

Connections Newsletter

March 2020

BOARD OF DIRECTORS REPORT:

Kelly Edwards has agreed to serve as Past Chair until such time as the incoming executive is comfortable that the transition is complete and Kelly's contribution as outgoing chair is no longer required. The role of Past Chair is described in the Members Handbook.

The Board welcomed interim general manager Sandra Boutin to the February 2020 meeting. She has had a very busy and productive first few weeks with Sarcee Meadows.

In a special meeting in March the Board will meet to review proposals for lawn care and snow removal and make a decision about the new provider.

The Board has asked the staff to develop a Request for Proposal for waste management services including composting and recycling in our ongoing effort to ensure that we are receiving the best service at the lowest cost.

Isabel Ciok was selected as Sarcee Meadows' delegate at the CHF Canada Annual General Meeting in June 2020. Helen Serrurier and Kelly Edwards were selected to attend as alternates.

The Volunteer Appreciation Dinner is set for March 21st at the Rutland Park Community Centre.

The SACHA AGM is set for April.

Reminder – our next General Member's meeting is on April 14.

Happy Saint Patrick's Day and Happy Easter.

Submitted by Chris Severson-Baker on behalf of the SMHC Board of Directors

FROM B50:

With the recent news of the Coronavirus (COVID-19) Outbreak it is of utmost importance that members who require work done in their unit notify staff if they are sick or have travelled recently. We cannot take the risk of potentially spreading any illnesses to other units.

From the Government of Canada Website:

How coronavirus spreads

Human coronaviruses cause infections of the nose, throat, and lungs. They are most commonly spread from an infected person through:

- *respiratory droplets generated when you cough or sneeze*
- *close, prolonged personal contact, such as touching or shaking hands*
- *touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands*

Current evidence suggests person-to-person spread is efficient when there is close contact.

Preventing coronavirus

At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to protect against it.

If you have travelled to an at-risk area

*If you have travelled to Hubei province, China, or Iran in the last 14 days, limit your contact with others for 14 days, starting the day you began your journey to Canada. This means self-isolate and **stay at home**. Contact the public health authority in your province or territory within 24 hours of arriving in Canada for advice.*

If you have COVID-19, reduce contact with others

If you are sick, the following steps will help to reduce contact with others:

- *stay at home and self-isolate (unless directed to seek medical care)*
 - *if you must leave your home, wear a mask, or cover your mouth and nose with tissues, and maintain a **2-metre distance** from others*
- *avoid individuals in hospitals and long-term care centres, especially older adults and those with chronic conditions or compromised immune systems*
- *avoid having visitors to your home*
- *cover your mouth and nose with your arm when coughing and sneezing*
- *have supplies delivered to your home instead of running errands*
 - *supplies should be dropped off outside to ensure a 2-metre distance*

For more information please visit: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Members Question Box Answers from January 2020 Members Meeting:

QUESTION 1.

On the balance sheets each fiscal year, where does the item for “Fines Collected” get included? I can’t find it.

ANSWER: These fees are put into General Revenue, within that section in the post audit there is a specific line call “Member Fines and Penalties” where these dollars are captured. Also known as Service Charges and other Revenue in the Auditors report.

QUESTION 2.

Is there a plan to replace screen doors or inside doors to each unit?

ANSWER: Screen doors are the members responsibility, but there will be a plan for inside doors on a as needed basis.

QUESTION 3.

I know that refundables (recycling) are often donated to “us” (SMHC) for refunds by members. This can add up to be a good amount of money throughout the year. Could we consider placing this money in committee budgets to increase their amounts. It would be a great thing all around. Please consider this idea. Thanks

ANSWER: We currently pay a service fee for our recycling so the money that is brought in goes back into the recycling service fee budget to keep the cost down.

QUESTION 4.

Does the Green Dream contract include parking lot snow removal that was done before Green Dream got in?

