

# Connections Newsletter

March 2018

## **\*\*\*COMMITTEES UPDATE\*\*\***

Thank you so much to the members that have joined committees in February and to those that continue to serve on committees. Your willingness to participate and have your voice heard is invaluable.

We have discussed this with each of the three committees involved and decided to amalgamate the **Property Enhancement Committee, the Parking Committee, and the Security Task Force** into one committee keeping the name of **Property Enhancement Committee**. Much of the work that these committees were doing was overlapping with each other so we thought it would be more efficient to have just one committee. If you are interested in joining this committee please contact Janine at the office and she can get you more information on it.

We welcome members of all ages to join our committees but what we really seem to be lacking in the make-up of our committees is our youth. You are our future. We rely on you to bring your suggestions on the direction you would like to see Sarcee Meadows grow.

Do we have any tradespeople in our Co-op? It's hard to believe we only have two members on our Property Maintenance Committee. If you are an engineer, carpenter, electrician etc., we would love to have you join us. Your expertise, experience, and knowledge is a much needed asset to the committee.

**We are still looking for additional members for the following committees. 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.**

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

**\*\*\*Finance (3 members) – one new member joined in February**

**\*\*\*Grievance and Resolution (3 members) – one new member joined in February**

**Membership (6 members)**

**Newsletter (6 members) – two new members joined in February**

**Personnel (6 members) – one new member joined in February**

**Education and Involvement (7 members) – four new members joined in February**

**Honors and Awards (7 members) – three new members joined in February**

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@sarceemeadows.coop**

## **BOARD OF DIRECTORS REPORT:**

Did you know that Sarcee Meadows has a Facebook page? If you haven't already done so I encourage everyone to go to [www.facebook.com/sarceemeadows](http://www.facebook.com/sarceemeadows) and like this page. It's a great way to keep abreast of things that are happening in our community. It's sometimes the quickest way to get information out to our members such as when there is a last minute power outage or water shutoff or a coyote or moose in the complex. Yes we have had moose drop in for a visit.

**Snow Angels**, hats off to each and every one of you that get out and help your neighbours. We have had what seems to be an endless amount of snow since December and it's great to see those that get out to help their neighbours dig out from under it all.

**A Note to our Youth** – (Parents, please be sure your youth are aware.) Did you know that one of the first things that gets looked at by a University/College on an entry application or scholarship application is volunteering?

The same can be said on a job application/resume. Being a volunteer shows that you are community minded and a team player.

Did you know that you can bring a volunteer form to the office and it will be marked indicating the hours that you have volunteered at SMHC. If you are a member who is 18 years or older you can join a committee or even the Board of Directors. If you are under 18 you can help out in many ways at our various events. Contact Janine Bell in the office to learn more. [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

The Sarcee Meadows Annual **Easter Egg Hunt** is coming Saturday March 31<sup>st</sup>. This is always such a fun event enjoyed by our youngsters. More information on this is further on in the newsletter.

### **Random Acts of Kindness**

We only received 5 submissions for Random Acts of Kindness for all of 2017. We hope in 2018 more people take the time to recognize their neighbours and fellow members for their kindness.

Examples of Random Acts of Kindness are:

- Did you get stuck in the snow and someone helped push out your car?
- Did your neighbor get out and shovel your sidewalk before Green Dream had the chance to get to your unit?
- Did someone help carry in your groceries?
- Did someone bring you something special when you were sick?

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.

Your SMHC Board of Directors

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### **B50:**

Roberta is finally back in the office part time after her medical leave! She is very busy getting caught up on all her emails and voicemails. Be sure to watch for her "Miller Time" General Manager's Report in the next issue of Connections.

**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!**

When heading out to your parking lot garbage bins, please remember to leave at least one of the covers open at all times. We have many members that have difficulty opening the bins so this will be a great help to them.

