



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The Late Spring Edition**

Publisher: Ron Thompson

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May—June 2025

A Branch of ARTA



HARTA's 2025

Program Schedule to the 2025 AGM

Presentations will no longer be available on Zoom due to issues with the reliability of the connection.

- **HARTA AGM, Friday, September 19th, 2025, St. David's United Church, 4614-48St. Leduc 10:30 AM.**
- **Stay tuned for the events for the September 2025 — June 2026 Program Year.**

From the President

Just a reminder that HARTA events will no longer offer some of its presentations on Zoom. HARTA regrets taking this step. It has become more and more evident that we do not have the technical expertise to offer a reliable Zoom connection. Therefore HARTA has decided to stop

offering Zoom with its presentations. HARTA held its ARTA sponsored Heart & Sole Walks in Drayton Valley, Beaumont, Leduc and Wetaskiwin. Please see the article on Wellness Walks later in this newsletter.

HARTA's Mini-Conference in May

HARTA hosted a mini-conference in Leduc at St. David's United Church on Thursday, May 8th. The speakers were: Léo Richer, Jim Allan, Marilyn Hoar, Deb Gerow, and Jim Junod. Léo Richer, ARTA's former Vice President gave the keynote. Jim Allan presented an overview of the Alberta Retired Teachers' Charitable Foundation, its founding and the organizations it funds. Marilyn Hoar spoke about her experiences in Qatar and the immediate surrounding countries. Deb Gerow, ARTA's President, shared some of her experiences as a volunteer fire fighter with photos to complete her presentation. Jim Junod outlined how he restored a 1967 Barracuda which had deteriorated badly after having been stolen and through neglect. He brought a 1968 Barracuda which he has restored, to the church after the Mini-Conference.

Léo Richer

Léo was our keynote speaker for 2025. He taught for the Red Deer Catholic School Board for 38 years, mainly as a Bilingual High School Social

Studies and French teacher. He was the team leader for Second Languages and French Immersion from 1999 to 2014 and was head marker for Social Studies 30 with Alberta Education from 2001 to 2011.



Léo joined his local branch of CARTA (Central

Alberta Retired Teachers' Association in Red Deer) when he retired in 2015. He served as VP for 6 years. He became an ARTA rep in 2016, and in 2018, he was elected to the Pension and Financial Wellness Committee. He enjoyed this work immensely and served as chair for 3 years. He was elected Vice President of ARTA in 2022 and completed 2 years in that role.

Léo talked about his journey to wellness and how he has monitored his life balance as he pursues various activities during his retirement. He talked about what he has learned in his journey through wellness.

Jim Allan



Jim Allan is the chair of the Alberta Retired Teachers' Charitable Foundation. (ARTCF) The foundation board is made up of four board members who serve for a staggered 4 year term each. Each year, at the November ARTA Board of Director's Meeting, a new foundation board member is elected.

The Charitable Foundation of the Alberta Teachers Association seeks to help seniors in Alberta with housing, health, and education programs. As this is his fourth year on the Charitable Foundation, he has the privilege of chairing it. His 37 years of serving in various roles for the Alberta Teachers' Association have

served him well in helping with this valuable committee. Jim updated the participants at the conference with the latest information about the foundation, and the organizations ARTCF funds.

Bob Silverthorne

Between Jim Allan's and Marilyn Hoar's sessions, Bob showed a video showing a sculpture in bronze showing the struggles of the Indigenous peoples throughout Canada.

Marilyn Hoar



Marilyn has presented two earlier sessions on countries in the far east, the south Pacific, and the Indian subcontinent. Her session in this year's mini-conference featured her time in Qatar.

After a year backpacking around the world, Marilyn Hoar decided she would like to work overseas. One of the countries Marilyn and her husband Gord lived in was Qatar. She worked in Qatar in the educational system helping to bring in the educational reforms the government wanted. She hosted a slide show travelogue of Qatar and the surrounding communities..

