

# Connections Newsletter

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November 2017

## **BOARD OF DIRECTORS REPORT:**

To begin, we wish to say thank you to all members who attended the October 21<sup>st</sup>, 2017 Members Meeting. The opportunity to be involved and have your voice heard is a wonderful privilege of living in a housing cooperative! We had 126 units represented.

## **Remembrance Day Nov 11**

Please take a moment to consider and honour the men and women who have and still do defend the freedoms we have in this great country. They deserve our thoughts and gratitude not just on November 11, but whenever we are reminded of the many privileges we enjoy.

## **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 – be cheerful and helpful whenever you can be!

## **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](mailto:janine@sarceemeadows.coop) or fill out the form in this newsletter and drop it off to the office.

## **Clarity on Committees**

Thank you for your feedback at the October 21<sup>st</sup>, 2017 Members Meeting. Please be sure to check out the Co-op Education later in this newsletter which includes a Q&A based on the questions that were raised at the meeting as well as a list of the 15 committees we have at SMHC. The committees with an asterisk are the ones that require an application.

**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 October everyone is getting ready for the end of the year, inventory is done and reports are created to wrap up the year and get ready for budget roll-over. There were a number of cupboards installed, floors done, a few bathrooms repaired/replaced, and locks replaced/repared.

The Board of Directors, the Committees and the office will be working on the Year End and the Building Condition Assessment report in the next couple of months before the Holiday Season.

### **Green Dream**

There was a survey sent in the Summer newsletter with regards to Green Dream. This was a result of some concerns voiced during the June Member's meeting. Of all of the responses received only 8 out of 380 units were less than positive. Please see the following pages for more detailed information.

### **Question from a Member (June Members' Meeting)**

**Question** - *"I would like to know and I am sure other members would as well, just why the employees' salaries are recorded as one lump sum. They should be declared as individual amounts. How can we as their employers make a decisions as to whether or not the budget line allotted to this is too high or not if we can't break it down? Considering we the members are their employers we should be privy to this information."*

**Response** - There are a number of reasons why members shouldn't know individual staff wages, Privacy being a big one of them. The Membership are our employers but they have elected their representatives who are the Board Members, the Board has delegated their employer responsibilities to the GM and the Personnel Committee. If a member has concerns about the wages of staff members they should be directing a letter to the Board, the GM or the Personnel Committee.

### **General**

November is a time of reflection, remembering the sacrifices of the men and women in our Armed Forces. I would like to thank all that have served past and present.



Thank you,

Roberta Miller  
General Manager



## **Green Dream Survey Questions and Comments**

1. The majority of comments were similar to the following:
  - Love the work they do, well worth the money.
  - As a senior I am very happy Green Dreams is here, it is hard for me to maintain my yard and sidewalk. I don't want to have to rely on my neighbours.
  - Sarcee Meadows has never looked better. I have a lot of comments from friends and visitors about how much better it is looking since Green Dream has been here.
  - Very pleasant and positive team. The young men are very professional and helpful.
2. We would like advance notice before they start doing the spring clean-up. The high powered blowers send gravel and debris at the cars, some members felt their cars were being sand blasted. Overall though this member felt the team did well grounds look nice and the sidewalks were clear in the winter. Would like some SMHC Members to have pride in their yards by removing debris, garbage and weeds. Suggested reminders for Members to water their yards as well. This would help Green Dream do their job.
  - Green Dream was spoken to about the blowers and spring clean-up. They will be making every effort to direct the debris away from cars.
  - Will Green Dream be doing large bushes and hedges? Yes, if you need your hedges or bushes trimmed please let the office know, this way the work can be directed to the appropriate person whether it be our arborist Tom or Green Dream.
3. A Member wrote their concerns about the hedges, the length of the grass and the noise of the blowers for snow removal.
  - If you need your hedges or bushes trimmed please let the office know, this way the work can be directed to the appropriate person whether it be our arborist Tom or Green Dream.
  - Generally grass does better when it is left longer, especially in Alberta. There is a wide range of preferences when it comes to how long grass gets kept and how often it is mowed. Green Dream has a standard length for all of Sarcee Meadows and cannot raise or lower their equipment per lawn to cater to preferences. Sometimes the grass will get longer due to unexpected growth, weeks of wet weather and areas that are missed. If you feel your lawn or a common area was missed, please let the office know. Green Dream will attend to it promptly.
  - Noise of blowers, yes they are noisy, Green Dream has tried to vary their schedule during the winter to vary when this noise happens. I.e.: one section will not constantly be hearing blowers at 7am. Snow blowers are generally industry standard now because they do remove snow more

quickly and efficiently with less damage to the surrounding grass under the snow. Green Dream does follow up with salt and ice/footprint removal.