ANSWER: Yes, that is part of the parking lot, the stalls are the responsibility of the member, but they clean the lot throughout the year and do a clean-up in the spring of all parking lots from the sand and dirt.

QUESTION 5.

What are the chances that the Green Dream contract be renewed without members approval?

ANSWER: This service is currently being retendered. The board was elected to make these decisions on behalf of the membership, and we will take into consideration cost and service when making final decisions.

◆Committee Reports◆

CO-OP SENIORS INTERESTS COMMITTEE:

Our Committee recently held their first meeting of 2020. We welcomed back our committee members to begin a new year of discussions on issues that affect our Seniors living in Sarcee Meadows. We are planning to have a **Special Presentation by the Kirby Centre about "Seniors Aging in Place"**. This presentation will take place at one of the Members Meetings. Watch your Connections Newsletter and upcoming Meeting Packages for the exact date for this most interesting topic regarding Seniors.



We are also planning a **Spring Senior's Social** this year. This event will be held on **Sunday, June 14, 2020 from 2:00 PM TO 4:00 PM** at B50. More information on this will be in the Connections Newsletter or in a Flyer. Other important events coming this spring is the Members Meeting on April 14, 2020 and the Sarcee Meadows annual Yard Sale coming in June 2020. Mark your calendars for these upcoming events. Winter is still here with its days of snow and ice. Be careful walking out there and remember ice melt is available at the office. **Easter** arrives on Sunday April 12th, 2020. Let us hope we have some nice spring weather for that occasion. Take Care, everyone.

Calling All Seniors!

ELECTIONS COMMITTEE:

UP AND RUNNING!

Congratulations and thank-you's go out to the candidates, Kelly Edwards and Jeremy Hart, who vied for the one Three-Year Term position on our Board of Directors at this year's January 2020, Annual General Membership Meeting.

It was a very tight race, with two very qualified people and we're now welcoming Jeremy Hart to the position. Congratulations!

We're also extending our gratitude to Kelly Edwards and John Preston for the Three-Year Terms that they have both just successfully completed. Much important decision making and lots of hard work were the norm during their term in office, but they carried on so very positively and actively on our

behalf. We're glad to know that we'll still be seeing both Kelly and John volunteering in new areas for the good of SMHC!

Many thanks go out as well to the membership who carefully considered and registered their votes, the volunteer scrutineers who helped with the count and our office staff for their professional and cheerful support in the mandated process.

To the eight continuing members of the Sarcee Meadows Board of Directors, MUCH gratitude for your excellent service and dedication!

Not wasting any time, this newly convened board has already met in February, to reorganize, accept committee responsibilities and familiarize themselves with bylaws, policies and procedures.

They are looking forward to doing much good work in their appointed terms.

Elections Committee – Rita Carlson, Barb Nehring and Marie Forester



ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

The committee is in the final planning stages for the Volunteer Appreciation Dinner and hope to see all volunteers there! Invites are on their way, but just as a reminder – Saturday, March 21st at Rutland Park Community Centre – the Cash Bar opens up at 6 pm with a dinner, short program, and Music Trivia to follow.



We are also working on plans for the Annual Easter Egg Hunt occurring Saturday, April 11th. Watch for more details in the coming weeks.

Happy St. Patrick's Day to all and Happy Spring!

ENVIRONMENT COMMITTEE:

Well, Spring Equinox is just around the corner (Thursday, March 19, 2020), Daylight Saving Time begins on Sunday, March 8, 2020 (at 3:00 AM Mountain Standard Time) and the birds are singing. Does all this mean that winter is almost over? Let us hope so. Spring is always a time of new beginnings. Sweep out the old and bring in the new. With that in mind, watch for Sarcee Meadows Yard Sale in early June and Rutland Park Yard Clean Up on June 27, 2020 where you can dispose of some of the 'stuff' you are 'sweeping out'. These two local events are always a great, fun time to find a new treasure or part with the old. Therefore, hang onto your items for disposal till then and please do not put them in the parking lot big bins. This committee is always looking for new members. Come out and join us! Our next meeting is **Tuesday, May 12th, 2020**. Don't forget the Members meeting on April 14th, 2020. Watch for further info on this important meeting.



