



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

April 17, 2021

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Happy, Happy Anniversary!!!

***“Counting flowers on the wall, that’s not for us at all,
Playing solitaire ‘til dawn, it’s just not for everyone.”
(Well the words are a little like that- not every lyric is sung accurately)***

We are celebrating surviving one full year of Covid. My anniversary was March 5th – that was the first day of our quarantine on the Princess cruise ship last year (Peggy). Many of our members have specific one year anniversary dates in March as well...while others just remember that it was sometime in late March or early April that everything shut down and closed up, and we all started our own quarantines at home. At first we hoped quarantine would be short but then reality set in. Even the Venetians who gave us the word quarantine would be surprised we are still at home. With all that time on our hands, we needed to keep busy. We’re just not the kind of people to mark time. We get active, stay energized, fight off restlessness and do something.

The theme of this News Bulletin is to celebrate our survival, shake off our challenges, and see what we have accomplished! Janet and Peggy

An editing note: When you open this file, If your copy looks a little ‘wonky’ with pictures in the wrong place or things overlapping, please open it as a pdf - that will give you a ‘clean’ copy. Thanks to Emil for sending the bulletin in both formats!

April 15: The birthday of Leonardo Da Vinci

<https://www.history.com/topics/renaissance/leonardo-da-vinci>

April 17: Haiku Poetry Day

<https://thehaikufoundation.org>

April 17, 1982: The Canadian Charter of Rights and Freedoms comes into effect.

April 20, 1973: The launch of Anik A2 makes Canada the first country in the world to use a satellite for domestic communications.

April 22: Earth Day

April 23: Shakespeare's birthday. Recently I heard a funny retelling of The Three Little Pigs using Shakespearean language. It reminded me of an afternoon I spent many years ago with my niece who wanted us to spend the afternoon talking like they did in her grade one reader. Retelling a fairy tale or short story in either style might be an amusing venture.

<https://talklikesakespeare.org>

April 23, 1851: Canada's first postage stamp, the three Penny beaver, is issued.

April 23: World Book Day. What book(s) have you enjoyed recently? Don't be shy, send the titles for inclusion in the newsletter.

April 24: International Guide Dog Day

April 26: Audubon Day

<https://www.audubon.org>

April 28: Expo 67 opens. Its theme was, Man and His World

April 28: Noise Awareness Day. Being in a noisy environment has negative effects on our health beyond hearing loss.

<https://noiseawareness.org>

May 2, 1939: The National Film Board is created. The mere mention of the National Film Board causes me to hear loons and a lone clarinet and the flapping of film at the end of the reel. It reminds me of the smell of mimeograph fluid and the slightly damp, soft, sometimes wrinkled nature of mimeographed paper.

The National Film Board has produced over 13000 works and has won over 5000 awards, including 12 Oscars and 90 Genies.

May 3: World Press Freedom Day

May 4: Space Day

May 5: Cinco de Mayo

May 7, 1920: The Group of Seven Exhibit in Toronto results in international acclaim.
<https://thegroupofseven.ca/>

May 9: Migratory Bird Day: The theme this year- Sing, Fly, Soar Like a Bird
<https://www.birdday.org>

May 9: Mother's Day

May 12: International Nurses' Day: Nurses have been a group of heroes during the pandemic. When I went to the vaccination site in Sky View I found out that the nurses there are routinely working twelve or more hours a day to vaccinate people.

May 12: Limerick Day. I was surprised at how many limericks are actually too raunchy for this news letter. This site has some milder, tamer limericks:
<https://www.rd.com/list/funny-limericks/>

UPCOMING FUTURE EVENTS:

Following the pandemic restrictions, we still cannot meet together for our year-end B-B-Que, so...

Our next STARTA event, scheduled for May 20, 2021 at 10:30, will be a combination of our yearly required AGM with our monthly Coffee and Chat.

We will begin with the AGM, which will be brief as this is not an election year. Executive and committee reports, which will be sent out to all members by email at the end of April, will be briefly reviewed.

Grab a snack and a drink, and connect with friends and STARTA members through the following Zoom invitation.

Your STARTA team is inviting you to a scheduled Zoom meeting.

