Connections Newsletter

June 2019

BOARD OF DIRECTOR'S REPORT:

The Lilacs are blooming, along with some Maydays. It sure smells nice around the co-op, well by my house anyway. Summer will be here again before we know it.

Thanks to everyone who participated in the Big Budget Meeting in May. The results of that will come in your meeting package for the June 20th general meeting.

I reported in February that we should be only months away from completing our capital plan. I certainly do not take pleasure in reporting to you now that it will be later than we expected. We need to zero in on what major replacements are needed and when they are needed. To do this we need more information; more studies. Luckily for us the Federal Government has introduced the National Housing Strategy that includes a grant program for these kinds of studies. We recently submitted our application. We hope to hear from them in the summer. The expectation is that most of the cost of the studies will be paid by the grant. CMHC (Canada Mortgage and Housing Corp.) is delivering the program to Canadians. There is help for 'Community' housing which includes housing co-ops. We may not qualify for all the programs but we hope to take advantage of the urgent repair stream. To learn more about the National Housing Strategy go to: https://www.placetocallhome.ca

Happy Father's Day to all. See you at the general meeting June 20th.

Respectfully submitted by Joanne Mick on behalf of the SMHC Board of Directors.



GENERAL MANAGER'S REPORT:

(It's Miller Time!)

Office/Shop

In June the Committee and Board meetings start winding down for the summer, but things are still busy in B50. There have been a number of unit turnovers in the past couple of months and it there has been lots of work done on the budget.

Budget

At the June Member's Meeting the budget for the 2019 - 2020 year will be presented for approval. I would like to thank all the Committees, Members, Board of Directors, and Staff that have worked on this budget over the past few months. It is never easy and it couldn't be done without you.

Summer Activities

Warm weather has arrived and summer activities have started. It is lovely to see everyone outdoors and enjoying our grounds. Just a few reminders to help everyone enjoy outdoors at Sarcee Meadows:

- Please remember to pick up garbage, you may not have dropped it, the wind may have blown it in, let's all work together to take care of it.
- Be mindful of noise later in the evening. With the longer days it gets later before you know it, some people have young children or different schedules.
- Slow down in the parking lots, there is more activity in the parking lots because people are outdoors more. Driving a little more slowly may prevent a tragedy.
- Do not leave doors open, or windows without screens open. It may be more convenient for pets or kids running in and out, but it also provides an opportunity for pests to get into the unit.
- Keep an eye out for strangers on the grounds, we have had incidents of Members being taken advantage of by scams and theft.

General

Please take the time to water the trees around you. Although we had a lot of snow this winter it is still a dry year and reports are we are going to have a dry summer. We are still working with the Arborist and Green Dream to help with this task but our trees need all the help they can get.

I hope everyone has a wonderful month of June, Happy Father's day to all on June 16th, 2019!

Friday June 21, 2019 is National Indigenous Peoples Day and there will be a celebration at Rutland Park from 5:00-8:00 pm. I hear there will be many fun things to see including dancers and a tipi. See the flyer under "Community News".

Thank you,

Roberta Miller General Manager



♦Committee Reports ♦

NEWSLETTER COMMITTEE:

The committee would like to thank all the members who submitted photos for our "Hunt for Spring" Photo Contest. We have included the top four entries for your enjoyment. Be sure to check out our website to see these first signs of spring in full colour too!

The three winners of the \$25 Indigo gift cards were: Emily Romain, Ewa Trebicki, and Isabell Reznik.

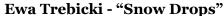
An honourable mention also goes out to Ammaar Khaleel.

June 21 is National Indigenous Peoples Day and there will be a celebration at Rutland Park Community Association from 5 - 8 pm. Look for the flyer in the Community News section of this issue of Connections.

Father's Day is Sunday, June 16th, 2019 and we want to wish all men out there a very Happy Father's Day!

