



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

March 26, 2021

Editor: Peggy Bergmann (pbergmann@shaw.ca)

Coming soon...Opening up??? Aaah... April! The month of April seems so hopeful. It's name is derived from the Latin word "aperire" meaning "to open". Let's hope that with the advent of better weather and more people being vaccinated that April can live up to its name and truly be a time to have life become more "open". Stay safe, stay well, and enjoy April's breezes.

There is no glory in star or blossom
Till looked upon by a loving eye;
There is no fragrance in April breezes
Till breathed with joy as they wander by.
By William Cullen Bryant

The next few weeks:

April 1: In 1999 the territory of Nunavut was created with a landmass that covers 20% of Canada. 85% of its population is Inuit.

April 2: Good Friday

April 4: Easter Sunday

April 7: World Health Day: Building a fairer, healthier world is the focus this year.

April 9: In 1917 all four divisions of the Canadian Corps began the attack on German forces at Vimy Ridge. The weather was horrendous with strong winds, snow, and sleet.

April 12: Walk on Your Wild Side Day. Hopefully, the weather will allow us to go out in nature. Sometimes when we went into the "forest" with the grandchildren we would do silly walks. Just another way to walk on your wild side.

April 13: Scrabble Day

April 14: International Moment of Laughter Day.

April 15: The sinking of the Titanic in 1912. It was built in Belfast where there is now an excellent Titanic museum.

UPCOMING APRIL EVENTS:

Our next **STARTA Coffee & Chat: April 15, 2021 at 10:30 a.m.**

Grab your veggies, snacks and maybe a cold drink. Join us for a short visit, and maybe a laugh or two!

STARTA Zoom Coffee & Chat: April 15, 2021 at 10:30 AM

Join Zoom Meeting

<https://zoom.us/j/95249308666?pwd=SGtTcEVpRVY2QnpYeWZMU2NjZUN6QT09>

Meeting ID: 952 4930 8666

Passcode: 168136

To join by phone: contact mroberg@telusplanet.net

*MEET STARTA Executive **Member Contact Convenor, Wendy Poirier***

I have always been happiest in the outdoors doing some form of recreation. As a youngster, growing up in a bedroom community outside of Montreal, I had plenty of woods, creeks, snow hills, and ice rinks surrounding me. I remember tying my skates to one string of the toboggan and my skis to the other. A peanut butter sandwich, a mason jar of milk (with wax paper screwed on the top to prevent leaking), and an extra pair of wool mitts were packed in my satchel and I set off to play. The only restriction was I had to come home when it started to get dark.

My family left Quebec at the beginning of the FLQ disturbances, in 1966. My brother, sister, and I attended an English Protestant School in a French Catholic community. When the windows of our school were spray-painted with black FLQ letters and red paint dripped down over the top of the letters, my Dad was able to transfer with his company to Saskatoon. I was 12 years old – just the right age to become involved in team sports. I don't think there was a sport I didn't try and enjoy! Basketball, volleyball, tennis, badminton, soccer, field hockey, softball, and track and field; I loved and played them all. It was in Saskatoon that I decided on my career path.

My family was transferred again when I was in Grade 11 to Cornwall, Ontario. At that point in school I began to recognize the inequity between men and women in sports. Boys had better equipment, better coaches, and real refs for their games! In Grade 12, when there was no coach available for the Girls' Basketball Team, I went to the Boys' Coach to warn him that I intended to try out for the Boys' Basketball Team. You could not believe the horror this caused in our school: a girl was going to enter the Boy's Gym!! A coach for a Girls' Team was quickly found!

I was an ``additional`` member of our Boy Scout Troop in Cornwall. Girls were not allowed to participate in Boy Scouts at that time, but I wanted to do the things the Scouts did, like hiking, camping, canoeing,

building rafts etc. Colin, the Scoutmaster, kindly included me in many of the scouting activities - although I never became a member.

My dream job of becoming the head of a Phys Ed Department in a high school was realized after several years with the Regina Public School Board. Most of my 23-year career there had me teaching Phys Ed. I remember a frantic juggling of time, between teaching, coaching, and setting up tournaments at school and then coming home to coach a variety of teams that my three young children were involved within the community. My husband, Bob, was the transportation and the glue that held the family together while I was galavanting about between practices and games.

