



# Connections

*Your SMHC Newsletter*

*June 2021*

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## **BOARD OF DIRECTORS' REPORT:**

Welcome to June everyone! The gateway to the long-awaited summer. I do not know about you, but this summer seems so much more important. It could be the year-and-a-bit long quarantine lift (possibly), it could be the return of those long, freeing warm evenings or it could be those cherished conversations sitting around the fire (yes, I did say fire) with neighbours. Any way you slice it, summer will be here before you know it.

A huge Happy Father's Day to all those hard-working guys out there that touch our lives everyday. Thank you for everything that you do!

Our new lawn and snow maintenance partner, The Ground Guys, sure have hit the ground running this spring. I am sure you have noticed their cheerful faces as they have feverishly worked to complete our spring clean up. Which as of this publication has been completed. Watch for them in your area on the following days:

Tuesday – A, B, and L

Wednesday – C, D and E

Thursday – F, G and H

Friday – J and K

After member recommendations, committee investigation, consultation with the Fire department and an intensive discussion with our insurance company, we are happy to welcome back fire pits/tables both wood and propane burning. Please ensure you are following the City of Calgary Bylaws as all permissions, guidelines and that mandatory distances are covered. For more information please visit: <https://www.calgary.ca/csps/fire/safety-tips/safety-tips-home/fire-pits.html>. Please note that, as stated on the City of Calgary website, it is of utmost importance that members **call 311 to report a complaint about a backyard fire pit or call 911 to report an out-of-control fire in a fire pit**. All violations are subject to City fines therefore SMHC staff are not equipped to properly handle these concerns.

Please be sure to register for our next Virtual Members Meeting June 22<sup>nd</sup> at 7:00 pm. Remember to register your email address before hand. If you need any assistance, please feel free to reach out to the office. Otherwise, we hope to see you there.

As the restrictions start to loosen, please continue to stay safe by checking the Government of Alberta's website for the most up to date Covid information. The office will also keep you posted with up-to-date notifications of how the restrictions will affect Sarcee Meadows.

One last thing, please remember to fill out your yearly member information sheet. NEW – Both paper and virtual forms can now be filled out. Please make sure to have these filled out and returned as soon as possible.

Before everyone breaks for Summer, the Board would like to thank the membership and office staff for all your hard work, support, input, and continued commitment to the Co-operative Values that makes SMHC the amazing place it is.

*Respectfully submitted by Megan Justason on behalf of the SMHC Board of Directors*

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

It has been an extremely disturbing and painful month. As a father of three children and a Canadian I was incredibly heartbroken to learn the remains of 215 children had been found buried at the site of the former Kamloops Indian Residential School in British Columbia. While I like many Canadians are feeling immense sadness, pain and shame over this news, generations of Indigenous communities across Canada have been living with the trauma of this every day.

Sarcee Meadows was founded from a spirit of community and connection to each other. Our homes were built in Moh'kinsstis, the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3). This spirit of community and connection to others is the key. It will allow us to face and understand our past to create a better today for our Indigenous communities and a better tomorrow for Indigenous children. We owe it to the lost children who never returned home to their families. I hope you will join me as I continue to learn about the experiences of Indigenous peoples in Canada and continue my journey to reconciliation.

I am also trying to come to terms with what happened recently in London, Ontario. While out for a walk on Sunday evening, Salman Afzaal, his wife Madiha Salman, their daughter Yumna Salman and Mr. Afzaal's mother were murdered. London Police believe the Afzaal family was targeted because of their faith.

I have been struggling with what to say about this horrible senseless tragedy and have been unable to find the words. I am going to turn to Mayor Nenshi to share what I and so many other Canadians are feeling.

"A grandmother. A mum. A dad. A teenager. All gone. A little boy seriously injured. Because of their faith. An act of terrorism. In our country. Unthinkable. Shocking. We are all sad and we are all angry,"

"Join me in grief and anger. Check-in on your Muslim friends and neighbours. That's a kindness. But ask yourselves, what else can I do? What's my role in creating a truly anti-racist society? What can I do today?"

"Stand up to racism and all bigotry, including Islamophobia, wherever and whenever you see it. "This isn't just a Muslim tragedy. It's not even just a family tragedy. It's a Canadian tragedy"

The Seventh Co-operative Principle is Concern for Community. Co-operatives like Sarcee Meadows have been leading the way in building inclusive and accepting places for people to call home. Let us together continue sharing this principle.

