



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

HARTA's 10th Year

December Edition

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A Branch of ARTA



**The Event Schedule to be Followed
Pending Favourable AHS Guidelines.**

HARTA's January Zoom Presentation on the Changes—to Auto Insurance January 1st

HARTA will be facilitating a Zoom Presentation on Changes to Alberta's Auto Insurance Plans. Laurie Bauer will be doing the session on Wednesday, Jan. 12th, at 10:00 AM. More details follow in this newsletter.

2022 HARTA's February Executive Meeting & Devices Workshop—Feb. 9th, 2022

The HARTA Executive Meeting will be at St. David's United Church, 4614—48 St. in Leduc and also on Zoom. Start time 9:30 AM.

The Luncheon will also be at the Church, on Wednesday, February 9th, start time 11:30 AM. The Devices Workshop will start at 1:00 PM and is expected to last until approximately 3:00 PM and will also be available on Zoom. The presenter will be Stan Gerber with a workshop on Windows 10. Cost for the luncheon is \$10.00. There is no cost for the workshop.

HARTA's Wetaskiwin Luncheon—March 9th, 2022

HARTA's March Luncheon will be at O'Brian's Restaurant in the Wayside Hotel, 4103—56 Ave. in Wetaskiwin. (There may be a change of facilities for this event. Please watch for further develop-



Celebrating HARTA's 10th Year as a Branch of ARTA

ments.) The luncheon will start at 11:30 AM, Wednesday, March 9th. The meal will be from the menu since the Buffet is not available at this time.

At 1:00 PM Lawrence Hrycan will be our guest. He will be giving a presentation on Public Interest Alberta (PIA). He will outline some of the concerns this group is advocating for. This presentation will also be available on Zoom.

HARTA's Drayton Valley Luncheon—April, 14th, 2022

HARTA's Drayton Valley Luncheon will be held on Thursday, April 14th, at the CETC, 5400—22 Ave in Drayton Valley. The presentation information will be forwarded when available. The lunch will be \$10.00 per person.

HARTA's Mini-Conference in Leduc & Dray- ton Valley — May. 4th, 2022

The HARTA Mini-Conference will be at St. David's United Church, 4614—48 St. in Leduc, at the CETC 5400—22 Ave in Drayton Valley and also on Zoom. Start time 9:30 AM. Further details re: registration, cost and presenters will be available as details are worked out.

HARTA's 2022 AGM in Leduc & Drayton Valley—September 16th, 2022

The HARTA 2022 AGM will be at St. David's United Church, in Leduc and also in Drayton Valley as well as on Zoom. Start time 10:30 AM.

HARTA's November Executive Meeting

On Wednesday, November 17th, HARTA held its 2nd of 3 Annual Executive Meetings. The agenda covered the financial position of the Association, the activities undertaken so far by the association and the up coming events for 2022 to the AGM.

Among the coming events are: the Windows 10 workshop on Wednesday, February 9th, the Wetaskiwin Luncheon on March 9th and the Drayton Valley Luncheon on Thursday, April 14th. All dates assume that the current COVID-19 regulations are still in force. As long as the situation remains the same re: COVID, all presentations will be on Zoom and in-person.

The 2022 HARTA Mini-Conference is still in the planning stage with the keynote and 3 sessions already planned. Cost of the Conference would be \$25.00 per person for HARTA members and \$30.00 per non-member. Paid up members to August 2023 could view the conference online with the renewal of their membership. We are planning to host the conference in both Drayton valley and Leduc simultaneously as we did the 2021 AGM.

The concerns re: membership growth were discussed as a result of conversations in Drayton Valley, Leduc and Wetaskiwin. Bob Silverthorne, a HARTA member and guest, offered some suggestions. He suggested the possibility of retired teachers offering their time possibly once or twice a week to read to students or work with math, interact with students at the school level. The idea would not be to replace the work of the T A in the classroom, but to bring some special skill the member has to the students in that classroom.

This topic needs further discussion. Bob's ideas are only one possibility. In fact, in each region of HARTA members have many ideas how to attract new members. A reminder, please be

aware that someone who is not a member can attend a HARTA event free of charge as long as they have never been a member of any Branch of ARTA. Word of mouth is often the best way to attract new members to an organization.

How To Access Alberta's New QR Code

As of November 15, 2021, the Alberta Government now requires all persons who are vaccinated with COVID vaccines to carry identification with their personal QR code to prove they have been vaccinated with a COVID Vaccine. The steps outlined below will help you to get your personal QR Code from the Government of Alberta Website.

