



Connections

Your SMHC Newsletter

May 2021

BOARD OF DIRECTORS REPORT:

As we gratefully welcome spring our city is experiencing another big surge in infections. This is not what we all hoped would be happening after a long winter of restrictions and health challenges. By now everyone knows people who have suffered directly from the pandemic and/or have been impacted themselves. The pandemic is clearly months away from being over. We urge everyone to continue to be vigilant to protect yourself and the community.

SMHC as an employer is concerned for the safety of our staff and their families. We support the decision for the admin team to work remotely and for the maintenance team to focus on outdoor work, urgent work orders, and unit turn overs.

The Board is very pleased with the roll out of Buildium and encourage all members to explore the system and consider putting in work orders or using the system to ask questions.

Buildium represents a big step in modernizing our organization. It will also generate valuable data that we can use on an annual basis to make sure making the very best use of our resources for maintaining SMHC.

Respectfully submitted by Chris Severson-Baker on behalf of the SMHC Board of Directors



GENERAL MANAGER'S REPORT:

It's camping season!!! I am so excited to be getting back out to the smell of a campfire and watching my kids roast marshmallows around the fire... and yes, we of course make s'mores.

I want to thank each of you for your patience and understanding as our admin team works remotely and our maintenance team is only completing urgent or emergency work-orders. Our hope is that very shortly we will be able to return to normal and continue to fully service you our great members. If you haven't already, please consider getting vaccinated. For details on booking yours please go to <https://www.alberta.ca/covid19-vaccine.aspx#book> or call 811

For the last six weeks, we have been working on our budget for next year. Through the process we have been consulting our committees and the Board to build a realistic affordable budget. Part of this has been incorporating recommendations from Building Envelope Condition Assessment, Demand Schedule and Viability Analysis that has been completed for us. We will be presenting it you for review and approval on June 22nd. Our goal is to have the information package to you by June 1st, so you have ample time to review it before the meeting.

At this point based on the provincial restrictions we are planning on the meeting being virtual similar to the AGM. If restrictions change, we will be able to pivot to a hybrid meeting where some people will be able to attend in person and others online. More details on this will follow.

I also want to say thank you to everyone who ensured their cars were moved out of the parking lots for the cleaning. Your consideration of the team doing the work and your fellow members allowed us to do the job quickly and efficiently.

I know things are difficult right now with the restrictions, please stay safe and healthy. Hopefully, we will see the beginnings of return to some normal soon and we will be able to gather once again and enjoy our community.

Thank you,

Jon Jackson
General Manager

FROM THE TEAM AT B50:

Just a reminder to members that the Buildium welcome emails have been sent to everyone who has their email registered with the office. If you have already created your account, you now have the ability to submit your work order requests via the resident portal.

For anybody who missed the email or was confused about it, be advised that it comes from donotreply@managebuilding.com. Rest assured that it is a safe email to open, to follow the links and prompts, and to get your account set up and activated. If you have any questions and/or require assistance getting this set up, please call Paula at 403-246-2746 ext. 101.

Thank you to all of you that have submitted requests online already! The process is simple and efficient, and we love seeing so many of you taking advantage of this new software and adapting so willingly and seamlessly.

Please note that you can still contact the office by phone to place work orders and other requests if that method is more comfortable for you.



Buildium®

COVID-19 Temporary Services Changes: Just a reminder about the temporary service changes that took effect on April 12th, 2021.

The office at B50 remains closed with the Administrative Team continuing to work from home. They may still be reached via email or by calling the main line, 403-246-2746 and then dialing their regular phone extensions.

The Maintenance Team continues to focus on outdoor work and any urgent or emergency work orders. Please wear a mask and practice physical distancing if our team should require access to your unit for any reason. All work orders can still be placed by calling the office or by entering them through Buildium. If you require items like furnace filters or light bulbs, please contact the office to place a work order and we will arrange to get them to you.

E-Transfers: We are excited to announce that we can now accept e-transfers as a safe, no contact method for paying your housing charges, rental stall fees, or other invoices! E-transfers can be sent to cathy@sarceemeadows.coop – please contact Cathy at 403-246-2776 ext. 104 or by email if you need assistance with this.

Bottles, Cans, and other Refundable Items: Please do not put bottles, cans, and other refundable items into the garbage and/or recycling bins. We are experiencing an increase in “bottle-pickers” to our area which can be very dangerous for them when they climb into the bins and we do not want to see anyone getting hurt. We have received a number of complaints from concerned members throughout the co-op with regards to non-members engaging in altercations over these recyclables and as always, we want to ensure the safety of our members first and foremost.

