

Connections Newsletter

May 2018

BOARD OF DIRECTORS REPORT:

First of all, we wish to say thank you to all the members who attended the April Members Meeting. The opportunity to be involved and have your voice heard is a wonderful privilege of living in a housing cooperative! We had 136 units represented.

Just a reminder that as the days are getting longer and warmer there are more children are outside playing; please remember to watch your speed in the parking lots so we can ensure the safety of all. Parents, it is also a great time of year to remind your kids how to respect both their neighbors and their neighborhood.



Mother's Day is on Sunday May 13th, 2018 and Victoria Day is on Monday May 21st, 2018; the shop and office will be closed for Victoria Day.

An additional reminder that applications for the Gerry Coates' Memorial Fund, Humanitarian Award, and the Sheila Elliott Endowment are due on May 31st, 2018. All information on these awards can be found at the end of this newsletter.

*****Committees Update*****

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

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)**

*****Grievance and Resolution (4 members) – one new member joined in April**

*****Finance (5 members) – one new member joined in April**

*****Membership (5 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. Application forms for these committees are available at the office.

We are also looking for members who are interested in joining two task forces the board has created.

- 1) Bylaw review task force.**
- 2) Grant and funding research task force.**



If you would like more information or are interested in joining any of these committees or task forces please contact Janine in the office for more information: email janine@sarceemeadows.coop or call 403-246-2746, Ext. 102

GENERAL MANAGER'S REPORT:

(It's Miller Time!)

B50

We are finding there are a lot of work orders coming from the unit inspections. Many of these work orders are to fix or replace items that are past their lifespan (not Member responsibility). Please, remember to take a quick look around your furnace and water heater periodically. If you see anything you think might be off, put in a work order to get it checked.

In addition to the regular work orders, cupboards installed, floors installed, bathrooms repaired/replaced, and locks replaced/repairs; unit inspections are still in progress. These unit inspections are for inventory purposes to update the maintenance database. We want to be sure that our replacement records are correct and Members are receiving their replacements to their cupboards, bathrooms, light fixtures etc. when they should be.

The Board and Staff are still working on the Building Condition Assessment to work out what is best for Sarcee Meadows and our members. When all the details are worked out and completed, information will be shared with the Membership.

Trees

Now that we have the okay to turn on our lawn service, please remember to water SMHC trees in the common areas and boulevards. Even though our winter seemed to drag out, last year was very tough on our trees and our trees are still very dry.

General

Wishing everyone a Happy Mother's Day, whomever or however you celebrate. The May Long Weekend means the camping and gardening season officially begins. I hope everyone gets to enjoy some wonderful warm weather outdoors.

Thank you,

Roberta Miller
General Manager



◆ Committee Reports ◆

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:



We are still looking forward to our annual Lawn Sale which will be held on Saturday June 2nd, 2018 from 9:00am to 4:00pm. The details can be found further on in this newsletter and also in a flyer later this month. Keep an eye for the Environment Committee's Plant Exchange Table at the Lawn Sale! We are also continuing to discuss our plans for the Stampede Breakfast and our 50th Anniversary BBQ.

Thank you to those members who visited our table at the April Members Meeting. We received some great ideas that we will be looking into. We are still open to any other feedback, ideas, and suggestions you may have; we will research any new ideas! You can provide your feedback by contacting the office, emailing 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.



NEWSLETTER COMMITTEE:

Dear members,

In the May issue of Connections, the Newsletter Committee proudly presents for your enjoyment another contest. The spring theme allows all of the members to participate. Thank you to Jenn Jenkinson for the initiative of introducing the contest.

There are several articles with a variety of topics that will attract your interest. The Committee is very happy about the fact, that an increased number of members submits their letters, articles, photos, and information. Through diverse input and conversations, Connections are truly reflecting the interest and talents of SMHC membership.

The Newsletter Committee is actively compiling variety of materials, photos, and articles for a special edition to celebrate the 50th Anniversary of our Co-op.



Newsletter

Don't wait for the last moment. While you are purging your files and drawers and you find old issues of Connections, information about past members, historical information, photos, historical contests and other bits about operations and events of our Sarcee Meadows village, please send them to janine@sarceemeadows.coop or drop them off at the office.

Enjoy spring!

Respectfully submitted by: Slawa Gruszczynska

Spring Word Search Contest:

It may have taken a long time but spring is finally here! Enter our Spring Word Search Contest to help get you into the spring mood! Complete the word search puzzle below and return your entries to the office **by the deadline of Monday June 4th, 2018**. This contest is open to members and residents of all ages. All completed puzzles will be entered into a draw to win one of three \$25.00 Walmart Gift Cards. More than one resident per household may enter, but each household is only eligible to win one prize. Additional forms are available at the office.

