Connections Newsletter

May 2017

BOARD OF DIRECTORS REPORT:

First of all, we wish to say thank you to all members who attended the April 11th General Members Meeting. The opportunity to be involved and have your voice heard is a wonderful privilege of living in a housing cooperative! We had 142 units represented. Thank you to the Fire Department for the presentation at the meeting. I think he left us all with food for thought on how we can better protect ourselves and our homes. He also provided us with various pamphlets on Fire Safety, extra copies are available at the office.

At the General Members Meeting the new committee structure was discussed. We reiterated that we felt the best decision was made based on the input we received from the surveys. Thank you again to all of you that came forward and applied by February 19th. Thank you for trusting the process and the Board to make the selection a fair one. I'm so happy to announce that you all received a spot on a committee of your choosing. For those of you that applied by April 19th you should have received a letter in the mail letting you know if you made it on to a committee this time around. If you didn't get on a committee please don't let that discourage you. There are so many opportunities to volunteer at Sarcee Meadows and we encourage you to apply again once there is an opening on a committee.

A few members voiced their concern about the new committee structure. We agreed that we will give this further discussion at the June Members Meeting. In the interest of time at the Members meeting we would ask that you send to the Board by May 24th your ideas of how to improve the committee structure so that we have a chance to review them and can come prepared to discuss your suggestions for change. We always encourage our members to speak at Member Meetings. Our hope is if you disagree with something that is being said by the Board, or by an action that we as a Board are taking, in addition to voicing your concern, please come with your idea of a possible solution. In doing so we can have an engaging conversation and work together to find a resolution.

The Big Budget Meeting will be held on May 15th, 2017. The Board of Directors, the Finance Committee and one person from each committee will attend this meeting to thoroughly review the budget. We realize that some additional members would like to join the Big Budget meeting. Rest assured all members will have their chance to discuss the budget at the Members Meeting on June 15th, 2017.

Volunteer Opportunity: In our Member Handbooks 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.

Volunteer Opportunity: Time to start working in our gardens and making the community look beautiful and come alive. If you are interested in helping to maintain the H Garden that Marla used to look after for us we would really appreciate your help. Please let Janine in the office know if you are interested in signing up for one or two days a week. The more help the better.

Random Acts of Kindness: 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 an email to janine@sarceemeadows.coop or fill out the form in this newsletter and drop it off at the office.

Don't forget to submit any applications by May 31st for the **Gerry Coates' Memorial Fund, Humanitarian Award, or Sheila Elliott Endowment.** More information on this can be found at the end of this newsletter.

<u>AN IMPORTANT REMINDER ABOUT FIRE PITS:</u> Sarcee Meadows prohibits the use of Fire Pits, regardless of the fuel source. There are to be absolutely no Fire Pits anywhere in Sarcee Meadows. Having a Fire Pit is a serious violation of a SMHC Policy and will be dealt with accordingly.

We'd like to wish everyone a very special Mother's Day on May 14^{th} , have fun and stay safe on the Victoria Day long weekend on May 19^{th} – May 22^{nd} , and for those of you that celebrate Ramadan we wish you a successful journey from May 27^{th} to approximately June 26^{th} .

Your SMHC Board of Directors

GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

During March, there were approximately 153 work orders completed, 8 meetings, 1 Members Meeting, 3 staff anniversaries and 2 birthdays! There were also a number of cupboards installed, ducts cleaned, floors done, a few bathrooms repaired/replaced, and locks replaced/repaired.

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.

Budget Process

Every year in the spring the budget for the next year is created based on numbers from previous years, information gathered about upcoming changes to utility payments and other services, plus input from committees, staff and members. This process seems to hold a bit of mystery for some members and it has been pointed out that more communication is necessary.

- The first step of the budget process is to gather estimates and information from staff and outside agencies. Committees are asked to submit their budgets and general information where their funds will be spent.
- This information is then taken to the Finance Committee for review and adjustments.
- Following the Finance Committee meeting, there is a joint meeting between the Board, Finance Committee and Chairpersons of the remaining Committees. At this meeting the budget is reviewed, adjusted and finalized for approval by the membership.
- The last step of the process is the June budget meeting where the proposed budget is presented to the Membership. Members receive the meeting package, with the proposed budget to review, at the meeting members are asked to provide their input and ask any questions they have. After discussion the Members are asked to vote whether or not they accept the proposed budget.
 - If the budget **is approved** it is used for the next financial year starting November 1.
 - If the budget **is** <u>not</u> **approved**, suggestions are taken back, the budget is reworked and a special meeting is called to present the reworked budget, discuss the changes and have another vote.

