

Connections ♥ Newsletter

February 2018

BOARD OF DIRECTORS REPORT:

*****A number of our committees are very short on members*****

We are looking for additional members for the following committees. It is our hope that you realize the future of SMHC is in your hands and that you will join one of these committees. If we don't get more members on some of these committees by the end of February we are going to have to relook at them. No experience is needed for these committees. Just your desire to learn and to help make SMHC a great place to call home. I have indicated below the current number of members on each of the committees asking for additional members.

*****Finance (2 members)**

*****Grievance and Resolution (2 members)**

*****Property Maintenance (2 members)**

*****Education and Involvement (3 members)**

Honors and Awards (4 members)

Newsletter (4 members)

Personnel (5 members)

Membership (6 members)

Your choice to join any of these 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. If you are interested in joining any of these committees please contact **Janine** in the office for more information janine@sarceameadows.coop

♥ Thank you so much to everyone that came out to the AGM on January 31. It was great to see so many members. The opportunity to be involved and have your voice heard is a wonderful privilege of living in a housing cooperative! We had 150 units represented.

Board Members

We wish to thank Heather Millar, Randy Senft, Tony Yee and Garry Sluiter for their time served on the Board of Directors. We genuinely value your past service and hope that in some capacity, you will continue to share your expertise and knowledge on the membership's behalf. Thank you to Isabel Ciok for continuing on the Board for a second term. We value your commitment and dedication to the success of SMHC. We welcome Helen Serrurier, Joanne Mick, Isabell Reznik and Mike Cooper to the Board. We are looking forward to your fresh ideas and another successful year ahead.

Board Executive for 2018

Chair - Jenn Jenkinson

Vice Chair – Kelly Edwards

Treasurer – John Preston

Corporate Secretary – Kathy Aubichon



Building Condition Assessment


The Board of Directors as well as representatives from our various committees will be meeting on Wednesday February 21st, 2018, with IRC to further discuss plans for the upkeep and wellbeing of Sarcee Meadows. Stay tuned for more information.

Rutland Park Community Association Chili Cook-off

Are you looking for something fun to do on Saturday February 24th? Come on down to the Rutland Park Community Hall Chili Cook-off being held from 4pm to 7pm. Whether you enter your own batch of chili or want to try some new chili recipes this is sure to be a fun event. Look for more information further in the newsletter for additional details. This is another wonderful way to build community and get to know your neighbours. Boxes will be set up if you would like to make a food bank donation.

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.

We wish you a Happy Valentine's Day  on February 14th and a Happy Family Day on February 19th.

Watch for your invitation in the mail for the upcoming Volunteer Appreciation Event on Saturday March 10. This is our way of thanking all of our volunteers for their time and effort. Both of which we are so very grateful for.

Your SMHC Board of Directors

ELECTIONS COMMITTEE:

Successful Evening 

Congratulations and thank you go out to the five candidates who were elected to our Board of Directors at this year's January 2018 Annual General Meeting.

We are very fortunate to have - ISABEL CIOK, MIKE COOPER, JOANNE MICK, HELEN SURRURIER [3 year terms] and ISABELL REZNIK [1 year term] represent us.

After reading their nomination statements in the Annual Report and listening to their short speeches at the evening meeting, it was gratifying to know how much living in Sarcee Meadows meant to them and their families, how this point in their lives was a good time to be serving and how they each brought a variety of skills and ideas to the [board] table.

Additionally, it was encouraging and heart-warming to read and hear, that after a combined time of over 150 years living the Co-operative experience, they were open to exploring new suggestions, honouring cherished traditions and embracing the principals of working together for the common good.

Not wasting any time, our new and still serving directors met the next evening to reorganize, accept committee responsibilities and familiarize themselves with bylaws, policies and procedures.

On our behalf, they are looking forward to doing much good work in their appointed terms. Many thanks goes as well to the membership who carefully considered and registered their votes, the volunteer scrutineers who helped with the count and our office staff for their professional support in the mandated process.

