacting your local media outlets to ask them for coverage on these topics.
- Posting online in community forums like Facebook groups or Reddit (r/Alberta).

Please note: When there are changes that may affect us, the Health Benefits Committee is informed. If they decide our plan needs to adapt to the changes, they will come up with resolutions that will be presented to the Board in August. The resolutions that are passed will be then presented to the members through *ARTAfacts* and emails in September or October, and the changes will come into effect November 1st.



The ARTA Health Benefits Committee's main role is to manage and approve the design of the Benefits Plans and to set rates on a yearly basis.

More Barfacts



Sharon Hatch: ARTA
Branch Area Rep

The mission of ARTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness, and leadership. The South West Branch of ARTA (SWARTA) needs your help in fulfilling the mission of ARTA. We would love to hear your thoughts and ideas on how to help everyone enjoy a healthy, active lifestyle post-retirement. We encourage you to consider actively supporting the activities and events we provide, as well as the leadership roles. We have vacancies in the following leadership roles: Vice President, Social Director, and District Directors for Lethbridge and Livingstone Range. If you are interested or have questions, please check our By-Laws on the SWARTA website under ARTA for position descriptions and then contact us at swartacontact@gmail.com

This is an opportunity to connect with like-minded individuals who share similar interests, needs, and backgrounds in teaching. It can be fun, enjoyable, and rewarding for yourself as well as for everyone in SWARTA.

Please consider running for an ARTA committee. The elections are held during the ARTA AGM October 8th in Edmonton. The following positions are available:

- President (1) • Vice President (1) • Treasurer (1) • Health Benefits Committee member (1) • Pension & Financial Wellness Committee member (1) • Strategic Planning & Advocacy Committee member (1) • Governance Committee member (1) • Communications Committee member (1) • Wellness Committee member (1)

If interested, please see the nomination package included in this email.

MEMBERSHIP APPLICATION FORM

If you have not yet registered or know someone who would like to join us, please submit the following information:

Please Print:

Surname: _____

Given Names: _____

Phone: _____

Mailing Address: _____

Last School District/Division: _____

Last School: _____

Email address not attached to school board: _____

I am or will be receiving an ATRF pension:

_____ Yes Date: (Mo/Yr) _____

_____ No

If your answer to above is NO, please indicate
affiliate membership qualification below (previous career):

Please detach this form and mail it to:

SWARTA
Box 2322
Lethbridge AB T1J 4K8

Or E-mail: swartacontact@gmail.com

Roasted Chickpea and Sauerkraut Power Bowl (Sara Otto)

Nourish your gut and support your microbiome with this vibrant salad that combines prebiotics, probiotics, and postbiotics in one delicious bowl.

Ingredients:

Roasted Chickpeas:

- 1 ½ cups (15 oz) chickpeas, precooked
- 2 tablespoons olive oil
- 2 tablespoons tamari
- 1 tablespoon date paste
- 1 teaspoon ground ginger

Salad Base:

- 3 cups mixed spinach and kale, chopped
- ½ cup sauerkraut, drained
- 2 cups mixed lettuce leaves
- 1 cup cherry tomatoes, halved
- 1 large carrot, grated
- 1 cucumber, diced
- 1 ripe avocado, sliced

Seeds & Toppings:

- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 1 tablespoon sesame seeds

Postbiotic Power Dressing:

- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon raspberry vinegar
- 1 teaspoon date paste
- ½ teaspoon Dijon mustard
- ½ teaspoon white miso paste
- Salt and pepper to taste



Instructions:

1. Preheat the oven to 400°F. Pat chickpeas dry and toss with olive oil, tamari, date paste, and ground ginger. Spread on a baking sheet and roast for 20-25 minutes until crispy and golden.
2. Whisk together olive oil, both vinegars, date paste, Dijon mustard, and miso paste until emulsified. Season with salt and pepper.
3. In a large bowl, combine spinach, kale, and lettuce. Add tomatoes, grated carrot, diced cucumber, and sauerkraut.
4. Top the salad with warm roasted chickpeas, avocado slices, and all three types of seeds. Drizzle with dressing just before serving.