



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter of Branch Events

The HARTA Spring Edition

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A Branch of ARTA



Scheduled Events to June 30th 2019 and AGM:

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 AM to 3:30 PM HARTA will be holding its annual Mini-Conference. Please read further in this newsletter 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 Wetaskiwin

Luncheon, March 13th, 2019

On Wednesday, March 13th, at our Wetaskiwin Luncheon at O'Brian's Restaurant, Robin

Stuart was our guest speaker. His topic was Downsizing. A number of years ago he and Glennie moved from a many level home in Corinthia Park to a Condominium in Leduc Estates. He told us of his trials and tribulations as well as the lessons he learned while going through the process. As part of his presentation, Robin handed out a series of questions as conversation starters. The following are some of the questions he asked:

1. What is "downsizing?"
2. What are some good reasons for downsizing?
3. What are some bad reasons for downsizing?
4. What are some impediments to getting around to downsizing?
5. What can one do to make downsizing a happier experience?

There was much conversation and discussion re: these questions. You might want to use these questions to start your own discussion group.

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 Leduc Luncheon, April 10th, 2019

HARTA's April luncheon will be in Leduc at St. David's United Church, 4614—48 St. in Leduc. The time and date are 11:30 AM on Wednesday, April 10. Our guest speaker is Kristy Russ who is speaking on diabetes, its causes, its maintenance, and possible complications. See the poster at the end of this newsletter for more information.

Emergency Travel Insurance – What You Need to Know

After some ARTA members having encountered some issues re: travelling as a result of the recent Boeing 737 Max 8 and 9 series of planes being grounded, I asked Gary Sawatzky to write a piece re: our ARTA Travel Insurance along with HARTA's newsletter. Please read the additional segment included as a separate email attachment after this newsletter on information you should know re: your Emergency Travel Insurance. This information could help you navigate your Emergency Travel Insurance Issues. You might save this info for further reference.

Ron Thompson—HARTA President

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

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 Tuesday, 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. More information is available on the Mini-Conference poster and registration sheet which are included at the end of this newsletter.

There are five sessions. They include: 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—Internet Safety. Please refer to our website www.artabranched.net/HARTA for more information. 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, (Banquet) April 25th and Friday, April 26th (Conference). Save the dates. For more information, the Calgary Retired Teachers' Website is at:

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 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, 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 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.)

2019 ARTA Get Moving Wellness Challenge

April 1st is 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

or Elaine for Leduc or President Ron Thompson by email. Or you can contact Ron Thompson by phone and I can pick up your summary. The contact info is listed with the Executive contact info on this page. I plan to be in Drayton Valley, Wetaskiwin and Leduc to pick up the Challenge Summaries during the second week of July.

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 step and times I will convert all score 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!

Trustees Election

At the May ARTA board meeting elections will be held for two members on the ARTA Benefit Plan Trust Fund Committee. If you have the interest and financial background to serve on this committee let me know so that I can forward the nomination package to you once it is available. You can learn more about this committee on the ARTA website.

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.



HARTA

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ALBERTA RETIRED
TEACHERS' ASSOCIATION

**You're Invited to
HARTA's Leduc
Luncheon
@St. David's
United Church
4614 - 48 St.
in Leduc
Program: Kristy
Russ: Diabetes
Issues**



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

**Wednesday, April 10, 2019 11:30 AM
Luncheon, Soup & Sandwiches, \$10.00 / person**

**Membership \$10.00 Per Year
New retirees Free for the first Year**



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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
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**





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!

Did You Know?

Listening to music while exercising can improve workout performance by 15%

