



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter of Branch Events

The Spring Edition

Publisher: Ron Thompson

Volume No. 6

Issue No. 7 Date: May 2018

A Branch of ARTA



Scheduled Events to September 7th 2018:

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

Tentative Dates for the rest of 2018

Wetaskiwin Wednesday, September 26th,
Luncheon at O'Brian's Restaurant in Wetaskiwin
luncheon at 11:30. Erika Lefevre will give a ses-
sion on improving traffic safety.

Drayton Valley Tuesday, October 16th at 11:30
AM at Lakeview Inn and Suites. Program to be ar-
ranged.

Leduc Wednesday, November 20th at 11:30 AM at
St. David's United Church. Al Arntson will present
a session on organ transplant. Al is a survivor of a
double lung transplant recipient.

HARTA's Drayton Valley Luncheon Highlights

On Tuesday, April 17, Drayton Valley HARTA held their luncheon at Lakeview Inns & Suites. Despite the snowy weather, we had 27 members in attendance! Our program was a very enjoyable photography presentation entitled "Across Canada" by Marty Prentice. Seven members were also given watches for the Wellness challenge. Thank you to everyone who joined us.

Submitted by Sandy Hamilton
VP Drayton Valley

HARTA's May Mini-Conference

May 8th HARTA held a Mini-Conference in Leduc. Our theme was "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.

Our Keynote speaker was Daniel Mulloy, Chief Executive Administrative Officer of ARTA. We offered the Body Composition Clinics in conjunction with the Mini-Conference. 20 participants took part in the Body Composition Clinic. Our next Body Composition Clinic in Leduc will be on **Wednesday, November 21st** from **9:00 AM to 4:00 PM** at **St. David's United Church**

Daniel Mulloy, Chief Executive Officer (CEO) & Executive Director of ARTA was our Keynote Speaker. He spoke on the theme "Keeping Connected." Daniel's address focussed on what he has learned since his involvement with the Wellness Committee. He cited studies which showed a direct relationship between loneliness and relative



general health. One study showed that increased loneliness can result in health issues equivalent to those from smoking half a package of cigarettes. The best contact, according

to Daniel, is face-to-face contact, but, phone calls and face-time contact can work as well. He encouraged the participants to stay connected.

Along with our keynote speaker there were three workshops, the topics are mentioned as follows:

Steve Carter and Bonnie Haave

did a session on Relationships in Retirement and how changing relationships can affect your mental and emotional Health.

Their session included the types of persons who moved into retirement: those who remain connected to their past activities through volunteering or part-time work; Adventurers who start new activities or learn new activities or skills; or Searchers who learn by trial and error as they look for a niche they have yet to find their identity in retirement. These are some of the types of persons who adjust in retirement. In all they gave six different classifications of retirees.

Their session gave examples of how a relationship with a spouse or friend could change. Some things that will change during retirement are: more time on hand; routine changes; changes of self-perception; changes in stress level; changes/loss of spouse/partner or changes in ability to care for oneself. These are only a few of the possible changes a retiree may experience.

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 blended 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. Her session on Spring Forest Qigong was well received, so much so that many participants wanted to have a Qigong class in Leduc. We are currently working with Carolynne to see if a class in Qigong could be organized some time in January of next year. Stay tuned.

Iona Robertson Iona walked the participants through the procedure of collecting, sorting, saving and a brief version of the process of digitalizing your family photos, 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 good turnout. The participants were energized and engaged. More information on future digital photography workshops will be coming. Stay tuned.



Due to Scheduling issues, Margaret Clark was unable to attend the Conference. The attendance of the Conference was great. A total of 26 attendees participated in the Conference. In spite of the disappointment of one session being cancelled the Conference was well received. We look forward to the 2019 Conference in Drayton Valley.

Mini-Conference 2018 Leduc



Dr. Steve Carter with a participant





Participants connecting during a break between sessions.



Getting the Details

Provincial Events

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 and dinner for \$35.00. 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 has been sent to a nursing home in Calgary. Walley Porter is doing well after a stressful winter. Terry Merriman continues to improve as he recovers from knee surgery. Alvin Rurka is recovering from laser surgery to remove cataracts from both eyes. He expects to have new glasses shortly. Please keep him in your thoughts and prayers for his continued improvement. If you know someone who is in poor health, or needs our support, please let us and other members know so they can give support to those needing it.

Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. Our next HARTA event is the "Welcome To Retirement" HARTA AGM and Pancake Brunch in Leduc. See the details given earlier in this newsletter as well as the Poster at the end of this newsletter.

ARTA Wellness 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

are now available as of April 1st. This multi-function watch is FREE for HARTA members. Use it as a basic watch, or take a precise measure of your time using the chronograph mode. Each ARTA branch has received 30 of these watches. The sheets for the challenge are now available at the end of this newsletter. Results must be returned to the President of each branch by July 6th so that the presidents can send the results to the ARTA office on time. 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.



Name: _____

If you do not belong to a branch, please send or email this page to Jennifer Hope at the ARTA office (jhope@arta.net) by **Friday, July 6, 2018**.

[illegible]

Total Minutes:

PERSONAL BEST 30 DAYS REPORT

Name: _____

Please send or email this page to your branch president by **Friday, July 6, 2018**.

If you do not belong to a branch, please send or email this page to Jennifer Hope at the ARTA office (jhope@arta.net) by **Friday, July 6, 2018**.

Best 30 Days from April 1 to June 30					
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		
TOTAL					

Congratulations and well done!

*According to the ARTA "All About You" survey distributed in August 2017, we're an active group! **92.96%** of respondents regularly participate in physical activity!*

The most popular wellness activities for ARTA members are walking for pleasure, taking part in an exercise class, gardening, or participating in individual sports such as tennis, ping pong, weightlifting or golf.



**You're Invited to
HARTA's annual
"Welcome To
Retirement!"**

"Pancake Brunch & AGM

@ St. David's United Church in Leduc

(4614 - 48 St.) For more details

contact Ron Thompson

(see contact info)

A Branch of ARTA



email:

rnthompson@shaw.ca

(r n thompson)phone:

(780) 986-8349

Friday, Sept. 7, 2018, 10:30 AM

Brunch \$5.00; Annual Membership \$10.00

(Membership free for new retirees)

Please RSVP by Monday, Sept. 3, 2018