

# Connections Newsletter

*March 2019*

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

Happy March fellow SMHC members,

We encourage any interested SMHC members to put their names forward for the upcoming board elections and we hope to see you at our next Members' Meeting on Tuesday, April 16<sup>th</sup> at 7:00 pm.

Take a look at what your fellow SMHC members have been up to in this month's newsletter.

See you April 16<sup>th</sup>!

Your SMHC Board of Directors

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

*(It's Miller Time!)*

### **Office/Shop**

February was spent unpacking and settling in, we still have a bit of work to do, but everything looks wonderful.

With Jeff moving into the carpentry helper role there was a vacancy on staff in the general laborer position. After a long posting and several interviews it was decided that Dean Putman was the best candidate for the role. You will see Dean working on just about everything and assisting other staff around SMHC. **Congratulations Dean!**

### **Members Meeting Question Box**

***"Is there a plan in place for electric cars – and plugging them in – so that members do not have to pay extra electricity if they don't have an electric car – that should be that persons' responsibility. Thanks"***

It hasn't been a high priority as a lot of electric cars can be plugged into the regular outdoor outlets and electric cars are not yet common in the Co-op. We will have committee's looking at this in the near future to have things organized before it does become common or an issue.

In regards to paying for electricity, at this time there has been no discussion about charging members with an electric car a premium or extra fee. It is hard to determine how much electricity would be used as we all share the cost of our utilities used. We are starting to run into multiple issues with regards to the idea that we should bill for what is considered "extra" electricity use. Just as an example a member in a two bedroom unit reasonably uses less electricity than a family in a four bedroom unit. Electricity is a shared responsibility of all members and is included in your housing charge.

***"A suggestion was made at a meeting to have a town hall meeting to discuss fire pits. When is this going to happen?"***

This was a suggestion made, but it was decided that there wouldn't be a town hall regarding fire pits. Fire pits were banned because of City Bylaws not due to any "preferences" or personal wishes. The definition of fire pit per the City of Calgary is:

*"Fire Pit" includes a permanently affixed outdoor fire receptacle and a Portable Fire Receptacle;"*

The majority of our units in SMHC do not have the space available to have fire pits, as we are a Cooperative and all members are equal rules and policies need to apply to all members.

### **Forgot Key/Locked Out**

There have been an increasing number of Members that have locked themselves out of their units' afterhours lately. Unfortunately even though staff wish to be helpful it is a SMHC policy that Staff Members do not provide access to units after hours.

From the “**Access to Homes in SMHC**” policy:

#### **STAFF MEMBERS ARE INSTRUCTED NOT TO PROVIDE ACCESS AFTER HOURS.**

*When a member is locked out of their home, by their own action, after SMHC working hours, that member is expected to call a locksmith to gain entry, not call staff or emergency maintenance volunteers. The member is responsible for any cost involved. To avoid this expense, members are encouraged to keep a spare key in a location outside the home [i.e. with a neighbour] to cover such emergencies.*

*If a member is locked out of their home, after SMHC working hours, due to the failure of the lock on one or both entry doors, the emergency maintenance volunteer is authorized to first try to contact the appropriate staff person, and then if necessary the designated outside locksmith contractor.*

Please review your “**Access to Homes in SMHC**” policy in your Handbook or on the SMHC website for additional information

### **General**

A great time was had at the Volunteer Appreciation evening held on Saturday March 9, 2019. It was wonderful to see everyone that came out for the evening. It was nice to be out on a warmer weekend and hopefully there will be more warm weather to come. Looking forward to spring!

Thank you,

Roberta Miller  
General Manager

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## **◆Committee Reports◆**

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### **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!**

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## **LOBBYING COMMITTEE:**

Dear SMHC members,

I have recently received the OK from the Board to reinstate the **Lobbying Committee** to advocate for cooperative and sustainable housing, and inform our members about candidates' platforms during the upcoming general election for the Alberta Government.

**Would you be interested in joining this “ad hoc” short term committee? If the answer is “yes”, please RSVP by e-mail or by phone. Thank you in advance.**

**From past experience, I don't think we would need to meet more than three times. A lot of work can be done over the e-mail.**

This committee is active only for the purpose of government elections. Immediately after the elections, this committee will cease to exist until the next time.

