

March 2021 MHADRTA Newsletter

Volume 4, Number 2



Message from the President

Mel Deydey

Hello Everyone!

It certainly feels like spring is in the air! However, we don't want tempt fate, and bring out the shorts, tank tops and flip flops, although I have seen a lot of those already. Since I moved here in 1985, we have been known in my time in Medicine Hat to have received more than 30 cm of snow in Medicine Hat on St. Patrick's Day—but not this year! Not being able to travel and take a winter holiday, I must admit this has been a good winter to stay home!

Our case numbers in Medicine Hat are low and hopefully we can get to zero, and get back some sense of normalcy soon. With warmer weather, more people will be spending time outside. Not only do we need to care for ourselves, but we need to think of and be considerate of the well-being of others. Note that the Wellness Challenge begins April 1.

I am optimistic in saying that I am hoping that we will be able to meet in person for our AGM in June—but note, I said "hoping." It has been far too long. In the interim, please continue to practice safety. Many of you have already received at least the first dose of the vaccine. That is one of the steps in returning to some kind of normal. Stay safe and stay well, everyone! I also wish each and everyone of you a very Happy Easter—however and with whomever you get to spend it!

General Meeting Easter/Spring Theme

Date: **Wednesday, April 14, 2021**

Time: **11:00 am to 1:00 pm**



Until COVID-19 restrictions are lifted and we feel it is safe to host an in-person gathering, our general meetings remain cancelled for the safety, health and well-being of all our members.



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*

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 2020/21 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 2020-2021 membership will be valid from September 1, 2020 to August 31, 2021.

Currently, we have 65 members made up of 48 renewals from last year, 7 new members, 8 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

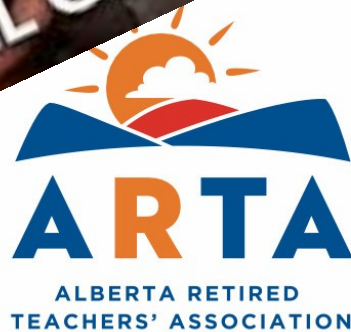
Like us on Facebook:



Follow us on Twitter:

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

IT'S STILL GOING ON



ARTA Wellness Challenge

The Wellness Challenge is an annual event where ARTA members are encouraged to focus on their personal wellness over the course of three months.

All ARTA members are welcome to participate in the challenge — those who belong to a branch can participate directly through their branch.

You will be asked to track your time spent on a physical activity that gets your heart pumping. Once the challenge is complete you will submit your best 30 days. Awards will be distributed to the branch who tracks the most time, the branch with the most participation, and individual participation prizes will also be randomly drawn.

Visit arta.net/wellness-challenge for more details.



MORE INFORMATION ON THE NEXT PAGE

VOLUNTEER OF THE YEAR

I am seeking nominations for the 2021 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 2021 Volunteer of the Year by email to me at: 49ermh@gmail.com. Deadline is March 31, 2021.

Embark on a Wellness Journey 2021

The Wellness Committee, is pleased to announce the details on this year's Wellness Challenge. The **Embark on a Wellness Journey 2021** encourages ARTA members to live an active and engaged lifestyle in retirement by tracking time spent on **any physical activity that raises your heartbeat or gets you moving!**

With "time" being tracked, participants can track time on their watch, fitness tracker or cell phone, making it easy and accessible for all to participate!

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

Even though Covid-19 has restricted a number of things we can do to stay active, there are many ways seniors can keep physically active. Activities can be done in your home, in your yard (such as gardening, mowing the lawn, tending to your flowers), walking while practising social distancing, exercising in your house or outside, walking 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. Please refer to your latest edition of news&views for more information and a list of eligible activities or visit the ARTA website: **arta.net/wellness-challenge** The key is to stay active!



Keep track of your minutes, 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 by July 31 or you can send it directly to ARTA. See the next page for all the details.



