



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

December 17, 2021

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A poem of advice for this Christmas!

This
Christmas
end a quarrel.
Seek out a forgotten
friend. Dismiss suspicion,
and replace it with trust.
Write a love letter. Share some
treasure. Give a soft answer. Keep
a promise. Find the time. Forgo a grudge.
Forgive an enemy. Listen. Apologize if you
were wrong. Try to understand. Examine your
demands on others. Think first of someone else.
Be kind; be gentle. Appreciate. Laugh a little. Laugh a
little more. Express your gratitude. Gladden the heart of a
child. Welcome a stranger. Take pleasure in the beauty and the
wonder of Earth.
Speak your love.
Speak it again.
Speak it yet
Once again.

lessonslearnedinlife.com

FROM: lessonslearnedinlife.com

A look at the days from mid-December to mid-January:

December 18: December's full moon, often called the Cold Moon in North America and the Moon before Yule in Europe. These are somewhat bland names for the full moon of December. For more exciting names for this moon, look to the First Nations People. There are several interesting Cree names for the moon, the most dramatic being the Frost Exploding Trees Moon (the imagery that comes to mind is the stuff of horror movies). Additional Cree names include, Drift Clearing Moon and Hoar Frost Moon. Names from other First Nations' are, Moon of the Popping Trees, Snow Moon, Winter Maker Moon, Long Night Moon and Moon When the Deer Shed their Antlers.

December 18: Bake Cookies Day

December 21: Crossword Puzzle Day

December 21/22: First Day of Winter, Winter Solstice

December 23: Festivus: A celebration for those who don't subscribe to any of the traditional seasonal celebrations. It is also an observance to be mindful of the commercialization that surrounds the Holiday season. It has its roots in a Seinfeld TV episode.

December 24: Christmas Eve: "Blessed is the season, which engages the whole world in a conspiracy of love." - Hamilton Wright Mabi
"Christmas Eve, a perfect night to express affection for your family, to forgive those who failed you and to forget past mistakes." - unknown

December 25: Christmas Day: Merry Christmas:

"May you have the gladness of Christmas which is hope;
The spirit of Christmas which is peace;
The heart of Christmas which is love."

- Ada V. Hendricks

December 26: Boxing Day :

“Wisdom of the Ages: Boxing Day In the UK, the day after Christmas is named after the first activity that takes place between husband and wife after the Christmas receipts are added up.”
Matthew D. Heines

December 26- January 1: Kwanzaa

December 30: Bacon Day

December 31: New Year's Eve:

“Appreciate what 'is' while you nurture what you wish 'to be!'”
Soren Sorensen

January 1, 2022: New Year's Day. Happy New Year!

“ Tomorrow, is the first blank page of a 365 page book.
Write a good one.”
Brad Paisley

“The object of a New Year is not that we should have a new year. It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes.”

G.K. Chesterton

January 3: J.R.R Tolkien Day: “All we have to decide is what to do with the time that is given us.”

J.R.R. Tolkien, The Fellowship of the Ring

“The world is indeed full of peril, and in it there are many dark places; but still there is much that is fair, and though in all lands love is now mingled with grief, it grows perhaps the greater.

J.R.R. Tolkien, The Fellowship of the Ring.

January 4: Trivia Day

January 11: Learn Your Name in Morse Code Day

January 16: Appreciate a Dragon Day:

“Never laugh at live dragons.”

J.R.R. Tolkien

RECENT ACTIVITY REVIEWS: The November 24th STARTA Bonfire

It was a sunny winter day and about 22 STARTA members were warmed by the fire and the cheerful, happy company of fellow STARTA members at Lion's Park.



Thanks to Wendy Poirier for being our fire maestra. She built the fire in “two shakes of a lamb’s tail”, tended it and then extinguished it efficiently.



The draw for a decorative Christmas lantern took place at 3:00 pm with Sylvia Hoffman being the lucky prize winner.



At the end of the gathering, our popsicle toes carried our warmed hearts back to our “sleighs” (you know- the metal and plastic ones with four round rubber runners).



December 3rd Zoom Gathering: A small group of us gathered on Zoom to participate in the Scavenger Hunt. There was some joking around, laughter, and fun. The prize winner at the end of the hunt was Valerie. She won a \$20.00 Tim's card. The game was followed by a discussion about where (other than home) participants might choose to spend Christmas. Suggestions included Switzerland, Prague, Paris, Cologne, Norway and Ireland. The descriptions given of some of these magical places at Christmas made us all long to travel to far-away places. A request was made to include a copy of the hunt in the newsletter. Here it is: - feel free to use it if you wish! Special thanks to Emilie Keane and Janet Kiriakides for composing this!