4. Green Dream never shows up the same time or day, don't wear safety equipment and damages the wood of my fence or deck.
  - In the spring and fall the schedule can be varied, less mowing is needed and Green Dream is working on spring or fall clean-up. They do work to keep to the mowing schedule, but sometimes weather will prevent this.
  - Safety equipment is the responsibility of Green Dream, not SMHC. Green Dream pays their own WCB and other personnel expenses.
  - The wood around SMHC is being damaged by the whipper-snippers that Green Dream uses. SMHC has spoken to them about this. They will be trying to find the balance between a wire that will work efficiently for them but minimize the impact to our wooden surfaces.
5. Green Dream is cutting the lawn too short. It would help them if Members would water.
6. Please provide spring schedule sooner and spring clean-up was missed in some yards. Snow removal was acceptable although the blowers are noisy and irritating. Lot Plowing was unacceptable and the attitude of owners was unprofessional.
7. Concerns about costs, wondering how we came up with the figure of Green Dream costing the same or just a little bit more than it did before.
  - Prior to this year the cost of lawn care and snow removal, or other services that Green Dream provides has been spread throughout the budget. Because it is now listed all in one place it seems like it is costing much more. The cost outlines have been presented in newsletters and at the budget meeting. These presentations show there is very little cost difference between what Green Dream charges and other years when we have hired seasonal staff to do the work. Green Dream also has the ability to do much more for Sarcee Meadows, than our previous seasonal staff.

**We are opening one of the lids on the garbage bins because some of our members cannot open them to get their garbage in. Please leave at least one side open. Thank you.**

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



The wet and rainy weather couldn't keep us down on Halloween night as we simply moved things indoors! Plenty of little princesses, animals, superheroes, fairies, monsters, ghostbusters, and many more passed through a spooky B50 to get their fill of hot dogs, hot chocolate, and goodie bags. We handed out 160 goodie bags in all so despite the weather this was a great success!

Our next event is coming up quickly as we now look forward to our 2<sup>nd</sup> Annual Winter Social and Potluck Dinner on November 18, 2017. This event will run from 6:00 pm to 12:00 am and includes a potluck dinner and also a DJ providing great music for dancing! For dinner all the fixings for "Build Your Own Sandwiches" will be provided by the committee and guests are strongly encouraged to bring additional snacks, sides, entrees, and/or desserts to share with your neighbours. There will be a Cash Bar with beer, wine, and coolers. This is an adult only event upstairs, however babysitting services will be provided in the downstairs area of the hall. Tips are encouraged! We hope to see you all there!



## **ENVIRONMENT COMMITTEE:**

The City of Calgary deadline of November 2017 for the Green Cart Food and Yard Waste Program is now here! We are pleased to see that we are progressing very well here in Sarcee Meadows on being ready for this program however there is still some work to do in order for us all to remain compliant with this new bylaw. See the Eco Alley article below for some tips that were provided by Katy Thompson from Waste Management during the recent Members Meeting. If you require an additional kitchen catcher bin for your organic recycling please notify the office by November 15th, 2017. They are \$10.00 each.

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 small green organic recycling bins (NOT the large garbage bins). Fall leaves and yard waste can also be put into the small green organic recycling bins.

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!

## **ECO ALLEY – NEWS YOU CAN USE – REDUCE, REUSE, RECYCLE!**

At the recent Members Meeting held on October 21<sup>st</sup> we had an Organic Recycling Presentation provided by Katy Thompson from Waste Management. There were many excellent questions asked and lots of tips and information provided. Some of the highlights are provided here, further information can also be found on the City of Calgary's "What Goes Where" site at [www.calgary.ca/whatgoeswhere](http://www.calgary.ca/whatgoeswhere).



