

Connections Newsletter

April 2017

BOARD OF DIRECTORS REPORT:

A reminder that the next **General Membership Meeting** is Tuesday April 11th, 2017 at 7:00 pm at Grace Lutheran; registration begins at 6:30 pm. We are looking forward to seeing lots of you there. Your presence, your opinion, and your vote are all privileges of co-operative living and the health of our community depends on your participation. Please remember it is a requirement to attend at least one Members Meeting each year, however we really hope that you will find your way to attend all four.

Spring is here at long last and it won't be long until the flowers will start poking through for us all to enjoy. As the days are getting longer and warmer and more children are outside playing, please remember to watch your speed in the parking lots so we can ensure the safety of all. **The speed limit is 15km in all of our parking lots.** Parents, it is also a great time of year to remind your kids how to respect both their neighbors and their neighborhood.

- All members have the right and responsibility to supervise and enforce the playground rules
- No pets within 10 feet of the perimeter of the rubber crumb or gravel
- No urinating, spitting or foul language
- No excessive roughness
- No jumping off the top of the equipment
- No glass whatsoever or litter at the playground
- Above all respect yourself, others, the playground, and property, or your right to use the playground will be revoked



Volunteer Opportunity: In our member handbook the History of Sarcee Meadows hasn't been updated since 2008. We would like to rectify that. So much has happened since then. If you are interested in helping us fill in the blanks from 2009 to 2017 please let Janine in the office know. We have so much to be proud of we should make sure those memories don't get lost.

Random Acts of Kindness notes from our members. It only takes a minute of your time to recognize a kindness. We have so many neighbours helping each other out and we would like to acknowledge them. We can only do that with your input, so please send us a note to janine@sarceemeadows.coop or fill out the form later in this newsletter and drop it off to the office.

Committees – We have room for a few more people on the Finance, Membership and Grievance Committees. If you are interested in applying to join any of these committees please hand in your application form to Janine no later than April 19th, 2017. Application forms are available at the office.

Happy Easter Everybody - Good Friday April 14, Easter Sunday April 16 – Have a fun time at the Easter Egg Hunt on Saturday April 15.

Your SMHC Board of Directors

GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

During March, there were approximately 197 work orders completed, 14 meetings, and Spring arrived! (Apparently). There were also a number of cupboards installed, floors done, a few bathrooms repaired/replaced, and locks replaced/repared.

The Board of Directors, the Committees and the office will be working on next year's budget over the next few months to bring to the Membership in June.

Fire Pits

As we are coming into the main season for fire pits, I wanted to take some time to remind our members that fire pits have been **banned** in SMHC. The Committees and Board of Directors did not make the decision lightly, many of the Members enjoy their evening fires. Unfortunately with changes to the City fire regulations, insurance and the configuration of SMHC this decision was necessary.

- Some key rules that led to this ban:
 - Fire pits must be at least two metres away from your property line, house, garage, or fence.
 - Fire pits must NOT be under any trees, branches, plants or other materials that can catch fire.
 - From Bylaw - Smoke and Dust - 42. A Person shall not engage in any activity that is likely to allow smoke, dust or other airborne matter that may disturb any other Person to escape the Premises without taking reasonable precautions to ensure that the smoke, dust or other airborne matter does not escape the Premises.

Although there may be a few Members who have yards big enough and free from materials that can catch fire, the majority of our Members do not. See all of the City of Calgary fire pit rules included in this newsletter.

Housing Charge Assistance

Lately there have been some questions about SMHC's Housing Charge Assistance, how is it calculated and who is eligible. Here are some answers to help clarify.

The purpose of HCA is to assist members who are paying more than 25% of annual household income for the normal housing charge. This is based on the Member's annual income and calculated using an average monthly earnings amount based on last year's income (per tax return) and an estimate of what will be made this year.

Unfortunately this generally means we cannot offer subsidy if a member has just lost their job. SMHC's internal subsidy is meant for members with chronic low incomes or those who have run out of alternative means of assistance they are entitled to after a job loss. Unfortunately we do not have an emergency subsidy program at this time. There are a number of organizations which will help with temporary loss of employment and lower income during this time.

The Housing Charge Assistance policy/procedures outlines the qualifications and is dealt with by the Finance Committee then approved by the Board of Directors and voted on by the Membership. The Finance Committee reviews the policies and procedures for Housing Charge Assistance every year and it was last voted on by the Members in April of 2016.

For more information please:

- check your handbook under "Financial Policies"
- go to the SMHC website "Members -> Member Resources -> Policies and Procedures -> Housing Charge Assistance Policy and Procedures"
- call the office 403-246-2746

General

With the warmer weather there has been an unfortunate increase again in vandalism and theft. Even with this our community is still listed as one of the safest in the city with one of the lowest crime rates. If you see an incident or have had something stolen or vandalized, please report it to the police. This is important to their tracking and determines whether or not we have an increase in patrols. See the Security Task Force report later in this newsletter on how to make a report.

