

# Connections Newsletter

*December 2020*

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

We've had some wonderful weather to bask in as November comes to a close. As we enter this final month of what has probably been one of the more interesting years of our lives, we look forward to the holiday season (modified as it may be) and hope that Santa may see fit to leave a vaccine or two in our collective stockings. Until that time, your Board has decided to err on the side of caution and postpone our Annual General Meeting. The new date is Wednesday, March 10<sup>th</sup>, 2021. As we will be having elections to the Board at this meeting, we encourage Members to put their name forward and help out with Sarcee Meadows on a whole new level.

Did you know that as a Member of SMHC, each unit is also a member of the Rutland Park Community Association? For more information about RPCA events, activities, and advocacy, please visit <https://www.rutlandparkcommunity.com/membership/>.

On a sadder note, December is when we say goodbye to Lee-Ann Bainbridge, our General Manager. However, she has agreed to stay on as a consultant to provide SMHC with operational support until such time as a new General Manager is in place. During this transition Lee-Ann remains connected by monitoring the GM email address on a part-time basis. While we will miss her steady hand and fantastic demeanour, we wish her all the best on this next step in her life.

I'd like to wish all of our Members and their families a happy holiday and winter season. Soon, 2020 will be a distant memory and 2021 will bring new challenges and joys with it. As we transition to a post-COVID state, there will be many changes to protocols made by the provincial government. Sarcee Meadows will keep you informed of changing circumstances in the Co-op as they happen. For changes that affect all of Calgary and Alberta, consult the Alberta Government's website at <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>.

Stay safe.

*Submitted by Jeremy Hart on behalf of the Board of Directors*

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# ◆ Committee Reports ◆

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## **EDUCATION & INVOLVEMENT:**

As we have all experienced recently ... life can be **fragile**.

But *do* remember, that here in our 1000+ Family/Community at SMHC ... we are **strong**.

Staying strong and together, through *anything and everything* as you have, finds us smiling as we wish **each** one of you, a

Happy 🎵 Holiday 🎵 Season and a “Wonderful 🌨 Winter”!

Hoping you will greet each other kindly, at every opportunity ...

Your Education and Involvement Committee – Cheers to all! 😊

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



The Entertainment & Social Events Committee wishes to extend our best wishes for a very safe yet festive and joyous Winter Holiday Season. It’s been a challenging year indeed with social distancing becoming more the norm rather than the socializing that our committee so very much enjoys bringing to all at Sarcee Meadows. At this time of the year our committee turns its focus and our hearts to putting together Christmas Hampers for some wonderful SMHC families who may be struggling to make ends meet and could use a little boost from their community. This year is no exception, though the hampers may look a little different this year as we took into consideration safe protocols due to the ongoing pandemic, we are pleased to be able to make the season a little brighter for some special neighbours.

So Merry Christmas, Joyeux Noel, Happy Hanukkah, Feliz Navidad, Joyous Kwanzaa, Winter Solstice Blessings and our very best wishes for 2021, Happy New Year!

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## **NEWSLETTER COMMITTEE:**

Congratulations to the winners of the “Spot the Difference” contest! A random draw was conducted from the many entries and a \$25.00 gift certificate has been given to each of the following winners: Mary Nederlof, Judy Silzer, Adam Yee, Fariha Mohammed, Fatima Dadi, Sandy Christensen.

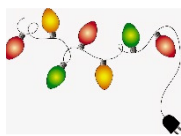


Christmas this year will include changes for all of us including, perhaps, new traditions and finding ways to keep everyone safe. Enjoy and cherish the time you spend with your family and friends.

Merry Christmas to all and a Happy New Year!

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## **PROPERTY ENHANCEMENT COMMITTEE:**



Please make sure your down spouts are always in the down position.

The Property Enhancement Committee wants to send out holiday wishes to all members and to stay safe. Once the holidays have concluded, please do not continue to turn on electric decorations.

