

Connections Newsletter

June 2017

BOARD OF DIRECTORS REPORT:

A reminder that the next **General Membership Meeting** is Thursday, June 15th, 2017 at 7:00 pm at Grace Lutheran; registration begins at 6:30 pm. We look forward to seeing lots of you there. Please remember as a member, it is your duty to attend a minimum of one and your privilege to attend them all! Our Finance committee works extra hard at this time of year to make sure that we have a budget in place for the coming year and we wish to applaud them on a job well done. Hope to see you all there.

Sarcee Meadows Women's Circle – In December 2014 six women from SMHC, from various ethnicities and backgrounds, sat down with the purpose of getting to know each other. From this meeting the Women's Circle was formed and continues to grow to this day. Our current Women's Circle ranges in age from 25 to 72 and they have lived in Sarcee Meadows between 1 year and 46 years. The Women's Circle is a diverse group of women interested in building community. Their aim is to breakdown cultural barriers, eliminate misconceptions, and work together in the community to enhance lives through greater understanding. We do this in part by hosting a variety of events such as potluck lunches, yoga classes, cooking classes, working in our community garden. We are a non-official Sarcee Meadows committee. We are so proud to announce that Sarcee Meadows and the Women's Circle has just been awarded the **CHF Canada Co-operative Achievement Award**. This is a very prestigious award and has only been given out three times. We have also just been selected to receive a portion of the **CHF Canada 2017 Regional Diversity Grant**. Some of the funds we received will go towards putting on a Cultural Event in conjunction with the Annual BBQ on August 19th. The Women's Circle is always looking for new members. If you are interested in joining us please email Kathy Aubichon kaubicho@shaw.ca and I will get you added to our distribution list.

Kudos – I want to send a shout out to a member of Sarcee Meadows who is the epitome of what the Women's Circle is all about. She greets each person that she meets with the biggest smile and the warmest heart felt greeting. She is so very generous with her time and is always the first one to offer to help. From her next door neighbor to the newest members of Sarcee Meadows this member is always willing to give out her gardening experience and know how. Thank you so much **Slawa Gruszczynska** for everything you do to help make Sarcee Meadows a great place for all of us.

Playground Sub-Committee – Our playgrounds are starting to look a little rough around the edges so we are going to restart this committee and get to work to fix them up. If you are interested in joining this committee in the Fall, please contact Janine in the office for more information. janine@sarceemeadows.coop

It is always a joy to walk around the community this time of year and see so many lovely little gardens! Thank you for the work you do to keep our community beautiful.

Break-ins - As happens occasionally, during the summer months we find that vehicle break-ins may occur. We want to remind the membership to take sensible precautions-lock your vehicles and don't let your belongings be a tempting target. It is also very important that you report these issues to the Police (the non-emergency number is 403-266-1234) as well as the office. The police will allocate resources to areas where a pattern is apparent: this does not happen unless crimes – even minor ones – are reported.

Canada's 150 Year Anniversary - Who's ready to Celebrate Canada's 150 Year Anniversary!!! The

Entertainment and Social Events Committee have been working hard to bring you lots of opportunity to get out and celebrate right here at home.

July 8, Saturday – SMHC Adult Social

July 15, Saturday – SMHC Stampede Breakfast

August 13, Sunday – SMHC CSI Social

August 19, Saturday – SMHC Annual BBQ and Cultural Event

Neighbours Day Saturday June 17th – We encourage you to plan a fun activity getting to know your neighbours. If you are looking for something fun to do head over to the Rutland Park Community Association Neighbour Day Potluck.

Goldeye Conference – SACHA / NACHA – The 29th Annual Goldeye Conference is being held at the Goldeye Conference Centre new in Nordegg, AB in September. We encourage members who are interested in attending to submit a letter to the Board by June 15th, so that we may approve the funding.

Volunteer Opportunity - In our member handbook the History of Sarcee Meadows hasn't been updated since 2008. We would like to rectify that. So much has happened since then. If you are interested in helping us fill in the blanks from 2009 to 2017 please let Janine in the office know. We have so much to be proud of we should make sure those memories don't get lost. Thank you so much to Clara Galvan, Arturo Gutierrez and Judy Silzer for volunteering to help. We will see if we can get you a bit more help. Please contact Janine in the office to let her know when you are available to come into the office.

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

Happy Father's Day on June 18

Have a fun and Safe time Celebrating Canada Day July 1st.



Happy
FATHER'S
DAY



GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

During May, there were approximately 190 work orders completed, 12 meetings including the Big Budget meeting, a SACHA Board course, 1 staff anniversary, a holiday, and 1 birthday. There were also a number of cupboards installed, ducts cleaned, floors done, a few bathrooms repaired/replaced, plans for building condition assessment finalized, and locks replaced/repared.

Now that it is Warm

With the warm weather there have been a lot of traffic through Sarcee Meadows, both members and others. Just a few reminders for the summer season.

