



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The Coming Events Issue**

Publisher: Ron Thompson Volume No. 5

Issue No. 5 Date: March 2017

A Branch of ARTA



Events Outline to December, 31st 2017:

Wetaskiwin: Wednesday, March 15th, 2017, 11:30 AM, O'Brien's Restaurant, 4103—56 St. Wetaskiwin.

Drayton Valley: Tuesday, April 25th, 2017, 11:30 AM, Lakeview Inn and Suites. We have scheduled a Body Composition Clinic for that date.

Wetaskiwin: Tuesday, May 16th, 2017, Mini-Conference, 9:30 AM to 3:00 at the Wayside Inn in Wetaskiwin.

Leduc: – Luncheon, Wednesday, June 7th, 2017, 11:30 AM, at St. David's United Church, program: Digitizing your pictures, Presenter—Iona Robertson.

Leduc: Executive Meeting August, Date and time to be Announced

Leduc: AGM, September 8th, 10:30 AM, St. David's United Church.

Wetaskiwin: Wednesday, September 20th, 11:30

AM, Program TBA, O'Brien's Restaurant, 4103—56 St. Wetaskiwin.

Drayton Valley: Tuesday, October 17, 11:30 AM, Lakeview Inn and Suites. We have scheduled a follow-up Body Composition Clinic for that date.

Leduc: – Luncheon, Wednesday, November 15th, 2017 at St. David's United Church, program: TBA

Devices Workshop

HARTA had its second annual Devices Workshop on February 15th, at St. David's United Church. There was a luncheon before the workshop. The presenters will were Stan Gerber and Margaret Clark. Stan's session featured issues around computer security and computer fraud. Margaret helped individuals with their cellphone and tablet issues. Both presenters offered help as required. The workshop was well received.

Other Possible Computer Topics

After the February workshop Stan Gerber sent a list of possible sessions that he could offer in Drayton Valley, Leduc or Wetaskiwin. A list of topics for workshops follows below:

- Word Processing
- Spreadsheets
- Cloud services – Microsoft's OneDrive, Google Photos, Google Docs, Microsoft Office via OneDrive.
- Windows 7 and/or Windows 10
- Using the Internet
- Email especially how to handle attachments
- Microsoft Edge (new web browser of Windows 10)
- Picture management – various approaches – there are some software packages that are both Mac and Windows compatible.
- File management using File Explorer

If you would be interested in any of the topics listed on the previous page, please contact the president at the contact info listed at the end of this newsletter. We could arrange for one of these topics to be presented at a later date. Thanks Stan for providing this information.

The ARTA Walking Challenge

The pedometers are here! Once again HARTA is hosting the ARTA Walking Challenge. This year's Walking Challenge will start on Saturday, April 1st. The challenge ends June 30th. HARTA won the Participation Trophy last year for the branch with the highest participation percentage. Pedometers will be available at all HARTA events until May 31st. The data sheets are included with this month's newsletter. If you wish to participate, you can use any step counter to keep track of your steps. Please print off the sheets (included in this newsletter) to track your steps. At the end of June please fill in your best 30 days sheet and send the Best Thirty Days form to rnthompson@shaw.ca or give it to me personally. I will make arrangements to collect the sheets in Drayton Valley, Leduc and Wetaskiwin. Good luck everyone!

Provincial Events

CRTA's Steppin' Out Conference

The Calgary Retired Teachers' Association (CRTA) invites you to their eleventh annual conference for retired teachers and friends on Thursday, April 27th and Friday, April 28th at the Ramada Plaza and Conference Centre. Bigger and better, this year's program features over twenty exciting presentations and a special evening with 'Magnolia Buckskin' For more information please check CRTA's home Web Page at: <http://www.calgaryretiredteachers.org>.

GERTA's Second Wind Conference

The Branches in Greater Edmonton are once again organizing their Second Wind Conference. This health and wellness conference provides an opportunity for all retirees and their friends to expand horizons by attending our conference on September 7, 2017. We are so pleased to invite you to again be involved with this wonderful activity.

This one-day event is the sixth annual Second Wind Conference and is being held on September 7, 2017. Once again it will be held at the

Chateau Louis Conference Centre located at 11727 Kingsway Avenue NW in Edmonton. This year's conference features, as keynote speaker, the famous CBC personality Peter Brown and a variety of interactive sessions including presentations on gardening, coping with hearing loss, travel, computers, photography, and special sessions on sex for seniors and Canadian wine tasting!