In 1999, as we approached the new Millenium, Bob`s company, Data Sphere, was extremely worried about the conversion of computers on New Years` Eve. We were transferred to Edmonton, a bigger centre for the Company, where Bob could supervise the changeover in a main center. In planning our move to Edmonton, I remembered that I had brought my Girls Volleyball Team to a Lion`s Club Tournament that ran between St. Albert, Morinville and Legal. So, when we were looking for a community in which to settle, I recalled the girls and I being so enamored with the community of St. Albert. We had been driving the team van from ESSMY down Boudreau to our next game in Morinville when one of the girls cried out, ``Look at all the trees! Isn`t this a beautiful town!" St. Albert was where we found our house and relocated our family.

In Alberta, I taught another 10 years with Edmonton Public Schools at Westlawn and Hardisty Schools in the Junior High Program, mostly teaching Phys. Ed., Outdoor Ed., and Math.

Upon retiring from teaching, I worked for three years at the St. Albert Foodbank and Community Village running the Rental Assistance Program. RAP was provided a rental subsidy, funded by the Alberta government, to assist those people who were on the verge of losing their housing. It was a very interesting job that taught me a great deal.

Throughout my life being involved with the church and involved with community activities have been important to me. For many years in Regina, I provided leadership on the Lumsden Beach Church Camp Board. This allowed my family several weeks at camp each summer, while I volunteered with the programming. When not at church camp our family enjoyed camping in our tent trailer during the rest of the summer.

When I retired, I needed to find out more about my ARTA retirement plan. I felt the best way was to become involved with STARTA. I joined the Executive as the Telephone Committee Chair mostly so that I could meet people in the Association and have someone to talk to at the breakfasts. I have enjoyed meeting so many people, who have become friends!

ARTA Fitness Challenge : Wellness Challenge 2021 Physical fitness contributes to all other aspects of personal development and makes for rich and radiant living. The ARTA Wellness Challenge encourages you to become more engaged in activity that enriches wellness. The challenge is open to all ARTA members and begins April first and continues until June thirtieth. You can participate by getting active and recording the number of minutes you are involved in activity per day. At the end of the challenge, you choose your best thirty days and submit the results to ARTA. Prizes are awarded to the top performers; participation prizes will be selected by random draw from the submissions sent by challenge participants. Remember to continue to practice Covid safety measures as you engage in these activities. To find out

more, read an article entitled, "Embark on a Wellness Journey" found on pages 38-40 of the Spring 2021 edition of News&Views or through the following link.

arta.net/wellness-challenge



At this time, we have no immediate Zoom Events booked for this spring, other than our Coffee and Chat sessions. We are already looking at possibilities of arrangements for the fall. If you have any suggestions of possible speakers or topics, please send to mikedickinsonab@yahoo.ca

The picture shows your executive discussing possible plans for the future of STARTA.

ADDITIONS to our Feb. 26th Zoom EVENT: STRETCH or EXERCISE ... the 2nd half...

From Joyce: My Fitness Journey

While I was teaching in Killarney, MB, I did 10 minutes of stretches each morning, walked to school every day and walked to the post office and shops, both about 5 minutes away. It was a small town.

When I retired in 2002, a teacher friend invited me to the Pilates class she was attending, put on by the local physiotherapist. I figured a physio should know what she's doing, so I started going every week and really enjoyed it.

When I moved to St Albert, my sister invited me to go with her to the Sturgeon Valley Athletic Club. I figured surely they would have Pilates classes. I met up with Kathy Giesbrecht and have been seeing her twice a week ever since. I also had a trainer, shared with my sister and niece, for about 10 years until she moved away. We did mostly resistance and cardio with her. Before she left she gave me a list of 9 exercises to do on holidays which I get back to a few times.

I now do 10 - 15 minutes of stretching exercises every night before bed, a great relaxing routine. It has become a habit I can't not do. During the COVID crisis, I've also been doing an hour's walk once a week with Kathy or a gardening friend. And if I feel like it, I do 10 - 15 minutes of cardio/marching a couple of times a week.

