

# Rock Talk

Stoney Creek Ranch Newsletter March, 2026

## Clubhouse Improvements Underway!

There has been a lot of activity around our clubhouse this month. Dedicated volunteers like Gil Desrochers, Lance Dillen and Mel Sandberg replaced some damaged flooring, and Mel moved on to freshening up some of the baseboards with a new coat of paint.

Shell Sandberg organized and cleared the upper-level closet, making room for a secure storage unit for the sound system. It

was becoming increasingly difficult for aging bodies to carry the heavy sound system up and down the stairs for any function happening at the clubhouse.

This was built, painted and installed by volunteers Lance Dillen and Mel Sandberg. Mel returned to the closet 'project' to fill holes, sand and finish it off with a fresh coat of paint.



How many men does it take to install a cabinet?

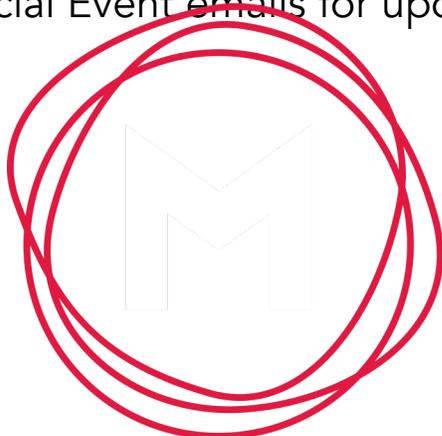
# Friendly Reminders



## Coming Events 2026

March 17 <sup>th</sup>	Card Bingo
May 5 <sup>th</sup>	Cinco de Mayo
June 27 <sup>th</sup>	Bocce & Grilled Food
September 12 <sup>th</sup>	Poker Run & Chili
October 24 <sup>th</sup>	Oktoberfest with Beer Tasting
December 9 <sup>th</sup>	Christmas Appy Night

Please note these dates are booked but could change. Always check the Stoney Creek Facebook, Monthly Rock Talk Newsletter, bulletin boards and the Social Event emails for updates and details



Mark Your  
**Calendar**

Coming Soon...

Happy  
St. Patrick's Day



## Card Bingo

March 17<sup>th</sup> at 7:00 pm

Wear green, wear a leprecon outfit,

Simple instructions provided before the game starts.

Everyone plays individually but will sit with other participants.

BYOB but popcorn and goodies will be provided.

Payouts will be calculated once we determine how many will participate in the games.

**Entry fee \$10.00 each**

Tickets on Sale at the clubhouse

**Wednesday, March 4th, 1-2 p.m.**

Should you miss the ticket sale date, please email

[Cynthia](#) or call 604-824-6737 for availability

All ticket sales are final. Exchanges permitted.

Contact Cynthia for additional details

*Be Social, Make friends, Live Better*

# February Bottle Report

On behalf of the bottle group.

Thank you, Stoney Creek, for your donation of:

**\$145.40 for February collection**

Everything that is donated some how will always help the community

Which is all of us.

Thanks again See you March 3rd.

*Patti Hatchard*



May 5  
Watch for  
Details

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*Welcome!*  
To Our Neighbourhood

Please welcome new residents to Cobblestone Street:

**Bradley Hart and Susan Julmi**



## Trivia Night was a Great Success

Trivia nights are a blast, a chance to hang out, have a bit of fun and see who's got the sharpest mind! It was a huge success with 37 residents at the 6th annual Trivia Night at Stoney Creek. Two teams tied for first place, so they both got bragging rights!

- The West Africans: Wayne & Gail Oaks and Jeff & Karen Sinclair
- The Stoney Crocks: Ev & Joene Parker and Lorne & Lark Street
- The Stoney River Alliance snagged a \$74 bonus round!

A huge thank you to Shell Sandberg for making the evening run smoothly, handling all the paperwork, collecting entry fees and making sure everyone got their prize.

Looking forward to next year's "Seniors' Trivia Challenge"!





**Radon** is a naturally occurring element. Specifically, it is element 86 on the Periodic Table. It is a colourless, tasteless and odourless [radioactive](#) gas.

It is the leading cause of lung cancer in non-smokers and greatly increases the chance of lung cancer in smokers.

Radon is found in every home (usually basements) and occurs as the natural 'progeny' (often called 'daughters') of the radioactive decay of uranium.

Uranium occurs in most rocks and soil in very small amounts. (About three-quarters of the world's production of uranium is from mines in Kazakhstan, Canada and Namibia.)

Chemically radon is a member of the [Noble gas family](#) and is very unreactive. It is, by far, the most

dense of all the naturally occurring gases in our atmosphere and because it is inert it simply gathers in the lowest part of whatever environment that it is found. By simply breathing, it finds its way into your lungs. It settles into the bottom of the lungs and is almost impossible to get out.

The [ionizing radiation](#) produced from the decay of radon and its [progeny](#) is what does the damage. It alters the DNA of your lungs at the cellular level. The altered lung cells can/will, over time, [develop into cancer](#).

Testing for radon is essential, as many BC homes exceed Health Canada's 200 Bq/m<sup>3</sup> guideline.

The [Bq \(Becquerel\)](#) is the SI metric unit for radiation. 1 Bq is equivalent to one radioactive decay every second.

