Connections Newsletter

December 2018

BOARD OF DIRECTORS REPORT:

Cannabis Town Hall – Held on Thursday November 22nd at the RPCA Hall

We wish to say thank you to all members who attended the November 22nd, 2018 Cannabis Town Hall. The opportunity to be involved and have your voice heard is a wonderful privilege of living in a housing cooperative! We had about approximately 30 units represented. The discussion was open and honest and a lot of valuable feedback came out of it. The Board will now take this information and put together a Cannabis Policy/Procedures which will be brought to a future Members meeting to be approved by you our members.

Youth Town Hall – Held on Monday November 26th at the RPCA Hall

Unfortunately no youth came out at all for this Town Hall. Arlene from the Education and Involvement Committee was in attendance and shared some good insight with Isabel from the Board. We will continue to work on ways to better engage our youth.

LOOKING AHEAD

We have so much to be thankful for and be proud of as SMHC celebrated 50 Years of Incorporation this year. It is a true testament to what an incredible place this is when we have original members that have remained living here; many of whom have raised their children here and now these "children" are raising their own families here. Much has changed over the years but many things have remained the same such as the amazing sense of family you get as you walk thru the "Meadows". We are truly blessed to call SMHC home.

We look forward to welcoming new Board Members in the New Year and the skills and talents they will bring to this important job. You still have time to get your application in to apply for one of the four positions open on the Board of Directors. It is a rewarding experience to have a voice and help to make decisions that will see SMHC continue to thrive.

The B50 office is nearing completion. We the Board of Directors have spent a lot of time meeting with the folks from IRC laying the ground work and prioritizing what work needs to be done on our buildings first. We hope to have more to share with you about this at the January 30th AGM.

SMHC MEMBERS

We thank each of our members for working together with us to continue to build a safe and secure environment which is welcoming and inclusive and cherishes the uniqueness of all of us. Through your involvement, as we work together diligently and respectfully, our community is enriched and will flourish for years to come.

SMHC STAFF

We are thankful for our staff and grateful for the hard work of each employee and the leadership skills of our General Manager, Roberta Miller. It is a blessing to have so many employees who are also members as they have an in-depth understanding of how co-operative living works. Thank you for all that you do every day to help make SMHC a wonderful place to call home.

SMHC VOLUNTEERS

Thank you to each and every one of our amazing volunteers, too many to name, that have served on committees, helped out in one way or another at our social events, assisted with set up and everything involved in making the room comfortable and run smoothly for us at the Member's meetings and more. Your support and time commitment makes such a difference. The more hands we have on deck at events the lighter the work for everybody. The more voices and opinions we have at committee meetings the better.

Volunteering provides opportunities to learn and grow, experience community, get to know your fellow members, and gives you a voice backed by knowledge gained. Volunteering on a committee and sharing your skillset benefits everybody. Volunteering at an event is a great way to have fun and socialize while lending a much needed helping hand. Your volunteer time is essential to the health of our community. We would love to see even more of our members participating in making SMHC all it can be. We encourage you to find a place to participate – our continued success depends on it!

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

If you are interested in joining any of these committees please stop by the office. 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.

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

Your SMHC Board of Directors

GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

The roof is currently under construction, so things are a bit chaotic at the office and shop. The administrative office is located at unit H531. Regular hours in effect. The maintenance shop is still open and located at its usual location in B50. We are looking at returning to B50 mid-January, and will keep Members updated.

Note: Most committee meetings will be held at B50 unless committees are otherwise notified. Board Meetings and CSI meetings will be held at H531.

Member's Meetings

Just a reminder that it is a Member responsibility to attend at least one Member's Meeting a year. If you cannot attend at least one Member's Meeting a year please send a note to the Board of Directors prior to the last Member's Meeting of the year (October), with your reasons and ask for an exemption. This can save you from becoming a "Member in Not Good Standing" and losing your special privileges i.e.: time payment plan, subsidy, adding names to your shares, etc.

Reminder: If you have small children, Sarcee Meadows will reimburse you for childcare costs associated with having to get a babysitter so you can attend a Member's Meeting. Just submit your receipts to the office.

