



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The St. Patrick 2023 Edition**

Publisher: Ron Thompson

Volume No. 11

Issue No. 7 Date: March 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.)**

**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 Event
Thursday, April 13th, 2023**

HARTA will be hosting an online Coffee Hour with Stan Gerber on Thursday, April 13th between 10:00 and 11:00 AM. Bring your favourite beverage and a snack. And enjoy some great conversation with members of your branch.

**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 ses-



sions on various topics. More details are available in this newsletter.

From the President

The information below is from Ashley White, Administration Specialist from ARTA. There will be an ARTA Financial Wellness Webinar: Life Insurance and Critical Illness. The presentation will be given by Capital Estate Planning.

Do you have life insurance? A lot of families assume it's something they won't need — until they wish they had it.

In a lot of cases, we think of Life Insurance as something that's important when we're young, when we have things like mortgages or young kids to take care of. But there are still uses for Life Insurance as you age! This session will be a beginner's guide to talk about the times when insurance might make sense (and when it might not); what the different kinds of insurance look like; and how to use them to help protect your family, make things easy for your loved ones, reduce taxes, and leave a legacy.

The webinar will be on April 5th from :1:00 to 2:00 PM. HARTA members can register using the following link: https://us06web.zoom.us/webinar/register/WN_UZ-98LP_QQ-oPdNvvH-qGA

As we move into March 2023, HARTA continues to offer more information sessions on a variety of different topics from the Conversation with Dennis Theobald in March to the Mini – Conference in May. All speakers have been confirmed for the May Mini-Conference. The program schedule for the May Conference has been finalized. The Conference will take place on Tuesday, May 9th, at St. David’s United Church in Leduc. There will be four sessions as well as the Keynote Presentation by ARTA’s President, Deb Gerow. The sessions will feature Deb Gerow with “Starting a School Based on the Alberta Curriculum in India.” Linda Mak will do a session on Money Mentors. Stan Gerber will be doing a session on Travel in “Touring South America and the Antarctic” Audrey Bell-Hiller’s session is entitled “Movement and Yoga.” The subject of the November presentation will be decided after the Mini-Conference.

When you have ideas re: a possible HARTA event, please email me at the following email address:
rnthompson102@gmail.com.

HARTA’s February Executive Meeting Notes

The HARTA Executive met on Tuesday, February 14th at St. David’s United Church and online. Treasurer Connie Dublenko outlined the financial report from September 1st to January 31st. President Ron circulated the President’s report for the first five months of HARTA’s Program year. He also, told the meeting that he attended the North Central Teachers’ Convention in Edmonton on February 9 & 10. Drayton Valley Rep, Jeanette Miner, had no report.

Lawrence reported that we have 61 paid up members as of February 14th, The reports were accepted as presented.

Mini-Conference Plans for In-person and on Zoom in 2023 were finalized. The Conference at St. David’s United Church, will cost \$10.00 for each attendee either in person or online, and lunch will be \$15.00 for those who attend in-person. The \$10.00 will be applied to member’s membership for the next year. However, if a member would rather not have their registration fee applied to their membership, the fee will only be applied to the Mini-Conference costs of operation. The next Executive meeting will be in July at St. David’s United Church and on Zoom, the date to be decided later .

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 as of September 1st. In January I sent out the newsletter with an introductory email in January’s newsletter 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. Please 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 supple-

mentary 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.

Public Interest Alberta Seniors Task Force Report

The Public Interest Alberta, Seniors Task Force has a membership of about 25 and represents 17 organizations in the province. The

members meet once a month. The 2022 and 2023 meetings have all been by Zoom. The focus has been on how to liaise and work with the governments, both provincially and federally, to affect change in how we take care of our seniors. Brad LaFortune is the Executive Director of Public Interest Alberta. The latest meeting of the Seniors Task Force was held via Zoom on Thursday, February 2, 2023.

In group discussion it was suggested that PIA look collectively at the Scandinavian countries as well as Holland in looking for models regarding senior care. It was pointed out that Canada has yet to sign the United Nations Seniors Bill of Rights, which outlines the rights of older persons. Appropriate affordable housing was discussed. Some of the members felt that most architects do not understand or have the skill set to design appropriate housing for seniors. There is not enough emphasis put on affordable housing in Alberta by the major cities and the provincial government.

MLA, Mark Smith, from Drayton Valley is bringing to the legislature a proposal for seniors who go missing, entitled Silver Alert. Seniors disappear and there has not been a process set up to look for them. Some of them are never found.