General

Wishing everyone a wonderful Mother's Day, and has a safe and fun Victoria Day long weekend. For those that celebrate, I hope you have a wonderful Ascension Day and may Ramadan bring you blessings.

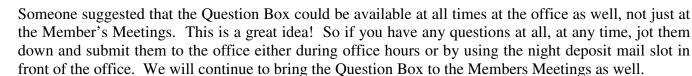
Thank you,

Roberta Miller General Manager



QUESTION BOX ANSWERS:

The SMHC Board of Directors were very pleased to see several questions in the Question Box after the April 11th, 2017 Members Meeting. The questions are on a variety of topics with some able to be answered by the Board and some by the Office Staff; it was agreed that the best course of action was a combined set of answers here in the newsletter:



- We had a question regarding receiving electronic versions of the Connections Newsletter rather than using so much paper. We want to assure you that this is something we are working on and would like to see happen soon as well. We are still working out the logistics of how that would work and as soon as the small details can be sorted out we will roll this out as soon as we can.



- During the Fire Safety Presentation at the April Members Meeting the Community Safety Officer from the Calgary Fire Department stated that the dryer vents should be cleaned out because dryer lint can be very flammable. A member then asked who is responsible for doing this. We are currently in an ongoing process of having the all the furnace ducts cleaned in every unit; the dryer vents are also being cleaned out as a part of this process. The dryer vents are also thoroughly cleaned by our maintenance staff every time they are in the unit to perform any services on the dryer.

- Several people have asked what has happened with the deal that SACHA was trying to work out with Shaw Cable. Unfortunately they were not able to come up with a plan that was mutually beneficial for both the co-op members and for Shaw Cable so, as far as we know, this is not moving forward at this time.
- The final question asked whether or not SMHC could look into the possibility of having permit only parking on 44th Avenue. We have talked to the Calgary Parking Authority about permit parking for both 44th Avenue and 40th Avenue and have discovered that is not a feasible option for us. The reason for this is that the only SMHC members who would be eligible to obtain the permits would be those members whose units are directly on those streets. Any members whose units are farther back off of those two roads would be more difficult for our members than it already is.



ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Despite the cold weather, we had a fantastic turnout for our Easter Egg Hunt! Between the two different age groups a total of 700 eggs were snapped up in a matter of minutes and 65 goodie bags were handed out! What a fun day it was!

We have quite a few events coming up over the next few months that we are really looking forward to. The Lawn Sale will be held on Saturday June 3rd, 2017 from 9:00 am to 4:00 pm. Watch your mailbox for flyers with more information, including the Lawn Sale Guidelines.

Stampede is going to be a little more exciting for us this year with two SMHC events being held during Stampede Week! We are trying something new by holding the Adult Social behind B50 on Saturday July 8th, 2017 from 8:00pm – midnight. The City of Calgary Noise Bylaws are extended during Stampede allowing us to have this event a little bit later. We





Questions

& Comments are hoping the Stampede Spirit will encourage many of you to come out and share a beverage with your neighbours!

The Annual Stampede Breakfast will follow on Saturday July 15^{th} , 2017 from 9:00 am – 11:00 am. Come down to B50 for the traditional pancakes, sausages, and scrambled eggs. Watch your mailboxes for flyers advertising these events!



Other 2017 events on our wish list are the Summer BBQ in August, our annual Halloween Event, and a Winter Adult Social in November. These are just in the preliminary planning stages; more information will be provided as it becomes available.

We are looking forward to seeing as many of you as possible at these events!

NEWSLETTER COMMITTEE

May brings celebrations - Happy Mother's Day to all mothers and Happy Ramadan to our Islamic neighbours.

Our committee strives to bring interesting, informative articles to the members of Sarcee Meadows. If you have some ideas appropriate for the newsletter, please submit to the office or you are welcome to join our meeting – usually the first Monday of the month at 7:00 PM.

CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 7	8 Finance @ 7:00 Grievance @ 7:00	9 Parking @ 7:00 Membership @ 7:00	10 Environment @ 7:00 Property Enhancement @ 7:00	11	12	13
14	15 Big Budget Meeting @ 7:00	16	17 Personnel @ 7:00	18	19	20
21	22 Shop and Office Closed for Victoria Day	23 Security Task Force @ 7:00	24	25	26	27
28	29	30	31 Board Meeting @ 6:45	June 1 Entertainment @ 7:00	2	3
4	5 Honours & Awards @7:00 Newsletter @ 7:00	6	7 Property Maintenance @ 7:00	8	9	10

RPCA COMMUNITY CLEAN UP Saturday June 3rd, 2017 9:00 am – 1:30 pm Located at the RPCA Community Hall parking lot

Some of the many services available on site for disposal and recycling

- City Of Calgary
 - Organic truck leaves, branches, plants, grass clippings and other yard waste (excluding sod)
 - Garbage Packer truck
- Recycle Logic electronic goods
- Diabetes Association- Clothing, bedding, toys, books, small appliances, decorative items, sporting equipment in season
- Free Store- Leave and grab items in good condition for free
- OK Tire Richmond Road tires with or without rims
- Bottles and Cans Glendale 101 Scouts and Ventures
- Metal Recycling Waste Performance
- Bicycles for Humanity

Guidelines:

We are **NOT** able to accept the following items:

-home appliances, paint, household chemicals, propane tanks, microwaves, batteries, liquids, railroad ties

- -hazardous wastes drop off at Lincoln Park Fire Station 20
- paper shredding AMA members- May 13 10am 3pm

Mount Royal University Lot B, 4825 Mount Royal Gate SW

GOOD NEIGHBOURS SENIORS SERVICE

Seniors who require assistance with the pick up of items from their home for disposal or recycling, please contact Sue by June 1, 2017 for pick-up on the 3rd.

Volunteers are still needed !!!!

Contact: Sue Helland 403-249-5900 or <u>gsleach@telusplanet.net</u>

Please watch for updates on the community website: www.rutlandparkcommunity.com

CO-OP EDUCATION:

Ramadan:

Have you ever wondered why some of your Muslim friends, colleagues or neighbors don't eat or drink at a specific month????The reason is Ramadan. If you are interested in learning what RAMADAN is... just keep reading!!!

WHAT IS RAMADAN?

Ramadan is the ninth month of the Islamic calendar (lunar calendar), and a time when Muslims across the world will **fast** during the hours of daylight for 30 days. They start at sunrise and end at sunset. Then after sunset, it is often a fun time for families and friends who share meals and invite each other over for dinner or dine with their local community at a center. Though fasting is the main part of Ramadan, Ramadan is more than just this. It is a time to reflect, focus on our prayer and make ourselves better people.

THE START OF THE MONTH DETERMINED BY THE MOON:

As I have mentioned, the lunar calendar is the time of Ramadan. But what is lunar calendar and why is the month determined by the moon? The lunar calendar is a calendar based on the moon. As we know the moon goes through a phases to complete a cycle. That is exactly what a month is in Islamic calendar. Ramadan is started with a moon because it is the beginning of the cycle or the new moon.

WHO HAS TO FAST AND WHO DOES NOT?

For some people who have mental or physical health issues, pregnant women, nursing mothers, children, travelers and seniors are the only people who don't have to fast, but for everyone else it is fair.

LESSONS LEARNED FROM FASTING:

Ramadan has inner and outer wisdom. It is a way for people to feel sympathy for the millions and millions of poor and hungry people around the world who have to fast everyday with no choice. People usually take food and water for granted rarely ever feel real hunger, but when they fast, they feel what others are going through each and every day and experience a little bit of pain. This pain for others makes people more motivated to give charity to help those who are in need.

BY: SAEEDA ABBAS

Alzheimer's disease: 10 warning signs





In the next decade Canada's over-65 population will grow considerably, and along with it the number of

older members who make their homes in housing co-operatives. The question of how to help members stay in their homes as long as possible has been the priority of CHF Canada's Aging in Place Committee since 2010.

