



Heartland
Alberta
Retired
Teachers'
Association

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

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November 2024

A Branch of ARTA



HARTA's 2024

Program Schedule to the 2024 AGM

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

- **Thursday, November 21st, 2024, 11:00 to 2:00 PM, t. David's United Church, 4614 48th Street in Leduc**
- **Thursday, February 13th, 2025, St. David's United Church 4614 48th Street in Leduc, Luncheon & Program 11:30 AM to 2:00 PM**
- **Thursday, March 13th, 2025, Wetaskiwin United Church, Wetaskiwin 1:30 to 3:00 PM.**
- **Thursday, May 8th, 2025, HARTA's Mini-Conference in Leduc, St. David's United Church, 4614-48 St. Leduc, 9:30 AM to 3:30 PM**
- **HARTA AGM, Friday, September 19th, 2025, St. David's United Church, 4614-48 St. Leduc 10:30 AM and on Zoom.**

**Other Events may be announced as the
Information is available.**

From the President

October saw the hosting of HARTA's Drayton Valley Mini-conference. The event was very successful. More details on this event are given elsewhere in this newsletter. ARTA also held its AGM on October 1st and 2nd at the Holiday Inn in South Edmonton. The results of ARTA's elections are listed in the article on ARTA's AGM in this newsletter. HARTA's president also attended the STAR Catholic ATA Local 45 on October 23rd. Details about this event are also given in this newsletter.

ARTA's AGM Review

As indicated above, ARTA's AGM was held at the Holiday Inn on Parson's Road in South Edmonton. The lists of executive officers and committee members elected at the AGM follows below:

ARTA Executive

President:	Deb Gerow
Vice President:	Ray Hoger
Treasurer:	Lawrence Hrycan
Past President:	Lorna McIlroy

Standing Committees

Governance:	Laurie Semler
Communications:	Cheryl Dawes
Health Benefits:	Patty Atkinson
Pension & Financial Wellness:	Alain Levesque
Strategic Planning & Advocacy:	Denis Espetveidt
Wellness:	Joyce Loucks
	Rod Lowry

Committee Chairs

Each committee chair, with the exception of the executive committee, is decided by a vote of the committee members on the last committee meeting before the ARTA AGM. The chair is confirmed at the first committee meeting after the AGM. The committee chairs are listed below:

Executive:	Deb Gerow
Governance:	Keith Elliott
Communications:	Mary McDougall
Health Benefits:	Gordon Cumming
Strategic Planning:	Rob Pearn
Wellness:	Ron Jeffery

One Member of the Alberta Teachers' Charitable Foundation is elected by the ARTA Board of Directors at the November board meeting, while two members of the Benefit Plan Trust are elected by the ARTA Board at the May board meeting. The chairs of these entities are listed below.

The ARTA Benefit Trust: Arlene Purcell
The Charitable Foundation: Jim Allen

HARTA's Drayton Valley Mini-Conference

The Drayton Valley members of HARTA hosted their Mini-Conference at the Day's Inn in Drayton Valley on Thursday, October 17th. The day consisted of a presentation, followed by lunch with a second presentation following.

The first Speaker was Donna Erickson, a bereavement grief facilitator. Her delightful comedy routines centered around the various issues of aging we experience as we age into our 70s, 80s, and beyond. Donna's programme had everyone in stitches as she succeeded in giving a lighter view of aging with its challenges.

Our second speaker was Natalie Cameron. She started her journey with chair yoga 20 years ago. She took the participants through a series of Yoga exercises designed to help keep the body limber as we age. During her hour of Yoga exercises she gave us many different activities which focussed on different parts of the body. I would like to thank the organisers, Sandy Hamilton and Pam Baker and the registration crew for their great work in making this event a success .

HARTA's November Program Thursday, Nov. 21st

On Thursday, November 21st, Leduc will host the program at St. David's United Church in Leduc. Door are open at 11:00 AM, lunch at 11:30 AM. The event will consist of lunch, and a Christmas Carol Sing-Along. The presentation on Egypt has been postponed until a later date. Please join us for some early Christmas Carolling on Thursday, November 21st.

HARTA's February Program Thursday, Feb. 13th

On Thursday, February 13th, Leduc will host the program at St. David's United Church in Leduc. Doors are open at 11:00 AM, lunch at 11:30 AM. Potluck Singers members will offer a selection of love songs. Jim Allan, chair of the Alberta retired Teachers' Charitable Foundation, will present information about the Foundation. Please save the date and plan to join us on February 13th.

