

Connections Newsletter

February 2017

BOARD OF DIRECTORS REPORT:

Thank you to all the members who attended the Members Meeting on January 25. As per member vote, we welcome Kathy Aubichon, Kelly Edwards, and John Preston to serve a 3 year term on the Board and we welcome back Garry Sluiter to serve a 2 year term. The Board has met to review responsibilities and offices and are ready for another year of working together with you, the membership, to meet the challenges and enjoy the benefits of our wonderful community.

Speaking of challenges and benefits . . . WE NEED YOU! Do you have an interest in the future of our co-operative? Have you thought about serving your community as a committee volunteer? Are you already volunteering here at SMHC, but feel that you have more to offer? Have you thought about trying out a new committee, to expand your knowledge and experience? Do you have skills or a keen interest that could benefit our community? In response to a variety of concerns and suggestions brought to the Board, several of our committees are being restructured and we need volunteers to step-up . . . is it your turn? If the answer to any of these questions is “Yes!” be sure to submit your applications to serve on the Finance, Grievance & Resolution, Membership, Personnel, or Property Maintenance Committees by February 17, 2017.

If you have volunteered in the last year, watch for your invitation to our annual Volunteer Appreciation Dinner on February 25, 2017.

Have a great February everyone – we hope you have an opportunity to enjoy some time with family on Family Day and any other holidays your household will be celebrating.

Your SMHC Board of Directors



GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

During January, there were approximately 179 work orders completed, 13 meetings, 1 holiday, 1 birthday and our AGM was held. There were also a number of cupboards installed, floors done, a few bathrooms repaired/replaced, and locks replaced/repared.

During the AGM 4 new Board members were elected. I would like to welcome them all and thank everyone involved in the election process.

Volunteers/Youth Engagement

The Committees and the Board have still listed engaging the youth in SMHC as a priority. There has been a youth survey and work is still ongoing with regards to implementing some of the suggestions. Difficulties do come from attendance and mentoring so we are looking at different ways to remedy these hurdles.

Through discussions with Members and Committees it seems a lot of the reason why things may stall in SMHC is due to a lack of communication. This includes problems we have been having with youth engagement and other programs we would like to have at SMHC. We will be working on this going forward.

One suggestion we would like to work on going forward is a change in the idea of what volunteering means in SMHC. Being on a committee has been the main focus of our volunteering structure for many years and at times we forget that other ways of volunteering are just as helpful. Event volunteers, members that work the kitchen or sign up desks at meetings, and those that deliver the newsletter are all examples of members volunteering. Volunteering outside a committee helps the community as a whole and may be a way for those that cannot commit to some of the greater time requirements that a committee might require.

Going forward there will be some requests for volunteers in different capacities. Examples will include things like a call for volunteers to help care for the garden in "H", or water trees, seniors' events, more youth initiatives and requests to share your expertise with other members in different capacities. Please keep an eye on the newsletter and any flyers for more information.

Flooring

There have been a number of questions about flooring lately, and a lot of misinformation being shared among the membership. It is understandable when things change that there may be some details that are missed.

Currently SMHC standards for flooring are laminate on the main floor excluding the living room. A couple of years ago we were faced with the issue of finding a solution to a problem with deteriorating floors caused by nails. When our linoleum is installed there is also subflooring placed under the linoleum. This subflooring is nailed into place and over the years of replacement has caused enough damage that a change was needed. With laminate this damage does not occur and keeping in mind the membership request to look at upgrading the products SMHC uses the decision was made following standard procedures.

Laminate has always been considered an upgrade and in the past if a member wanted laminate in their unit they would pay the upgrade cost. Laminate is still considered an upgrade in the living room, bedrooms, on the stairs and upstairs hallways. When your unit comes up for replacement if you choose to have laminate throughout your unit, you will be charged an upgrade cost. The nail damage is not caused when laying carpet so there was no need to change the standards for areas of the unit that are carpeted at this time. Committees will be looking at different types of carpet in the future.

What is an Emergency?

