



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The New Year 2023 Edition**

Publisher: Ron Thompson

Volume No. 11

Issue No. 5 Date: January 2023

A Branch of ARTA

ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

HARTA's Program Schedule

for 2022-23

Most Presentations will also be available on Zoom. (Funded by ARTA.)

ARTA's Pension & Financial Wellness Committee presents the ATRF Update of the ATRF Pension Plan

During the month of January 2023 ARTA's Pension & Financial Wellness Committee along with the ATRF will present the ATRF's update of the ATRF Pension Plan. This presentation will be on January 11th. More details are given later in this newsletter.

HARTA's Devices Workshop Tuesday, February 14th, 2023

The HARTA Devices Workshop will be on February 14th between 1:00 and 3:00 PM at St. David's United Church. Doors will open at 11:00 AM. The Luncheon will start at 11:30. More details will be available later in this newsletter.

HARTA's Wetaskiwin Luncheon, Tuesday, March 14th, 2023

The HARTA March Luncheon and program in Wetaskiwin at First United Church, is scheduled for March 14th between 11:00 AM and 2:00 PM. Dennis Theobald, ARTA's Executive Director is our speaker.



HARTA's April Luncheon, Thursday, April 13th, 2023

The HARTA April Luncheon and program is tentatively scheduled for Thursday, April 13th between 11:00 AM and 2:00 PM, place to be decided. More details will be available later.

HARTA's May Mini-Conference, Tuesday, May 9th, 2023

The HARTA Mini-Conference is scheduled for Tuesday, May 9th in Leduc. The Conference will consist of a Keynote address and four sessions on various topics. More details are available in this newsletter. Further details will be available as the remaining speakers are confirmed.

From the President

With the start of 2023 HARTA looks forward to more information sessions on a variety of different topics from the Devices Workshop in February to the Mini – Conference in May. Two presenters, Linda Mak from Money Mentors and Deb Gerow, ARTA's President have con-

firmed that they will be presenting. We await the other speakers' confirmation before releasing the program schedule for the May Conference. The Mini-Conference will take place on Tuesday, May 9th. The Conference will be at St. David's United Church in Leduc. There will be four sessions as well as the Key-note Presentation by ARTA's President, Deb Gerow. Speakers on Exercise and Travel have still to be confirmed. The schedule at the end of this Newsletter lists two possible sessions for Exercise and Travel. Only one presenter will be presenting for each session. Stan Gerber will be doing a session on Travel in November. The subject of the November presentation will be decided after the Mini-Conference.

When you have ideas re: a HARTA event, please email me at the following email address :rnthompson102@gmail.com. Please put Program Suggestions in the subject line of your email. Happy New Year to everyone in 2023!

HARTA's December Executive Meeting Notes

The HARTA Executive met on Thursday, December 8 at St. David's United Church and online. Treasurer Connie Dublenko outlined the financial report from September 1st to November 30th. President Ron circulated the President's report for the first three months of HARTA's Program year. Drayton Valley Rep, Susan Schwindt, reported that the monthly breakfast gatherings are continuing. Drayton Valley hosted a mini-conference in October consisting of three presentations. (See November's Newsletter for the details.) For the Luncheon on February 14, 2023, there will a lunch consisting of sandwiches, vegetable, and fruit plates as well as various beverages (tea, coffee, and juice.). *Pot Luck*, a group of various soloists and pianist Robin Stuart will entertain with a few love songs

in honour of Valentine's Day. At 1:00 PM, Stan Gerber will present a Devices Workshop on Internet Safety.

Mini-Conference Plans for In-person and on Zoom in 2023 are progressing. The Conference at St. David's United Church, will cost \$10.00 for all attendees either in person or online, and lunch costs will be \$15.00 for those who attend in-person. The Mini-Conference Draft Budget 2023 - was approved. ARTA, in conjunction with the ARTF, will present a webinar in January on the state of the Alberta teachers' pension fund. Be sure to watch for it. The next Executive meeting will be on February 14, 2023 at 10:00 AM. at St. David's United Church.

Is Your HARTA Membership Up-To-Date?

In December HARTA received our subsidy cheque from ARTA. The amount we receive is based on the number of paid up ARTA members that are also HARTA members. I will be sending out the newsletter with an introductory email letting each recipient know the status of their HARTA membership. If you wish to renew your membership, you can send an e-transfer to rnthompson102@gmail.com or you may send a cheque, payable to HARTA care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. Make out the cheque or e-transfer for \$10.00 for each year you would like to renew.

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:** 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>

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

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

Member Welfare

If you know of anyone needing our support, please let the editor know. With so much sickness around us, this might 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.

Pension & Financial Wellness Webinar: ATRF Annual Report 2022

The next Pension & Financial Wellness webinar will be on January 11, 2023, at 1:00 p.m. This webinar will be of interest to retired teachers, as it pertains to the health and longevity of pensions for teachers in Alberta and will be presented by the Alberta Teachers' Retirement Fund (ATRF). Topics will include the 2022 ATRF financial report, and a rundown on how, one year later, the transition to using AIMCo as ATRF's investment manager impacted teacher pensions.

Date: Wednesday, January 11, 2023

Time: 1:00 to 2:00 p.m.

Zoom Registration Link: https://us06web.zoom.us/webinar/register/WN_rxQE8m6YQRiPxqUZadn9KQ

After registering, you will receive a confirmation email from Zoom containing information about joining the webinar.

Please let me know if you have any questions.