Deb Gerow



We join ARTA President Deb Gerow as she shared experiences, learnings and photos from her ten years as a part time firefighter and medical first responder in the Strathcona County Emergency Services.

Jim Junod

Jim has worked for the CNR as an investigator of train derailments and other rail accidents.



One of his hobbies has been the restoration of old cars. We joined him as he led us through the restoration of one of his cars through words and photos of the restoration of

this car.

Stepping Out Conference by the CRTA

Each year, the CRTA (Calgary Retired Teachers' Association) presents a conference in late April. This year's Conference featured a banquet followed by entertainment. The entertainer was John Wort Hannam. John Wort Hannam is a Canadian folk musician, from Fort Macleod, Alberta. He is known for his story telling through music. Themes which are central to his music include life in Western Canada, and the human experience as seen through the eyes of working folk.

The Keynote Speaker was Linda Olsen. As a veteran local news anchor, Linda had a



front-row seat, witnessing Calgary's growth and some of the major events that have shaped this city. We joined Linda as she shared her experiences covering the news from a local

perspective.

She also took us behind the scenes on a typical day in a busy newsroom. She showed how stories and newscasts are produced. Her journey from the anchor desk has presented challenges and eye-opening experiences as she discovered what a second career could look like at any stage of life.

Award-winning journalist Linda Olsen is a proud born-and-raised Calgarian. After a successful 36-year career as a reporter,

anchor, and producer, she recently retired from Global News. Linda has had extensive experience as a trusted voice as a senior news anchor and community advocate and has spent her career highlighting the stories of Calgarians and supporting numerous charitable events throughout the city and beyond.

The first session I attended after the keynote was a session on doodling. The presenter, Mary Checkley, supplied us with letter size paper and B pencils. Our task was to use various styles to create patterns which we could use in the creation of greeting cards or other crafts.

The last session I attended was The Fabulous Fifties, or Were They?. The presenter, Doug Coats, took us on a tour of the 1950s. Today millions of people hold up the 50's as a golden age of peace and prosperity, patriotism, respect for authority, happy families, safe streets and wholesome, shared values. Yet another millions mock, and even deride, the 50's for those very things. How could this bland decade have sparked the "culture wars" that divide us 70 years later?

A native Calgarian and frequent speaker at the Steppin' Out Conference, Stepping Out welcomed Doug Coats to their cadre of speakers this year. He was first captivated by Calgary's history at the age of 11 when reading that you could see the date "1888" in the sandstone of the Alberta Hotel building. An almost 80-year-old artifact was pretty impressive to a kid in Grade 7! Sixty years later both Doug and the hotel are a lot older, but still standing.

The ARTA Retreat, A Review

On May 27 to 29, ARTA members and staff met at the Fairmont Chateau Lake Louise to start the process of updating the ARTA's 5 year Strategic Plan. To further that task, the members heard the following presentations.

Angus Watt: Alberta's Economic Outlook: Trends, Challenges, and Opportunities

James Angus Watt is a highly sought-after financial professional whose years of business, investment, philanthropy, and community develop-



ment experience bring vibrant colour to all his presentations and speaking engagements. With a sprinkle of humour, and a heap of wisdom, Angus continuously delivers exceptional experiences to audiences big

and small. Watt gave an overview of the economic situation Alberta finds itself in as a result of Trump's actions. His presentation was at once sobering and hopeful. He stressed the urgency of careful thought in moving forward in these turbulent times

Carissa Halton: Strategic Planning: Building a Plan by Starting with your Strengths

As a strategic planning consultant and IAP2-trained facilitator, Carissa Halton lead participants through a facilitated discussion based on a customized series of questions, developed in coordination with the organization's current goals. Participants brainstormed ideas on how they can best use their strengths to contribute to the goals of their organization. Halton led the members through brainstorming where members met in small groups to list their strengths. ARTA staff will take the members' input and start to build a list of strengths.



