

# *Connections Newsletter*

*Summer 2020*

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## **BOARD OF DIRECTORS REPORT:**

Summer is finally here!! Time for enjoying the warm sunshine and the long dog days of summer!

All families have experienced unprecedented changes in their lives over the last few months. All the things we took for granted, all our simple daily routines, changed overnight. We hope every family, senior, and persons living in our community are healthy, safe, and gradually finding ways of accepting our new reality.

Though these times have been difficult for us, everyday we hear of so many good stories of kindness, love, and generosity. Communities helping others; the earth healing itself; wildlife roaming in cities and towns; neighbours helping neighbours and many more heartfelt stories supporting not only our nurses, doctors, caregivers but also each other. Not only in our own community, City, but around the globe.

The Board wants to acknowledge all those members who helped and supported families, friends, neighbours, and the community at large. Kudos to all the SMHC Committees and volunteers! We applaud you. You were there when you were needed!

We too, have learned to work together differently giving physical distancing by holding our monthly meetings through video-conferencing. Projects such as the maintenance roof replacement and sharing information on future building plans were delayed due to business closures including our own operations. We would like to thank the staff for stepping up even during the closure of our office and providing service to members whenever they could help out while keeping themselves safe.

However, once the phased reopening of businesses occur, we are focusing our sights on a safe way to hold a general membership meeting where members can vote on the 2020/21 budget, by-laws change(s) and share other important updates.

Please note that the Board has waived for this year only, the requirement for members' to attend one meeting per year to retain their "member in good standing" status, as we haven't held a general meeting since January.

Some board members attended the June CHF Annual General Meeting virtually rather than an in-person event. Put your hands together and huge congratulations to Isabel Ciok, one of our Board members, as she was acclaimed and appointed as the Regional Director, Alberta and NWT and will sit as a member of the Co-operative Housing Federation of Canada Board.

The hiring team are wrapping up the interview process and we expect to have the General Manager in place very soon. Watch for a newsletter update!

Finally, in close, Canada Day, a day of celebration, for all Canadians! We are very fortunate to live in such a great country and great community! Happy Canada Day!

*Respectfully submitted by Helen Serrurier on behalf of the Board of Directors*

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

Hello Members!

First of all, thank you for welcoming me into your community. I have been hanging around here since the beginning of April and I have come to appreciate the wonderful community you have built here.

Sometimes we use words too freely, and community doesn't quite seem 'enough' to describe what has been created here at Sarcee Meadows. However, it is the only word that encompasses people, families, friends, children, neighbours, and working together for the betterment of the collective. So, for lack of a stronger word, I am in awe of your community.

During my time here, I have worked with the team, I have engaged with our contractors, and I have met a few of the members. People have been generous with their time and knowledge and have opened up to me about Sarcee Meadows history and traditions. I have heard some incredible personal stories of philanthropy, bonding, hardship, and people who care for one and other and hold each other up through struggles.

I have come to learn about the true meaning of being a part of a cooperative. I see the value and people have shared with me how Sarcee Meadows has shaped their lives for many generations. Although 2020 has thrown us some real curve balls and we haven't been able to engage in the ways we traditionally would, I do hope that for this second half of this year we can find new ways to engage, new stories to share, and new methods of feeling connected.

A couple of ideas we've been trying to get off the ground include:

- Community Gardening day on each Monday of the summer months: Arborist Tom will be at Marla's Garden between 9:30am and 3:00pm on Mondays except July 13<sup>th</sup>.
- Adopt a tree program: If you elect to adopt a tree, Arborist Tom will meet you to educate you on how to care for your tree.

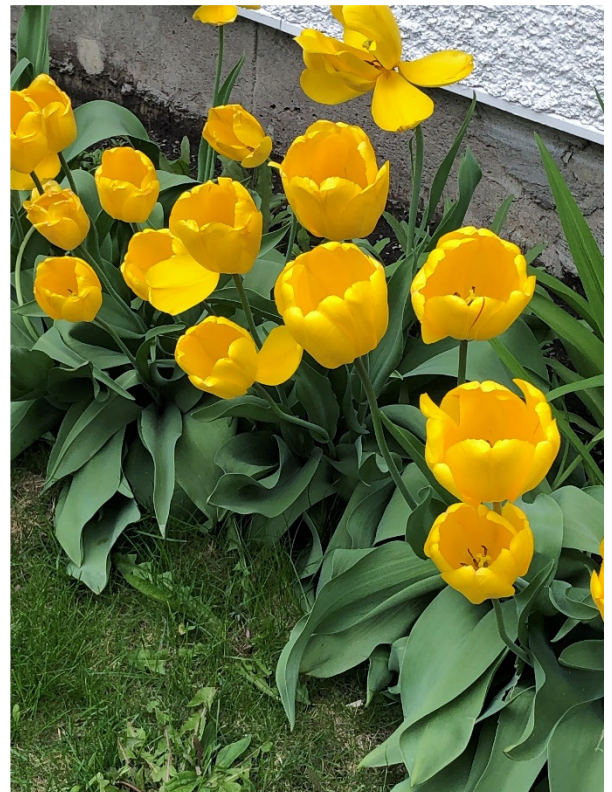
If you are interested in participating in either of these please reach out to the office.