To the five remaining and four retiring members of the Sarcee Meadows Board of Directors, MUCH gratitude for your excellent service and dedication!

Rita Carlson, Marie Forester, Barb Nehring



FROM B50:

With all of the snow we have gotten recently please make sure your exhaust vents for your furnace, hot water tank, and cold air are clear. If they become blocked by snow or ice they can cause the exhaust to back up into your unit which can result in the furnace shutting itself down!

NEWSLETTER COMMITTEE:

The month of February is marked by several family oriented occasions like Valentine's Day and Family Day.

On February 16th, the Chinese New Year, The Year of the Dog will be inaugurated with numerous celebrations. Despite the cold weather, Calgary will acknowledge the Chinese and other oriental communities with vigorous lion dances, lanterns, banquets and family gatherings.



To celebrate Valentine's Day, the Connections Newsletter invites the SMHC membership to participate in a "Hidden Hearts" contest open to all ages. There will be three \$25.00 Gift Cards awarded as prizes as well. For more information about the contest, please carefully read the information below. Good luck to the "keeners."

Are you a young and ambitious over 18 year's old member of our Coop? Would you like to profile youth issues in the Newsletter? What a great opportunity to try journalism on a smaller scale! The Newsletter Committee invites you to join us. You are welcome to come to our meetings and observe. No need for commitments until you are ready.

The Newsletter Committee meets at 7:00 pm on the first Monday of the month at B 50. Meetings are no longer than one hour. We don't meet over the summer. Other members are also welcome to join us.

With best wishes of a Happy Chinese New Year, Happy Valentine's Day and Happy Family Day!

Hidden Hearts Contest:

Have you noticed that there are a number of hearts of varying shapes and sizes throughout this issue of Connections? This is all part of our Hidden Hearts contest in celebration of Valentine's Day! Check out every article, picture, and advertisement very carefully and count how many hearts you can find. Fill out this entry form with your guess and turn it into the office. The closest guesses will be entered into a draw to win one of three \$25.00 Walmart Gift Cards. **Deadline for entries is Monday March 5th, 2018**

Name: _____ Unit Number: _____

How many hearts did you find? _____



August 23, 1968 – August 23, 2018



Planning and preparations are continuing as the Entertainment & Social Events Committee is still looking for ways to celebrate Sarcee Meadows Housing Cooperative Ltd.'s 50th Anniversary of Incorporation! We are still hoping that we will find ways to enhance all of our regular events but we would also like to have at least one event that would be the major celebration.

We'd like to hear from you to know what you want! Please let us know which of these two options you would like to see to celebrate our 50th Anniversary. You may provide your feedback by contacting the office, emailing janine@sarceemeadows.coop, or by visiting our committee meetings.

- Would you like us to have a 50th Anniversary Gala Dinner? This would be a more formal event with a catered dinner or (maybe a cocktail party with hors d'oeuvres), possibly with dignitaries invited as well. With our current budget, and with limited space in many of the venues available to us, we would likely have to sell tickets for this event. It is unknown at this time what the ticket cost would be. **Would you prefer a 50th Anniversary Gala Dinner which would require the purchase of a ticket in order to attend?**

OR

- We are still going to have our Summer BBQ Family Event in August, regardless of any other plans, as this is our biggest and best event every year! The question is would you like to see this event be bigger and better than ever to celebrate our 50th Anniversary? As mentioned last month we might be able to include a Senior's Tea, to be served by some youth volunteers, and maybe include playing bingo. Perhaps this could include a "beer garden" or transition into our Adult Social in the evening. We can maybe get more games and activities for the kids and the kids at heart. **Would you prefer a 50th Anniversary Summer BBQ that would include activities for members of all ages?**

Do you have any other ideas to celebrate our anniversary? Please feel free to drop by and visit one of our meetings, or even join the committee, if you have any ideas to share! We usually meet on the first or second Thursday of the month – contact Janine at the office for more info.

