



Heartland  
Alberta  
Retired  
Teachers'  
Association

# The Heartland Herald HARTA's Newsletter of Branch Events The Late Spring Early Summer Edition

**Publisher: Ron Thompson**

**Volume No. 10**

**Issue No. 10 Date: June 2022**

## **A Branch of ARTA**



**HARTA's 2022 AGM in Leduc & Drayton  
Valley either September 9th or 16th, 2022**

The HARTA 2022 AGM will be at St. David's United Church, in Leduc and also in Drayton Valley as well as on Zoom as long as the current COVID situation continues to improve. Start time 10:30 AM.

### **From the President**

We had a great Mini Conference this year. I have a few comments re: next Conference. The day of the week needs to change so more people can take part. If you attended the Conference and have not yet filled in and sent off your evaluation form, please send it as soon as you can. I would like to have my evaluation summary completed for the HARTA Executive Meeting at the beginning of July. After our Executive Meeting more decisions will be decided re: a possible change of the AGM in September. My hope is that all our luncheons in the coming year will be online and in-person. If you have suggestions for future presenters for the Conference or for a luncheon, please email me at : [rnthompson102@shaw.ca](mailto:rnthompson102@shaw.ca). Please put Program Sugges-



Celebrating HARTA's 10th Year as a Branch of ARTA

tions in the subject line of your email. As the spring and summer come and go, my hope is that everyone can take time to get away from the daily grind and enjoy our great Province and Country. Keep well and keep safe.

Ron Thompson —HARTA President

### **From the Archives**

During 2022, to celebrate the 10 years HARTA has been a Branch, the Newsletter Editor will publish historical information re: HARTA, and articles previously published in earlier editions of the HARTA Herald. I hope you find them of interest.

### **Wetaskiwin Luncheon Highlights, September 2016**

The Wetaskiwin fall Luncheon took place, Wednesday, September 28th at O'Brien's Restaurant. Marvin Nakonechny of Progressive Foods

discussed the nutrition value of Barley as an all purpose food. He also gave out samples of one of his products. Barley is a good source of plant protein. Its glycemic index, 30, is less than 50 which is considered the threshold of medium and high glycemic indexes.

## **Drayton Luncheon Highlights, October 2016**

The Drayton Valley members had their regular fall luncheon at Mitches Family Restaurant. Program consisted of a presentation by a representative from the Primary Care. Family physicians in the Drayton Valley Primary Care Network (PCN) have joined together with Alberta Health Services and other health professionals to better coordinate, and improve access to, the delivery of primary health services for their patients.

The above articles appeared in the September & October 2016 HARTA Newsletter.

Ron Thompson Editor

## **Review of the HARTA Online Mini Conference on May 4, 2022**

HARTA's 2022 Mini Conference started on Wednesday, May 4th. with Bob Silverthorne giving the Indigenous Welcome to the lands of the Plains Indigenous Peoples.

Lorna McIlroy was the keynote speaker. Lorna is the current ARTA President. She organised her speech as a summary with keen interest in the issues that impact her retired colleagues. She congratulated HARTA on keeping our members informed. Using the alphabet, she talked about the benefits and concerns of ARTA. She used a PowerPoint presentation to walk us



through various aspects of Wellness as just one example. Her keynote was a great start to our Conference.

Lawrence Hrycan gave a session on ARTA's role in Seniors' Advocacy with its partners ACER—CART and Public Interest Alberta. Lawrence is also the current Chair of ARTA's Strategic Planning and Advocacy Committee. He represents ARTA on the Seniors Task Force of Public Interest Alberta (PIA) and on ACER-CART. Both organizations advocate for the betterment of all seniors in the province and across Canada. Pharmacare, long-term care facilities, aging in place, and affordable housing for all are some of the areas that are addressed.



Bob Silverthorne came to Alberta 50 years ago to be on staff at the University of Calgary in the department of Native Studies, teaching university courses at Hobbema. He was the founding Executive Director of the College. He began canvassing the community to decide the direction of post secondary education. In that two-year planning period Maskwacis College was formed. The community wanted the young people to have a recognized university degree as certified teachers as well as to have an equal and parallel Cree education of Cree culture, language, and tradition. Bob gave a fascinating account of the development of Maskwacis College.