Spring is here and we can see plants coming up and trees budding. Robins have been sighted again and there are children in the playground. Everyone is enjoying the warm weather. I hope everyone enjoys April and the holidays and observances that are celebrated this month, Easter, Isra and Mi'raj, Passover and Yom HaShoah.

Thank you,

Roberta Miller
General Manager



CITY OF CALGARY INFORMATION:

Fire Pit Safety (For information only – ALL FIREPITS ARE BANNED IN SMHC)

Backyard fire pits, as well as outdoor fire places, wood burning ovens or Chimeneas, must meet Calgary's bylaw standards for your safety and enjoyment, as well as your neighbours.

Always check if a Fire Ban is in effect before starting a fire.

Call 311 to report a complaint about a backyard fire pit.

Call 9-1-1 to report an out of control fire in a fire pit.

Rules for fire pits (Plain English – from Bylaw)

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
- All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. **A mesh screen or 'spark guard' is now required in order to reduce the spread of embers and sparks from wood-burning fire pits.**
- Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wood from a different location, region or province
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be continually supervised.

You can be fined, up to \$5,000, for not following Calgary's fire pit bylaws.

Fire pit hours

Fire pits may only be used:

- Between 10 a.m. and midnight, Monday - Friday; or
- Between 10 a.m. and 1 a.m., Saturday and Sunday.

Consider your neighbours

- Smoke from fire pits can cause adverse health effects in some people. Be aware of neighbours that may be negatively impacted to exposure of smoke from outdoor fire pits and follow the bylaws related to smoke.
- Before using your fire pit, familiarize yourself with optimal wind conditions and take precautions to prevent smoke from disturbing your neighbors.
- High wind speeds may send smoke long distances or pose a fire hazard.
- Low wind speeds won't easily disperse smoke and can contribute to poor air quality.
- Placing a metal grill/screen on top of the fire pit reduces the flame's size and helps prevent sparks and embers from escaping and igniting nearby materials.
- Be aware of the amount noise you are making and be sure to follow the noise bylaw. Quiet hours are between 10 p.m. and 7 a.m. Monday to Saturday and between 10 p.m. and 9 a.m. on Sundays and Holidays.

Burn it where you buy it

Firewood from different locations, regions or provinces can spread unwanted pests and diseases like Dutch elm disease. The firewood you chose has an impact on the health of our local trees. Always remember, burn it where you buy it.

BYLAW NUMBER 5M2004

(Portion relevant to Fire pits)

General Prohibition

12. Except for a fire which is allowed by the Fire Operation and Fees Bylaw 55M2014, or another bylaw, no Person shall burn, or allow to be burned, a fire on a Premises that does not comply with the requirements of this Bylaw.

All Fires Must be Supervised

13. Every Person who builds, ignites or allows a fire on a Premises must ensure that the fire is not left unsupervised at any time.

Restrictions Applying to All Fires Allowed Pursuant to This Bylaw

14. (1) No Person shall burn, at any time, on any Premises, the following materials:

- (a) treated or painted lumber;
- (b) lumber products containing glue or resin;
- (c) wet or unseasoned wood;
- (d) leaves, brush or yard waste;
- (e) garbage;
- (f) rubber, tires or plastic; or
- (g) any animal carcass or part thereof

(2) No Person shall ignite or allow an outdoor fire to burn on a Premises:

- (a) between midnight (12:00 a.m.) and ten o'clock a.m. (10:00 a.m.) on any day from Monday to Friday; or
- (b) between one o'clock a.m. (1:00 a.m.) and ten o'clock a.m. (10:00 a.m.) on a Saturday or Sunday

Fires in Firepits

16. (1) A Person may build, ignite, or allow a fire on a Premises in a Fire Pit as long as that Person ensures that the fire is contained in a Fire Pit that:

- (a) is constructed of non-combustible material;
- (b) has an open flame area that does not exceed 1 metre at its widest point;
- (c) does not have walls which exceed 0.75 metres in height measured from the floor of the Fire Pit to the top of the wall of the Fire Pit excluding any chimney;
- (d) is set upon or built into the bare ground or a non-combustible material such as brick or stone;
- (e) is situated at least 2 metres from any house, garage or similar Structure including wooden decks, porches and similar amenity space attached to a Structure measured from the part of the Fire Pit which is closest to the Structure or amenity space;
- (f) is situated at least 2 metres from any other combustible material measured from the part of the Fire Pit which is closest to the combustible material;
- (g) is not located directly under any tree or overhanging branches; and
- (h) is covered with a non-combustible mesh screen with openings no greater than 1.24 cm across, for Fire Pits in which wood is burned

(2) Notwithstanding subsection 15(1)(e), a Person may build, ignite or allow a fire in a Portable Fire Receptacle on a wooden deck as long as that Person ensures that:

- (a) a non-combustible material such as brick or stone is placed between the Portable Fire Receptacle and the wooden deck; and
- (b) the Portable Fire Receptacle is situated at least 2 metres from any house, garage, similar Structure or other combustible material, measured from the part of the receptacle which is closest to the Structure or combustible material.