Name: _____

Unit Number: _____

Spring Word Search

K	L	S	O	I	L	L	I	R	P	A	D	U	O	L	C	R	R
I	D	T	C	E	S	N	I	O	S	H	O	V	E	L	G	A	L
T	P	R	G	O	F	W	O	R	M	Z	S	W	D	N	L	H	G
E	B	U	A	R	E	W	O	H	S	T	A	E	I	L	T	V	A
B	E	L	D	I	X	P	F	T	O	H	E	R	I	R	W	X	R
I	B	W	O	D	N	H	I	O	T	S	P	P	A	P	S	M	D
R	R	A	V	O	L	C	R	C	W	S	R	E	K	L	E	A	E
D	L	R	I	W	M	E	O	O	N	E	F	C	L	A	A	R	N
E	E	M	O	M	A	Y	B	A	T	I	I	C	F	N	S	C	G
N	A	B	L	L	Y	N	R	A	T	H	C	S	L	T	O	H	R
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S	F	T	T	A	T	H	A	T	C	H	P	W	S	R	L	R	W
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U	X	E	W	J	I	S	U	N	S	H	I	N	E	W	O	U	C
I	K	R	L	G	N	S	F	R	A	I	N	Y	E	O	E	R	T
Z	C	F	K	X	D	Q	A	P	I	L	U	T	X	G	E	E	M
M	C	L	M	E	T	S	L	L	A	B	E	S	A	B	G	Q	D
O	M	Y	F	L	O	W	E	R	G	A	L	L	E	R	B	M	U

April
baseball
bird
bloom
butterfly
caterpillar
chick
cloud
daffodil
dig
earth
egg
flower

fog
garden
grow
hatch
insect
kite
leaf
lilac
March
May
nest
picnic
plant

puddle
rainbow
raincoat
rainy
roots
season
seed
shovel
shower
soil
spring
sprout

stem
storm
sunshine
thaw
tulip
umbrella
violet
warm
water
weed
wind
worm



ENVIRONMENT COMMITTEE:

Well spring is finally here and we 'gardeners' will be cleaning up flower beds, rearranging and transplanting. Therefore, at our recent May meeting the Environment Committee has decided to set up a **plant exchange table** at the **SMHC Lawn Sale** on June 2nd, 2018. This is a 'free' plant exchange – bring unwanted healthy plants and perhaps find a new or different one for your garden. As you are cleaning up your garden in the next few days hang onto your unwanted plants and bring them to the **Lawn Sale Plant Exchange Table**. Remember: Reuse, Recycle, Repurpose.



Members have recently noticed a few 'forest animal visitors' passing through Sarcee Meadows. Be very cautious when you see these animals and inform your children not to chase or harm them. In light of this, please be very sure to close the lids tightly on the Green Compost Bins to keep the animals from investigating their contents.

Help keep Sarcee Meadows looking green by helping with watering trees and grass areas this spring and summer. But be sure to water **wisely** by not letting water run forever or letting it run down sidewalks and the parking lot. Cement does not grow, but trees and grass do. Be sure to water in the mornings and not during the afternoons which are the hottest parts of the day!

Be sure to attend the Sarcee Meadows Lawn Sale on **June 2nd, 2018** and the Rutland Park Community Clean-up on **June 9th, 2018**. Both are excellent ways to help you get rid of your unwanted large items, and recycle and repurpose some items at the various facilities that will be available at the Community Clean-up.

Our next meeting is set for September 12, 2018 at 7:00pm at B50. Please consider joining our group as there are a lot of empty chairs to fill at our table and we always need new input and ideas. See you in September.

P.S. Don't forget to attend the **June Members meeting – watch for info in the Connections and the meeting packages**. Have a Safe and Happy Summer Everyone!!

◆Education◆

ECO ALLEY – NEWS YOU CAN USE:



DID YOU KNOW?

You have probably heard on the news or in the papers that China has decided it no longer wants to be the world's recycling bin. This has left the City of Calgary in a lurch. Tonnes of plastics and paper from **all over the world** was sent to China, but the country has recently decided there was too much non-recyclable, dangerous material coming with it. They are now slashing how much they are willing to take.