Carolynne Melnyk gave a session on Qigong, a form of exercise and meditation to promote a healthy mind and body. Carolynne is an educator, world traveller, writer, Certified Spring Forest Qigong Trainer, Qis-sage practitioner and inspi-



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rational speaker devoted to sharing the ancient wisdom of Qigong, so that others may reclaim their natural health and well-being from the inside out. She gave an explanation of the practice of Qigong. She then gave an in-depth Qigong session. She also gave some examples of health benefits she has seen in her work with her clients.

Bob did his second session on Land Based Learning. Noel Cairney introduced him as “The man of many stories.” Land Based Learning is difficult to present in the classroom. Bob works to pass on the precontact skills that were passed on from generation to generation before the settlement of Alberta. The skills are fire, shelter, water and food. An important skill in the survival of ingenious peoples was the making of tools. Bob includes this skill as part of his teaching in his Land Based Learning.

As part of his program the children are taught how to make various tools. They learn how to make the glue to fasten the blade of a knife or spear to the wood. Also included in his teaching is learning how to make a stew without using a stewing pot. In order to cook the food the students need to make fire. Bob shows his students how to make a drill for making a fire without a match. The skills Bob teaches his students allow his students to survive in the wild. Bob offers his program to children who are home schooled. He invites HARTA members to come and watch his program in action. If you would like to find out more about his program, please contact the editor for Bob’s contact information.

HARTA would like to thank the presenters for participating in our Conference. HARTA would also like to thank Laurie Semler, Connie Dublenko, Elaine Merriman and Noel Cairney for hosting and introducing the speakers for our Conference.

The Mini-Conference was on Zoom on Wednesday, May 4, 2022. It was also recorded. Plans are being made to make the recordings

of the Conference available to current members once the recordings have been edited. Stay tuned.

## **ARTA Benefits Updates as Part of HARTA’s AGM**

Just a reminder that Gary Sawatzky will be doing his annual update of ARTA’s Benefit Plans and what changes will take place after November 1st. Please watch for details on the date and time of the AGM and Gary’s Presentation.

### **Stan's Corner**

#### **YouTube Videos on Synchronization of Mac Devices, Album Creating and Sharing**

Over the years I have been asked many times about iPhones, iPads, and iCloud and their relationship. I do not have Mac devices but I have a good neighbour who has this technology, and she is willing to work with me to make me more familiar with these Mac devices. The following link [Sync and Manage YOUR iCloud Photos & Videos on Windows 10 - Bing video](#) does a pretty good job of explaining this relative to storage of photos.

Your free iCloud storage is for 5 GB, but you can upgrade to iCloud+ for 50 GB for around \$1.30 per month. If you have an iPad and an iPhone and take photos with each of these devices they both need to be synchronized for photos to automatically be uploaded to iCloud. The above video does a good job of explaining this.

The following link [Understanding iCloud Syncing - BEGINNERS GUIDE 101 - YouTube](#) provides another look at this topic. This video is more advanced than the one above. For folks that are interested in creating photo albums, etc. the following YouTube does a good job of explaining this.

[iCloud Photo SHARED ALBUMS - GET STARTED with sharing photos with ANYONE on ANY DEVICE! - Bing video](#)

- Submitted by Stan Gerber. Thanks Stan for your monthly contributions.

## **ARTA Retreat Highlights**

The location of the retreat was at The Malcolm Hotel (321 Spring Creek Drive, Canmore, Alberta.)

## Bob Gray

*“I’m No Good With Names - But I Never Forget a Face!”*

How often have you bumped into clients, or customers, or someone you know you have been introduced to, perhaps two or three times before, but for the life of you, can’t remember his name, or hers? The harder you try to remember, the farther it seems to slip from your memory. Gray discovered his first memory technique when he was seven years old. He showed us ten faces for about a minute for each face. Then he showed us two sets of pictures, one picture of a face we had seen before, the other one we had not yet seen. The pictures were side by side. Our challenge was choose the face we had already seen. The result, more than 90% of the participants got nine out of ten pictures correct. Bob Gray showed us how we could use our ability to remember images to increase our memory capabilities. He showed us some techniques we could use to link an image with some information we wish to remember. He was given a magic book that showed him how to remember a twenty-item list, and shortly thereafter he was called on to ‘do the memory trick’ at family parties and gatherings. Since then, Gray has become a recognized authority on memory systems, and has spent the last twenty-five years traveling the globe entertaining and training corporations, governments, and associations to adapt memory systems for their particular needs. To date, Gray’s clients have included Bell Canada, Ford, General Motors, Hilton Hotels, Boston Pizza, and



Great West Life, to name just a few. He also wowed the audience with his ability to mirror write, write upside down, and write upside down and backwards.

