



# Connections

*Your SMHC Newsletter*

*April 2021*

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**BOARD OF DIRECTORS REPORT:**

Hello Members,

Another Spring season is here, days are getting longer and warmer where we will be able to enjoy the outdoors more!

The Board would like to sincerely thank all those members who registered and attended our history-making Annual General virtual meeting and as well, those members who advance voted at the office. Wow, we broke another SMHC historic milestone on having our largest attendance ever.

Kudos to Marie Forester and the Elections Committee for their hard work before, during and after our meeting in verifying our election voting process. Management and staff were instrumental in organizing Get Quorum for a successful meeting for all participants.

Welcome 2021-22 Executive team and Board Members:

Kelly Edwards – Chairperson

Chris Severson-Baker – Vice Chair

Jeremy Hart – Treasurer

Megan Justason – Corporate Secretary

Helen Serrurier – Past Chair

Jesse Harris

Megan Jovie

Joanne Mick

Elaine Paczkoski

The Board welcomes our newly elected members and looks forward to working with you.

Our Grounds and Snow Removal Contract ended with Signature on March 31 and we have entered into a new three-year contract with Ground Guys that started on April 1, 2021. More information forthcoming on what service levels members can expect.

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*Happiness makes up in height for what it lacks in length – Robert Frost*

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

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

I think I see the light at the end of the tunnel ... it is beginning to feel like spring. Man, I really hope I didn't just jinx this.

I would like to remind everyone that due to the restrictions put in place by the Provincial Government we are now only completing urgent, or emergency work-orders and the administrative team is working from home. If you need to submit a work-order, please either call Paula at the office at 403-246-2746 ext. 101 or email her ([paula@sarceemeadows.coop](mailto:paula@sarceemeadows.coop)). Together we can ensure all of our safety and health so thank you in advance for your patience and efforts through these times.

I am happy to let you know that we have selected a new partner for our landscaping, Ground Guys Landscape Management. They began providing service on April 1<sup>st</sup> and we are very excited to welcome Jay and his team to the Sarcee Meadows Community.

I would also like to take the time to thank Bruce and his team at Signature Landscape for their hard work and dedication over the last year.

As part of our annual landscaping duties, we sweep and clean all of our parking lots. We have tentatively scheduled this for May 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>. More details will be forthcoming shortly. Please remember to help us as much as possible by ensuring your vehicle is removed from the lot on the day it is to be swept.

Working with the committees we are hard at work on the budget for the next financial year. Thank you to the committees for their diligent work as they evaluate their budgets and assist staff in putting together the overarching budget. Once the budget is reviewed by the committees and the Board it will be presented to you for final approval and we are hoping to have this meeting in June.

I also wanted to take a minute to thank the members who have stepped off the board, Mike Cooper and Isabel Ciok. Volunteering on a committee or the Board is what allows Sarcee Meadows to continue to operate as efficiently as possible so thank you to Mike and Isabel for all of your assistance. I also wanted to thank Helen Serrurier for all her efforts as chair and to welcome Kelly Edwards as our new chair. I am looking forward to working with you Kelly over the next year.

Enjoy the warming weather, the sunshine, and the end of snow for another year.

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

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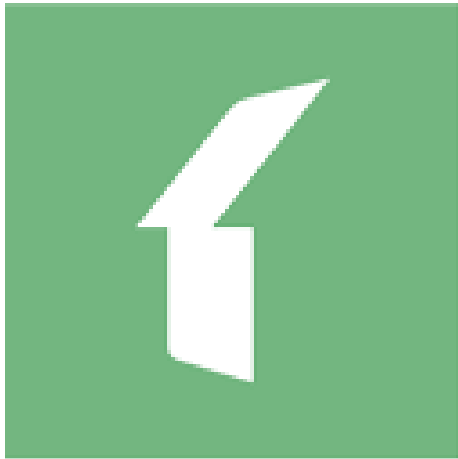
## **FROM THE TEAM AT B50:**

**TELUS Fiber Optic:** It is great to see that many members are taking advantage of the new fiber optic services that are now available from TELUS. As part of the installation process for your initial hook up or upgrade to fiber services the TELUS technician will require access to the main panel located in the shop at B50. To ensure that your setup of fiber optic services is successful and smooth please be sure to book the appointment during our business hours of 8:30-4:30, Monday to Friday. Any other service calls from TELUS that are not related to fiber optic services do not require access to B50.

**Gardens:** VOLUNTEERS NEEDED! Being a part of a cooperative is about participating in your community and what a better way to participate than to get your hands dirty and maybe even learn a little. Again, this year, our Arborist, Tom Hawkes, will be working on the gardens and will be looking for volunteers to come out and assist with pulling weeds and cleaning up the garden beds. Tom will be there to educate you on what needs to happen. Stay tuned for more info on when this will begin and on which days.

**Litter and cigarette butts:** With spring here and summer fast approaching we know people will be spending a lot more time outdoors. As you enjoy your walks or time at the playgrounds please remember to dispose of any litter in one of the numerous garbage bins throughout the community.

We also ask that you be mindful of the extremely dry conditions and do not throw cigarette butts onto the ground or into the grass as this could easily start a fire. We'd also like to remind you that the playgrounds are non-smoking areas.



Buildium®

We are so excited to announce the launch of our new work order software system, Buildium. The staff and maintenance team have been hard at work learning and integrating the new program into our daily processes and we are finally ready to share it with our members!

Buildium provides Sarcee Meadows with a more streamlined approach to inputting and processing our work orders which allows for greater efficiency in the office and with our maintenance team, therefore increasing productivity.

The new system also allows access for our members to the Buildium Resident Portal. Here you will have the opportunity to create your own personal account which will allow you to log into the Buildium app via your device or access it on your computer via the desktop version. With this access, all members who choose to sign up will have the ability to submit their own work orders, see the status of work orders already in place, and receive updates regarding their work orders.

**Please Note:** If you would prefer to continue phoning your work orders into the office, we are happy to input them as has always been the case.

If you currently have an email address registered with us and have opted to receive communications electronically, you will automatically be receiving a "Welcome Email" from Buildium on **Thursday, April 15<sup>th</sup>, 2021** with instructions on setting up your personal login. If you do not have an email address registered with us at this time but would like to provide one for access to Buildium, please give the office a call at 403-246-2746 ext. 101 and we can get you set up accordingly.

This is an evolving transition and as it unfolds will garner additional benefits down the road such as member communications via the Resident Portal, announcements and updates, account information (billing and payments), access to forms and more! Stay tuned as we will communicate each new feature as we make it available to our members!