### **Regular Recycling:**

Cups, rinsed and cleaned  
Plastic 1-7 larger than a credit card  
Cardboard with plastic parts separated  
Flyers and newspaper  
Coloured glass  
Clean foil  
Plastic bags – bagged within one bag

### **Garbage:**

Lids  
Tin foil with food waste on it  
Styrofoam  
Binders unless they are separated  
Coffee pod tin lid  
Plastic tablecloths  
Broken glass  
Diapers and feminine hygiene  
Pumps on bottles

### **Organic Recycling:**

Soiled paper and cardboard  
Pet waste including kitty litter – in compostable bags only  
Coffee and the mesh  
Newspaper  
Kleenex, paper towel, napkins  
Cooking oil  
Only use compostable bags not biodegradable

### **Other Recycling:**

Paint cans can be taken to the fire hall or some hardware stores  
Aerosol spray cans at the City or fire hall  
Wood can be taken to some recycling centers

- Labels do not need to be removed anymore just make sure the jar or can is clean. Plastic bands do not need to be removed. The plastic lid are garbage.
- Mixed recycling does not need to be separated.
- You don't have to use bags the kitchen catcher is washable.
- Food decomposes in 5 – 10 days which can lead to fruit flies. Adding paper towels, etc. can absorb moisture and reduce the flies. Apple cider vinegar in a dish or gar with plastic cover with holes, or add water and dish soap – no cover needed.
- If compostable bags are used for your organics there will be little to no smell.
- Check with local schools to see what they are collecting.
- Any paper/cardboard that gets wet with rain and snow will be dried at the facility.
- We will look for and provide contamination statistics.
- **If garbage does not fit or cannot be compacted it cannot go in the garbage bin. Save it for the “Big Bin” or call companies like 1-800-Got-Junk.**

### **Organic Recycling Presentation** Katy Thompson – Waste Management

#### **Overview:**

- Cups, rinsed and cleaned, are recyclable – no lids.
- If you are unsure or not able clean it goes in the garbage.
- Greasy boxes cannot go in recycling.
- Foil wrappers are not recyclable.
- Plastics number 1-7 are recyclable, but not if it is smaller than a credit card.
- Labels do not need to be removed anymore as long as it is clean. Plastics band do not to be removed, lids are garbage.
- Soiled paper and cardboard can go into the compost/organic.
- Styrofoam is garbage – always.
- Mixed recycling does not need to be separated anymore.
- Remove staples.
- Cardboard with plastic parts can be separated.
- Pet waste, including litter, bagged in a compostable bags is okay despite what the bin says.

- Do not to use bags in kitchen catcher – bins are washable.
- Food decomposes in 5-10 days which can lead to fruit flies. Adding paper towels, etc. can absorb moisture reducing flies. Apple cider in a dish or jar with plastic cover with holes, or add water and dish soap - no cover needed.
- Talk to office if you need more bins – order by November 15 - \$10.00.
- Binders would be garbage or take it apart.
- 935 yards a year with the bins we have diverted to organics rather than landfills
- Keurig pods can be separated – coffee in organics, foil in garbage, and plastic in recycling. Some are now 100% compostable.
- Flyers and newspapers are still recycling – newspapers are also organics.
- Plastic table cloths are garbage.
- If everything is bagged in organics there will be little to no smell.
- Kleenex, paper towel, napkins are all organics.
- Colored glass is now acceptable. Broken glass is always garbage.
- Check with locals schools to see what they are collecting.
- If there is any food residue it is garbage.
- Diapers and feminine hygiene products are garbage.
- Foil needs to be clean.
- Plastic bags need to be bagged within one bag to be easily pulled off the belt.
- Only compostable bags in organics, not biodegradable. Biodegradable breaks down into little pieces of plastic – eventually.
- Aerosol spray cans can be recycled at city or fire halls.
- “What Goes Where?” on City website is a valuable tool.
- Some hardware stores take back paint cans.
- Pumps on bottles are garbage.
- Wet paper will be dried out at facility once it is collected.
- We will look for and provide contamination statistics.
- Cooking oil goes in organics.
- If garbage does not fit or cannot be compacted it cannot go in the garbage bin. Save it for the “Big Bin” or call 1-800-Got Junk or similar.
- Some recycling centers have a wood bin.

### **NEWSLETTER COMMITTEE:**

Dear members,

“Connections” newsletter is the principal communication tool for all SMHC members.

Adults, children and youth are not only encouraged to read the content. You are invited to participate. You are welcome to send us stories about your holidays, share traditions, legends, children’s unknown fairytales, stories

from other nations, poems, tips and other bits of information that others would enjoy reading.