It has been noticed that some clarification around what is considered an emergency is needed. The following are examples that we hope will help:

- **Locks:** If a member locks their keys in the unit after hours and they can't get in, they need to call a locksmith. If there is an issue after hours with the door handle being broken, not working, etc. please call the emergency maintenance line.
- **Dripping Pipes:** if you have a water pipe dripping periodically (one drip every 20 minutes or so) call in a regular work order the next business day. If you have water leaking in a constant stream whether it be from your taps or the pipe under the sink or in the basement call the emergency maintenance line.
- **Furnace:** if your furnace is off and not working after hours especially in the winter, call the emergency maintenance line.
- **Hot Water Tank:** for hot water tank leaks that you cannot control after hours, call the emergency maintenance line.
- **Sewer Backup:** call the emergency maintenance line.
- **Plugged Sink or Toilet:** stop using the plugged sink or toilet after hours, call the office and submit a regular work order the next business day. NOTE: if you are in a small 3 bedroom unit and have a plugged toilet that you cannot unplug with a plunger, call the emergency maintenance line.

Reminder: for after-hours maintenance emergencies call 403-813-2783.

In closing I would like to encourage all of you to send any suggestions, questions or comments about volunteering opportunities, ways to engage our members, ways to work with other cooperatives, or topics you would like to see clarified to the office. The membership, committees and Board of Directors are all working hard to ensure Sarcee Meadows has a bright future.

Thank you,

Roberta Miller
General Manager



B50

Please remember that members are still responsible as always for clearing snow from their own parking stalls. It is very important that you DO NOT push this snow out into the middle of the parking lot as this makes driving through the lots extremely difficult for everyone else.

ELECTIONS COMMITTEE:

Successful Evening!



Congratulations and thank you go out to the four candidates who were elected by acclamation to our Board of Directors at this year's Jan. 2017 Annual General Meeting.

We are very fortunate to have - Kathy Aubichon, Kelly Edwards, John Preston and Garry Sluiter represent us. They embody a lot of enthusiasm, a multitude of skills and experience and a real sense of purpose. On our behalf, they are looking forward to doing much good work in their appointed two or three year terms.

Many thanks goes as well to the membership who carefully considered and registered their votes, the volunteer scrutineers who helped with the count and office staff for their professional support in the mandated process.

*****To the six remaining and four retiring members of the Sarcee Meadows Board of Directors, MUCH gratitude for your excellent service and dedication!!

Looking forward to a year of meeting with and encouraging you and others to be on the 2018 Board,

Rita Carlson, Barb Nehring, Marie Forester

EDUCATION & INVOLVEMENT COMMITTEE:

It is that time of year again: time to choose the Volunteer of the Year! If you know a member who has been an outstanding volunteer please nominate them for this award! The nomination form is included in this issue of Connections; the deadline to submit nominations is February 17, 2017.



Virtue – a good or admirable quality

Here are a few examples – openness, compassion, modesty, generosity, loyalty – taken from a list of 100 virtues promoted through the website www.virtuesproject.com

What virtues are important to you?

What virtues do you see or would like to see more of in Sarcee Meadows?

Let's look closer at just one virtue – **Acceptance** – and how it can apply to our co-op.

- Accept the differences in members without judgment
- Accept that members can have opinions different from your own
- At members' meetings, accept the decisions passed by the membership
- Accept and even embrace change
- Accept that you are responsible for making our co-operative all it can be; it may never be perfect, but it can always be better if we all work together!
- Acceptance is the key to convert momentary happiness to enduring happiness. It helps you move from feeling happy to actually being happy.

Let's make life a little better in SMHC
from the Education and Involvement Committee

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

VOLUNTEER OF THE YEAR

NOMINATION FORM

WHAT IS A VOLUNTEER?

Volunteers are individuals who reach out beyond the confines of their normal responsibilities to contribute time and service to Sarcee Meadows in the belief that their activity is beneficial to others as well as satisfying to themselves.

The Education & Involvement Committee is seeking nominations for the:

VOLUNTEER OF THE YEAR.

The process asks that the selection be made from within our volunteer structure only. There are fifteen standing committees – with approximately 150 volunteers. The volunteer of the year will be found from that group!

Let's recognize those special people who extend themselves beyond willingness, beyond their "committees" job description, step out and go the extra mile, foot or inch!

OUTSTANDING CONTRIBUTORS TELL US WHO THEY ARE!!

Everyone is invited to complete an application and nominate someone from our committee structure as the *Volunteer of the Year*.

Complete the form on the back of this page and submit it to the office in care of the Education and Involvement committee.