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**ELECTIONS COMMITTEE:**

**WE NEED.....**

**YOU and YOU and YOU and YOU and YOU and YOU!**

**BECAUSE.....**

**of the 6 forthcoming vacant seats on the 2021 SMHC Board of Directors,**

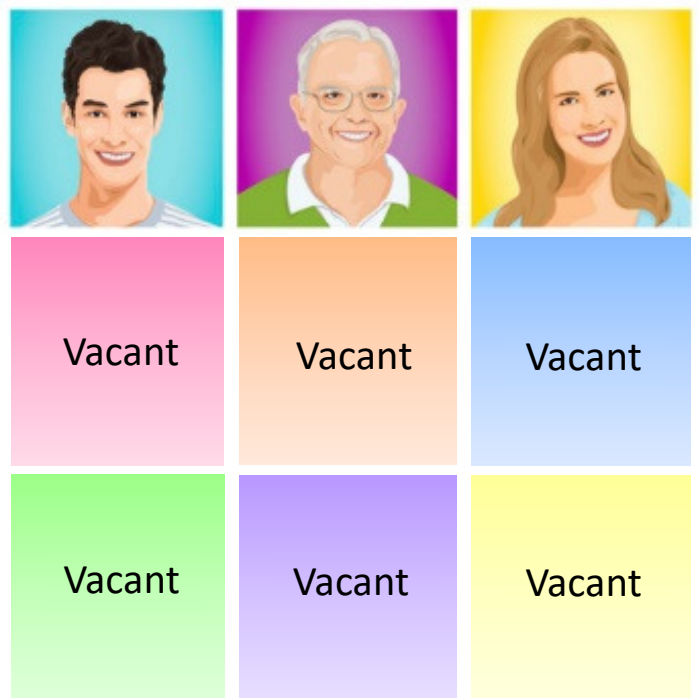
**and BECAUSE.....**

**YOU have talents!**

**YOU have ideas!**

**YOU have time!**

**YOU have a DESIRE to work with others and a WISH to broaden your skills while supporting positive growth in our Co-Operative.**



**\*\*\*Resources – training, childcare, light supper, and other supports are available for YOU!**

Please fill in Nomination Form and email/drop off to the office

[B50] by

February 8<sup>th</sup>, 2021



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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, obituaries, 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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### **Let's Stay Connected:**

*From the Newsletter Committee*

The Newsletter Committee received some very positive feedback related to our more personal submissions in the November edition. We would like to continue this section of Connections, but we need your help. As this information is of a personal nature, we do need your permission or request to print it.

If anyone would like to celebrate their birthday, their children's birthdays, anniversaries, births, deaths, or any other milestones we ask you to please let us know.

Please send any information for inclusion to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop). The Newsletter Committee meets on the first Monday of the month so any submissions should be submitted by that day

Thank you!

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### **An Open Letter:**

Season's Greetings to all my fellow cooperators. I have been a resident of SMHC for 33 years and have seen a lot of things in those years.

With this year being such a strange one, I wanted to send a greeting to all of you. I am usually a regular volunteer at entertainment events and boy have I missed those this year and being able to visit with so many of you.

I Love our co-op and all the friends and family I have here. I love how so many have embraced me over the years, right from when my 32-year-old daughter was in a car seat and my neighbour, seeing me struggling, offered to help. When mom was diagnosed and passed from breast cancer, how the outpouring of comfort came from so many. Then 9 months later my own diagnosis with this, and the offers for assistance came pouring in. My lawn has been mowed, my walks shoveled and even my car and parking spot have been cleaned out for me. I am now getting around with a cane because of arthritis, and I just felt the need to give a warm thank you to my wonderful community. Whether it is something I mentioned before, or a smile and a hello, it warms my heart.

I look forward to the time when we can gather again and share a hug, a handshake, and some laughs. Until then, please know that every little gesture means a lot.

Season's Greetings to my Sarcee Meadows Family. And I wish us all a very Happy New Year.

Sincerely and Cooperatively  
Sandy Christensen





## Seniors Birthday Celebrations During This Covid-19 Pandemic

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

Because of Covid-19 we have really had to find another way to celebrate our Seniors birthdays and anniversaries in a safe way but still making it a special day and celebration for them. It is no longer safe to stand in groups at our seniors' doors. Thanks to the Mayor of Calgary, Premier of Alberta, Lieutenant Governor, Governor General, Prime Minister of Canada and even the Queen; I have been able to request scrolls acknowledging our SMHC seniors' birthdays and anniversaries. We have had such a fun time delivering these scrolls and I love the look on their face when our members receive them. Because the government is busy with the pandemic these scrolls can take weeks to months to come in, but they are fun to deliver even months after the special date.

