

Connections Newsletter

December 2017

BOARD OF DIRECTORS REPORT:

We hope as you celebrate with family and friends this season that you will count living in this great community among your blessings! Have a safe and wonderful December and whatever special holiday traditions you celebrate, may Peace and Joy surround you and your family.

Snow is coming!!

Please remember that although we are lucky to have Green Dream Landscapes helping us with snow removal slippery sidewalks, snow-covered cars, and cold temperatures can still be a challenge for many of our members. We encourage you to be a good neighbour and help shovel your neighbour's sidewalk if and when you are able – be cheerful and helpful whenever you can be!



Building Condition Assessment

The Board of Directors as well as representatives from our various committees will be meeting on Saturday January 13th, 2018, with IRC Building Sciences Group to further discuss plans for the upkeep and wellbeing of Sarcee Meadows. IRC is a large national engineering firm specializing in a variety of building science services and is the firm SMHC chose to perform the building condition assessment. IRC has been providing professional consulting and engineering services since 1983. Stay tuned for more information.

Annual General Meeting

Our AGM is coming up on Wednesday January 31, 2018. It is a member requirement to attend a minimum of one Member meeting per year so mark your calendars now to make sure you can participate.

We will be doing a review of 2017 and electing new Board members. It is your right and privilege to run for the Board of Directors and to vote for the people you want to see represent Sarcee Meadows and keep our Co-op moving forward. The deadline to submit your application to run for the Board of Directors is December 14th.

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 a note to janine@sarceemeadows.coop or fill out the form in this newsletter and drop it off to the office.

Committees: We are still looking for additional members for the following committees: **Finance, Grievance and Resolution, Membership, Personnel, and Property Maintenance**

If you are interested in joining any of these committees please stop by the office and pick up an application form. Please remember with the new committee structure, there are five committees that are appointed by the Board based on applications received. They are Finance Committee, Grievance and Resolution Committee, Membership Committee, Personnel Committee, Property Maintenance Committee. For these committees you need to submit an application form.

Your choice to apply for any of these five committees may be a reflection of your professional or volunteer experience, but it may also just be about your passion for the work of that particular committee.

Your SMHC Board of Directors

GENERAL MANAGER'S REPORT:

(It's Miller Time!)

B50

In B50 we are currently working with our auditor for the year end and getting things ready to report to the Board. Once this is all finalized it will be presented to the Membership at the January 31, 2018 Member's Meeting. There were a number of cupboards installed, floors done, a few bathrooms repaired/replaced, and locks replaced/repared.

The building condition assessment planning meeting was postponed until January 13, 2018 due to key people not being able to attend the previously scheduled meeting. When this planning meeting is completed information will be shared with the Membership.

Rutland Park Hall Garbage Bins

There have been reports of people using the Rutland Park Hall garbage bins for their regular household garbage. This bin is for Hall use only and does cost Rutland Park community more to empty it if it is regularly filled up by garbage that is not from Hall use. If any of our members are using the Rutland Park Hall garbage bins, please stop and use the garbage bins provided in the Sarcee Meadows Parking lots.

Organics, Garbage, Recycling

We are still working out the issues of the new waste, organics and recycling program. We are working with Waste Management to fine tune things. There is an investigation on where we can add a bin for Shop waste i.e. carpet materials etc. These materials have traditionally been put in the regular garbage bins. There are no regulations against this at this time if we are careful with weight limits, but with the reduced space there is an issue with this material filling up the bins.

Just a reminder that mixed recycling (paper, plastics, cans and bottles) is handled the same way we have for years. Leave your recycling on your stairs on your scheduled day for it to be picked up. Organics recycling goes in the small bins in the parking lots. General garbage goes in the larger bins in the parking lots.

General

I hope everyone has a safe and happy holiday season with loved ones. May you all be blessed with gifts of love, peace, and happiness whether you celebrate Hanukkah, Solstice, Christmas, or Kwanzaa.