Other than exercise, I watch what I eat, mostly fruit, vegetables and dairy with protein thrown in on the side. No beans, thank you, and no bacon.

***From Ardyth:* Have You Met Andrea Metcalf Yet?**

Andrea Metcalf is a fitness expert from Chicago and

- Trainer of the Year Finalist - IDEA
- Certified Personal Trainer
- Certified Nutritionist
- Certified Group Fitness Instructor
- Experienced Pilates & Yoga Instructor
- Alignment & Posture Expert
- Pain Specialist Celebrity & Pro Athlete
- Corrective Exercise Specialist
- Passionate Teacher & Motivator

Her workouts and advice are available on You Tube and at www.andreametcalf.com . Some segments are specific to one area (eg. hip flexibility) and are only a few minutes long. Others are designed for full body fitness and are 30 to sixty minutes. She also has a series called “Pain Free” that introduces participants to gentle work to ease tightness and pain in specific areas such as the neck and shoulders or low back.

I “met” Andrea about 10 years ago when I borrowed her DVDs from the St Albert Public Library. I have since purchased them and use them as part of my regular fitness plan. I am VERY glad I did.

From Cathi Cross:

I sure enjoyed the exercise sessions on Friday, February 26th. What a great idea! I hope that we will be able to access her sessions to continue using her program.

The program that I mentioned in our discussion after the session is called “SIT AND BE FIT”. It is on PBS (channel 145 if you are with SHAW) at 12:30 p.m. every weekday. It is a 30-minute exercise program geared to seniors that can be done either sitting or standing. Any equipment needed is the same as we used on Friday, and easily found in our homes. The program involves stretching, movement and brain gym. It is very similar to the one we had, however, you don’t have to get down on the floor. Even though the movements are not strenuous, you really feel like you have had a work-out when you are done. It is fun to do and I strongly recommend that you check it out.

ONLINE RESOURCES: Stretching and Exercise Routines

Andrew Raczynski

As a follow-up to Servus Place trainer and yoga specialist Hailey Dame’s special ZOOM session, **At Home Exercises and Stretching During COVID-19**, on February 26th, I was invited to share some online resources that members can add to their respective fitness toolkits, a starter kit for STARTA members, if you will.



For anyone who wants to improve flexibility, to increase energy, balance and strength, and to enhance general health and well being, there are many online resources that provide detailed information on stretching and resistance (strength) training exercises, replete with step by step, fairly easy to follow demonstrations.

Where to begin? Key search terms like “Stretching for seniors,” and “exercises for 60, 70, 80+ year olds (men? women?)” yield a plethora of information. The annotated resource list herein provides a good starting point that automatically generates other sources to consider. Before reviewing the online references, a personal needs assessment may be in order. Reminded of Hailey’s advice to “listen to your body,” to “stay hydrated” and to “start off slowly,” a consideration of other key concerns and questions may be helpful.

In no particular order, I list some questions for consideration:

- Whether I desire to improve flexibility, to increase energy, stamina, to feel better, more relaxed, or to sleep better, I must ask myself why am I doing this? What are my SMART GOALS***? And, how do I track my progress?
- What are my personal limitations: current state of health and wellness, etc.? Have I been injured or had an illness or surgery recently? How has COVID-19 impacted my ability to walk, swim, exercise?
- Who should I consult to ensure that I am moving forward in a way that best serves my current needs and personal circumstances? The best advice is to first discuss these matters with my family doctor and any other trusted health care providers or fitness personnel (physiotherapists, chiropractors, massage therapists, etc.). For what it is worth, many of the exercise routines that I currently perform were originally suggested to me by a family doctor, physiotherapist et al.
- How do I know if I am stretching or exercising correctly, especially when I cannot see myself performing what I am viewing on the tube?
- What is the difference between cardio and strength training, stretching, and calisthenics – and what are the benefits of each form of fitness training?
- Should I do this on my own, or with a workout buddy? Or should I avail myself of the services of a personal trainer? Consider Hailey at Servus Place, or other local, private and public fitness and wellness centres/gyms that offer a range of services re strength/cardio training, including yoga, Tai Chi, etc.
- What other questions should I consider before I proceed?



