



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The HARTA March Edition**

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A Branch of ARTA



Scheduled Events to June 30th 2018:

Wetaskiwin Wednesday, March 14th, 11:30 AM, O'Brien's Restaurant, 4103—56 St. Wetaskiwin. Dean Cowan from the Alzheimer's Society will give a presentation on Caregiving.

Drayton Valley Tuesday, April 17th, 11:30 AM, Luncheon at Lakeside Inn & Suites in Drayton Valley.

Leduc Tuesday, May 8th, Mini-Conference & Body Composition Clinic, 9:30 AM to 3:00 at St. David's United Church in Leduc. A keynote Speaker and four workshops are planned for that day. More details will follow in this newsletter.

Leduc Friday, September 7th, 2018, 10:30 AM AGM and Brunch at St. David's United Church in Leduc

Leduc Luncheon Highlights

On Wednesday, Feb. 14, Leduc held its Devices Workshop and Luncheon. Our presenters were Stan Gerber and Margaret Clark. Stan did a session on managing Digital Pictures using the

Windows 10 Picture App. Margaret helped individual participants with their issues re: cellphones, tablets and other devices. As well she introduced the Alexa speaker and explained how it connected to the internet. Stan demonstrated how pictures could be edited using the Windows 10 picture App. During lunch we were treated to the vocal stylings of Pot Luck, a group of vocalists who sang songs related to Valentine's Day. There was a small enthusiastic group for the lunch. The Workshop was well received by those who attended.

HARTA's Wetaskiwin Luncheon in March

March's Luncheon will be in Wetaskiwin at O'Brien's Restaurant. Our featured speaker is Dean Cowan. Dean is from Red Deer and is a Volunteer Facilitator for the Alzheimer's Spousal Support Groups. Dean has spoken about his experiences of being a caregiver at several Alberta Health Service conferences to medical professionals and has also been invited to speak to the Group in Yellowknife. Dean was the primary Caregiver for his late wife who passed away from Alzheimer's Dementia 4.5 years ago. Dean will discuss at the work-



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shop the required documentation, funding sources, long term care placement and how to be a better caregiver to your Care Partner no matter what the illness or needs are. There will be an opportunity to ask questions about the challenges a Caregiver can face. Care giving is important and can be rewarding but it does carry a lot of risks if you are not properly prepared to meet the challenges. His goal is to help you be prepared.

Coming HARTA Events

April 17th is the date of the luncheon in Drayton Valley. More information about the speaker and topic will be published when available. Members pay for their lunch according to what they order from the menu.

In May HARTA is holding a Mini-Conference in Leduc. Our theme is "Keeping Connected." After my years working with the Wellness Committee, keeping connected was clearly important in maintaining an individual's social, emotional, physical and mental health. May 8 is HARTA's Mini-Conference. Our Keynote speaker will be Daniel Mulloy, Chief Executive Administrative Officer of ARTA. We will be offering the Body Composition Clinics in conjunction with the Mini-Conference.

Along with our keynote speaker there will be four workshops, the topics are mentioned as follows. Steve Carter and Bonnie Haave will be doing a session on maintaining emotional and mental wealth through retirement.

Carolynne Melynk has over 25 years experience as an educator, mentor, healer, and speaker. Carolynne is a Certified Spring Forest Qigong Practice Group Leader and healer. She is passionate about helping others to reclaim their natural state of health and well-being through the balancing of body, mind and spirit. Carolynne blends The Five Elements Theory of Spring Forest Qigong along with intuitive awareness in her healing practice and leads Spring Forest Qigong Practice groups in Edmonton. Her vision is to help individuals awaken to their natural health and well-being from the inside-out.

Iona Robertson's teaching career, primarily Junior High School Language Arts, Social Studies and Music, spanned 45 years, 8 School

Districts and 2 provinces. Iona fully retired after 28 years with Parkland School Division and now serves as the President of Parkland Area Retired Teachers' Association.

The dispersal of their successful mixed farm in Southern Alberta 34 years ago initiated an unexpected, transient life for the family. They presently reside in their 15th home! Among the most precious possessions in all the moves were the pictures. While doing a celebration power point, it became clear that digitalizing family photos is a great way to downsize household contents and keep treasures stored securely from flood, fire and mold. Having the pictures filed by topic also saves hours when a special historical event can be shared across the miles. Iona will walk you through a brief version of the process of digitalizing your family photos.

Margaret Clark from The Source in Leduc will present our final session. Our final workshop is a session on the various new forms of technology developed to make our lives easier. Such things as Fitbits, Internet connected speakers and other internet connected device have the potential to greatly improve our lives find out more in this session .

The cost for all sessions and the lunch will be \$25.00 for the lunch and conference. Also included is the Body Composition Clinic to be run at the same time. The Clinic is limited to the first 18 people who book. Both events will be held in Leduc at St. David's United Church.