We may not be able to immediately include every submission, but we will continue focusing our efforts on increased quality of Connections and ensure that each issue of the newsletter has an interesting content and none of your materials would be ignored.

In November's issue, one of the highlights the Newsletter Committee is presenting, is the Photo contest for Children and Youth. To participate, there is no need to own a camera. Photos can be taken by any smart phone. However, those children who own a camera they are encouraged to use it to the best of their abilities.

Complete information about the contest is included in this newsletter. The Committee is prepared. We have several prizes waiting for you. Please participate.

To reflect better the demographics of our COOP, the Newsletter Committee would like to extend the invitation **to our youth to join the Committee**. We need your enthusiasm, your perspective on young people's issues. You are the future of our "Village". We need your voice. We need one or two young members to make a difference.

Those interested, please contact: [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

Until next month,

Respectfully submitted by:

Slawa Gruszczynska

## **Children & Youth SMHC Photo Contest!**

### **Give us your best shot!!**

SMHC is a great place to grow up and we want you to show it! Take a photo of your favorite place, activity or special moment here in Sarcee Meadows and share it with us all!

#### Contest Rules:

- Photos must be taken by the child and can be taken by smart phone, tablet, ipad or camera.
- Photos must be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) by Thursday, November 30, 2017.
- One photograph entry per child
- Each entry must include name of child, age, unit number and phone number
- Winners will be announced in the December newsletter

Prizes will be awarded to the following age groups:

- 3-5 years old
- 6-8 years old
- 9-11 years old
- 12-14 years old
- 15-17 years old





## **CO-OP EDUCATION:**

In keeping with common practices among many cooperatives, including housing cooperatives, SMHC has a long history of having many committees in place to assist the Board of Directors with much of the work that they do. As with anything our committee structure has evolved, changed, and adapted as needed in the nearly 50 years since SMHC was incorporated. To help understand some of the recent changes and to encourage our members to continue their rich tradition of committee involvement please see the following Frequently Asked Questions (FAQ) below:

### **Committee Changes – FAQ**

#### **1. Which committees have been affected by the committee structure change?**

Five out of fifteen committees have been affected by the committee structure change. The Finance Committee, Grievance and Resolution Committee, Membership Committee, Personnel Committee, and Property Maintenance Committee are the five committees that have been affected.

#### **2. What does the application process look like?**

An application to any of the five committees can be picked up from the office. The application itself consists of two questions:

1. Why do you want to join this committee?
2. What do you have to offer to this committee?

Once the application is filled out, the application is to be returned to the office at which point the applicant's name will be removed from the form. The anonymous application will be sent to the Board of Directors for consideration at their next available Regular Board Meeting.

#### **3. What other changes were made aside from adding an application requirement?**

Term limits were applied to committee members as well as a set minimum and maximum number of how many committee members can sit on a committee.

#### **4. Can I apply to multiple committees and/or sit on multiple committees?**

Yes, you may apply to multiple committees. You may sit on more than one committee at a time whether you are selected by the Board when an application is required or if you choose to join any of other ten committees where an application is not required.

#### **5. Why were changes made in the first place?**

SMHC committee members were consulted in June of 2016 regarding the committee structure through a survey. One survey was distributed to every active committee member at that time. Out of the 96 surveys sent out, 57 were returned. Many surveys made a variety of comments that indicated a need for the committee structure to be changed and also provided suggestions on what those changes could be. The Board responded to the feedback by implementing a new structure and process that would help facilitate the changes that were requested by the community.

#### **6. Can I sit in on a committee meeting even if I am not on the committee?**

You may sit in on the non-confidential portion of a committee meeting even if you are not on the committee with the permission of the committee Chair. Whenever possible please request to attend the meeting at least one week prior to the meeting date. This allows for the committee to accommodate your request by setting up their committee agenda appropriately. Due to the nature of their business the

Personnel Committee and the Grievance & Resolution Committee would not be able to accommodate guests.

**7. Can I get a copy of the committee minutes even if I am not on the committee?**

The Minute Distribution Policy currently states that committee minutes are distributed to the Board of Directors, all other committee or task force chair people upon request, and to the members of that committee or task force. To gain access to the committee minutes please join/apply to the committee of interest, volunteer to be the Chair of a committee, or consider running for a position on the Board of Directors.

