



Heartland
Alberta
Retired
Teachers'
Association

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

Publisher: Ron Thompson Volume No. 7

Issue No. 1 Date: September 2018

A Branch of ARTA



Scheduled Events to September 7th 2018:

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

Confirmed Dates for the Fall Season of 2018

Wetaskiwin Wednesday, September 26th,
Luncheon at O'Brian's Restaurant in Wetaskiwin
luncheon at 11:30 AM. Erika Lefevre will give a
session on improving traffic safety. (Vision One)

Drayton Valley Thursday, October 18th at 11:30
AM at Beehive Support Services 5056—50 Ave.
The program will be a presentation about the
Drayton Valley Library.

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

Still To Be Confirmed:

Leduc Wednesday, February 13th at 11:30 AM at
St. David's United Church. Luncheon followed by
Presentation by Pot Luck and Devices Workshop.

Wetaskiwin Wednesday, March 13th, Luncheon
at O'Brian's Restaurant in Wetaskiwin luncheon
at 11:30 AM. Program to be arranged.

Leduc Wednesday, April 10 or 17 at 11:30 AM at
St. David's United Church. Luncheon with pro-
gram to follow. Program to be arranged.

Drayton Valley On Tuesday, May 14th from 9:30
to 3:30 PM HARTA will be holding its annual Min-
Conference. Please stay tuned for more details.

Coming ARTA Fall Events

New ARTA Board Members Orientation Mon-
day, September 10th, 2018.

ARTA Board Meeting Tuesday, September 11th
and Wednesday, September 12th.

ARTA AGM Tuesday, October 2nd and Wednes-
day, October 3rd, 2018.

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 acces-
sible 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. 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: **Check with Lynne Arnold for availability at this time.**

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

Please let the editor know of anyone who would appreciate a get well note from other HARTA members.

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.

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.



Heartland
Alberta
Retired
Teachers'
Association

**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 included with

Annual Membership \$10.00, Brunch \$10.00

(New retirees free membership)

Please RSVP by Saturday, Sept. 1, 2018