# **Connections Newsletter**

April 2019

# EARTH DAY – APRIL 22<sup>nd</sup>, 2019 PROTECT OUR ENDANGERED SPECIES



### **ENVIRONMENT COMMITTEE:**

In honour of Earth Day coming up the Environment Committee was invited by the Board of Directors to take over the front page of the newsletter. At our March 12<sup>th</sup> meeting the committee agreed and discussed making our contributions to the Connections Newsletter all about **Earth Day 2019**.

**What is earth day?** Earth day is celebrated annually on **April 22<sup>nd</sup>** with events worldwide in support of the environment and to raise awareness about protection and care of the planet. The first Earth Day on April 22<sup>nd</sup>, 1970 is considered to be the birthday of the modern environment protection movement. The **theme** for **Earth Day 2019 is: Protect Our Endangered Species.** 

Nature's gifts to our planet are the millions of species that we know and love, and many more that remain to be discovered. Unfortunately, human beings have irrevocably upset the balance of nature and, as a result, the world is facing the greatest rate of extinction since we lost the dinosaurs more than 60 million years ago. But unlike the fate of the dinosaurs, the rapid extinction of species in our world today is the result of human activity.

The unprecedented global destruction and rapid reduction of plant and wildlife populations are directly linked to causes driven by human activity: climate change, deforestation, habitat loss, trafficking and poaching, unsustainable agriculture, pollution and pesticides to name a few. The impacts are far reaching.

If we do not act now, extinction may be humanity's most enduring legacy. Here are some quick facts on the current wave of extinction and additional information about this problem here.

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species: bees, coral reefs, elephants, giraffes, insects, whales and more.

The good news is that the rate of extinctions can still be slowed, and many of our declining, threatened and endangered species can still recover if we work together now to build a united global movement of consumers, voters, educators, faith leaders, and scientists to demand immediate action.



### Note: Earth Day 2020 is the 50th Anniversary of Earth Day ... stay tuned!!

*References:* <u>www.earthday.org</u> & <u>https://twitter.com/earthdaynetwork</u>

Check out the Eco Alley page in this Newsletter for more information on helping to protect the environment. **Next Environment Committee Meeting: May 14<sup>th</sup> 2019 at 7:00 pm.** Come and join us!!!

### **BOARD OF DIRECTOR'S REPORT:**

Hello. Your Board continues to meet as usual to deal with cooperative issues and recommendations. This month we were pleased to welcome Russ from Environment, Rita from Elections, Sandy from Membership, Abdul from Property Maintenance, Garry from Property Enhancement, and Heather from the Finance Committee with various committee requests/items. Once again we thank our hard working committee members who bring thoughtful requests/recommendations to the table.

The Board also dealt with other numerous items, a decision on who will attend our national annual meeting in London, Ontario to represent Sarcee Meadows as well as who will attend the SACHA AGM in April.

The next general meeting of Sarcee Meadows takes place on Tuesday April 16<sup>th</sup>, 2019. Circle your calendar now. We do have a very important election to our Board taking place that evening – as well as other items on that agenda.

Have a Happy Easter - enjoy spring and do take care of yourselves. See you soon!

Respectfully submitted by Isabell Reznik (for the Board.)

### **GENERAL MANAGER'S REPORT:**

(It's Miller Time!)

### Office/Shop

March was a busy time for B50 in addition to the regular work orders and preventative maintenance tasks, we had four units turn over at the end of March. Welcome to the four Members with their new units. Three of these units were filled from the Internal Waiting List and one from the External Waiting list.

### <u>General</u>

The snow is finally gone, hopefully it stays gone and we can welcome warmer weather. With work starting on yards and gardens there will be soil available shortly behind B50 and Green Dream will be starting their spring clean-up. When we have a schedule we will post it to let Members know.