Think green and Happy St. Patrick's Day on March 17th, 2020!



FINANCIAL STATEMENTS:

<u>Sarcee Meadows Housing Co-operative Ltd.</u>			
<u>Financial Statements - Summary</u>			
<u>as at January 31, 2020</u>			
<u>Balance Sheet</u>			
<u>Assets</u>			
Funds on Deposit	\$ 3,290,736.19		
Other Assets	\$ 1,694,370.12		
TOTAL ASSETS		\$ 4,985,106.31	
<u>Liabilities - current</u>			
Long Term Liabilities	\$ 911,089.86		
Total Liabilities		\$ 911,089.86	
<u>Reserve funds</u>			
Housing Charge Assistance	\$ 208,097.00		
Replacement Reserves	\$ 2,674,367.96		
Total Reserves		\$ 2,882,464.96	
Retained earnings + current deficit		\$ 1,191,551.49	
Total Liabilities, Reserves, Member Equity		\$ 4,985,106.31	
<u>Income Statement (for 3 months - November 1, 2019 to January 31, 2020)</u>			
	Actual	Budget	% of Budget
Revenue from Housing Charges	\$ 1,061,313.00	\$ 4,243,252.00	25%
All other income	\$ 15,820.02	\$ 140,980.00	11%
Total Revenue	\$ 1,077,133.02	\$ 4,384,232.00	25%
<u>Expenses</u>			
Total Insurance & Property Taxes	\$ 145,644.47	\$ 811,500.00	18%
Total Utilities	\$ 145,436.58	\$ 936,051.00	16%
Total Routine Maintenance Costs	\$ 140,352.29	\$ 580,200.00	24%
Total Personnel and Payroll Costs	\$ 210,308.99	\$ 866,650.00	24%
Total Administration Costs	\$ 10,712.58	\$ 65,952.00	16%
Total Democratic Functioning	\$ 34,490.79	\$ 147,100.00	23%
Total Reserve Savings	\$ 244,279.00	\$ 976,960.00	25%
Total Expenses	\$ 931,224.70	\$ 4,384,413.00	21%
Net overage for 3 months	\$ 145,908.32	-\$ 181.00	

NEWSLETTER COMMITTEE:

Hello Neighbours! As we proceed into this month of change the Newsletter Committee would like to remind everyone to share any stories, recipes, games or little anecdotes they may have.



Remember we are going to “Spring” forward with our clocks on March 8th, toast to St. Patrick’s Day on March 17th, welcome the first day of Spring on March 19th and possibly shovel some more snow somewhere along the way. If you’ve got any fun stories about these activities, we want to hear them.

The committee is working on some great ideas for our spring and summer editions, but member input and feedback is always welcome and encouraged.

Wishing everyone a Happy St. Patrick’s Day and Happy Spring!

PROPERTY ENHANCEMENT COMMITTEE:

Our committee continues to discuss various home improvement items and review some of the policies that come under our umbrella. Recently though Parking has become a hot topic of discussion at our meetings with two items becoming big issues.

There is still a very long waiting list for rental parking stalls, and we are looking for ways to expedite members getting the rental stalls they need. We are not making any new changes to the current process yet. However, we’d like to strongly encourage that any members who currently have rentals stalls they no longer require might consider giving those stalls up to be reassigned from the list. Please contact the office if you would like to give up a rental stall you no longer need.