Christmas Lightning Scavenger Hunt on Zoom

Make sure you have a ruler or measuring tape at hand, your rectangle of wrapping paper and some scotch tape. (the rectangle was described as being appropriate, in the participant's estimation, to wrap a small gift)

Time limit of 2 minutes per item.

1 point for the first person to return with the item

1 point for each person who returns with the item within the 2 minute time limit

Some categories have **extra point(s)** that can be earned by meeting the specified criteria

1) *Squeeze on a brush,*

Use me twice every day,

Be thorough, don't rush

'Cause I keep bad breath away.

(Toothpaste)

2) *I'm red, white or pink. I come from the desert. I'm deadly for pets and easy to buy this time of year.*

(Poinsettia)

3) *Round and round I spin.*

And you can sing with all your kin,

I often cause your feet to move,

And you'll be in the music groove.

There's several forms of me I'm told.

So an extra point if it's extra old.

(CD or record or a cylindrical device for an automatic piano player etc.)

4) *There's an extra point for this if you come back wearing it and an extra 3 points if you are quick enough and brave enough to wear it as intended.*

Find your swimsuit.

5) There's an extra point for the tallest of these, so have your measuring device handy.

*You fill me with something good to eat,
You'll find my contents very sweet.
Little people think my contents yummy.
They put hands in me to fill up their tummy.
My lid can give away their larceny
By ceramic against ceramic harmony.*

(Cookie jar)

**6) Originally an agrarian device,
Its replica is very nice.
It is long and has a hook
Traditionally called a crook.
It's usually red and white you see
and oft festoons the tree.**

(Candy cane)

**7) Keep me fed, full and fat
With notes, cards and coins at that.
You'll need me in 'most any store;
Don't forget me when you race out the door.**

(A wallet)

Bonus point time. 1 point for a bill or a coin you find in your wallet that is foreign currency.

Is your rectangle of wrapping paper in the Goldilocks' Zone? If you can use it to wrap your wallet you are in the Zone and get another point.

**8) I'm always running round and round
Noting the time by which we're bound.
I have my hands upon my face
Meting out the rhythm of our days.**

(Analog clock or watch)

**9) On again, off again
That's all I do.
I'm portably lighting the way for you.**

(Lantern or flashlight)

**10) I can be a code or a card
Or made of metal and put on a ring.
Without me your entry may be barred
To home or car or treasure under guard.**

(A key)

Bonus point for the longest key
Bonus point if the key looks really old.

Tie breaker for in the event of a dead heat:

Tie breaker 1: Return wielding a crescent wrench or a rolling pin

Tie breaker 2: A kitchen gadget

ARTA Branch Grant

The ARTA Executive Committee has initiated the “ARTA Branch Subsidy Grant”. The purpose of this grant is to assist branches with sustainability. A subsidy for each paid-up ARTA member whose home branch is STARTA was recently sent to STARTA, and we received \$1960.00. Our treasurer, Leo Bruseker, has deposited the cheque. Many thanks to ARTA for this generous grant.

ARTACF: Alberta Retired Teacher Association Charitable Foundation

The ARTACF’s Mission:

“From classrooms and beyond, the Alberta Retired Teachers Charitable Foundation and its members are linked by one common purpose: to support Alberta Seniors in pursuit of Appropriate Housing, Health Services and English as a Second Language, to improve their lives!”

ARTCF supports the following Charities:

Parkinson Association of Alberta with ARTCF Tele-Support Groups
Alzheimer Society of Calgary for their Learning and Support Services
Alzheimer Society of Alberta / NWT: “Minds in Motion” program.
CNIB - Community Education & Outreach
Operation Friendship Seniors’ Society to support equipment for the facility.

ARTCF, with your support, can truly have a positive impact on these initiatives. ARTACF has provincial status as an Alberta Society as well as the capacity to give Tax Receipts. You too can help make a difference. Donations will be acknowledged with an income tax receipt.

For more information or to give digitally go to
<https://www.arta.net/advocacy/artcf/>

Cheques, made out to ARTCF, can be sent to the following address.

