



# Connections

*Your SMHC Newsletter*

*February 2021*

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**BOARD OF DIRECTORS REPORT:**

Happy Valentine's Day ♥♥♥

This month is heart month and that means different things to different folks. There are many ways to celebrate heart month such as giving to Alberta Health and Stroke, just walking to exercise your heart and keep it strong or doing something nice for someone else or yourself. May you spend or do thoughtful things for others and yourself on St. Valentine's Day.

Elections are calling for members to consider running for a Board position. The deadline for applications is Monday, February 8 close of business and you can pick up an application from the office and email it to [gm@sarceemeadows.coop](mailto:gm@sarceemeadows.coop). We love opening our Board Meetings to those members interested in running for a Board position. The participant(s) experience a Board meeting and can ask questions of Board members after the non-confidential Board proceedings.

Again, we remind members to mark on their calendars the date of our Annual General Meeting, Wednesday, March 10, 2021. Jon and the Board are working closely together on how we will hold this meeting. Stay tuned for further updates from our General Manager!

Also, February is Black History month...something Canada has been celebrating since 1995 thanks to the first Black Canadian woman Member of Parliament, the Hon. Jean Augustine. This month is a time to reflect on the stories and accomplishments of Canada's Black Community.

It's not the years in your life that count. It's the life in your years. —Abraham Lincoln

Stay safe members! ♥♥♥

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



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

As I sit here writing my first General Manager's report to members watching the snow fall, I am surprised at how quickly my first month has gone. It has been an incredible month full of learning, meeting new people and understanding the priorities facing Sarcee Meadows as we move into the future.

To that we have issued two requests for proposals to help us continue to provide you an incredible community to call home. The first is for our auditor. As you know we were forced to appoint an emergency replacement auditor for this year due to Dennis's personal issues. We wish Dennis all the best in the future. The RFP process will be completed in the next week and presented to the Finance Committee and Board of Directors to bring to you the members at our AGM.

We have also issued one for our landscaping. This is one of the most important services we engage and impacts each and every one of you. As part of this process, we will be entering into a two-year agreement with the successful proponent. Once this is completed, we will send each of you information about the new agreement, so you have a clear understanding of what to expect from our landscaping partner.

While I imagine it is disappointing to some of you that Balzac Billy has predicted 6 more weeks of winter, I'm personally okay with it as it means I get to spend more time skiing and snowboarding. Having a partner who used to compete on the World Cup circuit for snowboarding means I get to go to the mountains frequently to snowboard.

Jon Jackson  
General Manager  
Sarcee Meadows Housing Co-operative Ltd.

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## **◆Committee Reports◆**

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### **EDUCATION & INVOLVEMENT COMMITTEE:**

As part of the mandate to educate our members the Education & Involvement Committee has contributed a couple of items to the Education section of the Connections Newsletter.

The first is a reminder of the Volunteer Rights & Responsibilities that all our volunteers should expect and adhere to when giving their time to SMHC.

The second item is a list of Maintenance Responsibilities for Members that we need all members and residents to follow. This list was compiled based on costly and/or dangerous issues that the maintenance department have come across, but that can easily be avoided. We will be publishing this list several times a year to make sure these responsibilities are always in our minds.

Check out pages 5 & 6 for these important education items.

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## **ELECTIONS COMMITTEE:**

### **READY - SET - YES!**

You've made your New Year's Resolution to Set Sail for new adventures - talked to family, friends & former board members - rearranged your schedule so you've the time and

**Yes!** – I'm ready to run for Board of Directors this year...

**Yes!** – I've some ideas I'd like to propose...

**Yes!** – I'm willing to set aside time last Wed. of each month to work with others on them...

**Yes!** – I know deadline is Mon. Feb. 8<sup>th</sup> so I'm filling in my nomination/application form ! now !

And most importantly ...

**Yes!** – I will be participating in the decision making for the future of SMHC!

Working together.



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## **NEWSLETTER COMMITTEE**

Greetings from the Newsletter Committee.

As always, we have been busy this month compiling another edition for your reading enjoyment.

The month of February is traditionally marked by not only a celebration of Valentine's Day, but also Black History month.