The second earmark of my time here has been centered around learning. I have spent a great deal of time learning the policies, bylaws, cooperative act, procedures and so much more. Again, the team and members have been generous with their time and effort in assisting me to learn the ways of the cooperative.

Thank you again, I am looking forward to lots more learning and connecting to come.

Kind regards,

Lee-Ann Bainbridge



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# ◆Job Posting◆

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## **SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.**

B50, 4221 Sarcee Rd. S.W., Calgary, Alberta T3E 6V9

Tel. (403) 246-2746 Fax (403) 240-4333

### **POSITION: SEASONAL PROPERTY MAINTENANCE**

**RESPONSIBLE TO:** *Maintenance Supervisor / General Manager*

#### ***Required Experience:***

Position requires a good working knowledge of all trades relating to property maintenance. Above average handyman skills required.

Must be a motivated individual capable of organizing workflow and prioritizing tasks. Must enjoy a wide variety of work assignments.

Communication and public relation skills are essential. Must work in harmony with members and other staff.

Must be bondable.

#### ***Responsibilities:***

- Study safety manual provided on the first day of employment and practice safety procedures daily.
- Become familiar with and able to operate and service SMHC equipment.
- Advise maintenance supervisor of required parts, supplies, etc.
- Clean up of work site daily.
- Promptly make maintenance supervisor or general manager aware of member concerns and/or problems encountered while performing duties.
- Ensure security of members' homes.
- Immediately advises supervisor of any job-related injury incurred.

A large variety of tasks will be assigned by the Maintenance Supervisor.

#### ***General tasks to be performed:***

A large variety of general tasks which include but are not limited to the following:

- Cleaning and repairing eaves troughs
- Drywall Repair.
- Installing of cove base.
- Installing and repairing signs.
- Repairing and installing siding.
- Repairing or replacing cabinets, vanities, counter tops.
- Repairing or replacing doors - entry, storm, closet, etc.
- Cleaning of maintenance shop work areas.
- Repairing and painting stucco.
- Installing and repairing windows.
- Replacing bathroom fan Motors.
- Help during auguring of drain lines.
- Painting when needed

Other duties as assigned by the Maintenance Supervisor or General Manager.



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enterprises build  
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# ◆Committee Reports◆

## FINANCIAL STATEMENTS:

<b>Sarcee Meadows Housing Co-operative Ltd.</b>			
<b>Financial Statements - Summary</b>			
<b>as at April 30, 2020</b>			
<b>Balance Sheet</b>			
<b>Assets</b>			
Funds on Deposit	\$ 3,521,518.28		
Other Assets	\$ 1,695,245.35		
<b>TOTAL ASSETS</b>		<b>\$ 5,216,763.63</b>	
<b>Liabilities - current</b>			
Long Term Liabilities	\$ 925,339.50		
<b>Total Liabilities</b>		<b>\$ 925,339.50</b>	
<b>Reserve funds</b>			
Housing Charge Assistance	\$ 210,960.00		
Replacement Reserves	\$ 2,788,472.61		
<b>Total Reserves</b>		<b>\$ 2,999,432.61</b>	
Retained earnings + current deficit		\$ 1,291,991.52	
<b>Total Liabilities, Reserves, Member Equity</b>		<b>\$ 5,216,763.63</b>	
<b>Income Statement (for 6 months - November 1, 2019 to April 30, 2020)</b>			
	<b>Actual</b>	<b>Budget</b>	<b>% of Budget</b>
Revenue from Housing Charges	\$ 2,121,689.00	\$ 4,243,252.00	50%
All other income	\$ 39,754.56	\$ 140,980.00	28%
<b>Total Revenue</b>	<b>\$ 2,161,443.56</b>	<b>\$ 4,384,232.00</b>	<b>49%</b>
<b>Expenses</b>			
Total Insurance & Property Taxes	\$ 311,162.84	\$ 811,500.00	38%
Total Utilities	\$ 396,945.39	\$ 936,051.00	42%
Total Routine Maintenance Costs	\$ 240,557.08	\$ 580,200.00	41%
Total Personnel and Payroll Costs	\$ 369,305.18	\$ 866,650.00	43%
Total Administration Costs	\$ 38,023.26	\$ 65,952.00	58%
Total Democratic Functioning	\$ 70,595.46	\$ 147,100.00	48%
Total Reserve Savings	\$ 488,506.00	\$ 976,960.00	50%
<b>Total Expenses</b>	<b>\$ 1,915,095.21</b>	<b>\$ 4,384,413.00</b>	<b>44%</b>
<b>Net overage for 3 months</b>	<b>\$ 246,348.35</b>	<b>-\$ 181.00</b>	

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### **FINANCE COMMITTEE:**

Due to COVID-19 the June Members Meeting will be delayed. The membership will be informed as soon as an alternative has been determined.

