



# ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION

## BULLETIN April 22, 2020

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From your co-president:

One advantage of living in downtown St. Albert is that we're close to the trail system along the river. Whenever the weather is pleasant, we take a little tour down Perron Street, then along the Sturgeon. We've watched the ice melt and the water birds settle in for the season. I encountered a pair of geese wandering around the traffic circle by Red Willow Place one day just before noon. Usually, that area is full of cars and people headed to seniors' activities. Another activity taking up time is meal preparation and baking. Our bread machine has been getting a workout, and so has the mixer. Those jokes about gaining weight during the pandemic may not be so funny in a month or so. Have you noticed that isolation has brought out the sense of humour in a lot of folks? We may be upset about having to stay at home, but we can still find something to laugh about. As well, we've seen many creative musical presentations on TV, YouTube, and Facebook (that's my limit!!). Aren't we lucky to have all our devices to use in communicating with each other and keeping track of the world around us? Debbie and I send you our best wishes for spring. We look forward to seeing you when it is safe to do so.

So now: Google "Tomorrow" from the musical Annie and sing along in your biggest voice to one of the YouTube videos. It'll make you feel better, I guarantee.

*Submitted by Marian Oberg*



REMINDER: The ARTA Wellness Challenge started on April 1<sup>st</sup>. How are you doing?

*All you need to do daily is record each activity and the amount of time you spent doing it. You really do not need a special form, but it is available for you at ARTA.net, under the heading Wellness/ Wellness Challenge. At the end of June, we will ask for the activities and minutes from your thirty best days, and will submit that to ARTA.*

**STARTA AGM**

We're all aware that the proposed May AGM is not going to happen as originally planned. In order to make a plan for holding the AGM in the future, SARTA members Maurine and Lou have worked with the executive to craft a motion which we hope covers the postponement in the most flexible way possible.

*Moved by Maurine Maslen, seconded by Lou Duigou that the STARTA AGM for 2020 be postponed until the fall of 2020 (preferably September); that the date be set by the executive for a time after public health officials have indicated that large gatherings are safe; and that passing this motion requires the approval of 50% of the STARTA membership who respond within 5 days of notification electronically or by telephone.*

By this time, your regular STARTA phoner/email contact should have been in touch for your response (approve or don't approve). If you have not heard from your contact, please call or email Wendy Poirier at 780-460-1260 or [Rwpoirier19@gmail.com](mailto:Rwpoirier19@gmail.com)

**A Message from ARTA:** ARTA Benefits Information

A recent email from ARTA included information on the following topics (this is a brief summary only):

1. The ARTA Benefit Plan is temporarily suspending the maximum number of dispensing fees allowed. If you are allowed only 30 days supply of drugs at one time, ARTA will cover the extra dispensing cost beyond the normal five.
2. Paper claims may now be submitted via email. A link to the claim form is included.
3. ARTA will temporarily accept claims for services performed virtually from certain qualified providers.
4. ARTA members have access to the SilverCloud stress management program. (A link is provided in the email.)

Please consult the email sent to those who are members of the ARTA Benefits Plan on April 17, 2020 for a full explanation of these changes in service.

Parmesan Wonton Crackers

Preheat oven to 375 degrees

You need: olive oil or regular cooking spray

1 cup shredded Parmesan

25 Wonton wrappers

½ cup finely chopped parsley

Line large baking sheet with Parchment paper. Cut Wonton wrappers in half diagonally and place on baking sheet. Generously spray with cooking spray. Sprinkle with Parmesan and chopped parsley. Add salt and pepper to taste. Bake for 5 min. or until golden. Serve warm.

**Downtown Quiz**

Before I moved downtown in December, I had wandered downtown looking at statues and casually reading the history boards. During the pandemic, I have been taking my daily walks downtown. I continually come across more information and art works that I haven't noticed before or have forgotten.

At the corners of Perron and Winston Churchill, what is located on each of three corners and why were they established? From this area:

1. In 1921 to 1925 there was a factory built in this area that supplied the Hudson Bay Company. What kind of factory was it?
2. What is the symbolism incorporated into buffalo head statue?
3. What is the purpose of the clock tower?
4. What is the total weight of the five stones that are there? Why are they at that site?

Going north on east side of Perron Street there are several history boards.

5. Perron Street used to have another name. What was it first called and how did it get that name? Why was it changed?
6. What has the Community Hall been used for?
7. What businesses have been located in the building on the SE corner of Perron and St. Anne Street?
8. Why was the Bruin Inn so popular with Edmontonians in the 1930s?
9. What was the incentive for people to help construct the bridge in 18--? Who wanted it shut down and why? Why did that not happen?
10. How many residential schools were there in St. Albert? Who ran them? Where were they?



Every day I go behind City Hall to view the 5 statues there. Then I go to the little park across from the Court House. For me, two of the statues give me inspiration at this time:

Mother Bear Prays for Earth Healing - I stop to also pray for earth healing

Threshold – A Peregrine Falcon designed to salute the recovery of the almost extinct Peregrine Falcon. This falcon, though, is missing a wing. So to me, it signifies that although we are greatly damaged by this pandemic and the loss of oil and gas income, Alberta will survive and be strong again.