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# ◆Committee Reports◆

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## NEWSLETTER COMMITTEE:

The Newsletter Committee is very disappointed that we are not able to announce any winners for the Co-op Trivia Contest ... because we did not receive any entries at all! This won't get us down though as we will continue to brainstorm ideas for new and exciting contests. The answers to the trivia questions are provided below for those who wish to expand their cooperative knowledge.

## CO-OPERATIVE TRIVIA QUIZ ANSWERS

1. What is a simple definition of a cooperative business? **A combination or paraphrase of any of the below would be correct:**
  - **A type of ownership based on common goals of affordable products for all**
  - **A co-operative is a legally incorporated corporation that is owned by its members, who use the co-operative's services or purchase their products.**
  - **A whole group of people owning a business together for common benefit of all members.**
  - **A business or organization owned by and operated for the benefit of its members.**
2. Name 3 types of Cooperative businesses you are familiar with. **Cooperators Insurance, Co-op Grocery Store, UFA Coop, First Calgary Financial etc.**
3. What year was Sarcee Meadows Housing Co-operative formed? **1968**
4. How many units does Sarcee Meadows have? **380**
5. SMHC is also a member of a larger cooperative federation, SACHA, what does the acronym SACHA stand for? **Southern Alberta Cooperative Housing Association**
6. What are some benefits that we gain from belonging to SACHA? **Bulk buying opportunities for our coop and individual members, workshops and courses that make us better coop managers, a greater voice in the housing sector.**
7. What does CHF Canada stand for? **Cooperative Housing Federation of Canada**
8. What role/roles do CHF play overall for Housing Cooperative in Canada? **Education and resources, advocacy and lobbying, insurance, asset management and refinancing.**
9. There are 7 basic principles of Cooperatives, name at least 5.
  1. **Voluntary & Open Membership**
  2. **Democratic Member Control**
  3. **Member Economic Participation**
  4. **Autonomy & Independence**
  5. **Education, Training & Information**
  6. **Cooperation among Cooperatives**
  7. **Concern for Community**

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## PROPERTY ENHANCEMENT COMMITTEE:

- Make sure your down spouts are down at all times during the spring.
  - Please do not turn on your outside water taps until the May long weekend.
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### **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.

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### **LOBBYING COMMITTEE:**

#### **Lobbying Committee is reactivated – Municipal Election, October 18, 2021**

The next civic election in Alberta is on October 18, 2021.

Sarcee Meadows Housing Cooperative's Board of Directors believes that is valuable to provide members with information about each political candidate and to educate candidates about cooperative housing.

To fulfill this mandate, prior to any government election, SMHC activates a committee called the "Lobbying Committee".

At the March Board meeting the motion was passed to call this committee to action to prepare for the upcoming October election.

Members of Lobbying Committee would be responsible for such duties as:

- Staying informed about who the mayoral candidates are, and who is running for City Counsellor in Ward 8
- Informing Sarcee Meadows members about the candidates for Ward 08, and their platforms
- Educating candidates about cooperative housing and its benefits
- Advocating for cooperative housing and its inclusion in candidates' platforms
- Informing the Board and membership about the progress of the committee's work

We are inviting members interested in civic engagement to join our committee. Presently, we already have three returning volunteers who confirmed their participation.

Due to Covid, most of our work will be conducted virtually.

Once the Committee is formed, we will set the day of the week, time, and frequency of meetings convenient for all committee members.

If you are interested in joining, please contact Janine at the office at [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or call 403-246-2746 ext.102

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### **FINANCE COMMITTEE:**

We need your help!

Do you have a financial or business background? Or looking to learn more about the financial workings of SMHC?

We are looking for new members to help as we assist the Board and staff with planning and reviewing from a financial perspective.

Please contact Janine Bell in the office and they can refer you to a committee member for further information.

**FINANCIAL STATEMENTS:**

<b><u>Sarcee Meadows Housing Co-operative Ltd.</u></b>			
<b><u>Financial Statements - Summary</u></b>			
<b><u>as at February 28, 2021</u></b>			
<b><u>Balance Sheet</u></b>			
<b><u>Assets</u></b>			
Funds on Deposit	\$ 4,493,760.25		
Other Assets	\$ 1,452,171.88		
<b>TOTAL ASSETS</b>		<b>\$ 5,945,932.13</b>	
<b><u>Liabilities - current</u></b>			
Long Term Liabilities	\$ 819,455.85		
<b>Total Liabilities</b>		<b>\$ 819,455.85</b>	
<b><u>Reserve funds</u></b>			
Housing Charge Assistance	\$ 200,000.00		
Replacement Reserves	\$ 3,592,293.83		
<b>Total Reserves</b>		<b>\$ 3,792,293.83</b>	
Retained earnings + current deficit		\$ 1,334,182.45	
<b>Total Liabilities, Reserves, Member Equity</b>		<b>\$ 5,945,932.13</b>	
<b><u>Income Statement (for 4 months - November 1, 2020 to February 28, 2021)</u></b>			
	<b>Actual</b>	<b>Budget</b>	<b>% of Budget</b>
Revenue from Housing Charges	\$ 1,422,684.00	\$ 4,266,052.00	33%
All other income	\$ 55,282.46	\$ 163,340.00	34%
<b>Total Revenue</b>	<b>\$ 1,477,966.46</b>	<b>\$ 4,429,392.00</b>	<b>33%</b>
<b><u>Expenses</u></b>			
Total Insurance & Property Taxes	\$ 173,066.60	\$ 496,000.00	35%
Total Utilities	\$ 313,219.11	\$ 989,004.00	32%
Total Routine Maintenance Costs	\$ 154,823.30	\$ 551,250.00	28%
Total Personnel and Payroll Costs	\$ 256,372.93	\$ 935,840.00	27%
Total Administration Costs	\$ 24,104.09	\$ 78,852.00	31%
Total Democratic Functioning	\$ 41,222.54	\$ 143,000.00	29%
Housing Charge Assistance	\$ 66,664.00	\$ 200,000.00	33%
Total Reserve Savings	\$ 346,093.00	\$ 1,035,384.00	33%
<b>Total Expenses</b>	<b>\$ 1,375,565.57</b>	<b>\$ 4,429,330.00</b>	<b>31%</b>
<b>Net income for eight months</b>	<b>\$ 102,400.89</b>	<b>\$ 62.00</b>	

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## **◆Community News◆**

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### **Richmond Green Important Update LOC2021-0043**

The first proposed land use amendment for the upper baseball diamonds at Richmond Green is now open for public input **until April 16.** (The City is also looking at the rest of the site for additional development potential.) **This proposal is to change from the current land use S-R (Special Purpose Recreation) to MU-1. MU-1 is for mixed-use buildings (e.g. apartment buildings that may have commercial storefronts); this application is for a maximum building height of 25 meters.** This would be very high density for our community and is intended for a commercial street, so is not an appropriate land use on this site. In addition, the height would lead to overshadowing of the lower baseball diamond.