***SMART GOALS: (Specific, Measurable, Achievable, Realistic, Timely)

Some annotated, online resources:

“Seated Exercises for Older Adults.” Dartmouth-Hitchcock Aging Resource Center, August , 2012. Accessed March 10, 2021. <https://www.youtube.com/watch?v=8BcPHWGQO44>

***As we age, physical activity helps us to attain our goals, to maintain our functioning and to promote comfort. In addition, routine exercise can help reduce arthritis pain, improve mood, sleep and blood sugar control, as well as affect memory. This video includes both balance and strengthening exercises, which can prevent falls and hip fractures. This video is appropriate for those older adults who cannot stand or who may need support when standing.**

Kutcher, Mike. “Do These 4 Stretches EVERY Day - Stretches For Seniors.” More Life Health, April 2, 2020. Accessed March 10, 2021. https://www.google.com/search?q=stretching+routines+for+seniors&riz=1C1FGUR_enCA760A760&oq=stretching+routines+for+seniors&aqs=chrome..69i57j0i22i3019.13544j0j7&sourceid=chrome&ie=UTF-8.

* A stretch routine for seniors, consisting of 4 stretches done every day to improve posture, and prevent hip, back, knee, neck and shoulder pain. This video session runs for 12 minutes. Mike, a physiotherapist has other video sessions available online (See below).

“Full Chair Workout - No Equipment, Seated.” More Life Health. November 20, 2020. Accessed March 10, 2021. <https://www.youtube.com/watch?v=hZYCL86BFH8>.

*** A full chair workout for seniors (completely seated) to improve strength, flexibility and fitness. This video session runs for 40 minutes.**

Villines, Zawn. *Progressive Calisthenics Workout Plans for All Fitness Levels*. **Medical News Today**, March 9, 2021. Last modified March 9, 2021. Accessed March 10, 2021. <https://www.medicalnewstoday.com/articles/calisthenics-workout-plan>.

*Most calisthenics exercises are modifiable to make them easier or more difficult depending on a person’s fitness level and goals. There are many resources that cater to a variety of fitness levels.

“These Are the Deadliest Foods Americans Eat Every Day.” **Healthy Gem**. Last modified March 4, 2021. Accessed March 10, 2021. https://www.healthygem.com/nutrition/these-are-the-deadliest-foods-americans-eat-every-day/?utm_source=gd&utm_campaign=12472660722&utm_medium=&utm_content=118985150576&utm_term=blank&gclid=CjwKCAiAkJKCBhAyEiwAKQBCKkuGbE_VapHm_uulk4cuNsR_YGY5rLwMwgcGZJdrCDry2i729jsfZxoCIYoQAvD_BwE&and=1&chrome=1.

*There is a long list of “bad” foods. Even the most health-conscious eaters who fastidiously avoid junk/fast food eat some potentially lethal stuff — without even knowing it. One always

has choices: e.g. baked french-fries and chicken wings are less than half the calories and a fraction of the stuff oozing out of a deep fryer.



*To that, Aristotle might say: “Balance is the key; everything in moderation.” Meanwhile, **keep in mind** the comment that my friend Roger imparted to me when I expressed concern about the high caloric and cholesterol numbers while enjoying a full breakfast at the A&W a few years ago: “When I was in for my annual check-up last week, and expressed the same concerns, my doctor replied: ‘For goodness sakes, Roger, you are 85 years old. You can eat whatever you like!’”*

Consider this challenge: Please share any helpful fitness resources, including online resources, human resources, fitness or wellness programs, etc. in the community, as well as any follow-up questions or concerns to andrewraczynski@gmail.com before April 10th for inclusion in the next Newsletter. Please note why these resources are helpful in a sentence or two.

More Follow-Up from our February 11 Coffee and Chat:

1) A topic that came up was the issue of MLAs not responding to communications from their constituents or responding only with a “thank you for your letter” or a form letter. If an MLA does not respond, you can complain to the Speaker of the House and/or the representative’s party. There is little that can be done about a minimal response or a form letter except to take that into consideration at the next election.