The committee's purpose is solely to lobby for information about candidates' platform and educate the candidates about the cooperative housing concept. It looks like the Alberta Government elections will take place before May 31, 2019. The exact date has not been set yet.

### **The Committee's work would involve:**

- Connect with candidates for MLA's (personally, over the phone, email, social media, special events, anyway you wish).
- We would learn about their platforms and identify if they are familiar with the COOPERATIVE and affordable housing concept. For this purpose, we would design a short-(maximum three bullets) questionnaire for candidates, so the committee could identify their position on the issues.
- Committee members would have a freedom to contact candidates of their choice. However, we would like to be able to contact at least three candidates for each of three leading parties if possible (New Democratic Party, United Conservative Party, and Alberta Party).
- Results of our work would be summarized in the form of a small brochure with the list of candidates we contacted and their position on COOP/sustainable housing.
- The brochure will be distributed to all our members prior to the elections, to help with their voting decision.
- Although I **am initiating** the Lobbying Committee formation, I don't necessarily have to be the lead. I can follow and be one of the committee members. Decision would be made at the first meeting.

**The first meeting would take place on Monday, March 25<sup>th</sup>, 2019 at 7:00 pm at B 50.**

**Please kindly RSVP by e-mail or by phone by March 20<sup>th</sup>, 2019. Thank you in advance.**

Looking forward to hearing from you

**Slawa Gruszczynska, H 511**

**[slawa\\_g@shaw.ca](mailto:slawa_g@shaw.ca)**

**403-686-1417**

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**ELECTIONS COMMITTEE:**

**WE URGENTLY NEED.....**

**YOU and YOU and YOU and YOU and YOU!**

**BECAUSE.....**

**of the 5 vacant seats at the SMHC Board of Directors table,  
and**

**BECAUSE.....**

**YOU have talents you want to share...**

**YOU have ideas that will ensure and enhance Sarcee  
Meadows' growth...**

**YOU have time for a monthly  
meeting...**

**YOU have the resources  
[training, childcare, light  
supper] available...**

**YOU have a desire to work  
with other congenial people...**

**YOU have a wish to broaden  
your skills and resume...**



**YOU have the nomination form in your mailbox...**

**to be filled in, and dropped off at the office [B50] by**

**April 1st, 2019!**

**Thank YOU!**

**Elections Committee 2019**





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**ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:**

Congratulations everyone for jobs well done!

The annual Volunteer Appreciation Dinner was held March 9th and was a great success. We had several first time attendees along with seasoned veterans and fun was had by all. We wined and dined, solved a murder, and had a blast with the photo booth. Hope to see all volunteers again next year.

For anyone who would like to download digital copies of your photo booth photos from the website noted below, please contact the office to obtain the password.

## Sarcee Meadows Housing Cooperative Ltd. 2019



visit [www.sugarandsagephotography.com](http://www.sugarandsagephotography.com) to download prints

Mark your calendars for Saturday, April 20<sup>th</sup>. The annual Easter Egg Hunt is back!

Come and search for eggs and visit with The Easter Bunny. This event goes rain, snow, or shine and the fun begins at 11:00 am in the Little Playground in E for kids aged 1 to 6. We'll do it all again at 1:00 pm in the Central Playground for kids aged 7 to 13.

Hope to see everyone there!

Like what we're doing? Want to join us? Suggestions for future events?

Come share your thoughts, comments and/or concerns with us at the AGM on April 16th. We will be having some of our committee members available for discussion.

Happy St. Patrick's Day and Happy First Days of Spring Everyone!



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**FINANCE COMMITTEE:**

Change in Procedures – Any purchases under \$50.00 made at the office (i.e. lightbulbs, batteries, etc.) must be paid by debit or authorized to be paid by automatic withdrawal immediately at the time of purchase.