- Please pick up after your dogs. Nobody likes to find dog dirt on their yard or in parks. This is also a City Bylaw.
- Dogs must be licensed and on a leash unless in an off-leash area or in a secure fenced yard.
- Cats must be licensed and on a leash or remain on your property. Free roaming cats create messes in your neighbour's gardens and are in danger from wildlife.
- Remember that yards can't be mowed when filled with toys, furniture, litter or pet debris. There will be a mowing schedule out shortly, but if your yard is full it won't get mowed.
- There have been a lot of chicken bones found on the property, we don't know if it is people littering or the birds leaving inedible portions of their meal. If you see any bones it would be appreciated if you got rid of them in the proper bins, but this is also a "heads-up" to pet owners that the bones are out there.

Annual Report

Please remember to fill out and submit your annual report. There will be a fine applied to your account if we do not receive one for your household by June 23, 2017. The information provided by these forms helps keep our database up to date, and can be vital in case of an emergency.

Contractors/Staff

Harassment of staff whether it be verbal or physical will not be tolerated. If you feel you have been treated unfairly or disrespectfully by a Staff member, please contact the General Manager or the Board of Directors.

All our Contractors are hired by Sarcee Meadows to do a job. If you are unhappy with the job a Contractor (or staff member) does, please contact the General Manager or the Board of Directors. Sometimes having a discussion with that Contractor results in the Office being unaware of any issues, or causes delays in the task the Contractor is hired to do.

General

It has been wonderful seeing everyone out and about in the beautiful weather we have been having. Thank you to all the members that have helped keep the parks and common areas free of litter.

I hope everyone had a wonderful Senior's Week, and I wish everyone a happy Father's Day. Neighbour's Day, National Aboriginal Day and a few other holidays are celebrated in June, whatever you celebrate may all your celebrations be joyful.

Thank you,

Roberta Miller
General Manager



Co-operative
enterprises build
a better world

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

The Entertainment & Social Events Committee has an exciting summer full of fantastic events planned for all our members!

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 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 15th, 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!

We are most excited to announce our Annual Summer BBQ to be held on August 19th, 2017. This year's theme is a celebration of Canada's 150th Anniversary and also a celebration of the vast cultural diversity that makes Canada such a wonderful place to live! Our Committee is joining forces with the Women's Circle to create an amazing cultural event for SMHC that celebrates the diverse cultural heritage of all our members. Please see the flyer in this newsletter for further details.



Property Maintenance Committee

There is a rebate in most stores for LED bulbs and Light fixtures.

Property Enhancement Committee

How to clean a dishwasher: To sanitize and deodorize your dishwasher, place a clean bowl containing a couple of cups of white vinegar toward the center of the bottom rack. Run your dishwasher—without detergent—on the normal cycle. If this doesn't work satisfactorily, try a store bought dishwasher cleaner such as Finish Power-up Booster.

Newsletter Committee:

We hope everyone is enjoying the beautiful weather we have been having. We have an exciting contest this month to help celebrate Canada's 150th Anniversary, we hope you enjoy it while you learn more about Canada and we look forward to awarding 3 prizes. Happy Father's Day on June 18th.

FINANCE COMMITTEE:

See the following Financial Statement

Sarcee Meadows Housing Co-operative Ltd.

Financial Statements - Summary

as at April 30, 2017

Balance Sheet

Assets

Funds on Deposit	\$ 2,695,555.05	
Other Assets	\$ 1,628,035.36	
TOTAL ASSETS		\$ 4,323,590.41

Liabilities - current

Long Term Liabilities	\$ 790,909.23	
Total Liabilities		\$ 790,909.23

Reserve funds

Housing Charge Assistance	\$ 412,709.63	
Replacement Reserves	\$ 1,791,139.11	
Total Reserves		\$ 2,203,848.74

Retained earnings + current deficit		\$ 1,328,832.44
Total Liabilities, Reserves, Member Equity		\$ 4,323,590.41

Income Statement (for 6 months - November 1, 2016 to April 30, 2017)

	<u>Actual</u>	<u>Budget</u>	<u>% of Budget</u>
Revenue from Housing Charges	\$ 1,905,006.00	\$ 3,810,012.00	50%
All other income	\$ 50,062.25	\$ 169,435.00	30%
Total Revenue	\$ 1,955,068.25	\$ 3,979,447.00	49%

Expenses

Total Insurance & Property Taxes	\$ 422,149.66	\$ 890,265.00	47%
Total Utilities	\$ 384,637.39	\$ 834,990.00	46%
Total Routine Maintenance Costs	\$ 275,933.70	\$ 374,500.00	74%
Total Personnel and Payroll Costs	\$ 415,019.61	\$ 830,150.00	50%
Total Administration Costs	\$ 19,815.24	\$ 69,202.00	29%
Total Democratic Functioning	\$ 74,549.87	\$ 148,500.00	50%
Total Reserve Savings	\$ 488,378.00	\$ 976,700.00	50%
Total Expenses	\$ 2,080,483.47	\$ 4,124,307.00	50%
Net income for eight months	-\$ 125,415.22	-\$ 144,860.00	

Co-op Seniors Interest Committee

In honour of Canada's 150th Birthday the committee would like to do a photo display of flower gardens in Sarcee Meadows.



