Southern Alberta Community Living Association

CONTRACTOR CHRONICLE

May 2008

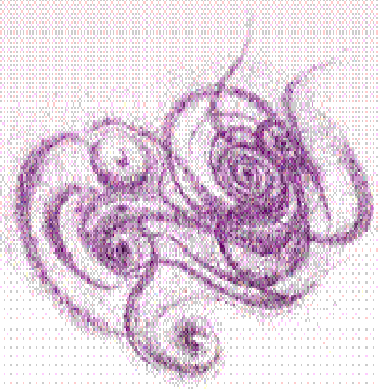
Southern Alberta
Community Living Association

We would like to recognize your contributions in supporting people to live their best lives and pursue their dreams

Please join us for dessert and refreshments

City Hall Atrium
(910 - 4th Avenue South, Bethbridge)
Wednesday, June18, 2008
6:30 p.m. - 8:00 p.m.

Prize Draws for all current Contractors
Draws throughout the evening



Please RSVP by Friday, June 13, 2008

329-1525 or admin@sacla.ca

NEWS from Sue's desk

Please mark your calendars and plan to join us for an evening of recognition (and dessert !).

June 18th at the City Hall Atrium.

Every current contractor will automatically have their name entered into a Grand Prize barrel for their chance to win one of many items. Some of the prizes will include: **$500 in groceries; $500 in gas; $500 to spend anywhere in Park Place Mall**!

In addition to the Grand Prize draws, there will also be a number of door prizes given away throughout the evening.

Your personalized invitation will be mailed out shortly.

CONTRACTORS NEEDED

There are currently over 10 children looking for a family to spend time with one or two weekends per month.

Do you know of anyone who likes kids, has some time to give and would appreciate a bit of a second income?

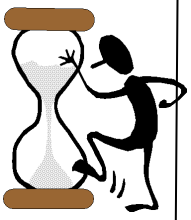
Please have them contact us to discuss the many possibilities that currently exist.

For every person that you refer between now and June 30th who becomes a Contractor with our Association, we will give you $200.00!

Please spread the word about the benefits of becoming a Contractor with Southern Alberta Community Living Association.

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!

NOTABLE QUOTES

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." *John Quincy Adams*

"Women are like teabags. We don't know our true strength until we are in hot water!"
Eleanor Roosevelt

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 TBSP milk 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 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 license number.

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

Crime Prevention – it's in your neighbourhood