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Chinook Village Celebrates Past, Present & Future at Time Capsule Unveiling



Members of the Young At Heart Time Capsule Committee L to R: MaryAnn Westgard, Annalora Horch, Phil Horch, Stella Friesen, Pastor Steve Driediger, Chaplain Bob Church, Darlene Adolf & Don Adolf.

The idea for a Chinook Village time capsule came to long-time resident MaryAnn Westgard in a dream.

"I woke up one Sunday morning and 'time capsule' was going through my head. I wasn't even sure what a time capsule was, so I googled it," said Westgard.

As she went about her day, the concept of a time capsule kept spontaneously popping up, including in Church where the Pastor happened to talk about time capsules and the importance of legacy.

Westgard thought it was not just a coincidence, but a sign that a time capsule is something that should be done for Chinook Village, a place she is proud to call home. "I just feel so safe and secure here, and it's family. That's why I love it here."



Mayor Linnsie Clark, Chinook Village Managing Director Linda Hygard & Evangelical Missionary Church Regional Minister Lynn Dietz unveil the time capsules & stone marker at the 'Snapshot In Time' event on June 5th.

Westgard brought the idea to Young At Heart, a group of Independent Living residents who host monthly events at Chinook Village in partnership with Hillcrest Church. After some convincing and months of hard work compiling and organizing items, the project came to fruition at the 'Snapshot In Time' event held in the Terrace Room on June 5th.

From photos of Chinook's beginnings as Hillcrest Christian College, to numerous reports on initial development progress and current activities, almost 100 pieces of physical and digitized memorabilia have been sealed in the two time capsules, which are slated to be opened in 2092.

Much like the time capsule project, Chinook Village started as a grassroots initiative that was brought to life by volunteers. When Hillcrest Christian College was relocated, Chinook Village founders saw the opportunity to transform the campus into a premier retirement community.

"The fact that members of our community saw a need and decided that they were going to dedicate their time, energy, money, and all of their passion to a project to help others is incredible," said Mayor Linnsie Clark, who was one of the dignitaries on hand for the unveiling. "It is a very Medicine Hat thing, and I'm just so grateful."

Clark also spoke on the generational divide between youth and older adults today, and the importance of mutual sharing and learning from each other.

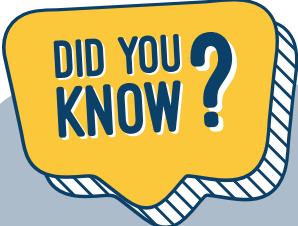
"What the older adults have is wisdom. It takes a lifetime of making mistakes and being challenged to gain that wisdom," said Clark. "So there's so much that our older adults can offer to youth."

The event also featured a presentation from Alvin Reinhardt Fritz, the founding Architect of Chinook Village who worked closely with first CV President Phil Horch over the 10 years of construction. Reinhardt Fritz proposed one final pie in the sky design concept for Chinook Village - the "Chinook Village Conservatory," which would see our beautiful 40,000 sq. ft. park enclosed in a glass structure, making it a year-round garden oasis.

It is difficult to envision what Chinook Village will look like in nearly 70 years time. Perhaps it will still be standing and housing future generations of residents living their best lives, complete with a space-age glass dome! Or just maybe, a group of like-minded community volunteers will be embarking on an ambitious new project, and as their shovels break ground, they discover a buried treasure with years worth of wisdom waiting to be shared.



Article Written By:
Jaelene Skaley, Administrative Assistant
(*and occasional Chinook Village Reporter)



**CHINOOK VILLAGE
INTERESTING FACTS:**

- Was built in five phases over 10 years (1992-2002)
- Occupies 8 acres of land on one square city block
- Square footage is over 500,000 + indoor parkade for over 200 vehicles
- 40,000 sq. ft. park with footpaths, gazebo, 2 waterfalls, fishpond & more
- 343 suites with an average of 400 residents + 36 lounges & common areas

From the Desk of

Linda Hygard, Managing Director



Summer has arrived and so has all the yard work! The park is being maintained by a couple of new staff members – Kathy and David – while we consult with experts on developing a park plan for the next 20 years. Like everything else, plants have a life cycle, and parts of our park are 25 years old. We hope to do some improvements this year followed with more next year. Special thanks to the Handyman Crew for all their work in staining the benches, picnic tables, gazebos, and the swing! This is terrific and I know you enjoyed the tasks. Also, special thanks to the expanded Gardening Committee who have taken on most of the planters around Chinook Village, as well as the East Building residents looking after their frontage. Gardening is good for the soul, and we are pleased we can provide this opportunity for those who love it! Plus, it makes our place look so much better with your care.