In June and July our photographers will be out taking the pictures. We are going to have a beautiful picture gallery on display of our gardens throughout the co-op inside B50 during our senior's social in August. The photos will also be on our website.

If you see someone taking pictures of your flowers and you don't want them to be published, please contact Leanne in the office at 403-246-2746 ext 101. The pictures will only be identified by the section you live in.

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

The
GROCERY LINK
 Society

THE
GROCERY LINK
 From the Store to your Door

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.thegrocerylinksociety.com or call us today at 1-877-332-0802 for more information.
- Receive 6 FREE short term grocery shopping and delivery support services and long term subsidized support for only \$5.00 / service.

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

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

Proudly Supported By

SAFeway   **Sobeys**
 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.thegrocerylinksociety.com

1.877.332.0802

www.thegrocerylink.com

CO-OP EDUCATION:

Inclusive Co-op Communities

Housing co-ops have historically been welcoming places where all members have the right to live with dignity, free from harassment and discrimination. It is important to remember that all co-op members play a role in making sure their co-op is a safe place to live. This is about building awareness and fostering an understanding about issues for all members in our community

What is an inclusive co-op community?

Inclusive co-op communities are where all members are welcomed and respected. Some members may experience discrimination or harassment in their daily lives and in their housing co-op. Housing co-ops can create a safer place for their members and respond to all forms of discrimination and harassment.

Safer spaces are where members:

- treat all members with respect
- do not tolerate hurtful language, jokes or actions
- believe that all members have a right to be heard
- do not assume gender identity, gender expression, pronouns (he/she/they, him/her/them)

Human rights!

It is important to recognize the rights of our community. All Canadian citizens are guaranteed equal protection against discrimination regardless of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, marital status, family status, or disability. Each province and territory has a human rights code that protects people from discrimination based on specific grounds like race or sexual orientation. Information about human rights codes is available online or by calling your provincial or territorial human rights commission office.

What can co-op members do?

YOU can help create inclusive co-op communities by being an ally. An ally is someone who supports equal rights for our communities.

An ally

- is compassionate
- is a good listener
- is open to talking and learning
- uses supportive and affirming language
- recognizes everyone's dignity and worth
- stops hurtful behaviour when possible
- Listen to the experience and ask how you can provide support.
- Part of being an ally is addressing discrimination when it happens, or taking steps to make sure it doesn't happen again. It is important to deal with discrimination in safe and respectful ways. If dealing with someone's behaviour doesn't feel safe, bring it up with your co-op's board.

CO-OPERATIVE PRINCIPLES

Co-operative worldwide are governed by seven co-operative principles. These principles, adopted at the International Co-operative Alliance's Centennial Congress in September 23, 1995, are outlined in the *ICA's Statement on the Co-operative Identity*.

STATEMENT ON THE CO-OPERATIVE IDENTITY

DEFINITION:

A Co-operative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

VALUES:

Co-operatives are based on the values of self-help, self-responsibly, democracy, equality, equity, and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

THE CO-OP PRINCIPLES FOR HOUSING CO-OPS:

The co-operative principles are guidelines by which co-operatives put their values into practice.

1. Voluntary and Open Membership

Membership in a housing co-op is open to all who can use the co-op's services and accept the responsibilities of being a member, without discrimination.

2. Democratic Member Control

Housing co-ops are controlled by their members. Each member has one vote. Housing co-ops give members the information they need to make good decisions and take part in the life of the co-op.

3. Members' Economic Participation

Members contribute financially to the co-op and share in the benefits of membership. The co-op does not pay a return on the members' shares or deposits. Instead it sets aside reserves for the future and charges the members only what it needs to operate soundly.

4. Autonomy and Independence

Housing co-ops are independent associations. They follow the laws that apply to them and their agreements with governments or other organizations. But the members control the co-op.

5. Education, Training and Information

Housing co-ops offer education and training to the members, directors and staff so that everyone can play a full role in the life of the co-op. Housing co-ops find ways to tell the public what they are and what they do.

6. Co-operation among Co-operatives

By organizing together in federations, housing co-ops grow stronger and help to build a healthy co-op movement. Where they can, housing co-ops use the services of co-op businesses to meet their needs.

7. Concern for Community

Housing co-ops work to build strong communities inside and outside the co-op. They help to improve the quality of life for others and they take care to protect the environment.

Your Page

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

BLOOD SWEAT AND TEARS (First in a Series)

Told in 2017 from the memory of Carol Davis

WHAT WERE WE THINKING!

In summer 1971 when the first residents moved into our Co-operative it was still very much a construction site. The first homes to be complete were along Sarcee Road. Most of us who were scheduled to move in were coming from rental accommodations. We had given our notice to our Landlords and had to move. At the absolute last moment there was a glitch with the electrical transformers so there was no electricity in the units. That problem was ultimately resolved by the Co-op having to buy the Transformers rather than have them supplied by the City. But I digress – that is another story!