Sarcee Meadows Housing Cooperative's membership proudly includes numerous families and individuals who represent this brilliant, beautiful, and complex community. Although the Covid 19 pandemic may prevent some of the usual events or special presentations to take place, most likely there will be opportunities to find valuable educational gems available virtually. The Newsletter Committee would like very much to receive any articles, poems, or stories from members of Afro-American

background, to share with others. Informal education is the most effective way to remove intercultural barriers. Fortunately, our Cooperative is making great strides toward achieving increased harmony among our members.

Esi Edugyan, internationally known novelist who has twice won the Scotiabank Giller Prize in 2011 and 2018, used to live in our Coop. Esi's family is still part of our membership. She recently made a point in a Maclean's magazine article that "The weight of change should not rest on the shoulders of Black people". Everyone must do the work.

The good news is that our Sarcee Meadows's community shows clear signs of striving toward positive, intergenerational social changes across cultures. Together we are better!

And remember: Everyone smiles in the same language.

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### **PROPERTY ENHANCEMENT COMMITTEE:**

With winter in full swing the parking lots can have a lot of ice at times; please slow down when driving in and out of the parking lot.

Be careful with slippery sidewalks as well. As always, ice melt is available at the office.

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### **PROPERTY MAINTENANCE COMMITTEE:**

Furnace information:

- Check the furnace filter once a month and replace it if it is dirty. Replace the filter at least every 3 months. Filters are free at the office.
- Running the furnace fan is pulling in the cold air from outside, try not to run the fan in the colder months.
- If your thermostat stops working, try turning it off and then back on this should restart it.
- Check the exhaust pipes on the outside of the unit for ice buildup.
- For our members convenience our furnace staff member will be servicing the humidifier, where applicable, any parts requiring replacement will be charged to the member.

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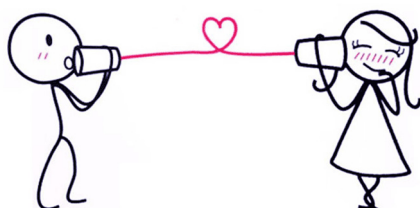
### **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:**

The committee is continuing to meet virtually as we try to navigate our way through these trying times.

Although we will not be able to hold our annual Easter Egg Hunt, we will still be celebrating with some hand delivered goodies to our youth. Currently all our other yearly functions are on hold pending further information regarding gathering restrictions.

In the spirit of this committee, we are encouraging everyone to interact with your neighbours in a socially distanced and responsible way.

We will get through this!



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# **◆Education◆**

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

## HOUSING POLICY

SUBJECT: **Volunteer Rights and Responsibilities**

ORIGINAL DATE OF APPROVAL: January 29, 1996

APPROVED BY: Membership

DATE OF AMENDMENT OR REPLACEMENT: April 2019

<b>VOLUNTEER RIGHTS</b>
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### **ALL VOLUNTEERS HAVE THE RIGHT TO:**

- A clear job description and to know what is expected of them.
- A suitable assignment - with consideration for personal preference, temperament, life experiences, education, and employment background.
- Know as much as possible about co-op management [its policies, its people, and its problems] and to be told how their work fits into the overall management.
- Be asked how the job should be done.
- Continued education on the job - by someone who is experienced, patient, well-informed and thoughtful, and who has the time to invest in giving guidance.
- To be heard - to have a part in planning, to feel free to make suggestions, to have respect shown for an honest opinion.
- To be recognized - through day-to-day expressions of appreciation, and most importantly to be treated as a valued worker.

[portions of this document were taken from CHF Canada samples]

<b>VOLUNTEER RESPONSIBILITIES</b>
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### **ALL VOLUNTEERS WOULD BE EXPECTED TO:**

- Do their volunteer work to the best of their ability.
- Take on only as much as they can handle. Don't volunteer for a job if you don't have the time to do it.
- Report regularly to the committee on assigned tasks.
- Be ready to learn new skills to help them to do a better job.
- Ask themselves why they are volunteering. Volunteers should be aware of how much commitment is needed to get the job done. To volunteer is to make a promise, Volunteers must be ready to keep their promise.
- Be quick to praise a job that's well-done and offer criticism when it's constructive. Help a fellow volunteer!
- Listen to what others have to say about the work. Ask others for suggestions when you are having a problem.
- Give plenty of notice if they are unable to continue their volunteer work.

