



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

The First COVID-19 Edition

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A Branch of ARTA



Events for February to June 2020 & the AGM

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

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

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

Drayton Valley Luncheon, October. Date and time to be announced once the pandemic is over.

COVID-19 Changes

The Drayton Valley Luncheon has been cancelled while the Leduc Mini-Conference has been postponed until May 2021. As the pandemic continues our Branch is looking at ways members

can connect with each other and get ARTA relevant information. Please let me know if I can help you get the information you may need from the ARTA office.

Wetaskiwin March Meeting

Mervin Leibel gave a comprehensive overview of the New Canada Food Guide. The major change is that the food nutrition chart is that the food groups are now divided into three groups: Proteins, Cereals and grains and Fruits and Vegetables using a plate as the portions guide. The Proteins group replaces the Dairy and Meat Groups. Generally Mervin suggested that, where possible, using unprocessed foods such as vegetables and fruits rather than processed foods are better choices. He gave the example of breakfast choices. He suggests using a cereal such as rolled oats or Red River cereal rather than Fruit Loops which is mainly sugar. He gave other examples of prepared foods and how each product is skewed towards one food group. Generally, the better choices are home prepared meals. There were 14 members present at the meeting.

The Devices Workshop

On Wednesday, February 12, HARTA held its Executive Meeting in the morning and Luncheon at 11:30 AM. Some of the items covered during the

Executive Meeting were: the approval of a table for Money Mentors to provide information for our membership and the announcement that all ARTA and Branch functions will be covered by a new insurance policy. Money Mentors is a non-profit organization providing information on managing money by giving session to all ages from Kindergarten to grade 12 in school as well as to adults. With regard to insurance, the insurance covers all events put on by the Branch but does not cover transportation to and from the event.

The lunch followed the Executive Meeting. Following the luncheon, members of “Pot Luck” performed a few love songs in honour of Valentine’s Day. The performers were Jim Montney, Suzanne Ritchie and Ron Thompson—vocalists and Robin Stuart—Piano. Each vocalist performed three selections then all three sang selections in which all luncheon attendees could join in. The presenter, Terri Shimenosky was unavailable for her session because she was involved in a traffic accident on her way to Leduc. We will try to arrange a session on online security at a later date with Terri or another presenter. Please, stay tuned for future developments re: this event.

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

ARTA: Alberta Retired Teachers’ Association Provider of many services and Benefits to Alberta Retired Teachers and other Professional Retirees: www.arta.net

Branches: www.artabranched.net

ATRF: Provider and Funder of Alberta Teachers’ Pensions: www.atrf.com

CPP and OAS: Pensions provided by the Canadian Government Contact Service Canada at: 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 Postponed

HARTA’s Mini Conference has been postponed tentatively to Wednesday, May 5th, 2021. Other details will be confirmed as details are available. Tom Dirs, a local historian, has reconfirmed

his commitment to do a session on Leduc and District's History. Noel Cairney will be available to do her session on Laughter Yoga. I am waiting to hear from the other presenters and keynote speakers. Keep tuned throughout the 2020-2021 program year for further updates.

COVID-19 Humour

I'm having a quarantine party this weekend.... none of you are invited

Home schooling is going well. Two students suspended for fighting and one teacher fired for drinking on the job

I'd hate to see a diarrhea virus breakout right now. People are gonna go and buy up all the nasal spray.

Nail salons, closed: hair salons, closed: lash salons, closed.... It's about to get real ugly out there.

I'm so desperate for hockey, I went to the aquarium and booed the penguins.

My cat just came home with 20 bags of cat litter. Time to stop this nonsense!

Enjoy

Lawrence Dublenko

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 O'Brian's Restaurant

in Wetaskiwin. See the details given earlier in this newsletter as well as the Poster at the end of this newsletter. If you renew or join HARTA during the month of March 2020, you have the option of getting an extra year for an extra \$5.00. So for \$15.00 your membership would be from March 2020 to August 31st, 2021. It's your choice.

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, Elaine or Ron T. and in Wetaskiwin either Ron H or Ron T. During this time COVID-19 Social Distancing another way to contribute is to provide stories and other news for our newsletter. You can submit to: The Editor: r_n_thompson101@hotmail.com. It would be great to get more submissions for our readers. I

Ron Thompson, HARTA President

Motions From HARTA's Emergency Executive Meeting

The following actions were approved by email as a result of the COVID-19 Emergency Situation:

A Motion to postpone the Mini Conference to May of 2021 – Carried.

A Motion to refund all registration fees to those who have already registered-Carried.

A Motion to cancel all Branch luncheons until the COVID-19 emergency is over-Carried.

A Motion to notify all presenters and keynote speakers of the postponement of the conference-Carried

A Motion to hold the next Executive Meeting on Wednesday, July 8th.

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.

