



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

January 17, 2022

Editors: Janet Kiriakides (rufromtheisleofmann@gmail.com)
Peggy Bergmann (pbergmann@shaw.ca)

We are already 2 weeks into the start of a New Year. Is 2022 going to be a record year...and maybe the END of Covid? That would be a reason to celebrate for sure. Maybe we will have some record-breaking warm temperatures in January and February. That might be dreaming but would be another reason to celebrate! Keep your fingers crossed and your hopes high!

DID YOU KNOW: A New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their life at the start of a new year. [wikipedia.org](https://www.wikipedia.org)

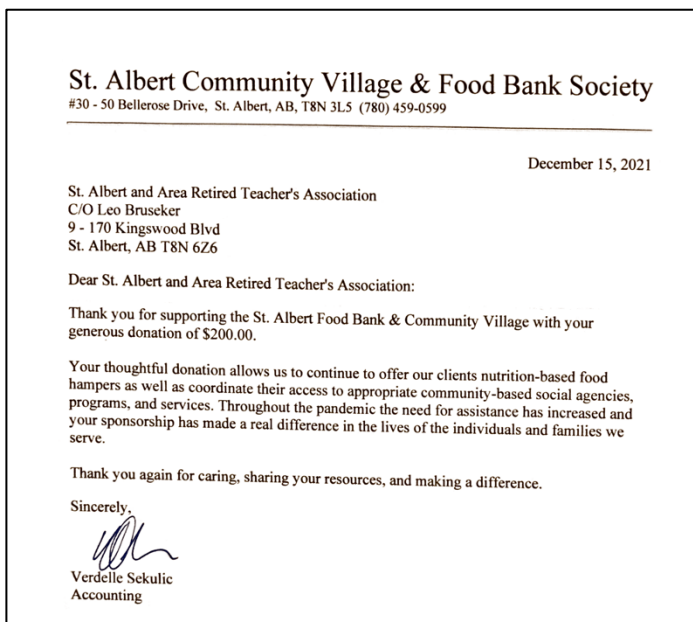
The following list is the top ten New Year's Resolutions according to Wikipedia.

1. Improve physical fitness
2. Lose weight
3. Save money
4. Pursue a career ambition
5. Spend time with family
6. Take up a new hobby
7. Give up smoking
8. Home improvement projects
9. Cut down on alcohol
10. Improve mental health

I asked members to contribute to our News Bulletin by sending me their New Year's Resolutions. Here is what I was sent:

1. Keep exercising
2. Maintain or lose some weight
3. Read 52 new books (there is a challenge out for avid readers to read books with certain elements or words in their titles- I have the guidelines. If you are interested please email Peggy B.)
4. Try a new recipe a least once each month.
5. Stretch more often.

6. Every 2 weeks, get in touch with someone I have not seen or spoken with recently.
7. Think positive! Don't get weighed down with my troubles.
8. Smile! Even under the mask, a smile is healthy!
9. Because we are likely to be stuck at home for another few months, use the time to do some cleaning/sorting/downsizing/discarding.
10. Research and read up on my next new car!
11. Enjoy the taste of food!
12. Find a new, fun activity.
13. Make a special effort to include words of encouragement in all my conversations.
14. Make time for people I care about – both family and friends!
15. Look for little 'fix-ups' to improve my living space.
16. Put away an extra \$20.00 a month for 'fun' money!
17. Plan/ take another cruise.
18. Clean out my closets!!! Especially clothes closets – get rid of things I love but no longer wear!
19. Make a 'bucket' list and complete one item on it in 2022.
20. Take on 'tiny' tasks instead of huge ones that take forever.
21. Eat more bananas!
22. Improve my fitness level



The Famous 5:

We have previously mentioned this website, but you may wish to take another look at the "Virtual Pink Tea Conversations". They have now posted a list of their monthly 'conversations' with names of presenters.

Check it out at:

<https://www.famous5.ca/>

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

January 18: Full Moon: widely known as the Wolf Moon, sometimes also called the Severe Moon, or the Freeze Up Moon. In the Southern Hemisphere it is known as the Thunder Moon, Mead Moon or the Hay Moon.

January 18: Martin Luther King Jr. Day. A day of reflection on what needs to be done for greater equality.

January 24: International Day of Education. The theme this year “Changing course, transforming education”, is a UNESCO initiative and states, “Education is a human right, a public good and a public responsibility.”

January 25: Burns Night *honours* Robbie Burns who scribed the words for Auld Lang Syne as well as other poems. Dinners ranging from very elegant formal meals to very casual dinners are held in his honour.

