

THE PULSE

Edition #4

Checkmate Hill Condominium

July 2009



Dear Residents of Checkmate Hill Condominiums,

This is our newsletter where you can have your say in what you would like to see in our newsletter. If you have any suggestions please contact me, Claire O'Farrell, at 403-314-9893 or e-mail me at clairebearo@shaw.ca.

UP TO DATE INFORMATION

- We have a new board and I would like to welcome all members to the 2009 - 2010 Board. (see list on left)
The elevator controls will be replaced sometime at the beginning of 2010. We will keep you informed of the date
- Just a gentle reminder to think of your neighbors and please **DO NOT** throw items from your balcony. Serious physical injury or death could be the result if an object hits someone

Board Members

George Kitchen - President
Michael Mlinarevic - VP
Sharon Blackwood - Secretary/Treasurer
Jim Saltvold - Board Member
Craig Boris - Board Member
Don Saunders - Board Member
Claire O'Farrell - Board Member

Chief Administrative Officer

Harry Williamson

Joke of the Day



A drunk was in front of a judge. The judge says, "You've been brought here for drinking." The drunk says "Okay, let's get started."



USEFUL INFORMATION

- Any concerns or problems? Please contact Gail English on **343-7368**
- Social Room is open for functions! For bookings please contact Marian @ **342-6890**
- Every Monday in Social Room at 10:00 am is Coffee Time to meet & socialize with your neighbors.
- Checkmate Hill has a website! www.checkmatecondo.com

Fresh Linguine with Sausage & Cabbage

2 chicken sausages (5 ounces)	3 tsp olive oil, divided
1 small red onion	1 cup low sodium chicken broth
1 4-ounce wedge Savoy cabbage	¼ tsp freshly ground black pepper
1 tbp balsamic vinegar	1 12-ounce package of fresh linguine
¾ tsp cornstarch	

Bring a large covered pot of water to a boil over high heat. Reduce to low and simmer covered until ready to cook pasta. Meanwhile, cut sausage into ¼ inch thick diagonal pieces, slice onion to make ½ cup, and shred cabbage to make 3 cups. In a small bowl, mix vinegar and cornstarch. Heat 2 tsp oil in a large nonstick skillet over medium heat until hot. Add sausage, reduce heat to medium, and cook 1 minute. Turn sausage and cook another minute. Add 1 tsp oil, onion and cabbage and sauté 1 minute. Add broth and ¼ cup cold water; bring to boil over high heat. Stir in cornstarch mixture and pepper. Cook, stirring until liquid is a little glossy, about 30 seconds. Set aside.

Return pasta water to a boil over high heat. Add linguine and cook uncovered for about 2 minutes. Drain pasta. Add drained pasta to sausage in skillet and toss gently to combine. Serves 4 people.