It was July 1971. It was HOT. We did have running water in the units but no electricity and no hot water. I remember the COLD showers after long days of hot work. I was also three months pregnant and suffering morning (make that all day) sickness!

The perimeter sidewalks had been poured but there was this huge area of dirt before the sod started. Someone had miscalculated and the dirt was the City easement but the Co-op had to maintain it – and that meant sodding it as well. Another huge unplanned cost for our Co-op.

Some short time later we came home from work to find stakes in the ground. I remember telling my husband that those stakes marked where trees would be planted. One of those stakes was very close to the corner of our home and I did not think it was a good place for a tree. But not one to openly question authority, I waited till the dark of night to sneak out and move the stake!! Felt very guilty about that until a few days later when I got home from work to find a huge Evergreen Tree planted where that stake was now located – still much too close to the house for a big tree but thankfully out a bit further than the original stake had been. That tree is still alive and well, but far too close to the house! Such was the case with many of our original plantings.

We got lots of large evergreens and Poplar trees in the original planting. Many did not survive but over the years we added many more trees of various types. I think we succeeded in creating the "Park with Homes in it" that was a vision of one of our Founding Fathers.

The Co-op was designed to be "open spaces" No Fences. Short divider fences were included to separate patios but past that point it was intended to be open common space.

I remember the first fence approval. Late at night at the end of a long Board meeting we were asked to approve a fence on a unit. Now I remember the thought process that happened. No policy existed. Why not let the member build a fence. Take as much space as you like. Nobody else is going to want a fence. WHAT WERE WE THINKING!!!

Of course over the years Fences have been a major bone of contention. Because of the layout of our buildings not all yards are equal in size. Fences and Hedges rapidly sprung up. (Guess a few people did want a fence!) Lots of "Grandfathering in" policies had to be considered. Care and maintenance have been issues. Acceptable colours – an issue. That arose from discovering a member had done a lovely job of painting his fence in stripes! A thing of beauty to some. Not so much for others.

I have a good sized fence around my home. Last summer when it was time to paint that fence I began to question why we wanted it to begin with!! As Tom Sawyer found out painting a fence is a big job!!

In day one each unit had a small "lean-to type" shed at the front door. That was for Garbage. In day one our two person maintenance staff was expected to physically collect our garbage and take it to the parking lot large garbage containers. It was later determined that most members were perfectly capable of hauling their own garbage to the parking lot bin and better use could be made of our limited staff time!

The original parking lot garbage bins were on cement pads along fire lane areas in parking lots. They had a screening fence on three sides. The Garbage Truck was a side loader truck. Workers were often not too careful with repositioning the garbage bins once dumped and those fences took a beating. One day, with very short notice, the City advised that they would be using front loader garbage trucks and we needed to find new locations for our garbage bins to accommodate the front loader truck. Another hasty decision had to be made and the parking lot islands were about the only location that could be used. Only the "J" Parking Lot did not have an island so they have to use the bins in other lots.

That is just a few memories from our early days. I encourage other members to share their memories as well.



MEMORIAL GARDEN IN FRONT OF B50

D. Lynne Thorpe lived in Sarcee Meadows for many years, first in 'D' section and later in 'K'. Lynne was a self-taught Accountant who worked for many years as the Controller for the Calgary Flames Hockey Team.

Lynne served as a Director and Treasurer of Sarcee Meadows for several terms. During her volunteer time she was responsible for simplifying mysterious financial statements and budgets for many members. She just had a way of making complex issues easier to understand for many people.

After retiring from her stressful job with the Flames, Lynne spent a summer working as SM Gardener—now that is a change in career! As always she adapted and won the hearts of many more friends.

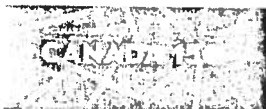
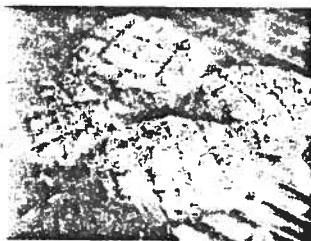
Regrettably, Lynne lost her battle with cancer in April 1999. Soon after that, her husband, John, provided the funds to SM to both build and maintain the garden in front of B50 in Lynne's memory.



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD

**Come out and Celebrate
Canada's 150th Anniversary
In conjunction with our Annual BBQ**

**No matter where you are from, we're glad you're our
neighbour.**



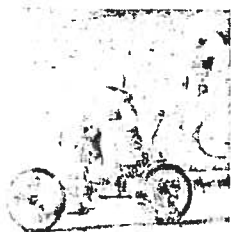
**Saturday, August 19th, 2017
1:00pm - 5:00pm
Behind B-50 in the Playground**

**All co-op members and their families are invited to share their
culture. Hamburgers, hotdogs, and drinks will be provided
free as well as food from a variety of ethnicities.**

Come out, have fun and get to know your fellow members.