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### **NEWSLETTER COMMITTEE:**

Thank you so much to everyone who entered our Hidden Hearts Contest in February! We had a total of 17 entries, with 13 of them landing within the correct range. For those who are curious, we considered anywhere between 128 and 131 as the correct answers because there were a couple of controversial hearts where we really couldn't agree if they were one heart or two. A random draw for three prizes was made from among those 13 correct entries – congratulations to Janice Goode, Judy Silzer, and Andrew Polyak!



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.

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## **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE**

Mark your Calendars for our Annual Easter Egg Hunt which will be held on Saturday March 31<sup>st</sup>, 2018. There will be two hunts as always: Kids aged 1 to 6 are invited to come out to the Tot Lot in E at 11:00 am, Kids aged 7 to 13 are invited to come out to the Central Park behind B50 at 1:00 pm. Make sure to be there on time as the eggs always disappear super-fast! Watch your mailboxes for all the details!



Thank you to everyone who came out to the annual Volunteer Appreciation Dinner on March 10<sup>th</sup>! It was a small crowd but this year's Television theme encouraged everyone to compete in a Family Feud Style Game Show for great prizes! We had a fantastic meal provided by an Affair to Remember Catering as well! The Committee, as always, put a lot of hard work into planning this event. While we are happy that those that did come out had a great time, we are also disappointed that we can't get more of our fantastic volunteers to join us.

Unfortunately we also find it very disappointing to have people RSVP that they are coming to the event and then not show up, or to have people RSVP when it is too late to add extra numbers, or to not RSVP at all and show up anyway. When an event is being catered we do need to know exact numbers ahead of time so that we can ensure there is enough food for everyone. But on the flip side of that is when we expect a certain number of people, but have 15 to 20 people less than we expected, and we then pay for a lot of wasted food – \$725.00 worth of wasted food this year. We do understand that sometimes things come up that might be beyond your control. However if you have said you were coming, but then realize you can't make it, a courtesy call to the office would be appreciated if possible. At least then we can allow people who RSVP late to come or make other attempts to fill your seats.



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

**We'd like to hear from you to know what you want!** In the last two issues of Connections we have been asking for our members to let us know what kind of anniversary ideas you have, or what kind of events you would like to see. With only a small handful of members providing any feedback at all we are continuing with the standard events we hold each year, including a bigger, better 50<sup>th</sup> Anniversary Summer BBQ as the major event. We are still open to any feedback, ideas, or suggestions you may have. You can provide your feedback by contacting the office, emailing [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop), or by visiting our committee meetings.

We are always looking for general event volunteers, and we will need them this year more than ever! Hey kids! Do you need to do volunteer hours for school or leadership programs? We happily encourage youth volunteers for any of our events (other than the Adult Social) and we will gladly sign your forms to prove you volunteered. Please contact Janine at the office if anyone in your household is willing to lend a hand at any of these events.

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## **PROPERTY MAINTENANCE COMMITTEE:**

WOW, we have a lot of snow, Calgary hasn't had this much snow in many years. The committee would like to remind members to make sure the downspouts are down so the melting snow runs away from the units; be careful if you are digging them out. Watch out for the snow and ice coming off the roofs and trees. Keeping parking stalls clear of ice and snow is a member responsibility. When you are shoveling out your parking stalls please put the snow and ice onto the grass area (snow pile) and not in the middle of the parking lots. Move the snow away from the foundation of the unit where you can and check your basements for any water seepage. Let's hope spring finds us soon. We have ice melt at the office, just bring a container with you.

