

# Connections Newsletter

## March 2017

### **BOARD OF DIRECTORS REPORT:**

What a great evening we had honouring all of our volunteers at the Annual Volunteer Appreciation Dinner on February 25th. Hats off to the Entertainment & Social Events Committee for once again putting together a night to remember. Everything from the food, to the games, to the prizes and overall ambience was absolutely outstanding and enjoyed by all that were in attendance. Kathy Aubichon humbly accepted the Volunteer of the Year award.

We have received some feedback about the restructuring of a few of our committees. Some members like the change and others don't. At Sarcee Meadows we are at every turn given the opportunity to have a voice. Whether it's being on a committee, attending a Board meeting, speaking up at a Member's Meeting, writing a letter to the Board or Grievance Committee, responding to a survey or simply dropping a note in the question box at the Member's Meeting. We have the opportunity to voice a concern, offer a suggestion, and sing the praises of a job well done. The new committee structure takes effect April 3. We look forward to seeing how these committees do and we trust you will support them. Thank you to all of the members that completed the survey regarding the committees. You spoke, we listened and let's all now give it a chance to succeed.

Congratulations on a job well done at the Ukrainian Festival Feb 25 at Rutland Park Community Association. The event was a huge success and was sold out. Kudos to Megan Mackay Justason and Isabell Reznik for all of your hard work putting on this event. You have a lot to be proud of.

If you are looking for something to do to celebrate St. Patrick's Day with your neighbors and friends, Rutland Park Community Association is holding a St. Patrick's Day Name that Tune event **on Saturday March 18**. Volunteers are a big part of any event so if you are interested in volunteering please email Megan at [social@rutlandparkcommunity.com](mailto:social@rutlandparkcommunity.com) I'm sure she will be happy to have an extra pair of hands to help out.

Thank you once again to our many volunteers at Sarcee Meadows. It is thanks in part to all of you that Sarcee Meadows is considered one of the best Housing Co-operatives in Canada. Please take a look at the back page of this newsletter for a list of the 15 Committees we currently have in place. If you are interested in joining, or simply would like more information about what the committee does, please reach out to our Volunteer Co-ordinator [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop). (Please note that the Grievance & Resolution, Personnel, Finance, Membership and Property Maintenance Committees are selected by the Board based on applications received.) No previous experience is necessary. All you need is a passion for what the committee is doing and a willingness to learn.

We encourage you to check out our Facebook page ([www.facebook.com/sarceemeadows](http://www.facebook.com/sarceemeadows)) or our Website ([www.sarceemeadows.coop](http://www.sarceemeadows.coop)) for up to date details about local events.

Your SMHC Board of Directors



## **GENERAL MANAGER'S REPORT:**

*(It's Miller Time!)*

### **Office/Shop**

During February, there were approximately 136 work orders completed, 13 meetings, 1 holiday, and the Annual Volunteer Appreciation dinner was held. 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.

### **Common Areas/Trees**

When winter finally leaves, the trees around the perimeter as well as the ones located in common areas and parks will need some watering. There is also a need for volunteers to help with keeping the garden in "H" looked after i.e.: weeding, planting, watering and general care. If you are able to help with any of this in the coming season please let the office know. A large time commitment is not needed, all help is appreciated.

### **Gardening**

SMHC is looking to help facilitate classes that will provide instruction on Alberta's native plants, how they benefit the local wildlife and what to plant. When you use plants native to your area you can eliminate many of the problems gardeners have with gardening in Calgary. Native plants will be cold tolerant and hardy because this is the climate they are used to. It is often the case that native plants grown in the home/local garden will produce longer stems, larger and more numerous flowers and be much more beautiful than they were when growing unassisted in their natural locations. The biggest challenge with growing native plants would be to choose the varieties and species that best suit your needs for colour, fragrance, shade or growth habit and habitat you might want to cultivate.

Look for further advertisements for when these classes will take place.