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With the Provincial Government entering Phase 2 of their "Open for Summer" plan I want to remind you what this means for operations at Sarcee Meadows.

Effective June 15, the admin team will return to the office, but access will continue to be restricted and the door will remain locked. If you are coming to the office for something we would ask that you please make an appointment and when you arrive ring the doorbell.

Anyone coming to B50 will be asked to be masked and all staff will be masked.

Maintenance will continue to focus on urgent or emergency work orders while also continuing to do external projects.

Once the province moves to Phase 3, we will resume full maintenance operations.

I know in the first couple of weeks during the spring clean-up and the lawn mowing a number of you have experienced frustrations with the work of Ground Guys. I ask for your patience as they learn our

community and how best to service it. Maintaining 35 acres and 380 yards is extremely complicated. Mike and I continue to work closely with Amanda (our site team lead), and we have seen strides over the last week. If you have a question or concern about our grounds maintenance please talk with Amanda, Mike, or me.

Finally, a reminder of our upcoming Member's Meeting on June 22<sup>nd</sup>. We are once again partnering with GetQuorum to host this meeting virtually. You should have received your meeting package including all the details of the budget. As well, you should have received an email inviting you to the meeting. Please accept this meeting invitation as it will be your way to register and join the virtual meeting. It will include how to join by phone if you would prefer that. Unfortunately, members who participate via phone will not be able to ask questions or vote on the motions.

One quick thing about the budget. When the team and I began the process of building next year's budget we wanted to make it as transparent a process as possible. We also had two over-arching goals as we built it; maintain affordability for you our members and ensuring our reserves continue to be strengthened so that we have the resources to continue to service Sarcee Meadows. Balancing these two goals was difficult but we believe we have achieved it.

If you have a question about the budget or would like additional information, please feel free to reach out to me. While I will be providing an overview at the meeting and taking questions, do not feel you have to wait.

Thank you,

Jon Jackson

General Manager

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

**Canada Day:** Please note that we will be closed on Thursday, July 1<sup>st</sup>, 2021, for the Canada Day holiday. Please stay safe, however you choose to celebrate, and have fun!

**Parking Concerns:** One of the effects of COVID-19 has been an increase in online shopping, grocery delivery, restaurant delivery, etc. and as such there has been a huge influx in delivery drivers to our area. This can create minor problems in the parking lots as these drivers may not be aware of where they can park safely and temporarily. We ask that members have a small measure of patience when coming across these drivers as they should move along quickly.

Having said that, please remember that members are responsible for ensuring that their friends, family, or other visitors that are staying for more than a few minutes are properly parked in the visitor parking stalls and not using other member's stalls or parking in ways that otherwise block the flow of traffic in the parking lots.

**What Goes Where:** The City of Calgary's "What Goes Where" website is an excellent resource to prevent improper items such as paint cans, chemicals, etc. from ending up in our garbage bins. Check it out at <https://www.calgary.ca/uep/wrs/what-goes-where/default.html>

**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](mailto:cathy@sarceemeadows.coop) – please contact Cathy at 403-246-2776 ext. 104 or by email if you need assistance with this.

**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.

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# **◆Committee Reports◆**

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## **NEWSLETTER COMMITTEE:**

Happy Father's Day to all the dads and others who will be celebrating this special day!

Be sure to check out the contest page for all the details on the "Come Fly with Me Art Contest". We look forward to you sending us items to be included in upcoming newsletters.

Have a safe and enjoyable Canada Day!

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

We are all ready for Covid to be done, and with vaccinations happening the Entertainment & Social Events Committee has been planning events where we can get together as a community again.

Unfortunately, we won't be able to do the Stampede Breakfast but the committee is looking at doing something bigger in August or early fall. We will keep you posted.

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## **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.

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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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## **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](mailto:janine@sarceemeadows.coop) and she will refer you to a committee member for further information.



Be sure to attend the Virtual Members Meeting on June 22<sup>nd</sup>, 2021, to have your say and to vote on the Proposed Budget and Proposed Housing Charge Increase. Meeting packages have now been sent to all members with all the details.