We are always looking for general event volunteers, and we will need them this year more than ever! We also happily encourage youth volunteers for all events except the Adult Social! Please contact Janine at the office if anyone in your household are willing to lend a hand at any of these events.

Let's work together to make our 50th year our most fun year ever!

HONOURS & AWARDS COMMITTEE:

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD

Applications are now being accepted for the Irma Pfenghanssl bursary

This one-time bursary of \$1000.00 is to be used for medical, dental or optical expenses for children in school and post- secondary education. If you feel you qualify for this bursary, please fill out the information below. The Honours and Awards Committee has been asked to process applications on behalf of the family.

After Irma and Erich's arrival in Canada in 1951, the family moved constantly with the Canadian Military, never being able to put down roots anywhere, never having a "true home". After years of living in Military married quarters, Sarcee Meadows became their first real home in the early '70's. It meant the world to them. Irma passed away in 2016.

Even though Irma was shy, she was involved with the Board of Directors and served several terms. It is likely she served on every committee at one time or another. She also volunteered at Sir James Loughheed Elementary and the Glamorgan 55 plus Senior's club. She was a member of the Honours and Awards committee for years.

Irma and Erich's lives were filled with hardships after immigrating to Canada. Work was scarce and Erich did not speak English; however his career in the Canadian Military offered some financial stability. They knew first-hand the struggles that families can face during challenging times. Irma felt the need to help other young families and bequeathed a one-time bursary of \$1000.00.

PLEASE PRINT

Member's Name _____ Unit # _____ Phone # _____

Assistance can be provided for one or more expenses or one or more children not to exceed \$1000.00.

Expense applying for: Medical _____ Dental _____ Optical _____.

Please give detail and estimated costs: _____

Child/Children's Name _____ Age/Ages _____

Please attach a written estimate of work required and return to B50 Sarcee Meadows c/o The Honours and Awards Committee. **Deadline for applications is Wednesday, February 28, 2018.**

Interviews will not be conducted but we might need to phone with questions for clarification. The more detail provided, the better.



DID YOU KNOW?

THE ISSUE WITH LDPE PLASTIC BAGS:

The first plastic sandwich bag was developed in the 1950's, and department stores started using plastic shopping bags in the late 1970's. Supermarket chains were not using plastic bags until the 1980's -- and the effort to phase them out started almost as quickly as the bags were used across the globe.



In 2018, an estimated 1 Trillion LDPE (plastic) bags will be used around the world. But it is estimated that between 5.5% and 6.8% of those trillion bags will be recycled. The rest may be reused once or twice, but nearly all will eventually end up in the landfills.

That is an estimated 945,000,000,000 bags in the landfills this year, or roughly 11,462,850,000 pounds of plastic that will not breakdown or biodegrade in the aerobic environment of modern landfills.

That is nothing short of horrifying.

Some cities like Fort McMurray and Montreal are leading in Canada in banning these LDPE bags. California has banned the bags, as well as International cities such as Morocco (once the 2nd largest consumer of plastic bags per capita in the world - behind the USA).

Here in Calgary, while some retailers have taken independent steps to shift consumers away from plastic bags, the issue remains unregulated. Here, as well as in most of Alberta. Some retailers charge a levy on each bag the consumer uses but is this levy being used to support environmental programming in the province? Some retailers credit consumers for each cloth bag they use when buying their goods. However, there still remains a gap in the regulating of the use of plastic bags.

What can we do??

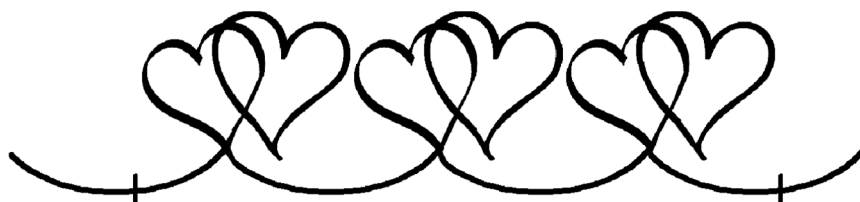
- 1. Stop using single use bags.** Full stop. Buy reusable bags, crates, boxes, or other carrying aides and use them. There was a time just over 20 years ago when plastic bags were not used - consumers and retailer made do with cotton, paper, and cardboard. Can you do a full week shopping like it's 1979? How about a year?