### **General**

We have had reports at the office of things going missing off the front step and from back yards. Unfortunately things like this are becoming more common. Please remember to secure anything you don't want to go missing and ensure you make a report to the police if something does go missing.

Here is hoping that March brings us the beginnings of Spring, I for one am looking forward to seeing buds on trees and seeing that first Robin. For all of you partaking in green food and drink on St Patrick's Day, or even those who aren't - May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long.

Thank you,

Roberta Miller

General Manager



## FROM B50:

With all the cold weather we are experiencing we'd like to remind all members that, as per the Maintenance Responsibility Guidelines, **plugged in extension cords must not be left lying in the parking stalls when not in use.** For any stalls that do not have electricity **extension cords are not to run across sidewalks or roadways.** This can be dangerous as children and pets may play with the cords and/or pedestrians can trip on them. Leaving the cords lying on the ground can also short out the system which will result in nobody having power. Please unplug the extension cord and take it with you. Please ensure that your extension cords are designed and/or rated for outdoor or winter use. Do not use indoor cords or power bars. Also be advised that only parking lot plug-ins (not the outside household plug-ins) may be used and in-car heaters are strictly prohibited.



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. Any snow removed from stalls should be moved to a grassy area or anywhere else other than parking lots or sidewalks.



Please be sure to check your furnace filters at least once a month and replace as needed. Do not go more than three months without changing your filter. **Members are reminded that furnace filters are available for free at the office.** The filters we provide at no charge are the proper size and efficiency rating for our specific model of furnace. Use of replacement filters with higher filtration ratings may restrict air flow to the furnace which in turn can cause reduced unit efficiency, as well as premature blower motor failure. If for any reason you choose to purchase your own filters outside of SMHC it is very important that they are the correct size and MERV (Minimum Efficiency Reporting Value) Rating. The proper size is **16x25x1** and **MERV 8** is the recommended rating for our furnaces. **DO NOT** go higher than MERV 8.

## EDUCATION & INVOLVEMENT COMMITTEE:

Virtue of the month – *Belonging*

Aristotle said, “Man by nature is a social animal”. Having a sense of belonging is a basic human need.

- As members of Sarcee Meadows, we all belong. We are a part of a “Big Family”.
- How can you foster your own sense of belonging?
  - Reach out, be open, and don't wait for others to come to you. Be curious, be kind, and be generous.
  - Take advantage of opportunities to be with others, get involved, and participate in activities offered by Sarcee Meadows.
- What belonging feels like for two members:

“I have never felt a stronger sense of belonging than I do here in Sarcee Meadows. I am given the opportunity to socialize at various events thanks to the Entertainment Committee, I'm able to have a voice thanks to the quarterly Members meetings and various committees, and I'm able to make a difference thanks to being on the Board. As a member of the Women's Circle, I am able to learn about various religions and cultures and help others to know that they also belong”.

“I have felt that I belonged at Sarcee Meadows from the very first and have been blessed by belonging to this community in ways unimaginable. I have discovered though, in recent years, that involvement in the work of the co-op enhanced my sense of belonging - adding a sense of pride and a deeper understanding of the rewards of true co-operation”.

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

## **ENVIRONMENT COMMITTEE:**

Hello from the Environment Committee. Spring will soon be here, never fear. It will be nice to hear the songs of the birds. With spring comes a Membership Meeting in April and the Environment Committee will have another door prize draw of Environmentally Friendly products at this meeting. Be sure to attend to get in on these great products. Also, we ask that you let our committee know how you like these products and if you are using them, as it helps to let us know how we are doing as a committee. Our next meeting is May 10th, 2017 at 7:00 PM. Please consider joining our group. We always need new ideas and input from our fellow members. With Organic Recycling coming soon we will need your ideas and suggestions. See you then!



