



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events **The October Issue**

Publisher: Ron Thompson    Volume No. 5

Issue No. 2 Date: October 2016

## **A Branch of ARTA**



**Leduc:** – Luncheon, Wednesday, November 16th, 2016 at St. David's United Church, program: Vivian Armstrong will present a card-making workshop with Christmas in mind. More details will follow in a poster at the end of this newsletter.

## **Scheduled Events to June 30th 2017:**

The following events have been confirmed at the AGM in Leduc on Friday September 9th.

**Leduc:** HARTA Executive Meeting and Devices Workshop, Wednesday, February 15th, 9:30 AM, Workshop after the luncheon. Venue, St. David's United Church.

**Wetaskiwin:** Wednesday, March 15th, 11:30 AM, O'Brien's Restaurant, 4103—56 St. Wetaskiwin.

**Drayton Valley:** Tuesday, April 25th, 11:30 AM, Lakeview Inn and Suites. We have scheduled a Body Composition Clinic for that date.

**Wetaskiwin:** Tuesday, May 16th, Mini-Conference, 9:30 AM to 3:00 at the Wayside Inn in Wetaskiwin.

**Leduc:** Wednesday, June 7th, 11:30 AM, St. David's United Church.

## **Wetaskiwin Luncheon Highlights**

The Wetaskiwin fall Luncheon took place, Wednesday, September 28th at O'Brien's Restaurant. Marvin Nakonechny of Progressive Foods discussed the nutrition value of Barley as an all purpose food. He also gave out samples of one of his products. Barley is a good source of plant protein. Its glycemic index, 30, is less than 50 which is considered the threshold of medium and high glycemic indexes.

## **Drayton Luncheon Highlights**

The Drayton Valley members had their regular fall luncheon at Mitches Family Restaurant. Program consisted of a presentation by a representative from the Primary Care. Family physicians in the Drayton Valley Primary Care Network (PCN) have joined together with Alberta Health Services and other health professionals to better coordinate, and improve access to, the delivery of primary health services for their patients.

## **The ARTA Walking Challenge**

The Walking Challenge finished up on June 30th. 24 members signed up for the challenge. Our participation percentage was 32%. At the recent ARTA AGM HARTA, received the participation trophy. The trophy is on display at the ARTA office. Congratulations HARTA Walking Challenge Participants. The Calgary Retired Teachers' Association won the Branch with the highest number of total steps (15,854,547 steps) John Bauer of Red Deer had the highest number of steps. (1,750,357 steps)

# ARTA September Board Highlights

## Benefits Committee:

**Dental Fees:** A large increase in dental fees has been observed. A freeze in dental fees may result in more out of pocket expenses for our members. Alberta has dental fees that are 38% higher than those in British Columbia; 22% higher than those in Ontario and 10% higher than those in Manitoba. ARTA needs to present its concerns with high dental fees in its presentation to the Minister of Health and Minister of Seniors.

**Travel Provider Change:** The idea of a change in provider is the result of an unfavourable renewal experience with SSQ. ARTA sought out an alternative and found Allianz Global. Allianz is familiar with travel within our membership type. Allianz is Recognized in the industry as having a large volume of Canadian and International business. Their proposal offered better discounts and better claims management with a priority of being patient focused. The Benefits Committee members are agreed that now is the appropriate time for change. November 1<sup>st</sup> is the time chosen to change providers as it is before our heavy travel season. Allianz has included changes (improvements) to our travel plan that will be good news to our members. They include an Increase of the overall lifetime maximum from \$2,000,000 (current) to \$5,000,000; Return of Excess Baggage (new benefit): covers the cost to return covered member's excess baggage up to a maximum of \$500; Return of Animal Companion (new benefit): covers return of an animal companion up to \$500; Paramedical Practitioner Services: Increase limit from \$225 (current) to \$250; Meals and Accommodation: increase maximum from \$1,500 to \$3,000; Vehicle Return: increased maximum from \$2,000 to \$5,000; Treatment of Dental Accidents: increase maximum from \$1,000 to \$2,000. These plan improvements are being made with no change to your premium. These changes provide improved benefits with no increases in premium.