Anyone on subsidy at this time, you will have until June 12<sup>th</sup> to submit your tax information. Any changes will be processed effective July 1<sup>st</sup>, 2020



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

*Submitted by Sonya Nadon*

The Entertainment and Social Events Committee was busy preparing for our Easter event when COVID-19 stopped us in our tracks. We took the month of April to gather our thoughts and decided we still had work to do. We decided to celebrate Easter, although a bit late, by delivering our already purchased treats. We were able to give treats to all children 14 years of age and under as well as to our seniors.



Another event affected by COVID-19 was our Volunteer Appreciation Dinner. Due to the gathering restrictions and overall concern relating to this pandemic we felt the only option was to cancel the event for this year. In an effort to still recognize SMHC's great army of Volunteers we have decided to give each volunteer a gift card as a small token of appreciation for their service. Watch for these to be delivered over the next few weeks.

The committee has met twice using the GoToMeeting virtual platform with great success. We have completed our planning for this year and will next meet in September. While summer events may not be possible this year, we are hopeful that a Halloween event may still be possible.

We hope that everyone has a safe and enjoyable summer!

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### **NEWSLETTER COMMITTEE:**

*Submitted by Slawa Gruszczynska*

"No matter what statistics say there's always a way." (Bernard Siegel)

Despite the obstacles of social and physical distancing, the Newsletter Committee under a very skillful guidance of Janine Bell bravely dived into a high-tech system.



A virtual meeting over the computer and the phone took place on May 4<sup>th</sup>, 2020 and again on June 1<sup>st</sup>, 2020. And ... they went really well! Thank you to Wendy Thomson for agreeing to continue to be the Committee Chair for the next term.

The Committee decided that we will publish the summer edition instead of May/June issue. More urgent day to day matters on behalf of the Board and staff have been covered by regularly issued weekly news flyers. We hope that the upcoming issue of Connections will still be well welcomed by the members and read with interest.

We always embrace any input from our readers. Please don't hesitate to send it to Janine Bell at [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or call at 403-246-2746 ,Ext.102

If anyone is looking for an easy volunteer opportunity, we do have two Newsletter Delivery routes coming available soon, one in C and one in D. These will need to be filled for when our next issue comes out in October. Please contact the office if you are interested.

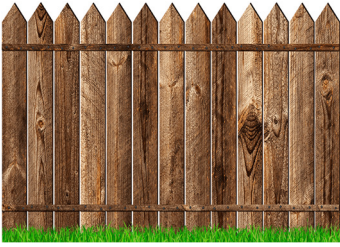
The Newsletter Committee would like to wish all the members and your families a very safe and a healthy summer season. Happy gardening!!!!



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### **PROPERTY ENHANCEMENT COMMITTEE:**

Please check yours and your neighbours downspouts after Signature Landscaping has cut the grass to make sure they are down. Please water the trees around your unit and close by in common areas.

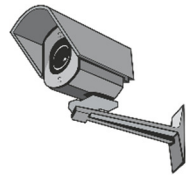


This committee will be reviewing the single fence per unit policy when we meet again in the fall and we welcome member feedback on this. It is felt that this is a bit outdated and may not be keeping up with members' needs. If you have any ideas or suggestions on whether members should be allowed to have a fence on both sides of their unit, or if only one fence per unit should be maintained please forward them to the Property Enhancement Committee via the B50 office.

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### **FROM THE OFFICE**

We realize that a lot of our members are getting security cameras and doorbell cameras installed. While both are on the list of approved Home Improvements; please be sure to file a Home Improvement application form at the office before the work is done.



An up to date copy of the Home Improvement Policy and Procedures, as well as the Home Improvement Application form can be found on our website at the following link:

<http://sarceemeadows.coop/members/member-resources>

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## **◆Education◆**

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### **Alberta Lakes — Dangerous and Intriguing**

*By Jock Mackenzie - This article first appeared in the summer 2020 issue of the Alberta Retired Teachers Association quarterly magazine news&views. Reprinted with permission.*

#### **Near-Tragedy at Gull Lake**

“Oh no, oh no, she might drown!” Little 5-year-old Elise was slowly drifting toward the centre of the lake as her mother shouted in dismay.

I was working up at the cabin, and even though I didn't hear the actual words, an alarm rang in my head. My wife and our two young children, along with a neighbour and her two children, had gone down to play at the beach.

Gull Lake is huge and has an extensive area of extremely shallow water. Even a preschooler could wade out a long way before the water got to any depth. On this day, the moms had taken a variety of beach toys including some floating devices; the one Elise was on was a kind of combination chair/lounger.

I remember looking down toward the lake, and as I'd suspected, something was amiss. The women were running back and forth, arms in the air. The beach was deserted except for our gang and little Elise drifting further and further away. Was she wearing a life jacket? No. Her little body was tucked up against the back of the floating lounge chair. At any moment she might hear the commotion and get off.

