

# Sweet Snippets

## March 2025



*Sylvan Lake Foundation*



**Let's dive into March with  
curiosity, inspiration, and a  
spirit of celebration!**

Sylvan Lake Lodge, 4620 47 Ave, 403-887-2555

# Say Hello...

Hello Residents, Families and Friends!

March is a month filled with celebration, reflection, new growth and fun! From **International Women's Day** on March 8, to the lively festivities of **St. Patrick's Day** on March 17, to the highly anticipated **First Day of Spring** on March 20<sup>th</sup> there's a lot to enjoy and appreciate.

We would like to welcome a couple of new staff members to our team! Please say hello too...



My name is Logan Pol, and I am the new accounting administrator at the lodge. I have been accounting and bookkeeping for the last 8 years, and I have a Bachelor of Business Administration. In my spare time I train and perform with the Burman University Acronairs. I am also involved with a musical drama group called Zap Theater. When I'm not working out or practicing, you can find me riding my bicycle or two stepping.

Hello! My name is Alyssa Kalev, and I am excited to join the team as the new Community Engagement Coordinator. With 15 years of experience in senior care, I bring a diverse background to this role. As an LPN by trade, I have had the opportunity to work in many different capacities within the senior care industry, including coordinating recreational activities at a large seniors' community in Red Deer.

I live just west of Eckville with my husband, Cole, and our son, Kayce. Together, we run Bluebird Valley Farms, where we care for a herd of registered Charolais cattle. In addition to our cows, we are surrounded by an array of animals: a border collie/blue heeler named Allen, a cowboy corgi named Monty, two cats, three mini donkeys, four mini horses, and a turtle named Rosie!

I look forward to connecting with the community and contributing to the continued growth and success of our initiatives.





# What We've Been Up To

**Love was in the air here at the Sylvan Lake**

**Lodge for Valentines Day!**

**The kitchen treated us with a delicious spread of  
goodies, sweet cocktails and great conversation  
over a few word and trivia games!**



**The ladies from JJ Nails came down**

**to spoil us with luxury hand  
massages and manicures! They  
were lined up right out the door!**

**We can't wait to have these  
wonderful volunteers back once a  
month! Thank you so much!**



# March Birthdays

In March, we celebrate birthdays with:

- **Olga Bailey- March 12**
  - **Roy Mattson- March 17** 🍀
  - **Karen Maggrah- March 20**
  - **Pearl Boettger- March 29**
- Staff Birthdays***
- **Maricel- March 10**
  - **Tammy- March 30**



## March Trivia

**The “Pi Day” Celebration:** March 14 (3/14) represents the mathematical constant  $\pi$  (pi), approximately 3.14, which is used to calculate circles' properties.

**The Eiffel Tower Debut:** The Eiffel Tower was officially completed in March 1889, becoming an iconic symbol of Paris and innovation.

**Longest Spacewalk:** Astronauts James Voss and Susan Helms performed the longest spacewalk in history (8 hours, 56 minutes) on March 11, 2001.

## **Pisces (Feb 19 – Mar 20)**

Pisces are friendly and selfless. They are always willing to help others

## **Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

### Historical Events in March: **The Telephone**

In March 1876, Alexander Graham Bell made history by making the first successful telephone call. His words, "Mr. Watson, come here, I want to see you," marked the beginning of a communication revolution. The telephone connected people across distances, transforming how we share ideas, emotions, and everyday conversations.

# A Poem to Share

## Don't Quit

*By Edgar A. Guest*

When things go wrong as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low, and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit—  
Rest if you must, but don't you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about  
When he might have won had he stuck it out;  
Don't give up though the pace seems slow—  
You may succeed with another blow.

Success is failure turned inside out—  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It may be near when it seems so far;  
So stick to the fight when you're hardest hit—  
It's when things seem worst that you must not quit.

### Quote of the Day

If you believe it will work,  
you'll see opportunities. If  
you believe it won't, you will  
see obstacles.

- Wayne Dyer -

### March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**  
Birthstone: **Aquamarine**  
Flower: **Daffodil**

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Raymond Lucas
- Christine Albertson
- Ed Stevenson

We hope that you enjoy your time here!

## HAIRDRESSER HOURS (EVERY TUESDAY)

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**March 4- Closed** March 11- Open

March 18- Open March 25- Open

## CULTURAL CELEBRATION

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Join us for an Irish celebration in honor of St. Patrick's Day this month. If you are of Irish descent and want to share more about your culture, let us know!

## THANK YOU

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We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

## HERE'S TO THE WOMEN!

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Did you know that that majority of staff at our community are women? We are so thankful for all of the women who serve our residents so well, in all of their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today!

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

## BOOK CORNER

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We would like to donate some of the older books that are located in the TV room to make room for new stories! We will be working on this in the coming weeks. If you would like to help pick through them this would be very much appreciated.

## SHARE YOUR TALENTS

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Have you always loved to garden?  
Perhaps you are an avid scrapbooker?  
Please share your talents with Alyssa/Maggie so we can get creative and get it on the Calendar!

# Laughing Matters



## MY RESUME...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next I tried working in a muffler factory but that was too exhausting.

