



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The Summer Solstice Edition**

Publisher: Ron Thompson

Volume No. 11

Issue No. 10 June, 2023

A Branch of ARTA

ARTA

ALBERTA RETIRED
TEACHERS' ASSOCIATION

HARTA's Tentative Program Schedule for 2023-24

**Most Presentations will also be
available on Zoom. (Funded by ARTA.)**

**HARTA's AGM Friday,
September 15th, 2023**

HARTA will hold its AGM at St. David's United Church, Friday, September 15th. The time, 10:30 AM to 2:00 PM. Gary Sawatzky or someone from his staff will update us re: the ARTA benefit plan changes to come .

HARTA's 2023 Fall Luncheons, Tentative Luncheon Schedule

- Thursday, September 28, 2023, Wetaskiwin United Church
- Drayton Valley Luncheon: Date, time, and place to be announced
- Thursday, November 16, 2023, St. David's United Church, Leduc
- The full program schedule will be available after the AGM.

From the President

As we approach the summer solstice, I hope every HARTA member has a great and relaxing summer.

Notes From the 2023 Mini-Conference

HARTA's Mini-Conference took place on Tuesday, May 9th, at St. David's United Church in Leduc. There were four sessions as well as the Keynote Presentation by ARTA's President, Deb Gerow. Deb's Keynote featured a review of ARTA's development and how HARTA's development mirrored ARTA's growth.

One of the sessions featured Deb Gerow with "Starting a School Based on the Alberta Curriculum in India." Deb shared her struggles to develop a private school in Jalandhar, India. Jalandhar is a city in Punjab province. As part of her presentation she talked about the process of setting up the school and the students that made up the classes in the school. She also shared many pictures of the school, building near the school, and some of the students and teachers from the school. Deb is ARTA's current president. She is a member of the Elk Island branch of ARTA.

Linda Mak presented a session on Money Mentors. Money Mentors is a non-profit organization dedicated to promoting better financial literacy. Linda explained the various programs that Money Mentors offers from the program offered in schools from elementary, junior, and senior high. She also explained how adults could use Money Mentors' debt counselling services. She presented an earlier session for

HARTA in November of 2022.

Audrey Bell-Hiller's session was entitled "Movement and Yoga." She showed us a number of exercises designed to help senior stay mobile. Exercises included those that could be done sitting on a chair and those in a standing position.

Stan Gerber reviewed his Tour of South America and the Antarctic. The session began with a brief summary of his trip from east to west in a cruise ship around the tip of South America and passing briefly through Antarctic waters. Stan had many pictures of his trip to show his enthralled audience. Stan is also well known in our branch for his helpful tips on computer technology.

The mini-conference was a success but, although the conference was recorded on Zoom when I came to transfer the sessions to my hard drive, they were no longer available. However, video of some of the sessions from Mini-Conferences in 2021 and 2022 will be available on HARTA's website later in 2023 or early 2024.

Ron Thompson — HARTA President

ARTA's 2023 Retreat

Every year toward the end of May the branch presidents, ARTA committee members and delegates from the various branches of ARTA are invited to participate in a retreat. This year the retreat was held at the Jasper Park Lodge. What follows are some thoughts about the 2023 retreat.

There were four speakers at this year's retreat. Phil Callaway is the award-winning author of 27 books. He spoke about his experiences



with his family. No matter what the situation, Phil is able to find humour, in many varied family situations. Phil's talks and books are very popular in both Canada and the

US. Phil has been a presenter more than this year.

Dr. Bill Gibson graduated from the University of Sheffield Medical School in 2001 and undertook higher specialist training in general internal medicine and geriatrics in South Yorkshire, UK. He undertook a research fellowship in urinary incontinence at the University of Alberta and



completed his PhD there, in the glamorous topic of why older people with incontinence fall over. This leads to fewer interesting conversations at dinner parties than you'd think. During

his talk, he stressed the importance of maintaining good health for as long as possible. He is currently Assistant Professor of Geriatric Medicine at the University of Alberta and a Staff Geriatrician at the University of Alberta Hospital.

Liz Pearson is a Registered Dietitian with a passion for peanut butter sandwiches and an undying love for chocolate. Liz has been researching, speaking, and writing about nutrition for over 25 years. She



was the nutrition columnist for Chatelaine magazine for many years and has written four books, including two award-winning, national bestsellers. Liz appears regularly on radio

and television across Canada, including CBC News, Breakfast Television, and 680 News.

In addition to her nutrition degree, Liz has completed training in Emotion-Focused Therapy (York University), Cognitive Behavioral Therapy (University of Toronto), Mindfulness-Based Stress Reduction (The Centre for Mindfulness Studies) and Self-Compassion (with Kristen Neff). Her most recent book is called "Broccoli,

Love & Dark Chocolate... Because food, love, and life should be delicious!"

