

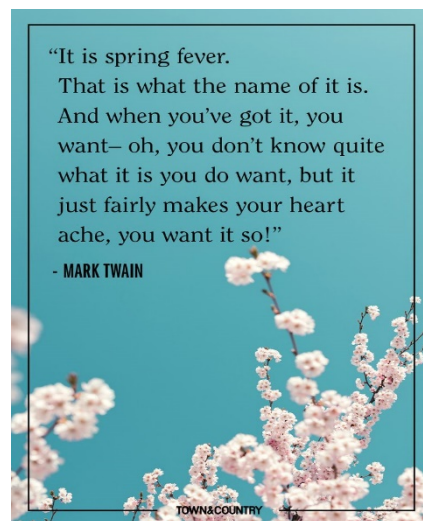


ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN April 8, 2020

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Greetings from your Presidents

We hope that you are well and being kind to yourself. We also wish that you can find the positives during this unprecedented time. I, for one, am enjoying going back to the “good old ways” for a while. It’s important to stay in touch with family and friends. Not being a computer literate person, my old phone is getting a workout. I’m also reviving the practice of writing letters and notes and mailing them with a card. I had to smile when my twelve-year-old grandson, upon receiving his card, couldn’t read my beautifully handwritten message! It’s important to stay home. For me who likes to eat out for supper, I’ve had to cook and I’m enjoying learning to make new recipes. A different take on grilled cheese sandwiches which includes a little mustard, lots of fried green onions, thinly sliced cheddar cheese and butter doesn’t taste too bad! I’m also saving money. Bonus! It’s healthy to go outside for a walk and after ten years of living in my present neighbourhood, I’m meeting some of them for the very first time. This is quite a departure from the small farming community where I grew up, where everyone knew everyone! I’m sure you can think of other ways that this period in history reminds you of times long past. Isn’t it nice that past history also serves to show us that bad times are followed by good? Wishing you all that is good!



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, STARTA 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. Please read and think about the motion. If you feel it is necessary to amend it in some way, please respond to startacontact@yahoo.com. Your suggestions will be passed on to Maurine, Lou, and the executive for consideration as a “friendly” amendment. When you’ve had a chance to consider the motion, your regular STARTA phoner/email contact will be in touch to hear whether you approve or don’t approve of the motion..

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.

Wellness Challenge--How it works

Starting April 1, track your activity in minutes on the personal daily log sheets attached.
On June 30, 2020 compile your best 30 days on the Personal Best log sheet. Submit your results to your branch president (Marian), or mail your log sheet to the ARTA office by **July 31, 2020**. Some suggested activities are also attached. Obviously, some cannot be part of your fitness routine at the moment, but keep them in mind should things open up before the end of June. Although this challenge is for ARTA members, we invite STARTA members who are not yet members of ARTA to participate and be recognized by our Branch. Please note that the challenge is carried out according to ***time not distance***.

To get your Personal Daily Log, go to

<https://www.arta.net/wellness/physical-wellness/wellness-challenge/>

(at the bottom of that page, you can choose to see the PERSONAL-DAILY-LOG2020.pdf)

Suggested Activities: Listed below are suggestions of activities that you can participate in for active minutes, in case you are looking for some new ideas. If you participate in an activity not listed here, be sure to track your time. Anything that gets your heart pumping is considered a trackable activity.

Aqua Aerobics	Handball	Squash
Badminton	Hockey	Stair Climbing
Barre Sculpting	Jogging	Surfing
Baseball	Kayaking	Tai Chi
Basketball	Kettle Bells	Tennis
Bowling	Lacrosse	Track & Field
Boxing	Mall Walking	Triathlon Training
Canoeing	Martial Arts	Volleyball
CrossFit	Pickleball	Walking
Curling	Pilates	Weight Training
Cycling	Resistance Training	Yoga
Dancing	Rowing	Zumba
Frisbee	Skipping	
Gardening	Snowshoeing	
Golfing	Spin Class	

Suggestions for easy props to use for your workout!