The other issue that is becoming a bigger problem lately is chronic abuse of Visitor Parking Stalls, as well as people parking in No Parking Zones in our parking lots. We’d like to issue a reminder that **members and residents are not permitted to park in the Visitor Parking Stalls.** Visitors to your unit must apply at the office for a Visitor Parking Permit if they will be staying with you for more than 48 hours. Also, in each parking lot all other areas outside of the designated stalls are considered Fire Lanes and as such they are **No Parking Zones.** These include the garbage bin islands and all drive paths. **Members, residents, and visitors are not permitted to park in these areas for any length of time nor for any reason.** It is important that these areas be kept clear for emergency vehicle access as well as for allowing access to the parking stalls.



Through the Parking Complaint Process chronic violations of these issues after the first warning letter will result in fines of \$50 for a second offense and escalate to \$100 for a third offense. As well you will be called to meet with the Committee, and possibly the Board of Directors to discuss your actions.

◆Education◆

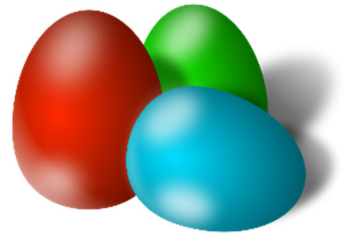
ECO ALLEY – NEWS YOU CAN USE

RETHINK • REDUCE • REUSE • REPURPOSE • RECYCLE

"**THINK SPRING**" The Egg is an ancient symbol of 'new life and rebirth'. Usually around Easter time in the spring, it is the tradition in some cultures, to color eggs. Just to help you get started, the following is a recipe for a **Natural Way to Dye Easter Eggs:**

What you need:

- 1 dozen hard cooked eggs (white or brown) at room temperature.
 - 1 tablespoon white vinegar per cup of strained dye liquid
 - vegetable or grapeseed oil
 - 4 cups liquid dye made from any of the following:
 - 1 cup chopped purple cabbage per cup of water — makes blue on white eggs, green on brown eggs
 - 1 cup red onion skins per cup of water — makes lavender or red eggs
 - 1 cup yellow onion skins per cup of water— makes orange on white eggs, rusty red on brown eggs
 - 1 cup shredded beets per cup of water— makes pink on white eggs, maroon on brown eggs
 - 2 tablespoons ground turmeric per cup of water — makes yellow eggs
 - 1 bag Red Zinger tea per cup of water— makes lavender eggs
1. Pour the amount of water you need for the dye you're making into a saucepan – follow the ratios given above for each ingredient to make more or less dye as needed.
 2. Add the dye matter (purple cabbage, onion skins, etc.) and bring the water to a boil. Turn the heat down to low and simmer, covered, for 15 to 30 minutes. The dye is ready when it reaches a hue a few shades darker than you want for your egg. Drip a little dye onto a white dish to check the color. When the dye is as dark as you like, remove the pan from the heat and let the dye cool to room temperature.
 3. Pour the cooled dye through a fine-mesh strainer into another saucepan
 4. Stir the vinegar into the dye – use 1 tablespoon of vinegar per cup of strained liquid.
 5. Arrange the room-temperature eggs in single layer in a baking dish or other container and carefully pour the cooled dye over them. Make sure the eggs are completely submerged.
 6. Transfer the eggs in the dye to the refrigerator and chill until the desired color is reached. Carefully dry the eggs, and then massage in a little oil to each one. Polish with a paper towel. Store the eggs in the refrigerator until it is time to eat (or hide) them.



Spring is also the time to dust out the 'cobwebs' and renew and refresh our homes. However, conventional cleaning products can contain hazardous chemicals and toxic ingredients that are dangerous to our health and to children, pets and to the environment. When shopping for cleaning supplies look for truly **Green** products that have natural, safe, non-toxic and biodegradable ingredients and, that do not impact the environment. Read labels carefully. **Or, you can make your own green cleaning product.**

The following is a recipe making your own **Easy All-Purpose Cleaner**

- 1 tsp borax
- 2 tbsp castile soap
- 1 liter warm water
- 3-5 drops essential oils (fragrance of your choice)

*Note: All these products can be found in your local grocery or hardware stores.