Other projects such as Fire Panel replacement in the East Building and the Center Building are also in progress. When completed, all our fire panels will be current and up to date and we need not worry about this for another 20 years. Replacement windows have been measured and ordered for those in the South Building.

Also underway is the installation of the FOB entry system at Entrances 17, 19, 20, 21, 22, 23, 25, and 26. This will add to the FOB entry already installed at Entrances 1, 2, 6, 14, and 33. This keyless entry system uses ‘key fobs’ – small electronic devices that activate the door opener when held against the ‘key pad’. It provides greater security as key fobs are easily disconnected when lost or stolen. Your suite keys will remain the same. When we are ready, residents in the South, East, West and Lane (Independent side) will receive a letter providing details on how turnover will take place. Each building will be done one month at a time, with completion over a four-month period. Included with this upgrade is security cameras at Entrances 6, 14, 19, 23, 25, and 33, the main entrances to each building. This is in addition to the cameras already installed at the parkade entrances.

And finally, all the hard work from staff last year has paid off and Chinook Village has received a 3-year accreditation with Canadian Accreditation Council. This means that Chinook Village meets 213 standards that reflect current legislation, best practices, and risk mitigation in our operations. This provides the Board, residents, and families assurance and peace of mind that Chinook Village provides quality accommodations, services, and care. But you already knew that!



Reminder Please leave downspouts down (particularly on the patio at Entrance #20). Staff should be the only people putting these downspouts up. Thank you!

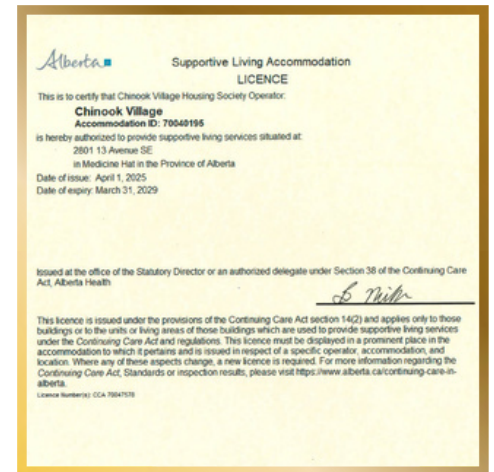
The Annual General Meeting (AGM) for the Chinook Village Housing Society was held on May 28th. The following Committee & Board Members were reinstated for the 2025 term:

Housing Society Board Members

Gerhard Brost	Chairperson
Roy Hjelte	Vice Chairperson
Al Widmer	Treasurer
Gordon Demke	-
Lorrie Earl	-
Howard H.	East Representative
Don A.	South Representative
Vacant	West Representative
Vacant	Village Lane Representative

Resident Management Committee Members

Howard H.	Chairperson, East Building
Norma S.	Vice Chairperson, South Building
Pauline S.	Secretary/Treasurer, South Building
Gord N.	East Building
Marjorie C.	West Building
Vacant	West Building
Ron C.	Village Lane Building



Our Supportive Living Accommodation Licence was renewed by Alberta Health for another 4 years & we are now Accredited through the Canadian Accreditation Council for 3 years.



What's Your Address?