Thank you,

Roberta Miller

General Manager



**Co-operative
enterprises build
a better world**

ELECTIONS COMMITTEE:

NOT SURPRISINGLY, IT'S THAT TIME OF YEAR WHEN BOTH

HO, HO, HO!

AND

OH, OH, OH!

ARE ON THE WAY!

SANTA'S MADE UP HIS MIND AND WE HOPE YOU HAVE TOO,

Because.....OH, you DO have talents you want to share...

OH, you DO have ideas that will ensure and enhance Sarcee Meadows' growth...

OH, you DO have time for a monthly meeting...

OH, you DO have the resources [training, childcare, light supper] available...

OH, you DO have a desire to work with other congenial people...

OH, you DO have a wish to broaden your skills and resume...

OH, you DO have the nomination form in your mailbox...

and.....

OH, OH, OH -

the ELECTIONS ARE COMING TO TOWN!

PLEASE

DO

GET YOUR APPLICATION

FOR THE SARCEE MEADOWS BOARD OF DIRECTORS

IN TODAY!

[or at the latest by Dec. 30th]

AND,

OH, OH, OH,

YOU'LL BE SO GLAD YOU DID!!!

Elections Committee 2018

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Thank you so much to all of you that came out to join us at our 2nd Annual Winter Adult Social and Potluck. With lots of delicious food and great company everyone had wonderful time. With Kiss Productions and their Music Trivia for entertainment there was lots of fun and friendly competition as everyone vied for a number of prizes. We were also pleased to have a few surprise guests with a visit from CHF Canada President Nicole Waldron, CHF Alberta/Northwest Territories Regional Director Jacky Durrie, and Anjala Kulasegaram from the Co-operative Housing Federation of Toronto. All together it was a great night!



The Entertainment & Social Events Committee was honoured to once again have the opportunity to organize and put together the Christmas Hampers this year. These hampers are covered by the SMHC Benevolent Fund to provide some help to SMHC families who may be struggling a bit or having a rough go at this time of year. This year we had 20 very deserving families on our list and we hope that we were able to provide a bit of extra joy for these families as they received their deliveries.

We are now busy with planning for the Volunteer Appreciation Dinner coming up in March for all those who were active volunteers in 2017. Watch your mailboxes in the next couple of months for your invites and all the details. We are also in the preliminary planning stages for the rest of our 2018 events as we look for ways to celebrate SMHC's 50th Anniversary. Be sure to drop in to a meeting or join our committee if you have any ideas on how to celebrate this occasion.

We'd like to wish everyone warmest wishes for the holiday season and all the best in 2018!

NEWSLETTER COMMITTEE:

Dear readers and friends,

The month of December is marked by preparations for the Holiday Season. On behalf of our Committee, we sincerely convey best wishes of health, joy, peace and prosperity to the entire membership, your families, to our Staff, Board of Directors and other Committees.

We were excited to have at least a few entries into our SMHC Children and Youth Photo Contest. Congratulations go out to Makena Hill, Jevon Putman, Teagan Putman, Garrett Hauser, and Raquel Hauser! Their beautiful photos will soon be posted on our website for all to see.



At the December Committee meeting we had the opportunity to thank Judy Cooper and Dayna Cubid for their many years of service and present them with a token of our appreciation. Judy stepped down after 7 years of very committed and productive contributions to SMHC's communications. Dayna Cubid, after several years of a dedicated work in our committee redirected her energy and focus as a dedicated Mom of a three months old adorable little boy Emery. The Newsletter Committee welcomes a very valuable new member, Kim Spence. Kim brings a wealth of knowledge and a very strong writing skills. Kim, welcome aboard.

We are looking for an enthusiastic youth, who could join the Committee, and help to bring the issues of youth and children to the forefront. Our meetings are taking place on the first Monday of the Month at 7:00 pm and adjourn within an hour. The diverse backgrounds of the Newsletter Committee's membership help to profile the content of "Connections" in relevance to the demographics and interests of our Cooperative's membership. Thank you to those members who send us articles, poetry, information, recipes, and other reference materials. Good job. Greatly appreciated. We welcome them all.

