



Heartland
Alberta
Retired
Teachers'
Association

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

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A Branch of ARTA



**HARTA Christmas Card
Making Workshop held at
St. David's United Church
in November**

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.

Leduc Luncheon Highlights

The Leduc November Luncheon took place, Wednesday, November 16th at St. David's United Church. Vivian Armstrong lead a workshop on Christmas card making. Vivian brought a number of card making kits to the workshop. The kits featured various types of supplies for different card styles. Many participants indicated an interest in having another card making Workshop later in this program year.

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 November Board Highlights

Executive Committee Report:

Fort MacMurray: At an earlier board meeting \$5000.00 was set aside to be used by the Fort MacMurray ATA local to address needs following the Fort MacMurray fire. Juanita Knight is awaiting the Fort MacMurray Local's decision.

Loneliness: Marilyn Bossert focussed her report on loneliness and wellness with the reminder to give someone you know who is lonely a phone call or pay them a visit. (Being lonely is like smoking a pack a day.)

New Office Space: Daniel Mulloy reported that ARTA will be moving to new offices in March.

Wellness Committee Report: presented by Ron Thompson. Pedometers will be released for the February meeting meaning that Branch presidents should have the pedometers they need in time for the start of the walking challenge April 1st.

Five (5) new wellness workbooks on various topics were received. Their purpose will be discussed at a later Board meeting.

Health Benefits Committee Report:

presented by Doug Gill.

Plan Changes: The Board has agreed:

1. To delay the implementation of therapeutic alternative reference based pricing for the Proton Pump Inhibitors drug class until February 1, 2017.
2. To implement therapeutic alternative reference based pricing equal to the Alberta Coverage for Seniors Plan pricing structure for the Proton Pump Inhibitor drug class effective February 1, 2017.
3. To have the Plan provide coverage for pro-

ton pump inhibitor medication dosages consistent with the Alberta Coverage for Seniors Plan.

4. To accept the following groups as eligible ARTA affiliate members: Alberta Insurance Council and Northern Employee Benefits Services.

Provider Change: The emergency travel report from Allianz has been an excellent report; it has provided us with claim details that we have not been able to receive in previous reports.

The ARTA travel plans have not incurred the losses they did during the first part of 2016 because of the decrease in the Canadian dollar. Many people have cancelled their travel plans or are travelling for a shorter period of time. The change to our new Travel provider has gone very smoothly.

Communications Committee Report: presented by Deb Gerow.

1. Website development training workshop will not be held until early spring. Photo contest will be coordinated by Erika Foley.
2. Branches who cohost an ARTA booth at one of the Teachers' Conventions in Alberta have been requested to send the name of their attendees to the Teachers' Convention to ARTA for proper booking purposes. HARTA shares the ARTA with three other Branches in the Greater Edmonton Area.
3. New tabletop banners required for those branches which have used apportion of the AGA logo as part of their logo. (HARTA's logo uses no part of the ARTA logo.) To protect the ARTA trademark logo only the parent body of ARTA may use the ARTA logo, so each branch is asked to create their own branch logos if their existing logo is infringing on the current ARTA logo image.

Governance Committee Report: Esther Oaks presented the Governance Committee Report. Esther noted that the revised application form needs to be listed on the website. Esther was asked if the branches could plan ahead two (2) years on their grant applications? She answered that based on the fiscal financial parameters, branches are required to only apply on a yearly basis, since the fiscal year runs from July 1 – June 30.

Strategic Planning & Advocacy Committee

Report: presented by Lorna McIlroy. Lorna presented the committee's report. The Board supported its recommendations. Some of the committee's recommendations were:

- That the Board of Directors agree to amend the Policies & Procedures as recommended by the committee.
- That the Board of Directors approve the 2017 Orientation Manual be paperless, with the exception of those individuals who request a paper version.

Pension & Financial Advisory Committee

Report: presented by Bill Fraser. The Board approved a name change from Pension & Financial Advisory Committee to Pension & Financial Wellness Committee. The above name change will be brought forward to the Governance Committee for corresponding changes needed in the by-laws.

HARTA Devices Workshop

On Wednesday, February 15th, HARTA will hold a Workshop on various devices at St. David's United Church. Possible sessions could include dealing with computer viruses, email issues, protecting your files etc. If you have an issue with computers, cell phones or tablets, and you'd like it addressed at the workshop, please email me, Ron Thompson at: rnthompson@shaw.ca.

March Luncheon Details

The March HARTA Luncheon will take place on Wednesday, March 15th at O' Brien's Restaurant in Wetaskiwin (4103—56 St.). Robin Smith, Vice Chair of the ARTA Foundation will speak on the Foundation. The luncheon will start at 11:30.

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 June of 2017, your annual fees of \$10.00 are now due. If you turn 85 years of age on or before June 30th of 2017, 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, February 15th 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, communication, wellness and leadership.



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HARTA Devices Workshop Registration Form

Wednesday, February 15, 2017

St. David's United Church

4614 - 48 St. Leduc, Alberta T9E 5X7

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

**Email Address _____ Phone No _____

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

Do you have any special dietary needs? Please specify:

Membership: Check one or more. If you are a branch member, indicate the branch.

___ ARTA ___ Branch: _____ ___ Non-member

Workshop Fee: - \$15/person (Includes Lunch)

No refunds after Monday, February 7, 2016. **Space is limited so register early.**

Payment Details: Enclosed is Cheque/Money Order for \$ _____. **(No Cash Please)**

Your registration is not complete until payment has been received by the Workshop registrar.

Make your Cheque/Money Order payable to **HARTA**. **After Feb. 1, please don't send your registration by mail. Please register by email or by phone and pay at the door.** Email: rnthompson@shaw.ca, Phone: (780) 986-8349 (Please leave a message)

Mail your registration to: **Ron Thompson, 4020 37th Avenue, Leduc, Alberta T9E 6C9.**



Topics

- Cellphones
- Tablets
- Laptops



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HARTA **Devices Workshop** **In Leduc**

Wednesday, February 15, 2017

1:00 to 3:00 PM

St. David's United Church,

4614 - 48 Street

Leduc

**Cost \$15.00 for the workshop
and lunch!**

For more info phone 780-986-8349 or email:

rnthompson@shaw.ca

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