

Connections Newsletter

January 2021

BOARD OF DIRECTOR'S REPORT:

On behalf of the Board, Happy 2021 everyone! I hope everyone had a good Christmas. 2020 was a challenging year but with a little care, wearing masks and social distancing 2021 will be better. By the end of the year, we should be vaccinated and hopefully Covid free. Lets all remember we do not have to have it to pass it.

This winter if you see a neighbour struggling, lend a hand if you can.

Our Annual General Meeting is scheduled for March 10th, 2021 where we will have our elections to the Board of Directors. There are 6 positions available. Being on the Board is interesting and at times fun but always a good experience. It is a great place to learn more about SMHC. Young or old everyone has something to contribute. Remember to put your name in for the Board – the more the better.

In December, we said goodbye to Lee Ann Bainbridge, we wish her well in her new position. Soon we will have a new G.M.to lead us into 2021.

Sincerely yours,

Mike Cooper



♦Committee Reports♦

OUR COMMITTEES NEED YOUR HELP!

As you know SMHC has many committees that assist the Board of Directors with many of their governance tasks. Some of our committees have continued to meet during the pandemic either in a physically distant in-person meeting, using GoToMeeting, or a combination of the two. Others have chosen to take a hiatus until it is safe to hold full in-person meetings again.

Whether meeting regularly or not, several committees need extra members to fill their ranks. Please consider giving some of your time to SMHC by joining one of the committees below. Contact the office for more information.

<u>Committee</u>	<u># of Members (not including Liaisons)</u>	<u>Status</u>
Co-op Seniors Interests	8	Not meeting regularly due to COVID-19.
Education and Involvement	4	Looking for members , meeting in person when possible, meets on the 2 nd Thursday of the month.
Elections	3	Meets regularly in the months prior to elections.
Entertainment & Social Events	10	Meeting in combination of GoToMeeting and in-person, meets on the 1 st Thursday of the month.
Environment	7	Not meeting regularly due to COVID-19.
Finance	4 (maximum 9)	Looking for members , meeting via GoToMeeting, meets on the 3 rd Monday of the month.
Grievance & Resolution	3 (maximum 9)	Looking for members , meets on an as needed basis.
Honours and Awards	5	Not meeting regularly due to COVID-19.
Membership	5 (maximum 9)	Looking for members , meeting via GoToMeeting, meets on the 2 nd Thursday of the month.
Newsletter	8	Meeting in combination of GoToMeeting and in-person, meets on the 1 st Monday of the month.
Personnel	5 (maximum 9)	Members added by Board appointment, meeting via GoToMeeting, meets on the 3 rd Wednesday of the month.
Property Maintenance	3 (maximum 9)	Looking for members , meeting via GoToMeeting, meets on the 1 st Wednesday of the month.
Property Enhancement (includes Parking and Security)	7	Looking for members , meeting via GoToMeeting, meets on the 2 nd Wednesday of the month.

NEWSLETTER COMMITTEE:

On behalf of the Newsletter Committee, we send very sincere wishes of a healthy and safe year ahead to all SMHC members, their families, Board members and staff.

Thanks to the efforts of scientists, health professionals and several other front-line workers, with a great degree of hope we are looking forward to seeing the catastrophic pandemic of COVID 19 to be eradicated, economy restored and rebirth of social interaction. Most likely, we have numerous members among our coop involved professionally or as volunteers in this universal race to save lives, to restore mental health and togetherness of humanity. Thank you to all of you!

Newsletter Committee continue to bring forward regular, monthly issues of “Connections” to ensure access to key information for members. If you wish to know the composition of your Board of Directors, what Committees are in place, who are your administration and maintenance staff supporting you and who to call in emergency, this information is available in each issue of “Connections”.

We encourage members to send us your stories, information that could benefit others, tips, give-aways you wish to share, humor in good taste that could put smile on other people’s faces and information about your children’s achievements or any other important milestones in your household.

The Connections Newsletter is your publication. It belongs to all of us. The committee and staff are facilitating the production on member’s behalf, but the richness of content depends on member’s participation and generous input.

Thank you to all those who recently shared positive feedback about “Connections”. Your words of encouragement are very appreciated by the committee.

