



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

December 17, 2020

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Merry Christmas!

From your executive!

This Christmas will be very different for most of us. We are not permitted to gather with others. We will have to celebrate with only the members of our own household. It is even more challenging for those who live alone. They are allowed to meet with one or two others but this will not be possible for all who live alone. We are lucky to have the technology to reach out to our loved ones through the telephone, Zoom, FaceTime or other apps. These methods will be heavily relied upon this Christmas season.



We have been blessed with warmer than usual weather this December and so it has been easier to take joy in nature. In the autumn we were able to easily detect Mars in the night sky and its reddish hue is sometimes still readily discernible. The Gemini meteor showers were apparently very active early in December. There have been some recent solar flares so it is possible we will see some amazing Northern Lights. As this is being written there is a glorious winter display as a fog has dressed the trees in a heavy coating of hoar frost.

This month we can look forward to a near convergence of Jupiter and Saturn that will be visible in clear conditions. The closest they will appear will occur on December 21st. This phenomenon should be detectable throughout much of December if conditions are right. Look for the great conjunction of these planets in the western sky after sunrise. This great conjunction of Jupiter and Saturn will be the closest since 1226 with only one degree of separation. The next great conjunction of Jupiter and Saturn will not be until 2080. Some sites are declaring this to be like a Christmas star.

Reddish Mars will also make itself easy to locate on the 21st. The planet should be visible at approximately four finger widths of an outstretched hand above the waxing gibbous moon in the evening. As the night wears on it will appear slightly to the left of this position.

We wish you the very best this festive season. There is a line from a song called "When you Believe" written by Stephen Schwartz and Kenneth Edmonds that says, 'though hope is frail it's hard to kill'. We have hope inspired by all the researchers who are striving for vaccines, treatments and even ways to unpack the proteins that make up the virus so it can be more readily understood. We have hope because we are resilient. We have the technology to reach out to others. Staying connected and

finding joy may be more challenging this Christmas but we have all done exceedingly challenging things before so we will find a way to celebrate the season. *Janet Kiriakides*

LOOKING BACK: *from our members...*

We are rapidly coming to the end of this year, and, like all good Canadians, we would like to take a few moments to reflect, not only on the recent past, but the distant past as well.

I don't remember

what I got for Christmas when I was 3 or 7 or 11... but I
do remember the smell of cinnamon rolls and the
sound of my mom's voice as I ran down the stairs. I re-
member my dad charging the video camera so he
wouldn't miss a single moment. I remember feeling
magic before a gift was even open. Don't forget: It's
not the gifts that make the magic... it's the moments.
It's the memories.

Teaching in these Covid times

ZOOM PRESENTATION on November 20, 2020 at 10:00 a.m.

As I write this, students in grades 7 to 12 have been once again learning online for a couple of weeks. Elementary classes are still in actual classrooms, trying to adhere to current protocols. Many teachers are trying to teach in a classroom and also maintain online-available lessons for isolated students, as well as being diligent about the in-class cleanliness/distancing directions. Teachers of online only classes speak of the frustrations and worries of distanced teaching. Anyone I have spoken to is exhausted but trying to maintain and get through the time before the Christmas break. The protocols mean that something like marking assignments takes much longer...an Edmonton teacher related having to set the basket of work aside for 72 hours and of the frustration of falling behind. Fewer aides and no time apart for one-on-one help mean that lessons slow down in class to try to keep everyone at some average level. The mental health of everyone in school/online classes is certainly strained. I spoke with 2 St Albert educators in late October about how the autumn classes had been going. John, a principal at a K-9 school, talked about how he and his admin staff are trying to maintain such activities as meeting the kids off the bus, but no high-fives, and short office visits for positive news. No parents/volunteers/special visitors allowed in schools, no extracurricular clubs/sports. His school had many Covid-19 cases

in October, leading at one point to 14 teachers being out in isolation, with the attendant high subbing costs. As well, they had to pivot from having the teachers travel to the classes, to having the junior high teachers staying with their homeroom, teaching all subjects. There is lots of collaboration and teamwork, with staff going out of their way to have moments of laughter and joking around, and watching out for the mental health of the kids too. It is all extra challenging. Matt, a grade 7 teacher said that it was very challenging to go online in the spring, rather like building the airplane as you were flying it. Once back at school in the fall, it was like the government expected the students to act unlike children, but the teachers got through it. Matt remarked, “You are not effective at your job as a teacher if you are not adaptable”. During the spring online teaching, he felt stressed and rather inadequate, worrying about the kids adapting or not to online learning. In the fall, the protocols were difficult to implement. Throughout this time, the abrupt changes have been difficult and the teachers worry about academic levels and mental health. Matt did have to isolate in October and had to do online teaching, but first had to get over the panic of “was he sick?”. Navigating these waters has been very stressful. Please click on the link here for a recording of these two educators in conversation.