There is real concern that the Canadian Blood Services has become privatized. It was stated that when the blood plasma is collected, only 10% will stay in Canada. The rest will be sold on the open market.

MP Blake Desjarlais spoke at the January meeting. He told the group that Pharmacare is not new in Canada and that it is an old promise – part of being Canadian. All parties fought to ensure that Education, Health Care and Vision Care was going to happen – not so today. Blake stated that the studies done on health in Canada shows a need for a National Formulary and a Canadian Drug Agency. The shortages for drugs like Tylenol happened because the U.S. based companies found a better market elsewhere and left shortages in Canada. National Pharmacare is always on the radar. There is continual lobbying from the major pharmaceutical companies to keep the status quo. The concern is that much of what has been promised will once again not happen. It appears that the Federal Cabinet is split on implementing Pharmacare. He also stated that Federal and Pro-

vincial governments need to work together. In talking about Seniors Residences, he felt that private/public mix is not a good one.

The Alberta Pharmacare Group represents 20 organizations. It was founded in 2017. In that time, they have lobbied 34 MPs and have given many presentations. They are currently working hard to have the National Pharmacare Act passed by the end of 2023. They have more meetings set up with MPs this spring. Members of this group report regularly to the Seniors' Task Force.

Lori Sigurdson has continually told the Seniors Task Force that the NDP is fully committed to a Seniors Advocate Office that is independent from the government. On January 31, 2023, the Health Standards Organization (HSO) released the "National Long-Term Care Services Standard". Unfortunately, it is not mandated. The Seniors' Task Force members felt that without a mandate and oversight nothing will change. Ontario has already stated that their standards are better.

The Prime Minister and the Premiers met in Ottawa on February 7, 2023 to discuss money for health services for the provinces. At this point, the premiers have given mixed reviews on this, but all felt that the federal government should be giving more money that is unrestricted to the provinces. Mike Crawley from CBC news posted on February 10 an article entitled "As surgical wait list grows, Canada's private clinics cash in." Instead of waiting for 2 years for a hip or knee replacement, if you have at least \$20,000, you can get it done within a few weeks.

A working group of the Seniors' Task Force has produced a "Priorities for Change in Services to Seniors". A final document will be made available in time for individuals or organizations to talk to their MLAs before the provincial election in May. Public Interest Alberta has also produced a priorities document on education which has been shared with the ATA.

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.

From the February ARTA Board of Directors' Meeting, used with permission from Lawrence Hrycan, PIA Rep.

Alberta Retired Teachers' Charitable Foundation

Frank Bruseker, Chair of the Alberta Retired Charitable Foundation reported the following at the February Board of Directors' Meeting. The foundation received an application for funding from the Bethany Care Centre to fund a Music Therapy Program. In reviewing this application, the foundation noted that the work of the Bethany Care Centre meets two of the mandates of the ARTCF, notably the provision of affordable housing and health care supports. The positive effects of Music Therapy have been well researched and documented. It can reduce pain, aid in processing emotions, decrease feelings of isolation and improve overall wellness. Music Therapy can promote better sleep and improve focus and wakefulness. Besides aiding in the natural release of dopamine, Music Therapy can lower blood pressure, and reduce stress and anxiety. Residents need these benefits to improve their quality of life. For these reasons the ARTCF voted to support this program.

The foundation has now heard back from AGLC regarding its application for a casino. Although it took some time, confirmation on both dates has been received. The information on the foundation's next casino is; Dates: August 19 & 20, 2023; Location: PURE Casino Yellowhead, Edmonton

The above report was shared with permission from Frank Bruseker, Foundation Chair

HARTA's February Luncheon

HARTA held a luncheon, a half hour of love songs, and a session on Internet Safety hosted by Stan Gerber on Tuesday, February 14th. The lunch consisted of sandwiches, vegetable, and fruit plates as well as beverages. The performers of the love song segment were members of Potluck: pia-

nist Robin Stuart and soloists Regine Baerends, Julie Junod, Jim Montney, and Ron Thompson. After the soloists, Stan Gerber presented his session on internet safety.

Stan's Session was called "Information Age Security. He touched on various scams such as the Valentine's Day Romance Scams. When talking about scams he gave us the link to a website which shared the information from a book entitled, "The Little Black Book of Scams." He listed 12 different forms of scams covered by this book.