Method: Combine borax, castile soap, warm water and essential oils in a 1 L spray bottle. Shake to combine. Use this cleaner for general cleaning around the house such as kitchen and bathroom counters and even floors.

****NOTE** If you have toxic cleaners around your house with the Hazard Symbol on them, they must be taken to one of the Calgary's Household Hazardous Waste drop-offs. These sites are usually at a Fire Station.**

DID YOU KNOW?

WEDNESDAY, APRIL 22, 2020 IS EARTH DAY. This date is also the **50th Anniversary** of the celebration of **Earth Day** – starting way back in 1970. The **THEME** of Earth Day 2020 is the Launch of the Most Diverse Global Environment in History. Watch the media (newspapers, television etc.) in upcoming days for more exciting information about this Earth Day.

Mark your April calendar for this day: **Wednesday, April 22, 2020** and try and attend the **Earth Day Eco Market from 3:00 pm to 7:00 pm at Hillhurst/Sunnyside Community at 1320 5th Ave. N.W., Calgary, AB.** This should be fun!!

Happy St. Patrick's Day! Happy Spring Everyone! Think Green!



◆Community News◆

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 Co-op. Thanks to your support we have been able to donate over 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,** over 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.



Repurposing your plastic containers for the greater good just got easier

Submitted by Kathy Aubichon for the Women's Circle

If you have plastic containers ready for the recycle bin, maybe consider repurposing them instead of recycling them. We the Women's Circle will take all plastic containers together with their lids and bring them to our feed the homeless events. Everything from yogurt containers, sour cream containers, margarine containers, cottage cheese, chip dip etc. Sizes from 250ml to 1 litre.

Please be sure that the containers are nice and clean. What the homeless and less fortunate do with these containers is fill them up with food at our dinners to enjoy later or to give them to a friend that couldn't make it out to the dinner. It's amazing how these people look out for one another. Most of them will only take as much food as they need, and they often will tell us they have a senior or a buddy that couldn't make it out and would like to bring some food back for them.

If you have plastic containers 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 containers coming. I collect them from the office every Wednesday.



WOMEN'S CIRCLE:

Submitted by Kathy Aubichon for the Women's Circle

The next time the Women's Circle Feed the homeless and vulnerable citizens of Calgary is **Saturday March 21st**. If you have any plastic grocery type bags or plastic containers i.e. yogurt/sour cream/margarine, please bring them to the office by Tuesday March 17th. The plastic bags get turned into bed mats for the homeless and the plastic containers are used for soup and leftovers for the homeless to take for themselves or others on the street.

Murdoch Manor

In addition to feeding the homeless that come to the corner of 6th Avenue SE and 6th Street SE every Saturday to enjoy a hot meal, Calgary Helping Homeless also gives food to Murdoch Manor which is only a few blocks away from where we serve our dinners. They have a sharing table and it is such a pleasure to know some of the food we prepare to serve the homeless also gets shared with them.

Murdoch Manor houses low-income seniors. Getting an apartment at Murdoch Manor is like winning the lottery," says one of its residents. "Residents are guaranteed their own private room for life." The

residents of Murdoch Manor, low-income seniors, are something of an “invisible presence” in the city. “For some, it is the first time they’ve had a clean, secure, safe, stable place to call their own,” he says.

Built in 1973 by the provincial government, Murdoch Manor is an independent-living facility where rent is fixed at 30 per cent of residents’ monthly income. (Most tenants pay about \$400 a month.) Most units are around 400 square feet.

What an honor and a privilege it is for the Women’s Circle, among many other groups, to have the opportunity to lend a helping hand to these seniors by providing a nice warm meal.

February 15 – Feed the Homeless

February 15th was another incredible evening as we Fed the Homeless.