HARTA's March Program Thursday, March 13th

On Thursday, March 13th, Wetaskiwin will host the program at First United Church in Wetaskiwin. Doors are open at 1:00 PM, dessert and the presentation will be at 1:30 PM. Ian McDonald will present information on FireSmart, a way of being

proactive re: fire safety in preparation for the spring wildfire season. Please save the date Thursday, March 13th in Wetaskiwin at 1:30 PM.

The STARS Catholic ATA Local Induction



On Wednesday, October 23rd, at the Denham Inn in Leduc, the STARS Catholic ATA Local #45 held their new teachers' induction to the Teaching Profession. The event consisted of a buffet supper followed by greetings from the Local 45 President, the school board chair, and ATA representatives as well as the HARTA President. After the greetings from each speaker, the inductees came to the front of the room to pledge their intention to abide by the ATA's code of ethics, after which each inductee was given a certificate commemorating this occasion.

Is Your HARTA Membership Up-To-Date?

In late November of each year, HARTA will receive a subsidy cheque from ARTA, each year based on the number of paid up ARTA members that are also HARTA members as of September 1st of that 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, by sending an e-transfer to:

rnthompson102@gmail.com, or by a cheque, or money order payable to HARTA care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. Please make out the cheque, money order, 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: A 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. HARTA's editor can be reached at: r_n_thompson102@shaw.ca

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, please 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

The following jokes were sent to me by Robin Stuart.

1. I don't know how to use TikTok, but I can write in cursive, do long division and tell time on clocks with hands... so that's that.
2. You think you know stress? When I grew up, if you missed a TV show you just missed it. Forever.
3. My kids laugh because they think I'm crazy. I laugh because they don't know it's hereditary.
4. I've been watching my weight. It's still there..
5. I finally figured out the reason why I look so bad in pictures. It's my face.
6. People will stop asking you questions ... if you answer back in interpretive dance.
7. I'm in a Wal-Mart parking lot watching a woman who can't remember where she parked. Every time she holds her remote in the air, I honk my horn.
8. Being a little older, I am fortunate to have someone call and check on me everyday. He is from India and is very concerned about my car warranty.
9. "How's adulting going," You ask? Well, I turned on the wrong burner and have been cooking nothing for about 20 minutes.
10. Brain: "I see you're trying to sleep. Can I offer a selection of your worst memories from the last 10 years."

If you have jokes you'd like to share in the HARTA newsletter, please send them to the editor at rnthompson102@gmail.com.

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. Contact Ron T. or any other member of HARTA's Executive to let us know that you'd like to help.

If you'd like to provide stories and other news for our newsletter, you could submit to your contribution to: The Editor at:

r_n_thompson102@shaw.ca. It would be great to get more submissions from 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. Online 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 Contacts for the 2024-25 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 Liaison—Wetaskiwin and Timberline Locals
(780) 387-6676 rsilverthorne.peachills@gmail.com

Drayton Valley Contacts. To be decided

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 mayopro prospector@gmail.com

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.

HARTA's Website

www.artabranches.net/harta

For Drayton Valley, please go to

the Facebook page:

Drayton Valley Retired School Staff



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



HARTA

Heartland
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Teachers'
Association

A Branch of ARTA

ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION



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**You're Invited
to HARTA's
Leduc
Luncheon &
Christmas
Carol Sing-a-
long to follow**

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

Thursday, November 21st 2024 11:30 AM
Doors open at 11:00 AM
Lunch & Beverage \$15.00
Membership \$10.00 Per Year
New retirees \$10.00 for the first two Years



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ALBERTA RETIRED
TEACHERS' ASSOCIATION

Zoom Funded by ARTA

**You're Invited to
HARTA's
Luncheon,
Song Selctions by
Potluck &
Information re: the
Alberta
RetiredTeachers'
Charitable
Foundation. Jim
Allan will be our
speaker.**



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

**Thursday, February 13th, 2025
Membership \$10.00 Per Year, New retirees \$10.00
for the first two Years: Musical Selections after
the lunch, Lunch is \$15.00 per person, free
for new members and guests.**



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ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

Zoom Funded by ARTA

**You're Invited to
HARTA's Presentation
and dessert at First
United Church
5115 - 51st Ave.
in Wetaskiwin
with Ian McDonald
Presentation:
Fire Smart
Being Proactive Re:
Reducing Fire
Risks**



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

Thursday, February 13th, 2025
Membership \$10.00 Per Year, New retirees \$10.00
for the first two years: Doors open at 1:00 PM
Presentation at 1:30 PM
Dessert is \$5.00 per person, free for new members
and guests. The presentation will be on Zoom.