Rutland Park Membership

I would like to remind everyone that all Sarcee Meadows Member households have a Rutland Park membership paid for yearly at a reduced rate. These memberships provide the following benefits:

- Can be used if community membership is required to register a child for sports programs of any kind. i.e.: registering your child for soccer at Glamorgan Community Center.
- Reduced entrance rates for some community held events
- Enables use of the facilities including the skating rink and coming soon – basketball facilities, outdoor fire pit, and skating shelter.
- Meeting place for city lead programs i.e.: Mom's and Tots, children's summer programs, tax courses, anti-racism events, neighbour day, aboriginal awareness events, senior's strength programs and drop in yoga to name a few.

General

I would like to wish everyone a happy and safe holiday season. If you have celebrations happening or you don't, I hope everyone gets to spend some time with loved ones. Thank you to everyone for making 2018 a wonderful year, I am looking forward to 2019.

Thank you,

Roberta Miller
General Manager.

Co-operative enterprises build a better world

♦Committee Reports♦

CSI COMMITTEE:

ARE YOU OVER 55 and have great ideas that could benefit our seniors?

Then the Coop Seniors Issues wants you!! We are looking for new members to bring some fresh ideas on how to help our seniors. Please call Pat @ 403-246-2746 ext. 104 for further details.

NEWSLETTER COMMITTEE:

We would like to start with a quick update on our Special 50th Anniversary Edition. Over the last weeks of November some incredible articles came to our attention. We felt we would be remiss not to include them so we are planning on early January for delivery of this special project. We are sure it will be worth the wait!

The committee would also like to take this opportunity to thank the membership for their support of the newsletter this past year by way of letters to the editor, stories and recipes, and contest participation.

Wishing everyone a very safe and happy holiday season. See you all in 2019!

50 years SMHC Trivia Contest

Sadly we only had two entries into our SMHC Trivia Contest, but on the bright side they are both winners! Congratulations to Ewa Frankowska and Jennifer Minnema – your prizes will be delivered soon! For those who are interested, the answers are provided below.

Question 1: On what date was Sarcee Meadows Housing Co-operative Ltd. officially incorporated?
Answer: The incorporation papers were signed on August 23rd, 1968. The official Certificate of Incorporation was issued on September 5th, 1968. (We accepted either answer.)

Question 2: There is a time capsule buried somewhere on SMHC property, true or false?
Answer: True! As part of the 20th Anniversary celebrations in 1988, a time capsule was buried in front of B50. It contains such items as: a $1.00 bill, the "old logo", a copy of the master shareholders list; Olympic posters; a list of the staff and board members at the time, top ten music and books, etc. The time capsule is to be opened in 2028!!

Question 3: The new Co-op flags are available in seven different colours; what colour is SMHC's new Co-op flag?
Answer: Green was chosen for the SMHC Co-op Flag. It can be seen on Sarcee Road, near the entrance of the B parking lot, and on 37th Street, near the entrance to the F parking lot.

Question 4: How many units are there in Sarcee Meadows Housing Co-operative Ltd.?
Answer: There are 380 units in SMHC!

EDUCATION & INVOLVEMENT COMMITTEE:

Volunteering Experience:

"I've been a member of the Co-op for a little less than a year now, and after only a few months, I volunteered to join a committee. I decided I wanted to contribute my skills and interests for the overall good of the Coop. After joining a committee, I feel more connected as a member of the Co-op. I ended up joining the Education & Involvement Committee, because I strongly believe this committee will encourage others to volunteer to help the Co-op through education of its members. The members of my committee have been very welcoming and helpful in integrating me onto the committee. I feel it's given me insight to how the Co-op works and a chance to meet some friendly good members. Volunteering makes me feel I've done my part as a Co-op member because that's what being a member of a Co-op is all about. So far I've enjoyed my experience being a member and a volunteer and look forward to helping in other ways as well!" - Janina B67

Pet Policy Reminders:

With the season change we found it a good opportunity to review a few of the important points of the pet policy making everyone a good neighbour.

- Please keep your pet on leash at all times as your animal could be a nuisance to your neighbour's yard, could scare a child by running through the park, or even worse be attacked by coyotes.
- Please pick up your pets' waste and dispose of appropriately.
- Please don't allow your dog to bark loudly and disturb your neighbours.
- Please make sure your visitors also abide by all the pet policy rules while visiting!

(If you're a pet owner, please review the Pet Policy section of your members' binder for full details to make sure you're able to be a good neighbour while enjoying your fur babies' company. As a member of the Co-op, you are responsible for making sure your pets also follow the rules.)

