



Connections

Your SMHC Newsletter

March 2021

BOARD OF DIRECTORS REPORT:

So glad those two weeks of deep, deep freeze are finally behind us! While we're still getting the odd snowfall here and there, March (and spring) are almost here!! Just before we reach equal days and nights, St. Patrick's Day will arrive with Easter soon on its heels. With it will also mark one year since the beginning of the COVID-19 lockdown. It is a somber reminder of how long this has gone on, but hopefully as our members begin making appointments to be vaccinated, this first anniversary will also be the last.

If you were born in 1946 or earlier, you can book your COVID-19 vaccination appointment either:

- online at <https://www.alberta.ca/covid19-vaccine.aspx>, or
- by calling 811, or
- by contacting a participating pharmacy (a list can be found at <https://www.ab.bluecross.ca/news/covid-19-immunization-program-information.php>).

Landscaping RFP ongoing – Our landscaping and snow removal contract with Signature Landscaping expires at the end of March. Our General Manager, with the assistance of Maintenance and members, are going through proposals from different companies to find the best fit for Sarcee Meadows. Once a decision has been made, we will let the members know.

Lastly, come to our virtual AGM on Wednesday, March 10th. Keep an eye out for your meeting packages and make sure your voice is heard. We would also like to give a special thank you to those members who put their names forward for consideration in this Board election. Your dedication is what helps to keep our community vibrant, engaged, and alive. It is very much appreciated!

Respectfully submitted by Jeremy Hart on behalf of the Board of Directors



GENERAL MANAGER'S REPORT:

Welcome to spring ... well I hope ... please!

So, I am almost two months into the role, and it has been a whirlwind. RFP for both auditor and landscaping ... sure. Plan and execute a virtual AGM ... why not. Yes, it has been crazy, but it has been interesting, and I am enjoying every minute of it.

I want to say thank you to each and every one of you for your patience and understanding as we plan for our virtual AGM. I know that this is new to most of us, but it is upon us and I believe it will run smoothly. A special thank you to Janine who has run point on the planning of our AGM. I also want to thank the Elections Committee and the Board for their flexibility and accommodations as we created our plan. I look forward to meeting you all virtually.

Our landscaping RFP is progressing very well. We are in the final stages and will be announcing our partner shortly. As part of this we will provide all of you with details around the level of service that we have agreed to so that together we establish levels of expectations for this important service.

Over the last few months, City Council has made a number of decisions and directions to City administration about the future of Richmond Green Park. In November 2020, Council also voted to designate approximately 1.15 million dollars to ascertain ANY/ALL parts of the Richmond Green Park (including the golf course) that could be sold for development, in addition to the baseball diamonds. On top of a huge loss in green space and recreation areas for our community it is being done before the needs assessment for Richmond Green is completed.

Our friends at Rutland Park Community Association have begun a letter writing campaign to City Council and we would encourage you to write a letter as well. Given the short timeframes we are working with I would highly encourage you to email your thoughts versus traditional mail.

For a list of the Mayor's and Council's email addresses please visit:

<https://www.calgary.ca/citycouncil/citycouncil.html>

More information can be found in the Community News section of the newsletter. As well you can find a copy of the letter Rutland Park Community Association has sent to council on our website at:

<http://sarceemeadows.coop/wp-content/uploads/2021/03/richmond-green-letter-to-council.pdf>

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

FROM THE TEAM AT B50:

Volunteer Needed: We are looking for a volunteer to help as a Block Leader for delivering Newsletters to the F, G, and H Block Representatives. Each month a Block Leader receives several packages of newsletters that they then deliver to the Block Representatives for individual delivery to the units. Please contact us if you would like to take on this role.

Members' Monthly Statements: SMHC is aiming to use the least amount of paper as possible. Moving forward the monthly statements will be sent by email to those members who have chosen electronic mailings. If you have chosen this option but would still prefer to have your monthly statement sent on paper please advise Cathy Swift, our Financial Services Coordinator, by email at cathy@sarceemeadows.coop or by phone at 403-246-2746 ext. 104. Thank you.

Respectful Community: We are all going through some difficult times with the pandemic and it is now more than ever that we would like to be able to count on our neighbours to be helpful, respectful, and to watch out for each other.