**Other Plan Changes:** Plan changes are planned to insulate ARTA against the possibility of government changes to become the 2nd payer reduce the risk and exposure of those under

65 with no Seniors Drug Plan coverage. With the assistance of ASEBP, ARTA is developing a tip line to identify fraudulent activity in our benefits plan. A survey of the services of ASEBP is in development by our consultant (AON)

**Diabetes Health Strategy:** – Survey results were returned and will be discussed with Dr. Johnson at the Benefits Committee meeting in November.

## Executive Committee Report:

**President's Report:** Juanita thanked The Calgary Retired Teachers (CRTA) for hosting the ARTA Annual Golf Tournament. Any branch interested in hosting the 2017 Golf tournament know, let a member of the Executive know and we will assist you in any way possible.

**Human Resources:** The Human Resources (within the Executive Committee) completed a successful review of the CAO & Executive Director.

**Past Presidents Report:** Presented by Gordon Cumming. Nominations to Positions for ARTA AGM were announced at the ARTA Board Meeting.

**Charitable Foundation Update:** The foundation is currently interviewing charities to look for partner groups to assist us in fulfilling our mandate, that reflect the uniqueness of us as retired teachers as well as assist us in building the story of the Foundation. The foundation is currently building material for communications and looking at the development of a website and fine tuning the mechanics for receiving funds.

**Vice Presidents Report:** presented by Marilyn Bossert. We need to review the expectations of board members and ensure a proper review of the performance and principles of the responsibilities and duties of being a member of this board of directors. What are the expectations of members of the ARTA board? Food for thought: Self-evaluation – do we need to do anything different either as individuals or collectively?

## Treasurer:

**Financial Report:** Dolaine Koch gave a review of the Budget which included the Committee Expenses report, review of the Statement of Financial Position ending June 30, 2016 and tabling of the Budgeted Versus Actual ending June 30, 2016. The Draft Audited Financial Statement was passed out for initial review prior to presentation by the auditor at the AGM.

**New Office Space:** Daniel Mulloy gave a summary of the potential new office space which included the space design, budget estimates and financial impact assessment.

**Pension & Financial Advisory Committee:**

This committee's report was presented by Trudy Hall. The committee's focus is on benefits to members. The committee had an education session with the editor of the *news&views* magazine on accuracy of financial information in our magazine. Bill Fraser is the incoming Chair. The committee is continuing to define the role in ARTA Representative Presentations. The committee is considering a name change, more information to come at a later date.

**Communications Committee:** The Communications Committee report was presented by Deb Gerow. Concerns were expressed over the growth and evolution of the magazine (*news&views*). The past issue was larger than any issue so far. Communications is providing an education session at the next Joint Chairs meeting to discuss aspects of "how to" in regards to communication within the organization. The OKARTA branch website is up and running.

**Governance Committee:** Vi Oko presented the Governance Committee Report. Governance reviewed the process of treatment of non-pay accounts moving termination of membership from 6 months to 3 months to reflect current business practices. At the AGM, we will be asking the delegates to repeal the current Bylaws and replace them with a revised set. Scholarships were reviewed and a change to the scholarship application will be made in order to ensure applicants are not disqualified due to minor technicalities. The scholarship applicants were incredible young people. The Incoming committee Chair is Esther Oaks.

**Wellness Committee Report:** presented by Ron Thompson. Branch Presidents were asked to send their pedometer requests to the Wellness Chair so that the pedometer order can be made and pedometers will be available for the February Board of Directors Meeting. Our committee will contact the Pension and Financial Committee to discuss collaboration on articles to appear in the Wellness section of *news&views* magazine.

**Strategic Planning & Advocacy Committee Report:** presented by Don Checkley. Orientation Session planning is complete and sessions are planned for September 13, 2016 (New Directors)

and October 20, 2016 (New Committee members). Joint Committee Chair meeting schedule for October 6, 2016. Discussion on the retreat for 2016-2017 is underway. The board approved the development of guidelines for determining ARTA Representation with other Organizations by the Governance Committee.