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**FINANCIAL STATEMENTS:**

<b>Sarcee Meadows Housing Co-operative Ltd.</b>			
<b>Financial Statements - Summary</b>			
<b>as at January 31, 2019</b>			
<b>Balance Sheet</b>			
<b>Assets</b>			
Funds on Deposit	\$ 2,743,544.23		
Other Assets	\$ 1,774,157.28		
<b>TOTAL ASSETS</b>		<b>\$ 4,517,701.51</b>	
<b>Liabilities - current</b>			
Long Term Liabilities	\$ 791,727.20		
<b>Total Liabilities</b>		<b>\$ 791,727.20</b>	
<b>Reserve funds</b>			
Housing Charge Assistance	\$ 206,653.00		
Replacement Reserves	\$ 2,437,582.38		
<b>Total Reserves</b>		<b>\$ 2,644,235.38</b>	
Retained earnings + current deficit		\$ 1,081,738.93	
<b>Total Liabilities, Reserves, Member Equity</b>		<b>\$ 4,517,701.51</b>	
<b>Income Statement (for 3 months - November 1, 2018 to January 31, 2019)</b>			
	<b>Actual</b>	<b>Budget</b>	<b>% of Budget</b>
Revenue from Housing Charges	\$ 1,023,183.00	\$ 4,092,732.00	25%
All other income	\$ 33,351.88	\$ 167,430.00	20%
<b>Total Revenue</b>	<b>\$ 1,056,534.88</b>	<b>\$ 4,260,162.00</b>	<b>25%</b>
<b>Expenses</b>			
Total Insurance & Property Taxes	\$ 196,042.96	\$ 808,000.00	24%
Total Utilities	\$ 195,499.17	\$ 878,092.00	22%
Total Routine Maintenance Costs	\$ 128,453.61	\$ 580,550.00	22%
Total Personnel and Payroll Costs	\$ 221,444.48	\$ 884,650.00	25%
Total Administration Costs	\$ 10,299.84	\$ 67,202.00	15%
Total Democratic Functioning	\$ 35,560.21	\$ 151,700.00	23%
Total Reserve Savings	\$ 234,881.00	\$ 887,192.00	26%
<b>Total Expenses</b>	<b>\$ 1,022,181.27</b>	<b>\$ 4,257,386.00</b>	<b>24%</b>
<b>Net overage for 3 months</b>	<b>\$ 34,353.61</b>	<b>\$ 2,776.00</b>	

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## ENVIRONMENT COMMITTEE

Greetings to all residents of Sarcee Meadows! Well the weather is warming up a bit and the birds are singing. Does that mean that spring is just around the corner? Let us hope so. The Environment Committee recently held a regular meeting in February. It was an interesting meeting as we discussed a lot of items pertaining to the environment. One item of interest to all residents is that we encourage you to place all your recyclable plastic bags (twisted into a ball) and placed in **ONE** plastic bag, and placed in with your other recyclables. This is important as when the recyclables get to the plant a loose plastic bag can fly all over the plant and create havoc with the machines. Recycling is very important for the environment so let us do our part to make it successful. To make our committee a success, we sure would like to see a few more new faces at our meetings. We meet once every two months unless we have something very important to deal with. Our next meeting is Tuesday March 12<sup>th</sup>, 2019 at 7:00 PM at B50. Hoping to see you there. Another important meeting is coming up, and that is the Member's Meeting on April 16<sup>th</sup>, 2019. So mark your calendars for that and watch for additional information coming your way.



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## NEWSLETTER COMMITTEE:

A big shout out and thank you to the youth of Sarcee Meadows that participated in our "Dreams for the Future" contest. We had three outstanding submissions with great ideas that were all awarded prizes.



We have included their "dreams" for everyone to see and read. Congratulations to Joy May (Age 6), Fatima Dadi (Age 8), and Juju Dadi (Age 10)!

We are currently working on a new and unique contest for our summer edition. Stay tuned for details in coming editions of Connections.

Wishing everyone a Happy St. Patrick's Day!

Name: Joy

Unit Number: 676

Age: 6

I want to see every<sup>one</sup> putting their  
garbage in to the garbage can,  
because I want<sup>to</sup> have a clean community  
and a healthy planet. I would<sup>like</sup> to have  
a friendship<sup>day</sup>, ~~with~~ with a ~~barbecue~~  
barbecue.