I tried to be a chef - figured it would add a little spice to my life, but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I got a job working for a pool maintenance company, but the work was just too draining.

So then I got a job in a workout center, but they said I wasn't fit for the job.

After many years, I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but quit because it was always the same old grind.

**SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!**



# Resident Spotlight

## Chuck White



Chuck's life journey is a testament to hard work, adaptability, and a deep connection to his community. Born and raised in Calgary, Alberta, Chuck spent his early years working a variety of jobs to support himself while attending school- everything from cooking in restaurants to working in grocery stores and retail. His life took a pivotal turn in 1968, after high school, when a friend introduced him to the finance industry. Embracing the opportunity, Chuck joined a finance company, where he spent the next decade learning the ins and outs of the business through hands-on experience. This role also allowed him to travel to several cities, including Red Deer, Regina, Winnipeg, and Calgary.

Chuck's entrepreneurial spirit led him to open his own mortgage brokerage in Calgary, which he ran for two years before seeking a new challenge. He then took on the position of Loans Manager at the Bank of Nova Scotia, where he traveled to communities across Alberta, including Hinton, Edson, Calgary, Edmonton, and Olds.

In a surprising twist, Chuck shifted gears and opened a family-run grocery store in Didsbury. Though the store only remained open for about a year, it was yet another chapter in his rich and varied career.

Chuck's most enduring professional commitment came when he began working at a credit union in Red Deer. Over the course of 25 years, he moved from loans clerk to branch manager, becoming a well-respected figure in the community.

In 1992, Chuck and his family moved to Sylvan Lake, a place he fondly remembers as small and close-knit—"it just felt like home." This sense of belonging became even more significant as Chuck became a pillar of the community. He served as the financial chair for the Sylvan Lake Lodge Foundation for ten years and, in 2022, made the decision to move into the lodge, continuing his legacy of community involvement.

Chuck's family is a cornerstone of his life. He has three children- his son in Canmore, his daughter in Calgary, and his youngest daughter in Sylvan Lake. Each of his children has blessed him with a son and a daughter, and Chuck is a proud grandfather to six.

In his personal life, Chuck enjoys both golfing and traveling, hobbies that reflect his adventurous and active nature. Throughout his diverse career and personal journey, Chuck has remained dedicated to his work, his family, and the communities he calls home.



# Staff Spotlight



**Tracy Elliott**  
**Executive Director**

Tracy grew up in a small town in Manitoba, where she spent much of her childhood exploring her grandparents' farm with her sister and cousins. She developed a love for sports early on, with volleyball holding a special place in her heart. After graduating high school in 1987, Tracy set off for Alberta at the age of 18, eager to begin a new chapter and embrace adventure.

Her career started in customer service, where she worked at fast food chains such as Arby's, Wendy's, and KFC. Tracy enjoyed the experiences and lessons from these roles but found her true passion in connecting with people. After a challenging holiday season in retail, she transitioned to the hotel industry, where she spent over a decade gaining invaluable experience, traveling, and creating lasting memories.

In 2012, Tracy shifted her focus to the Assisted/Independent Living sector. Her dedication to helping others led her to find great fulfillment in ensuring seniors received the care and companionship they deserved. For over seven years, she managed a large senior living community in Red Deer, where she not only supported the residents but also mentored and trained her team to provide personalized, meaningful care.

In 2024, Tracy joined the Sylvan Lake Lodge Foundation, where she thrives in a creative and diverse environment. She's excited about the foundation's future growth and is eager to contribute to its success.

## **Fun Facts About Me:**

I love to travel.

I'm a proud grandmother of two.

Live music is one of my passions.

My favorite foods are pizza and lasagna.

I have a few tattoos that tell my story!

# What's happening in Sylvan Lake This Month?

- **March 12- Councilor Information Night-**  
6:00pm-7:30pm  
Municipal Government Building
- **March 20- Community Hub Meeting-** Do you have a passion for community development? Join Town Council and local agencies at the monthly Community Hub meetings! Discuss the five pillars of community: Food, transportation, safety, housing, and youth.  
10:00am-11:00am  
Flipside Youth Center- 4725 43 Street
- **March 22- The Meltdown-** A celebration of Spring's arrival and closing the cycle of Winter through colorful activities of color throwing, kite flying, music, escape rooms, and outdoor activities. A festival full of bright colors and outdoor wind/air activities.



# Word Search

## ST. PATRICK'S DAY



M P A T R I C K Z Y Y L Y H  
C A I A L E G E N D H E B S  
E W R O C L O V E R N P F H  
L A E C M N V A J R N R M A  
T G L P H M B K A S N E R M  
I V A G M E X L K H P C A R  
C S N L R M B C V A O H I O  
M R D N F E I P U N T A N C  
S G K K X R E K E I O U B K  
N W K E E A C N M R F N O T  
A Z C M V L B A T I G W W G  
K W I F V D B P R S O Y I D  
E L U C K Y Z O N H L J D C  
S Z D A N C E T E B D N E I

Clover  
Rainbow  
Irish  
Pot Of Gold

Leprechaun  
March  
Shamrock  
Limericks

Snakes  
Patrick  
Ireland  
Blarney

Emerald  
Pot  
Lucky  
Dance

Jig  
Green  
Celtic  
Legend