Connections Newsletter

January 2019

BOARD OF DIRECTORS REPORT:

Happy New Year to all of our SMHC members!

The next Board of Directors meeting will be on Wednesday, January 23rd 2019 at 6:45 pm, please notify the office in advance if you would like to sit in on the non-confidential portion of our board meeting.

Our Annual General Meeting will be on Wednesday, January 30th 2019 at 7:00 pm in the Grace Lutheran church with registration starting at 6:30 pm. Four positions on the Board of Directors will be up for election during this meeting among other agenda items.

We look forward to seeing everyone again.

Your SMHC Board of Directors

GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

During December we still had numerous committee meetings, completed a number of work orders, held a Board meeting and celebrated some birthday's as well as anniversaries. January sees B50 back in the regular day to day schedule after a hectic and time restricted December. Despite the time restrictions there were still a number of cupboards installed, floors done, a few bathrooms repaired/replaced, and locks replaced/repaired.

The year-end audit is now complete and will be presented to the Membership at the January 30, 2019 Member's Meeting. Additional detailed information about work done for 2018 will be provided in the AGM Meeting package.

Our goal is to be back in B50 on February 1, 2019, and we are looking at working with the social committee to have an open house for Members to come and take a look at the changes when we get settled.

General

In closing as we say goodbye to 2018, may this New Year bring you all a peace filled life, warmth, good health and togetherness in your family and much prosperity! Happy New Year!

Thank you,

Roberta Miller General Manager



◆Committee Reports ◆

NEWSLETTER COMMITTEE:

The Newsletter Committee sends most sincere best wishes in 2019 to all members and your families.

In order for us to design the future, we need to be familiar with the past. Very, very soon, you will find in your mailboxes a special edition of "Connections", marking the 50th Anniversary of SMHC. WE hope that all members will find it enjoyable, interesting and will consider it as a keeper.



On behalf of the entire team, we would like to thank Kim Spence, the Chair of the committee for her significant contributions to the newsletter and membership in promoting education about traditions and issues related to the Indigenous nations of Canada. Kim had to step down due to family commitments. Thank you Kim. Please remember that the door is always open for you at any time. We will welcome you with open arms.

An important date to remember is the Annual General Meeting coming up on January 30th, 2019. We are looking forward to see you all.

With sincere regards, Slawa Gruszczynska

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Happy New Year to everyone and welcome to 2019! We'd like to thank all of our fellow SMHC members and residents who made 2018 a great year for us by attending our events, stepping up to help out, and providing feedback and suggestions for future events. Your contributions and interactions with the Entertainment & Social Events Committee are greatly appreciated!