**The MU-1 site that is being proposed would have NO maximum density,** and is considered a zero lot line site, so would have no maximum lot coverage. In addition, an FAR (floor area ratio) of 4 would be easily accommodated at a 25 m height (possibly more). This means a developer could take the total square footage of the lot (almost 6 acres), multiply it by 4+ times, and develop as many units as could be fit to 25 m high across the entire site.

If you have signed up for updates at <https://engage.calgary.ca/RichmondGreen>, the City has just sent out an update with a draft conceptual map and indicated that some engagement will be conducted in mid April. **Please be aware that this drawing is only a suggestion and does NOT reflect the maximum density potential of this site.** If the land use is changed, a developer will get to determine what the site will bear, to the 25 m maximum height as indicated above. The formula that the City uses to calculate storeys is 4m height for the first storey and 3m height for each storey after that. The site will not be subject to “x” storeys, but rather a maximum height of 25 m. A developer could also apply for a relaxation/variance which would increase the maximum height for the project.

**We will continue to oppose development of this park space as per the survey feedback from our residents.** We have also gone on record at various stages and indicated that nothing should be done with the baseball diamonds until the needs assessment and reconfiguration proposal for all of Richmond Green Park is available to the public. If you were not aware, Richmond Green is a major/regional park and is the legacy of all Calgarians, not just our residents. What happens here will set a precedent for all of the other regional parks.

The City has indicated that they will be conducting engagement for this site at some point. As with any City engagement, they will be presenting their vision for the space. **If your vision for the space is that it remains park space, you need to make that clear.** We have been doing everything WE can to let the City know that we want to keep the park space. You will also have one more opportunity to make your voice heard when this application comes before Council.

**Now is the time to make your voice heard—please respond by April 16.** A short email (5 to 10 sentences) goes a long way. Be respectful. Submit your email to the following recipients:

**Subject - LOC2021-0043 Richmond Green**

**Email Recipients - [Tom.Schlodder@calgary.ca](mailto:Tom.Schlodder@calgary.ca); [cpag.circ@calgary.ca](mailto:cpag.circ@calgary.ca); [themayor@calgary.ca](mailto:themayor@calgary.ca); [councillorweb@calgary.ca](mailto:councillorweb@calgary.ca)**

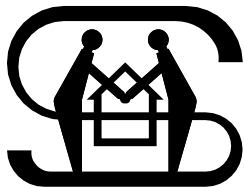
Since Richmond Green is a regional park, selling off any of it has ramifications for ALL regional parks (Nose Hill, Bowness, Stanley, etc.). **ALL Calgarians are welcome to comment on this application**, regardless of age or community of residence. **Please spread the word.**

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## **◆Education◆**

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As the weather gets warmer, a quick reminder about the Fire Pit Policy ...



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

Operations Policy

**SUBJECT: Fire Pits**

**ORIGINAL DATE OF APPROVAL: July 2016**

**APPROVED BY: Board of Directors**

**DATE OF AMENDMENT OR REPLACEMENT: November 2017**

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**Fire pits were banned in Sarcee Meadows as of July 1, 2016.**

Members are not able to have a fire pit, no matter of the fuel source, on SMHC property.

Upon receipt of a first validated complaint a warning letter will be issued to all members involved.

A second validated complaint received will result in all the members involved being deemed Members Not in Good Standing for a period of one year.

A third validated complaint received will be cause for *Termination of Membership* for all members involved.

*[See bylaw 3.12 (a) and 3.12 (c).]*

Members may appeal as per the Member Appeals to the Board Policy.

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## MAINTENANCE RESPONSIBILITIES FOR MEMBERS

### ---- IMPORTANT REMINDERS ----

- Toilet paper **ONLY** in toilet – **NOTHING ELSE** - **NO** kitty litter, feminine products, wipes, etc.
  - **NO** grease down any drains. Wipe grease from pan and dispose of wipe **AND** grease in compost.
  - **NO** boiling water down kitchen sink, unless cold water is running in the sink, beforehand.
  - 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.
- \*NEW ITEM!**
- Keep barbeques a minimum of one foot away from outside walls.

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### **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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## ◆*Human Interest*◆

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*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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### **Celebrating Partnership - Rooftops Canada and Sarcee Meadows Housing Co-operative** *Barry Pinsky, Executive Director, Rooftops Canada*

In 2020, Rooftops Canada celebrated 35 years of service around the world. As the international program of the Canadian cooperative and social housing sectors, Rooftops Canada has dedicated itself to working through partnerships to improve housing and build communities in the Global South.

Together with our domestic and overseas partners, we have brought security, affordable housing and new livelihoods to thousands of urban families previously subsisting in slums and other perilous living conditions. We remain focussed on housing rights, gender equality and sustainability.

The Board of Rooftops Canada is very pleased to recognize Sarcee Meadows' very special and committed support for our work with the presentation of a 35<sup>th</sup> Anniversary Partnership Certificate. Sarcee Meadows is our oldest housing co-op partner, and its leadership has encouraged many other housing co-ops to engage with our overseas partners.

Sarcee Meadows made its first donation to Rooftops Canada in 1988 – only three years after we started. In 1990, Carol Davis, Sarcee Meadows' manager, agreed to billet a visitor from Uganda participating in a Rooftops Canada training program for six women from Africa. Sylvia Keera worked for the Uganda Department of Housing, and co-op members willingly shared their co-op housing knowledge and experience. This led to Rooftops Canada funding a 1991 workshop in Uganda that Carol attended. Local housing people met with Canadian and African counterparts to strategize about how to respond to the country's growing housing problems.



***Photo: 1991 Carol in Uganda with the Minister of Housing (middle person in pic)***

At Carol's request, Sylvia also introduced Sarcee Meadows to the Kataayi Multi-Purpose Co-op and its Chair, Emmanuel Katteraga Ndwala. The co-op was trying to improve housing in the rural area near the City of Musaka. Carol visited the co-op carrying \$4,000 contributed by Sarcee Meadows to buy tools and a brick/tile making machine which is still being used!