(3) Every Person who builds, ignites or allows a fire in a Fire Pit must ensure that:

- (a) a means of extinguishing the fire is kept on hand at all times while the fire is burning;
- (b) the flames from the fire do not exceed 1 metre in height at any time; and
- (c) DELETED BY 51M2016, 2016 DECEMBER 14.
- (d) the fire is extinguished completely, leaving only cold ashes, prior to leaving the fire

FROM B50:

There have been an increased number of coyote sightings in the neighbourhood once again. Please take a moment to review this excerpt of Frequently Asked Questions regarding coyotes from the City of Calgary website:

Coyotes - FAQ

The following is a list of frequently asked questions (FAQ) about coyotes and the answers to the FAQ about coyotes.

What does a coyote look like?

- Small, dog-like, looks like a cross between a fox and a German Shepherd.
- Average weight - 9-14 kg.
- Length - 0.75 m - 1 m.
- Coats are generally brown; some with reddish tinges.
- Has a bushy tail that is 30 - 40 cm long, with a distinctive black tip.
- Yellow eyes that help them see well in low light.
- Ears are large for their body size.
- Have a distinctive, quick gait, and run with their tail down; can run at speeds up to 64 km/h for short distances.



I've seen coyotes moving through my yard a lot recently. Why?

Regular coyote presence in your backyard is likely a result of a nearby food source. The coyote may be finding a meal in your yard, your neighbour's, or at a house down the street from you. It is important to eliminate these sources of food. Ensure pet food is not stored or fed outside, garbage bins and compost piles are not accessible, and fruit fallen from trees is picked up. Even a poorly maintained bird feeder may attract wild animals.

Coyotes are very adaptable and though the majority of their diet consists of small rodents they enjoy apples, berries and other fruit, birds, eggs, fish and small crustaceans. These food sources also attract rodents which are the mainstay of urban coyote meals.

If a coyote is in your yard it is imperative that you make the animal aware it is not welcome there. Coyotes are frightened by aggressive gestures, loud noises and large forms. Coyotes have been scared off properties by waving hockey sticks or brooms at them, and clanging pots and pans in their direction. Coyotes should not be ignored on your property. They should be discouraged from being there.

How can I help to reduce or avoid problems with coyotes?

- Don't approach or feed coyotes.
- Secure open areas under porches, decks or steps.
- Clean up your compost, garbage and other potential food sources.
- Don't store food outside.
- Clean up around bird feeders.
- Clean up fallen fruit.
- Keep pets on a leash, in your enclosed property, or inside your home, especially at night.

What should I do if a coyote approaches or acts aggressive?

- **Do NOT** run or turn away
- Try to scare the animal by shouting and waving your arms overhead.
- Bang sticks or clang pots together towards the animal.
- Maintain eye contact with the animal and back away slowly.

What else can I do to avoid a negative encounter?

- Never leave small children unattended.
- Never approach wildlife and teach your children not to either.
- Carry a shrill whistle or portable alarm with you in areas frequented by coyotes.
- Never feed coyotes or leave pet food (including bird seed) outdoors.
- Clean up all loose garbage and put garbage in approved waste receptacles with the lids on.
- Keep dogs on a leash – even in off-leash areas and especially in areas where coyotes are known to frequent.
- Coyotes can be attracted to an area by dog feces, so please clean up after your pets, even in natural environment parks.
- Cat owners should keep their pets inside their homes.

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:



Be sure to join us for our Easter Egg Hunt on April 15th, 2017! As always there will be two hunts as follows: Kids aged 1 to 6 are invited to come out to the Tot Lot in E at 11:00 am sharp, and Kids aged 7 to 12 are invited to come out to the Central Park behind B50 at 1:00 pm sharp. Make sure to be there on time as the eggs always disappear super-fast! Watch your mailboxes for all the details!

Additional events for 2017 will include our Lawn Sale, a Stampede Adult Social, the Stampede Breakfast, a Summer BBQ, and of course Halloween! Stay tuned for more info!

SECURITY TASK FORCE:

Did you know ...

That if you looked at the crime map on the Calgary Police Service website you would see that no crimes have been reported in our area in the last 6 months. From that map we appear to be “crime free”! Are you guilty of not reporting a crime because you had no material loss? Or the loss is not worth your time reporting it? Or you think if you just called the Sarcee Meadows office that would be good enough? Or you don’t have the patience to try and call the Police non-emergency line? If any of these statements are true for you, please reconsider reporting the crime. It is important for the police to track where the crimes are being committed and they can’t be tracked if they aren’t reported.