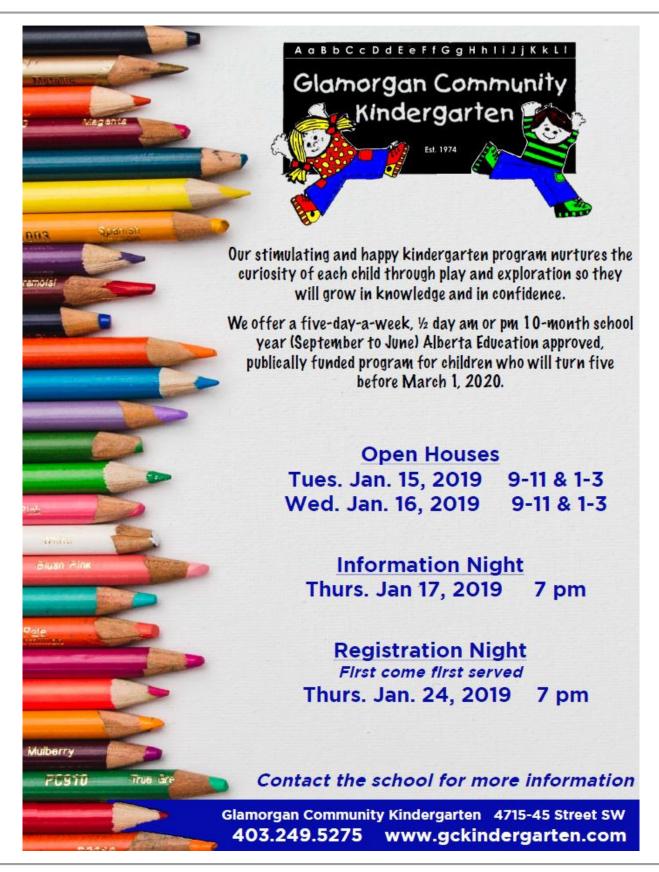


We are busy finalizing plans for our Volunteer Appreciation Dinner for all volunteers who were active in 2018. With celebrating our 50th Anniversary this past year we have decided that our theme this year will be "Look to the Future!" To all our volunteers – watch your mailboxes as invitations to this fantastic event will be coming out soon!

We are also looking ahead with preliminary planning for our Easter Egg Hunt and other great events for 2019!



♦Community News ♦



RUTLAND PARK COMMUNITY ASSOCIATION:

"A Look Back"

Hello Community friends. Happy 2019!

December 1st was filled with excitement as Rutland Park hosted their 3rd Ukrainian Festival. Guests arrived to a beautifully decorated hall, feasted on a delicious Ukrainian themed meal, and were treated to a concert by the Hopak Orchestra and the wonderful (adorable) Hopak Dancers.

Thanks to a great group of guests from right here in Sarcee Meadows who helped make our event yet another success!

Thank s also to Judy & Helen, "two Sarcee Meadows greats", who served on our Committee.

Warm Wishes, Isabell Reznik



♦Human Interest ♦

This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/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.

Submissions to this section 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.

Thank You:

From Catherine Phipson - H505

Thank you Kathy Aubichon and Carol Davis for your input on Save-on-Foods I decided to give them a try ... and I am so impressed!! My first delivery has just arrived and taken through to the kitchen, by a young man Jason, smiling broadly



as he told me he grew up here in H block (his parents are good friends with the Wrights ... his grandparents and uncle lived here as well). He shared some experiences he remembers well ... racing his bike in a "fire run" I believe he said, playing hockey in the wading pool in the winter. What a small world it is. I am so glad I gave Save-on-Foods a try - will definitely be ordering again.

The Tale of the Missing Spoon:

Hear ye, hear ye! After our November Potluck night at the hall, a favorite serving spoon has gone missing! Please check your "spoon drawer" – it is mid size, stainless steel and has a nice pattern on the handle. If you find it – please return to Isabell at K691 so I can use it at our next potluck.

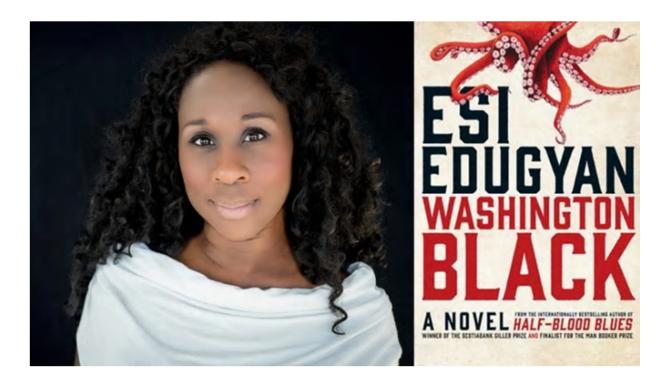
Thanks,

Isabell



Esi Edugyan Wins Scotiabank Giller Prize for 'Washington Black'

Submitted by Kathy Aubichon



On Monday November 19, 2018 at the Toronto Ritz Carlton, Esi was taken by surprise to hear these words "And the 2018 Scotiabank Giller Prize goes to Esi Edugyan." WOW!!!!

News of Esi winning the 2018 Scotiabank Giller Prize quickly spread through Sarcee Meadows with everyone so proudly remembering her.

