

April 2023 MHADRTA Newsletter

Volume 6, Number 2

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**MHADRTA
Celebrates
50 years!**



Date: Friday May 5, 2023

Time: 5:00 pm to 11:00 pm

**Place: Medicine Hat
Golf & Country Club
947 Pigeon Street NE**

**Welcome & Cocktails:
5:00—6:30 pm**

**Grand Buffet Banquet:
6:30—7:30 pm**

**Program & Socialization:
7:30 pm to ??**

Tickets: \$30.00 per person

Only 80 tickets printed!

To purchase your ticket(s),
please contact **Mel Deydey**
(403-581-3348) or
49ermh@gmail.com.



WE ♥ OUR volunteers

Volunteers for our April 12th General Meeting

GREETERS:

Laurel Schlaht
Bonnie Spruyt
Lori Karwandy

DECORATIONS:

Donna Mae Goldade
Barb Taylor

50/50:

Peggy Kelly
Janet Ganzer

PRAYER/GRACE:

Delle Lovig



General Meeting Spring/Easter Theme

Date: Wednesday, April 12, 2023

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

Place: Ralph's Steakhouse
1249 Trans Canada Way SE
(use side entrance on
west side of establishment)

Program: TBA

Cost of Luncheon: \$22.00

Dress for Spring or Easter

If you have not been phoned by a member
of the phoning committee by
Thursday, April 6, 2023,
please contact **Jim Black**
(403-548-2028)
to confirm your attendance.



ACER-CART

Marilyn Bossert | ACER-CART West Representative and Communications Chair

The ACER-CART Political Action Committee is in the final stages of preparation of information sheets on "Aging in Place" and "Long-Term Care." When complete, questions for politicians will be added, and the final product will be found on the ACER-CART website. Members are always encouraged to contact their MPs and MLAs with their concerns.

The ACER-CART Pension & Retirement Income Committee encourages retiree associations to reach out to their active teacher groups. Data and talking points on cost-of-living issues and economic wellness are also being prepared. •



For more information: acer-cart.org

Message from the President

Mel Deydey

Hello Everyone!

It's not feeling a whole lot like spring right now! An early March dump of snow has certainly delayed the arrival of spring weather! However, we need to remember the saying about "coming in like a lion and going out like a lamb.". Anyway, let's hope!

We are about to have our fifth general meeting of the 2022-23 school year. How the time has flown by!

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. This year's challenge is easier than ever. All you have to do is put a check mark on the every day that you do at least 30 minutes of physical activity. How easy is that? I hope you will participate. While you have the option to send your sheets directly to ARTA, you can email them to me and I will forward the results to ARTA in Edmonton on behalf of you and MHADRTA.

Our June meeting will be our Annual General meeting (AGM) and it will also include the **Election of Officers** for the **2023-2024** term. With COVID my two year term as President has stretched to six years. I have truly enjoyed serving our branch as your President. In June you will be electing a new President, in addition to two Vice-Presidents, a Secretary and a Treasurer. I have decided that I will not allow my name to stand for President, but rather move into the role of Past President. However, 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 our current Past President, **Jim Black**, who will be conducting the election.

We lost one of our life members this month. We extend our sympathies to the families, former colleagues and friends of **Clare Blore** who passed away at the age of 95 years. She will be missed...

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.

Our April meeting will occur right after the Easter weekend. Therefore, 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 28—Executive Meeting

April 12—General Meeting
"Spring Theme"

May 30—Executive meeting

June 14—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.



MHADRTA Executive 2022-2023

President: Mel Deydey

Past President: Jim Black

1st Vice-President: Therese Bullin

2nd Vice-President: Lori Karwandy

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, Chair**

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

At our June meeting, it will be time to re-new your MHADRTA membership for 2023-24 as we hope you will continue to be a part of our organization. All memberships expire at the end of August, 2022, but we would like to encourage early renewal (if at all possible) to ease the pressure on our membership chair at the first meeting in the fall. 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 to join our ranks. Your new 2023-2024 membership will be valid from September 1, 2023 to August 31, 2024.

