

# Connections ❄ Newsletter

*January 2020*

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## **BOARD OF DIRECTORS REPORT:**

As we say goodbye to 2019, we reflect on what a busy year we had. There was a big shift in directors and a lot of work to get done. We accomplished many of our tasks, but more challenges lie ahead.

A few final notes for the year are to properly dispose of your real Christmas trees by taking them to a City of Calgary drop off site, or if you are handy, the trees can be cut into small enough pieces and placed in the Green Organics Bins. Please do not put them into the Garbage.

There have been some recent reports of car prowlings and thefts from yards. Please stay diligent when warming up your vehicles and don't leave them unattended. Report any suspicious activities to the Calgary police service and the office.

Reminder to attend the 51st Annual General Meeting on Wednesday January 29, 2020 at Grace Lutheran Church, 7 pm.

We now look forward to 2020 and the challenges we face. The board is saying goodbye to three directors and hello to one. We are ready to hit the ground running and have a productive year.

We wish everyone a very happy, healthy and prosperous New Year.

*Respectfully submitted by Sonya Nadon on behalf of the SMHC Board of Directors.*



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# ◆Committee Reports◆

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## **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:**

Welcome to 2020 Neighbours! We hope that everyone's Holidays were warm and bright!

Although the year has just begun, your Entertainment and Social Events Committee have already been hard at work planning your events for this Year!

As always, we are starting the year off with the Volunteer Appreciation Dinner. This year's event promises to put a new Spring in your step and hopes to Grow your musical knowledge! For all of you that gave a little of yourself to SMHC in 2019, please join us on March 21<sup>st</sup>, 2020 at the Rutland Park Community Hall to celebrate all your hard work!



Building off the success of last year's hand delivery, come early March your Entertainment and Social Events Committee members will be knocking on all of our volunteers' doors to invite you and guest to share a good meal, good company, and an evening of Name that Tune. Please watch your February Newsletter for the dates we will be in your area!

Didn't get a chance to Volunteer in 2019? Got a little time in 2020? The Entertainment and Social Events Committee would love your help! We have many events each year all with different types of jobs and roles. Contact the office if you are interested and we will get you started.

Lastly, stay tuned each month for announcements and reviews of what we have going on. You will be glad that you did. Have a great January Everyone!

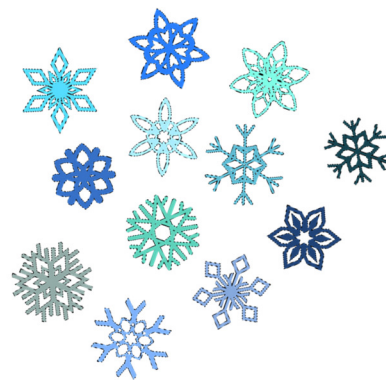
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## **NEWSLETTER COMMITTEE:**

We hope you all had a wonderful holiday and most of you will be back on schedule for the new year. We are planning some new contests for 2020 and will keep you advised. Our first contest of the year is in this rather "wintery" looking issue of "Connections". Check out the contest details on the next page for more information.

Please continue to send in your favorite recipes, craft ideas, or anything else that can be included in our "Just for Fun" section. We appreciate your input and your recipe could be a main meal, snack, dessert, or whatever you think members would enjoy. For busy members with children arts and crafts projects are welcome to keep kids busy.

Stay tuned to upcoming issues of Connections for information and events planned during the year. Stay warm and good luck in keeping those New Year's Resolutions!



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**PROPERTY MAINTENANCE COMMITTEE:**

The garbage bins are emptied on Wednesday's only. If your parking lot bin is full please check other parking lot bins. Do not pile the garbage in front of the bin because they will not clear it to empty the bins. We do know that people from outside of SMHC drive onto our property and use our garbage bins but there is nothing we can do about this.

The Big bin is here until January 17<sup>th</sup>, 2020. **Please place your items outside the gate, without blocking the opening, and maintenance staff will put it in the bin.**

Ice melt and furnace filters are available at the office free of charge.

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**◆Contest◆**

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**Snowflakes Contest:**

Is this issue of Connections looking a little wintery to you? That's because with a long winter ahead we have decided to ignore the cold temperatures and focus on the beautiful snowflakes instead! Check out every article, picture, recipe, and advertisement very carefully and count how many snowflakes you can find. Fill out this entry form with your guess and turn it into the office. The closest guesses will be entered into a draw to win one of two \$25.00 Gift Cards. **Deadline for entries is Monday February 3<sup>rd</sup>, 2020.**

Name: \_\_\_\_\_

Unit Number: \_\_\_\_\_

How many snowflakes did you find? \_\_\_\_\_

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## ❖ *Education* ❖

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**No one wants to see this in our parking lots!**