[portions of this document were taken from CHF Canada samples]

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## **MAINTENANCE RESPONSIBILITIES FOR MEMBERS**

- Toilet paper **ONLY** in toilet – **NOTHING ELSE** – **NO** kitty litter, feminine products, wipes, etc.
  - **DO NOT** put grease down any drains. Wipe grease from pan and dispose of wipe AND grease in compost.
  - **DO NOT** pour boiling water down kitchen sink without cold water running in the sink as well. Boiling water alone can crack our pipes.
  - Use only SMHC furnace filters; they are suited for our furnaces.
  - If you have pets, clean your cold air returns twice a year.
  - All firearms and ammunition must be properly stored in accordance with federal regulations – in a locked box or cabinet.
  - **NO** gunpowder shall be stored in any units or outbuildings.
  - Call B50 for **ALL** electrical or plumbing issues.
  - Do not remove any tiles or wood paneling that are nailed or glued to the interior walls.
  - Report mice in unit or any other suspicious pest activity, to B50.
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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, 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](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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### **Kudos to the Leadership of SMHC – It is time to say, “Thank you”.**

SMHC is continually looking ahead and developing ideas and strategies to maintain the long- and short-term sustainability.

Our stellar Board of Directors, unbelievably resilient administration staff, and efficient maintenance team, are the driving force to always serve its members well.

The year 2020 was for our Board of Directors, Administration and Maintenance team a year of unprecedented challenges:

- ❖ Life cycle maintenance issues
- ❖ Staggering work orders
- ❖ Unexpected long term staff's health issues
- ❖ Need to hire new staff
- ❖ COVID 19 pandemic
- ❖ Few board members stepped down
- ❖ And more.....

However, with these challenges, a series of great opportunities and positive changes took place.

The wonderful Lee-Ann Bainbridge and Paula Simmons joined our staff team and shared their rich professional experience and allowed our cooperative to make significant positive strides forward toward a better future. Lee-Ann has since returned to her post-secondary career roots, so we now welcome Jon Jackson to our leadership team.

Cathy Swift chose to enhance her education and as a result was a successful candidate for the Financial Services Coordinator's position. "Spectacular achievement is always preceded by spectacular preparation". Good job.

The maintenance compound has been purged and it looks so nice and clean.

The Board and committees worked together hand in hand and made significant positive changes to some of our coop's operations, bringing not only improvements but savings.

On behalf of SMHC membership, the Newsletter Committee would like to recognize the amazing efforts, hard work and significant results of all Board members, administration staff and maintenance team during this past year.

We thank you for your dedication, patience, being proactive and so supportive. We wish you a New Year that will surround you with health, joy, professional satisfaction, prosperity, and kind people.

With best wishes, Slawa Gruszczynska, on behalf of the Newsletter Committee



Please accept my heartfelt thanks to each and everyone of you for taking time to send a note, a card, flowers, a message, a phone call, or to stop by and talk, remembering Pat and sharing your memories of her with me and Ryan. There are no adequate words to express how much every single gesture has meant.

I know that Pat would have been thrilled & happy seeing the very generous outpouring of donations from our little 'village' that went to the Be the Change in her name. Sincere thanks to Kathy Aubichon and to the Women's Circle for receiving, organizing, and delivering to "Be the Change" and for continuing to accept donations that will be delivered February.

SMHC became 'home' to Pat, Ryan, and me, 23 years ago. We have always considered ourselves so fortunate to be a part of this community. Over the past weeks I have truly had the chance to see and to feel how so many of you cared about Pat and about our family. There are no adequate words to express how much this has meant to us; I will never forget the support and kindness you have shown to Ryan and me.

A special Thank you to the Staff who made her last days here at SMHC easier and better for her. Also, a special thank you to Laurie Altilio and BJ Coates for their friendship and support to Pat in her last days.

Losing Pat during the pandemic has brought with it other 'challenges', not the least of which has been not being able to gather together and celebrate her life the way we would like to. Once it is safe to do so again, I sincerely hope you will join us. I will share the details of that celebration in a future Connections.