## **Charitable Foundation Nominations**

*Sent on behalf of Gordon Cumming,  
ARTA Nominations Committee Chair*

Hello,

Please find enclosed information on the Call for Nominations for Directors of the ARTA Charitable Foundation. Currently there are six Directors, but the Society may set this number from 4 - 13 at its AGM. With the Foundation still in its early development continuity of membership will be an asset, and I am pleased to report that Robin Smith, Graham Sewell, Paul Demers, Irl Miller and Brian Scott have indicated a willingness to again let their names stand for re-election. If you know of someone in your branch or a fellow ARTA member who might also be interested in one of these positions, please pass the enclosed information on to them. We ask that you have them fill out the acknowledgement form and send it to the attention of Daniel Mulloy @ [dmulloy@arta.net](mailto:dmulloy@arta.net) on or before November 14, 2016. Candidates will have their names distributed to all Branch Presidents prior to the election to allow for a slate of names to be made available prior to the Board of Directors meeting.

Enclosed you will find the following:

- 1 – Nomination Information Form
- 2 – Foundation Candidate Acknowledgement Form
- 3 – ARTA Charitable Foundation Bylaws
- 4 – ARTA Bylaws
- 5 – ARTA Policies & Procedures

Thank you,

Gordon Cumming

Past President and Nominations Chair of ARTA

(Attachments have been included with the emailed newsletter)

## **ARTA Election Results**

The ARTA election results from the AGM on Tuesday, October 4 and Wednesday, October 5 are as follows: President – Juanita Knight, Vice President – Marilyn Bossert, Treasurer— Dolaine Koch, Wellness Committee – Shirley Strembitsky, Governance Committee – Maxine Anderson, Communications Committee - Laurie Semler, Pension & Financial Advisory Committee - Carol Loewen, Strategic Planning & Advocacy Committee – Vi Oko and Health Benefits – Karen Atkinson. Further information re: the AGM will be in the November Newsletter.

## **ARTA Board & ARTA Reps' In-service**

The ARTA Board met Tuesday, September 13th and Wednesday September 14th. Highlights of the meeting in the next newsletter.

On Thursday, September 15th, the annual ARTA Reps' In-service was held at the Doubletree Hotel. There were sessions on the ARTA Benefits and Travel Plans. Also included were sessions by Service Canada, ARTF and a review of the services and other benefits through ARTA. This In-service will enable your ARTA Reps to give HARTA up-to-date information, or tell you where you can get answers to your queries. Your ARTA Reps for HARTA this year are Alvin Rurka, Walley Porter and Ron Thompson (alternate)

## **Member Welfare**

If you know of anyone of our members who is in poor health please let us and other members know so they can give what support is required.

## **Membership Fees**

If your membership expires in December of 2016, your fees of \$10.00 are now due. If you turn 85 years of age on or before December 31 of this year, and your fees are up-to-date, you are now a lifetime member and you no longer pay fees to HARTA. Congratulations!

Members who need to pay their fees can do so at the next HARTA luncheon: Wednesday, November 16th in Leduc.

## **Executive and Contact Info for the 2015-16 Program Year**

**Alvin Rurka:** Past President & ARTA Rep

**Ron Thompson:** President & ARTA Rep (alternate)

**Beth Rurka:** Vice President & Dir. for Leduc

**Elaine Merriman:** Secretary

**Darleen Broadbent:** Treasurer

**Sandy Hamilton:** Dir. for Drayton Valley

**Ron Holmlund:** Dir. for Wetaskiwin

**Wally Porter:** ATA Liaison & ARTA Rep.

## **The Goals of HARTA**

- **To carry on social activities, enabling our members to maintain contact with their colleagues.**
- **To provide information to our members about the resources available through the Alberta Retired Teachers' Association (ARTA) and other sources.**

***ARTA supports an engaged lifestyle after retirement through member-centered services, advocacy,***



Heartland  
Alberta  
Retired  
Teachers'  
Association

**HARTA**

**A Branch of ARTA**



**Noon Luncheon in Leduc  
@ St. David's United Church  
4614 - 48 Street**

**Program:  
Vivian Armstrong**  
Card Making for Christmas

**Please bring \$3.00  
For each card you'd  
like to make.**



**Contact  
Ron Thompson  
email:  
rnthompson@shaw.ca  
(r n thompson)  
phone: (780) 986-8349**

**Wednesday, November 16, 2016  
11:30 AM**

**Sandwiches and Beverages \$10.00 per person  
Annual Membership \$10.00**

**(Membership for New retirees free)**

**Please RSVP by Saturday, November 14, 2015**