



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The Mid-Summer Edition**

Publisher: Ron Thompson

Volume No. 11

Issue No. 11 August, 2023

A Branch of ARTA

ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

HARTA's Tentative Program Schedule for 2023-24

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

HARTA's AGM Friday, September 15th, 2023

HARTA will hold its AGM at St. David's United Church, Friday, September 15th. The time, 10:30 AM to 2:00 PM. Gary Sawatzky or someone from his staff will update us re: the ARTA benefit plan changes to come .

HARTA's 2023 - 24 Tentative Program Schedule

- Thursday, September 28, 2023, Wetaskiwin First United Church
- Thursday, October 12, 2023, Drayton Valley Luncheon: time, and place to be announced
- Thursday, November 16, 2023, St. David's United Church, Leduc
- Thursday, February 15, 2024, Devices Workshop, St. David's United Church, Leduc
- Thursday, March 14, 2024, Wetaskiwin First

United Church, Wetaskiwin.

- Thursday, May 9, 2024, Mini-Conference, St. David's United Church, Leduc.
- Friday, September 13, HARTA AGM, St. David's United Church.
- The full confirmed program schedule will be available after the AGM.

From the President

September and October are the months for HARTA's AGM (September) and ARTA's AGM (October). The slate for HARTA's Executive will be part of the September Newsletter.

As part of the ARTA AGM, vacancies on ARTA's various committees will need to be filled. Each committee holds at least four meetings per year. Also available are the positions of President, Vice President, and Treasurer on the ARTA Executive. Terms for the Executive positions are one year each. For committee members, the term is four years except for the Health Benefit Committee where the term is five years. In order to be eligible to run for one of these position you must be a retired teacher eligible to receive or be receiving an ATRF pension. Included with the email containing this newsletter, please find the application form and information re: submitting a nomination for one of the above positions.

The Committees include the following: The Executive Committee (includes the President, Vice President, and Treasurer; Health Benefits,

Communications, Governance, Pension & Financial Wellness, Strategic Planning & Advocacy, and Wellness Committees. If you are interested in serving on any of these committees, please fill in the application included with this newsletter. Financial support is available for the candidate to be able to attend the AGM.

Other HARTA AGM Details

The supporting documents for the HARTA AGM were emailed to HARTA members during July. They will be included, as well, with this newsletter on the same email. The slate of executive candidates will be included with the September Newsletter. If you would like to run for any of the following positions please let the President know at:

rnthompson102@gmail.com The positions that are open are: the President, VP Leduc, Rep./ VP Drayton Valley, VP Wetaskiwin, Secretary, Treasurer, Membership Director, and two ATA Liaison Directors. Please send in your nomination by September 1st. You may also present your nomination at the AGM on September 15th.

Ron Thompson — HARTA President

ARTA Benefit Plan Update

On August 9th, the ARTA Board of Directors met to update the ARTA Benefit Plans. For details on the changes to the ARTA Plans, please plan to attend HARTA's AGM. After the AGM and lunch, Gary Sawatzky, or someone representing the plans, will give an update on the plan changes. If you wish to attend the AGM, HARTA's membership is \$10.00 per year or \$10.00 for the first two years. Members who can't attend the AGM in person, can participate online. The Zoom link will only be sent to paid up HARTA members.

Is Your HARTA Membership Up-To-Date?

In December of 2023, HARTA received our subsidy cheque from ARTA. The amount we re-

ceive is based on the number of paid up ARTA members that are also HARTA members as of September 1st of each year. 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 renew your membership at a regular HARTA meeting, 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 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.

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 jokes courtesy of Robin Stuart.

1. Question: What is Porky Pig's favorite game show? Answer: Squeal of Fortune.

2. Question: What is Kermit the Frog's favorite game? Answer: Croquet.
3. Question: What type of bird is very saintly? Answer: A bird of prey.
4. Question: What is the easiest way to find a dogwood tree? Answer: Listen for its bark.
5. Question: What is a giraffe's favorite type of bedtime story? Answer: A tall tale.
6. Question: What is the difference between Bird Flu and Swine Flu? Answer: For Bird Flu you need a tweetment. For Swine Flu you need an oinkment.
7. If a pig has lost its voice is it **disgruntled**?
8. Question: Where do pigs keep their money? Answer: In Piggy Banks of course.
9. Question: Why did the pig get fired? Answer: For insu-board-dination.
10. Question: What do you call an imaginary pig? Answer: A pig-ment of your imagination!

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.

The Second Wind Conference will go ahead as planned on Thursday, September 7th. More information is available at: secondwindconference.ca. Members may still register for the conference, but **the date for Early bird pricing has past**. See the information at the end of this newsletter and the Second Wind Website for more information.

- Ron Thompson, HARTA President

Scams to Watch out For

What follows below is an article first printed in June's HARTA Newsletter.

On Monday, June 12th, I visited the Wolf Creek Retired Teachers' Luncheon. Before the luncheon the Ponoka RCMP presented a comprehensive session on scams. What follows are some of the suggestions to avoid being a victim of a scam.

Protect your computer

Watch out for urgent-looking messages that pop up while you're browsing online. Don't click on them or call the number they provide. Watch out for emails with spelling and formatting errors, and be wary of clicking on any attachments or links. They may contain viruses or spyware. Make sure you have anti-virus software installed and keep your operating system up to date.

