

Connections Newsletter

November 2019

BOARD OF DIRECTORS REPORT

Hi everybody,

Looks like winter is trying to force its way in with that bone-chilling weather at the end of October. What do we do when the wind starts cutting? We put coats on the kids and go out trick-or-treating! There were some wonderful setups this Halloween. Hope everybody got lots of candy and stopped by B50 to get some cocoa and bask in the heat for a bit.

A reminder that the application requirements for the Membership, Grievance & Resolution, Finance, and Property Maintenance committees has been ended. Consider lending your talent and energy to one of these (or other) committees to make our co-operative a better place to live. In addition, our upcoming Annual General Meeting in January will have one position available for joining the Board of Directors. Give your ideas a stronger voice by putting your name forward.

Thanks to the generosity of one of our vendors, a couple of tickets to an upcoming Calgary Flames game were given to SMHC. A random draw will be held among our staff, and the lucky recipient(s) will attend on our behalf. Sure hope they're Flames fans!

On Saturday, November 23rd, the Southern Alberta Co-operative Housing Association (SACHA) will be holding their Fall Education Event at The Glenmore Inn & Convention Centre. As education, training and information is one of the seven co-op principles, this event provides the opportunity to learn about other co-operatives and to better understand the inner workings of the neighbourhood you call home. A flyer for the event was sent to all members recently, and funding is available for those of you who are interested by contacting the Office.

Finally, a reminder of two upcoming dates. Tuesday, November 19th is International Men's Day. It is a day to celebrate positive male role models and to raise awareness of men's issues. Take a moment to appreciate the grandpas, uncles, fathers, brothers, sons, nephews, grandsons, and husbands in your life.

Also, lest we forget, Monday, November 11th is Remembrance Day. The sacrifices of our men and women in uniform as well as on the home front have played a crucial role in shaping the country that we are today. War may seem long ago and far away, but it still happens even today, and the world is not as large as it once was. The peace and freedom we enjoy is too easily taken for granted as the years go on, so wear your poppy with pride and thank a veteran for their service.



◆Committee Reports◆

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Our Halloween event was a great success this year, so thank you to everyone! Even though it was chilly hundreds of kids and their parents stopped by B50 and enjoyed treats, hot dogs and LOTS of hot cocoa.

We now turn our focus to the holidays and begin planning for and creating hampers for some of our neighbours who may be facing some extra challenges this year. It is just a small reminder that SMHC is a community that looks out for each other.

Please remember to take a moment on November 11th to remember and thank all the men and women that have served our country so that we may enjoy our many freedoms.

“Lest We Forget”



NEWSLETTER:

We want to hear from you! This is your Newsletter.

The committee would like to take this opportunity to encourage all members to contribute pieces for the newsletter. Send us your letters to the editor, ideas for stories or content, simple recipes or crafts you can do with your children.



Congratulations to the winners of the Fall Colouring Contest: Atifa Zaffar, Alexandra Yee, and Juju Dadi. Honourable mentions also go to Fatima Dadi and Hamza Dadi. All the pictures were beautiful, so winners were chosen by random draw.

Congratulations to the winners of the Fall Crossword Contest: Jennifer Minnema, Kathy Aubichon and Ammaar Khaleel. Honourable mentions also go to Judy Silzer and Athena Ys. Each of the entries had only one wrong answer so again the winners were chosen by random draw.

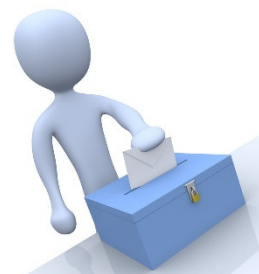
Please take a moment on November 11th to remember and thank all the men and women who have served this country so that we may enjoy the freedoms we have.

ELECTIONS COMMITTEE:

Every fall, just like the “turning back the clocks” routine, we ask SMHC members to consider standing for a position on our Board of Directors. This year is no exception as you’ll see in the notice on the next page.

In next month’s Connections you’ll hear from one of the people who read the note last fall and thought, “Hmmm, I’ve been thinking about this and this year I’m going to do it!” And she did!

Stay tuned! And in December, find out how the past eight [unforgettable] months have been for her as a newly elected board member.





WE WANT YOU....

BECAUSE

You have talents you want to share...

You like working with other congenial people...

You have a wish to broaden your skills and resume...

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

WE WANT YOU....

BECAUSE

WE HAVE ONE POSITION AVAILABLE ON OUR NINE MEMBER BOARD FOR JANUARY 2020

WE WANT YOU....