## **FINANCIAL STATEMENTS:**

<b><u>Sarcee Meadows Housing Co-operative Ltd.</u></b>			
<b><u>Financial Statements - Summary</u></b>			
<b><u>as at January 31, 2018</u></b>			
<b><u>Balance Sheet</u></b>			
<b><u>Assets</u></b>			
Funds on Deposit	\$ 2,904,296.93		
Other Assets	\$ 1,581,342.36		
<b>TOTAL ASSETS</b>		<b>\$ 4,485,639.29</b>	
<b><u>Liabilities - current</u></b>			
Long Term Liabilities	\$ 787,088.79		
<b>Total Liabilities</b>		<b>\$ 787,088.79</b>	
<b><u>Reserve funds</u></b>			
Housing Charge Assistance	\$ 378,129.63		
Replacement Reserves	\$ 2,166,019.61		
<b>Total Reserves</b>		<b>\$ 2,544,149.24</b>	
Retained earnings + current deficit		\$ 1,154,401.26	
<b>Total Liabilities, Reserves, Member Equity</b>		<b>\$ 4,485,639.29</b>	
<b><u>Income Statement (for 3 months - November 1, 2017 to January 31, 2018)</u></b>			
	<b>Actual</b>	<b>Budget</b>	<b>% of Budget</b>
Revenue from Housing Charges	\$ 974,673.00	\$ 3,896,692.00	25%
All other income	\$ 23,042.13	\$ 171,950.00	13%
<b>Total Revenue</b>	<b>\$ 997,715.13</b>	<b>\$ 4,068,642.00</b>	<b>25%</b>
<b><u>Expenses</u></b>			
Total Insurance & Property Taxes	\$ 135,566.41	\$ 650,265.00	21%
Total Utilities	\$ 178,300.52	\$ 877,192.00	20%
Total Routine Maintenance Costs	\$ 145,979.03	\$ 599,500.00	24%
Total Personnel and Payroll Costs	\$ 217,420.70	\$ 846,650.00	26%
Total Administration Costs	\$ 8,872.89	\$ 69,202.00	13%
Total Democratic Functioning	\$ 34,672.42	\$ 151,900.00	23%
Total Reserve Savings	\$ 217,489.00	\$ 869,800.00	25%
<b>Total Expenses</b>	<b>\$ 938,300.97</b>	<b>\$ 4,064,509.00</b>	<b>23%</b>
<b>Net deficit for nine months</b>	<b>\$ 59,414.16</b>	<b>\$ 4,133.00</b>	

## **CO-OP EDUCATION:**

### **How Do I Treat a Bed Bug Infestation?**

A bed bug infestation is not simple to deal with. You have to do several things at the same time:

1. Have the area treated by a pest control operator (PCO).
2. De-clutter: This means throwing away everything you don't need any more. Don't throw away your furniture until you talk with the PCO. The PCO will tell you what items can and can't be treated.
3. Clean: Use a vacuum cleaner and the crevice tool of the vacuum cleaner to vacuum all the possible places bed bugs hide.
4. Wash: Wash off any signs of bed bugs as best you can. This will make it easier to see new signs of bed bugs on your next inspection.
5. Laundry: The heat of a hot dryer will kill all stages of bed bugs.
6. Isolate: Once items have no more bed bugs, keep them away from any bed bugs you know are still in your home.
7. Treat your sleeping place:
  - Remove Bed Bugs From Your Bed.
    - Remove the bed skirt to prevent bed bugs from using it to climb.
    - Vacuum all areas of your bed. This includes all surfaces of the mattress and box springs, the bed frame including the underside, the headboard, and the back of the headboard.
    - Kill any bed bugs hiding in the sheets, blankets, bed spread, and pillows by washing them and treating with heat in a hot dryer for 30 minutes. Don't over-fill the dryer or your things won't get hot enough.
  - Protect Your Bed.
    - Encase the mattress and box spring. This means that you use a special cover that has six sides and is closed with a zipper. It should say "bed bug proof" on the outside of the package. Once you have covered your mattress, don't open it for at least 1 year. You can also use the cover as a mattress cover and leave it on. Bed bugs can't chew holes in things so once this bed bug proof cover is in place any bed bugs that are trapped on the inside will die and no new bed bugs can get in. These covers don't have seams or piping on the outside so there is no places on the outside for bed bugs to hide.
  - Interceptors for Your Bed
    - An interceptor is a low dish-like thing made out of heavy, smooth, shiny plastic. It has a well in the centre where the leg of the bed goes and a moat around the well. These trap any bed bugs that manage to crawl up the outside edge of the interceptor.
    - Interceptors take advantage of the fact that bed bugs don't like crawling on smooth, shiny surfaces or on sticky ones.
    - You can buy them from pest control companies.
    - Home-made interceptors can be made by:
      - wrapping double sided sticky tape around the legs of the bed
      - covering the legs of the bed with petroleum jelly
      - placing smooth-sided containers (e.g., margarine dish, glass jar) under the legs of the bed with something in the bottom to trap bed bugs (vegetable oil, talcum powder, or a layer of petroleum jelly should all work)