Name: Fatima dadi

Unit Number: F408

Age: eight

Have you ever got a feeling like you kind of want to change the park equipment and you and your friends gather around in the park and talk about changing the equipment and you say your going to tell the office about your plan but you never get the time to. Well here right on this paper I would like to talk about changing the equipment like you know how right now it's just a straight line I thought we could make it into a circle so people can play more games (lava tag etc) I think we could make the rock climbing a little closer to the equipment so people can get on the rock climbing if they are playing tag games and I think everything else is fine that's all I wanted to change about our wonderful SMHC park. Thank you for reading my changment about our wonderful park. I hope you use my idea for our wonderful future <sup>SMHC</sup> park



By: Juju Dadi

Have you ever had the feeling where you wanted to scream and have everything go your way? Well that's how I feel almost every month. You see my mom is a part of the education committee and they meet once every month and that gets on my nerves! So in the future I would like to have a bring your child to a committee day!!!! Where parents will bring their kids to a committee meeting. The kids will be able to see what their parents do (just in case they doubt that their parents do work and just go there to chat with people!) That might motivate the kids to join a committee someday when they get older. Also maybe the parents won't have a hard time going to a committee meeting because their kids don't want them to go (me!!!!!!) So that's why I think SMHC should have a bring your child to a committee day.

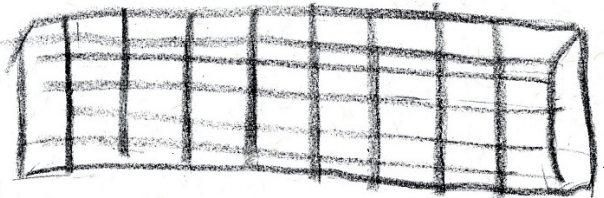
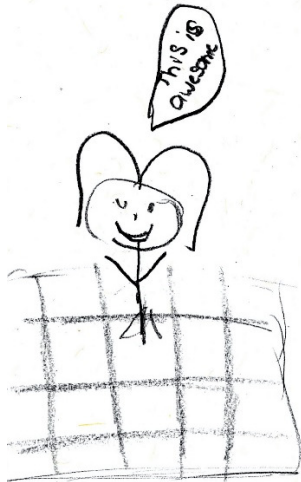
I love exploring Sarcee Meadows, I've been doing it ever since we moved in. One thing that I noticed was that we have a lot of common areas filled with beautiful trees and luscious grass. Something that I would probably want to see would be more use in the common areas like playing team games, like putting up a volleyball net, and on assigned days we could have block A vs K or F vs B match. We could do that with tennis, soccer, etc..... That's why in the future I would like team games being played in the common areas.

I have been living in Sarcee meadows since I was 6 years old and now I am almost 11!! 5 years. One thing that I love is playing in the park. I was thinking about having a get together with people in Sarcee by having a day where you meet in the park, bring a lawn chair or a small blanket with you, a dish to share, a big smile and be ready to meet new people and build community. You could make new friends and meet people you didn't even know lived in Sarcee meadows. I think we should have a get together in the park.

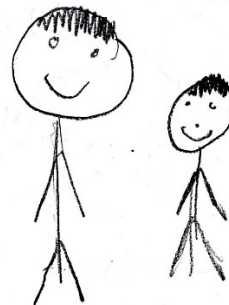
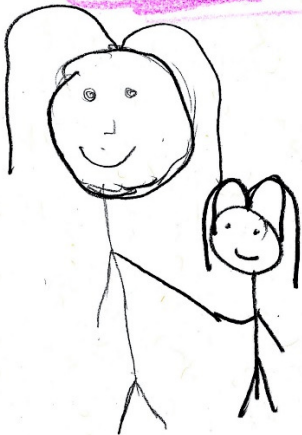
Written and submitted by Juju Dadi  
Unit F408  
Age 10



Lts Volleyball time!



Bring Your Child to a Committee! ⚽



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## ◆Community News◆

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### **Rutland Park, Currie Barracks and Lincoln Park St. Patrick's Day Family Party!**

Get your green on! Gather up your friends and family and join us for a fun afternoon of St. Patrick's Day celebration. We will have treats, refreshments, games, crafts for kids and prizes!