Calgary generates about one or two trailer loads of plastics a week, 3000 tonnes annually, and about five trailer loads of mixed paper a day. Over the life of the Blue Cart program, the City has been setting aside some of the revenue for a situation just like this, and it is storing the materials until a buyer can be found. There are manufacturers, mostly in Asia, that are trying to step in to fill the hole that was left by China. But nothing is in the final stages yet.

Here in Sarcee Meadows our recycling is picked up by Waste Management who is also feeling the pinch of these new restrictions being imposed by China. The information from Waste Management on the following page contains a list of recycling do's and don'ts, but it also shows the real financial ramifications that SMHC may face if we don't recycle properly.

We can also help the situation by reducing, or reusing, or repurposing the plastics that we are putting into our recycling. Plastic bottles particularly are a problem. Use a refillable attractive water bottle whenever you can. Plastic containers can always be used for some other purpose. **"Think"** before you throw. Help save the environment and our changing world.

"FATBERGS"

It's been described as smelling like rotting meat and dirty diapers. A "fatberg" is a congealed mass found in sewer systems combining non-biodegradable solid matter such as wet wipes with grease or cooking fat.



The destructive deposits have caused problems in cities around the world but it can easily be fixed, according to Barry Orr, a sewer outreach and control inspector for London, Ont. "We have to stop a lot of things from going down the toilet. The only thing that should be going down the toilet is human waste and toilet tissue," he told The Current's Anna Maria Tremonti.

How a fatberg is born:

Fatbergs develop in city sewer systems when fat and grease harden and adhere to the inside walls of the tunnels. When other materials like baby wipes, tampons, condoms and diapers are added, they stick to the congealed grease blob, and grow.

Repairs to damaged infrastructure can cost municipalities a lot of money, but Orr also points to the environmental cost of fatbergs. "If you have raw sewage bubbling up through the manholes getting into the storm drains, that's going directly into our creeks and rivers," said Orr. "This is what really concerns me, because I see so many of these products that should never be flushed now entering our natural environment." The consequence of clogged sewers can also lead to flooded basements and roads, interruption of water supply and soaring insurance rates, according to Orr.

- Taken from the CBC website <http://www.cbc.ca/radio/thecurrent/only-you-can-prevent-gross-smelly-fatbergs-from-clogging-up-city-sewers-says-inspector-1.4642816>

While the excerpt above discusses issues in London, ON, the problem of "fatbergs" is very real everywhere including here in SMHC! The article goes on to explain how the City of London is controlling the problem by providing households with biodegradable cups to properly dispose of their fats, oils, and grease (FOG). There is no such program in our area but that does not mean we cannot apply the same principle to our own FOG.

We have found a product by Bindoctor called the Grease Buddy which is a perfect solution to this problem. This is a 100% compostable container where you can place all you fats, oils, and grease until they cool off and then dispose of the container along with the rest of your organic recycling. These can be ordered from the Bindoctor website (which also contains many other fantastic recycling products): <https://www.bindoctor.com/product/grease-buddy-kitchen-grease/> or can be purchased at select Dollarama stores throughout the city. These are the locations that carry them:

- Heritage Towne Centre - 52 Heritage Gate SE
- Royal Oak Centre - 8888 Country Hills Blvd. NW
- Sunridge - 3320 20 Ave. NE
- Midnapore Mall - 240 Midpark Way SE
- South Trail Crossing - 4307 130 Ave. SE
- Macleod Plaza - 180 94th Ave. SE
- Beddington Co-op Centre - 8220 Centre St. NE





THINK GREEN.®

Are You Recycling Right?

The Do's and Don'ts of Recycling

The recycling industry is experiencing high levels of contamination – trash in the recycling – at a time when the requirements for quality (clean recycling) are increasing due to new policies implemented by end markets for recyclable materials.

Earlier this year, China began to limit the quality and quantity of material it accepts for recycling, impacting the recycling industry world-wide. **As a result, our focus on quality is higher than ever, as we work to ensure the long-term sustainability of our recycling programs.**

When non-recyclable items (contamination) end up in your recycling, they have the potential to turn the entire load into trash, resulting in contamination and additional processing and disposal costs.

IMPORTANT

Under your service terms, you may be assessed contamination charges of up to \$69.00 per yard (based on the size of your recycling container) for excess contamination found in your container during recycling collection.

Here are some tools for success – follow these simple rules to avoid contamination charges.