ENVIRONMENT COMMITTEE:

Hello everyone! Well, it is hard to believe but 2018 is almost over. We, on the committee, hope it has been a good year for you all. This committee has been busy keeping members informed with all the environmental issues that have come up here in Sarcee Meadows, in the city of Calgary, and for that matter all around the World. We all have to do our part to keep our surrounding areas and Planet Earth Green. We are always looking for new members to help us with new ideas to keep the information coming to the membership. Come join us at our next meeting on Tuesday, January 15, 2019 at 7:00 PM. The Committee would like to extend our Best Wishes to one and all as you celebrate the upcoming Christmas Season. Sincere wishes also to everyone for a Happy, Successful New Year. May 2019 be the 'Best' year ever!!

PROPERTY ENHANCEMENT COMMITTEE:

All lawn service taps should be shut off by now. If you have not already turned off your outside taps there is a good possibility that they could be frozen. Please call in a work order.

♦Community News♦

RUTLAND PARK COMMUNITY ASSOCIATION:

Volunteer Help wanted:

Rutland Park Community Association needs volunteer help with the maintenance of the ice this season. If you are interested in giving an hour or so of your time, please contact Greg at 403-246-1746 for more detail.

Rutland Park Ukrainian Festival Night

What a wonderful evening we had at the Rutland Park Ukrainian Festival Night featuring Ukrainian food from Heritage Deli & Bakery, Hopak Dancers and Orchestra.

The food was great with traditional Ukrainian cabbage rolls, kielbasa and pierogis.

The entertainment was simply wonderful from the tiny dancers to the orchestra the night left a lasting impression.

Thank you to Isabell Reznik, Judy Silzer, Helen Serrurier, and Talena and Benedikt (from our community at large) for all of your hard work making this an extra special event for everybody.

I heard many people asking when the next Ukrainian Festival will be held as we are all looking forward to attending again next year.

WOMEN'S CIRCLE:

Volunteering in the community to help the homeless as well as our seniors at Bethany Care Centre

Submitted by Kathy Aubichon on behalf of Musu Dadi from the Women's Circle

I had the opportunity to sit with one of our Women's Circle members Musu Dadi and three of her children Juju, Fatima, and Hamza to hear about some wonderful experiences they had volunteering in the community. Our hope in sharing this story is that it serves to encourage other families to join in the fun of volunteering in Sarcee Meadows as well as in the community.

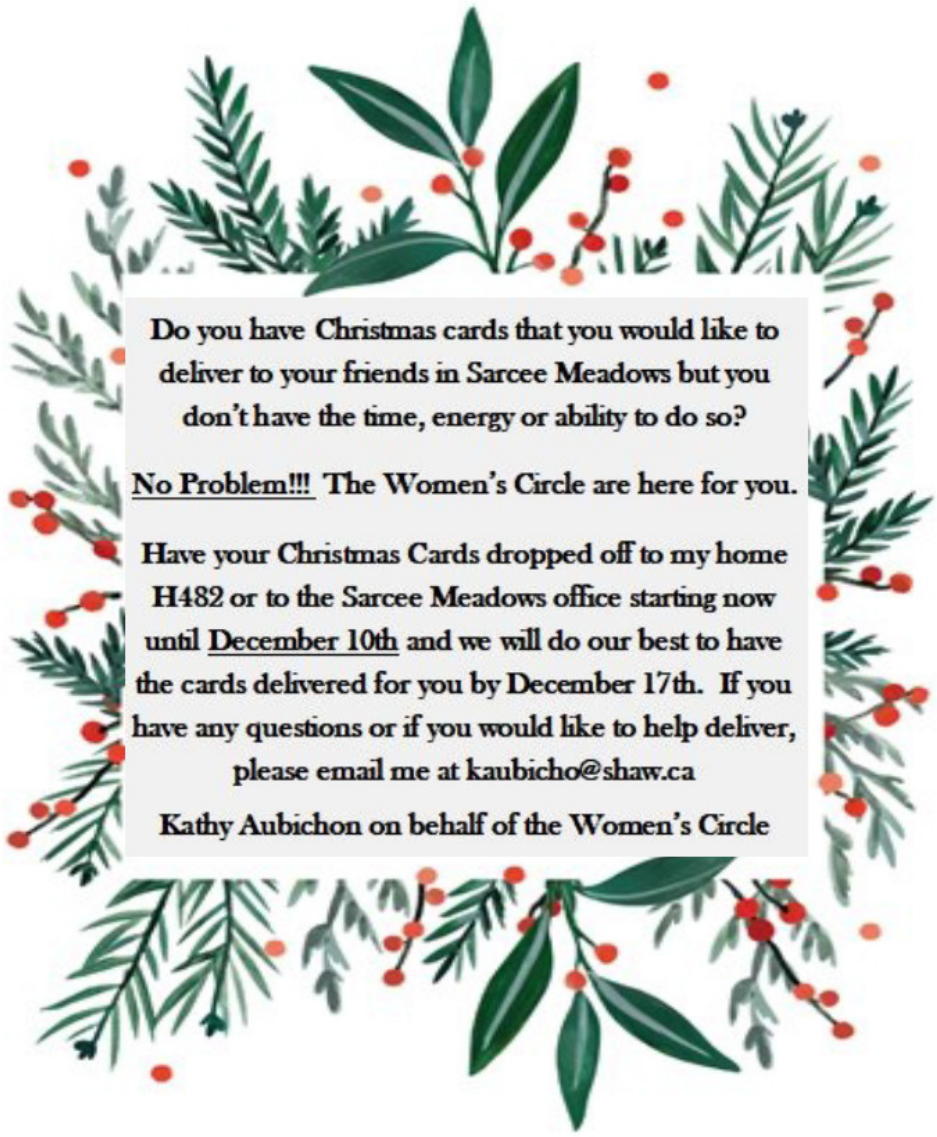
Every Saturday in the East Village in downtown Calgary, a group called YYCHH (Calgary Helping the Homeless) hosts a Fiesta to feed the homeless a hot, delicious meal and also provides take-away bags filled full of non-perishables to munch on for a few days. The guests are also provided with hygiene kits, bottled water, clothing i.e. in winter warm socks, mitts, toques, scarves. The food and clothing are donated by sponsor businesses wanting to lend a helping hand and a variety of charitable organizations as well as several individual supporters.

