Southern Alberta Community Living Association

STAFF STAR

May 2008

NEWS from Sue's desk

There are a few dates that you may want to write in your calendar…

- ☑ **Friday, May 9**: STAY & PLAY draw
- ☑ **Friday, June 13:** STAY & PLAY draw
  (Both draws will take place at the office at 10:00 a.m.)
- ☑ **Wednesday, May 21:** General Staff meeting from 11:30—1:30. Agenda will be distributed by May 14th. Lunch provided.
- ☑ **Friday, June 27 :** STAY & PLAY — **GRAND PRIZE DRAW** at Andy's Place at the University of Lethbridge. Invitations will be mailed out by the end of May.
- ☑ **Saturday, September 13:** BBQ at Pavan Park—Chicken 'n Ribs provided by LA Kitchens

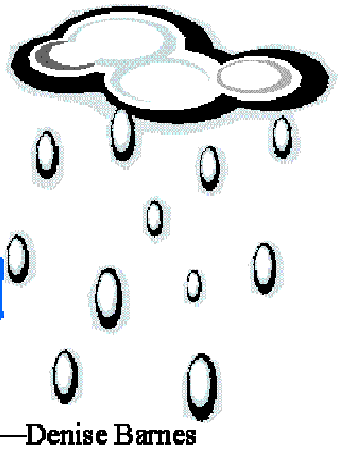
NOTABLE QUOTES

"A person who never made a mistake never tried anything new." *Albert Einstein*

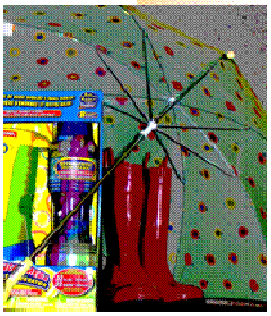
"Coming together is a beginning. Keeping together is progress. Working together is success." *Henry Ford*

"Keep your eyes on the stars, and your feet on the ground." *Theodore Roosevelt*

THE MORE YOU STAY
THE MORE YOU PLAY!



LET IT RAIN

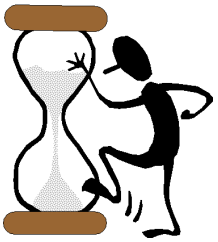


Metal Wall Hanging—Sharon Brown
Wood Umbrella Stand/Umbrella & Rug—Denise Barnes
Bubble Machine/Umbrella & Red Rubber Boots—Matthew Hillen
Framed Picture—Waterfall & Beach—Maggie McGeough
Nightlight, Clock, Holograph—Margaret Mericle
Metal Umbrella Stand & Rain Tile—Liz Gibboney
Framed Picture—Three Lighthouses—Denita Nicolas
Rainstick/Umbrella & Pink Rubber Boots—Elizabeth Ginn
Tile with Blue Rain Pattern—Bonnie Dennis
Armour All Car Kit/Umbrella & Blue Rubber Boots—Samantha Livingston
Buddha Board & Black Ball Fountain—Danette Martin
Two Room Tent—Shirley Adamson
Folding Chair/shade—Angela Jans
Tots Activity Table—Lori Harasem

SHARE CORNER

Reminder that the Office will be closed May 19th for the Victoria Day Stat.

June is just around the corner! And that means we are nearing our year end! We are reminding all contractors and staff to ensure that all timesheets, expense sheets etc are submitted to the office well within the deadline periods!



"Southern Alberta Community Living Association is a leader in supporting people to live their best lives and pursue their dreams"

MOTHER'S DAY THOUGHTS!

Mother love is the fuel that enables a normal human being to do the impossible. *~Marion C. Garretty,*

Children are a great comfort in your old age - and they help you reach it faster, too. *~Lionel Kauffman*

Sing out loud in the car even, or especially, if it embarrasses your children. *~Marilyn Penland*

RECIPE OF THE MONTH

BAKED CHICKEN FINGERS

INGREDIENTS

- 4 large boneless skinless chicken breasts
- 1 egg white
- 3 TBSP milk
- 1 C. Corn Flake crumbs
- 1 tsp Mrs Dash (original)
- 1 tsp ground black pepper
- Cooking spray

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Cut chicken in long strips
3. Beat egg white and 3 together in a bowl
4. Dip chicken strips in egg/milk mixture
5. Combine Corn Flake crumbs and spices in Ziploc bag
6. Place chicken strips in bag, shake and completely coat with crumb mixture
7. Place chicken strips on a cookie sheet and spray the tops with cooking spray
8. Place in oven for 20 minutes (or until chicken is completely cooked through

Serve with your favorite chicken finger sauce and a hearty salad for a quick and amazing meal that everyone will enjoy!

HEALTH & WELLNESS presents:

HOME SECURITY CHECKLIST

Source: *Alberta Solicitor General and Public Security(http://www.solgps.alberta.ca)*

Home Security Checklist

Complete our security check on your own residence to find out if your home may be vulnerable to thieves. This survey can also help you evaluate the security risks of a home you plan to purchase or rent.

Doors

- ☐ Doors have 180 º peepholes.
- ☐ Inside locks are at least 1 metre from glass.
- ☐ Exterior doors are solid-core.
- ☐ Exterior doors have 2.5 cm deadbolt.
- ☐ Exterior door hinge pins are non-removable.
- ☐ Door jambs are securely fastened.
- ☐ Strike plates are secured to door jambs with 6.35 cm screws.
- ☐ Deadbolts extend sufficiently into strike plates.
- ☐ Locks have been changed or re-keyed since you have moved in.

Windows

- ☐ Double hung windows are securely pinned.
- ☐ Metal windows and basement windows have auxiliary locks.
- ☐ Basement windows have auxiliary locks.
- ☐ Curtains cover windows completely.
- ☐ Window air conditioners are secured from inside.

Garage

- ☐ Garage door closes tightly.
- ☐ Overhead garage door has quality lock.
- ☐ Doors are locked and closed when not in use.
- ☐ Remote garage door opener is customized for your garage door.
- ☐ Keys are removed from vehicle while it is in the garage.
- ☐ Garage light can be turned on from inside the house.

Exteriors

- ☐ Shrubs are cut below window level.
- ☐ Tree limbs cut above window level.
- ☐ Residence number is visible from the street, at night & from the lane.
- ☐ All entrances to the house and garage are well lit.
- ☐ Bicycles, lawn mowers, ladders, etc. are kept inside.
- ☐ You know your neighbours and watch out for each other's property or you belong to Neighbourhood Watch program.

Vacations

- ☐ You have stopped all deliveries.
- ☐ You have left shades and blinds in their normal positions.
- ☐ You have notified your Neighbours.
- ☐ You have set timers on lights and radio.
- ☐ Someone is taking care of your yard.
- ☐ Your mail is being held or picked up.

Additional checks.

- ☐ You keep most of your cash in the bank.
- ☐ You keep a list of all valuable property, credit cards and serial numbers in a safe place?
- ☐ Valuable property is engraved with your driver's licence number.

Contact your local police service for further information.
Your Police Service phone number is:_____

Crime Prevention – it's in your neighbourhood