



Heartland  
Alberta  
Retired  
Teachers'  
Association

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

**Publisher: Ron Thompson**

**Volume No. 8**

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## A Branch of ARTA



### Events for September

### to November 2020 & the AGM

**Leduc** Friday, September 11th, 2020, 10:30 AM AGM, Election of Officers on Zoom. ARTA Benefit Plans Updates. Confirmed. We will have a virtual AGM.

**Wetaskiwin, Drayton Valley & Leduc** Luncheons on hold until the COVID-19 situation is clarified closer to each date. Tentative dates are: Wednesday, September 23rd, Wednesday, October 21st and Wednesday, November 18th. Dates could change if luncheons are possible. Otherwise we will plan for presentations by YouTube on various subjects.

### COVID-19 Changes

With the COVID-19 Emergency HARTA will be reviewing our plans as the year unfolds re: luncheons and presentations We will be looking for other ways for our Branch members to connect with each other. Please stay tuned as we rear-

range our programming to account for this new situation. Stay safe and stay healthy

### ARTA Office Update



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

**Announcement coming  
September 2020**

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](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.artabranche.net](http://www.artabranche.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 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 Dirsa, 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. Did you hear about the man who pressed a four-leaf clover? He really pressed his luck.
2. I used to play the piano by ear. Now I use my hands.
3. I used to be a baker. But that got stale fast!
4. I used to be a mason. But people kept taking me for granite.
5. I used to build boats for a living. But I never made any big sails!
6. Why do tailors stand up quickly? They're sitting on pins and needles.
7. Why do boiled eggs come in first place? They're really hard to beat.
8. Why should you never argue with a headless horseman? He's known for loosing his head.

From the World's Greatest Dad Joke Book

## 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.)

## **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](mailto: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](http://www.artabranches.net).

Ron Thompson, HARTA President

## **2020 ARTA Get Moving Wellness Challenge**

You still have time to send in your final

sheets for the Wellness Challenge. The challenge ended June 30th. At the back of this newsletter you will find 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 sheet 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.

## **HARTA's AGM, September 11th**

Friday, September 11th is the date for HARTA's AGM as well as the elections for Executive Members. If you would like to run for any of the positions on the Executive please let Alvin Rurka our Past President know by email or phone. His contact info is at the end of the information section of this newsletter. A list of positions on the Executive is listed below along with a summary of each officer's responsibilities.

## **Executive Officer Roles Clarified**

The President:

- Call and chair all HARTA meetings.
- Promote and help facilitate HARTA regional activities in conjunction with the Regional Vice Presidents.
- Act as Newsletter Editor in the absence of the role being filled by another member.
- Prepare and maintain an updated Member List in co-ordination with the Secretary, Treasurer, and the Membership Director.
- Ensure a copy of the updated membership list is sent to all members of the Executive.
- Promote membership in HARTA and ARTA and the benefits of each in conjunction with the HARTA/ATA Liaison Officers.
- Has signing authority in conjunction with the Regional Vice President(s), Treasurer and

**Associate Treasurer(s).**

- Represent HARTA at ARTA Board Meetings and the ARTA AGM.
- Set and issue the meeting agendas in conjunction with the Secretary and other members of the Executive.
- Bank Deposits may be made by any member of the Executive.
- Ensure an archive of all HARTA minutes is kept.

**The Past President:**

- Conduct elections during the AGM.
- Act as the Nominating Committee with input from the rest of the Executive.
- Interpret the Constitution and By-laws and updates the aforementioned in conjunction with the President and Regional Vice Presidents.
- Call and chair HARTA meetings in the absence of both the President and Regional Vice President(s).
- May perform other duties as assigned by the Executive.

**The Regional Vice Presidents:**

- Interpret the Constitution and By-laws and updates of the same in conjunction with the President and Regional Vice Presidents.
- In the absence of the President, the Executive Committee shall designate a Regional Vice President to chair a meeting.
- Have signing authority in conjunction with the President, Treasurer and Associate Treasurer(s).
- Co-ordinate one or two Regional Activities per year primarily for their Region.
- Attend HARTA Executive Meetings or prepare a report on the activities of the Region to be presented at the meeting.
- Inform members in their Region of upcoming regional events.
- Maintain, Encourage and Advocate to retain and expand HARTA's membership. This may include contacting local ATA presidents, attending ATA meetings, and attempting to initiate contact with retiring teachers from their region (within the limits of FOIP/Privacy of information) in concert with the HARTA -

ATA Liaison Officer for their Region, at the President's request.

- Perform other duties, as requested by the Executive.

**The Secretary:**

- Record and maintain a record of all HARTA Meetings.
- Distributes the minutes to the Newsletter Editor and the President and to the membership as required by the President.
- Remind Executive members of their To Do items by attaching a To Do list to the agenda and reminding the members of their commitments closer to the date of the next meeting.
- Send HARTA Membership(s) received to the Membership Director for inclusion in HARTA's member list.
- Bank Deposits may be made by the Secretary, President or Treasurer, or any other member of the Executive as appointed by the Treasurer.
- Maintain an archive of all HARTA Minutes.
- Maintain an archive of all Annual Reports.

**The Treasurer:**

- Collect the fees and membership registrations.
- Issue or cause to issue receipts for fees and registrations.
- Maintain the financial records for HARTA and reports a financial update at all meetings.
- Has signing authority in conjunction with the President, Regional Vice Presidents and Associate Treasurer(s).
- Prepare and update a Budget in conjunction with the President, Regional Vice President(s) and other Executive Members.
- Bank Deposits may be made by the Treasurer, Secretary or President or any other member of the Executive as appointed by the Treasurer.
- Assume other duties as directed by the President in consultation with the rest of the Executive.