"If you put everything off till you're sure of it, you'll get nothing done". (Norman Vincent Peale)

Respectfully submitted by: Slawa Gruszczynska

CO-OP SENIORS INTERESTS COMMITTEE

The Co-op Seniors Interests Committee would like to extend our sincerest Best Wishes to all members of Sarcee Meadows for a Merry Holiday Season with your family and friends. We also want to wish everyone all the Best for a Happy, Healthy and Successful 2018.

This committee recently held their fall meeting. Plans were discussed for activities for next year. We would like to thank all those who came out on a warm, sultry, smoky, August Sunday afternoon this past summer to join us all for some treats and conversation. We had a beautiful photo display of some of the lovely gardens in Sarcee Meadows. This photo display was a Canada 150 Project for our Committee. Sarcee Meadows was fortunate to have a great flower growing season this year as our 'Meadows' was profuse with lovely blooms. Thanks to all the folks with green thumbs.

Winter, with ice and snow will once again be upon us. So we would like to remind our members that there is Ice Melt available at B50 to put around your cars in the parking lots and sidewalks, as these areas can become very treacherous. Be careful out there, as you walk about.

We always welcome new members. We are open to new ideas as they pertain to making life enjoyable for our senior members. Come and join our committee. Watch the Connections Newsletter for our next meeting date.



EDUCATION & INVOLVEMENT:

2018 is fast approaching and the Education and Involvement Committee has picked up a magnifying glass, ready to take a very close look at itself. What has worked? What hasn't worked? Where do we go from here? Time to reinvent this committee. Some additional members are needed in order for this committee to move forward. If we do not get, at the very least, three new members by the end of February we will have to look at scaling way back on the duties of this committee, or perhaps consider disbanding it altogether.

Can you help? If you have thoughts on the future potential of this committee please share them by joining the committee. Please give this your careful consideration and when you are ready please leave your name with Janine at the office. Thank you.



PROPERTY ENHANCEMENT COMMITTEE:



Property Enhancement has amended, and the Board has approved, the Pest Policy. Members are allowed only one birdfeeder, not to exceed 30 cm (12 inches) in height, in the back or front yard not both. Please do not attach it to a tree with a nail, use string.

When you put up your Christmas lights please use clips, not nails or tacks, do not attach them to the siding or eaves.

ENVIRONMENT COMMITTEE:

The Environment Committee would like to wish everyone in Sarcee Meadows, Warmest Wishes for the Holiday Season and may 2018 bring everyone Peace, Good Health, Happiness and Success.

Consider joining our committee in the New Year. We meet every two months and we sure would like to see some new faces around the table. There is always something to discuss about the environment, particularly as it pertains to Sarcee Meadows. We welcome some new input. Thank you to all members who continue to recycle, and compost and continue to do your part to help reduce the 'carbon footprint' on our earth. Watch the Connections newsletter for our next meeting date.

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

BE AN ETHICAL SHOPPER THIS HOLIDAY

1. Buy local when you can. This helps the local economy and reduces the influence and power of large-scale corporations. Calgary has many local artists and artisans who have remarkable products for gift giving.
2. Purchase gifts from Thrift Shops, especially those that support a local business or charity. It is a great way to find a gift without hurting your wallet or the planet.
3. Make it yourself: Homemade gifts are always the best, and even something simple like baked sweets make others happy, while not using up goods that go into the landfill. You can even make new things from old, such as upcycling t-shirts into bags!
4. Buy quality: when all else fails, buy quality goods---an item that won't wear out fast, or can be repaired, will last longer and avoid filling up the landfills with fast fashion items and obsolete electronics.
5. Make donations instead: Sometimes the best gift is to make a donation in someone else's name. Your money goes to a good cause that needs it, instead of corporations, and your friends and family know that the contribution will be meaningful.