- If a garbage bin is full, DO NOT ADD any more bags. Instead, take your bag(s) to a bin in the next parking lot.
- DO NOT LEAVE ANY BAGS OUTSIDE THE BIN. Waste Management will NOT leave their truck to pick up loose bags. SMHC staff will have to clean up any garbage around the bin – they SHOULD NOT have to do this.
- We do realize that people outside SMHC sometimes dump their garbage in our bins – we can't control this.
- A last reminder – PLEASE LIMIT YOUR GARBAGE TO ITEMS THAT CANNOT BE RECYCLED OR COMPOSTED.
- Set aside cardboard as well as plastic containers and bags for pickup by SMHC. Food and pet waste (in compostable bags) should go into the compost bins.

***Let's all do our part  
to reduce waste and keep Sarcee Meadows  
neat and clean!***

***-from a Concerned Member***





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## **2020 Recycling Schedule**



**RECYCLING PICKUP DATES:** Recycling will be done **EVERY WEEK**, by sections, on Tuesday, Wednesday, Thursday and Friday unless there is a holiday.

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<b>A11 to C176</b>	<b>Tuesday</b>	<b>January 7, 14, 24, 28, February 4, 11, 18, 25, March 3, 10, 17, 24, 31, April 7, 14, 21, 28, May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28, August 4, 11, 18, 25, September 1, 8, 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 22, 29</b>
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<b>C181 to E358</b>	<b>Wednesday</b>	<b>January 8, 15, 22, 29, February 5, 12, 19, 26, March 4, 11, 18, 25, April 1, 8, 15, 22, 29, May 6, 13, 20, 27, June 3, 10, 17, 24, July 8, 15, 22, 29, August 5, 12, 19, 26, September 2, 9, 16, 23, 30, October 7, 14, 21, 28, November 4, 9, 18, 25, December 2, 9, 16, 23, 30</b>
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<b>E361 to H556</b>	<b>Thursday</b>	<b>January 2, 9, 16, 23, 30, February 6, 13, 20, 27, March 5, 12, 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27, September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17</b>
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<b>H561 to L745</b>	<b>Friday</b>	<b>January 3, 10, 17, 24, 31, February 7, 14, 21, 28, March 6, 13, 20, 27, April 3, 17, 24, May 1, 8, 15, 22, 29, June 5, 12, 19, 26, July 3, 10, 17, 24, 31, August 7, 14, 21, 28, September 4, 11, 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18</b>
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**\*There will be no recycling the December 24<sup>th</sup>, 25<sup>th</sup>, 31<sup>st</sup> of 2020 and January 1<sup>st</sup>, 2021**

**\*Regular recycling schedule will resume Tuesday, January 5<sup>th</sup>, 2021**

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# ◆Community News◆

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## **WOMEN'S CIRCLE:**

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

2019 has been an incredible year for the Sarcee Meadows Women's Circle thanks to the support of you the Sarcee Meadows members and surrounding businesses. Together we continue to help to build community not only here in our co-operative but in our greater community in Alberta and across Canada. I continue to receive messages from CHF Canada asking us to share our Women's Circle success story with them so they in turn can share it with other housing co-ops in hopes that they too will find a way to build their own version of a Women's Circle or Men's Square or Kid's Korner.

We are so pleased to announce that we continue to gain new members into our Women's Circle. Anyone in SMHC is able to join. Simply email me at [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca) and we will get you on our distribution list. The more the merrier. Our women's circle includes members of all ages.

Some of our proudest achievements in 2019 include

### **Providing halal and vegetarian meat at the Stampede breakfast and SMHC Annual bbq**

- When the Entertainment and Social Events committee let us know there wasn't enough money in the budget to cover these items, members of the Women's Circle, members of Sarcee Meadows and even Save on Foods came forward and pitched in money and food items so that we could make these items available. The smiles on the faces of the kids and adults alike when we told them we had halal and vegetarian hotdogs made such an impact on us. We have made a commitment as a Women's Circle to keep this tradition going for years to come even if we have to chip in for it ourselves.

### **Five brand new tables in our gathering spaces**

- It has been a dream by so many for so long to have tables in Marla's Garden and more in the main playground behind the office. The idea behind these tables is to bring people out from their units and enjoy the fresh air. The hope is that we will find kids playing board games, doing their homework, families and friends gathering for picnics, moms and dads having a comfortable place to sit while they watch their kids play, and women to bring their knitting and crocheting outside and create their magical pieces while enjoying a visit with someone passing by. Thanks to one of the members of our Women's Circle for taking the time to put together an amazing proposal with the help of so many people, Sarcee Meadows was awarded a grant that paid for these five tables. This process was such a huge community builder in of itself. From the help of the office, the maintenance team, the Board of Directors, several of our contractors, and many members within Sarcee Meadows, this dream became a reality in 2019.

