



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events The Third COVID-19 Edition

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A Branch of ARTA



Events for February

to November 2021 & the AGM

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. Place to be confirmed closer to the meeting date. We could possibly have a virtual AGM depending on the circumstances.

Wetaskiwin Wednesday, September, Date and time to be announced closer to the date once we know where we are with COVID-90.

Drayton Valley Luncheon, October. Date and time to be announced closer to the date once we know where we are with COVID-90.

Leduc Luncheon, November, Date and time to be announced closer to the date once we know where we are with COVID-90.

COVID-19 Changes

With the COVID-19 Emergency HARTA will be reviewing our plans for next year's program re:

luncheons. We will be looking for other ways for our Branch members to connect with each other through virtual Luncheons at our next Executive Meeting in July. Please stay tuned as we rearrange our programming to account for this new situation. Stay safe and stay healthy



**Accessing your
Retiree Benefits Plan
is about to get easier**

**Announcement coming
September 2020**

ARTA Office Update

In the next few week's and months, there will be changes at the ARTA Office and to ARTA's Benefits Plan. Please keep tuned to these changes by going to ARTA's website and watching for these changes to be announced.

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.artabranches.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 2021 Updates

HARTA's Mini Conference which was postponed has been tentatively rescheduled for Wednesday, May 5th, 2021. Other details will be confirmed as details are available. Tom Dirsra, 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. Susan Soprovich will arrange for one of her colleagues to present the session on Investment Fraud. Lourdes Juan, the CEO for Food Rescue will do her session on Food Rescue and its mandate. ARTA's Past President, could be available to do a keynote address. Keep tuned throughout the 2020-2021 program year for further updates.

COVID-19 Humour

1. Walmart is opening Dental Offices in some of its stores. There will be an Express Line for people with 12 teeth or less.
2. I was walking my dog in the park when this young woman came over to me and said, "What a beautiful dog! Is it a purebred?" I told her, "No, It's pure dog."
3. After a talking Sheepdog gets all the sheep in the pen, he reports back to the farmer, " All 40 accounted for." "But I only have 36 sheep!" says the farmer. "I know," says the Sheepdog, "But I rounded them up."
4. Why don't cats play poker? Too many cheetahs.

5. I really don't mind getting older but my body is taking it badly.
6. What do you call panic-buying of sausage and cheese in Germany? The wurst-Kase scenario.
7. The grocery stores in France look like tornadoes hit them. All that's left is de brie.
8. Finland just closed its borders. No one will be crossing the finish line.

Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. During the COVID-19 Emergency Members may 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 after retirement is \$10.00 (first year is free.) Stay tuned for more information on when and how the next meeting will take place.

HARTA Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks (when the Pandemic is over.) 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 of 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.

Ron Thompson, HARTA President

Other Branch Events

ARTA now has a 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 was 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 other 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 scores 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. Some of these activities may need to be adjusted to deal with the realities of the COVID-19 Emergency. Good luck!

Bill 203 - Lobbying of Committee on Private Bills

Bill 203, the *Pension Protection Act*, has been introduced in the legislature. If passed, it would reverse the changes contained in Bill 22: *Reform of Agencies, Boards and Commissions and Government Enterprises Act, 2019* that affect public sector pension plans. Notably, Bill 203 would reverse the requirement of the Alberta Teachers' Retirement Fund (ATRF) to transfer investment management to the Alberta Investment Management Corporation (AIMCo).

As a private member bill, the bill is now being referred to the *Standing Committee on Private Bills and Private Members' Public Bills*, who will decide if the bill will even be debated in the legislature. The next scheduled meeting of this committee will occur on the morning of June 23.

We are looking to engage interested constituents of the following 11 members of the legislative assembly (MLAs) on the committee:

- Mike Ellis (chair), Calgary-West
- Joseph Schow (deputy chair), Cardston-Siksika

- Michaela Glasgo, Brooks-Medicine Hat
- Nate Horner, Drumheller-Stettler
- Janis Irwin, Edmonton-Highlands-Norwood
- Nathan Neudorf, Lethbridge-East
- Chris Nielsen, Edmonton-Decore
- Jeremy Nixon, Calgary-Klein
- Rakhi Pancholi, Edmonton-Whitemud
- Lori Sigurdson, Edmonton-Riverview
- R J Sigurdson, Highwood

Personalized e-mails are being sent to residents of these constituencies who have already participated in our advocacy over teacher pensions. That e-mail will encourage those residents to phone their MLA using this tool at :

www.ibelieveinpubliced.ca/call_your_mla.

If you can help target residents of these constituencies, feel free to help share this link. However, at this time, we only want residents of these specific constituencies to participate in this current effort.

The following talking points are being used on the matter of debating Bill 203:

- Bill 203 deserves to be fully debated in the legislature.
- Teachers were not consulted on the AIMCo pension takeover.
- Despite significant pushback, with over 50,000 letters sent out by teachers, Bill 22 was rushed through the legislature with very limited debate.

Teachers have significant concerns with this decision, and the matter should be discussed thoroughly on the floor of the legislature.

Additional efforts around Bill 203 may be introduced at a later time.

Residents from other constituencies may want to participate in the lobby efforts of the NDP caucus, hosted at www.yourpensionisyours.ca

Submitted by Gary Hansen - ATA Liaison for the Black Gold and St. Thomas Aquinas Locals of the ATA on behalf of the ATA.

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
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Joan Henry: Vice President Drayton Valley. (780) 542-
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Thomas Aquinas Locals (780) 986-1745

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Alain Lefevre: Treasurer (780) 941-2245
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Susan Schwindt: Finance Committee Member—.D.V.(780)
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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
11835 149 Street NW
Edmonton AB T5L 2J1