On behalf of myself, my son Ryan, and our extended families, thank you.

Chuck Belliveau

## Donations to The Homeless in Memory of Pat Belliveau

Submitted by Kathy Aubichon for the Women's Circle

Thank you so much to the members of SMHC and the Women's Circle for answering the call for donations in memory of our dear friend and neighbor Pat Belliveau.

On Wednesday January 20<sup>th</sup> Pat's husband Chuck Belliveau and I delivered most of your donated items (see list below) to a homeless outreach group called Be The Change YYC on your behalf. Please see their Facebook note below. The remaining donated items have gone to The Mustard Seed and Pure Hearts Trends.



BeTheChangeYYC

21 January at 17:00 · 🌐

...

Last night, January 20, we helped a total of 62 people! We referred clients to DOAP team, [Calgary Alpha House Society](#), that were in vulnerable states of need and handed out lots of referrals.

A special thanks goes out to the members of SMHC and the Women's Circle for all of their donations. [Kathy Aubichon](#) came with her vehicle filled with warm blankets, coats, toques, scarves, tarps, hand/feet warmers, emergency blankets, water, meal replacements, food and so much more. The highlight was 30 two piece baked chicken meals!

The folks at SMHC lost a dear friend and neighbor Pat Belliveau to cancer on January 6th. The members of SMHC wanted to make this donation to the homeless and vulnerable citizens of Calgary in memory of Pat. "Pat is smiling down on us today knowing that those living on the street will have a good dinner tonight and warm items to keep warm," said Kathy.

[#bethechange](#) [#BeTheChangeYYC](#) [#homelessness](#) [#outreach](#)

30	emergency blankets
5	Poly Tarp, 6 x 8-ft
5	Poly Tarp, 8 x 10-ft
64	toe warmers
30	large warmers
5	blanket
2	pillows
10	flashlights
12	men's gloves
9	women's gloves
31	socks
10	scarves
8	toques
2	long johns
3	ladies thick leggings and sweaters
4	womens coats
2	men's coats
3	women's boots
2	pairs of shoes
3	packs of wet wipes
5	face cloths
6	towels
5	deoderant
8	packs of tissue
3	boxes of bandaids
5	tooth brushes
7	tooth paste
5	shampoo / condition
1	bottle handsanitizer

**#Thankyou to the  
Women's Circle  
and SMHC for  
these Donations**

30	two piece baked chicken
24	banana
50	oranges
50	apples
16	cans tuna
175	granola bars
45	pudding
30	fruit cups
50	mini ritz cheese cracker sandwiches
70	bags cheeto cheese puffs
185	mini chocolate bars
100	pieces of candy
49	rice crispy squares
50	fruit snacks
70	wagon wheels
30	applesauce
24	boost meal replacement drinks
100	bottled water

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## **Seniors Birthday Celebrations:**

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

Three more “seniors” birthdays were celebrated over the past few months. I am so happy to report that since the January issue of this newsletter, three additional seniors have let us know when their birthdays are so we can help them to celebrate.

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.



← Pictured here are some of our Women's Circle birthday celebration crew helping to celebrate a birthday this past summer. The kids have so much fun with these birthday celebrations.

**Bev Smith →** – celebrated her 74<sup>th</sup> birthday this year. Bev moved into SMHC in 1982 with her husband and two sons. She has served on the Board of Directors for three separate terms in the past and currently serves on the Entertainment and Social Events Committee and thoroughly enjoys it. Volunteering is a way of life for her. Bev is also known for her involvement in the Girl Guide movement, she was Brown Owl to a pack in Rutland Park for many years. She is sure missing gatherings with friends and neighbors and playing cribbage. Bev is also well-known for her love of family, her generous heart and love of arts and crafts. Her extended family have been a fixture in SMHC for many years and we are better for it.





← **Wayne McAdam** – celebrated his 65<sup>th</sup> birthday this past year. Wayne first moved into Sarcee Meadows in 1972 with his parents in H, and after moving out for a few years he found his way back to SMHC in 1996, 25 years ago. He loves curling. Wayne has been Curling since he was 12 years old. He used to be the manager of the Garrison curling rink ... he curls at least once a week (before Covid). Wayne loves pretty much any sports! The First committee that he started on in Sarcee Meadows was the Playground committee which turned into the Property Enhancement committee. Wayne loves volunteering. He is currently the Chair of the Property Enhancement committee.