If you are one of the members who receive the paper copy of the newsletter delivered to your house, and you have an email address, please consider sharing it with us, so you can start receiving an electronic version.

- Electronic newsletter is published in color
- It would be available to you much sooner. No need to wait for a volunteer to deliver.
- Some information like job postings is time sensitive.
- Electronic version saves a lot of paper and in consequence money in our cooperative budget.

Submitted by: Slawa Gruszczynska

On behalf of the Newsletter Committee, with best wishes

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Hello Everyone and welcome to 2021!

Despite the challenges we all faced here at Sarcee Meadows in 2020, your Entertainment & Social Events Committee worked tirelessly along side you to continue to offer different and creative ways to bring our lovely community together.

2021 will be no different. Although the landscape is still unknown, we have started work on events for this year. They may look a little different but we guarantee all the good feelings, smiles and laughter will be present.

Like always, we welcome and encourage any ideas, volunteer requests and extra hands. So please reach out to the Office with any correspondence you feel we should have. No good idea will be refused.

We wish you all the best in these unprecedeted times and hope you and yours are safe and well.

See you out there!

ELECTIONS COMMITTEE:

The WINDS of CHANGE ...

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

With a New Year and with our Annual Elections in March coming soon, there has never been a better opportunity for YOU to "raise your sails" and fill out the nomination/application form for SMHC Board of Directors!



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 (a copy is attached to the back of this newsletter) and email/drop off to the office [B50] by February 8th, 2021



♦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, Anniversaries and Obituaries. 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 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.

In Memoriam

It is with heavy hearts that we share news of the passing of our beloved family member, Patricia Belliveau. A mother, wife, daughter (and daughter in-law), sister (and sister in-law), aunt, colleague, and friend; Pat had a kind heart, thoughtful nature, and a wicked sense of humour.

Heaven gained an angel in Patricia on January 6, 2021, following a courageous battle with cancer. She was predeceased by her Mother (Evelyn Lee) and Father (Gerald Lee) and is survived by her husband (Chuck Belliveau), son (Ryan Belliveau), brother (Ken Lee), and multiple extended family members.

Patricia's life will be celebrated by us all, and further information, including an obituary and memorial greeting, will be available shortly at Choice Memorial: www.choicememorial.com

Submitted by Pat's Family.



It is with great sadness that we acknowledge the passing of Patricia Belliveau. Pat and Chuck moved into Sarcee Meadows on April 1, 1998. Pat joined the office staff in November of 1999 and remained a valued member of the team until her passing. Pat is survived by her husband Chuck, son Ryan, and brother Ken.

Pat liked trips to Cuba, she enjoyed Metallica and Tequila. Pat was fierce and kind, known in the office as the "Sweetheart Sheriff", she leaves an indelible mark on this community and those who loved her dearly.

Submitted on behalf of the SMHC Staff

Seniors Birthday Celebrations During This Covid-19 Pandemic

Submitted by Kathy Aubichon for the Women's Circle

We have received such a favorable response to our birthday / anniversary short and distanced visits and pictures in the newsletter that the Women's Circle have decided to continue with these special celebrations for 2021.

The number of seniors on our birthday / anniversary list continues to grow as you all keep letting us know of your special day. Currently we have 78 seniors' birthdays / anniversaries on our list for 2021.

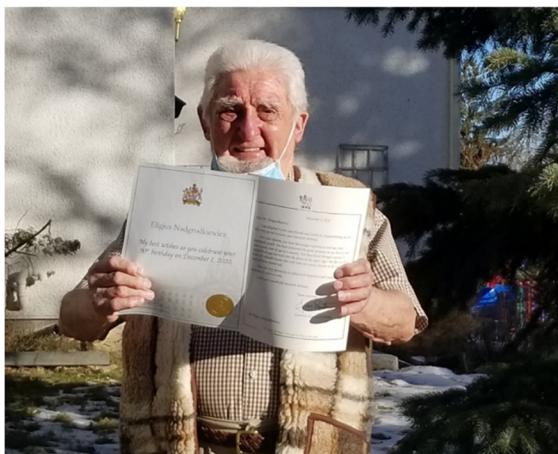
If you know a senior, or if you are a senior, (65 or older) and would like a birthday acknowledgement or if you are celebrating a wedding anniversary of 40 years or more, please send me an email to kaubicho@shaw.ca or phone/text me at 403-629-0400 and the Women's Circle will do our best to make it happen.