Photo Contest Entries







Isabell Reznik - "Grackles"



Emily Romain – "Blossoms"



Amaar Khaleel – "Budding Trees"

ENVIRONMENT COMMITTEE:

The Environment Committee recently held their regular meeting on May 14, 2019. We welcomed new member Naazreen Khanum, and our new Board Liaison, Chris Severson-Baker. As usual our meeting covered a lot of Environment topics. If Environmental issues are your concern, come out and join us at our **next meeting** June 11th, 2019 at 7:00PM at B50.

Enjoy the summer and all its activities everyone. During your summer vacation and camping trips remember to keep the environment in mind. Help keep Sarcee Meadows 'GREEN' this summer by helping out with the watering of lawns and common areas during the hot, dry days. Water in the cool of the morning and evening. Watch the newsletter for upcoming summer social activities in Sarcee Meadows. HAPPY SUMMER EVERYONE! See you in September.



FINANCE COMMITTEE:

Work on the Budget for the financial year 2019-2020 has begun. In the early stages of this work it is very evident that a substantial increase will be required to housing charges come November to cover costs over which we have little control – namely Property Taxes and Utilities. March 31st financial statements show Natural Gas, Recycling, Sewer, Water, and Waste Removal all over budget. We have no control over the prices we pay for these services but we can control our consumption of these Utilities. We know that members are tired of hearing about conserving, but folks it is essential that we practice restraint or our pocket books will continue to be adversely affected. Examples: If your windows are open please turn down the furnace. We cannot heat all of Alberta! Can you reduce your water use?



Sewer rates are tied directly to water consumption. When watering outside please remember that the pavement/sidewalks will not grow!! Please compact your garbage before you throw it into the bin. We pay extra for overflowing bins. Empty cardboard boxes belong in the recycling – not garbage bins. Let's all work to conserve and therefore reduce costs as much as we can.

ENTERTAINMENT & SOCIAL EVENTS:

Yahoo!!

It's time to dust off your best cowboy duds for our annual Stampede Breakfast Saturday July 13th from 9 am to 11 am beside B50. Come join your neighbours for some food, fun and good conversation.



The fun keeps rolling when the Adults come back for an Adult Only Social from 7 pm to 11 pm that evening beside B50. Music, snacks and beverage sales available for your enjoyment.



** SAVE THE DATE **

Mark your calendars for August 24th, 2019 for our Big Summer BBQ

We have lots of great things planned for the whole family. Food, games, activities and more. Watch for details to roll out over the next few months.

Hope to see everyone out at these events!

The committee would also like to take this opportunity to wish all fathers a very Happy Father's Day!

♦Education **♦**

LAWN CARE AND WATERING 101:

Many of our members have been sharing their concerns about the length of the grass in many areas of our property. Green Dream Landscapes (Green Dream) considers this time of year the "Shaggy Days of Spring". Because the grass comes in at different rates in the spring Green Dream has found it to be more beneficial to the health of our lawns to let them grow a bit longer and get fully established before beginning the regular lawn maintenance.

Our lawns have now reached that optimal point where everything is very green and well established so Green Dream has made the switch from spring clean-up to regular lawn maintenance. Going forward our lawns will be maintained at their preferred length of 3 to 3.5 inches. If Green Dream did not get to your area for spring clean-up they will continue where they left off and get to you when fall clean-up begins again in just a few months.

As weather conditions permit Green Dream will be keeping to a regular lawn maintenance schedule as noted in the chart below. Please ensure that lawns are clear and free of toys, furniture, pet waste, etc. on your designated cutting day. Green Dream is always mindful of the weather conditions and will adapt their schedule as needed for the weather. They may work to get ahead of schedule when poor weather is expected and/or they will be sure to get caught when weather improves. This means that there may be occasions where Green Dream will be in your area off schedule – including evenings and weekends.

Green Dream Landscapes – Lawn Maintenance Schedule										
Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays				
	J, H, G,	F, K, L	A, B	C, D	E & Maintenance					

Tips from the City of Calgary, SMHC, & Green Dream Landscapes

Excerpts in this article were taken from the City of Calgary website:

$\underline{https://www.calgary.ca/UEP/Water/Pages/Water-conservation/Lawn-and-garden/Lawn-Care.aspx}$

During spring and summer, water use can jump by 30 to 40 per cent because of outdoor watering activities. Save on water while still having a pristine lawn by following these lawn care tips.