RECYCLING DO'S	RECYCLING DON'T'S
DO recycle all empty plastic bottles, cans, paper, and cardboard.	DON'T bag your recyclables – plastic bags and film get tangled in the machinery.
DO keep foods and liquids out of recycling	DON'T include food-soiled items – they can turn an entire load of recycling into trash.
DO keep plastic bags out of recycling.	DON'T add sharp or dangerous materials like needles and electronics – they can cause injury to our workers.
	DON'T toss in “tanglers” like rubber hoses and wires – they can shut down an entire recycling center!
	DON'T include bulky items like propane tanks or construction debris.

Why Should I Stay Socially Active?

As we age it is easy to become disengaged. “I am too tired”, “it was a long day at work”, “my friends are not around”, “I don’t like to try new things”, or “my friends are no longer here”. Why do we do this?

The TV and couch has become a comfort area. If you are a TV junkie: “my favorite TV show is on and I don’t want to miss it”. Here is a hint PVR it or by the DVD.

It is important that you stay socially active to prevent cognitive and physical decline. People who do not remain socially active will be prone to mental or physical decline.

Psychological Health: Folks who share the same passion with like-minded people form lasting bonds. This is a great way to reduce stress levels and prevent depression. It is a great way to not pay for a therapist in the future.

Physical Health: Those who are isolated are likely to skip meals as a result of eating alone. Get out and socialize, share a meal, it will do your heart some good.

Cognitive Health: It is shown that people who belong to a social group are less likely to develop dementia and are more inclined to participate in physical activities which also reduces risk of falling and contributes to their good health. If you enjoy Sudoku, there is a challenge below.

What do you have in common with your neighbor?

Stay vibrant and active, aging does not mean that your life needs to slow down to a crawl.

		5						3
			3	4	6	1	9	
9	3							7
1		3						
	2		1	6				
	8	9	4		2		5	1
2	9					5		
6	4			8	3			2
		8	7		9	4		

Why Aren’t All First Nations Grounded? – (Fourth in a series by Kim Spence)

You may have asked you self after my last article why do not all First Nations live to that concept, why the dysfunction. My last article I started by saying: “from early childhood and throughout our lives, First Nations are taught about relationships and how they interact with each other”. Unfortunately, it is not that simple for all First Nations people.

I was fortunate, I had a strong family foundation, support, strong community culture, neighbors who would be there for each other any time. It is not always like that. For some First Nations, they do not



have a solid foundation, nor both parents, nor a parent(s) who have the skills to support their children or themselves. How did it get like that? Unfortunately, it stems from our history of the residential schools.

What is Truth and Reconciliation?

A commission was created and tasked with discovering and revealing past wrongdoings by a government in hopes of resolving conflict left over from the past.



Let me set the stage for you: You are a parent; sitting at the table with your family or maybe doing yard work outside with your children close by. Suddenly there are strangers, with the local policeman, you do not know why they are there, and they tell you they are taking your son, your daughter, or maybe both children. You struggle to understand why this is happening, trying to piece it together in your mind; as the stranger reaches for your children, you fight with the stranger as they grabbed for them. You are confronted by the policeman, he is threatening you to put you in jail if you do not comply.

Soon the children are thrown in a police car, a truck, a vehicle nearby, and they are whisked away from you. You may or may not know where they are being taken to. All you know is your world has just crumbled, you are feeling sick to your stomach, feeling helpless, heartbroken, no one to turn to. You do not know if you will ever see your children again. This is what happened to my grandmother.

My grandmother was taken to a residential school. Residential schools were located across Canada and were established with the purpose to eliminate parental involvement in the spiritual, cultural, and intellectual development of First Nations children.

My grandmother's arrival: she was greeted not only by other scared children but by women wearing long dark black clothing covered from head to toe, men dressed in dark black suits, both wearing crosses. The children were separated into groups, girls on one side, and boys on the other. My grandmother and the other girls were herded into a room and told strip in front of adults. The children were then scrubbed from head to foot with water and a bristle brush that looked like it should have been used for brushing horses. Long hair was common among our people, but it was not accepted by the school, so most of the children's hair was cut into short bobs, the boys would have their heads shaved. The children were doused in a white powder (delousing them) and told to dress in a uniform.

The rules: cannot speak your language or cannot sing in your language, could not wear traditional clothing, even moccasins. You will speak English at all times, pray before meals, pray at bedtime, and many, many more rules.

The residential school system unfortunately did not teach our children or provide them a proper education, instead it instilled in them how to run, manipulate, and create defensive skills.

The purpose of this commission is to inform all Canadians about what happened in the Indian residential schools. Document the truth of the survivors, families, communities and anyone personally affected by the residential school experience. The commission hopes to guide and inspire First Nations and Canadians in a process of reconciliation and renewed relationships that are based on mutual understanding and respect.

