

# January 2024 MHADRTA Newsletter

Volume 7, Number 1



Happy New Year to all our members and everyone receiving this newsletter!

Since this is the first newsletter for 2024, we hope that you all had a great Christmas—however you were able to celebrate it! Down in the southern corner of the province, we had a brown Christmas with temperatures above zero for most of the Christmas season leading to New Year's. It made it a more enjoyable one for anyone who had to travel. We are getting doused with winter weather as the children go back to school after their Christmas break.

May you enjoy a happy, healthy and safe 2024.

## General Meeting Valentine Theme

**Date:** Wednesday, February 14, 2024

**Time:** 10:30 am to 1:00 pm  
Meeting will start at 10:30 am

**Place:** Ralph's Steakhouse  
1249 Trans Canada Way SE

**Program:** Aidé Hilsendeger

**Cost of Luncheon:** \$22.00

**Dress red/white/pink for the occasion**

If you have not been phoned by a member of the phoning committee by **Thursday, February 8, 2024**, please contact **Mel Deydey (403-581-3348)** to confirm your attendance.



## General Meeting Speaker Information

**Aidé Hilsendeger**

is associated with **Saamis Immigration.**

Her 15 minute presentation  
(including Q & A) will focus on:

**Who they are?**

**Who they serve?**

**Volunteer opportunities available.**

## EDITOR'S NOTE

Happy New Year Everyone!

Hopefully with the nice weather we now enjoying after a bout in the deep freeze, we will be able to spend more time outdoors. I encourage you to invite a friend to go walking with you. However, with the thawing occurring, sidewalks and walking paths may be icy, so be very careful. Snowshoeing, cross-country skiing and skating are other outdoor options we can consider. There are many indoor activities as well—exercise, yoga, visiting the gym or playing pickleball. It helps us to stay physically active! Daily exercise and healthy eating go hand in hand.

Remember that advocacy is also a part of the mission of ARTA. We must advocate for what we believe in. If you have concerns about seniors' services, education, health care—do not hesitate to contact your local MLA (for some of you, the Premier), or the minister in charge.

Volunteerism is a huge part of who we are and what we do. We are grateful for all our members who do volunteer work in the community or with MHADRTA. Your time and dedication is appreciated far more than you realize.

With this edition starts the seventh year of MHADRTA newsletters. I am trusting you find them timely and informative. I always welcome submissions, suggestions and constructive criticism, so please do not hesitate to contact me at the email address below.

Hope to see you on the 14th!

Mel Deydey  
Newsletter Editor  
Communications Committee Member—  
ARTA  
49ermh@gmail.com



It is with very heavy hearts that we share the sad news of the recent passing of Valerie Brower.

We hope that the love of family, friends and the many former colleagues of Valerie, each will find comfort in the beautiful memories they have of Valerie. Please keep the family in your thoughts and prayers.

...and although they were never MHADRTA members, we were saddened to learn the recent passing of two long time SD76 teachers. Band director, Bill Wahl, age 76, passed away in Edmonton last week; and Dale Holt, long time Physics teacher at CHHS, passed away a few days ago at the tender age of 54.

We know that many of our members were colleagues of both gentlemen, and to them, and to the families of Bill and Dale, we extend our sincerest condolences.



ARTACares is included at no additional cost with all ARTA Extended Health Care Benefit Plans and is provided by HumanaCare, an Alberta-based health and wellness provider with more than thirty-five years of Canadian health-care experience. For more information, visit [wellness.mylifeexpert.com/login/artacares](https://wellness.mylifeexpert.com/login/artacares).



## **MHADRTA Executive 2023-2024**

**President: Therese Bullin**

**1st Vice-President: Vacant**

**2nd Vice-President: Lori Karwandy**

**Secretary: Ray Morrison**

**Treasurer: Henk Hof**

**Past President: Mel Deydey**

**Membership Chairman: Jim Kaupp**

**ATA Rep—Local #1: Darlene Dee**

**ATA Rep—Local #2: Laurel Schlaht**

**ATA Rep—Local #39: Dianne Durda**

**SEATCA: Delle Lovig**

**ARTA Reps: Judy Wonnemberg  
Dianne Durda**

**Pioneer Village Schoolhouse:  
Vicki McCaig**

**Cards & Scrapbook: Annita Pinder**

**Pension & Financial Wellness: Ray Hoger  
(Chair, ARTA Committee)**

**Health Benefits: Jim Black  
(Member, ARTA Committee)**

**Communications: Mel Deydey  
(Member, ARTA Committee)**

**Contact: Barb Taylor**

**Website: Ed Dick**

**Phoning: Mel Deydey**

**Programs: Donna Mae Goldade**

**ARTA Board Of Directors: Therese Bullin**

**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**

If have not already done so, it is time to renew your 2023/24 membership as we hope you will continue to be a part of our organization

We welcome newly retired teachers with a free one year membership. We also invite previously retired teachers who have not yet joined us since they've retired or those who allowed their membership to lapse. Your 2023-2024 membership will be valid from September 1, 2023 to August 31, 2024.