We understand that not everyone is able to make regular trips to the bottle depot. However, tossing these “return for deposit” items into the bins is not a desirable solution. We are currently working on a process where refundable items can be brought to B50; any funds that we get from the return of these items will be used to offset our recycling costs as always.

Alternatively, you can contact Skip the Depot to have your bottles, cans, and other refundable items picked up at your door and have your money e-transferred to you or donated to a local charity. Check out <https://skipthedepot.com/> or call 403-476-3677 for more information.

TELUS Fiber Optic: Just a reminder that 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.

Big Bin: The Big Bin will be here for all your large item disposal needs on May 21st, 2021. Please leave your items outside the bin and our Maintenance Team will stack them in the bin for you. If you are dropping items off after hours, be sure not to block the gate. As always, please **do not** use the Big Bin for disposal of appliances, electronics, propane tanks, oil-based paint, tires, or other hazardous materials!

Victoria Day: Please note that we will be closed on Monday May 24th, 2021 for the Victoria Day holiday. Please stay safe, however you choose to enjoy the long weekend, and have fun!

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.

◆Committee Reports◆

NEWSLETTER COMMITTEE:

Happy Mother's Day to all the great moms and mother-figures out there! Enjoy your special day!

Please continue to send in any articles, items, or comments that you would like to see included in the upcoming newsletter. The articles in the April issue regarding the homeless were certainly informative. We are very fortunate to have so many members who are ready to help out those in need.



Have a wonderful and safe Victoria Day weekend!

LOBBYING COMMITTEE:

Lobbying Committee reactivated - Municipal Election, October 18, 2021

Are you interested in gaining experience in civic engagement, and learning about the process of municipal election?

Lobbying Committee would like to welcome a few volunteers to join us.

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 08
- 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 or call 403-246-2746 ext.102

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

The Entertainment & Social Events Committee continues to brainstorm ways to hold a safe and physically distant community event once we are allowed to do so. Some of our ideas so far have been to hold a “Movie in the Park” or perhaps a “Stampede Breakfast To Go”. We also welcome any other suggestions that you might have so please feel free to reach out to us!

As always, the health and safety of our members is at the forefront of our planning, so we continue to closely follow all the provincial restrictions and guidelines and watch for any changes. We will not make any concrete event plans until we can be assured that it is absolutely safe for all involved.

It is our sincere hope that one day soon we may gather as a community once again. But until we meet again ... be strong and stay safe out there!



GRIEVANCE & RESOLUTION COMMITTEE:

One of the duties of the Grievance & Resolution Committee is to promote positive member attitudes through co-operative living. In seeking solutions to conflict[s], the committee strives to encourage the co-operative spirit by using positive verbal and/or written discussion based on mutual respect for all parties.

Our small committee is looking for a few more members so if this sounds like something you’d like to be a part of we’d love to have you join us. Please contact Janine at the office for more information.

PROPERTY ENHANCEMENT COMMITTEE:

- Please do not leave bottles and cans in the garbage or recycling bins.
 - Please do not over fill the garbage and recycling bins or leave things on the ground around the bins.
 - Please break your boxes down when putting them in recycling bins. Flattened boxes save space.
-

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.

FINANCE COMMITTEE:

We still need your help! Do you have a financial or business background? Or are you looking to learn more about the financial workings of SMHC? We are looking for a few new members to help as we assist the Board and staff with planning and reviewing from a financial perspective. Please contact Janine at 403-246-2746 ext. 102 or janine@sarceemeadows.coop and she will refer you to a committee member for further information.



At this time the Finance Committee is preparing to review the budget for 2021-2022 and will be working with the Board and the Chairs of the other committees at the Big Budget Meeting later this month. The budget will then be presented to the membership for approval at a Members Meeting in June. More details to come one that.

FINANCIAL STATEMENTS:

Sarcee Meadows Housing Co-operative Ltd.			
Financial Statements - Summary			
as at March 31, 2021			
Balance Sheet			
Assets			
Funds on Deposit	\$ 4,643,667.98		
Other Assets	\$ 1,452,171.88		
TOTAL ASSETS		\$ 6,095,839.86	
Liabilities - current			
Long Term Liabilities	\$ 884,149.65		
Total Liabilities		\$ 884,149.65	
Reserve funds			
Housing Charge Assistance	\$ 200,000.00		
Replacement Reserves	\$ 3,650,509.46		
Total Reserves		\$ 3,850,509.46	
Retained earnings + current deficit		\$ 1,361,180.75	
Total Liabilities, Reserves, Member Equity		\$ 6,095,839.86	
Income Statement (for 5 months - November 1, 2020 to March 31, 2021)			
	Actual	Budget	% of Budget
Revenue from Housing Charges	\$ 1,778,355.00	\$ 4,266,052.00	42%
All other income	\$ 65,795.36	\$ 163,340.00	40%
Total Revenue	\$ 1,844,150.36	\$ 4,429,392.00	42%
Expenses			
Total Insurance & Property Taxes	\$ 214,483.52	\$ 496,000.00	43%
Total Utilities	\$ 402,463.81	\$ 989,004.00	41%
Total Routine Maintenance Costs	\$ 177,179.86	\$ 551,250.00	32%
Total Personnel and Payroll Costs	\$ 329,573.67	\$ 935,840.00	35%
Total Administration Costs	\$ 34,351.30	\$ 78,852.00	44%
Total Democratic Functioning	\$ 51,253.01	\$ 143,000.00	36%
Housing Charge Assistance	\$ 83,330.00	\$ 200,000.00	42%
Total Reserve Savings	\$ 432,616.00	\$ 1,035,384.00	42%
Total Expenses	\$ 1,725,251.17	\$ 4,429,330.00	39%
Net income for eight months	\$ 118,899.19	\$ 62.00	

◆ Education ◆

FAQ about Ramadan:

Respectfully submitted by Musu

Happy Ramadan to those who are celebrating. Ramadan(month) began on April 13th this year.

These FAQs are a part of a very informal email that I wrote to the Women's Circle and I was encouraged to share with everyone by a special friend from the Newsletter Committee.

I am so pleased to have been asked by many of you some specific and some general questions about Ramadan. Thank you, Lara, and Debbie, for those specific questions and to others who have asked some general questions, I will try and answer to the best of my ability. I really appreciate living in a place where people are able to communicate openly and ask questions.

- 1) What is the proper way to support you as you celebrate Ramadan? Do you say Happy Ramadan or something similar?

This question has made me very happy, thanks Lara, this right there shows me that you care about me and I truly appreciate it. Yes, people generally wish with Happy Ramadan, Ramadan mubarak, Ramadan kareem (those words are more like synonyms)

- 2) Do you fast 24/7? When can you eat?

We fast from dawn to sunset. So, no food or water between that time. This morning dawn was 5:06 am! We had a very early breakfast. We tried to incorporate a few food groups today. My personal favourite is egg, toast, milk or cereal and a banana for the predawn meal. I tried to gulp down a few glasses of water and then reminded myself that I am not a camel and can't store anything! At sunset we will say our supplications and eat a nice meal together hopefully. (I won't taste anything while cooking thus saying hopefully!)

- 3) Why is Ramadan not in the same month every year?

We follow the lunar calendar. The lunar calendar is 10-11 days shorter than the solar (Gregorian) calendar. Ramadan is the 9th month of the lunar calendar. A lunar month can be 29 or 30 days depending on the moon cycle. I had a lovely phone call with Slawa, and she mentioned that soon we will all be celebrating in December because Ramadan is moving "ahead" every year. Such a lovely thought Slawa.

- 4) What is the purpose of Ramadan?

The purpose is to attain God consciousness. We are told in the Quran "O you who believe. Fasting is prescribed to you as it was prescribed to those before you, that you may attain piety and righteousness (chapter 2: verse 183).

Fasting sure also teaches empathy, self-discipline, generosity, compassion, sense of community, etc. To be honest it feels like walking in the shoes of the less fortunate.

- 5) Do kids have to fast?

Fasting is obligatory upon every Muslim that has attained puberty (with exceptions for those who are sick, travelling, pregnant, lactating mothers, etc. and I am sure I don't know the full list).

- 6) Does fasting make you tired? Do you feel hungry?

A bit in the initial days as the body is trying to adjust. However, fasting gives the digestive organs

a rest, and helps the body to get rid of the accumulated toxins which are detrimental to our health. Fasting has been proven beneficial in treating many diseases. I enjoyed talking about the benefits of intermittent fasting with you Deb.

7) What is my favourite part of this celebration?

I really enjoy being spiritually active during this month. I particularly like the early night prayers ideally in the mosque but can't do that right now in a pandemic, reading Quran and most of all the sense of community. Ties of kinship, relationship with our neighbours is there for all times however in Ramadan it takes a different meaning, and everyone is trying reach out to spread love. So, people that have signed up to get food samples please don't think for one second that we are doing anything out of our way, in fact you are making our celebration of this month more joyful. We are taught that worship is comprehensive so being kind to a neighbour, taking care of the homeless, helping in the house, etc. all constitutes as worship.

