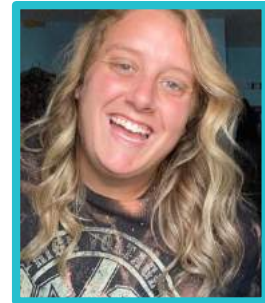


May 28th, 2021

Volume 1, Issue 8

Oldie Moldies



**A monthly newsletter
written and published by
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Dear Diary...

Hey Guys!! I thought maybe I'd use a page of the newsletter as a mini diary segment sometimes – if y'all are cool with it!

May has been a busy a** month for me. Not even social media wise – personal life wise. Lots of moving pieces behind the scenes that has been taking all my attention.

May is also **Mental Health Awareness Month!** I think mental health is a very important topic and definitely becoming more prevalent in every day conversations – even in my own life. I encourage everyone, including myself, to check in with your mental state and to take the steps in order to take care of yourself.

Remember, any time you spend on yourself is not time wasted! Whether you're working on your physical/mental health, acceptance of your body, correcting bad habits – ANYTHING! **You deserve to be happy in your body and mind.**

Self love is a life long journey and not an easy one. Just know that everyone is going through it as well and we're all trying our best! And NEVER be afraid to ask for help!

Remember to find something every day to make you laugh – that's one of my goals !

Have a safe and happy June ya Oldie Moldies!

May Facts



Levi Strauss and Jacob Davis officially obtained the patent for the invention of the **blue jeans** in May of 1873.

Amelia Earhart made her trip **-first solo trip by a woman-** across the Atlantic Ocean. **May 20, 1932**

May 26th is considered "Sally Ride Day" – after astronaut, **Sally Ride**, became the first American woman in space.

Personal Facts: My family has a lot to celebrate in May including my birthday (**May 12th**), my brother's birthday & parent's anniversary (**May 26th**) ☺



From the Vault

Throwback to when I painted this **masterpiece** at a wine-and-paint night with friends.

It was SUPPOSED to be a mountain view and it turned out to be a dinosaur! **LMAO**

For the full story behind it check out my YouTube channel. (It's one of the first videos I ever posted)



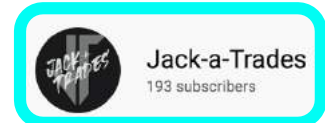
Media Recommendations

Some podcasts, shows, and movies that I've been watching lately.



Found this podcast on TikTok about two dad's discussing their weekly parenting fails, "dumb dad" moments, and tips/tricks to survive family life. I don't have kids but these two have a great back-and-forth and it's a light-hearted podcast to throw on in the background. Two thumbs up!

This is a brand new YouTube channel about three friends who are travelling in a 1976 Volkswagen bus across the U.S. They just started their travels and you can follow them on YouTube and TikTok – just look up "Jack a Trades." I just thought it was a cool concept for a video diary series and it just started so you can hop on and be an OG fan and viewer if you want. Give it a look!



Mental Health Awareness

I asked you guys on my Instagram to submit "things that you do to take care of your mental health". Everyone is different and therefore it's important to find your own ways of taking care of yourself. Here are some of your anonymous answers.

Art by IG: @notcooljess

- "Long ass showers"
- "Take my medications, sleep, and rest."
- "Stay involved in a small group at church and counseling!"
- Write 5 things I'm thankful for every morning.
- Reading, gaming, and gardening. Lots of people said they do their hobbies!!!
- Get my sweat on! Lots of people said exercise!!!!
- "Take a day that's just for you. A day to step back and focus on yourself."
- "I talk it out with my close friends."
- "Yoga, meditating, journaling, and dancing around."
- "Baking – may not help with my waist line but I can whisk through my thoughts."
- "Laying in the dark with music blaring – calms me down and resets my mind."
- Weekly therapy! "So many of us are afraid of going for the fear but it helps." Lots of people also said this one!!!
- "Sleep and cuddle with my fur babies." Someone else said they talk to their dog Love that!
- "Cup of coffee and some cannabis."
- Crafting and creating while listening to podcasts. Doing grounding activities.
- "Sometimes just telling myself it's okay just to exist. To not worry or think or try really hard."
- "I like to organize something. Gives me a sense of accomplishment."
- "Morning "quiet time" routine before the kids wake up."
- "Baking cookies to share with co-workers/friends so that I can create a little happiness."
- "Take deep breaths, work in the garden, tend my houseplants."
- "Wine and 80s rock."



Oldie Moldy Art Gallery

Submitted by fans and their Instagram handles are tagged.



An advice column from Alloy's POV.

TOPIC: Comparison

Question: How do I stop comparing my career with everyone else's?