## Dr. Thomas Homer-Dixon

*“Commanding Hope: The Power We Have to Renew a World in Peril”*



Frightening pandemics, terrible inequality, racism, and poverty, rising political authoritarianism, the inescapable climate crisis, and the resuscitated danger of nuclear war. We know the story. Some choose not to see it. Each of these crises seems so much larger than any one of us can understand or handle. Yet today, they all seem to be going critical simultaneously. Homer-Dixon is the founder and director of the Cascade Institute, a Canadian research centre dedicated to the full range of humanity’s converging environmental, economic, political, and technological crises. His research focuses on threats to global security in the 21st century, including economic instability, climate change, and energy scarcity. He also studies how people, organizations, and societies can better resolve their conflicts and innovate in response to complex problems. In *Commanding Hope*, Dr. Thomas Homer-Dixon believes that far from being false, Hope should be honest. Far from being naïve, Hope should be astute. Far from being passive, Hope can be a powerful mobilizer to act.

## Dr. Elain Chin

*“Welcome Back”*



Dr. Chin is a trailblazer of Precision Medicine and the founder of Executive Health Centre a premier personalized medicine practice in Canada) and the Innovation

Health Group, offering virtual health testing, consultation services, enterprise, and wellness programs. Dr. Chin is a sought-after wellness authority, former Chief Wellness Officer at TELUS Communications, and a current consultant at Good Housekeeping Magazine in New York. Each participant at the Retreat received a copy of Dr. Chin's most recent book *"Welcome Back."* Some of the topics she touched on were the impact of lockdown, repairing the damage (from the lock down,) recovering the body and mind, just to name a few ideas she presented. Dr. Chin's engaging presentation kept the audience's attention for the full hour of her presentation

## Wellness Break

During the afternoon, ARTA Vice President Deb Gerow's niece, led some of the participants on a wellness walk through some of the nature trails in Canmore. We saw great landscapes, lofty mountains, and experienced sunny skies as we were guided along Canmore's scenic trail.

## Dr. Susan Biali Haas

### *Becoming Whole Again: Foundations of Mental Wellness, Healing, and Resilience"*

An award-winning medical doctor, Dr. Susan Biali Haas' life passion is to equip people with the knowledge, skills, and tools that will help them to enjoy optimal mental health, avoid burnout, and increase their resilience. Formerly clinically depressed and burned out, Dr. Biali Haas turned her life around by extensively studying how to overcome these two debilitating conditions. Today, she inspires a broad range of clients to take control of their health and start living more impactful, meaningful lives. As a physician, Dr. Biali Haas boasts 20 years of primary care experience, working in urban medical clinics. She also worked as a mental health clinician. She is internationally recognized as a health and well-being influencer for

national and international media. Dr. Biali Haas holds a Doctor of Medicine Degree and



a Bachelor of Science Degree in Dietetics from the University of British Columbia, and has received numerous academic and personal

awards. She delivers a message of hope and inspiration, paired with evidence-based tools for strength and healing from burnout, depression, and trauma, including:

- Key elements that build strength, mental wellness, and resilience into organizations and communities
- The concept of resilience, its healthy application, and related controversies/misunderstanding
- Mind-body medicine principles and practices that bring healing and increase well-being

ARTA holds its Retreats during the last few days of May each year. If this article has peaked your interest in the sessions that were offered, please let your president know that you would like to attend next year. Attendance is limited so please make sure the president is notified that you would be interested in attending as early as possible so you won't be disappointed.