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**FINANCIAL STATEMENTS:**

<b><u>Sarcee Meadows Housing Co-operative Ltd.</u></b>			
<b><u>Financial Statements - Summary</u></b>			
<b><u>as at April 30, 2021</u></b>			
<b><u>Balance Sheet</u></b>			
<b><u>Assets</u></b>			
Funds on Deposit	\$ 4,471,600.11		
Other Assets	\$ 1,649,234.02		
<b>TOTAL ASSETS</b>		<b>\$ 6,120,834.13</b>	
<b><u>Liabilities - current</u></b>			
Long Term Liabilities	\$ 905,315.89		
<b>Total Liabilities</b>		<b>\$ 905,315.89</b>	
<b><u>Reserve funds</u></b>			
Housing Charge Assistance	\$ 200,000.00		
Replacement Reserves	\$ 3,685,274.59		
<b>Total Reserves</b>		<b>\$ 3,885,274.59</b>	
Retained earnings + current deficit		\$ 1,330,243.65	
<b>Total Liabilities, Reserves, Member Equity</b>		<b>\$ 6,120,834.13</b>	
<b><u>Income Statement (for 5 months - November 1, 2020 to April 30, 2021)</u></b>			
	<b>Actual</b>	<b>Budget</b>	<b>% of Budget</b>
Revenue from Housing Charges	\$ 2,128,466.00	\$ 4,266,052.00	50%
All other income	\$ 75,433.19	\$ 163,340.00	46%
<b>Total Revenue</b>	<b>\$ 2,203,899.19</b>	<b>\$ 4,429,392.00</b>	<b>50%</b>
<b><u>Expenses</u></b>			
Total Insurance & Property Taxes	\$ 260,835.71	\$ 496,000.00	53%
Total Utilities	\$ 478,667.16	\$ 989,004.00	48%
Total Routine Maintenance Costs	\$ 226,384.84	\$ 551,250.00	41%
Total Personnel and Payroll Costs	\$ 432,969.10	\$ 935,840.00	46%
Total Administration Costs	\$ 38,900.40	\$ 78,852.00	49%
Total Democratic Functioning	\$ 59,044.89	\$ 143,000.00	41%
Housing Charge Assistance	\$ 99,996.00	\$ 200,000.00	50%
Total Reserve Savings	\$ 519,139.00	\$ 1,035,384.00	50%
<b>Total Expenses</b>	<b>\$ 2,115,937.10</b>	<b>\$ 4,429,330.00</b>	<b>48%</b>
<b>Net income for eight months</b>	<b>\$ 87,962.09</b>	<b>\$ 62.00</b>	

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### **PROPERTY ENHANCEMENT COMMITTEE:**

- You should have your outside tap on now and please water trees near your unit including those in common areas. (For those members who require assistance turning on the outside taps a member of our maintenance team will assist you when it is declared safe to do so.)
  - The landscapers have begun cutting the grass. Please keep your lawn clear for them and remove any pet feces.
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### **PROPERTY MAINTENANCE COMMITTEE:**

Please do not put pop cans and bottles in the recycling bin. This has caused some altercations. Take them in for a refund if possible.

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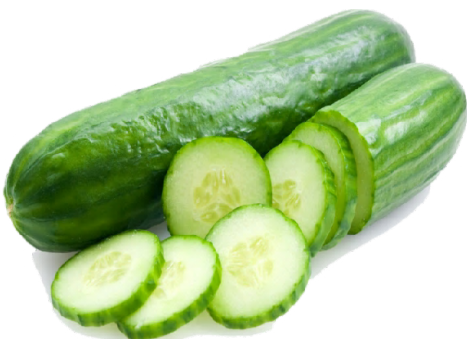
## **◆Education◆**

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### **Cucumber Facts of The Day**

I didn't know this ... and to think all these years I've only been making salads with the cucumbers!

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!



6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.



8. Have an important meeting or job interview and you realized that you do not have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

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### **15 Interesting Facts About Calgary You Might Not Know**

1. The Calgary Stampede features the largest rodeo in the world
2. Fish Creek Park is the second-largest urban park in Canada
3. Calgary was named the 4th most livable city in the world in 2018
4. The coldest temperature ever recorded in Calgary was a bone chilling -45 °C
5. You can walk 18km through downtown without ever going outside via the Plus 15 network!
6. The median age in Calgary is a sprightly 36 years, making it a very young city
7. Almost a quarter of Calgary's population is foreign-born
8. According to Clearwater, Calgary is the cleanest city in the world
9. There are more volunteers per capita in Calgary than any other Canadian city
10. Calgary is Canada's sunniest city, with 333 average sunshine days per year
11. June tends to be the rainiest month, and January tends to be the coldest. Calgary weather follows no rules, though
12. On summer solstice, Calgary gets almost 17 hours of sunlight. Yay!
13. On winter solstice, Calgary gets a little less than 8 hours of sunlight. Boo!
14. Calgary's altitude of 3,800 feet is downright lofty- well above (pun intended) the Canadian average
15. The Chinook winds can raise the temperature by as much as 20 degrees in a matter of hours