COMPOSTING: TOP 5 THINGS YOU THOUGHT WERE COMPOSTABLE BUT ARE NOT

1. **Gum:** Chewing gum and bubble gum have **Synthetic** rubbers, plastics and or waxes as their base. This item is Biodegradable, NOT, compostable. Trash it!
2. **Wax paper and Butcher paper:** Even if these items are associated with food, they have linings that cannot be compostable. Trash it! Parchment paper, however is OKAY to put in the green compost bin.
3. **Dryer Lint and Dryer Sheets:** These products are made of **Synthetics**, so they are to be TRASHED! Need a GREENER solution to dryer sheets? Use a dryer ball, especially ones made of wool.
4. **Biodegradable bags:** Biodegradable is NOT the same as Compostable. Biodegradable products decompose into smaller pieces. They DO NOT become fertilizer like compost does. Biodegradable bags go into the Trash Bin!
5. **Sawdust or small blocks of Treated Wood:** such as creosote-treated wood, pallets, pressure treated wood, plywood, particle board - **THESE PRODUCTS CANNOT GO INTO THE GREEN BINS!**



FACIAL TISSUE AND TOILET PAPER

These are **compostable**. However, if the tissue has been soiled with make-up, nail enamel (synthetics), cleaning supplies, chemicals or blood, put them in your **trash bin**.

ALUMINUM FOIL:

Recyclable: Wash off the foil and crumble into a ball to recycle. If it is covered in lots of oil, bits of stuck on food, put in the trash bin!

FRUIT FLIES:

Still troubled with these pesky flies? Try this **Fruity Fly Trap**:

Oranges that are past their best days work effectively when they are cut into small pieces and put into a glass mug or bowl. Put saran wrap, or a wrapper across the top and cut tiny slits in the top of wrapper, to allow flies to enter. Once in, they cannot get out! When you have a good collection of flies toss the oranges and wrapper out.

Check out the following as a resource for your Recyclable and Composting questions:

Green Calgary at <http://www.greencalgary.org/> or City of Calgary's Web resource What Goes Where at <http://www.calgary.ca/UEP/WRS/Pages/What-goes-where/Default.aspx>

RUTLAND PARK COMMUNITY ASSOCIATION:

News from the City of Calgary that we have funding available to resume the Seniors Gentle Exercise Program at the Hall. This program would last for eight weeks. The dates and times are not yet secure because we need to hear from you. There will be “no charge” to you. Probably, Monday – Tuesday – Wednesday or Thursday – in the mornings. Please email our acting President, Leanne, at president@rutlandparkcommunity.com or call Isabell at 403-242-6334. We need some numbers and also one or two volunteers.



CO-OP EDUCATION:

A Corporate Community

Do you realize that you are a **Shareholder** of a company with a multi-million dollar annual budget? Yes, Sarcee Meadows Housing Cooperative **LTD.** (SMHC) is a corporation. As a **Shareholder** you have the democratic right to elect a Board of Directors to govern the corporation. SMHC holds their Board elections each January at the Annual General Meeting (AGM), where those Directors whose three year terms are completed are either re-elected or retire so new Directors take their place on the Board. And not only do you get to vote for the new Directors, you can become one! The Elections Committee will be providing all housing units with an application form, watch for it in your mailbox, which you can fill in and return to the Office.

As do most corporate boards, SMHC hires a General Manager who, in turn, oversees the necessary administration and maintenance staff to run the day-to-day business of the company. The Board of Directors at SMHC also have the ability to create or dissolve committees as they deem necessary, according to our By-Laws. They have determined that there are to be five core committees that are vital to the corporate welfare of the coop. Those five committees are Finance, Maintenance, Membership, Personnel and Grievance. The functions that these committees perform are critical to the existence of the coop. As a **Shareholder**, don't you agree that the people on those five committees should be people who have a strong desire to serve the coop in the area in which they have a special interest or perhaps some related experience? That's why the Board has decided that **Members** of those core committees should apply for their desired position, and be selected, democratically, by the Board. **Members** on these five committees can serve up to five years before they must step down.