**The Newsletter Editor:**

- Solicit, collect and edit news items.
- Publish and distribute the Newsletter.

**The HARTA - ATA Liaison Officers:**

- Shall liaise with the four ATA Locals in HARTA's Branch Boundaries. They are the Timberline, Black Gold, Wetaskiwin and St. Thomas Aquinas Catholic Locals.



- Shall be active member(s) of one of the four ATA Locals as well as the HARTA Executive.
- There shall be two (2) Liaison Officers (when available). Each Liaison Officer will be responsible for one (1) of two Zones within the HARTA Branch Boundaries: Zone One (1) which will include Wetaskiwin and Timberline Locals and Zone Two (2) which will include Black Gold and St. Thomas Aquinas Catholic Locals.
- Will report to the HARTA Executive re: ATA issues and activities of interest and concern to HARTA's Membership.
- At the request of the HARTA President, each Liaison Officer will make arrangements for HARTA's President or Regional Vice President in that Zone to attend an Annual Meeting of that Local for the purpose of sharing information about HARTA's purpose and proposed activities for the upcoming Year.
- Will communicate with Barnett House as requested by the HARTA President or the Executive as a whole.

#### The Membership Director:

- Maintain an updated list of current members and members in arrears.
- Monitor and Update members' contact information.
- Receive new member registration forms from the President, the Regional Vice Presidents or other members of the Executive and adds these to the current membership list.
- Contact members who are in arrears and informs them that their membership has lapsed.
- Upon direction from the President, develop and maintain a list of inactive members and removes those inactive members from the membership after a predetermined number of years if there is no response to the Director's queries.

Updated July 8, 2020

## ARTA Committees

At ARTA's AGM in October new committee members will be elected. One member will be elected for each committee with the exception

of two this year only for the Wellness Committee. There are four members on each committee with the exception of the Health Benefits Committee which has five members. Each member serves for four year on their committee with the exception of the Health Benefits Committee for which the members serve for five years.

There are six Standing Committees plus the Executive Committee which consists of the Executive Officers as well as the Nominating Committee which consists of the Past President The other committees are:

- The Communications Committee
- The Governance Committee
- The Health Benefits Committee
- The Pension and Financial Wellness Committee
- The Strategic Planning and Advocacy Committee
- The Wellness Committee

## Committee Details

**The Communications Committee:** The Communications Committee is responsible for all aspects of Communication within the ARTA Organization. The Committee reports to the ARTA Board re: issues concerning the communications media within ARTA and its Branches.

**The Governance Committee:** The Governance Committee suggests updates to Bylaws & Policies to the ARTA Board of Directors. Changes in Bylaws are brought to the ARTA AGM in October of each year.

**The Health Benefits Committee:** The Health Benefits Committee continues to monitor the ARTA Benefit Plans. The Committee makes recommendations to the ARTA Board of the Directors for changes to the Plans.

**The Pension and Financial Wellness Committee:** This Committee has a member which sits on the ATRF Board as a nonvoting member. When there are concerns re: Teachers' Pensions this is one way these concerns may be heard. The Committee also provides information on other financial topics. Grants are made available for Financial Workshops by ARTA Branches.

**The Strategic Planning and Advocacy Committee:** This Committee monitors ARTA's Strategic Plan. It holds a meeting of the chairs of all the committees including all members of the Executive Committee twice a year to develop a yearly business plan and budget. The plan is brought to the ARTA Board of Directors at its May Meeting to be reviewed and approved or approved with changes. It is also tasked with preparing and presenting a yearly ARTA Retreat.

**The Wellness Committee:** This Committee develops activities to promote member wellness. The most well known activity is ARTA's yearly Wellness Challenge. The Committee also provides grants for ARTA Branch Wellness Workshops and Body Composition Clinic which can include an A1C test for Diabetes as well as a blood pressure check all done by an accredited clinician.

If you are interested in serving on any of the above committee please let me know and I'll send you the information on how to submit your nomination to the Past President. For more information re: the committees go to the ARTA website, search for Policies & Procedures and look under Sections 7 and 8. The Website is [www.ARTA.net](http://www.ARTA.net).

## **Executive and Contact Info for the 2019-20 Program Year**

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

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

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

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

**Ron Holmlund:** Vice President Wetaskiwin (780) 352-4842 [rdholm@hotmail.com](mailto:rdholm@hotmail.com)

**Walley Porter:** ATA Liaison—Wetaskiwin and Timberline Locals (780) 388-3849

[wallyp@telusplanet.net](mailto:wallyp@telusplanet.net)

**Gary Hansen:** ATA Liaison—Black Gold and St. Thomas Aquinas Locals (780) 986-1745

[gbhanson@telus.net](mailto:gbhanson@telus.net)

**Alain Lefevre:** Treasurer (780) 941-2245 [elefevre6@gmail.com](mailto:elefevre6@gmail.com)

**Erika Lefevre:** Secretary (780) 941-2245 [elefevre6@gmail.com](mailto:elefevre6@gmail.com)

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

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



## 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](mailto: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			
<b>TOTAL</b>					

Congratulations and well done!

**Alberta Retired Teachers' Association**  
11835 149 Street NW  
Edmonton AB T5L 2J1







# You're Invited to HARTA's annual AGM

ARTA Benefits Presentation by  
Gary Sawatzky to follow  
The AGM will be online, Gary's  
Presentation will be on Youtube  
For more details contact  
Ron Thompson  
(see contact info)

A Branch of ARTA



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

**Friday, Sept. 11, 2020, 10:30 AM**

**Annual Membership \$10.00**

**(Membership \$10.00 for two years for new retirees)**

**Please RSVP by Monday, Sept. 2, 2018**