We arrived at 5:30pm to start setting up and we were finished by 7pm. You want to talk about time flying. That hour and a half goes by so fast you don't even have a chance to talk to the person next to you. From 6pm when dinner starts until 7pm when it finishes you are busy scooping food nonstop. The best thing for me any way is the big smiles on the faces of our guests and the heaps and heaps of Thank You and God Bless you that we hear from every single person that comes thru the food line. That night we cohosted with a group called AlMaghrib Impact. Between them and our Women's Circle we must have had 30 volunteers. Shoulder to shoulder we stood with big smiles eager to serve our hot food. I was thinking about our guests the homeless and vulnerable citizens of Calgary and how I hope they felt that night and every Saturday night when they make their way down for a hot meal. I hope they see 30 volunteers and think Wow. These people are here to serve me. I am a valuable and deserving person and these volunteers love me. I don't know if it was because it was Valentine’s day on the Friday before and Family day two days later that just made the night feel magical. You could literally feel the love in the air. My home was grand central station that Saturday as Women's Circle members and SMHC members were dropping off casseroles and cookies and sandwiches and boiled eggs and chicken drumsticks. Even though these members couldn't make it out to serve the homeless they still wanted to contribute. I had to knock on my neighbor’s door and borrow her oven to help keep the food warm. Thank you, Betty, and Bob. As guests arrived, the first thing they smelled was Slawa's homemade chicken pasta soup. Original recipe all the way from Poland. Slawa was bursting with joy serving it up as were the rest of us ready to share our hot food. One of our new Women's Circle members Annalise baked up some yummy heart shaped cookies. Costco donated a case of vegetable noodles to Calgary Helping Homeless who in turned gave them to the Women’s Circle to turn into a casserole. Raven, another member of the Women’s Circle, took on the opportunity and created a yummy squash and kohlrabi noodle in tomato sauce casserole. The result was incredible, and the homeless and less fortunate citizens of Calgary enjoyed a nice nutritious dish. The list of casseroles cooked by our Women’s Circle and SMHC members goes on and on. The folks from AlMaghrib came with hot pizza, fresh fruit and veggies, bottles of nice refreshing cold water and more.

We the Women's Circle are so totally blessed and so grateful for the opportunity that Calgary Helping Homeless (YYCHH) has given us and our SMHC community. The Women's Circle started 5 years ago to help build community within Sarcee Meadows. Here we are 5 years later working together as friends and neighbors and helping our greater community. You can't peel the smiles off of our faces every time it's our turn to serve. Peace and Love to you all.

Feedback that I received from one of the core members from Calgary Helping Homeless – “I heard many people saying that the food was very good! I also wished everyone could have seen how much one couple in particular was enjoying the apple crisp.” Thank you Carma and Leon for all of the baking of the apple crisps, 9 trays in total.

Our kids continue to get involved helping their parents making sandwiches etc for the lunch bags we give to the homeless. They also still enjoy coming out and helping to serve their creations. One positive result of this is the kids are learning the importance of building community and helping others. I had an email from a mom with young kids that often comes and helps to serve. This is what she had to say

about the articles we share in the Connections newsletter. “I have noticed the kids pick up the newsletter to read without me saying anything because of the stories/pictures instead of me going “it is a good idea to read what is going on in the community.” It’s wonderful that the kids are staying connected and are anxious to see what is happening in SMHC and our extended community.

Thank you so much to everyone that continues to help out with the Feed the Homeless initiative that we started joining in on almost a year ago. I continue to receive bags of plastic grocery bags, boots, jackets, warm clothing, etc. We have so much to be proud of living in such a caring and giving community. And to the families that do all of the cooking and shopping and serving and our cheerleaders sending us encouraging messages Thank you so much for your continued support.

Heading to the Feed the Homeless dinner armed with fried egg sandwiches that the family made together. A great learning experience for the kids on the importance of giving back.



Raven did a great job baking up some vegetable noodle spaghetti. The vegetables were donated to Calgary Helping Homeless by Costco.