AS PART OF THE TEAM AT OUR MONTHLY MEETINGS THE LAST WEDNESDAY OF EACH MONTH

Where **You** will have - training, childcare, light supper, administrative help - to support **You** in your role.

PLEASE

GET YOUR APPLICATION

FOR

THE BOARD OF DIRECTORS

INTO B50

RIGHT AWAY!



SMHC Elections Committee

PROPERTY ENHANCEMENT COMMITTEE:

Members need to turn off the lawn service before they freeze.

The yellow bins in the parking lots have gravel and/or sand for members to use.

We have pet and environment friendly ice melt at the office.

Members need to use our, free at the office, furnace filters because other ones suffocate the furnace.

◆Education◆

ENVIRONMENT FAQ:

The Environment Committee continues to focus on helping members to get the most out of our waste management investments by minimizing the volume of material we send to the landfill while also ensuring our recyclables and compostables are free of cross contamination.

Recycling of paper and cardboard

The main thing to think about when recycling paper and cardboard is – avoid cross contamination.

- If it has food waste on it – put it in the compost bins.
- If it has plastic or anything else that is not paper attached – cut or rip it off and either recycle the other material (plastic, metal etc.) or put it in the trash.

Recycle the following items:

- Cardboard boxes (cereal, pizza, tissue boxes, etc.)
- Toilet and paper towel tubes
- Catalogues, magazines, and telephone books
- Newspapers, flyers, and brochures
- Letters and envelopes (remove plastic window)
- Paper coffee cups and fountain pop cups (no lid)
- Greeting cards
- Non-foil paper gift wrap
- Paper bags
- Soup and beverage cartons (e.g. Tetra Pak® packages)
- Milk cartons and juice boxes
- Shredded paper (in a see-through bag and tied closed)
- Paperback and hardcover books (separate hardcovers from pages)

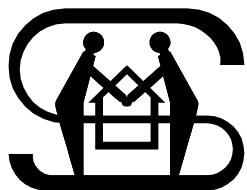


Avoid recycling pieces of paper that are smaller than a business card. These can end up becoming airborne and/or falling on the ground at transfer points or simply are hard to handle at the recycling facilities.

Please help us save money by taking the time to learn about what is recyclable and what is not as this avoids the cost of someone having to sift through and remove non-recyclables from our bins and it avoids the risk that recyclables end up in the landfill due to contamination.

Chris Severson-Baker on behalf of the Environment Committee

In an ongoing effort to remind our members of some of our existing policies and procedures the Connections Newsletter will periodically feature some of these items. This month's feature is the current Pest Control Procedures.



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

PROCEDURE

SUBJECT: **Pest Control**

ORIGINAL DATE OF APPROVAL: September 27, 1990

APPROVED BY: Board of Directors

DATE OF AMENDMENT OR REPLACEMENT: September 2003, December 2012, March 2013, April 2017, October 2017

DEFINITION OF "PEST": Weeds, insects, rodents, ants, bedbugs, mice, squirrels, gophers etc. that may be found on the premises (in and outside of the units) of the co-operative.

SMHC will assume responsibility for the treatment of "pests" in the common areas of the co-operative when "pests" are causing damage to the property or injury to humans within the confines of City of Calgary By-laws.

In order to discourage excessive population of pests (mice, squirrels and birds). Members are permitted to have only **ONE** small bird feeder, not to exceed 30cm (12 inches) in height, in their yard front or back not both.

Members are responsible for the control of "pests" in their units and private yard areas – back and front. Members are also responsible to phone in work orders when pest control becomes excessive and to take necessary steps to ensure pests do not have access to units (an example is propping open doors, removing window screens etc.) Chemical weed bars, mouse and ant poison are available for members to borrow from B50. Members may use a more environmentally friendly, non-chemical method of control at their cost if they prefer.

NOTE: Reporting pest issues sooner rather than later enables the co-op to assist the members in ensuring the pest control problem does not get out of hand and may minimize or eliminate the costs associated with controlling the issue.

If members do not control the "pests" in their units and/or yards, SMHC will issue a notice requiring them to do so. Failure to comply with the notice within seven days of the date of issue will result in SMHC assuming responsibility for controlling the "pests" and charging the member for all the costs involved. Members are responsible for reporting initial and/or ongoing "pest" issues to the office. The co-operative will aid members in

riding the units and/or yards of “pests”. Member must allow access for treatment of the “pest”. Members are responsible for all costs associated with remediation of the unit and/or yards to rid the co-operative of any “pests”.