This led to a wonderful ten-year partnership. Sarcee Meadows and Rooftops Canada supported many Kataayi projects – housing, coffee production, education and more. Emmanuel Katteraga visited Calgary, and Betty Jean Coates, another Sarcee Meadows member, visited Kataayi to assist with an evaluation of our joint projects.

This partnership also led to Rooftops Canada's long-term work in Uganda. We helped start what is now the Uganda Human Settlements Network and worked together on issues such as the impact of HIV and AIDS on slum communities. We are now looking forward to working together on a new project to implement women's equal rights to land, housing, and livelihoods in Uganda.

Sarcee Meadows also participated in a housing microfinance loan fund with the National Co-op Housing Union of Kenya, and hosted visitors from Zimbabwe. It has also remained a much appreciated, very consistent, and generous contributor to our work. This has helped us match funds from major funders like Global Affairs Canada.

We rely very much on the generosity and engagement of cooperative and social housing organizations such as Sarcee Meadows that share our vision of equitable global development. We look forward to continuing this partnership for many years to come.

***Photo: 1991 – Carol in Uganda handing out T-shirts from SACHA at the Kataayi Multi-Purpose Co-op (Right).***







***Photo: Emmanuel Katteraga visiting SMHC in 1997.***



***Photo: Zimbabwe housing co-op visitors in 2013, Tariro Nhango and Themba Sibinda. They also attended the CHF Canada AGM in Calgary. (Left)***



In celebration of 35 years of partnerships with Canadian and international organizations, Rooftops Canada – Abri International recognizes

## Sarcee Meadows Housing Co-operative

Your commitment and support for building homes and sustainable communities in the Global South has helped tens of thousands of low and moderate income households to secure land and housing, improve gender equality and achieve the fundamental right to live in peace and dignity

Presented in Calgary  
March 2021

CELEBRATING  
**35 YEARS**  
OF BUILDING HOMES  
AND COMMUNITIES





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## **Kindness Matters More than Ever**

*Submitted by Jenn Jenkinson*

I was having a conversation today about how the current state of our world amid pandemic restrictions is affecting us all. People who are working still are sometimes viewed by others as having it good because they don't have the stress of not knowing about affording their rent or groceries, but they have stress and fears all the same. People who are retired and are at home are sometimes thought to not be so affected because, well they're used to being at home mostly, right? These are rather broad generalizations but the point I'm making is that we all need to consider, in every interaction that we have, that everyone of us regular folks are facing new and different stressors in our lives right now. So please remember to be kind first and foremost.

But I believe more important still as this "new normal" seems to be entrenching itself we need to try and remember to consciously reach out to friends, loved ones and neighbours even if just to check in and say "Hey, I'm doing okay, but I'd love a chat, how are things going with you?" We need to use our tools of social media more fully to help safely accomplish those all-important contacts that may make the world of a difference to others. I know, I'm old-school too and contact on Facetime or even in Messenger doesn't seem so personal but it is a way to reach out. In reaching out you will find that not only have you likely put a smile in the heart of your friend or neighbour, but you will, I guarantee, feel a new warmth and positivity in your own heart and soul.

Oh, and just remember, even though that mask hides your toothy smile, your genuine smile goes all the way up to your eyes! So, keep safe but keep smiling!



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## **Seniors Birthday Celebrations:**

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

We were able to get out and celebrate 5 seniors' birthdays and 1 anniversary in March. Four with balloons and birthday banners and two privately at their request. The Spring like weather made it really nice to get out and meet our neighbors and help them celebrate their special day.

I want to share with you a note that was written after we surprised Lesley and Daryl on their anniversary. This is exactly why the Women's Circle do what we do. "Sitting watching the doom and gloom of more shootings in the USA again today the doorbell rings. I answer it. What a wonderful way to change to a joyous and happy day. To our surprise there were 17 folks standing out on the sidewalk singing happy anniversary. There were children and adults with balloons and cards and gifts. We are

soooo blessed for the community that we have lived in for 40+ years. The cards home made with wonderful wishes. Ho do you say thank you to those who are always there to support you through good times and difficult times. You are all a blessing to us. Thank you all. D & L”

The number of seniors on our birthday / anniversary list continues to grow as you all keep letting us know of your special day.

**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 and “bios” 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.



Loving the beautiful Happy Birthday masks that help us celebrate our seniors birthdays safely!

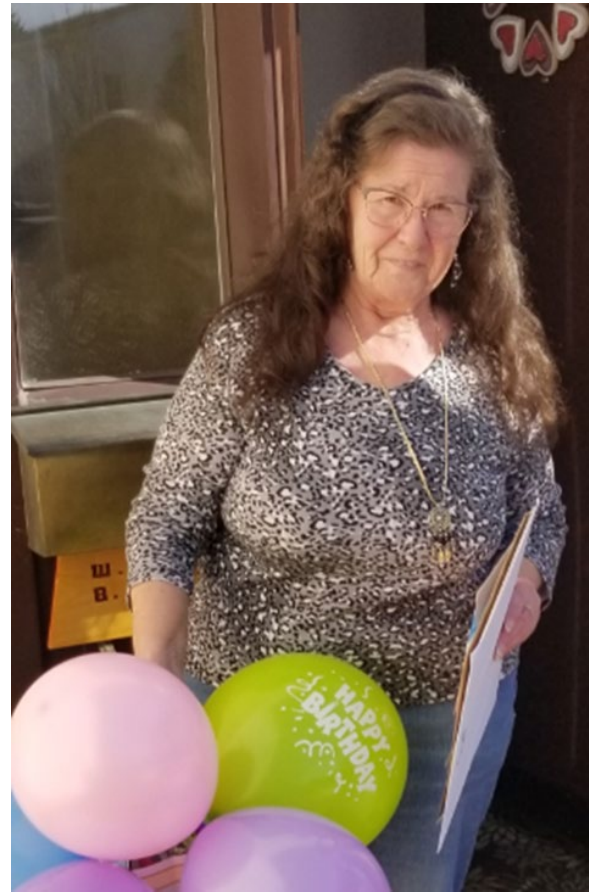




**Betti Ann McLellen/MacLean** – celebrated her 76th birthday last month. Betti has called SMHC her home since she came to Calgary from Nova Scotia and then married Mac Maclean on April 23, 2005.