## Confusing Abbreviations

After you retired from teaching you probably noticed a number of abbreviations re: retirement. **ASEBP (Alberta School Employee Benefits Plan)** refers to the health benefits provided by various school districts. The **ARTA (Alberta Retired Teachers' Association) Plans**, are plans available to all ARTA members and Associate Members. The **ATRF (Alberta Teachers' Retirement Fund)** is the

fund that pays teachers' pensions to retired Alberta teachers. Retired teachers with concerns re: their pensions, should contact the ATRF re: these issues. **CPP (Canada Pension Plan)** refers to the Pension Plan provided by the Canadian Government. The **OAS (Old Age Security)** is a supplementary payment to every person over 65 years also created by the Canadian Government. As a review of these abbreviations, I have listed all these abbreviations with their websites where you can get more information on a given topic. The **ARTCF (Alberta Retired Teachers' Charitable Foundation)** is ARTA's foundation to support various partners with their various projects to achieve their goals. **AIMCO (Alberta Investment Management Corporation)** is the Alberta Government's umbrella Investment Organization which also manages various Government Pensions)

## Abbreviations

**ASEBP:** Provider of Health Care Benefits before 65 years of age: [www.asebp.ca](http://www.asebp.ca)

**ARTA:** Alberta Retired Teachers' Association Provider of many services and Benefits to Alberta Retired Teachers and other Professional Retirees: [www.arta.net](http://www.arta.net)

Branches: [www.artabranches.net](http://www.artabranches.net)

**ATRF:** Provider and Funder of Alberta Teachers' Pensions: [www.atrf.com](http://www.atrf.com) **CPP and OAS:** Pensions provided by the Canadian Government Contact Service Canada at: [www.Canada.ca](http://www.Canada.ca)

**ARTCF:** Alberta Retired Teachers' Charitable Foundation at: <https://www.arta.net/advocacy/artcf>

**AIMCO:** Alberta Investment Management Corporation at: <https://www.aimco.ca>

I hope the above information makes the retirement information world easier to navigate.

## Member Welfare

If you know of anyone needing our support,

please let the editor know. With COVID-19 having been with us for a while, this would be a good time to reach out to someone you haven't heard from or seen in a while. Please keep well and keep safe.

## Humour Corner

As I edit this column it is an overcast, rainy day. With rain as the backdrop, all the jokes in this Newsletter deal with precipitation of one kind or another. Enjoy!

1. What is a king's favourite kind of precipitation? A: Hail!
2. What do books wear on rainy days? A: Rain quotes.
3. When does it rain money? A: When there's a change in the weather.
4. What do you call it when it's raining ducks and geese? A: Fowl weather.
5. What did one raindrop say to the other? A: Two's company; three's a cloud.
6. How do you wrap a cloud? A: With a rainbow.
7. What do you get if you come in fourth at the National Weatherman Awards? A: A precipitation trophy.
8. What did one raindrop say to the other raindrop. A: My plop is bigger than your plop.
9. What is a queen's favourite kind of precipitation? A: reign!
10. What always goes up whenever the rain comes down? A: An umbrella.

These jokes were from the Scary Mommy Website.

## Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks (when the Pandemic is over.) For the various luncheons, we can always use extra help in preparing the room for our programs. In Drayton Valley check with Susan or Joan, In Leduc, Elaine or Ron T. and in Wetaskiwin either Ron H or Ron T. During this time of COVID-19 Social Distancing, another way to contribute is to provide stories and other news for our newsletter. You can submit to: The Editor:

[r\\_n\\_thompson102@shaw.ca](mailto:r_n_thompson102@shaw.ca). It would be great to get more submissions for our readers.

Ron Thompson, HARTA President

## Other Branch Activities

ARTA has a 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](http://www.artabranches.net).

Ron Thompson, HARTA President

## Alberta Retired Teachers Charitable Foundation

### Charitable Foundation Details

#### Our Mission:

*“From classrooms and beyond, the Alberta Retired Teachers Charitable Foundation and its members are linked by one common purpose: to support Alberta Seniors in pursuit of Appropriate Housing, Health Services and English as a Second Language, to improve their lives!”*

ARTCF supports the following Charities:

**Parkinson's Association of Alberta** - three ARTCF Tele-Support Groups

**Alzheimer Society of Calgary** - Funding for their Learning and Support Services

**Alzheimer Society of Alberta / NWT** - “Minds in

Motion”, which is a fitness and social program.