On November 17th Kids served the food to over 70 men and women in need. Musu said "It was such a heartwarming experience. The smiles, the small talk, conversation with her kids after the event; was all worth it. Cooking in the afternoon with the whole family involved was a beautiful thing." After the Fiesta Musu's 10 year old daughter Juju said "I was thinking what if I was homeless, what would I do? I tried to put myself in their shoes and realized how blessed I am to live in Sarcee Meadows."

Leading up to this volunteer opportunity the kids were super excited but nervous as they didn't know what to expect. Musu said "a lot of good conversations happened at home with her kids about what/why they are doing this. Conversation about how different situations can make someone homeless for example loss of job, illness etc. Compassion and kindness for all irrespective of how someone looks, their color, their faith etc. was something that Musu and Anis as parents were trying to ingrain in their children's' minds.

It was such a fulfilling experience that Musu and her family have decided to do this as a family at least once a month. It is important for Musu and her husband Anis to create traditions for their family where it is not just them celebrating among themselves but also celebrating life with others in need.

On another occasion Musu had the opportunity to bring her kids to Bethany Care Centre to volunteer alongside Occupational Therapists to actively engage the seniors that have dementia. Musu said "it was an eye opening experience." All of the seniors they worked with had zero mobility. The seniors barely spoke but the kids played games with them and did some coloring all the while keeping a smile on the senior's faces. Musu's five year old son Hamza said "It was a lot of fun to exercise their and our brain." Musu said "It is one thing to say we want our children to learn to be patient but a totally different experience to immerse them in situations like these. The seniors had dementia so they would repeat the same thing over and over again and forget etc. Watching the kids being patient with them felt very heart warming." This is another volunteer opportunity that she is looking forward to repeating with her children.



CommuKNITy Cares:

From Catherine Phipson, Unit H505, 403-249-5640

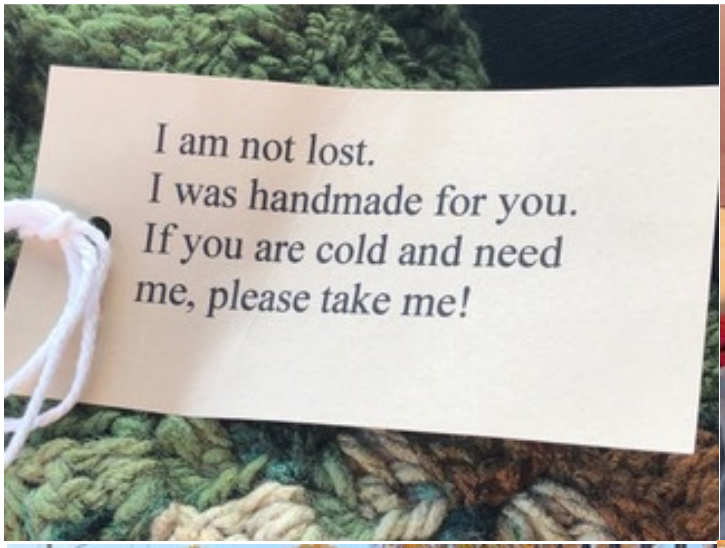
I received the following request in an email from Allison Patrick, Salvation Army Glenmore Temple's CommuKNITy Cares. If you would like to help us get as many scarves as possible, please feel free to bring them to Unit H505 and I will see that Allison gets them, or pop into the church at 921 - 68 Avenue, SW, from Tuesdays through Fridays between 10:00 a.m. and 2:30 p.m.

> "On Thursday February 14th, CommuKNITy Cares will be providing the homeless in Calgary with a warm winter scarf! I saw this idea on Facebook as the Salvation Army in Chattanooga hung scarves on fences and trees throughout the neighbourhood and thought this would be a perfect initiative for CommuKNITy Cares! The pictures below are courtesy of "Scarves for Charity".

We have just over 2 months to knit or crochet as many scarves as we can. Statistics show that the majority of our homeless are adult males. Keep that in mind as you are choosing your yarn and patterns, although I think adding a little colour to our gloomy winter days might be nice.

Stay tuned to www.commuknitycares.com for more updates, but certainly start working on the scarves as soon as you can!

God Bless, Allison"



♦Education♦

ECO ALLEY – NEWS YOU CAN USE:

Keeping the planet Green – 'Tidbits' of this and that:

- Buy Local when you can. This helps the local economy and reduces the influence and power of large-scale corporations. Calgary has many local artists and artisans who have remarkable products for gift giving. Support local craft sales especially those from local schools, churches and institutions. You will be surprised at what you can find at these fun events.

- Shop in Thrift and Bargain Stores. Here you might find remarkable next to new items. Contribute to Thrift Stores and Organizations that collect clothing and house hold items whenever you can. This reduces the load on the landfills when you recycle these items.
- Make a conscious effort to change your household light bulbs to LED bulbs. This Christmas make a change over to LED Christmas lights. With new technology LED lights are more efficient, durable, longer lasting, cool to the touch, don't burn out (they just get dimmer over time), and are SAFE to use on Christmas trees and Christmas decorations. LED lights use 75% less energy than incandescent bulbs thus saving a great deal of energy usage.
- Help keep plastic bottles and coffee cups out of the landfills. Bring a reusable water bottle and a reusable coffee cup with you wherever you go. Here's a tip: Pack your bag for the next day in the evening with your reusable bottle so that you don't forget it. Bring your reusable coffee cup with you on those 'coffee dates'. Keep it in your car, in your bag, or next to your car keys. Remember there are still hurdles to getting coffee cups and plastic bottles recycled in Calgary and around the world. Reduce the use of plastic straws – use paper straws or when possible, reusable dishwasher safe straws.
- Cardboard should not be put in the garbage bins! Clean cardboard is recyclable and soiled cardboard is compostable. Those soiled pizza boxes belong in the compost bins. Sarcee Meadows is fortunate to have WEEKLY DOOR TO DOOR PICK-UP OF RECYCLYABLES. Put your unwanted clean cardboard boxes on your doorstep on Recycling day and they will be picked up.
- Be conscious of how and what you compost. Check the colorful charts on the compost bins to be sure which items are compostable.
- Compostable items such as food waste do not belong in a bag in the trash bin. This attracts Magpies and Crows (when the lids are left open--the birds can tear open a bag!!). Every unit has a small green kitchen compost bin to dispose of house hold food waste. Use a compostable bag in this bin for this waste and place in the green compost bin in the parking lot.

Remember, when in doubt check it out. For more recycling information visit the following websites:

- www.sarceemeadows.coop
- www.greencalgary.org
- http://www.calgary.ca/UEP/WRS/Pages/What-goes-where/A-to-Z-Listing.aspx

HAVE A SAFE AND HAPPY CHRISTMAS SEASON AND ALL THE BEST TO EVERYONE FOR A GREAT 2019!