Provincial Events

Steppin' Out

The Calgary Branch of ARTA, (CRTA) is holding its annual "Steppin' Out 2018" April 26 & 27 at the Ramada Plaza Calgary Airport Hotel and Conference Centre, 3515—26 St. NE, Calgary. Details are available online at:

<http://www.calgaryretiredteachersteachers.org>. You can also register online.

2018 ARTA Annual Golf Tournament

The Foothills Branch of ARTA invites ARTA and other branch members to participate in ARTA annual Golf Tournament June 21st. Registration is \$125.00 which includes 18 holes, cart, lunch, dinner and prizes. Non-golfers may join us for lunch for

\$35.00 for lunch and dinner. For those who like to do something in High River rather than golfing, Mug making and Creative Painting are available. More information is available by contacting Graham Sewell at 299 Chapalina Terrace, Calgary, Alberta, T2X 3X5, Email: sewellgc@shaw.ca, or Phone: (403) 454-1354 .

Second Wind Conference

The Second Wind Conference, in building on the successes of past years, will be offering its seventh conference to end the summer of 2018. The conference will offer a variety of entertaining and uplifting seminars, in a supportive and accessible setting, all of which will focus on the mind, body and spirit.

This year's conference has as its keynote speakers **Mark Connolly** and **Alyson Connolly**. Mark spent 22 years as a sportscaster with CBC Radio and Television before taking the job as news anchor at CBC News Edmonton from 2010-2013. Currently, whilst host of Edmonton AM, Mark was covering the Pyeongchang Winter Olympics in South Korea. **Alyson Connolly** started out as a child actor, in the first musical that CTV ever produced: *The Magic Trumpet*. As the founder of Dramatic Learning in 2004; Alyson has worked as the Drama Facilitator at the Glenrose Rehabilitation Hospital, working with stroke and brain injured patients.

Following the keynote address, attendees are encouraged to explore new ideas, expand their knowledge base, and connect with friends and colleagues by attending a variety of interactive sessions offered by speakers from Edmonton and the surrounding area. These breakout sessions will include such topics as *Cannabis – Medicinal Properties*; *iPad, iPhone and Android technologies*; *Computer and Internet – Safety and Scams*; *The Lonely Senior*; *Dentistry and the Heart*; *Pain Control for those with Arthritis*; *Personal Directives*; *Family Archives Using a Computer*; *Senior Nutrition—Cooking for One*. In addition, back by popular demand, revamped sessions on *Decluttering*; *Gardening Tips*; *ARTA Benefit Plan Updates* and *Golf (putting the ball where it belongs)* will be offered.

The **Craft Show and Sale** featuring local artisans will run concurrently with the conference and there will be a **'Wine Down'** with a draw at the end of the day.

The cost of the conference is \$100 however; you can save **\$15** by **registering before July 1,**

2018 for a cost of \$85. Included in the price of admission are a breakfast, a buffet lunch, coffee breaks and the **'Wine Down'**. No refunds will be issued after July 30, 2018. Save the date: **Thursday, September 6th at the Chateau Louis Conference Centre in Edmonton.**

Registration forms with payment must be returned via Canada Post to: Registrar, #204 - 2588 Anderson Way SW, Edmonton, Alberta T6W 0R2.

Complete program and registration information will be available online at www.secondwindconference.ca

or by phoning

Lynn Arnold at **(780) 919-5848**

Member Welfare

Jan Plested is in the Leduc hospital as of the writing of this newsletter. She might enjoy a visit. Please keep Walley Porter in your thoughts and prayers. He is working through the loss of a family member as well as the loss of several of his former students. Terry Merriman is at home recuperating from knee surgery. Please keep him in your thoughts and prayers as well. If you know someone who is in poor health please let us and other members know so they can give what support is required.

Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. If you renew your membership at the March luncheon, you can receive an extra year's membership, for just \$5.00 more or a total of \$15.00 to renew for 2018 and to August 31st, 2019. Our next HARTA event is March 14th, in Wetaskiwin, with Dean Cowan. See the info on page 1 for more details.

ARTA Walking Challenge

The annual Walking will be held again this year but the focus and the name will change. Instead of focussing only on walking, the challenge will include any kind of activity that promotes keeping active. The focus will be on the amount of time spent on the activity. Watches will be available at the beginning of the challenge. Stay tuned for more details.

Executive and Contact Info for the 2017-18 Program Year

Alvin Rurka: Past President & ARTA Rep

Ron Thompson: President & ARTA Rep (alternate

Elaine Merriman: Vice President Leduc

Sandy Hamilton: Vice President Drayton Valley

Ron Holmlund: Vice President Wetaskiwin

Walley Porter: ATA Liaison & ARTA Rep.

Darleen Broadbent: Treasurer

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.