

Connections Newsletter

October 2017

BOARD OF DIRECTORS REPORT:

Reminder of our General Membership meeting Saturday October 21st, 2017 at 10am, registration at 9:30am. Please remember that your presence, your opinion and your vote are all privileges of Co-operative living and the health of our community depends on your participation. It is a requirement to attend at least one Members meeting however we really hope that you will find your way to attend all four.

First of all, we hope you all had a fantastic summer. It was a great summer in many ways. It was warm and dry. However, the weather played havoc all over the world with catastrophic storms happening in so many places. Our thoughts and prayers go out to everyone that has been affected in one way or another; including our seniors and anyone else affected by the smoke from surrounding fires.

Thank you so much to our amazing Entertainment and Social Events Committee. My goodness they were kept busy this summer hosting an Adult Social, a Stampede Breakfast, and their annual summer BBQ and thanks to all of their help the Women's Circle Culture Event was a huge success. All of the events this summer had record turnouts which is so great to see. This means we are growing stronger than ever as a community. Thank you also to the CSI Committee for hosting a wonderful Seniors Summer Social.



To all of our wonderful members that set up stations at the Culture Event this summer, thank you so much for your support. It was heartwarming to see so many of you proudly putting your culture on display for all us to enjoy. The Peace Station and History Station were both outstanding additions to the event and so well received. It was the icing on the cake having Mayor Nenshi attend our event and stay for an hour taking pictures, answering questions and leaving us with an inspiring speech about diversity and inclusivity. We also had Brian Pincott – Ward 11 Councilor, Barb Millsap and Jackie Durrie from CHF Canada, Brenda Davies and Linda Bouchard from SACHA, Leanne Ellis and Gayle Fields from Rutland Park, and some of the board from Alberta 75 Housing Co-op, Springhill Ranch Housing Co-op, and Ramsey Housing Co-op attend this event. We are on the right track here in Sarcee Meadows and we keep moving in the right direction. We absolutely couldn't have pulled the culture event off without our youth. From flipping hotdogs, to serving up cake, to hanging posters, setting up stations, taking down stations and everything in between, we had many youngsters helping us out. Not to mention spouses. I have to give a shout out to two of our spouses that are at pretty much every one of our events, rolling up their sleeves and putting in a lot of work. To Randy Miller and Keith Bell, thank you for everything that you do to help make all of our events a huge success.

The Women's Circle and their kids had great fun delivering gift bags to some of our seniors October 1st in recognition of National Seniors Day. What a wonderful experience it was to get the youth involved with the seniors. This is something that we would like to continue to do so if you are a senior that would like to be added to our list or if you know of a senior please let me know at kaubicho@shaw.ca. (Kathy Aubichon).

Thank you to Garry Sluiter for all of your work painting the curbs this summer. They all look great.

Thank you to everyone that pitched in and helped to keep the H Garden in good shape with all of your attention to it.

Committees: We are still looking for additional members for the following committees:
Finance, Membership, and Grievance. If you are interested in joining any of these committees, please stop by the office and pick up an application form.

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 Thanksgiving - Monday October 9th – We have so much to be thankful for living here in Sarcee Meadows!

Happy Halloween - Tuesday October 31st, stop by B50 for treats, hotdogs and hot chocolate, and activities. Please be sure to be extra cautious as you drive thru the parking lots on this evening as many young kids come into our neighborhood in search of treats.

Your SMHC Board of Directors



GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

During the summer months there has been a lot of work done and when September hits things get even busier. Members are back in their routine, kids back in school and regular committee meetings resume. There were a number of cupboards installed, ducts cleaned, floors done, a few bathrooms repaired/replaced, the building condition assessment has been done and is being reviewed.

The numbers of work orders that have been done is high, but I will not be posting them at this time. Posting work order numbers seems to cause some confusion among the members. This number implies that all work orders are a specific timeframe, or that all the work that is done is reflected in those work orders. As this is not the case and we want to be providing appropriate information we will be looking at alternative ways of reporting the work done to more accurately reflect workloads.