Before I go any further, I want to clear the air. I don't like the word senior, it sounds old. But let me tell you the 65+ crowd in our community is far from old. Just remember the word "senior" is just that, it's just a word it's not a state of mind. 😊

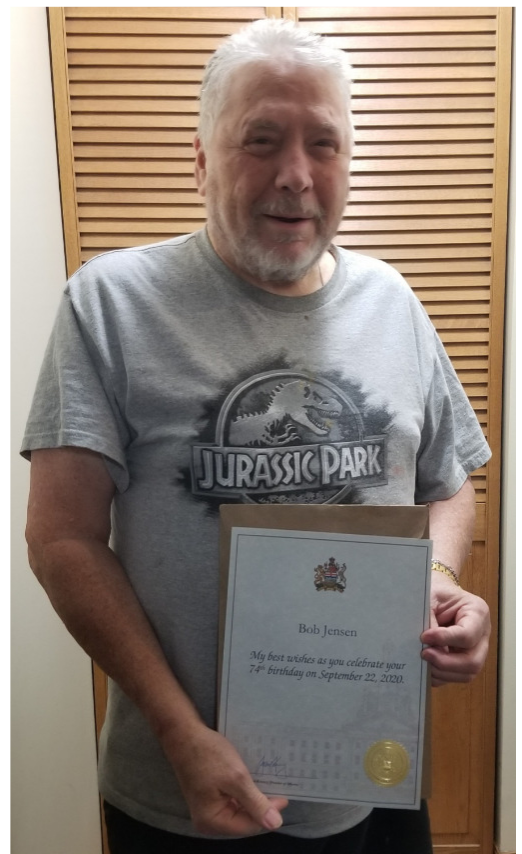
If you know a senior, or if you are a senior, (65 or older) and would like a birthday acknowledgement or if you are celebrating a wedding anniversary of 40 years or more, please send me an email to [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca) or phone/text me at 403-629-0400 and the Women's Circle will do our best to make it happen.

I hope you enjoy these pictures of some of SMHC "seniors" that celebrated anniversaries / birthdays these past few months.



←One of our Women's Circles son helping to celebrate a birthday. The kids have so much fun with these birthday celebrations.

**Bob Jensen** – celebrated his 74<sup>th</sup> birthday this year. Bob and his family moved into SMHC in November 1971, but Bob and his wife Betty were involved with our co-op even prior to moving in. In July 1971, a significant occurrence took place. Three new Directors were elected from the Membership one of whom was Bob Jensen. In April 1974, Bob was elected Chairperson of the Board. This is noteworthy as he was the first Resident Chairperson. Bob has been a very dedicated, hardworking volunteer in SMHC right from the start and helped to make it what it is today. →





← **Betty Jean Coates** - celebrated her 80<sup>th</sup> birthday this year. Betty Jean has been an integral part of SMHC, both as a committee member and as a long-term employee in the role of Financial Services Co-ordinator, retiring her staff position some years ago. She also travelled to Uganda, Ottawa and other places representing our co-op and the broader co-op sector thru her involvement with Rooftops Canada, the international development program of Canadian co-operative and social housing organizations.

**Hugh Wheeler** - celebrated his 73<sup>rd</sup> birthday this year. Hugh is always ready to greet everyone with a great big smile and has a fun-loving way about him. Although he is not an actual member of any committee, he is often seen at all the social events, lending a hand in whatever capacity is needed. →



← **Sharon Evans** - celebrated her 80<sup>th</sup> birthday this year. Sharon was also a member of numerous committees through the years and is a long-time member of SMHC. She is a bright lady, who contributes in her family and community. Sharon has a bright infectious smile and has a great gift of common sense.