↓ **Peter Reynolds** – celebrated his 75<sup>th</sup> birthday this year. Peter and his wife Sally moved into SMHC in 1972. Peter has been delivering internal mail for SMHC since 2009; he has walked a total of 15,000 kms and counting. You can often see him walking thru the complex with his headset on enjoying being out in the fresh air. He always greets everyone with a big smile. Thank you, Peter, for this very important service that you provide us. Peter has always had hobbies. Before he developed arthritis in his hands, he loved woodworking and photography. In the last year he has developed an interest in 3D printing with all its complexities.



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A rectangular image showing a sunset over a mountain range. The sun is low on the horizon, casting a warm orange and yellow glow across the sky and mountains. The quote is centered over the image in a white, bold, sans-serif font.

When the power of love  
overcomes the love of power the  
world will know peace.

Jimi Hendrix



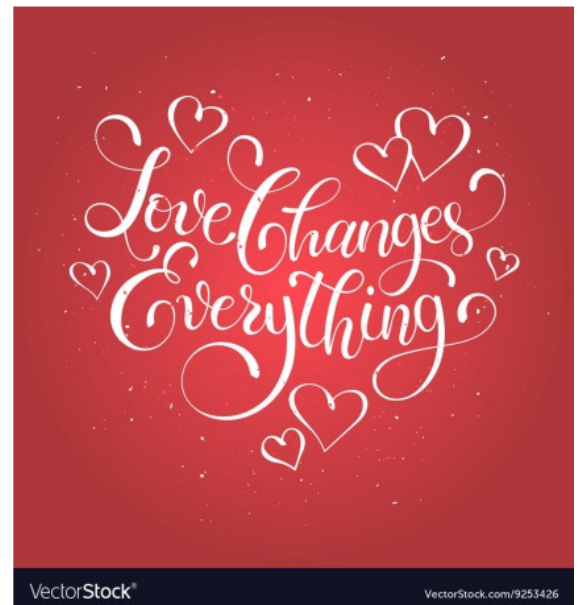
This quote really resonated with me, perhaps in part because Jimi was a musical idol of my youth, but more because of its elegant simplicity.

I believe with all my heart that love is the answer that is overlooked as merely the subject of sugary sweet romance novels or of dreamers. But we dreamers look to what is good and precious in this world with certain awe, don't we? Who has gazed on a sunset over the mighty Rocky Mountains and said, "I love this moment as the sun sets on another day"? Who has looked at a captured image of a mother bear and her cubs and said, "What a lovely and loving image"? We all find things on a daily basis to love about our world, from our families to our pets, from our spectacular natural surroundings to the beautiful flowers we put in this season's garden, from a movie that moves us to tears or laughter to a musical performance that makes us dance with joy or sing out loud.

Love shared or given away is never ever wasted because it grows in the sharing and gets passed on again and again. There is a famous quote that I've carried with me since I was in my late teens, the late 60's early 70's. *"Darkness cannot drive out darkness, only light can do that; Hate cannot drive out hate, only love can do that."* Martin Luther King Jr.

Those words could be a mantra for the times we find ourselves in now. The smallest act of love will multiply. Not long ago I read a story about someone who "paid it forward" at a drive through and each car following did the same for a total of 900 cars before the love chain finally stopped. This is how simple it could be for us all to find a moment, to open a door, to help a neighbour, to buy a coffee for a stranger, to let in that fellow in the next lane who is trying to merge, to share a little of your love with the world. So, let's all show the world our loving souls and wait for the results to create waves of love everywhere! Happy Valentine's Day Everyone!

*Submitted by Jenn Jenkinson*



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# ◆Community News◆

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## **COVID-19 RESOURCES:**

It is important that we all stay up to date on COVID-19 information regardless of our primary language. Translated resources play a vital role in raising health awareness in diverse communities. Check out the websites below for links to translated resources and information.