ARTCF Office
15505 - 137 Avenue NW Edmonton AB
T5V 1R9

ARTA benefits - under 65s and ARTARx

See the following websites for further details.

<https://www.arta.net/member-services/artarx/>

<https://www.arta.net/news-events/arta-news/introducing-artarx-artas-new-plan-owned-pharmacy/>

<https://www.artabenefits.net/>

Inkblots

Inkblot is a member assistance program (MAP) that is accessible digitally and provides mental health services. It provides members and their dependents with up to 5 hours of individual/couple counselling (covered by ARTA) and in addition up to 5 hours of health/ life transition/career coaching (covered by ARTA). Financial and legal consultations are available too.

Members and their eligible dependents can access timely and effective support in all areas of their life. You can respond by referring to the email Inkblot sent you or go to the following website. www.arta-map.net. Make sure you have your ARTA member number handy. If you have trouble, please email support@inkblottherapy.com or call **1-855-933-0103** for assistance.

The first 30 minutes you have with a selected counselor is free, if the counselor is not quite what you had in mind you can try another counselor for another 30 minutes sans cost. Inkblot's counselors are accredited and have a minimum of a Master's degree and 5 years of experience. Sessions vary in length from 30-90 minutes depending on the services you require. Your use of Inkblots is confidential (ARTA will not know). After your first 5 hours, if you wish to continue, you will be billed for the service. Keep the receipts and you can submit them to Green Shield Canada.

Inkblots has a **crisis hotline** that is available 24 hours each day and is accessible every day of the year. The number is: 1-855-933-0103. More information can be found at www.arta-map.net

COVID: Book a booster or get your updated vaccine record.

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

Make sure you have your date of birth, Alberta Health Care Card and the month of one of your vaccines handy. Booster shots are currently being offered to those over 60.

New auto insurance

Details about upcoming changes are available at the following link.
<https://www.alberta.ca/automobile-insurance-reform.aspx>

Considering travel?

Below are some things to be aware of as you travel.

A) Inter provincially?

Make sure your vaccine card is the one that was made available sometime after November 15. It can be read outside of the province of Alberta. Please see COVID Vaccine information earlier in the News Bulletin. Pack masks. If you are flying, make sure these masks meet the requirements of your airline.

B) Internationally?

Make sure your vaccine card is the latest one available from the province. This will have been made available sometime after November 15.

Make sure you have the arriveCan app. It is free so beware of fraudulent offerings with a cost. <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

Please read the travel advisories Canada has in place. ***If there is a level 3 or 4 advisory for your destination or intervening locations your ARTA travel insurance will not cover you for COVID related health expenses.*** <https://travel.gc.ca/travelling/advisories>

Read the rules about reentering Canada.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19.html>

Check your destination and places where you might stop in transit to find out their rules regarding COVID.

Have way more money accessible on your trip than in the pre COVID era as well as steeling yourself with a veritable treasure trove of patience and resilience. You need to be prepared for conditions to quickly change and along with that the additional impact on your bank account and your stress levels. Don't forget to go through all the preparations you would have made prior to COVID when it comes to travel. With all the extra precautions due to COVID it makes it easier to miss something.

Pack masks. Make sure these masks meet the airline's requirements.

<https://lifelifehacker.com/how-much-will-it-cost-you-if-you-get-covid-abroad-1848221646>

St. Albert Food Bank

STARTA has made a contribution of \$200.00 on behalf of its members. Other years, we have collected donations at our December Breakfast meeting, which we cannot do this year. Many groups are in the same situation, so donations are lower this year, and, because of Covid, the need is far greater than other years. We encourage you to go online to find out more and to learn how and where to donate.

<https://stalbertfoodbankandcommunityvillage.com/>

ACER/CART and Advocacy

One focus of advocacy for the Canadian Association for Retired Teachers currently is to advocate for a health care system that prioritizes care in a senior's own home.

<https://acer-cart.org/governance/priorities/>

To advocate for this initiative with Alberta's Minister of Health.

<https://www.alberta.ca/minister-of-health.aspx>

To advocate with the federal ministry.

<https://www.hc-sc.gc.ca/>

Truth and Reconciliation

We recognize, acknowledge, and honour the ancestral, traditional First Nations territories on which we live and the contributions of all Indigenous People to our community and to our nation.

To learn to say Merry Christmas in Cree:

<https://creeliteracy.org/2011/11/30/tis-the-season/>

To hear "The Little Drummer Boy" in Cree.