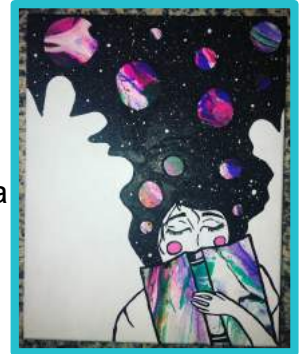
Alloy's Answer: Gahh, "comparison is the thief of joy." It is completely easier said than done not to compare your life but you always want to put things in perspective. Just cause someone else has a seemingly awesome career doesn't mean you would feel the same way if that was your career; maybe the hours suck, maybe you wouldn't get to see your friends as often, maybe it's an office job and you love the outdoors. If you're are GOING to compare, you have to look at the full picture. Plus, look at your own career history and realize how far you've come. You literally go from never working a day in your life to having a job- that's pretty dang impressive.

XOXO Alloy



IG: @the.ultimate.gnome runs a "revamp, up-cycled, and personalized item type business."

Painting by IG: @Tralimixmedia



IG: @hannah2013m14



IG: @sky.is.tall



Camille picked up painting during the quarantine.
IG: @cambam0091

Look at these cute ornaments Sandy made for her co-workers
IG: @slr.artwork
She also has awesome drawings on her page!



*** Creator Business Highlight ***

My fellow creator friend, Jacob, at @daley.dots

"I am an artist & illustrator creating pieces entirely out of dots. The average piece has between 70,000 - 130,000 dots. Even though these pieces are full color, if you look closely you can see that there are only 4 colors being used - Cyan, Magenta, Yellow, and Black. The process of stippling has been a literal life-saver; as the highly repetitive process helps to alleviate my chronic anxiety and depression. This has helped me significantly in finding happiness and joy."

Oldie Moldies Out In The Wild

****Photo submissions from fans of the newsletter****

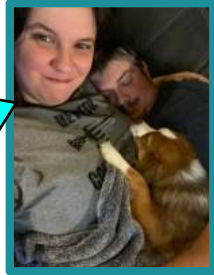


Bean enjoying brunch & the farmer's market.
Elk Grove, CA

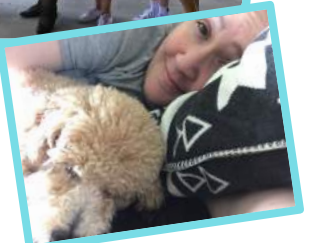
Catherine and her family at her grandma's 81st birthday! Woo Hoo!



Kaylin and family Elizabethtown, KY



Vyla out of Iowa dog/house sitting.



Getting' that fiber in!
-Nashville, TN

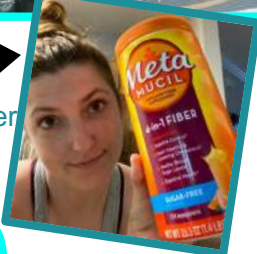


Brittany's family went to the beach including the official trip mascot, Essy the grapefruit!
-Princeton, WV



Jennifer's Oldie Moldy day!

Cari celebrating her 31st birthday in Michigan! YAY!



Kris celebrating sobriety in Riverside County, CA CONGRATS!



Monica and family going for a ride!



Sarah's daughter is a big fan of avocado toast! Yay for solid foods! Haha
-Norman, OK



Mel and her service dog Hero. She's an Army veteran who suffers from PTSD, anxiety, and depression but Hero is her lifesaver! Thank you for your service!
-Louisville, KY

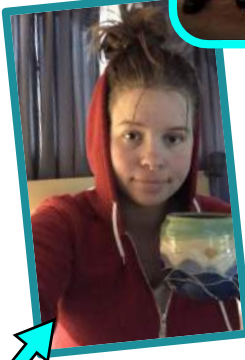
Sara's Sunday reading!



Alyson from California! Congrats Grad!!!!



Embroidery on the Canadian East Coast



Abbey, an Oldie Moldy out of Kansas.



Abigail feeding the ducks in Pennsylvania

Amanda catching up on shows and laundry!



Nancy rockin' the messy bun and sippin' coffee on the Oregon coast!

Have a safe and happy weekend! 😊

Riley on the set of my birthday TikTok video-rocking the splatter paint tie. Cutie!

Rascal looks so long and lanky here with his jackrabbit lookin' feet. He found the good spot to nap in my parent's bed. Haha



Any advice on how we can enhance the newsletter or suggestions on upcoming articles can be sent to:

Christinessnaps@gmail.com

Make sure the **subject** lines read "Oldie Moldie Newsletter Suggestion"