Members will be notified about any chemicals to be used for Pest Control by SMHC when necessary.

The need for treatment and method used in all cases will be at the discretion of the co-operative. Members preference will be taken into consideration whenever possible.

Staff will continue to assist with control methods for wasps by supplying spray for members who are comfortable in applying. Staff will spray for members who are not, using improved safety procedures.

YOUR DOGS

YOUR CATS

YOUR RESPONSIBILITY

KEEP THEM ON LEASH – OUTSIDE YOUR YARD

KEEP THEM SAFE – ALWAYS

BE VIGILENT – A Bobcat has been spotted on SMHC property

IT’S THE LAW

AND

SARCEE MEADOWS POLICY

from the Education and Involvement Committee

REMINDER:

Large garbage items i.e. mattresses, furniture, appliances, etc. can only be brought to B50 when the Big Bin is here in January, May, and September.

The bin that is here for the remainder of the year is intended for construction debris only. The more it gets filled with additional garbage, the more often it needs to be picked up, therefore costing us more money. Waste removal is one of the contributing factors to higher housing charges.

Also, our Maintenance Staff ends up spending a lot of extra time cleaning up the items dumped outside the fence overnight, therefore pulling them away from completing your work orders.

Please, let’s work together to keep our waste removal costs down and keep our staff working on the jobs you need done in your units.

◆Community News◆

WOMEN'S CIRCLE:

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

Vital 2019 – Calgary Foundation Neighbors Grant Reception

Members of Sarcee Meadows were invited to this annual reception to celebrate with others their successful bids for grants to enhance their neighborhoods. We were all so proud to be there as recipients of the grant for the new five tables in our garden and park.



With Julie Black (Calgary Foundation, Citizen Engagement Associate)



With Joni Carroll (Calgary Arts Development, Arts Spaces Consultant)



Calgary Helping Homeless (YYCHH)

Since posting in October's Connections newsletter the Women's Circle have served the homeless and less fortunate citizens of Calgary two more times.

One of those occasions, October 12th, was for Thanksgiving. Thanks to the article in the October Connections we had more people wanting to drop off casseroles and come out and serve. We had so many volunteers and so much food including turkey, ham, chicken, mashed potatoes, gravy, all the fixings for a nice Thanksgiving dinner. In addition to that the ladies and their families made butter chicken, pasta, rice casseroles and many other yummy dishes. We helped to feed 179 people this night.

The days leading up to our second Feed the Homeless event on October 26th were bitterly cold but that didn't stop the generous members of Sarcee Meadows. It was -5°C not counting the windchill but the amount of kids, women and men that came out to serve armed with casserole after casserole was just amazing. We had bags of plastic bags dropped off for sleeping mats, and bags of clothes for kids and adults, blankets, and food. The generosity in our community knows no bounds. We helped to feed 147 people this night.

We have 2 more Feed the Homeless dinners on our schedule: Saturday November 9th and Saturday December 7th. If you are interested in joining in, please let us know. (kaubicho@shaw.ca or 403-629-0400) Its 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 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.

Thank you once again to everyone that has done all the serving, the cooking, donating of ingredients, blankets, hats, toques, scarves. The list goes on and on. Please keep the plastic bags coming. We are making great use of them and keeping them out of the landfills by donating them to Calgary Helping Homeless as they have a way to get them turned into sleeping mats.

Oct 12, 2019 – Women's Circle Feeding the Homeless (Thanksgiving)



Oct 26, 2019 – Women's Circle Feeding the Homeless



Amazing donations from our SMHC members



The wind was blowing something fierce; I opened my door and there stood Bev Smith with 11 beautiful toques that she handmade and wanted to donate to the homeless.



Another member, Ewa Frankowska, with bags of warm clothing, purses, hats, and scarves, etc.



Daryl Sedor, always ready and willing to lend a helping hand had a box full of gloves, scarves, and hats for us for the homeless.



Christmas Bazaar

November 23, 2019

11:00am-2:00pm

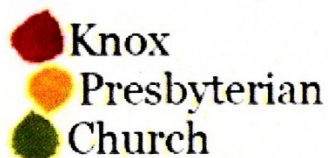
Knox Presbyterian Church

3704 37 Street SW

403-242-1808

Crafts, Baking, and Preserves

Please join us!



