

MEET SAM RAHKOLA, OUR ASSET MAINTENANCE LEAD!

1. How long have you worked at NHA and how did you find yourself here?

This is my first week. I find myself here after looking for a place in Calgary's not-for-profit community. I find great value in serving people and the community, and see these same values in the people who work here at NHA.

2. What does 'home' mean to you?

A place that is safe and stable. A place to be with family and friends.

3. What's your go-to recipe when it's your turn to cook?

Home made noodles and stir fry. There's something satisfying about using a pasta roller and it's easy; I have no talent when it comes to cooking.

4. Who is your favourite superhero and why?

I like Superman. Clark Kent is a mild mannered, kind person but when needed, he is there to do extraordinary things. And who wouldn't want to fly?

5. Do you have a favourite quote? What is it and what does it mean to you?

I don't necessarily have a favorite quote but this seems appropriate: "If you judge people, you have no time to love them" *Mother Teresa*.

I think we are too often quick to assume how a person is doing. A smile doesn't always mean someone is happy and anger may not be aggression but a plea for someone to listen. Being present, without judgment, and listening to people is sometimes all someone needs.

6. What is your secret talent or skill?

I can keep a secret 😊

7. How do you de-stress after a tough day?

Sauna. It's a place to disconnect, relax and reflect with little distraction.

8. What's the closest thing you've seen to real magic?

My children being born.

9. What's one thing you wish people knew about you?

I may be quiet or even seem uninterested but I am always all ears and ready to listen.

10. Coffee or tea?

Coffee, plenty of coffee.