Tips for watering your lawn:

When to start watering (Spring):

- Do not begin until you note visual cues.
- Soil may have extra moisture from melted snowpack.

When to stop watering (Fall):

- When day length shortens and nights are cool. Lawns will start to become dormant and growth will stop.

How often to water:

- Twice a week at most and only if needed.

Where to water:

Over entire area.

Visual cues to indicate water needed?

- Grass fails to spring back after being stepped on.
- Dull green colour and wilted.
- Pushing a screwdriver into soil is difficult.
- Grass feels warm in the evening after sun has set.

How much to water:

- Apply water low and slow, for short intervals (5-8 minutes) to ensure all water is being absorbed.
- Reapply at these short intervals until water starts to run off or pool.

SMHC also asks that you help with watering of nearby common areas and watering for your neighbours if they are away or otherwise unable to water. If we all work together we can keep SMHC looking green and healthy.

Mowing your lawn:

At SMHC we are fortunate to have Green Dream Landscapes contracted to be on site on a regular schedule, weather permitting of course. They take care of the mowing/trimming of all common areas as well as member yards. Because they are able to cut our lawns on a regular basis they prefer to cut to 3.5 inches. As noted below this allows the grass to develop a deeper root system; maintaining this length and will help the grass to survive when we get our hot, smoky, summer weather.

SMHC is aware that there are still a few members who prefer to mow their own lawns. Please consider these tips when mowing to keep your lawn healthy and reduce watering needs.

Keep your grass 3 inches long: A deeper root system will develop and more moisture is kept. Longer grass also keeps roots cool helping your lawn handle drought and severe heat.

Leave grass clippings on your lawn: "Grasscycling" returns nutrients to the soil, discourages weeds, and keeps moisture. Grass clippings are free fertilizer to help your lawn grow greener.

Timing is important: Don't mow your grass when it's wet or in the middle of the day when the sun is hot. Lawns cut short in the summer heat can get stressed out and become diseased.

Mow your lawn regularly: Avoid removing more than one-third of the grass length at each cut. This prevents cutting the crown of your grass blades. Frequent mowing keeps your grass healthy.

Keep your blades sharp: Make sure the blades on your lawnmower remain sharp. Cleaner cuts promote better grass health.

<u> Mowing - Community Standards Bylaw</u>

Under The City of Calgary's Community Standards Bylaw, private property owners must ensure that grasses do not exceed 15 cm (six inches) in height.

Maintaining a healthy, beautiful landscape is what being a good neighbour and part of a community is all about.

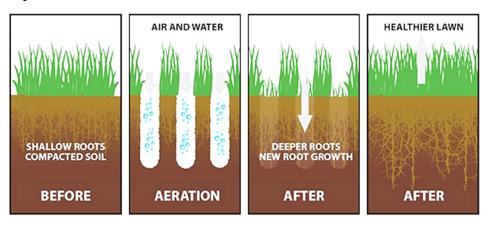
<u>Aerating your lawn</u>

Lawns needs to breathe, and aeration can help. Aerating is the removal of small soil plugs or cores out of the lawn. As lawns age, or sustain heavy use, soil can be compacted. Grass roots require oxygen to grow and absorb nutrients and water, and compaction reduces the total amount of air in the soil.

Benefits of aerating your lawn

- Increasing the activity of soil microorganisms that decompose thatch
- Allows for deeper rooting of lawn to increase resiliency
- *Improving rooting*
- Help prevent fertilizer and pesticide runoff from overly compacted areas

Aeration is often followed by overseeding or fertilizing – spreading grass seed or fertilizer over the lawn, which falls into the holes.



Green Dream will aerate our lawns on an as needed basis.

Dormant vs. Dead Grass - How do I know?