### **Calgary Helping Homeless (YYCHH)**

- Our Women's Circle joined forces with Calgary Helping Homeless (YYCHH) in June of 2019. This group serves food to the homeless outside on the street corner every Saturday night come rain or shine. What we didn't know at the time was what an impact it would have on so many people. It's really special to see our youth and our seniors and everyone in between working together to feed the homeless and then come back to Sarcee Meadows with such a respect for each other. We are getting to know each other better and we so appreciate the bond that keeps on growing in our community. Save on Foods, Safeway, Superstore, and our members continue to support us with food donations and funding. The less fortunate citizens of Calgary get a really hardy meal when Sarcee Meadows helps to serve, thanks to all of you and the Women's Circle.
- This opportunity to help others just keeps on getting better. I can't tell you the countless number of blankets, coats, scarves, toques, mitts, socks etc that I have received from our members to deliver to the homeless. I remember one evening in particular. It was a Friday evening and it was blistering cold outside. My doorbell rang and to my surprise there stood one of our Sarcee Meadows members with a

bag full of beautiful toques that she had made herself. She came out in the cold that night just to be sure that we could get them to the homeless the next evening. This is just one of many incredible gestures that have taken place these past few months. I remember one cold evening asking a fellow standing in line waiting for food if he needed a warm pair of socks. He told me he only owned one pair of socks. Thanks to our members that had donated socks I was able to give him five pair of socks. He was so thrilled. Another fellow I gave a toque to. He said please let the woman that made this hat know that it went to a good Christian man. One of our members donated a blanket that once belonged to her husband. He used to cover himself with it when he watched his favorite sports games. I gave it to a man that I know sleeps under the bridge, and I told him the story behind it. He told me he was sorry for the loss of her husband and wanted me to let the woman know that she helped to keep him warm for many nights to come. Another amazing piece to this is the impact this volunteer opportunity is having on our kids here in SMHC. One lady brought her son to feed the homeless with us on three different occasions. One afternoon she heard her son tell his friends how great he felt feeding the homeless. They all reached into their pockets and pooled their money together and went out and bought food to serve the homeless. What a proud moment for this mom to witness such a kind act. A proud moment for all of us.

- December 7<sup>th</sup> was the last time the Women's Circle fed the homeless for 2019. We decided to make it special and added a holiday flair to it. We had one member bake enough homemade cookies to fill 50 treat bags which also included chocolates and a pen. We put sandwiches and hard-boiled eggs in special festive bags, and we made up notes to let our homeless know that we were doing this with love especially for them. In memory of one of our members we laid pink flowers on the table that evening. One of the gentlemen picked up one of the flowers as he walked thru the food line and put it in his hat. He felt the love that we intended for him to feel. These simple acts of kindness go such a long way. Our first Feed the Homeless event for 2020 is January 18<sup>th</sup>. If you are interested in helping to serve or to cook a dish, we would be happy to have you join us. Please contact me at [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca) Please keep the food, clothing, and plastic bags coming. We will continue to get them into good homes on your behalf.
- And as you will read in a separate article, we can't thank you all enough for the plastic shopping bags that you donate so that bed mats can be made for the homeless to sleep on.

The Women's Circle wish you all a wonderful 2020 full of lots of love and community spirit. Thank you for helping us help so many. We couldn't be prouder to be a part of such an amazing community of neighbors, friends, family.

***Sometimes we have canopies to keep at least the food covered***





***And sometimes we don't have tents, so we serve out in the open and do our best to keep the food covered.***



***The Saturday that we serve our ovens are full of delicious casseroles lovingly prepared for those in need of a hot meal.***





*Dec 7<sup>th</sup> Feed the homeless we added some holiday cheer*







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## ◆*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](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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### **Who knew plastic bags could make such a difference?**

*Submitted by Kathy Aubichon for the Women's Circle*

The Women's Circle would like to Thank everyone that has dropped off bags of plastic bags to the B50 office. We would also like to thank the B50 office staff for helping to coordinate this amazing project. We in turn get the plastic bags into the hands of Soap for Hope through a group called Calgary Helping Homeless (YYCHH).

What an overwhelming response we have had from you our Sarcee Meadows members, Save on Foods, Safeway, and Calgary Co-op. Thanks to your support we have been able to donate close to 3000 plastic bags since June 2019 to Soap for Hope who in turn crochet sleeping mats for the homeless out of them.

It really doesn't take a lot of effort to help someone in need. What we see as just a pile of plastic bags actually brings so much value to our less fortunate and vulnerable citizens of Calgary. The sleeping mats made from the plastic bags means a homeless person sleeping under the bridge has at least a little bit of comfort from not having to sleep directly on the cold and moist ground.