*Great Event.
Circle your calendars*

Mountainview Bowling

Who: Everyone over 55 years of age

Where: Mountain View Bowl - #11 3919 Richmond Road SW

When: Monday or Friday mornings at 9:50 am until noon

What: 5 pin social bowling league

Costs: Registration is \$50.00 and includes all prize money and the year end event.

Weekly fees are up to \$15.00 including shoe rentals.

We have spots for individuals, couples or friends who would like to play.

We welcome drop in bowlers during our leagues as well.

For details please call us at 403-249-0858 or email

info@mountainviewbowling.com



◆*Letter to the Editor*◆

Disclaimer: "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."

There are a few cats that are wandering around free in the complex. We have had to replace our screens on the living room and dining room several times because of a couple of cats that try to attack our cats through them. They scratch at the screens to try attack our babies. Our babies get agitated by the visitors that frequent our deck. The visiting cats have sprayed our deck to mark their territory and we have come to our end to let this continually happen.

I have been asked on several occasion by neighbours if these animals are ours.

I understand that cats can escape quickly when the door is open as ours have. They stay close to the back and do not wander.

There are a couple grey toned cats with longer hair and a couple short haired black ones.

To the owners of these animals: We are giving fair warning as we will be getting a cat trap and be turning them into the vet to have turned over to the SPCA.

There is a bylaw in SMHC that says that your animals are to be on a lead.

I am asking for your cooperation in this regard of being a responsible owner.

Cooperatively,

A concerned SMHC Member

◆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.

Who has bags of plastic bags looking for a home??

Submitted by Kathy Aubichon for the Women's Circle

Thank you so much to everyone that has dropped off bags of plastic bags to the office and to my unit. In just one month we have collected almost enough bags to make a bed mat. That's one thousand plastic bags. That is not only exciting news for a homeless person anxiously awaiting their new bed mat to be made but WOW that's almost 1000 plastic bags that won't go to the landfill.

Do you want to keep plastic bags out of our landfills? Well we have found a way to do just that.

The Women's Circle has recently joined up with a group called Calgary Helping Homeless (YYCHH). They gather plastic bags of all sizes and colors and then crochet them into sleeping mats for the homeless. The bags are sliced and twisted into "plarn" (plastic yarn,) then woven together to make a surprisingly comfortable sleeping mat.

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. He let one of the Women's Circle members son hold it for a quick picture to show others what these mats look like.

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.



◆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.

Free BBQ:

I have a free BBQ I'd like to give away! Call or text 403-829-7336. Isabel (Unit F434)

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.

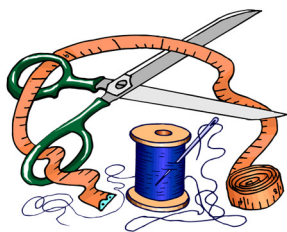


35 years of experience

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

◆Just for Fun!◆

Best Ever Banana Muffins:

- 3 Large Bananas (or 4 Small)
- ¾ Cup Sugar
- 1 Egg
- ⅓ Cup Melted Margarine
- 1 Tsp. Baking Soda
- 1 Tsp. Baking Powder
- ½ Tsp. Salt
- 1 ½ Cups Flour
- ½ Cup Chocolate Chips (optional)
- Brown sugar

Mash bananas.

Add sugar and slightly beaten egg.

Add melted margarine.

Add dry ingredients and mix all together.

Put into paper muffin cups and sprinkle tops with brown sugar.

Bake for 20 minutes in a 375°F oven.





*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

CALENDAR:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 10	11 Shop and Office closed for Remembrance Day	12 Environment @ 7:00pm	13	14 Education & Involvement @ 6:30 pm	15	16
17	18 Finance @ 7:00pm	19 Joint Meeting of Committee Chairs with Education & Involvement @ 7:00pm	20	21	22	23
24	25	26	27 Board Meeting @ 6:45	28	29	30
December 1	2 Newsletter @ 7:00pm	3	4 Property Maintenance @ 7:00pm	5 Entertainment @ 6:00pm	6	7
8	9	10	11 Property Enhancement @ 7:00	12 Education & Involvement @ 6:30 pm Membership @ 7:00	13	14
15	16 Finance @ 7:00pm	17	18 Board Meeting @ 6:45	19	20	21
22	23	24 Shop and Office closed for Christmas Eve	25 Shop and Office closed for Christmas Day	26 Shop and Office closed for Boxing Day	27	28
29	30	31 Shop and Office closed at noon for New Year's Eve	January 1 Shop and Office closed for New Year's Day	2	3	4

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

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