- 2. Be environmentally conscious.** Encourage others to shift away from the use of plastic bags. Many retailers have a supply of cloth bags with their logo on them, which are not too expensive and some are very colorful. Get used to using these cloth bags and any others you may have in your home that need repurposing for your next shopping trip. See if you can shop "like it is 1979"!!

- 3. Shop local.** That is shop at places where your values are echoed by the parent company. **Community Natural Foods** does not even have a LDPE bag to sell you, and **Calgary Co-op** is committed to investing in our community. They are among a number of local businesses that you will find are actively engaged in environmental issues.

Source: GREEN CALGARY



CO-OP EDUCATION:

How Do I Know If I Have Bed Bugs

QUESTION: How do I know if I have bed bugs?

ANSWER: Are tiny bugs crawling on your bed and keeping you up at night? Do these bugs that have six legs, a small apple shape and bodies smaller than 6mm? Do you smell crushed coriander or do you see rusty brown blood spots on your skin or bedding? Do you see discarded skins of previous molted bugs in and around your bed and baseboards? If you answered yes to any of these questions, you may have bed bugs! Bed bugs are true bugs that have a 3-segmented part beak and two tubes that inject saliva and an anticoagulant to draw up your blood directly into its waiting gut. They have a scent gland and 4-segmented antennae. Click [here](#) to see what a bed bug looks like.



One adult female bed bug can lay 2-5 eggs per day. In 10 – 14 days those eggs will hatch into baby bed bugs, called nymphs, which are only about 1.5mm in size and yellowish white in color. Those nymphs must find a blood meal, preferably a human one, within 24 hours or it will likely die. Bed bugs go through 5 nymphal developmental stages, called instars, and molt between each one until they reach the adult stage where they are sexually reproductive. An adult bed bug, depending on conditions, can survive in your home for approximately 3 months with a host present. If the host leaves, all stages will go into a semi-hibernation state and wait for a warm-blooded host to return so they can continue producing more bed bugs to feed on you.

Treat any bed bugs found with an appropriately labelled pesticide. Mattress and box spring encasements should be used. Depending on size of infestations found, multiple treatments may be needed. Treat night stands, stuffed furniture, baseboards, floorboards, behind loose wallpaper, light switches, door and window frames, conduits, wall voids, attics and other enclosed places with properly labelled residual insecticide. Use insecticide dust in wall voids and under carpet seams. Vacuums are a great way to physically remove bed bugs from an area. Be sure to vacuum cracks and crevices where bed bugs hide. Also, when finished vacuuming, treat the vacuum hose and throw away the vacuum bag.

It's important to bring a sample of any suspected bed bugs to our experts at Poulin's Pest Control. Positive identification of these blood feeding nuisance pests is critical to rid your home of these pests. Please do not be ashamed or embarrassed as anyone can get bed bugs, they do not discriminate and are great hitch hikers on almost any item or person. Know what to look for and call us to set up a program to eradicate them from your home.

What is in a Name?

What to Call Me?

Keep in mind that there is no single term to describe indigenous peoples of Canada. Around the world aboriginal, first nations, native, indian, indigenous are often used.



I prefer First Nations.

Hello, my name is Kim and you may have guessed already, I am a first nations person. I belong to the Cree Nation; my Band is Saddle Lake in Northern Alberta.

I am:

- a direct descendant of Joseph Howse who was the first trader of the Hudson's Bay Company who crossed from Alberta to BC through a rocky mountain pass in 1809 in search of a trade route to the west. The pass and mountain were named after him.
- On a side note if you love hiking, Howse Pass is a beautiful place to hike in the summer, but watch out for bears.
- a direct relative to Samuel Livingston the husband of my great aunt Jane Howse.