There have been reports at the office, and on community social media pages, of residents experiencing damage to their property or having things such as eggs or snowballs thrown at their houses. We encourage all members to assist us as we endeavor to keep our community as a safe place for all of us. Please watch over your neighbours and if you see anything like this happening to someone, contact the police. If you discover that any of your property or belongings have been purposefully damaged this should be reported to the police first and then to the office.

By working together, we will keep Sarcee Meadows as a safe and respectful community for all of us, both now and for many generations to come.

Pets: With the nicer weather approaching we can all look forward to more opportunities to get out and about with our families and especially our pets. Please remember that is the responsibility of all pet owners to clean up after our pets while out on walks in the community. There are several garbage bins throughout the complex where pet waste can be disposed of. Better yet, with the use of compostable pet waste bags the red organic waste bins in each lot can be used as well.

Waste and Recycling Bins: On behalf of our members Mike Read, our Maintenance Supervisor, made a request to T & T Disposal Services to have lighter lids installed on the waste and recycling bins to make it easier for all members to open them. We are happy to report that this switch was completed last week.

Your Unit Needs a Check-up

We all get regular check-ups, right? Well ... your unit needs a check-up too! Besides, it has been a long time and we missed everyone so much, we thought why not come to your unit and visit with a maintenance review?

We will send our invite to your unit fourteen days prior to the maintenance review/check-up visit. You do have the option to be or not to be present on that day.

Why a maintenance review?

Because this past year, for your safety and ours, we have gotten behind and unit inspections are to be done every 2 years by two staff members, for the purpose of identifying:

- maintenance and replacement requirements
- health and safety concerns
- standards of care by the resident members to their unit

We will be taking pictures during our visit making notes of any improvements to the unit. If you would like to be in the photo be sure to let us know when we arrive. No make-up or fancy clothes necessary.

Although we know that you as members and residents *always* contact the office with maintenance work orders there may be something you have missed.

Here is a handy check list you might want to look at:

- Floors are free from stains or other damage.
- Walls, ceiling, and woodwork are clean, free of holes, dents, substantial scrapes. Overall condition does not require painting.
- Cleanliness of unit does not pose any health or safety concerns and won't lead to damage of the unit.
- Appliances are clean and in working order.
- Tub and tiles are free of mold, stains, cracks in the grout, or any other damage.
- Bathroom fan works properly.

- Dryer and furnace filters are clean.
 - Furnace and water heater areas are free of clutter and storage is not within a two-foot radius around the furnace area.
 - There is 3 foot clear, direct, and uncluttered access around and to the electrical panel.
 - Taps are in good repair and not dripping.
 - Weather-stripping and threshold seal are in place and in good repair.
 - Unit is free of clutter to assess condition of flooring, countertops, etc. and does not present safety concerns.
 - The yard and deck are not used for storage.
 - The yard is free of animal feces.
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◆Committee Reports◆

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Our committee hopes everyone has been able to get outside at least for a few minutes to enjoy the milder weather we have been experiencing of late.

We continue to meet virtually and cannot wait until we can hold meetings in person once again. Everyone is missing the comradery that is normally enjoyed by this committee.

Sadly, our annual Easter Egg Hunt will not be held due to COVID restrictions. However, we cannot disappoint all our younger members so, members of our committee will be hand delivering Easter treats to all our youth between infants to 18 years of age. Watch for a committee member to ring your doorbell and/or deposit treats in your mailbox between the 29th to 31st of March.

At the moment no further activities have been planned due to the restrictions in place regarding group gatherings. However, this has not stopped us from brainstorming and attempting to find new ways to hold activities and still comply with current restrictions. We hope to bring you some fun, yet COVID safe, events later this year. Stay tuned for further updates.

Stay safe and well everyone and to those that celebrate, Happy Easter.

NEWSLETTER COMMITTEE

Spring is almost here and soon it will be time to move our clocks ahead one hour. We will be “springing forward” on March 14th, 2021.

The COVID numbers are going down and vaccines are rolling out again. Thank you to all member who have been following the health guidelines by physical distancing and wearing a mask. This will help to keep COVID numbers down so that more restrictions can be lifted which will help many businesses that are struggling and allow people to go back to work.

