



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter of Branch Events

The HARTA Summer Edition

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A Branch of ARTA



Tentative Events for

September 2019 to June 2020

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

Wetaskiwin Wednesday, September 25th, 11:30 at O'Brian's Restaurant: Hearing Life Re: Hearing Aids.

Drayton Valley Luncheon Third Week in October more details available at a later date.

Leduc Wednesday, November 20th St. David's United Church Program to be announced.

Leduc Wednesday, February 12th at St. David's United Church. Musical Presentation and Devices Workshop. Luncheon at 11:30 AM

Wetaskiwin Wednesday, March 11th at O'Brian's Restaurant. 11:30 AM. Program: Canada's New Food Guide.

Drayton Valley Luncheon Third Week in April. More details to be announced.

Leduc Tuesday, May 5th, HARTA's Mini-Conference at St. David's United Church. 9:30 AM to 4:00 PM. Save the Date.

Member Welfare

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

HARTA's AGM, September 6th, 2019

HARTA's AGM will take place on Friday, September 6 in Leduc at St. David's United Church, 4614—48 St. The time will be 10:30 AM. Elections will be held as well as a review of last years activities and and the presentation of the coming year's budget. The meeting will be followed by a Pancake Brunch. Our guest speaker will be Gary Sawatzky. Gary will give an overview of ARTA's Benefits after the meal. It might be a good idea to attend the AGM to get the most up-to-date information on ARTA's benefits. Hope to see you on Friday, September 6. Details are also on the poster at the end of this newsletter

Wellness Challenge

April 1st was the start of the 2019 ARTA Wellness Challenge. The challenge will end on June 30th. As part of the challenge, each branch is being provided with 30 resistance bands. If you would like a band, they will be handed out at

HARTA's events. At the back of this newsletter you will find a participant log sheet to record your activity times or steps as well as a summary sheet for your 30 best days. Add these days together and enter the total at the bottom of the sheet. Please return your sheets to your Vice President, Sandy for Drayton Valley, Ron Holmlund for Wetaskiwin, Elaine Merriman for Leduc or Ron Thompson for all of HARTA. Please send your tally sheets in by Friday, July 5th. Summaries need to be in to the ARTA office by Friday, July 12th.

Participants can choose to record the amount of time you spend on each activity or you may choose to record the steps when you go for a walk, mow the lawn etc. For those who choose to record only their steps, I (the president) will convert their steps to minutes. If you choose to record a combination of steps and times I will convert all scores to minutes and add them together. The number of activities now included in the challenge has been greatly increased. Here is a list of possible activities: Walking, Swimming, Yoga, Biking, Step Classes, Pickle Ball, Weight Training, Cross Fit, Kayaking, Elliptical Motion Training, Canoeing, Kettle Bells, Dancing, Pilates, Badminton, Racquetball, Lacrosse, Spin Classes, Volleyball, Frisbee Throwing, Hiking, Track and Field, Handbell, Golfing, Resistance Training, Rowing, Jogging, Tennis, Curling, Boxing, Skipping, Bowling, Aqua Aerobics, Stair Climbing, Basketball, Baseball, Zumba, Squash, Triathlon Training, Barre Sculpting, Tai Chi, Soccer, Martial Arts, Dragon Boating and Surfing. The forgoing is only a partial list of activities. Keep active, keep moving. Good luck!

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 St. David's United Church in Leduc. See the details given earlier in this newsletter as well as the Poster at the end of this newsletter.

HARTA Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks. For the various luncheons, we can always use extra help in preparing the room for our programs. In Drayton Valley check with Sandy, In Leduc, Ron T. or Elaine and in Wetaskiwin either Ron H or Ron T.

Ron Thompson, HARTA President

Drayton Valley Mini-Conference

Review

On Tuesday, May 14, 2019, Drayton Valley hosted it's second, full day mini-conference at the Best Western Hotel. The conference was open to all members of HARTA, other branches, other members of ARTA and guests.

There were five sessions. They included Body Laughing Yoga; internet safety; Good Eating Habits for Seniors; Caring For Indoor Plants; and Qigong. The presenters are: Noel Cairney—Body Laughing Yoga; Merv Leibel—Good Eating Habits for Seniors; Carolynne Melnyk—Qigong; Kelly Bateman—Caring for Indoor Plants and Kyle Finn and Terri Simeonosky—Internet Safety.