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# ◆Community◆

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## **RUTLAND PARK COMMUNITY ASSOCIATION:**

**The Needs Assessment application for Richmond Green Regional Park is going to Council on June 21.** The 2 well used baseball diamonds on the corner of 33 Ave and Sarcee Road are being considered for sale, to be developed for mixed use commercial and residential use. **The sales proceeds from this land will predominantly be used to remediate the contaminated Roads Depot Land (OWC) and build 1 new non-regulation baseball diamond.** Some money will go into other communities to upgrade their ball diamonds. **NO other upgrades are anticipated out of an almost 9.5-million-dollar project.** (PFC Meeting Video and PFC2021-0834 Attachment 2)

**Almost all of the remaining land in the regional park has been allocated for water reservoir expansion.** This means there is uncertainty around fencing and use for the space once the expansion is completed. **The baseball diamonds are the ONLY significant chunk of land that is unencumbered in the regional park.** The City is looking to sell them off.

**This regional park is intended to offset the already approved population of 21300 people who will reside in the CFB West Policy Area. At final build, the policy area will be SHORT 65 acres of open space relative to the population based on the Parks Open Space Policy.** This park space is the only space with the potential to offset that deficit.

Now is the time to weigh in on this proposal. **Please consider attending the Council Meeting on June 21 or at least submitting comments on the application.** If you wish to attend or to comment, you need to complete the simple form on the City website **by June 14 at 11:00 am.** To speak, please email [publicsubmissions@calgary.ca](mailto:publicsubmissions@calgary.ca)

<https://forms.calgary.ca/content/forms/af/public/public-submission-to-city-clerks.html>



Thank you for your time.

Leanne Ellis

RPCA VP Development and Traffic

*Fact-based information contained herein is considered accurate as of the date of publication. Any opinions stated, either directly or implied, are those of the author.*



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The Newsletter Committee acknowledges the deep pain, grief, and anger, both in our small community and across all of Canada with recent events. We echo our General Manager's comments in remembering the 7<sup>th</sup> Co-operative Principal of Community. Our committee is committed as we go forward to sharing information and literature that will feature reconciliation, acknowledgement and fostering community in future issues.



Dīyī tōōkī dzīnīsī, Itsá Gústsālī Ch'at'āghá  
Wednesday, June 3, 2021:

This week confirmed the death and nameless burials of 215 children at a former residential school in Kamloops, British Columbia. The tragedy of their anonymous interment during the forced separation from their families brings us insurmountable grief, and brings us to somberly reflect on the grave impacts and trauma residential schools have had on our own families. It is thus that we appeal for action.

We call on the Government of Canada to act on this evidence of genocide and neglect, which took place on the soils and the institutions that the government itself legislated and funded.

We call on the Roman Catholic Church to open all of its records to law enforcement where any evidence of mistreatment of children is found.

While church officials were the custodians of these children, the federal government had a fiduciary duty of care. And in that care, countless innocent children lost their lives. We demand that other sites of former residential schools, hospitals and industrial schools are duly inspected for any more mass graves, and that a proper burial for these victims within their communities, and among their grieving relatives, is arranged.

These children will live on in our memories and in our prayers, and their suffering will not be forgotten.

"In their final slumber... they woke a nation."

Īyāhōō nātō  
Dear Creator,  
Xát'ā yīnīsīn  
This is what I wish for;  
xát'ā nīts'idīškàd  
this is what I ask.

Sīyīsgáás.



*Reprinted with permission from Tsuut'ina Nation.*

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## ***StoryShare Project Seeks Seniors' Stories***

*Submitted by Kathy Aubichon*

It has been more than one year since we have entered our new normal. And while the arrival of spring brings promise of growth and renewal, we know that things aren't quite yet ready to return to the way they were before words like "pandemic" "COVID-19" and "quarantine" entered our daily vocabularies.