“I have four daughters, three in N.S. and one here in Alberta. Eleven grandchildren and seven great grandchildren. I also have three wonderful step grandchildren.

I enjoy making Comfort Dolls and knit or crochet toys for children and knit or crochet other things. I received a carving set for Christmas, so I have been trying my hand at relief carvings. Jill of many things, master at none.” 😊



**Debbie Miller** – celebrated her 65th birthday last month. Debbie moved into Sarcee Meadows in 1990. “It has been a wonderful community to have raised my 3 children. My children are grown, and we have been blessed with 4 beautiful grandchildren. I retired in September of 2019 following a fulfilling career with Alberta Health Services. I look forward to having more time to spend with my family and friends and trying new things. I am also looking forward to getting my hands in the dirt this spring and do some gardening.”



**Debbie Boyle** – celebrated her 70th birthday last month. “I moved into SMHC in July of 1978 when Bill and I were Married. During the next few years, I was a caregiver for children in my home. I did this for 10 years and then I also looked after the Hall rentals at Rutland Community for several years. I worked Home Care for Seniors and I really enjoyed the work! My last career was working in a Doctor's Office. I retired at the age 65. Bill and I took some good holidays, Bermuda, The Mexican Riviera, and Alaska Cruise. During this time, we were blessed with three grandchildren and I love spending time with them. I plan to enjoy my retirement in SMHC where I have many good friends!!!!”



**Daryl and Lesley Sedor** - celebrated their 49<sup>th</sup> Wedding Anniversary last month - March 25, 1972 a blizzard was blowing, and two lovebirds were on their way to Southminster United Church to start a life together. “To all those who have entered our lives in all these years we thank you for making our love stronger.”

## **What is it Like Growing Up in a Co-op?**

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

In January, The Women's Circle youth ages 12-16 were invited to take part in a youth podcast hosted by (CHI) Co-operative Housing International. CHI asked if I would find 2-3 youth to participate. I sent an email to our whole Women's Circle group and four youth came forward. CHI agreed to use all four kids. Of all of the Co-ops in Canada CHI chose ours for this youth podcast. Julie from CHI said that she often speaks about our Women's Circle in seminars that she puts on. She said what we have been doing to build community at SMHC is remarkable and I tend to agree 😊

It will be a one-hour podcast with these 4-youth talking about why living in co-op housing is so beneficial.

To help the four youth prepare for the podcast I asked them to write a few paragraphs about “what it's like to grow up in a co-op.”

**Here are some of the CHF Canada and (CHI) Co-operative Housing International comments after reading the stories:**

- their stories have such a powerful impact. I'm sure more co-op members will reflect on what they can do in their own communities after learning about the amazing things happening at SMHC. Very excited to share with members here at my own co-op 😊
- I loved reading how living in a co-op is shaping these young folks to be such good people - (not that they aren't already to begin with) but it's definitely playing a part! And having amazing role models like yourself (Aunty Kathy - precious!) to look up to 😊
- They are so lucky to be growing up in Sarcee Meadows Co-op and they are so grateful which makes them even more special. The Women's Circle is making such an impression on these young folks and on the rest of the co-op. Your awards are well deserved!

**Comments from some of the mom's:**

- Faria) - It was truly an amazing and humbling experience to witness the impact of our actions in the Women's Circle and the wonderful community we have at Sarcee Meadows come to life through the words of these Youth. I am so proud of them
- (Musu) - It sure was a crazy good experience for both Mom and daughter here! From the get-go Juju was super excited about this podcast. To hear her talk and all the other kids yesterday, it was truly heartwarming. It brings me so much joy that they feel so loved, welcomed and safe in the community they are growing up in. It was hard to stop those tears from rolling down and I could see you Kathy trying to look for a Kleenex. I couldn't stop crying when the kids thanked the efforts of Betty, Carol and all the pioneers. Marla was fondly remembered and so many more. I am not sure what will come out after the editing, but I want to tell you all in the words of Fariha (our Youth) “Women circle ladies are all superheroes”
- (Farha) – It was indeed heart warming to see the kids speak today. We sure do not realize how much impact we are having on them. It takes a village to raise a child and I am glad I am raising mine with my extended family here at SMHC.

**A comment from one of the youths that participated in the podcast:**

- (Juju) - I really enjoyed it. It was a very enlightening experience for me. Good memories were refreshed in my mind preparing for today. This made me realize how much we as youth can do. I really think we should advocate for a youth committee.

**Comments from some of our Women's Circle SMHC members:**

- (Carol Davis) - What an amazing read! As someone who has lived here since the beginning (July 1971) I admit there have been times I wondered if what we were trying to create was just not reality. Reading what these young folks feel about our home proves that all our effort was worthwhile, and we did succeed. It's clear the future looks bright. Thanks for all you do.
- (Bev Smith) - Oh my goodness, I am so very proud of Fariha, Fatima, Juju and Zaid; your essays were wonderful. How gratifying it is to know that your young people realize and appreciate what we are so fortunate to share in Sarcee Meadows Co-operative. My family have had the pleasure of living in Sarcee Meadows for forty years and it is heartwarming to know that the Co-op will continue to thrive under your leadership in the years to come. Thank you for all that you already

contribute and may your enthusiasm continue to grow. To Farha, Faria, Musu, and Meraj, what amazing attributes you are instilling in your children, you must be so proud.

I hope that you enjoy the essays below that the kids wrote about growing up here in SMHC. They are all so inspiring.

### **Fariha - 12-year-old girl – grade 7 (Farha is mom)**

Fariha Mohammed, a beautiful, young, shy 4-year-old moved to Sarcee Meadows Housing Co-op with her family: her mom and dad, elder brother and two sisters back in 2012.

I am 12 years now and we are a big family of 7; my mom & dad, my elder brother (17 years), my big sister (14), my little sister (10), and the bundle of joy of our family my little brother who is now 4 years old was born in 2016 & entered our home here Sarcee Meadows as a newborn, making me the middle child.

Ever since this magnificent place was my home. I do not remember anything except growing up in this beautiful neighbourhood with my extended family.

Our house is right beside Central Park and it has always been a retreat for us. I know when I step outside my house, there will be at least five people that I can expect to meet at the park.

The best part about living in a co-op community is that we are always there for each other. I reminisce about the days we would walk back from school and if mom was not home, we could go to any of our neighbours' houses that would always welcome us.