8) Why is Ramadan so important to the Muslims?

In Islam there are 5 core beliefs and Ramadan is one of them. They are:

First is testimony of faith, one must verbally state one's belief in the oneness of God and in the prophethood of Adam, Abraham, Noah, Moses, Jesus and Muhammad peace be upon them all.

Second is prayer, a Muslim performs five prayers a day (at dawn, noon, midafternoon, sunset, and early part of the night). Prayer is a direct connection between the worshipper and God without any intermediaries.

Third is paying Alms: A Muslim has to pay alms (charity) of a minimum of 2.5% from all their saved wealth to support the needy every lunar year. A lot of people prefer to do this in Ramadan and thus we have made a list of charities as a family. I personally prefer a few that directly help the homeless but Canadian Cancer Society is always on my mind, I lost my grandpa in Calgary by cancer.

Fourth is fasting in the month of Ramadan: A Muslim fasts every year during the month of Ramadan. Fasting is observed from dawn until sunset, abstaining from food and drinks.

Fifth is the Pilgrimage to Mecca (Saudi Arabia): Hajj (pilgrimage) is a once-in-a-lifetime obligation for every Muslim who is physically, mentally, and financially able to perform it.

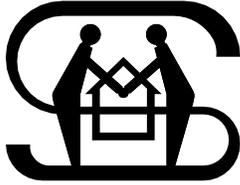
So, Lara when you ask about specific focus on prayer, yes there is extra prayers and lots of supplication happening during this month.

9) So, after all that month of hard work, do you celebrate?

YES! of course. The end of the month of Ramadan marks the day of Eid. Eid is celebrated by a community prayer in the mosque with everyone (of course not happening in this pandemic) and coming home to yummy food and gifts. I was mentioning to Kathy about Betty's cake making an entry in our Eid planning and I am delighted (Betty made this super yummy cake in a potluck and I tried making it at home, of course after bugging Betty and asking for the recipe and my whole family loved it YAY!)

I tried to cover questions that were asked to me and I am sure I must have forgotten something. If you have questions, please reach out. My email address is musuadadi@gmail.com





SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Housing Policy

Subject: Playground Rules
Original Date of Approval: April 30, 2002
Approved By: The Membership
Date of Amendment or Replacement: October 2018

- All members have the right and responsibility to supervise and enforce the playground rules
- No animals within 10 feet of the perimeter of the rubber crumb
- No urinating, spitting or foul language
- No excessive roughness
- No jumping off the top of the equipment
- No glass whatsoever or litter at the playground
- Above all **respect** yourself, others, the playground, and property, or your right to use the playground will be revoked.



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Operations Policy

Subject: Enforcement of Playground Rules Procedures
Date of Original Approval: May 2002
Approved By: Board of Directors
Date of Amendment or Replacement: September 2008

1. It is the responsibility of the member to make certain that their child/ren and their child/ren's friends, who are invited to play in the park, are aware of the playground rules.
2. If a member observes activity that is unsafe or harmful to the children, they are expected to act to do what they can to stop the behaviour.
3. Members are reminded that it is not the responsibility of the Property Standards Committee or staff to parent their children. If problems occur, parents are expected to be available to deal with their own children.
4. Complaints may be forwarded to the Grievance Committee to deal with.

Help Save The Bees by Putting Off Your Yard Work for a Bit

Author of the article: Cindy Stephen • for the Calgary Herald

<https://calgaryherald.com/life/homes/new-homes/help-save-the-bees-by-putting-off-your-yardwork-for-a-bit>



Feeling guilty because you haven't started your spring yard clean up? Fear not — you're actually doing your part to save the bees.

Some species of bees overwinter as pupa in cavities, like in hollow plant stalks. Bumble bees are just one of 70 different species of bee that live in the ground and are easily disturbed by humans.

“Mason bees and other native bees like bumble bees will emerge shortly and start pollinating early flowers and fruit trees. Then leaf cutting bees emerge and pollinate summer flowers,” says Liz Goldie, a beekeeper and director with the Calgary and District Beekeepers Association.

Honeybees are already awake, having survived the winter eating honey. But as soon as it's warm, they're the first ones out looking for food and water.

“Crocuses, dandelions and early blooming flowers and trees are the first sources of food for them,” she says.

Leaving dandelions for the bees is important as they are a phenomenal source of nectar and pollen for bees.