The ripple effect is what I love about this project. It's all about building community on so many levels.

- Thanks to Sarcee Meadows, 3000 bags stayed out of the landfill
- Thanks to Sarcee Meadows, bed mats were made for the homeless

- Thanks to Sarcee Meadows, seniors that gather to make these mats came together to build lasting friendships while crocheting these mats.

Not only does the project make good recycling of the plastic bags, and for a good cause, but the finished cushiony mats are impervious to weather and bugs; they are extremely popular among those who have received them. It's a small gift to keep the homeless a little more comfortable.

We had the opportunity to speak with a fellow that had just received one of these mats. He hung on to it for dear life. That was my uh huh moment that made me realize just how precious these mats are.

**The bags that we are looking for are the white or colored plastic bags that are given out by ie grocery stores. They are no longer able to take the clear plastic bags.**

**If you have plastic bags that you would like to donate, please drop them off at B50 for the Women's Circle and we will get them in the right hands. This is an ongoing project so please keep the bags coming. I collect them from the office every Wednesday.**







## ◆ *Just for Fun!* ◆



### **Butterscotch Confetti (From Wendy Thomson):**

- 1/2 cup margarine
- 1/2 cup sugar
- 2 eggs
- 1 cup mashed banana\*
- 2/3 cup honey
- 1 1/2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 3/4 tsp salt
- 1 cup quick oats



Cream margarine and sugar. Beat in eggs, banana, and honey. Add dry ingredients to banana mixture. Stir in oats.

Put into muffin cups and bake at 350° F for 20 minutes.

\*Can also be made using apple sauce instead of banana. You can also add 1/2 cup of raisins, coconut, or chocolate chips.

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### **POPSICLE STICK SNOWFLAKES:**

Create your own winter wonderland with this glittery snowflake craft today!

#### **Supplies You'll Need**

- Popsicle sticks (3 to 4)
- Glue
- Glitter
- Sequins
- String



- To turn your popsicle sticks into a snowflake you need a few popsicle sticks and some glue. You'll use between three and four sticks depending on how you want your end product to look. In the center of the popsicle stick drop a dab of glue and then layer the sticks on top of each other, creating a snowflake shape
  - The next step is adding the glitter! Spread glue onto each of the popsicle sticks. Sprinkle glitter over the wet glue in whatever colors you want. When you are done shake off the excess glitter and set aside to dry. Put an extra sheet of paper under the glitter projects so you can fold up and throw away when you are done, making clean up much easier.
  - On the back of your glitter snowflakes glue a piece of string so that you can hang them, or in a loop so that to use them as ornaments on a Christmas tree, but they make great decorations for wintertime too. No matter where you hang them, these snowflakes are eye-catching.
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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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### **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



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

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

Call Tricia: 403-242-0048

### **Pet Sitters for Dogs & Cats**

Willing to pet sit at our unit for short term trips when you can't take your loving pet with you. Sorry no birds as I have allergies.

Daily rate \$25

Shelly 403-660-2045 – References available upon request as I have done this for 4 years.



### **Healing Intentions**

Energy/Crystal Healings

Psychic/Mediumship

Card Readings

Crystal Grids

Personalized Crystal Kits

Book a Party

Organizational Assistant – organize your space to help energize the flow of your home and life.

Shelly 403-660-2045 – References upon request

### **Straightline Painting**

Painting walls, trim, doors, and baseboards / Complete ceiling paint / Staining & Lacquer all woodwork railings, cabinets and match hardwood floors / Drywall repair minor and prime all new drywall / Exterior painting & staining – cedar siding, brick, stucco, patio, or complete decks. / Fences paint or stain. / Can match any colour of previous paint or stain / All products used are Benjamin Moore.



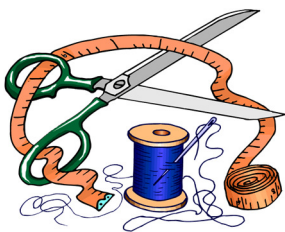
35 years of experience

Reasonable rates

References available

Peter Minnema 403-998-5179





### **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

Make sure that your knives are up to the task.






**Fox Painting Ltd** - Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain and varnishes. Applications by roller, brush and spray gun. Residential and Commercial. Contact Derek Adamski for a quote – Office Phone – 403-203-4044, Cellphone – 403-616-7044, Email [derekadamski@shaw.ca](mailto:derekadamski@shaw.ca)

“Snowflakes are  
kisses from heaven.”





**CALENDAR:**

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

"Winter is the time for comfort,  
for good food and warmth,  
for the touch of a friendly hand  
and for a talk beside the fire:  
it is the time for home."  
— Edith Sitwell



## **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

### **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

### **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**

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