Topic: STARTA AGM and Coffee Event

Time: May 20, 2021 10:30 AM Mountain Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/93592599387?pwd=MVdMcFZnWTMyd0MwUkQxUTFxbThxUT09>

Meeting ID: 935 9259 9387

Passcode: 712794

Joining by phone? Contact mroberg@telusplanet.net

At this time, we have no immediate Zoom Program Events booked for the next few months but are already beginning to look at possibilities and make arrangements for the fall. If you have an idea or suggestion, please send to mikedickinsonab@yahoo.ca

Meet your STARTA Executive:

Introducing Program Convenor Mike Dickinson

I was born and raised in Regina Saskatchewan. I was second in line to a sister, who was not happy to see me. My first 3 years of life were spent in a 2 room house insulated with cardboard and located just north of the Grey Nuns Hospital. We had running water! The community tap was down on the street corner. You filled your bucket and set to running back to the house! We also had ice delivery on a regular basis. I enjoyed watching the horses pulling the covered wagon. Since, I have lost 2 of my sisters to cancer at a rather young age. I had hydrocephalus but it disappeared rather suddenly. My birth name was Gordon Michael but was quickly changed when I was 3 weeks old by my parents to Mikey, unofficially. I am childless by choice (at age 32) and presently have one sister and one brother.

I attended U of Saskatchewan (Regina Campus) for a BA in Psychology and Sociology. I obtained a BSW at U of Regina. I attended McGill for an MSW.

I have had many different jobs as a janitor, gas jockey, laundromat attendant, Watkins salesman, geological lab worker, pipeline worker, most areas of social work and community corrections, management, teaching assistant at McGill, supervisor of BSW students and staff trainer. Most recently, I taught social work at Portage College in Lac La Biche and did contract work for the U of Calgary BSW program.

I have lived in Regina, Calgary, Buffalo Narrows, Moose Jaw, Montreal, Saskatoon, Lac La Biche and of course St Albert.

Present charities of choice are the Alberta Cancer Foundation and the Humane Society. I have been involved with live theatre in various roles, St Albert Community Garden, Weight Watchers and of course, STARTA. In the past I was involved with Hope Haven Women's Shelter, the Alberta Council of Women's Shelters and Big Brothers/ Sisters.

In recent years I have been quite active at Servus Credit Union Place. My interests and activities include: gardening, swimming, biking, cross country

skiing, canoeing, aerobics, golfing, curling, hiking, camping, fishing, bowling, photography and reading.

I must say that my role of events coordinator has been a lot of fun and rewarding. That being said, I invite members to try out the position. Express your interest to any one of the executive. See you on zoom!

Meet your STARTA Executive:

*Introducing **Program Convenor Laura Heatherington:***

I have been happily retired since 2015, after teaching almost my whole career in the St. Albert Public School District. I have mainly been a French as a Second Language teacher, with time also spent in junior high social studies and elementary language arts. I have been in every grade level from K-12, either as a full time teacher or a substitute teacher. I found I quite enjoyed subbing in this district after retirement, until the pandemic hit. I loved subbing in French Immersion primary classes--what a joyful way to use my skill set.

I was born and raised in Edmonton, with 3 younger brothers. I am lucky to still have my parents living in Edmonton. As a family, we skied and camped. I joined the Naval Reserve when I was 16, and attended training at HMCS Nonsuch in Edmonton. I entered officer training once I was in university. I had several summer training courses in Victoria, Halifax and Borden, Ontario. I met incredible people from all over Canada. This was a summer job that paid my tuition costs AND provided super interesting training. I

will admit to lots of fun socializing too! Once commissioned, I acted as an administration officer at Nonsuch. During the winters, we had in-unit training plus I was able to travel to Victoria for occasional sea training weekends. Before my teaching job filled up my time and energy, I still went away for summer postings in Halifax and Borden, once working at the Queen's Harbour Master facility in Halifax, and once travelling to Norfolk, Virginia for training. I have also volunteered with the Sea Cadets, and I am involved with the Naval Association of Canada. I still am in touch with people I trained with 40-odd years ago. I remember fondly my NavRes days.....lots of fun and great people too.

I have a 32 year old daughter Leah. She is currently on a Royal Canadian Navy vessel training in navigation and piloting, ship operations and so forth. She entered the Navy as an officer in 2019, having earned a history degree at Grant MacEwan university. She says there are quite a few people with history majors in the officer training program. Leah is posted to Esquimalt just outside of Victoria, so once Covid is over, I will be visiting my old haunts. I am getting lots of vicarious thrills listening to her stories of the much-changed Navy. I have been able to travel quite a bit since I retired; most recently Southeast Asia. I would love to return to Vietnam and Thailand. Angkor Wat in Cambodia was a highlight. I have visited Japan a few times: one of my

brothers went there as an ESL teacher and stayed. I really like Japan! In 2017 I went to Morocco, where I got to do some glamping in the desert along with riding camels. Visiting the old medinas in Fez and Marrakech was super interesting, as was a visit to Chefchaouen, where the homes of the old town are painted blue. Trips to France, Holland, New York, Hawaii, and Mexico, have also fed my love for travel. I am certainly looking forward to being able to travel again once the pandemic is over.