**CNIB** - Community Education & Outreach Program

**Operation Friendship Seniors' Society** – Grant to support equipment for the facility

ARTCF, with your support, will make a difference. We have provincial status as an Alberta Society, as well Charitable Status (ability to give Tax Receipts) from Canada Revenue Agency. Join us in expanding our impact. Honor or Memorial gifts will be recognized, and all gifts will be Income Tax receipted. On-line donations, may be made at [www.arta.net/cf-give](http://www.arta.net/cf-give)

Cheques may be made out to **ARTCF** and mailed to:

ARTCF Office  
15505 - 137 Avenue NW  
Edmonton AB  
T5V 1R9

## ARTA's Wellness Challenge

Just a reminder that the ARTA Wellness Challenge ends on June 30th. You can find the log sheet toward the end of this newsletter

## The Second Wind Conference

The Second Wind Conference is once again taking place at the Chateau Louis Hotel . Please check the information sheet at the end of this newsletter.

## ARTA Scholarships

Applications can now be found online for degree and diploma scholarships. Applicants must be closely related to an ARTA member and be entering the second year of their program. More information is available at the end of this newsletter and on the ARTA website. [www.ARTA.net](http://www.ARTA.net)

## **Executive and Contact Info for the 2020-21 Program Year**

**Alvin Rurka:** Past President

(587) 274-4562 [abrurka@hotmail.ca](mailto:abrurka@hotmail.ca)

**Ron Thompson:** President & ARTA Rep

(780) 986-8349 [rnthompson102@gmail.com](mailto:rnthompson102@gmail.com)

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[r\\_n\\_thompson102@shaw.ca](mailto:r_n_thompson102@shaw.ca) (Newsletters)

**Elaine Merriman:** Vice President Leduc

(780) 467-0010 [terry6@telusplanet.net](mailto:terry6@telusplanet.net)

**Ron Holmlund:** Vice President Wetaskiwin

(780) 352-4842 [rdholm@hotmail.com](mailto:rdholm@hotmail.com)

**Susan Schwindt:** Drayton Valley Rep..

(780) 542-4136 [salschwindt@gmail.com](mailto:salschwindt@gmail.com)

**Janice Storeshaw:** Secretary  
(780) 986-0056 [jes90@telus.net](mailto:jes90@telus.net)

**Connie Dublenko:** Treasurer  
(587) 783-8588 [ccdublenko@gmail.com](mailto:ccdublenko@gmail.com)

**Lawrence Dublenko:** Membership Co-ordinator  
(587) 783-8588 [mavoprospector@gmail.com](mailto:mavoprospector@gmail.com)

**Walley Porter:** ATA Liaison—Wetaskiwin and Tim-  
berline Locals

(780) 388-3849 [walleyp@telusplanet.net](mailto:walleyp@telusplanet.net)

**Gary Hansen:** ATA Liaison—Black Gold and St.  
Thomas Aquinas Locals

(780) 986-1745 [gbhanson@telus.net](mailto:gbhanson@telus.net)

### **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.***



# 2022 PHOTO CONTEST

ARTA is proud to sponsor its **tenth annual photo contest**. All ARTA members — regular or affiliate — are eligible to enter. We have two categories: Masters and Novice. If you have won in the past, you will fall under the Masters category; if you have not been a past winner, you will enter the Novice category. Winners will be announced in the autumn 2022 issue of *news&views* and posted on ARTA electronic media sites.



## Contest Categories

- Nature
- Making It
- Travel
- Ten

All entries must be received by ARTA no later than 4:00 p.m., May 31, 2022.

## Entries should be mailed to

ARTA Photo Contest  
15505 137 Avenue NW  
Edmonton, AB T5V 1R9

Digital images can be emailed to [contests@arta.net](mailto:contests@arta.net)

Visit [arta.net/photo-contest](http://arta.net/photo-contest) for contest rules and entry form.

## 2022 Scholarship Information

These scholarships recognize academic achievement, community involvement, and volunteer work. Future goals, personal accomplishments, and supporting letters of reference are also significant in selecting the scholarship recipients.