January 27: International Holocaust Remembrance Day

January 28: Data Privacy Day: To protect yourself make sure you are keeping your devices up to date. Usually, a notice will be sent to you that it is time to update. Check this site for recent frauds and scams:

<https://www.canada.ca/en/revenue-agency/campaigns/fraud-scams.html>

January 31: Inspire Your Heart with Art Day

February: Black History Month:

<https://www.smithsonianmag.com/smithsonian-institution/phillis-wheatley-beat-expectations-180979249/>

February 1: Lunar New Year

February 1: Imbolc (Ireland), also known as St. Brigid’s Day, is halfway between the winter solstice and spring equinox. It is one of four main seasonal Gaelic festivals that were observed in Ireland, Scotland, and the Isle of Man. This day marked the beginning of spring for Gaelics in ancient times. At this time the days were lengthening, seeds were planted, and goats and cows began to produce milk. It was a time of hope. In ancient times the day was one of veneration for the goddess Brigid. Brigid was the goddess of fire, poetry and healing and was greatly loved by the ancients. Later, the day was observed as St. Brigid’s Day. On this day there was feasting, visits to wells

dedicated to St. Brigid and Brigid's crosses were made and placed on houses to protect them. These crosses are still made today. Doors and windows were opened, and the dust of winter was swept away. To find out more, including how to make a St. Brigid's Cross, go to the following website:

<https://harreira.com/symbol/the-meaning-of-st-brigids-cross-and-how-to-make-it/>

February 2: Groundhog Day: Based on weather lore this is an amusing event, but the length of winter cannot be determined based on whether the groundhog sees his shadow or not. Some weather lore is better than others. Groundhog Day has also, because of a movie, come to mean long, boring, and repetitious. How about, "COVID 19." ?

February 4: World Cancer Day: A day to raise awareness of cancer, it's prevention and treatment.

February 9: World Marriage Day: A day to honour the lifelong commitment of spouses.

February 11: International Day of Women and Girls in Science: Did you know that our mRNA vaccines have their roots in the lone efforts of a Hungarian woman? She laboured for years at low recompense. It is her work that is the basis for the Pfizer and Moderna vaccines that most of us have received.

February 13: World Radio Day: A day to celebrate the radio and its role in democratic discourse.

February 14: Valentine's Day – spread a little Love!

February 15: National Flag of Canada Day: Do you remember being assigned to design a flag for Canada? There were some very unique and ornate looking entries from my classmates. My entry featured a sadly deformed beaver with two yellowish teeth.

February 16: Lantern Day: Some day, I hope to see this in person. The occasion marks the end of the Spring or Chinese New Years' celebration. Homes are festooned with elaborate paper lanterns, often with riddles attached. If you solve a riddle, you can take it to the homeowner for a small prize. In some places lanterns are floated down rivers. Small, sweet dumplings are consumed although in some parts of southern China the dumplings may have more savoury fillings.

STARTA EVENTS: old and new...

January 7th Coffee and Chat thru Zoom

With just under 20 attendees, topics of discussion ranged from COVID to the new ARTA Benefits Plans to this interesting question: 'If money was not a concern, and you were free to travel, where would you like to go?' Answers ranged from Australia and Alaska to Sweden, Norway, Scandinavia, and even Singapore. Some participants added considerable detail, others just suggested a place! The chat concluded with a short game called 'Gimme 5', where we were given 15 seconds to name 5 of something-in-particular, such as 5 frequently used herbs. Fun!!!

February 11th Zoom Coffee and Chat at 10:30 am (Mtn. time)

Join us to hear Gary Sawatzky from ARTA explain the new benefit plans. We will visit from 10:30 to 11:00 and then listen to Gary!

Join Zoom Meeting

<https://us06web.zoom.us/j/83579079519?pwd=bkdrTDRGUHNJOEJyOSs1NG9xdXY3UT09>

Meeting ID: 835 7907 9519

Passcode: 402624

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

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

Valentine's Day Bon Fire at Lions Park-February 14 at 2:00 pm

Join us in Lions Park for a convivial visit around a warming bonfire. Dress warmly and bring your own beverages, snacks, and chair. If you want to roast marshmallows or tube steaks please bring your own stick. Check your email before leaving home to ensure inclement weather has not caused a cancellation.

ARTA information:

www.arta-map.net

artafacts

<https://www.arta.net/news-events/arta-facts/>

INSURANCE:

<https://www.arta.net/news-events/arta-news/emergency-travel-faqs/>

Information about your **BENEFITS:**

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

There is a lot of information on the changes to benefits in recent ARTA Facts and in the most recent issue of News and Views.

You need a password for this site; you may have set this up years ago, so check your lists or set up a new one. Need help navigating the ARTA website? Past President Marian is offering to help - just email her at mroberg@telusplanet.net to set up a phone call or a zoom call.

Check myarta.net for important information regarding **TRAVEL INSURANCE** for travelers, including those currently away.

Go to 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/>

New auto insurance

Details about upcoming changes are available at the following link.