- Don't put anything toxic in the bottom of the well. Insecticidal dusts work well to kill bed bugs but may cause breathing problems especially if you are exposed for a long time.
- Isolate Your Bed
  - Keep your bed at least 15 cm (6 inches) away from the walls.
  - Don't store anything on your bed.
- Keep Protecting Your Bed
  - Don't put anything on your bed. Bags, coats, or any other item that just may have a hidden bed bug on it shouldn't be put on your bed.
  - Heat treat all bedding at least once a week until all the bed bugs are gone.
  - Inspect your bed at least once a week for any new signs of bed bugs. Vacuum the bed and bed frame at least once a week.

You will need to clean and inspect at least once a week until you are sure the bed bugs are gone. This may take weeks, depending on how bad the infestation was, and, in a multi-family building, on how well everyone co-operates.

### **What are some chemical control measures?**

Chemical treatment is best done by a PCO. The PCO should give you written information that tells you what time the treatment will be, what chemicals will be used, how long you will need to be out of your home, and what you need to do ahead of time to prepare. It should tell you what cleaning you should do afterwards, as well. Ask your landlord if you aren't given information.

There should be information for precautions for people who are sensitive to the smell of chemicals. It is a good idea to check with your doctor if you are concerned about people in your home that are in poor health or who are especially sensitive such as infants, seniors, or those with weak immune systems.

Home owners who want to do the chemical treatment themselves should know that using the pesticides incorrectly can make them sick. Use all chemicals properly. This means that you should follow the directions on the label and ask questions if you don't understand the instructions.

Not using insecticides properly may only cause the bed bugs to move to get away from the insecticide. They may move to new areas to escape the pesticides. Some chemicals that are licensed for use against bed bugs are only available to a licensed PCO.

Using pesticides in dwellings in Alberta is controlled by Environmental Protection and Enhancement Act and regulations. Pesticides in Canada are licensed for use by Health Canada.

### **Heat Treatment**

Heat treatment is a specialized process. You have to have special equipment and know how to heat rooms with bed bugs to a high enough temperature. If the room doesn't get hot enough, the bed bugs may move to a new, cooler area. Heat treatment does not take the place of de-cluttering, cleaning, and ongoing monitoring.

### **Bed Bug Dogs**

There are several dogs in Alberta that are trained to inspect for bed bugs. There are things you will be asked to do before the dog arrives. The dogs can find bed bugs faster than a trained professional. The dog and its handler work as a team to detect bed bugs. The dog should be trained and certified.

To learn more, call your nearest Environmental Health office:

- |                                 |                             |
|---------------------------------|-----------------------------|
| ● Calgary: (403) 943-2295       | ● Lethbridge: (403)388-6689 |
| ● Edmonton: (780) 735-1800      | ● Red Deer: (403) 356-6366  |
| ● Grande Prairie (780) 513-7517 |                             |

**Current as of:** March 15, 2018

**Author:** Environmental Public Health, Alberta Health Services

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## The Beginning - (Second in a series by Kim Spence)

My culture is based as being one with your surroundings, life exists in all living things, there is meaning in all things we do, see, hear and feel and all things are connected. To lead a respectful life, grounded life. It sounds simple enough, but very challenging to live true to it.



First nations believe life began by one, a higher power.