I had the pleasure of speaking with Esi a few days after her win.

Esi Edugyan moved into Sarcee Meadows when she was 15 years old with her parents and siblings. She remembers SMHC being a lifesaver for her parents as our community really suited their needs. She also recalls feeling very comfortable and her neighbors and everyone else were so friendly. She had a friend since she was 4 years old that she had lost contact with. Esi was so happy to learn that her friend's mom lived here in SMHC so she was able to reconnect. Talk about a small world. Esi attended Central Memorial High School. She always loved reading and writing and announced to her English teacher that she was going to be a writer someday.

When I asked Esi if she still has fond memories of SMHC she said oh yes. In fact she was just here in Calgary last month attending Wordfest at Mount Royal University with the other four Scotiabank Giller Prize nominees and she did a reading.

Born in Calgary to Ghanaian immigrants, Esi has enjoyed an eventful career. She has taught creative writing at the University of Victoria, she has also taught at Johns Hopkins University and held fellowships in Scotland, Iceland, Germany, Hungary, Finland, Spain, and Belgium.

Esi studied creative writing at the University of Victoria, where she was mentored by Jack Hodgins. She also earned a Master's degree from Johns Hopkins Writing Seminars. Her debut novel, The Second Life of Samuel Tyne, was published internationally in 2004 and was shortlisted for the Hurston-Wright Legacy Award in 2005.

The Scotiabank Giller Prize is one of the most prestigious prizes in Canadian Literature. Regarded as Canada's pre-eminent literary prize, the well-promoted and televised Scotiabank Giller Prize routinely transforms winners into bestsellers. Esi has won not one but two Giller Prize's.

Esi Edugyan made history in 2011 by being the first Black woman to win the Scotiabank Giller Prize for her novel Half-Blood Blues. The award changed Esi's career, but that's not why the accomplishment is meaningful.

Esi said "I was proudest when, some years later, a woman in her late teens approached me at a dinner to tell me that that win had given her the courage to study writing," Edugyan told CBC Books about the historic win. "The visibility allowed by the prize had made the choice less impossible for her. And that's wonderful."

In her acceptance speech after winning the 2018 Giller Prize Esi said "I just have to say that in a climate in which so many forms of truth telling are under siege, this feels like a wonderful and important celebration of words."

The Canadian Press asked Esi to share the book that made her fall in love with reading. Her response was; "Harriet the Spy. I don't know if kids read that, nowadays, but I loved the intrigue, and I loved this female protagonist who was going to figure everything out, and she was so clever, kind of like a budding journalist, if I think about her personality. Definitely, that was a big one for me."

Esi Edugyan is curious by nature. Her examination of life through a historical and racial lens has resulted in novels about the Black experience in Europe during the Second World War (the 2011 Scotiabank Giller Prize-winning Half-Blood Blues) and racism and mental health in 1968-era Alberta (with the 2004 debut of The Second Life of Samuel Tyne).

Her third novel, Washington Black, tells the story of 11-year-old Washington "Wash" Black, a slave on a Barbados sugar plantation in the 19th century. His master is Englishman Christopher Wilde, who is obsessed with developing a machine that can fly. When a man is killed, Wilde must choose between his family and saving Black's life — and the choice results in an epic adventure around the world for Wash.

Russell Smith – Contributor for the Globe and Mail writes "Washington Black has shown Esi Edugyan to be the most ambitious novelist in Canada, one who combines scope with technical chops ... Edugyan is a major talent, even maybe a minor genius."

Esi ended the year with the amazing acknowledgement by none other than former President Barack Obama when he included her book Washington Black on his list of best books list of 2018. It doesn't get much more impressive than that.

We here at Sarcee Meadows could not be prouder of Esi and all of her talents and accomplishments. I look forward to her coming to Calgary for a visit and hopefully attending a Women's Circle gathering so we can make her an honorary member of our group of ladies. Esi you are such an inspiration to us all.