Currently, we have 89 members made up of 67 renewals from last year, 14 new members, 6 Lifetime members and two honorary members.

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)



2023 Wellness Challenge

Jennifer Hope | Manager, Marketing & Promotions



Time to Get Active: ARTA Wellness Challenge

Many of our members look forward to participating in ARTA's annual Wellness Challenge year after year, and the enthusiasm is always encouraging. ARTA's Wellness Committee has switched up the challenge this year, with a fresh new feel. The goal of the Wellness Challenge has always been to motivate people to be more active; this new version makes it easier than ever to participate.

Adults get the most value out of exercise when they do at least 150 minutes of aerobic activity at a moderate pace each week. That might sound like a big commitment, but when you break it down, it amounts to only half an hour of physical activity per day five days a week.

This year's Wellness Challenge asks members to track at least thirty minutes of activity per day and submit their results to contests@arta.net or to their branch president.

How it Works:

1. On the next page, you will find three calendars for the months of April, May, and June. Each day you get your heart pumping for thirty minutes and check off that day's box in the calendar to track your progress. You can also find printable calendars with sixty suggested activities on arta.net/wellness-challenge.
2. At the end of the challenge, submit all three calendars to be entered to win one of many fantastic grand prizes. **If you belong to an ARTA branch, submit your results directly to your branch president**, and you will be helping your fellow members compete at the branch level.


Bonus Challenge:

At the end of each month, submit a picture of your wellness calendar to contests@arta.net for the chance to win random draw prizes for participating in the challenge, regardless of how many checkmarks you've earned. •



One of the main triggers of non-communicable diseases is a sedentary lifestyle. By doing **30 minutes of physical activity** a day, the chances of them appearing decrease significantly.

bitly.ws/zVc2



Exercise increases the production of cells in the hippocampus responsible for **memory and learning.**

bitly.ws/zVcc



The Calendars to record your 30 minutes of physical activity on any particular day is as easy as using a check mark! No need to record steps!

Remember that once you have completed the challenge at the end of June, you can email me your calendar sheet (scan it or take a picture of it) or send it by mail and I will forward them as a group to ARTA.



2023 Wellness Challenge

APRIL 2023

SUN	MON	TUES	WEDS	THURS	FRI	SAT
						<input type="checkbox"/>
						1
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	3	4	5	6	7	8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	10	11	12	13	14	15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	17	18	19	20	21	22
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	24	25	26	27	28	29
<input type="checkbox"/>						
30						

MAY 2023

SUN	MON	TUES	WEDS	THURS	FRI	SAT
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5	6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	8	9	10	11	12	13
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	15	16	17	18	19	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	22	23	24	25	26	27
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
28	29	30	31			

JUNE 2023

SUN	MON	TUES	WEDS	THURS	FRI	SAT
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				1	2	3
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	12	13	14	15	16	17
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	19	20	21	22	23	24
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25	26	27	28	29	30	



Visit arta.net/wellness-challenge for 60 suggested wellness activities for **ARTA's 60th ANNIVERSARY.**



BONUS CHALLENGE

Submit your calendar at the end of each month to contests@arta.net to be entered into a random prize draw.

SUBMIT YOUR ENTRY

AFTER JUNE 30

Email your completed entry to contests@arta.net or mail it to:

ARTA Wellness Challenge
15505 137 Avenue NW
Edmonton, AB T5V 1R9

Name: _____

Member #: _____

Branch (if applicable): _____

2023 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, 2023

Review the criteria and apply online:

my.reviewr.com/site/ARTA/Scholarships

Pioneer Village Report

Pioneer Village will be open for school tours beginning on Wednesday, May 24 and continuing every Wednesday thereafter until June 21 from 9 am to noon. Members from MHADRTA have volunteered to teach (in small groups) the visiting students who visit MacKay Creek School about life in a one room country school. Students also have the opportunity to visit the other buildings in Pioneer Village. It is truly a wonderful learning experience for the students!