Someone had their motor boat anchored not too far away. I charged toward it, high stepping against the mid-calf-deep water. I leapt onto the craft and tore away the cover. Of course, no keys.

Then a young man on a surfboard appeared, poling himself through the shallow water. I returned to the women and frantically explained what was happening. Courageously, he attempted to pole himself toward Elise but to no avail. She was drifting away too quickly and he soon gave up.

We had quit yelling. We didn't want to alarm her. We hoped she would remain still. And then it happened. On this quiet, mid-week day, at an almost vacant beach — a motor boat appeared and headed straight for Elise. It pulled up alongside her and we could see her being lifted to safety.

Moments later she was returned to her mother's arms and all was well. Tragedy averted and a lesson learned. For us city folk, it was a lesson we've never forgotten: Beware the offshore breeze!

The near-tragedy at Gull Lake was the result of total ignorance. None of us had ever heard of an offshore breeze. We were lucky. Since that time, I've learned some other things about lakes; one was the odd phenomenon of their 'turning over.' It turns out that, in normal circumstances and in lakes of sufficient depth, the water at the bottom of a lake trades places with the water at the top. When? Why? You don't even have to grab a life preserver — just read on.

## Lakes Turning Over

Imagine your normal Alberta lake. It's a hot (okay, warm because this *is* Alberta), blue sky summer day. The heat from Mother Sun increases the temperature of the surface water. The rays cannot permeate all the way to the bottom so it's cooler down there. During the summer months, the three layers in a lake (my friend Chad tells me they're called the epilimnion or top layer, the thermocline or middle layer, and the hypolimnion or bottom layer) are kept separate because of their density differences. (Warm water is usually less dense than cooler water.) As summer turns to fall, the surface temperature cools to the critical temperature of 4 C — when water is at its maximum density. Insulated from above, the middle and bottom layers are warmer — and less dense.

And voila! The denser, heavier top layer sinks. Imagine — water sinking! The surface water pushes downward and displaces the water at the lake's bottom. It actually *turns over*, and the water becomes mixed. Chad's father, quite the fisherman, was even able to smell when a lake turned over.

Never one to rely on just one source, I asked another mega-fishing friend, Bob, to make the murky clear. (If Bob isn't fishing, he's sleeping — and I trust his expertise.) Bob confirmed everything Chad had said and added a few more points. He explained that it is good for lakes to turn over. The highly oxygenated water from the surface is forced to the bottom and supports animal life down below. Also, during the spring and fall, the three layers are (another word not in my daily vocabulary) isothermic — of equal or constant temperature with respect to space, volume, or pressure. With no variance in any aspect, the water does what I thought it always does; it just sits there.

That's it, dear reader. If you were like me, you didn't understand offshore breezes or lake turnover. So now I ask, "What is it that causes a lake to recede?"

*A native of Red Deer, Alberta, Jock Mackenzie is constantly amazed at how much he doesn't know ... but he still enjoys finding out. Fly fishing season awaits and even a little knowledge there doesn't hurt. The fishing is always good even if the catching isn't.*



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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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### Musings from Self-Isolation

*A collection of thoughts from our member, Jenn Jenkinson, which she had shared via Facebook during the height of the COVID-19 lockdown.*

"It's that time of night once more.

I've had an exceptionally lazy day today, watched a lot of TV, which is really out of character for me. It seems even when you're staying safely at home you need down time from the routine. I keep thinking though about what all this will do to the way we go forward post-covid.

It is my hope that, like myself, you are all taking this downtime to reflect on what you may want change as a result of what we are learning now about our values & about how precious and precarious life truly is. The way I see it, the virus is a wakeup call for all to examine their priorities. I found a great little quote to share with you today as it aptly captures the four elements that I have been musing on, Health, Happiness, Kindness and Inner Peace.

Good Night, Be Well, Stay Safe! ❤️"



"I went for a walk around the community today, keeping my social distance of course. Feels good to get out in the sun. Then I settled down in my lawn chair with a glass of juice and my book and let the sun's rays warm my soul. Glanced up from my reading when I caught a motion out of the corner of my eye; one of those big jackrabbits came round the corner of my neighbour's fence. I stayed still, expecting he would veer away when he spotted me. To my surprise he hopped slowly right up to my chair and settled down beside me. He didn't stay put more than about 20 or 30 seconds, but was literally no more than 6 inches from my chair. Then just as calmly he ambled off to hide under my big pine trees. I found myself wondering if our "new normal" has the animals around us wondering what's up with the humans.



In any case, I looked on the encounter as a positive for sure. A moment when I actually felt in sync with my world and its environment that left me with renewed optimism for the future. There's a lesson to be found in the most unexpected places and in the most unique of occurrences. Just as the warmth of the sun comforted my body and mind, that encounter with the hare left me more optimistic and grateful.

