

# Connections Newsletter

**October 2020**

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## **BOARD OF DIRECTOR'S REPORT:**

Hello Members,

As a member of your Board of Directors and SACHA liaison I wanted to reach out with a couple of updates.

Due to the ongoing COVID-19 situation the upcoming October Members Meeting has been postponed as we are focusing on the AGM in January. At that time, there will be multiple positions available to join the Board of Directors, more information to come. In lieu of the members meeting we will be holding town hall meetings this fall on various topics including waste & recycling, a visit from our Community Liaison Police Officer, and one to answer questions about being a Board member. We are hoping to attract new coop members who maybe have never participated before, please come out and join us to learn about participation in governance of your community.

On September 19th Southern Alberta Cooperative Housing Association (SACHA) held a virtual AGM. As the largest coop in Alberta and one of the largest in Canada our participation is essential. At this AGM, Megan Justason represented Sarcee Meadows. SACHA offers a variety of educational courses and other opportunities which are available to you as a member. Check out <http://www.sacha-coop.ca/> for details on upcoming opportunities and contact the office for details on how to apply.

Board meetings and committee meetings continue to be held both in-person and virtually. The option of attending virtually will be maintained for the foreseeable future. We hope this allows as much participation as possible in the most convenient and comfortable manner possible. As the saying goes, with adversity comes opportunity.

Even with the continued pandemic I encourage you to remember that cooperative housing is a way of life, please reach out and help a neighbour with opening waste receptacles when the lids are closed, when the snow falls, be a snow angel and shovel a friends walkway, help a fellow community member with their groceries, or simply remember to offer a nice greeting to one another.

I hope everyone is keeping well and healthy this fall season. Happy Thanksgiving and Happy Halloween!

*Respectfully submitted by Isabel Ciok on behalf of the Board of Directors*



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

Hello Members,

Happy Autumn, and what a lovely season we are having ☺ It's my first Autumn with Sarcee Meadows and I am loving the beautiful trees changing colour and leaves crunching under foot. If we are lucky, we will get a little more time to enjoy this before the white stuff starts to fall.

With Pat being on medical leave, we are sending all our positive thoughts her way and hoping for a speedy recovery. In her absence, we are all in a learning pattern. Cathy's been covering finance and learning Sage, our accounting software. Leanne has been learning Property Services and must oversee 3 unit turn overs and the implementation of the new application process. Paula's been busy learning the admin role while Janine is still navigating meetings, committees, and volunteers in a pandemic situation. Your patience with all of us has been appreciated!

Related to COVID-19, we have been working to make our online meetings more streamlined. We have now set up a projector, spider phone, and laptop in the boardroom. This way any committee can seamlessly facilitate a meeting where some participants choose to join via GoToMeeting.

Given that we can get back into units again we are trying to get caught up with routine and preventative maintenance. Seventy (70) units had their carpets cleaned this September and 162 units had furnace inspections completed since the end of June.

We continue to see significant sewer issues in the complex. Graham and Josh have been amazing at being proactive in identifying these issues before they make it into units. Their prevention has saved many homes from sewage backups. They have identified several issues at the manhole and then worked to clear the lines of any roots or other debris that have managed to get into the system. You can imagine that with 50-year-old clay pipes we have many root invasions to continually monitor and clear on a regular basis. Your assistance in making sure that ONLY toilet paper is flushed is appreciated.

As mentioned in previous member updates another focus has been to bring the arbor issues around the complex up to date. We have allocated close to an additional 500 hours of arborist time to manage the cotoneaster hedge oyster scale disease issue and get safety issues with trees to a manageable state. This will allow us to focus on house and sidewalk clearances come November.

The RFP for an external auditor has now gone out to non-profit auditors in Calgary. The board has been very happy with Dennis Kisio but there was a sense that after decades with one auditor we have an obligation to go to market to ensure that we are getting the best service possible, to reduce familiarity bias, and have a fresh view on our books. That RFP closes on November 1 when we will begin a review of submissions.

We have also had four (4) vendor demonstrations for updated workorder software to date. We are hoping to schedule one more before proceeding to evaluation criteria.

