



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

The COVID-19

November Edition

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A Branch of ARTA



October 2020 AGM

Zoom Presentation Wednesday, November 18th, 2020, 10:00 AM Melissa Purcell will do a Zoom Presentation entitled **Finding Our Way in Indigenous Education: Connecting Hearts & Minds**. Details given in this newsletter.

Other Zoom Presentations In lieu of Luncheons, for the next few months we will be looking for various sources of information relevant to our members which we can present on Zoom. Please stay tuned.

COVID-19 Changes

With the COVID-19 Emergency HARTA will be updating 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 rearrange our programming to account for this new situation. Stay safe and stay healthy

Member Welfare

On September 1st, Rosella Plaquin lost. Her husband Joffre. In the same month Darleen Broadbent's husband Raymond suffered a stroke. Please keep both families in your thoughts and prayers. If you know of anyone needing our support, please let me know.

Health Benefit Changes

Health Benefit Changes:

Each year the Health Benefits Committee reviews and suggests updates to the Retiree Benefits Plan. These updates are made based on new legislation and feedback from covered members. As always, ARTA aims to provide members with the best retiree benefits available. Visit our news blog to review the full list of changes that are taking place, effective November 1, 2020.

ARTA Self Administration:

This means ARTA is growing. We've moved to a larger office where we're welcoming new staff to help us with the transition. This change is going to be a big one, so be sure to stay informed by looking for updates in news&views magazine, ARTAfacts and through direct messages like this one. You can read more about these changes on ARTA's news blog.

Emergency Travel:

Global Affairs Canada has not yet changed their advisory for Canadians to avoid all non-essential travel outside of Canada. Naturally, there have been a lot of questions about how this affects things like the travel plans and insurance

premiums of members. We've gathered some of the most common questions in an easy-to-navigate list of FAQs. [Find them on ARTA's news blog.](#)

ARTA's COVID-19 Response:

As you might expect, COVID-19 has changed the way we've been doing business. We have temporarily closed our offices to members and all our staff have been equipped to work remotely. Even working from home, our dedicated staff continues to manage the day-to-day operations of ARTA, meeting and collaborating through remote means. Likewise, we have rescheduled all in-person meetings and have moved all committee, board, and executive member meetings online.

Our lines of communication with our members remain open, so our Member Services team are still able to meet virtually or over the phone to help our members, just as before.

As you can see, there has been a lot happening at ARTA, and we are excited to see what 2021 brings. Hopefully, we will be treated to a vaccine before long so we can get back to business as usual. We are looking forward to meeting you again once we're able, to celebrate our reunion and catch up properly.

Daniel Mulloy

Chief Executive Officer

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. 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 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. What rock group has four men that don't sing? Mount Rushmore.
2. What concert costs just 45 cents? 50 Cent featuring Nickelback!
3. Why couldn't the bicycle stand up by itself? It was two tired!
4. Did you hear about the restaurant on the moon? Great food, no atmosphere!
5. Why do melons have weddings? Because they cantaloupe!
6. What's the difference between a poorly dressed man on a tricycle and a well-dressed man on a bicycle? Attire!
7. How many apples grow on a tree? All of them!
8. Did you hear the rumor about butter? Well, I'm not going to spread it!
9. A cheese factory exploded in France. Da brie is everywhere!

Membership Fees

Members who need to pay their fees can do so by mail. 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. 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

HARTA's AGM, Notes

HARTA's AGM was held on Friday, October 23rd at 10:30 AM on Zoom. The meeting was chaired by Elaine Merriman VP for Leduc. Ron Thompson, HARTA President acted as host. Since the by-laws require that all AGMs must be held in September, the first motion of the meeting, which was carried, was a motion giving the assembly permission to have a meeting in October. The agenda and minutes for the 2019 AGM were both approved. Reports were given by the President, Past President, Treasurer and the Director of Mem-

bership. The reports were adopted as presented. This year's Activity Schedule will be mainly on line until the Pandemic has past. When luncheons can again be booked in person the schedule will be adjusted and the new schedule will be circulated. Next year's AGM will be held at St. David's United Church if in person meetings are allowed, otherwise the AGM will be on Zoom on Friday, September 10th at 10:30 AM. There was a notice of Motion that the by-laws would be reviewed and revisions would be presented at the next AGM. The meeting ended at 11:05 AM followed by an update by Gary Hansen in which he gave several websites for more information on government actions. These websites were emailed to all HARTA members after the AGM on Friday. Please let me know if you did not receive them. After the AGM Gary Sawatzky gave an update on the ARTA benefit plans and how the change in provider would affect the plan. As indicated earlier in this newsletter, Gary could do another information in early February if HARTA Members have concerns re: the changeover.

HARTA Wellness Activities

HARTA's objectives include maintaining contact with the HARTA membership and to assist in protecting the welfare of retirees. I am encouraging HARTA members to stay active, keep learning, engage your mind, and maintain social contacts and a positive outlook. These goals can present challenges during these strange and unprecedented times. I have begun to compile a list of activities you may find useful in maintaining your overall health and wellness. Please feel free to add your own variations or additions, and please share your ideas.

