



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events

The ARTA AGM Issue

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A Branch of ARTA



Scheduled Events to June 30th 2018:

Leduc – HARTA Executive Meeting and Luncheon, Wednesday, November 15th, 2017 at St. David's United Church, program: TBA Executive Meeting 10:00 AM.

Leduc HARTA Executive Meeting and Devices Workshop, Wednesday, February 14th, Executive Meeting 10:00 AM, Workshop after the luncheon. Venue, St. David's United Church.

Wetaskiwin Wednesday, March 14th, 11:30 AM, O'Brien's Restaurant, 4103—56 St. Wetaskiwin.

Drayton Valley Tuesday, April 17th, 11:30 AM, Luncheon at Lakeside Inn & Suites in Drayton Valley.

Leduc Tuesday, May 8th, Mini-Conference & Body Composition Clinic, 9:30 AM to 3:00 at St. David's United Church in Leduc. More details to follow.

Leduc Friday, September 7th, 2018, 10:30 AM AGM and Brunch at St. David's United Church in Leduc

Drayton Valley Luncheon Highlights

On Tuesday, Oct. 17, Drayton Valley held the second session of the Body Composition Clinic. Sixteen members participated in the clinic, and everyone was very impressed with the suggestions and guidance given by the facilitator, Mrs. Peggy Strass. One of many reminders Peggy gave everyone was the importance of keeping fit to help prevent falls.

We were so pleased to have twenty eight members attend the luncheon, which included nine members from Leduc!!

Following our luncheon, May Barker and Donna Gawalko facilitated a card making session. A huge thank you to these two ladies! They also graciously donated all the money collected from the card making participants to the local food bank!

Thank you again to everyone who attended and helped to make the day a success.

Contributed by Sandy Hamilton, Drayton Valley Vice President

Leduc Luncheon Info

Our next luncheon will be at St. David's United Church in Leduc. HARTA's November Executive Meeting will take place from 10:00 AM to 11:30 AM followed by our November Luncheon. Our speaker is Robin Smith, Vice Chair of the ARTA Charitable Foundation. He will give an update on the foundation's progress. Cost of the luncheon is \$10.00 for soup, sandwiches and dessert. The luncheon starts at 11:30 AM.

Coming HARTA Events

February 14 is HARTA's Devices Workshop, where members can get help with their tablets, cellphones and computers. Cost for lunch and workshop is \$15.00. May 8 is HARTA's Mini-Conference. Our Keynote speaker will be Daniel Mulloy, Chief Executive Administrative Officer of ARTA. We will be offering the Body Composition Clinics in conjunction with the Mini-Conference. More information on our Mini-Conference will soon be available. The cost will be \$25.00 for the lunch and conference. Both events will be held in Leduc at St. David's United Church.

ARTA's AGM Highlights

The ARTA AGM was held at the Chateau Nova Yellowhead in Edmonton. Election results were as follows:

Officers:

President:	Marilyn Bossert (CERTA)
Vice President:	Lorna McIlroy (NWARA)
Treasurer:	Dolaine Koch (EIRTA)

Committees:

Health Benefits:	Karen Atkinson (EIRTA)
Wellness:	Bill Fraser (PARTA)
Communications:	Ron Thompson (HARTA)
Pension and Financial Wellness:	Blair Lowry (SWARTA)
Governance:	Carol Francis (OKARTA) (one position left vacant)
Strategic Planning:	Carl McCall (OKARTA)

During the AGM reports were given by the various committees. A brief review of these reports follows below.

Executive Committee:

- The Executive Committee is made up of the President, Vice President, Past President, Treasurer Chief Administrative Officer and Executive Secretary. This is a new committee and, as such, its terms of reference are still being worked out.
- Juanita Knight, ARTA President, gave a summary of the successes of ARTA over the past year.
- Marilyn Bossert, Vice President, gave reference to changes that would be made in the bylaws and policies to be presented at the AGM.

- Gordon Cumming, Past President, reminisced about his time with ARTA and the changes he has seen.