Theresa is of proud Secwepemc, Cree, Metis, and mixed settler ancestry. In addition to working full-time as an Indigenous Liaison with Parks Canada, Theresa is simultaneously running a small business, Mountain Steklép (formerly Left Coast Collective), and has been integral in co-founding and running a non-profit education program called Howl Experience.



Mountain Steklép is rooted in reciprocal relationships with the land, and bridges Indigenous ways of knowing and being with Theresa's scientific background. It

combines Theresa's passion for creating beadwork and other sustainable pieces using upcycled and found materials, with her enthusiasm and experience as an interpretive guide in the mountains.

Howl Experience facilitates holistic learning and reciprocal relationships between youth, communities, and ecosystems in a way that allows all to thrive.

Theresa studied physical geography at UNBC and specializations in environmental science and glacial geomorphology. She is also an interpretive glacier guide for Indigenous-owned Zuc'min Guiding, collaborates closely with Warrior Women, as well as a former outdoor and sustainability educator for Parks Canada.

Is Your HARTA Membership Up-To-Date?

In December HARTA received our subsidy cheque from ARTA. The amount we receive is based on the number of paid up ARTA members that are also HARTA members as of September 1st. In January I sent out the newsletter with an introductory email in January's newsletter letting each recipient know the status of their

HARTA membership. If you wish to renew your membership, you can send an e-transfer to rnthompson102@gmail.com or you may send a cheque, payable to HARTA care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. Please make out the cheque or e-transfer for \$10.00 for each year you would like to renew.

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

ARTA: Alberta Retired Teachers' Association Provider of many services and Benefits to Alberta Retired Teachers and other Professional Retirees: www.arta.net

Branches: www.artabranche.net

ATRF: Provider and Funder of Alberta Teachers' Pensions: www.atrf.com CPP and OAS: Pensions

provided by the Canadian Government Contact Service Canada at: 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 previous 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 so much sickness around us, this might 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.

Public Interest Alberta

If you would like to keep abreast of the various emerging issues in Alberta such as Health Care, Education, and Long Term Care go to <https://www.pialberta.org> up to the election and beyond for more information on these and other topics. This website will also tell you more about other organizations that are part of Public Interest Alberta. Lawrence Hrycan is ARTA's representative on this organization.

Humour Corner

Here are a few jokes from Toastmasters as well as from the Coffee News courtesy of Linda Thompson.

1. My brother got a job making telescopes. Things are really looking up.
2. Son: "Why did you buy this TV? I's stuck on full volume."
Dad: "I know. It was so cheap, I couldn't turn it down."
3. Question: Why did the fish refuse to play basketball? Answer: He was afraid of the net.

4. Question: What has 18 legs and catches flies? Answer: A baseball team.
5. Question: Why are basketball player such messy eaters? Answer: They're always dribbling.
6. Question: When the borders open up why won't basketball players go on vacation? Answer: They are allowed to travel.
7. Question: What is a golfer's favourite letter? Answer: Tee.
8. Question: Why do hockey players like smart women? Answer: Opposites attract.
9. Question: Why did the boy climb up the tree with a hockey stick? Answer: 'Cause he wanted to join the maple leaves.
10. Question: What is a golfer's favourite number? Answer: FOUR!

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 Susan or Joan, In Leduc, Elaine or Ron T. and in Wetaskiwin either Bob or Ron T. 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. 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.

There is one conference coming up in September. On Thursday, September 7th, the Edmon-

ton Retired Teachers' Association is hosting the "Second Wind Conference." Watch for more information in this newsletter about the how to learn what sessions will be offered.

Ron Thompson, HARTA President

Scams to Watch out For

On Monday, June 12th, I visited the Wolf Creek Retired Teachers' Luncheon. Before the luncheon the Ponoka RCMP presented a comprehensive session on scams. What follows are some of the suggestions to avoid being a victim of a scam.

Protect your computer

Watch out for urgent-looking messages that pop up while you're browsing online. Don't click on them or call the number they provide. Watch out for emails with spelling and formatting errors, and be wary of clicking on any attachments or links. They may contain viruses or spyware. Make sure you have anti-virus software installed and keep your operating system up to date.

Protect your online accounts

Protect your online accounts by creating strong passwords with a minimum of 8 characters including upper and lower case letters and at least 1 number and a symbol. Don't reuse the same password for all online accounts.

Don't be afraid to say no

If a caller tries to get you to buy something or to send them money right away, say "no" or just hang up.

Do your research

Verify organizations are legitimate before taking any action. Check a company's official website for contact information and call them to confirm their phone call to you was valid. If you receive a call about a family member in trouble, talk to other family members to confirm the situation

Don't give out personal information

If you didn't initiate the call, you don't know who you're talking to. Beware of callers asking for personal information including your name, address, birthdate, Social Security Number, banking information and credit card number.