If you are hurt, you hurt people. That is how pain patterns get passed on, generation after generation after generation. Break the chain today, meet anger with empathy, contempt with compassion, cruelty with kindness. We believe that by sharing and teaching about this mark in time, we can effect positive change in our society.

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

◆Community News◆

WOMEN'S CIRCLE:

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

Earth Day Celebration

You may have seen some of the ladies and their children out and about in SMHC Sunday April 22. Some of the Women's Circle members (Farhath, Meraj, Noreen, Shabana, Haseena and Aliya) on behalf of ICNA Sisters, together with their Sunday School kids, delivered their art work along with a reusable bag to some of their neighbors as part of Earth Day Celebrations. What a wonderful way to get the kids involved in volunteering and in the community. Thank you so much to all for your generosity. You couldn't have picked a nicer day to do it.

Women's Circle Potluck

On Friday April 20th we had the opportunity to host Acting Executive Director from CHF Canada in Ottawa Karla Skoutajan and CHF Canada Treasurer Barb Milsap at a potluck at my unit. It was a wonderful evening of great stories, amazing food, and really great company. Feedback from Karla "The work that you and the other members of the Women's Circle do continues to inspire others." and from Barb "I had a fantastic time and still felt full the next morning after tasting all the great food." We are so blessed to have the opportunity to host special guests like these two ladies and show them firsthand what Sarcee Meadows and the Women's Circle is trying to achieve in building community and inclusiveness. Thank you again to everyone that was able to make it. We had four new Women's Circle members attend this their first gathering. Welcome again to Mary S, Maria, Rachelle, and Jenn. We hope you enjoyed yourself.



Mayor Nenshi's Kind Words

On Saturday April 21st Roberta Miller, Kelly Edwards, Isabel Ciok, Tony Yee, and myself had the privilege to attend the SACHA AGM. The special guest was none other than City of Calgary Mayor, Naheed Nenshi. What a wonderful surprise. He gave a great speech about diversity and inclusivity. He spoke of the troubled times we are having with all the negativity in the news. He then spoke about a wonderful Culture Event he was invited to last year. He spoke of a group of diverse women trying to make a difference in their community. Mayor Nenshi mentioned the SMHC Women's Circle three or four times. What made me so very proud was he said so many nice things about Sarcee Meadows and the Women's Circle, and then asked the question "Is there anyone here from SMHC?" We have found a real champion of Sarcee Meadows and the Women's Circle in Mayor Nenshi and he really touched the room with his comments. After his speech he joined our table and had lunch with the group of us from SMHC. Roberta took this opportunity to invite the Mayor to our Annual BBQ in August to celebrate our 50th anniversary. He couldn't commit at that time but fingers crossed he will join us. I shared the news of the Mayor attending the AGM and about his speech with Nicole Waldron, the President of CHF Canada. Here is her feedback: "This is just awesome news. You and the women at the Women's Circle have inspired many over this last year. Many significant and impactful lessons learned that will continue to enhance our lives and our fellow coop members." The Women's Circle is successful because of you our members, the Board of Directors, Roberta, and Janine supporting us and encouraging us every step of the way. I had the opportunity to privately thank Mayor Nenshi for attending our Culture Event last summer. I told him his speech really made an impact on our community. His face lit up with a big smile and he said "Really!!" He was so touched that his words resonated with our members.



RUTLAND PARK COMMUNITY ASSOCIATION:

On Sunday, May 6th, 2018 the Rutland Park Community Association presented a very well organized and well attended Volunteer Appreciation event. (Thank you to Gayle Fields and Leanne Ellis/ Acting President.) We enjoyed the company, delicious food, and amazing door prizes for each of the participants.

Such a lovely afternoon was not only the recognition of community work, but an opportunity for people to know each other better.

Submitted by: Slawa Gruszczynska



GLAMORGAN COMMUNITY ASSOCIATION:



JUNE 1 - PATIO PUB NIGHT

JUNE 5 - SENIORS CORNER BBQ

JUNE 23 - NEIGHBOUR DAY 1:00PM TO 4:00PM

SEPTEMBER 4 - SENIORS CORNER

SEPTEMBER 7 - PUB NIGHT

**SEPTEMBER 23 - GLAMORGAN COMMUNITY
CLEAN UP**

◆*Human Interest*◆

The Newsletter Committee has chosen to change the title of "Your Page" to "Human Interest". We felt that this opened up this section for a broader scope of stories from our members. It is still a place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments or Personal Milestones such as Births, Birthdays, Weddings, and Anniversaries. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements or any other tidbits that you'd like to share! Submissions can be emailed to janine@sarceemeadows.coop or dropped off at the office to the attention of the Newsletter Committee.