Alzheimer's disease and other forms of dementia primarily affect older Canadians, and the idea of addressing the issue of this disease within our co-op housing community is an initiative of the Committee.

The goal of this pamphlet is to equip co-op members, directors, and managers with some basic information about this progressive disease to promote understanding and support for co-op members living with Alzheimer's.

CHF Canada would like to thank the AlzheimerSociety of Canada for giving permission to use this material. Alzheimer's disease is a progressive, degenerative disease of the brain. Symptoms include loss of memory, difficulty with day-today tasks, and changes in mood and behaviour. People may think these symptoms are part of normal aging but they aren't. If you notice any of these symptoms or changes in abilities or behaviour, it is important to see a doctor. The changes may be due to other conditions such as depression, drug interactions or an infection. If the diagnosis is Alzheimer's disease, it is best to get an early diagnosis in order to receive the proper treatment, information and support. Your local Alzheimer Society is here to help.

To help you know what warning signs to look for, the Alzheimer Society has developed the following list:

Sign 1: Memory loss that affects day-to-day abilities

It's normal to occasionally forget appointments, colleagues' names or a friend's phone number and remember them later. A person with Alzheimer's disease may forget things more often or have difficulty recalling information that has recently been learned.

Sign 2: Difficulty performing familiar tasks

Busy people can be so distracted from time to time that they may forget to serve part of a meal and only remember later. A person with Alzheimer's disease may have trouble completing tasks that have been familiar to them all their lives, such as meal preparation or playing a game.

Sign 3: Problems with language

Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease may forget simple words or substitute words, making sentences difficult to understand.

Sign 4: Disorientation in time and space

It's normal to forget the day of the week or your destination for a moment. But a person with Alzheimer's disease can become lost on their own street, not knowing how they got there or how to get home.



The CO-OPERATIVE HOUSING FEDERATION of Canada www.chfcanada.coop | 1.800.465.2752

Alzheimer's disease: 10 warning signs continued

Sign 5: Impaired judgment

From time to time, people can make questionable decisions such as putting off seeing a doctor when they have an infection. A person with Alzheimer's disease may experience changes in judgment or decision making, for example not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Sign 6: Problems with abstract thinking

From time to time, people may have difficulty with tasks that require abstract thinking, such as balancing a cheque book. Someone with Alzheimer's disease may have significant difficulties with such tasks, for example not understanding what numbers are and how they are used.

Sign 7: Misplacing things

Anyone can temporarily misplace a wallet or keys. A person with Alzheimer's disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.

Sign 8: Changes in mood and behaviour

Everyone becomes sad or moody from time to time. Someone with Alzheimer's disease can exhibit varied mood swings—from calm to tears to anger—for no apparent reason.

Sign 9: Changes in personality

People's personalities can change in subtle ways over time. A person with Alzheimer's disease may experience more striking personality changes and can become confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.

Sign 10: Loss of initiative

At times, it's normal to tire of housework, business activities or social obligations, but most people regain their initiative. A person with Alzheimer's disease may become very passive, apathetic and require cues and prompting to become involved.

The Alzheimer Society is the leading nationwide health charity for people living with Alzheimer's disease and other dementias. Active in more than 150 communities across Canada, the Society

- offers information, support and education programs for people with dementia, their families and caregivers
- funds research to find a cure and improve the care of people with dementia
- promotes public education and awareness of Alzheimer's disease and other dementias to ensure people know where to turn for help
- influences policy and decision-making to address the needs of people with dementia and their caregivers.

For more information, contact your local Alzheimer Society by email at info@alzheimer.ca, or visit our website at www.alzheimer.ca.

Alzheimer Society of Canada

20 Eglinton Avenue West, 16th Floor Toronto, Ontario, M4R 1K8 Tel: 416-488-8772 | 1-800-616-8816 Fax: 416-322-6656



The CO-OPERATIVE HOUSING FEDERATION of Canada



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 <u>janine@sarceemeadows.coop</u> or dropped off at the office to the attention of the Newsletter Committee.

<u>Jenn Jenkinson - April 22, 1957 – April 22, 2017</u>

Sixty years ago, I arrived along with Dad and Mum and my older brother Graham at McCall Field which was already boldly calling itself Calgary's International Airport. Commercial flight was in its infancy still and most immigrants still made the journey by ship. But my father, a RAF veteran of World War II, had a deep and abiding love for and faith in airplanes.