“If you don't like dandelions, dig them out or spray (with weed killer) at non-flowering times. If you bait the flowers with poison, you may kill them,” she says.

Homeowners in new communities can help native bees displaced during construction. Unlike honeybees that are able to fly long distances, cavity and ground-dwelling species don't travel far. If they're living in natural areas adjacent to new developments, homeowners can lure them back in.

“People can create an even better habitat through the flowers they plant and by providing water and nesting places. The big thing is to not use pesticides that will kill bees that are trying to re-establish,” Goldie says.

Fruit Flies:

Did you know that fruit flies can lay 500 eggs at a time on the fruit in your kitchen? Reuse wine corks in your fruit bowl! They absorb moisture from the ripening fruit and put off a fragrance that repels the pesky bugs.



◆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!

Obituary:

“Carol Cameron, who I'm sure you will remember as the 40-year resident of K657, passed away peacefully Sunday evening with her son Don holding her hand. I know she had many friends and neighbours in the co-op. If you are still publishing notices in your newsletter, please include her obituary, which I'll include below. We are all saddened of course, but she had a good life, a good couple of years living here [Yellowknife, NWT] with us, and she passed in comfort. She really loved living in the co-op, and we very much appreciated the support of your staff and her neighbours as she got older. Please extend our thanks to them all.”

- Kristen Cameron (wife of Don Cameron)

Carol Cameron (McGrath)



Marie Carol Cameron was born October 6, 1932 in Quebec City, where she grew up. She met Raymond Cameron when she moved to Calgary and was married in 1963. She continued her career as a telephone operator, where she started with manual call connections and retired from a fully computerized office in 1995. She was a long-time resident in the Sarcee Meadows Housing Co-operative where she raised her children, Marinda (Mindy) and Don. She will be missed by many friends in Calgary who will always remember her willingness to help when needed, especially if someone needed a ride! For many years, Carol and Mindy took part in church life at Emmanuel Christian Reformed and Bethany Chapel. For the last few years, Carol lived with her son in Yellowknife, where she attended Calvary Community Church.

A few months ago, she moved to Aven Cottages to meet her health needs, and she often said she felt spoiled by the care she received. Carol was predeceased by her husband, Raymond, her daughter Marinda (Mindy), sister Shirley and brothers Gordon and Donald. She leaves behind her grandson Ryan, her son Don (Kristen), and grandchildren, Liam, Joseph, Emma, and Katherine. Cremation will take place in Yellowknife, and interment will take place later this year at Eden Brook Cemetery. In lieu of flowers, donations to one of Carol's favourite charities would be appreciated – the Alberta Cancer Society or Doctors without Borders.

My Herons

Submitted by Jenn Jenkinson

One of the things I have been regularly doing to help keep my calm and sanity in these trying times has been to make regular forays to a much-loved place. I have grown up in Calgary and lived all but the first 3 1/2 years of my life right here where the Elbow meets the Bow, and the beautiful Rocky Mountains stand tall, imposing, and beautiful along our western horizon.

When I was going on 13, my parents purchased a home in Lakeview, which then was about as far south as the city extended. I very quickly discovered the wonder of North Glenmore Park on the shores of the Glenmore Reservoir and the wild, undeveloped area of the Weaselhead where the Elbow River entered the reservoir. I spent many happy and instructive hours there observing the bird populations and other fauna that abound in the area. Some of the birds are permanent residents, some seasonal coming back each spring after migrating south for the winter months. A few only pass through in spring and fall as the reservoir is a stopping off point on the journey to ranges further north.

The birds I always loved seeing return to the wetlands where river meets reservoir were the Great Blue Herons. There has been at least one pair there for all my adult life and their presence there again this year brings for me a beacon of hope that the world in some measure still continues as it should. Seeing "my herons" at the west end of the reservoir this morning gives me such joy and peace.

These wonderful natural spaces that Calgarians before us had the wisdom to set aside are a treasure that we must protect, nurture, and spend time in. There is a lightening of the heart, a healing of the soul and a great sense of peace in spending some reflective time being present in the natural world so close at hand.



Seniors Birthday Celebrations:

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

We were able to get out and celebrate 10 seniors' birthdays in April. Some of the kids were out of school during Spring break so they were able to join in on the fun of the celebrations.

The number of seniors on our birthday / anniversary list continues to grow as you keep letting us know of your special day and we are so happy about that.

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

- I would like to thank all the ladies and their children from the Women's Circle for the time and effort put into wishing me a Happy Birthday and all the lovely cards. I am so grateful to be living in such a caring community as Sarcee Meadows. I sure had a spring in my step that day (lol)

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.