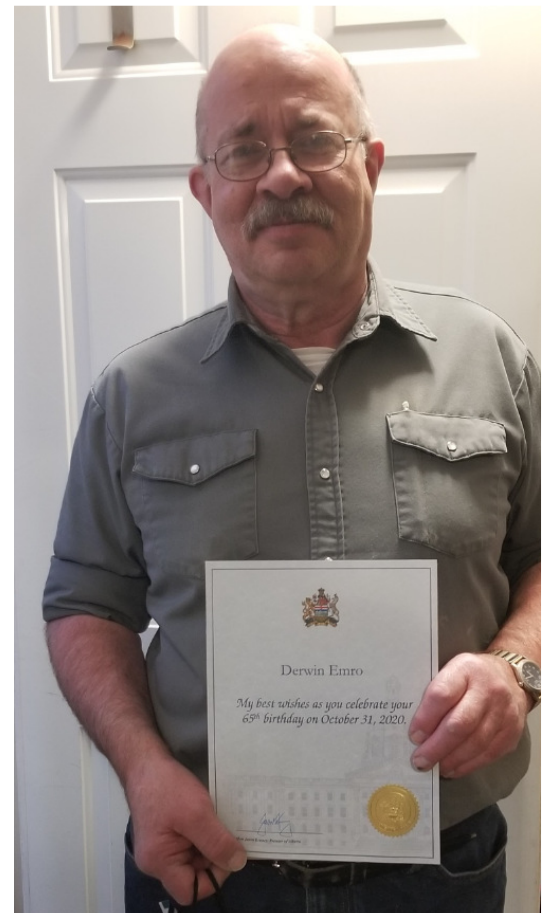


**Ken and Lucille Ranchuk** – celebrated their 50<sup>th</sup> wedding anniversary this year. Lucille also celebrated her 80<sup>th</sup> birthday this year. This power couple can be seen walking their beloved Sadie all of SMHC. They have called Sarcee Meadows home for many years. Cheers to many more wonderful years ahead. →



←**Eveline Graham** – celebrated her 78<sup>th</sup> birthday this year. Eveline has called SMHC since 2001. She always greets you with a warm smile and friendly conversation. A beautiful soul inside and out.

**Derwin Emro** – celebrated his 65<sup>th</sup> birthday this year. Derwin is known for his enthusiasm for neighbourhood potluck meals His dry witty sense of humour always adds extra fun to any get-togethers. →





←**Peter & Marlene Kushner** – Marlene celebrated her 85<sup>th</sup> birthday and Peter celebrated his 86<sup>th</sup> birthday this year. They also had a milestone wedding anniversary **60 years married**, that’s just incredible. I don’t think I have seen either of them without a smile on their faces. Their positive and outgoing attitude is infectious. They moved into SMHC in 1972. Peter has been an active volunteer, serving on the board of directors as well as on committees. Thank you for being such an inspiration to all of us.

**Carmel McConachie** - celebrated her 80<sup>th</sup> birthday this year. Carmel is well known for her involvement and participation in the Irish tent at the Culture Event. She was on the Membership Committee for years. What lights up Carmel’s face more than ever is when she is talking about her children, grandchildren and great grandchildren. →





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## **Holiday Goodies for Our “Seniors” Courtesy of The Women’s Circle**

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

The holiday season is fast approaching and with Covid-19 sticking around far longer than we hoped we thought it might be nice to do a little something special for our “seniors”. The Women’s Circle want you all to know that you are loved and thought of and always in our hearts and on our minds.

Starting Dec 5<sup>th</sup> thru Dec 9<sup>th</sup> we delivered a little something to the door of over 150 of our seniors in a safe social distancing way.

If you are 65+ and your unit didn’t receive a package please email me at [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca) or call/text me at 403-629-0400 and one of the Women’s Circle members will get a package out to you. It doesn’t matter to us if you celebrate Christmas or not, we want to be sure you receive a package.

Here is feedback I received from some of the Women’s Circle and their kids that delivered the packages.

- It was a wonderful day; I was very happy to see smiles on our seniors faces.
- Such a good experience seeing some of the most beautiful smiles.
- The kids loved it
- It was very well received. Most were surprised but thankful.
- It went super well and was a great way to spread some cheer!

Here is feedback from some of the seniors that received their package.