## **ECO ALLEY – NEWS YOU CAN USE**

### **RECYCLE, REUSE, REPURPOSE, RETHINK**

It is March 2017 and regardless of the snow our thoughts still return to the things we need to do when the warm weather does come. Thoughts of gardening, getting rid of household clutter and dust, and just getting ready to relax on our patios. In all of these thoughts though, we have to be aware **now** of how our all of our busyness in cleaning out clutter, getting garden beds ready, cleaning up our yards etc. affects the **environment**. There are many places in the City where clothing, books, toys, household items, furniture, and electronics can be taken to, or picked up, for recycling.

Can an item be **reused or repurposed** for another use? Instead of buying new furniture, your old items can be repainted with some of the new bright colored paints that are on the market. Add some neat looking knobs and you have an eye-catching new item that did not go into the landfill.

Before you throw out, **rethink**. We will also have to rethink our food buying habits as **organic recycling** will soon be a part of our lives. Composting is one way of handling organic recycling, but is it not for everyone. We, on the Environment Committee, encourage you to check out the **Green Calgary website and the City of Calgary Waste Management website** for tips and ideas on how **you** can be ready for organic recycling when it comes to your door in Sarcee Meadows.

**Visit: [www.greencalgary.org](http://www.greencalgary.org), or [www.calgary.ca](http://www.calgary.ca) (search multi-family food and yard waste), or contact 311 for more information.**

The following is a recipe for a safe and environmentally friendly **all-purpose cleaner** from the Green Calgary website:



### **Easy All-purpose Cleaner Recipe:**

- 1 teaspoon borax
- 2 tablespoons castile soap
- 1 litre warm water
- 3-5 drops essential oils (Lavender is very nice)

Combine borax, castile soap, warm water and essential oils in a 1L spray bottle. Shake to combine. Use this cleaner for general cleaning around the house such as kitchen and bathroom counters and even floors. (Wash out a spray bottle or even a ketchup bottle and reuse for this purpose.)

\* Borax, castile soap and essential oils can be found in all Natural Food Stores, hardware stores, grocery stores, Pharmacies (London Drugs). \*\*



## **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:**

Thank you to everyone who came out to the annual Volunteer Appreciation Dinner that was held at the end of February! This year's Sports theme encouraged everyone to have a great time challenging each other to a game of air hockey, shuffle board, or mini golf; and more than a few high scores were set on the Punching Bag Game and the Extreme Hunter Game! With a fantastic meal provided by an Affair to Remember Catering we are already looking forward to next year!

Our next event will be our Easter Egg Hunt on April 15<sup>th</sup>, 2017. There will be two hunts as always: Kids aged 1 to 6 are invited to come out to the Tot Lot in E at 11:00 am, Kids aged 7 to 12 are invited to come out to the Central Park behind B50 at 1:00 pm. 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!



## **NEWSLETTER COMMITTEE:**



Do you like to colour? With the amazing success of last year's Colouring Contest we are excited to announce that we are running a Spring Colouring Contest this month! At the end of this issue of Connections you will find three different coloring page entry forms for ages 0-6, ages 7-13, and ages 14-99. Get your creative juices flowing and colour the pages however you wish and submit them to the office for a chance to win a prize. There is a prize for each age category. **Deadline for Submissions is April 1<sup>st</sup>, 2017!** If there is more than one person in any age group in your household please stop by the office for extra coloring pages!

The Newsletter Committee, as always, still welcomes Letters to the Editor and other submissions from our members, but we need your help for a new page! Future issues of Connections will include a new section called "Your Page" where we'd like to include your milestones in life; the personal stuff you want to share with your neighbours and your community. These milestones can be Births, Birthdays, Weddings, Anniversaries, Personal Accomplishments, Thank You messages, or any other tidbits that you'd like to share! Submissions can be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or dropped off at the office to the attention of the Newsletter Committee.