Before starting, gather the following information for you and whomever else you will get a code for:

- Personal Health Number
 - Date of Birth
 - The date of one of your vaccinations (Month and Year).
1. Using the search engine of your choice type in, "Alberta QR Code." Look for the response, "COVID Records Helpdesk."
 2. Click this link and scroll down the page until you see the phrase, "Get your new Vaccine record." Followed by an arrow.
 3. Click this link. You will come to a page entitled, "Alberta Covid Records." Below the title, you will see a picture of a mobile device and below this picture if you keep scrolling down, you'll come to a blue bar labelled, "GET STARTED." Press or click this bar.
 4. At this point you will come to a page with the heading, "Complete the Form."
 5. Fill in the form with the required information: Personal Health Number, Date of Birth, The date of one of your vaccinations (Month and Year). Then check the box, "I am not a robot." Press or click the Blue Bar.
 6. Next the QR Code appears. Below the code two blue bars appear. Using the blue bar,

“Save Your Code,” you press or click the bar, and a printer menu appears allowing a copy of the QR code may be printed. (Depending on the quality of the printer, the best print quality may be had with a black & white printout.)

7. You can also save a PDF version for your cell phone by changing “Destination” on the print page from the name of your printer to “Save as PDF”. Then choose the file where you wish to save the QR code. If you are saving it to ONE DRIVE, you may also wish to save it to a file that is physically on your phone. That way if you are somewhere that Wi-Fi is not available you can still access the file.

As of November 15th, this is the only acceptable form of proof of vaccination. You may want to print out your copy of this proof of vaccination and start using it in place of the earlier proof of vaccination. I have laminated my QR Code Proof of Vaccination as well to help make it more durable. I hope this information will be helpful.

Submitted by the Editor with suggestions from Iona Roberson and Laurie Semler.

HARTA’s Luncheon & Presentation



On Wednesday, November 17th, HARTA held its Leduc Luncheon. The presentation featured Tony Robinson from the Leduc and District Food Bank. Tony and his family have volunteered at the Leduc Food Bank for several years, helping with food drives etc. He has had

a long career with a manufacturing facility in the area in various management roles. He made a career adjustment in 2015 which gave him time to allocate to other interests. At this time he was approached by the food bank to join the board of directors. He has been the Treasurer for the last five years. His focus has been on helping the Board and the organization implement practices that will help the food bank be more efficient, effective and able to assist clients into the future.

The Food Bank’s Mission Statement is to empower our community to aid those in need of food support through strategic: Collaborations Educational programs, and Re-distribution of food and goods. During the 2020 operational year, the Food Bank received 957,808 lbs. of food or the dollars equivalent of \$2,490,300.80.

The Food Bank provides a number of programs over and above providing food hampers to single persons and families. Some Food Bank affiliated services are: the Snack Attack program providing nutritious snacks to school within the County of Leduc. The Leduc Regional Connections Centre provides a Kitchen Learning Centre where participants can learn to:

- Prepare quick, easy, healthy, affordable meals using food hamper items
- Expand awareness of a broad range of foods and ways to prepare them
- Learn strategies to stretch their food dollar, food safety and nutritional food knowledge

The Life Skills Learning Centre is a collaborative or coordinated service delivery to identify and close the gaps between agencies, their clients and low-income individuals was initiated. Following the concept that the Kitchen Learning Centre was able to identify, mainly life skills are a huge factor in being able to help individuals move forward. A multi-agency approach is the goal of the centre and has been proactive in fostering partnerships.

Participants reported that they increased their knowledge regarding employment, strengthened their confidence and self-esteem, expanded their social network, built natural supports into their lives, and increased their mental health stability. Due to Covid-19 restrictions, limited pro-

grams ran in 2020. The above services are only a small part of the services available through the Leduc and District Food Bank. For more information you can contact the Food Bank at Phone: (780) 986-5333 or view their website at: <https://www.ldfb.ca>.

Information provided by Tony Robinson's Bio and the Food Bank's 2020 Annual Report

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. **AIMCO (Alberta Investment Management Corporation)** is the Alberta Government's umbrella Investment Organization which also manages various Government Pensions)

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:** Pen-

sions 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>

AIMCO: Alberta Investment Management Corporation at: <https://www.aimco.ca>

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

Automobile Insurance Changes

As of January 1st 2022 all auto insurance policies in Alberta will change. Laurie Bauer of TW Insurance has agreed to do a Zoom presentation on the changes we will need to navigate as a result of these changes. The session will be on Zoom, Wednesday, January 12th, 2022. The Zoom link will be available shortly after January 1st.

Member Welfare

If you know of anyone needing our support, please let the editor know so we can show our support in helping their return to good health. With COVID-19 having been with us for a while, this would be a good time to reach out to someone you haven't heard from or seen in a while. Please keep well and keep safe.

Humour Corner

- Q: Did you hear that Walmart is giving away dead batteries?
A: They're free of charge..
- Q: Why did the scarecrow get a big Christmas bonus?
A: Because he was outstanding in his field.
- Santa and his wife wanted to split up but there aren't any divorce lawyers at the North Pole. So, they got a semicolon instead; They're great for separating independent clauses.
- Q: What did the bald man say when he got a comb for Christmas?
A: I'll never part with it.
- Q: What do you call a bunch of chess masters bragging about their games in a hotel lobby?
A: Chess nuts boasting in an open foyer.