Sunday, March 17th, 2019  
1:00 to 4:00 pm

Prize for best outfit, so get creative and dress up!

Admission is free, light refreshments will be provided and a cash bar will be available.



Please visit the Rutland Park Community Association [Facebook](#) page for more details or email [socialevents@rutlandparkcommunity.com](mailto:socialevents@rutlandparkcommunity.com).

\*\*\*Volunteers are needed to help with the games and crafts, if you can help please email us at the social events email address above\*\*\*



## **GOOD COMPANIONS 50 PLUS CLUB**

Their mission is to promote heightened quality of 50 plus life through education, recreation and wellness activities in an environment fostering fun, social interaction, and community involvement, safe and accessible to all.

2609 – 19<sup>th</sup> Avenue SW, Calgary, Main office 403-249-6991

Office Hours – Monday to Friday 9am to 4:30pm

They are here to provide activities and programs to help people stay fit, have fun, and feel connected. An annual club membership is only \$30.

For more information including a monthly calendar of events please visit [www.gc50plus.org](http://www.gc50plus.org)

### **Drop-Ins and Classes**

Activity	Date & Time	Fees
Bridge	Tuesdays 9:30AM	\$3 drop-in -members only
Hatha Yoga	Mondays 2:00PM January 7 – March 25/19	\$88/11 classes or \$9 drop-in \$99/non-members
Line Dancing	Mondays 3:15PM January 7 – March 25/19	\$88/11 classes or \$9 drop-in \$99/non-members
Cathie's Crafts	Tuesdays 10:30AM	\$3 drop-in
Fitness Worx	Tuesdays 1:00PM January 8 -March 26/19	\$88/11 classes or \$9/drop-in \$99/non-member
Qi Gong	Wednesdays 10:30AM	\$6 drop-in
Intergenerational Exchange	Wednesdays 11:45AM	Free
Carpet Bowling	Wednesdays 1:00PM	\$3 drop-in
Bridge	Wednesdays 1:00PM	\$3 drop-in
Brain Gymnastics	Wednesdays 1:30PM January 9 – March 27/19	\$96/12 classes or \$9 drop-in \$108/non-member
Bridge	Thursdays 9:30AM	\$3 drop-in - FULL
Tai Chi	Thursdays 10:30AM January 10 – March 28/19	\$96/12 classes or \$9/drop-in \$108/non-member
Zumba Chair	Thursdays 12:00PM January 10 – March 28/19	\$66/11 classes or \$7 drop-in \$77/non-member
Cribbage	Thursdays 1:00PM	\$3 drop-in
Balance, Core & More	Thursdays 1:00PM January 10 – March 28/19	\$44/11 classes or \$5 drop-in \$55/non-member
Advanced Bridge (Playing the Hand)	Thursdays 1:00PM January 10 – March 14/19	\$80/10 classes no drop-ins \$90/non-member
Photography – A New View	Thursdays 7:00 – 8:30PM January 10 – January 31/19	\$80/4 classes members or non-members – no drop-ins
Zumba Gold	Thursdays 6:30 – 7:30PM February 7 – April 4/19	\$80/8 classes or \$12 drop-in
Whist	Fridays 10:00AM	\$3 drop-in
Carpet Bowling	Fridays 1:00PM	\$3 drop-in
Tea & Conversation	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays 1:00PM	\$4 drop-in/\$5 non-member
TGIF Birthdays	1 <sup>st</sup> Friday 1:30PM	\$7 drop-in
Movies	3 <sup>rd</sup> Fridays 1:30PM	\$2 drop-in
Jam Sessions	3 <sup>rd</sup> Fridays 7:00PM	By donation

Good Companions March Special Events



**PUB NIGHT** – Bring your family, friends and instruments and join us for Pub Night with the Jammers on Friday March 15<sup>th</sup> from 7-9 pm. Admission by donation and light snacks are provided!

**MARCH SOCIAL SUPPER  
TUESDAY MARCH 19<sup>TH</sup>, 2019**

JOIN US FOR AN EVENING FULL OF FUN AND FRIENDS DURING  
OUR MARCH SOCIAL SUPPER!