Be Grateful

Grateful is a state of being that we should all try to maintain no matter how bleak your individual world view may look just at the moment. In this fast paced world of consumerism as we are urged to have the latest, newest, more expensive "thing", being grateful for what we do have is more and more difficult to remember and to live by.

On a personal level I have gone through some very negative experiences in the past few weeks. Starting with a broken crown right at the front of my mouth which I found set me in quite a tailspin as, to my jaded eyes; I looked now like a toothless old hag. It was hard to hold on to the fact that I should be grateful that the injury could in some fashion be rectified by my dentist and I had benefits that should cover the process.

Two days later in a move that blindsided me completely, I was suddenly unemployed, let go from a company that I had every belief I would be finishing my working life at and retiring from in celebration. Instead I was pushed out the door by people who had seemingly lost all respect for me as a human being the moment my release from status as an employee was confirmed. It was devastatingly difficult to wrap my head around this turn in my life and be grateful I had escaped from such a hypocritical and disrespectful environment with a new chance to find and claim that last more rewarding career opportunity to end my working life with real pride.

On the way to an interview, just a few more days later, I was the victim of a random assault on the street in broad daylight. Though I wasn't too badly physically harmed the shock of this incident was completely mind-boggling. I once again had the almost impossible task of trying to find something to be grateful for amid nightmares and new found hyper-vigilance. On reflection I found that I was grateful for being alive as this situation could have gone so wrong so quickly and I may not be here to be writing this narrative.

So now I have made a pact with myself and I urge you to do the same. Try to find something, however small, to be grateful for each and every day. Write them down in a journal, make them into pictures if you're artistic or simply stop what you're doing and enjoy the very thought of what came to mind when you considered gratefulness.

Some of the items on my list are:

- All the friends that I once viewed as acquaintances who have come to my side to be encouraging and supportive as I navigate some of the potholes in my life.
- The music which I've always held dear and the musicians in Calgary that have given me moments of pure joy and peace by sharing their craft.
- Living in Sarcee Meadows where we have lovely homes for more than reasonable outlay of funds and are surrounded by neighbours who look out for one another and become involved in our community as volunteers at every possible level.

So start making your own lists, for all these positives put smiles on your faces and peace in your hearts. We can only be better and happier as individuals and as a community if we remember all we are so lucky and so grateful to enjoy.

Submitted by Jenn Jenkinson

Hair Massacure 2018

Did you know that cancer is the number one disease killing children from age six months to young adulthood? It is also the leading cause of non-accidental death in children.

Did you know that unlike adult cancers, the causes of most childhood cancers are still unknown and are not linked to lifestyle and environmental risk factors?

Childhood cancer accounts for only 5% of all cancer research funding in Canada today.

What is “Hair Massacure”?

It is a fundraiser to grant wishes for sick children through the Children’s Wish Foundation of Canada as well as support childhood cancer research through the Alberta Cancer Foundation.

What makes “Hair Massacure” so special is that it involves a lot of communities and is a province-wide initiative, started by a mom in Edmonton when her daughter was diagnosed with Leukemia at the age of 4.

Fast forward over 15 years later, mom and daughter and the rest of the team of “Hair Massacure” are stronger than ever and are building momentum in Calgary (as it is a much more widely known event in Edmonton).

The fundraiser kicks off in March every year, which is when everyone is invited to come to downtown MC College hair school and dye their hair pink (tips, highlights or your whole head/beard!) A month later we wrap up the fundraising and donate/shave all our hair. A company collects all the hair (chemically treated or not) and uses the hair to make wigs. Having pink hair and/or no hair at all throughout this time starts conversations with those around us about the cause and helps build awareness around childhood cancer.

Side note: shaving off my hair and being bald right now as a young woman has made me gain perspective for those facing baldness, alopecia or thinning of the hair. Especially as women, our beauty and identity is linked with our hair, you don’t really realize it until something happens to it.

I would also like to take the space to say that if you or someone you know needs grief/bereavement support or someone to talk to when someone close is living with a life-threatening illness or has died **Sage Centre** provides affordable counselling (pay what you can) and have expertise in providing support to family members of all ages (kids, teens, grandparents). Please contact them at **403-263-4525**.



You are not alone.

It is not shameful to ask for help.

It is never too late to ask for help.