OKARTA Virtual Wine Event:

We of OKARTA are fortunate to live in the [sun](#)-drenched Okanagan Valley, which among other things, is home to world-class vintners and a vibrant wine community with more than 200 wineries (more per square kilometer than anywhere else in Canada). So have we got a deal for YOU! Thanks to the fine work of our Treasurer Carl McColl we have arranged a virtual wine tasting/food pairing experience with the Penticton Wine Info Centre and Wendy Vallaster. The attached ad below has all the info.

Here's what you need to do:

- **register** for the event through **the link** by April 30/21
(Registrations via email: wine@pentictonwineinfo.com)
- **purchase** the selected red blend (The Leap) and white (Semillon) Okanagan wines
- **Shipping** for a 12-bottle case would be \$30. *Conjures up the idea of organizing 6 people and have the wine shipped to one location.*
- **join** the event by **ZOOM on May 20, 2021 at 6 pm.-PDT**

Suggestions for easily sourced **foods** with preparation **recipes for pairing** are **included with the wine.**

Vaccines Reminder: Getting a vaccine is something you can do to protect yourself and others. Be an advocate for getting the vaccine too. Share the website below with family, friends, and neighbours. The site is regularly refreshed and has information about what stage of administering the vaccine the government is undertaking and

where you can go for vaccines.

Check out Alberta's vaccine schedule at the following website.

<https://www.alberta.ca/covid19-vaccine.aspx>

This interesting link about the development of mRNA technology details the science behind the Moderna and Pfizer vaccines. The development of the

vaccines arose from forty years of research on mRNA and appears to have immense potential for vaccines to protect against a variety of diseases. The article affirms the value of scientific research. It also briefly discusses other vaccines such as the Johnson and Johnson vaccine for Covid 19 prevention.

<https://www.theatlantic.com/ideas/archive/2021/03/how-mrna-technology-could-change-world/618431/>

HELPING OTHERS during this pandemic:

The following link gives information about Text4Hope, a program first developed to be of assistance to victims of the Fort McMurray fires. It has been revised to assist people who are struggling during the pandemic. If you know someone who is experiencing anxiety, depression, and loneliness you could share the link as a possible resource for them. The service itself is free. It is sent by text message so subscribers would need to check on the parameters of their cell phone plan for possible costs.

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

Did you know? The Community Refugee Committee of St. Albert (CRCSA) is active again! Planning is currently underway to bring two more Syrian families to the Edmonton area. These families have been waiting patiently in Beirut until the Covid-19 situation allows them to start their new life in Canada.

To read more about the project,

- [Gazette article January 2021 \(3\).pdf](#) or check out the CRCSA Facebook page.
- Contact Marian at mroberg@telusplanet.net

Review of March STARTA Zoom Presentation:

GARDENING with Charlie Schroder

On March 26th, we were fortunate to have a zoom session with an avid, knowledgeable, long time gardener, Charles Schroder. Charlie spent almost 1 1/2 hours with us, answering many of our gardening questions, and gave us many tips and good advice for successful gardening on our area. Marion just sent out the link for the audio portion of the event.

Charles wrote articles for the St Albert Gazette on Jan. 13th, Feb. 10th, and March 10th of this year. In fact, he will continue to have articles in the paper from April until December. He talks about his many years of experiences in these articles and in his on-line blog at <https://learningbygrowing.com>.

Charlie's book on Growing and Gardening is due to be released later this year!

Mike Dickinson

The presentation on gardening by Charles Schroder was well done. Many of the questions were with regards to vegetables and this reflects a trend in gardening due to the pandemic. There were many pearls of wisdom about gardening from both the presenter and from participants. Many thanks to Mike for organizing this event.

Upcoming municipal elections:

The Alberta Municipal Election is scheduled for **October 18th, 2021**. These elections are for local government and for school trustees. The following sites provide prospective, 2021 new trustees with basic information about the general role of school trustees for public and for catholic school boards. Interested persons are encouraged to contact their local boards to access their nomination packages and to familiarize themselves with the timelines inherent with the nomination process. The nomination period started January 1, 2021 and ends four weeks prior to the election date.