- What do you call your higher power?
- You may pray to God, Jesus, or “(enter others)”, I pray to the “Creator”.
- You may perform Jewish meditation, I meditate too.
- You may pray for guidance, for good health, happiness, and others, I do too.
- You may pray in a specific place church, a temple and time, I pray anywhere, anytime.
- You may practice Buddhism, a practice and spiritual development, I am spiritual as well.
- If you are Scottish you may eat traditional bannock, guess what, we call our traditional bread bannock too.

See, we are not so different after all.

I challenge you to find your history, your culture, your traditions, you will be amazed at what you find.

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

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FEBRUARY 2, 2018

## Tax clinic now booking appointments

*Admin / Announcements /*

You are invited to our  
**FREE**  
Tax Clinic



**We will do your Income Tax For free!**

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+  
**Starting March 1<sup>st</sup> to April 26<sup>th</sup>, 2018**

The income limit for this service is:

\$30,000 per year for single or

\$45,000 per year for a couple (combined income)

**By appointment only**

You don't have to be a Kerby member!

We will begin booking from **February 1<sup>st</sup>, 2018.**

To schedule an appointment please call the Information Office at **403- 705- 3246**

Our Address: **Kerby Centre 1133-7 Avenue SW, Calgary T2P 1B2**



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## Calgary Co-operative Memorial Society

<https://www.calgarymemorial.com/>



Calgary Co-operative Memorial Society | Suite 204A, 223-12 Avenue S.W. Calgary, AB

T2R 0G9 | 403-248-2044 | 1-800-566-9959 [admin@calgarymemorial.com](mailto:admin@calgarymemorial.com)

### **Our \$40 lifetime fee can save thousands of dollars.**

The Calgary Co-operative Memorial Society (CCMS) was formed more than half a century ago by individuals who didn't want to pay the exorbitant fees for funeral services. Formed and run as a non-profit co-operative, we arrange discounted funeral plans for our members in Calgary, Airdrie, Cochrane, Okotoks, Strathmore, High River, Medicine Hat, Lethbridge, Taber and surrounding areas. Members can save on average \$2500-\$5000 on their funeral arrangements depending on plan selected. Plans can be prepaid to lock in the price or can be paid at time of need. Our service providers must be locally-owned and operated.

- Our non-profit was started in 1965
- We have had more than 45,000 members join
- An average funeral in Alberta costs \$6,000 - \$10,000
- Members can save more than \$5000
- Our providers are locally-owned and operated
- Membership must be purchased before death.
- We are a co-operative and we embrace the same guiding principles as co-ops around the world.

Funerals in Alberta are expensive and can cost considerably more than the Canada Pension Plan death benefit. By joining the Calgary Co-operative Memorial Society (CCMS) your estate will have access to a variety of low cost funeral plans. This is welcome news for people who are living on a fixed income or simply do not want to spend a great deal of money on their funeral. Probably the most important benefit you'll gain is the peace of mind from knowing that by putting your affairs in order now, you will be saving your next-of-kin some hasty decisions, possibly involving large amounts of money, at a time when they are emotionally unprepared to make rational choices.

The choice to become a member of CCMS is a great first step in planning ahead. It reduces the grief and financial burden your loved ones will face in planning your funeral. Everyone, no matter what ethnicity or religious affiliation is welcome to join.

Membership can be purchased online at [www.calgarymemorial.com](http://www.calgarymemorial.com) or by mailing a cheque for \$40 per adult to our office. Following every funeral, a \$35 Record fee is collected by the funeral home and forwarded to CCMS to cover administration costs.

The Calgary Co-operative Memorial Society was started in 1966, by a group of liked-minded individuals who wanted economically-priced, dignified funerals. Fifty years later, CCMS continues to provide Albertans with access to high quality, simple, and affordable funeral services through negotiated price plans from reputable locally owned funeral homes. Members can save between \$1000 and \$5000 or more depending on services selected.

CCMS has contracts in Calgary, Airdrie, Cochrane, Medicine Hat, Lethbridge, and Taber. People living north of Calgary may obtain similar services through the Red Deer and Edmonton Memorial Societies.