Although Chinook Village is one big connected community, it's made up of six different buildings - Center, North, East, South, West & Lane - each with its own unique address. Whether you just moved in or have been here for years, it's important that you know the correct address for your building! Please take note of the following:

- A list of building addresses and entrance numbers can be found in the front of your 'Chinook Village Building & Telephone Directory'. If you're not sure which one is your address, call Reception.
- Canada Post will NOT deliver mail with incorrect or incomplete addresses, so don't forget to include your suite number.
- If you're getting mail for a former resident, mark it with "Return to Sender" or "Moved" and put it in the Canada Post mailbox so it can be redirected accordingly.
- Reception does NOT accept deliveries (e.g., parcels, medications, groceries, etc.) on behalf of residents - they are to be delivered directly to your suite.
- If your address is currently incorrect, you can set up Mail Forwarding through Canada Post or contact your mail senders (government, bank, insurance, phone provider, etc.) directly to update your address with them.
- It's also important to know your correct address for emergency situations! If you ever have to call 911, they need your exact address and entrance number (Note: Key lock boxes are at each main entrance for EMS if they need building/suite access).



God Leads His Dear People Along

By Chaplain Bob Church



²⁰ *The cloud settled between the Egyptian and Israelite camps. As darkness fell, the cloud turned to fire, lighting up the night. But the Egyptians and Israelites did not approach each other all night.*
Exodus 14:20 NLT

On the shores of the Red Sea, Archeologists have found an area where the sand has been heated to temperatures that caused it to melt together forming a crust. One of the explanations points to Exodus 14:20 in the Bible, which says that God formed a pillar of fire at night to keep the Egyptian armies a safe distance from His people as they crossed over the Red Sea on dry ground. Later the cloud would move in a way that allowed Pharaoh's army to try to pursue the Hebrew people following the same path, but were instead swallowed up by the sea, when God caused the water to return to its normal depths.

Places like this where the Bible and archeological phenomenon align, serve as reminders of when and how God works in the midst of His people centuries ago.

More recently, as I walked through the hallways of Chinook Village, I came across a large book that was a compilation of the history of the Golden Prairie area, and only a few pages into it I came across a picture of a sod home of one of the early pioneers of the last century. The poem written above it entitled "Home on the Range" seemed to speak of the primitive nature of these early pioneer homes:

*"Oh the hinges are of leather and the windows
have no glass,
And the board roof lets the howling blizzard in;
I can hear the hungry coyote as he slinks through
the grass,
Round the little old sod shanty on my claim."*

It's hard to imagine that such conditions existed a hundred years ago, but they did!



Pictured: Herb Wilcox in front of his sod shack on the homestead at Consul, Sask., 1913. Esplanade Arts & Heritage Centre Collections

This month, the "Young At Heart" group that sponsors monthly events here at Chinook has taken it upon themselves to gather memorabilia related to the creating and ensuing life of "The Village" since its beginnings in 1992. These mementos will be put in a time capsule that will be buried on the grounds in the garden space. This "Snapshot In Time" will be opened again in 2092, God willing.

I can't help but wonder what the people who open it will think as they compare the life that "was" in Chinook Village with their present experience. I'm sure what will be obvious is that God is still at work guiding and directing His people as He has in the past and will continue to do so, as time continues on.



Sunday Chapel Services

All Residents

2:00 PM

Chapel (4th Floor, CV Center)

Wednesday Prayer Meetings

Assisted & Supportive Living

10:40 AM

3rd Floor CV Center Lounge

Bible Studies

Independent Living
Tuesdays @ 9:30 AM
Garden Lounge

Assisted & Supportive Living
Thursdays @ 9:30 AM
3rd Floor CV Center Lounge

Maintenance Messages



CAR WASH AREAS

For your convenience, Chinook Village has designated car wash areas in the Parkade for each of the Independent Living buildings (East, South, West, Lane).

When you are finished washing your vehicle, please be sure to spray the floor and return the hose/scrub brush to their hangers.

If your vehicle is excessively dirty, it is recommended that you take it to a commercial car wash to avoid plugging the floor drains in the Parkade.

AIR CONDITIONERS

The summer heat has arrived! Here are some tips you should know about your air conditioner:

- All air conditioners have thermostatic controls and fan speed settings.
- Find the most comfortable temperature setting and leave it. The unit will cut in and out as needed.
- Never set the temperature too low as this will overwork the unit and cause failure.
- If you find your unit is not cooling efficiently, it may need servicing. Air conditioners require periodic cleaning and recharging of cooling gas.

For any air conditioner-related issues, please call Reception to put in a Maintenance Request.