**There will be: Games, Face Painting, Bounce Tent and Henna,
tons of activities for the kids, cultural displays and art works.**

**Kids: Decorate your bike for a bike parade
Kids & Adults: Dress in the attire from your culture for a
Fashion Parade**



Bring the whole family

**Please bring your lawn chair
Children must be supervised by an adult
Must be in attendance to win prizes**



See reverse for more details

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD

The Women's Circle of Sarcee Meadows was awarded the CHF Canada 2017 Co-operative Achievement Award and the CHF Canada 2017 Regional Diversity Grant. We will be using those funds to add to the Cultural side of our Annual BBQ.

We encourage you to set up a station representing
Your culture, Saturday August 19th.

Have fun with your station. Bring ethnic food, arts and crafts, a tablecloth that represents your culture and share with the rest of our members. Dress in attire that represents your culture. Hang a flag from your Country at your station. If you wish to have entertainment from your culture such as dancers or anything else, that would be wonderful.

We will be providing some funding for food etc.
up to \$150 per Cultural Group

We need your confirmation of intention to set up a Cultural station by June 30th. Please contact Kathy Aubichon at kaubicho@shaw.ca for more details.

All suggestions to make this a great event are welcome.
We would love to hear from you.

If you are interested in volunteering for this event we would love to have your help. Please contact Kathy Aubichon at kaubicho@shaw.ca

See reverse for more details

CANADIANS ARE PRETTY SMART CONTEST

Across

1. Applause for Helmut Lucas
3. P.L. knew how to hold it together
5. McCullough, Armstrong, Till gave hope to millions
7. Samuel McKeen knew how far he went
8. John Patch was out to sea
10. Drs. Tisdall, Drake and Brown feed babies
11. Banting, Best, MacLeod and Collip
14. Louise Poirier gave women an uplifting experience
18. Hopps, Bigelow, Wilfred and Callaghan never missed a beat
20. John Michael Lyons got his luggage
22. A.G. Bell and Casey Baldwin skimmed the surface
24. Wilbur Franks was flying high
25. It is out of this world
32. Phil Gold helped millions
34. George Rezlaff – what would hockey be without it?
42. Computer programming language – it's Greek to me
43. Raymond Lemieux--one sweet guy
44. George Klein was on a roll
45. John Wright sparked this