You may make your own decisions in your own home, without any pressure. Your family will be grateful to you for having made your wishes known.



## **McInnis & Holloway**

McInnis & Holloway is the CCMS service provider for Calgary, Airdrie, Cochrane, and the surrounding area. In operation since 1903, McInnis & Holloway is a community-minded, locally-owned funeral home. Their professional and compassionate team has a good reputation for meeting the needs of our members.

With 10 locations and small and large chapels, McInnis & Holloway can accommodate different size groups. They offer special services for ethnic cultures, and have an excellent understanding of cultural customs and traditions.

If you are faced with dealing with the death of a family member with a CCMS membership, please contact McInnis & Holloway directly by phoning 403-243-8200.

The funeral home representative will verify membership and share with you any instructions that may have been left by the member.

## **Plans**

McInnis & Holloway offers six economically priced plans for CCMS Members:

- 1) A1: Funeral service with burial
- 2) A2: Funeral service with burial (Green Casket)
- 3) B1: Basic cremation
- 4) B2: Basic cremation with funeral service
- 5) B3: Basic cremation with visitation and funeral service
- 6) C: No plan = 10% off select services and prices

All six plans include:

- Arrangement meetings with a licensed McInnis & Holloway Funeral Director before and following death
- Transfer of body from place of death within Calgary city limits
- Opportunity to prearrange and prepay member's plan to secure fee at current rate
- Access to one of 10, modern, full service facilities for a funeral service
- Two Funeral Director Statements of Death
- In-house cremation services
- 10% off of full sized urns
- Nine modern reception facilities
- A tree planted in one of McInnis & Holloway's Memorial Forests (M&H locations only)

## **Funeral Service offerings**

- Use of facilities for funeral services, including chapel, family or visitation rooms OR the use of equipment and extra staffing for a service elsewhere in the city
- Ushers for funeral service and memorial book attendants
- Use of audio equipment in M&H facilities
- Funeral coach and professional driver to cemetery for graveside service
- Up to 400 CCMS service folders (cards) and memorial book
- Handling and set up of floral pieces including display stands, floral cooler, and delivery following service

## **Burial Service offerings**

- Preparation of documents for burial permits
- Bathing, dressing and setting features

- Organization of cemetery details
- Coordination of graveside service
- Supervision and attendants for cemetery service

### **Basic Cremation offerings**

- Preparation for cremation permits
- Bathing, dressing, and setting features
- Use of viewing room for private identification (1-2 people)
- Cremation fee
- Service vehicle to crematorium if not on site

### **Visitation offerings**

- Embalming, dressing, cosmetology, and hairdressing
- Use of viewing room for private and public visitation with beverages and fresh baked cookies served.

## **APPLICATION FOR MEMBERSHIP**

### **Calgary Co-operative Memorial Society**

**APPLICATION FOR MEMBERSHIP**

(This form may be used for an individual or a couple living at the same address.  
Effective January 1, 2017 **\$40 per adult**, please)

Date: \_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please check or describe how you learned about us:      Family      Friends      Website      Care Provider

]Other (please describe): \_\_\_\_\_

Use this space to communicate a message to us: \_\_\_\_\_

\_\_\_\_\_

If you need help in completing this form, please call our office at 1-800-566-9959.

Mailing address:  
Calgary Co-operative Memorial Society Ltd.  
204A, 223 – 12<sup>th</sup> Avenue S.W.  
Calgary, AB T2R 0G9

admin@calgarymemorial.com /www.calgarymemorial.com

Calgary 2017-2019



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# YOUR PAGE

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## To Green Dream Landscapes:

We are so thankful to Green Dream Landscapes. They did such an amazing job throughout this winter. Even in the coldest of weather they were outside, cleaning the sidewalks and clearing icy patches. We really appreciate them and all the hard work they do. To appreciate them we could give them a cup of coffee and thank them. They deserve to be appreciated.

From, Saeeda Abbas

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*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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### 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



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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 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](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.