Parking lot cleaning will be happening on Wednesday April 17<sup>th</sup> and Thursday April 18<sup>th</sup> – see the flyer for specific parking lots to be done on those days. Even if there is nobody in your lot at 8:30 all cars have to be out of the parking lots on the days they are being cleaned. There will be no access to the parking lots for the full day of cleaning. If your car is not removed by 8:30 you will be fined. All parking bylaws still apply in the rest of the community so be mindful of signs, Sarcee Meadows is not responsible for any parking tickets as a result of a Member parking illegally.

The Sarcee Meadows Easter Egg Hunt is Saturday April 20, 2019, fun starts:

- at the Tot Lot at 11:00 am for ages 0 to 6
- at Central Park at 1:00 pm for ages 7 to 13

We have confirmed that the Easter Bunny will be on site!

Happy Easter everyone.

Thank you,

Roberta Miller General Manager



# ♦Committee Reports ♦

### Committee Fair!

Are you considering joining a committee and have questions about their work?

Do you have an idea or a suggestion for a committee?

Do you currently serve on a committee and are excited to recruit your neighbours to join you in serving our community?

We will be holding a Committee Fair prior to the start of the Members Meeting on April 16<sup>th</sup>, 2019. Come early to visit with the committees and have all your questions answered!

### NEWSLETTER COMMITTEE:

A reminder of the Committee Fair being held prior to the Members Meeting on April 16, 2019. Stop by the Newsletter table and see what we do. Offer some suggestions or ideas for content, provide feedback, or come join our group. We'd love to see you!



The office still has a few copies of our Special Anniversary Edition for anyone looking for extras.

We are working on a new spring themed contest. Watch for details coming soon!

Happy Easter Everyone!



### FINANCE COMMITTEE:

The Finance committee is working hard on the budget for 2019-2020. Remember to attend the June 20th members meeting to have your input. We are still looking for new members for this committee. Your input into how Sarcee Meadows is run is important

### ENTERTAINMENT & SOCIAL EVENTSA COMMITTEE:

The committee has been busy planning and preparing for the upcoming social events season and it looks like a year filled with fun for all ages.

We will kick things off with the Easter Egg Hunt on Saturday, April 20<sup>th</sup>. The fun begins at 11:00 am in the Little Playground in E (kids 1 to 6), and continues at 1:00 pm (kids 7 to 13) in the Central Playground.

Bring out the family or just come out to join in the festivities and cheer on the "hunters".

Watch for information coming soon on the Yard Sale and Stampede Breakfast.

Remember to attend the Members Meeting on Tuesday, April 16th and stop by early to take in The Committee Fair. We encourage everyone to stop by the tables and find out what each committee does, share questions, compliments, comments, or concerns. Maybe even express your volunteer spirit and join us!

Looking forward to seeing everyone at the meeting and upcoming social events.

Happy Easter.





# Easter Egg Hunt

### The Easter Bunny is coming!!!!

## Bring a Basket and Join Us SATURDAY April 20<sup>th</sup>, 2019

### Kids ages 1 to 6 Little Playground in the E Section 11:00 am SHARP



Kids ages 7 to 13 Big Playground behind B50 1:00 pm SHARP







# ♦Community News ♦



### HELP SAVE OUR BUS ROUTES

Calgary Transit is reviewing a number of bus routes within the southwest corridor.

The proposed changes will have a very serious impact on our neighbourhood as they are looking at discontinuing service of the 112 down Sarcee Road and they are looking to redirect the 13 through Lakeview and away from Rutland Park.

These changes will mean that residents will be required to walk further to find a bus route and/or transferring to a second bus or transferring to the LRT at Westbrook Station.

If this will impact you or someone you know please get all the information and SPEAK OUT! More information can be found at

www.engage.calgary.ca/routereview

There are still some Open Houses scheduled or you may leave your comments online.



### Do you take transit in southwest Calgary?



# We're proposing improvements to routes:

6	7	13	16	18
20	39	47	56	79
80	81	84	93	94
112	149	302	411	414

Have your say in person or online at: engage.calgary.ca/ routereview We want to hear from our customers, to ensure routes in the southwest are efficient, reliable and provide service to key destinations.