During this time, many of us have found ourselves looking back to precious moments past. Why not share some of those stories with those who are eager to listen? Storytelling Alberta is a not-for-profit storytelling organization that has existed for nearly 40 years. Last spring, they launched the StoryShare project to connect with seniors in the Calgary area. This **FREE**, friendly outreach program is currently being delivered via phone or video calls to seniors 65+ in three different ways:

1. **Individual StoryShare Chat** - A professional storyteller delivers a story to you or someone you love. Sessions can include one or two senior recipients via phone or video platform. The senior can share an anecdote from their lived history if they wish. A community volunteer provides supportive listening and connects the senior to any resources they might need.
2. **Tellarounds** - An online story sharing circle where seniors can join by phone or video to tell a story or listen to other seniors share theirs. These take place twice a month: on the second Thursday at 3 pm and on the fourth Thursday at 7 pm.
3. **Legacy Recordings** - A recording of a senior sharing their story or answering interview questions as part of our Legacy Project. The recordings are done over the phone or by video platform.

All storytellers and volunteers have completed a police information check and have signed confidentiality and non-disclosure agreements, so rest assured, your information will be protected! The StoryShare project also loans out free iPads to those who would like to access the programs via video.

If you or any interested seniors would like to see some examples of our programs in action, here is a link to the format for their storyshare sessions. Typically, these are not recorded and might just be done over the phone - it depends on the senior's preference. [StoryShare Session Recording - YouTube](#)

As for their legacy videos, the playlist of what they have already recorded can be accessed here: [StoryShare Legacy Videos - YouTube](#). As evident, the topics and story lengths vary from senior to senior.

In addition to English, they also offer storyshare individual chats in French, Spanish, Hindi, Urdu, Dutch, and Mandarin, but their list is growing. Legacy stories can also be recorded in a language other than English and they will work to get subtitles added.

- They have 5 iPads that can be loaned out to participate in their storyshare sessions. Seniors also have the choice to simply call in from a phone line if they'd prefer.
- If you are interested in learning more about this program and would like to connect with a community of caring local storytellers, volunteers and perhaps other seniors, please call 587-578-5 STORY o (587-578-6790) or visit [About StoryShare — Storytelling Alberta](#). Registration can be done via either of these platforms.

**Madiha Madda | StoryShare Outreach Coordinator**



Website: [www.storytellingalberta.com/aboutstoryshare](http://www.storytellingalberta.com/aboutstoryshare)

Facebook: <https://www.facebook.com/StorytellingAlberta>

Instagram: [https://www.instagram.com/storytelling\\_alberta/](https://www.instagram.com/storytelling_alberta/)

Twitter: <https://twitter.com/storytellingab>

YouTube: <https://www.youtube.com/channel/UCs6FxdbVG4bm9buMq6-bOPQ>

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## ◆Contest◆

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# *Calling all artists!*

### “Come Fly with Me” Art Contest:

To quote the great Frank Sinatra ... “Come fly with me, let's fly, let's fly away ...”  
Of course, we are all dreaming of the day that we can all safely fly away somewhere! This got us dreaming about all the things in this world that can fly, whether real or fictional. And rather than a simple coloring contest, we'd like to see what kind of art our talented members can create to showcase all the things that can fly!



So, grab your crayons, markers, colored pencils, or paints and draw us a picture of anything that can fly. Perhaps you are a graphic artist and can create a digital image of something that can fly. Maybe you are more of a builder, and you want to construct a model of something that can fly. Whatever your form of artistry is we want to see it!

We have three \$25.00 Gift Card prizes to give away, one prize will be awarded in each of the following three age groups:



- Ages 0 – 8
- Ages 9 – 16
- Ages 18 – 100



You may use the blank page on the back of this page or any other method of your choice to submit your artwork. Entries can be dropped at B50 through the night deposit box or during office hours by ringing the doorbell. You may also email your entry, to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop). This is a great option for digital creations or maybe a photograph of your artwork. Be sure to include your name, age & unit number!



**Deadline for entries is Monday July 5<sup>th</sup>, 2021.**



**Name:** \_\_\_\_\_

**Unit Number:** \_\_\_\_\_

**Age:** \_\_\_\_\_



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## ◆Human Interest◆

*This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/or Personal Milestones such as Births, Birthdays, Weddings, Anniversaries and Obituaries. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements, or any other tidbits that you would like to share! Submissions can be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or dropped off at the office to the attention of the Newsletter Committee.*

*Submissions to this section are the opinion of the author[s] and do not reflect the opinions of the Board of Directors or the members of Sarcee Meadows Housing Co-operative Ltd.*

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### **Obituary:**

A beautiful soul is never forgotten and will forever live on in our hearts. Our dear Joan Farraway passed away peacefully and surrounded by love. Joan and her husband Richard have been apart of the Sarcee Meadows community for 50 years. They were one of the very first families to move in and call this beautiful community their home.

