



## Sue's Brew



**2010 was quite a year!**



Here are just a few of the highlights....

- Southern Alberta Community Living Association turned 30 and this important anniversary brought us together in a variety of different ways as we commemorated this important milestone.
- Staff once again demonstrated their ability to pull together in support of adults with a developmental disability and the people who support them as we welcomed over 40 new individuals, staff and contractors in one 24-hour period.
- Many of us clearly admitted that we're okay with looking foolish from time to time when we participated in SACLA's first curling event and spent much of the time not on our feet!
- We published our first book ~ **A TASTE of COMMUNITY**
- Through the Play 'n Stay initiative, staff were acknowledged 254 times for their continued support and employment with SACLA.
- We once again "**Beat the Winter Blues**" by spending the evening together celebrating your efforts and acknowledging staff who have been employed with the Association 3, 5, 10, 15, 20 and 25 years!
- The actions of staff once again substantiated our Mission Statement which reads:

*SOUTHERN ALBERTA COMMUNITY LIVING ASSOCIATION  
 IS A LEADER IN SUPPORTING PEOPLE TO LIVE THEIR  
 BEST LIVES AND PURSUE THEIR DREAMS*

Next year I will celebrate my 20th year with SACLA. The past two decades have seen many changes, but the one constant to me has been the staff of this organization's desire to see a change in the world and for individuals with a developmental disability to play an important role in that change.

Over the last 30 years many people have remarked that people at Southern Alberta Community Living Association tend to be "different". Some have gone so far as to say "They're kinda crazy over there you know."

I think that this quote by Mr. Jack Kerouac perhaps says it all.

*"Here's to the crazy ones... The rebels... The round heads in the square holes. The ones who see things differently. They're not fond of rules, and they have no respect for the status-quo. You can quote them, disagree with them, glorify, or vilify them. But the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do."*

**My thanks to each of you for another amazing (and crazy) year.**

SACLA has published a wonderful cookbook entitled

### A TASTE OF COMMUNITY

Be sure to get your copy today! They make great gifts and are available at the office for just \$10.



### TURKEY DAY

On December 14th, in keeping with the spirit of the Season, turkeys were distributed to contractors and staff as a small token of appreciation from the Association. Many chose to have their turkey donated and I am pleased to inform you that over 80 turkeys were distributed for the benefit of people in our community.

**RECIPE OF THE SEASON:** Gerard's Eggnog Cheesecake  
 Source: A TASTE of COMMUNITY COOKBOOK

#### INGREDIENTS

- 1 block Philadelphia Cream Cheese
- 1 cup sugar
- 4 envelopes Dream Whip
- 1 cup milk
- 1 cup eggnog
- Rum to taste



#### DIRECTIONS

Blend cream cheese and sugar. Whip together Dream Whip, milk, eggnog, and rum together. Blend cream cheese mixture with Dream Whip mixture. Put in a graham wafer crust made with margarine and no sugar. Chill and freezes well.




### PLEASE NOTE:

The office will be closed on the following days:

- Monday, December 27th
- Tuesday, December 28th
- Monday, January 3rd



	WHAT IS THIS?	HOW DO YOU PLAY?	WHO IS ELIGIBLE?
	<p>Southern Alberta Community Living Association is very excited to announce:</p> <p><b>“The MORE you STAY, the MORE you PLAY!”</b></p> <p><b>STAY</b>—The more months you have an active contract with the Association between December 2010 to May 2011, the more chance you have to</p> <p><b>PLAY</b>—For each month, you will be eligible for a ballot to win prizes!!</p>	<p>On the first of every month, each eligible contractor will be entitled to one (1) ballot for the Grand Prize draws.</p> <p><b>GRAND PRIZES</b></p> <p>8 lucky contractors will win either:</p> <ul style="list-style-type: none"> <li>• \$500 for Gas</li> <li>OR</li> <li>• \$500 for Groceries</li> </ul>	<p>All contractors who are actively supporting an Individual/Family and whose conditions are current as:</p> <ul style="list-style-type: none"> <li>• Roommate Companion</li> <li>• Respite</li> <li>• Associate Family</li> <li>• Host Family</li> <li>• Have received remuneration for the month</li> </ul> <p>A ballot will be automatically entered for you.</p> <p><b>NOTE:</b> Late submission of a Respite timesheet will NOT receive an automatic ballot.</p>

## WINTER DRIVING TIPS

Copied from: <http://safety-council.org/safety/road-vehicle-safety/traffic-safety/winter-driving-tips/>

Winter driving can sometimes be a daunting task, especially when conditions are snowy or icy. Follow these steps to keep yourself safe and collision free during the next few blustery winter months.

**Step 1: Make sure that your vehicle is prepared for winter driving.**

- Winter tires are a good option, as they will provide greater traction under snowy or icy conditions.
- Keep a snow brush/scrapper in your car, along with possible emergency items such as a lightweight shovel, battery jumper cables, and a flashlight.
- Make sure that mirrors, all windows, and the top of your vehicle, are free of snow or frost before getting onto the road.

**Step 2: Drive smoothly and slowly**

- Don't make any abrupt turns or stops when driving. Doing so will often cause your vehicle to lose control and skid.
- Driving too quickly is the main cause of winter collisions. Be sure to drive slowly and carefully on snow and ice covered roads.

**Step 3: Don't tailgate.**

- Tailgating becomes much worse in winter weather. Stopping takes much longer on snowy and icy roads than on dry pavement, so be sure to leave enough room between your vehicle and the one in front of you.

**Step 4: Brake before making turns.**

- Brake slowly to reduce speed before entering turns. Once you have rounded the corner you can accelerate again.

**Step 5: Learn how to control skids.**

- When skidding, you actually need to go against your natural instincts and turn into the skid and accelerate. Doing so transfers your vehicle's weight from the front to the rear and often helps vehicles to regain control.

**Step 6: Lights On.**

- Turn on your lights to increase your visibility to other motorists.

**Step 7: No Cruise Control.**

- Never use cruise control if conditions are snowy, icy, or wet, because if your car hydroplanes, your car will try to accelerate and you may lose control of your vehicle.

**Step 8: Don't "pump" the brakes.**

- If your vehicle is equipped with an anti-lock breaking system (ABS), do not "pump" the brakes. Apply constant pressure and let the system do its work.

**Step 9: Pay attention.**

- Maneuvers are more difficult to make in the snow. Be sure to anticipate what your next move is going to be to give yourself lots of room for turns and stopping.

## In the spotlight!



We would like to introduce **Gail Guinn**, our new Executive Assistant. Gail comes to SACLA with a wealth of experience having worked for the Calgary Health Region for 14 years; at a court reporting company, and most recently for a staffing and recruitment office in Lethbridge. Gail has been married for 17 years and has 2 children ages 14 and 12. She enjoys card-making and scrapbooking although, like the rest of us, finds it hard to make time to work on her projects. Gail is an avid CFL fan and has attended 7 Grey Cups. She also enjoys watching curling and the Lethbridge Hurricanes. Next time you are in the office, stop by and introduce yourself to Gail and help us welcome her to SACLA.

*Season's Greetings*