Connect with others

- Send a letter or postcard to a friend or relative.
- Phone someone you haven't spoken to re-

cently.

- Invite a friend in your cohort to lunch.
- Do something for someone else.
- Share a joke or funny story.
- Make a pot of soup or stew.
- Share a portion with a cohort.

Activities

- Organize/clean out one box, drawer, or shelf of "stuff."
- Participate in an exercise class in person/online/from CD or TV, or do some arm chair exercises.
- Participate in an activity available in your community. In DV – 55 Alive: exercise class, walking track, or aquacise class.
- Check out a new TV show.
- Plan and research information for a trip (near or far) you would like to take after COVID 19 restrictions are lifted.
- Make/build something: craft, art, sewing project, woodwork, snowperson, etc.
- Go outside for a walk or activity, or sit by the window and observe nature.
- Go through old photos and organize them or pass them on to others, and discard any you no longer want.

Engage your mind

- Work on a puzzle, crossword, or sudoku.
- Try a new recipe.
- Learn something new-any area.
- Read a book by an author you haven't read before. Let HARTA know if you find a good one!
- Research a topic of interest to you.
- Learn a new card or board game.

Staying positive (Self-care, Positive actions and thoughts)

- Recall something that made you laugh out loud or watch a funny movie.
- List or say 3 things you are grateful for.
- You may wish to start a gratitude journal.
- Pamper or treat yourself to something nice.

- Be mindful of your feelings, breathing, body, etc.
- Take a moment to sit quietly and be mindful.
- Sing or hum a song you recall from your childhood. Doesn't matter if anyone is listening.
- Reread a poem or short story that has special meaning to you.
- Journal what you eat for a day/week.
- Are you eating nutritious foods?
- Are you eating?!!

**CREATE! LEARN! CONNECT!
MOVE! TAKE CARE OF YOURSELF**

Stay Positive, Stay Well!

Submitted by Joan Henry, VP Drayton Valley

ARTA's AGM Highlights

The ARTA AGM took place on Zoom from 9:00 AM to 12:00 Noon on Tuesday, October 6th and from 9:00 AM to 12:30 PM on Wednesday, October 7th.

Election Results

The following ARTA members were elected to the ARTA Executive by acclamation:

- President — Lorna McIlroy
- Vice President — Deb Gerow
- Treasurer — Delaine Koch

The following ARTA members were elected to the various ARTA Committees by acclamation:

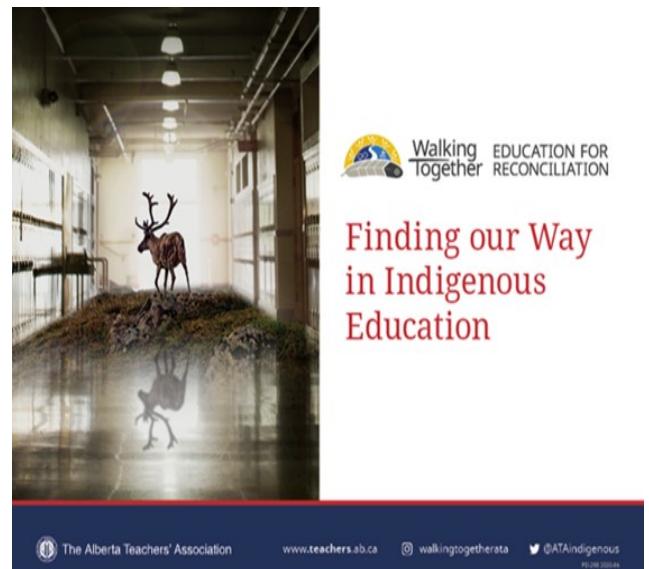
- Communications — Laurie Semler
- Governance — Vi Oko
- Health Benefits — Jim Black
- Pension & Financial Wellness — Ray Hoger

- Strategic Planning & Advocacy — Joan Godbout
- Wellness — Bonnie Bauer

Melissa Purcell's Presentation

Finding Our Way in Indigenous Education: Connecting Hearts & Minds

Fostering and developing a braided approach in the Indigenous focused competencies and indicators continues to be a challenge for many. The following are common statements from teachers and school leaders across the province; "I don't know what I don't know", "I'm afraid to say and do something offensive" and "I just don't know where to begin". Come and learn about resources and strategies to deepen understanding of the Indigenous-focused competencies in the Teaching Quality Standard.



Time: 10:00 am – 11:00 am

Date: Wednesday, November 18

Executive and Contact Info for the 2020-21 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) 352-4842
rdholm@hotmail.com

Walley Porter: ATA Liaison—Wetaskiwin and Timberline Locals (780) 388-3849
walleyp@telusplanet.net

Gary Hansen: ATA Liaison—Black Gold and St. Thomas Aquinas Locals (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
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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.