

April 2022 MHADRTA Newsletter

Volume 5, Number 2

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General Meeting Spring/Easter Theme

Date: Wednesday, April 13, 2022

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

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

Program: Sierra Peron
"5G & Wireless Technology
Can Affect Our Health"

Cost of Luncheon: \$20.00

Dress for Spring or Easter

If you have not been phoned by a member of the phoning committee by **Thursday, April 7, 2022**, please contact **Jim Black** (403-548-2028) to confirm your attendance.

****While restrictions have been lifted, those who feel more comfortable wearing masks are encouraged to do so.**





MHADRTA Executive 2021-2022

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: Laurel Schlaht

ATA Rep—Local #39: Dianne Durda

SEATCA: Delle Lovig

**ARTA Reps: Judy Wonnenberg
Dianne Durda**

**Pioneer Village Schoolhouse:
Vicki McCaig**

Cards & Scrapbook: Annita Pinder

Pension & Financial Wellness: Ray Hoger

Health Benefits: Jim Black

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 Update

If have not already done so, it is time to renew your 2021/22 membership as we hope you will continue to be a part of our organization. Of course, 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 2021-2022 membership will be valid from September 1, 2021 to August 31, 2022.

Currently, we have 79 members made up of 63 renewals from last year, 9 new members, 5 Lifetime members and two honorary members.

The June meeting will be **Early Renewal Month** for 2022-2023 memberships.

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**



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)

Message from the President

Mel Deydey

Hello Everyone!

It certainly feels like spring is in the air! We are enjoying gorgeous spring weather and I have seen many people wearing shorts already! However, we need to remember the saying about coming in like a lamb and going out like a lion. Anything is still possible, but let's be optimistic!

We have enjoyed four general meetings since September and look forward to our fifth one next month. Our numbers have been in the range of 35 attendees but with all remaining restrictions being lifted, hopefully more will consider joining us. All the information can be found on the first page.

With warmer weather, more people will be spending time outside. We need to be careful right now with icy streets but soon they will be dry. Fitness and wellness are very important as we age. Be active and take part in physical activity whenever you can. Note that the **Wellness Challenge** begins April 1 and runs until June 30. Please consider being a part of this year's Wellness Challenge regardless of how many minutes per day you are active physically.

Our June meeting will be our Annual General meeting (AGM) and it will also include the **Election of Officers** for the **2022-2023** term. With COVID my two year term as President has stretched to five years. I have truly enjoyed serving our branch as your President. In June you should be electing a new President, in addition to two Vice-Presidents, a Secretary and a Treasurer. Whether I remain as your President or not, I intend to continue as Newsletter Editor. If you are interested in becoming part of the Executive in any capacity, please let your intentions be known to me or our Past President, **Jim Black**, who will be conducting the election.

We lost two life members since our last newsletter within days of each other. We extend our sympathies to the families, former colleagues and friends of **Bill Blore** and **Norma Nelson**. They will be featured in a tribute in an upcoming newsletter.

If any of our members have reached the beautiful age of 85, I am hoping they will reach out to me and let me know. We would like to honour you with a Lifetime membership and recognition.

Stay safe and stay well, everyone! Our April meeting will occur just before the Easter weekend, but for those who are unable to join us, I want to take this opportunity to wish each and everyone of you a very **Happy Easter**—however and with whomever you get to spend it! Happy Spring!

Mel Deydey
President, MHADRTA



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.

March 29—Executive Meeting

April 13—General Meeting
"Spring Theme"

May 31—Executive meeting

June 15—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.

Fashion Show Extravaganza

We were privileged to view a Fashion Show Extravaganza at our February General Meeting. Thank you to Donna Mae Goldade, the models and those involved in the technical aspect of the show. Thank you to models: Sandra Craven, Darlene Dee, Theresa Bullin, Sandra Wilson, Laurel Schlaht, Delle Lovig, Dianne Durda, and Ray Morrison. Assisting in the technical aspect were: Ray Hoger, Henk Hof and Penny Drysdale.



VOLUNTEER OF THE YEAR

I am seeking nominations for the **2022 Volunteer of the Year**. The volunteering of the member does not have to be restricted to MHADRTA or ARTA, but rather can encompass any volunteer work within the community, church or other organizations—local, regional or provincial. Please submit your detailed nomination for the **2022 Volunteer of the Year** by email to me at: **49ermh@gmail.com**. Deadline is **April 15, 2022**.

Embark on a Wellness Journey 2022

The Wellness Committee, is pleased to announce the details on this year's Wellness Challenge. The **Wellness Challenge for 2022** encourages ARTA members to live an active and engaged lifestyle in retirement by tracking time spent or steps on **any physical activity that raises your heartbeat or gets you moving!**

New this year for those who wish to use it will be recording steps if you are using a Fitbit, cell phone or other device that tracks steps. However, you can still record your physical activity in minutes/hours per day. These two options make it easy and accessible for all to participate! You will see that feature on the recording sheet found within the newsletter.