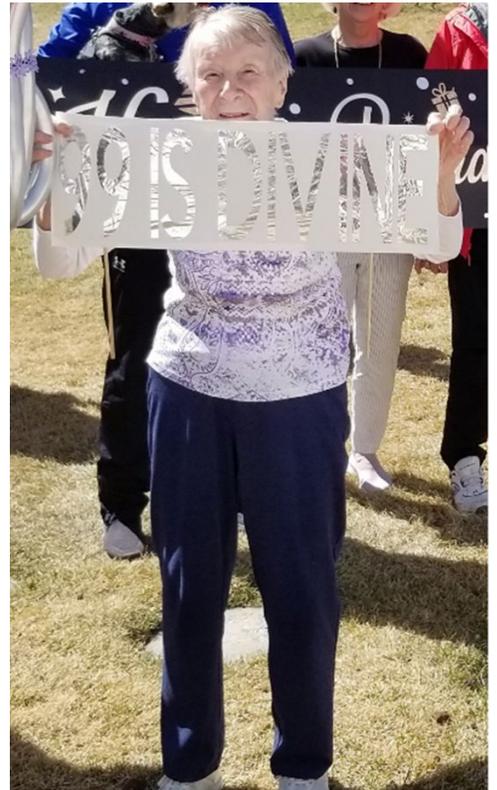
I hope you enjoy these pictures and “bios which they each helped to write” of some of our SMHC “seniors” that celebrated anniversaries / birthdays this past month.

Pictured below is part of our 2021 birthday celebration crew celebrating with Bernice. 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. This is why we do what we do for our seniors. It’s to bring great joy to them on their special day.



Thank you also to Darson Peters who so graciously came and played the bagpipes for Bernice and Lucille on their birthdays. The weather was perfect that day and Darson took the time to make these ladies birthdays extra special.

Bernice Pomeroy – Bernice celebrated her 99th birthday last month. What an incredible milestone. She is an inspiration to so many of us. Bernice has called SMHC home since 1979. One day in 1943 Bernice and 4 of her girlfriends were hanging out together. They said to themselves “gee life is pretty boring; we need some excitement in our lives.” The next day, at the age of 21, she and her girlfriends decided to enlist in the Navy and they served for three and a half years for the duration of World War 2. Bernice said this was the absolute best time of her life. She was the Secretary to the Officer in Charge in anti-submarine. Pretty darn amazing stuff. She speaks about her time in the Navy with the biggest smile on her face. Bernice has had such a full and wonderful life. She loves playing cribbage, the color purple and all things lemon. If you ever are feeling down, pick up the phone and call Bernice, she will have you laughing in no time. The sound of her laughter is wonderful to hear. One of her favorite things to do was to go to Las Vegas with Anne Lawton. These two ladies were the best of friends for many years. Bernice shared with me her secret to a long life was a small drink of vodka every day and a positive attitude. One of her favorite sayings is “Never go around with a frown” and “this too shall pass”. She looks forward every night to a phone call from her son-in-law Peter. She speaks so highly of her neighbors Dorthy and Al Wright who are always a phone call away if she needs anything at all and the Campbell’s her other neighbors that are always so helpful. She thoroughly enjoys life in SMHC. She wanted me to thank Darson Peters on her behalf for playing the bagpipes so beautifully on her birthday. She said her husband Al who was from Scotland would have really loved that. Bernice was on the Membership committee for several years and loved the process of meeting new and potential members.





Kweku Edugyan – celebrated his 81st birthday last month. Kweku and his family moved into SMHC in 1994. When I asked him about his time in SMHC these past 27 years a big smile came to his face. He has so many wonderful memories here. Kweku said the community has been so good to him right from day one and that has continued through the years. During covid Kweku has started to take online piano classes and is thoroughly enjoying it. He loves all genres of music and has enjoyed watching the Classic Cowboy movies to help pass his time during covid.

Janice Bollen – celebrated her 80th birthday last month. Janice and her husband Robbie have called SMHC home since 1988. Janice has served on the board and several committees over the years. Janice said “I have 4 children one of whom passed away in 2017. I now have 7 grandchildren and 2 great grandchildren. Boy, time sure flies. I have been blessed with many long-lasting friends who also live in SMHC and are also my neighbours. My passion is quilting but I would like to explore doing watercolor painting. One is never too old to try something new, would you agree?”



Carl Graham – celebrated his 83rd birthday last month. Carl and his wife Eveline moved into SMHC in 1980. Carl said “I like to look after our place. Especially the umbrella tree which the children get a kick out of. We have a great neighborhood and, on our walks, we always talk to someone or waive to them. A great place to be living.”