Share recording with viewers:

https://zoom.us/rec/share/J8PZnYN38j5H6rxe_qPfmMRKz28kF_1NYUmi9k-ER8giP9Jgf3Ug9j8ybwRkSvqN.O_It_g9a4Mrqx_0E Passcode: 8=\$S6wTr

Two of our executive members have daughters teaching during these challenging times. Although we could not do an interview with each of them, they were willing to give us their perspective and the following comments.

Teaching online during the pandemic

Our daughter graduated from St. Albert Catholic High School and has been teaching for 25 years in a school division east of Edmonton. She has a major in Biology and a minor in Social Studies but over the years has had opportunity to teach several of the sciences, Religious Studies, some math, CALM and even opened a new Home Economics lab following an extensive school renovation. Colleen loves teaching and works hard to ensure that her students maximize their learning. Three years ago, she became a coach helping teachers to effectively use technology in their teaching. Although she had become proficient at using technology in her own teaching, she enjoyed the challenge of working with colleagues throughout her school district in a coaching capacity. She even became knowledgeable about the “boxes and wires” as she sometimes had to learn how to first rectify their issues with their computers before she could coach them to use those computers as part of their teaching practice. When Covid-19 happened, her role changed as she worked to help teachers become online teachers instead of regular classroom teachers. In addition, several of their district students didn’t have computers and some didn’t have internet access where they lived. For those students, online learning did not happen, a significant frustration for Colleen. As well, there was very little time to adequately prepare teachers for this new approach to teaching. In September, students and their parents were given the choice whether to attend regular classes or to do online learning. Colleen’s assignment changed again as she was asked to provide online learning for 64 students in Grades 9-12 in the Sciences and Religious Studies. Although she was ecstatic to again be teaching students, she has found that teachers have continued to call her for assistance with their technology or for some coaching advice, and she works hard at making the time to respond to their requests even though that is no

longer her teaching assignment. Teaching online can also be lonely work because there is less adult interaction with colleagues than there is as a regular staff member in a school.

Emilie Keane and daughter Colleen

The perspective from an Elementary Teacher:

"I teach Grade 3 - At Home Learning for Red Deer Catholic. This year our students/families were given the choice of in-school learning, At Home Learning or Home-schooling (via different district). At the start of September, I had 93 students from 13 catchment schools in our district, as did most of the teachers from Pre-K to Grade 12, with some grades having more than one hundred students. As funds were allocated from the government to our district, more teachers were put in place to help with the class sizes. My grade 3 class was split 60/40, with a new hire to teach a Grade 3/4 split. This new hire also took on students from the grade 4 teacher.

I was left with 50 students from 10 of our elementary schools in our district. It has been quite challenging preparing lessons each week for the At Home Learners using Google Classroom in Language Arts, Math, Science, Social, Religion, Phys. Ed and Health. Even though I have been teaching for 28 years, I have had to reproduce all of my teaching materials into digital format - this is extremely time consuming. Our lessons and student materials need to be ready to go for the entire week at the beginning of each week. It is also a requirement that I meet with each catchment school twice a week for synchronous instruction, including levelled reading groups. Each group meet is for 45 minutes. As teachers we are also expected to have "office hours" 9 am - 3 pm **Monday to Friday**, for parents and students to contact us. What has been challenging and very time consuming, is the marking for so many students and recording their marks & comments in PowerSchool on a weekly basis. One other thing lacking for the At Home Learners is EA support and ELL support, as there is none being provided to students who would normally receive these supports if they were in the school building. This is due largely because of our provincial government cutting funding to these support programs.

With regards to student achievement, the kids are doing well. They understand the expectations and are committed to their learning. Parents have been very supportive. There was lots of positive feedback from parent/teacher interviews held at the beginning of November. All interviews were completed over the phone with a 10-minute time slot allocated and a 2-minute break in between each interview. "

Mary Pat O'Neill, as discussed with her daughter Cathy

REVIEWS and REFLECTIONS:

From Janet Kiriakides:

On November 20th there was a Zoom meeting for STARTA members, arranged by Marian Oberg and hosted by Mike Dickinson. Laura Heatherington had recorded interviews with a Principal and a teacher regarding teaching during the pandemic. We also heard from two members regarding their daughters' experiences teaching during the pandemic. These are extremely challenging times for teachers, so these perspectives provided a very interesting and informative meeting. Many thanks to Laura for putting together this presentation, to Mike for hosting and to Marian for arranging the meeting.