**HAPPY HOUR 4:30 PM \* SUPPER 5:30 PM**

**ENTERTAINMENT 6:45 PM**

**TICKETS:**

**\$20 MEMBERS / \$22 NON-MEMBERS**

**SOCIAL SUPPER TICKETS MUST BE PURCHASED BY  
FRIDAY, MARCH 15<sup>TH</sup>**

Includes dinner featuring perogies, cabbage rolls, spring salad and a delicious  
assortment of seasonal pies provided by Heritage Bakery & Deli

**FOR MORE INFORMATION CONTACT  
GOOD COMPANIONS 50 PLUS CLUB @ 403-249-6991 2609  
19<sup>TH</sup> AVENUE SW CALGARY**



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## ◆*Human Interest*◆

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*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](mailto: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.*

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*Submitted by Kathy Aubichon*

I am so happy to be able to make this announcement. Esi Edugyan brings Sarcee Meadows to London Ontario as Keynote Speaker at this year's CHF Canada's AGM in June.

It was wonderful to be able to connect CHF Canada with Esi and her agent. Esi will speak about her life in co-operative housing as well as her successful career as a world renowned author. She will also be doing a book signing following her speech.

2011 Giller Award winning novel - **Half-Blood Blues** – Oprah says this is one of the best books of the year.

2018 Giller Award winning novel – **Washington Black** – is on Barack Obama's list of top books for 2018.

Congratulations Esi on your continued success. Sarcee Meadows is so proud.



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An update on 2 projects at the Salvation Army Glenmore Temple – First, in December, we were able to distribute well over 1,000 pairs of mittens for youth, new-born to 17 years when registered families picked up their food and toy hampers at the church. Second, we had 156+ scarves that made their way to the homeless on Thursday Feb. 14 with a group of young and not so young people from church. I would especially like to thank Kim Wright (Unit K686) for her contribution of 12 scarves she made on a loom. With the weather we have had these past weeks, I know that these will be very well received. On behalf of Cross Stitchers Ministry at the church, thank you so much Kim.

Catherine Phipson, Unit H505.

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# ◆Education◆

## Top Co-op Issues 2019

We asked co-op leaders across Canada to identify the most pressing concerns facing co-operative organizations today. Here's what they told us:

"I believe the lack of understanding of the co-operative model among the general public is still the sector's biggest challenge."

<b>1</b> Public awareness of the co-op model <ul style="list-style-type: none"> <li>• Lack of understanding of how co-op models work in different sectors.</li> <li>• Lack of inclusion of co-op models in secondary and post-secondary settings.</li> <li>• Lack of knowledge of contemporary or unique examples of co-operatives meeting needs.</li> </ul>	<b>4</b> Larger business economy, globalization/sharing economy <ul style="list-style-type: none"> <li>• Ability to attract talented leadership and management to the sector.</li> <li>• The economic environment – including local economies and competitive environments.</li> <li>• How to manage co-op business models and remain relevant in an increasingly volatile and challenging economy?</li> </ul>
<b>2</b> Governance <ul style="list-style-type: none"> <li>• There is increasing political cynicism - are people interested in democracy?</li> <li>• Competitors can do everything but copy our governance - are we making the most of that?</li> <li>• Management can act more quickly than volunteer individuals involved in governance - how do we keep everyone together?</li> </ul>	<b>5</b> Differentiation /co-operative difference <ul style="list-style-type: none"> <li>• Need to set co-operatives apart from other business forms.</li> <li>• Appropriation of co-operative values by the corporate sector is ongoing.</li> <li>• Social enterprise and social economy are overtaking the co-operative model - we should be front and centre!</li> </ul>
<b>3</b> Relevance to contemporary needs <ul style="list-style-type: none"> <li>• Reinventing and re-purposing co-ops, ensuring older co-ops continue to innovate and service their members' needs.</li> <li>• Ensuring co-operatives remain relevant in the face of shifting demographics and ongoing technological change.</li> </ul>	<b>6</b> Maintaining the co-operative identity/mission <ul style="list-style-type: none"> <li>• Maintaining local control despite other pressures.</li> <li>• Not just talking about the co-op identity, but actually living the values.</li> <li>• Ensuring large co-ops stay true to the co-op identity and mission.</li> </ul>
<b>7</b> Competitiveness <b>8</b> Member commitment/engagement <b>9</b> Government relations <b>10</b> Technology <b>11</b> Innovation	<b>12</b> Leadership development <b>13</b> Management practices <b>14</b> Co-operation among co-operatives <b>15</b> Access to capital/financing <b>16</b> Co-operative development <b>17</b> Youth engagement <b>18</b> Climate change/sustainability <b>19</b> Growth <b>20</b> Lack of support services