◆Letters to the Editor:◆

Letters to the Editor are the opinion of the author[s] and do not reflect the opinions of the Board of Directors or the members of Sarcee Meadows Housing Co-operative Ltd.

Letters to the Editor are not edited for content by the newsletter committee prior to printing.

WOW!! Two full pages of response to a half page of my musings. I had no idea my opinions were worth that much. Thank goodness the Entertainment and Social Events Committee was able to respond in such a timely manner.

Thank you to the Newsletter Committee for the extra attention paid and recognition given to volunteers in this past edition of the newsletter. It was good to see.

Also, thank you to all the members that phone me or stop me to chat, your support and kind words are very much appreciated.

Mary Emro, G472

◆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:

Two comfy sofa chairs. \$90.00, or best offer, for both.
Please contact Alicja at 403-246-5219



FOR SALE:

Yamaha stereo, receiver, 2 towers, CD player, and a Sony turn table.
\$550.00 as a unit
Please call 403-249-8755

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**](mailto: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.

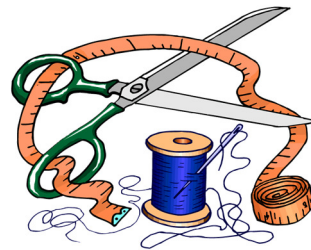
Please call Fred at 403-686-4302.

Moments Fashion Solutions

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779

www.momentsfashion.com



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



LAWN SALE!

Saturday June 2nd, 2018

9:00 am - 4:00 pm

Along Sarcee Road

Entry fee - \$5.00 per SPACE

(Please refer to the Lawn Sale Guidelines on the back of this flyer regarding table set up and space size.)

**“It’s Better Than eBay – See it, Touch it, Pay, and
Take it Away Today!”**

Please NOTE:

No matter where you hold your lawn sale, whether at your unit or along Sarcee Road, the fee per space will be \$5.00.

The fee is to cover the costs of advertising in the local newspaper.





SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

GUIDELINES

SUBJECT: Lawn Sales - Guidelines

ORIGINAL DATE OF APPROVAL: April 28, 1994

APPROVED BY: The Board of Directors

DATE OF AMENDMENT OR REPLACEMENT: March 7, 1996

In accordance with their job description, it will be the responsibility of the *Entertainment and Social Events Committee* to organize lawn sales.

Guidelines for lawn sales include, but are not limited to, the following:

1. In so far as possible, two [2] lawn sales will be held annually in SMHC. One in the spring and one in the fall. The date and time frame will be approved by the Board of Directors.
2. Advertising for the lawn sale will consist of internal flyers for the members offering them the opportunity to participate. A copy of these guidelines will be attached to the internal flyer. An ad will be placed in the local newspaper making the public aware of this activity. If possible, signs will be posted within the community: i.e. the window of local stores, large signs installed on the boulevards, etc.
3. Sarcee Meadows will not provide tables, participants are responsible for their own set-up.
4. Each participant will be requested to pay an amount to be established by the Board of Directors.
5. A space will consist of three [3] meters [approximately 10 ft.] in width.
6. Non-members who wish to have a space, must be sponsored by a member: i.e. provide the unit number of a member who is willing to be responsible.
7. The committee will assign a committee member who will be responsible to collect the cost of a space and record the unit of participants or the sponsor's unit number. This will ensure that should the information be required after the lawn sale, records will have been kept.
8. All participants will be responsible to ensure that their space is cleaned up and that no damage has occurred to any of Sarcee Meadow's property. If there is damage, or a mess left, the member or sponsor member will be held responsible.

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
May 13 Mother's Day	14 Finance @ 7:00	15	16 CSI @ 1:00 Personnel @ 7:00	17 Education & Involvement @ 7:00	18	19
20	21 Shop and Office closed for Victoria Day	22 Big Budget Meeting	23	24 New Member Workshop	25	26
27	28	29	30 Board Meeting @ 6:45	31	June 1	2
3	4 Newsletter @ 7:00	5	6 Property Maintenance @ 7:00	7 Entertainment @ 7:00	8	9
10	11 Honours & Awards @ 7:00	12 Membership @ 7:00	13 Property Enhancement @ 7:00	14 Members Meeting @ Grace Lutheran @ 7:00	15	16
17	18 Honours & Awards Interviews @ 6:00 Finance @ 7:00	19	20 Personnel @ 7:00	21	22	23
24	25	26	27 Board Meeting @ 6:45	28	23	30

**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: Maria Brogowski
Board Liaison: John Preston

Grievance & Resolution

Chair: Georgia Gardiner

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: Pat Fenlon
Board Liaison: Kelly Edwards

Property Maintenance

Chair:
Board Liaison: Mike Cooper

Property Enhancement (includes Parking and Security)

Chair: Wayne McAdam
Board Liaison: Dean Putman

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



Sarcee Meadows Housing Co-operative Ltd.

