



Heartland  
 Alberta  
 Retired  
 Teachers'  
 Association

# The Heartland Herald HARTA's Newsletter of Branch Events

## The June 2017 Issue

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### A Branch of ARTA



### Events Outline to December, 31st 2017:

**Leduc:** Executive Meeting Wednesday, August 23rd, 10:00 AM at St. David's United Church in Leduc

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

**Wetaskiwin:** Wednesday, September 27th, 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 as well as a card-making workshop.

**Leduc:** Executive Meeting 10:00 AM – Luncheon, Wednesday, November 15th, 2017 11:30 AM at St. David's United Church, program: TBA

### Digitally Archive Your Family Photo Collection

This short presentation introduced members to the procedure of collecting, sorting, saving and

storing the hundreds of photos found in many family homes. Iona guided us through a step-by-step method of saving and preserving family photographic histories and treasures, keeping them safe from fire, water and mold. Digitally storing the pictures on a USB flash drive makes them easy to share and no one person is “the keeper” of the family historical archives. Although time consuming, the result is inexpensive and practical. There was a small turnout but the participants were energized and engaged. More information on future digital photography workshops will be coming. Stay tuned.



To



## **Wetaskiwin Mini-Conference Cancelled**

The Wetaskiwin Mini-Conference planned for May 16th was cancelled due to lack of registrations. Next year the conference will be held in Leduc, registration permitting. Stay tuned for more info.

## **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

We would like to run a workshop on one or two of these topics at our November luncheon in Leduc if there is enough interest.

## **The ARTA Walking Challenge**

A reminder that 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](mailto: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**

Linda and I attended the Steppin' Out Conference in Calgary at the end of April. I attended sessions on Mental Health, Lego Building and the History of Railroads in Calgary. Linda attended sessions Calgary's History. Steppin' Out is held each year at the end of April. Watch for the 2018 Conference.

## **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.

### **Conference Info:**

Early Bird Fee (postmarked on or before July 15, 2017) - \$70/person. All Early Bird registrations will be entered into a draw for a refund of one registration fee. After July 15 to Sept. 7, 2017 the regular conference fee of - \$85/person applies. The website is: [www.http://secondwindconference.ca/](http://secondwindconference.ca/)

### **Cancellations:**

A \$15 processing fee will be charged. No refunds after July 30, 2017.

### **Payment Details:**

If made by cheque or money order please make payable to *Second Wind Conference*. The cheque or money order should be mailed to:

Maurine Maslen (Registrar),  
53 Goodridge Drive,  
St. Albert, Alberta T8N 2B1

Registration is not complete until payment has been received by the conference registrar.

## **Drayton Valley Luncheon Details**

On April 25, at Lakeview Inn and Suites, Drayton Valley hosted their first session of the Body

Composition Clinic. 17 members registered for the clinic. The clinic was well received. The follow-up clinic will be held Tuesday, October 17th. More information will be provided closer to the date. Some comments re: the clinic follow:

Overall the Health Advisor was well received.

Some comments were as follows:

“She was quite knowledgeable.”

“Would have liked some recommendations from her (e.g. range of weight for age etc.)

“She was very informative.”

“Interesting information.”

“She was thorough!”

“I was hoping for specific suggestions to address my results but she explained that I needed to seek medical advice.”

In conjunction with the clinic, we met for lunch and Marilyn Buchan presented a PowerPoint presentation of her travels to various countries in Asia.

## **ARTA Retreat Highlights**

Those ARTA members present at the annual retreat had the privilege of hearing a number of Presenters on Wellness and other topics.

**100 Ways to Enjoy Growing Older: The Science of Fun:** Presented by Dr. Dave Hepburn of Victoria B.C.

Dr. Dave Hepburn's Key points were:

- Aging is not only about the quantity of days in your life but about the quality of life in your days, how to enjoy rather than endure getting older.
- We must learn how to replace the dread of aging with the appreciation that lost youth, in fact, leads to a new stage of opportunity and strength.
- Dr. Dave unveiled nine unique pearls that are now known to reduce the potential ravages of aging.

### **Ingredients of the (Wellness) Secret Sauce !**

Jennifer Carson, Chief Executive Officer at the Alberta School Employee Benefit Plan (ASEBP) gave an overview of her time with ASEBP as she prepares to move into retirement. A passionate champion for public health and population health initiatives, Jennifer has rounded out her career with previous experience in the health unit and long-term care environments as well as non-profit organizations in Alberta.

**Panel Discussion:** A panel discussion involving representatives from Parkinson Alberta, the Alzheimer Society and CNIB clarified the needs and circumstances of each these organizations. This discus-

sion was timely since the ARTA Foundation has chosen to fund each of these organizations.

**Parkinson Alberta** - John Petryshen, CEO

Parkinson Alberta helps make every day better for Albertans affected by Parkinson disease. They provide support services, education, advocacy and funds for research.

Parkinson Alberta is a standalone Alberta -based charitable organization that relies on the generosity of donors. One hundred per cent of the money raised funds the best services, resources, and research to benefit Albertans.

**Alzheimer Society** - Christine Gordon & Padmaja Ganesh:

The Alzheimer Society of Alberta and Northwest Territories is working to change the face of dementia in Alberta and improve the quality of life for those with the disease. The Society offers a provincial network of educational and support services for those with dementia and their care partners, builds partnerships with health professionals and the community and advances research into effective treatments and :finding a cure for this devastating disease.

**Canadian National Institute for the Blind**

**(CNIB)** - Brian Ve: CNIB passionately provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills, and opportunities to fully participate in life. Founded in 1918, the organization is entering the 100th year of operation - and celebrating a century of changing individual lives and society as a whole.

### **The World of Internet Scams:**

Will Ferguson has toured the US, UK, Spain, Holland and Argentina to promote his work, and has appeared on numerous national TV programs and in radio and print. He is a three-time winner of the Leacock Medal for Humor In 2012, he won the Scotiabank Giller Prize for his novel *419*. His Presentation was hilarious as he recounted his life experiences.

### **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 December 31 of 2017, you can renew your membership at the AGM in September. If you turn 85 years of age on or before December 31 of 2017, and your fees are up-to-date, you are now a lifetime member and you no longer need to pay fees to HARTA. Congratulations!

## **Happy Birthday HARTA**

HARTA became a branch of ARTA on September 4th 2012. Please join us to celebrate our 5th Anniversary on Friday, September 8th. Bring a friend.

## **HARTA Elections in September**

ARTA's elections will be held during our AGM on September 8th 2017. If you know of someone who would be willing to serve on HARTA's Executive, please submit their name to a member of the Executive. They must be willing to run for office, Names may be submitted at the AGM as well.

## **HARTA's By-laws Revision**

The HARTA by-law revisions will be present-

ed at the September 8th AGM. Our present by-laws require the by-laws be sent out to members sixty days before the AGM. Watch for the email with by-law changes to come before July 1st. Have a great summer!

## **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.***