*Submitted by Maurine Maslen*

**Oven Baked Potato Wedges**

**Irish Soda Bread**

<p><i>Peggy Bergmann</i></p> <p>Ingredients (serves 4)  4 medium white or yellow potatoes  ½ cup grated Parmesan cheese  2 Tbsp olive oil  1 heaping tsp Paprika  1 heaping tsp Garlic powder  ½ tsp. Dried Thyme  ½ tsp. Salt  ¼ tsp. cayenne pepper  Pinch of black pepper</p> <p>Instructions:</p> <ol style="list-style-type: none"> <li>1. Wash, then slice potatoes into about 8 wedges.</li> <li>2. Place in pot of cold water, boil for 3 – 4 min. Should still be crisp but able to slice with a knife.</li> <li>3. Drain. Give them a shake to rough the edges. * MOST IMPORTANT: Let them rest and steam for at least 10 minutes, until they are cool to touch.</li> <li>4. Meanwhile, combine remaining ingredients (except Parmesan) and preheat oven to 390 degrees F.</li> <li>5. Combine wedges with spices, mix fully to coat. Add Parmesan cheese and mix again.</li> <li>6. Spray an oven tray and evenly space out wedges. Do not crowd – use a second tray if needed, so they crisp instead of steam.</li> <li>7. Bake 15 min., flip once, bake another 25 min.</li> <li>8. Serve hot with favorite dip!</li> </ol> <p>ENJOY!</p>	<p><i>Ardyth Garrison</i></p> <p>Makes 2 loaves                      Heat oven to 375</p> <p>4 to 4 ½ cups All-purpose unsifted flour  1 tsp salt  3 tsp baking powder  1 tsp baking soda  ¾ cup sugar (optional)  ⅛ tsp ground cardamom or coriander (optional)  ¼ cup butter or margarine  1 egg  1 ¾ cups buttermilk  (or use milk with 1 or 2 Tbsp vinegar and let stand to curdle)</p> <p>In a large bowl stir together 4 cups of the flour, salt baking powder, baking soda, sugar, and cardamom/coriander (if using). Cut in butter/margarine with pastry blender (or rub in with fingers) until crumbly.  In a separate bowl, beat egg slightly and mix with buttermilk.  Stir liquid ingredients into dry ingredients until blended.  Turn out on a floured board and kneed until smooth (2 or 3 minutes).</p> <p>Divide dough in half and shape into a smooth round loaf. Place each loaf in a greased 8 inch cake or pie pan. Press down until dough fills pans. With a sharp floured knife cut crosses in tops of loaves about ½ inch deep.  Bake in 375 oven for 35 to 40 minutes or until nicely browned.</p> <p>Options:</p> <ul style="list-style-type: none"> <li>• replace 2 cups of white flour with whole wheat flour</li> <li>• After cutting in flour add 2 cups currant or raisins and 1 ¼ tsp caraway seed</li> <li>• Raisins or dates can also be added.</li> </ul>
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<p><b><u>Crazy Chocolate Cake</u></b></p> <p><i>Marian Oberg</i></p>	<p><b><u>Dawn's Pecan Torte</u></b></p> <p>(From the <u>Ecole Father Jan Community School</u>)</p>
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<p>Put all these ingredients into a large mixing bowl in this order:  1 cup sugar (white or brown)  1 egg  ½ cup milk (sweet or sour)  ½ cup melted shortening or oil  ½ tsp salt  1 tsp baking soda  1 tsp vanilla  1 ½ cups flour  ½ cup cocoa</p> <p>Do not stir one bit until you add ½ cup boiling water, then beat until it is very smooth.  Pour into greased pan or pans (9" X 12" yields a fairly thin cake)  Bake at 375° until spongy on top and tested done.</p>	<p><u>Cookbook</u>, 1985)</p> <p>3 egg whites  ½ tsp baking powder  ½ cup sugar  2 tsp vanilla  14 plain Ritz crackers rolled fine (¾ cup)  ¾ cup chopped pecans  1 c. Whipping cream whipped  Semi sweet chocolate</p> <p>Preheat oven to 350. Beat 3 egg whites with ½ tsp baking powder. Gradually add the sugar and 2 tsp vanilla. Beat until firm. Fold in the crackers and the pecans. Spread into buttered pie plate and bake 25-30 min. Cool completely. Spread with whipped cream and grated chocolate. Refrigerate several hours before serving.</p>
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*Thank you to everyone who contributed to this newsletter. If you know of anyone who cannot receive the newsletter by email, please pass on a copy, or let us know so we can mail one.*

*Any ideas of items to add to our News Bulletin? Send your ideas, suggestions, and items to add to [pbegmann@shaw.ca](mailto:pbegmann@shaw.ca).*

*Thank you!*

*Be safe and healthy!*