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

Pictured below is a part of our 2020 birthday celebration crew before masks and social distancing was a thing. Thank you to this group and to those not in this picture for all of your help spreading joy to some of our seniors that celebrated a birthday in 2020.



Daryl Sedor → – celebrated his 72nd birthday this past year. He and his wife have made SMHC their home since 1978. I want to share with you an excerpt from the SMHC 30-year anniversary newsletter – Daryl wrote “...7-8 months after moving into SMHC I got a knock at my door from our neighbour, Ian Randall who was on the board. He asked if I would be interested in serving on the board as someone had resigned and they were in need of someone to fill the position. I was in my mid-twenties and had never served on anything in my days. A lot of “Oh, come on you can do it.” “It doesn’t take up much time.” “It’s easy.” All the sales pitches were given. I thought that I could give this a try as it was something new in my life. It got me started in all my involvements.” Well fast forward 42 years later and Daryl has served on countless committees and on the board several times. Daryl is a well-known fixture of SMHC and is loved by so many of us. Cheers to many more amazing years ahead Daryl.



← **Eli Nadgrodkiewicz** – celebrated his 90th birthday this past year. Eli and his wife Joanna moved into SMHC in 1993. I would like to share with you the special note that we received from Eli: “Thank you very much for remembering me and my birthday. Thank you for your best wishes and gifts. Your visit, Ladies, was pleasant surprise for me. I wish to thank you and all who remember about me WITH ALL MY HEART. The letters received from the Premier of Alberta and the Governor General of Canada are of special importance to me. THANK YOU, LADIES, - YOU MADE MY DAY MORE HAPPY AND BRIGHT.”

Joanna Nadgrodkiewicz → – celebrated her 83rd birthday this past year. She has lived in SMHC for 27 years and is proud to call this place home. She is an avid gardener and enjoys sitting in her backyard amongst her beautiful flowers. When Joanna isn’t gardening you can often times find her at the piano. She said “sometimes I play the piano to cheer myself up and then...I admire and thank my neighbours for their patience.”



← **Mary Stenhouse** – celebrated her 79th birthday this past year. Mary and her late husband Ross moved into SMHC in 1982 with their 3 sons. She has sat on the board and a number of committees. Mary is most well-known for her love of baking, knitting, crocheting and singing. Many of us here in SMHC have been recipients of her cookies, loaves, dish clothes and more. Her generosity knows no bounds. Mary is eagerly awaiting the day she can get back to singing in her church choir.

Maria Brogowski → – celebrated her 67th birthday this past year. She has spent many years on the Finance committee. Two well known passions of Maria are her children/grandchildren and gardening. Maria enjoys sitting out on her back-patio marveling at the beauty of her backyard which is covered in the most amazing flowers and shrubs.



←Randy Senft – celebrated his 74th birthday this past year. He and his wife moved into SMHC in 1971. They are one of the first members of SMHC. Randy has served on the board and on many committees along the way. As I am writing this, I am being very careful with my grammar and spelling. 😊 Randy and Sharon are members of Bethany Chapel. One of Randy's great passions is AARCS Alberta Animal Rescue Crew Society. They help provide care for sick and wounded animals so they can recover and become someone's furever pet, companion, best and loyal friend. Keep fighting the good fight. You are surrounded by lots of love and support.

Margaret Van Der Meer → – celebrated her 73rd birthday on Christmas Day. She is a true blessing to us all. SMHC has been her home since 1973. Margaret is one of the many treasures of SMHC. She always greets everyone with a friendly smile and good conversation. She has been a volunteer on various committees for a number of years.



Slawa Gruszczynska → – celebrated her 73rd birthday this past year. Slawa moved into SMHC with her daughter Erica in 1995. I could write a book about this lady and her generous heart. Slawa does so much work behind the scenes here at SMHC and beyond but does so in the background. She doesn't like to take credit for her hard work and initiatives. She is the epitome of what the Women's Circle stands for. Her love and compassion know no bounds. Slawa is well known by everyone here in SMHC for her big beautiful and welcoming smile and also her big bear of a dog Buster which she adores.



