

May 2021 MHADRTA Newsletter

Volume 4, Number 3

the President's message

Hello Everyone!

How our lives have changed since COVID-19 reared its ugly head fifteen months ago! The pandemic has created fear, anxiety, uncertainty and a whole lot of frustration. Many are asking: When will all this end? When can we get back to normal? What will normal look like once the restrictions are lifted? When will I be able to hold and hug my children and grandchildren?

As a group, we have not been able to meet and socialize. I have received many emails, and one of the most common statements is, "I really miss my MHADRTA friends!" I have

to concur. We have to see if this round of restrictions will actually reduce the number of positive cases in Medicine Hat.

I was being overly optimistic and was hoping there might be a possibility of holding a June meeting, but at the moment that does not seem to be realistic, practical or safe at this point.

I hear that many of you are reaching out to your former colleagues and friends by phone/text or perhaps you are going for an outdoor walk while practising social distancing. The fresh air is great for us; and the exercise even better. Don't forget to participate in the Wellness Challenge. More information can be found inside this newsletter.

Stay healthy and keep safe! Until next time.....

Mel Deydey

President, MHADRTA & Newsletter Editor
49ermh@gmail.com



I want to take this opportunity to wish all the Mothers reading this a very **Happy Mother's Day**. I know that with the restrictions you may not be able to see, hold and hug your children and grandchildren the way you used to be able to, but know that the love is still strong and you're very special to them. You are the hero in their lives! Enjoy this day dedicated to you!



MHADRTA Executive 2020-2021

President: Mel Deydey

Past President: Jim Black

1st Vice-President: Therese Bullin

2nd Vice-President: Donna Mae Goldade

Secretary: Ray Morrison

Treasurer: Henk Hof

Membership Chairman: Jim Kaupp

ATA Rep—Local #1: Darlene Dee

ATA Rep—Local #2: Jim Black

ATA Rep—Local #39: Ray West

SEATCA: Delle Lovig

**Branch ARTA Reps: Judy Wonnenberg
Dianne Durda**

**Pioneer Village Schoolhouse:
Vicki McCaig**

Cards & Scrapbook: Annita Pinder

Health Benefits: Jim Black

**Pension & Financial Wellness:
Ray Hoger**

Contact: Barb Taylor

Website: Ed Dick

Phoning: Jim Black

Programs: Donna Mae Goldade

ARTA Board Of Directors: Mel Deydey

**Contact information for the executive
(email addresses and phone numbers) is
available to MHADRTA members on the
website. It is password protected.**

MHADRTA Membership Info

Time to renew your membership! Your 2020/2021 membership is about to expire at the end of August.

Your 2021/2022 membership will be valid from September 1, 2021 to August 31, 2022. During the pandemic several have allowed their memberships to lapse. We hope you will rejoin. We are giving you an opportunity to renew your membership early. See options on page 5 of this newsletter.

Membership in MHADRTA is \$15.00 per year, payable by cheque or cash. Membership in ARTA is separate. For more information, visit www.arta.net

Currently we 67 members made up of 49 renewals from last year, 8 new members, 8 Lifetime members and two honorary members. Sadly, in today's obituaries, we lost Bruce Brandt. Our sympathies to his family, friends and former colleagues.



By e-mail:

mhadrta3@gmail.com

Visit our website:

www.mhadrta.wixsite.com/mhadrta

Like us on Facebook:



Follow us on Twitter:

[@mhadrta](https://twitter.com/mhadrta)



In Loving Memory

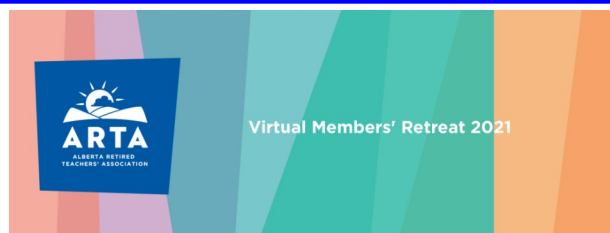
OF THOSE WHO ARE
FOREVER IN OUR HEARTS

It is with sadness and heavy hearts that we share the sad news of the passing of the spouses of three of our members. We extend our condolences and deepest sympathies to their families.

