



## Sue's Brew



There will be lots of fun and activities for the entire family and our Association will have a booth at this event.

There has been much activity within and outside of our Association during the last month and looking forward to the weeks and months ahead it would appear that there are many exciting opportunities yet to come! Here are some of the highlights...

- The sleep rate paid by our Association will increase to \$8.80 per hour effective April 1, 2009 in keeping with the new minimum wage rate that has been set by the provincial government.
- On Friday, March 27th our Association will be well represented at a symposium being hosted by PDD on Innovation and Change
- On Thursday, April 2nd we will be having Ham Day at the Northside Sobeys store. I look forward to seeing many of you on that day.
- Our external COR (Health & Safety) Review was completed on March 13th. A special thank you to JoAnne DiMichele for her coordination and skill in leading us through this process and to all of you who participated. We passed!
- On April 11th from 10am—2pm the Galt Museum is hosting Eggstravaganza, featuring Joanne Kelly of the Gold Medal winning Canadian Women's Wheelchair Basketball Team.



- The next General Staff meeting will be held on Wednesday, April 29th from 11:30—1:30 pm.
- We will be hosting a workshop on Friday, May, 29th entitled "The ABC's of Generational Retention" that will be facilitated by Paula MacLean. Please visit the HUB for more information
- In June of this year, we will be co-hosting information sessions on Alberta's new Adult Guardianship and Trusteeship Act with Family Voices, Lethbridge Association for Community Living (LACL).
- LACL is also hosting their annual Spring Fling on Saturday, May 2nd at the Lethbridge Lodge. It is a very fun evening that includes dinner, silent and live auctions and a dance with music by Southern Flyer. For more information please call 403-327-2911
- The Alberta Council of Disability Services is holding their 2009 Conference April 6-8. There are a total of eight people attending from our Association
- Please visit the HUB for more information about upcoming workshops and opportunities that may be of interest to you personally and/or the individuals you support



On Saturday, February 28, 2009 over 160 staff and contractors attended the Association's Beat the Winter Blues Celebration. Six of our board members also attended this special occasion to thank staff and contractors for their contributions over the past year and to formally acknowledge people who had achieved certain milestones with the Association in 2008. Recipients of special recognition at this year's event included:

### 3 Years

- Carmen Bankonin
- Maria Armero
- Jinan Dleikan
- Nikki Ohlmann
- Linda Enns
- Tanya Agostinho
- Sherry Murdoch
- Carol Naylor
- Bill & Marion Van Reeuwyk
- Lonnie Shipley

### 5 Years

- Marget Jones
- Rod McLeod
- Willy Boot
- Joy Lawson
- Allen Skwarek
- Candace Romeril

### 10 Years

- Linda Guenther
- Melody Williams
- Cheryl Forsythe
- Carmen Ostero
- Elizabeth Ginn
- Diane Secrist
- Lisa Palma
- Joanne Olson
- Jeff Lewis
- Judy Chaisson
- Rhonda Boreen
- Kim Jorgenson
- Paula Mastel

### 15 Years

- Jocelyn Sinclair
- Danette Martin
- Stephen Tuttle

### 20 Years

- Terry Tollefsrud
- Antonette Kampfll
- Connie Jolicoeur
- Peter Rempel
- Esther Kesler
- Meredith Tuttle
- Anna Purveen



**RECIPE OF THE MONTH : GOURMET SWEET POTATO CLASSIC**



**INGREDIENTS**

- 5 sweet potatoes
- 1/4 teaspoon salt
- 1/4 cup butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 cup white sugar
- 2 tablespoons heavy cream
- 1/4 cup butter, softened
- 3 tablespoons all-purpose flour
- 3/4 cup packed light brown sugar
- 1/2 cup chopped pecans

**DIRECTIONS (6 to 8 servings)**

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. Bake sweet potatoes 35 minutes in the preheated oven, or until they begin to soften. Cool slightly, peel, and mash.
3. In a large bowl, mix the mashed sweet potatoes, salt, 1/4 cup butter, eggs, vanilla extract, cinnamon, sugar, and heavy cream. Transfer to the prepared baking dish.
4. In a medium bowl, combine 1/4 cup butter, flour, brown sugar, and chopped pecans. Mix with a pastry blender or your fingers to the consistency of course meal. Sprinkle over the sweet potato mixture.
5. Bake 30 minutes in the preheated oven, until topping is crisp and lightly browned.

THE MORE YOU STAY  
THE MORE YOU PLAY!

**Monthly draw - March 2009**

- |                         |                  |
|-------------------------|------------------|
| HBC (Zellers/Bay)       | Nicole Vallet    |
| The Keg                 | Kasha Zychewicz  |
| Zephyr's                | Peter Rempel     |
| Enmax/Yates             | Cassandra Parent |
| Chapters/Galazy Theatre | Lillian Westling |
| Le Mezza Luna/Chapters  | Maria Elliot     |
| Canadian Tire           | Melissa Luthje   |
| Country Blooms          | Allison Pike     |
| Ric's Grill             | Michael O'Brien  |
| Home Depot              | Liz Gibboney     |

**Reminder:**

**Please RSVP  
your wishes to the office  
(403-329-1525)  
by March 27th.**



Hams will be available for pickup at:

**NORTHSIDE SOBEYS  
Thursday, April 2nd  
11:30 am - 1:00 pm  
&  
4:00 pm - 5:30 pm**

OR....If you chose, you can direct us to donate your HAM to community members in need.

**In the  
Spotlight**



Linda Enns has worked for our Association since the summer of 2005. She is a wonderful resource for the individuals she supports and shares her positive attitude with everyone that she comes in contact with.

Linda is also employed as an educational assistant in the Lethbridge School Division. In her spare time (of which she indicates there is very little) Linda likes to relax watching movies and spending time with her three grown children and one son-in-law.

Linda also loves to travel and spent her "Stay 'n Play" travel winnings on train tickets to the east coast for herself and fiancé Alex.

We are very happy to have Linda as an employee of Southern Alberta Community Living Association and we thank her for her valuable contributions.

**HEALTH & WELLNESS presents:**

***Shed, Garage or other Enclose Space Cleanup***

Look for mice droppings, nests or dead mice when you enter enclosed spaces (such as Sheds or Recreational Vehicles) for the first time in the spring. **If you see any signs of mice in enclosed spaces:**

- Open doors and windows to ventilate the space for at least 30 minutes before cleaning.
- Stay out of the area while ventilating.
- Put on rubber gloves, and if desired, a face mask.
- Spray droppings, nests and dead mice with a bleach and water solution (1 part bleach to 9 parts water) or household disinfectant.
- Mop up the disinfected droppings, nest or dead mice: or pick them up

with paper towels.

- Put disinfected matter into a plastic bag.
- Seal plastic bag and put in a garbage container with a tight fitting lid. Wash you gloves with bleach solution or household disinfectant before you take them off, and then wash your hands thoroughly.
- Do not vacuum or sweep the dropping, nests or dead mice as this can produce dust which may contain harmful airborne Hantavirus particles.

Additional information can be found at:

[www.calgaryhealthregion.ca/healthinfo/features/2008/2008-04-24\\_springclean.htm](http://www.calgaryhealthregion.ca/healthinfo/features/2008/2008-04-24_springclean.htm)