Good Night, Be Well, Stay Safe❤️”



“It's that time of evening again, and we had a hint from Mother Nature that she may yet bless us with springtime. Fingers crossed!

More and more I believe that people at a very basic level will make the difference, not only during the pandemic but long afterwards. Neighbours are looking out for one another, small tasks like bringing a few needed supplies to the shut in next door or picking up a prescription. Reaching out by phone or online chat to folks you know are alone just to give them the company and comfort of a real conversation or the musicians that are giving short concerts online sharing their talent with the healing sounds of music and lyrics... The small things done by so many people will grow to be a habit, a life choice, a part of Humankind's story going forward.

Good Night, Be Well, Stay Safe❤️”



“Good evening, been doing a lot of thinking about the way our world may change as a result of the Covid-19 Pandemic. Change is actually the normal state of life, but most change occurs so gradually we barely notice. But when events are as gigantic in scope as a pandemic or a world war then those changes can be swift and shattering in their effects.

My hope is that the forced inaction of isolation will allow us to regain a respect and appreciation for the world we live in and for each other. The very act of isolating now is the unselfish act of saving one's family, neighbours and even strangers by slowing the spread of this relentless virus. You don't merely isolate to protect yourself, but to ensure your grandparents are still around, to protect your coworkers as you work from home, to ensure that strangers don't become ill by maintaining those all important social distancing guidelines.

Like communities of other times, we must work together for the common good, and perhaps that is the best lesson of all out of this pandemic. That lesson is, as a species, mankind has now been reminded that we can thrive best by looking after each other and leaving none out in the process. That is the change I would like to see in the world, that we come out of this determined to grow a world community built on respect, empathy and compassion for all its members.

Good night, Be Well, Stay Safe!!❤️”



## **Seniors Birthday Celebrations During This Covid-19 Pandemic**

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

Celebrating a birthday stuck inside in isolation and / or quarantine during the Covid-19 Pandemic is not the way our seniors should be celebrating. With the help of some of our kids, members of the Women's Circle set out to put some smiles on the faces of some of our seniors. (Unfortunately, we could only reach out to the few seniors we knew their birthdates.)

Feedback we received from our seniors "You really touched my heart", "... you brought Sunshine into my crying heart. I am so grateful to God for each of you that words can't express it," "Thank you & the ladies for a beautiful surprise, you made my day so much more special ❤️ Love you all ❤️"

Feedback we received from a mom whose daughter helped to make birthday banners and birthday cards "What a blessing it is to be able to bring joy to someone especially in our community. My daughter came back from Lesley's celebration with the biggest smile. She had spent a few afternoons helping with the card and the banner and was so happy to be part of the celebration. Talking to a 10 year about having community spirit, volunteering etc is one thing but to be able to experience it is another."

If you are a senior (65 or older) and would like a birthday visit or know someone in SMHC that does, please send me an email to [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca) and the Women's Circle will do our best to make it happen.



(left) Bernice Pomeroy - 98<sup>th</sup> birthday. What a joy she is. I asked Bernice how she felt today. She said I feel the same as when I turned 75. She was so pleased to have members popping by with cards and gifts and wishing her a happy birthday while keeping a social distance of 6 feet. We sure look forward to sharing your 99<sup>th</sup> birthday with you too Bernice.

(right and below) Carol Davis - 75<sup>th</sup> birthday. We arranged for a firetruck birthday drive by for her. The fire department came thru with lights and sirens and made Carol's birthday extra special. The bonus was it brought some of her neighbors out of their units to join in on the fun and brighten their day as well.







**(left)** Sharon Senft - 73<sup>rd</sup> birthday. It was a cold and rainy day but we weren't going to let that get in our way from adding some birthday decorations to Sharon's deck. The balloons, gifts, visits, phone calls and emails that she received helped to take the damper off of what started out to be a gloomy day. Sharon had lots of friends and family pop by to wish her well at a social distance which really helped to make her birthday in isolation extra special.

**(right)** Maureen McGinnes - 70<sup>th</sup> birthday. This was not just a celebration of Maureen's birthday but also a few days later she and Ian celebrated their 49<sup>th</sup> wedding anniversary and a few days later she celebrated Mother's Day. All of these celebrations in the same week amid the Covid-19 pandemic. We were happy to put a smile on her face and let her know she is loved by so many. Maureen and Ian are both more than ready to get started packing for their next cruise once this covid-19 is behind us.



**(left and below)** Lesley Sedor – 68th birthday. Thanks to help from Lesley's husband Daryl, some of the women's circle and kids were able to sneak over to her unit with balloons, a birthday banner and gifts. As soon as she opened the door Lesley was treated to the voices of her friends and neighbors singing Happy Birthday to her. During covid-19 and the isolation we all are feeling being surrounded by friends and loved ones on their special day means so much. Seeing the smile on Lesley's face absolutely made our day. We are loving having the kids involved as well in the community spirit.