From Dawn Curran:

Last [March 6](#), during “the before time”, I enjoyed the last STARTA breakfast for 2020. I have been missing the fellowship and the timely topics. However, the STARTA programmers have found a way to bring a virtual STARTA breakfast into my own home. Armed with some hot coffee and Zoom link (sent to me by Wendy Poirier), I recently joined about a dozen participants to hear speakers on the topic “Teaching in These COVID-19 Times”.

Our able STARTA interviewer, Laura Heatherington asked a principal and a teacher to let us into their office and classroom on a Zoom call. Schools are closed to us all right now, so it was a privilege see them and to learn how they are shouldering the great task of teaching during a pandemic.

I learned how difficult it is to be quarantined when a school outbreak occurs, how expensive it is to get subs to cover for quarantined staff, how frightening it is to face getting sick, how to juggle the demands of at-home learners, assessments, lack of human high fives and rapport with students. Yet the resilience these educators showed seemed to come from the eagerness of their students. I do worry about their strength to keep this up much longer. I cannot conceive of how my workday would change if I were in the classroom [today](#). One thing I do know is that teachers are professionals and will do their best under the worst conditions.

If you have never ventured into ‘Zoomland’, I recommend it. Certainly, it cannot take the place of real gatherings, our book sales, our delicious brunches, and the fun of just getting out with old friends and new. Yet, I must keep my vital connection with STARTA members and to keep me up on issues that interest retired teachers. Thanks, executive for your energy and programming for STARTA.

From Ardyth Garrison:

Thank you to Laura for taking advantage of technology to provide interviews with current teaching professionals. Also, thanks to Emilie and her daughter for sharing personal reflections, and to Mary-Pat for including comments from her daughter.

Some things that really resonated with me:

- “Distancing” and Teaching. Each presenter referred to the tension caused by the need to distance in the interaction between teacher and student. This came up in the context of virtual teaching and classroom teaching where physical distance is necessary. Teaching is inherently interpersonal. I can well appreciate that distancing would add stress to teaching in COVID times and have profound impacts on the interpersonal nature of teaching and learning.
- Great change--Little time. Many comments referred to the need to implement significant changes on very short notice. For example, when schools closed last March, teachers had very little time to transform into “virtual teachers”. Similarly, this fall teaching assignments needed to change to facilitate cohorting. Knowing the hours required to plan and prepare, I am appreciative of the hard work expected of teachers in 2020.
- Revised timetables and new teaching assignments. Presenters described the need to develop a new timetable and revise teaching assignments a few weeks into the new school year. In some cases, teachers who had been subject area specialists needed to begin teaching other core subjects with limited background. I can imagine the hours of research and planning that would entail!
- Collegiality and Mutual Support. Something that did not surprise me was hearing that colleagues were fully prepared to share and to support one another in the face of

change and innovation. Congratulations and Appreciation to all Administrators, Teachers, Paraprofessionals and Support Staff for their dedication to Education in COVID Times!

ZOOM. . . . What's that you say?

"What a blast on [Dec 8](#) - sharing [Christmas](#) cheer with others from the comfort of my own home. Discussion was pretty lively for a bunch of old retired people. I look forward to January's chat on the [January 14](#) at 10:30 am. Who knows what the topics will be?" from Mike Dickinson

Thank you to our Executive for embracing Zoom Meetings! We have ended this year with two lovely socials. Both coffee chats were so relaxed and informal. Each went in a different direction, depending who attended and what came up. Each time members joined remotely (Tofino, Calgary, home at the lake) as well as from the local neighborhood--so that highlighted the ultimate flexibility of the tool!

How nice to see people's smiles and expressions in COVID times! From Ardyth Garrison

At 10:30 am on December 8th, a small group of STARTA members gathered to visit on-line. There was laughter, good cheer, and collective problem solving. We discussed what we were doing for Christmas and, of course, food at Christmas. A surprising number of us have our mother's Purity Cookbooks and showed them. The different coloured covers demonstrated that this was a popular book with several editions. We also had a conversation about the difficulties of caring for very elderly parents during the pandemic. The group talked about downsizing and a list of charities that accept downsized items was generated. The list included Jessie's House, Find, Homeward Trust, St. Vincent de Paul, Habitat for Humanity and the Marion Centre in downtown Edmonton. Some of these organizations will even pick up items. The next online social event invitation and details are listed below. We encourage you to attend. January can sometimes seem like a very long month and it would be good to see and hear from you.

