



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

February 17, 2021

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Greetings from your STARTA EXECUTIVE! We hope you continue to keep warm, safe, and healthy!

In February it is often very cold and there are still many hours of darkness. This can give us a sense of cabin fever and this year these feelings may be amplified by the pandemic. The uncertainty of the pandemic might help us to better understand the uncertainty faced by our ancestors in the month of the February. In the past, months were named for the full moon within the month. February has been called the month of the Ice Moon or the month of the Cold Moon because of the frigid temperatures. Some called it the month of the Quickening Moon showing their desire for the promise of spring. More tellingly, it was also called the month of the Hungry Moon, indicating their concerns about food supplies lasting until spring. This year there may be people you know who are lonely and hunger for a conversation with someone. Longing for the company of others is a different kind of hunger but it has a huge impact on a person's health. If you know someone who is lonely, do a 'Random Act of Kindness' and call them. If they are a STARTA member encourage them to join in a STARTA coffee and chat. If they aren't already a member and are eligible to join reach out to them to join STARTA. Continue to stay safe, wear a mask and practice physical distancing. Hopefully we will see you at our next STARTA social on March 11th.

Janet

February is a short month with many significant special days to identify and celebrate – several of those are the focus of this News Bulletin! It is Heart Month as well as Black History month, and together we celebrate Random Acts of Kindness, Valentine's Day, Family Day and Friendship Days. Other interesting dates to celebrate:

February 20: Muffin Day: I must find my Mom's Tropical Wheat Germ Muffin recipe, I have not had those in ages. Also on this day in 1962, John Glen orbited the earth in the Friendship 7 capsule.

February 22: Play More Cards Day; playing cards and board games is good for mental acuity.

February 26: Chili Day- this makes it easy to plan dinner. Victor Hugo was born on this day in 1802. Listening to music from Les Miserables might be a fun way to observe this date. Franz Strauss was also born on this day but in 1822. His music is readily available.

February 27: Henry Wadsworth Longfellow was born in 1807. Check out some of his poetry.

February 28: Children's author Lemony Snicket was born in 1970.

March 1: Chopin was born in 1810. If you took music lessons, you may have played Chopin.

March 2: Dr. Seuss was born on this date in 1904. Take a trip down memory lane to check out some of his amusing rhymes.

March 3: Birthdate in 1847 of Alexander Graham Bell, inventor, scientist, and teacher of the deaf, mostly recognized for the invention of the telephone in 1876.

March 6: Gabriela Garcia Marquez, Spanish writer was born on this day in 1927. He is noted for his novels, "One Hundred Days of Solitude" and "Love in the Time of Cholera".

March 14: Potato Chip Day. When I was in Ireland and Scotland I was amazed at the variety of flavours they had for their crisps. Did you know that ketchup flavoured potato chips is a uniquely Canadian thing? If you do indulge get a small bag, you might like them but what they do to your health is a clear indication they don't like you. Also birthdate of Albert Einstein in 1879.

March 17: St. Patrick's Day. Celebrate by wearing something green and maybe eating something green and leafy, especially if you ate chips on the fourteenth.

Janet

A FEBRUARY STARTA EVENT! February 26,2021 at 10:30 a.m.

GET MOVING...

This one-hour *FREE ZOOM (prerecorded)* event will be presented in two parts. The first video is about stretching the many parts of your body that need it. The second part is gentle exercises. You can make them tougher if you wish. It is your choice!

Hailey Dame, senior exercise and wellness expert from Servus Place, will be leading us through a series of stretching exercises and various gentle (she knows us well!) and some 'maybe not as gentle' exercises to get the old bones and muscles moving. As this is a recorded demonstration, Hailey will not be able to see you, so you are cautioned to be very careful to not hurt yourself. Hailey will be available by email to answer any questions you have following the presentation.

What do you need to participate? Gather together a couple of canned goods as weights, a belt and a big towel. The program is suitable for people of all mobility levels. You can sit or even lie in bed to try out the stretches and exercises.

To register for this event: mroberg@telusplanet.net is inviting you to a scheduled Zoom meeting.