If you are the victim of damage/mischief to property; damage/mischief to a vehicle; lost property; theft; or theft from a vehicle, you can now report these matters online at the Calgary Police Service webpage. The link is:

<http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>

Examples of these crimes are explained on the website. They include:

Damage/Mischief to Property – the act of vandalizing or defacing your property – graffiti, knocking over mail box, throwing rock through windows, etc.

Damage/Mischief to Vehicle – the act of vandalizing or defacing a vehicle -- keying broken windows, slashing tires, etc.

Lost Property – when property is missing or lost – property that is missing, leaving items in a restaurant or missing from home.

Theft – Something that you own is taken without your consent. Lost property is not a theft.

Theft from Vehicle – Property taken from a vehicle without the owner’s permission – stereo, auto accessories, vehicle parts, etc. taken without owner’s permission.



For those people without internet access, you can still call the Calgary Police Service non-emergency phone line at 403-266-1234.

If you observe graffiti, please report it by calling 3-1-1 or report it online at:

<http://www.calgary.ca/cps/Pages/Community-programs-and-resources/Crime-prevention/Graffiti-and-vandalism.aspx> (you can also go to the report a crime webpage above and the link to reporting graffiti is close to the bottom of that webpage).

Please include the location (or closest address), description of the object the graffiti is on and if possible a photo of the graffiti. By reporting graffiti to 311 it ensures that the graffiti will be cleaned up and investigated.

Matters that you **cannot report online** include **robbery, house break and enters, domestic disputes or theft of a vehicle**. These crimes may require a dispatched call. Please phone the Police non-emergency line (403) 266-1234. For emergencies or crimes in progress please call 9-1-1.



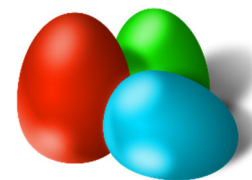
ENVIRONMENT COMMITTEE:

Hello and happy spring everyone! Just a reminder that the next Environment Committee Meeting is scheduled for May 10, 2017 at 7:00PM. Come on down to B50 and join our group. New ideas and input from our fellow members are always welcome. See you then!

NATURAL WAYS TO DYE EASTER EGGS:

What you need:

- 1 dozen hard cooked eggs (white or brown) at room temperature.
- 1 tablespoon white vinegar per cup of strained dye liquid
- vegetable or grapeseed oil
- 4 cups liquid dye made from any of the following:
 - 1 cup chopped purple cabbage per cup of water — makes blue on white eggs, green on brown eggs
 - 1 cup red onion skins per cup of water — makes lavender or red eggs
 - 1 cup yellow onion skins per cup of water— makes orange on white eggs, rusty red on brown eggs
 - 1 cup shredded beets per cup of water— makes pink on white eggs, maroon on brown eggs
 - 2 tablespoons ground turmeric per cup of water — makes yellow eggs
 - 1 bag Red Zinger tea per cup of water— makes lavender eggs



Pour the amount of water you need for the dye you're making into a saucepan - follow the ratios given above for each ingredient to make more or less dye.

Add the dye matter (purple cabbage, onion skins, etc.) and bring the water to a boil. Turn the heat down to low and simmer, covered, for 15 to 30 minutes. The dye is ready when it reaches a hue a few shades darker than you want for your egg. Drip a little dye onto a white dish to check the color. When the dye is as dark as you like, remove the pan from the heat and let the dye cool to room temperature.

Pour the cooled dye through a fine-mesh strainer into another saucepan

Stir the vinegar into the dye – use 1 tablespoon of vinegar per cup of strained liquid.

Arrange the room-temperature eggs in single layer in a baking dish or other container and carefully pour the cooled dye over them. Make sure the eggs are completely submerged.

Transfer the eggs in the dye to the refrigerator and chill until the desired color is reached. Carefully dry the eggs, and then massage in a little oil to each one. Polish with a paper towel. Store the eggs in the refrigerator until it is time to eat (or hide) them.

Happy Easter and Have a Beautiful Spring! From the Environment Committee

NEWSLETTER COMMITTEE

The Newsletter Committee is working with a full force and inaugurating the beautiful spring!



Committee members were happily admiring and assessing the numerous submissions of the coloring contest advertised in the March issue of Connections. It took us a while to reach the consensus to select the winners, as all of the submissions were a true delight to admire. After a lengthy deliberation and applying a lottery system to ensure the fairness of decisions, the selected winners are:

- **Ages 0 -6: Fatima Dadi**
- **Ages 7 – 14: Christian Watmough**
- **Ages 15 – 99: Jacqueline MacDonald**

Congratulations to all of the winners. They will receive a \$25.00 each gift cards to Indigo. Happy Shopping! All of the entries will be displayed on our website as soon as possible!

