

June 2023 MHADRTA Newsletter

Volume 6, Number 3

Our 2023 MHADRTA Annual General Meeting

Date: Wednesday, June 14, 2023

Time: 10:30 am to 1:00 pm

Place: Back Meeting Room
Ralph's Steakhouse
1249 Trans Canada Way SE
(use side door on west side of building)

Guest Speaker: Time to Socialize

Cost of Luncheon: \$22.00

If you have not been phoned by a member of the phoning committee by **Thursday, June 8, 2023**, please contact **Jim Black** (403-548-2028) to confirm your attendance.

We are offering an incentive to renew your membership in MHADRTA early. Your current membership is valid until the end of August. If you renew your membership for 2023-24 on or before June 14, your name will be entered to win one of two free lunches for the September 2023 General meeting.



it's time to
**RENEW YOUR
MEMBERSHIP**

the President's message

Hello Everyone!

It truly feels like Summer—the weather is beautiful, trees and lawns are greening up and spring flowers are in bloom. ...but, what happened to Spring? It is a great opportunity to be able to spend more time outside—whether gardening, participating in a physical activity or just enjoying the sunshine and fresh air!

We have been both blessed and fortunate to have held five General Meetings this year. Although our numbers have been in the thirty-five to fifty range, we feel it has been a successful year for our members to meet, socialize and stay in touch with what is happening in Education in our province. As well, it is great to be able visit with former colleagues, and celebrate milestone events.

Since the last newsletter, two big events took place and both are highlighted elsewhere in this edition.

Congratulations to Henk Hof, our long time Treasurer, who was selected and recognized as the 2023 MHADRTA Volunteer of the Year for his volunteer work not only within our branch but city wide! He is a most deserving recipient. Please consider nominating someone for next year's award.

We also celebrated the 50th anniversary of MHADRTA becoming a branch of ARTA back in 1972. We were blessed to have ARTA President, Deb Gerow and her husband, Chuck, travel from Fort Saskatchewan to join us. We also has several Past Presidents in attendance. It was a wonderful evening thanks to the hard work of several members who organized the event. The beautiful Medicine Hat Golf & Country Club served as the backdrop for the event.

I travelled to Jasper to attend the May Board of Directors Meeting and Retreat from May 23-25. Delle Lovig represented MHADRTA as a delegate at the Retreat portion of the event.

Our Election of Officers will be taking place at our June meeting. All of the Executive positions are up for election—President, two Vice Presidents, Secretary and Treasurer. If you are interested in serving on the Executive, please contact Jim Black, Past President, who will be running the Election.

This is my last year as your President. My two year term was extended to six years with COVID being responsible of some of that. I have been truly honoured, blessed and humbled to be your leader. Thank you for being such a wonderful group to lead. I hope that I have met your expectations as President. I cannot thank enough the members of the Executive who have been phenomenal people to work with! Thank you for your advice, hard work and support over the past six years. You all have been amazing! I look forward to continuing to serve MHADRTA in the role of Past President. I can guarantee you all that I will continue to be an active member and supporter of MHADRTA. I will also continue to put together our newsletter!

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. I urge everyone to participate.

Stay healthy and keep safe!

Mel Deydey

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





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

**Branch ARTA Reps: Judy Wonnemberg
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 Update

It's that time of year again—time to re-new your 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 2022-2023 membership will remain valid from September 1, 2022 to August 31, 2023.

Currently, we have 92 members made up of 68 renewals from last year, 16 new members, 6 Lifetime members and two honorary members.

The June meeting will be **Early Renewal Month** for 2023-2024 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)



Don't count the days,
make the days count

— Muhammad Ali —

VOLUNTEER OF THE YEAR



MHADRTA took the opportunity to recognize one of its members for going above and beyond in volunteerism within our organization and the wider community of Medicine Hat. **Henk Hof** was honoured as the 2023 Volunteer of the Year with a certificate, gifts from both

MHADRTA, and a free lunch!

Nominated by MHADRTA members, Annita Pinder and Donna Mae Goldade, Henk's extensive volunteering was highlighted at the surprise recognition ceremony at the [April 12](#) General Meeting.

A man known for his organizational skills, Henk has been active as the Treasurer of MHADRTA for more than a decade. He organizes and participates in working with groups that deal with the homeless and disadvantaged citizens of our community. Henk organizes volunteers for the Salvation Army's Feed the Needy and St. Barnabas Church's Feed the Hungry programs—something he has done for the past fifteen years in retirement!

He's involved as a driver for Meals on Wheels program and is part of the Special Olympics committee.

Henk is an active member of Holy Family Parish and a member of the Knights of Columbus. With this organization, he organizes bingos, pancake breakfasts, the annual picnic and the annual corn roast.

Henk was born in Holland, came to Canada as a young boy, and grew up in Grande Prairie. He came to Medicine Hat by accident in 1967 and planned on spending three years here—and it's 2023 and he's still here! Henk and his wife, Rita are the parents of three children and proud grandparents of five. A successful career of 33 years as a teacher and administrator at McCoy High School was followed up in retirement with substitute teaching and an abundance of tutoring in addition to volunteering. Henk loves to be busy, and now no longer teaching or tutoring, MHADRTA—and the entire city of Medicine Hat—are truly blessed to be on the receiving end of his generous and unselfish gift of volunteering!