It has been an exciting time of learning and new experiences. I look forward to what is to come! Thank you again for all your support, encouragement, and positive energy. Take good care of one and another.

Cooperatively yours,

Lee-Ann Bainbridge  
General Manager



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### **SMHC BUILDING PROJECT(S) UPDATE:**

The Building Condition Assessment was initiated by the General Manager late 2017 and was completed by IRC engineering firm identifying building components showing obsolescence. The Board met with the Engineer to discuss the BCA identifying our critical component needs. However, in doing this, we realized we must further seek professional engineering input to determine the severity of our housing component failure conditions and whether this was consistent throughout our housing blocks within our complex. As well, we had heard many Members say at member meetings that we may not have to replace all the roofs. We somewhat agreed but needed to understand what condition our building envelope components were in so we can make sound business and financial decisions related to major project requirements for our Coop housing.

That too is just one of the questions the Board wanted to know!

A task force committee was struck to investigate and look for potential grants assisting us to assess and breakdown what our immediate and future project needs are. The Funding Taskforce Committee sought grant monies from Central Mortgage and Housing Corporation. This was an application process and we engaged Cana Consultant to assist us in obtaining the CMHC grant, tendering for the Building Envelope Condition Assessment, Energy Audit and finally provide us a Financial Viability Study. There was a lot of information gathering required by our administration to provide the engineers and consultants. The General Manager provided our consultant the membership approved 20/21 budget updates.

Once we have our ducks in a row then we expect we can fund the Replacement Reserve Plan accordingly to undertake projects when required in their scheduled life cycle component replacement. Our housing units are over 50 years old and building components have a life cycle which are now facing obsolescence. Our current housing remediation projects are expensive, and the majority are as a result of component failures.

As previously stated, SMHC received a grant from CMHC (Central Mortgage Housing Corporation) to carry out a thorough Building Envelope Condition Assessment, Energy Audit, done in the summer of 2019 by an engaged engineering firm, and a Financial Operational Viability Study, not yet completed, but very close to contract completion with Cana consultant who assisted us throughout each process.

As our units are over 50 years old and if we want to sustain our housing units for another 50 years, we must plan and invest wisely.

We had expected to be further along in having all the information from the reports but because of COVID we have been stalled for the past several months.

The committee task force is back on track and working on finalizing our consultant contract, then presentation to the full Board, scope and project details, and more importantly a presentation to you the membership at a members meeting in 2021. Although we have no firm dates at this time, please know that your Board is committed to ensuring you will be kept up to date. Members can expect a tentative timeline for updates and an info session to be held in the New Year.

The Board thanks you for your patience and understanding.

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

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## **“Gathering Spaces”**

### **Thank you Sponsors, Supporters and Volunteers**

On September 26, 2020, we marked one year since the delivery and installation of 5 new picnic tables which were placed in various locations throughout our green spaces.

On behalf of Sarcee Meadows Housing Cooperative Board of Directors, Administration, and our appreciative membership, we would like to thank Calgary Foundation and First Calgary Financial for generously granting financial support toward the creation of “Gathering Spaces” in our green areas.

Thank you to Parks Foundation of Calgary, for agreeing to be the financial agent for this project.

To bring this initiative to its successful completion, several other supporters came to the table and contributed significant in-kind contributions in landscaping, carpentry, and printing.

We thank New Look Flooring, Green Dream Landscapes Ltd., and Little Rock Printing.

BDI Play Designs Inc. supplier, not only provided the high-quality product. They offered a friendly, very patient, and professional customer service. Additionally, they offered a significant discount on the GST, delivery, and installation.

Mark Pacanowski and Kathy Aubichon generously offered complementary engraving of thank you plaques, which will be installed at the Central Park and Marla’s Gardens.

Several enthusiastic volunteers from SMHC membership, board, and staff offered a variety of skills and talents to help with the Grant(s) application process, external editorial correspondence, creation of two power point presentations, assisting in planning and implementation, representing in style our COOP at sponsor’s events, documenting the installation process with photography.