He talked about phishing emails, emails asking you for various pieces of information. These emails ask for seemingly harmless information about your telephone number, your home address, your birthday etc. By themselves one piece of information is harmless, but taken together, they could be used to take over your identity. He reminded us to be vigilant re: links from people you don't know. If you don't know the source,

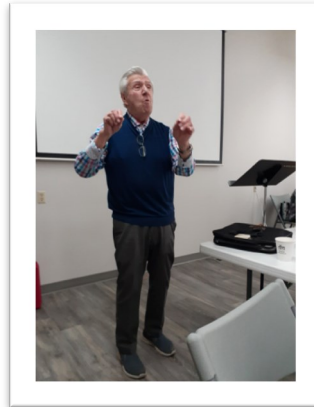
don't click onto the link. Even emails seemingly from someone you know may not be legitimate. Check to see that the email is from that person.

He explained that phishing was not confined to emails only. Landline and cellular phones can be used to place and receiving phishing calls. Calls claiming to be from the CRA, AHS, or various banks have one purpose only, to part you from your money. Before taking any action as a result of such a phone call check with the institution first. CRA does not phone people directly. Also, when you receive a phishing email or phone call be alert for poor spelling, incorrect grammar or an email address which does not correspond to the institution mentioned.

He touched on the length of a password. He reminded us that a strong password is related to the length of the password. A pass-



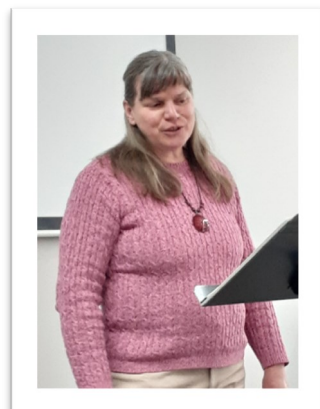
Robin Stuart



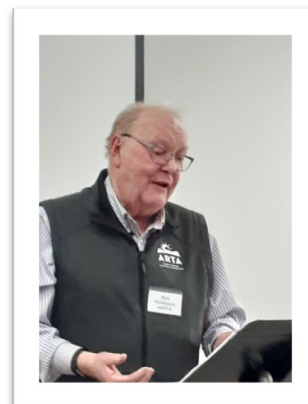
Jim Montney



Julie Junod



Regine Baerends



Ron Thompson

word should be at least 12 to 14 letters long. The longer the password is, the longer it takes to break. A sentence is the hardest password to break.

He covered many scams in his presentation. The scariest for me was the scheme by which a person could assume your identity and take over your property deed and sell your property from under you. Stan suggested that the best way to be ahead of this possibility is to invest in title insurance. There are many areas in which scam can be initiated. If you would like to know more about Stan's presentation on security please let Stan or me know and we could send you his PowerPoint Presentation. His presentation is, in my opinion, by far the most comprehensive review of the various schemes that exist to separate you from your money or property.

Humour Corner

More Indian Hills Sign jokes!

1. Whenever I try to eat healthy, a chocolate bar looks at me and snickers.
2. Despite the high cost of living it remains popular.
3. Lif is too short.
4. My relationship with whiskey is on the rocks.
5. Life without music would b flat.
6. Reading while sunbathing makes you well, red.
7. Huge fight at local seafood diner! Battered fish everywhere!
8. I named my iPad "Titanic." It's syncing now.
9. Try Resistance Training. Refuse to go to the gym.
10. A book hit my head and I've only my shelf to blame.

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.

There are two conferences coming up this year. The Calgary Retired Teachers' Association is hosting "Steppin' Out" on Friday, April 28th with a banquet to take place on Thursday, April 27th. More details will available after February 20th at: <https://calgaryretiredteachers.org>.

On Thursday, September 7th, the Edmonton Retired Teachers' Association is hosting the "Second Wind Conference." Watch for notices in this newsletter about the sessions to be offered.

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

Bethany Care Centre - Grant to support a Music Therapy Program.

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 mayopropector@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.



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA



Annual Zoom Licence
Funded by ARTA

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



The Alberta
Teachers' Association

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**



Heartland
Alberta
Retired
Teachers'
Association

HARTA Mini-Conference

Featured Topics

- Starting a New School in India
- Money Mentors
- Movement and Yoga
- Touring South America & the Antarctic

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)

A Branch of ARTA



**Zoom Licence & Presenters
Funded by ARTA**



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



Heartland
Alberta
Retired
Teachers'
Association



A Branch of ARTA

HARTA Mini-Conference 2023 Registration 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 or e-transfer 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	Movement and Yoga – Audrey Bell-Hiller
2:20-2:30	Break
2:30-3:30	Touring South America and the Antarctic – Stan Gerber
3:30-4:00	Evaluations – Wrap-up