STARTA Program Exercise for Seniors on [Feb 26, 2021 10:30 AM Mountain Time \(US and Canada\)](#)

Join Zoom Meeting

<https://zoom.us/j/93094546025?pwd=TjJzRWVhkcGZoc0o4N3k5bHB5TElyUT09>

Meeting ID: 930 9454 6025

Passcode: 553809

Telephone: +1 587 328 1099 Meeting ID: 930 9454 6025 Passcode: 553809

A reminder———only exercise as much as you can handle. Listen to your body..... *Mike*

MEET your STARTA Executive - Introducing our treasurer Leo Bruseker

I was born in the city of Palembang on the island of Sumatra in the island nation of Indonesia to Dutch parents, Theo and Maria Bruseker. In 1952, when I was one year old, my family moved back to Holland to live with my maternal grandparents. My father, a petroleum geologist, was given special permission to look for work in Alberta and finding it in Edmonton, he called for the rest of us to join him, which we did that summer. So technically I am an immigrant but since all my memories are of growing up and working in Edmonton and St. Albert, I feel like a native born Canadian.

My schooling was very local. I attended St. Agnes School from grades 1 to 9 and St. Mary's High School from grade 10 to 12, both in Edmonton. After high school graduation I went to the U of A and graduated with a Bachelor of Education degree in 1972. At the young age of 21, married with a daughter, I landed a job at Vital Grandin School in St. Albert teaching grade seven science.

It was at the beginning of my university education that I began a forty-five year association volunteering with Scouts Canada. My first role was as an assistant Scout leader with the 88th Edmonton Scout troop and my final role was serving on the staff of the Canadian National Scout Jamboree that was held at Sylvan Lake in 2013. In between I held many positions at the local, regional, provincial and national levels. In 1993 I joined the St. Albert Breakfast Lions Club serving as President and as District Governor for Northern Alberta.

My entire thirty-six year career was spent, firstly with St. Albert Catholic Schools and then with its successor, Greater St. Albert Catholic Schools. With the exception of five years in Legal and one year at Newman college, the rest of my career was spent in St. Albert. My career comprised of nine years as a classroom teacher, one year as a vice-principal and twenty-five years as a principal.

After two more children, both boys, my first marriage ended. I remarried a wonderful woman named Sandie Bruseker (nee Gale) who was a teacher assistant in the Division. We had no children together. Tragically in 2005 she was diagnosed with oral cancer and one year later she passed away.

Upon retiring in 2008, I looked for something to occupy my time and discovered the job of newspaper carrier. For the past twelve plus years I have risen at 5:00 am, driven to the paper drop site and delivered the Edmonton Journal and Sun to homes in St. Albert. I joined STARTA in 2008 and have held the positions of Health Benefits Rep, Vice President, President, and I am currently the Treasurer. With ARTA I sat on the Governance Committee for four years and am currently on the Health Benefits Committee.

A year later my life took a huge turn for the better. I took Sandy Fildes on a date to an Oilers hockey game. At that game I learned how passionate she is about hockey and the impact it had and continues to have on her life. After several years of dating, in July 2012, I asked this incredibly beautiful, kind, caring woman to marry me. On July 27, 2013, at Holy Family Parish, we started our married life together. Sandy and I share many interests, probably the biggest being

a love of travel. We are looking forward to when the pandemic has ended and we can safely travel again.

UPCOMING MARCH EVENTS:

Our next **STARTA Coffee & Chat: March 11 , 2021 at 10:30.**

Grab your veggies, a little bit of chocolate, and your hot drink of choice and connect with friends near and dear through the following Zoom invitation.

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

Coffee Time [Mar 11, 2021 10:30 AM Mountain Time \(US and Canada\)](#)

Join Zoom Meeting

<https://zoom.us/j/93968019903?pwd=VXNnOUhjeCtNeVpUalpidTM4ZmFOQT09>

Meeting ID: 939 6801 9903

Passcode: 233153

Telephone: +1 587 328 1099

Meeting ID: 939 6801 9903

Passcode: 233153

*A MARCH STARTA FREE ZOOM (prerecorded) EVENT!
MARCH 26,2021 at 10:30 a.m.*

Gardening...