We have a Co-op Trivia Contest running this month. Please refer to the contest page in this newsletter for all the details and be sure to test your co-op knowledge for the chance to win a prize!

Please continue to send us items to include in the Connections Newsletter such as articles, arts & crafts projects, and recipes. Your ideas, suggestions, and feedback are always welcome.

Have a safe and Happy Easter Holiday! Cherish the time you spend with family and loved ones.

PROPERTY ENHANCEMENT COMMITTEE:

- Work orders must go through the office, please do not go directly to the shop staff.
- Please inspect your furnace filter as the furnaces are working extra hard with this recent cold snap.
- Please also inspect your furnaces outside air intake as ice may build up under the pipes. Please be careful when removing this ice.
- Please check the ice build up between your car and the car or cars next to yours. A gravel mixture is available in the yellow bin in each parking lot. If you discover it is running low, please report it to the office, so they can arrange for it to be refilled.
- As always, ice melt and furnace filters are available at the office.

PERSONNEL COMMITTEE:

The Personnel Committee is currently looking for a new member to join our Committee. If you are interested, kindly submit an application request to the office. Human Resources experience is an asset to have, but not a requirement.

Louise Hodder recently resigned from the Committee. We wish her well and want to express our thanks for all she has contributed over the years not only to our Committee but the community. We will miss you Louise!

◆Education◆

March 21st is the **International Day for the Elimination of Racial Discrimination**, an excerpt from the United Nations website provides some background on this important day.

“The International Day for the Elimination of Racial Discrimination is observed annually on the day the police in Sharpeville, South Africa, opened fire and killed 69 people at a peaceful demonstration against apartheid "pass laws" in 1960.

In 1979, the General Assembly adopted a program of activities to be undertaken during the second half of the Decade for Action to Combat Racism and Racial Discrimination. On that occasion, the General Assembly decided that a week of solidarity with the peoples struggling against racism and racial discrimination, beginning on 21 March, would be organized annually in all States.

Since then, the apartheid system in South Africa has been dismantled. Racist laws and practices have been abolished in many countries, and we have built an international framework for fighting racism, guided by the International Convention on the Elimination of Racial Discrimination. The Convention is now nearing universal ratification, yet still, in all regions, too many individuals, communities and societies suffer from the injustice and stigma that racism brings.”

<https://www.un.org/en/observances/end-racism-day>

This historical event, and this declared week of solidarity with those struggling against racism, can also connect to us here in Canada and the contemporary actions being taken to address racism right here at home. Just as in South Africa, Canada has pursued reconciliation to right the wrongs of the past. Both

countries have established Truth and Reconciliation Commissions to discover the truth about our respective pasts and to record that truth, so we do not forget.

To learn how the Government of Canada is working to advance reconciliation and renew the relationship with Indigenous peoples, based on recognition of rights, respect, cooperation and partnership please visit the Government of Canada website on Reconciliation here:

<https://www.rcaanc-cirnac.gc.ca/eng/1400782178444/1529183710887>

Further, to learn how the Government of Canada is responding to the Truth and Reconciliation Commission's 94 Calls to Action, please visit the first topic of the Reconciliation page here:

<https://www.rcaanc-cirnac.gc.ca/eng/1524494530110/1557511412801>

An excerpt:

“To redress the legacy of residential schools and advance reconciliation, in its final report the [Truth and Reconciliation Commission of Canada](#) called on governments, educational and religious institutions, civil society groups and all Canadians to take action on the 94 Calls to Action it identified. On December 15, 2015, the Prime Minister reiterated the Government of Canada’s commitment to implement the recommendations of the commission.

Many pre-existing programs within the Government of Canada already undertake work that responds to the Calls to Action. The information highlighted on these webpages relates to recent developments.

Work continues within the Government of Canada to advance the Calls to Action.”

To show support for these actions the Newsletter Committee would like to share our own Treaty 7 Territory Land Acknowledgement:

In the spirit of reconciliation, we acknowledge that we, the members of the Newsletter Committee of Sarcee Meadows Housing Cooperative, live on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut’ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

(Modified from - <https://calgaryfoundation.org/about-us/reconciliation/land-acknowledgement/>)



Have you immigrated to Canada in the last five years?