(Pictured are Donna Mae Goldade (nominator), MHADRTA President, Mel Deydey, Henk Hof—2023 Volunteer of the Year, and Annita Pinder (nominator) at our April General Meeting.)



A beautiful celebration of 50 years for MHADRTA as a branch of the Alberta Retired Teachers Association took place on Friday, May 5, 2023 at the Medicine Hat Golf & Country Club. Fifty-five guests took part in the event.

MHADRTA President, Mel Deydey acted as the Master of Ceremonies and outlined highlights of the past 50 years dating back to the creation of the branch by Reginald Johnson who was the first President of the Medicine Hat Retired Teachers Association. Later, the name was changed to include "And District" to encompass the area around Medicine Hat which is now Prairie Rose School Division. He introduced all Past Presidents who were in attendance.

As guests checked in, they were given a card to fill in—"Where were you in '72? Many interesting statements were provided from being in Kindergarten, elementary or high school, in university, starting a teaching career, getting married, starting a family, and working in the public or private sector outside of education.

Ray Hoyer created a PowerPoint which looped the entire evening. Earlier in the day, Ray and his wife, Denise entertained Deb Gerow and her husband, Chuck, by taking them on a tour of Medalta Potteries. I am sure many homes have some Medalta pottery items in their homes.

Heather McCaig, the South East Alberta ATA District Representative, brought greetings from the Alberta Teachers' Association of spoke of the close relationship between the three Locals of the ATA that encompass MHDRTA's boundaries.

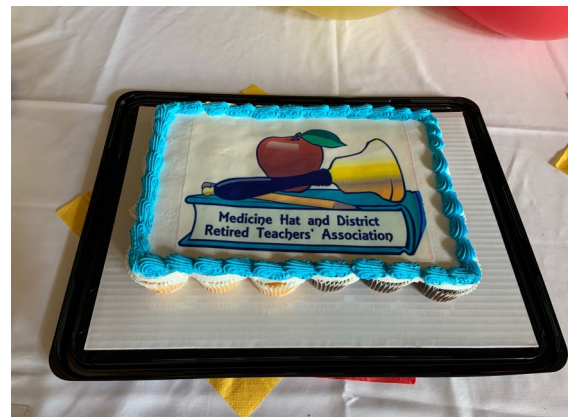
ARTA President, Deb Gerow, brought greetings from ARTA and delivered a beautiful address to those in attendance.

Past President, Jim Black cut the anniversary cake after a delicious buffet that was served the staff at the Golf Club.

A huge thanks to the members of the Anniversary Committee for their hard work in organizing the event: Delle Lovig, Lori Karwandy, Bonnie Spruyt, Laurel Schlaht, Vicki McCaig, Ray Hoyer, Tammy Rozdeba, and Donna Mae Goldade. Thank you for helping making the event the success it was!

Also a huge thank you to Laurie Bauer (with TW Insurance) for donating several prizes for our door prize draws. Thank you to Amanda Shaw (ARTA) for donating two prizes and to the Medicine Hat Golf & Country Club for donating an 18-hole Green Fee certificate to be used at the winner's pleasure!

Now MHADRTA is ready for its next fifty years. However, almost all of us will not be part of that event!





1972
to
2022



Pioneer Village Report

It is the time of year when school tours at Pioneer Village begin.

On May 7th the Pioneer Village Committee spent the afternoon cleaning the buildings. The schoolhouse is ready for the students.

Every Wednesday from 9 until Noon from May 24th until June 21st classes will be coming to learn about early pioneer life. I really appreciate the following people, who have volunteered to help me with these tours: Jeanette Zollner, Ray Morrison, Sandra Craven, Therese Bullin, Mel Deydey, Tania Haynes and Carolyn Weiler. Since June 14 is the AGM for MHADRTA, we use community volunteers in the schoolhouse for that day.

Thank you to Janet Ganzer for donating an authentic antique chair for the McKay Creek Schoolhouse.

July 1st is Canada Day, and Pioneer Village will be open to the public from noon to 5 PM. Thank you to Penny Drysdale, who volunteered for the schoolhouse from noon to 2:30 and to Phyllis McLaughlin, who will help from 2:30 to 5:00 PM. Since MHADRTA has a motion that we must have 2 people in the schoolhouse at a time, we will need one more person to help each of these ladies.

After July 1st, Stampede is the next event for volunteers at Pioneer Village. I have been very fortunate this year, as people have stepped up to help with all these events. I only have a few spots left for Stampede.

Submitted by Vicki McCaig



ARTA sponsors twelve scholarships—six ARTA Certificate/Diploma and six ARTA-TW Insurance Scholarships—available to relatives (children, grandchildren and first-and second-generation nieces and nephews) of ARTA members.