**(right)** Louise Hodder – 73<sup>rd</sup> birthday. The look of surprise on Louise's face when she opened the door to find balloons, a birthday banner and many kids and Women's Circle members singing happy birthday to her was priceless. She was so overjoyed to be remembered and recognized by friends and neighbors in our community. The kids are having so much fun blowing up the balloons and decorating the banners and making home made birthday cards. It's a real treat for everyone and a perfect way to build community during these covid crazy times.



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## **◆Community News◆**

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### **Spring Cleaning for a Cause**

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

What better way to welcome the beginning of summer than by going thru your unit and looking for items that you no longer use.

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 and now the feeding the low-income seniors in East Village initiative. We the Women's Circle continue to receive bags of plastic grocery bags, clothing, etc. We have so much to be proud of living in such a caring and giving community. And to the cheerleaders sending us encouraging messages, thank you so much for your continued support.

Some of our members started their Spring cleaning in February. Carol Carter and her family were in the middle of purging their unit in the spirit of Spring cleaning when they came across an article in the Connections newsletter about our Women's Circle collecting clothing and blankets for the homeless. Carol wasted no time getting in touch with Cathy in the office and she connected us together. Next thing you know I am loading bags and bags of blankets, winter coats, scarves, mitts, etc. into my car. Carol and her family moved into Sarcee Meadows in 1971. All of these years later her family still has the co-operative sharing mindset and are pitching in to help the Women's Circle help others. Thank you very much for your generosity.

Thank you also to three of our Board members joining in on the community donation initiative. Thank you so much to Helen Serrurier for her donation of warm scarves and Megan Justason for her donation of bags and bags of kid's clothes. We handed out the scarves from Helen on February 29<sup>th</sup> and March 7<sup>th</sup>. Both nights were so cold with the wind whipping right thru the open parking lot that we serve the homeless their food at. The kid's clothes were given to the group of Calgary Helping Homeless on March 7<sup>th</sup> and they were able to get them into the hands of underprivileged children here in Calgary. Thank you to Kelly Edwards for donating a big bag of flour and sugar so we could do some baking for our seniors during the Covid-19 pandemic.



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### **Supporting Low Income Seniors During This Covid-19 Pandemic**

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

The Women's Circle here in Sarcee Meadows have been keeping busy doing all sorts of community services work during the Covid-19 Pandemic. Everything from checking in on our seniors with regular phone calls and emails, running errands for our seniors, to grocery shopping and dropping off prepared meals to many of our seniors here in SMHC.

We also had the opportunity to deliver food hampers to seniors in our greater community. I spoke to a social worker for a low income seniors apartment complex in East Village. She said due to the covid-19



virus a number of the seniors are barely eating. A lot of the seniors are too scared to go shopping and they don't have anyone to do it for them. A lot of them used to make their way down to the weekly dinners the Women's Circle used to volunteer at with Calgary Helping Homeless and receive a nice hot meal. Some of them would make their way to small cafes for a meal as they can't cook. Due to covid-19 all of these resources have been shut down.

I put a call out to Calgary Helping Homeless, to Safeway and Save on Foods and to members of the Women's Circle and the donations came piling in from all over including members of SMHC. We made a delivery of a huge amount of food on May 18, May 23, and June 13 (20 - 24 food hampers each time). We dropped them at the door of the building armed with gloves and masks and we were met by a resident of the building, with a big dolly.

I spoke with my contact and he was in tears as he told me that he walked up and down the hallways delivering food to very appreciative seniors in need. I asked him what happens to the food that we put in the hampers that people don't like. He said the building people trade amongst each other i.e. a can of tuna for a can of chicken. They also share their food hampers with others in their building or people living on the street. There is nothing more fulfilling than to have the opportunity to provide food and nourishment to those in need especially to our seniors.

I also learned from the social worker that most of the seniors in this building can't afford cable so during this pandemic they have been inside watching the same movies over and over. One of our Women's Circle members generously donated over 150 movie dvds that I was so proud to get into the hands of these residents. They were so surprised and so happy.

Thank you so much to all of you that support what the Women's Circle are doing by providing not only your donations but also providing your love and support. Together as a community we are making quite the remarkable difference.

If you would like to make a donation of canned goods or anything else please feel free to contact me at 403-629-0400 or [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca) and on behalf of the Women's Circle we will get it into the hands of the low income seniors and vulnerable citizens of Calgary. We plan to make food deliveries twice a month as every little bit helps. Our next food hamper delivery will be June 27<sup>th</sup>.



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*Submitted by Shabana Aslam for the Women's Circle*

Many of our Women's Circle ladies belong to a group called ICNA Sisters Calgary (Islamic Circle of North America). One of their objectives, just like our Women's Circle, is **Service to Humanity**.

In May during Nurses Week, Meraj Fatima, Farah Khan and I went to Rockyview Hospital and South Healthcare Campus to show our appreciation on behalf of all ICNA Sisters for all the hard work

healthcare workers are doing during this Covid-19 pandemic.