UPDATES TO PARKING

Over the past year, several questions and concerns were raised with respect to parking at Chinook Village. We have reviewed all the current lease agreements, policies and procedures, consulted with residents, and monitored parking. As a result, we are making a few changes.

- 1 Effective immediately, Recreational Vehicle (RV) parking for visitors will be the same as for residents, restricted to 3 days. Visitors must obtain an RV Parking Permit from Chinook Village Reception and pay the electrical plug-in fee (if applicable). All other conditions apply. No campfires or pets.
- 2 In response to the increased requests for underground parking from Supportive and Assisted Living residents, we can no longer accommodate any new requests for underground parking for a second vehicle.
- 3 There will be some designated surface parking for residents in the North parking lot as well as the West parking lot, to ensure residents who do not have underground parking have a regular parking stall. This will take some time to be implemented and residents who are currently parking in those areas will be notified.
- 4 Time limits will be added to the handicap parking stalls at the Main Entrance and at Entrance #14 to ensure handicap parking is available, and a time limit will also be added to the closest parking stall at Entrance #19. This will take some time to be implemented.

A few other friendly reminders regarding parking: Only open the garage door when you are in front of it and be sure it closes before driving away. Ensure you have CV Authorized Parking stickers on your vehicle. The Parkade and surface parking lots are for residents only, visitors may park with a Temporary Parking Permit for a short time period (see Reception).

Thank you for your patience and all your input. We trust these 'tweaks' will alleviate the issues that have been brought forward. If you have further questions, please see John or Linda.

INFO FOR
RESIDENTS ONLY

Message from Melanie

Lifestyle Consultant

At Chinook Village, we offer the convenience of **three lifestyle options under one roof**. This gives our residents the unique opportunity to “age-in-place,” meaning you’re able to stay in the same community – with the same familiar faces, places, and friends – as your needs change. If you’re an Independent Living resident interested in more assistance and services (meals, housekeeping, recreation activities, care, etc.), please reach out to me for more information about Supportive or Assisted Living!



403-526-6951



mrobinson@chinookvillage.com





Library News

from Anne Opp



HOURS:

Mon, Wed, Fri | 2:00 - 3:30 PM

Our new shipment from the Medicine Hat Public Library will be on the shelves until Friday, August 22nd.

Here are some of the books that came in this shipment that you might be interested in reading.

The Lost Colony by TV **Olsen**, *Symphony of Secrets* by Brendan **Slocumb**, *The Spectacular* by Fiona **Davis**, *Coronation Year* by Jennifer **Robson**, *Pleasantville* by Attica **Locke**, and 2 titles by Kristin **Hannah** are *The Four Winds* and *The Women*.

Some Western titles are *Destiny Range* by LP **Holmes**, *Hideout Canyon* by Jack **Curtis**, *Blood Sky* by Will **Cook**, *Follow the New Grass* by Cliff **Farrell**, and *The Far Call* by J **Gregory**.

In Christian Fiction: *A Warrior's Heart* by Misty M **Beller**, *The Road Home* by B **Lewis**, *Facing the Enemy* by DiAnn **Mills**, *Unforgiven* by Shelley Shepard **Gray**, and *The Weaving of Life* by Linda **Byler**.

We also have a good selection of Audio Books – Prince **Harry's** book *The Spare*, *I Am Malala* by Malala **Youzafzai**, *Lost and Found* by Brooke **Davis**, *Teacher Man* by Frank **McCourt**, *The Fireman* by Joe **Hill**, *Molly's Game* by Molly **Bloom**, 2 books by Wanda E **Brunstetter** are *Woman of Courage* and *The Quilter's Daughter*, and a mystery called *Raspberry Danish Murder* by Joanne **Fluke**.

I hope you are able to find something that is of interest to you. **ENJOY!**

The **Gardening Committee** has been busy weeding, trimming, watering, planting, and working hard to beautify the grounds for all of us to enjoy!

Michael & Paula A.
Graeme C.
Marj C.
Gerry C.
Evelyn D.
Mary D.
Judy F.



Cliff L.
Glen M.
Carrie & Inez R.
Shirley S.
Carol S.
Ed T.
Jim T.