When grass goes dormant for the winter, it shuts down and turns brown to save water and nutrients. Grass can also go dormant in the summer if your lawn is stressed from heat or lack of water.

Pick cool-season or drought tolerant grass species. These species will naturally go dormant during longer heat periods and will recover and become green again when the right temperature returns.

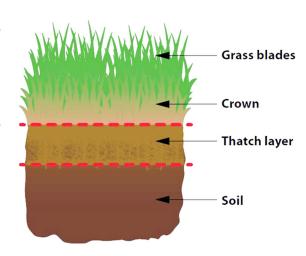
If you can pull your grass out easily, or the brown colour is not uniform on your lawn (for example: there are distinct patches of brown) then your grass may be dead.

Dethatching your lawn

Thatch is the layer of dead stems and roots that forms above the surface of the soil. Thatch can be good or bad for your lawn depending on how much is present. A thin layer of thatch in lawn, half an inch or less, can provide insulation against temperature extremes and changing soil nature. A thick thatch layer, one inch or more, can impact your lawn's ability to absorb nutrients. Wet thatch can hold excess water, preventing air from getting into the soil.

How to dethatch your lawn

The best time for dethatch is just as your lawn greens up. Don't dethatch a young lawn or a lawn that is wet. You can dethatch manually with a leaf rake, garden rake or thatching rake.



Again, Green Dream will power rake our lawns on an as needed basis.

Fertilizing your lawn

Fertilizing your lawn provides nutrients that aid healthy growth. Established lawns usually don't need fertilizing but if you're going to fertilize, follow these tips.

Types of fertilizer

Choose a slow-release type. Quality slow-release fertilizers give balanced nutrition over time to develop a healthier plant and root system that combats heat, cold, drought, and other stresses.

Organic lawn fertilizer, like compost, also provides vitamins and minerals that your lawn uses to stay lush and green. This fertilizer might include animal proteins derived from processed animal products or waste, potash, seaweed, manure, compost and corn gluten meal.

Organic lawn fertilizer applied two to three times per year can take the place of many artificial treatments depending on the needs of your lawn.

Green Dream takes care of all of our fertilizing needs.

Seeding your lawn

Overseeding may be needed to increase the density of your lawn. A dense lawn has fewer weeds and is healthier. Pests, extreme weather conditions, and neglect can also damage lawns, even when the soil is in good condition. If your lawn is a little thin, proper mowing, fertilizing, and watering may be all it needs. If that doesn't help, overseeding with a quality lawn seed may be the answer.

Grass seed is available for free at the SMHC office.

ECO ALLEY - NEWS YOU CAN USE:

REDUCE, REUSE, RECYCLE, REPURPOSE AND MAKE EVERYDAY EARTH DAY AT HOME OR IN THE OFFICE

- **Plastic containers:** these can leach harmful chemicals into your food, so re-purpose glass jars from sauces and jams and use them for leftovers. Need something smaller?? Clean out those little glass jars that once held your night cream. Plastic-free, no waste, and totally healthy. These colorful glass jars also make great containers for buttons, elastic hair bands, paper clips, etc. They also make great containers for left over lotions and creams when you are recycling the larger containers. Remember to clean out your plastic lotion, body cream, and shampoo containers before recycling.
- **Tupperware and Plastic Food Storage Containers:** These items can be recycled if they are marked with the numbers from 1 7 in the Triangle Symbol on the bottom of the container. Please note: older Tupperware containers will not have this triangle symbol. You can repurpose some of your older Tupperware for another purpose. Use small bowls as scoops in your flour or sugar bags, or as a scoop in your potting soil bag. Small containers with lids can be used in the home workshop for holding nuts, bolts, and screws or in the playroom for holding smaller toys and game pieces etc. If your older Tupperware is in reasonable condition, before you trash it, decide what other use it can have in and around the home. It will not break down in the landfill.
- **Ditch the toxins and still have shiny floors.** Fill a bottle with 1/4 cup of white vinegar, warm tap water, and a few drops of lemon and orange essential oils. Put in a recycled spray bottle and apply to your floors and wash away.
- **Ditch the deodorant stick that contains aluminum.** Look for a natural plant-based deodorants that will eliminate odors.
- **Have sweet dreams** by filling a glass spray bottle three-quarters full with distilled water, add a blend of essential oils such as lavender, rosemary, peppermint, and ylang-ylang. Spray on your pillow and sleep better. (Essential oils can be found in most pharmacies and grocery stores).