Communications Committee:

Committee Chair Bob Heyworth gave an overview of the committee's second year as a committee in the current form. The committee is tasked with enhancing communication both internally and externally. During this last year the committee has continued to perform the following tasks:

- Reviews the communication and marketing plan created by ARTA
- When the position becomes vacant, the Committee collaborates with the executive director to select a suitable candidate for the position of editor of ARTA Magazine
- Provides communication in-services for the Board of Directors as required.
- In the role of editorial Board, the committee continues to oversee the publication of the ARTA magazine.
- Other roles the communications committee is fulfilling are: offering Branch Workshops on writing and computers, the development of branch websites and member outreach through connecting branches with members not already a part of a branch

Health Benefits Committee:

Patty Atkinson, Chair, reviewed the committee's progress during the last year. She reminded the meeting that, with the passage of motions from the September Board of Director's Meeting and the AGM the following changes would take place as of November 1st. Members should have received notice of these before they have received this newsletter.

ARTA Benefit Plan Changes as of November 2017

1. The maximum allowable benefit for repatriation expenses will increase from \$5,000 to \$7,500, effective November 1, 2017, with no change to rates for travel insurance with Allianz Global Assistance.
2. The list of paramedical practitioners will expand, effective with the renewal date, to include Registered Clinical Counsellors under

the Psychologist coverage provision, similar to Masters of Social Work and Registered Social Workers currently covered.

3. Coverage for mobility scooters, combined with electric wheelchair coverage, with a five year maximum of \$5,000, will be added effective on the next renewal date.
4. Primary Care Providers, operating within a Primary Care Network, will be permitted to provide written orders for the medical services and medical aids and appliances effective with the upcoming renewal date, as long as the service or medical device is within the scope of practice of the practitioner. Please check with the plan provider for a complete list of the above appliances, aids and services.

Governance Committee:

Esther Oaks, Committee Chair outlined changes to bylaws and policies which would be voted on at the AGM the following day. (The updated policies and bylaws will be available on the website once they have been registered with the Societies Registry) The committee's roles are outlined below:

- Review the bylaws annually and recommend changes as necessary;
- Review and report every two years on all ARTA governance documents and make recommendations as required;
- Review the bylaws annually and recommend changes as necessary;
- Investigate, research and report on issues referred by the Board of Directors;
- Report regularly to the Board of Directors and at the AGM any matters worthy of attention;
- Determine the recipients of the scholarships;
- Approve or reject Branch Project Grant applications; and Monitor the compliance of ARTA with the Bylaws and the Policies and Procedures of the association and report to the Board as required.

- The Committee updates the Board of Directors quarterly on the status of each of their responsibilities.

Pension and Financial Wellness Committee

Committee Chair Bill Fraser highlighted the year's work for his committee. The committee's roles included:

- Advocate that ARTA be granted a voice with the Government of Alberta and the Alberta Teachers' Association (ATA) in regard to teachers' pension matters;
- Have the chair serve as a member on the ATA Pension Committee and that ARTA continue to advocate for full membership;
- Advocate on behalf of retiring teachers and retired teachers concerning pension issues;
- Continue its program of communication regarding ATRA Policy on Pension with retired Alberta teachers, teachers currently practising, the public and the ALBERTA Government;+Offer educational programs to familiarize both the retired and practicing teachers matters related to retirement
- Advocate that there be annual pension discussions with representatives from retired teachers (ARTA), practicing teachers (ATA) and government officials;
- Advocate that an index be used that is more in line with the real cost of living increases;
- Continue to make Government aware of the conditions that reduce pensions including salary roll backs imposed by the government of that time;
- And maintain the position that the Alberta government in consultations with the ATA, is solely responsible for ensuring the full and equitable funding of teachers' pension plans and their Improvements.