School Board Elections Information Package:

<https://education.alberta.ca/media/3795940/2021-school-board-elections-information-package-october-2020.pdf>

Public School Board Trustees:

<https://education.alberta.ca/school-board-elections/school-board-elections-guide/>

Catholic School Board Trustees:

<https://www.acsta.ab.ca/>

Francophone School Board Trustees:

(contact the local school board office)

Sturgeon County:

<https://www.sturgeon.ab.ca/Election%20Planning.php>

Wellness Challenge 2021 Reminder

I believe the best buy in public health today must be a combination of regular physical exercise and a healthy diet. *Julie Bishop*

We encourage our members to participate in the ARTA Wellness Challenge. You are challenged to become more engaged in physical activity to support wellness. Participate by getting active and recording the number of minutes you are involved in activity each day from the beginning of April right through to June 30, 2021. You are encouraged to record short time periods, as well as those that are longer. Research has shown that short bursts of several minutes of physical activity have a positive effect. At the end of the challenge, you choose your best thirty days and submit the results to ARTA. Prizes are awarded to the top

performers; there will be participation prizes selected by random draw from the submissions sent by challenge participants. Remember to continue to practice Covid safety measures as you engage in these activities.

You can find out more about this challenge by reading an article entitled, “Embark on a Wellness Journey” found on pages 38–40 of the Spring 2021 edition of News&Views. An alternate source for this information can be accessed through the following link.
arta.net/wellness-challenge

An early morning walk is a blessing for the whole day.

Henry David Thoreau

Whatever fitness activity you choose to pursue take into account your current fitness condition, general safety precautions, good footwear and appropriate clothing for the activity. Maintain safety protocols enacted to prevent the spread of Covid 19. Refer to Andrew's excellent and more detailed submission on things you should consider prior to beginning a fitness adventure in the March 26th, 2021 edition of the STARTA bulletin. The March 26th edition of the STARTA bulletin is also an excellent place to look for fitness ideas as your fellow STARTA members have offered a rich variety of programs from which you could choose. Through the Zoom coffee chats and through writings for the news bulletin so many STARTA members have shared their knowledge and experience regarding fitness and many other topics.

You can readily reference previous editions of the STARTA News bulletin with the following link. <https://artabranches.net/starta/>

It is exercise alone that supports the spirits, and keeps the mind in vigour.

Marcus Tullius Cicero

Some additional ideas for your fitness journey.

- A woman in a village in the UK challenged herself to walk every street, cul-de-sac and crescent etc. in her village. Each day she recorded on a map which areas she had traversed and has now explored every nook and cranny in the area where she lives. Take into consideration the possibility of walking every sidewalk in your subdivision or becoming a tourist in a nearby subdivision or a place like Legal and tour it on foot over several weeks. (You could also take this on as a bike challenge.)
- If you have trouble getting started with fitness, consider establishing a micro-habit for exercise. Make the challenge so small it would seem silly not to do it. After that habit becomes established add just a few more reps or another exercise to it. Over time you can build a more robust fitness habit. The consistency of an exercise habit is something that will yield the greatest benefit over time.
- Consider habit-stacking. Resolve to do some exercise immediately after an already well entrenched habit. Habit-stacking can readily be combined with a micro-habit to begin a fitness journey.
- There will be those days when your inner self moans, “I don’t wanna do it!”. Be

gentle with yourself and resolve to do "just a little". Oft times once you've broken the ice and got started you'll do your whole workout. If not, do your personal "just a little" and know, that having done that, you are helping your brain grow accustomed to doing something physical as a habit. After a while your brain will become unwilling to relinquish its fitness helper. Exercise is good for the brain.

- Using a beginner's mindset is another way to start being active. This means simply try things cautiously but playfully and not become too attached to the outcome. This is very similar to how a child might begin. Ignore your prejudgements and expectations and simply try. Watch for what May result with excited anticipation and look for the small wins. This is particularly helpful if you have a tendency to plan and research to the exclusion of action.
- Use WOOP- Wish: **W**hat exactly do you want?
Outcome: What would be the outcome of achieving this wish?
Obstacles: What will get in the way of achieving the outcome?
Plan: How will you work through the obstacles?
- "If-then plans" can also be helpful. If you plan to walk for fitness but conditions are unfavourable, then what will you do?