- Thank you to the Women's Circle for the card and cookies that's a great surprise will really enjoy.
- Thank you to the women’s circle for the Christmas card and chocolate biscuits. My husband has already had 3 of them.
- Many thanks to the Women's Circle for the Yule package. God Bless and keep yourselves safe.
- I just wanted to say thank you to the Women's Circle for the goodies that were left in my mail box. Your thoughtfulness is appreciated.
- Thank you for the cookies and card. Receiving them really brightened my day.
- Thank you so much for the lovely card and the cookies. I am so grateful for the kindness of the Women’s Circle.
- Thank you for remembering us. This means a lot as we are seniors will illness.

We wish everyone a Merry Christmas and Happy Holidays. On the count of three let’s kick 2020 and Covid to the curb and start 2021 Happy, Healthy and Covid Free. One, Two, Three.....

Happy New Year!!!!

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## **Supporting the Homeless and Vulnerable Citizens of Calgary During the Covid-19 Pandemic**

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

This year has certainly been an extraordinary year in so many ways.

The Women’s Circle is so very grateful to each and everyone of you that have donated food, clothing, cash donations, plastic bags etc. so that we could continue to help feed the homeless and vulnerable citizens of Calgary as well as low-income seniors throughout this pandemic.

A special thank you to the many ladies that took the time to personally knit hats and scarves for the homeless. Rest assured every single item was put into really good and deserving hands. There is no

better feeling than to hand a blanket or a warm jacket to someone standing in front of you shivering. They don't need to open their mouths to say thank you, the look in their eyes say it all.

Thanks to donations that we receive from members of the Women's Circle, members of Sarcee Meadows, Save on Foods, and Safeway we are able to feed so many people. In return for our food and clothing we receive so many "God Bless You" and "Thank you" from our homeless guests.

Before covid-19 our Women's Circle and many members of Sarcee Meadows enjoyed going downtown to East Village and serve the homeless and vulnerable citizens of Calgary right there on the street. We came with car loads of casseroles and warm clothing. We enjoyed great conversation with our guests as we dished food onto their eagerly waiting plates.

Covid-19 came along and changed all of that. When the whole world was on lock-down so were we. We could no longer feed the homeless. Thankfully on July 18 Alberta Health Services gave us the green light and let us start feeding the homeless again but this time we had to serve in individual containers and takeaway bags. We were armed with gloves and masks and pylons set up to establish a border so we could all maintain social distancing. The guests that came for a meal and warm clothing were mostly street sleepers that find shelter under a bridge, in alleyways or the ever-increasing number of homeless camps across Calgary.

The new Alberta Health Services regulations have once again changed the way we feed the homeless. We can no longer congregate on the street to feed the homeless, so we are now making food hampers and getting them into the hands of the homeless that don't have the means to utilize the foodbank or soup kitchens.

If you wish to continue to make donations, I would be happy to accept them and get them to the homeless by way of hampers. When making your food donation remember that this is going to people that sleep outdoors and may not have access to a can opener or a means to cook food. So, items with pull tabs are good and boxes of crackers, granola bars, pudding etc. We are still collecting plastic bags but no plastic containers. If you have any questions, please don't hesitate to contact me call or text 403-629-0400 or email [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca). My unit is H482

Merry Christmas and Happy Holidays to you all from the Women's Circle. Sending lots of virtual hugs your way.



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## ◆Just for Fun!◆

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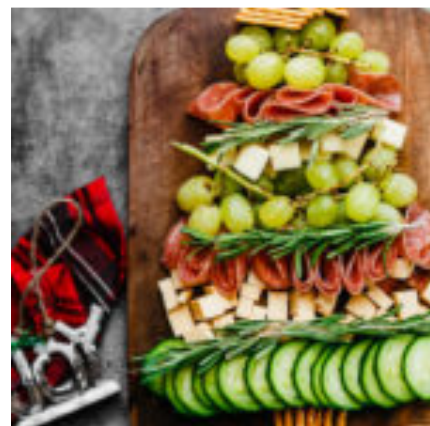
### **CHRISTMAS TREE MEAT AND CHEESE BOARD:**

<https://www.munchkintime.com/christmas-tree-cheese-platter-recipe/>

Christmas Tree Cheese Plater - cheese and cracker Christmas tree platter automatically creates a festive vibe and serves as a beautiful Christmas appetizer.