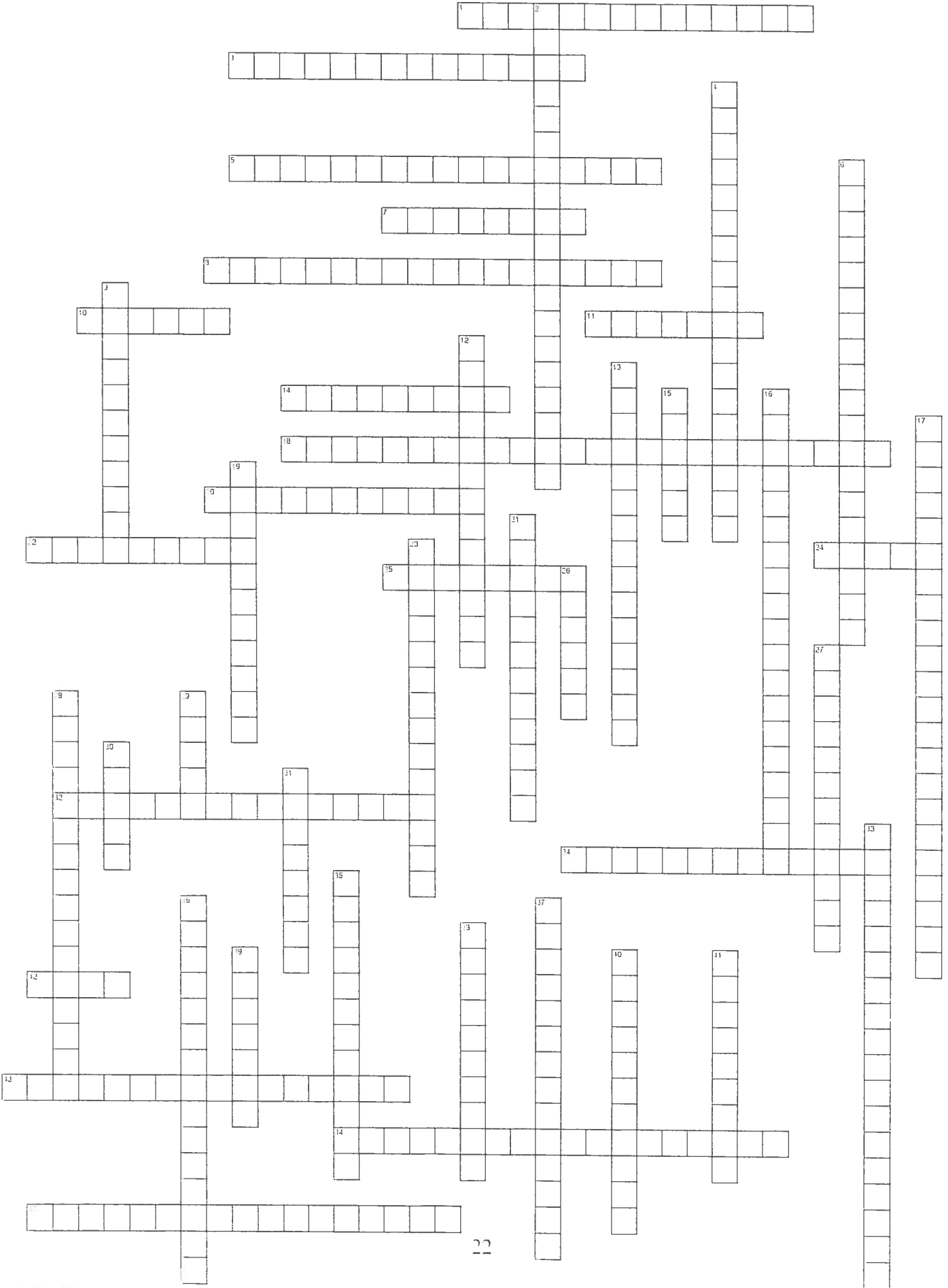
CANADA 150

Down

- | | |
|--|---|
| 2. Robert Foulis gave safe passage | 27. Alfred Gross could communicate |
| 4. Ernst Ruska had a good look | 28. Wilson Markle not black and white for him |
| 6. James Guillet's plan falls apart | 29. Alfred Gross and his bleeping thing |
| 9. Norman Breakey went to the wall | 30. Reginald Fessenden wasn't out of his depth |
| 12. Reginald Fessenden and portable tunes | 31. He gave us the helicopter firefighting bucket |
| 13. Lewis Urry kept going and going | 33. Lap-Chee Tsui made diagnosis faster |
| 15. Gideon Sundback got it together | 35. Thomas Ahearn was cookin' |
| 16. Roland Galarneau was a speed reader | 36. Simon Newcomb—one cool dude |
| 17. Wasylyk and Hansen took it to the curb | 37. A strike for Thomas Ryan |
| 19. Theodore Witte made smooth edges | 38. You can call Mike Lazaridis on this |
| 21. Sanford Fleming was in the zone | 39. Cluny Macpherson cut the mustard |
| 23. Walter Chell of Calgary clamed up | 40. Thomas Hunt cashed in |
| 26. Charles Coll kept pest away | 41. William Chalmers could see clearly |

NAME: _____ UNIT: _____

THIS CONTEST IS FOR ADULTS 16 – 99. TWO PRIZE OF \$50.00 WILL BE AWARDED TO THE WINNERS. BE SURE TO SUBMIT YOUR COMPLETED PUZZLE TO THE OFFICE BY JUNE 30, 2017.



CANADIAN FOODS CONTEST

W J H K R G P O F M H P S D M Y I F E L H A J L S R W L E S
 K J L E L Q T E U C R P M L O U I Y F I A X M R V B I Q R N
 U C V T D L V R I Q C S Z J I G L H H X Q O K G W A H A E B
 S C H C N U R C Y P S I R C G A U B L R C Q S T T S Q S I M
 Q K K H Q V L X T E O R Q Y K R T R A J O O L K A M E X T I
 V Z X U M O V A S M K T D X Q Z F R S P S R C Z E O E G R G
 K N W P L A L W G E N U A S W R Y T E R Q O E Z M K L U U E
 K M X F D U C Z Y Q F Q N T N F I Q S V C H D L D E O Y O U
 W N V L H G K I G F S O G L O B E D J R A D F Z E D D Z T O
 R H H A N G I E N E O Q G E M E E A A O H E W D K S Q A X K
 C D O V W Q Z W N T B T S I Y N S S N B A B B U O A V D J E
 C S N O S B D P A J O M T Y E Z E X V D M I G E M L X Z R R
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ARCTIC CHAR
 BANNOCK
 BEAVER TAILS
 BUTTER TARTS
 CAESAR COCKTAIL
 COFFEE CRISP
 CRISPY CRUNCH
 EAT MORE
 FIGGY DUFF

GINGERALE
 KETCHUP FLAVOURED
 CHIPS
 MACINTOSH APPLES
 MARQUIS WHEAT
 MONTREAL SMOKED
 MEAT
 MANIMO BAR
 PABLUM

PEANUT BUTTER
 PEI POTATOES
 PEMMICAN
 POUTINE
 SASKATOONS
 SMOKED SALMON
 TIMBITS
 TOURTIERE

Name _____ Unit # _____ Age _____

THIS CONTEST IS FOR MEMBERS BETWEEN 8 - 15 YEARS OF AGE. TWO PRIZES OF \$25.00 EACH WILL BE AWARDED. PLEASE SUBMIT YOUR CONTEST ENTRY BY JUNE 30, 2017

STAMPEDE PARADE

Salvation Army Glenmore Temple Band will be marching in the Stampede Parade on Friday, July 7th at 9 AM.

SATURDAY AFTERNOON – STEPHEN AVENUE

If you're interested in coming downtown on Saturday afternoon, the band (current members) will be playing on Stephen Avenue mall from 1 pm to 2 pm.

