



Heritage Project



Hello!
We are Coralie &
Albert Bond

Coralie and Albert have been married for 70 years! They live in Innisfail, which is where Coralie's mom taught a very long time ago when the Innisfail school was new - in about 1910. Once she met Coralie's dad, they moved to Calgary where Coralie was raised.

"Dad made sure I had a horse and I got my first one when I was 14, in 1949," said Coralie. "I would ride downtown in Calgary along the Centre Street bridge and then take the first right to where the blacksmith was. I rode everywhere - I used to ride in the Calgary Stampede Parade with my horses. When you look back to our young years, we were blessed."

Coralie got her sense of adventure from her dad, who was from Australia. When he was 16, he hopped on a boat to South Africa to fight in the Boer War. But his uncle happened to be onboard because he was a major in the army.

"He spotted Dad and put him right back on the boat for home. He was a teenager with a sense of duty and a very adventurous spirit! Dad just had a great sense of humour. It's interesting that he ended up in Alberta and met my mom, and I ended up in the area where mom had been teaching."

Coralie and Albert met when she was visiting a friend near the farm where Albert grew up east of Olds. They lived in Calgary for a number of years, then moved back to take over the farm. They are living at a retirement home in Innisfail now, where they enjoy visits from their daughter, grandchildren and great-grandchildren!

CORALIE'S RECIPE - GOOFY BUNS

"I loved this recipe because it went together so quickly and it was a family favourite! This recipe calls for the dough to be refrigerated overnight, but it's worth the wait."

- 1/2 cup shortening
 - 1/2 cup sugar
 - 2 cups cold water
 - 1 egg
 - 1 Tablespoon yeast
 - 2 cups flour
 - 1 teaspoon salt
 - 1/2 teaspoon baking powder
- Place all the ingredients in a bowl and beat together.
 - Knead to a medium-stiff dough.
 - Place (covered) bowl of dough in a cool place or refrigerate OVERNIGHT
 - In the morning, form dough into buns and allow buns to rise for two hours
 - Bake in hot oven (375-400 degrees) until golden.