Humanitarian Award

This award was established by The Honours and Awards Committee in recognition of our 30th Anniversary. It is a **\$500.00** award presented yearly to one humanitarian cause. As we look towards our Golden 50th Anniversary, we want to hear from you so we can celebrate our amazing members and share our blessings with others.

A Humanitarian is a person concerned with helping promote better lives of those in need either locally or across the world.

This sentence sums up everything that our co-operative stands for and we want to hear about all that you do for others in the community.

- Do you volunteer with a hospice, shelter, or hospital?
- Do you work with seniors or schools?
- Do you do other things which help improve the lives of others?

If you give your time to help others and feel it is worthwhile work that needs to be promoted, please write us a letter and tell us all about it. We know our members are very generous and sometimes humble but we really want to hear about your amazing work. Everyone get writing!!! Nominate yourself or one of your neighbours.

Submit your letters to the office on or before May 31, 2018.

FUNDING OPPORTUNITY

GERRY COATES' MEMORIAL FUND

The Board of Directors has established a MEMORIAL FUND in memory of Gerry Coates who died in October of 1986 after undergoing a kidney transplant. He had served on the Board and Committees for several years.

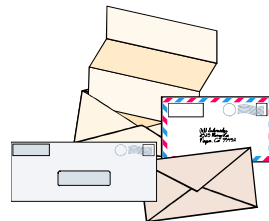
Gerry believed in co-operation. He also believed in family and community. Even though he had serious medical problems and little scheduled time, he became involved in our co-operative and was a very active volunteer until his death in 1986. Gerry experienced personal growth from his involvement in Sarcee Meadows, and served as an inspiration to others for meeting challenges and achieving goals.

This fund offers a challenge and is designed to assist a family or an individual member of Sarcee Meadows who aspire to attain a personal goal. The goal should be in the area of - but not limited to:

- Education (e.g. post-secondary, continuing, etc.)
- Athletics
- Fine Arts
- Medical Treatment
- Personal Growth

Criteria are based on commitment and a need to accomplish the goal. Funds up to **\$2,000.** will be available. You will be called for an interview if you are successful in the short list.

Any member of Sarcee Meadows is eligible. A family may apply to assist their child in any of the above areas.



Applicants are to apply in writing, giving information pertinent to your request. If possible, state the amount of funding required, what it is for, past history regarding education, etc. - To:

**Gerry Coates' Memorial FUND
Honours and Awards Committee, B 50**

If you have any questions prior to submitting your letter of application, contact Audrey (evenings) at 403-242-4765 or Betty Jean (days) at 403-242-4540.

APPLICATION DEADLINE IS MAY 31, 2018

Sarcee Meadows Housing Co-operative Ltd.

Sheila Elliott Fund

(To all families of school age children)

An endowment fund was established by the late Sheila Elliott prior to her passing. Her wish was to assist young families with school age children that may face some financial hardships while raising a family. The Board of Directors approved continuing this fund on behalf of Sheila and now awards **\$500.00** per year to a worthy recipient.

The Honours and Awards Committee annually solicits nominations and applications for consideration and will select the applicant that best meets the criteria for need that Sheila set out.

Sheila was a nurse, teacher, and longtime member of Sarcee Meadows and knew all the many challenges faced when providing the necessities or little extras that arise when raising children.

The selection criterion is based on family need in the following areas:

- **Financial need**
- **Basic needs – (eye glasses, dental care, clothing, school supplies)**
- **Instruction costs – (school, music, sport)**

If you are a family in need or know a family who could use some assistance, please fill out the Nomination/Application form and return to the office on or before **May 31, 2018**.

... see over

Sheila Elliott Fund

NOMINATION - APPLICATION

Date: _____

NAME: _____ UNIT NUMBER: _____

NUMBER OF CHILDREN IN FAMILY: _____

SPECIFIC NEED:

- _____
- _____
- _____
- _____
- _____
- _____

Signature: _____

If nominating someone, please provide your own telephone numbers.

TELEPHONE NUMBER(S): _____ (H) _____ (C)

This application/nomination will be held in the strictest confidence.

A member of The Committee may contact you for additional information.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope

APPLICATION deadline May 31, 2018