<https://www.youtube.com/watch?v=MBgdt2vRb2c>

To hear "O Holy Night" in Cree:

<https://www.youtube.com/watch?v=q4rrLjA5TvM>

For more carols go to:

<https://www.powwows.com/8-christmas-songs-indigenous-style/>

January Zoom Coffee and Chat on January 7th at 10:30 am

*Please join us for a short game and some lovely conversation.
Remember you do not need to have the Zoom app. Just click on the
link to see some of your friends at STARTA.*

Join Zoom Meeting

<https://us06web.zoom.us/j/83391195349?pwd=ekg0Z2creHNVaVBaZEp5TWk0NEp0Zz09>

Meeting ID: 833 9119 5349

Passcode: 419684

Phone access: 1-587-328-1099 (May mean long distance charges.)

To have the telephone access information, contact mroberg@telusplanet.net



My Christmas Ornaments

Joyce Keltie

I taught for 26 years in Killarney MB and lived there for 30. We had an annual antique sale and one year I bought an old blanket box. It didn't smell of moth balls though, but of leather so I decided it was a tack box from someone's stable. I keep all my Christmas decorations in it.





A woman from a nearby town made unique 3" Christmas tree ornaments that I looked forward to buying every year. A wonderful feature was that she wrote the year on some of the figures so I know how old they are.

My Grade 3 students gave me pieces as well. They look like play dough but are probably some other craft material. My favourites are the cats.



I also collect felt and felted wool ornaments, a lot bought at Hole's Enjoy Centre. And I made and embroidered some felt ones in bright colours, a long time ago!



When I was little, we had spun glass ornaments which were very fragile.





My mom wouldn't let me take any to school to put on our classroom tree but she gave me a red plastic bell. I still have it.

Last year my niece in London UK sent me a spun glass red English phone booth.

Beautiful pieces!



We have had a request to pass along information from the

The St. Albert Seniors Association-

Enhancing the Lives of Older Adults with Activities and Services

The Seniors Association will be closed from 11:00am on December 24th through January 2nd. We welcome you back on Monday January 3rd at 8:30 am. <https://stalbertseniors.ca/event-calendar/>

Activity Fees: *We have been pleased to offer our valued members no activity fees in 2021. Please be advised that as of January 3rd, activity fees will be reinstated. \$2.00 or purchase an activity card for \$30.00 (members only 4 spots for free!)*

For more resources see the Community Vibes newsletter:

<https://stalbert.ca/city/csd/publications/community-vibes-newsletter/>

We asked you to contribute to your News Bulletin in two ways this month...

First: SUBMISSIONS of some beautifully decorated homes and yards to see when you are out and driving around:

- 1) This list is courtesy of CFUW (Canadian Federation of University Women, Edmonton)

[CHRISTMAS-LIGHT-TOURS.doc \(cfuwedmonton.org\)](https://www.cfuwedmonton.org/CHRISTMAS-LIGHT-TOURS.doc)

- 2) An interesting list of unusual places to visit to see beautiful displays:
<https://www.familyfunCanada.com/edmonton/loveliest-light-displays-in-edmonton/>
- 3) An online news feed for StAlbertToday gives addresses of some of the most decorated exteriors of homes in St. Albert.
[Christmas Light Map - StAlbertToday.ca](http://StAlbertToday.ca)

Secondly, we asked for short funny stories to tell from Christmases past. I was really looking forward to reading your anecdotes and including them in this bulletin. Just a reminder – this is YOUR News Bulletin. It is quite enjoyable to read the stories people share.

So... HOMEWORK for next bulletin: *New Year's RESOLUTIONS* - anything interesting, silly, exciting, crazy, or anything acceptable to print. (please send to Peggy on or before Jan 12th, 2022)

Spiced Christmas Tea:

An Old-fashioned but YUMMY recipe (from the early 1960's)

1 1/2 c instant iced tea mix	1 1/2 c Tang
1 c sugar (optional)	1 tsp cinnamon
1/2 tsp ground cloves	1/2 tsp nutmeg

Put all ingredients in a large bowl and mix well. Store in a sealed jar. Add 2 TBSP. of mix to 1 cup boiling water. Stir and enjoy!

Your STARTA executive wishes

each of you a very Merry Christmas!

Stay strong, healthy and safe!

Thank you to everyone who contributed to this News Bulletin!