**Alberta Health Services AHS:** <https://www.albertahealthservices.ca/topics/Page16944.aspx>

**AHS Diversity Liaison website:** <http://diversitycalgary.ca>

**Alberta Health:** <https://www.alberta.ca/covid-19-translated-resources.aspx>

**Health Canada:** <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

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A caregiver required for Senior Couple: Senior Gentleman experiencing Dementia/Alzheimer's

Cougar Ridge SW

30 hrs a week

11-5pm

\$15.00/Hr to start but potential to increase after 1 month

Call for initial screening at number below

F.O.C.U.S on Seniors

Rosbina Nathoo (President) 403-630-7689

*Celebrating 13 years of Community engagement*

***Friendships Opportunities Community Involvement Unity Synergy***

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## **BIG PEN PAL**

### **ARE YOU?**

- 55+ years old
- Looking to make a difference in a young person's life in our community?

Sign up to be a Big Pen Pal in our newest mentorship program!

### **SOME BENEFITS:**

- Connect and build a relationship with a young person in our community
- Reduce isolation during the pandemic
- Increase literacy skills
- Partake in some fun and creativity

### **INTERESTED? PLEASE CONTACT:**

Email: [calgaryrecruitment@bigbrothersbigsisters.ca](mailto:calgaryrecruitment@bigbrothersbigsisters.ca)

Call: 403.919.4716

Visit: [www.bbbscalgary.ca/contactme](http://www.bbbscalgary.ca/contactme) to get started

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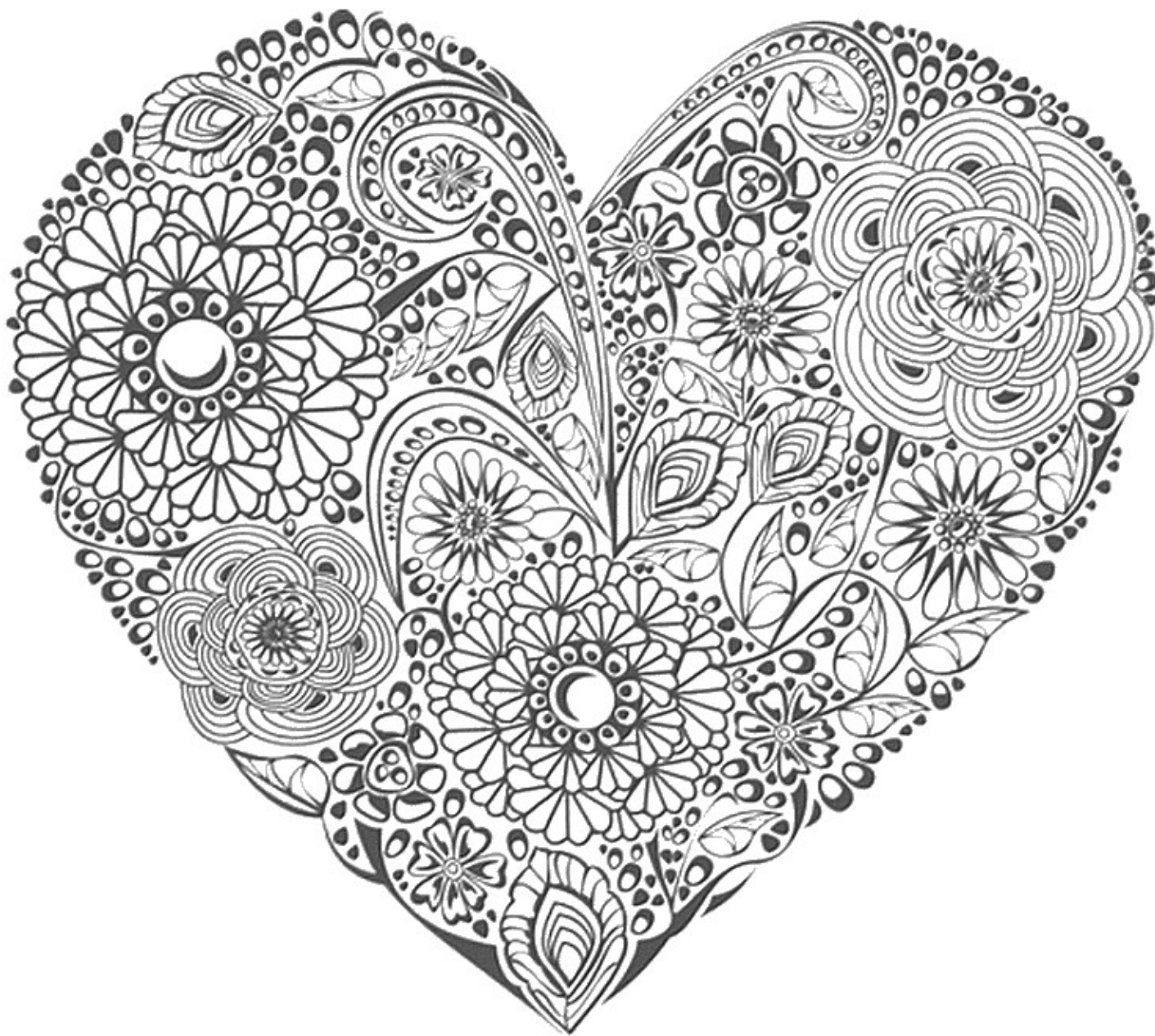