6. Q: Where do Santa and his elves go to vote?
A: To the North Pole!
7. Q: How much did Santa pay for his sleigh?
A: Nothing. It was on the house!
8. Q: What is a Christmas tree's favorite singer?
A: Spruce Springsteen.
9. Q: What do snowmen eat for breakfast?
A: Ice Crispies.
10. Q: What do you call a broke Santa Claus?
A: Saint-nickel-less.

(The jokes above are from the Readers' Digest Website on Christmas Jokes)

The Devices Workshop

On Wednesday, February 9th, the Devices Workshop will take place online at 1:00 PM. HARTA's February Executive Meeting will take place between 9:30 and 11:00 AM followed by the February Luncheon. Lunch will be \$10.00 per person and will feature sandwiches, fruit tray vegetables and sweets and well as a beverage, (providing COVID regulations still allow meals.)

The Workshop will follow at 1:00 PM. Members have a choice. They may log in online or they may come to the luncheon at St. David's United Church—4816 – 48 St. in Leduc and bring their Windows 10 laptops. The workshop will be a two hour workshop (1:00 to 3:00 PM) on Windows 10. There is no charge for members to attend the workshop. The login link will be provided at a later date. If you have a particular question regarding Windows 10, please email your question to me and I will relay it to Stan. My email for this purpose is rnthompson.harta@gmail.com.

Suspicious Emails

I received the following fraudulent email.

Hello Ron, I am trying to set up a mobile transfer in the amount of \$2,850 for an expense, also I will need to visit the bank to set it up. I would like to know if you can initiate the transfer from your personal account and put it as a request for reimbursement. Let me know so I can send you necessary details. Regards, Name Given.

Obviously I did not do what the email asked me to do. If you receive such an email I suggest you delete it and let your friend know you received an email claiming to be from them. Be alert to any email, text message or phone number that does not seem quite right. I have developed the habit of letting my answering machine pick up any unfamiliar numbers and then listen to see if a message was left. Rarely are any left. It's too bad we have to be so suspicious of every communication we get. Take Care and stay safe.

The Editor

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: rnthompson.harta@gmail.com. It would be great to get more submissions for our readers.

Ron Thompson, HARTA President

Other Branch Activities

ARTA 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

Alberta Retired Teachers Charitable Foundation

Charitable Foundation Details

Our Mission:

“From classrooms and beyond, the Alberta Retired Teachers Charitable Foundation and its members are linked by one common purpose: to support Alberta Seniors in pursuit of Appropriate Housing, Health Services and English as a Second Language, to improve their lives!”

ARTCF supports the following Charities:

Parkinson+++ Association of Alberta - three ARTCF Tele-Support Groups

Alzheimer Society of Calgary - Funding for their Learning and Support Services

Alzheimer Society of Alberta / NWT - “Minds in Motion”, which is a fitness and social program.

CNIB - Community Education & Outreach Program

Operation Friendship Seniors' Society – Grant to support equipment for the facility

ARTCF, with your support, will make a difference. We have provincial status as an Alberta Society, as well Charitable Status (ability to give Tax Receipts) from Canada Revenue Agency. Join us in expanding our impact. Honor or Memorial gifts will be recognized, and all gifts will be Income Tax receipted. On-line donations, may be made at www.arta.net/cf-give

Cheques may be made out to **ARTCF** and mailed to:

ARTCF Office
15505 - 137 Avenue NW
Edmonton AB
T5V 1R9

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)

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

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

Susan Schwindt: Drayton Valley Rep..(780) 542-4136 salschwindt@gmail.com

Janice Storeshaw: Secretary (780) 986-0056 jes90@telus.net

Connie Dublenko: Treasurer (587) 783-8588 ccdublenko@gmail.com

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

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.



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HARTA's Zoom

**Auto Insurance Information
Session**

**"What are the Changes to
My Auto Insurance
Policy?"**

**Wednesday, January 12,
2022 10:00 AM**

With Laurie Bauer



**Zoom Annual Licence
Funded by ARTA**

Log On Details:

**Meeting ID: 886 3313 9926
Passcode: 681579**

Phone: 1 587 328 1099

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

Membership \$10.00 Per Year

New retirees \$10.00

for the first Two Years



Heartland
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ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

**You're Invited to
HARTA's Devices
Workshop on Zoom
With Stan Gerber. at
1:00 PM, Feb. 9th
For those who'd like to
attend, there will be a
Luncheon at
St. David's United
Church, 4614 - 48 St.
in Leduc, Workshop
Participants may bring their
Windows 10 laptops to the
Church or login at home.**

**Zoom Annual Licence
Funded by ARTA**

Log On Details:

**Meeting ID: 886 3313 9926
Passcode: 681579**

Phone: 1 587 328 1099

**email:
rnthompson@shaw.ca
phone:
(780) 986-8349
Ron Thompson**

**Luncheon, Wednesday, February 9th, 2022
11:30 AM Lunch & Beverage \$10.00
Membership \$10.00 Per Year
New retirees \$10.00 for the Two Years
Please RSVP by Monday, Jan. 7th
Zoom Workshop at 1:00 PM**