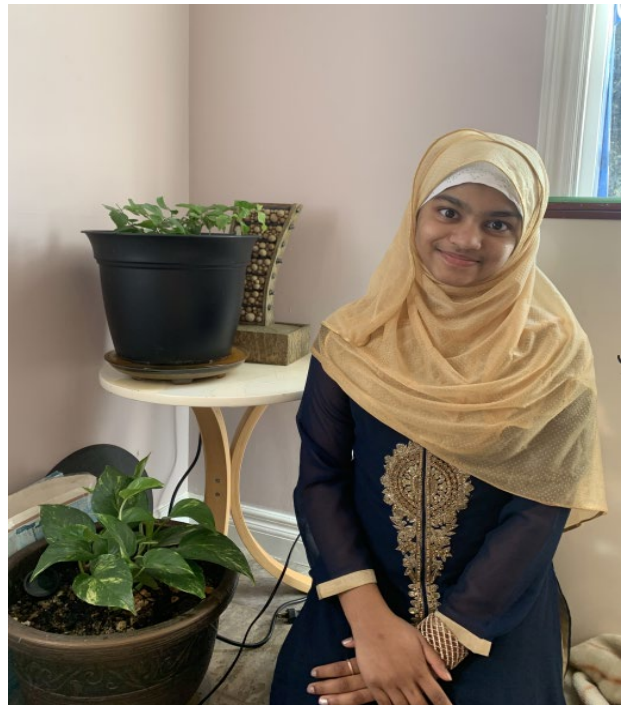
I grew up watching my mom volunteering, organizing special events (Hijab day), social gatherings and get-togethers with the extraordinary women that make up the women's circle in the SMHC co-op. My mom was one of the founding members of this Women's Circle that have women from different backgrounds living in our Co-op.

The women's circle organizes events that do a lot of community work which is helping to bridge the gap between the new immigrant families and the older residents of our SMHC Co-op.

This Women's Circle has been recognized and awarded nationally by CHF Canada for their exemplary work in co-op. They have been recognized internationally as well. My mom and Aunty Kathy have also been on Breakfast Television. I remember we were so excited to watch them live on TV.

We kids have been a part of this Women's Circle. Another example of the many extraordinary acts of compassion displayed by the women's circle is YYC feed the homeless. Every alternate Saturday (before covid), we would drive downtown with my mom, aunty Kathy and many of our neighbours and kids, set tables filled with food, treats & drinks, and then there would be big line ups of homeless people who came, and we would serve all those people one by one. We kids were always eager to help out in any way we could from making sandwiches to peeling eggs to standing in line to serve the homeless. Even when the weather was extremely cold and icy, we would bundle up and be on our way to feed the less fortunate in our city. It made me realize how fortunate we are to have all the blessings that we take for granted.

I also remember walking around the entire community, picking up garbage and waste on Earth day with many kids of our Co-op and their moms and many of our Senior aunties. We walked around holding plastic gloves and garbage bags filled to the brim with trash, making me realize that we need to





take care of our environment. The best part was we enjoyed a treat of ice cream with our friends at the end of it

This year due to covid, not many of our senior residents could leave their house on their birthday, so aunty Kathy and the ladies in the women's circle decided to have a safe, socially distant small gathering by their doorsteps to bring some joys to the seniors living by themselves. We would all take turns blowing balloons and making the birthday banner for the special senior's birthday. It was amazing to see their joyous face when they saw us.

These women define the word compassion, and we kids are learning it firsthand witnessing our moms and other aunties being a part of this wonderful Co-op. Its people like these who genuinely know how to make the world a better place. They display kindness, generosity, and selflessness. Many words come to mind when describing the woman's circle. The most accurate is a superhero.



**Fatima – 14-year-old girl – grade 9 (Faria is mom)**

My name is Fatima Shaik. I am 14 and half years old. I am in grade 9, Junior High in Glamorgan School. I am currently studying online in Hub learning. I have been living here in Sarcee Meadows since 2012 and it's been 8 and a half years since then. I was 6 when we moved in and I don't have many memories of the other place we lived in.

I love living in the Co-op. It's like one big happy family. There is so much variety in people, traditions, celebrations, religions, and food. Living here is never dull. Being part of this society feels special. We are involved in so many events. My mom and her friends are in this amazing group called "Women's Circle". It has won many awards and has been recognized not just in Canada but also abroad as well. It's very humbling to me to be a part of the Women's circle and of our co-op. I have participated in many of their events like Hijab day, feeding the homeless, cultural fest, multicultural day, delivering food or birthday surprises to many of our seniors. It brings me immense joy to be a part of these occasions. Me and my friends prepare beforehand and join in not just to help but also to have fun and be a part of contributing back to our wonderful community.

Before I moved into the co-op community, I was very excited because my parents told me that there will be around 380 houses as our neighbors. I was not that close to my neighbors before and now I cannot think of any place else to call home.

We love sharing food with our neighbors especially during Ramadan, which is our 9th month of the Islamic calendar where we fast from dawn to dusk. We break our fast with a special meal called "Iftar". Me and my brother go around Sarcee and distribute the food along with my friends. It's a lot of fun. I always look forward to it. Ramadan is in April this year.

I like the fact that our co-op is not biased on the basis of religion or skin color. Being an immigrant was not easy for my parents. I guess many of the immigrants come across racism in some form but luckily as a kid, I never faced it in the co-op. There is a lot of acceptance and I like the caring and open attitude of people living here. Democracy, honesty, social responsibility looks good on paper but it's hard to come across in real life. Fortunately, I have felt all these values imbibed in the people living in the co-op which reflects in their nature, personality and in their smiles.

**Juju – 13-year-old girl – grade 7 (Musu is mom)**

Concern for the community is one of the seven principles for a co-operative. This has been at the forefront of the people I know in this co-operative. Since my toddler years of moving in this co-operative till now in my pre-teenage years, this principle has been engraved in me.

Living in a co-op teaches me to be mindful of others around me. For instance, this summer I regularly went with the women's circle to celebrate senior's birthdays. It was a very enlightening experience for me and seeing the smiles on the seniors faces left me with a very happy feeling.

Here at this co-operative me and my friends have grown up together and formed lifelong friendships. In our co-operative I also feel very safe. We all look out for each other. If anything happens to someone in our co-operative there is always someone to stand up for you. In spite of the pandemic that is going on right now our co-operative has no problem supporting each other, you can never step out more than two steps before somebody greets you with a smile. Even with social distancing and sitting two benches away in the park we can still share lovely conversations and make it feel like we are in each other's living rooms. Even if we cannot be present in each other's homes, our food can. This past summer we have been sharing our traditional foods with people who would like to try. Our co-operative not only takes care of its people, but we also take care of our environment. Pre-covid we had Earth day cleanups where we would pick up garbage around our neighbourhood.