*A man's health can be judged by which he takes two at a time:
pills or stairs.*

Joan Walsh Anglun

Everyone's fitness journey is different. We all start from different places, we think about how we plan and engage in activities in individual ways, we have different outcomes in mind and the activities we enjoy are quite diverse. We can all find a way to participate.

The Relationship Between Physical and Financial Well Being

Our financial well-being and our physical well-being are closely intertwined throughout our lives. Our finances impact our diet, our options for exercise, learning, mental stimulation and the safety and comfort of our homes. It influences the way we dress to deal with inclement weather. In youth a low socioeconomic status can have long term effects on health and the ability to learn and, later on, garner employment with reasonable financial recompense. Later in life it plays a role in decisions about health support, dental care, physical therapy, supports for enhanced quality of life and even long-term care. Exercise and a well-balanced diet, in addition to improving the quality of life at all ages have been shown to correlate to our ability to earn effectively during our working years and therefore can positively affect income. Our financial wellbeing even has consequences on our perception of our health, and this can exacerbate existing health issues. People who earned significantly less than the median for income had a greater likelihood of saying they believed they were unfit and/or unhealthy than those who earned above the median for financial earnings. Our beliefs about our health can have a real effect on our bodies. Later on in life physical activity improves mood, enjoyment and helps to reduce expenditures on some health interventions. It is

important for us to tend to all aspects of well-being, physical, mental, emotional, spiritual, social, and financial.

Exercise, prayer and meditation are examples of calming rituals. They have been shown to induce a happier mood and provide a positive pathway through life's daily frustrations. **Chuck Norris**

Spiritual and Physical Well Being: What do Various Faiths Say About Fitness

Many of the world's faiths exhort their followers to engage in fitness, viewing the human body as a temple and seeing it as a gift to be cared for responsibly. Christians can look at Proverbs 24:5 which states, "A wise man is full of strength, and a man of knowledge enhances his might." Proverbs 31 discusses the attributes of a virtuous woman and in verse 17 states, "She girds herself with strength; she exerts her arms with vigour." In the Jewish faith the Torah calls upon the faithful to take very good care of their bodies and to walk in God's ways. Maimonides, a twelfth century Rabbi, philosopher, and physician ruled that, "one is obliged to refrain from all things that impair the body and adopt those elements that strengthen it." Practitioners of Islam are expected to take care of their physical, emotional and spiritual health and believe that their bodies, a complex machine, are given to them as a trust. There is an emphasis on a simple diet and exercise. Buddhists believe that a fit, healthy, flexible mind needs to be supported by a fit, healthy, flexible body. Yoga is often advocated as a complimentary physical practice to support Buddhism's spiritual practice. Yoga is seen as an important part of Hindu religion and culture as well. The Cree First Nations People see the interconnection of physical and spiritual wellbeing. The Medicine Wheel encompasses the four stages of life as starting in the east with infancy and maturing through the south and west to old age in the North. The four directions also encompass spiritual, physical, emotional and mental well-being. The links between the four directions on the Medicine Wheel symbolize our social wellbeing. All of the links are seen as important. Many faiths believe it to be important to care for our physical wellbeing.

Alberta's New Draft Curriculum

You can preview Alberta's new draft curriculum at the following link. A survey is part of the site. We encourage you to look at the government's proposed curriculum and to provide feedback through the survey.

<https://www.alberta.ca/curriculum.aspx>

Here is the Education Minister's Contact Information

Honourable Adriana LaGrange, Minister of Education (UCP)

Legislature Office
228 Legislature Building
10800 - 97 Avenue NW
Edmonton, AB T5K 2B6
Phone
[780.427.5010](tel:780.427.5010)

Sarah Hoffman - Education Critic for the Official Opposition (NDP)
Ph: 780-455-7979
Email: Edmonton.Glenora@assembly.ab.ca
April is Math Education Month

Benford's Law

This law, sometimes known as the leading digit phenomenon, states that the first digit of any number found within a collection of numbers is likely to be quite small. Therefore, the most common leading digit is likely to be 1 in any significant set of numbers. You might expect that there would be an even distribution of the leading single digit numbers in a set of numbers but that is not the case. This law can be used as a preliminary check on whether a set of numbers may have been fraudulently conceived.

