



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The HARTA AGM Edition**

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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 15, HARTA AGM, St. David's United Church.
- The full confirmed program schedule will be available after the AGM.

From the President

(A review of August's
"News 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 is part of this 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.

The HARTA Slate for the Executive for the 2023—2024 Program Year

President:	Ron Thompson
VP Leduc:	Elaine Merriman
VP Wetaskiwin:	Bob Silverthorne
Rep. Drayton Valley:	Susan Schwindt
Secretary:	Janice Storeshaw
Treasurer:	Connie Dublenko
Membership:	Lawrence Dublenko
ATA Liaison Blackgold, S.T.A.R.S Locals:	Gary Hansen
ATA Liaison Wetaskiwin, Timberline Locales:	Bob Silverthorne

If you know of anyone else who would like to stand for election at the AGM, please let me know at rnthompson102@gmail.com or leave a message on my home phone: (780) 986-8349. Nominations can also be made at the AGM.

Other HARTA AGM Details

The supporting documents for the HARTA AGM were emailed to HARTA members during July. They will be included again, with this newsletter, on the same email.

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 2022, 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 of each year. Each branch president is required to send their list of current members. HARTA's yearly subsidy is based on the number of paid up ARTA members the Heartland Branch has. If your membership is due for renewal, you can renew it 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.

HARTA's Wetaskiwin Luncheon Thursday, September 28

HARTA's first luncheon after the AGM will be in Wetaskiwin on Thursday, September 28th. Laurie Bauer will be our guest speaker. She will speak on four topics concerning home insurance. With the continuing triple threats from climate change, she will address the concerns of wildfires, flooding and other water damage, and wind damage. As well she will talk about title insurance in Alberta, and how you can obtain it.

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 more jokes courtesy of "Linda's Joke Book."

1. If you really want to be better at golf, go back and take it up at a younger age.
2. Question: What do bees do with their honey? Answer: They cell it.
3. Question: What country makes you shiver? Answer: Chile.
4. Question: What kind of eggs does a wicked chicken lay? Answer: Deviled eggs.
5. Question: Three rabbits went two school under one umbrella. Why didn't they get wet? Answer: It wasn't raining.
6. Question: Did you hear the joke about the skipping rope? Answer: No. I skipped it.

7. Question: Do you know the twentieth prime minister of Canada?. Answer: No, we were never formally introduced.
8. When the X-ray specialist married one of her patients, everyone wondered what she saw in him.
9. Teenager: I'm so confused. Half the adults I know tell me to find myself. The other half tell me to get lost.
10. Long Arm of the Law: It is illegal to drive more than two thousand sheep down Hollywood Boulevard at one time.

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

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 Timber-
 line 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.***



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.



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.)**



A Branch of ARTA



Zoom Annual Licence Funded by ARTA

**HARTA's Wetaskiwin
Luncheon at Wetaskiwin
First United Church
5115 - 51st Ave. Wetaskiwin**

**Program:
What's New with
Insurance**

**Speaker: Laurie
Bauer**

**Cost for lunch \$10.00
per person, no cost for
new members or
guests.**



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**email:
rnthompson102@gmail.com
phone:
(780) 986-8349**

Thursday, September 28, 2023

Doors open 11:00 AM, Lunch at 11:30 AM

Program at 12:30 PM

Membership \$10.00 Per Year

New retirees \$10.00 for the first Two Years