Deadline for nominations is: FRIDAY, FEBRUARY 17th, 2017



NOMINATION FORM

VOLUNTEER OF THE YEAR

NAME OF NOMINEE: _____

NOMINEE’S COMMITTEE: _____

DESCRIPTION OF WHY YOU ARE NOMINATING THIS PERSON:

SUBMITTED BY: _____

ENVIRONMENT COMMITTEE:

Hello everyone! 2017--a New Year a New Beginning--if you are looking for a committee to join and do your part as a volunteer in Sarcee Meadows, how about considering the Environment Committee? We always have interesting topics to discuss regarding the environment. With the imminent arrival of Organic Recycling city wide and in Sarcee Meadows, the committee could use some new thoughts, ideas and input on this important subject. Come on out on **March 8th, 2017 to B50 at 7:00 PM** and join our group. The committee hopes everyone who received a door prize package from the Environment committee at the last Member's Meeting are enjoying and using their products. These products were all obtained from merchants in our vicinity---London Drugs and Winners. Let the committee know what you think about the products by contacting the Office at B50. Hope to see you at our next meeting. Take care out there everyone.



ECO ALLEY – NEWS YOU CAN USE

DID YOU KNOW? Composting of **organics** has a huge impact on our carbon footprint as well as our local environment. For this reason, The City of Calgary has expanded recycling and **organic** waste bylaws which will affect all **multi-family residences as well as all businesses**. This new bylaw will take effect **November 1, 2017**. Sarcee Meadows residents have been doing a great job of recycling other recyclables over the years. Now we have to think; recycling organics.

Those Sarcee Meadows residents who have been composting their food and yard waste in a composter and using the final product in their gardens are well on their way to reducing a small portion of the carbon footprint.

DID YOU KNOW? The City of Calgary has a goal to recycle or divert 80 percent of all the waste currently placed in Calgary landfills by 2020?

DID YOU KNOW? The City of Calgary sells subsidized backyard composters for only \$25.00, tax included (this is a \$100 value). Composters are available year round from: The City of Calgary Online Store at www.calgary.ca/onlinestore or at Clean Calgary Association's Eco Store 809 Fourth Ave. S.W. Call (403) 230-1443 for availability



Composters will be readily available in the spring from all Hardware Stores as well as Green Calgary (#100, 301 14th St NW Calgary, Alberta 403-230-1443)

Composters are approved for use in Sarcee Meadows. The Home Improvement Procedures state that compost bins must be in a fenced or hedged yard. The member is responsible for ensuring that the bin is maintained in a manner so that there is no smell, insect, or rodent problems created by the compost bin.

Perhaps we have to take a look at our own **food waste practices** to reduce the amount that we do waste or throw away:

PREVENTABLE FOOD WASTE IS: Food that could have been eaten was thrown away or composted.

UNPREVENTABLE FOOD WASTE IS: Food waste that **cannot** be consumed such as: shells, bones, peelings.

MISFIT VEGETABLES AND FRUIT: **Weird** looking fruits and vegetables that are still completely edible. (Should be consumed, not thrown away as waste.)

In the next weeks and months be sure to check the Connections Newsletter for updates on Organic Recycling as it pertains to Sarcee Meadows.

CO-OP SENIORS INTEREST COMMITTEE

Grey Eagle Casino has a bus from B50 on the first Tuesday and third Tuesday of each month. Bus leaves at 9:15am and returns at 1:30pm. Everybody welcome.



PARKING STALL CLEARING

Do you want your parking stall cleared? Call Dean 403-809-6764 the charge is \$30 for the first hour and \$20 for any additional hour.



RUTLAND PARK COMMUNITY ASSOCIATION:

What is happening to start off our calendar year with the RPCA?



- February 25 2017 – Ukrainian Night – Back by popular demand. Dinner and a show. This event will run from 4:30pm – 7:30pm. Tickets are \$10.00 for adults and \$5.00 for kids 6 and over. Space is limited so please call Isabell at 403-242-6334 to reserve your spot or email social@rutlandparkcommunity.com. Keep a close eye out for more information by reading Connections, The Post, our Facebook page and of course the RPCA website: www.rutlandparkcommunity.com.