If yes, we would like to know who or what helped you as you settled into life in Calgary.

The survey will take 10-15 minutes to complete and is available in 14 languages. Completed survey responses will be placed in a draw for one of ten \$50 gift cards. Scan the QR code or visit clipnewcomersurvey.questionpro.ca.



In partnership with:



◆Community News◆

RUTLAND PARK COMMUNITY ASSOCIATION:

Rutland Park Community Garden

“To plant a garden is to plant hope.” – Anonymous

Who couldn't use a little hope these days? So, whether it's hope you're looking for or a selection of fresh vegetables/flowers, we have the answer.

Why not join us at the Rutland Park Community Garden, located right next to the Rutland Park Community Hall on 40th Avenue SW. This opportunity is open to the residents of Rutland Park, Currie Barracks and Lincoln Park.

Please ensure that you hold a current Rutland Park Community Association membership before you submit your application. (As a resident of SMHC you already have a membership to the Association). Annual garden bed rental is \$25 (payable by cash, or cheque) and payment is due with your signed application.

Please get in touch with Ben Seaman to apply. His contact information is as follows:

b.seaman@telus.net

(403) 585-3894

Sign up soon as garden plots are going quickly. Hope to see you at the Spring Prep on May 9th, 2021.



The City is looking to sell off parts of Richmond Green Park, starting with the upper baseball diamonds. This is being pushed through in Q1 with the intent that Council will vote on the proposal in June/July. **We need your support to STOP this process.**

This is a major/regional park that is intended to offset the density approved for Currie Barracks (12000+ residents). It is supposed to be protected under the revised CFB West Master Plan, and Currie regional pathways are designed to connect to this space.

Permitting the piecemeal sale of this major park sets a dangerous precedent for all of our major parks (like Nose Hill, Stanley, Bowness, Fish Creek, etc). The Pandemic has shown us that we need MORE green space, not less. Your voices are needed to STOP this process!

What you can do to Defend Calgary Parks/Save Richmond Green Park

- 1. Sign up for updates from the City at—calgary.ca/Richmond**
- 2. Ask EACH member of your household to send a short email or letter to the ENTIRE City Council (include your children if you like as this will affect future generations as well). Say NO to the sale of Richmond Green Park space. Make this personal, not a form letter. Emails can be sent here – themayor@calgary.ca; councillorweb@calgary.ca**

Possible talking points:

- as our local park it is well loved and used by residents for a number of activities including baseball, tobogganing and a walking circuit
 - this is a major/regional park and selling any park space sets a dangerous precedent for our other parks
 - this space is intended to be enjoyed by the 12000 Currie residents that will one day call Currie their home; don't sell off the space before they arrive
 - the new Guidebook for Great Communities is intended to add density throughout the City; existing green space needs to be maintained
 - the City is trying to rush this through before the new Councillors will have a vote
 - the pandemic has shown we have a GREATER need for parks/green space
 - City Policy in the 2020 MDP is to preserve parks and open space
 - parks contribute to our urban canopy, air quality and stormwater management
 - the City's 2020 Climate Review recognizes Calgary's natural infrastructure as key assets for resilience
 - our parks are highly valued resources and contribute to the wellbeing of all Calgarians
 - major parks are a legacy for future Calgarians
 - once park space like this is lost, it is impossible to replace
3. Sign the petition at—<http://chng.it/pzy5grzQJ6>
 4. Ask neighbours, friends and family to get involved—every voice counts!
 5. If you have media contacts, reach out to them as well.

Defend Calgary Parks. Say NO to the sale of any of Richmond Green Park.

◆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.



**WE NEED
YOUR HELP!**

The Newsletter Committee is calling on you to help us keep this section full! We want to help you share your news with your fellow neighbours so that we can all continue grow as a community.

Whether you have a milestone to celebrate, have experienced a tragic loss, or anything else you wish to share ... your community is behind you and is ready to support you. Please continue to send in your submissions to this section!

SENIORS BIRTHDAY CELEBRATIONS

Submitted by Kathy Aubichon for the Women's Circle

February was a busy month for birthdays in SMHC. We were able to get out and celebrate 10 seniors' birthdays. The cold weather in February delayed a few of the birthday surprises but we were right back out there as soon as the weather warmed up.