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## **ECO ALLEY – NEWS YOU CAN USE:**

### **REDUCE • REUSE • REPURPOSE • RECYCLE**

#### **DID YOU KNOW??**

“Canadians rank worst of all countries on earth for waste production per capita. Albertans produce the most waste of all the provinces and territories in Canada.” – (Conference Board of Canada, 2014.) Let’s hope that there has been **considerable improvement** in our waste management since 2014, but we can always do more to make reducing waste part of our lives.



#### **Be a Zero Waste Hero**

**Why do we want to cut down on our waste?** Zero Waste is about waste management and planning – respecting the products in our lives and reducing our reliance on landfills. The benefits are many, such as reducing the plastic pollution in waterways, reducing the land use for landfills, and conserving our water and energy. Zero waste is more about guidance than it is about hard fast rules. Respect the products you use and plan for the entire life of those products. That is from purchasing, to use, to disposal. Not all the work on Zero Waste can be done by people alone, companies and governments must do their part as well.

**How can I be a Zero Waste Hero?** It is not easy to change the ways we have been doing things regarding getting rid of waste but once we get started and change our way of thinking it will become easier and exciting.

#### **Five Easy steps to start cutting your waste**

1. Pick a single room, like the kitchen or bathroom. These rooms while difficult to cut waste in, are the easiest rooms to identify sources of waste generation.
2. Consider the **whole life** of everything you regularly buy for that room. Make a list of your regular purchases, like personal care products and groceries. Consider the impact of how each product was produced, look at the waste it makes when you use it, and pay close attention to its packaging and what happens to it when you throw it away.
3. Arrange the items from **most wasteful to least**. Does your favorite soap come triple wrapped in plastic? Do you find yourself continually throwing out certain foods before you've eaten them?

#### **These are likely your high waste products.**

4. **Look at reductions, replacements, and reusability for these items.** Reducing can be difficult, but it is most effective way to decrease your overall waste. If you find that some of your most wasteful items are not really your favorites, then just consider saying goodbye! For everything else, look at alternative products you can use, and something you can do with it at the end of its life. (Repurpose!) That soap wrapped in all that plastic? Can you buy it in bulk? Can you switch to another soap that doesn't have plastic packaging? That food you keep throwing away, could you freeze it? Make soup? Consider this process for each item you use or purchase.
5. **Make it a habit, and keep refining.** It is not easy to break 'bad habits'. That goes for shopping habits as well but you can make new, better habits! Try switching around your shopping schedule or where you shop for certain items. If you keep it up eventually it turns into a good habit! Keep looking for alternatives to reducing your waste.

#### **Reducing the Power of Winter**

Winter is still with us yet, so how can we help to be sustainable in reducing our Power Bills?

1. **Don't turn up the heat!** When it is cold, it is tempting to hit the thermostat, but instead, keep cozy blankets, and comfy sweaters in various locations around the house. Bundling up isn't only cozy, but it keeps the power bill down.
2. **Have a snack and drink something warm.** Digestion generates heat, so having a little snack will warm you up. Add a warm beverage to have with your snack. Make a single batch of warm tea (or coffee, or hot chocolate) and keep it in a carafe so that you do not have to keep using the electric kettle or stove.
3. **Get up and move.** We all know that exercise will warm us up, but do not overdo it and get sweaty! That will cool you down even more. Just get up and have a brisk walk around the house every once in a while to warm up.

These are just a **few ideas** to help be a Zero Waste Hero. Stay tuned to this **site** in future issues of the Connections Newsletter for more ideas on how to reduce waste. If you have other ideas or suggestions on reducing waste drop them off at the Office at B50 or use the Office email address. Address them to the Environment Committee and we will be sure to let all the residents know your helpful hints. We all need to reduce the waste in our Environment.