- 1) Stairs give you a great work out. You can also do push ups on stairs or push ups on a door frame.
- 2) You can run or march on the spot.
- 3) Look in the kitchen for weights.... a bag of flour or sugar. A jug of vinegar. Bags of heavy canned goods (Costco sized). Carry them all over the house for twenty minutes or so. Heavy tins are great for bicep curls.
- 4) Don't forget to stretch, stretch and stretch some more.
- 5) Roll out your muscles with a golf ball or tennis ball. These balls are also great for the bottom of your feet.
- 6) There are all sorts of work outs on U Tube

Judy's Story

Our Morocco trip started out with interesting places to visit. We spent time touring Rabat city. We then traveled to the UNESCO World Heritage site Volubilis. Next, we went inland to Fez where we explored the sprawling medina of Fez on foot and visited significant sites in the city. This included the Karaouline Mosque and University, the oldest functioning university in the world we were told, founded in the year 859.

The next day we crossed the Atlas Mountains and settled in to Erfoud for the night before leaving to visit and over night in the desert at the Sahara Tented camps. That morning I had received an email from the Canadian Embassy advising us to make our way to an international airport and secure travel out of the country by commercial means. I tried several times to contact the embassy for more information by email and phone with no luck. I told our tour guide who told the tour manager to look into this embassy information sent to me. (our American companions had not heard anything from their embassy yet)

When we arrived in Erfoud we received confirmation from our guides that our tour would be cut short and we would all be travelling back to Casablanca to try to secure travel back to our country because Morocco was suspending all air travel and border crossing.

Mean while back home my son tried to contact the embassy with no luck. He then contacted elected officials about our situation. He did end up with media coverage on Global as it was becoming a concern for many other families with relatives travelling in Morocco. Still no contact from the embassy except an email to us, directing us to find commercial means to get home. Morocco had closed down their international flights except repatriation flights we heard. After two long travel days we arrived in Casablanca. After several days of late nights by us and Gate 1 trying to secure seats on an airline, (also many hours at the airport unsuccessful with standby) Gate 1 alone had 207 travelers left, not counting the many travelers at the airport who were from other tours or just independent travelers. No one was flying except Air-France and they were taking their own citizen first and then the EU citizens. Policy changed by the hour as who was next on standby. That night our tour company suggested we purchase tickets online for any date with a specific airline. We needed to purchase a ticket to Paris then a ticket to North America that did not have more than a 24 hour lay over in Paris.

The next day, Gate 1 took us to the Marrakech airport. We left the hotel at 3 am to be the first in line for the Air France plane. Somehow, Gate 1 managed to secure 50 seats to fly us out. We were running on 4-6 hours' sleep (for 2 days), and somewhat stressed with all the hoops we had to jump through to ensure we were ready for the airport. (buy tickets/cancel tickets)

Once we were aboard the airliner, and on our way, we found out that we were the last repatriation by Air France. The crew on the plane were all volunteers. Last plane with an all volunteer crew really brought a real sense of appreciation for the good in people. The Gate 1 staff worked night and day to get the last of us out. Because of their contact with us, they are away from their families, and isolated for 14 days at the hotel.

When we stepped on France soil, I received a call from the consulate saying Canada was sending a plane to pick up people thru Air Canada. The next day we flew out of Paris to Canada with Air France (Delta) within the 24-hour period which many countries have imposed on foreigners. We were lucky to be out of Morocco. There were so many that were still waiting to get out. I was glad that Canada was coming for those still left behind.

POST SCRIPT: Judy arrived home on Saturday, March 21, 2020, on the government plane that was sent to bring stranded Canadians home. She is, of course, in quarantine with her travelling friend in Edmonton because her daughter lives at home and she wanted to keep her daughter safe. Her story was on Global News last week, as her family appealed for help in bringing her home.

