



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald

## HARTA's Newsletter

### of Branch Events

## The October Edition

**Publisher: Ron Thompson**

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## A Branch of ARTA



## Events for September 2019 to June 2020

**Drayton Valley** Luncheon Thursday, October 17th, 11:30 AM at Best Western Plus. Jen Winter, a pharmacist from Drayton Valley will give a presentation on the services a pharmacist can provide. Check the poster at the end of this newsletter for complete details.

**Leduc** Wednesday, November 20th St. David's United Church Program to be announced.

**Leduc** Wednesday, February 12th at St. David's United Church. Musical Presentation and Devices Workshop. Luncheon at 11:30 AM

**Wetaskiwin** Wednesday, March 11th at O'Brian's Restaurant. 11:30 AM. Program: Canada's New Food Guide.

**Drayton Valley** Luncheon Thursday, April 16th at Best Western Plus. 11:30 AM. More details to be announced.

**Leduc** Tuesday, May 5th, HARTA's Mini-Conference at St. David's United Church. 9:30 AM to 4:00 PM. Save the Date.

**Leduc** Friday, September 11th, 2020, 10:30 AM AGM, Election of Officers and Pancake Brunch at St. David's United Church in Leduc. ARTA Benefit Plans Updates. Confirmed

## Member Welfare

Please let the editor know of anyone who would appreciate a get well note or a phone call from other HARTA members.

## ARTA's AGM,

## October 1st & 2nd, 2019

ARTA's AGM took place on Tuesday, October 1 and Wednesday, October 2 in Edmonton at Double Tree Hotel. On Wednesday, October 2nd Election were held for the following positions: President, Vice President, Treasurer, and one member for each of the following committees; Communications, Governance, Health Benefits, Pension and Financial Wellness and Strategic Planning and Advocacy as well as two members for the Wellness Committee. The results were:

President:	Lorna McIlroy
Vice President:	Garry Hoffart
Treasurer:	Dolaine Koch
Communications:	Inge Coates
Governance:	Elaine Willette-Larsen
Health Benefits:	Leo Bruseker
Pension and Financial Wellness:	Sheila McKay

Strategic Planning : Carol Henderson  
 Wellness: Linda Manwarren  
 Jeannette Van Hyfte

## **HARTA's Wetaskiwin Luncheon**

HARTA's September Luncheon in Wetaskiwin featured Shawna Pettinger from HearingLife. Shawna is an accredited Hearing Practitioner. She is trained to give hearing screening to assess a person's hearing. She spent a portion of her time explaining what her training qualified her to do. She answered various questions on hearing loss and what the hearing aids she sold could accomplish. If our branch wished to have our member screened for hearing loss, she could arrange such a screening. If members would like to have such screening I could arrange to have this screening at a later date. Please let me know if you would like me to arrange such a screen opportunity.

## **HARTA October Luncheon**

HARTA's October Luncheon will be at the Best Western Hotel in Drayton Valley. The Luncheon will feature Jen Winter. She is a pharmacist from Drayton Valley will give a presentation on the services a pharmacist can provide. The cost of the Luncheon is \$15.00 per person. The time is 11:30 AM, the Date: Thursday, October 17. Hope to see you there.

## **HARTA November Luncheon**

The HARTA November Luncheon will take place on Wednesday, November 17 at St. David's United Church in Leduc at 11:30 AM. The Executive Meeting will precede this event at 10:00 AM. In Room One. Vivian Armstrong, a HARTA member, will present a workshop on making Christmas Cards after the lunch. Vivian

will supply participants with the needed supplies. Participants are asked to bring \$3.00 for each card they would like to make. Lunch will consist of sandwiches, soup, vegetable and fruit plates and other desserts. Potluck, a local singing group, will lead a Christmas Carol Sing-Along. Please plan on joining us.

## **The Charitable Foundation**

Thanks for the opportunity to be part of your Branch Newsletter. ARTCF is most appreciative of the support that we have enjoyed from HARTA as well as from individual members.

Collectively, across the province, we are starting to make a difference in the lives of Alberta Seniors. Not only do we have the impact of combined giving, but we have been able to focus those gifts on programs that complement our lives of service, and demonstrate our continuing commitment as professionals.

This year we anticipate allocating a total of Seventy Thousand Dollars in Grants, supporting our Charities of Choice. We are renewing our funding of the Caregiver Education Sessions put on in Southern Alberta by the Alzheimer Society of Calgary. As well, up for renewal is our grant that enables Parkinson Association of Alberta to offer a "Virtual" Support Group to Albertans isolated by their illness or remoteness from resources. As well our funding is assisting the Alberta CNIB to run their volunteer training program. On the horizon there are more great proposals for our Board to evaluate, that will allow us to make a greater difference.

To enable our grants, of course, we need support. We are so appreciative of the generosity of ARTA. In addition to covering our operating expenses, and providing a substantial grant, ARTA will be contributing Fifty Dollars to the Foundation in memory of individuals members who pass away.

Other vital support has come from ARTA's business partners, Branches and individual members. Special recognition of sponsors and donors will become part of a feature wall at the ARTA Offices. Stay tuned for more details.