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**Sarcee Meadows Housing Cooperative Ltd.  
Active Committees**

A list of our committees and when they meet each month:

**C.S.I. (Co-op Seniors Interests)** – meets in the afternoon a few times a year – no set day

**Education and Involvement** – meets usually Thursdays every quarter or so

**Elections** – meets as needed a few times a year

**Entertainment and Social Events** – meets the first Thursday of every month

**Environment** – meets usually the second Wednesday – every second month

**\*\*Finance** – meets the third Monday of the month – members selected by application – up to 9 members

**\*\*Grievance & Resolution** – meets as needed – members selected by application– up to 9 members

**Honors and Awards** – meets a few times a year, no set date

**\*\*Membership** – meets the second Tuesday of the month - members selected by application– up to 9 members

**Newsletter** – meets the first Monday of the month

**Parking** – meets the second Tuesday of every month

**\*\*Personnel** – meets the third Wednesday of the month - members selected by application– up to 9 members

**\*\*Property Maintenance** – meets the first Wednesday of the month - members selected by application – up to 9 members

**Property Enhancement** – meets the second Wednesday of the month

**Security Task Force** – meets usually Thursdays, but no set date

For further information, or to join/apply for a specific committee, please contact Janine Bell, Volunteer Coordinator, at 403-246-2746 Ext. 102 or [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

## **WOMEN'S CIRCLE:**

### **November is Epilepsy Awareness Month**

**A member of our Women's Circle shares her personal journey with epilepsy as her son bravely faces this illness head on.**

It's ironic that our family's journey with epilepsy began during a month dedicated to raising awareness of a disease we knew nothing about. We knew what epilepsy was, of course, and some basics, like 'don't put a spoon in the mouth of someone having a seizure' and 'in the middle ages, epileptics were incorrectly believed to be possessed by the devil', but during our son's first massive seizure, that knowledge was useless. NOT ONCE did the 911 dispatcher ask if there were demons involved, and I didn't have a single spoon with me to purposely avoid using.

After a tense holiday season filled with hospital visits, neurological evaluations, EEG's and MRI's, our son received a diagnosis from his neurologist. He has epilepsy- a disorder characterized by recurrent, unprovoked seizures, often with no underlying cause.

Like any mom whose child's health is in question, I immediately started reading anything I could get my hands on, and educated myself as much as possible. In the last 3 years I have learned a lot of great stuff, and collected (and ignored) a lot of useless information. I'm sharing today what I wish I had known back then.

- **A seizure doesn't always look like it does on TV.** The massive seizure that first alerted us to our son's condition was preceded by tons of others we hadn't noticed. He was falling down a lot, and seemed to be ignoring us. He wasn't paying attention at school, and his short-term memory was shot. He never seemed rested in the morning, and we often had trouble prying him out of bed. Until our neurologist explained these were seizures (or their side effects), we thought he was just clumsier than normal.
- **Epilepsy can surprise you.** Things can be great for weeks or months, and in the space of a few days, your child's health can spiral completely out of control. All it takes is one late dose of medicine, or one trigger too many, and all of a sudden, you're dealing with a 'sick kid'. Appreciate the good times- seize the day.
- **Epilepsy can't kill you, but the complications can.** People with epilepsy slip in the shower. They swim without life jackets (and seize, and drown). They walk in front of cars, or they drink too much and have uncontrolled seizures. 1 in 1,000 of them succumb to SUDEP (Sudden Unexplained Death in Epilepsy), and depression is nearly unavoidable- the suicide rate is 22% higher in epileptics than in the rest of the population. We are always hyper-vigilant.
- **Follow the neurologist's advice.** Take your meds on time and in the proper dosage. Although Anti-Epilepsy Drugs (AED's) can have some pretty awful side effects, they won't kill you, whereas uncontrolled seizures can. Studies are finally being conducted on the use of cannabis products in the treatment of epilepsy, but they're still in progress- until these studies are complete, experimenting with your meds (be they traditional or alternative) can be incredibly dangerous. Trust that your doctor is doing the best they can for your specific needs.
- **Take care of yourself.** Caregivers are especially hard on themselves and should know that they are only human. They are doing the best they can, and they deserve to seek support in whatever way makes sense to them. Utilize your resources, family, friends and community, whether medical or social supports. Having a child with an illness is not a failure.

