



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events **The HARTA Spring Equinox 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 Pancake Brunch at St. David's United Church in Leduc.

## HARTA's Devices Workshop February 13th, 2019

HARTA's annual Devices Workshop took place on Wednesday, February 13th. There was a Lunch of Soup, Sandwiches and dessert followed by Entertainment featuring Jim Montney, Susanne Ritchie and Robin Stuart and the piano. They treated the members to a half hour of love song (appropriate since it was the day before Valentine's Day).

Next there were sessions dealing with computer related issues, tablets and cellphones. Margaret Clark and Stan Gerber were our instructors.

Margaret introduced some new technologies available in Electronics Stores, as well she gave help to those with issues with cellphones and tablets. Stan did a computer session on the basics of Windows 10 with some of the new additions to the operating system.

## HARTA's Wetaskiwin Luncheon, March 13th, 2019

On Wednesday, March 13th, our Wetaskiwin Luncheon at O'Brian's Restaurant will feature Robin Stuart as our guest speaker. His topic will be Down-sizing. A number of years ago he and Glennie moved from a many level home in Corinthia Park to a Condominium in Leduc Estates. He will tell us of his trials and tribulations as well as the lessons he learned while going through the process. The Menu is a buffet lunch. The cost of the meal is according to the menu. The luncheon starts at 11:30 with the program to follow

## 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.

Ron Thompson, HARTA President

## 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.

There are five sessions. They include: 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—Internet Safety. Please refer to our website [www.artabranches.net/HARTA](http://www.artabranches.net/HARTA) for more information. Please contact Sandy Hamilton (email: [hams1@telus.net](mailto:hams1@telus.net)) or Ron Thompson (email: [rnthompson@shaw.ca](mailto: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, (Banquet) April 27th and Friday, April 28 (Conference). Save the date. For more information, the Calgary Retired Teachers' Website is at:

[www.calgaryretiredteachers.org](http://www.calgaryretiredteachers.org)

### ARTA Golf Tournament 2019

An opportunity like this only comes along once a year! That's when it is time for the



#### ARTA Annual Golf Tournament

On **Thursday, June 6, 2019** at  
**The Ranch Golf and Country Club**  
9574 Pinchbeck Road,  
just west of Edmonton in Acheson

Imagine having a fun-filled day playing 18 holes of golf (Texas Scramble) with fellow retirees, good friends, new acquaintances and family members. The registration fee includes a golf cart, a bagged lunch, a golf shirt, prizes, refreshment stations, and a gift bag plus a delicious steak dinner in the evening followed by door prize draws. Those, not wishing to play golf, can join their friends for the evening barbeque by purchasing dinner tickets for \$36.00 per person.

Whether you are a great golfer or just adventuresome enough to try out a new sport, this is the event for you.

Organize a foursome or join another group for a great day of golf and camaraderie. Visit the ARTA website at [arta.net/wellness/tournament](http://arta.net/wellness/tournament) for more details and to download the registration form.

Alternatively, contact John Renfree by phoning (780) 708-6359 or email him at [renfree1@telus.net](mailto:renfree1@telus.net), to ask questions or have a registration form sent to you.

## THINK SPRING!

Sign up well before the **registration deadline of May 17, 2019.**

### Tournament Schedule of Events

Registration & Lunch: 12:30 p.m.  
 Shotgun Start: 2:30 p.m.  
 BBQ Dinner: 7:30 p.m.  
 Team Prizes and Draws to follow

We are looking forward to seeing you there,

## We're Back in 2019!

The Second Wind Conference steering committee is pleased to announce that the 8<sup>th</sup> 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](http://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.***



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## HARTA Regional Workshop Registration Form

Tuesday, May 14/2019  
9:00 a.m.- 3:30 p.m.  
Best Western Hotel  
2252 50th St., Drayton Valley

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone No.: \_\_\_\_\_

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

ARTA  HARTA  Non-member

**Workshop fee:** HARTA members: \$25  
Non-members: \$30

***No refunds after May 8/19. Space is limited so register early.***

Forward registrations to Sandy Hamilton: [hamgs1@telus.net](mailto:hamgs1@telus.net)  
or by mail to: Site 445 Box 1 C6 RR2, Drayton Valley, AB. T7A 2A2

***Registration is not complete until payment has been received.***

9:00 a.m. - 9:30 a.m.  
9:30 a.m.- 10:15 a.m.

10:15 a.m. - 10:30 a.m.  
10:30 a.m. 11:30 a.m.

11:30 a.m.-12:30 p.m.  
12:30 p.m. - 1:15 p.m.

1:15 p.m. - 1:30 p.m.  
1:30 p.m. - 2:15 p.m.

2:15 p.m. - 3:15 p.m.

3:15 p.m. - 3:30 p.m.

**Registration and Coffee**  
**Keynote Session:**

**Body Laughing Yoga**

Presenter: Noel Cairney

**Break**

**Good Eating Habits for Seniors**

Presenter: Merv Leibel

**Lunch**

**Qigong**

Presenter: Carolynne Melnyk

**Break**

**Caring For Indoor Plants**

Presenter: Kelly Bateman

**Internet Safety**

Presenter: Kyle Finn

**Feedback:** Evaluation / Wrap up

# ARTA 2019 GOLF TOURNAMENT REGISTRATION FORM

Wednesday, June 6, 2019 at 2:30 p.m. at **The Ranch Golf and Country Club**  
9574 Pinchbeck Road, Acheson, Alberta (West of Edmonton off Highway 16A)

Golf as a team\*

Require a team to golf with

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone/Cellphone: \_\_\_\_\_

Beginner  Experienced ARTA Branch: \_\_\_\_\_

Golf Shirt Size:  Women's Size:  XS  S  M  L  XL  XXL

Men's Size:  XS  S  M  L  XL  XXL  XXXL

*\* If you want to golf as a team, please submit additional forms for each team member*

## Registration of \$125.00 Includes:

- 18 holes of golf with Power Cart (*Best Ball Format*)
- Golf shirt and gift bag
- Bagged Lunch
- BBQ Steak Dinner
- Prizes and Refreshments

## Schedule of Events

Registration & Lunch: 12:30 p.m.  
Shotgun Start: 2:30 p.m.  
BBQ Dinner: 7:30 p.m.  
Team Prizes and Draws to follow

**Additional Dinner Tickets \$36.00/person.** Number of additional dinner guests: \_\_\_\_\_  
*Dinner Seating is limited and subject to availability.*

## Registration Deadline — May 17th, 2019

- ▶ **Registration Forms:** may be emailed or mailed to address below
- ▶ Make cheques or money orders payable to **2019 ARTA Golf Tournament:**  
Mail to **John Renfree**  
**9845 185 Street**  
**Edmonton, AB T5T 3L7**
- ▶ e-Transfers available for online payment
- ▶ **email contact: renfree1@telus.net**

▶ Please email questions to John Renfree at **renfree1@telus.net** or phone **780-708-6359**

## ▶ Payment Information

Golfers: \_\_\_\_\_ x \$125.00

Dinner (Only) \_\_\_\_\_ x \$ 36.00

**Total: \$ \_\_\_\_\_**

## Indicate method of payment:

E-Transfer  CHEQUE/MONEY ORDER

**Make cheques payable to: 2019 ARTA Golf  
Tournament**