ANNIVERSARY CONCERT CELEBRATING 125 YEARS --- 921 - 68th Avenue, S.W.

The band will be doing an anniversary concert on Saturday, July 8th at 7:00 PM. - good idea to get there early

SUNDAY MORNING WORSHIP

We hope you'll all be able to join us again on Sunday morning. Our worship service starts at 10:30 and we expect this will be a fantastic opportunity to worship the God our band has served for 125 years.

If you have any questions, please contact us at 403-253-1700

LIVE FOR TODAY

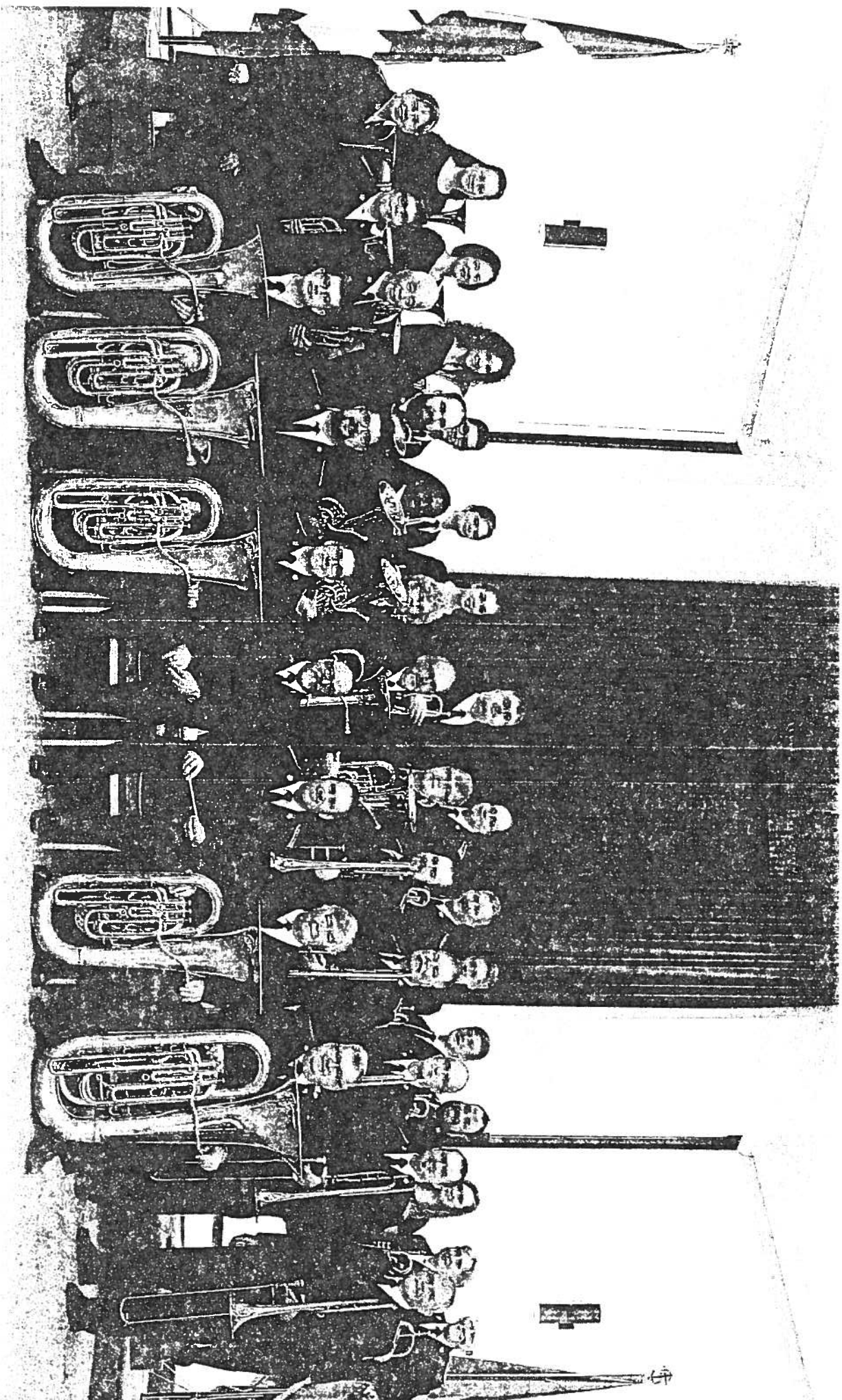
I'll never see this day again
The seconds or the hours
Now's the time to take the time
To stop and smell the flowers.

Today's the day to give that smile
And happiness away
That you were saving for a friend
Some rainy, gloomy day.

This is golden, priceless
God made this day for you
The deed you do for someone else
May just come back to you.

So touch a heart, hold a hand
Call that lonely friend
Don't postpone the love you have
This day won't come again.

~ Author unknown



Ladies & Girls only Swimming

Special opportunity for ladies & girls to learn swimming from female instructors until no men allowed. 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

1010 - 26th 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: 403-969-9613

Email: farhaat_khan@yahoo.com

Free Drop-in Exercise Classes for Mature Adults

Chartwell Royal Park

587-287-3940

4315 Richardson Road SW

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

We are looking forward to meeting you.

