



Heartland
Alberta
Retired
Teachers'
Association

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

Publisher: Ron Thompson

Volume No. 12

Issue No. 3 November 2023

A Branch of ARTA



HARTA's 2023 – 24

Approved Program Schedule

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

- Thursday, November 16, 2023, St. David's United Church, Leduc, Executive Meeting 9:30 AM followed by lunch and presentations.
- Thursday, February 15, 2024, Executive Meeting at 9:30 AM followed by lunch and Wellness Workshop, St. David's United Church, Leduc
- Thursday, March 14, 2024, Wetaskiwin First United Church, Wetaskiwin. Presentation to be decided.
- Thursday, May 9, 2024, Mini-Conference, St. David's United Church, Leduc.
- Friday, September 13, 2024 HARTA AGM, St. David's United Church.

From the President

November 1st is the date for ARTA's Benefit Plans to reset. By now, if you have enrolled in an ARTA Benefit Plan, you should have received



your updated ARTA plan info. If you have not yet received your ARTA Benefits Plan Information, please call the ARTA Office at the numbers provided later in this article. As of November 1st Beneva becomes ARTA's new travel provider. Also Maple is ARTA's new virtual doctor provider as of November 1st. For more information, contact the ARTA office at phone: (780) 822-2400, toll free 1-855-212-2400, or email: info@arta.net.

**ARTA's AGM, Tuesday,
Oct. 3rd to Wednesday, Oct. 4th**

On October 3 and 4, ARTA held its AGM at the Holiday Inn on Parsons Road. The first day featured reports from the various committees and trusts of ARTA. After the business of the day, a dinner to celebrate the 60 years of ARTA took place. Bob Silverthorne opened the AGM with an Indigenous Welcome. The Executive Officers who were elected are as follows:

President: Deb Gerow
Vice President: Léo Richer
Treasurer Lawrence Hrycan
 Lorna McIlroy continues as Past President

Election of Committee Members:

Communications: Mel Deydey
Governance: Marilyn Bossert
Health Benefits: Julie Ginther
Pension & Financial Wellness: Larry Hartel
Strategic Planning & Advocacy:
 Frank Bruseker
Wellness: Terry Whitehead

Incoming Chairs of the Committees

Communications: Laurie Semler
Governance: Ron Thompson
Health Benefits: Leo Bruseker
Pension & Financial Wellness: Ray Hoger
Strategic Planning & Advocacy: Rob Pearn
Wellness: Joyce Louks

HARTA's Drayton Valley Mini-Conference

The fall mini conference luncheon was held on Thursday, October 12th, at the recently renamed Days Inn. The program began with registration and coffee. Marilyn Hoar from Ponoka was our first speaker. Her session featured her work with UNICEF in Uzbekistan, Nepal, and Kenya. Her presentation consisted of her pictures of some of the colleagues she worked with in each of the three countries. She related many anecdotes of her time spent in each of these countries.

There are many NGO's (non-governmental Organizations) that support the education of children in developing countries. UNICEF also has a mandate to support education, although its role is quite different from that of Save the Children or World Vision. Marilyn Hoar was the UNICEF Chief of Education in Uzbekistan, Nepal, and Kenya. She described the role of

UNICEF in these countries and globally as well as her experiences working with NGO's, other UN agencies, and governments to improve access for all children to quality education. We recorded her presentation from Zoom and are planning to have it available on the HARTA website in the future.

Marilyn's presentation was followed by lunch and a presentation on Emergency Management by Joey Cherpin, Director of Emergency Management for Brazeau County.

Joey outlined the issues he's team was faced with when they dealt with wildfires in the County of Brazeau. He briefly outlined the Emergency Management Cycle. He started with mitigation of a particular threat such as fire, then moved through the preparation mode, the response mode and finally the recovery mode.

After explaining the Emergency Management Cycle, Joey talked about mitigation strategies in detail. He divided a large blank flip chart into three columns entitled Hazard, Severity and Likelihood and had the participants rate the severity and likelihood of the event taking place out of 4 with 1 being the lowest probability and 4 being the highest. We listed Wildfire, Tornado, Lightning Strike, and Flooding as examples and rated each of their probabilities of severity and likelihood of happening. This exercise helped us to see which threats could most likely to happen in the community we lived in. From this exercise, we could learn which threats to mitigate against. Thank you Joey for that enlightening presentation. Thank you to the Drayton Valley team for a well planned program.