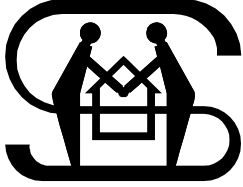
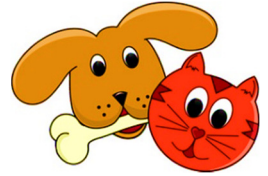
The Newsletter Committee holds monthly meetings on first Monday of the Month. The next meeting will take place on Monday May 1st, 2017 at B 50. You are welcome to join us!

On behalf of the Newsletter Committee, respectfully submitted by:

Slawa Gruszczynska

CO-OP EDUCATION:

In an ongoing effort to remind our members of some of our responsibilities as cooperative neighbours, please take a moment to refresh yourself on this month's featured policy – the Pet Policy.



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

HOUSING POLICY

SUBJECT: **Pet Policy**

ORIGINAL DATE OF APPROVAL: June 14, 1993

APPROVED BY: Membership

DATE OF AMENDMENT OR REPLACEMENT: June 14, 1993, membership approval, replaced the previous policy originally approved in 1977. Amended: April 26, 1994, April 29, 2003, April 12, 2016.

GENERAL

1. Pet ownership in Sarcee Meadows Housing Co-op (SMHC) is a *privilege* - not a right of membership, and may be revoked by the Board of Directors, if the guidelines set out in this pet policy are not followed.
2. When outside a member's unit, all pets must be confined or on a leash at all times.
3. Pet owners are responsible for cleaning up after their pets on a daily basis or more frequently if necessary. This includes not only the yard, but the interior of the home.
4. SMHC members who own pets are expected to obey all City of Calgary relevant bylaws, including the Animal and Cat Control Bylaws and the Nuisance Bylaw. This includes, but is not limited to, licensing dogs, noise violations, etc.
5. Members are responsible to make sure all visitors' conform to SMHC's pet policy.
6. A member will be responsible for any damage incurred by his or her pets to any unit and/or yard, or to any member's property, or common property at Sarcee Meadows. Members will repair any such damage caused by their pets, to the satisfaction of SMHC. Failure to do so will result in the co-op making the necessary repairs and charging the responsible member for the costs.
7. A member is responsible for controlling his or her pet or pets to prevent any noise disturbing other members.
8. Pets are prohibited from all playground areas at SMHC.
9. All owners of a cat or dog will register the pet with the SMHC administration office.

KIND AND NUMBER OF PETS

1. A maximum of any **two** of the following is allowed per unit: dog or cat. In addition, a member may keep aquarium or caged pets unless excluded below.

2. The following pets are prohibited: “vicious dogs” (as defined under the City of Calgary Animal Control Bylaw) and the following pets: ferrets, rats, mice, venomous reptiles, tarantulas, farm animals, and any wild or exotic animals such as monkeys, weasels, etc.
3. Those members of SMHC who, as of (**April 29, 2003 and/or April 12, 2016**), possess a pet or pets contrary to the provisions on kind and number of pets, as set out in this section of the pet policy, are exempt from restrictions stated in clause 1 above, but only until the said pets have died or otherwise been disposed of. All other parts of this pet policy shall apply.
4. Pet damage to a unit will be evaluated on a case by case basis. The Board of Directors will make the final decision whether the members will be permitted to retain their pet privileges or have them revoked.

PETS AND APPLYING FOR A SARCEE MEADOWS MEMBERSHIP

All prospective SMHC members with pets, as part of the membership application process, will fill out a pet application form to determine that their pet or pets fall within the guidelines set out in SMHC’s pet policy. All such prospective members will be interviewed to make sure that they are responsible pet owners and they understand and agree to abide with SMHC’s pet policy and procedures.

CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 9	10	11 Members Meeting @ Grace Lutheran @ 7:00 pm	12 Property Enhancement @ 7:00 Membership @ 7:00	13 Honours & Awards @ 7:00	14 Shop & Office Closed for Good Friday	15 Easter Egg Hunt (See flyer for details.)
16	17 Finance @ 7:00	18	19 CSI @ 1:30 Personnel @ 7:00	20 Education & Involvement @ 7:00	21	22
23	24	25 Security Task Force @ 7:00	26 Board Meeting @ 6:45	27	28	29
30	May 1 Newsletter @ 7:00	2	3 Property Maintenance @ 7:00	4 Entertainment @ 7:00	5	6
7	8 Finance @ 7:00	9 Parking @ 7:00 Membership @ 7:00	10 Environment @ 7:00	11	12	13

YOUR PAGE

Welcome to "Your Page", a place for you to share with your neighbours and your community. This page can include your Personal Milestones such as Births, Birthdays, Weddings, Anniversaries, and Personal Accomplishments. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements or any other tidbits that you'd like to share! Submissions can be emailed to janine@sarceemeadows.coop or dropped off at the office to the attention of the Newsletter Committee.