Housing Charge Increases

At the Member's Meeting in June a housing charge increase was approved. This increase will take effect November 1, 2017 and is as follows:

- **2 bedroom – \$808**
- **Small 3 bedroom – \$838**
- **Large 3 bedroom – \$861**
- **4 bedroom – \$885**

Please remember if you are having difficulties with affording your housing charges, you may be eligible for housing charge assistance. If you are unsure or have questions, call me @ 403-246-2746 ext. 105 for an appointment to discuss.

General

We are having issues with a population of pigeons that is growing and members have been having more issues with mice. All of us love the wildlife present in Sarcee Meadows, but bird feeders also attract wildlife that isn't so desirable. Please restrict your birdfeeders to one active small to medium sized feeder to help us control these pests.

I certainly enjoyed the summer with the fantastic events held by the Entertainment and Social Events committee, and the lovely weather we had. I hope everyone had a wonderful summer as well. I am looking forward to what the next few months bring. See you all at the October 21, 2017 Members Meeting!

Thank you,

Roberta Miller
General Manager



FINANCE COMMITTEE:

Interested in volunteering? Want to meet new people? Want to learn a new skill? The Finance Committee is looking for more volunteers.

We usually meet the third Wednesday of each month. Your input into how the finances of Sarcee Meadows is run is invaluable. You can take a SACHA Finance Course for free. If you are interested, please contact the office for an application.



<u>Sarcee Meadows Housing Co-operative Ltd.</u>			
<u>Financial Statements - Summary</u>			
<u>as at August 31, 2017</u>			
<u>Balance Sheet</u>			
<u>Assets</u>			
Funds on Deposit	\$ 2,688,526.73		
Other Assets	\$ 1,779,764.19		
TOTAL ASSETS		\$ 4,468,290.92	
<u>Liabilities - current</u>			
Long Term Liabilities	\$ 801,290.12		
Total Liabilities		\$ 801,290.12	
<u>Reserve funds</u>			
Housing Charge Assistance	\$ 417,731.63		
Replacement Reserves	\$ 1,997,957.44		
Total Reserves		\$ 2,415,689.07	
Retained earnings + current deficit		\$ 1,251,311.73	
Total Liabilities, Reserves, Member Equity		\$ 4,468,290.92	
<u>Income Statement (for 10 months - November 1, 2016 to August 31, 2017)</u>			
	Actual	Budget	% of Budget
Revenue from Housing Charges	\$ 3,175,010.00	\$ 3,810,012.00	83%
All other income	\$ 98,976.33	\$ 169,435.00	58%
Total Revenue	\$ 3,273,986.33	\$ 3,979,447.00	82%
<u>Expenses</u>			
Total Insurance & Property Taxes	\$ 690,683.99	\$ 890,265.00	78%
Total Utilities	\$ 666,784.75	\$ 834,990.00	80%
Total Routine Maintenance Costs	\$ 466,306.94	\$ 374,500.00	125%
Total Personnel and Payroll Costs	\$ 690,405.65	\$ 830,150.00	83%
Total Administration Costs	\$ 35,887.39	\$ 69,202.00	52%
Total Democratic Functioning	\$ 112,927.54	\$ 148,500.00	76%
Total Reserve Savings	\$ 813,926.00	\$ 976,700.00	83%
Total Expenses	\$ 3,476,922.26	\$ 4,124,307.00	84%
Net deficit for nine months	-\$ 202,935.93	-\$ 144,860.00	

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Thank you so much to all our members who came out to support all our events this summer! It is so incredible and heartwarming to see so many of our neighbours coming out to join us and have some fun. Whether it was enjoying a beverage and dancing to some tunes at the Adult Social, chowing down on pancakes and sausages at the Stampede Breakfast, or celebrating Canada's 150th and learning about your neighbours at the Summer BBQ / Culture Event, a great time was had by all! We are already excited to see what we can come up with for next summer as we celebrate SMHC's 50th Anniversary!

We are now looking forward to our annual Halloween event on October 31st, 2017 from 5:30 pm – 8:30 pm. Be sure to include a stop in at B50 when planning your Trick or Treat route! We will be serving up hot dogs and hot chocolate, passing out some goodie bags, and we'll have the patio heaters out to warm you up! Lots of fun for ghouls and goblins of all ages!



We are also in preparation for our Winter Social & Potluck Dinner on November 18th, 2017 at Rutland Park Hall. Stay tuned for more details!