So we had set off from our home in Stockton-On-Tees, in North Yorkshire, England to journey to our new home in the wild west of Canada. First by train to Manchester, then by airplane in stages: Dublin, Ireland; Reykjavik, Iceland, 1st Canadian landfall at Gander, NFLD. From there we hopped to Toronto and finally, after a short visit with a cousin of my father, we made the long haul to Calgary.

So Calgary has been my home for a preponderance of my current sojourn here on earth. I've seen so many changes, some good, some not so much. Calgary has grown exponentially since those early days and has become a world hub with the sporting fame of the Olympics and the draw of the spectacular Rocky Mountains to the west. Our culture has also grown along with the influx of so many diverse people from worldwide. Music, theatre and other cultural pursuits are to be found all over Calgary seven days a week now.

Yes there are downsides to growth, but ultimately Calgary is a vibrant and special city in my heart. Thanks for a great first 60 Years Cowtown!! What's next??



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.



Vehicle For Sale:



2007 Ford Focus SE, 4 door sedan, 4 cylinder automatic, excellent condition, \$4,000.00, silver-grey color, bucket seats, well maintained and very clean

Low mileage - 98,234 KM, original owner, no accidents

Included: set of 4 mounted winter tires in excellent shape and four summer tires

Call: 403-246-8314 after 5:00 PM

Window Cleaning:

Exclusive Window Cleaning offer for Sarcee Meadows Members! Exterior window cleaning – all main level windows – just \$15.00 Contact: Bill Davidson, Unit D251, 403-875-4096





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 you 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



SAIT OPEN HOUSE Bring your future into focus

Saturday, May 13, 2017 10 am - 3 pm Stan Grad Centre, Irene Lewis Atrium SAIT Main Campus

Come to SAIT's OpenExpo to learn about our fall 2017 programs still accepting applications.

Newcomers Welcome.

There's a lot to learn and experience at SAIT's OpenExpo. Whether you come to apply, explore or get information, OpenExpo is the ideal time to visit campus and find the career that's right for you.

With SAIT's world-class facilities, action-based learning and industry pros as instructors, you'll get the education you need for an exceptional career. There's a lot to learn and experience at SAIT's OpenExpo.

Drop in, ask questions and apply for free. Programs are filling up quickly.

Details on Featured Programs are found online at http://www.sait.ca/future-students/visit-campus/openexpo.



Go straight to the source for information about programs that interest you — talk to the instructors. SAIT instructors all come from careers in industry, so they know where you want to go and how to help you get there with SAIT.

Drop by OpenExpo booths for information about <u>programs</u>, career planning, transfer options, assessment tools and much more.



Apply online or in person during OpenExpo and save yourself the application fee*.

<u>Personalized Grocery Shopping & Delivery Service Now Available</u> "Inclusive, Accessible, and Affordable for ALL"

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

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

From the Store to your Door GRGCERYLINK From the Store to volur Door H

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

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

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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.

1.877.332.0802

www.thegrocerylinksociety.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.



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.



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?	WANT TO JOIN THE TEAM?
Submit your Community Project today!	Help us with the decision process!
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	 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 <u>cynthia.okafor@calgary.ca</u> or call 403.476.7184





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]

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



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

ElectionsChair:Marie Forester

Entertainment and Social Events Chair: Sandy Christensen Board Liaison: Jenn Jenkinson

Environment Chair: Russ Chandler Board Liaison: Isabel Ciok

FinanceChair:VACANTBoard Liaison:Tony Yee / Heather Millar

Grievance & ResolutionChair:VACANT

Honours and Awards Chair: Audrey Templeton Board Liaison: Kathy Aubichon MembershipChair:VACANTBoard Liaison:Kelly Edwards

NewsletterChair:Slawa GruszczynskaBoard Liaison:Jenn Jenkinson

ParkingChair:Dennis SchwaigerBoard Liaison:Randy Senft

PersonnelChair:VACANTBoard Liaison:Garry Sluiter

Property MaintenanceChair:Helen SerrurierBoard Liaison:John Preston

Property EnhancementChair:Marianne PedersonBoard 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**

FUNDING OPPORTUNITY

GERRY COATES' MEMORIAL FUND

The Board of Directors has established a MEMORIAL FUND in memory of Gerry Coates who died in October of 1986 after undergoing a kidney transplant. He had served on the Board and Committees for several years.