#### **Ingredients**

- 1 cup Italian salami
- 1 cup cucumber sliced
- 1 cup crackers of your choice
- 1/2 cup havarti cheese cubed
- 1 cup smoked gouda cheese cubed
- 2 cups green grapes
- rosemary for garnish
- pretzels for garnish



#### **Instructions:**

#### **How to make Christmas Tree Cheese Platter:**

1. Let's start at the base of the Christmas tree cheese platter, by placing sliced cucumbers first.
2. Then add 1 cup of smoked gouda cheese, followed by salami and a layer of grapes.
3. Now continue adding more layers, add 1/2 cup havarti cheese, follow by salami and grapes.
4. Finish the Christmas tree cheese board with crackers on top with a salami star, and pretzels on the bottom of the Christmas cheese platter.
5. Garnish with rosemary, now your Christmas tree cheese board is complete. Enjoy!

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### **WHITE CHOCOLATE CANDY CANE COOKIES:**

<https://www.justsotasty.com/white-chocolate-candy-cane-cookies/>

These white chocolate candy cane cookies are the perfect holiday chocolate chip cookie recipe. They're soft, chewy, filled with Christmas cheer & super pretty!

#### **Ingredients**

- 1/2 cup unsalted butter softened
- 1/2 cup shortening
- 1 cup white sugar
- 3/4 cup brown sugar
- 1 1/2 teaspoon vanilla extract
- 1 teaspoon peppermint extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup crushed candy canes
- 1 cup white chocolate chips plus more for dotting on the tops





## Instructions

1. Preheat the oven to 350F degrees and line cookie sheets with parchment paper.
2. In a large bowl beat together the butter, shortening, white sugar & brown sugar until fluffy (about 2 minutes).
3. Add in the vanilla extract & peppermint extract, then mix in the eggs 1 at a time.
4. Turn the mixer down to low speed and mix in the flour, baking soda & salt. If the dough sticks to your fingers when you squeeze it between them - add in a little more flour 1 tablespoon at a time.
5. Mix in the crushed candy canes & white chocolate chips.
6. Form the dough into balls about 1 - 1.5 tablespoons in size\* and place 2 inches apart on the lined cookie sheets.
7. Bake for 8-10 minutes, or until the tops look just set. Remove from the oven and place a few white chocolate chips on the top of each cookie (optional).
8. Cool on the cookie sheet for 10 minutes, then continue cooling on a wire rack.

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## **TOILET PAPER ORNAMENT**

<https://www.firefliesandmudpies.com/wp-json/mv-create/v1/creations/142/print 2/2>

Are you searching for the perfect handmade Christmas ornament to commemorate 2020? We just couldn't help ourselves with this funny DIY toilet paper ornament!

### **Materials & Tools**

- White grosgrain ribbon – 1.5 inches x 3 yards
- Large wooden spools – 1.12-inch x 2.75 inches
- Permanent double-sided tape
- Number stickers – About 1.25 inches x 1.5-inch.
- Christmas twine
- Kraft cardstock (brown)
- Paper cutter
- Pinking shears



### **Instructions**

1. After gathering supplies, use a paper cutter to trim a piece of Kraft cardstock into a 3-inch x 1.5-inch strip.
2. Next, place a small piece of double-sided tape on one end of the cardstock, then wrap it around the center of the wood spool to create a miniature toilet paper roll. Don't make the roll too tight; you want your toilet paper roll to slide on the holder, just like real toilet paper!
3. After making the toilet paper roll, press a small piece of double-sided tape to it. Line up your ribbon to the tape and begin rolling!
4. Continue rolling! That's right...we're going to use all 3 yards of ribbon because that quantity makes the toilet paper roll look more realistic.
5. As you roll, continue to press pieces of double-sided tape to the ribbon so your roll doesn't accidentally unroll!
6. When you reach the end of your toilet paper roll, personalize the ornament with the dreaded number 2020 using small number stickers.
7. Trim the end of the ribbon with pinking shears. Don't skip this step—it pulls the whole ornament together!
8. Last, string a piece of festive Christmas ribbon through the spool, then tie it into a loop. We pulled the knot into the spool so our ornament looks tidy.
9. Your 2020 toilet paper ornament is complete! Enjoy hanging it on your Christmas tree for years to come!