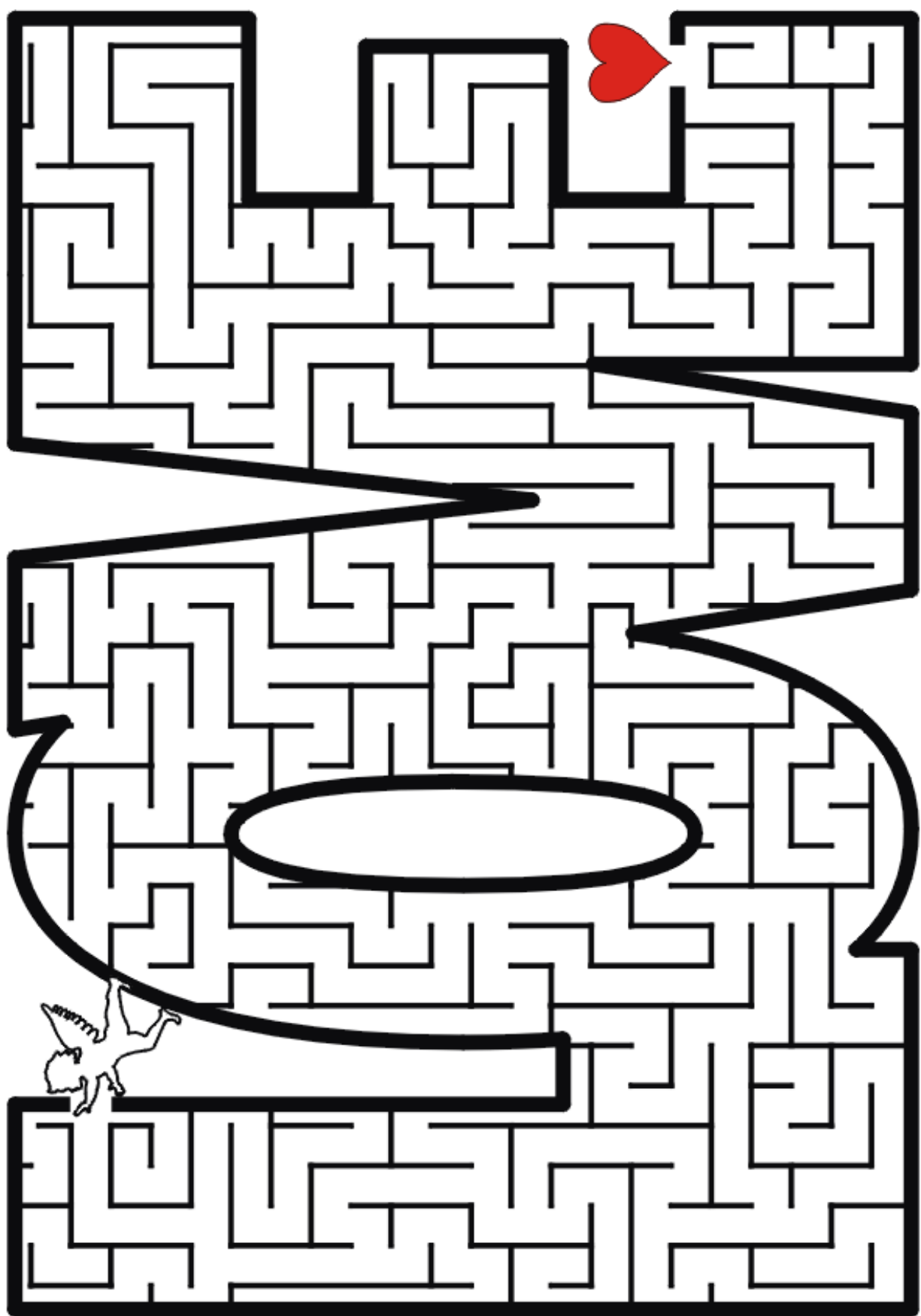
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**◆Just for Fun!◆**