You may be asking yourself why am I writing an article and what is the purpose of this article doing in our newsletter. I am here to challenge you and to share some interesting tidbits of the First Nations people.

Why call me First Nations and not aboriginal?

Aboriginal: most people assume the word aboriginal means "the first inhabitants" or "from the beginning". The root meaning of the word "ab" is a Latin prefix that means "away from" or "not" and so aboriginal can mean "not original".

The issue is not so much about a word, it is more about reclaiming identity.

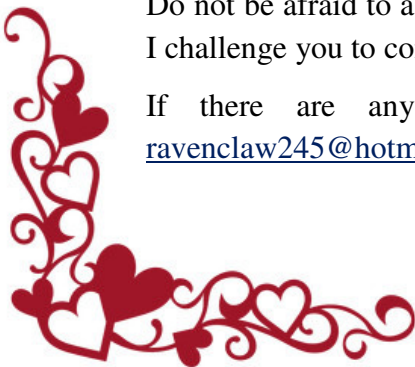
First nations people have done much to reclaim their identity by striving to become independent and self-sufficient, however some individuals are struggling with their own identity.

With all the names, people's feelings get hurt. I have always maintained that I should call people what they want to be called, and if I make a mistake when I refer to someone's name, I ask that they please "guide me gently to a higher understanding" like the elders do. I never mean to offend anyone.

I hope we can teach each other about these things in a good way. The unknown can be scary, but it can be eye opening, an aha moment, a moment in time when the light bulb comes on, or a single moment of I never knew.

Do not be afraid to ask, I would rather be asked a question than for you to assume, I love to share. I challenge you to consider your heritage and find what is in your name.

If there are any topics, specific question you have, you may contact me at: ravenclaw245@hotmail.com





COMMUNITY EVENTS:



You're invited

to the annual Rutland Park Community Association

Chili Cook-off!

At the RPCA hall – Saturday, Feb. 24th, 2018

4:00 pm – 7:00 pm

There will be Prizes in the following categories:

“Best Overall” • “Spiciest” • “Vegetarian” • “Original Presentation”

- Family friendly event
 - Admission is free with chili submission
- OR \$2.00 per person (including children over 2)**

We will also be accepting donations for the Food Bank



Adult Day Program Comprehensive

Other names

C3 – Comprehensive Community Care Program

Partners

Carewest

<https://www.albertahealthservices.ca/info/service.aspx?id=1010801>

Phone – 403-943-1920 (Intake - Community Care Access) to see if you qualify and for further information

Languages

Interpreter/Translation services

Description

A long term maintenance and support program that includes a focus on professional health services, a collaborative interdisciplinary approach and a 24 hour responsibility for client needs until death or until care centre placement.

Services may include:

- bus service to the day centre 2 days a week
- a recreation program/social program
- a rehabilitation program
- medical care
- pharmacy services
- lunch
- respite care
- short-term admissions for treatment
- lab



Service providers may include

dietitians, doctors, geriatric medical specialists, home support workers, licensed practical nurses (LPNs), occupational therapists, pharmacists, physical therapists (PTs), recreation therapists, registered nurses (RNs), social workers

Eligibility

For older adults living in the vicinity of Carewest Sarcee or Carewest Beddington:

- have chronic, complex medical problems that may become unstable
- have many visits to emergency departments or hospital units
- need more support to stay living in the community
- may present with signs and symptoms of cognitive impairment but their behavior will not interfere with their ability to interact with other clients
- family requires support to continue in caring for their relative.

Service Access

A referral is required through Homecare. Once your referral is reviewed, you will be contacted to set up a provisional trial with transportation provided to and from the program. Home Care continues during this time. After this 2 week trial, you are admitted to the program or referred to another program that will be appropriate for your needs.

Professional Referral

All admissions are through Community Care Access.

Fees

You have to pay a small monthly fee, which covers all of your costs except for the Alberta Blue Cross part of your medicines.