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 84 seniors' birthdays / anniversaries on our list for 2021.

I thought I would share some of the feedback we have received from recipients of the senior's birthday surprise.

- Words cannot express the joy you brought me today. I was overwhelmed to tears with gratitude and want to personally thank each of the lovely ladies and their children who took the time today to wish me a Happy Birthday.
- Thank you very much for honouring me on my birthday and the generous gifts. It was very kind of you all to come by and surprise me at the door.

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 this past month.

↓ Pictured below is part of our 2021 birthday celebration crew. 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.

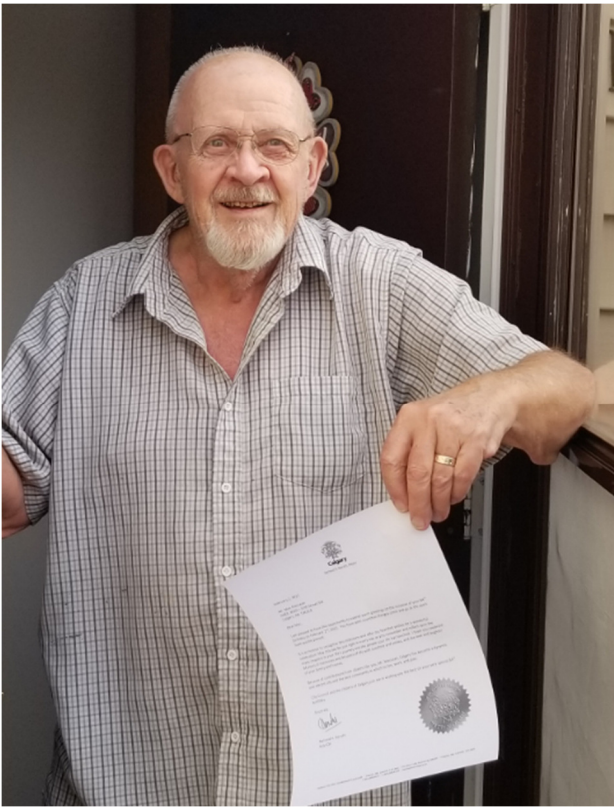




← **Susan McConnell** – celebrated her 65th birthday last month. Susan has called SMHC her home since 1994. She has been a care-giver for most of her adult years; everything from day home in Sarcee Meadow, Nanny and supportive person to Mike for many years now. Her charges all love her so much and even though they are grown now, they still keep in touch with her. She says “I feel the essence of me is to be a cheerleader, no Pom Poms lol. My greatest joy is to encourage others.”

William (Bill) Boyle→ – celebrated his 77th birthday last month. “SMHC has been my home for the past 49 years. Deb & I raised our family of 4 boys here & as of now all are married & we have 3 grandchildren. I had a rewarding career in men's wear over 30 years. I enjoy watching Stamps football & made friends with several team members. Deb & I love bowling & have been bowling Friday nights at Chinook & Monday mornings with seniors at Mountainview. I love to cook as a pastime and read a lot. I was involved with Rutland Community Association for 10 years. SMHC is my home and will be for many years to come. We have made many friends over the years.”





← **Mac MacLean** – celebrated his 84th birthday last month. Mac moved into SMHC in 1986. He is originally from Charlottetown, PEI. Mac enjoys playing games such as Crib and Skip-Bo. He enjoys working with his hands and does wood carving as a hobby. His other hobby is Genealogy.



Donna Van Runt → Celebrated her 76th birthday last month. Donna and Jake have called Sarcee Meadows home since 1973. She taught piano in their home using the Toronto Conservatory program, both for piano and theory, from 1969 to 2014. Donna had many students in those years.



← **Carma Florence** – celebrated her 81st birthday last month. Carma moved into Sarcee Meadows with a family of three in 1983. Carma says “At the time we thought it would just be temporary. It turned out to be a positive decision for us. We have enjoyed being part of the Sarcee Meadows family. I have served on the board and the Finance Committee. One of my favorite experiences has been being part of the Women's Circle and helping to provide for those in need. I am looking forward to the time that we can have face to face gatherings again.”