Just in time for the gardening season - a live discussion with master gardener Charlie Schroder! Charlie has been gardening since he was knee high.....really! He has some great ideas! He has written articles in the Gazette, and radically changed his gardening style after he retired.

Charlie will answer all your questions. However, he really does need your questions ahead of time..... pass them to me by [March 19th](#) at mikedickinsonab@yahoo.ca.

Good-Mood Boosters (Be kind to yourself)

In a recent online edition of *Carp Lifestyle*, an article on Good-Mood Boosters highlighted several ways to how to “give yourself a mindfully healthy leg-up”. In brief, the article mentions the following and makes further suggestions as to actual products which might be effective.

1. Hear—Listen to music.

2. See—Virtual tours of art galleries
3. Smell—scented cleaning products
4. Touch—facial massage while applying makeup or moisturizing
5. Taste—Wine and cheese

Feb. 11th Coffee and Chat In Review:

A group of around 16 people were in attendance for this chat and we were able to welcome a new STARTA member. The discussion meandered through several topics. Concerns about the new variants of Covid-19 began the conversation. Discussion of the changes to our pension management led to a discussion about the lack of reply or of meaningful replies from MLAs. ARTA Benefits and some difficulties related to accessing the Benefits plan was an issue with participants reporting experiences varying from a very smooth transition to having preliminary work for a procedure begin and finding there was a difficulty so that the procedure itself was halted and then being unable to contact ARTA. The group was advised about upcoming events including the Stretching and Exercising event on February 26th and a 'question and answer' event on the topic of gardening for March 26th. On March 11th there will be another Coffee and Chat event. All of these events will take place on Zoom and will be held at 10:30 am. Participants were also reminded that updating their contact information for STARTA is important to allow us to keep you informed about STARTA. The topic of visiting with seniors in long term care and in assisted living and the resultant loneliness of isolation was considered. One means of speaking with seniors who are unable to utilize technology was discussed. In some of these facilities you can schedule an appointment or a series of appointments to visit with your loved one(s) via FaceTime. A staff member of the facility will then go to your friend or loved ones residence and facilitate the FaceTime visit. If you are in a situation where this might be beneficial, contact the facility and see if this is a service they offer or could be encouraged to offer. In some facilities there may be a fee relating to this. The news bulletin was discussed. Our tireless editor was complimented for her work. We encourage you to send in anything you might have to offer on the topic (or homework) suggested. We want to have as many of you as possible participate in STARTA Zoom events and in entries for the news bulletin.

Janet

During our coffee chat on February 11, we talked about knitting and crocheting, with a view of donating items to support those in need. One charity in Edmonton, supported by ARTA a couple of years ago, is OFSS.

Operation Friendship Seniors Society Edmonton Serves Edmonton's Inner City Seniors
Since 1969 OFSS and Pioneer Place offer services without judgement to improve the quality of life for seniors in need over 55 years of age. www.ofss.org

Can anyone suggest organizations in St. Albert which would benefit from contributions of knitted and crocheted hats, mitts or blankets for distribution?

Marian

WE LAUGHED, WE CRIED.....

Well, we laughedat the last zoom STRTA chat on [Feb 11](#). Didn't cry but laughed lots! We also had a couple of serious discussions. It was good....No- actually Great! Talked Covid-19, politics, benefits, weather, food, soup and all the way to nuts.....It lasted over an hour.

Oh and lots and lots of reminders to submit articles for the bulletin from a certain Ms P.

Next one is [March 11](#). Should be good.

Mike

March 2021: ARTA Benefits

A reminder that you should have received an ARTA benefits card in the mail. Place this card in your wallet and ensure that you show it to your health care practitioners and your pharmacy. If you did not receive an ARTA benefits card call 780-822-2400 or 780-989-8709. Once you have received your ARTA benefits card you can then register with myarta.net and also download the ARTA Benefits app. This is available for both Apple and Android devices. Make sure you have the card before you go to myarta.net or download the app. The app is free.