The school house will also be open from noon to 5 pm on Canada Day. If you are able to volunteer in the school house from either Noon to 2:30 or from 2:30 to 5:00 pm, please contact Vicki

McCaig at the next general meeting. Two volunteers are needed for each shift.

Vicki will also have the sign up sheet for volunteers at the school house during the four days of the Medicine Hat Exhibition and Stampede July 26-29. Shifts are 3 hours in length beginning at Noon, 3 pm and 6 pm. Sign up sheets will be available at the April meeting. It is very rewarding!



DISCOVER, CONNECT, GO FOR IT! *A Wellness Conference for Retirees*



Thursday, September 7, 2023

Chateau Louis Conference Centre, Edmonton, Alberta

Connect with former colleagues, friends, and fellow retirees to engage your mind, body, and spirit. Mark your calendar now.

The Second Wind Conference Committee is looking forward to presenting a tenth wellness conference with the theme of *Discover, Connect, Go for It!* This popular conference, offered to all retirees in the Edmonton area and beyond, will be held at the Chateau Louis Conference Centre in Edmonton on **Thursday, September 7, 2023**.

After registering, delight in the company of others in the beautiful Grand Ballroom while enjoying a morning beverage and assorted pastries. The conference will open with a keynote address by

**Jeremy Albert, proud member of the Sweetgrass First Nation
and Advisor with the First Nations, Métis, and Inuit Education team for
Elk Island Public Schools.**

The day also features

- eighteen breakout sessions addressing a variety of topics
- a delicious buffet lunch
- two coffee breaks
- a “wine down”
- an opportunity to engage with business and craft exhibitors in the display room
- door prizes.

Check the website, secondwindconference.ca, in early April for a list of speakers, topic descriptions, and registration information.



It is with heavy hearts that we share the sad news of the passing of one of our Life Members, Clare Eva Blore, Clare was an active member of MHADRTA attending most meetings. We lost a wonderful teacher, friend and a beautiful woman.



2023 PHOTO CONTEST

ARTA is proud to sponsor its **eleventh annual photo contest**. All ARTA members — regular or affiliate — are eligible to enter. This year, once again, we have two categories: Masters and Novice. If you have won in the past, you fall under the Masters category; if you have not been a past winner, enter the Novice category. Winners will be announced in the autumn 2023 issue of *news&views* and posted on ARTA electronic media sites.

Contest Categories

- Nature
- Well-Aged
- Travel
- Contrast

All entries must be received by ARTA no later than 4:00 p.m., May 31, 2023.

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

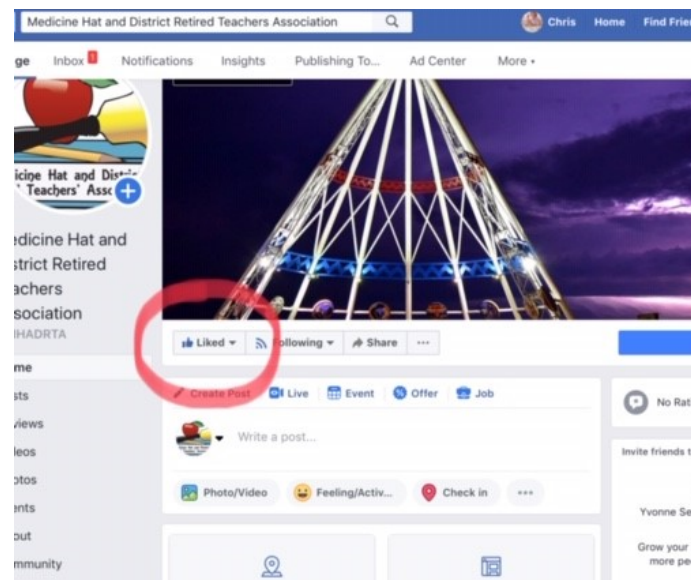


Visit arta.net/photo-contest for contest rules and entry form.

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. We follow ARTA on both Facebook and Twitter.

It was the way we stayed connected through the pandemic, so let's continue to stay social and stay connected with one another!