The story behind the Viola Desmond's new $10 bill

Canada's new $10 bill officially went into circulation Monday November 19th, 2018, breaking new ground in more ways than one.

The banknote is the first vertically oriented bill in Canada and the first regularly circulating banknote to feature a Canadian woman, civil rights advocate Viola Desmond, on the front. Desmond becomes the first black person – and the first non-royal woman – on a regularly circulating Canadian bank note.

The bill also includes a picture of the Canadian Museum for Human Rights in Winnipeg featured on the back of the bill, and the banknote has other human rights elements -- an excerpt from the Canadian Charter of Rights and Freedoms, and an eagle feather that the Bank of Canada says is in recognition of the rights of Indigenous people. Behind her portrait, the banknote also shows a map of Halifax's historic north end, home to one of Canada's oldest black communities and the area where Desmond grew up.

On Nov. 8, 1946, Viola Desmond's story started with a business trip 71 years ago. Desmond, a beautician and entrepreneur from north end Halifax who sold her own line of cosmetics, was headed to Sydney, N.S., when her car broke down. Stuck in New Glasgow overnight, she decided to watch a movie at the Roseland Theatre.

The segregated theatre relegated black patrons to the balcony, while floor seating was reserved for whites. Desmond, who was shortsighted and could not see properly from the back, sat in the floor section and refused to leave. She was dragged out of the theatre by police, arrested, thrown in jail overnight for 12 hours and fined.

Viola Desmond was arrested after refusing to leave a whites-only section of the Roseland Theatre, an incident that has since become one of the most high-profile cases of racial discrimination in Canadian history. The deck was "doubly stacked" against Desmond because of her gender and the colour of her skin. She stood up for what she believed in and helped make the country a better place.

It was 63 years later in 2010 -- after Desmond's death in 1965 -- that the Nova Scotia government issued an apology and pardon.

While her civil disobedience was remarkable, racial segregation and systemic discrimination was once commonplace in Nova Scotia and many other places in Canada. That's what makes the new $10 bill such a powerful act of acceptance. It's a remarkable story. It really shows the progression of society. Fear of differences and diversity remains, but those issues can now be discussed openly, and people are able to openly discuss problems. It shows that society has come a long way from where it was. Now we're having frank discussions about what we can do about it. That's a step in the right direction.

It's a giant step forward into knowledge about who we are, where we've been, and where we're going. There's still a lot of work to be done, and I really hope that this bill will get not only children, but adults, to say, 'who is that?' And then people will be able to pass on what Viola did and the amazing differences she made.

"It is one thing to accomplish great things when the wind is at your back, but another altogether when society is set up to sit you down," John Young, chief executive officer of the Canadian Museum for Human Rights, said at the launch ceremony at the museum.

A combination photo of samples of the new $10 Canadian bill, featuring civil rights icon Viola Desmond. (THE CANADIAN PRESS / HO-Bank of Canada)

Save-On-Foods – Online Ordering and Home Delivery

Submitted by Kathy Aubichon

Testimonial from Carol Davis – Shout out to SAVE ON FOODS for their wonderful grocery delivery service which I used for the first time and WOW am I impressed. Everything just like I ordered and a super young man did delivery right to my kitchen!!! I have a wonderful daughter and friends who help me a lot but being a stubborn independent person it is hard to ask for help and dragging groceries from the car to the house is a challenge these days. I will certainly use this great service again. I ordered late Sunday evening and received my order on Tuesday morning which is the day and time I chose. You get to choose your delivery time and they were very timely. Oh yes and the frozen stuff was very frozen on delivery. Very impressed. You can try for free since they waive the first order delivery fee!! 😀

With winter upon us and the idea of slippery roads is scary, for some a grocery home delivery service is a good alternative to facing those treacherous roads. Save-on-Foods is a great alternative to i.e. SPUD which are mostly organic so tend to cost more. The price you see in the Save-on-Foods flyer is the price you pay when ordering online for pickup or delivery.

Sign Up - Simply log on to www.saveonfoods.com and register for an account. If you don't already have a More Rewards card you can request one during the registration process. This ensures you get the best prices while earning points.

Choose your items - Go ahead and fill your cart with all your favorites from every aisle, including fresh produce, dairy, meat and frozen... all the same great prices that you enjoy in store. Plus, re-order with just a few clicks by creating a personalized shopping list or choosing from past purchases.