Hi – a tidbit” from Isabel Reznik (K691). Not to boast or anything but I just did a quick count of my volunteerism in this area and I came up with an interesting fact:

All total, 46 years of volunteering at SMHC and 30 years at Rutland Park = 76 Years! WOW, I am even shocked!!



An Open Letter to all my fellow residents of Sarcee Meadows,

Last week from Monday to Friday we had the privilege to have every floor in our house redone. Rob Hands, Kyle and Robbie Hands were meticulous, helpful, dedicated, skillful, and kind workers. They said how it was all going to be accomplished and they were true to their word. In this day and age of slapdash, unskilled, tardy workers we in the Meadows are indeed lucky to have such great guys to fulfill our needs. Rob has been working for us for many years and I just feel it's time to give him and his sons the gratitude they so rightfully deserve. Thank you so much from the Reynolds (D294) Family.





**"Never doubt
for a moment
that a small
group of
dedicated
citizens can
change the
world. Indeed,
it's the only
thing that
ever has"**

Margaret Mead

Diversity in Action



Co-operative Housing
Federation of Canada

Young People!!!

- co-op board members
- a 10 year old who hit a baseball through a window
- a 12 year old who helps rake the leaves
- a 15 year old who babysits
- a 16 year old who plays loud music
- an 18 year old who sits on the board
- a 20 year old who drag races on co-op roads

These are all youth. They are busy doing things young people do. How do they fit into our communities?

- sons and daughters
- brothers and sisters
- neighbours
- helpers
- friends
- playmates

**Young people who
live in co-ops!
They are much more!!**

- future leaders
- board member
- creative minds
- future members

**What do the youth in your
community need? Ask
yourself this!!!**

- | | |
|--------------|---------------|
| ✓ a home | ✓ opportunity |
| ✓ trust | ✓ fun |
| ✓ acceptance | ✓ respect |

**When you look at young
people, what do you see?**

- ▲ youth who cause trouble?
- ▲ youth who don't listen?
- ▲ youth who won't follow the rules?

Look more closely!

- ▲ Have you asked them what they think about an issue?
- ▲ Have you involved them in problem solving?
- ▲ Do you learn from their abilities?
- ▲ Do you value them?
- ▲ Do you ask them about their ideas?

Now can you see?

- They can follow through.
- They can bring a new point of view.
- They can find solutions that work.

All human beings are born free and equal in dignity and Rights
Universal Declaration of Human Rights (1948)



"Never doubt for a moment that a small group of dedicated citizens can change the world. Indeed, it's the only thing that ever has"

Margaret Mead

Diversity in Action



Co-operative Housing
Federation of Canada

Seniors

Who are we?

Statistics Canada defines seniors as those 55 years and older. We make up about 22% of the people in Canada or almost seven million people in 2002.

We are as diverse as any other group in Canada. We also have some things in common:

- ◆ we have lower incomes than average
- ◆ we are about equally divided between renters and owners
- ◆ we have increased our physical fitness more than any other age group
- ◆ we volunteer more than other age groups
- ◆ 15% of seniors help friends and family with babysitting
- ◆ 20% of seniors need help with grocery shopping
- ◆ 4% of seniors need help with personal care

Seniors are great co-op volunteers!

Attitudes Towards Seniors

In most societies, the elders are the most respected group. Why is this?

- ◆ because we have a large amount of knowledge and experience we are willing to share
- ◆ because we are willing to volunteer our time in the community

Most societies realize that seniors are a valuable community asset.

In Canada, seniors are a growing percentage of society.

What do we want?

We want to be **involved** in making choices about our daily lives, including any help we need.

We want to be **recognized** as a group with a valuable contribution to make to the co-op housing movement.

We want to be **respected** within the co-op housing sector in the same way we respect others.

We don't want to be **ignored** because of our age; we want to be heard.

All human beings are born free and equal in dignity and rights
Universal Declaration of Human Rights (1948)

Disclaimer: Any ads placed in this newsletter are not to be considered as an endorsement by Sarcee Meadows Housing Co-operative Ltd. but are for information only.

Classifieds

Healing Intentions:

Psychic/Medium

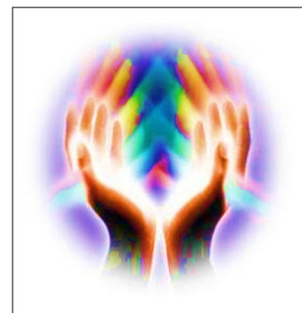
Card Readings

Book a party

Call Shelly: 403-660-2045

Energy/Crystal healings

Other Services available



Knitted Dish Cloths For Sale:

Assorted colours and patterns. \$2.00 each or 3 for \$5.00. Call Tricia: 403-242-0048

House Cleaning:

I have over 15 years' experience and I'm available for all your cleaning needs; organizing your home or helping with small tasks on a weekly, biweekly or monthly basis. \$25.00 per hour includes all products needed for cleaning.