### Come to one of our open houses to provide your input:

- March 27, 2019
   North Glenmore Park Community Association
   2231 Longridge Dr. S.W.
   6 8 p.m.
- March 28, 2019 Mount Royal University Main Street 4825 Mount Royal Gate S.W. noon – 3 p.m.
- April 4, 2019
   Trico Centre
   11150 Bonaventure Dr. S.E.
   6 8 p.m.
- April 6, 2019
   New Central Library (downtown)
   Patricia A. Whelan Performance Hall
   800 3rd St. S.E.
   10 a.m. 1:30 p.m.
- April 9, 2019
   Nicholls Family Library (Westbrook)
   1421 33rd St. S.W.
   6 8 p.m.
- April 10, 2019
   Rockyview General Hospital
   Chapel Area
   7007 14th St. S.W.
   noon 3 p.m.
- April 13, 2019
   Southland Leisure Centre 2000 Southland Dr. S.W.
   11 a.m. – 2 p.m.

#### **Online:**

engage.calgary.ca/routereview

# ♦Education ♦

### <u>ECO ALLEY – NEWS YOU CAN USE – REDUCE, REUSE, REPURPOSE, RECYCLE</u>

**DID YOU KNOW??** Herbs are among the most useful plants in Nature. They can tantalize the taste buds, help cure what ails you, perfume the air, AND attract bees, butterflies and hummingbirds. Fresh herbs from the garden can be used for culinary purposes, but an important reason to consider growing herbs in your garden is to help pollinators, such as BEES. Herbs have an abundant nectar which bring the bees in. So if you are concerned about the **declining pollinator** population, consider planting a 'hanging' herb garden. Some of the herbs to consider planting to attract the pollinators, such as BEES, are thyme, rosemary, oregano, lemon balm, hyssop, sage, lavender and chives. So use the leaves of the herbs earlier (for your own purposes) but then let the plant flower to support pollinators.





The lawns and hills around Sarcee Meadows will soon be 'alive' with the golden yellow color of the Dandelion. Bees are very attracted to this plant. Resist the temptation to pick off the yellow heads of the Dandelion before they go to 'puff-ball' seeds stage. Let the BEES feast on the yellow heads first, then you can pick off the seed heads and throw away.

Check with your local Garden Centers in the next few weeks to see what other flowering plants would attract BUTTERFLIES and HUMMING BIRDS. The Milkweed plant attracts the MONARCH BUTTERFLY. But it needs to be handled and planted appropriately, so check with the Garden center folks who know.

Another fascinating insect to watch for and PROTECT is the DRAGONFLY. Watch for this amazing migratory insect to come to your garden soon, all the way from Central America. **DID YOU KNOW?** The existence of the DRAGONFLY goes back more than 300 million years, pre-dating dinosaurs! This insect responds faster to climate change than most organisms, so it is sure to be around for a long time, we hope. The DRAGONFLY we see often in this part of the country is the COMMON GREEN DARNER. So, watch for it among your flowers this summer.



With April 22<sup>nd</sup>, 2019 being EARTH DAY and the theme for 2019 is to PROTECT ENDANGERED SPECIES, we must consider how we can do our part to protect the larger mammal species such as giraffes, elephants, whales, and many others to avoid their extinction. The biggest threats to the existence of these mammals are habitat loss, illegal poaching and hunting, civil unrest, water and noise pollution, predators and prey and, in the case of whales, entanglement from fishing ropes. And of course, climate change. CLIMATE CHANGE and POLLUTION is also the biggest threat to the CORAL REEF.