The Get Moving ARTA Wellness Challenge will start on **FRIDAY, April 1st** and run until **THURSDAY, June 30th**. You need to record your best 30 days between the above dates, and submit them.

Now that Spring is here and restrictions have been lifted, there are a host of activities that count as physical movement. Activities can be done in your home, at the gym, in your yard (such as gardening, mowing the lawn, tending to your flowers), walking, using the treadmill or using any piece of equipment you may have in your home, yoga, individual sports (golfing, canoeing, kayaking, etc) or even group sports such as pickleball or tennis. A list of some of the suggested activities for physical activity can be found on the next page along with awards given out. For an expanded list of suggested activities, visit the ARTA website: **arta.net/wellness-challenge**. The key is to stay active!



Keep track of your minutes or steps and record your best 30 days on the sheet provided, and you have a month to submit your results. You can either send it to me at **49ermh@gmail.com** by July 31 or you can send it directly to ARTA. See page 7 for all the details.



Suggested Activities

Listed below are some activities you can participate in for active minutes. These are simply suggestions, as some might not be possible due to gathering restrictions where you live. Always stay mindful of public health guidelines in your region, remember to be safe, and don't be afraid to try something new!

- Aqua Aerobics
- Badminton
- Bowling
- Curling
- Cycling
- Dancing
- Dragon Boating
- Gardening
- Golfing
- Hiking
- Kayaking
- Mall Walking
- Pickleball
- Pilates
- Resistance Training
- Squash
- Stair Climbing
- Swimming
- Tai Chi
- Tennis
- Walking
- Weight Training
- Yoga
- Zumba

Visit arta.net/wellness-challenge for a longer list of suggested activities. ●

Awards

Once all the Best-30-Days log sheets are submitted to ARTA by branch presidents and non-branch members, awards and prizes will be distributed to the top performers. Participation prizes will also be awarded by random draw of all members who submit their Best-30-Days log sheet. Winners will be contacted by phone or email. Please be sure to include your contact information on your log sheet.

The "Best 30 Days" sheet to record your steps or your time is found on the next page. Remember that once you have completed the challenge, you can email me your times/steps and I will forward them as a group to ARTA.

WE ♥ OUR volunteers

Volunteers for our April 13th General Meeting

GREETERS:
Vicki McCaig
Bob McCaig

DECORATIONS:
Lori Karwandy
Pat Bouman

50/50:
Joan Kaupp
Bev Wahl

PRAYER/GRACE:
Ray Morrison



Topics

- Keynote - Lorna McIlroy
ARTA President
- Starting a school using the
Alberta Curriculum in India -
Deb Gerow - ARTA VP
- Maskwacis College, The
Beginnings - Bob
Silverthorne
- Qigong - One way of Keeping
Fit - Carolynne Melnyk
- Land Based Education - Bob
Silverthorne

Wednesday, May 4,
2022
9:30 AM to 4:00 PM
On Zoom

HARTA Mini-
Conference on Zoom
Annual Zoom
Licence Funded by ARTA

Cost - Free with HARTA membership renewal
to August 31, 2023 for the workshops!

For more info phone (780) 986-8349
or email: rnthompson@shaw.ca (r n thompson)



Wellness

CHALLENGE

Personal Best-30-Days Report

Please send or email this page to your branch president by **July 31, 2022**.

If you do not belong to a branch, please send or email this page to the ARTA office (contests@arta.net) by **July 31, 2022**.

Alberta Retired Teachers' Association

Attn: Jennifer Hope

15505 137 Ave NW, Edmonton, AB T5V 1R9

BEST DAYS FROM APRIL 1 TO JUNE 30

	ACTIVITY	STEPS/TIME		ACTIVITY	STEPS/TIME
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

Checked Out Our New Website?

Go to **ATRF.com** to:

- Get current information on ATRF and your pension
- Update your personal information including your email address and tax information in *MyPension*, your secure member portal
- Access your annual pension statements and tax slips easily and quickly



Visit:
ATRF.com



2022 PHOTO CONTEST

ARTA is proud to sponsor its **tenth annual photo contest**. All ARTA members — regular or affiliate — are eligible to enter. We have two categories: Masters and Novice. If you have won in the past, you will fall under the Masters category; if you have not been a past winner, you will enter the Novice category. Winners will be announced in the autumn 2022 issue of *news&views* and posted on ARTA electronic media sites.



Contest Categories

- **Nature**
- **Making It**
- **Travel**
- **Ten**

All entries must be received by ARTA no later than 4:00 p.m., May 31, 2022.

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

Visit **arta.net/photo-contest** for contest rules and entry form.



2022 Scholarship Information

These scholarships recognize academic achievement, community involvement, and volunteer work. Future goals, personal accomplishments, and supporting letters of reference are also significant in selecting the scholarship recipients.