From *Janet Kiriakides*

**Next STARTA Coffee & Chat on January 14, 2021 at 10:30.
January is the month for Hot Chocolate and diet pills, so grab your veggies and your beverage of choice, and connect with friends through the following Zoom invitation.**

mroberg@telusplanet.net is inviting you to a scheduled Zoom meeting.

Topic: mroberg@telusplanet.net's Zoom Meeting

Time: [Jan 14](#), 2021 10:30 AM Mountain Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/8377020878?pwd=MHVEamxuQmRpRnJJbmF4Uk1RZ1VmQT09>

Meeting ID: 837 702 0878

Passcode: 2Jt0Z3

Telephone Access

+1 587 328 1099 Canada

Meeting ID: 837 702 0878

Passcode: 470813

Find your local number: <https://zoom.us/j/8377020878>

IMPORTANT JANUARY ARTA news

Be on the lookout for your new ARTA benefits card which is scheduled to arrive in the mail this month. **You will need to show this card to health care providers who direct bill the plan.** The ARTA card becomes active on January first, so you must use your current ASEBP card until January 1, 2021.

If you plan on travel you are advised that ARTA travel insurance does not cover claims for Covid-19 medical claims because of the government's advisory not to travel due to Covid-19. Additional travel insurance can be purchased through a variety of independent insurance companies. Please read all the details and fine print very carefully. Many of these plans have very limited coverage for both the dollar amount and for the time period covered. For example, one airline is offering Covid-19 coverage for up to \$200 000.00 for a set time period. If you exceed the dollar value or continue to be in need of help outside the time period, you will then be responsible for payment. Insurance claims of a million dollars for Covi-19 treatment are well within the realm of possibility. Heeding the government advisory not to travel is safest for both your physical and financial well-being.

OTHER UPCOMING EVENTS:

DECEMBER ENTERTAINMENT

Getting a bit of cabin fever? Need a live production? How about a play right in your own home? ***It's free!!!***

Yes, you read right.....

A **free Christmas play on the radio**, which you can get on your computer. The Lac La Biche Players present "**Its a Wonderful Life**" by Joe Landry, based on the classic movie of the same name. Just tune in to your radio to any one of the following stations:

Lac La Biche Boom 103.5

St. Paul Real Country 97.7

Bonnyville Hot 101.3

OR

Cold Lake Boom 95.3

Two times.....

Dec 24 at 7:00 pm

OR

Dec 25 at Noon.

These are also available on the net through their websites. Or you can stream it via

“Broadway on Demand’, for a fee, Dec. 19 and 20 at 7:30 pm.

Mike Dickinson

How about this... A special FEBRUARY STARTA EVENT!

Gym closed down? Feeling sluggish? Feeling all stiff? Too icy outside? Can't find a decent exercise or stretching program suitable for someone in our "yonder" years?

Well, stay tuned for the date and time in February for a Zoom presentation - a

"STARTA Exercises and Stretching demonstration"

Yes, we have arranged with an exercise expert for seniors at Servus Place to present a Zoom demonstration of various exercises and stretching techniques geared for people in our age group. This will be suitable for people of all skill and mobility levels. No special equipment is needed. Use common grocery items, chairs, door frames and even your stairs.

Our expert has worked with seniors on a one-to-one basis and in a class setting for exercises. She has led seniors stretching classes. She is also a trained yoga instructor.

We have told her about our membership and their needs. We encourage you to join us.

This demonstration promises to be a program that will help us through the difficult months ahead. The Zoom invitation will be listed in the January News Bulletin.

Mike Dickinson

OTHER NEWS: In the midst of the cold and the snow, let's think back to last spring – to the Wellness Activity Challenge! "Congratulations to Maureen Barrett Cross who has again turned in the best performance from STARTA in the Wellness Challenge last spring.

We had a second winner..._One person was randomly chosen from all participants in the 2020 Discover Wellness Challenge, and it was from our branch.

Congratulations to Ray St. Martin for participating and being part of the group

representing our branch. Ray won "a beautiful *Stormtech* vest that will be well used during the golf season."

Thank you... Thank you... Thank you...

St. Albert Food Bank Donation

A huge Thank you to all who contributed to make Christmas just a little happier for those in need in St. Albert!