Beware of upfront fees

There are no prize fees or taxes in Canada. If you won it, it's free. Many scams request you to pay fees in advance of receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan.

The above information was presented by the Ponoka RCMP and shared with their permission.

Time to get active:

ARTA Wellness Challenge

Many of our members look forward to participating in ARTA's annual Wellness Challenge year after year, and the enthusiasm is always encouraging. ARTA's Wellness Committee has switched up the challenge this year, with a fresh new feel. The goal of the Wellness Challenge has always been to motivate people to be more active; this new version makes it easier than ever to participate.

Adults get the most value out of exercise when they do at least 150 minutes of aerobic activity at a moderate pace each week. That might sound like a big commitment, but when you break it down, it amounts to only half an hour of physical activity per day five days a week.

This year's Wellness Challenge asks members to track at least thirty minutes of activity per day and submit their results to contests@arta.net or to your branch president.

How It Works

1. At the back of this newsletter, you will find three calendars for the months of April, May, and June. Each day you get your heart pumping for thirty minutes and check off that day's box in the calendar to track your progress. You can also find printable calendars with sixty suggested activities on arta.net/wellness-challenge.
2. At the end of the challenge, submit all three calendars to be entered to win one of many fantastic grand prizes. **If you belong to an ARTA branch, submit your results directly to your branch president**, and you will be helping your fellow members compete at the branch level.

A Bonus Challenge

At the end of each month, submit a picture of your wellness calendar to contests@arta.net for the chance to win random draw prizes for participating in the challenge, regardless of how many checkmarks you've earned.

Jennifer Hope – Marketing, Wellness & Promotions – from the Spring edition of **news&views**

Second Wind Conference

Prepare for a wonderful, energizing day at the Second Wind health and wellness conference on September 7, 2023. Enjoy a beverage and a pastry while visiting with friends and colleagues in the spacious Grand Ballroom of the Chateau Louis Conference Centre.

Conference organizers are delighted to welcome Jeremy Albert, an Advisor with the First Nations, Métis and Inuit Education team for Elk Island Public Schools, as the keynote speaker. Jeremy is an entertaining, motivational speaker with a strong message highlighting the value that elders, with their knowledge, wisdom and cultural memory contribute to Indigenous communities and to all societies.

Knowledgeable speakers for eighteen

breakout sessions are keen to share their expertise on a wide variety of topics chosen to appeal to every interest.

Explore some enjoyable senior-friendly physical activities such as golf, how to use resistance bands, and mindful movement to improve your fitness level at home or in social settings. Discover the connection between nutrition and brain health. Learn effective strategies to explore your family history and answer questions you wish you had asked long ago.

Recognize that your memories are a treasure and acquire both the motivation and a plan for writing your own story. Discover how to shift the narrative on seniors housing for the future. Learn about volunteer opportunities.

Your conference fee includes free parking, a gift bag, a morning pastry and beverage, the keynote presentation by Jeremy Albert, a choice of break-out sessions, a delicious buffet lunch, two coffee breaks and the wine down complete with snacks and door prizes.

Do you have jigsaw puzzles that you would like to exchange for different ones or simply donate? The Puzzle Exchange table at Second Wind is a perfect place to do that. Bring, take, or donate—any puzzles not claimed at the end of the day will be donated to a charity.

Register before July 14 for the early bird fee of **\$95.00** (regular fee is **\$120.00**). To view speaker information, session topics, and the conference schedule and to download the registration form, visit secondwindconference.ca.

Spread the word, bring a friend and have a great day.

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

Bethany Care Centre - Grant to support a Music Therapy Program.

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

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

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

Executive and Contact Info for the 2022-23 Program Year

Ron Thompson: President & ARTA Rep
(780) 986-8349 rnthompson102@gmail.com
(HARTA correspondence) (r n thompson) and r_n_thompson102@shaw.ca (Newsletters)

Elaine Merriman: Vice President Leduc
(780) 467-0010 terry6@telusplanet.net

Bob Silverthorne: Vice President Wetaskiwin
(780) 387-6676 rsilverthorne.peachills@gmail.com

Susan Schwindt: Drayton Valley Rep..
(780) 542-4136 salschwindt@gmail.com

Janice Storeshaw: Secretary (780) 986-0056
jes90@telus.net

Connie Dublenko: Treasurer (587) 783-8588
ccdublenko@gmail.com

Lawrence Dublenko: Membership Co-ordinator
(587) 783-8588 mayoprospector@gmail.com

Walley Porter: ATA Liaison—Wetaskiwin and Timberline Locals (780) 388-3849 walleyp@telusplanet.net

Gary Hansen: ATA Liaison—Black Gold and St. Thomas Aquinas Locals (780) 986-1745
gbhanson@telus.net

HARTA's Goals

- 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.