Source: Green Calgary

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**Call us now to Register! 403-437-4953!**



## Calling women of YYC!

Our **FREE** new training program is accepting women applicants who are:

- \* Unemployed or marginally employed
- \* Canadian Citizen or Permanent Resident
- \* EI eligible
- \* Alberta residents 18 years
- \* Ready, willing and able to participate in the 15-week (full-time) program



## TRAIN FOR TRADES TODAY!

1 week employment preparation training

10 weeks skills training

4 weeks on-site job placement

403.269.6936 | [info@empowerab.ca](mailto:info@empowerab.ca) | [empowerab.ca](http://empowerab.ca)



The CPA designation connects you to endless, career-changing possibilities, so why not find out what this designation is all about?

CPA Alberta's [Discover the Designation Mixer](#) invites potential CPA's to meet with successful Alberta CPAs to learn about the variety of roles, titles, and career paths a CPA designation has to offer. Join us for hors d'oeuvres and beverages, and the opportunity to make connections and change the path of your future:

### Calgary

**Thursday, March 21**  
SAIT Tastemarket  
444 - 7th Ave SW

5:00 p.m. - 7:00 p.m.

**Cost: \$10**

Register

### Edmonton

**Thursday, March 28**  
Blind Enthusiasm Brewing Company  
9570 - 76 Avenue NW

5:00 p.m. - 7:00 p.m.

**Cost: \$10**

Register

Representatives from CPA Alberta will also be present to answer your questions.

**Please note:** Registration for this event is mandatory in order to attend the event. A registration fee of \$10 + tax/person is required to register successfully.



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## ◆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.*

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### **For Sale from D256:**

Deep Freeze	\$50.00	3 Person Deck Swing	\$100.00
Bird Bath	\$50.00	Table & 2 Chairs	\$100.00
Small Book Shelf	\$25.00	China Cabinet	\$100.00
Desk	\$30.00	or B/O	

Call Sheila – 403-650-9832

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### **For Sale:**

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

Hoops, petit point frames, patterns, etc.                      \$20.00

Call Jerry – 403-242-7119

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### **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](http://www.calgaryleather.com)



### **Healing Intentions:**

Psychic/Medium

Card Readings

Book a party

Call Shelly: 403-660-2045

Energy/Crystal healings

Other Services available

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### **Knitted Dish Cloths For Sale:**

Assorted colours and patterns. \$2.00 each or 3 for \$5.00.

Call Tricia: 403-242-0048



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### **House Cleaning:**



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

Contact: Monika 403-920-0920 or email: [cleanandshine28@gmail.com](mailto:cleanandshine28@gmail.com)

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### **Straightline Painting:**

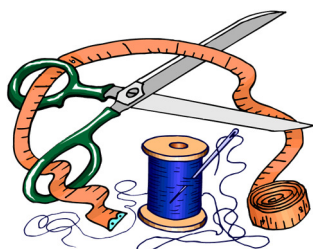
Residential painter, competitive prices, 30 years' experience. Used by SMHC

Call Peter: 403-998-5179



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### **Moments Fashion Solutions**



- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779

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

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### **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.



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# First 5 Days of Dog Walking Free\*

\*When you sign up for 3 or more walks per week after that





**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.

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

**Organized By**

**ICNA Sisters Calgary**

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



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



**Plenty of FREE Parking**

**Where: Killarney Aquatic & Recreation Center**

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

**When: Every Saturday**

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

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

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

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

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

**Contact: Farha Fatima**

**Phone: 403-969-9648**

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



ICNA Sisters Canada  
Islamic Circle of North America



**CALENDAR:**

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



## **COMMITTEE CONTACTS: 2019 – 2020:**

### **C.S.I. (Co-op Seniors Interests)**

Chair: Lucille Ranchuk  
Board Liaison: VACANT

### **Education and Involvement**

Chair: Judy Silzer  
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: Audrey Templeton  
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

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

### **After Hours Emergency Maintenance:**

In the event of an emergency maintenance situation after hours please call the Emergency Maintenance Cell Phone at:

**403-813-2783**