ASSOCIATION CANADIENNE DES ENSEIGNANTES ET DES ENSEIGNANTS RETRAITÉS
CANADIAN ASSOCIATION OF RETIRED TEACHERS

As the national voice of retired teachers, ACER-CART focuses on priorities evolving from issues affecting the well-being of seniors all across Canada.

acer-cart.org



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

Highlights from the Virtual Board of Directors Meeting Feb. 23/24, 2021

2021 ARTA Wellness Challenge..... The challenge encourages ARTA members to live an active and engaged lifestyle in retirement by tracking time spent on any "physical" activity that improves their personal wellness. The challenge begins April 1, 2021 and runs until June 30, 2021. Those participating will submit their best 30 days for the President's report. Please track your minutes submit your best 30 days on the sheet provided.

2021 Photo Contest and Writing Contest Look for more information in the **ARTA news&views** magazine. Deadline for the Photo contest is May 28, 2021. Rules and information can be found in the magazine or at arta.net/photo-contest. The deadline for the writing contest is November 12 and rules and details can also be found at arta.net/writing-contest.

ARTA Retreat Virtual ARTA is exploring the possibility of holding a one-day virtual retreat on Thursday, May 27. More information to follow.

ARTA Branch Representatives Training Seminar This event is on hold until further notice.

Next ARTA Board of Directors Meeting May 25 & 26 ... This event will be held virtually.

ACER-CART is the national body representing retired teachers. Please visit their website acer-cart.org and they have lots of information for issues concerning seniors on a national level. Well worth looking into.

....continued next column

Self-administration for ARTA on January 1, 2021 did not go as smoothly as hoped. There were glitches that needed to be ironed out and ARTA is grateful for those who were patient with the transition. Unfortunately, everyone was not patient.

ARTA is investigating an Early Retiree Benefit Plan for retired teachers under the age of 65 later this year. More information to follow.

ARTA Rx is on course and very soon we should be hearing more information on its opening.

Teachers Conventions this year are being held online. **SEATCA** and **SWATCA** are joining together to present a Southern Alberta Teachers Convention (SABTC).

Please look for updates to news and events in the **ARTA news&views** magazine, **ARTAfacts** online email or the ARTA website arta.net



March 31 —Executive Meeting
(cancelled)

April 14 — General Meeting
(cancelled)

June 2 — Executive Meeting
(pending)

**June 16 — General Meeting,
AGM & Election of Officers**

MEDICINE HAT Rotary Music Festival

It is with great sadness that Delynn Lorentzen, the Executive Director for the Rotary Music Festival, announces that the 2021 event has been moved to an online format. Given the current situation in Alberta with the exponential growth of COVID numbers and government restrictions, as well as the costs associated with moving ahead with reduced numbers and great uncertainty, they decided to invest their energies into an online format.

Medicine Hat College was unable to honour

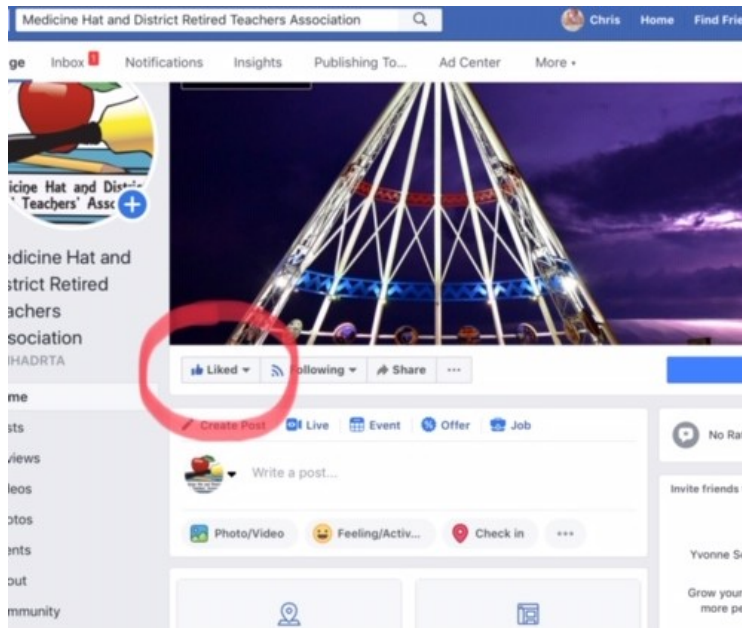
their booking this year, so the Festival partnered with the City of Medicine Hat, the Medicine Hat Public Library and St. Barnabas Anglican Church to bring a live Festival 2021. There are strict COVID protocols in place FOR ALL VENUES in order to protect the performers, volunteers and adjudicators. The general public was not able to view these performances.