Please invite and encourage your retired teacher friends or colleagues to consider joining us! If they have any questions, have them reach out to us.

Membership in MHADRTA is \$15.00 per year, payable by cheque or cash. You can also purchase a membership online.

Membership in ARTA is separate. For more information, visit [www.arta.net](http://www.arta.net)



**By e-mail:**  
[mhadrta3@gmail.com](mailto:mhadrta3@gmail.com)

**Visit our website:**  
[www.mhadrta.wixsite.com/mhadrta](http://www.mhadrta.wixsite.com/mhadrta)

**Like us on Facebook:**



**Follow us on Twitter:**  
[@mhadrta](https://twitter.com/mhadrta)



# HAPPY VALENTINE'S DAY

## *the* President's *P*message

Hello Everyone!

We wish all our members, family and friends a happy and healthy New Year.

Thank you to all our volunteers who make our numerous activities possible. Without you, we could not operate effectively.

A big thank you to Vicki McCaig for looking after our Stampede interests for so many years. We appreciate your volunteerism.

We look forward to an exciting year of MHADRTA.

Therese Bullin  
President, MHADRTA  
theresebullin@gmail.com



Please consider the following:

For more than a decade, **Jim Kaupp** has been **Membership Chair**. He is looking for someone to take over the role. It is not a difficult role and gives the person taking over the role the opportunity to meet new members and greet members as they arrive at general meetings. Renewal and new memberships need to be updated, but you have help from both the Treasurer, the webmaster, and the Past President. Jim is more than willing to spend time with you so that you feel comfortable taking over the position.

Please contact Jim if you are interested or have further questions about the position.



## ARTCF Golf Tournament 2024

**ARTCF**—the Alberta Retired Teachers Charitable Foundation—is hosting a charity golf tournament in July in Edmonton. Registration will be available in March, 2024, but until then....

**SAVE THE DATE: Monday, July 8, 2024**

Shotgun start at 10:00 am at:  
**The Quarry**  
945—167 Avenue NE  
Edmonton, Alberta T5Y 0P6



## South East Alberta Teachers Convention February 22 & 23, 2024

The South East Alberta Teachers' Convention will be upon us very soon and once again be an in-person event. **Deb Gerow**, our President of ARTA, will be one of the presenters at South East Alberta Teachers' Convention (SEATCA) on Friday, February 23, 2024 along with **Jennifer Hope**. Their presentation will take place in the morning. At the moment we do not have either the time of their presentation, room allocation or the title of the presentation. We do know it will be geared toward teachers contemplating retirement as well as teachers who are already retired and want to learn more about ARTA and the benefits it affords teachers once they leave the classroom.

There will also be an ARTA Café at this years Convention and it will be manned by our two ARTA Reps and our branch President, Therese Bullin.



WE  OUR  
volunteers

### Volunteers for our Feb 14th General Meeting

#### **GREETERS:**

Judy Dickie  
Jackie Bishop

#### **DECORATIONS:**

Peggy Kelly  
Fay Felesky

#### **50/50:**

Lionel Brideson  
Allyson Love

#### **PRAYER/GRACE:**

Delle Lovig



### **VOLUNTEER OF THE YEAR**

Do you know one of our members who has done a lot of volunteering (not only limited to our organization) and should be recognized for those efforts? We are seeking nominations for **Volunteer of the Year**. The volunteering of the member does not have to be restricted to MHADRTA or ARTA but can encompass volunteer work within the community, church or other organizations. Has someone been an exceptional volunteer over the past year? Please submit your detailed nomination for **Volunteer of the Year 2024** by email to the President at [theresebullin@gmail.com](mailto:theresebullin@gmail.com).

**Deadline is March 15, 2024.**





January 30—Executive Meeting

**February 14—General Meeting**  
"Valentine's theme"

March 26—Executive Meeting

Doors open at 10:00 am. Please arrive early as the meeting will start at 10:30 am sharp. Meals are ordered before the start of the meeting.

**April 10—General Meeting**  
"Spring Theme"

June 4—Executive meeting

**June 19—General Meeting**  
"Annual General Meeting"

ALL **General Meetings** will be held at  
**Ralph's Steakhouse** beginning at  
10:30 am.

All **Executive Meetings** will be held at  
**Ricky's Restaurant** beginning at  
10:30 am.