Contact: Monika 403-920-0920 or email: cleanandshine28@gmail.com



Straightline Painting:

Residential painter, competitive prices, 30 years' experience. Used by SMHC

Call Peter: 403-998-5179

Personalized Grocery Shopping & Delivery Service Now Available

“Inclusive, Accessible, and Affordable for ALL”



If you or someone you know struggles to access groceries due to age, chronic disease, illness, disability, injury, pregnancy, or poverty, our new **NON PROFIT** The Grocery Link Society can help!

- Complete the eligibility form on our website at www.thegrocerylinkociety.com or call us today at 1-877-332-0802 for more information.
- Receive 6 FREE short term grocery shopping and delivery support services and long term subsidized support for only \$5.00 / service.

HELP US END THE STRUGGLE TO ACCESS GROCERIES AND WE WILL HELP YOU SAVE!

- If you are a hectic family, single busy professional, university student, day home, daycare, or business you can become a member of our Society and purchase grocery shopping and delivery services from The Grocery Link Corp. at www.thegrocerylink.com
- 5% of all Grocery Link Corp. sales are donated to The Grocery Link Society.

Proudly Supported By



Better food starts here.

EXCLUSIVE MEMBER BENEFITS

- Automatic entry to win a \$500.00 Sobey's/Safeway grocery gift card. One winner drawn **EVERY MONTH** until March 2018.
- Receive special offers **EVERY MONTH** until March 2018 only with use of a Grocery Link Society or Grocery Link Corp. Service.

www.thegrocerylinkociety.com

1.877.332.0802

www.thegrocerylink.com

Ladies & Girls only Swimming

Golden opportunity for ladies & girls to learn swimming from female instructors with no men around. Covers are on all of the windows looking into pool area. Confirm your spot by contacting Farha Fatima (info below). Spread the word, the more that sign up the rates are likely to go down.



Steam-room, Hot tub, Aquasize



Plenty of FREE Parking

Where: Killarney Aquatic & Recreation Centre

1919 – 29th Street SW, Calgary

When: Every Saturday (First session March 11th, 2017)

Who: Open to ladies & girls ages 10 and up

Time: 5:00 pm to 7:00 pm

Rate: \$10 per person

\$12 per person with instructor

(Rate will go down if more people confirm)

(Pay in advance)

Contact: Farha Fatima

Phone: 403-969-9648

Email: farha1_khan@yahoo.com

Free Drop-in Exercise Classes for Mature Adults

Chartwell Royal Park

587-287-3940

4315 Richardson Road SW

We would like to invite community seniors to join the fun exercise programs we offer at Chartwell Royal Park. Come alone or bring a friend!
We are looking forward to meeting you.

Monday (9:30 am) – Stretch & Relaxation

Tuesday (10:30 am) – Exerfun

Wednesday (1:30 pm) – Gentle Exercise

Wednesday (2:30 pm) – Stay Sharp for Fit Minds

Thursday (10:00 am) – Rhythm & Moves

Friday (10:30 am) – Exerfun

Saturday – no classes

Sunday (2:30 pm) – Sit ‘n Get Fit

Occasionally, class substitutions or cancellations may occur – please call Amanda at 587-287-3940 to confirm prior to visiting.

Hello,

We are thrilled to be sharing an upcoming event with Saleema Noon, author of new book "Talk sex today - What kids need to know and how adults can teach them".

Please see poster below for details.

If you are a parent or work with parents who want to learn skills and tools on how you can talk to children and youth about sexuality, their bodies, and relationships, please consider attending our event:

Talking Sex

WITH SEXUAL HEALTH EXPERT SALEEMA NOON



TOPICS INCLUDE:
Consent, Gender Identity,
Media Literacy, Sexting,
Bullying, and More.

Talk Sex Today

A PUBLICATION OF
WOODLAKE
in partnership with
Calgary Sexual Health Centre

THE TRUTH ABOUT KIDS AND SEXUALITY

A presentation by the author of *Talk Sex Today*, the breakthrough new book

CALGARY PUBLIC LIBRARY, CENTRAL LIBRARY, 5TH FLOOR N ■ 616 MACLEOD TRAIL SE
THURSDAY APRIL 20, 6-7:45PM ■ **SPACE IS LIMITED - RSVP:** www.woodlake.com/talksex

Accounting and Tax Services



- Book Keeping
- Individual Tax Preparation & Filing
- Tax Optimization & Planning (RRSP, RESP, TFSA)
- Corporation Tax Preparation & Filing
- GST & Payroll Services
- Financial Reporting
- Audit Representation



*File electronically and get your
REFUND MONEY FASTER NOW!!*

For **efficient, reliable service** and **fast solutions**
to your accounting and tax filing requirements.