Six Little Stories with Lots of Meanings

1. Once all the villagers decided to pray for rain. On the day of the prayer, all the people gathered, but only one boy came with an umbrella. That is **faith**.
2. When you throw babies in the air, they laugh because they know you will catch them. That is **trust**.
3. Every night as we go to bed without any assurance of being alive the next morning, but we still set the alarms to wake up. That is **hope**.
4. We plan big things for tomorrow, in spite of zero knowledge of the future. That is **confidence**.
5. We see the world suffering, but still, we get married and have children. That is **love**.
6. On an old man's shirt was written, "I am not 80 years old; I am sweet 16 with 64 years of experience." That is **attitude**.

Have a happy day and live your life like these six stories. Remember, good friends are the rare jewels of life, difficult to find and impossible to replace.

Your executive members have sent in some of their **Favorite Recipes** that you might like to try:

<p><u>Lemon Delicious</u> <i>Wendy Poirier</i></p> <p>zest two large lemons squeeze the juice from them and set aside 2 Tbsp flour 1 cup sugar 2 Tbsp butter 2 eggs separated 1 cup milk In a large bowl, combine flour, sugar, and cream in the butter. Add egg yolks and milk. Beat until smooth. Stir in zest and lemon juice. Beat egg whites until stiff and then fold into lemon mixture. Pour into a greased, shallow baking dish and set that dish in a pan of hot water. Bake for 40 minutes at 350 until the top is golden brown. Serves 4 people. *Served to Wendy and family in New Zealand</p>	<p><u>Matrimony Cake (Date Squares)</u> <i>Mary Pat O'Neill</i></p> <table> <tr> <th>CRUMB BASE & TOPPING:</th><th>DATE FILLING:</th></tr> <tr> <td>1-1/2 cups all purpose Flour</td><td>½ lb chopped Dates</td></tr> <tr> <td>1/2 tsp, Baking Soda</td><td>1/2 cup cold water</td></tr> <tr> <td>½ tsp Salt</td><td>2 tbsps. Brown sugar</td></tr> <tr> <td>1 cup Butter</td><td>Orange rind from ½ orange</td></tr> <tr> <td>1 cup Brown Sugar</td><td>2 Tbsp. orange juice</td></tr> <tr> <td>1-1/2 cups Oatmeal</td><td>1 tsp. lemon juice</td></tr> </table> <p>Mix filling together in saucepan. Cook over low heat until thick and smooth. Cool. While it is cooking, sift flour, baking powder, soda, salt together in a bowl. Rub in butter with fingertips, add sugar and oatmeal, mix well. Spread ½ crumbs in greased shallow pan (about 8 x 14) pat to smooth Cover with date filling; then, cover with remaining crumbs. Bake at 325 degrees for 30-35 minutes. Cut in squares while hot. Cool in pan.</p>	CRUMB BASE & TOPPING:	DATE FILLING:	1-1/2 cups all purpose Flour	½ lb chopped Dates	1/2 tsp, Baking Soda	1/2 cup cold water	½ tsp Salt	2 tbsps. Brown sugar	1 cup Butter	Orange rind from ½ orange	1 cup Brown Sugar	2 Tbsp. orange juice	1-1/2 cups Oatmeal	1 tsp. lemon juice
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Cookie Sheet Cake

Marian Oberg

1 cup raisins
1 tsp. instant coffee
1 tsp. cinnamon
Pour $\frac{3}{4}$ cup boiling water over the above and let cool.

Mix Separately:

1 cup sugar
2 eggs
 $\frac{1}{2}$ cup margarine
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ tsp. baking powder
vanilla
Mix well. Add the first mixture and stir well.
Pour into greased 15" X 10" cookie sheet.
Bake for 20 minutes at 350°.

Icing for Cake

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup brown sugar
4 tsp. milk
1 cup icing sugar
vanilla
Melt butter and sugar and bring to a boil.
Add remaining ingredients and beat well. Ice cake when still warm.