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Laura Tamblyn Watts:

How to be an Advocacy Rockstar

As the CEO of CanAge, Laura Tamblyn Watts embodies a commitment to the betterment of elder care and seniors' rights. Her multifac-



ed career spans law, academia, and policy development, reflecting a dedication to impactful advocacy and education. Her instrumental role in the Canadian Standards Association's development of National Standards for Long Term Care, and ongoing work for Home and Community Care standards, showcases her commitment to systemic improvement. As an in-demand speaker, Laura shared her insights at numerous global forums.

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Lori Schmidt: Defining our

Why- Why We Exist and Where We Go Next

Lori is a respected leader and facilitator dedicated to fostering resilient leadership and enhancing organizational performance. With extensive experience spanning public, private, and social sectors, she has guided organizations through strategic challenges, driving innovation and sustainable results. Formerly the CEO of a national not-for-profit consultancy, Lori now focuses on empowering nonprofit organizations, particularly in areas such as systems approaches and capacity building.



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An accomplished professional, Lori holds certifications in executive coaching, advanced facilitation, and strategic management. She is a Distinguished Fellow of the

Global Federation of Competitiveness Councils and currently serves as the Honorary Consul for Belgium in Alberta. Recognized as one of Canada's Top 50 over 50, Lori's expertise and passion for creating meaningful change make her an inspiring keynote speaker and workshop facilitator.

During the morning of Wednesday, May 28, we examined our strengths and weaknesses and made a list of suggestions for changes in our priorities to achieve sustainable growth in ARTA. Thursday morning we focussed on the values of ARTA. These exercises helped us sharpen our focus on where we needed to go in the next 5 years. (January 2026 to December 2030) We now await the codifying of our work by the ARTA staff.

Wellness Walks in June

During the first week of June ARTA sponsored the Heart & Sole Walks along with ARTA Branches. HARTA held Wellness Walks in Leduc, Beaumont, Drayton Valley, and Wetaskiwin. In



Leduc, the walks took place on walking trails around the LRC (Leduc Recreation Centre). The Leduc Walk took place on Monday, June 2. In Beaumont, the walk was held at the Four Seasons Park, south of the Beaumont Composite High School. In Dray-

ton Valley the walk was held on a walking trail near the Seasons Retirement home in Drayton Valley. The Drayton Valley walk occurred on Wednesday, June 4th, in Wetaskiwin, the walk took place around the walking path in the By-The-Lake-Park. This walk took place on Friday, June 6th.

A total of 16 people took part in the walks. The participants from location were as follows: Leduc: 7 participants, Beaumont: 7 participants,

Drayton Valley: 5 participants, and Wetaskiwin: 3 participants. Registrants were asked to bring a donation for their foodbank. The foodbank contacts for each community were as follows: Leduc, Janice Storeshaw; Beaumont, Elaine Merriem; Drayton Valley, Sandy Hamilton; and Wetaskiwin, Bob Silverthorne. Thanks everyone for your help in making these walks a success. Linda and I walked in all four communities.

Ron Thompson—HARTA President

Is Your HARTA Membership Up-To-Date?

In late November of each year, HARTA receives a subsidy cheque from ARTA, based on the number of paid up ARTA members that are also HARTA members as of September 1st of that year. Each branch president is required to send their list of current members to the ARTA office. HARTA's yearly subsidy is based on the number of paid up ARTA members who are retired Alberta teachers who are eligible for an Alberta teachers' pension and who are members of HARTA. If your membership is due for renewal, you can renew it at a regular HARTA meeting, by sending an e-transfer to: rnthompson@shaw.ca, or by a cheque, or money order payable to HARTA, care of HARTA, 4020 - 37th Avenue, Leduc, Alberta T9E 6C9. Please make out the cheque, money order, or e-transfer for \$10.00 for each year you would like to renew.

HARTA's Coming AGM

HARTA's AGM will be held on Friday, September 19 at St. David's United Church. Doors will be open at 10:00 AM. The meeting will start at 10:30 AM, lunch to be served after the meeting. Gary Sawatsky or his representative will give an update on the ARTA Benefit Plan at or around 12:30 PM.