Your card has no readily discernible plan number on it. Green Shield Canada is able to determine that you are part of ARTA Benefits by the letters ART at the beginning of your benefit ID number. Some providers have had difficulty with understanding the lack of a plan number, so you may need to explain this. To avoid having to send in your receipts please utilize the ARTA Benefits app but keep the receipts for your records. If you go through myarta.net you will likely have to mail in your receipts.

Call volume for assistance with ARTA Benefits was very high in January but has settled to more normal numbers now. If you encountered difficulty getting through and decided to await a better time, or you simply couldn't get through in January, please try again now. Remember that this change was necessitated by changes to provincial legislation which affected the feasibility of continuing with our previous provider and insurance company. These changes have proven to be challenging and the difficulties of these changes have likely been exacerbated by the constraints caused by the pandemic. Please exercise patience with the ARTA Benefits employees; they are working hard to provide you with good service.

User names and passwords.

When I downloaded the ARTA benefits app I found downloading it to be easy. But as usual I had 'fun' with the password. You can use the strong password they suggest and save it to your password keeping app or you can create your own strong password and save it to your hidden list of passwords. If you make your own password ensure that it has a mix of upper and lower case letters, numbers and special characters. The following YouTube clip is by a British comedian about passwords. It does warn you of some traps you can fall into when creating your own passwords. The section is in the first half of this clip. Warning, he does use one piece of discretionary language that we as teachers were very careful to avoid but have likely all heard from a student at some time. If you fear you might find this offensive please do not view the clip. Watch the second half of the clip entirely at

your own discretion, it has not been previewed for language or content. This is the YouTube link <https://youtu.be/aHaBH4LqGsI>

Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

BLACK HISTORY MONTH:

February is Black History Month and the St. Albert - based Africans and African Descendants Friendship Club have created a celebration to showcase the richness and diversity of Africa's culture and traditions.

The 2021 Taste of Africa takes place on [Saturday, February 27](#) from 4-6 P.M., and combines online performances and in-person food pickups.

Through live-streaming, the program will feature a variety show, dance, story-telling and a drumming group. **Tickets for the live-stream variety show are \$5.00.**

The food delivery will be drive-through pick-up - pizza boxes filled with samplers of African and Caribbean cuisine. **The food-tasting and livestream tickets are \$10.00.**

Tickets are available through Eventbrite at <https://www.eventbrite.ca/e/taste-of-africacelebrating-black-history-in-st-a-tickets-136832257967>

And a second EVENT: The St Albert Public Library will host 3 movie night/Watch party events on Friday evenings in February. Watch Party and the registration link is below: <https://sapl.libcal.com/event/3593056>

Betty Mackey and Marian

Amber Valley, Alberta

One early Black settlement is Amber Valley. Immigrants to Amber Valley came from the Deep South and Oklahoma escaping Jim Crow laws. Between 1909 and 1911 about 1000 Black Americans came to Alberta; settling in communities such as Amber Valley, Junkins (now Wildwood), Keystone (now Breton) and Campsie (near Barrhead). They faced many difficulties, beginning with the Canadian governments of that era, clear preference for European settlers and for White American Farmers. Farming conditions were harsher than many had faced before but they persisted and grew to a community of around 300. They built a school and a church and had the first Post Office in Alberta

that was run by a Black man. A higher percentage of these Black immigrants were able to meet the requirements of homesteading and became landowners than of similar neighbouring groups of that era. They were helped by the more established nearby Ukrainian settlers. After World War Two many of the descendants of the original settlers moved to more urban areas. Shiloh Baptist Church in Edmonton was founded by Amber Valley descendants. Amber Valley is now a ghost town and site of Obadiah Place, a provincial heritage site. Amber Valley is located east of Athabasca. *Janet Kiriakides*



The Black Community in Wildwood

My father-in-law came to Canada as a youngster and lived for a time (about 1912) with his uncle in Junkins (later renamed Wildwood). In his “Memories of Wildwood” he names seven black families who had settled in the area. Mention was given to a pair of brothers who had learned brickmaking so used bricks to build their homes. The life of a pioneer in the Alberta bush was difficult for everyone, and isolating, so gradually many of the black families, especially the young people, moved on to more settled areas.