But we who are **Shareholders** here in SMHC are in the unique position of also being **Members** of a Community! How great is that? As a **Member** you are able to determine what you want to see happening in this community in which you and your children live. So to achieve the type of community life you want to be a part of, the Board has created a number of other committees that, while they're not essential to the Corporate side of the coop, are very important to the Community side of the coop. Some of them are social in nature and some are responsible for a few of the housekeeping tasks that a community our size needs. SMHC **Members** are free to join any of these other committees without going through the formality of submitting an application form. All of the committees are listed, along with the chair's name, on the last page of the Connections Newsletter. Contact them if you wish to sit-in on a committee meeting so see what they do.

As a **Shareholder** and as a **Member**, you have one vote, or a voice, in the operations of this **Corporate Community**. But, out of 380 housing units, one vote, as important as that is, is only a small voice. If you would like to have a bigger voice, then perhaps you should consider applying for or joining one of our committees, or even the Board of Directors, where you will have one voice out of ten or so, instead of just one voice out of 380. There you can participate in discussions to set policies and procedures, and more, not merely voting on what others are trying to put into place. Will you take up the challenge and the opportunity to give yourself a bigger voice?

R. Senft

WOMEN'S CIRCLE:

Women's Circle meets CHF Canada President, Nicole Waldron

The Women's Circle was so pleased to receive an email from CHF Canada in Ottawa asking us to host the President of CHF Canada. She of course was aware of the Women's Circle and didn't want to miss the opportunity to meet some of the ladies in person on her trip to Calgary. We pulled together a group of ladies for a quick gathering and spent a few hours sharing experiences. We shared stories, laughter and a few tears along the way. It was an evening to remember for sure. Nicole was very encouraging and hopes to see other Co-ops form a Women's Circle. Also joining the group was Jacky Durrie, Alberta CHF Regional Director, and Anjala Kulasegaram from CHF Toronto.



We then headed over to the SMHC Winter Social at Rutland Park so Nicole could meet members of the Board of Directors as well as members of SMHC. What a fun evening.

Banana Bread anyone!!!

What a special privilege it was to have Mary Stenhouse stop by and teach some of the daughters of the Women's Circle how to make banana bread. Mary is well known for her baking so we were honored to have her as our special guest. While the banana bread was baking, Mary shared some stories with the girls of her time here in SMHC as well as what it was like for Mary and Ross to move to Calgary from Montreal over 35 years ago. Mary announced at the end of the gathering that she would like to join the Women's Circle and looks forward to teaching more of the girls some of her baking.



Over the next few months we will share recipes and stories from the people that set up booths at our Women's Circle Culture Event in August.

Jenn Jenkinson – Representing England



A Brit's Special and Funny moments in Canada

Over my life here there have been so many memories that come to mind. Outstanding among them is the way that my father, Jim Jenkinson, wholeheartedly adopted Canada as his new home and shared that love of country with his children. On summer evenings after the family had supper he would load us all in the car and we'd be off to explore the backroads around Calgary. Our trips would take us west mostly into the foothills and some of winding little used gravel lanes that crisscrossed the very rural countryside back in the late 50's and early 60's. And always we would pass through one or another of the small towns like Okotoks or Cochrane to stop for ice cream to top off our evening adventure.

I was so grateful and excited to move into Sarcee Meadows as a single mom with my daughter Sandra, who was just 5 when we found our home here. A very special memory for me, which was somewhat humorous too, came when I had bought my first little used car. As I had parked it I had realized that the windshield washer fluid indicator was on. So I put up the hood and went to the trunk where I knew I had a full bottle of fluid ready to go. As I was doing this two different unit doors facing the parking lot opened and two members called out together "Is everything okay? Do you need help?" Well of course I explained and we all shared a chuckle because it was only washer fluid, but how wonderful to be in a community that looked out for one another.