## **LOST AND FOUND:**

Many items that are found around the co-op often get turned into the office so don't forget to check with us if you have lost something. We currently have many items such as keys, gloves, mitts, sunglasses, jewelry, a dog collar and even a vehicle instruction manual for a Lexus. We also have an extension cord that was found in D, a license plate that was found in H, and a tapestry style bag full of knitting supplies that was found in front of the office. If you think any of these items might be yours be sure to call the office or pop in to check them out.



## FINANCE COMMITTEE:

<b><u>Sarcee Meadows Housing Co-operative Ltd.</u></b>			
<b><u>Financial Statements - Summary</u></b>			
<b><u>as at January 31, 2017</u></b>			
<b><u>Balance Sheet</u></b>			
<b><u>Assets</u></b>			
Funds on Deposit	\$ 2,635,571.27		
Other Assets	\$ 1,628,035.36		
<b>TOTAL ASSETS</b>		<b>\$ 4,263,606.63</b>	
<b>Liabilities - current</b>			
Long Term Liabilities	\$ 771,173.86		
<b>Total Liabilities</b>		<b>\$ 771,173.86</b>	
<b>Reserve funds</b>			
Housing Charge Assistance	\$ 610,033.63		
Replacement Reserves	\$ 1,452,342.87		
<b>Total Reserves</b>		<b>\$ 2,062,376.50</b>	
Retained earnings + current deficit		\$ 1,430,056.27	
<b>Total Liabilities, Reserves, Member Equity</b>		<b>\$ 4,263,606.63</b>	
<b><u>Income Statement (for 3 months - November 1, 2016 to January 31, 2017)</u></b>			
	<b>Actual</b>	<b>Budget</b>	<b>% of Budget</b>
Revenue from Housing Charges	\$ 952,503.00	\$ 3,810,012.00	25%
All other income	\$ 25,895.74	\$ 169,435.00	15%
<b>Total Revenue</b>	<b>\$ 978,398.74</b>	<b>\$ 3,979,447.00</b>	<b>25%</b>
<b><u>Expenses</u></b>			
Total Insurance & Property Taxes	\$ 218,209.44	\$ 890,265.00	25%
Total Utilities	\$ 133,995.05	\$ 834,990.00	16%
Total Routine Maintenance Costs	\$ 153,047.50	\$ 374,500.00	41%
Total Personnel and Payroll Costs	\$ 204,727.61	\$ 830,150.00	25%
Total Administration Costs	\$ 10,690.13	\$ 69,202.00	15%
Total Democratic Functioning	\$ 37,703.40	\$ 148,500.00	25%
Total Reserve Savings	\$ 244,217.00	\$ 976,700.00	25%
<b>Total Expenses</b>	<b>\$ 1,002,590.13</b>	<b>\$ 4,124,307.00</b>	<b>24%</b>
<b>Deficit for 3 months</b>	<b>-\$ 24,191.39</b>	<b>-\$ 144,860.00</b>	



**RPCA PRESENTS**

**A KISS PRODUCTIONS**



**ST. PATRICK'S DAY  
NAME THAT TUNE**

**SATURDAY MARCH 18**

**7:00 PM TO 11:00 PM**



- **CASH BAR**
- **POTATO BAR**
- **LITE SNACKS**



**\$5.00 ADMISSION**

- **THERE WILL ALSO BE PAY BY DONATION BABYSITTING UNTIL MIDNIGHT**
- **WEAR GREEN AND BE ENTERED TO WIN A SPECIAL ST. PATRICK'S PRIZE. THERE WILL BE OTHER PRIZES TOO.**

**SO BRING A TEAM WITH YOU OR JOIN ONE WHEN YOU GET THERE. EITHER WAY IT IS SURE TO BE A BLAST!**





## **Welcome to hoopla digital!**

Did you know that the City of Calgary offers a **FREE** digital lending service called Hoopla.

Simply go to <https://www.hoopladigital.com> to sign up and find out more.

If you don't have a library card yet go to <https://reg.calgarypubliclibrary.com/> and get your **FREE** card

Or sign up at your local library.