Alberta’s Speaker of the House: Nathan Cooper
325 Legislature Building
10800-97 Ave. NW
Edmonton AB. T5K 2B6
Phone: 780 427 2464
Fax: 780 422 9533

If the letter you are writing is to a cabinet minister or the premier, consider sending a “cc” to their counterpart in the opposition shadow cabinet.

2) Several participants have been very busy knitting or crocheting and have items to donate. Here are some suggested places that accept donations of this nature.

- Jessica Martel House, victims fleeing abuse need clothing items
- Cross Cancer Institute- blankets and quilts are given to patients
- St. Vincent de Paul- blankets to distribute
- If you know of additional places to donate handmade items of this type please send this information for our next newsletter.

3) Those of you who knit or crochet and have yarn to use up might consider making fidget or cannula sleeves for Alzheimer's patients. These help with stress reduction and protect skin. This information is from the Alzheimer's Canada website.

"If you would like to knit or crochet a Fidget Sleeve, please consider following the guidelines below:

- Ensure all attachments are secure to the sleeve and that there are no loose or small items that may pose as choking hazards.
- Attach a variety of doodads such as velcro, lace, buckles, buttons, gloves, beads, rope, etc.
- Using a pattern is not necessary, but if you would like to use a pattern [click here](#).

4) Attention quilters. Alzheimer's patients can also benefit from "Touch Quilts". There are several sites on the internet with instructions for making a "Touch Quilt" should you wish to make one.

5) The Sturgeon Hospital's Neonatal ICU is in need of very small knit or crocheted hats for premature or very underweight newborns. These caps must be made of soft wool rated suitable for infants. There are many free patterns available. Here are two links to free patterns.

<https://undergroundcrafter.com/2017/10/24/30-free-crochet-and-knitting-patterns-for-preemie-hats/>

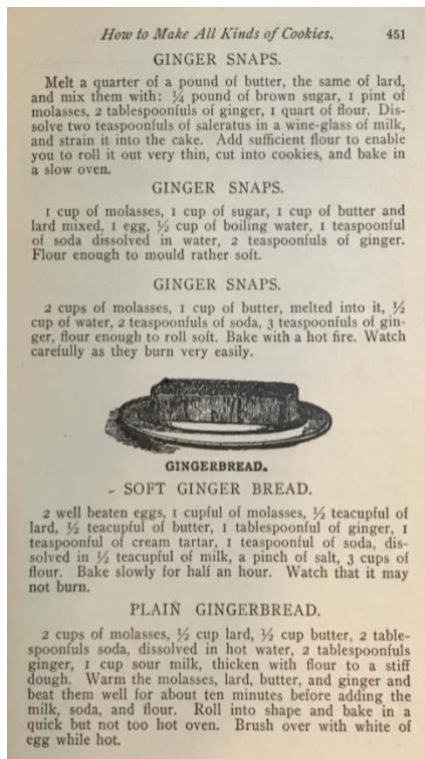
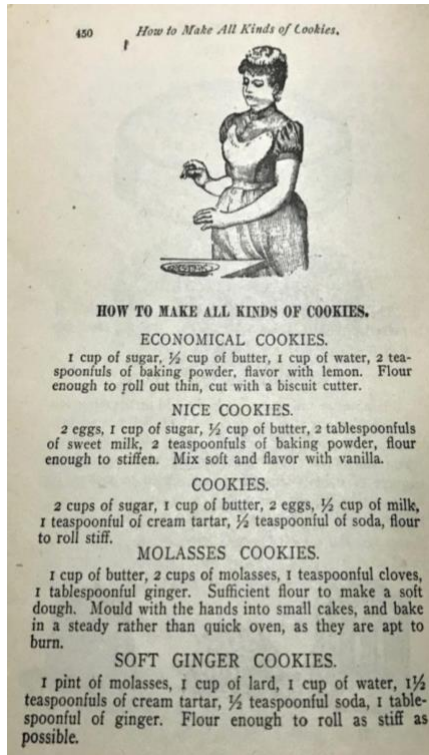
<https://www.allfreeknitting.com/Baby-Knit-Hats/Dainty-Micro-Preemie-Hat-Patterns/>