Strategic Planning and Advocacy

Committee:

Lorna McIlroy, Committee chair, reviewed her committees accomplishments in her report to the AGM. Re Advocacy:

- The Committee members wrote various articles for *news&views*,

- Scheduled a member presentation concerning the Pension Cap resulting in a letter written to Minister Joe Cici.
- Contacted Minister Sigurdson to speak at the May Retreat.
- The Committee Chair attended the Public Interest Alberta Conference
- The Orientations for new presidents and committee members help the new members become familiar with their positions.
- The various Business Plans were reviewed in the fall Joint Chairs Meeting updating the meeting of each committee's progress.
- The Spring Joint Chairs Meeting reviewed the new committee business plans. Suggestions were made re: possible changes.
- Daniel Mulloy used an online survey of the ARTA membership to develop the 2018 – 20 Strategic Plan. The strategic plan has been edited and printed.
- At the request of the Board of Directors, a retreat was organized in Kananaskis. The Retreat was entitled Looking Ahead.

Nominations Committee:

Gordon Cumming, the Nominations Committee Chair was also Past President. His duties were:

- Sending nomination notice letters and forms to all branch presidents and board members along with the minutes of the May board meeting and again with the mail-out distribution of AGM materials prior to the AGM,
- Including appropriate nomination information on ARTA website,
- Nominations are sent to the past president through the ARTA office.

ACER-CART Priorities 2017-18:

Acer-Cart is the National retired teachers organization with representatives from all provinces and territories in Canada. Gordon Cumming and Daniel Mulloy are ARTA's representatives at ACER-CART meetings.

Wellness Committee Report:

The Wellness Chair, Ron Thompson, presented the committee's report:

- Peggy Strass is the new Wellness Consultant.
- During 2017 a total of 10 branches have had or will hold Body Composition Clinics.
- The Committee continues to offer Wellness Grants to defray the cost of Body Composition clinics and Wellness presentations.
- Committee members continue to update their knowledge through attending various conferences on Wellness.
- Winners for the ARTA Walking Challenge were: for the Individual Winner, Esther Dyck from Foothills with 1,813,700 steps; the Branch Winner was Calgary with a total number of steps for their 30 eligible members of 32,319,603 steps; and the Participation Winner was OKARTA with 44% of its members participating.
- Fitbits were given to three branches to be rewarded to members chosen from that branch.
- ARTA and Branch members walked a total of 117,747,758 steps.
- The Committee contributed articles on Fentanyl and Dementia to the Fall *news&views*.
- During the next year the committee plans to contribute articles on the Social and Spiritual Dimensions to the Magazine.

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

Members who need to pay their fees can do so at HARTA Luncheons. Wednesday, November 15th in Leduc is our next HARTA event, this year's events schedule is at the front of this newsletter.

Editor's Comment

During the last few weeks I have been reading "This Chair Rocks" by Ashton Applewhite. Her message is that society fosters ageism the way the

media portrays people over the age of 55. Society's obsession with youth blinds us to the value of the contributions older members of society can bring to society in general and to the business community in particular.

Whereas young people bring a knowledge of new technologies to old problems, more senior members of society bring a more balanced view of life in general. Applewhite also makes the point that older people are influenced by their younger colleagues into believing that they are not as valuable as their younger colleagues, or that they have lost the flexibility or brain power of their younger peers. It's true that as we age, our mental processes slow, but it is not true that as we age we lose the ability to learn new things. Brain research has shown that new brain tissue can be created at any age. All that has to happen is for the participant to stimulate new areas of the brain, in other words, try something new.

I am inspired by my daughter's words to my granddaughter. "Everything is hard at the beginning. It becomes easy with practice." So if you've been putting off that task because you think you're too old to do it, maybe you think it's just too difficult, but could it be that it might get easier with practice? May you have a great November.

Ron Thompson - Heartland Harald Editor

Executive and Contact Info for the 2017-18 Program Year

Alvin Rurka: Past President & ARTA Rep

Ron Thompson: President & ARTA Rep (alternate)

Elaine Merriman: Vice President Leduc

Sandy Hamilton: Vice President Drayton Valley

Ron Holmlund: Vice President Wetaskiwin

Walley Porter: ATA Liaison & ARTA Rep.

Darleen Broadbent: Treasurer

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.