Jake Van Runt→ – Celebrated his 77th birthday last month. Jake and his wife Donna moved into Sarcee Meadows in 1973. Jake loves the mountains. He said “I never tire of going there, love photography of those mountains (and other areas too).” Jake served on the Parking Committee many years ago.



← **Helen Serrurier** – celebrated her 71st birthday last month. Helen and family moved into SMHC in 1988. She has served on many Committees and currently is the Chair of the Sarcee Meadows Board of Directors and the Board Liaison for the Education and Involvement Committee. If that doesn't keep her busy enough, she also sits on Good Companions 50 Plus Club Board. Helen is described by friends as “someone with a heart of gold.” One friend wrote “I will never forget how Helen was the one whose hand I held on the slippery pathway while coming back from a meeting at the office”. “Helen does so much for the community. She has many meetings to attend but does it all with a smile and a kind and caring heart.”

→ **Audrey Templeton** – Celebrated her 77th birthday last month. Audrey and her husband Barrie moved into SMHC in the very beginning. She was an active volunteer from that time on. Over the years she has had many committee involvements as well as serving on the Board of Directors. Audrey was one of the leaders who became active with AHEAD – the Resource Group that developed five of Calgary’s housing co-ops and assisted in Management in several more. She was one of the founding members of SACHA and worked for SACHA for many years before her retirement. Audrey was an educator for housing co-ops teaching many courses for CHFC/SACHA, including a most memorable assignment to teach in Latvia! Her calm and caring approach to problems was greatly admired by many. Despite health issues, Audrey has always been an active member, a good neighbour and a great friend to so many.



← **Karen Kaye** – celebrated her 73rd birthday last month. Karen has called SMHC home since 1975. She worked at MRU for a very long time. She retired from there and I guess retirement was not the life for her so she went to work part-time in a seniors home and loves it. Karen loves cards, games, movies and enjoys eating out. Her kids went to Sir James Lougheed school.

◆Contest◆

Co-op Trivia Contest:

Test your co-operative knowledge! Answer these nine questions below and submit your answers to the office for a chance to win a prize! The entries with the most correct answers will be entered into a draw to win one of **two** \$25.00 Gift Cards! This contest is open to all ages.

Deadline for entries is Monday April 5th, 2021.

Name:

Unit Number:

1. What is a simple definition of a cooperative business? _____

2. Name 3 types of Cooperative businesses you are familiar with. _____

3. What year was Sarcee Meadows Housing Co-operative formed? _____

4. How many units does Sarcee Meadows have? _____

5. SMHC is also a member of a larger cooperative federation, SACHA, what does the acronym SACHA stand for? _____

6. What are some benefits that we gain from belonging to SACHA? _____

7. What does CHF Canada stand for? _____

8. What role/roles do CHF play overall for Housing Cooperative in Canada? _____

9. There are 7 basic principles of Cooperatives, name at least 5. _____

◆ Just for Fun! ◆



SIMPLE PAPER HEART FLOWERS

<https://www.firefliesandmudpies.com/paper-straw-flowers/#mv-creation-60-jtr>

Just in time for spring, kids of all ages will enjoy making a vibrant bouquet of paper heart flowers with colorful scrapbook paper, green paper straws, and a heart paper punch.

INGREDIENTS

- Scrapbook paper
- Green paper straws
- Heart paper punch
- Single hole punch

INSTRUCTIONS

1. Use the heart paper punch to create 1 green heart and 3 hearts of a second color.
2. Use the single hole punch to punch a hole at the bottom of each heart.
3. Slide the hearts onto the straw.
4. Your paper heart flowers are complete!



◆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.



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



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

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

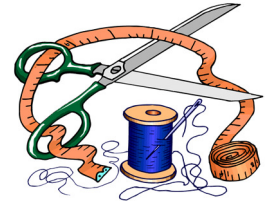
Organizational Assistant – organize your space to help energize the flow of your home and life.

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.

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

**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
- 102 – Committee and Volunteer Coordinator – Janine
- 103 – Property Services Coordinator – Leanne
- 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
- Brad 202
- 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: VACANT
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: Isabel Ciok

Property Enhancement (includes Parking and Security)

Chair: Wayne McAdam
Board Liaison: Isabel Ciok

Lobbying Committee

Chair: Slawa Gruszczynska

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