- **Add some green to your color scheme!** Houseplants help detoxify and purify the air we breathe, and are great for our physical and mental health too.
- **Tired of swatting at mosquitoes?** Blend coconut oil, cedarwood, and lavender, lemon and citronella oils to keep these pests at bay.
- Wash fruits and vegetables in a large bowl and save the runoff for watering the garden, outdoor plants, lawn, bushes or those little house plants.
- Save some energy from using your clothes dryer by setting up a clothes rack inside (or outside on a nice day). Or set up a line inside, or just hang wet laundry on clothes hangers around the house. Hang them up high and they will be dry in a day or two without spiking the electric bill. Remember do not hang clothes from any of the pipes in your basement ceilings.

A Greener Workplace

People spend a big chunk of their lifetime at work so it is definitely worth it to try to make the work place a bit more environmentally sustainable,

- Reduce energy usage by changing to LEDs.
- Turn off and unplug equipment that isn't in use and turn down the thermostat.
- Save water by installing low flush toilets, check for leaks and fix promptly.
- Plant drought resistant plants for landscaping.
- Choose 100% recycled paper products.
- Encourage cleaning company to use non-toxic cleaners.
- Reduce waste, encourage recycling.
- Encourage employees to contribute to environmentally friendly ideas in the workplace.

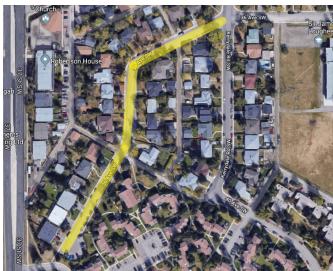
♦Community News ♦

* Neighbour Day Block Party *

Some residents in the greater community of Rutland Park have obtained a permit from the City of Calgary to hold a **Neighbour Day Block Party** on **Saturday June 15th**, **2019** from **3:00 pm to 6:00 pm**. This will include a BBQ and kid's activities – watch for more information as it becomes available.

Members and Residents of SMHC are invited to join in on the fun! If you plan on attending please RSVP your attendance to either **justine.a.greene@gmail.com** or **danny@dannygreene.ca** and please bring a potluck item to share with your neighbours.

During this time a section of 36th Avenue will be closed to traffic – starting at Kerrydale Road and extending west to the dead end beside 37th Street. Traffic on Kerrydale Road will not be impacted. There will be a temporary impact for members who park on 36th Avenue at the top end of our complex. Please be patient during this time.



<u>Cerebral Palsy Association Donation Drive</u> <u>June 24th – June 28th</u>

Sarcee Meadows Housing Cooperative has partnered with the Cerebral Palsy Association in Alberta for a Donation Drive to raise funds for their various programs.

How does this work?

- Branded green donation bags are currently available to be picked up from the office at B50.
 We will also have some available to pick up at the Members Meeting on June 20th, 2019.
 - o Pick up a bag.
 - o Fill it with any clothing and/or household items that you no longer need.
 - o Return the filled bag to B50 during the last week of June.
 - All donated items will be picked up <u>from B50</u> by the Cerebral Palsy Association in Alberta on June 28th, 2019.

What is the Cerebral Palsy Association in Alberta?

The Cerebral Palsy Association in Alberta was founded in 1976 by a highly committed group of parents with children affected by cerebral palsy. They are a registered non-profit organization that supports people affected by cerebral palsy and other disabilities. Through their programs and services, they promote awareness, acceptance, and understanding for persons with disabilities to live a Life without Limits. They support these programs through clothing donations and others like household items, toys, etc. 100% of the revenue generated goes directly toward supporting Albertans with disabilities.