- March 18 2017 – St Patrick’s Day Name That Tune - Adults only, Babysitting will be provided as well. Come for a night out, enjoy some great trivia, a world class potato bar and so much more. Keep your eyes peeled for more details.



As always if you have questions or if you would like to contact us, please feel free to email myself at: social@rutlandparkcommunity.com



Flyer delivery crew needed! The RPCA is looking for a group of individuals to help get the word out to the greater community. We would only ask for about 2 hours a month of service, and in return hours of community service, a good reference, great exercise, snacks and the eternal gratitude of your friends and neighbours.

If you are interested or if you know someone who might be, please reach out to us for more information: social@rutlandparkcommunity.com

Thank you kindly,

Megan Justason

Director of Social Activity

For the RPCA.

CITY OF CALGARY NOISE BYLAWS:

Noise on residential properties:

In Calgary, citizens have the right not to be disturbed by noise and have the responsibility to not make noise that disturbs others.

Noise can include, but is not limited to, yelling, shouting, loud music, horns, power tools and air conditioners.

Under the bylaws, the following cannot be used at night in a residential development:

- (a) a hand lawn mower;
- (b) a motorized garden tool;
- (c) a power tool outside of any building or structure;
- (d) a model aircraft driven by an internal combustion engine of any kind;
- (e) a snow clearing device powered by an engine of any kind except during the 48 hour period following a snowfall, rain or freezing rain;
- (f) a motorized snow or leaf blowing device;
- (g) an outdoor speaker system within 150 metres of a residential development except during the Calgary Stampede

These activities are allowed during the "daytime," meaning:

- (i) beginning at 7 a.m. and ending at 10 p.m. of the same day, Monday to Saturday; or
- (ii) beginning at 9 a.m. and ending at 10 p.m. of the same day, Sunday and holidays;

Under the bylaws, you cannot cause (or permit to be caused) a continuous sound that exceeds:

- (a) 65 decibels (dBA) measured over a one (1) hour period during the day-time; or
- (b) 50 decibels (dBA) measured over a one (1) hour period during the night-time;

Under the bylaws, you cannot cause (or permit to be caused) a non-continuous sound that exceeds:

- (a) 85 decibels (dBA) measured over a period of 15 minutes during the day-time; or
- (b) 75 decibels (dBA) measured over a period of 15 minutes during the night-time;

Fines for violations of these regulations range between \$50 and \$200.

Related bylaws:

The City of Calgary regulates noise through the Community Standards Bylaw 5M2004 part 9. This is an overview of these regulations. Please refer to the actual bylaw for more detailed information. Noise regulations for vehicles can be found in the Traffic Bylaw 26M96. Original copies of bylaws are available at the City Clerk's office.

Eligible applicants may apply for a Noise Exemption Permit.

Report a violation:

How to file a complaint and what happens to it

Call Calgary Police Service at (403) 266-1234 if the noise is caused by criminal activity.

Call 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary) if the noise is not caused by criminal activity.

Search the Bylaws:

To find out more information about Calgary's other bylaws you can search bylaws by topic at: <http://www.calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Bylaws-by-topic.aspx>