The one thing that I can say for sure about living in Calgary is that it has been an adventure. Last April 22, 2017 was the 60th Anniversary of my arrival from England with Dad & Mom so Calgary has been home for most of my life. That constancy of place has not jaded or bored me at all. In fact, when I'm travelling or speaking with new acquaintances about my hometown, I will always tell them that I feel deeply privileged to be able to live here; in a country that is spectacular in its diversity of landscapes and people, in a city that has grown by leaps and bounds offering so much in entertainment, culture and sports that one could never claim boredom and to be just a short drive from the awe inspiring Rocky Mountains and all the National Parks have to offer.

Recipe – Maid of Honour Tarts (England)

Makes: 12 maids of honour tarts

Ingredients:

- 250g short crust pastry
- 85g raspberry jam
- 1 egg
- 100g fine granulated sugar
- 1/4 teaspoon salt
- 2 tablespoons milk
- 140g ground almonds

Method:

Prep: 20 min > Cook: 15 min > Ready in: 35 min

1. Preheat the oven to 200 C / Gas 6. Grease twelve 5cm tart tins.
2. Roll out pastry. Stamp out twelve circles a little larger than the tins, about 7cm in diameter. Pat pastry circles into greased tart tins. Spread 1 teaspoon of jam into bottom of each pastry case.
3. Beat together egg, sugar and salt until light in colour. Mix in milk and almonds. Spoon an equal amount of filling into each pastry case.
4. Bake in preheated oven for 15 minutes, or till filling is set and tops are golden brown.

Clara Galvan – Representing Mexico



Some of Clara's special memories in Canada

- First day she came to Canada was on July 1 2007 (Canada Day)
- The day her husband and kids arrived in Canada to stay all together
- The day they got a unit in Sarcee Meadows in January 2014

Clara's special family traditions / celebrations

- Day of the Dead – (October 31, to November 2) https://en.m.wikipedia.org/wiki/Day_of_the_Dead

Day of the Dead is a Mexican holiday celebrated throughout Mexico, in particular the Central and South regions, and by people of Mexican ancestry living in other places, especially the United States. It is acknowledged internationally in many other cultures. The multi-day holiday focuses on gatherings of family and friends to pray for and remember friends and family members who have died, and help support their spiritual journey. In 2008, the tradition was inscribed in the Representative List of the Intangible Cultural Heritage of Humanity by UNESCO.

Recipe – Salsa (Mexico)

Ingredients:

5 avocados
6 or 7 tomatoes
1/2 large onion or 1 small
lemon juice (approximately 5 pieces)
lime juice (approximately 5 pieces)
1/2 a bunch of Cilantro use just the top (cut the ends)
Salt to taste

Jalapeño peppers all you want or
Serrano pepper (test before you prepare) sometimes it's not spicy sometimes it is really spicy

Way to do the salsa:

1. Chop onion finely with peppers and let them repost for a half an hour with the lime and lemon juice and sea salt, in the meantime ...
2. Chop all ingredients. When all is chopped first add the tomatoes to the onion and pepper mixture, after that the cilantro, mix very good. If needed add more salt. Add the previously chopped avocado and mix very gently
3. Grab some taco chips and enjoy!!

Amira Mohamed and Cadigia Mohamud - Representing Somalia



Recipe – Sambusa with ground beef (Somalia)

Ingredients for the filling:

1 pounds ground beef
2 tablespoons oil
1 small onion, chopped
2 teaspoons coriander powder
2 tablespoons cilantro, finely chopped
green onion, chopped
2 teaspoon cumin powder
2 teaspoon cardamom powder
1 teaspoon salt
1 teaspoon pepper
1 green chili
1 clove garlic, minced
oil for frying

Ingredients for the flour paste:

¼ cup all-purpose flour
¼ cup water, or as needed

Ingredients for the Sambusa wrappers:

3 cups plain all-purpose flour
2 table spoon oil
1 cup Luke warm water
salt

To make the Sambusa wrappers

1. Mix the flour, oil and the salt, while using a fork mix in the water slowly, knead for 5-10 minutes until smooth and pliable dough.
2. Form the dough into a ball and coat the outside with oil. Cover and set it aside for about 15 minutes.
3. Heat a skillet on a medium-low heat.
4. Knead the dough again and divide it into 8 equal portions
5. Form each portion into a ball.
6. Using two balls at a time roll both in 5inch brush one with oil and put the other one on top. Press with your fingers to make sure they line up, roll on a floured surface to flatten with a rolling pin about 10-11 inches in diameter.
7. Cut into four pieces with a sharp knife, roll each piece again so it keeps its shape.
8. Place each piece on the warm skillet and leave it each side to dry it out (make sure you don't leave it too long).
9. Remove and let it cool slightly then separate the two slowly without tearing the wrappers.
10. Cover with a towel and continue to repeat the same steps until you have finished all pieces.

To make the filling:

1. Cook the meat in a skillet with a little oil on a medium heat.
2. Add the onions and green chili, stir until tender
3. Then add coriander, cumin, cardamom, salt, and pepper, garlic, green onion and the cilantro. Cook briefly for few minutes
4. Let the filling cool at room temperature.

Flour paste

In a small bowl, mix flour and the water to make a smooth paste.

Assembly

1. Pick one the sambusa wrappers with your hands and fold it into a cone shape seal it with flour paste.
2. Fill the cone with the filling and close the top into a triangle shape and seal it with the flour paste.
3. Pinch the edges so that it is completely sealed.
4. Continue filling the rest of the sambusas.
5. Heat the oil in frying pan, fry the sambusas until golden brown.
6. Remove and drain on paper towels.
7. Serve while warm



Carma Florence, Heather Millar, Judy Silzer – Representing the History Station

The History Station was a huge success at the Women's Circle Cultural event in August. A great way to build community is to learn about our neighbors. Below are stories from two of our members and what brought them and their families to Canada. If you are interested in sharing your story in an upcoming newsletter please email me Kathy Aubichon at kaubicho@shaw.ca or call me at 403-629-0400. I for one find it very fascinating to hear the various stories.

Patricia Higgins

Country of Origin – Myself: Holland (The Netherlands)

Country of Origin – My ancestors: Norway, Germany, Holland

Why did you (or your ancestors) leave the homeland for Canada? I came with my parents who immigrated

to Canada in 1960. They were looking for a new life. My dad considered himself a “delayed pioneer”.

Former occupations for yourself and/or family members: I was a junior high school teacher. My father was an artist and the Art Director for CFCN. My mother was an Office Manager / Bookkeeper for an insurance broker.

What were some of the adjustments you had to make when you arrived in Calgary? Learning to speak English daily. My father was determined that we would become Canadian. To help me, I was sent to summer camp and came home swearing like a trooper. It was difficult for my parents to allow me the same freedoms that Canadian kids had.

Languages spoken in your family: English and Dutch

Favorite Food(s): Croquettes (made with beef or chicken and deep-fried); Dutch Apple Tart, Dutch Pannekoeken (pancakes)

Special memories in Canada / Calgary: Being terrified to say anything in English except “excuse me”. Being amazed at the tallest building in Calgary at the time – Elveden House – which was 12 stories tall. The wild and unpopulated landscape west of Calgary

A memory that is special to you: There are two – the first was the sun setting over Lake Superior as the train headed west. It seemed like an ocean! The second was my first view of the Prairies. Miles and miles of nothing except grain elevators in the distance.

Special family traditions / celebrations: We still celebrate St. Nicholas on December 6th. I remember the whole family getting together in Holland at my grandparents’ house. We also kept the Dutch language alive in our house by reading Dutch books. However – we only spoke English at home. We also enjoy Indonesian cuisine. (The East Indies were a Dutch Colony and the food became popular.)

Childhood games: Hopscotch, skipping, bike riding. As a family we hiked and camped whenever we could. I also roller-skated.