<https://www.alberta.ca/automobile-insurance-reform.aspx>

Upcoming ARTA Financial Wellness Seminar

Title: ARTA Financial Wellness Seminar: An Update From ATRF

Date: Thursday, January 27, 2021

Time: 1:00-2:00pm

Speakers: Rod Matheson and Julie Joyal from ARTF

Registration will be required for all attendees. Further information will be forthcoming in the ARTAfacts newsletter as well as on arta.net

Members will need to register for the financial seminar at:

https://us06web.zoom.us/webinar/register/WN_1--ZFqDESoKKVl6WAnNBQg

A Zoom invitation will be sent to you following your registration.

COVID: Book a booster or get your updated vaccine record

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

You will need to enter your date of birth, Alberta Health Care Card and the month of one of your vaccines. Booster shots are currently being offered to those over age 18.

Check out this link to persuade someone to get the COVID vaccine.

<https://iwarrior.uwaterloo.ca/2021/10/16/50506/how-to-argue-with-an-anti-vaxxer-a-point-by-point-refutation/>

For advice to step up your mask protection against Omicron:

<https://healthcare.utah.edu/healthfeed/postings/2022/01/omicron-masking.php>

<https://globalnews.ca/news/8460032/omicron-masks-guidance-experts/>



I am NOT flying in Winter again! by Valerie Barrie

After spending a wonderful 3 weeks in Edmonton and St Albert with my family and friends, it was time to return to Victoria. I arrived at the Edmonton Airport at 3:00 pm for my 5:00 flight to Calgary. I saw my red suitcase go down the conveyor belt and I headed for security. Then I sat for nearly 2 hours waiting to board. My original direct flight to Victoria had been changed 2 days before to this one to Calgary and then taking a different plane to Victoria. We waited about an hour on the tarmac for de-icing and finally arrived in Calgary with a very short time to get to another gate. By the time I was on board we had 5 minutes before departure. Once again, the plane had to be de-iced and we were an hour late in leaving. About 8:00 pm BC time we were over the Victoria Airport and the wheels were down in preparation for landing when suddenly the plane accelerated and changed direction. The man sitting beside me was a helicopter pilot and thought that the pilot had overshot the runway. No! The captain then announced that it was unsafe to land because of the icy runway, and we were going to Kelowna. After landing in Kelowna and refueling and de-icing, which took over an hour, we took off unsure of where we were headed. The captain said that if we could not land in Victoria, we would return to Calgary. Fortunately, he was able to land safely in a snowy blizzard. By now it was midnight.

After waiting 45 minutes for my luggage and the carousel had stopped, I went to the lost baggage counter to fill out a form. Then I headed outside into the snowstorm to find a taxi. There are always many Yellow Cabs lined up. Not one was in sight, only a lone Bluebird van. The driver got out and asked if anyone was heading to Langford which is the next city to me in Colwood. There were 4 of us at the back of a long line of people. The driver had been called to the airport to pick up a fare who did not show up because the flight was cancelled, and he wanted to go home to Langford so decided to take some passengers. The people at the front of the line were not happy. The 4 of us piled into the van and we headed down the highway. Drifts were piling up everywhere making driving treacherous. When the driver realized where I lived on Triangle Mountain, he made a u turn on Sooke Road and said that he was not driving into Royal Roads University where the young man from Kenya was heading. I then asked the driver to take me to the hotel just down the road. I was not upset

as I know how difficult driving up the hill is when it is icy. I was grateful that I was in a taxi and close to a hotel instead of sitting at the airport. The Kenyan student came along, too. The other couple in the cab happened to live in the same apartment building as the driver. The young man from Kenya had no credit card and the hotel would not take cash. I offered to pay for his room on my card and he insisted on paying me the only cash he had, which was American. The next morning, I tried for several hours to call 3 different cab companies only to keep getting busy signals. Finally at noon I got through to Bluebird Cabs and was on my way the last 3 kms to my home. The taxi driver dropped me off at the top of our hill and said that he could not take a chance in trying to get back up the icy hill. I walked 1/2 block to my house where the neighbours had already shoveled out the driveway and steps. What an introduction to Canada for the Kenyan student!

My red suitcase is still missing. I have a tracking number and West Jet says that it is in Calgary. I am happy to be home and am NOT flying again in the winter!

P.S. As of this publication date, Valerie's luggage has been returned to her!

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.

Sites to visit:

<https://www.theglobeandmail.com/canada/british-columbia/article-first-nations-response-to-bc-floods-held-up-as-a-model-to-help/>

<https://www.ctvnews.ca/lifestyle/indigenous-girl-shamed-for-what-she-wore-to-school-pushes-for-national-ribbon-skirt-day-1.5733286>

So...NO HOMEWORK for next bulletin:

Your STARTA executive wishes

each of you a healthy and safe 2022!

Thank you to everyone who contributed to this News Bulletin!