My whole life I can remember my Mom sharing her delicious cooking and baking with our elderly neighbours and doing regular wellness checks with anyone in need. Over the years Joan held numerous spots in the community and found joy in being helpful with anything needed

Please take a moment to remember this kind and selfless lady. If anyone would like to view her service or send our family condolences

They can reach her daughter Sara, at [barefooten@hotmail.com](mailto:barefooten@hotmail.com)

### **Joan Farraway**

<https://calgaryherald.remembering.ca/obituary/joan-farraway-1082267300>



Joan Farraway passed away on Monday, May 3, 2021 at the Southwood Hospice at the age of 86 years. She will be dearly missed by her husband Richard "Dick" Farraway; four children Jo-Ann Newall (John), Kris Farraway, David Farraway and Sara-Lynn Farraway (Paul Kyrytow); Six grandchildren Jason, Karly, Kyle, Stevie-Lynn, Zach and Sam; twelve great-grandchildren; a brother James Macleod (Carmen); and extended family and friends.

Joan was predeceased by a daughter Nancy Huntley in 2017; and four sisters Margaret, Mona, Mae and Gail.

Joan was born and raised in Montreal. At age 18 she met Richard and after a short courtship they were married. Richard's work in the RCAF took them to Germany, Sea Island, BC, Trenton, ON and Cold Lake, AB before they settled in Calgary. They have resided in Sarcee Meadows for 50 years where Joan had many close friends. She loved to quilt, engage in genealogy, cook and bake for family and friends. She loved African Violets and founded the Stampede City African Violet Society which continues to thrive. Joan could be found caring for many people in her community. She loved her membership in The Church of Jesus Christ of Latter-day Saints and enjoyed her many callings. More than anything, Joan had a deep and abiding love for her husband and family which she demonstrated throughout her life. We will remember her as a selfless, accepting and kind soul, and will miss her dearly.

A small private funeral service will be held for Joan on Saturday, May 8, 2021 at 10:00 am, which will be live broadcast at <https://us02web.zoom.us/j/84790257246>. Messages of condolence may be forwarded to the family at [www.piersons.ca](http://www.piersons.ca).



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## **Seniors Birthday Celebrations:**

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

Due to covid restrictions in May we were only able to celebrate one birthday as a group, the rest of the celebrations were with just one or two people from the Women's Circle. We are always very mindful of the current AHS restrictions.

We were able to get out and celebrate 7 seniors' birthdays / anniversaries in May.

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.

- Over the last fourteen months or so, our activities and interactions with family and neighbours has been limited to six feet. Any break from isolation is welcomed. A wave from the sidewalk or a quick hello in passing brings a smile and cheer to the day. Try as we all might expressing happiness with eyes only or with a positive voice is challenging. Soon the masks will be gone, the visits more intimate and frequent. Handshakes and hugs won't be a threat requiring instant purell with lockdown second precaution. And CHEERS to that. So, for now, stay safe, stay well, stay positive and smile under that mask, because a sincere smile leaks up into your eyes. Thank you to all the members of the Women's Circle for their caring work and their well-mannered children who knocked on our door and rang the doorbell.

**\*\*\* Please note for the months of June, July, August we will be celebrating birthdays / anniversaries on Monday thru Thursday. If your birthday / anniversary falls on a Friday, Saturday or Sunday we will come to you on the Thursday prior. Our visits will happen between 12 noon to 1pm where possible. If you won't be home, please let me know and we will make other arrangements [kaubicho@shaw.ca](mailto:kaubicho@shaw.ca) or call/text me 403-629-0400**

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 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 Sharon. 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.





**Robert Isaac** – Robert (Bob) celebrated his 72nd birthday last month. Robert and his wife Kathleen have called SMHC home since 1975. Robert was hired on to the SMHC maintenance department to help Dick Farraway back in the early days. In the 30-year SMHC anniversary newsletter Dick Farraway said, “the late Herb Isaac and his son, Bob, were amongst a host of dedicated, hardworking volunteers that made SMHC what it is today.” Dick said “Bob Isaac was my righthand man and did a terrific job – whether it was collecting the garbage from each unit or fixing the tractor – which frequently broke down. And, yes, we used to collect garbage and drop it in containers in those days.”