ENVIRONMENT COMMITTEE:

Hello everyone! We on the Environment committee hope you all have enjoyed a wonderful warm summer. It certainly was a pleasant one, in spite of some of the very hot days. The Committee recently held their September meeting. We were all pleased to see that we are progressing very well here in Sarcee Meadows on being ready for the City of Calgary deadline of November 2017 for the Green Cart Food and Yard Waste Program. Kudos to all those involved in getting us on the right track for Sarcee Meadows' participation in this program.

Please be advised that because the Food and Yard Waste Program is now City wide, the Community drop off Sites for Leaves and Pumpkins has been suspended. You may now put your discarded Halloween pumpkins directly into the Green Compost Bins (NOT the bin for Trash). Fall leaves and yard waste can also be put into the Green Compost Bin.

Be sure to attend the next Member's Meeting on October 21, 2017 at 10:00 AM.

Our next meeting is Wednesday, November 15, 2017 at 7:00PM. Please come out and join us! We would love to see some new faces!

Happy Thanksgiving everyone and have a fun but safe Halloween.



ECO ALLEY – NEWS YOU CAN USE – RECYCLE, REUSE, REPURPOSE, RETHINK

The Fall Big Bin was just here to help us clean out our 'unwantables'. However, cleaning out and getting rid of things is an on-going chore. If you missed the bin for this time perhaps some of your items can be Recycled. The following is a list of some sites and organizations that will accept your items for Recycling any time of the year:

- The Electronics Drop-off site is still in operation in our area. The site is in the Currie Barracks area – use the Richardson Way entrance and the site is next to the parked school buses. This is for all your unwanted computers, and computer components, printers, monitors, TVs, stereos etc.
- Calgary Diabetes Association Clothesline Pick-up: 1 800-505-5525 or Calgary at 403-509-0070
- Women In Need Society: Donation pick up at 403-252-3826 (accepting clothing, small house hold items, toys, some furniture (check their website for further information).
- Inclusion Alberta (formerly Alberta Association for Community Living): 1 800-252-7556 or Calgary Area 403-531-3080. Pick up for Clothing, Household goods, personal accessories, purses, hats etc., Bed and Bath items (towels, blankets, sheets, shoes of all kinds), small electronic items, toys, all books, records, tapes, CDs, videos, DVDs.

- Inclusion Alberta also has a drop off Donation Box next to World Health on 4604 37th St SW (In our area)

Check also the City of Calgary's A to Z What Goes Where information site, on-line, for a guide to help you with your questions of where to put your disposables and recyclables.

Enjoy recycling everyone! It can be a 'fun' thing to do and everyone benefits---including the Environment.

Thanksgiving and Halloween will soon be here, and Fall is upon us so be sure to make use of the Small Green compostable bins 'right in your own front yard,' for all those vegetable peelings and waste. Also good for your 'funny faced pumpkins', the fallen leaves, and the remains of your lovely summer flowers. All of these items are compostable and will be turned into rich compost at Waste Management's Compost Facility, to be reused as compost in other gardens.

Repurpose and rethink: before you 'throw' it out ask yourself if what you have in your hand can be repurposed for another use. A large jar can be painted with flowers using acrylic paints, and reused for a vase, as an example. Halloween is coming up, and lots of used colorful clothing can make the BEST Halloween costumes. Some of your furniture can be repaired, repainted and reused for an eye catching focal spot in your home or on your deck. The ideas are endless and a lot of fun to do.

ELECTIONS COMMITTEE:

IT'S IN THE AIR! – JUST SAY YES!

We are getting ready to vote in our upcoming Civic election and as always we are so glad to hear ideas about what would be good for Calgary and to see people ready to be elected to make those ideas a reality.

We heard a lot of good suggestions for Sarcee Meadows this summer too and are looking forward to signing members up to work towards making those proposals work for all!

Please join us at the Elections Committee table in hallway at the Saturday October 21st Members Meeting and just say ...

Yes! – I have some ideas I'd like to propose

Yes! – I'm willing to set aside time on the last Wednesday of each month to work together on them

and

Yes! – I'm ready to run for Board of Directors this year!

We are happy to meet and chat with you about the upcoming Sarcee Meadows Election.