They shop for you - Once your order is placed, your Personal Shopper will follow your list and carefully pack your order. Prefer your bananas a little green? No problem, just let them know. Shop with confidence knowing that you'll receive only the freshest, highest quality products - satisfaction guaranteed.

Pick up or delivery - Now all that's left to do is check out and decide how you'd like to receive your order. Select a convenient delivery time or choose to pick up from one of their participating online shopping locations.

Frequently Asked Questions

- How far in advance does my order need to be placed?

  You can order today for delivery or pickup as early as tomorrow or you can order up to 30 days in advance. Order early to ensure you get the timeslot that you prefer.

- Is there a minimum order value to place my order?

  Yes, there is a minimum order value of $40.

- Can I give my personal shopper special instructions i.e. I like my bananas a bit green?

  Yes. There are two places where you can enter special instructions for your order.

- Will you honor the 100% Money Back Guarantee if my order is not up to quality standards?

  Yes. The Save-On-Foods 100% Money Back Guarantee will be honoured should any of your items not meet your quality standards.

***Note when selecting the day and time for delivery that the cost varies. It is all marked clearly on the schedule so you know exactly what you are paying. You can get delivery for as low as $4.95.

Makami College Massage

Submitted by Kathy Aubichon

Looking for a great place for a massage but don't want to dish out $125 per hour at a pricy spa. No problem. Four of us from Sarcee Meadows go to Makami College Massage on Horton Road on a regular basis and absolutely love it. I normally buy the package of 15 for $390 which gives me 15 one hour massages at a cost of $26 per massage. The massages are done by first and second year students of Makami College with their supervisors checking in.

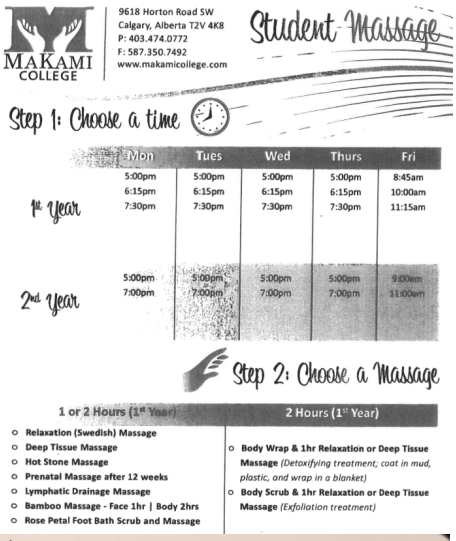
So far I have had the relaxation massage, the deep tissue massage and the rose petal body wrap with one hour massage. Each of them have been amazing.

The gift cards have no expiry date and are completely transferable so you can use them as gifts and the great thing is you get a tax receipt so you can claim the massages on your taxes or submit to your company health plan.

I have just purchased the 40 package at a cost of $24.38 per one hour massage. If you like you can purchase a couple from me at a cost of $24.38 each to give it a try or you can buy individual massages directly from Makami College at a cost of $39 each per massage or you can buy a package of your own direct from them. This is just my way of helping to get members of Sarcee Meadows a better rate and Makami College is happy to have the exposure in our newsletter as it helps their College get recognition and drum up more business for their students. You can contact me at kaubicho@shaw.ca if you are interested in purchasing from me or if you have any questions at all. You get the tax receipt when you do your massage so even if you purchase from me you still get the tax receipt which you can turn in to your employer for reimbursement.

Total # of Cards	Gift Cards	Promo Cards	Package Price	Cost per Massage
7	5	2	$195	$27.86
15	10	5	$390	$26.00
40	25	15	$975	$24.38
85	50	35	$1950	$22.94
200	100	100	$3900	$19.50

Massage therapy one hour treatments done by MaKami students in clinic are free. However, an Assessment Fee is charged for the supervising RMT to do a full health assessment in order to ensure client safety in the case of medical issues such as high blood pressure, motor vehicle accidents, recent injuries, pregnancy or other health complications. Clients are responsible to submit their claims as "Assessment Fee". MaKami is not responsible for the insurance company response.



