



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

**Publisher: Ron Thompson**

**Volume No. 14**

**Issue No. 3**

**November 2025**

## **A Branch of ARTA**



## **HARTA's Program Schedule 2025 – 26**

- HARTA Leduc Luncheon, Thursday, St. David's United Church, November 20, 2025. Program, Insurance Concerns.
- HARTA February Luncheon, Thursday, February 19, 2026. St. David's United Church, Leduc, Program: My Retirement Living Journey, Presenter: Steven Krahn
- March Luncheon, Thursday, March 19 Frist United Church in Wetaskiwin: Program TBA.
- HARTA's Mini - Conference in Leduc, Thursday, May 14, 2026. at St. David's United Church.
- The HARTA AGM is tentatively scheduled for Friday, September 18, 2026, unless the date needs to be changed by unforeseen events.
- ARTA's Heart & Sole Walks – tentatively June 1<sup>st</sup> to 5<sup>th</sup>, 2026

## **From the President**

HARTA held its first branch event on Thursday, October 16th. More details on this event will follow later in this newsletter.

This newsletter is being published after the use of the Notwithstanding clause in bringing the back-to-work legislation through the legislature. On Tuesday, October 21<sup>st</sup>, I took part in a walk of support in Leduc with members of the Black Gold, STAR Catholic, Wetaskiwin, and Parkland ATA locals. I was able to be part in this walk along with other former members of the École Bellevue School Staff. (See the picture below).



## **HARTA's October Event**

On Thursday, October 16, 2025, the HARTA event was held at First United Church in Wetaskiwin. Members of the Wetaskiwin Detachment of the RCMP presented a session on the possibilities of

fraud and ways to avoid being defrauded. Some of the topics discussed were: Telemarketing Fraud, Identity Theft, Internet Fraud, phishing emails, Investment Fraud, Debit Fraud, and other fraudulent misrepresentations. A total of 15 pamphlets are from Alberta Rural Crime Watch. The website [www.ruralcrimewatch.ab.ca](http://www.ruralcrimewatch.ab.ca) has all these pamphlets available for down load. If you are a current HARTA member, you can request these pamphlets in PDF form HARTA by emailing Ron Thompson at [rnthompson@shaw.ca](mailto:rnthompson@shaw.ca) and asking for any of the pamphlets listed below:

Alberta Rural Crime Watch ASSN  
 Alberta Rural Crime Watch  
 ATM/Bank Card Fraud  
 Cheque Fraud  
 Credit Card Fraud Prevention Checklist  
 Employee Theft and Fraud  
 Fake Name False Intentions  
 Home Renovations Fraud  
 Identity Theft  
 Investment Fraud  
 I've Been Ripped Off  
 Mortgage Fraud  
 Phony Bank Inspector Fraud  
 Pyramid Schemes  
 Telemarketing Fraud  
 Topics Discussed

If you receive a text or phone call asking you for money and claiming to be from someone you know, don't assume that the contact is legitimate, phone your contact to confirm that this contact is valid.

I would like to thank Bob Silverthorne for arranging this presentation on various forms of fraud. Thanks Bob.

Ron Thompson, HARTA President

## **HARTA's November Luncheon**

In November, the HARTA Luncheon will take place on Thursday, November 20 at

St. David's United Church. The November presentation will be about insurance concerns. Laurie Bauer from Orbit Insurance will be the presenter. Doors will be open at 11:00 AM. The luncheon will start at 11:30 AM, the presentation will follow.

## **My Retirement Living Journey**

On Thursday, February 19th, 2026, Join Steven Krahn, Business Development Manager at Chartwell Retirement Residences, at St. David's United Church, for an informative and engaging seminar titled "My Retirement Living Journey."

Steven, a former educator with GSACRD #29, (Greter St. Albert Catholic Schools) brings both professional expertise and a compassionate approach to helping individuals and families navigate retirement living options. In this session, he will walk you through the different levels of living and care available in retirement residences—helping you understand what's available, what to expect, and how to make informed decisions.

Additionally, Steven will introduce **FitMinds**, a complimentary 8-week course designed to help combat memory loss and dementia. This program is ideal for anyone looking to maintain cognitive health and stay mentally active.

Don't miss this opportunity to learn more about retirement living and proactive brain health.