Interested in becoming a partner? ARTCF has Charitable status and issues Income Tax Receipts. Visit us on line at <https://www.arta.net/advocacy/artcf/>. Gordon Cumming Foundation Chair

## Confusing Abbreviations

After you retired from teaching you probably noticed a number of abbreviations re: retirement. **ASEBP (Alberta School Employee Benefits Plan)** refers to the health benefits provided by various school districts and which are also available to retired teachers until age 65. The **ARTA (Alberta Retired Teachers' Association) Plans**, are plans available to all ARTA members and Associate Members. The **ATRF (Alberta Teachers' Retirement Fund)** is the fund that pays teachers' pensions to retired Alberta teachers. Retired teachers with concerns re: their pensions, should contact the ATRF re: these issues. **CPP (Canada Pension Plan)** refers to the Pension Plan provided by the Canadian Government. The **OAS (Old Age Security)** is a supplementary payment to every person over 65 years also created by the Canadian Government. As a review of these abbreviations, I have listed all these abbreviations with their websites where you can get more information on a given topic. The **ARTCF (Alberta Retired Teachers' Charitable Foundation)** is ARTA's foundation to support various partners with their various projects to achieve their goals..

## Abbreviations

**ASEBP:** Provider of Health Care Benefits before 65 years of age: [www.asebp.ca](http://www.asebp.ca)

**ARTA:** Alberta Retired Teachers' Association Provider of many services and Benefits to Alberta Retired Teachers and other Professional Retirees: [www.arta.net](http://www.arta.net)

Branches: [www.artabranches.net](http://www.artabranches.net)

**ATRF:** Provider and Funder of Alberta Teachers' Pensions: [www.atrf.com](http://www.atrf.com) **CPP and OAS:** Pensions provided by the Canadian

Government Contact Service Canada at: [www.Canada.ca](http://www.Canada.ca)

**ARTCF:** Alberta Retired Teachers' Charitable Foundation at: <https://www.arta.net/advocacy/artcf>

I hope the above information makes the retirement information world easier to navigate.

## HARTA's May Mini Conference

HARTA's Mini Conference will be on Tuesday, May 5th from 9:00 AM. to 3:30 PM. The following sessions have been confirmed: Keynote: Gordon Cumming, Chair of the Alberta Retired Teachers' Charitable Foundation, his keynote will review the goals of the Charitable Foundation. Tom Dirsra, a local historian, will do a session on Leduc and District's History. Lourdes Juan, Founder of the Leftover Foundation, an organization dedicated to distributing unused food that would otherwise be thrown out will do a session on how her organization helps provide food at a more reasonable price. Susan Soprovich, a representative from the Alberta Securities Commission, will do a session on Investment Fraud. Finally, Noel Cairney will do a session on Laughter Yoga. As well, Wellness checkups featuring the Body Composition Clinic, A1C screening and Blood Pressuring Monitoring will also be offered. These services are designed to screen for issues that could cause problems at a later date. Such screening could alert you to health issues before they become serious. Please reserve, Tuesday, May 5th, to attend this information-packed day.

We would like to present Gordon with a cheque for the Charitable Foundation from proceeds we could collect from draws from our luncheons. I will have more to say re: this thought at our next two luncheons.

## Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. Members may also send a cheque or money order to: HARTA, C/O Ron Thompson, 4020 – 37 Ave. in Leduc, Alberta. The Postal Code is T9E 6C9. Please send \$10.00 for each year you would like to renew. Membership for the first two years is \$10.00 (first

year is free.) Our next HARTA event is at The Best Western Hotel in Drayton Valley. See the details given earlier in this newsletter as well as the Poster at the end of this newsletter.

## **HARTA Volunteers Needed**

At various times during the program year, HARTA needs members to help with various tasks. For the various luncheons, we can always use extra help in preparing the room for our programs. In Drayton Valley check with Joan, In Leduc, Ron T. or Elaine and in Wetaskiwin either Ron H or Ron T.

Ron Thompson, HARTA President

## **ARTA's Committees**

### **The Executive Committee**

The Executive Committee is made up of the President, Past President, Vice President, and Treasurer. The current members are: Past President, Marilyn Bossert; President, Lorna McIlroy; Vice President, Garry Hoffart and Treasurer, Dolaine Koch. Daniel Mulloy is the CEO and sits on the Committee as a non-voting member.

### **The Nominations Committee**

The Nominations Committee consists of the Past President, Marilyn Bossert and at the time of elections, two scrutineers are chosen from the Board of Directors

### **The Strategic Planning Committee**

This Committee is made up of four members elected yearly plus all the members of the Executive Committee. The Committee is charged with developing a protocol for liaising with other organizations and presenting that protocol to the Board of Directors for approval. (Representatives report back to the AGM, but throughout the year, they report back to the SPAC.) The current four SPAC members are Vi Oko (Chair), Carl McColl, Lawrence Hrycan, Carol Henderson and all members of the Executive Committee.