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: A 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. HARTA's editor can be reached at:

r_n_thompson102@shaw.ca

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, please 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

The following jokes are from the Coffee News.

1. Tim: Why do you have a cow in the front yard? Jim: It's mooing the lawn.

2. "Is it time to turn the pancakes?" asked Billy flippantly.
3. A reporter asked a 103-year-old woman, "What's good about your age?" Answer: "No peer pressure."
4. Q: What did the student fish bring to school for its teacher? A: A crab apple.
5. Q: What did the cake mix say to the blender? A: Stop trying to mix us up!
6. Epitaph for a math teacher: "I have problems."
7. I asked the waiter how long my spaghetti would be. He said, "I don't know, we don't measure it."
8. Mary: "Why are you bringing a skipping rope to school?" Terry: "I am going to ask the principal if I can skip a grade?"
9. Q: What did Paul Revere say when he finished his famous ride? "Whoa."
10. Show me a singing beetle and I'll show you a humbug.

If you have jokes you'd like to share in the HARTA newsletter, please send them to the editor at r_n_thompson102@shaw.ca.

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. Contact Ron T. or any other member of HARTA's Executive to let us know that you'd like to help.

If you'd like to provide stories and other news for our newsletter, you could submit to your contribution to: The Editor at:

r_n_thompson102@shaw.ca. It would be great to get more submissions from 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. The ARTA branches in Calgary and Edmonton host conferences once a year. At the end of April, the Calgary Retired Teachers hold the Steppin' Out Conference. You can go to the Calgary Retired Teachers' Association website to view the Steppin' Out Conference details for this year. At the beginning of September the Edmonton Retired Teachers host the Second Wind Conference. Look for these announcements as the next year progresses. If you would like to find other Branch events, this website can help you. www.artabranches.net.

- Ron Thompson, HARTA President

Second Wind Update

Please see the letter from the Edmonton Retired Teachers' Association regarding the Second Wind Conference in September at the end of this newsletter. Also included is the registration form. More information is available at secondwindconference.ca.

ARTCF Updates

Partnership Updates

There are 2 new grant recipients:

NorQuest College was awarded \$8,000.

The Calgary Chinese Elderly Citizens' Association was awarded \$13,000.

Bethany Care Foundation was awarded \$25,000. Karen Wilson will serve as the ARTCF representative for Operation Friendship Seniors Society and NorQuest College. Donna Crawford will serve as the ARTCF representative for the Calgary Chinese Elderly Citizens' Association.

The ARTCF Casino

The ARTCF will host a casino at the Grand Villa Casino in Edmonton on August 29 and 30, 2025. Group transportation to/from the ARTA office and the Hampton Inn & Suites will be provided to alleviate parking and safety concerns downtown. The application for the casino license is underway. A volunteer sign-up sheet has been created and will be shared with Edmonton and area members for volunteer recruitment. If you are interested in volunteering, you can sign up at: volunteersignup.org/7PQL7

Respectfully submitted,
Jim Allan
ARTCF 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

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

Jewish Family Services of Calgary - Grant to support their programs

NorQuest College - Grant in 2025

The Calgary Chinese Elderly Citizens' Assn - Grant in 2025

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. Online 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 Contacts for the 2024-25 Program Year

Ron Thompson: President & ARTA Branch Rep

(780) 986-8349 rnthompson102@gmail.com

(HARTA correspondence) (r n thompson)

Elaine Merriman: Vice President Leduc

(780) 467-0010 terry6@telusplanet.net

Bob Silverthorne: Vice President Wetaskiwin &

ATA Liaison—Wetaskiwin and Timberline Locals

(780) 387-6676 rsilverthorne.peachhills@gmail.com

Drayton Valley Contacts. Ron Thompson is the temporary contact.

Janice Storeshaw: Secretary & ARTA Branch Rep.

(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

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.