Marian

Random Acts of Kindness: Just from the HEART
So many of our members return gifts of kindness to society with little or no recognition! Many ‘Acts of Kindness’ are done anonymously. Here are a few examples...

1. I belong to a knitting club and many of us knit and crochet for charities. I have crocheted over 2000 hats and donated most of them to charities that support the homeless and needy populations in the Greater Victoria area. My friends have donated their leftover yarn to me as they know I donate the hats. One of my daughters collects yarn from her friends in Vancouver and gets that to me. Even my sister in Sundre sent me a big box of yarn. This gives me something to do during the COVID restrictions, keeps my fingers nimble and the hats help various charities with their clothing drives.
Valerie Joan Barrie (Kelly)

2. One of my scrapbooking friends has taken on a special project several times during Covid-19 restrictions. She and her sister create and handmake about 140 cards to be dispersed by staff to the residents at the Senior’s centre where their mom resides. Here is a picture of the cards going out to residents in March – something to hopefully brighten their days! What a time consuming but kind, giving and caring activity, just from the heart! Thank you ladies!!!



3. When we go to the grocery store or some other retailer for essentials we make an extra effort to be friendly and to thank the workers. This is a difficult time for them. We recognize the risk they are taking with regards to Covid and that they are often asked to take on the extra work of policing public health orders in their work place. We went to a grocery store in early November and as we were cashing out we struck up a conversation with the cashier. It turned out he was a University student taking his classes online in a very demanding field. At the end of the conversation he asked what we were doing that evening. We said that our conversation with him was our big social event for the night and most likely the week and that we had enjoyed chatting with him. We could see he was delighted and we spoke again with him the few times we went in shopping after that. He was always jovial and greeted us even if we were not at his till. On our last visit with him we learned that he was about to embark on a series of internships at a variety of firms and would no longer be working at the grocery store. It was interesting to us how meaningful a small act of friendship was and how mutually beneficial. We will miss seeing him.
4. **Five, six, seven, eight, who do we appreciate? Hey, just like in school.....what a cheer that was So, during this time of Covid-19 and cold weather, who do we appreciate? Our mechanic. The person who got our frozen car going at – 38 degrees. Neighbours. Family members. Executive members who have spent countless hours to make our lives better. The paper delivery person. Postal workers. Delivery people. Friends who have reached out more than normal. Sometimes, thank you is enough.**
5. Early in February, I needed to mail a birthday card, and decided to pop into the local Post Office (downtown St. Albert). There were no customers inside, and only one Post Office employee. I handed the lady my stamped envelope and thanked her for her service to all of us, risking her health by serving the public. The response was positive and a little surprising – **her expression told me that she was fighting tears as she thanked me for ‘making her day’ with my comment. It reminded me that I/ we need to do that more often!**

RESOURCES for your pleasure : If you are looking for some ideas for keeping yourself engaged or entertained during this Covid-19 winter, here are some resources:

<https://stalbertseniors.ca/> <https://www.weseniors.ca/> You are probably familiar with these two seniors associations; it is worth checking out the activities and talks they offer. Some are free and some pay in advance or buy a membership to the association.

<https://www.mysage.ca/> This association puts out the Sage Directory of Seniors Services. They have a schedule of seniors presentations called Amazing Elders. Senator Paula Simons did a talk for them. Please email me for a schedule of upcoming events and how to access the events. laura.heatherington2@gmail.com

<https://www.goboomerang.com/> Go Boomerang is a website/organization with classes and activities to try out via Zoom. Some workshops/webinars are free and some have a fee. This is a new one to me and I am watching for a workshop to try out.

Laura

An Amusing Musical Link

<https://youtu.be/zZhTQhXnWbc>

DID YOU KNOW...that Servus Credit Union Place is offering a variety of virtual classes? There are over 20 of them. Some are drop in and some are registered. Some are webinars (one way video) and some are zoom meetings (two way video). For our purposes, I will focus on just a few. The following classes are one hour in length. I am in 4 per week now and starting **Feb 22**, I will be in 5 per week.