Other activities during Covid-19:

Last Bulletin, we were treated to a Grade 3 story. We left off with the teacher saying, "Little did I know what I had just started. The next day everyone in class had a jar full of green worms."

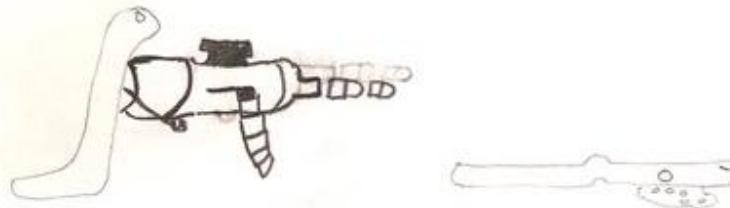
THE INVASION
OF THE GREEN
WORMS

The rest of The Story:



Written by J. Keltie ©1989
Illustrated by J. Keltie
A. Vig
K. Lewis
Dedicated to Grade 3 1989-90

"I've got blackies and brownies," said Matthew,
"and they're fighting and killing the greenies."
"WORM WARS!" I cried in despair. "Get rid
of them all! NOW!"



"Yow!" yelled Chris. "They're two metres long, just like Mr. Danard's boa. Head for the hills!!! They're man eaters!!"
"Good," I said, "they won't eat me." I ducked behind my desk, rummaged in my box and pulled out my handi-dandi teacher-special water pistol.

Last News Bulletin you were asked to share with us

*"How will you and your family celebrate Christmas this year?"
Here are responses from some of our members:*

Ideas for an old-fashioned Christmas (from one of our members)

1. Decorations –
 - a. Cut some branches from cedars and tie them into a wreath with ribbons or insert them into a planter along with some ribbon and a few other decorations
 - b. To make a centerpiece for the dining table, cut some small branches from cedars. Insert them into a vase with some large acorns. Add ribbon and spray with canned "snow".
 - c. Use a ribbon and small sprig of cedar to tie a cloth napkin and lay in each dinner plate as you set your Christmas table
 - d. Float a few frozen cranberries in a water glass
 - e. Use old Christmas cards. Cut out some of the cover picture then glue it to a folded piece of cardstock to make a nameplate for your dinner table
2. Christmas Punch recipe:
 - 1 can of each: frozen pink lemonade, frozen lime lemonade, frozen yellow lemonade AND 1 can of frozen juice of your choice (pineapple is very good)
 - 4 cans water



"Take that you miserable worms!" I cried as I squirted them with the Teachers' Special All Purpose Spray.

- Slices of oranges, lemons or sliced strawberries or raspberries
3. Celebrating Christmas with Zoom
 - a. Each person chooses one gift to open while all other Zoom participants are watching
 - b. Sing some Christmas carols together
 - c. Say grace before your meal together

Christmas 2020

As I was thinking about how much I was going to miss our traditional family Christmas, it occurred to me that our feelings at this time of year were a lot about EXPECTATIONS. I thought about my paternal grandparents who emigrated from Scotland in 1908 with the first of their four children. There was no expectation of spending Christmas with their extended family; in fact, no expectation of ever seeing them in person again. That was true of most immigrant families. They had only letters and gifts, mailed weeks earlier, to provide contact. I'm sure they missed their families, but had no expectations around celebrating the holiday together. Perhaps instead of dwelling on EXPECTATIONS, we should be thankful for all the family and community celebrations we have been able to have in the past, and celebrate virtually this year. Marian (*who is behind in any Christmas preparations already!*)

Celebrating Christmas During the Pandemic

The recent soaring Covid-19 cases and deaths in our region have led our family to discuss how best to celebrate Christmas and ensure the safety of each of our family members. That has now become a necessity with the new regulations. My husband and I have two living children, 10 grandchildren and one new little great grandbaby. We knew how devastated the children would all be if we could not get together as Christmas is our big family celebration. Our daughter had the brilliant idea that we should plan to celebrate Christmas in August (or whenever it was again safe to get together) and that we could do so at our lake cottage. We also decided that my husband and I would play Santa Clause and collect gifts from each family and deliver them where they need to go, only stepping on the front steps of each home in the process. On Christmas Day, we will use ZOOM to connect as a family and open our gifts together using technology to be together. Each family will prepare their own Christmas dinner, but my husband and I will deliver some of the special dishes we usually prepare and serve for Christmas dinner when we make our special deliveries to each household. We also recognize that we must model an upbeat and happy attitude on this day while we connect on ZOOM to help everyone "catch the spirit". We will make our plans for Christmas in August after the holidays and discuss ways to make that special.