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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.*



A deal too  
big to pass up.

Building residents exclusive rates on Home Services  
when they sign up with TELUS PureFibre.™

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

Contact: GREAT NEWS FIBRE IS  
HERE. CONTACT THE  
SALES TEAM AND GET  
SET UP AN APPONTMENT  
Number 1-855-536-8630



When we're all connected for good, we can #EndBullying.  
Take a stand against cyberbullying and learn about our initiatives at [telus.com/endingbullying](https://telus.com/endingbullying).

\*Offer expires 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 [telus.com/services/terms](https://telus.com/services/terms) 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](https://telus.com/homephone) for details. TELUS, the TELUS logo, TELUS PureFibre, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under license. © 2019 TELUS. 19-1366-55.



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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

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**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.

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**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



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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

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

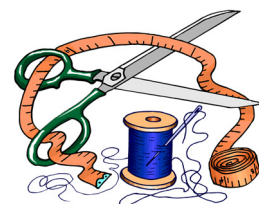
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**Moments Fashion Solutions**

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779 [www.momentsfashion.com](http://www.momentsfashion.com)

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### **Knife Sharpening**

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.



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

## *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)

### **For Sale:**

**DVD - \$2.00 and VHS - \$1.00 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 Traveler - 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 Doolittle (1967)
- Doctor Doolittle (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. Doolittle 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                                                                                                              | - Bulletproof                     | - Light it Up     |
| - Dead Poets Society                                                                                                            | - One Flew Over the Cuckoo's Nest | - Green Card      |
| - Seven Brides for Seven Brothers                                                                                               | - Muse                            | - Trapped         |
| - Instinct                                                                                                                      | - The People                      | - The Innocent    |
| - Dance with a Stranger                                                                                                         | - Fools Rush In                   | - Rebound         |
| - Songcatcher                                                                                                                   | - The Rookie                      | - The Rock        |
| - Black Knight                                                                                                                  | - It's a Mad, Mad, Mad, Mad World | - The Sixth Sense |
| - The Diary of Anne Frank                                                                                                       | - Singing in the Rain             | - Spaceballs      |
| - They Call Me Trinity                                                                                                          | - Kissing a Fool                  | - Boat Trip       |
| - The Great Waltz                                                                                                               | - Clear and Present Danger        | - Witness         |
| - Love and Basketball                                                                                                           | - Gigli                           | - Patriot Games   |
| - Mumford                                                                                                                       | - Brigadoon                       | - That Darn Cat   |
| - West Side Story                                                                                                               | - Sarah Plain and Tall            | - The Animal      |
| - Spartacus                                                                                                                     | - Being John Malkovich            | - Mr. Bean        |
| - Back to the Future 1,2, & 3                                                                                                   | - Legend                          | - Money Talks     |
| - Cop and a Half                                                                                                                | - Sense and sensibility           | - The Money Pit   |
| - Forest Gump                                                                                                                   | - Seven years in Tibet            | - Ghost           |
| - Star Wars Episode 1 – The Phantom Menace                                                                                      | - Can Death Begin in the Colon?   |                   |
| - The Indiana Jones Trilogy (Raiders of the Lost Ark, Indiana Jones and the Temple of Doom, Indiana Jones and the Last Crusade) |                                   |                   |

**\$6.00**

### **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

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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 – Cathy
- 105 – General Manager – Jon
- 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: 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

**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)