Smell the Roses

Submitted by Jenn Jenkinson



Sunrise, even in the city, can be a simply awe-inspiring few moments in one's life. This beautiful shot was taken from my home office window in Calgary last August.

These moments in our life are short but in the greater scheme of things if we take the time and effort to reflect on them we gain that quiet peace and satisfaction that will often make the rest of the day seem that much more pleasant.

Take time to smell the roses is not merely a throw away cliché that we spout. The habit of taking time should be encouraged from the earliest opportunity to lead to a lifetime of appreciation. We would all be happier and more balanced individuals if each day we spent a few moments appreciating a small but precious aspect of the world around us.

So get out there, view that sunrise or sunset, smell those beautiful flowers, delight in watching two pesky squirrels chasing each other up the big tree in the park or simply appreciate as you stand still the magical symphony of the birdsong you can hear all around you. I believe you will be surprised by how much this simple act of being present in your world will impact you. The more peaceful and grateful one feels the less they are prone to sickness like colds or headaches and to emotional upsets like anger, fear and depression. Relax, enjoy the world around you, and Be Well.

We are, I believe, uniquely lucky at Sarcee Meadow. Not only do we have some fantastic opportunities to enjoy those special moments with nature's creatures and the world of beauty around us, but we have the almost daily chance to cross paths with neighbours and exchange appreciative moments that should not be missed.

As you walk through the complex, many people will say a "hello" or even pause for a word or two. Some you may know well but some may still be virtual strangers. Just like smelling the roses, take a moment of time to greet even the folks you don't yet know. Your please "Good day" may mean everything to

them as a moment of joy and acceptance as they perhaps head off to work or school. Likewise you may find that a greeting or a few words from one of your neighbours gives your heart a lift of spirit.

And the best bonus is regardless or shade of skin, language, age or anything else that sets us apart from one another; things we have in common overrule differences. The appreciation we share for this wonderful place we all call home gives us common ground, what a treasure.



♦Education **♦**

VACATION DEPARTURE CHECKLIST:

Are you taking a vacation or going to be away from your unit for an extended period of time? Our Maintenance Supervisor, Mike Read, has put together the following checklist of things you should do in your unit before leaving:

Notify the SMHC Office of the dates you will be away and who is looking after your unit. It is also good to notify a neighbor and/or friends.
Hold mail & deliveries or have a neighbor pick it up.
Notify security system people with contact person (if applicable)
Get rid of garbage and organic recycling, both indoors & out.
Leave exterior lights on or set them on a timer if applicable.
Program interior lights, or set on a timer if applicable.
Check & lock all windows and doors.
Program thermostat or set it a lower temperature.
Throw out perishable foods
Wash dishes
Unplug unnecessary appliances
Make sure lawn service is off or winter drained
Lower hot water tank temperature to vacation setting
Check with your insurance company as some insurance companies require the hot water tank to be shut off. Which means your gas that runs to your hot water tank should be shut off as well. Please call the maintenance department for clarification and assistance.

Makami College Massage

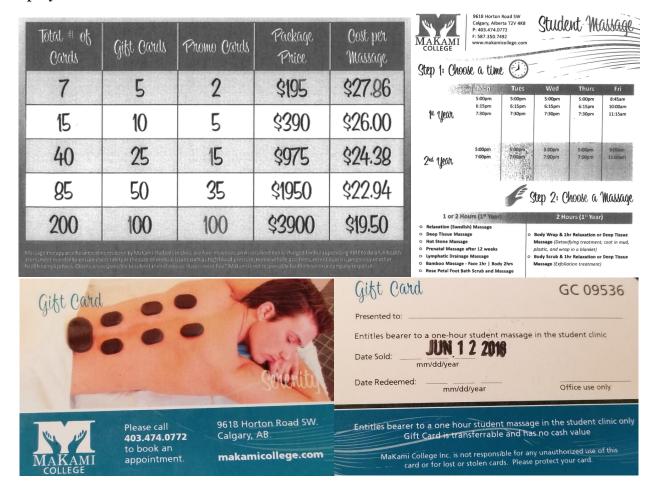
Submitted by Kathy Aubichon

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.