Gerry and Emilie Keane

Recipe for Poppycock (Emilie Keane)

My husband's grandmother used to make the best poppycock I had ever eaten, and her recipe has been a family staple for our household at Christmas time for the past forty years. It is our pleasure to share it with all of you. Enjoy!

Ingredients:

24 cups white popcorn popped in an air popper	2 cups white corn syrup
1-2 pounds mixed nuts (optional)	Pinch of salt
1 pound salted butter	½ tsp. baking soda

2 cups brown sugar

1 tsp. vanilla

Process:

1. Preheat oven to 250 degrees.
2. Pop the popcorn and put it in a large roaster. White popcorn does not have the hard kernels so is best. Air popping it eliminates extra oil or butter and ensures that the boiled syrup covers the popped corn more easily. Add nuts to the top of the popped corn.
3. Melt the butter in a large Dutch oven, add the brown sugar, salt and corn syrup and boil gently to 250 degrees Fahrenheit. Remove from the heat.
4. Add baking soda and vanilla and stir well.
5. Pour the hot syrup over the popped corn and nuts. Stir well to coat as much of the popped corn as possible. Bake covered at 250 degrees for one hour, stirring well every 15 minutes. Spread thinly on cookie sheets or the counter and cool completely. Crumble and store in sealed containers.

What are we doing for Christmas? Well, We have just finished putting up the lights on our tree. We decided this was an absolute essential to keep spirits up during the darkest month of the year. We will meet with family virtually this year, likely on FaceTime. Soon our pickup truck will become the “Santa Express, delivering the gifts for Christmas and for several December birthdays to our grandchildren. It will be hard to just drop them at the doorstep without seeing anyone. We have given to our usual charities for Christmas including, most recently, the Salvation Army. My husband and I rarely eat meat these days but we have decided that we will have steak for Christmas dinner. The thought of turkey for two was daunting and we did not want to spend very long in any store this December searching for a small turkey breast. We will really miss gathering with others and in particular gathering with others to make music. Fortunately, we have access to more music than any generation before us and we do not have to leave the house to enjoy it. Nature has also been kind to us this December and we have enjoyed our daily walks. *Janet Kiriakides*
The following comes with a SUGGESTION as a family activity this Christmas:

ABSOLUTELY PRICELESS

An Elementary School Teacher had twenty-six students in her class. She presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb.

It's hard to believe these were actually done by first graders. Their insight may surprise you. While reading, keep in mind that these are only 5 & 6-year-olds, because the last one is a classic!

1.	Don't change horses	until they stop running.
2.	Strike while the	bug is close.
3.	It's always darkest before	Daylight Saving Time.

4.	Never underestimate the power of	termites.
5.	You can lead a horse to water but	how?
6.	Don't bite the hand that	looks dirty.
7.	No news is	impossible.
8.	A miss is as good as a	Mr.
9.	You can't teach an old dog new	math.
10.	If you lie down with dogs, you'll	stink in the morning.
11.	Love all, trust	me.
12.	The pen is mightier than the	pigs.
13.	An idle mind is	the best way to relax.
14.	Where there's smoke there's	pollution.
15.	Happy the bride who	gets all the presents.
16.	A penny saved is	not much.
17.	Two's company, three's	the Musketeers.
18.	Don't put off till tomorrow what	you put on to go to bed.
19.	Laugh and the whole world laughs with you, cry and	you have to blow your nose.
20.	There are none so blind as	Stevie Wonder.
21.	Children should be seen and not	spanked or grounded.
22.	If at first you don't succeed	get new batteries.
23.	You get out of something only what you	see in the picture on the box.
24.	When the blind lead the blind	get out of the way.
25.	A bird in the hand	is going to poop on you.
And the WINNER and last one!		
26.	Better late than	pregnant.

This exercise could easily be turned into a family game at Christmas. Of course, you would need to email the first part of the proverbs to participants, but it might be fun to see what endings your family and friends come up with.

Just a REMINDER: Mark your calendar

Jan. 14: Coffee and Chat with STARTA members at 10:30 a.m. via Zoom

YOUR HOMEWORK this month...Let's reflect on the past!

We have been chatting about old recipes and recipe books. If you have a book published before 1970, send me a picture of it. Add a sentence about where you got the book. Even better, send me a copy of a favourite recipe from that book, or from your childhood!

Thank you to ALL who sent items for the News Bulletin!

Merry

Christmas!

