



Heartland
Alberta
Retired
Teachers'
Association

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

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A Branch of ARTA



Scheduled Events to

June 30th 2018 and AGM:

Leduc Wednesday, February 13th at 11:30 AM at St. David's United Church. Luncheon followed by Presentation by Pot Luck and Devices Workshop. Look for more details later in this newsletter.

Wetaskiwin Wednesday, March 13th, Luncheon at O'Brian's Restaurant in Wetaskiwin luncheon at 11:30 AM. The guest speaker is Robin Stuart on the topic of Down-sizing.

Leduc Wednesday, April 10 at 11:30 AM at St. David's United Church. Luncheon with program to follow. The guest speaker is Kristy Russ, a pharmacist from the Medicine Shoppe in Leduc. Her topic will be Diabetes; the cause, possible complications and care of diabetes.

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

HARTA Leduc Luncheon November 21st

Our speaker for the November Luncheon in Leduc was Dean Campbell from the Canadian Transplant Association. He has lived with Type 1 Diabetes from an early age. His Diabetes was hard to control. As a result of not being able to control his Diabetes, Dean lost a toe. Eventually his kidneys failed forcing him onto kidney dialysis. Eventually Dean received a kidney from a young woman. He is perennially grateful to her gift of a kidney. Dean's donor was a cadaver but living donors can also donate a kidney as well as a part of a lung and liver. For more information on organ Donation please go to the Canadian Transplant Association's website at:

www.canadiantransplant.com.

The Body Composition Clinic session planned for the November Luncheon was cancelled due to poor enrollment. We will try again at a later date.

HARTA's Devices Workshop February 13th, 2019

HARTA's annual Devices Workshop will take place on Wednesday, February 13th. There will be a Lunch of Soup, Sandwiches and dessert followed by Entertainment and Workshops dealing with computer related issues. Margaret Clark and Stan Gerber will be our instructors. Please let me know any topics re: computers or other devices which you would like addressed. Ron's Contact info is included with the rest of the Executive Contact info.

Margaret will introduce some new technologies available in Electronics Stores, as well she will give help to those with issues with cellphones and tablets. Stan will do a computer session depending on the needs of the attendees, possibly a session on Windows 10. Please let me know what

you would like to have Stan address at the workshop. I plan to do a short session on the new HARTA website. The website is at www.artabranches.net/harta. If you would like to attend the workshops, please fill in the form on the last page of this newsletter.

We also have some entertainment. Pot Luck; a group of singers, Julie Junod, Jim Montney and Ron Thompson will sing selections while Robin Stuart will accompany them.

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.

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.

On February 7th and 8th HARTA will be helping to man the ARTA Convention Booth at the North Central Teachers' Convention in Edmonton. Members would be needed for shifts from 8:30 AM to Noon and from Noon to 3:30 PM

on both days. If you would be available, please let the president know. The contact information is at the end of this Newsletter.

Ron Thompson, HARTA President

Computer Security Suggestions

If a suspicious pop-up suddenly appears (for example - telling you that your computer has problems), *immediately* do the following:

- Hold down the **CTRL** and **ALT** keys and at the same time press the **DELETE** key. When a blue/black screen appears, release the keys and you should be given some options.
- Click on the Task *Manager* option.
- In the next box, click on the *browser name* that you are using (Google, Firefox or Edge, for example).
- Click *End Task* at the bottom left of the box.
- Close the Task Manager Box.
Restart the computer and carry on working!

The offending pop-up should be gone, and all your data and apps should be working.

Note: *NEVER* call the number they give you, or talk to anyone on the phone, or offer any comment. *No reputable business or government agency will ever contact you in this way.*

Submitted by Stan Gerber

Drayton Valley Mini-Conference

Since spring of 2014 HARTA has hosted a Mini-Conference first in Wetaskiwin then Leduc and Drayton Valley. Last year the Mini-Conference was in Leduc. HARTA traditionally holds its mini-conferences in Leduc one year and Drayton Valley the next year.

On May 14, 2019, Drayton Valley will be hosting it's second, full day mini-conference at the Best Western Hotel. Please save the date. The conference is open to all members of HARTA, other branches, other members of ARTA and

guests. The conference is just in the planning phase, but the sessions we are exploring include: laughing yoga; internet safety; organ donation; gardening; and Qigong. We will have further information on our new web-site as we finalize the day. Please contact Sandy Hamilton (email: hams1@telus.net) or Ron Thompson (email: rnthompson@shaw.ca) or phone: (780) 986-8349 if you have questions.

Submitted by Sandy Hamilton HARTA VP Drayton Valley & Ron Thompson HARTA President

Coming Provincial Events

Steppin' Out 2019

Watch for the Calgary Retired Teachers' Steppin' Out Conference details as they are available. The Conference is currently planned for Thursday, April 27th and Friday, April 28. Save the date. The Calgary Retired Teachers' Website is at:

www.calgaryretiredteachers.org

ARTA Golf Tournament 2019

The Annual ARTA Golf Tournament will be hosted by the Edmonton Retired Teachers' Association at the Acheson Golf Course. The Tournament date is **June 6, 2019**, cost is **\$125.00** per player. For more details call John Renfree at (780) 708-6359 or go to the ARTA website and search "ARTA Golf Tournament 2019."

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.)

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.



Topics

- Entertainment
- Laptops
- Cellphones
- Tablets
- Other Devices
- **HARTA's new website**



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HARTA **Devices Workshop** **In Leduc**

Wednesday, February 13, 2019

11:30 AM to 3:00 PM

**St. David's United Church,
4614 - 48 Street
Leduc**

**Cost \$15.00 for the workshop
and lunch!**

**For more info phone 780-986-8349 or email:
rnthompson@shaw.ca
(r n thompson)**



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HARTA Devices Workshop Registration Form

Wednesday, February 13, 2019

St. David's United Church

4614 48th Street, Leduc

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

**Email Address _____ Phone No. _____

** We do not share or sell registration information. For confirmations and correspondence: We will be emailing or phoning ALL confirmations. No regular mail confirmations will be sent.

After February 1st Please register by phone or email and pay at the Workshop the Workshop fee.

Do you have any special dietary needs? Please specify:

Membership: Check one or more. If you are a branch member, indicate the branch.

___ ARTA ___ Branch: _____ ___ Non-member

Workshop Fee: - \$15/person (Includes Lunch)

No refunds after February 7, 2019. Space is limited so register early.

Payment Details: Enclosed is Cheque/Money Order for \$ _____ -

Your registration is not complete until payment has been received by the Workshop Registrar. Make your Cheque/Money Order payable to [HARTA](#).

Mail your registration to: **Ron Thompson, 4020 – 37th Ave., Leduc, Ab. T9E 6C9**

Email: rnthompson@shaw.ca (r n thompson) **Phone: 780-986-8349**