**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 #: _____

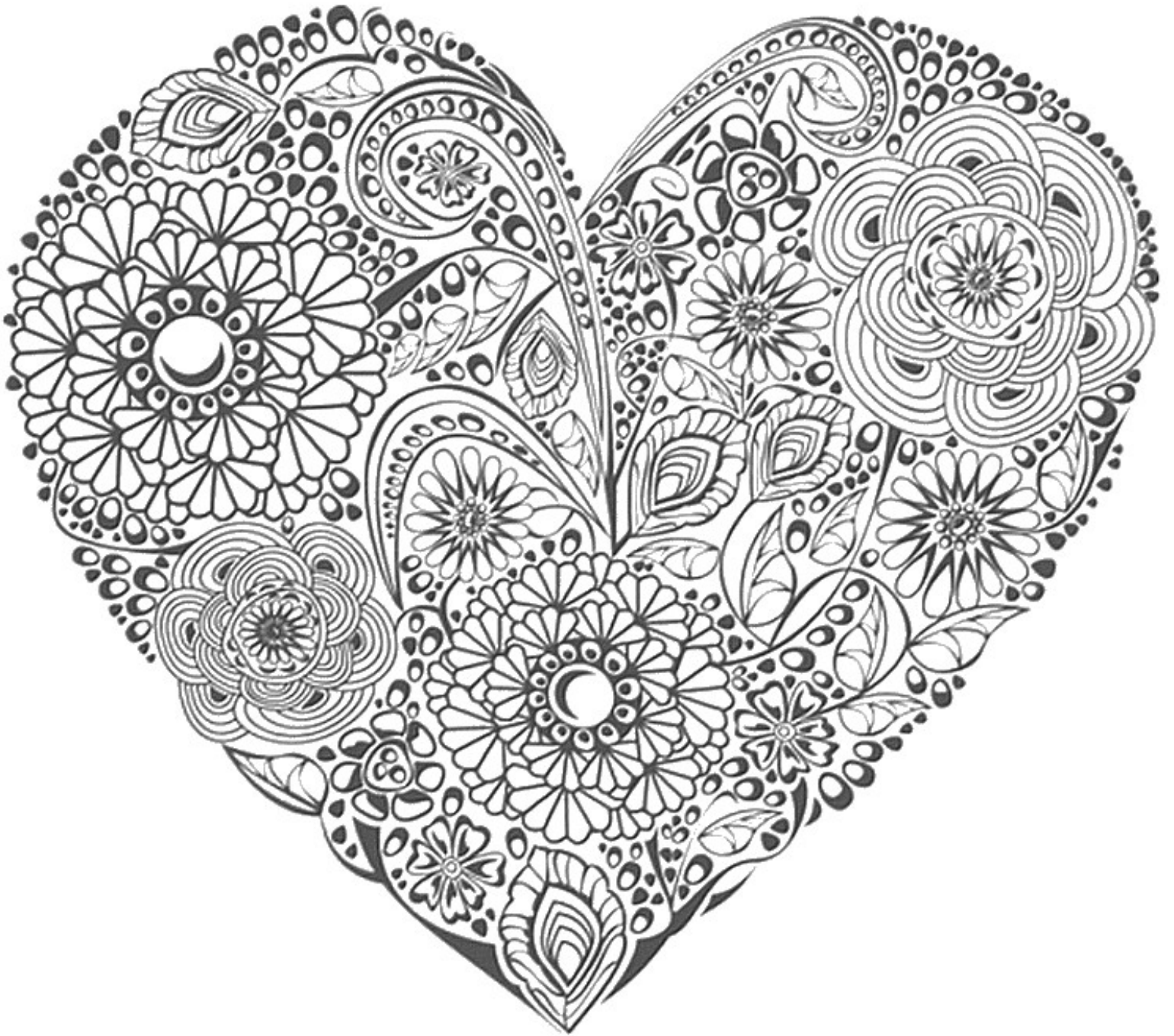
ACT OF KINDNESS: _____

YOUR NAME AND UNIT #: _____

[Use extra paper if required]



Sarah Kay



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.

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**

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**

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**

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**

Pick-up April 17 instead of April 14



CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 12	13	14 Parking @ 7:00 Membership @ 7:00	15 CSI @ 1:30 Personnel @ 7:00	16 Education & Involvement @ 7:00	17	18
19	20 Shop and Office closed for Family Day	21 Finance @ 7:00 Security Task Force @ 7:00	22 Board Meeting @ 6:45	23	24	25 Volunteer Appreciation Dinner
26	27	28	March 1 Joint Property Maintenance / Property Enhancement @ 7:00	2 Entertainment & Social Events @ 7:00	3	4
5	6 Newsletter @ 7:00	7	8 Environment @ 7:00	9	10	11
12	13	14 Parking @ 7:00 Membership @ 7:00	15 Personnel @ 7:00	16	17	18
19	20 Finance @ 7:00	21	22	23	24	25
26	27	28	29 Board Meeting @ 6:45	30	31	

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: Maureen McGinnes
Board Liaison: Tony Yee / Heather Millar

Grievance & Resolution

Chair: VACANT

Honours and Awards

Chair: Audrey Templeton
Board Liaison: Kathy Aubichon

Membership

Chair: Kathy Aubichon
Board Liaison: Kelly Edwards

Newsletter

Chair: Slawa Gruszczynska
Board Liaison: Jenn Jenkinson

Parking

Chair: Dennis Schwaiger
Board Liaison: Randy Senft

Personnel

Chair: Pat Fenlon
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