Ron Thompson, HARTA President

2020 ARTA Get Moving Wellness Challenge

April 1st is the start of the 2020 ARTA Wellness Challenge. The challenge will end on June 30th. With the COVID-19 Emergency now might be a good time to take part in this year's Wellness Challenge. At the back of this newsletter you will find a participant log sheet to record your activity times or steps as well as a summary sheet for your 30 best days. Add these days together and enter the total at the bottom of the sheet. Please return your sheets to President Ron Thompson by email. Or you can contact Ron Thompson by phone and he could pick up your summary if you live in Leduc or the sheets could be mailed to:.

HARTA C/O Ron Thompson
4020—37 Ave.
Leduc, Alberta T9E 6C9

Ron's contact info is listed with the Executive contact info on this page.

Participants can choose to record the amount of time you spend on each activity or you may choose to record the steps when you go for a walk, mow the lawn etc. For those who

choose to record only their steps, I (the president) will convert their steps to minutes. If you choose to record a combination of step and times I will convert all score to minutes and add them together. The number of activities now included in the challenge has been greatly increased. Here is a list of possible activities: Walking, Swimming, Yoga, Biking, Step Classes, Pickle Ball, Weight Training, Cross Fit, Kayaking, Elliptical Motion Training, Canoeing, Kettle Bells, Dancing, Pilates, Badminton, Racquetball, Lacrosse, Spin Classes, Volleyball, Frisbee Throwing, Hiking, Track and Field, Handbell, Golfing, Resistance Training, Rowing, Jogging, Tennis, Curling, Boxing, Skipping, Bowling, Aqua Aerobics, Stair Climbing, Basketball, Baseball, Zumba, Squash, Triathlon Training, Barre Sculpting, Tai Chi, Soccer, Martial Arts, Dragon Boating and Surfing. The forgoing is only a partial list of activities. Keep active, keep moving. Good luck!

Wellness Updates from HumanaCare

Rachel Hughes from HumanaCare has sent our Branch the following information re: Wellness inline resources. Please see the attached eblast for more wellness information. ARTA Members can access HumanaCare's webinar about managing anxiety and fear surrounding the current pandemic here:

<https://attendee.gotowebinar.com/register/4808011921685934605>

Janet will also be sending Branch Presidents HumanaCare's COVID19 Wellness Kit to share with members. Please call 1-888-327-1500 for more information and support. As more information is available, HARTA will make it available to members either in our Newsletter or in other emails.

Executive and Contact Info for the 2019-20 Program Year

Alvin Rurka: Past President (587) 274 -
4562 abrurka@hotmail.ca

Ron Thompson: President & ARTA Rep (780) 986-8349
rnthompson@shaw.ca (r n thompson)

Joan Henry: Vice President Drayton Valley. (780) 542-
3209 brijohenry@gmail.com

Elaine Merriman: Vice President Leduc
(780) 467-0010 terry6@telusplanet.net

Ron Holmlund: Vice President Wetaskiwin (780) 352
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Walley Porter: ATA Liaison (780) 388-3849
wallyp@telusplanet.net

Gary Hansen: ATA Liaison Alternate (780) 986-1745
gbhanson@telus.net

Alain Lefevre: Treasurer (780) 941-2245
elefevre6@gmail.com

Erika Lefevre: Secretary (780) 941-2245
elefevre6@gmail.com

Lawrence Dublenko: Membership Co-ordinator (587) 783-
8588 mayoprospector@gmail.com

Susan Schwindt: Finance Committee Member—D.V.(780)
542-4136 salschwindt@gmail.com

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.



ARTA Wellness Challenge

The Wellness Challenge is an annual event where ARTA members are encouraged to focus on their personal wellness over the course of three months.

All ARTA members are welcome to participate in the challenge — those who belong to a branch can participate directly through their branch.

You will be asked to track your time spent on a physical activity that gets your heart pumping. Once the challenge is complete you will submit your best 30 days. Awards will be distributed to the branch who tracks the most time, the branch with the most participation, and individual participation prizes will also be randomly drawn.

Vist arta.net/wellness-challenge for more details.





Personal Best-30-Days Report

Name: _____ Member number: _____

Phone number: _____ Email: _____

Please send or email this page to your branch president by **Friday, July 31, 2020**.

If you do not belong to a branch, please send or email this page to Jennifer Hope at the ARTA office (jhope@arta.net) by **Friday, July 31, 2020**.

BEST DAYS FROM APRIL 1 TO JUNE 30

Activity		Minutes	Activity		Minutes
1		16			
2		17			
3		18			
4		19			
5		20			
6		21			
7		22			
8		23			
9		24			
10		25			
11		26			
12		27			
13		28			
14		29			
15		30			
TOTAL					

Congratulations and well done!

Alberta Retired Teachers' Association
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