## **Is Your HARTA Membership Up To Date**

In late November of each year, HARTA receives a subsidy cheque from ARTA, based on the number of paid-up ARTA members that are also Alberta retired teachers with 5 years or more of teaching experience for a board in Alberta as well as being a HARTA member as of September 1st of that year. Each branch president is required to send their list of current members to the ARTA office. HARTA's yearly subsidy is based on the number of paid-up ARTA members who are retired Alberta teachers who are eligible for an Alberta

teachers' pension and who are members of HARTA. If your membership is due for renewal, you can renew it at a regular HARTA meeting, by sending an e-transfer to: [rnthompson@shaw.ca](mailto:rnthompson@shaw.ca), or by a cheque, or money order payable to HARTA, care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. (During the mail strike please phone the president to work out possible workarounds for getting a check to HARTA. My phone number is (780) 986-8349. Please leave a voice mail message on my phone.) Please make out the cheque, money order, or e-transfer for \$10.00 for each year you would like to renew. If you are 80 years of age or older and your HARTA membership is paid up, you are considered a lifetime member. You no longer need to pay membership fees. Please let us know when you celebrate your 80th birthday so we can change your membership status. Please also confirm your ARTA status with ARTA. (if you have an ARTA Benefit Plan, you do not need to verify your membership. Your yearly membership fee is included in your ARTA Plan.)

## 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:

[www.asebp.ca](http://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](http://www.arta.net)

Branches: [www.artabranched.net](http://www.artabranched.net)

ATRF: Provider and Funder of Alberta Teachers' Pensions: [www.atrf.com](http://www.atrf.com)

CPP and OAS: Pensions provided by the Canadian Government Contact Service Canada at:

[www.Canada.ca](http://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. 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 nthompson102@shaw.ca](mailto:rnthompson102@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.

## The ARTA Election Results

ARTA held its AGM on Tuesday, September 7<sup>th</sup> and Wednesday, September 8<sup>th</sup>. The results of the election of the ARTA Executive and the standing committee members are as follows:

### ARTA Executive

President	Ray Hoger	1 yr.
Vice President	Mary McDougall	1 yr.
Treasurer	Alain Lévesque	1 yr.
Past President	Deb Gerow	1 yr.

### New Committee Members

Communications	Edna Dach	4 yrs.
Governance	Jim Allan	4 yrs.
Health Benefits	Blair Lowry	5 yrs.
Pension & Financial Wellness		
	Ron Thompson	4 yrs.
Strategic Planning & Advocacy		4 yrs.
	Cam Colville	4 yrs.
Wellness	Rod Lowry	4 yrs.

### Incoming Committee Chairs

Communications	Maria Lentz
Governance	Marilyn Bossert
Health Benefits	Gordon Cumming

Pension & Financial Wellness

Larry Hartel

Strategic Planning & Advocacy

Rob Pearn

Wellness

Ron Jeffery

## Humour Corner

The following jokes are mostly from the Coffee News.

1. The president of the Tailors' Union held a press conference.
2. Mutt: "I was operated on and really enjoyed it." Jeff: "Oh, why?" Mutt: "The doctor had me in stitches."
3. Q: What did the big bucket say to the little bucket? A: You look a little pail.
4. If at first you don't succeed, don't try skydiving.
5. Knock! Knock! Who's there? Dare. Dare who? Dare, dare. It's OK.
6. A large hole has appeared on Main Street. Town workers are looking into it.
7. Egg and ham: A day's work for a chicken, a lifetime commitment for the pig.
8. Q: What do brooms say to each other at bedtime? A: Sweep tight.
9. After waiting for the bowling alley to open, we finally got the ball rolling.
10. Q: Why did Miss Muffet need a mop?  
A: Because she lost her whey.

If you have jokes, you'd like to share in the HARTA newsletter, please send them to the editor at [r\\_n\\_thompson102@shaw.ca](mailto:r_n_thompson102@shaw.ca).



## 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](mailto: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. You can go to the Calgary Retired Teachers' Association website to view the Steppin' Out Conference details for this year. 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.artabranche.net](http://www.artabranche.net).

- Ron Thompson, HARTA President

## ARTCF Updates

### Partnership Updates

There are 2 new grant recipients:

NorQuest College was awarded \$8,000. The Calgary Chinese Elderly Citizens' Association was

awarded \$13,000.

Bethany Care Foundation was awarded \$25,000. Karen Wilson will serve as the ARTCF representative for Operation Friendship Seniors Society and NorQuest College. Donna Crawford will serve as the ARTCF representative for the Calgary Chinese Elderly Citizens' Association.