Eugene Sailer lost his wife, **Rosemary**. Rosemary passed away in January. Many will remember Rosemary from her work at the local ATA office in Medicine Hat until her retirement. **Madeline Fischer** lost her husband, **Archie** who passed away in mid-April. He was very active in volunteering with the Meals on Wheels program for more than 25 years. **Sandra Craven** lost her

husband, **Wayne**, at the end of April. Wayne was a former six-term City alderman and active volunteer with Medicine Hat Musical Theatre, as well as many other organizations.

We share your sorrow, and may the love and support of your former colleagues within MHADRTA bring you strength and comfort as you grieve your loss.



MHADRTA is eligible to have two members attend the **ARTA 2021 Virtual Retreat** via ZOOM on **Thursday, May 27th** from **9:00 am to 4:00 pm**. This retreat is normally held in person in Canmore, but due to COVID-19, it has been moved to a virtual format. **Todd Hirsch**, the chief economist with ATB Financial, will speak on **Alberta's Economy in 2021** and **Gregor Jeffrey**, a highly sought speaker and researcher, will speak on the **Key to Connection**. There will be a morning and afternoon coffee breakout room to socialize with other participants. I need to confirm registrations so please contact me as soon as possible if you are interested. Please call or email Mel Deydey.

FINAL CALL FROM ARTA for Nominations RE: Election of Trustee

Benefit Plan Trust Fund

If anyone is interested in serving as a trustee on the ARTA **Benefit Plan Trust Fund**, please contact Mel Deydey as soon as possible for a nomination package which will be emailed to you. There will be an election for two trustees for a three year term. Elections will take place at the Board of Directors Meeting on **May 26**. Candidates will speak to their nominations via ZOOM on the morning of May 26. The deadline to complete and return your nomination package to ARTA is **Thursday, May 11, 2021**. If you are interested in running, please contact Mel Deydey and he will forward you the nomination package. You will be able to email your nomination form to ARTA.

ARTA "Get Moving" Wellness Challenge

In spite of the COVID-19 pandemic, the one thing that has not cancelled was the **2021 ARTA Get Moving Wellness Challenge**—which began **April 1, 2021** and concludes **June 30, 2021**. It is a timed challenge whereby you record the amount of time you spend doing some form of physical activity. As retirees, wellness and staying active is important as we enter or continue through our lives as seniors.

Staying active can be achieved through many different ways. Many group activities were no longer carried out. However, any physical activity that you participated in—walking, using a home gym (treadmill, stepper, yoga, strength and resistance), golf, hiking, biking and yardwork and others I have not mentioned can be employed.

This year's challenge asks us to record the total amount of time each day that we are involved in any form of activities.

After June 30th, select your 30 best days (since April 1, 2021) and record the total. Simply send an email with your name and the total amount of time in hours and/or minutes that you were involved in any physical activity. Send it to me at **49ermh@gmail.com** before July 31 or you can send the form on the next page directly to ARTA.

There are awards provincially for the people with the highest totals and for the branches that have the greatest percentage of their members participating. Hopefully, the number of MHADRTA members who participate will be a large one!

Everyone can participate—whether it is 15 minutes a day or an hour a day (or more) per day. It doesn't matter whether your best 30 days is five hours or fifty hours. The important thing is that you did something physically active to stay healthy!



Here are some highlights from the **ATA Local No 1** Meeting from our representative on that committee, **Darlene Dee**. Meetings are held virtually and these are three points she would like to share:

1. The annual **SD76 Foundation Golf Tournament** normally held in June is still tentative. It is uncertain whether it will take place due to COVID restrictions. Should it **not** occur, the local made the decision to donate \$5000 to the Foundation.
2. There is a need for a representative for substitute teachers for ATA Local No. 1 who is currently on the SD76 substitute teacher list. The ATA meets once per month—now held by ZOOM—on a Monday at 4:00 pm. Please contact Val Browne or Cassandra Silver if you are interested or willing to assume the role.
3. ATA District Rep, Heather McCaig, announced that retiree benefits packages will be available soon from ASEBP for retired teachers who are 65 years or older.