A Poem For 2021

Here's a new year upon us, it's 2021
Despite it all, we are here, time marches on
Massive piles of snow will take time to melt
In the year's first days some warmth we have felt

Yes, the virus is still with us, please take care
But vaccines are also coming, hope is in the air
2020 changed our lives, no doubting that a bit
Embrace the change and seek all the good in it

Last year brought us visions of hurt, hate and strife
Time for us to work toward a clear and loving life
The many ways we differ make humans of us all
When humans come together, we all can stand tall

May this year 2021 be a turning point for mankind
A brighter warmer future I hope that we can find
Wishing you a Happy New Year full of love and caring
Be present in the world, share yourself, and be daring!

*Copr. January 2021
Jenn Jenkinson*



Happy New Year!

♦Just for Fun!♦

Big Soft Ginger Cookies:

<https://www.tasteofhome.com/recipes/big-soft-ginger-cookies/>

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

Ingredients:

- 3/4 cup butter, softened
- 1 cup sugar
- 1 large egg, room temperature
- 1/4 cup molasses
- 2-1/4 cups all-purpose flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon salt
- Additional sugar



Directions:

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and molasses. Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to the creamed mixture and mix well.
2. Roll into 1-1/2-in. balls, then roll in sugar. Place 2 in. apart on ungreased baking sheets. Bake at 350° until puffy and lightly browned, 10-12 minutes. Remove to wire racks to cool.

Chocolate Chai Mini Loaves:

<https://www.tasteofhome.com/recipes/chocolate-chai-mini-loaves/>

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:

- 2 ounces semisweet chocolate, chopped
- 1/2 cup water
- 1/2 cup butter, softened
- 1 cup packed brown sugar
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 3 tablespoons chai tea latte mix
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sour cream

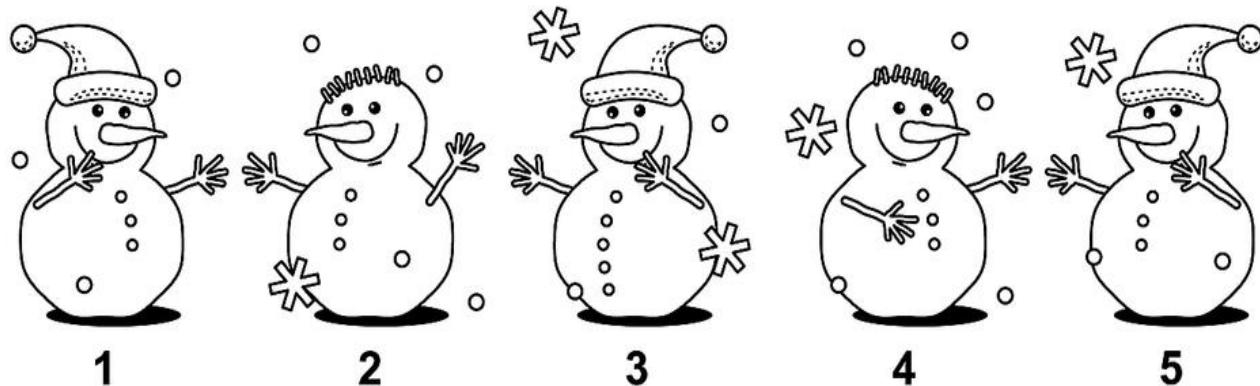
Frosting:

- 1 cup confectioners' sugar
- 1 tablespoon butter, softened
- 1 tablespoon chai tea latte mix
- 1/2 teaspoon vanilla extract
- 4 to 5 teaspoons whole milk