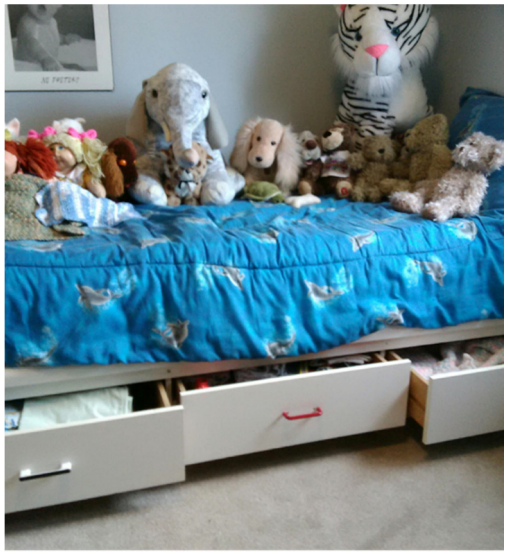
♦Classifieds♦

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.

For Sale:

- Medium green fabric loveseat, very comfortable, 2 large cushions, both castors and feet included, 31"H x 61W x "41"D – $200.
- White Mate's Bed with 3 storage drawers. Mattress and foamy included if you want them. 76L" x 42"W x 14"H." $100.
- Black 7 drawer plywood dresser, needs touch-up or refinishing. 24"W x 48"H x 16"D." $40.

Call 403-246-1397



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:

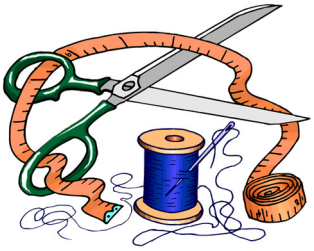
I have over 15 years' experience and I'm available for all your cleaning needs; organizing your home or helping with small tasks on a weekly, biweekly or monthly basis. $25.00 per hour includes all products needed for cleaning.

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



Moments Fashion Solutions

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779

www.momentsfashion.com

Knife Sharpening

$5.00 per knife

Bill (D251) 403-875-4096

Christmas is around the corner and for some that means lots of cooking and baking. Make sure that your knives are up to the task.

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 – 29th 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

ForMe Pharmacy Bridgeland

103 736 1st Ave NE, Calgary, T2E 0B8

Phone: 403-930-7905 Fax: 403-930-7906

Sarcee Meadows Housing Co-operative Member, H Block

- Free home delivery
- Blister pack services
- Prescribing pharmacist available
- Injection Services including flu shots, shingles, pneumonia and travel vaccines
- Smoking cessation
- Attached clinic to pharmacy where walk-in patients are accepted
- All Insurance plans covered (Govt., private) with direct billing

Hours of Operation

Monday to Thursday	Friday	Sat
9:00 AM to 5:30 PM	9 AM to 12:15 PM / 1:15 PM to 5:30 PM	10:00 AM to 2:00 PM
Contact: Mohammed Shujauddin (Pharmacy Manager / Owner) Email: formepharmacy@outlook.com		

CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 9	10 Special Board Meeting	11	12 CSI @ 1:30 Property Enhancement @ 7:00	13 Membership @ 7:00	14	15
16	17 Joint Board / Finance Meeting	18	19 Board Meeting @ 6:45	20	21	22
23	24 Shop and office closed for Christmas Eve	25 Shop and office closed for Christmas Day	26 Shop and office closed for Boxing Day	27	28	29
30	31 Shop and office closed at 12:00pm (noon) for New Year's Eve	January 1 Shop and office closed for New Year's Day	2 Property Maintenance @ 7:00	3 Entertainment & Social Events @ 7:00	4	5
6	7 Newsletter @ 7:00	8	9	10 Education & Involvement @ 7:00	11	12
13	14	15 Environment @ 7:00	16	17	18	19
20	21	22	23 Board Meeting @6:45	24	25	26
27	28	29	30 Annual General Meeting @ Grace Lutheran @ 7:00 pm	31		

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: Maria Brogowski
Board Liaison: John Preston (Treasurer)

Grievance & Resolution
Chair: VACANT

Honours and Awards
Chair: Audrey Templeton
Board Liaison: Joanne Mick

Membership
Chair: Sandy Christensen
Board Liaison: Isabel Ciok

Newsletter
Chair: Kim Spence / Sonya Nadon
Board Liaison: Isabell Reznik

Personnel
Chair: Mary Emro
Board Liaison: Kelly Edwards

Property Maintenance
Chair: VACANT
Board Liaison: Mike Cooper

Property Enhancement (includes Parking and Security)
Chair: Wayne McAdam
Board Liaison: Helen Serrurier

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