The Rose Bowl on March 19 at 7:00 pm and the Festival of the Stars on Sunday, March 21 at 7:00 pm will be livestreamed on the Medicine hat Rotary Music Festival Facebook page. The general public will be able to view these performances online.

MHADRTA IS ON SOCIAL MEDIA!

MHADRTA has had a social media presence for just over a year 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 the ARTA 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.

During this pandemic, what better way is there to stay social and stay connected with one another!

Funded in Part by ARTA



Heartland
Alberta
Retired
Teachers'
Association

Topics

- **Keynote - Jason Schilling & Marilyn Bossert**
- **History of Leduc**
- **Food Rescue**
- **Investment Fraud**
- **Laughter Yoga**

**Tuesday, May 5, 2020
9:00 AM to 3:30 PM
St. David's United Church
4614 - 48 Street
Leduc**

**HARTA Regional
Mini Conference
In Leduc**

**Cost \$25.00 - Members; \$30.00 - non-members
for the workshops and lunch!**

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



Heartland
Alberta
Retired
Teachers'
Association



HARTA Online MINI- CONFERENCE

WEDESDAY, May 5/2021

On ZOOM

9:00 A.M. - 3:40 P.M.

Workshop Sessions

9:00-9:30- Log on

9:30- 10:00- Keynote – Marilyn Bossert

10:00- 10:10- Break

10:10- 11:00- Laughing Yoga – Noel Cairney

11:00-11:10- Break

11:10- 12:00- Leduc's History – Tom Dirsá

12:00- 1:30- Lunch Break

1:30 - 2:20 - Food Rescue – Audra Stevenson

2:20 - 2:30 - Break

**2:30 - 3:20 – ACER—CART (Canadian Retired Teachers' Associations
Working together) – Marilyn Bossert**

3:20 - 3:40 – Evaluations – Wrap-up

Registration is free if your HARTA membership

has been updated to August 31, 2022

Registration Deadline: April 23/2021 by mail.



A Branch
of ARTA



HARTA Mini-Conference Registration Form

Wednesday, May 5, 2021

On Zoom

Surname _____ First Name _____

Street Address _____ -

City _____ Postal Code _____

**Email Address _____ Phone No. _____

**** We do not share or sell registration information. For confirmations and correspondence: We will be emailing or phoning ALL confirmations. No regular mail confirmations will be sent.**

After Friday, April 23rd Please register by phone and pay by email to rnthompson@shaw.ca Indicate that payment is for HARTA membership to August 2022.

The registration for this Mini-Conference is free with the renewal of your HARTA membership to August 31, 2022. Membership is \$10.00 per year or \$10.00 for the first two years if this is the first year of your retirement.

____ARTa ____Branch: _____ ____ Non-member

Payment Details: Enclosed is Cheque/Money Order for \$ _____ -

Your registration is not complete until your HARTA 2022 membership has been verified by a member of the HARTA Executive.

Mail your registration to: Ron Thompson,

4020 – 37th Ave., Leduc, AB. T9E 6C9

Email: rnthompson@shaw.ca (r n thompson) Phone: 780-986-8349