



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

May 30, 2021

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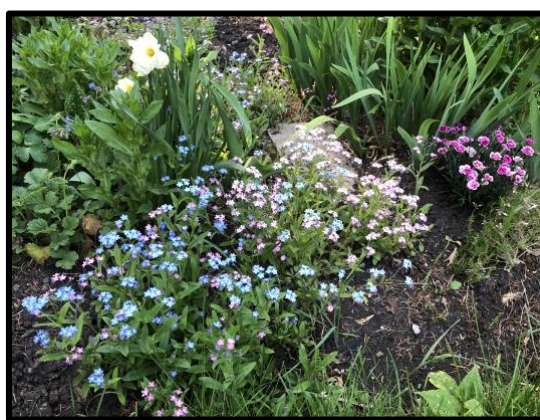
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"June" Sang the River

by Annette Wynne

"June" sang the river, "June" sang the sky;
"June" sang the trees and the flowers
together,
"June" sang the meadow-lark, "June" sing I;
June is the month of singing weather.
June is the time for swinging clover,
Time for the rumbling old fat bee-rover,
Time for the sky to bend sweetly over,
And whisper,

"Earth dear, from the East to the West
You are lovely all seasons—
but in June far the best!"



Perennials in my garden – Peggy B.

Coming up soon:

June 3: World Bicycle Day

June 4: Aesop's Birthday (allegedly)

June 6: D-Day

June 8, 1831: De La Verendrye leaves Montreal to establish new trading posts in the west.

June 15: Power of a Smile Day: Even while you are wearing a mask your eyes will reveal the smile beneath it. A smile is good for you and it is good for others too.

UPCOMING FUTURE EVENTS:

Next STARTA Zoom Coffee & Chat : June 17th at 10:30 am

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

Join Zoom Meeting

<https://zoom.us/j/95893181084?pwd=cGk3N2Z3SkZxMG5xWlR4b1VnZTFQdz09>

Meeting ID: 958 9318 1084

Passcode: 787991

Joining by phone? Contact mroberg@telusplanet.net

Hope to see you there!

July Annual Picnic

We are still hoping to continue with our tradition of meeting at Lion's Park mid-July for the annual picnic. Of course, it will have to be quite different this year. Each attendee would need to bring their own bagged picnic lunch, beverage, dessert, chair, and wipes! Our event is still on hold due to Covid-19 restrictions for number of people attending outdoor gatherings, as well as the suspension of all city facility bookings, We are hopeful that the situation will continue to improve as we approach the summer months. Stay tuned for updates in future News Bulletins!

You have one more month to JOIN the Wellness Challenge ... you only need to document 30 days of some kind of physical activity (and there are 30 days left in June... so, NO EXCUSES!)

Participate by getting active and recording the number of minutes you are involved in activity per day. At the end of June, you choose your best thirty days, record these dates with the amounts of time, TOTAL the minutes, and submit the total of time to ARTA. Prizes are awarded to the top performers, as well as participation prizes selected by random draw from the submissions sent in.

Further information can be accessed through the following link.

arta.net/wellness-challenge

An Apology from Peggy B.

Somehow, in collecting and organizing the STARTA Exec. reports for the AGM, I left out the secretary's report. I am so sorry... I am including it here. If you print and collect the reports, please add this to the AGM documents. Thank you.

2021 AGM Report:

Secretary:

I have enjoyed the second year of my two-year term as STARTA secretary. During the pandemic, I have recorded the minutes of our ZOOM meetings and have distributed them electronically to the executive members. The minutes for our executive meetings for 2020-2021 will be archived at the St. Albert Protestant Schools central office building once it I feel safe to enter the building after the pandemic.

Respectfully submitted by Emilie Keane

Gardening Tips from Dr. Peter Shipka at Riverview Chiropractic

As peaceful and relaxing as gardening can be, it's undeniable it brings with it a lot bending, twisting, reaching and pulling. Your back, upper legs, knees, shoulders, and wrists can all become affected while gardening and it's important to take the necessary precautions before, during and after enjoying your favorite hobby.

Stretch: Before you even head outside with your favorite gardening attire, give your muscles a good stretch. As with any activity that will put stress of strain on your muscle, it's imperative to stretch because warm muscles will work more efficiently and be less likely to be injured. The ***Straighten Up Alberta program*** is a great place to start if you are looking for an effective way to stretch and warm up before digging.

Body Mechanics: Gardening is full of repetitive motions, which, over time can cause you a whole host of problems. Below are different problem movements to avoid during your time enjoying your garden: One of the most pertinent things to think about when it comes to gardening is to reduce amount your body is twisting. Avid gardeners know that there is a lot of twisting to reach the space around you.

A good rule of thumb to follow is to squarely face whatever you are working on to reduce twisting. To go along with this, never over reach; move to the job and keep moving to be close to your work. If you are going to be a lot of digging, keep your elbows partially bent. Without proper technique when performing a repetitive movement like digging you may end up developing tennis elbow.

You should be trying not to reach above your shoulders when watering your potted plants. A sturdy ladder is your best friend when it comes to keeping work below shoulder level. Putting constant stress on your shoulders by constant reaching above can cause a shoulder impingement or another type of rotator cuff injury.

Avoid pinching and pulling repetitively with your finger and thumb. This usually creeps up when using pruning scissors. If you are going to pruning or using a similar motion, hold objects with a light grasp or pinch, avoid a tight sustained grip.

Tools: Believe it or not, the shovel, spade, rake, etc., you are using could be the direct cause of your discomfort. It is important to buy tools that are appropriate for your size. Try out your gardening tools before you purchase them to make sure handle size, length of spindle, and weight are right for you.

It is also important to make sure tools meant for digging are kept sharp as that will reduce the amount of effort needed to move your dirt.

Your Homework: It is B-B-Que time, and everyone likes to try something new...

Send us your “recipe” for something you like to make on the BBQ. I will share the BBQ pizza I made with the grand children in the times before the “Royal Highness Corona Virus” (it rules our lives like a tyrannical monarch). The grandchildren loved to do it because they got to “make” their own pizza. When they were preschoolers the crust sometimes had curious grey streaks in it no matter how carefully we had them scrub their hands before handling the dough. They still happily ingested it, so no harm done.

Janet Kiriakides

Send your recipes to pbergmann@shaw.ca on or before June 15, 2021

Thanks to all members who contributed to this News Bulletin.