Fees will be reduced or waived based on client's annual income. No one will be denied access based on inability to pay.

February is Black History Month

The government of Alberta recognized Black History Month in Alberta for the first time in February 2017. As a cultural event for Black History Month in Calgary, UNGANISHA is bringing together artists to help celebrate the rich history of Black Albertans through dance. This is the first multicultural event of its kind in Calgary that will bring together artists across nine different dance styles, dozens of ethnicities and multiple languages. UNGANISHA in Swahili means “CONNECT” which is exactly what the event aims to do in Calgary.

Woezo Africa Music & Dance Theatre and Creoternity Theatre will be launching UNGANISHA, a dance theatre showcase celebrating the history and influence of African culture modern dance on February 17, 2018.

To help increase awareness of Black History Month in Calgary, and the public understanding of diversity and history of the African diaspora, UNGANISHA is thrilled to offer a glimpse at some of the city's best dance performers and choreographers while providing an opportunity to educate audiences about the lesser-known origins of the most popular forms of dance. The showcase will include Tap, Jazz, Hip-hop, Samba, Capoeira, Step Dancing, Afro-Cuban, Afro-Caribbean and Salsa.

UNGANISHA, which means “Connect” in Swahili, will highlight the interaction of cultures that created each dance style, identifying each as both owing to African traditions and distinctly belonging to modern popular culture. By demystifying the origins of each style, UNGANISHA hopes to create an inclusive space where participants are invited to feel connected to the story, either through their own cultural heritage or simply as active agents in the modern world.

Though the historical circumstances around the origins of these styles are closely tied to colonialism and slavery (a fact that should not be forgotten), this project purposely takes a more inclusive, multicultural position, focusing on the creative possibilities that emerge when different peoples, cultures and artistic traditions intermingle.

We believe there is a need for further understanding and appreciation of the contribution that Africans and other marginalized people have made to popular culture. UNGANISHA celebrates Calgary's growing diversity through this new cultural education showcase in our community.

The showcase will take place on February 17, 2018. There are two shows: 2PM and again at 7PM. It is taking place at Mount Royal University, 4825 Mount Royal Gate SW.

Tickets can be purchased through the Mount Royal University ticketing website, through this link: <http://tickets.mru.ca/UNGANISHA>

Regular tickets are \$40, tickets for students and seniors are \$25. However, we believe it will be a sold out show and encourage people to purchase their tickets early.

**BLACK HISTORY HERITAGE CONCERT
"OUR PIONEERS OUR LEGACY"**

**FEBRUARY 18TH, 2018
1:00PM – MIDNIGHT
GENESIS CENTRE
10 7555 FALCONRIDGE BLVD. NE
CALGARY, AB T3J 0C9**

**\$50 ALL DAY PASS (BIG SHOW 2 WORKSHOPS)
\$25 ALL DAY PASS (BIG SHOW 1 WORKSHOP NO BUFFET)
\$25 & \$12 ALL DAY YOUTH PASS
\$10 ADDITIONAL WORKSHOPS
KIDS FREE**

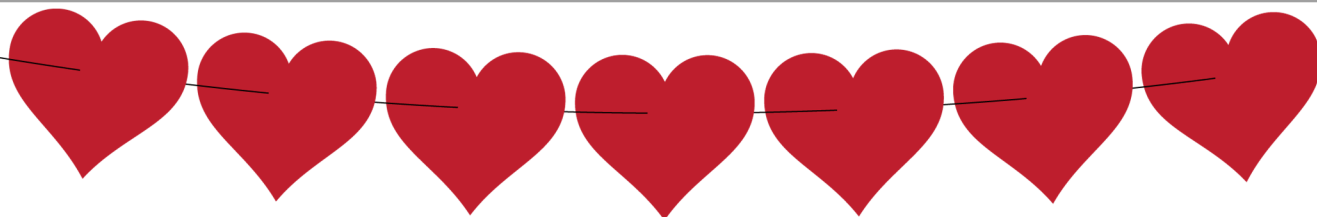
**COMMUNITY
(ALL DAY)
♦ VENDORS
♦ ASSOCIATIONS
♦ AGENCIES**