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, or by sending an e-transfer to rnthompson102@gmail.com, or by 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.

ARTA Pension and Financial Wellness Webinar

Canada Pension Plan Primer

Join ARTA at 1:00 PM on Wednesday, November 15 for a Financial Wellness Webinar all about the Canada Pension Plan (CPP), presented by Jeffrey Hodgeson of CPP Investments. CPP is a topic of interest to all Albertans, as it is part of many Canadians' foundation for retirement, so it's important that you take the time to understand it. Covering a brief history, of today's successful, multi pronged investment strategy and its sustainability going forward, this webinar is designed for all CPP members. The webinar will also address the potential Alberta Pension Plan and discuss its possible implications. Go to the ARTA website or see the latest ARTAfacts for more details and to register.

Info from the ARTAfacts email blast.

HARTA's November Luncheon

In November, HARTA will hold its luncheon at St. David's United Church in Leduc on Thursday, November 16th. Doors will be open at 11:00 AM, the luncheon to start at 11:30. the cost will be \$15.00 per person. After the lunch, Jim Montney and Ron Thompson, accompa-

nied by Robin Stuart will entertain with a few solos in a Remembrance Day theme followed by a Christmas Carol sing. Afterward Stan Gerber will give us a tour of some communities in in Eastern Alberta through photos. Please join us for good conversation, music, and great photos from around Eastern Alberta on Thursday, November 16th. Hope to see you there. Stan's presentation will also be available at approximately 1:00 PM on Zoom.

Coming Programs

Events to come are the annual Alberta Teachers' Retirement Fund update sometime in January. The exact date should be available in the December newsletter. On Thursday, February 15th we are planning on having Marlene Marvin present a session on a DYNA Band workout, a session using tension bands to build muscle, create better circulation, and increase bone density. This session should be confirmed by the December Newsletter. Also by December we should have more details on our annual Mini—Conference in May. Please stay tuned for more details.

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 November jokes hot off the Web.

1. Q: If you get dehydrated on Hallowe'en night, what happens the next day? A: November thirst.
2. Q: Did you hear about the star that exploded at the end of autumn? A: It made for a super Nova-ember.
3. Q: What do you call the 11th month of the year when there's a super blue moon in the sky? A: A Glow-vember.
4. Q: Did do you hear about the musician who didn't show up for his Remembrance Day performance? A: It was a no-show performance.
5. Q: Why does everyone think November is a pessimist? A: Because it always starts things off with a no.
6. Q: Why is Black Friday considered a happy November day? A: Because the next day is a sadder day.
7. Q: How can you tell if Christmas is coming early?. A: Snow-vember is in the forecast.
8. Q: What do lawyers wear in November? A: Law suits.

9. Q: Why did the scarecrow win the Nobel Prize? A: He was outstanding in his field.
10. Q: Why are trees so care free? Because every fall they let loose.

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. The ARTA branches in Calgary and Edmonton host conferences once a year. At the end of April, the Calgary Retired Teachers hold the Steppin' Out Conference. At the beginning of September the Edmonton Retired Teachers host the Second Wind Conference. Look for these announcements as the next year progresses. If you would like to find other Branch events, this website can help you. 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

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 2023-24 Program Year

Ron Thompson: President & ARTA Branch 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 & ATA Li-
aision—Wetaskiwin and Timberline Locals (780) 387-6676
rsilverthorne.peachills@gmail.com

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

Janice Storeshaw: Secretary & ARTA Branch Rep.
(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

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.



Pictures from past years in early November

ARTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness, and leadership.



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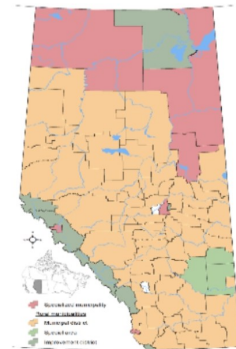
A Branch of ARTA

ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

Zoom Annual Licence
Funded by ARTA

**You're Invited
to HARTA's Leduc
Luncheon & Zoom
Presentation @
St. David's United
Church, 4614 - 48 St.
in Leduc,
Stan Gerber
Touring
Eastern Alberta**



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

Thursday, November 16th, 2023 11:30 AM

Doors open at 11:00 AM

Lunch & Beverage \$15.00

Membership \$10.00 Per Year

New retirees \$10.00 for the Two Years

Zoom Presentation at 12:30 PM

The presentation is free on Zoom