Above all else, people with epilepsy just want their dignity. It's beyond embarrassing for our son to have a seizure in public, and the last thing he needs is to be treated differently. Please- don't tiptoe around it. If you have questions- ask. If someone affected by it wants to discuss it- listen. As the parents of a child with epilepsy, we want nothing more than to educate you and make his world a little easier.

Take some time this month, and visit <http://www.epilepsycalgary.com>- they're a great resource and source of information for the nearly 24,000 Calgarians dealing with epilepsy. Thanks so much for your time!

**Heather Putman**

# WHAT TO DO IF SOMEONE IS HAVING A SEIZURE

DO 

DON'T 

STAY CALM

PUT ANYTHING IN THE PERSON'S MOUTH

EASE THE PERSON DOWN TO LIE SIDEWAYS

FORCE SOMEONE DOWN OR RESTRAIN THE PERSON

GET SHARP OBJECTS OUT OF THE WAY

BE PART OF A GAWKING CROWD



## WHEN TO CALL 911



THE PERSON DOESN'T HAVE A MEDICAL BRACELET

THE SEIZURE LASTS MORE THAN THREE MINUTES

## WHEN IT'S OVER

- KEEP YOUR VOICE COOL AND SUPPORTIVE
- CHECK IF THE PERSON HAS MEDICATION TO TAKE
- ASK IF THE PERSON WOULD LIKE YOU TO CALL ANYONE

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### **In loving memory of Marla Harding**

A symbol of recognition has been placed in the Fairy section of the H garden in Marla's honour. Marla Harding and her husband Don, were one of the first members of Sarcee Meadows, moving in to our Co-op in 1971. Marla was many things to many people. To the Women's Circle she was our family and mentor and was loved dearly by each of us. I know many members of SMHC feel the exact same way about Marla. On many occasions Marla invited the Women's Circle to her unit and taught us about gardening and she gave us all beautiful planters. She spent countless hours in the garden in H and at the office garden making them both come alive with beautiful flowers and shrubs. She never asked for help. She carried hundreds of pounds of mulch, dirt and sculptures. And she invested a lot of her personal financial resources into these gardens. Only a portion of the expenses was reimbursed to her, because this was her wish; to contribute to the community. Marla, you are gone but never forgotten dear friend. Thank you to Roberta and the office staff, to the Board, and to the Honours and Awards committee for all of your work on recognizing Marla this way.



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### **Our youth and our seniors are such a fundamental part of our community**

It's no secret that when you bring seniors and youth together the result is magical. We discovered that on National Seniors Day right here in Sarcee Meadows. I keep getting asked by the kids what we are going to do next. They are so eager to volunteer and meet more of their neighbors and lend a helping hand. Thank you again to all of the kids that helped out with the gift giving and making special cards for our seniors. We put all of their names in a hat and the winners of the random draw for helping with National Seniors Day were Maha Abbas and Ammaar Khaleel. Their names were drawn at the October General Members meeting and they each received a \$25 Visa gift card courtesy of CHF Canada.





Jevon Putman was just one of many kids that recently received a certificate and cupcakes thanking them for their kindness. Jevon and many other of our youth helped out at our Women's Circle culture event and I wanted to thank them personally for pitching in and helping out.

Jevon is very busy in the community. He recently had the opportunity while selling poppies to pin a poppy on The Honourable Kent Hehr, Minister of Sports and Persons with Disabilities. Jevon is part of the Calgary 18th Scout Troop- they're sponsored by the Army Navy Air Force Veterans! Good job Jevon!!

Quote from CHF Canada – “This is so great to see that the kids at SMHC have such a wonderful spirit of volunteering and helping out. And it just seems to come so naturally to the kids at SMHC, as they have such awesome role models to look up to! Such a cycle of good that is alive and well at your co-op.☺”



We encourage everyone to show a little kindness to your neighbors young and old for going out of their way to get to know their neighbors and lend a helping hand. As you can see from the big smiles on all of the kids' faces a little recognition goes a long way and encourages them to keep making a difference and building community. If you have a story of a youth or anyone else for that matter, which is making a difference in and around our community we would love to hear from you. These youth are our future and we want to rally around and cheer them on to encourage them to keep up the good work.