### ARTA-TW INSURANCE DEGREE SCHOLARSHIPS

Through ARTA, TW Insurance Brokers provides scholarships for undergraduate students registered in a degree program who are related to an ARTA member.

#### Degree Scholarships

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000

### ARTA CERTIFICATE/DIPLOMA SCHOLARSHIPS

Through ARTA's generosity, scholarships are provided to students in a certificate or diploma program of two or more years at an accredited post-secondary institution and who are related to an ARTA member.

#### Certificate/Diploma Scholarships

(up to two each to be awarded)

- \$5,000
- \$3,000
- \$2,000

**DEADLINE**  
**July 31, 2022**

Review the criteria and apply online:  
[my.reviewr.com/site/ARTA/Scholarships](http://my.reviewr.com/site/ARTA/Scholarships)



## 2022 ARTCF Charity Golf Classic

After a two-year hiatus, we are excited to connect with our fellow ARTA members on the golf course for a day of sport and socializing.

Join us for the ARTCF Charity Golf Classic on June 16, 2022 at the Ponoka Golf Club. Mark your calendars and register here: [arta.net/golf](http://arta.net/golf).



See you on June 16, 2022

Registration is now open. The Ponoka Community Golf Club is located at 3519 - 46 Street in Ponoka. Visit the website for more information and to register.



Welcome back! The ninth annual Second Wind Conference will be held on September 22, 2022, at the lovely Chateau Louis Conference Centre in Edmonton.

All retirees in the Edmonton area and beyond, who are looking to expand their knowledge, acquire information, connect with colleagues and friends and meet new people, are welcome to attend.

This conference features a stimulating lineup of interesting topics presented by knowledgeable, enthusiastic speakers, focusing on all aspects of well-being. Learn how to stay safe in an online world; how to protect your hard-earned money from scammers; how to build a balanced fitness routine or how Qigong or Yoga can positively im-pact your life.

By March 15, all eighteen topics, speakers, and session descriptions will be posted on the web - site at <https://secondwindconference.ca>.

Register before July 31 to take advantage of the \$95.00 early bird fee rather than the regular one for \$110.00 that comes into effect after that date.

Included in the conference fee is a light breakfast of assorted pastries, a keynote presentation with Dr. Wagg, eighteen compelling breakout sessions, a delicious buffet lunch and coffee breaks, along with a relaxing "wine down" and door prize draws. There are also opportunities throughout the day to visit the exhibitors and browse the craft display and sale tables.

Please note that registration will be capped to ensure comfortable, safe seating in session rooms and in the dining area.



## **ARTA Wellness Challenge**

The Wellness Challenge is a yearly event where ARTA members are encouraged to focus on their personal wellness over the course of three months (April 1 – June 30).

It is that time of year again, and ARTA is once again hosting the 2022 Wellness Challenge. ARTA is dedicated to ensuring our members lead active lifestyles regardless of capabilities. If you have been putting off getting active because of the never-ending pandemic or have remained consistent in your physical activity, the ARTA Wellness Challenge provides motivation to keep moving. Turning the corner on becoming physically active can be hard, but when you have some motivation it can be easier. Perhaps this challenge will give you some ideas on attempting new activities or kicking up your physical activity regime a notch.

### **Who Can Participate?**

All ARTA members of any age and skill level are welcome to participate in the 2022 Wellness Challenge. Those members who belong to a local branch will participate directly through their branch, and ARTA members who do not currently belong to a branch can submit their results directly to ARTA by mail or by emailing [contests@arta.net](mailto:contests@arta.net).

### **How It Works**

1. Starting April 1, 2022, track your activity in minutes OR in steps on the personal daily log sheets available below.
2. On June 30, 2022, compile your best thirty days on the Personal Best-30-Days Report sheet provided below or on the Google Form which will be made available below closer to the date.
3. Submit your results via your Google Form, to your branch president (if applicable), or by mailing your log sheet to the ARTA office by July 31, 2022.

Go to [www.arta.net](http://www.arta.net) and search for Wellness Challenge for more details on the challenge. The log sheet is on the next page. Print out as many as you need. Good luck!