# MEDICINE HAT Rotary Music Festival

This year's Rotary Music Festival will be an in-person event. Our branch sponsors a trophy and \$125.00 cash for the top school choir.

The Rose Bowl event will take place on Friday, March 15.

We are both honoured and privileged to be a part of this wonderful annual event—Sunday, March 3 to Sunday, March 17.

Please visit their website for more information: [rotarymusicfestival.com](http://rotarymusicfestival.com)

This years events will take place at the Cultural Centre, Medicine Hat College and St. Barnabas Church.

## Christmas Meeting



Our biggest crowd since the start of the pandemic! Fifty members attended the Christmas Meeting and Luncheon held at Ralph's Steakhouse on Wednesday, December 13. Everyone seemed to enjoy the delicious Christmas Turkey Buffet, and the opportunity to socialize with friends and former colleagues. Thank you to everyone who brought donations of gifts, cash and/or gift cards which were taken to the Medicine Hat Women's Shelter. They were most appreciative of our generous support toward their programs.



# 2024 PHOTO CONTEST

ARTA is proud to sponsor its **twelfth annual photo contest**. All ARTA members — regular or affiliate — are eligible to enter. As in the past, we have two entry categories: if you have won in the past, please submit to the Masters category; if you have not been a past winner, enter the Novice category. Winners will be announced in the autumn 2024 issue of *news&views* and posted on ARTA electronic media sites.



## Contest Categories

- Nature
- Colour
- Travel
- Detail

All entries must be received by ARTA no later than 4:00 p.m., May 31, 2024.

## Entries should be mailed to

ARTA Photo Contest  
15505 137 Avenue NW  
Edmonton, AB T5V 1R9

Digital images can be emailed to  
[contests@arta.net](mailto:contests@arta.net)

Visit [arta.net/photo-contest](https://arta.net/photo-contest) for contest rules and entry form.

## SAVE THE DATE

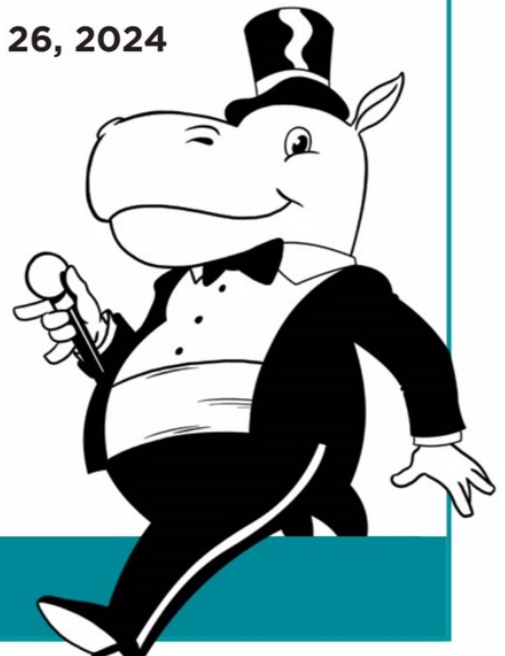
# STEPPIN' OUT 2024

Thursday, April 25 and Friday, April 26, 2024

The Calgary Retired Teachers' Association is thrilled to invite our ARTA and retiree friends from across the province to our annual "Steppin' Out" banquet and conference. Join us in exploring topics of wellness and enjoying presentations that will plant the seeds for a more meaningful retirement. Connect with former colleagues and enjoy making new connections.

**Session details and online registration will be posted on February 23, 2024.**

Riviera Hotel and Conference Centre  
3515 26 Street NE, Calgary, Alberta



[calgaryretiredteachers.org](https://calgaryretiredteachers.org)



## NEW MEMBERS ALWAYS WELCOME

If you know retired teachers who are not members of MHADRTA, please encourage them to join our organization! It is a great way to get connect with former colleagues and friends!



## MEMBERSHIP RENEWAL

For those who have no changes in their contact information and wish to pay their membership renewal by eTransfer, please contact our Treasurer, Henk Hof for details and security question. You can contact Henk at [hrhof@shaw.ca](mailto:hrhof@shaw.ca)

There are other options to renew you your membership. You can also fill in the renewal form and mail it or drop it off at the address indicated on the renewal form. Include your payment (cash or cheque) with your renewal form.

## Membership Form for 2023/2024 School Year

Yes, I would like to **RENEW** or **PURCHASE A NEW** (Circle ONE) membership in MHADRTA for the 2023/2024 term.

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

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Postal Code** \_\_\_\_\_

**Phone :** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Providing an e-mail address will enable you to receive the newsletter electronically. 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 (cheque or money order) and send to: MHADRTA, 36 Prairie Dr. NE, Medicine Hat, AB T1C 1R2

**Membership will be valid until **August 31, 2024**.**