**HOW CAN WE HELP?** The greatest threats to whales' survival and the Coral Reef are pollution and climate change. Mankind is polluting the oceans in many ways from plastics, chemicals from harmful pesticides and fertilizers (yes these can reach the oceans from inland), and improper recycling. Recycle everything, regardless of where you live, (even garbage from landfills can reach the ocean). Reduce your carbon footprint and encourage others to do the same, and you can be part of the solution. THREATS to the GIRAFFE and ELEPHANT population come from trophy hunting. Giraffe tails and meat are considered status symbols. Take action to help change the Endangered Species Act to stop the

import of giraffe and elephant parts into North America. Learn to go green and protect the environment. Take personal steps to END PLASTIC POLLUTION.

### **BE A ZERO WASTE HERO**

ZERO WASTE IN THE KITCHEN:

- **Plan your meals:** then you will only buy what you need. Plan for two weeks of meals at a time and have a plan for what to do with leftovers.
- **Cook as often as you can:** then you are not driving to get food or having it delivered to you so you are saving on emissions. You control what ingredients to buy so you can buy ingredients with less packaging. You put all your kitchen scraps in the compost, making rich fertilizer to grow more food!
- **Use cloth napkins:** they are more durable than a paper one and will reduce your trash output. Using recyclable paper napkins is good for the planet, but it is even better to not have anything to recycle in the first place.
- **Cook with residual heat:** turning off the oven five minutes before the meal is ready will allow the food to continue cooking while also saving some energy.
- **Ditch disposables:** this includes bowls, plates, knives, forks, etc. While it is nice to have nothing to wash up after a meal, increasing the pile of garbage left after dinner is no way to help the planet.
- **Microwave when possible:** they use less energy than conventional ovens (and even toaster ovens), plus there is a wide range of meals and desserts that can be made in a microwave.
- **Opt for reusable water bottles:** Here is a secret, tap water is drinkable! Keep a nice BPAfree water bottle in your bag. It is a simple way to save the cost of a three dollar bottle of water and reduce the amount of plastics in the environment (an estimated 80 percent of them do not get recycled).
- Use a toaster oven: they are a lot cheaper and less wasteful than conventional ovens. They are faster and do not require as much pre-heating as the bigger ovens do. Using smaller versions of traditional appliances is cheaper, faster and more environmentally friendly. A toaster beats a toaster oven (for toasting, at least) and using an electric kettle beats boiling water on a stovetop.

These are just a few Tips on reducing waste in the Kitchen. Stay tuned to Eco Alley in upcoming issues of the Connections for more ways to become a Zero Waste Hero.

Sources: Green Calgary (greencalgary.org), earthday.org, Canadian Wildlife Federation, Earth Day Network (a nonprofit organization) for Support for the Environment.



### What can you recycle at London Drugs?

ELECTRONICS	Computers Laptops Cell Phones Tablets Printers Modems and Routers Ink Cartridges Laser Cartridges Laser Cartridges TVs DVD & VCR Players Stereos Headphones Cables Alkaline Batteries Rechargeable Batteries 'Button' Style Batteries	
LIGHTING	Compact Fluorescent Bulbs LED bulbs Fluorescent Tubes (up to 4ft )	
SMALL APPLIANCES	Coffee Makers, Kettles, Blenders, Chargers Clock Radios Microwave Ovens Hair Dryers, Irons Vacuum Cleaners (Virtually any small appliance with a cord)	
Packaging	Packaging from any London Drugs Purchase Soft Plastic Bags Cardboard Hard Plastic Styrofoam (Including Clean Meat Trays and	BRING
OTHER	Used and Expired Medications & Packaging Cameras Smoke Alarms BRITA Water Filters	





## We will do your Income Tax For free!

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ Starting March 4<sup>th</sup> to April 30<sup>th</sup>, 2019

The income limit for this service is:

\$35,000 per year for single or

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

### By appointment only

We will begin booking from February 1st, 2019.

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

### Our Address: Kerby Centre 1133–7 Avenue SW, Calgary T2P 1B2

### GREAT CAREERS, SHAPED AT SAIT CONTINUING EDUCATION INFO NIGHT

Advance your career with flexible evening, weekend and online courses. Come enjoy our interactive stations and speak to our faculty and program coordinators about industry-driven certificate, diploma and degree programs in business, health and medical, information technologies, transportation, media and communications, engineering technologies and more. Newcomers welcome.