Elections Committee - [Rita Carlson, Barb Nehring, Marie Forester]



NEWSLETTER COMMITTEE:

We did not manage to make the summer newsletter deadline announcing the winners of our “We Canadians are Pretty Smart” contest. Sorry everyone—but we did award the prizes. We are also providing the answers in this issue. Honoring those who struggled with this **difficult** puzzle, congratulations go out to:

- Judy Silzer
- Jennifer Minnema
- Rana Abbas

We are a small but very efficient committee! If you are looking for an interesting, worthwhile volunteer position that doesn't involve a huge time commitment, this is the committee for you. Interested members are welcome to join us on the first Monday of the month at 7:00 PM

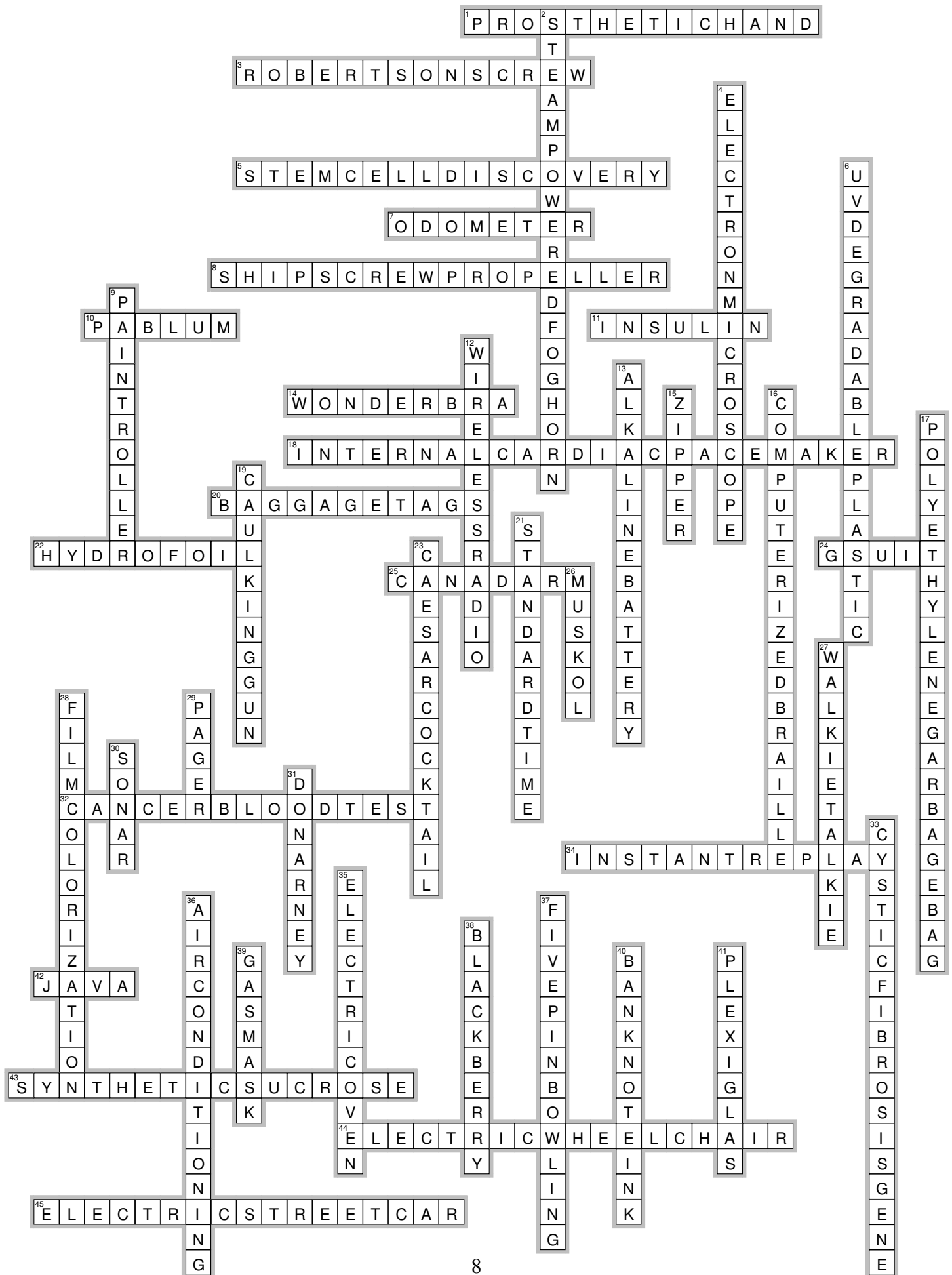
Canadians are Pretty Smart Contest Answers