### **Wellness Committee**

The Wellness Committee is responsible

for providing resources for being proactive in health and wellness. The committee consists of four voting members plus an Ex Officio member from the Executive Committee and other staff support officers as needed. The Current Wellness Members are: Bill Fraser (Chair), Deb Gerow, Jeannette Van Hyfte and Linda Manwarren.

### **Pension & Financial Wellness**

This Committee's duties centre around representation on the ATRF Board has a non-voting member and sharing information of a financial nature to promote the financial wellbeing of ARTA's members. The committee is made up of four voting members and an Ex Officio member from the Executive Committee as well as other staff support members. The current members are: Graham Sewell, Blair Lowry, Leo Richer and Sheila McKay.

### **Health Benefits Committee**

This Committee has the mandate to provide Benefit Plans to ARTA members at a reasonable price. The committee reviews its coverage and updates the plan coverage as needed. This committee also oversees the Travel Plans offered by the plans. The current members of this Committee are: Garry Hoffart, Dennis Espetveidt, Karen Atkinson and Leo Bruseker as well as ARTA support staff and Ex Officio officers from the Executive Committee.

### **The Governance Committee**

Some of the Governance Committee's responsibilities are:

- Reviewing ARTA's Bylaws and policies and updating them as needed.
- Offering grants to ARTA's 18 Branches to facilitate their programs.
- Offering Scholarships to students attending a University or Technical School and second year or later of a Degree or Diploma Program who related to ARTA members

Current members of the Governance Committee are: Gordon Cumming, Maria Lentz, Maxine Anderson & Elaine Willette—Larsen as well as an Ex Officio Member from the Executive Committee and Staff Support Members.

## **The Communications Committee**

Some of this Committee's responsibilities are:

- Overseeing all of ARTA's media.
- Maintaining Communication within ARTA
- Managing the Public Relations of the organization.
- Managing ARTA's Booths in the ATA's Teachers' Conventions

The Communication Committee's current members are: Laurie Semler (Chair), Ron Thompson, Julie Ginther, and Inge Coats two Ex Officio Members from the Executive Committee and Staff Support Members.

## **The Benefit Plan Trust Fund**

The Benefit Trusts are managed by a committee of six Trustees, 2 Trustees being elected each year by the Board of Directors. An Ex Officio Member and staff support members are also present. Members of the current Board are : Dorothy Ungstad (Chair), Ernest Clintberg, Gerhard Sawatzky, Sharon Vogrinetz, Arlene Purcell and Pat Sproule.

## **The Charitable Foundation**

ARTA has been working to create an arms length Foundation which could use funds to help various non-profit organizations with projects which the Foundation could support. The Foundation can issue tax receipts. (It is approved by the CRA to give Tax Receipts.) The Foundation's current Trustees are: Gordon Cumming (Chair), Maxine Anderson, Helen Neufeld and Graham Sewell. See Gordon Cumming's article earlier in this newsletter for more information about this Foundation.

## **Other Branch Events**

ARTA now has a new website which provides information on events in other Branches

throughout Alberta and the Okanagan Branch in BC. If you would like to find other Branch events this website can help you. The website is: [www.artabranches.net](http://www.artabranches.net).

STARTA, (St. Albert Area Retired Teachers' Association) is holding a Wellness Conference in St. Albert. You can get more information by going to STARTA's website at:

[www.artabranches.net/STARTA](http://www.artabranches.net/STARTA)

## **Executive and Contact**

### **Info for the 2019-20**

### **Program Year**

Alvin Rurka: Past President

Ron Thompson: President & ARTA Rep

Joan Henry: Vice President D. V.

Elaine Merriman: Vice President Leduc

Ron Holmlund: Vice President Wetaskiwin

Walley Porter: ATA Liaison

Alain Lefevre: Treasurer

Erika Lefevre: Secretary

Susan Schwindt: Finance Committee Member—D.V

## **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.***



Heartland  
Alberta  
Retired  
Teachers'  
Association

## A Branch of ARTA



**You're Invited  
to HARTA's Drayton  
Valley Luncheon  
@ Best Western Hotel  
2252 - 50 St.  
in Drayton Valley  
Program:  
Conversation  
with a  
Pharmacist  
(Jen Winter)**



email:  
[brijoenry@gmail.com](mailto:brijoenry@gmail.com)  
phone:  
(780) 542-3209  
Joan Henry

**Thursday October 17, 2019 11:30 AM**  
**Soup, Sandwich, Coffee, Tea \$15.00**  
**Membership \$10.00 Per Year**  
**New retirees \$10.00 for the Two Years**  
**Please RSVP by Oct. 10, 2019**



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## A Branch of ARTA



**You're Invited to  
HARTA's Leduc  
Luncheon  
@St. David's United  
Church  
4614 - 48 St.  
in Leduc**

**Program: Vivian  
Armstrong: Christmas  
Card Making & Carol  
Singing with Potluck  
Cards \$3.00 each**



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

**Wednesday, November 20, 2019 11:30 AM  
Luncheon, Soup & Sandwiches, \$10.00 / person**

**Membership \$10.00 Per Year.  
New retirees \$10.00 for the first two Years**