Currently, your library offers the following formats on hoopla:

- Movies
- Comics
- Music
- Ebooks
- Audiobooks
- Television

### **Monthly lending limits:**

- Each month, your library allots a monthly lending limit. Your lending limit ends on the last day of the month and resets on the first of each month.
- Your monthly lending limit is 3.

### **Borrowing titles:**

- To borrow a title, click on the title's icon and then click "Borrow." The borrowed titles can be found under the "My Titles" tab for viewing and/or listening.
- You'll never have to worry about late fees again because your borrowed titles will be automatically returned at the end of the title's lending period.

With multiple formats and an app that works on desktops, laptops, and all Android and iOS systems, you can **make hoopla part of your everyday life!**



**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]



*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

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## **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](mailto:cleanandshine28@gmail.com)



## **Straightline Painting:**

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

Call Peter: 403-998-5179

## **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.



# 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](http://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](http://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 Sobeys/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](http://www.thegrocerylinkociety.com)

1.877.332.0802

[www.thegrocerylink.com](http://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 – 29<sup>th</sup> 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**

# Help for Albertans affected by layoffs

## Alberta Supports & Alberta Works

Alberta Supports helps connect lower income Albertans, persons with disabilities, seniors and children and youth to more than 120 benefits and services such as:

- Alberta Works programs that assist with basic needs like income support and health benefits, as well as employment and training services
- abuse and bullying prevention services
- supports for homelessness and other emergency situations.

Albertans can get help three ways:

**Call** the Alberta Supports Contact Centre:

1-877-644-9992  
780-644-9992 (Edmonton)  
7:30 a.m. to 8 p.m., Monday to Friday

**Click** on [myalbertasupports.ca](http://myalbertasupports.ca) to find supports to meet your needs and apply online for some benefits

**Come in** to an **Alberta Supports Centre** or an **Alberta Works Centre** listed at [humanservices.alberta.ca/offices](http://humanservices.alberta.ca/offices)

Or, get information on the [alberta.ca](http://alberta.ca) website for:

- *Employment and Training Services* including current career, workplace and labour market information, career

planning, job-search assistance, job bank access and guidance with academic upgrading and job skills training.  
[humanservices.alberta.ca/albertaworks](http://humanservices.alberta.ca/albertaworks)

- *Income Support* for Albertans who are looking for work, not earning enough or unable to work for a short time, need training to get a job, or cannot work due to chronic health problems or concerns, [humanservices.alberta.ca/albertaworks](http://humanservices.alberta.ca/albertaworks)
- The *Alberta Adult Health Benefit* program helps low income Albertans access prescription drugs, dental services, optical services, emergency ambulance and diabetic supplies that are essential to health and well-being. Albertans may qualify if they are leaving Income Support or Assured Income for Severely Handicapped programs for a job. Pregnant women and households with high ongoing prescription drug needs can also apply. [humanservices.alberta.ca/AAHB](http://humanservices.alberta.ca/AAHB)
- The *Alberta Child Health Benefit* plan pays for health services, such as eyeglasses, prescription drugs and dental care that are not available through standard Alberta Health Care Insurance. This plan is for families with limited incomes, and provides coverage for children up to age 18, and up to age 20 if they live at home and are attending high school up to grade 12. [humanservices.alberta.ca/ACHB](http://humanservices.alberta.ca/ACHB)

# Help for Albertans affected by layoffs

## Career Information Hotline

Career counsellors provide consulting and referral service for occupation, education and training options, job search skills and career transitions by phone:

1-800-661-3753  
780-422-4266 (Edmonton)  
8:15 a.m. to 4:30 p.m., Monday to Friday

## Online Employment Resources

### Job Fairs Calendar

[humanservices.alberta.ca/jobfairs](http://humanservices.alberta.ca/jobfairs)

### Canada-Alberta Job Bank

[jobbank.gc.ca](http://jobbank.gc.ca)

Canada's largest job bank features job-search, job-match, and job-alert services that will help you find your next job faster and easier.