THANK YOU!

Everything the **Handyman Crew** has worked on looks brand spankin' new! Sanding, staining, painting, repairing...you name it - they nail it!

Graeme C.
Donald G.
Cliff L.

Garry G.
Jim T.



Handyman Crew members Jim, Cliff & Don give the picnic tables in the Park a much-needed coat of stain.



We would also like to thank MaryAnn W., Julie F., Glen B. & Paul W. for additional help in the Park & Atrium, as well as Shirley S. & Mel & Paddy H. for their generous flower donations!

ARE YOU RICH?

By Marg Telke, CV Resident



Most of us would like to be “richer” than we are, but what are “riches”? It’s different for each of us. Many of us believe we ARE rich. What does “rich” mean to you? Some of us were questioned with “what makes YOU feel rich?” First Graders (from my journal) and residents of Chinook were asked this very question – answers varied.

“Riches” are:

- 💰 Having the biggest farm.
- 💰 All the candy I want.
- 💰 More allowance than the two bits I get now.
- 💰 If my Dad can beat up on the other dads if he wanted to.
- 💰 Friends who help me.
- 💰 Family – my children all around me.
- 💰 Freedom to worship and pray.
- 💰 To live in a bigger, beautiful house.
- 💰 To lose weight.
- 💰 To be like Superman and fly and jump.
- 💰 When Daddy takes me with him to the ball game.
- 💰 A bulging wallet.
- 💰 To catch a falling star, or just a chunk of one.
- 💰 Getting a whole dozen roses at a time.
- 💰 To have “Oh, the depth of the riches of wisdom we have in God.” (quote from the “Good Book”)
- 💰 “A good name is more desirable than great riches.” (Good Book, Prov 13:25)

Riches then means to have PLENTY of what you really want, because it’s important to you.

P.S. So, good advice is: enjoy the riches that you have and spend less time seeking more!



We had a great turnout for the Seniors' Week BBQ on June 4th with over 100 residents & their family & friends in attendance!

RESIDENT & FAMILY CARNIVAL

Saturday, June 21st

10:30am-2:30pm

LIVE MUSIC, FAIR FOOD, CARNIVAL GAMES, PRIZES & SO MUCH MORE!

Ticket Price: \$10

Available at Reception!



CV Resident Marj H. celebrated her 100th Birthday in March!



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**CHINOOK VILLAGE NEWS
& VIEWS IS PUBLISHED
QUARTERLY:**

Spring Edition – Mar
Summer Edition – June
Fall Edition – Sept
Winter Edition – Dec

For Independent Living residents, the newsletter is posted to our website, bulletin boards & CondoGenie. If you would like to receive a paper copy in your mailbox, please call Reception to be put on the list!

VISIT OUR WEBSITE:

www.chinookvillage.com

CHECK US OUT ON:

Facebook & Instagram

REVIEWS

From Our Residents

**We asked residents
“What do you like best about living
at Chinook Village?”**

Here's what they had to say!

“ My way to describe
Chinook Village is this:
‘The Paradise’. ”

“ Having people who check up on you. Friends to visit
with and having my own space. Feels like home
without having to maintain it myself. Great staff who
work here and are concerned about our well-being. ”

“ Community and homey atmosphere.
Exceeds my expectations. Everyone,
including other residents, are very friendly. ”

“ After shopping for a place to come and live, my family
and I chose Chinook. Everyone is so friendly and willing
to please. And it's so clean! You offer so much to your
tenants, and we don't need to go out for appointments
or groceries, vaccinations, eye care, etc. Thanks so
much. I am so happy I chose Chinook Village! ”



- **If you borrow a shopping cart from a nearby store, be sure to return it when finished. Not doing so is considered theft!**
- **Electric wheelchairs & scooters should be driven at the lowest speed setting indoors.**

Upcoming Holidays & Events

June 15:	Father's Day
June 21:	CV Resident & Family Carnival
July 1:	Canada Day
July 9:	Neighbourfest
July 23-26:	MH Stampede Week
July 23:	Stampede Pancake Breakfast
August 4:	Civic Holiday
September 1:	Labour Day
September 17:	Neighbourfest