**FAMILY & CHILDREN TIME
(1PM — 4PM)
♦ KIDS FASHION SHOW
♦ KIDS TALENT SHOW
♦ DRAMA ♦ BOUNCING ABOUT
♦ FACE PAINTING**

**BIG SHOW
(5PM-MIDNIGHT)
♦ BUFFET DINNER
♦ CULTURAL FASHION
SHOW
♦ MUSIC ♦ DANCE ♦ POETRY**

**CALL 587-572-7437
EMAIL
BLACKHISTORYHERITAGESOCIETY@GMAIL.COM
WEBSITE
WWW.BLACKHISTORYHERITAGESOCIETY.COM**

**WORKSHOPS START FEB 18TH — MARCH 31ST, 2018
MENTAL ILLNESS
WORLDMUSIC ♦ POETRY ♦ DRAMA ♦ DANCE
& MUCH MORE**





YOUR PAGE

I recently arrived home from doing errands. Surprisingly to find a gift bag hanging on my door from “My Neighbors” (I have many!) Whoever was involved with this wonderful idea, I want to say thank you from the bottom of my heart. This was a happy day!

Carol Cameron



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

For Sale

My son is downsizing to an apartment and has many items to sell, all in nearly new or very nice condition!

- 100 or more CDs
- Cuisinart Double Bread Slicer
- Bionaire Humidifier (21” – 12” Black)
- Many other items with much more to come.

Contact Irene – 403-242-1934 – B103

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.

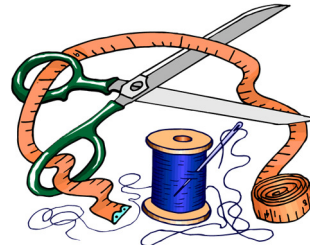
Please call Fred at 403-686-4302.

Moments Fashion Solutions

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779

www.momentsfashion.com



VOLUNTEER OF THE YEAR

NOMINATION FORM

WHAT IS A VOLUNTEER?

Volunteers are individuals who reach out beyond the confines of their normal responsibilities to contribute time and service to Sarcee Meadows in the belief that their activity is beneficial to others as well as satisfying to themselves.

The Education & Involvement Committee is seeking nominations for the:

VOLUNTEER OF THE YEAR.

The process asks that the selection be made from within our volunteer structure only. There are fifteen standing committees – with approximately 150 volunteers. The volunteer of the year will be found from that group!

Let's recognize those special people who extend themselves beyond willingness, beyond their "committees" job description, step out and go the extra mile, foot or inch!

OUTSTANDING CONTRIBUTORS TELL US WHO THEY ARE!!

Everyone is invited to complete an application and nominate someone from our committee structure as the *Volunteer of the Year*.

Complete the form on the back of this page and submit it to the office in care of the Education and Involvement committee.

Deadline for nominations is: FRIDAY, FEBRUARY 23rd, 2018



NOMINATION FORM

VOLUNTEER OF THE YEAR

NAME OF NOMINEE: _____

NOMINEE'S COMMITTEE: _____

DESCRIPTION OF WHY YOU ARE NOMINATING THIS PERSON:

SUBMITTED BY: _____

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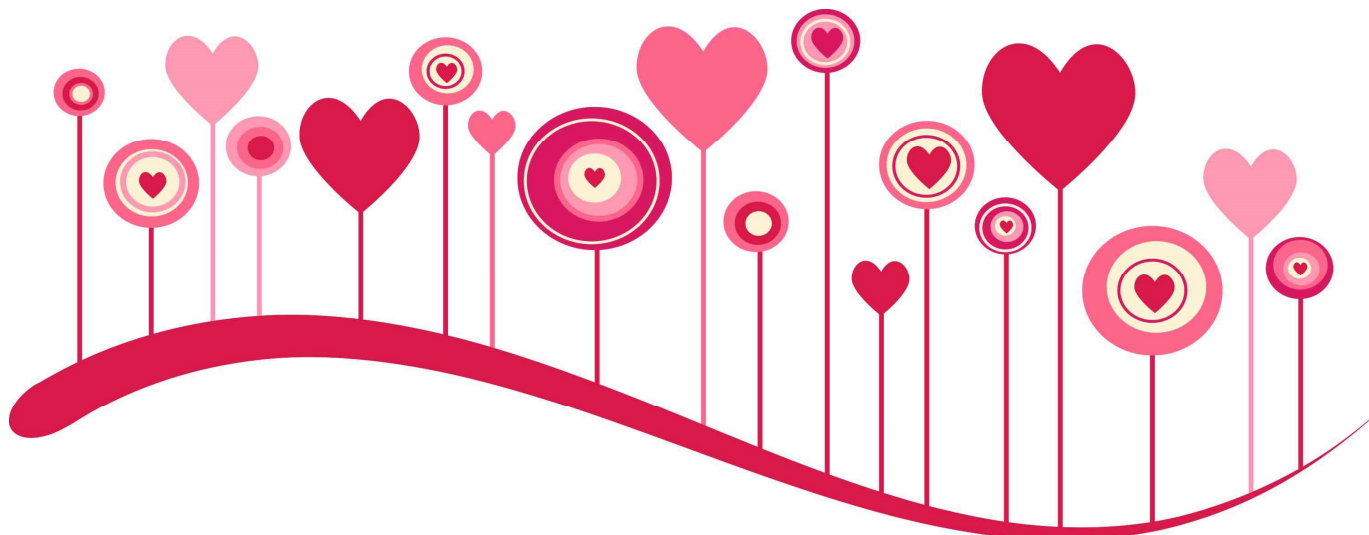
H561 to L745	Friday	January 5, 12, 19, 26 February 2, 9, 16, 23, March 2, 9, 16, 23, April 2, 6, 13, 20, 27, May 4, 11, 18, 25, June 1, 8, 15, 22, 29, July 6, 13, 20, 27, August 3, 10, 17, 24, 31, September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14, 21, 28
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Pick-up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



CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13 Parking @ 7:00 Membership @ 7:00	14 Property Enhancement @ 7:00 ♥	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Board Meeting @ 6:45	March 1 Entertainment @ 7:00	2	3
4	5 Newsletter @ 7:00	6	7 Property Maintenance @ 7:00	8	9	10 Volunteer Appreciation Dinner
11	12	13 Parking @ 7:00 Membership @ 7:00	14 CSI @ 1:30 Property Enhancement @ 7:00	15	16	17
18	19 Finance @ 7:00	20	21 Personnel @ 7:00	22	23	24 Rutland Park Chilli Cook-off 4:00-7:00
25	26	27	28	29	30 Shop and Office closed for Good Friday	31



**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]

COMMITTEE CONTACTS: 2018 – 2019:

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

Chair: Lucille Ranchuk
Board Liaison: Isabell Reznik

Education and Involvement

Chair: Judy Silzer
Board Liaison: Helen Serrurier

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Sandy Christensen
Board Liaison: Jenn Jenkinson

Environment

Chair: Russ Chandler
Board Liaison: John Preston

Finance

Chair:
Board Liaison: John Preston

Grievance & Resolution

Chair: Georgia Gardiner

Honours and Awards

Chair: Audrey Templeton
Board Liaison: Joanne Mick



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

Membership

Chair: Daryl Sedor
Board Liaison: Isabel Ciok

Newsletter

Chair: Slawa Gruszczynska
Board Liaison: Isabell Reznik

Parking

Chair:
Board Liaison:

Personnel

Chair: Pat Fenlon
Board Liaison: Kelly Edwards

Property Maintenance

Chair:
Board Liaison: Mike Cooper

Property Enhancement

Chair: Marianne Pederson
Board Liaison:

Security Task Force

Chair:
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