ARTA-TW INSURANCE DEGREE SCHOLARSHIPS

Through ARTA, TW Insurance Brokers provides scholarships for undergraduate students registered in a degree program who are related to an ARTA member.

Degree Scholarships

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000

ARTA CERTIFICATE/DIPLOMA SCHOLARSHIPS

Through ARTA's generosity, scholarships are provided to students in a certificate or diploma program of two or more years at an accredited post-secondary institution and who are related to an ARTA member.

Certificate/Diploma Scholarships

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000

DEADLINE
July 31, 2022

Review the criteria and apply online:
my.reviewr.com/site/ARTA/Scholarships



2022 ARTCF Charity Golf Classic

After a two-year hiatus, we are excited to connect with our fellow ARTA members on the golf course for a day of sport and socializing.

Join us for the ARTCF Charity Golf Classic on June 16, 2022 at the Ponoka Golf Club. Mark your calendars and register here: arta.net/golf.



Registration is now open. The Ponoka Community Golf Club is located at 3519 - 46 Street in Ponoka. Visit the website for more information and to register.



STEPPIN' OUT 2022

The Calgary Retired Teachers' Association is delighted to extend an invitation to retired colleagues and friends to attend their annual banquet and conference. Join us as we "Come Together Again."

We're saving a spot just for you.

The Conference will take place on April 21 & 22 at the Riviera Plaza & Conference Centre (located at 3515—26 Street NE in Calgary).

For more information and/or to register please visit their web-site:

calgaryretiredteachers.org



Welcome back! The ninth annual **Second Wind Conference** will be held on **September 22, 2022**, at the lovely **Chateau Louis Conference Centre** in **Edmonton**.

All retirees in the Edmonton area and beyond, who are looking to expand their knowledge, acquire information, connect with colleagues and friends and meet new people, are welcome to attend.

This conference features a stimulating lineup of interesting topics presented by knowledgeable, enthusiastic speakers, focusing on all aspects of well-being. Learn how to stay safe in an online world; how to protect your hard-earned money from scammers; how to build a balanced fitness routine or how Qigong or Yoga can positively impact your life.

By March 15, all eighteen topics, speakers, and session descriptions will be posted on the web-site at **secondwindconference.ca**.

Register before July 31 to take advantage of the \$95.00 early bird fee rather than the regular one for \$110.00 that comes into effect after that date.

Included in the conference fee is a light breakfast of assorted pastries, **a keynote presentation with Dr. Wagg**, eighteen compelling breakout sessions, a delicious buffet lunch and coffee breaks, along with a relaxing 'wine down' and door prize draws.

There are also opportunities throughout the day to visit the exhibitors and browse the craft display and sale tables.

Please note that registration will be capped to ensure comfortable, safe seating in session rooms and in the dining area.



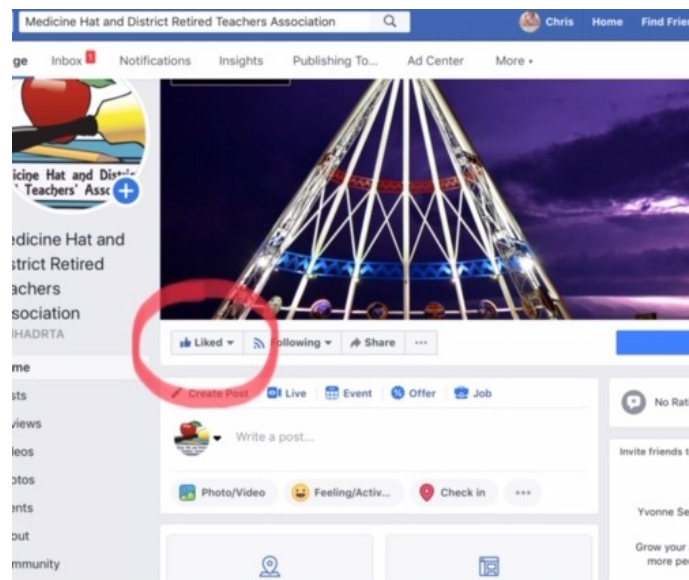
MHADRTA IS ON SOCIAL MEDIA!

MHADRTA has had a social media presence for a few years with the creation of a Facebook page, and the set up of a Twitter account, **but we need followers!** We appreciate and thank all of you who already like us and follow us.

If you use **Facebook**, we ask you to visit our page and like the page. Please click the "Liked" on the toolbar right below the teepee picture. See the attached screenshot below



where we have circled it in red.



If you use **Twitter**, search us at **@mhadrta** and give us a Follow.

ARTA and some of branches around the province also use social media. Through social media we have an opportunity to stay connected with happenings throughout the province and with our provincial organization.

While we are coming out of the pandemic, what better way is there to stay social and stay connected with one another!