Students who have completed one full year of a certificate or diploma program of two or more years at an accredited post-secondary institution are eligible for a certificate/diploma scholarship.

The degree scholarships are limited to students who have successfully completed at least one year of an undergraduate or transfer program leading to a degree. Up to two \$5,000, \$3,000 and \$2000 scholarships are awarded annually for each kind of scholarship based on academic achievement, community involvement and volunteer work. Personal accomplishments, future goals and two reference letters are taken into consideration as well.

Review the criteria and apply online: my.reviewr.com/site/ARTA/Scholarships. Students who have already received an ARTA scholarship no longer qualify.

A video on the ARTA website is very informative. **Deadline to apply is July 31, 2023.**



August 15—Executive Meeting

August 30—General Meeting
"To Hell With the Bell"

October 10—Executive Meeting

October 25—General Meeting
"Hallowe'en Theme"

November 28—Executive meeting

December 13—General Meeting
"Christmas Theme"

January 30—Executive Meeting

February 14—General Meeting
"Valentine's theme"

March 26—Executive 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.

ARTA Benefit Plan Trust Fund

The ARTA Benefit Plan Trust Fund was established to oversee the investment of the ARTA Retiree Benefits Plan reserve funds according to an approved Statement of Investment Policy and Procedures (SIPP).

Each May, at the Board of Directors meeting, two new trustees are elected for a three year term. This year, three trustees were elected owing Gerhard Sawatzky departure from the Board. Elected for three year terms were: Ernest Clintberg and Juanita Knight and for a two year term: Garry Hoffart.

The other three trustees on the Benefit Plan Trust Fund are Arlene Purcell, Eileen Johnstone and Sharon Vogrinetz.



Volunteers for our June 14th General Meeting

GREETERS:

Marion Radke
Deanna Immel

DECORATIONS:

Delle Lovig

50/50:

Lori Karwandy
Carolyn Weiler

PRAYER/GRACE:

Ray Morrison

2023 ARTA Wellness Challenge

One event that has existed throughout the pandemic has been the **ARTA Wellness Challenge**. This year's event began **April 1, 2023** and runs until **June 30, 2023**. This year is easier than ever to participate in the challenge. If you do at least 30 minutes of physical activity on any day, simply put a check mark on the calendar provided for that day. As retirees, wellness and staying active is important as we enter or continue through our lives as seniors.

There are many, many physical activities that increase our heart rate. A thorough list is available on the ARTA website.

After June 30th, send your completed calendar to your President who will ensure they are submitted to ARTA.

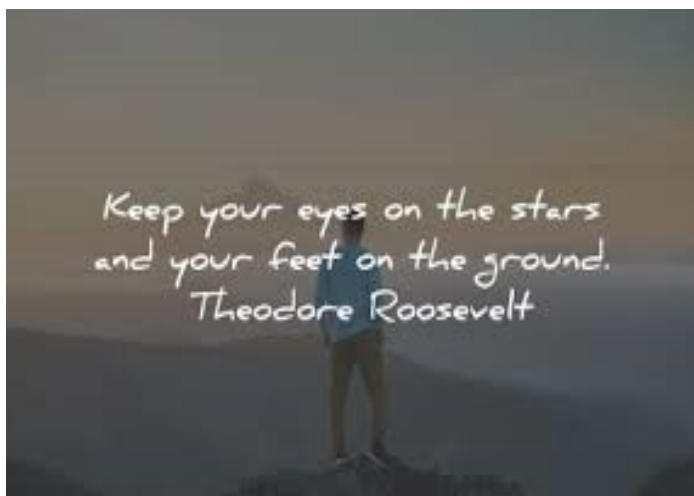
You can simply scan or take a picture of your completed calendar and send it to me at **49ermh@gmail.com** before July 31. You can also submit the form directly to ARTA.

There are many awards/prizes for participants who submit their calendars monthly to ARTA or wait until the end of the challenge and submit it after the June 30 cut-off date. Hopefully, the number of MHADRTA members who participate will be a large one!

Everyone can participate—whether it is 30 minutes a day or an hour a day (or more) per day. You don't have to have every day checked off. Check off the ones you were physically active—walking, gardening, golfing, playing pickleball, exercising, swimming or a whole host of activities! You will surprise yourself the number of days you are physically active! The important thing is that you did something physically active to stay healthy!



We extend our deepest sympathies to **Julia Bruins-Jacober** on the passing of her husband the day before our April General Meeting. May the love and support of your family, friends, former colleagues and all of us at MHADRTA bring you strength and comfort as you grieve the loss of your beloved, Elmer (Red). May he Rest in Peace.





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): _____



it's time to
**RENEW YOUR
MEMBERSHIP**

It is **Membership Renewal Time** for existing MHADRTA members. This year you have couple of different options in renewing your membership. You can actually renew your membership at any general meeting. Just let Jim know if there are any changes

to your contact information. With many still uncomfortable meeting in person or being in crowds there are other way to renew your membership. If you are not yet attending our meetings, 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, 2023 or if you retired in January, 2023) 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 or take a picture of it & 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 2023/24 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.

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, 2024.