Contact:

Shafakat Syed, M.Com, CMA, MBA, CBAP
403.701.6585

shafakat@yahoo.com





Small Grants of up to \$600 are available to support projects which strengthen connections between residents and make the neighbourhood of **Rutland Park, Lincoln Park & Currie Barracks** an even better place to live!

If you have a project idea or would like to be part of the selection committee, please see the details below.

GOT A GREAT IDEA?

Submit your Community Project today!

Examples of projects that have been funded in other neighbourhoods are:

Block Parties | Pedestrian Safety Campaigns |
Community Murals | Container Gardening
Workshops | Community Clean-Ups |
Neighbourhood Walking Groups | Babysitting
Cooperative start-up costs

Projects need to be for the 2017 calendar year

More details and guidelines provided on the application form.

Application deadline: Applications will be accepted until December 1, 2017

WANT TO JOIN THE TEAM?

Help us with the decision process!

Some requirements of Decision Committee members include, but are not limited to:

- Having an interest in the neighbourhoods of Rutland Park, Lincoln Park & Currie Barracks and the residents living here
- Able to work with others
- Free to attend a few meetings to review grants and project updates, as needed
- Attend some community events that have been funded through the initiative

A meeting with the Community Social Worker will be arranged prior to joining the team

For more Information or Grant Applications contact Cynthia Okafor, Community Social Worker at cynthia.okafor@calgary.ca or call 403.476.7184

calgary.ca | contact 311

Onward/ 90 per cent of Calgarians will continue to agree that there is a strong sense of community in Calgary.



THE CITY OF
CALGARY

2017 Recycling Schedule will be changed starting

JANUARY 31st, 2017

RECYCLING PICKUP DATES: Recycling will be done **EVERY WEEK**, by sections, on Tuesday, Wednesday, Thursday and Friday unless there is a holiday. Any dates in bold are changed from the regular day.

A11 to C176	Tuesday	January 31, February 7, 14, 21, 28, March 7, 14, 21, 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30, June 6, 13, 20, 27, July 4, 11, 18, 25, August 1, 8, 15, 22, 29, September 5, 12, 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19
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C181 to E358	Wednesday	February 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, June 7, 14, 21, 28, July 5, 12, 19, 26, August 2, 9, 16, 23, 30, September 6, 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22, 29, December 6, 13, 20, 27
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E361 to H556	Thursday	February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20, 27, May 4, 11, 18, 25, June 1, 8, 15, 22, 29, July 6, 13, 20, 27, August 3, 10, 17, 24, 31, September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14, 21, 28
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H561 to L745	Friday	February 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 7, 21, 28, May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28, August 4, 11, 18, 25, September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 29
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Pick-up April 17 instead of April 14



**RANDOM ACT OF KINDNESS
NOMINATION FORM**

Do you know someone, an adult, teen or child, who has done a "Random Act of Kindness" for you or someone else? If so, please take the time to acknowledge them and what they have done. Complete this form and submit it to the office to the attention of the Education and Involvement Committee.

At the end of the year a "Random Act of Kindness" winner will be chosen from the entries that are received throughout the year. The winner will be acknowledged at the Annual General Meeting in January.

Let's recognize those special people who extended themselves and make our lives better by simply being kind!



NAME OF THE NOMINEE: _____

NOMINEE'S UNIT #: _____

ACT OF KINDNESS: _____

YOUR NAME AND UNIT #: _____
[Use extra paper if required]

COMMITTEE CONTACTS: 2016 – 2017:

C.S.I. (Co-op Seniors Interests)

Chair: Lucille Ranchuk
Board Liaison: John Preston

Education and Involvement

Chair: Judy Silzer
Board Liaison: Kathy Aubichon

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Sandy Christensen
Board Liaison: Jenn Jenkinson

Environment

Chair: Russ Chandler
Board Liaison: Isabel Ciok

Finance

Chair: VACANT
Board Liaison: Tony Yee / Heather Millar

Grievance & Resolution

Chair: VACANT

Honours and Awards

Chair: Audrey Templeton
Board Liaison: Kathy Aubichon

Membership

Chair: VACANT
Board Liaison: Kelly Edwards

Newsletter

Chair: Slawa Gruszczynska
Board Liaison: Jenn Jenkinson

Parking

Chair: Dennis Schwaiger
Board Liaison: Randy Senft

Personnel

Chair: VACANT
Board Liaison: Garry Sluiter

Property Maintenance

Chair: Helen Serrurier
Board Liaison: John Preston

Property Enhancement

Chair: Marianne Pederson
Board Liaison: Jenn Jenkinson

Security Task Force

Chair: Lorene Klippert
Board Liaison: Garry Sluiter

After Hours Emergency Maintenance:

In the event of an emergency maintenance situation after hours please call the Emergency Maintenance Cell Phone at:

403-813-2783

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing

janine@sarceemeadows.coop