Our hope and vision is that after COVID 19 restrictions for public gatherings are lifted, we will be able to stage an event to celebrate your generosity within our gathering spaces, which are joyfully being used by our members right now.

*Respectfully Slawa Gruszczynska and Helen Serrurier, Chairperson*



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# **◆Committee Reports◆**

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## **EDUCATION & INVOLVEMENT :**

Volunteering is a great opportunity to develop new skills and help your community.

Our committee is looking for two new members to join us. We meet the second Thursday of each month at 6:30. Please let the office know if you are interested and someone from the committee will contact you.



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## **ELECTIONS COMMITTEE:**



### **The WINDS of CHANGE**

The winds of change are always blowing – all you need to do is raise your sails!

Change, a constant in our lives, has accelerated in this time of Covid 19, and as in times immemorial, brings new opportunities as well as loss. In examining this Covid world, Forbes Magazine has found, that with both more and different time available in our lives, people are reconnecting and reaching out to help as they reflect on and reconsider what is most important.

Here at Sarcee Meadows, entering our second half century, both unplanned and planned changes are expected.

Our Board of Directors plays an important role in helping us all with weathering these changes and in implementing the welcome and necessary innovations.

With our Annual Elections in January coming soon there has never been a better opportunity for you to be part of that action!

Many of our members have been teetering on the brink of standing for election but worries about being “NEW” have held them back. This coming year, with 6 positions becoming available, “NEW” is the “NEW” normal! In 2021 you will be in the majority – learning, growing, and working together.

Raise YOUR sails, help us all adjust and adapt to the changes the next years will bring and begin planning NOW to join the SMHC Board of Directors in 2021!

Elections Committee





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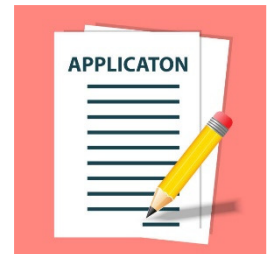
### **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:**

The Entertainment and Social Events Committee hopes everyone has been enjoying this lovely extended fall weather. With Covid 19 unfortunately we have not been able to have the events we have enjoyed so much in the previous years. This will be the same for Hallowe'en. The Entertainment Committee did not just want to skip this event that was enjoyed by so many, so we have found a way to do things differently. This year the Entertainment Committee will put together treat bags and deliver them, while following safe protocols. Hopefully, things will be back to more "normal" soon, until then the Entertainment Committee wishes everyone a safe and happy Hallowe'en.

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### **MEMBERSHIP COMMITTEE:**

The Membership Committee, together with the Membership Application Taskforce, worked very hard over the summer to come up with a new process for taking in applications for membership in SMHC. The new Member Application Policy was approved by the Board of Directors at their September 30<sup>th</sup>, 2020 Board Meeting and has now been published on our website. For all the details please visit the website at <http://sarceemeadows.coop/members/membership>



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### **NEWSLETTER COMMITTEE:**

Hello again! We hope everyone had a fantastic summer and are staying safe and healthy as we all continue to navigate as they say, "our new normal."

The committee recently met in a combined virtual and in person meeting with four members in the office and three members connecting online from home. It is great that we can embrace this new to SMHC technology!

We are now going to be continuing with our regular monthly issues of the Connections newsletter. We have lots of fun ideas for upcoming contests, education items, and human-interest stories to go along with our usual reports. We hope to keep all our readers entertained and informed!

We always welcome input and/or submissions 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

Happy Thanksgiving and Happy Halloween!

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### **PROPERTY ENHANCEMENT COMMITTEE:**

Please turn off the lawn service taps.

#### **SHUT OFF PROCEDURES FOR LAWN SERVICE TAP**

- 1. INSIDE – Close the valve FIRMLY.**
- 2. OUTSIDE – ensure the hose is removed then open the tap and leave it open.**
- 3. INSIDE – open bleeder valve and drain water out, close bleeder valve.**

**Note:** If water continues to drip outside please call in a work order. If you have any troubles, please put a work order in and staff will turn off the lawn service tap.