The one I like the best is the stretch and release class on Fridays at 10:15 am. This is a registered class (\$60, with a 15% discount for annual members- \$51.00), and does a lot to keep me limbered up. I stretch as little or as much as I feel I need.

I am taking two drop-in classes. (I have to pre register...free with annual membership or \$8.00 each for seniors.) These are on **Tues.** *'Forever Strong'* and **Thurs.** *'Forever Fit'*.

Now, the last two are a bit more of a workout. They are both registered. The first is *'Active Aging'* on Mondays. It is pure exercise. We are worked fairly hard because we have asked for that. We get some Yoga moves in this class. The next, *'Senior Strong'* is on Wednesdays. He also works us hard because we want him to.

One more for seniors is *'Gentle Yoga'* on Thursdays. Check it out if interested!

REGISTER by calling call 780-418-6088, **Monday** through **Friday**, or go to the Servus Place website.

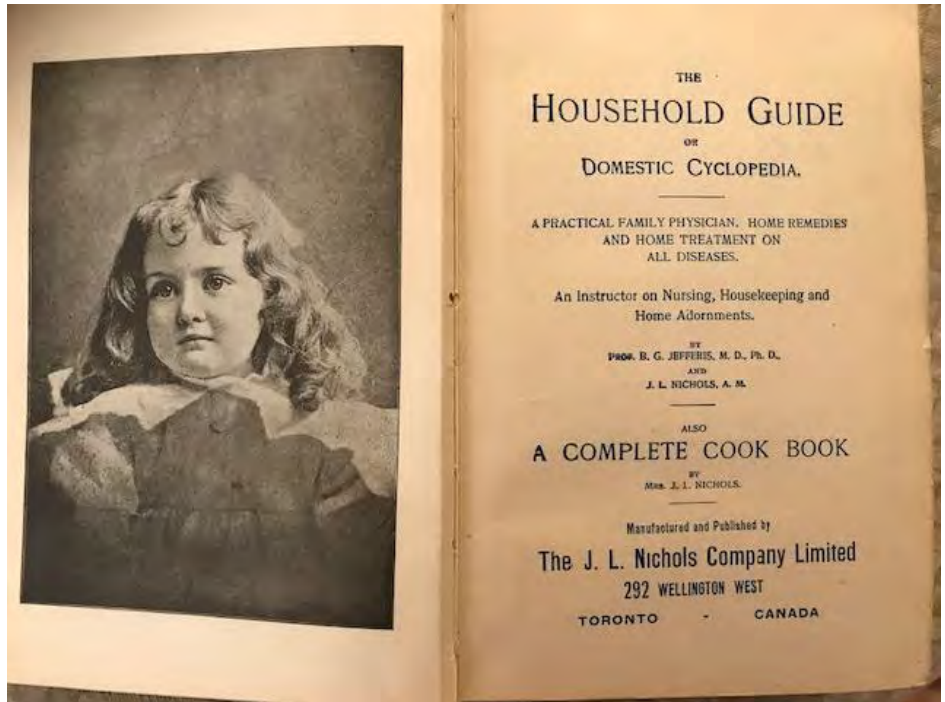
Mike

And a few Historical tidbits:

From 1894: One of our family treasures is a book on all things Housekeeping, from about 1894. It has advice on everything from how to treat disease to how to be a model housewife! It promotes itself as The Household Guide or Domestic Cyclopedia and is described as "A Practical Family Physician, Home Remedies and Home Treatment on All Diseases".

It offers everything the housewife of the time would need to know, from beauty tips

to how to do laundry, or bake a cake. Here is an article on self-wellness which seemed particularly appropriate for Wellness Month during a pandemic. Sound familiar?