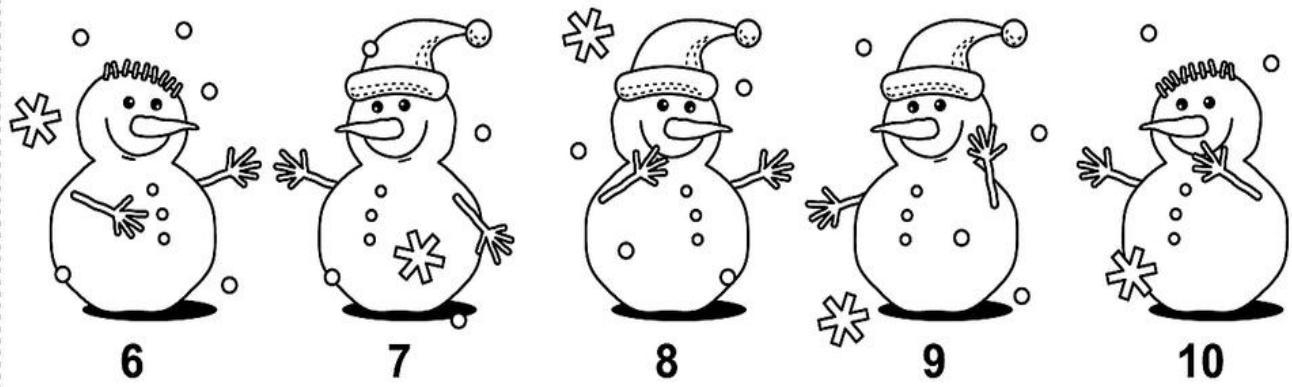
Directions

1. In a microwave, melt chocolate with the water; stir until smooth. Cool slightly. In a large bowl, cream butter and brown sugar until light and fluffy. Add 1 egg at a time, beating well after each addition. Beat in vanilla, then chocolate mixture.
2. Combine the flour, latte mix, baking soda and salt; add to creamed mixture alternately with sour cream.
3. Transfer to 3 greased 5-3/4x3x2-in. loaf pans. Bake at 350° for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to a wire rack to cool completely.
4. For frosting, combine the confectioners' sugar, butter, latte mix, vanilla and enough milk to achieve desired consistency. Frost tops of loaves.

Find the two identical pictures.



1 2 3 4 5



6 7 8 9 10

ANSWER: 4, 6.

♦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.



Pandemic Friendly Personal Training

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

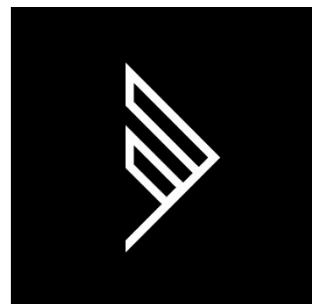
- I offer both training sessions in a gym AND safely from your home via virtual training. No equipment needed but is an asset if you have any!
- Can be both private and/or group sessions. I can train you with your significant other, family or even friends ANYWHERE in the world! So, you don't even have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



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



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 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. 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

Psychic/Mediumship

Card Readings

Crystal Grids

Personalized Crystal Kits

Book a Party

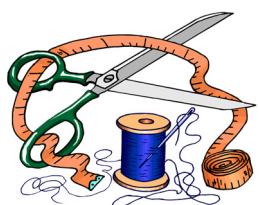
Organizational Assistant – organize your space to help energize the flow of your home and life.

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





Knife Sharpening

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.



Fox Painting Ltd - Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial. Contact Derek Adamski for a quote – Office Phone – 403-203-4044, Cellphone – 403-616-7044, Email derekadamski@shaw.ca

Raven's nest Dayhome



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

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



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

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

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

For Sale:

DVD and VHS Movies for \$2.00 each (unless otherwise noted). Call Ewa: 403-235-4562.

DVD for Children and Teenagers:

- | | | |
|--|--|-----------------------|
| - See Spot Run | - Hotel for Dogs | - White Fang |
| - Lassie | - Two Brothers | - Jungle Book |
| - Leo the Lion: 1, 2, & 3 | - Safari | - Little Manhattan |
| - All Roads Lead Home | - Escape from Wildcat Canyon | - True Heart |
| - Shirley Temple classics | - Cheaper by the Dozens 2 | - The Little Princess |
| - Heidi | - Take the Lead | |
| - Jerky Turkey (cartoon classics) | - The Magic Traveller - Komodo Dragons | |
| - Hamateur Night Hollywood Classics (cartoon classics) | | |

DVD for Adults:

- | | | |
|-------------------------|------------------------------------|-----------------|
| - Shall we Dance? | - Charlie Chaplin - 4 DVD | - Utopia |
| - Catch Me if You Can | - My Big Fat Greek wedding | - Dave |
| - What a Girl Wants | - Golf Course Etiquette and Safety | - Roman Holiday |
| - Unexplained Mysteries | - Salt | |

VHS for Young Children:

- The Little Mermaid
- Cartoon Classics
- An All Dogs Christmas Carol
- Pocahontas
- How the Grinch Stole Christmas
- The Berenstain Bears Forget Their Manners
- Where is Spot? / Is Spot Hiding Behind the Fence?
- Snow White Sing Along Songs
- A Troll in Central Park
- The Muppet Christmas Carol
- The Book of Pooh
- Brother Bear on My Way - Sing along songs
- The Secret of NIMH 2 Timmy to the Rescue
- 50 of your Classic Cartoons – 6 hours
- Bambi
- The King and I
- Cinderella
- Winnie The Pooh

VHS Family Movies / Older children:

- The Mighty Ducks 2
- Are We There Yet?
- Annie - 2 different ones
- The Secret Garden
- Like Mike
- Dunston Checks In
- Prancer
- Pay it Forward
- Nutcracker on Ice
- Little Buddha
- Big Daddy
- Pollyanna
- Old Yeller
- Return to Oz
- Mary Poppins
- E. T. - 1982 - **\$5.00**
- Little Man Tate
- Doctor Dolittle (1967)
- Doctor Dolittle (with Eddie Murphy)
- North
- Santa Clause
- The Parent Trap
- Max Keeble's Big Move
- The Mighty
- Amazing Panda Adventure
- Getting Even with Dad
- The Jungle Book
- My Girl
- Free Willy 2
- Larger Than Life
- White Fang 2
- The Sound of Music
- Anne of Green Gables (4 tapes)
- Three Men and a Little Lady
- Bigfoot
- Dr. Dolittle 2
- Jack Frost
- Santa Clause 2
- Anastasia
- Beethoven
- Prancer Returns
- The Borrowers
- Moby Dick
- Tom Sawyer
- Free Willy
- Gremlins 2
- Homeward Bound
- The Cure
- Alaska
- The Bear

VHS for Teenagers:

- Before Sunrise
- Honey
- Race the Sun
- Blue Crash
- Mad About Mambo
- Not Another Teen Movie
- Center stage
- The Lost World – Jurassic Park
- Bring It On
- Class Act
- Dirty Dancing

VHS for Adults:

- A Good Man in Africa
- Anaconda
- Another You
- Boys
- Good Morning Vietnam
- The Boys of Algonquin
- Pride and Prejudice Volume 1
- To Dance with the White Dog
- Dancer in the Dark
- Crocodile Dundee **\$4.00**
- Fiddler on the Roof **\$4.00**
- Under the Tuscan Sun
- In America
- Never Been Kissed
- The Man Without a Face
- The Snows of Kilimanjaro
- Love Don't Cost a Thing
- Eraser
- Serial mom
- Breaking Away
- The Mosquito Coast
- Air America
- Anna and the King
- The Green Mile
- Woman vs. Men
- Shining Through **\$4.00**
- That Old Feeling
- Cabaret
- The Bridges of Madison Country
- Start Trek: First contact
- Crocodile Dundee in Los Angeles **\$4.00**
- Dances with Wolves
- Trading Places
- Escape from Alcatraz
- Beverly Hills Cop
- I Love You, I Love You Not
- Oscar and Lucinda
- The Lion in Winter
- The Fast and Furious
- The Survivors
- Great Expectations
- Volcano
- Airforce One
- Angel Eyes
- The Great Escape
- Boys on the Side
- Nell
- Regarding Henry
- You've Got Mail
- Predator
- Sweet Sixteen
- Chocolat
- Flashdance
- Casablanca
- Rio Grande
- Hanging Up
- Gridlock'd
- One Trick Pony
- Super Sucker
- Nine Months
- Mother
- Woman on Top
- The Last Emperor