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

Down

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



WOMEN'S CIRCLE:

Contributed by Kathy Aubichon and Saeeda Abbas

Women's Circle Culture Event

Thank you to everyone that came out to the Women's Circle Culture Event to enjoy the festivities and to those that set up stations. We hope you had a great time and got to experience some of the many wonderful cultures we have right here in Sarcee Meadows. Everything from the amazing food (Clara's salsa, Isabell's honey cake, Jenn's bridesmaid tarts just to name a few), to the items on display, to the incredible people representing their countries, it was indeed a grand event. The kids had a great time in the bounce castle and having their faces painted, and the henna station was enjoyed by many. Special thank you to the Polish station that provided some wonderful entertainment. The Polish dancers and singers were incredible to watch. Very skillful and great outfits, so much talent there.



Thank you to the Board for all of your support and participation. Our Chair Dean and his son cooked the hotdogs and hamburgers, our Vice-Chair Jenn set up the England Station, our Treasurers Tony and Heather set up the China station and helped with the History station respectively, Isabel helped with the Polish station, and I had the pleasure of spending a bit of time at the Women's Circle station helping out. From the office Janine and the Entertainment & Social Events committee was kept busy at the Canada station. Randy Miller was covered from head to toe in cotton candy by the time he was finished serving up treats to our guests. Roberta did a wonderful job with her interview on CTV News as well as mingling with all of our guests and dignitaries and making them feel welcome.

Feedback received was – “It felt like the Taste of Calgary right here in our Co-op, there was so much great food”, “This is the kind of event you would expect in downtown Calgary not in our little community, great job”. “I have always wanted to travel to some of these countries but I don't have the time. It was great to experience them all together right here in my backyard”.



Quote from Heather Putman – “I love living in Sarcee Meadows, and there is a reason we were happy to spend years on a waiting list to get in. It's such a close community, and I have excellent neighbors. Our volunteers, many of whom I get to call my friends (or my husband! 😊) work their buns off to create a great place to live, and it's so nice to see their tirelessness being recognized with awards, grants, news stories, and mayoral visits – they deserve all the kudos in the world! I've said it before and I'll say it again – we'll be here for life!”

And to the Women's Circle, thank you so much to you, your children, and your husbands for putting in many long hours to make this event a huge success. Kudos to you all.

Women's Circle Meets with Alberta Minister of Education David Eggen

Members of the Sarcee Meadows Women's Circle (Saeeda Abbas, Raheela Fazal, Areeba Fazal, Carol Davis, Farha Khan, Shabana Aslam, Musa Dadi and Kathy Aubichon) had the incredible opportunity to meet with Alberta Education Minister David Eggen to discuss ways that the Alberta Government can fight racism, foster acceptance, and promote inclusion and diversity today, tomorrow, and for generations to come. This is such a wonderful opportunity that we have been given. The Sarcee Meadows Women's Circle model works so well in that it is simple. We are extending the olive branch and getting to know our neighbors and being more visible in our Sarcee Meadows community.

Areeba Fazal (15 years old) – "It was a very exciting and new experience being able to meet with the minister. The discussion we had was very informative, touching on topics you don't frequently hear people share their thoughts on. I'm glad I was given the opportunity to add in my own thoughts and a different perspective on the issue, having experienced this problem first-hand. In the future, I'm looking forward to hearing more resolutions being discussed and applied throughout communities in Calgary."

Carol Davis – "I was very impressed with how eager Minister David Eggen was to hear our story and ask for our input on how our Government can assist in encouraging anti-racism initiatives in Alberta. I have always believed that grass roots projects work best. I can see the Province encouraging local Community Associations to host "get to know your neighbour" events in similar fashion to how our Women's Circle began. When we bridge the perceived differences and relate to one another as friends great strides can be made. I know that my brief involvement in the Women's Circle has opened my eyes to my own assumptions (mostly false) about other cultures. And so the learning continues"

A quote from the Minister of Education "The Sarcee Meadows Women's Circle is doing some tremendous work to build community and foster acceptance in Calgary."