Mary G. Smith

Country of Origin – Myself / Ancestors: Canadian, American and Norwegian

Why did you (or your ancestors) leave the homeland for Canada? Father was always in Canada, Mother’s family left Oslo because he wanted to farm and thought Canada was the best farming country.

Former occupations for yourself and / family members: Father was in cement, mother worked for tire company. Myself, I was in dry cleaning as a presser, husband was in auto wrecking and sales.

What were some of the adjustments you had to make when you arrived in Calgary? Finding housing and work. Found Calgary very friendly and welcoming. Easy to find work and living accommodation.

Languages spoken in your family: French and English, Cree

Favorite Food(s): Baked fresh bread, steak and pierogis

Special memories in Canada / Calgary: First rodeo and traveling to Banff, getting lost, and visiting father at Currie Barracks. Father was a Corporal in Princess Patricia’s Canadian Light Infantry.

A memory that is special to you: Our first owned home in Bowness on Bowcroft Road, children’s graduations, first son’s birthday.

Special family traditions / celebrations: Sunday breakfast with the whole family, mom’s special pancakes and maple syrup. My dad and his special sense of humor, which we didn’t know if we should laugh or not. We watched to see if he would smile.

Childhood games: Baseball and being a punching bag for brother. Dad put us in boxing, my sister and I would box with our brother David, and when we learned to punch back, he let it go.



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

Moving Sale!

Ding Table, Microwave, Portable Air Conditioner, Office Desk, Lawn Trimmer, TV Stand, Single Bed with Box & Frame, and Radio

Call 403-861-1841

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

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.

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.

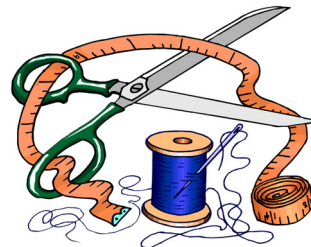
Please call Fred at 403-686-4302.

Moments Fashion Solutions

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779

www.momentsfashion.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 / 2018 Recycling Schedule

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	December 2017 – 5, 12, 19 January 2, 9, 16, 23 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3, 10, 17, 24, May 1, 8, 15, 22, 29, June 5, 12, 19, 26, July 3, 10, 17, 24, 31, August 7, 14, 21, 28, September 4, 12, 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18
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C181 to E358	Wednesday	December 2017 – 6, 13, 20, 27 January 3, 10, 17, 24, 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, 27, 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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E361 to H556	Thursday	December 2017 – 7, 14, 21, 28 January 4, 11, 18, 25, 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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H561 to L745	Friday	December 1, 8, 15, 29 January 5, 12, 19, 26 February 2, 9, 16, 23, March 2, 9, 16, 23, April 2, 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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Pick-up April 2 instead of March 30



CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 10	11	12 Parking @ 7:00 Membership @ 7:00	13 CSI @ 1:30 pm Property Enhancement @ 7:00	14	15	16
17	18 Joint Board / Finance Meeting@ 7:00	19	20 Board Meeting @ 6:45	21	22	23
24	25 Shop and Office Closed for Christmas Day	26 Shop and Office Closed for Boxing Day	27 Shop and Office closed in lieu of Christmas Eve	28 SHOP AND OFFICE OPEN REGULAR HOURS (OPEN 8:30 - 4:30)	29 SHOP AND OFFICE CLOSED AT NOON (OPEN 8:30 AM – 12:00PM)	30
31	January 1 Shop and Office Closed for New Year's Day	2	3 Property Maintenance @ 7:00	4	5	6
7	8 Newsletter @ 7:00	9 Parking @ 7:00 Membership @ 7:00	10 Property Enhancement @ 7:00	11 Entertainment & Social Events @ 7:00	12	13
14	15	16	17 Personnel @ 7:00	18 New Member Education Workshop @ 7:00	19	20
21	22 Finance @ 7:00	23	24 Board Meeting @ 6:45	25	26	27
28	29	30	31 Annual General Meeting @ 7:00 @ Grace Lutheran			

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

