



Sue's Brew

Thanks For The Memories



October 1, 2010 was the official 30th anniversary of Southern Alberta Community Living Association and this important milestone was celebrated in a number of different ways.

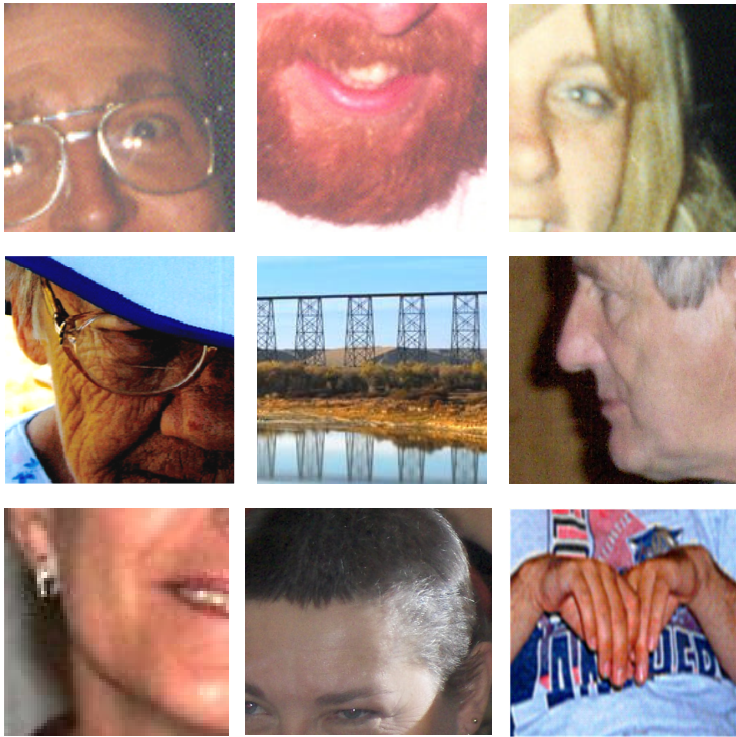
On August 30th, I spoke with the Mayor and City Council members about our Association and presented them with a framed copy of "How to Build Community". This gift to the City is now displayed at the top of the atrium stairs for all visitors to the City offices to see.

From September 7-9, our "Walk Down Memory Lane" was on display in the atrium of City Hall to provide increased awareness and information to the general public.

On September 8th, a reception for over 120 individuals we support was held in the atrium. This evening's festivities provided a wonderful venue for visiting and chatting and included a power point presentation and the sharing of some great food.

On September 11th, 349 current and former staff, contractors, board members and friends of SACLA gathered to celebrate our important anniversary. One very special guest, at both the Sept. 8th & 11th events, was the Association's first Executive Director Mr. Rob Richards, who travelled from his home in Brockville Ontario to spend the week with us.

# A TASTE OF COMMUNITY



## COOKBOOK

To commemorate our 30th Anniversary, our Association produced a cookbook entitled "A Taste of Community". These cookbooks are available for only **\$10.00**. So if you are looking for the perfect Christmas present, birthday gift, shower present, etc....come by the office and check it out!

### INTRODUCTION

Food, more than any other element in society, binds us together. Sharing food brings us to community. There is no substitute for the energy generated when friends, family, neighbors and even strangers gather round a table. For this is the place where we come to know one another, listening and sharing the experiences of our lives.

A 13th-century Buddhist leader-philosopher, Nichiren, while in exile, wrote in a letter thanking a follower for sending him food: "Rice is not simply rice. It is life itself. It is our link with each other. Food is love, life and at the heart of society."

It is in this spirit that the friends of Southern Alberta Community Living Association contributed to and created this commemorative 30<sup>th</sup> Anniversary Cookbook.

SACLA believes in the inherent worth of all citizens who, individually and collectively make valuable contributions to our community. People's abilities are recognized, and their opportunities to make meaningful contributions are maximized, when they feel connected to and are supported by other members of the community.

We hope the recipes contained in these pages inspire you and create wonderful excuses to invite others to your table.

**Sue Manery**  
**Executive Director**  
**Southern Alberta Community**  
**Living Association**



### Health and Safety Tip

#### CARELESS STORAGE CAN ENCOURAGE MOLD

If you're in the habit of storing items in cardboard boxes for an extended period of time, you should probably rethink your storage solutions, especially if you tend to stack them in a basement corner. The fact is that porous packaging such as cardboard is capable of absorbing moisture from a damp environment during humid conditions, thereby creating a haven for mold and mildew. To avoid such unwelcome results, it is important to completely seal paper and fabric items in non-porous packaging such as plastic. To discourage the accumulation of moisture, keep containers on shelves and off the ground, and do not stack boxes in corners where air cannot circulate.