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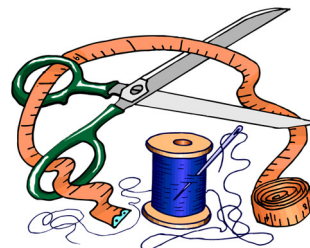
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### **Moments Fashion Solutions**

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779

[www.momentsfashion.com](http://www.momentsfashion.com)



## Community Soccer

**U4 – U6 – U8 – U10 Boys and Girls**  
**All kids born 2015 – 2008 welcome**



- All U-4 to U-8 games are played on community fields
- Family friendly
- All experience levels
- Mixed teams for U4-U8
- Low cost
- U10 games played in SW quadrant of city
- Volunteer run
- Non profit
- Meet your neighbors
- Great exercise

**Registration Wednesday, March 14 – 7:00 -9:00**  
**Glamorgan Community Centre – 4207 41 Ave SW**  
**Ongoing online [www.myglamorgan.ca](http://www.myglamorgan.ca)**



## **Ladies & Girls only Swimming Session**

**Organized By**

**ICNA Sisters Calgary**

Golden opportunity for ladies & girls to learn swimming from female instructors with no men around. Covers are on all of the windows looking into pool area. Confirm your spot by contacting Farha Fatima (Contact information given below).



**Steam-room, Hot tub, Aqua size**



**Plenty of FREE Parking**

**Where: Killarney Aquatic & Recreation Center**

**1919 – 29<sup>th</sup> Street SW, Calgary**

**When: Every Saturday**

**(First session starts on February 24th, 2018)**

**Who: Open to ladies & girls of all ages**

**Time: 5:00 pm to 7:00 pm**

**Rate: \$8 - swim only**

**\$12 - with instructor, - Pay in advance**

**Contact: Farha Fatima**

**Phone: 403-969-9648**

**Email: farha1\_khan@yahoo.com**



ICNA Sisters Canada  
Islamic Circle of North America

# 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.

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<b>A11 to C176</b>	<b>Tuesday</b>	<b>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</b>
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<b>C181 to E358</b>	<b>Wednesday</b>	<b>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</b>
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<b>E361 to H556</b>	<b>Thursday</b>	<b>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</b>
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<b>H561 to L745</b>	<b>Friday</b>	<b>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</b>
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**Pick-up April 2 instead of March 30**

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**CALENDAR:**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>11</b>	<b>12</b> <b>Honours &amp; Awards @ 7:00</b>	<b>13</b> <b>Membership @ 7:00</b>	<b>14</b> <b>CSI @ 1:30 pm</b> <b>Property Enhancement @ 7:00</b> <b>Environment @ 7:00</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>Personnel @ 7:00</b>	<b>22</b> <b>Education &amp; Involvement @ 7:00</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>Board Meeting @ 6:45</b>	<b>29</b>	<b>30</b> <b>Shop and Office Closed for Good Friday</b>	<b>31</b>
<b>April 1</b>	<b>2</b> <b>Newsletter @ 7:00</b>	<b>3</b>	<b>4</b> <b>Property Maintenance @ 7:00</b>	<b>5</b> <b>Entertainment @ 7:00</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> <b>Honours &amp; Awards @ 7:00</b>	<b>10</b> <b>Members Meeting @ 7:00 @ Grace Lutheran</b>	<b>11</b> <b>Membership @ 7:00</b>	<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>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>  <b>Board Meeting @ 6:45</b>	<b>26</b>	<b>27</b>	<b>28</b>

**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

### **Membership**

Chair: Daryl Sedor

Board Liaison: Isabel Ciok

### **Newsletter**

Chair: Slawa Gruszczynska

Board Liaison: Isabell Reznik

### **Personnel**

Chair: Pat Fenlon

Board Liaison: Kelly Edwards

### **Property Maintenance**

Chair:

Board Liaison: Mike Cooper

### **Property Enhancement (includes Parking and Security)**

Chair: Marianne Pederson

Board Liaison:

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

[janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

### **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**