Join us at our

#### **Continuing Education Info Night**

Located at our new downtown campus | The Tastemarket by SAIT | 444 7 Avenue SW

April 17 | 3 – 6 pm

Register at sait.ca





Set up your personal fundraising page through Calgary Health Trust https://www.calgaryhealthtrust.ca/events/event-list/2019/2019-sabis-walk-roll/

For more information, call 403-521-5212 or email sabis@sabis.ab.ca

# ♦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.

### <u>Bouquets:</u>

A huge bouquet of thanks to the Entertainment & Social Events Committee who organized our recent Volunteer Appreciation Event. None of us volunteer because "we expect" something, but it is so heartwarming to know that our co-operative values and cares deeply about all volunteers.

I know how hard this committee works all year long!

Thanks from the  $\mathfrak{D}$ ,

Isabell Reznik

### <u>News Flash:</u>

The special "missing spoon" has been "found". All is good. Thanks, Isabell Reznik





# ♦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.

### <u>Babysitting:</u>

Looking for a babysitter? Look no further! Experienced, responsible, 14 year old girl for hire!

\$10/hour

Babysitter course completed & references available upon request.

Contact Makena: 403-401-0837

### For Sale:

Considerable amount of embroidery thread for cross stitch, petit point, etc.

Hoops, petit point frames, patterns, etc. \$20.0

Call Jerry – 403-242-7119

### Custom Hand-crafted Leather Goods:

Including but not limited to: purses, wallets, belts, knife sheaths, guitar straps, etc.

Leather refurbishing and repairs as well. Some inventory on hand.

For viewing please:

Contact: Rod - 403-465-3347

Visit Facebook: @calgaryleather

Website: www.calgaryleather.com

Healing Intentions:Psychic/MediumCard ReadingsBook a partyCall Shelly: 403-660-2045

Energy/Crystal healings Other Services available





\$20.00

#### 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.







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.

### 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).



### CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 7	8	9	10	11	12	13
			CSI @ 1:30	Education & Involvement @ 6:30		
			Property Enhancement @ 7:00			
				Membership @ 7:00		
14	15	16	17	18	19	20
	Finance @ 7:00	Committee Fair / Members Meeting @ Grace Lutheran beginning @ 6:00	Personnel @ 7:00	PARKING LOT CLEANING IN LOTS D, E, F, G, H	Shop and Office closed for Good Friday	Easter Egg Hunt
			PARKING LOT CLEANING IN LOTS J, K, L, A, B, C			See flyer for details
21	22	23	24	25	26	27
			Board Meeting @ 6:45			
28	29	30	May 1	2	3	4
			Property Maintenance @ 7:00	Entertainment @ 7:00		
5	6 Newsletter @ 7:00	7	8	9	10	11



#### COMMITTEE CONTACTS: 2019 – 2020:

**C.S.I. (Co-op Seniors Interests)** Chair: Lucille Ranchuk Board Liaison: VACANT

**Education and Involvement** Chair: Musu Dadi Board Liaison: Helen Serrurier

**Elections** Chair: Marie Forester

### **Entertainment and Social Events**

Chair: Sandy Christensen Board Liaison: VACANT

**Environment** Chair: Russ Chandler Board Liaison: John Preston

**Finance** Chair: Maria Brogowski Board Liaison: John Preston (Treasurer)

**Grievance & Resolution** Chair: Chris Milaney **Honours and Awards** Chair: Betty Jean Coates & Laurie Altilio Board Liaison: Joanne Mick

**Membership** Chair: Sandy Christensen Board Liaison: Isabel Ciok

**Newsletter** Chair: Sonya Nadon Board Liaison: VACANT

**Personnel** Chair: Mary Emro Board Liaison: Helen Serrurier

**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:

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

403-813-2783