HARTA's Website

www.artabranches.net/harta

For Drayton Valley, please go to
the Facebook page:
Drayton Valley Retired School Staff



***ARTA supports an engaged lifestyle after retirement through
member-centered services, advocacy,
communication, wellness, and leadership.***



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA



You're Invited to HARTA's AGM

**ARTA Benefits
Presentation by Gary
Sawatzky to follow.**

**The meeting will be at St.
David's United Church,
AGM at 10:30
Lunch to follow.**



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

Friday, Sept, 19th, 2025, 10:30 AM

Doors open at 10:00 AM

Annual Membership \$10.00

Lunch, no charge

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

ERTA Travel Group Special News



Dear HARTA Members,

I hope this E-Note finds you well and that you are enjoying the final days of spring as we at ERTA get ready for our 11 June Summer Luncheon.

The following message is brought to you on behalf of our President, Ed Butler.



The ERTA Travel Group with the assistance of Julie Bekdashe of Paull Travel has arranged for two incredible ravel adventures. One trip goes to Chile and Argentina (March 6 to 15, 026) and the other goes to Namibia and South Africa from October 14 — 30, 2026.

Both trips have the opportunity to add to the adventure, but this is optional on an individual basis. Full details of each trip are posted on the website of the Edmonton Retired Teachers under the Events - Travel Group tab.

For the South American trip, 16 seats are being held for the ERTA group until July 30, 2025, and 20 seats for the African tour until February 8, 2026

We are also extending these opportunities to retired teachers and spouses from our neighboring Branches (EIRTA, HARTA, PARTA, and STARTA)

If you have questions, you can contact Julie Bekdashe whose contact number is on the flyers or you can email edmontonretiredteachers@gmail.com and it will be forwarded to a member of the organizing ERTA Travel Group.

We hope you will join us as we undertake this new adventure.

