



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events

The Welcome to September Issue

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A Branch of ARTA



Wetaskiwin — Luncheon, Wednesday, September 28th, 2016 at 11:30 AM at O'Brien's Restaurant, 4103-56 St. Program: Marvin Nakonechny of Progressive Foods will talk about the nutrition value of Barley as an all purpose food.

Drayton Valley – Luncheon, Tuesday, October 18th, HARTA Luncheon at Mitch's Family Restaurant in Drayton Valley. Program: A speaker from the Primary Care Network in Drayton Valley will speak on the services available in Drayton Valley.

Leduc – Luncheon, Wednesday, November 16th, 2016 at St. David's United Church, program: Vivian Armstrong will present a card-making workshop with Christmas in mind. More details will follow at a later date.

Confirmed Scheduled Events to June 30th 2017:

The following events have been confirmed at the AGM in Leduc on Friday September 9th.

Leduc HARTA Executive Meeting and Devices Workshop, Wednesday, February 15th, 9:30 AM, Workshop after the luncheon. Venue, St. David's

United Church.

Wetaskiwin Wednesday, March 15th, 11:30 AM, O'Brien's Restaurant, 4103—56 St. Wetaskiwin.

Drayton Valley Tuesday, April 25th, 11:30 AM, Mitch's Family Restaurant. We have scheduled a Body Composition Clinic for that date.

Wetaskiwin Tuesday, May 16th, Mini-Conference, 9:30 AM to 3:00 at the Wayside Inn in Wetaskiwin.

Leduc Wednesday, June 7th, 11:30 AM, St. David's United Church

The ARTA Walking Challenge

The Walking Challenge finished up on June 30th. 25 members signed up for the challenge. The total number of steps by all participants was 7,958,281. The average number of steps per participant was 318,331 steps or 10,611 steps per day. Thank you to all who participated. We had a participation rate of 33.3%. At the HARTA AGM, Certificates of Participation were handed out to those present. If you participated in the walking challenge and have not yet received your certificate, please let Ron T. know. (See the contact info at the end of this newsletter.)

HARTA's AGM: Highlights

The HARTA AGM was held on Friday, September 9th, at St. David's United Church in Leduc. The motion to have three vice presidents was struck down. Walley Porter gave notice of motion of a by-law change to be voted on at the next AGM in September 2017.

The following are the results of the Elections presided over by retiring Past President Robin Stuart:

Past President and ARTA Rep. for the 2016-17 operational year was Alvin Rurka

President and ARTA Rep. Ron Thompson

Vice President and Leduc Director Beth Rurka

Director—Drayton Valley: Sandy Hamilton

Director-Wetaskiwin: Ron Holmlund

Director-ATA-ARTA Liaison: Walley Porter

Secretary: Elaine Merriman

Treasurer: Darleen Broadbent

Thank you members of the Executive for allowing your names to stand for election and thank you Robin for serving since HARTA's start as Past President.

ARTA Board & ARTA Reps' In-service

The ARTA Board met Tuesday, September 13th and Wednesday September 14th. Highlights of the meeting in the next newsletter.

On Thursday, September 15th, the annual ARTA Reps' In-service was held at the Double-tree Hotel. There were sessions on the ARTA Benefits and Travel Plans. Also included were sessions by Service Canada, ARTF and a review of the services and other benefits through ARTA. This In-service will enable your ARTA Reps to give HARTA up-to-date information, or tell you where you can get answers to your queries. Your ARTA Reps for HARTA this year are Alvin Rurka, Walley Porter and Ron Thompson (alternate)

Member Welfare

If you know of anyone of our members who is in poor health please let us and other members know so they can give what support is required.

Membership Fees

If your membership expires in December of 2016, your fees of \$10.00 are now due. If you turn 85 years of age before December 31 of this year, and your fees are up-to-date, you are now a lifetime member and you no longer pay fees to HARTA. Congratulations!

Members who need to pay their fees can do so at the next HARTA luncheon: Wednesday, September 28th in Wetaskiwin, Tuesday, October 18th, in Drayton Valley or Wednesday, November 16th in Leduc.

Executive Info for the 2015-16 Program Year

Alvin Rurka: Past President & ARTA Rep

Ron Thompson: President & ARTA Rep
(alternate)(780) 986-8349

Beth Rurka: Vice President & Dir. for Leduc

Elaine Merriman: Secretary

Darleen Broadbent: Treasurer

Sandy Hamilton: Dir. for Drayton Valley (

Ron Holmlund: Dir. for Wetaskiwin

Wally Porter: ATA Liaison & ARTA Rep.

The Goals of HARTA

- **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,