Noel Cairney—Laughing Yoga



Carolynne Melnyk—Qigong



Kelly Bateman—Caring For Indoor Plants
& Sandy Hamilton—VP Drayton Valley

ARTA 2019 Retreat

Canmore, Alberta

Sunday Through Tuesday, May 26-28

The retreat was held at the Malcolm Hotel in scenic Canmore. The speakers were all interesting and had messages for retired teachers, from mental and physical health, financial awareness and enjoying personal, family and community life. Life does not stop

at retirement. There are new things to learn and ways to contribute to your personal well-being as well of family, friends, others, and we have the time and experience to do this. We do not need to “punch the clock” anymore.

I thought that Paul Huschilt was the most inspirational speaker of all. His talk “Climb Your Mountain-The unEverest”; learn to achieve your goals while stopping to smell the roses along the way. The talk was punctuated with jokes, song, and dancing (his high kicking would fit in with the Can-Can Dancers in Diamond Tooth Gerties, Dawson City, Yukon.

Todd Hirsch, an economist, (where was he during our last election), spoke of flexibility, diversity, being innovative and adaptable, not only in governmental affairs, but in our personal lives.

Dr. David Posen spoke about taking care of the care giver and being aware of the effect guilt has in our lives. When living alone, as many do, or with family, being aware of nutrition, sleep and exercise as well as the negative effects of caffeine, alcohol, tobacco and drugs. Sleep is important in combatting fatigue and irritability, lack of concentration, memory loss, depression, and having an effect on immunity.

Others spoke of methods that we practiced as teachers in our classrooms and we continue in our everyday lives with individuals and in our communities: connect with your audience, make your point, support ideas, reiterate your point and understand what your audience needs from you.

Members of ARTA executive informed us of our benefits packages, where we can find more information, that we have 21,000 members with 18 branches, 17 in Alberta and 1 in BC. Our membership is strong, and working for us. Our

benefits packages at home and when travelling look after us, as I learned from an accident when travelling, recently, in Mexico. Becoming involved in ARTA will make us stronger.

Submitted by Lawrence Dublenko

Coming Provincial Events

We're Back in 2019!

The Second Wind Conference steering committee is pleased to announce that the 8th Annual Wellness Conference for Retirees will be held at the Chateau Louis Conference Centre in Edmonton on **Thursday, September 5, 2019**.

A list of topics to be offered at the conference may be viewed on our website. Please look at these topics and consider which of them would be of interest to you. The confirmed sessions and speakers will be posted on our website by the middle of March 2019, along with the registration form.

www.secondwindconference.ca

The cost of attending the conference is: **\$85.00 per person** if you register prior to Friday, July 19, 2019. From July 20 through to September 05, 2019 the **regular Conference Fee** is **\$100.00** per person. Please make a point of entering the date on your calendar, and join us for an enjoyable series of uplifting sessions. (Editor's Note: Last year this Conference was sold out before September 5th so you might want to register as early as you can if you plan to attend.)

Other Branch Events

ARTA now has a new website which provides information on events in other

Branches throughout Alberta and the Okanagan Branch in BC. If you would like to find other Branch events this website can help you. The website is: www.artabranches.net.

Executive and Contact Info for the 2018-19 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.



PERSONAL DAILY LOG

Name: _____

Please send or email this page to your branch president by **Friday, July 5, 2019.**

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 5, 2019.**

Date	Type of Activity	Time Start	Time Stop	Total Minutes
e.g. April 3	Swimming	4:15 pm	4:47 pm	32

Total Minutes: _____



PERSONAL BEST 30 DAYS REPORT

Name: _____

Please send or email this page to your branch president by **Friday, July 5, 2019**.

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 5, 2019**.

Best 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!





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

**Pancake Brunch & AGM
ARTA Benefits Presentation by
Gary Sawatzky to follow**

**@ 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. 6, 2019, 10:30 AM

Brunch \$10.00; Annual Membership \$10.00

(Membership free for new retirees)

Please RSVP by Monday, Sept. 2, 2018