Gerry believed in co-operation. He also believed in family and community. Even though he had serious medical problems and little scheduled time, he became involved in our co-operative and was a very active volunteer until his death in 1986. Gerry experienced personal growth from his involvement in Sarcee Meadows, and served as an inspiration to others for meeting challenges and achieving goals.

This fund offers a challenge and is designed to assist a family or an individual member of Sarcee Meadows who aspire to attain a personal goal. The goal should be in the area of - but not limited to:

- Education (e.g. post-secondary, continuing, etc.)
- Athletics
- Fine Arts
- Medical Treatment
- Personal Growth

Criteria are based on commitment and a need to accomplish the goal. Funds up **to \$2,000**. will be available. You will be called for an interview if you are successful in the short list.

Any member of Sarcee Meadows is eligible. A family may apply to assist their child in any of the above areas.



Applicants are to apply in writing, giving information pertinent to your request. If possible, state the amount of funding required, what it is for, past history regarding education, etc. - To:

Gerry Coates' Memorial FUND Honours and Awards Committee, B 50

If you have any questions prior to submitting your letter of application, contact Audrey (evenings) at 403-242-4765 or Betty Jean (days) at 403-242-4540.

APPLICATION DEADLINE IS MAY 31, 2017

Humanitarian Award

Dear Members,

A few years ago, in celebration of our dynamic past and challenging future, and in recognition of our 30th Anniversary, the Honours and Awards Committee of Sarcee Meadows created a Humanitarian award.

This award is given on a yearly basis in recognition of a member's involvement with some activity that seeks to improve the lives and well being of others, especially those in need. Such activities might take place in hospices, shelters, hospitals, and schools, in short any organization that offers compassionate care to people in our neighbourhood or across the world. Are you involved with such an organization or do you know another member in Sarcee Meadows who is? Would you like to promote such work? If so, please write a letter and tell us about it. The Honours and Awards committee will choose one humanitarian cause yearly from these letters and award it \$500.00.

Please take this opportunity to allow the members of Sarcee Meadows to share our many blessings with others. Write your letter and tell us about some of the wonderful and important work that is taking place.

PLEASE SUBMIT YOUR LETTERS TO THE OFFICE TODAY.

DEADLINE FOR SUBMISSIONS - May 31, 2017

Sarcee Meadows Fousing Co-operative ltd.



AN OPEN LETTER TO ALL FAMILIES IN SARCEE MEADOWS

This is an Endowment set up by the late Sheila Elliott who was a long time member of Sarcee Meadows Housing Co-operative. As a nurse and teacher of many years, Sheila knew of the problems young families could have in providing necessities for school-age children.

Before Sheila passed away, she donated money to Sarcee Meadows which has been invested. The interest that is earned annually will determine how much funding will be awarded each year. On behalf of Sheila, the Honours and Awards Committee will annually solicit applications and nominations to benefit from this Endowment. Selection is based on family need, specifically in areas of:

- Financial need
- Basic needs eye glasses, dental care, clothing, school supplies
- Cost of instruction school, musical, sport

Families may apply on their own behalf or friends/neighbours may nominate a specific family.

Please take time to look over the Application/Nomination Form on the other side of this page. If you are a family in Sarcee Meadows who would benefit, or know of someone who lives here that you wish to nominate for the Sheila Elliott Endowment, please return the form to the office.

APPLICATION deadline May 31, 2017

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Sheila El	lliott Endowment	
NOMI	NATION - APPLICAT	ION
	Date:	
ME	UNIT NO	
MBER OF CHILDREN IN FAM	ILY:	
SPECIFIC NEED:		
Signature:		
If nominating someone, pleas	se provide your own telephone numbers.	
TELEPHONE NO.	(H)	(W)
••	will be held in the strictest confidence. A men you for additional information.	nber of
SARCE	EE MEADOWS HOUSING CO-OPERATIVE LTD	
Re	turn this form to ${\mathcal R}$ 50 in a sealed envelope	