



Heartland
Alberta
Retired
Teachers'
Association

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

Publisher: Ron Thompson Volume No. 7

Issue No. 2 Date: September 2018

A Branch of ARTA



Scheduled Events to June 30th 2019:

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.

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 program 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.

Leduc Friday, September 6th, 2019, 10:30 AM AGM, Election of Officers and Brunch at St. David's United Church in Leduc

Other ARTA Fall Events

ARTA AGM Tuesday, October 2nd and Wednesday, October 3rd, 2018.

Second Wind Conference

The Second Wind Conference, offered its seventh conference to end the summer of 2018. The conference offered a variety of entertaining and uplifting seminars, in a supportive and accessible setting, all of which focussed on the mind, body and spirit.

This year's conference had 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 were 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 included 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; AR-TA Benefit Plan Updates and Golf (putting the ball where it belongs)* were offered.

The **Craft Show and Sale** featuring local artisans ran concurrently with the conference and there was a **‘Wine Down’** with a draw at the end of the day.

Watch for announcements for next year’s Second Wind early in the New Year.

HARTA’s Wetaskiwin

Luncheon

HARTA’s next luncheon will be at O’Brian’s Restaurant in Wetaskiwin. Erika Lefevre will be our speaker. Her session will be on Traffic Safety Advocacy.

“In 2011, Canadian mother Erika Lefevre received the phone call no parent wants to receive :her 30 year old son, Mathieu, had been killed while cycling in New York City, when a truck driver in a 28 t crane truck ran over him

and fled the scene. Erika’s first trip to New York was to identify her son in the city morgue, and it was in that city that Erika began her newest role: advocate.

Erika’s presentation focuses on the role her family played, fighting for changes that could have prevented the death of their son, Mathieu. Erika’s activism was described as a watershed moment for New York City’s adoption of Vision Zero, and demanded a deeper investigation of the circumstances around Mathieu’s death. Based on her experience, Erika will outline how successful advocacy and positive road safety change can be achieved. Her goal is to create awareness of Road Safety, to emphasize the importance of advocating and providing support for Road Victims and adopting Vision Zero as a plan to reduce Traffic Violence and traffic fatalities.”

From The Accidental Advocate from the Vision Zero Advocate where Erika Lefevre presented for traffic safety.

HARTA AGM Outcome

The HARTA AGM took place on Friday, September 7. The results of the Election were as follows:

President:	Ron Thompson
VP Drayton Valley:	Sandy Hamilton
VP Leduc:	Elaine Merriman
VP Wetaskiwin	Ron Holmlund
ATA Liaison:	Walley Porter
Treasurer:	Darleen Broadbent
Secretary:	Erika LeFevre

The Schedule as shown in this newsletter was approved to the end of the 2018-19 Program year. The AGM will take place on Friday, September 6, 2019. The budget for the current fiscal year was approved by the meeting.

After the AGM and Brunch Gary Sawatzky gave the attendees a review the ARTA benefit plan’s history. He explained how the Benefits Committee tried to keep the cost of the plan down for its members. He went through the changes in the plan as of November 1st.

Smile

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever.

None is so rich or so mighty that he or she can get along without it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed, or stolen, for it is sometimes that is of no value to anyone until it is given away.

Some people are too tired to give you a smile.

Give one of yours, as none needs a smile as much as she or he who has no more to give.

Author Unknown

ARTA Benefits Update

If you are on one of the ARTA Benefits Plans you should receive or have received an update to the plan's changes. If you have not received this notification by September 30th please contact the ART office. There will be no change in premiums on November 1, when these changes apply.

2018 ARTA Advocacy Retreat

Educational, inspiring, and empowering describes the 2018 ARTA Advocacy Retreat held in Canmore, May 27-29th. The days were packed with informative speakers imparting current information on physical, mental, and financial health. The focus of the conference centered on advocating for awareness and making improvements in these wellness areas.

Dr. Duncan Robertson, Medical Adviser to ADSAP, educated us on the difference between Dementia and Alzheimer's as it relates to memory function. He shared Alberta's "Dementia Strategy and Action Plan" (ADSAP), including improvements needed in the system. We were inspired to be proactive in maintaining brain health, and empowered to do so with attention to diet, exercise, social connection, quality sleep, managing treatable conditions, and reducing vascular risk factors. We were encouraged to advocate for people living with dementia and their caregivers. Dr. Robertson's suggestions included; greater understanding, educating to reduce risk, timely recognition, diagnosis, and clinical management, as well as, accessible, high quality care.

Dr. Larry Ohlhauser, author of The Healthy CEO, increased our personal awareness to our medical risks, and encouraged us to make changes to improve our physical well being. He shared his personal story that redirected him to become the CEO of his health. Dr. Ohlhauser advocates healthy eating, limited caffeine and alcohol, quality sleep, and staying active both physically and socially. Attendees were challenged to make one positive change toward improved wellness.

Todd Hirsch, Chief Economist with ATB Financial, informed us on the trends of Alberta's economy; including employment, interest rates, and greater diversity as it applies to the ageing population in their retirement years.

Continuing the wellness theme, Retreat participants were introduced to Mindfulness

Meditation and were able to enjoy a yoga session or nature walk. We also had the opportunity to learn about ARTA and CARP.

Each day ended with humorous entertainment and social time, giving us the opportunity to connect with ARTA staff and other ARTA branch members from across the province including the satellite branch from Kelowna, B.C. We would encourage other HARTA members to consider attending future retreats to learn what ARTA has to offer.

Submitted by: Lorraine Balen and Joan Henry
HARTA members Drayton Valley

Member Welfare

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

Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. Members may also send a cheque or money order to: HARTA, C/O Ron Thompson, 4020 – 37 Ave. in Leduc, Alberta. The Postal Code is T9E 6C9. Please send \$10.00 for each year you would like to renew. Our next HARTA event is at the O'Brian's Restaurant in Wetaskiwin. 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

Ron Thompson: President & ARTA Rep

Elaine Merriman: Vice President
Leduc

Sandy Hamilton: Vice President Drayton Valley

Ron Holmlund: Vice President Wetaskiwin

Walley Porter: ATA Liaison

Darleen Broadbent: Treasurer

Erika Lefevre: Secretary

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.



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**You're Invited to
HARTA's
Wetaskiwin
Luncheon
@O'Brien's
Restaurant
4103 - 56 St.
in Wetaskiwin
Program: Erika
Lefevre; Ending
Traffic Violence**



Traffic Safety Advocacy

email:
rnthompson@shaw.ca
(r n thompson)
phone:
(780) 986-8349

Wednesday, Sept. 26, 2018 11:30 AM

Luncheon as per menu

Membership \$10.00 Per Year

New retirees Free for the first Year