2023 Wellness Challenge

SUN	MON	TUES	WEDS	THURS	FRI	SAT
						<input type="checkbox"/>
						1
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	3	4	5	6	7	8
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	10	11	12	13	14	15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	17	18	19	20	21	22
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	24	25	26	27	28	29
<input type="checkbox"/>						
30						

MAY 2023

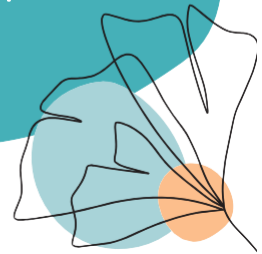
SUN	MON	TUES	WEDS	THURS	FRI	SAT
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5	6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	8	9	10	11	12	13
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	15	16	17	18	19	20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	22	23	24	25	26	27
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
28	29	30	31			

JUNE 2023

SUN	MON	TUES	WEDS	THURS	FRI	SAT
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				1	2	3
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	12	13	14	15	16	17
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	19	20	21	22	23	24
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25	26	27	28	29	30	



Visit arta.net/wellness-challenge for 60 suggested wellness activities for ARTA's 60th ANNIVERSARY.



BONUS CHALLENGE

Submit your calendar at the end of each month to contests@arta.net to be entered into a random prize draw.

SUBMIT YOUR ENTRY

AFTER JUNE 30

Email your completed entry to contests@arta.net or mail it to:

ARTA Wellness Challenge
 15505 137 Avenue NW
 Edmonton, AB T5V 1R9

Name: _____

Member #: _____

Branch (if applicable):



Health & Wellness Conference for Seniors

Chateau Louis Conference Centre
 11727 Kingsway, Edmonton, Alberta
 September 07, 2023
secondwindconference.ca

Conference Registration Form

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

*Email Address _____ Phone No. _____

*This information is required for confirmations and correspondence – We do not share or sell registration information. We will be emailing/or posting ALL confirmations. Receipts will be made available on the day of the conference (with your name tag).

If you have special dietary needs, please specify: _____

Are you a full ARTA Member? Yes No Are you a retired teacher branch member? Yes No

If yes, which branch(es)? EIRTA ERTA HARTA PARTA STARTA Other

Are you an affiliate ARTA Member? Yes No

Which affiliate organization do you belong to? _____

Please share how you learned about *Second Wind*: _____

Conference Registration Fee: An Early Bird Fee of \$95 ends July 14, 2023. Fees mailed must be postmarked on, or before that date. After July 14, the Regular Conference Fee is \$120.

Payment Details: Enclose with this registration a Cheque/Money Order made payable to:
Second Wind Conference.

Mail to: Lynn Arnold, 112 Sullivan Drive, Kimberley, BC V1A 0A7

To **e-transfer** the registration fee, please email secondwindregistrar@gmail.com for further details.

Cancellations: A \$20 processing fee will be charged. No refunds after August 11, 2023.

Your registration is not complete until payment has been received by the conference registrar.

Conference Program

Program details are provided on the conference website at secondwindconference.ca

Please visit the website Speaker Schedule and indicate your preferences for each session below.

8:00 – 9:00	Registration & “Have a Cuppa”		
9:00 – 10:15	Plenary session – Keynote Speaker – <i>Grand Ballroom</i>		
10:15 – 10:45	Coffee Break		
10:15 – 11:45	Artisans & Displayers “Show & Sale” – <i>St. Michael Room</i>		
		<i>1st preferred session</i>	<i>2nd preferred session</i>
10:45 – 11:45	Session 1		
11:45 – 1:00	Luncheon – <i>Grand Ballroom</i>		
1:00 – 4:30	Artisans & Displayers “Show & Sale” – <i>St. Michael Room</i>		
1:00 – 2:00	Session 2		
2:00 – 2:30	Coffee Break		
2:30 – 3:30	Session 3		
3:30 – 4:30	Wine Down – <i>St. Michael Room</i>		

To help reduce our conference energy footprint, please bring your own **refillable water bottle**. Refillable coffee mugs are not permitted.

Questions? Please contact the Registrar by e-mail at secondwindregistar@gmail.com

We encourage you to **save a copy** of this form for future reference.



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA



**Zoom Annual Licence
Funded by ARTA**

**You're Invited to
HARTA's AGM
ARTA Benefits
Presentation by Gary
Sawatzky to follow.
The in-person meeting will
be at St. David's United
Church, AGM at 10:30
Lunch to follow. The
AGM and Gary's
Presentation will also be
available online.**



This Photo by Unknown Author is licensed under CC BY-SA-NC

email:

rnthompson102@gmail.com

(r n thompson) phone:

(780) 986-8349

Friday, Sept. 15th, 2023, 10:30 AM

Doors open at 10:00 AM

Annual Membership \$10.00

Lunch \$15.00 per person

New members no charge

(Membership \$10.00 for two years for new retirees.)