What can I donate?

- Clothing
- Bottles
- Household Items

What are considered to be Household Items?

Household items include but are not limited to the following:

- Cups
- Glasses
- Plates
- Pots & pans
- Utensils
- Picture frames
- Small lamps
- Coffee makers
- Blenders
- Irons
- Candles
- Light bulbs
- Scrubs
- School and office supplies

Please note that small appliances do need to be in working order.



National Indigenous Peoples Day Celebration

On June 21, celebrate the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis!

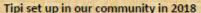
Date: Friday, June 21st, 2019

Time: 5 pm to 8 pm

Location: Rutland Park Community Hall, 3130 40th Ave. SW

Please bring your family and friends to the celebration and enjoy the following activities:







The powerful drawing from our neighbour, Tsuu T'ina!

- Land acknowledgement
- Pipe Ceremony for Consecration of Skate Shack Redevelopment
- Tipi raising and storytelling
- Traditional drumming and dance demo
- Traditional Food Teaching and Preparation demo
- Small Tipi Craft making and symbology teaching for children
- Dream Catcher craft making and teaching for all
- Bow making and demo for all
- Hide making demo
- Bison Bannock Burgers and water will be available at the event with limited supplies, first come first serve

Our event is sponsored by:



Canada



♦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.

Babysitting:

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:

Ladies brand name blouses, some tops, sweaters, pants, and jeans. Sizes 14 Plus, 16, XL and 1X for sale. Call Miriam at 403-217-9512

For Sale:

Hammock – surface standing, bed size, in mint condition. \$50.00 or best offer.

Summer waves outdoor pool -5'-18' (1.52m-5.49m). Model by Polygroup. 3D goggles and tarp included. \$75.00

Contact Slawa at 403-686-1417





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

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/Medium Card Readings Book a party

Call Shelly: 403-660-2045

Energy/Crystal healings
Other Services available

Knitted Dish Cloths For Sale:

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

Call Tricia: 403-242-0048





House Cleaning:

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

Contact: Monika 403-920-0920 or email: cleanandshine28@gmail.com

Straightline Painting:

Residential painter, competitive prices, 30 years' experience.

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

Make sure that your knives are up to the task.



CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 9	10 Honours & Awards @ 7:00	11 Environment @ 7:00	Property Enhancement @ 7:00	Education & Involvement @ 6:30 Membership @ 7:00	14	15
16	17 Finance @ 7:00	18	19 Personnel @ 7:00	20 Members Meeting @ Grace Lutheran @ 7:00	21	22
23	24	25	26 Board Meeting @ 6:45	27	28	29
30	July 1 Shop and Office closed for Canada Day	2	3	4 Entertainment @ 7:00	5	6
7	8 Newsletter @ 7:00	9	10	11	12	Stampede Breakfast 9:00 am to 11:00 am Adult Social 7:00 pm to 11:00 pm
14	15	16	17	18	19	20



COMMITTEE CONTACTS: 2019 – 2020:

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

Chair: Lucille Ranchuk Board Liaison: Jeremy Hart

Education and Involvement

Chair: Musu Dadi

Board Liaison: Helen Serrurier

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Sandy Christensen

Board Liaison: Megan Justason

Environment

Chair: Russ Chandler

Board Liaison: Chris Severson-Baker

Finance

Chair: Maria Brogowski

Board Liaison: John Preston (Treasurer)

Grievance & Resolution

Chair: Chris Milaney

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Joanne Mick

Funding Research Task Force

Board Liaison: Helen Serrurier

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

janine@sarceemeadows.coop

Honours and Awards

Chair: Betty Jean Coates & Laurie Altilio

Board Liaison: Joanne Mick

Membership

Chair: Sandy Christensen Board Liaison: Isabel Ciok

Newsletter

Chair: Wendy Thomson Board Liaison: Sonya Nadon

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: Justin Nagel

Lobbying Committee

Chair: Slawa Gruszczynska

<u>After Hours Emergency Maintenance:</u>

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

403-813-2783