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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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### **Pandemic Friendly Personal Training**

Looking for a way to keep active during these crazy times?

- I offer both training sessions in a gym AND safely from your home via virtual training. No equipment needed but is an asset if you have any!
- Can be both private and/or group sessions. I can train you with your significant other, family or even friends ANYWHERE in the world! So, you don't even have to live in Calgary, or in the same house as your workout buddies.

Never has there been a more important time to keep fit. Fitness offers endless benefits, including strong immune systems and mental health benefits, which have both become more important than ever these days!

- I am a certified personal trainer and been in the industry since around 2006.
- My client base has been anyone from extreme beginners, seniors who just want to keep moving, young athletes, and even people with limitations such as stroke patients!
- I Enjoy making workouts fun and believe fitness should be your happy place.

Don't hesitate to call or text me and let's get this party started!

Vanessa Pearson - Cell: 587-216-5643



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Dear neighbors,

My name is Shereen Elsayad and I live in F396. I am currently the Alberta College of Pharmacy councillor for District 5. Throughout my almost 20 years of practice as a pharmacist, Certified diabetes educator, certified for travel health(immunization), and currently working on my certification in hypertension management, I have built valuable and lasting relationships with my patients (especially seniors) and I became well aware of all their struggles. I finally decided to start my own pharmacy and to start some unique services for my own neighbors tailored to their needs.

- Have you ever had any problem with drug coverage that you didn't know what to do or how to deal with?
- Have you ever struggled to pay for your medications because it's not pay day yet?
- Do you need someone to stop by and pick up your prescription and deliver to your door (no charge for delivery)?
- Do you need to get a vaccine like shingles vaccine or pneumonia vaccine, but you cannot afford to pay it all at once?
- Do you want me to check your blood pressure or maybe you would like to rent a BP monitor for a week or 2 to monitor your blood pressure?
- Do you need refills, but you can't get hold of your doctor?
- Do you have any questions or confused about your medications, blood work or your health in general?
- Did you ever need to go to the pharmacy or the doctor's office only to get a medication injected?

If you answer yes to any of the above questions, please do not hesitate to call me. You don't have to transfer your prescriptions to my pharmacy if you don't want to. Just let me help you with what you need.

I am your neighbor, and I am only one phone call away at Revive Pharmacy 403-764-8020 or on my cell 587-602-4440.

Regards, Shereen

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**For Sale:**

Wax melts, candles, and solid bubble bath for sale.

Wax melts \$6.00/pack or 5 for \$25

Candles vary by size

Solid bubble bath \$6/ pack of 6.

Various scents are available and I am open to discussing requests.

Please call or text 587-892-2702 or email [annalise1989@hotmail.com](mailto:annalise1989@hotmail.com) for more information

**For Sale:**

Christmas baskets for sale!

Each basket is unique and handmade with colored lights throughout. They make excellent gifts for coworkers, teachers, family, and friends or can be used as Christmas tree alternatives in small spaces.

Please call/text 587-892-2702 or email [annalise1989@hotmail.com](mailto:annalise1989@hotmail.com). Baskets are being sold on behalf of another SMHC member.



**House Cleaning**

- 2 Bedroom \$90
- Large 3 Bedroom \$110
- Small 3 Bedroom \$100
- 4 Bedroom \$120

Includes all cleaning supplies, vacuuming, mopping, bathrooms cleaned, all countertops wiped, and cleaned, light dusting. This service can be done weekly, biweekly, or monthly.

Police clearance, and or references available upon request. For more information please contact Monika #403-920-0920



**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

Crystal Grids

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

Shelly 403-660-2045 – References upon request

Psychic/Mediumship

Personalized Crystal Kits

Card Readings

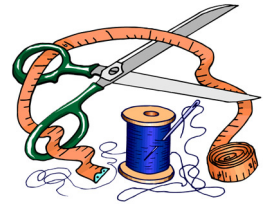
Book a Party

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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)



### **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)



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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: 2020 – 2021:**

**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: VACANT

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: VACANT

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: Mike Cooper

**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)