We not only take care of our community but the community at large with the women's circle. Pre-covid every Saturday there used to be homeless feeds where we would bring food to give the homeless as well as donations. Their grateful thank you makes me feel so happy that not only as a co-operative do we help out our own co-operative, but the entire community. Me and my family enjoyed making egg muffins and my favourite picture from the newsletter is of me and brother carrying the sandwiches.

In the future I am really looking forward to joining committees and attending members meetings.



### **Zaid – 14-year-old boy – grade 9 (Meraj is Mom)**

Sarcee Meadows is an amazing neighborhood to be a part of. It's like everyone is a family, we form life-long connections and stay close to each other. I love being a part of Sarcee because of its atmosphere. Everyone is tight-knit, and we all have the energy and intimate relationship a family should have. We don't shy away from expressing anything to each other and it's just a great vibe. Our community is lucky enough to be overly diverse, with different backgrounds blending in to form unity. Men and Women of the community attend meetings to shape our neighborhood into something greater. I personally think everyone in this fabulous community does a wonderful job in making it an ideal place to live. Undoubtedly, one of the biggest challenges comes with moving, especially kids, but those who wish to move into Sarcee will feel like they have hit home. Moreover, I have made some of the best friends while in this neighborhood. I can say with full honesty that Sarcee Meadows is a lifestyle that many people are

missing out on. Not only is the community great but also the people who inhabit it. I've never seen faces so friendly and kind, everyone just wants to help. Even in bad times the community mourns together, it's a great sense of belonging and appreciation. Sarcee Meadows also offers a unique

Women's Circle which includes many ladies in the Sarcee community. The purpose is to help as many people as they can and give our lovely community a shout-out.

Along with the Women's Circle the community offers other programs too, like Earth Day cleaning which is an annual day in which each community member takes responsibility for the garbage littered throughout our neighborhood, it's a proud moment but also rigorous. It's divided into 2 hours of picking up other people's trash, which can get a little exasperating. However, at the end the hard work finally pays off, we see self-responsibility and humility in each other's eyes and rejoice for the rest of the day. A good pay off to an amazing deed.

To conclude, Sarcee Meadows is a worthwhile community that is built to last. We have carefully constructed and solidified its foundation, and we hope we can invite more people to join our family.

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### **Feeding the Homeless – Be the Change**

*Submitted by Juju Dadi and Kathy Aubichon for the Women's Circle*

Approximately every two weeks a few members of the Women's Circle together with one or two youth go to the homeless outreach group called Be the Change YYC and drop off one or two vehicles full of all kinds of donations from food, warm clothing, blankets and so much more.

It's always great to bring our youth as well so they can experience firsthand what happens to the donations once we drop them off.

Musu and her 13-year-old daughter Juju joined us to make two donation deliveries in March. Kevin, an Addictions Counsellor, was there the first time and Chaz, the Founder and CEO of Be the Change was the team lead the second evening. On both occasions these gentlemen took the time to answer all of our questions. I really wanted Juju to learn more about the homeless people and what this exercise of bringing food to this group was all about. The first question I asked Kevin was "we bring you all of these donations of food and other items, what do you do with them?" Kevin told us what their night looks like and who he brings our food and other items to. They walk the streets and alley ways downtown giving out supplies directly to the homeless and while they are handing out the food, they take the opportunity to talk to the person about resources available to help them get back on their feet. Then I asked, "Why are people homeless?" and Kevin gave a good explanation speaking of mental health and other reasons. And the questions went on and on as they gave us a quick tour of their storage area. We left there feeling really good about what we are doing to help the homeless. Juju asked the question "Do they start eating the food as soon as they receive it?" Kevin said for a lot of the homeless people the food that we brought would have been the first food they ate that day and perhaps even the first food in two days. I asked them what they do with the leftovers if we brought i.e., too much pastry or fruit. He said they always find a home for it. If they don't give it out during their night's travels, at the end of the night they give the remaining food to a hostel in East Village that houses homeless people. At this hostel they get a place to stay but there is no food. No food, it just baffles me and breaks my heart.

I have known Chaz for some time now and felt comfortable asking him some very personal questions about his time living on the streets and being homeless. Chaz was just 15 years old when he experienced homelessness for the first time. Coming from an abusive broken home it seemed safer to be living in a homeless shelter than to be living at home. Chaz lived on the streets for 3 years. He told us how he succumbed to taking drugs to ease his pain and depression. He did end up working at places like McDonalds but never earned enough money to rent his own place. We asked him how he got his life together and off the street. Chaz said he was lucky enough to be a part of a housing project. Through this he was able to find his way back. He speaks so passionately about helping the homeless as he has firsthand experience. He wants the homeless people to have access to programs that he didn't have. We have to push the government to do more. Downtown buildings are sitting empty while homeless people are sleeping out in the cold. Once again, our time with Chaz was well spent and had us all

walking away knowing that what we are doing by donating food and so much more is a very valuable initiative and is helping so many. We can't save the world but when we work together, we can at least save a few.

I asked Juju Dadi (13 years old) to write up a piece about what these two experiences meant to her.

"My Mom and Kathy suggested for me to come with them to go deliver food, blankets etc. to the Be the Change YYC homeless outreach group. As my Mom was driving, I asked her nervously what to expect. She told me to be myself, ask any questions and most importantly be proud of what I am doing. I really enjoyed my conversation, and all my questions were answered. Now that I have gone a couple of times and have had the pleasure to meet both Chaz and Kevin, I have become more conscious of how I spend my money. Talking to both Kevin and Chaz was a very eye-opening experience for me. Hearing Kevin answer my questions about how people become homeless, he helped me understand that people aren't just homeless because they are lazy or want to live on the street, but they could be there because of mental illness or that they don't make enough money to put a roof over their head. Chaz's story was an example of resilience, he was homeless for three years of his life and how he started Be the change. I asked Chaz what we as youth can do, he said that our generation had to be advocates for affordable housing. From talking to both Kevin and Chaz I learned that no matter what people may say or what society assumes, judging people is not ok. We should not judge people and help them instead as much as we can. As youth, we are capable of bringing about a change. Personally, for me going there is more than just dropping off the food, it's learning stories, it opens your eyes to the bigger world, and I would love that other youth can also experience that."