Ewa Frankowska – celebrated her 65th birthday last month. She has called SMHC home since 2008.



Laurie Altilio – celebrated her 74th birthday last month. She has called SMHC her home since 1976. Laurie worked in the office from 1987 to 2012.

Carol Davis – celebrated her 76th birthday last month. She has called SMHC her home since July 1971. Carol and her husband were one of the first members to move into SMHC. Both of her children were born and raised here. Carol has done it all. She was one of our first resident directors and served as Secretary Treasurer for nine years. Over the years she served on numerous Committees. She was our General Manager for 15 years (1986-2001). Carol was awarded an Honorary Lifetime Membership in CHFC in 1994 and the CMHC Outstanding Achievement Award in 2013. (She was the first person to ever receive both of these awards.)

In addition to her work with SMHC and CHFT she served on the Boards of Rooftops Canada Foundation and the Agency for Co-operative Housing as well as Rutland Park Community Association.

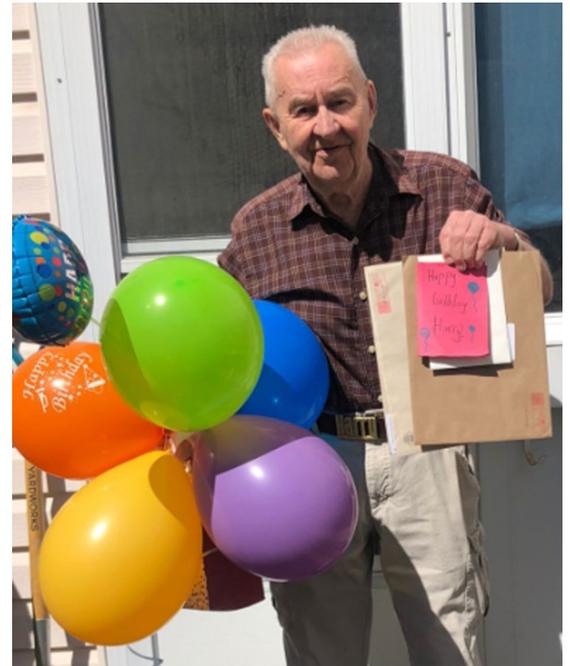
Widowed in 2008, Carol began travelling alone in her RV chasing the sun as far south as Mexico during Alberta winters. She and Beauty (the RV) have logged over 100,000 km in their travels. Of course, those adventures came to a grinding halt with Covid 19 and like the rest of us Carol has been home since March 2019. Her deck provides a meeting place for small groups of friends during the pandemic.

In July Carol will celebrate 50 years living in SMHC – first in C186 and now at K626. She says she feels blessed to have been able to be involved in our co-operative community over all these years and is encouraged by the new volunteers who always come forward.





Lucille Ranchuk – celebrated her 81st birthday last month. SMHC has been her home since 1979. “I have lived here for over 40 years and raised my children and grandchildren. I have worked in retail for 25 years. I have served on some committees and made friends here and some wonderful neighbours.”



Harry Thachuk – celebrated his 89th birthday last month. Harry has called SMHC home since 2001. Harry was the first Vice President of the South Calgary Legion branch 276. Harry loves to garden. He grows every vegetable you can think of from potatoes, beets, carrots etc and likes to make borscht for his neighbors. He also has a beautiful array of peonies that he treasures. Harry is looking forward to the weather warming up so he can get into his garden and work his magic.



Catherine Phipson – celebrated her 73rd birthday last month. Catherine has called SMHC her home since 1986. Born and raised in South Africa - her first job was working for the South African Police in administration, for 10 years. At that time, after leaving school, young men were expected to attend military training and stints on the borders, and the police force wasn't exempt from this. The unrest in South Africa was evidenced at her job and prompted Catherine and her family to move to Canada in May 1978 to pursue a safer environment. She loves living in Canada, but really misses family, all back home. Very active in her church, Catherine has worked in various capacities with children since she was 16. Retiring 3 years ago from her work with a law firm in Calgary, Catherine finds more time to spend on her hobbies, loving to knit, crochet and make hand-made cards. Each year, along with the Craft and Chat ladies at the church, Catherine knits mittens for the less fortunate children whose families are registered at the church to receive toy hampers ... on Valentine's Day these ladies take handmade scarves down town for the homeless, hanging them on fences and trees, with a little note that reads "I am not lost, if you need one, please take one knowing that you are loved".