Bob we members of SMHC owe you and your family a great big thank you for everything you have done to make SMHC the great place we all get to call home today.



**Sharon Senft** – Sharon celebrated her 74th birthday last month. Sharon and her husband Randy have called SMHC home since September 1971.

**Maureen McGinnes** – celebrated her 71st birthday last month. Maureen and her family moved into SMHC in 1973. Maureen has spent many years on committees including the Membership committee and Finance committee as well as on the Board of Directors. Maureen is an avid cross stitcher. Her work is so immaculate that you can't tell the front of the work from the back. Most of her extended family have been the lucky recipients of a piece of her work; they will be treasured keepsakes as Maureen finds it almost impossible to cross stitch these days. Maureen loves a challenge and spends hours competing in games against others on the computer. Maureen also spent time in the Canadian Air Force.





**Ian and Maureen McGinnes** – celebrated their 50th wedding anniversary last month. They moved into SMHC in 1973 with their two daughters, Leanne who was three at the time and Theresa who was a year old. Through the years Maureen and Ian have been blessed with two grandsons that are the loves of their lives. Their continued thirst for travel keeps them eagerly planning their next cruise. The celebratory one planned for their 50th Anniversary was cancelled thanks to the dreaded pandemic; however, they will once again sail away when it is safe to do so.

**Dorothy Wright** – celebrated her 65th birthday last month. Dorothy and her husband Al moved into SMHC in June of 1996 along with their 3 teenage sons after Al retired from the military. This community felt very similar to their military community with its closeness and feeling of belonging and inclusiveness that they were accustomed to in the military. Over the past 25 years they have grown really close to a lot of their neighbors. This has been and continues to be a wonderful place to raise a family. Dorothy and Al are very blessed for the life and friendships that they made over the time that they have been here in SMHC. Dorothy was fortunate enough to work for Carewest, Royal Park after CFB Calgary closed where she worked for 20 years. Dorothy worked at Royal Park for the last 24 years until she retired on (Her Birthday) May 2021. Being just across the road it made it very easy for her to come and go to work. Dorothy has been on committees such as the Membership Committee. Happy Retirement.







**Zygmunt Brogowski** – celebrated his 70th birthday last month. He and his wife Maria have called SMHC home since 2009. Zygmunt worked for SMHC in the Maintenance Department from 1990 to 1996 prior to moving into SMHC. His grandchildren are his heart.

**Christina Milaney** – celebrated her 70th birthday last month. She has called SMHC her home since 1984. Chris has served on the Board of Directors among other committees and is currently the Chair of the Grievance committee. Chris said “My parents moved here in the early 70’s as did lots of military people, so in a way it was like being back in the PMQ’s. Some families were even in Germany with us like the Lundquists who lived across the street. SMHC was my 19th move and I swore I would not move again. 35 years later I am so blessed to have friends and neighbours who are like family. I feel so safe and am proud of how members here look out for each other. Since my retirement I have the time to enjoy the beauty of our complex as I walk through it. So having turned 70, in numbers not body or mind, I hope to keep instilling the heart of Co-op living to our newcomers and hope they live to call Sarcee Meadows home, my first real and lasting home. Sincere thanks to the Women’s Circle in making my birthday so very special during this difficult time.”



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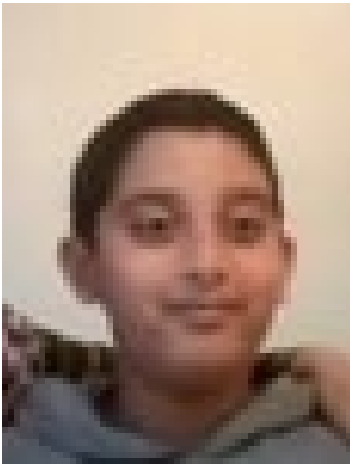
## **Cooperative Housing Youth Virtual Exchange Program**