◆Letter to the Editor◆

“LETTERS TO THE EDITOR 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.”

Letter to the Editor,

Recently the application process for joining committees has been dropped. Can you please advise of two things?

1. Is there still a maximum of 9 members for all committees or is there an unlimited number of members that can join any given committee?
2. Is there still a term of five years for all committees, then a one-year break before you can rejoin the committee? If yes, when does the five-year term start from?

Thank you so much in advance for clearing this up.

Kathy Aubichon

Response on behalf the SMHC Board of Directors:

Thank you for your enquiry and we are happy to respond to your questions:

1. There are only five committees that have a maximum of 9 members. They are **Finance, Grievance & Resolution, Membership, Personnel, and Property Maintenance**. It was felt that these committees are responsible for some very important matters and having a workable number of members makes things run more efficiently. Currently there are still some open positions on each of these committees.

The remaining committees and task forces (Bylaw Review, Co-op Seniors Interests, Education & Involvement, Elections, Entertainment & Social Events, Environment, Funding Research, Honours & Awards, Newsletter, and Property Enhancement) **do not** have a cap on the number of people who can serve on the committee.

2. Yes, currently there is still a maximum term of five years in place. However, as above, this also only applies to the **Finance, Grievance & Resolution, Membership, Personnel, and Property Maintenance Committees**. This term would begin with the first meeting when a member joins the committee. Because there have been staggered start dates for many members this date varies from member to member. The earliest members on any of these committees have a start date of April 2017 so their five-year terms do not end until 2022. If changes to the term limits are required, they will be reevaluated prior to that date.

The remaining committees and task forces (Bylaw Review, Co-op Seniors Interests, Education & Involvement, Elections, Entertainment & Social Events, Environment, Funding Research, Honours & Awards, Newsletter, and Property Enhancement) **do not** have a cap on how long someone can serve on the committee.

◆ ***Human Interest*** ◆

This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/or Personal Milestones such as Births, Birthdays, Weddings, and Anniversaries. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements, or any other tidbits that you'd like to share! Submissions can be emailed to janine@sarceemeadows.coop or dropped off at the office to the attention of the Newsletter Committee.

Submissions to this section are the opinion of the author[s] and do not reflect the opinions of the Board of Directors or the members of Sarcee Meadows Housing Co-operative Ltd.

A recent Facebook from Rooftops Canada:



CELEBRATING 35 YEARS –1991: Carol Davis was instrumental in our Uganda work – advocating for housing co-ops with the Minister of Housing (middle person in pic) and assisting the Kataayi Multi-Purpose Co-op. Always extremely generous, Carol brought the co-op a load of T-shirts donated by the Southern Alberta Co-op Housing Association. Rosanna Hille, from CHF/BC helped defined the steps to implement co-op housing with FORMASI, a coalition of 13 co-ops and NGOs, in Indonesia.



AN OPEN LETTER:

Living in a co-operative like Sarcee Meadows is far more than merely having a roof over your head at a very reasonable monthly housing charge. A co-operative by its very definition is a place where we all must work together and find the right common ground to serve our whole membership. This becomes even more important as our buildings are aging and very necessary repairs and upgrades must happen to keep them viable for many years to come for our children and their children. We must work together to ensure the ongoing strength and viability of our homes.

It is no mere accident either that we now have many generations of the same family residing in Sarcee Meadows. Many young people have made the choice to stay on and get units of their own maintaining closer family ties than most other housing options do not support or encourage. I feel grateful for those stronger ties to community here and the sense of belonging that it brings in what is increasingly becoming an isolationist and divisive world.

Walking into any of our four General Membership Meetings each year, I always enjoy seeing neighbours greeting neighbours, catching up on some news and events before settling down to the business at hand. It is also great to see different folks get up to the mike and speak to issues that are on the agenda. We are a democracy and every voice can have that opportunity. Who knows when someone who has perhaps never spoken before might bring up an idea that makes everyone's life here at the co-op a little bit better?