Happy Gardening!!! Concern has been expressed regarding the availability of seeds for the coming season. I ordered a few seeds from McKenzie Seeds (Brandon, Manitoba) online on [March 16](#) and have received them already. The only item they could not supply from my order was onion sets. Because my order was small, I paid a shipping fee. I'm sure there are other seed houses which supply online as well; if you have a favorite, let us know and we will share it the next News Bulletin and or for STARTA coffee on [April 15, 2021](#). *Marian*

And a few Historical tidbits from our COOKBOOKS... this one from 1984...

From Marian: One of our family treasures is a book on all things Housekeeping, from about 1894. It has advice on everything from how to treat disease to how to be a model housewife! It promotes itself as The Household Guide or Domestic Cyclopedia and is described as "A Practical Family Physician, Home Remedies and Home Treatment on All Diseases".

It offers everything the housewife of the time would need to know, from beauty tips to how to do laundry, or bake a cake.



The following information is also included:

GOOD RULES FOR THE MISTRESS.

Give your orders for the day to the cook as early in the morning as possible.

Insist upon being informed when anything is broken or lost.

See that the chambermaid is wearing a clean apron while making the beds, and that she knocks at the bed-room doors before entering.

Order the maid who opens the door not to leave visitors standing in the hall, nor to give parcels to strangers without previous instruction.

When you reprove, do so firmly and decidedly.

Only allow your rules to be broken once; let dismissal, with customary notice, follow the second offense.

Retain your temper under all circumstances.

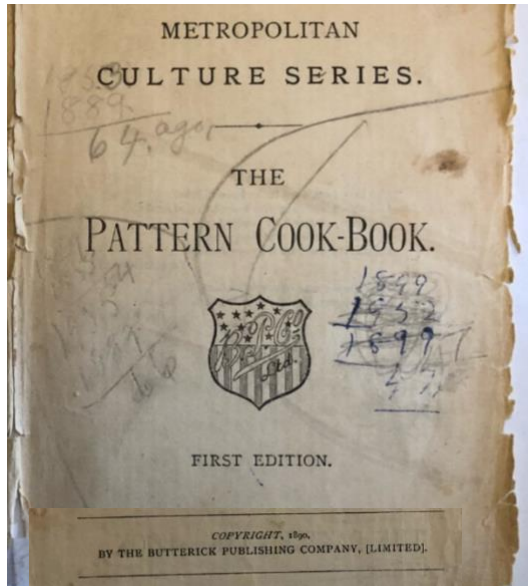
Insist upon the punctuality of the family as well as upon the punctuality of the cook.

Be kind to your servants when they are ill, and thoughtful of them always; in nine cases out of ten the considerate mistress will be rewarded by faithful service.

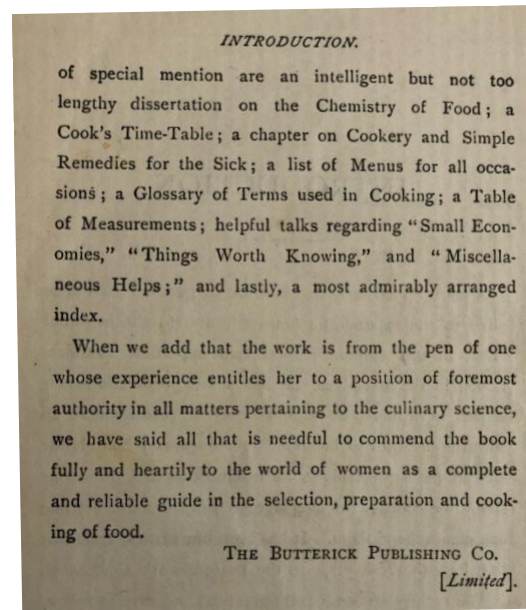
Pay your servants' wages regularly. Do not allow them to go out without first obtaining your permission.

from *The Household Guide or Domestic Cyclopaedia* by Professor B. B. Jefferis, M.D., PhD and J. L. Nichols, A. M. Published by The J. L. Nichols Co., [any Limited, Toronto, 1894 p 332-3

The Pattern Cookbook... put out by the biggest pattern company... Butterick, in 1890!
Found in her basement by one of our members, the Pattern Cook-Book was published in 1890 by the Butterick Publishing Co. (renown as publishers of sewing patterns !)