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

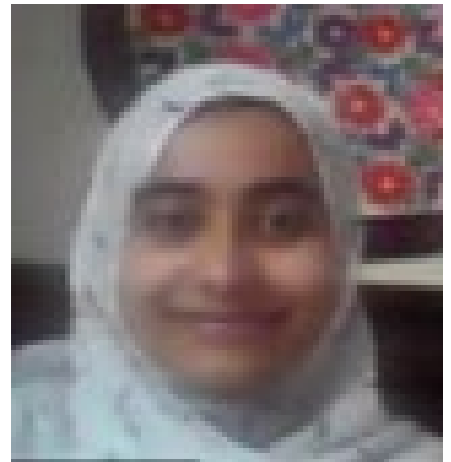
While preparing for the SMHC Youth podcast a few months ago, I had the opportunity to brainstorm with Co-operative Housing International about how cool it would be to have our SMHC Women's Circle youth speak with youth around the world to share their ideas and experiences growing up in a housing co-operative. Our SMHC is very unique. The love and support our youth get from you, our members in SMHC, is not found in all housing co-operatives is what I have been told. Our Women's Circle have really influenced not only our youth, but also our adult members. It's beautiful to see the bonding amongst our SMHC members grow stronger day by day.

I am so excited and so pleased to announce that Co-operative Housing International chose our SMHC Women's Circle youth to participate in this wonderful initiative. Our youth are very active in our community and are really excited to meet virtually other youth from around the world to share experiences. Thank you, ladies, for encouraging your youth to participate.

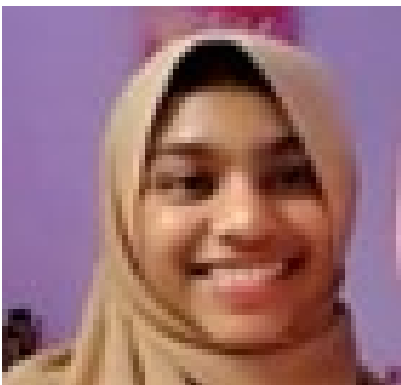
Below are the participants from SMHC. We have had our first zoom call with Co-operative Housing International to decide on parameters. Now we will wait to see which country our youth will do the exchange with first.



Abdur Raheem Shaik (Bilal) – 11-years-old – grade 6 – (Faria is mom)



Ayesha Numa – 17-years-old – grade 11 (Haseena mom)



Fariha Mohammed – 12-years-old – grade 7 (Farha is mom)

Fatima Dadi – 11-years-old – grade 5 (Musu is mom)



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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 Supplies for Small Dogs:**

Previously belonging to a Shih Tzu Mix

- |   |   |
|---|---|
| - Lightly used soft bed, about 18 inches across | - Small Ceramic food bowl   |
| - Kong brand back-attach harness                | - 6 ft leash  |
| - Water resistant wool lined dog coat           | - 2 small washable dog diapers                                    |
| - Knit red sweater                              | - Knit Christmas sweater  |
| - Shark costume                                 | - Bumblebee costume   |
| - Santa sweater                                 | - Flexadin chew vitamins (helps prevent arthritis in senior dogs) |

Email Laura at [lauraecouch7@gmail.com](mailto:lauraecouch7@gmail.com) to claim!

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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  
**\$100.**

Call Chris at 403-242-5038.

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**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**



Heel to Toe  
Footcare

Marie Blain RN  
canadiangolden@gmail.com

#55 10001 Brookpark Blvd. SW  
Calgary Alberta  
403-640-7965

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**FOOT CARE**

Therapeutic Foot care by RN includes:

Assessment, Nail Care, Skin Care, Callous Reduction, Education.

Services provided in your home. For appointment phone 403-640-7965



**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
- Large 3 Bedroom \$110
- Small 3 Bedroom \$100
- 4 Bedroom \$120

Includes all cleaning supplies, vacuuming, mopping, bathrooms cleaned, all countertops wiped, and cleaned, light dusting. This service can be done weekly, biweekly, or monthly.

Police clearance, and or references available upon request. For more information, please contact Monika #403-920-0920



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**Knitted Dish Cloths for Sale:**

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

Call Tricia: 403-242-0048



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

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

Daily rate \$25

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



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### **Healing Intentions**

Energy/Crystal Healings

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.

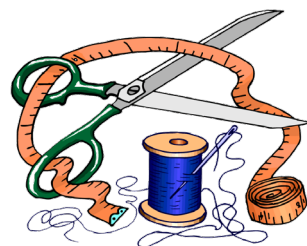
Shelly 403-660-2045 – References upon request

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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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### **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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## *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: Heather Millar

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: Astrid Deslandes

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