Women's Circle invited to present at Goldeye about Diversity and Inclusion

What an absolute honor it was to be invited to speak at the 29th Annual Goldeye Conference in Nordegg. Roberta and I were invited by SACHA to present on the topic of Diversity and Inclusion in our housing co-op communities. What can be done to embrace and encourage everyone to share their traditions, creativity and skills? It was wonderful to be given such a great platform to share what we are doing at Sarcee Meadows to help build a welcoming and inclusive community. Unfortunately due to an illness Roberta wasn't able to join us but she was definitely with us in spirit.

To be able to stand up in front of fellow Co-op members and share our Sarcee Meadows Women's Circle story was a true blessing. We had some laughs, we shed some tears, but I hope everyone walked away with the feeling that they too can do this in their Co-op. I was so happy when I had three Co-ops tell me they are going to try to start their version of the Women's Circle. That to me spells success and all of the hard work and dedication of the SMHC Women's Circle and the SMHC members is well worth it and motivates us to keep moving forward with the simple message - Open your Hearts, Open your Doors, and Open your Minds. Extend that olive branch and invite your neighbor over for some good old fashioned conversation.

National Seniors Day

Happy Seniors Day from the Sarcee Meadows Women's Circle. What a wonderful day we had with the kids surprising some of our seniors with a special gift and card made by the kids. As the kids stood at the doors and sang out Happy Seniors Day, my goodness what a delight it was to see the seniors faces light up, it was a very magical moment. I know it left a lasting impression on all of the kids and I hope the smiles we saw on the faces of our seniors lasts a lifetime knowing they are loved and respected and appreciated. As Janine at the office says: "Nothing like putting a smile on someone else's face to help put a smile on your own face!" These are words to live by for sure. We hope to build on our list of seniors so if you would like to have your name added to our list and/or if you know of a senior that you would like to add please email kaubicho@shaw.ca (Kathy Aubichon) (Due to the Privacy laws we are not able to get these names from the office.)

Seniors' quotes: Carol – "With so much bad news in this world we are blessed to have loving, caring neighbors. Great job well done!" Maria – "What a great idea – cannot wait for new year!!! And all the lovely kids = AWESOME." Betty Jean – "Thanks for coming by every single person! Such a surprise and such delightful

youngsters! I loved it!” Margaret – “Thanks for the gifts, made my day special. Wonderful group. Best wishes to you all. Daryl – “We are thankful for our youth and our seniors in the Meadows. God bless you all.” Audrey – “I loved to open the door to these beautiful smiling faces. I was having a bit of a rough day so I was really choked up. I managed to get a hug from each one. I needed that. Thank you all. You are all very special.” Arlene – “Well done and Thank you.”

Other coop quotes: Moira Dunphy from CHF Canada – “A lovely way to involve the co-op children in Seniors Day. Well done Sarcee Meadows.” Delta Green Housing Co-op – “Sarcee Meadows Co-op is amazing. Look what they got up to on Seniors Day.”

Kids’ quotes: Fatima – “It was a nice experience and it was nice to see the seniors faces light up when we gave them the gift.” Bilal – “It was fun to go and give the goody bags.”



And a Thanksgiving message from the Women’s Circle:

Happy Thanksgiving from the Women’s Circle - We have something very special going on here at SMHC. From our seniors to our youth and everyone in between, we are so thankful to be a part of this wonderful community.





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.

I would like to thank the staff and members of this wonderful Co-op. We received many cards, hugs, and wishes over the passing of my husband Ross on July 22nd, 2017. Each of you have touched our lives at this difficult time.

Sincere thanks,

Mary Stenhouse & Family



Dear Woman's Circle Members,

First off, let me thank you all for the hard work you put in, in organising the, "Canada 150 Multi-Cultural Event."

This was a fantastic event. I was able to talk to many of the participants involved and learnt so much about their cultures and families. I have always been interested in other cultures and this gave me a sample of different cultures without travelling to the other side of the world to get it.

Talking with others who were enjoying this event I also realised that they felt the same as me.