Co-operatives helping Co-operatives getting baked goods into good hands

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

In March of this year the Women's Circle were presented with another wonderful opportunity to help the homeless and vulnerable citizens of Calgary. Four times a week the Co-op grocery store is giving us all their day-old baking (bread, buns, sweets) to give to the homeless at the Mustard Seed shelter. With this initiative both our SMHC Co-operative and the retail Co-operative are saving food from the landfill and giving perfectly good food to the homeless community.

On one occasion when Debbie dropped off the baked goods, she found three homeless people waiting outside the Mustard Seed. They got very excited when they saw she had the baked goods in her car. One lady asked her if she had any English muffins as they are her favorite. She said to Debbie that the bread is very delicious. The staff of the Mustard Seed allowed the three homeless people to take a few loaves of bread and buns and they all seemed very happy. Debbie said "It was great to see that they are enjoying the bread and other baked goods. The staff is also very appreciative."



On another occasion when Musu made a delivery to the Mustard Seed the staff told her they really appreciated donations of the Co-op baked goods because it is good and fresh for a few days. Some of the baked goods have a best before day of 3 days later and they really appreciate that. She told him he can expect to receive deliveries from the Women's Circle four days a week and he thanked her a few times.

Some of the baked goods we receive from the Co-op are given to the folks at the homeless outreach group Be the Change as well as to Alpha House over-flow. The Mustard Seed and the other agencies are so pleased to be the recipients.

So many reasons to love shopping at the Co-op grocery store. They are so community minded and care for those in need.

Thank you so much Sarah Gates for bringing this opportunity to us.



◆ 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.

House Numbers for your Front or Back Door

I can 3D print house letters and numbers for your front door or your backyard. Letters are 5 inches high, and numbers are 4 inches high. They come in black or white, your choice, and I charge \$5.00 for each letter or number. All are made of plastic and come with 2 pre-drilled holes for mounting.

Contact Peter at 403 615-0290



FOR SALE:

2016 Kawasaki Versys 650 SE Sport/Touring - Black & White

\$7,000

21 liter Fuel Tank (range approx 425 km)

6 – Speed

ABS – Dual Front Discs

Adjustable Front & Rear Suspension

Adjustable Windshield

Owners Manual

12,000 km – only ridden in 2017, 18 & 19

Factory Handguards & Hard Panniers

New Rear Tire

Accessories:

12V Power Plug

Gear Indicator

Crash Bars

Throttle Lock



(Helmet not included)

Call Randy 403-246-1397

FOR SALE:

- Two – wooden glass enclosed cases for spoon collections, holds 30 spoons each. **\$15.00 each**
- Assortment of pins from the Calgary 1988 Olympic Winter Games. **\$1.00 each**
- Collection of vintage bone china, tea cup & saucer sets, most are Royal Albert. **\$10.00 each set**
- **FREE** Assortment of Canadian Girl Guides Books – song books, activity and games books, learn about knots, craft books.

Call 403-686-2698

Free:

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

Call Bev Wilson at 403-244-4206

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.

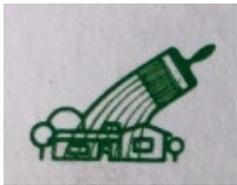
For Sale:**DVDs for Children and Teenagers:**

- | | | |
|--|---------------------------------------|-----------------------|
| - 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.



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

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

**Knitted Dish Cloths for Sale:**

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

Call Tricia: 403-242-0048

Pet Sitters for Dogs & Cats

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

Daily rate \$25

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





Healing Intentions

Energy/Crystal Healings

Crystal Grids

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

Shelly 403-660-2045 – References upon request

Psychic/Mediumship

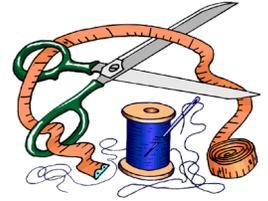
Personalized Crystal Kits

Card Readings

Book a Party

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.



Pandemic Friendly Personal Training

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

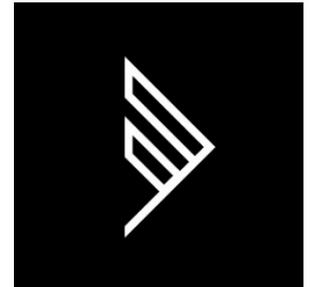
- I offer both training sessions in a gym AND safely from your home via virtual training. No equipment needed but is an asset if you have any!
- Can be both private and/or group sessions. I can train you with your significant other, family or even friends ANYWHERE in the world! So, you don't even have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

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: 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