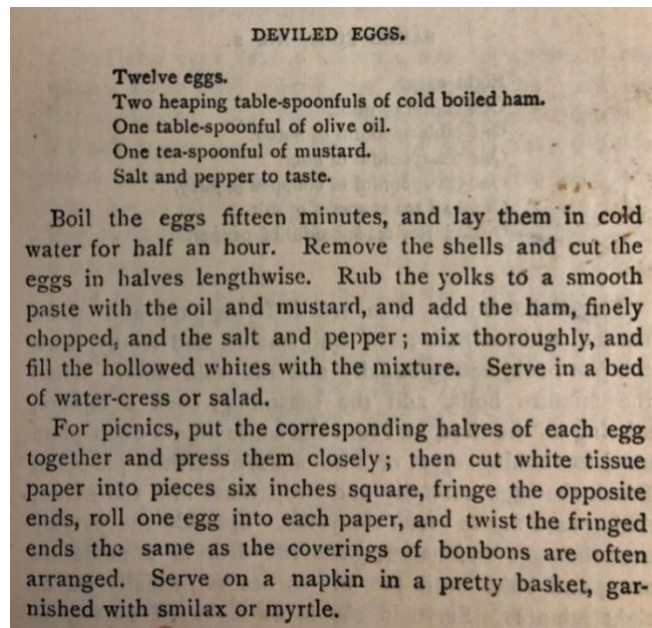


The 624 pages are filled with fine print. The Introduction mentions many of the topics included in this "Pattern Book"



The book is full of many interesting recipes - some I recognize, and many I do not. I found the following recipe to be quite unique – not at all similar to a recipe I use for Deviled Eggs. It does sound 'yummy': probably worth trying some time!

Following a section of Recipes for preparing chicken, there are recipes for Geese, Ducks, Guinea Fowl, Snipe, Woodcock, Pigeons, Squabs, Rabbits, Squirrels, Venison, (pgs. 226-238). The Vegetable section includes a recipe for Succotash made of Green corn and Lima beans. Most of the vegetables could be stewed and served with a brown sauce. Besides those we still make today, there are recipes for stewing Celery, Cucumbers, Dandelions, Endive, Kale and Lentils.



The last chapter in this 'Pattern Book' is entitled "Things Worth Knowing", and includes things such as how to salt almonds, how to boil sugar, how to make various kinds of sugars, how to serve sardines, how to obtain onion juice, how to keep food in an ice-chest, how to destroy red ants, how to make bar soap...all good 'patterns' needed in those days!

Sometimes one day changes everything; sometimes years change nothing.

An Irish Proverb

Just a REMINDER: You have HOMEWORK:

March marks one year of pandemic restrictions, so in our April News Bulletin, to celebrate our survival we will showcase the talents of STARTA members. We have members who have kept busy during 'stay-at-home' time with art work, dance, music, paper crafts, sewing, painting, knitting, crocheting, baking, woodworking and wine-making among other things. Maybe you learned a new language or how to code, juggle, beat box or rap. Let us know about your pandemic projects. Send in a photo of the project and/or a brief write up about the project. We have been delighted with contributions from our members. Help enrich the news bulletin and let other STARTA members read about your exploits. Send any contributions to pbergmann@shaw.ca before April 12th, 2021.

Mark your calendar

**April 15, 2021: Coffee and Chat with STARTA members
at 10:30 a.m. via Zoom**

**Once again, thanks to each of you who contributed to this News Bulletin! I am hoping that many more members contribute to our next News Bulletin where we share how we have kept busy, healthy and safe enough to SURVIVE Covid-19. Send your pictures and comments before April 12th to :
pbergmann@shaw.ca**