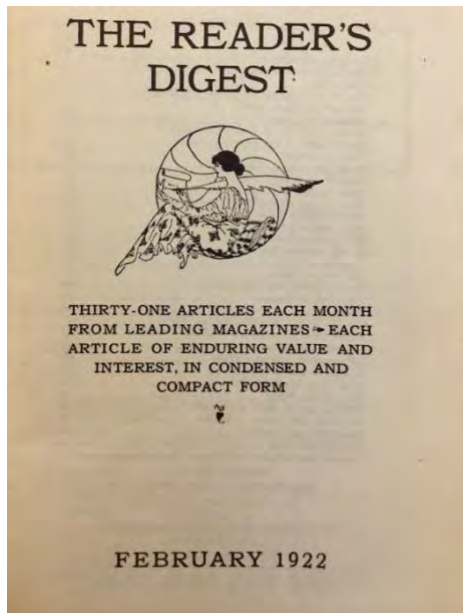


A CURE FOR THE BLUES.

Few women, and men as well, can honestly say that they have never had the "blues." One sometimes sees a cheery soul who will deny all knowledge of "doldrums," but she is usually a woman possessed of remarkable health and full of business interests, or one who literally has no time for moping. Such a woman is proof against any foolishness of the sort.

But foolishness or not, if things go wrong, and if one feels tired and worried and discouraged, one is prone to become despondent and imaginative and out of sorts with the world, and it is then we have to look for that silver lining. Usually a good, brisk walk will bring it to our notice. The physical exercise and mental distraction one finds in the open air will sweep away the cobwebs of the brain as nothing else can. As a race, we Americans are not fond of walking. We exercise too little. We worry too much. We take life too hard. We wear ourselves out in the pursuit of rest. A long, vigorous walk every day is the best tonic for mind and body, and, an almost invariable panacea for the "blues."

The Reader's Digest, February, 1922



While searching for the old cookbooks in our possession, my husband and I decided to undertake the daunting task of cleaning out the basement. We have lived in this house for over thirty years and there was quite an accumulation. This is an ongoing project that we have likened to both a wholesale excavation and an archaeological dig. One treasure that we discovered was a copy of the Reader's Digest from February 1922. I believe it belonged to my maternal grandparents as we found it with a songbook from the Isle of Man. We are uncertain as to whether what is pictured is the outside cover or not. The magazine apparently cost 25 cents a copy or \$3.00 a year, so, no saving on a subscription. A sample of some of the titles in the Table of Contents reveals the following, "Whatever is New for Women is Wrong" (Oh, no!), "Watch Your Dog and Be Wise", "Love, Luxury or Necessity", "Useful Points for Judging People", and "Can We Have a Beautiful

Human Race".

In an article called, "How to Keep Young Mentally" the merits of applying Alexander Graham Bell's idea for staying mentally young is discussed. Alexander Graham Bell was at that time, living and approaching his 75th birthday in March of 1922. The secret, he claimed was continuing to self-educate through the three-step process of observing, remembering and comparing. He said that this resulted in real knowledge that was personal to you. He noted the following with regards to observing, remembering, and comparing; "It is the foundation of all education. And the wonderful thing about it is that gaining an education in this way is not a penance, but a delight." He believed very strongly in self education and that ideally children should learn as much as possible using this method. He thought that your mind could not atrophy if you observed, remembered and compared on a regular basis.

Another article is entitled, "Progress in Science". It discusses how "telephonic" communications with a steamship on the west coast had been completed the year before and touted, "From ocean to ocean via radio, telephone line and radio again!" Aerial photography as applied to commercial use was also an important new science and technology application of this time period. An artificial process via application of specific gases to prevent discolouration of Satsuma oranges had been put to use. Finally, the internal changes we undergo when we lie had been observed and a machine built to detect if an individual was lying had been developed.

It was very interesting to have a look at the thoughts and observations from this snapshot of history.

A kind thought for each of you:

"Today may there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born in yourself and others. May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us."

Just a REMINDER: Mark your calendar

**March 11, 2021: Coffee and Chat with STARTA members
at 10:30 a.m. via Zoom**

**March 26, 2021: Another EXCITING STARTA ZOOM EVENT
on Gardening at 10:30 a.m.**

Thank you to each of you who contributed to this News Bulletin! Not only does it make my job so much easier, but it also makes the bulletin so interesting! Keep those articles coming!