♦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.

Call 403-246-1397



Forever Home URGENTLY needed for lovely, sweet senior cat!



Owner recently passed away. "Ethel" is a healthy, quiet, good-natured 12-year-old longhaired cat. She has already experienced three previous homes — now she needs one last home where she can enjoy the rest of her life. She would do best in a quiet home with no other animals or children. If you can find a place in your heart to give Ethel her forever home, please call either:

Judy at (403) 686-0544

OR (403) 650-9832

Several African Violet plants are also in need of a good home. Please call either of the numbers above.



Trail Bound Hounds
Dog Walking and Pet Services

403.727.5858 trailboundhoundsyyc@gmail.com trailboundhounds.com

Come Join our Pack Today!



Hair Passion

4604 37 St SW, Calgary, AB T3E 3C9

(403) 246-1620

Andy Luu at Hair Passion has been serving this community proudly for over 20 years; he is also very good friends with Dallas from Green Dream Landscapes. Andy has many long time clients from Sarcee Meadows and speaks very highly of them to Dallas. Andy loves Sarcee Meadows for the type of people that live here and would love to serve more clients from here.

Therefore Andy is offering a 10% first time discount to all Sarcee Meadows members (both male and female) who mention both Sarcee Meadows and Dallas from Green Dream as a reference!

He also has great senior's discounts in place as well.

For Sale:

For Sale - SHARP AQUOS 42 inch 1080p 120Hz LCD HDTV

\$210 or best offer

Kathy Aubichon - 403-629-0400 or kaubicho@shaw.ca





Model LC-42D85U, used, in perfect working condition

Display - Screen Size (Diagonal) 42"

Aspect Ratio 16:9

Pixel Resolution 1920 x 1080

Brightness 450cd/m²

Contrast Ratio 10,000:1 (Dynamic), 2,000:1 (Native)

Response Time 4ms

Viewing Angle 176°

LCD Sync Rate 120Hz

Video

Video System NTSC

HDTV Compatibility Yes

TV Scan Lines Up to 1080p

TV Tuner NTSC/ATSC/QAM

Cable CARD Slot No

Speaker

Sound Stereo

Power 10W x 2

Orientation Horizontal

Input/Output Connectors

Inputs HDMI x 5, Component x 2, PC x 1, S-Video x 1, Composite x , RF x 1

Outputs Optical Digital Audio x 1, Stereo RCA x 1

Control Port RS-232C

Convenience

Picture in Picture (PIP) No

Digital Media Slot None

Menu Language English/French/Spanish

Remote Control Yes

Tilt/Swivel Range None

Wall Mountable Yes

Power

Power Requirements 120VAC

Energy Star Compliant Yes

General

Dimensions (WxHxD) TV Only: 40.14 x 25.53 x 3.78" (1019.6 x 648.5 x 96mm)

Cabinet Color Piano Black



Healing Intentions:

Psychic/Medium Card Readings Book a party

Energy/Crystal healings
Other Services available

Call Shelly: 403-660-2045

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).



Where:

Steam-room, Hot tub, Aqua size

Plenty of FREE Parking

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

CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 13	14	15 Environment @ 7:00	16 Personnel @ 7:00	17	18	19
20	21 Finance @ 7:00	22	23 Board Meeting @6:45	24	25	26
27	28	29	30 Annual General Meeting @ Grace Lutheran @ 7:00 pm	31	February 1	2
3	4 Newsletter @ 7:00	5	6 Property Maintenance @ 7:00	7 Entertainment @ 7:00	8	9
10	11	12	13 CSI & 1:30 Property Enhancement @ 7:00	14 Membership @ 7:00	15	16
17	18	19 Finance @ 7:00	20 Personnel @ 7:00	21	22	23
24	25	26	27 Board Meeting @ 6:45	28		



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: Chris Milaney

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

janine@sarceemeadows.coop

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

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