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## **◆Education◆**

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Although many are not able to travel right now, it is important to remember that medical emergencies can sometimes occur when we are abroad. Repatriation is not something we often think about, but it is good to know these services are out there. EMS 247 is just one of many companies that can help in a tough situation. Below is an excerpt from their website <https://www.ems-247.com/about-us/>

### **Specialized in worldwide patient transportation**

EMS 24-7 is a medical repatriation company that specializes in worldwide patient transportation by road and by air. We are reachable 24 hours a day, every day, all year round. Wherever you are in the world, we can get you back home safely. Get in touch now and tell us how we can help.

### **What is repatriation**

When a person is injured or falls ill abroad getting them back home can be a challenge as they might not be able to travel on regular transport. The specialist transport required to help patients get back to their home country is called medical repatriation, or sometimes medical evacuation. Medical repatriation companies like EMS 24-7 help patients get back home in a way that is medically safe, by road ambulance, medical escort, or a dedicated air ambulance.

### **Long distance road ambulance**

Road ambulance transport is one of the safest and most comfortable ways for patients to travel. EMS 24-7 has a fleet of road ambulances especially suited for long distance travel. Every ambulance is ICU equipped and has a full complement of medicine and modern equipment on board, including a ventilator. To ensure patient safety and comfort over long distance drives, all our vehicles have automatic gearboxes to prevent jerks and starts and are fitted with vacuum mattresses that can keep patients comfortable even over thousands of miles.

### **Air ambulance**

A repatriation by private air ambulance is by far the fastest way to bring a patient back home. It has the advantage of being able to transport even critically ill patients over long distances and across continents if need be. All the aircraft and helicopters that EMS 24-7 uses are specially modified for patient transport and fitted out with state-of-the-art equipment and life-saving technology.

### **Medical escort**

It is sometimes possible for a patient to travel home on a commercial flight accompanied by a medical professional.

Our medical team come to you bringing all necessary equipment and medication with them. Once they arrive, they carry out their own examination and prepare the patient for travel. We arrange for an ambulance and take the patient to the airport.



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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 would 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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### **The Rock Report**

*Submitted by Jenn Jenkinson*

The coming of the Public Health Emergency that is Covid-19 has brought changes in all our lives and change is often very difficult to cope with and accept. I have always looked to my creativity in writing and other mediums to help me through stressful times. So, when I saw a post about the Community Rocks, painted rock garden that was started at Knox Presbyterian Church I thought I'd give rock painting a try. Over the summer that has grown for me and rocks I've painted have been gifted to friends and are also to be found around SMHC as well as among my fairies in my garden.

The relaxation, stress-reduction, and enjoyment I have painting my creations is also enhanced by the doses of fresh air and exercise I enjoy while scouring southern Alberta riverbanks for great "canvases". Give rock painting a try! Here are a few of my favourites:



The sea turtle is 7 separate rocks that took some time to collect as well as paint. His name is Septimus, a Latin name meaning Seventh Son.

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## ◆Community News◆

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### **RUTLAND PARK COMMUNITY ASSOCIATION:**

The RPCA was informed by Great News Media that, due to the Covid-19 pandemic, they do not currently have enough advertising revenue to cover the manufacturing and delivery costs of the October issue of The Post newsletter. However, they do intend to still produce digital version of the publications.

The RPCA Board of Directors made the decision to stick with the digital copies for the time being. As such, there will not be an October print edition of "The Post". The digital version can be found online at <https://www.rutlandparkcommunity.com/newsletter/>. At the bottom of the page you can also subscribe to emails and receive The Post directly in your inbox.

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## ◆Just for Fun!◆

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### **4 Ingredient Pumpkin Spice Syrup (from [www.itdoesn'ttastlikechicken.com](http://www.itdoesn'ttastlikechicken.com) )**

**Prep Time:** 2 mins

**Cook Time:** 3 mins

**Total Time:** 5 mins

This syrup is super quick and easy to make. Stir it into coffee for an instant pumpkin spice latte, or drizzle it over pancakes, waffles, french-toast, porridge, into a cocktail, hot chocolate, or anywhere your heart desires!