## 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

**Operation Friendship Seniors' Society** – Grant to support equipment for the facility

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

**Jewish Family Services of Calgary** - Grant to support their programs

**NorQuest College** - Grant in 2025

**The Calgary Chinese Elderly Citizens' Assn** - Grant in 2025

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](http://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 Contacts for the 2024-25 Program Year

**Ron Thompson:** President & ARTA Branch Rep  
(780) 986-8349 [rnthompson@shaw.ca](mailto:rnthompson@shaw.ca)  
(r n thompson) [r\\_n\\_thompson102@shaw.ca](mailto:r_n_thompson102@shaw.ca)  
(HARTA correspondence)

**Vice President Leduc** Vacant

**Bob Silverthorne:** Vice President Wetaskiwin &  
ATA Liaison—Wetaskiwin and Timberline Locals  
(780) 387-6676

[rsilverthorne.peachills@gmail.com](mailto:rsilverthorne.peachills@gmail.com)

**Drayton Valley Contacts.** Ron Thompson is the  
temporary contact.

**Janice Storeshaw:** Secretary & ARTA  
Branch Rep. (780) 986-0056 [jes90@telus.net](mailto:jes90@telus.net)

**Connie Dublenko:** Treasurer (587) 783-8588

[ccdublenko@gmail.com](mailto:ccdublenko@gmail.com)

**Lawrence Dublenko:** Membership Co-ordinator  
(587) 783-8588 [mayopro prospector@gmail.com](mailto: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](http://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.***

# RCMP·GRC



ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA

## Identity Theft and Fraud Victim Assistance Guide

RCMP (see Scams and Fraud)

[www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca)

Canadian Anti-Fraud Center

1-888-495-8501 [www.antifraudcentre.ca](http://www.antifraudcentre.ca)

Service Canada (see personal documents)

1-800-622-6232 [www.servicecanada.com](http://www.servicecanada.com)

Service Alberta

310-0000 [www.servicealberta.ca](http://www.servicealberta.ca)

(see Registries, Drivers/Vehicles, Vital Statistics)

Passport Canada

1-800-567-6868 [www.passport.gc.ca](http://www.passport.gc.ca)

Canada Post

1-800-267-1177 [www.canadapost.ca](http://www.canadapost.ca)

Bills

Contact your bank/credit & debit card/utility/phone service providers

Equifax Canada

1-800-465-7166 [www.equifax.com](http://www.equifax.com)

TransUnion Canada

1-866-525-0262 [www.transunion.ca](http://www.transunion.ca)



Royal Canadian Mounted Police  
Gendarmerie royale du Canada

Canada

# GRC·RCMP



GENDARMERIE ROYALE DU CANADA • ROYAL CANADIAN MOUNTED POLICE

## Reporting Scams and Frauds in Alberta

- If you have **not lost money** but suspect you have been targeted, contact the **Canadian Anti-fraud Centre** 1-888-495-8501 / [www.antifraudcentre.ca](http://www.antifraudcentre.ca).
- If you receive a **suspicious e-mail** soliciting your financial information, advise the bank/agency involved.
- If you are a **victim of fraud**, contact your local police, and **Canadian Anti-fraud Centre**.
- For more information visit: [www.rcmp.gc.ca](http://www.rcmp.gc.ca).



Royal Canadian Mounted Police  
Gendarmerie royale du Canada

Canada

The above information is a blown-up picture of the card that was given to all the participants in October's presentation on fraud. Please save this information and use it if you ever experience any form of fraud.





Heartland  
Alberta  
Retired  
Teachers'  
Association

**A Branch of ARTA**



ALBERTA RETIRED  
TEACHERS' ASSOCIATION

**HARTA's Leduc Luncheon at  
St. David's United Church  
4614 - 48 St. Leduc**

**Program:  
Auto and General  
Insurance  
Information  
Speaker: Laurie  
Bauer**

**Cost for lunch \$15.00  
per person, no cost for  
new members or  
guests.**



This Photo by Unknown Author is licensed under CC BY

**email:  
rnthompson@shaw.ca  
phone:  
(780) 986-8349**

**Thursday, November 20, 2025**

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

**Program at 12:30 PM**

**Membership \$10.00 Per Year**

**New members free the first year.**





Heartland  
Alberta  
Retired  
Teachers'  
Association

## A Branch of ARTA



ALBERTA RETIRED  
TEACHERS' ASSOCIATION

**You're Invited to  
HARTA's February  
Luncheon, Thursday,  
Feb. 19, 2026**

**St. David's United  
Church in Leduc**

**An Information  
Session on  
Seniors' Living**

**Presenter:**

**Steven Krahn  
from Chartwell**



**email:**

**[rnthompson@shaw.ca](mailto:rnthompson@shaw.ca)**

**phone:**

**(780) 986-8349**

**Ron Thompson**

**Thursday, February 19th, 2026**

**Membership \$10.00 Per Year,**

**New members free,**

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

**Lunch is \$15.00 per person, free for guests.**