<https://mathworld.wolfram.com/BenfordsLaw.html>

Compound Interest and the Rule of 72

This rule helps you to quickly calculate how many years will elapse before an investment or (horrors) a loan will double at a specific rate of interest. You simply divide 72 by the interest rate. So for example if the interest rate is 1% the sum will double in 72 years. Here is another example where the interest rate is 9%; $72/9=8$, so the investment or loan will double in 8 years.

<https://multiplymymoney.com/what-is-compound-interest-and-the-rule-of-72/>

Multiplying with this Idea

This is sometimes known as the Japanese method but others believe it may be Chinese or Vedic in origin. There are videos to show how it is done on YouTube but this site gives you a quick look at its methodology.

https://www.archimedes-lab.org/Maths2_Multiplication.html

The Math and Science of Crumpled Paper

When you crumple a piece of paper the creases created seem random in nature. It has been discovered however that the length of the creases conforms to a general predictable rule. This may seem like it was a frivolous undertaking but it has practical application related to fragmentation theory. It can be used to help in the study of

graphene crimping for battery technology and the study of how the earth folds in geology.
<https://www.popularmechanics.com/science/math/a35913950/crumple-theory-paper-creases/>

Membership and FEES: Just a reminder...

Because the pandemic has prevented us from meeting in person, STARTA is not charging any fees for the 2020-2021 year. Memberships have simply been carried forward, so, if you were a member last year, you are a member this year.

Celebrating Our ONE-YEAR Anniversary of survival...

We asked our members to let us know what has happened in their lives in this past unusual and strange year. We hoped you would share your feelings, your experiences, your successes, your crafts, your life changes... anything from this past year that we can celebrate together.

***We asked, "What have you been doing to survive the pandemic?"
You answered...***

Janet: I have kept quite busy by continuing with my fitness program, struggling to learn the flute, practicing the clarinet, reading, doing a little art and going for regular walks. Early in the pandemic I made masks, over the growing season I gardened and lately it seems I have been writing more than I had ever imagined I would in retirement.

Marian:

- made a lot of bread, having decided that using the bread maker was one way to cut down on shopping.
- read a lot of novels
- worked on a bylaw revision for our condo
- learned a lot about how to use Zoom
- spent a lot of time at our cottage, something we seldom do during the winter

Emil: I took on a construction project, putting slide out drawers into the kitchen cupboards.



Joyce: What I made in the Past Year: My main hobby is sewing but I also worked on a few knitting projects. I have 4 great-nieces who have American Girl dolls so for Christmas I made them each a sleeping bag for their doll. Got the pattern from Pixie Faire, a pattern website for dolls. Made them in each **girl's** favourite colour. I found some labels I had ordered way back in the 1980s maybe, so put one each bag.

I was going to knit blankies for the dolls and ordered enough multi-coloured yarn from Lion Brands for 5, one for myself. HOWEVER, it took me about a month to make one, working from 5 stitches, adding 1 stitch per row, up to 120, then down to 5. They're about 30" square. Maybe get back to that project sometime this year.



Emilie: Last spring, and summer, we spent some time working in the garden and building a fire pit at our cottage at the lake. It was great to get outside and work on our yard!





Throughout the fall and winter, I worked on quite a few different crafts, sewing clothing for our newest great grandchild as well as making a quilt, and some Diamond Needle craft Art.



This Santa Claus is Diamond Art – a new form of art. Diamond Art is a hobby where you stick diamond jewels onto a pattern to look like a mosaic. Sometimes called diamond art painting (although there is no paint involved), this fun creative hobby is easy to do, frugal and great for kids and adults.

The “diamonds” are little hard plastic pieces that have been cut in such a way that they shine/shimmer in the light.



Valerie: in Victoria B.C. Here are a few samples of the 2000+ hats I have crocheted in the past year since the restrictions were put in place. Most of them have been given to various charities.



Peggy: I am thrilled to be celebrating one full year of survival with Covid-19. When our dream vacation cruise to Hawaii last year became an experience in quarantine, with 5 days on the ship, 2 weeks at the Trenton Armed Forces base, and finally 2 weeks at home, it was April 10th, 2020. But we were home and safe, so I decided to put my at-home time to good use. I tried to take on one project each week, so I completed some crafts and sewing projects, made masks, found and tried new recipes, read and recycled magazines in my collection, sorted and shared books, made lots of cards and did some scrapbooking. All in all, a good year! Here are a few pictures of my projects:



Just a REMINDER: Mark your calendar for the May 20, 2021: AGM and Coffee & Chat with STARTA members at 10:30 a.m. via Zoom

Thanks to our members who shared in this News Bulletin.