**What to do next**



## Guides, Reports and Studies

all from the Government of Canada:

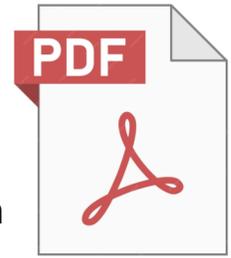
- [Radon reduction guide for Canadians](#)
- [Government of Canada radon guideline](#)
- [Radon testing in federal buildings - highlights](#)
- [Radon / thoron survey in Canadian metropolitan areas](#)
- [Radon gas survey in homes built after 2000: Halifax region](#)
- [Guide for radon measurements in residential dwellings \(homes\)](#)
- [Summary report on Active Soil Depressurization \(ASD\) field study](#)
- [Cross-Canada survey of radon concentrations in homes – final report](#)
- [Residential radon mitigation action follow-up study: Public summary](#)
- [Guide for radon measurements in public buildings \(schools, hospitals, care facilities, detention centres\)](#)

## Key Radon Information for BC:

- Highest Risk Areas: Northern BC and the Interior generally have higher radon concentrations. See interactive map: [BC map of Radon](#).
- Testing is the only way to know what the level is. Long-term testing (minimum 90 days, ideally in winter) is recommended.
- Getting a **Test Kit**: Kits can be purchased from the [BC Lung Foundation](#), hardware stores, or obtained via the [Take Action on Radon](#) website.
- Mitigation: If levels are high ( $>200$  Bq/m<sup>3</sup>), mitigation, such as sub-slab depressurization, can reduce levels by over 80%.
- Real Estate & Strata: Sellers are required to disclose known, elevated radon levels ( $>200$  Bq/m<sup>3</sup>). Strata corporations should be involved in testing and mitigation for condos/townhomes.
- New Buildings: BC Building Code now requires radon mitigation "rough-ins" for new home construction.
- For even more detailed information, visit [HealthLinkBC](#) or the [BC CDC](#) website.

# Some Help with .pdf Files

- The *Rock Talk* is always sent as a .pdf file.
- pdf stands for Portable Document Format and was originally developed by Adobe.
- Some people have trouble accessing clickable links in pdf files.
- Links are technically called [hyperlinks](#) and are usually, but not always, underlined in blue. Links usually direct you to a web page on the internet, but can also be to email addresses or other pages within the document.



## For Windows Computer Users

- There are many web browsers to choose from, some work fine with pdf file links, others can cause problems when the links do not work.
- If your browser's pdf reader works with links, read no further, enjoy the *Rock Talk*.
- If your browser's built in reader does not work with links then the simplest solution is to download the *Rock Talk* pdf.
- Right click on the *Rock Talk* link, select Save or Download to a file location of your choice and then open in [Adobe Reader](#) or similar app.

## For Mac Computer Users

- Again, many browsers to choose from, but you can simply click on the link for the *Rock Talk*. All the embedded links should work.
- You can also right click the web link on the web page and download the *Rock Talk* to a location of your choosing.
- You don't need Adobe Reader for pdf files. Apple's built in app called Preview is all you need and you can delete Adobe Reader.

**COMING  
SOON!**

# ANNUAL GENERAL MEETING

It is getting to be that time again! Our AGM will soon be here.

Preparation is underway and owners are encouraged to consider becoming a board member for the upcoming year.

Details to follow.

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## *One More Techie Thing*

When trying to read an article on a web page it is very often broken up with nuisance ads that make it difficult to read easily.

There is a solution called **Reader View** or **Reading View** in your web browsers.

Here are some quick links to videos to get you going. Enjoy the reading instead of fighting ads all the time.

### **Computers**

- [For Mac Users and the Safari browser](#)
- [For Windows Users and the Edge browser](#)
- [For Windows and the Chrome browser](#)

### **Tablets and Phones**

If you use a tablet such as an iPad or any Windows or Android tablet:

- Safari browser on iPhone and iPad works exactly the same as on the Mac.
- [Edge browser on Adroid phones and tablets](#)
- [Chrome browser on Adroid phones and tablets](#)

# March

2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Every other Monday: Garbage, Recycle & Organics = <b>GRO</b>	<b>GRO</b> Cleaning Day 9:00 - 11 am Social Club Meeting 1 pm	Quilting 9 am — 4 pm Bottle Pickup 11 am Mexican Train 7 pm	Line Dancing 10 — 11 am Bingo Ticket Sales 1 - 2 pm			
8	9	10	11	12	13	14
Recycle & Organics = <b>RO</b>	<b>RO</b>	Quilting 9 am — 4 pm	Line Dancing 10 — 11 am	BOD Meeting Budget 10:00 am		Private Event
15	16	17	18	19	20	21
	<b>GRO</b> Cleaning Day 9:00 - 11 am	Quilting 9 am — 4 pm Mexican Train 7 pm Card Bingo 7 pm	Line Dancing 10 — 11 am	BOD Meeting 9:00 am		
22	23	24	25	26	27	28
	<b>RO</b>	Quilting 9 am — 4 pm	Line Dancing 10 — 11 am	Coffee Morning 10 am	Private Event	Private Event
29	30	31	1	2	3	4
	<b>GRO</b> Cleaning Day 9:00 - 11 am	Quilting 9 am — 4 pm Mexican Train 7 pm				