SEATCA Teachers Convention 2023 Medicine Hat College



....to Delle Lovig, our SEATCA rep, and our MHADRTA members who volunteered their time to set up, or staff the ATA/ARTA booth at Convention or to help tear down. Your time, talent and efforts were very much appreciated to the success of SEATCA.

Thank You to Deb Gerow & Jennifer Hope

for coming to Medicine Hat to present to 40 prospective and soon-to-be retirees at last month's South East Alberta Teachers' Convention. Thank you Ladies for your very informative presentation in the not so sunny or warm southern tip of the province this year!

(ARTA President Deb Gerow at the SEATCA presentation)



The winner of the Blue-tooth Speaker! Thank you visiting the ARTA booth and entering!



ARTA Staff representative Karen Batiuk along with MHADRTA members Julie Bruins-Jacobson, Delle Lovig (Retired Teachers SEATCA rep) and Phyllis McLaughlin attending the ARTA and ATA booths on Friday morning of Convention.



The **South Eastern Alberta Teachers' Convention (SEATCA) 2023** opened at the Medicine Hat College on February 23 with approximately 1100 teachers attending. Eleven MHADRTA members helped with set-up, managing of the ARTA/ATA booth and with the afternoon dismantle on February 24.

Thank you to:

- ✓ Mel Deydey, Delle Lovig, Annita Pinder, Laurel Schlaht, Carol Hilsendeger, Allyson Love, Phyllis McLaughlin, Julie Bruins-Jacober, Donna Mae Goldade, Vicki McCaig, Bob McCaig and Jim Black.
- ✓ ARTA president, Deb Gerow (along with Jennifer Hope) spoke Thursday afternoon. Their address was geared toward teachers contemplating or preparing for retirement. Thank you, Ladies.
- ✓ SEATCA (South Eastern Alberta Teachers' Convention Association) is a hard-working organization led by President, Cam Bernhard. Retired teachers feel privileged to be a part of this excellent planning committee.
- ✓ The MHC Education Undergraduate Society, comprised of education undergraduate students at the college, acted as campus and technology guides. Thanks to these future teachers!
- ✓ Thank you to ARTA for sponsoring a draw for a Bluetooth Outdoor Speakers—one was presented at the session and the other drawn as a door prizes.
- ✓ ATA Local No. 1 sponsored the Gala apples for visitors to the booth and the six door prizes. Thank you!

We are fortunate to hold SEATCA in the Medicine Hat College.

Delle Lovig —MHADRTA Representative to SEATCA





ARTA Golf Tournament
hosted by SWARTA
June 21, 2023 @ 1:00 pm
Picture Butte Golf Club

\$130/person

\$500 for group of 4

Prizes, Dinner

Pre-register swartacontact@gmail.com



JUNE IS EARLY MEMBERSHIP RENEWAL MONTH

June will be Early Membership Renewal month. Your current 2022-23 membership expires on August 31, 2023.

If you renew your membership in June—either by mail, through the website or in person at our June 14 meeting, you will be entered to win one of two free lunches at our “To Hell With the Bell” meeting on Wednesday, August 30—a value of \$22.00.

A membership renewal form will be printed in the next newsletter!



ARTA Pension and Financial Wellness Webinar – Life Insurance and Critical Illness

April 5, 2023: 1:00 PM MDT

Do you have life insurance? A lot of families assume it is something they won't need—until they wish they had it.

Often, we think of life insurance as something that's important when we're young, when we have mortgages and young kids to take care of. However, there still are uses for life insurance as you age! This session will be a beginner's

guide to talk about the times when insurance might make sense (and when it might not), what the different kinds of insurance look like, and how to use them to help protect your family, make things easy for your loved ones, reduce your taxes, and leave a legacy.

You must pre-register for this webinar! After registering, you will receive a confirmation email.

Register on the ARTA website or at:

Zoom Registration Link: https://us06web.zoom.us/webinar/register/WN_UZ-98LP_QQ-oPdNvvH-qGA