The "hidden" values of living in a co-operative setting are not often talked about but it's those hidden values that really set us apart in such a positive way. The fact that we do meet together and work together to run our community means we have already established some tentative connections with our neighbours. Taking the plunge and joining a committee expands on that giving you a much clearer vision of what makes your co-operative work and developing bonds of friendship that go far beyond just the work you may share at the committee table. Forging community makes us all stronger, safer and happier.

I personally have a "Grateful List". Something a lot of folks do either formally or informally to remind themselves of the good and positive things in our lives. Mine has such things as live music and all of the wonderfully talented musical folk in my life, living so close to the spectacular Rocky Mountains where I can visit on a whim, my beautiful daughter who is now one of my best adult friends. Also near the top of my grateful list is living in Sarcee Meadows where I am comfortable, have many neighbours nearby who I know I could turn to in need and where I am able to take an active part in life feeling useful in my committee roles.



We don't live in a bubble, as the world, the economy and life's many changes have impact on our community as they do anywhere. The difference for us as co-op dwellers is that we can plan for these ups and downs, ride the roller coaster together and keep our community strong and independent. Together we are stronger, together we are community!

Jenn Jenkinson



◆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.

Fleece and Flannel Material for Sale:

Multiple pieces in a variety of colours. 1+ meter in length. Good to make clothing, baby blankets, whatever you want. \$50 for the whole package including Bin!

Please call Mappie 403-685-1040

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.

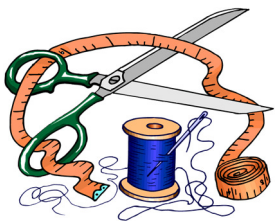
35 years of experience

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

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

Raven's nest *Dayhome*



The Raven's Nest is a naturally inspired day home in a centrally located community of Rutland Park/ Glamorgan - only a 15-minute drive from Downtown and close to Mount Royal University.

I currently have 2 spots available for part-time or full-time. Lunch and healthy snacks are provided. Creative play, arts and crafts, outdoor play (weather permitting - park and a playground are steps from my home). Outings, such as trips to the Zoo, Central Library, Studio Bell music Centre, Telus Spark Centre, etc.



I follow the Attachment Parent model, - for my 3-year-old and the children in my day home care (ages 2 to 4).

Every child is given a special attention. I am cloth diaper friendly and am happy to accommodate this.

Contact me via email for more information and additional details. ravens.nestdayhome@gmail.com

CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 8	9	10	11 Property Enhancement @ 7:00	12 Education & Involvement @ 6:30 Membership @ 7:00	13	14
15	16 Finance @ 7:00	17 Joint Meeting of Committee Chairpersons	18 Honours & Awards @ 7:00	19	20	21 Volunteer Appreciation Dinner
22	23	24	25 Board Meeting @ 6:45	26	27	28
29	30	31	April 1 Property Maintenance @ 7:00	2 Entertainment @ 7:00	3	4
5	6 Newsletter @ 7:00	7	8 Property Enhancement @ 7:00	9 Education & Involvement @ 6:30 Membership @ 7:00	10 Shop and Office Closed for Good Friday	11 Easter Egg Hunt
12	13	14 Members Meeting @ Grace Lutheran @ 7:00	15	16	17	18
19	20 Finance @ 7:00	21	22 CSI @ 1:30	23	24	25
26	27	28	29 Board Meeting @ 6:45	30		



COMMITTEE CONTACTS: 2019 – 2020:

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

Chair: VACANT

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: Jeremy Hart (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: Isabel Ciok

Membership

Chair: Kathy Aubichon

Board Liaison: Megan Justason

Newsletter

Chair: Wendy Thomson

Board Liaison: Chris Severson-Baker

Personnel

Chair: Mary Emro

Board Liaison: Helen Serrurier

Property Maintenance

Chair: Al Wright

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