Wellness

CHALLENGE 2021

Personal Best-30-Days Report

You can submit your results three ways;

1. Email or mail your branch president.
2. Visit arta.net/wellness-challenge and fill out the form which will be submitted to ARTA.
3. Email your form to jhope@arta.net or mail to the ARTA office: Alberta Retired Teachers' Association, 15505 137 Ave NW, Edmonton, AB T5V 1R9

Please submit by July 31, 2021

BEST DAYS FROM APRIL 1 TO JUNE 30

	ACTIVITY	MINUTES		ACTIVITY	MINUTES
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		
			TOTAL		

NAME

MEMBER #

EMAIL

PHONE NUMBER

Have you visited our website?

One of our members, who was an original creator of the website, usually goes south for the winter. This year, with the craziness of the pandemic and travel restrictions, **Stella Dalsto** decided to stay home in Medicine Hat for the winter. She was very fortunate as a milder than normal winter was chosen for her. Stella undertook to create an addition to the website with a ton of pictures and memorabilia from the earlier days of MHADRTA. Our webmaster, Ed Dick has placed a link on our homepage to the pages Stella created. It is titled: **MHADRTA 2008-2015**. Please visit the website and click on the link for a trip down "Memory Lane" especially if you are one of our long time retirees. Thank you, Stella, for all your hard work and the long hours it took you to complete this task for the members to enjoy!

Our web address is also found on page 2: mhadrta.wixsite.com/mhadrta



In addition.... If you want to contact me (as your President), click the word CONTACT at the top of the page and the screen that pops up will enable you to send a message directly to me.



It is **Membership Renewal Time** for existing MHADRTA members. This year you have couple of different options in renewing your membership. We had hoped to be able to meet in person but with the third wave of the pandemic and the number of posi-

tive cases and hospitalizations in Medicine Hat skyrocketing, it certainly appears that restrictions for indoor gatherings will not be lifted in the very near future. In the meantime, I plan to keep you informed with what is happening locally and provincially through this medium—the newsletter, emails, and social media. If you are on Facebook, please like the page or follow us on Twitter to be kept up to date.

OPTION 1: Please fill out the form below and mail it to the address on the form below with your cheque or if you are in the neighbourhood you can drop it off in my mailbox.

OPTION 2: Newly retired teachers (those retiring June, 2021 or if you retired in January, 2021) who receive this newsletter as part of their retirement welcome envelope from MHADRTA may use this membership form to join for free. Simply circle NEW and fill out the information. Again, please scan the form & email it to **49ermh@gmail.com**, mail or drop off the form to the address found at the bottom of the form. This way you will sent the September newsletter.

OPTION 3: Ed Dick has created an online method for anyone who visits the website to join MHADRTA or renew their memberships, and you can pay by using eTransfer. Just contact **Henk Hof** (at **hrhof@shaw.ca**) for information on eTransfers. Lots of options for you to choose from on how to join us!

Membership Form for 2021/22 School Year

Yes, I would like to **RENEW** or **PURCHASE A NEW** (Circle ONE) membership in MHADRTA for the 2021/2022 term.

Cost of the Membership: **\$15.00 per year**. Cash or cheque only.

Name: _____

Address: _____ **Postal Code** _____

Phone : _____ **E-mail:** _____

Providing an e-mail address will enable you to receive the newsletter. Hard copies of the newsletter are not sent out. Your e-mail address is never shared or revealed to anyone as all mailings are sent as a Bcc (blind carbon copy).

Please enclose payment (*cheques made payable to **MHADRTA***) and send to: **MHADRTA, 36 Prairie Dr. NE, Medicine Hat, AB T1C 1R2.**

Membership will be valid until **August 31, 2022.**