Bev Smith has joined us a few times as well when we made donation deliveries to Be the Change YYC. This is what she had to say about her experience.

I will try to put into words how joining you and Slawa at "Be the Change" felt yesterday. When you see all the donations grouped together you are overwhelmed by the generosity of our community. You kind of wonder just where it will all go; it seems so much. Then you realize that these kind, caring, and generous people at Be the Change YYC go out four evenings a week, amongst the homeless, handing out food and items that they so badly need and can't get for themselves for one reason or another; what looked like so much becomes very little. I am so thankful that we are only one group among many that donate to "Be the Change". It was a lovely experience to see the thankfulness and smiles on the faces of these dedicated volunteers. I left there feeling accomplished but at the same time wanting to do more. There is so much to be done in our city to help our homeless population. Hopefully in the not-too-distant future a solution will be found. Thank you to Kathy and Slawa for allowing me to join them yesterday, it was an experience I will not forget.

Musu Dadi has also joined us a few times

It was definitely a humbling experience today. Had tears rolling when Chaz started his story but by the end, we were all smiling with our eyes of course and so proud of him. Juju and I have been enjoying our visits to them and I encourage everyone to donate/join in. I had the privilege of accompanying Kathy on Tuesday and it is truly difficult to put into words how amazing the experience was. It is one thing to give donation but completely different experience to "see" what happens with it. From loading the car to meeting the people there and getting all our questions answered, was truly a humbling experience. I am glad Juju came along, she had many of her questions answered and we had the best mother-daughter conversation on our way home. We can't wait to go back again, and I would encourage all you ladies to join in and feel what it is like firsthand.

Our youth are learning so much by joining in on helping to feed the homeless. It is so wonderful to see our community working together to help the homeless and vulnerable citizens of Calgary.

**WAGONS!!!** At the beginning of March, Be the Change YYC put out a call for a new wagon to carry food and donations to the homeless and vulnerable people of Calgary as a couple of their wagons are on their last legs and are held together just by duct tape. Well, it didn't take long for their hopes and wishes



to come true. Our Bev Smith thought it would be a good idea to purchase a wagon instead of making up Easter goodie bags. So, we went straight to work and purchased two of them. One from Bev on behalf of the women's circle and one for the Women's Circle and members of SMHC to chip in on if anyone wanted to. Well within the hour we had three wagons bought and paid for and ready to be presented to Be the Change YYC. Chaz was thrilled to receive 3 wagons generously donated by the Women's Circle and presented by Bev.

**So, thank you so much to the members of SMHC and the Women's Circle once again for your very generous donations. If anyone from SMHC ever wants to come down to meet the folks at Be the Change or if you want to make a donation of i.e., non-perishable food items, please don't hesitate to contact me Kathy Aubichon at 403-629-0400 [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca). Thank you as always for your love, support, and encouragement. Together we are making a difference.**

From Kevin at Be the Change YYC

"You ladies truly brighten my day and let me give a meal that the homeless population is so thankful to have. It truly inspires me with all of your donations and fuels my desire to make a difference in the Community. THANK YOU SO MUCH!!!







50 Emergency blankets donated by one of our members



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## ◆Classifieds◆

**Disclaimer:** Any ads placed in this newsletter are not to be considered as an endorsement by Sarcee Meadows Housing Co-operative Ltd. but are for information only.

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### **Free:**

Large BBQ available for **free**, just needs to be picked up from a unit in B.

Call Bev Wilson at 403-244-4206

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### **For Sale:**

Ladies red 10 speed bike, next to new. Includes helmet, lock, gel seat cover, pump, and detachable travel bag **\$175.**

Call Chris at 403-242-5038.

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### **For Sale:**

#### **DVDs 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) |                                       |                       |

#### **DVDs 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                             |                 |

Call Ewa: 403-235-4562.

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

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### **House Cleaning**

- |                         |                         |
|-------------------------|-------------------------|
| • 2 Bedroom \$90        | • Small 3 Bedroom \$100 |
| • Large 3 Bedroom \$110 | • 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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### **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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### **Knitted Dish Cloths for Sale:**

Assorted colours and patterns. \$2.00 each or 3 for \$5.00.

Call Tricia: 403-242-0048

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### **Pet Sitters for Dogs & Cats**

Willing to pet sit at our unit for short term trips when you can't take your loving pet with you. Sorry no birds as I have allergies.

Daily rate \$25

Shelly 403-660-2045 – References available upon request as I have done this for 4 years.

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### **Healing Intentions**

Energy/Crystal Healings

Psychic/Mediumship

Card Readings

Crystal Grids

Personalized Crystal Kits

Book a Party

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

Shelly 403-660-2045 – References upon request

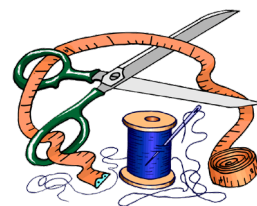
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### **Moments Fashion Solutions**

- Need Alterations?
- Italian Leather Products
- Baby Boots

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

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### **Knife Sharpening**

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.

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## *Raven's nest* *Dayhome*



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

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



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

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

Contact me via email for more information and additional details. [ravens.nestdayhome@gmail.com](mailto:ravens.nestdayhome@gmail.com)

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

**OFFICE AND SHOP HOURS**

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

Office and Shop are closed Saturday and Sunday

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

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

**Extensions:**

- 101 – Administrative Assistant – Paula
- 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**

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**COMMITTEE CONTACTS: 2020 – 2021:**

**C.S.I. (Co-op Seniors Interests)**

Chair: VACANT

Board Liaison: Helen Serrurier

**Education and Involvement**

Chair: Arlene Floyd & Garry Sluiter

Board Liaison: Helen Serrurier

**Elections**

Chair: Marie Forester

**Entertainment and Social Events**

Chair: Sonya Nadon

Board Liaison: Jesse Harris

**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: Elaine Paczkoski

**Funding Research Task Force**

Board Liaison: Helen Serrurier

**Honours and Awards**

Chair: VACANT

Board Liaison: Joanne Mick

**Membership**

Chair: Bernice Paul

Board Liaison: Megan Justason

**Newsletter**

Chair: Wendy Thomson

Board Liaison: Megan Jovie

**Personnel**

Chair: Mary Emro

Board Liaison: Elaine Paczkoski

**Property Maintenance**

Chair: Al Wright

Board Liaison: Megan Jovie

**Property Enhancement** (includes Parking and Security)

Chair: Wayne McAdam

Board Liaison: Jesse Harris

**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)