Many people contributed for the baskets (from Sarcee Meadows and outside too). ICNA Sisters also distributed baskets to healthcare workers in NE and NW hospitals.

Delivering baskets of goodies to care workers at the hospitals during Nurses Week is something that ICNA Sisters does every year. This year was a unique year. We called the hospitals first to announce that we would be coming later that day. We were told due to Covid-19 to please not come. We talked amongst ourselves and decided that this year the gesture of giving baskets as a way of saying Thank you was more important than ever. We decided to take the baskets any way with the intent of just leaving them at the door. Well as we rounded the corner we saw several nurses with really stressed looks on their faces, all full of anxiety. When they saw us the anxiety eased from their faces and turned into smiles. These gift baskets and the acknowledgement of all they have been going through meant the world to them. The kind gesture put a smile on their faces and took their minds off their stress if only for a few minutes."

Below are some of the thank you notes received from the hospitals as well as some pictures of us ladies in action delivering baskets.

Dear ICNA Sisters Calgary,

We, the Women's Health and Obstetrical team of Rockyview Hospital, want to send a HUGE thank you to all of you that donated and created the beautiful gift baskets and plaque for us for Nurse's Week. The treats, the gift cards, and the words of encouragement mean so much to us! Thank you for seeing and acknowledging our commitment to the mother's and babies of Calgary. It is our privilege and honor to serve the families in our care. Taking the time to send us your love in this way was truly wonderful. Thank you for all that you do!

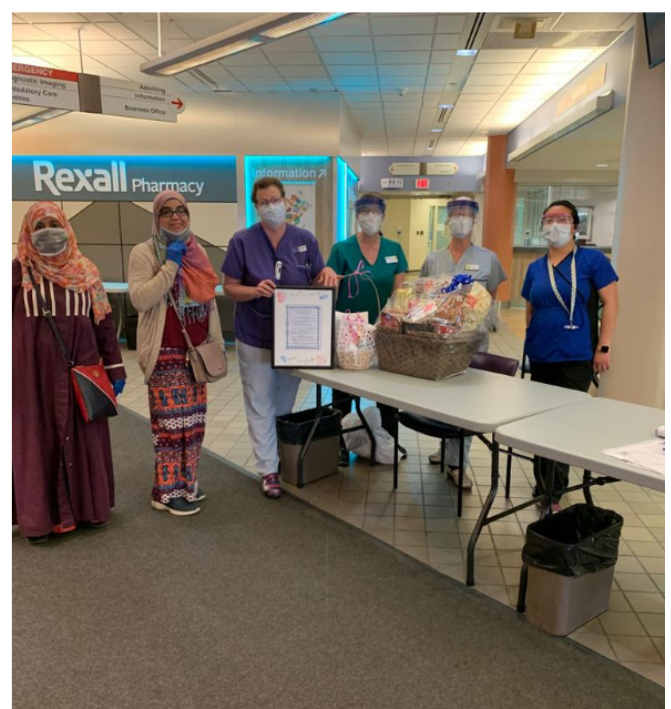
With love and gratitude,  
The nurses of RGH (and South Health Campus Hospital as well)

On behalf of all our nursing staff at South Health Campus, THANK YOU so much for the amazing gift baskets, cards and plaque. Your kind words and beautiful gifts will mean so much to all our nursing staff. We will share with our units and clinics.

Thank you again.