### Facebook - Alberta Job Pages

Information on training programs, job postings, job fairs, workshops, local employment information and links to helpful job support tools at:

*Alberta Aboriginal Training and Jobs:*  
[facebook.com/AboriginalTrainingJobs](https://facebook.com/AboriginalTrainingJobs)

*Calgary Jobs:* [facebook.com/calgaryjobsfeed](https://facebook.com/calgaryjobsfeed),  
[twitter.com/CalgaryJobFeed](https://twitter.com/CalgaryJobFeed)

*Central Alberta Jobs* (Red Deer, Drumheller, Lloydminster, Drayton Valley, Olds):  
[facebook.com/centralalbertajobs](https://facebook.com/centralalbertajobs)

*Edmonton Jobs:* [facebook.com/edmontonjobs](https://facebook.com/edmontonjobs)

*Fort McMurray Jobs* (greater Wood Buffalo area): [facebook.com/fortmcmurrayjobs](https://facebook.com/fortmcmurrayjobs)

*Lethbridge Jobs* (Lethbridge and surrounding area): [facebook.com/Lethbridgejobs](https://facebook.com/Lethbridgejobs)

*Medicine Hat Jobs:*  
[facebook.com/Medicinehatjobs](https://facebook.com/Medicinehatjobs)

## Alberta Learning Information Service (ALIS)

[alis.alberta.ca](http://alis.alberta.ca)

Resources for career explorers and job seekers including:

- Job fair calendar
- Job-search tip sheets
- Labour market research
- Links to dozens of job banks
- CareerInsite career-planning tool
- Free online resumé review service
- Creating a New Future: The Job Loss Workbook

## Emotional Supports

### 24-hour Helplines

*Health Link:* Call 811 for health advice 24/7

*Mental Health Helpline:* 1-877-303-2642

*Edmonton Distress Line:* 780-482-4357

*Calgary Distress Line:* 403-266-1605

*Emergency Family Violence Info Line:* Call toll free 310-1818 for help in more than 170 languages.

## Emergency Financial Support

24-hour help with emergency costs for basics like shelter, food, clothing and transportation by calling the Income Support Contact Centre:

1-866-644-5135  
780-644-5135 (Edmonton)

*Alberta*  
Government



## **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 31<sup>st</sup>, 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.

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<b>A11 to C176</b>	<b>Tuesday</b>	<b>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</b>
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<b>C181 to E358</b>	<b>Wednesday</b>	<b>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</b>
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<b>E361 to H556</b>	<b>Thursday</b>	<b>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</b>
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<b>H561 to L745</b>	<b>Friday</b>	<b>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</b>
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**Pick-up April 17 instead of April 14**



## CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 12	13	14 Parking @ 7:00 Membership @ 7:00	15 Personnel @ 7:00	16	17 St Patrick's Day	18 RPCA Name That Tune @ 7:00pm
19	20 Finance @ 7:00	21	22	23	24	25
26	27	28 Security Task Force @ 7:00	29 Board Meeting @ 6:45	30	31	April 1
2	3 Newsletter @ 7:00	4	5 Property Maintenance @ 7:00	6 Entertainment @ 7:00	7	8
9	10	11 Members Meeting @ Grace Lutheran @ 7:00 pm	12 Property Enhancement @ 7:00	13	14	15
16	17 Finance @ 7:00	18	19 CSI @ 1:30 pm Personnel @ 7:00	20 Education & Involvement @ 7:00	21	22
23	24	25	26 Board Meeting @ 6:45	27	28	29



## **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\*\*](mailto:janine@sarceemeadows.coop)



## Spring Colouring Contest – Ages 0-6

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Unit Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_







## Spring Colouring Contest – Ages 7 - 13

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Unit Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_





## Spring Colouring Contest – Ages 14 - 99

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Unit Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_