To register for this webinar, use the link available with the Pension & Wellness Committee's info re: the webinar featuring ATRF's 2022 Annual Report in the December ARTAfacts, if you subscribe to ARTAfacts. If you don't subscribe to it, you may download ARTAfacts from the ARTA website at: arta.net. Register at your earliest opportunity so you don't miss the webinar.

Ashley White—ARTA Administrative Specialist

Public Interest Alberta

If you would like to keep abreast of the various emerging issues in Alberta such as Health Care, Education, and Long Term Care go to <https://www.pialberta.org> up to the election and beyond for more information on these and other topics. This website will also tell you more about other organizations that are part of Public Interest Alberta. Lawrence Hrycan is ARTA's representative on this organization.

Humour Corner

Here are a few golden nuggets of humour from Phyllis Diller courtesy of Robin Stuart.

1. Housework can't kill you but why take a chance?
2. Cleaning your house while your kids are still growing up is like shovelling the walk before it stops snowing.
3. A smile is a curve that sets everything straight.
4. The reason women don't play football is because 11 of them would never wear the same outfit in public.
5. A bachelor is a guy who never made the same mistake once.
6. I want my children to have all the things I couldn't afford. Then I want to move in with them
7. You know you're old if your walker has an airbag.
8. I asked a waiter, "Is this milk fresh?" He said, "Lady, three hours ago it was grass."
9. You know you're old if they have discontinued your blood type.
10. Best way to get rid of Kitchen odors –Eat out!

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 Susan or Joan, In Leduc, Elaine or Ron T. and in Wetaskiwin either Bob or Ron T. Another way to contribute is to provide stories and other news for our newsletter. You can submit to: The Editor:

r_n_thompson102@shaw.ca. 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's 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 2022-23 Program Year

Ron Thompson: President & ARTA Rep
(780) 986-8349 rnthompson102@gmail.com
(HARTA correspondence) (r n thompson) and r_n_thompson102@shaw.ca (Newsletters)

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

Bob Silverthorne: Vice President Wetaskiwin
(780) 387-6676 rsilverthorne.peachhills@gmail.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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Annual Zoom Licence
Funded by ARTA

**You're Invited
to HARTA's Leduc
Luncheon &
Devices
Workshop
@ St. David's United
Church, 4614 - 48 St.
in Leduc,
Stan Gerber
will be our
Workshop Host**



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email:
rnthompson102@gmail.com
phone:
(780) 909-8347
Ron Thompson

**Tuesday, February 14th, 2023 11:30 AM
Doors open at 11:00 AM
Lunch & Beverage \$10.00
Membership \$10.00 Per Year
New retirees \$10.00 for the first Two Years
Zoom Presentation at 1:00 PM
The presentation is free on Zoom**



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**HARTA's Wetaskiwin
Luncheon at Wetaskiwin
First United Church
5115 - 51st Ave.
Wetaskiwin
Program:
Emergent Issues
Re: Education,
Speaker:
Dennis Theobald,
ATA Executive
Secretary**



email:
rnthompson102@gmail.com
(r n thompson) phone:
(780) 909-8347

**Tuesday, March 14, 2023
Doors open 11:00 AM, Lunch at 11:30 AM
Lunch & Beverage \$10.00
Membership \$10.00 Per Year
New retirees \$10.00 for the first Two Years
Zoom Presentation at 12:30 PM
The presentation is free on Zoom**



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Zoom Licence & Presenters
Funded by ARTA

Featured Topics

- **Starting a New School in India**
- **Money Mentors**
- **Exercise Session**
- **Travelling Alberta or Touring South America & the Antarctic**



Tuesday, May 9, 2023
9:30 AM to 4:00 PM
On Zoom and In-person

Cost - \$10.00 for the Conference
Meals \$15.00 for in-person attendees
Registrants may add one more year to their HARTA memberships!

For more info phone (780) 909-8347
or email: rnthompson102@gmail.com (r n thompson)



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HARTA Mini-Conference 2023 Form Presenters and Schedule for Tuesday, May 9th, 2023

**St. David's United Church & On Zoom
4614 – 48 Street, Leduc T9E 5X7**

Surname _____ First Name _____ Street Address _____
City _____ Postal Code _____ Email Address _____
Phone No. _____

Membership: Check one or more. If you are a branch member, indicate the branch:

ARTA HARTA Other ARTA Branch (name) _____ Non-member

Workshop fee: \$10.00 Conference Registration, \$15.00 In-Person meals. Payment details:
Cheque/cash for _____ (\$10.00 – on Zoom per registrant)
(\$25.00 – in-person per registrant) **Please don't send cash through the mail.**

Forward registrations to Ron Thompson: rnthompson102@gmail.com or by mail to:

HARTA C/O 4020 - 37 Avenue, Leduc, Alberta. T9E 6C9

**Registration is not complete until payment has been received.
No refunds after May 2, 2023. Space is limited so register early.**

9:00-9:25	Registration – In-person and on Zoom
9:25-9:30	Indigenous Welcome – Bob Silverthorne
9:30-10:00	Keynote – Deb Gerow – ARTA's President
10:00-10:10	Break
10:10-11:10	Establishing a School Using the Alberta Curriculum in India – Deb Gerow
11:10-11:20	Break
11:20-12:20	Money Mentors – Linda Mak
12:20-1:20	Lunch Break
1:20-2:20	Exercising for Health – Audrey Bellhiller or Noel Cairney
2:20-2:30	Break
2:30-3:30	Exploring Alberta – Twyla Campbell or Touring South America and the Antarctic – Stan Gerber
3:30-4:00	Evaluations – Wrap-up