Pam Holberton

Executive Director, Special Projects, SHC



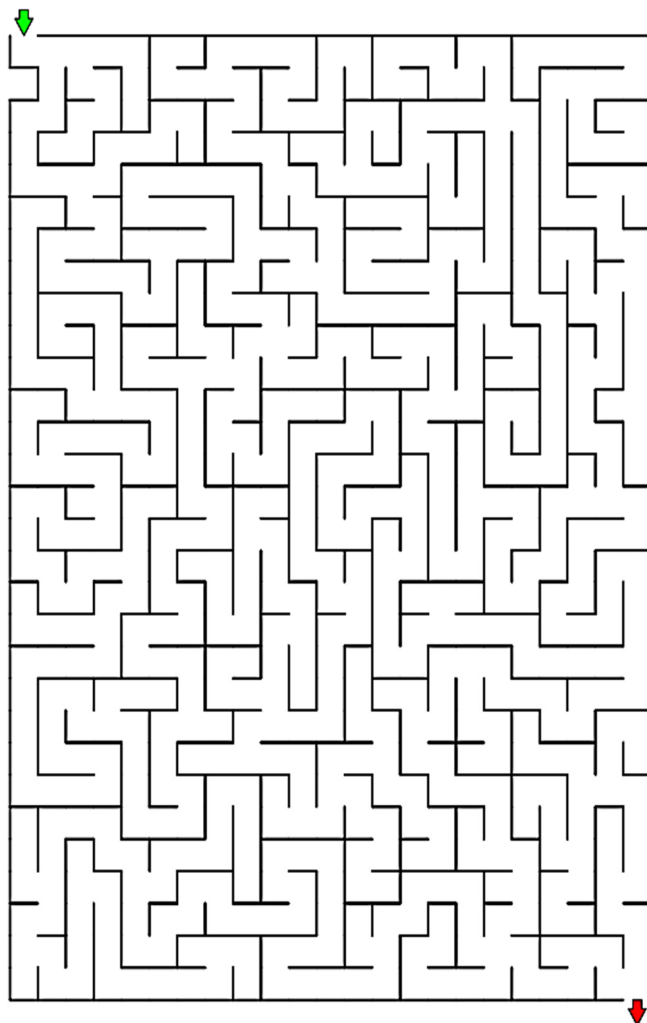
# ◆Just for Fun!◆

## Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M  
U S M E A U Y E O U H I K I N G S A  
S M W E E A N L U B N W A S E Y R E  
U T W I R R S G I C A B L N A R E R  
N S H V M T C C L T E A U D T V L C  
T Y U G I M Y S E A D B I R S S K E  
A G L C I C I R N N S L R R N D N C  
N R E U L F M N A U O S E A R G I I  
O E A E J E R S G H S W E A B N R C  
S E D A L B R E L L O R O S R I P R  
C N A O F L O G T L T B T E E T S E  
H G N I H S I F F A E O A E E A H C  
O R C A M P I N G T W T H B Z O C C  
O A C I N C I P A W A S P S E B A O  
L S F L I E S K M O S Q U I T O E S  
T S U G U A S I L L A B E S A B B O  
G N I N E D R A G S U N S H I N E N

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON



Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

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		7	6	4			8	1
5	9		8	2	1			
4	8		3				6	
7						6	4	
	4	9						3
	7				9		5	8
			4	5	8		3	6
8	6			3	2	4		

<http://1sudoku.com>

n° 121261 - Level Easy

					3			2
	8	9						5
2			1	8			3	9
		2	5	9		7		
		5		3	7	2		
6	4			2	5			3
5						6	4	
9			6					

<http://1sudoku.com>

n° 221982 - Level Medium

	3		9		4			
8				6		7		
		6	3			2		1
	6					3		4
3		1					8	
4		9			5	1		
		8		2				5
			4		8		6	

<http://1sudoku.com>

n° 34591 - Level Hard







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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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### **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

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### **Piano For Sale:**

Upright piano

Williams Piano Co., Oshawa. Ennis & Co.

Brown wood.

With a storage bench for books.

Please call Ewa 403-235-4562



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

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

Call Tricia: 403-242-0048

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### **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

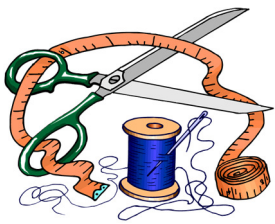
Crystal Grids

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



### **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)

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## *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](mailto:ravens.nestdayhome@gmail.com)

# A deal too big to pass up.



SACHA Co-Op Members get exclusive rates on Home Services when they sign up with TELUS.

Whether you're a new or existing TELUS customer, sign up with no term and **save 40%** each month on any Optik TV<sup>®</sup> and Internet product.\*

If you are an existing TELUS customer go to **telus.com/mdulead**.

If you are a new TELUS customer call **1-866-667-9749**.

You must call in yearly to renew this offer.



**TELUS**  
the future is friendly®

When we're all connected for good, we can **#EndBullying**.

Take a stand against cyberbullying and learn about our initiatives at **telus.com/endbullying**.

\*Offer available until December 31, 2020 and is available to new and existing residential customers in partnered multi-dwelling unit buildings. Offers are subject to change without notice. Regular prices apply at the end of the promotional period. Offer can only be renewed for residents of partnered buildings. The Essentials is required for all Optik TV subscriptions. TELUS reserves the right to modify channel lineups and regular pricing without notice. HDTV-input equipped television required to watch HD. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. The 40% discount applies to the current regular price of Optik TV and TELUS Internet for up to 12 months. Discount does not apply to any hardware charges, administration and access fees, Internet add-on service charges or one-time charge offers (including, but not limited to Netflix, Video On Demand, Pay Per View and premium sports plans). Existing customers must pay any applicable early termination fees if they are currently in a service agreement. TELUS Home Phone service terms apply, visit update to telus.com/serviceterms for details. Taxes and 911 service charges are extra. Calling features available in most areas. Prices may vary by area. Some restrictions apply, visit telus.com/homephone for details. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. © 2019 TELUS. 19-1366-92.



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**COMMITTEE CONTACTS: 2019 – 2020:**

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

Chair: VACANT

Board Liaison: Jeremy Hart

**Education and Involvement**

Chair: Arlene Floyd & Garry Sluiter

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](mailto: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**

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Board Liaison: Chris Severson-Baker

**Personnel**

Chair: Mary Emro

Board Liaison: Kelly Edwards

**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**