Monday (9:30 am) – Stretch & Relaxation

Tuesday (10:30 am) – Exerfun

Wednesday (1:30 pm) – Gentle Exercise

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

Thursday (10:00 am) – Rhythm & Moves

Friday (10:30 am) – Exerfun

Saturday – no classes

Sunday (2:30 pm) – Sit 'n Get Fit

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



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

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

GOT A GREAT IDEA?

Submit your Community Project today!

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

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

Projects need to be for the 2017 calendar year

More details and guidelines provided on the application form.

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

WANT TO JOIN THE TEAM?

Help us with the decision process!

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

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

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

For more information on Grant Applications contact Cynthia Okafor, Community Social Worker at cynthia.okafor@calgary.ca or call 403.476.7134

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





Dive in in Action



Co-operative Housing
Federation of Canada



Newcomers to Canada

Who are we?

We are people who are new to Canada and new to Canadian housing co-ops, bringing new ideas.

Have you ever dreamed of visiting a far off, or exotic place? Do you wish to hear tales from different countries? Look no further. We are here!

- > our food will make your mouth water
- > our music will please your ears
- > our dances will fill your heart with joy
- > our books and stories will change the way you see the world

You could travel just by getting to know us!

We love our cultures and sharing with you is an exciting thing for us. We are also eager to learn about Canada and its many different cultures. We may not know all your words and customs, but we are trying to learn. We need you to be patient.

We want to get to know you. We may be shy to start speaking to you – it's not always easy to say what we want in English or French. But if you talk to us, we'll talk to you.

You'll find that what we have to say is worth listening to.

What can you do?

Don't think that we are stupid because we don't say very much. Try to put yourself in our place. Think about how you would like others to treat you if you moved to a different country.

We want you to...

- > remember that to Aboriginal peoples, most people in this country are newcomers
- > appreciate the great contributions newcomers have made to Canada
- > value the skills and knowledge we bring to Canada
- > join your voices with ours
 - in unity lies strength
- > respect our cultures, foods and customs and share them with us with an open mind
- > add our customs and experiences to the ever changing Canadian identity.

We are interested in you as people, as friends, as neighbours, and as fellow members of co-ops.

We want to get to know you, and communicate with you. We are more alike than we are different.

Let's talk!

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

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

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

Energy/Crystal healings

Card Readings

Other Services available

Book a party

Call Shelly: 403-660-2045

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



Lawn Mowers wanted:

Do you want to get rid of your old lawn mower? Fred Sheppard is looking for used lawn mowers to repair and sell.

Please call Fred at 403-686-4302.

CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 11	12 Honours & Awards @ 7:00	13 Membership @ 7:00 Parking @ 7:00	14 Property Enhancement @ 7:00	15 Member Meeting @ Grace Lutheran @ 7:00	16	17
18	19 Finance @ 7:00	20	21 Personnel @ 7:00	22	23	24
25	26	27	28 Board Meeting @ 6:45	29	30 Shop and Office closed in lieu of Canada Day	July 1 Canada Day
2	3 Newsletter @ 7:00	4	5	6 Entertainment @ 7:00	7	8 Adult Social behind B50 @ 8:00pm
9	10	11	12	13	14	15 Stampede Breakfast @ 9:00am

Green Dream Landscapes

The grass has been fertilized; please water around your area.

Please water the trees as well.

RPCA CASINO

Urgent need for casino volunteers for the RPCA casino on August 17 (Thursday) and August 18 (Friday) at the Elbow River Casino. Daytime and nighttime shifts need to be filled. If you can assist, please contact Gord Leach at 403-249-5900 or leachg@elbowrivercasino.com.

COMMITTEE CONTACTS: 2016 – 2017:

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

Chair: Lucille Ranchuk
Board Liaison: John Preston

Education and Involvement

Chair: Judy Silzer
Board Liaison: Kathy Aubichon

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Sandy Christensen
Board Liaison: Jenn Jenkinson

Environment

Chair: Russ Chandler
Board Liaison: Isabel Ciok

Finance

Chair: VACANT
Board Liaison: Tony Yee / Heather Millar

Grievance & Resolution

Chair: VACANT

Honours and Awards

Chair: Audrey Templeton
Board Liaison: Kathy Aubichon

Membership

Chair: Daryl Sedor
Board Liaison: Kelly Edwards

Newsletter

Chair: Slawa Gruszczynska
Board Liaison: Jenn Jenkinson

Parking

Chair: Dennis Schwaiger
Board Liaison: Randy Senft

Personnel

Chair: VACANT
Board Liaison: Garry Sluiter

Property Maintenance

Chair: Helen Serrurier
Board Liaison: John Preston

Property Enhancement

Chair: Marianne Pederson
Board Liaison: Jenn Jenkinson

Security Task Force

Chair: Lorene Klippert
Board Liaison: Garry Sluiter

After Hours Emergency Maintenance:

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

403-813-2783

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