This cake is wonderful if you like spice, raisin, and brown sugar.
Increase the icing recipe to sweeten as desired.
This cake travels well to potluck dinners, too.

Irish Raisin Bread

Janet Kiriakides

4-4 $\frac{1}{2}$ Cups flour
1 tablespoon sugar
1 teaspoon salt
1 teaspoon baking soda
4 Tablespoons butter
1 cup raisins
1 large egg lightly beaten
1 $\frac{3}{4}$ cups buttermilk (or 2 tablespoons vinegar and enough milk to make 1 $\frac{3}{4}$ cups of the vinegar- milk mixture)

Preheat oven to 425F. (400F if using convection bake). Oil a cast iron skillet or baking sheet with Mazola oil or avocado oil. (olive oil might start to smoke at the temperature required)

Whisk together 4 cups of flour, sugar, salt and baking soda. Work butter into flour. Add raisins.

Make a well in the middle of these ingredients and pour the buttermilk and egg into the well. Stir until dough gets too stiff to stir. Lightly knead and form a dough mound. If dough is too sticky gradually add more flour. Do not over knead. Shaggy dough is a good thing. Overly kneaded dough will be tough. Score dough mound with an "X", cutting into the dough about half an inch. Transfer to your skillet or baking sheet.

Bake for 35-45 minutes. Use a wooden skewer to test if it is done. The skewer will come out clean when the bread is done. Transfer to a cooling rack to cool.

*Can be made without raisins.

**Can be made with whole wheat flour but start with 3 $\frac{1}{2}$ cups of flour at the beginning of the recipe and work up from there)

"Behold, my friends, the spring is come; the earth has gladly received the embraces of the [sun](#), and we shall soon see the results of their love."
Sitting Bull

<p><u>Hot Salmon Slaw</u> <i>Janet Kiriakides</i></p> <p>1 can of salmon (about 7 3/4 ounces) 2 tablespoons oil 4 cups of finely shredded cabbage 3/4 cup of shredded carrot (you can replace the carrot and cabbage with a bag of coleslaw mix) 1/4 cup chopped green pepper 2 tablespoons vinegar 1 tablespoon celery seed Sprinkle of salt 1/2 cup mayonnaise</p> <p>Break salmon into chunks. In a wok or large fry pan, heat the oil, add the vegetables and stir fry until tender crisp (about 5 minutes) . Remove from heat. Sprinkle with vinegar, celery seed and salt. Add salmon and toss into vegetables. Return to the heat for a minute or two to heat salmon. Remove from heat, quickly stir in the mayonnaise and serve.</p> <p>*This recipe has become our quarantine fast food.</p>	<p><u>Beef Bourguignon</u> <i>Wendy Poirier</i></p> <p>1/2 lb. bacon 12 small onions peeled 3 lbs. chuck beef cubes 2 cloves garlic flour, salt, and pepper 3 cups dry red wine 2 cups beef broth 1 bay leaf 1/2 tsp thyme 2 cups sliced mushrooms 4 large carrots thinly sliced t Tbsp butter</p> <p>In a Dutch oven, saute bacon until crisp. Remove and chop into pieces. Reserve bacon drippings. Add onion and saute lightly. Remove and set aside. Add beef and brown for 5 minutes, then add garlic and continue to brown for a minute more. Sprinkle with flour, salt and pepper and brown another minute or two. Add wine, broth, bay leaf and thyme. Stir to loosen browned bits on bottom of pot. Add onions and bacon. Cover pot and place in oven at 300 degrees for 2 hours. About 45 minutes before the end of the 2 hours, saute sliced mushrooms and carrots in melted butter. Add them to the beef and continue to cook until the 2 hours is up. If more liquid is needed, add more beef broth (or wine!!)</p>
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Invitation to Participate

If you have enjoyed executive members sharing some of their favourite recipes, please feel free to share one or two of your favourites! Send them to Peggy Bergmann at pbergmann@shaw.ca. I will include them in future News Bulletins.

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.