Protect your online accounts

Protect your online accounts by creating strong passwords with a minimum of 8 characters including upper and lower case letters and at least 1 number and a symbol. Don't reuse the same password for all online accounts.

Don't be afraid to say no

If a caller tries to get you to buy something or to send them money right away, say "no" or just hang up.

Do your research

Verify organizations are legitimate before taking any action. Check a company's official

website for contact information and call them to confirm their phone call to you was valid. If you receive a call about a family member in trouble, talk to other family members to confirm the situation

Don't give out personal information

If you didn't initiate the call, you don't know who you're talking to. Beware of callers asking for personal information including your name, address, birthdate, Social Security Number, banking information and credit card number.

Beware of upfront fees

There are no prize fees or taxes in Canada. If you won it, it's free. Many scams request you to pay fees in advance of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan.

The above information was presented by the Ponoka RCMP and shared with their permission.

ARTA Wellness Challenge Results are due by Aug. 18th

If you participated in the ARTA Wellness Challenge. Please send your results to me before Tuesday, August 15th. Please send the results by email to rnthompson102@gmail.com or phone me at (780) 986-8349. I will be sending in my results on Wednesday, August 16.

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.peachills@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

HARTA's Goals

- 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.



2023 Wellness Challenge

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23	24	25	26	27	28	29
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30						

MAY 2023

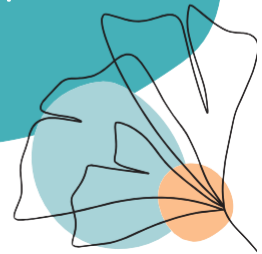
SUN	MON	TUES	WEDS	THURS	FRI	SAT
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7	8	9	10	11	12	13
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28	29	30	31			

JUNE 2023

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11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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25	26	27	28	29	30	



Visit arta.net/wellness-challenge for 60 suggested wellness activities for ARTA's 60th ANNIVERSARY.



BONUS CHALLENGE

Submit your calendar at the end of each month to contests@arta.net to be entered into a random prize draw.

SUBMIT YOUR ENTRY

AFTER JUNE 30

Email your completed entry to contests@arta.net or mail it to:

ARTA Wellness Challenge
 15505 137 Avenue NW
 Edmonton, AB T5V 1R9

Name: _____

Member #: _____

Branch (if applicable):



Health & Wellness Conference for Seniors

Chateau Louis Conference Centre
 11727 Kingsway, Edmonton, Alberta
 September 07, 2023
secondwindconference.ca

Conference Registration Form

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

*Email Address _____ Phone No. _____

*This information is required for confirmations and correspondence – We do not share or sell registration information. We will be emailing/or posting ALL confirmations. Receipts will be made available on the day of the conference (with your name tag).

If you have special dietary needs, please specify: _____

Are you a full ARTA Member? Yes No Are you a retired teacher branch member? Yes No

If yes, which branch(es)? EIRTA ERTA HARTA PARTA STARTA Other

Are you an affiliate ARTA Member? Yes No

Which affiliate organization do you belong to? _____

Please share how you learned about *Second Wind*: _____

Conference Registration Fee: An Early Bird Fee of \$95 ends July 14, 2023. Fees mailed must be postmarked on, or before that date. After July 14, the Regular Conference Fee is \$120.

Payment Details: Enclose with this registration a Cheque/Money Order made payable to:
Second Wind Conference.

Mail to: Lynn Arnold, 112 Sullivan Drive, Kimberley, BC V1A 0A7

To **e-transfer** the registration fee, please email secondwindregistrar@gmail.com for further details.

Cancellations: A \$20 processing fee will be charged. No refunds after August 11, 2023.

Your registration is not complete until payment has been received by the conference registrar.

Conference Program

Program details are provided on the conference website at secondwindconference.ca

Please visit the website Speaker Schedule and indicate your preferences for each session below.

8:00 – 9:00	Registration & “Have a Cuppa”		
9:00 – 10:15	Plenary session – Keynote Speaker – <i>Grand Ballroom</i>		
10:15 – 10:45	Coffee Break		
10:15 – 11:45	Artisans & Displayers “Show & Sale” – <i>St. Michael Room</i>		
		<i>1st preferred session</i>	<i>2nd preferred session</i>
10:45 – 11:45	Session 1		
11:45 – 1:00	Luncheon – <i>Grand Ballroom</i>		
1:00 – 4:30	Artisans & Displayers “Show & Sale” – <i>St. Michael Room</i>		
1:00 – 2:00	Session 2		
2:00 – 2:30	Coffee Break		
2:30 – 3:30	Session 3		
3:30 – 4:30	Wine Down – <i>St. Michael Room</i>		

To help reduce our conference energy footprint, please bring your own **refillable water bottle**. Refillable coffee mugs are not permitted.

Questions? Please contact the Registrar by e-mail at secondwindregistar@gmail.com

We encourage you to **save a copy** of this form for future reference.



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA



**Zoom Annual Licence
Funded by ARTA**

**You're Invited to
HARTA's AGM
ARTA Benefits
Presentation by Gary
Sawatzky to follow.
The in-person meeting will
be at St. David's United
Church, AGM at 10:30
Lunch to follow. The
AGM and Gary's
Presentation will also be
available online.**



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email:

rnthompson102@gmail.com

(r n thompson) phone:

(780) 986-8349

Friday, Sept. 15th, 2023, 10:30 AM

Doors open at 10:00 AM

Annual Membership \$10.00

Lunch \$15.00 per person

New members no charge

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