Sincerely,

Ray Roy, ERTA Webmaster

Edmontonretiredteachers.org

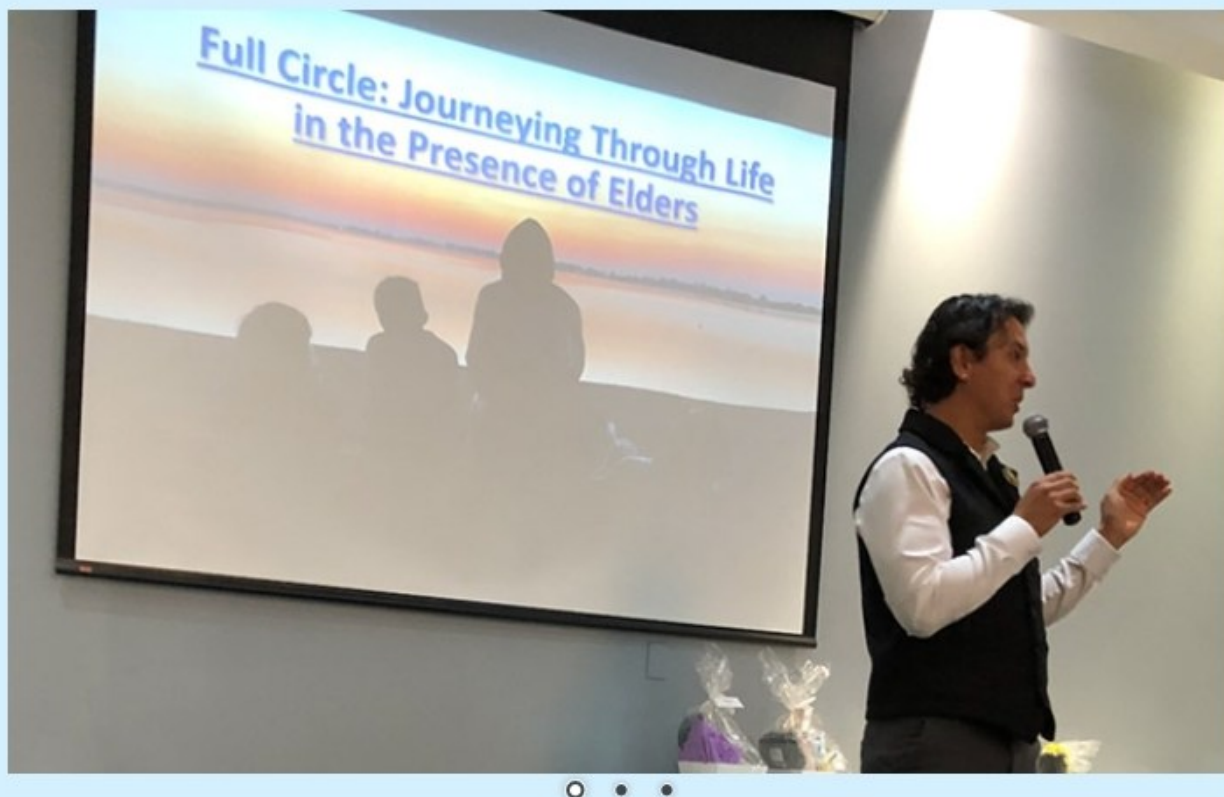


[Home](#) [Schedule](#) [About](#) [Speakers](#) [Photos](#) [Contact](#)

Wellness Conference

[Register Now](#) 

Welcome to the *Second Wind* Health & Wellness Conference Website



Once again, a dedicated group of retired teachers is putting together *Second Wind*, the premier health and wellness conference for retirees in the Edmonton area!

Participants will enjoy free parking and start their day with a morning coffee, a muffin and fruit. Exchange a jigsaw puzzle and pick up your swag bag. Enjoy a full day with an inspiring keynote address, engaging and informative speakers, a sumptuous lunch (with pyrogies!), senior-oriented exhibitors and local craftspeople, dozens of draws for attractive door prizes, and a chance to unwind and chat at the end-of-day Wine Down.

Bring a friend and join us for *Second Wind's* 12th health and wellness conference at the Chateau Louis Conference Centre!

Circle the date on your calendar:
September 11, 2025.

Second Wind's outstanding program is featured on this website, and registration is NOW OPEN.

Save \$25 and register by July 31st for the EARLY BIRD rate of only \$95!



Health & Wellness Conference for Retirees

Chateau Louis Conference Centre
11727 Kingsway, Edmonton, Alberta

September 11, 2025

secondwindconference.ca

Navigating the Future 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).

NB: For your registration to be processed expeditiously, all fields must be completed.

Are you an 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

If yes, to which affiliate organization do you belong? _____

Conference Registration Fee: An Early Bird Fee of \$95 ends July 31, 2025. Fees mailed must be postmarked on, or before that date. After July 31st, the Regular Conference Fee is \$120.

Payment Options: Enclose with this registration a **Cheque/Money Order** made payable to: *Second Wind Conference*. Please, no post-dated cheques.

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

E-transfer the registration fee and email registration form to secondwindregistrar@gmail.com.

Cancellations: A \$20 processing fee will be charged. No refunds after August 10, 2025.

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

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

If you have special dietary needs, please specify: _____

Conference Program

Program details are provided on the conference website at <https://secondwindconference.ca/schedule>

Your Speaker Preferences

To help us predict possible audience numbers for each presenter and schedule them into suitably-sized rooms, please browse the descriptions of speakers and topics posted on the “[Speaker](#)” and “[Schedule](#)” pages of the [Second Wind website](#) and **indicate your speaker preferences below**. Thank you for doing this.

		<i>1st preferred session</i>	<i>2nd preferred session</i>
10:45 – 11:45 a.m.	Session 1		
1:00 – 2:00 p.m.	Session 2		
2:30 – 3:30 p.m.	Session 3		

PLEASE NOTE: By indicating your preferences, you are **not pre-registering** for a particular speaker session. Owing to room sizes and fire regulations prohibiting crowding, we cannot guarantee a seat for all those interested in attending a particular presentation.

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 secondwindregistrar@gmail.com.

Please **SAVE A COPY** of this form for future reference.