



Heartland  
Alberta  
Retired  
Teachers'  
Association

The Heartland Herald  
HARTA's Newsletter  
of Branch Events  
**The HARTA Mini  
Conference Flyer**

**Publisher: Ron Thompson**

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**April 2026**

## **A Branch of ARTA**



### **HARTA's Mini-Conference in May**

HARTA's Mini-Conference will take place on Thursday, May 14th at St. David's United Church. There will be a Keynote speaker and three sessions on various topics.

### **HARTA's Keynote Speaker: Ray Hoger**

Hoger, ARTA's current president, will be HARTA's keynote speaker at HARTA's Mini-Conference in May. Ray Hoger was hired by the Medicine Hat Catholic School board in 1978 as a high school Business Education teacher, newly graduated from the University of Alberta. He retired from full-time teaching from that same school board thirty-nine years later, as a grade

three specialist. During that time, he spent thirty years volunteering with the ATA in various capacities—ARA and school rep, Business Education Specialist Council, Career and Technology Studies



Council and Pension and Retirement Consultant. He also spent twenty-three years in the Canadian Forces Reserve, retiring with the rank of captain.

He has also volunteered with the community-based Medicine Hat Musical Theatre for over forty years, working on stage, backstage, as lighting director and has been a member of the board of directors for over 16 years.

Ray retired in 2017 and immediately enrolled in ARTA, joining the Pension and Financial Wellness committee in 2020. He served one year as ARTA vice president and is currently in his first year as ARTA president.

## **Susan Carter: A Serious Look at Why We Need Humour in Our Lives**



In this talk, Susan will discuss how humour affected her life – in the classroom and on stage. We need humour now more than ever. We will discuss:

- Different styles of humour,
- What role humour can play in your life,
- How to create humorous stories from everyday frustration. After all you never know when you have to give another speech!

Susan spent thirty years teaching in a junior high classroom; she started doing stand-up to relieve the stress of... teaching in a junior high classroom.

## **Carolynne Melnyk: Qigong**



Carolynne Melnyk, B.Ed., MA, is a Certified Spring Forest Qigong Trainer and practitioner, published author, and world traveller. She facilitates Qigong sessions at Wellspring Alberta, with the Fibromyalgia Association Canada,

and she also has a private online following.

She draws on her intuition and insight, intensive qigong training, years of educational experience, and life experience to deliver a unique blend of skills that help others transform their lives on all levels, so they can reclaim their natural health and well-being from the inside out. Let her help YOU Refresh, Recharge and Reclaim your health and well-being from the inside-out.

## **Ross MacGregor**

Ross MacGregor began his career in the Locksmith Division of Chubb Mosler Taylor in



1974. In 1977, he took a brief sabbatical and spent 3 years in the Canadian Armed Forces.

Starting with the Princess Patricia's Canadian Light Infantry, 1st Battalion based in Calgary and completed his service in 1980 with the Canadian Airborne Regiment 2nd Commando based in Petawawa, Ontario.

After completing his military service, Ross returned to Chub Mosler Taylor, working with their Safe Division based in Regina, Saskatchewan. Accepting an invitation to join the staff at Action Security Locksmiths, Ross returned to the Edmonton area and followed up also working for Western Lock and Key. In July of 2004, Ross started his own company, RU Secure Consulting. After 50 years, Ross continues to enjoy his chosen trade.

Ross will present a session on the various types of locks to keep your home and other property secure. Plan to attend this session to find out more about the various forms of locks to provide better security for your personal property



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### HARTA Mini-Conference Featured Topics

- **Keynote -  
Ray Hoger**
- **Susan Carter -  
Humour & Life**
- **All About Locks -  
Ross MacGregor**
- **Qigong -  
Carolynne Melnyk**

Conference Funded  
in part by ARTA



**Thursday, May 14, 2026  
9:00 AM to 3:00 PM**

**Cost - \$25.00 for the Conference,  
St. David's United Church  
4614 - 48 St. in Leduc,  
For more info phone (780) 986-8349  
or email: [rnthompson@shaw.ca](mailto:rnthompson@shaw.ca) (r n thompson)**

**Registration is not complete without registration  
form and payment of conference fees.**

**HARTA Mini-Conference 2026 Form**  
**Presenters and Schedule for Thursday, May 14<sup>th</sup>, 2026**  
**St. David's United Church**  
**4614 – 48 Street, Leduc T9E 5X7**

Surname \_\_\_\_\_ First Name \_\_\_\_\_ Street Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Email Address \_\_\_\_\_ Phone No. \_\_\_\_\_

Membership: Check one or more:

If you are a branch member other than HARTA, indicate the branch. \_\_\_\_\_

ARTA     HARTA     Non-member.

Workshop fee: \_\_\_\$25.00 full day with meals. Afternoon or Morning Sessions only: \_\_\_\$15.00  
 no meals. Payment details: Cheque, Money order or cash for \_\_\_ registrations:

Total fees \$ \_\_\_\_\_ (We also accept e-transfers.)

Forward registrations to Ron Thompson: [rnthompson@shaw.ca](mailto:rnthompson@shaw.ca) or by mail to:

HARTA C/O 4020 - 37 Avenue, Leduc, Alberta. T9E 6C9

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

**No refunds after May 7th, 2026.**

**Space is limited so register early.**

9:00-9:25 AM	Registration
9:25-9:30 AM	Indigenous Welcome – Bob Silverthorne
9:30-10:10 AM	Keynote – Ray Hoger – (ARTA President)
10:10-10:20 AM	Break
10:20-11:20 AM	Humour & Life – Susan Carter
11:20 AM -12:20 PM	Lunch Break
12:20 -1:20 PM	All About Locks – Ross MacGregor
1:20—1:30 PM	Break
1:30—2:30 PM	Qigong – Carolynne Melnyk
2:30—3:00 PM	Evaluation & Wrap-up