I believe events like this should be done often all over the world. We all need to know that even if we don't look the same we really are just the same. We all have something unique about us and we should not be afraid to share it with others.

Secondly thank you for the book, "THE WORLD NEEDS MORE CANADA." I could not put it down. This is exactly what I think Canada is as well.

Thank you again.
Nicole Carter
B121



by Nicholas Gazzard

Good governance starts with you.
Pin this up on your co-op's bulletin
board to share with members.



Getting our Co-op Principles Right

Good Governance and the International Co-op Principles

CHF Canada is publishing a short guide to the international co-op principles, and what they mean for governance in housing co-ops. It is intended as a companion to *Getting Governance Right*, a CHF Canada 2020 Vision publication on good governance and principled leadership. Both these guides are available in the Resources section of CHF Canada's website at www.chfcanada.coop.

This guide is also a 2020 Vision publication. CHF Canada's 2020 Vision Project is all about strengthening our co-ops and our movement as we prepare for the future. That means getting our management in order, making sure we can look after our properties, planning for our co-op's financial security, and so on. But 2020 Vision is also about affirming our co-op values. And there is no better foundation on which to build those values than the seven principles of international co-operation – principles that carry forward and build on the values of the original pioneers of the international co-op movement.

The Co-op Principles for Housing Co-ops

Here's a quick-reference version of the co-op principles that we've adapted especially for housing co-ops.

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 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. Member 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.

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

Day Home Openings!

I offer a fun and safe environment for your child to play, learn and grow in.

Small ratio for lots of one-on-one attention. Healthy lunch/snacks included as well as daily outdoor time.

First Aid/CPR certified, police check and excellent references.

Please contact Kristine (Unit F435) @ # (403)686-8884 for more information.

For sale – Best Offer

- Computer Desk 21” x 36”
- Man’s Golf Bag

Please call Grace – 403-246-5692

Free

- Ladies cross country skis and poles
- Exercise stepper

Please call Chris – 403-242-5038

For Sale

- Recumbent Ball Bike with Arm exerciser. Perfect for people with back or hip problems – \$300.00. Next to new. Original price \$500.00.

Please call Chris – 403-242-5038

For Sale

- Craftsman 10” Radial Arm Saw, c/w stand, carbon-teeth blade & manual.
\$150 obo
- 1 Single Bed, white with two storage drawers underneath.
(Mattress, 2 futons, and some sheets included if you want them)
\$100 obo

Please call Randy – 403-246-1397

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 your cleaning needs; organizing your home or helping with small tasks on a weekly, biweekly or monthly basis. \$25.00 per hour includes all products needed for cleaning.

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

Straightline Painting:

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

Call Peter: 403-998-5179



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.

Ladies & Girls only Swimming

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



Steam-room, Hot tub, Aquasize



Plenty of FREE Parking

Where: Killarney Aquatic & Recreation Centre

1919 – 29th Street SW, Calgary

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

Who: Open to ladies & girls ages 10 and up

Time: 5:00 pm to 7:00 pm

Rate: \$10 per person

\$12 per person with instructor

(Rate will go down if more people confirm)

(Pay in advance)

Contact: Farha Fatima

Phone: 403-969-9648

Email: farha1_khan@yahoo.com

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



CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 8	9 Shop and Office closed for Thanksgiving	10 Parking @ 7:00 Membership @ 7:00	11 Property Enhancement @ 7:00	12 Entertainment @ 7:00	13	14
15	16 Finance @ 7:00	17	18 Personnel @ 7:00	19	20	21 Members Meeting @ Grace Lutheran @ 10:00am
22	23	24	25 Board Meeting @ 6:45	26	27	28
29	30	31 Shop and Office closed for inventory Halloween Event behind B50 5:30 – 8:30	November 1	2	3	4
5	6 Newsletter @ 7:00	7	8 Property Maintenance @ 7:00	9	10	11
12	13 Shop and Office closed for Remembrance Day	14	15	16	17	18 Winter Adult Social @ Rutland Park



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: Duri Lee
Board Liaison: Tony Yee / Heather Millar

Grievance & Resolution

Chair: Georgia Gardiner

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: Pat Fenlon
Board Liaison: Kelly Edwards

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:

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

