



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events

The Welcome to Spring Issue

Publisher: Ron Thompson

Volume No. 5

Issue No. 6 Date: April 2017

A Branch of ARTA



Events Outline to

December, 31st 2017:

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

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

Please let the editor know by email or phone if you would be interested in any of the above computer sessions. Stan is prepared to do the sessions in Leduc, Drayton Valley or Wetaskiwin.

The ARTA Walking Challenge

Pedometers are now available. Once again HARTA is hosting the ARTA Walking Challenge. This year's Walking Challenge is now under way. 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>.

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.

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.

March Luncheon Details

The March HARTA Luncheon took place on Wednesday, March 15th at O' Brien's Restaurant in Wetaskiwin (4103—56 St.). Robin Smith, Vice Chair of the ARTA Foundation spoke on the ARTA Foundation. Robin explained that the Foundation is in the process of choosing the organizations it will fund. Stay tuned as the foundation fleshes out its game plan.

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.

The Conference will start with Ingrid Neitsch giving an overview of the Body Composition Clinics Held in both Leduc and Wetaskiwin. After the break, Lillian Ross will present a short Writing Workshop. Before lunch, Stan Gerber will present a session on managing pictures. After lunch, two exercise sessions will take place. An exercise session for older adults and a Nordic Walking Session will be held simultaneously. The Mini Conference will take May 16th at Wayfare Inn. Please save the date.

ARTA Board Highlights

Benefits Committee: The Benefits Committee is investigating a possible partnership with Shopper's Drugmart. More info will be released when it is available.

Regarding blister packs, there is an override available at the pharmacist level so members can continue to receive them on the monthly basis.

Executive Committee: Community Assistance Fund: A motion was passed to forward a cheque of \$2,500 to the Ft Mac Public & Ft Mac Catholic ATA locals from our Community Assistance Fund for use in needy school breakfast programs

ATA 100th Anniversary Project: The ARTA Board recommends that ARTA commemorates the ATA's 100 Anniversary that portrays what ARTA stands for; perhaps a member designing a painting and perhaps a monetary amount be given in addition to the above.

Pension & Financial Advisory Committee: The Board passed a motion that ARTA urge the Government of Alberta remove the cap on pensionable earnings so that teachers will receive the pension they have paid for, and to include this in ARTA's Policies and Procedures.

The Committee continues to explore issues with a financial impact to seniors. One plan is an upcoming education session on fraud as it relates to seniors. Requested a summary of findings and research to be published.

Wellness Committee Report: Board members were reminded that the “Walking Challenge” started on April 1st. Each branch was given the pedometers they requested. The OKARTA branch extended an invitation to join the Okanogan canyon bike ride in early June.

The Committee requested that a contact person be provided to the Committee Chair by each branch president.

Strategic Planning and Advocacy Committee: The date of retreat will be May 28-30, 2017 with BoD to follow. A Motion was passed directing that the Board of Directors budget to expand the program of the Retreat/Symposium to provide multiple sessions aligned with the ARTA Strategic Plan, and also budget to enable attendance of a number of members at large.

Communications Committee: This year there were teachers’ conventions that did not have an ASEBP rep nor an ARTA rep due to staffing changes at ASEBP and timing.

Golf Tournament: The Northeast branch of ARTA will host the annual ARTA Golf Tournament on Saturday, June 24, 2017, in St. Paul, Alberta. Branch presidents will be notified with further details to follow at the March Branchmeeting.

New Affinity Partner: Canadian Centre for Hearing Loss:

This is an opportunity to bring out products and bring information to the branches.

The presenters can sell hearing aids or just bring information. They will talk about resources, clinics, and opportunities. The ARTA office will be sending out this information via email. This is an opportunity for our branch to have a session on hearing loss.

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 2016-17 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.

| | APRIL | MAY | JUNE |
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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!



A Branch of ARTA



**Noon Luncheon
in Drayton Valley
Lakeview Inn and Suites.**

Program:

**Marilyn Buchan will be
presenting a power point
presentation on her travels
to Asia.**



**Contact Sandy
Hamilton**

**email: hamgs1@telus.net
phone: 780-542-5146**

Tuesday, April 25, 2017

11:30 AM

Luncheon as per menu

Annual Membership \$10.00

(Membership for new retirees, free)

Body Composition Clinic during the day

Funded in Part by ARTA



Heartland
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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**



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Funded in part by ARTA

HARTA Mini Conference Registration Form

Tuesday, May 16, 2017

Wayside Inn

4103 56th Street, Wetaskiwin

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

**Email Address _____ Phone No. _____

** We do not share or sell registration information. For confirmations and correspondence: We will be emailing or phoning ALL confirmations. No regular mail confirmations will be sent.

After May 1st Please register by phone or email and pay at the conference the day of the conference.

Do you have any special dietary needs? Please specify:

Membership: Check one or more. If you are a branch member, indicate the branch.

___ ARTA ___ Branch: _____ ___ Non-member

Workshop Fee: - \$25/person (Includes Lunch)

No refunds after May 11, 2017. Space is limited so register early.

Payment Details: Enclosed is Cheque/Money Order for \$ _____

Your registration is not complete until payment has been received by the Workshop Registrar. Make your Cheque/Money Order payable to [HARTA](#).

Mail your registration to: **Ron Thompson, 4020 – 37th Ave., Leduc, Ab. T9E 6C9**