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### **Women Circle meeting with Premier Rachel Notley**

Members of the Women's Circle were recently invited to attend a special reception for Art From the Unknown with Alberta Premier Rachel Notley. The Premier heard about the amazing work of the Women's Circle and what the community of Sarcee Meadows is working towards. Thank you Premier Rachel Notley for meeting with representatives from the Women's Circle! (Pictured here from the Women's Circle are Slawa Gruszczynska, Kathy Aubichon, and Judy Silzer)





*Disclaimer: Any ads placed in this newsletter are not to be considered as an endorsement by Sarcee Meadows Housing Co-operative Ltd. but are for information only.*

## **Classifieds**

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### **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.*

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### **For sale – Best Offer**

- Computer Desk 21" x 36"
- Man's Golf Bag

Please call Grace – 403-246-5692

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### **Free**

- Ladies cross country skis and poles
- Exercise stepper

Please call Chris – 403-242-5038

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### **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

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### **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

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### **For Sale**

- Microwave Cyclone Energize Panasonic – brand new - \$200.00

Please call – 403-685-1040

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### **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



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### **Healing Intentions:**

Psychic/Medium

Card Readings

Book a party

Call Shelly: 403-660-2045

Energy/Crystal healings

Other Services available



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### **Knitted Dish Cloths For Sale:**

Assorted colours and patterns. \$2.00 each or 3 for \$5.00.

Call Tricia: 403-242-0048



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



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### **Straightline Painting:**

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

Call Peter: 403-998-5179



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### **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.





**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: \_\_\_\_\_

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YOUR NAME AND UNIT #: \_\_\_\_\_

[Use extra paper if required]

# **2017 Recycling Schedule will be changed starting**

## **\*JANUARY 31<sup>st</sup>, 2017\***

**RECYCLING PICKUP DATES:** Recycling will be done **EVERY WEEK**, by sections, on Tuesday, Wednesday, Thursday and Friday unless there is a holiday. Any dates in bold are changed from the regular day.

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<b>A11 to C176</b>	<b>Tuesday</b>	<b>January 31, February 7, 14, 21, 28, March 7, 14, 21, 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30, June 6, 13, 20, 27, July 4, 11, 18, 25, August 1, 8, 15, 22, 29, September 5, 12, 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19</b>
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<b>C181 to E358</b>	<b>Wednesday</b>	<b>February 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, June 7, 14, 21, 28, July 5, 12, 19, 26, August 2, 9, 16, 23, 30, September 6, 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22, 29, December 6, 13, 20, 27</b>
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<b>E361 to H556</b>	<b>Thursday</b>	<b>February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20, 27, May 4, 11, 18, 25, June 1, 8, 15, 22, 29, July 6, 13, 20, 27, August 3, 10, 17, 24, 31, September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14, 21, 28</b>
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<b>H561 to L745</b>	<b>Friday</b>	<b>February 3, 10, 17, 24, March 3, 10, 17, 24, 31, April 7, 21, 28, May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28, August 4, 11, 18, 25, September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 29</b>
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**Pick-up April 17 instead of April 14**



**CALENDAR:**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>November 12</b>	<b>13</b> Shop and Office closed in lieu of Remembrance Day	<b>14</b> Parking @ 7:00 Membership @ 7:00	<b>15</b> Environment @ 7:00 Personnel @ 7:00	<b>16</b>	<b>17</b>	<b>18</b> Winter Social & Potluck Dinner @ Rutland Park Hall from 6:00pm to 12:00am
<b>19</b>	<b>20</b> Finance @ 7:00	<b>21</b>	<b>22</b>	<b>23</b> Education & Involvement @ 7:00	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Board Meeting @ 6:45	<b>30</b>	<b>December 1</b>	<b>2</b>
<b>3</b>	<b>4</b> Newsletter @ 7:00	<b>5</b>	<b>6</b> Property Maintenance @ 7:00	<b>7</b> Entertainment @ 7:00	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> Joint Board / Finance Meeting @ 7:00	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Board Meeting @ 6:45	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Shop and Office Closed for Christmas Day	<b>26</b> Shop and Office Closed for Boxing Day	<b>27</b> Shop and Office closed in lieu of Christmas Eve	<b>28</b> Shop and Office OPEN Regular Hours (8:30 - 4:30)	<b>29</b> Shop and Office closed at Noon (12:00pm)	<b>30</b>

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