- Bill Cosby at 49
- Dead Poets Society
- Seven Brides for Seven Brothers
- Instinct
- Dance with a Stranger
- Songcatcher
- Black Knight
- The Diary of Anne Frank
- They Call Me Trinity
- The Great Waltz
- Love and Basketball
- Mumford
- West Side Story
- Spartacus
- Back to the Future 1,2, & 3
- Cop and a Half
- Forest Gump
- Star Wars Episode 1 – The Phantom Menace
- The Indiana Jones Trilogy (Raiders of the Lost Ark, Indiana Jones and the Temple of Doom, Indiana Jones and the Last Crusade) **\$6.00**
- Bulletproof
- One Flew Over the Cuckoo's Nest
- Muse
- The People
- Fools Rush In
- The Rookie
- It's a Mad, Mad, Mad, Mad World
- Singing in the Rain
- Kissing a Fool
- Clear and Present Danger
- Gigli
- Brigadoon
- Sarah Plain and Tall
- Being John Malkovich
- Legend
- Sense and sensibility
- Seven years in Tibet
- Can Death Begin in the Colon?
- Light it Up
- Green Card
- Trapped
- The Innocent
- Rebound
- The Rock
- The Sixth Sense
- Spaceballs
- Boat Trip
- Witness
- Patriot Games
- That Darn Cat
- The Animal
- Mr. Bean
- Money Talks
- The Money Pit
- Ghost

VHS – Nature

- Marty Stouffer's – Wild America – the first 10 years
- National Geographic:
 - o Seasons in the Sea
 - o China: Beyond the Cloud
 - o Dinosaur Hunters
 - o Killer whales: wolves of the sea
- Eyewitness:
 - o Desert
 - o Jungle
 - o Arctic and Antarctic
 - o Ocean
 - o Pond and river
- Zoo Life with Jack Hanna: Himalayan Adventure
- First breath: Cradle in the Sea
- The Trials of Life:
 - o Hunting and Escaping
 - o Homemaking
- Reader's Digest:
 - o Wildlife Fantasia
 - o Nature's Serenade
 - o Nature's Symphony
 - o From the Amazon to the Arctic
 - o From Venice to the Nile
 - o From the Outback to Shangri-La
- Reader's Digest: America's Wilderness:
 - o Forest, Wetland, Seacoast
 - o River, Glacier, Meadow
 - o Desert, Mountain, Canyon
- The Wonders of God's Creation:
 - o Animal Kingdom
 - o Planet Earth
 - o Human Life

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**

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: Bernice Paul

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

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing janine@sarceemeadows.coop



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.



You Are Key To The Success Of Our Cooperative!

Notice of

UPCOMING ELECTION FOR SIX UNFILLED POSITIONS ON SARCEE MEADOWS BOARD OF DIRECTORS

As a result of the revised number and rotation of our Board and two resignations, there will be SIX vacant positions at the Board table. These are: 3- THREE YEAR terms, 1- TWO YEAR terms and 2- ONE YEAR terms. Elections will be held in March 2021 at our ANNUAL GENERAL MEETING.

WE NEED SMHC MEMBERS TO SERVE!!!

***With the variety of background knowledge and experience that our members possess, EVERYONE is always needed to continue building our housing cooperative into all that it can be.

By volunteering now, YOUR serving a board term is a great way to gain some valuable experience and skills.

Please consider this OPPORTUNITY and allow your name to stand for a board position at this time***

You are eligible to run for one of these positions if:

- You are a registered shareholder
- You are a member in good standing
- You are 18 or over.

We encourage you to file your Application as soon as possible, and email it to
gm@sarceemeadows.coop, or drop it off at the office (B50) Submit by: **Mon. Feb. 8th, 2021**
If you have any questions please phone or email the Elections Committee or the office.

Your Voice is important - Looking forward to Your Participation!

For complete information on the position of SMHC director, please read your copy of Sarcee Meadows Housing Co-operative Ltd. By-laws Page 16: (8.1 to 8.16) Board of Directors, (9.1 to 9.8) Board Meetings (10.1 to 10.6) Officers and Duties.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

**APPLICATION FOR THE POSITION OF
DIRECTORS OF SMHC**

NAME: _____ **UNIT#** _____

To help our members determine their voting choices, please tell us a little about yourself and your reason for wanting to serve on the SMHC board of directors.

I verify that, as per Sarcee Meadows Housing Cooperative Ltd. Bylaws Sections 8.3 and 8.11, I am eligible to serve on the SMHC Board of Directors.

I accept the nomination for Director of Sarcee Meadows Housing Co-operative and have read and understood the Ethical Conduct Agreement. (Copy is available from H531)

If elected, I will provide a Police Information Check and will sign the Ethical Conduct Agreement for Directors of Sarcee Meadows Housing Co-operative Ltd.

Signature

Date