**Servings:** 8

#### **Ingredients**

**3/4 Cup Water**

**3/4 Cup Brown Sugar**

**1/4 Cup Pumpkin Purée**

**2 Teaspoons Pumpkin Pie Spice**

#### **Instructions**

Add everything to a small pot, whisk together and bring to a simmer for about 3 minutes. Pour the syrup through a fine mesh strainer, or a nut milk bag. (You may want to let it cool first if using a nut milk bag). This strains out the pulpiness and leaves you with perfect syrup.

#### **Recipe Notes**

To make a pumpkin spice latte or coffee, simply stir 1 tablespoon of syrup, or to taste, into your latte or coffee.

Store in the fridge for about a week.

#### **Nutrition**

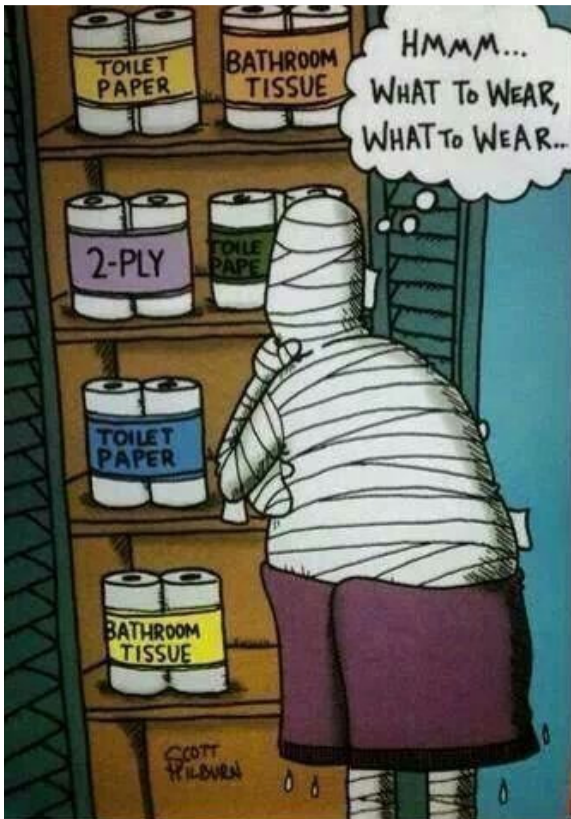
**Calories:** 56kcal

# Fall Harvest

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LEAVES  
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 TREES  
 APPLES  
 PUMPKINS  
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 SCARECROW  
 CORN  
 RAKE  
 SQUIRREL  
 HAY  
 TURKEY

(c) WebSpinstress



@acookieadaycomics



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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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### **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.

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### **Healing Intentions**

Energy/Crystal Healings

Psychic/Mediumship

Card Readings

Crystal Grids

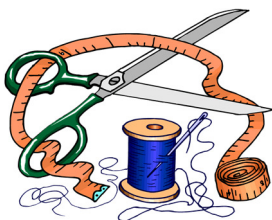
Personalized Crystal Kits

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

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### **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.

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**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)

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# 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.



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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**SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.  
OFFICE AND SHOP CONTACTS**

**OFFICE AND SHOP HOURS**

Monday to Friday 8:30 am to 4:30 pm (shop closed over the lunch hour)

Office and Shop are closed Saturday and Sunday

OFFICE PHONE NUMBER: **403-246-2746**

OFFICE FAX NO: **403-240-4333**

**Extensions:**

- 101 – Administrative Assistant – Paula /Leanne M.
- 102 – Committee and Volunteer Coordinator – Janine
- 103 – Property Services Coordinator – Cathy / Leanne M.
- 104 – Financial Services Coordinator – Pat /Cathy
- 105 – General Manager – Lee-Ann B.
- 108 – Maintenance Supervisor – Mike

Employees in the maintenance department have voice mail only. Please call the appropriate extension and leave a message, they will call you back.

- Graham 201
- Eric 203
- David 204
- Josh 205
- Al 206
- Jeff 207
- Dean 208



**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**

**After Hours Emergencies refer to:**

- **Furnace trouble in inclement weather**
- **Water leaks that cannot be controlled**
- **Gas leaks**
- **Sewer back-ups**

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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

#### **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: 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

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