An Art Show and Sale and a display area will run concurrently in the beautiful St. Michael Room, site of the Conference Wine Down. The cost of the conference is \$85 per person but you can save \$15 with the early-bird deadline registration of \$70 by July 15, 2017. No refunds after July 30.

The registration form and further information are available online at secondwindconference.ca or phone Maurine Maslen at 780-418-8032. Registration forms must be returned via Canada Post to the registrar at 53 Goodridge Drive, St. Albert, Alberta T8N 2B1.

We look forward to sharing EXPANDING HORIZONS with you on September 7, 2017.

Lynn Arnold, Sherry Robbins, Beth Robinson, Pat Semeniuk

Program Committee

Second Wind Conference

March Luncheon Details

The March HARTA Luncheon will take place on Wednesday, March 15th at O' Brien's Restaurant in Wetaskiwin (4103—56 St.). Robin Smith, Vice Chair of the ARTA Foundation will speak on the ARTA Foundation. The luncheon will start at 11:30.

Drayton Valley Details

On April 25, at Lakeview Inn and Suites, Drayton Valley will be hosting their first session of the Body Composition Clinic. We presently have 16 members registered. If you would like to register for the clinic please contact Sandy (see contact info at the end of this newsletter) for availability. Thank you to the Wellness Committee for the support of this program.

In conjunction with the clinic, we will also meet for lunch at 11:30 and Marilyn Buchan will be doing a power point presentation of her travels to Asia.

Sandy Hamilton

Director Drayton Valley

HARTA Mini-Conference

On Tuesday, May 16th, HARTA will hold our annual Mini-Conference at the Wayfare Inn in Wetaskiwin. Sessions on computer topics, Nordic

Walking and a Writing Workshop are some of the sessions planned.

Already confirmed are a writing workshop as well as sessions on digital picture management, Nordic Walking and Exercising Workshops. More details will be given as they are available. Please save the date.

Member Welfare

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

Membership Fees

If your membership expires in June of 2017, your annual fees of \$10.00 are now due. If you turn 85 years of age on or before June 30th of 2017, and your fees are up-to-date, you are now a life-time 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, March 15th in Wetaskiwin.

Notice of Election of Trustees

During the May Board of Directors' Meeting, elections will be held to replace two members of ARTA's Benefits Trust. Qualifications for these positions are included as one of the attachments following this newsletter. If you want to nominate an eligible ARTA member please follow the instructions included in the attachments.

Executive and Contact Info for the 2015-16 Program Year

Alvin Rurka: Past President & ARTA Rep

Ron Thompson: President & ARTA Rep (alternate)

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, communication, wellness and leadership.



Personal Daily Log

NAME: _____

Please send or email this page to your branch president by Friday, July 7, 2017.

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Personal Best 30 Days Report

NAME: _____

Please send or email this page to your branch president by Friday, July 7, 2017.

BEST 30 DAYS FROM APRIL 1 to JUNE 30			
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14		29	
15		30	
TOTAL			

Congratulations and well done!



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**You're Invited to
HARTA's
Wetaskiwin
Luncheon
@ O'Brien's Restaurant
4103 - 56 St.
in Wetaskiwin
Program: ARTA
Foundation
Robin Smith
Presenter**



email:
rnthompson@shaw.ca
(r n thompson)
phone:
(780) 986-8349

Wednesday, March 15, 2017 11:30 AM

Luncheon as per menu

Membership \$10.00 Per Year

New retirees Free for the first Year

Please RSVP By Monday, March 13, 2017

Funded in Part by ARTA



Heartland
Alberta
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Teachers'
Association

Topics

- Writing Workshop
- Digital Picture Management
- Stretching For Seniors
- Nordic Walking
- Other sessions pending

Tuesday, May 16, 2017

9:30 AM to 3:30 PM

Wayside Inn,

4103 56th Street

Wetaskiwin

HARTA Regional

Mini Conference

In Wetaskiwin

**Cost \$25.00 for the workshops
and lunch!**

**For more info phone (780) 986-8349
or email: rnthompson@shaw.ca**