



Connections

Your SMHC Newsletter

Summer 2021

BOARD OF DIRECTORS' REPORT:

Welcome to summer, everybody...which this year seems to be spelled with a Capital 'S'! Hopefully by the time you're reading this, we'll be back into more seasonal conditions with some much-needed rain. In the meantime, please help out your lawns by giving them an hour or so of watering per week. They don't really need much more than that...and our sidewalks and parking lots don't need the watering via runoff.

Summer is generally a time to recharge and refresh here in Sarcee Meadows. Committees don't meet and the Board comes together only if absolutely necessary. The province has entered the third and final phase of its COVID plan, and City Council will have decided whether or not to extend Calgary's mask mandate. With any luck, we'll be able to meet in person both socially and to conduct the co-operative's business in the near future. You ... know when it isn't sweltering out there!

With the lifting of many restrictions, maintenance staff will once again be entering our units to be doing much-needed work. They will be masked as they do this. Speaking personally, I consider these staff as guests in my home. Should they be in my unit while I'm there, I will also be wearing a mask, and I would ask that you consider doing the same.

Thanks to all of you who attended the June 22nd Members meeting. We are thankful that consensus was reached on both a housing charge increase and a working budget for the 2021-22 fiscal year. Thanks again to our General Manager, Jon Jackson, for presenting this budget in a clear and thorough manner. As Treasurer, I would ask those of you who voted against the housing charge increase due to the financial strain it will put on your household budget to PLEASE consider applying for Housing Charge Assistance. This increase was asked for in order to start much-needed work on our units and we want to accomplish this without leaving ANY member behind financially.

Lastly, we would like to offer our congratulations to the kids of Sarcee Meadows. You made it through another year...and boy was it a strange year! Some of you learned from home, some of you learned in school, and some of you bounced between both. Hopefully, you'll have a more consistent learning experience in September and get to spend more time with your friends. For those of you who graduated, we know this was a very unusual way to end this level of your education. You've taken a big step in the path of your life, and more opportunities and challenges await you. We wish you the happiness, knowledge, and confidence to see them through.

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

GENERAL MANAGER'S REPORT:

First, I would like to thank everyone that attended our June Member's Meeting. It was great to see 174 of you join virtually and I look forward to our next meeting where hopefully we will be able to meet in person.

I appreciated all the questions I received about the budget and hope I provided clarity and certainty as we continue to plan our future together. If any of you didn't get to ask questions or would like additional information, please let me know.

As part of the budget process our housing charges as of November 1st have been approved and will be increasing to:

2 Bedroom	\$929
3 Small	\$959
3 Large	\$982
4 Bedroom	\$1,006

If as a result you will be paying more than 30% of your gross household income in housing charges, please contact Cathy or I to discuss the Housing Charge Assistance Program.

As we look forward towards our next Member's Meeting which has been tentatively scheduled for October 23rd, we are going to be looking at it being a hybrid meeting. Many of you expressed to me you liked the ease and convenience of virtual meetings. Our goal will be to offer both alternatives, in-person, and virtual attendance. We will have more details to follow on this.

Our AGM has been scheduled for January 26th, 2022 and the deadline for you to submit proposals for consideration has been set as November 12th. If you would like to submit a proposal to be considered, please either email Janine (janine@sarceemeadows.coop) or call the office at 403-246-2746.

On July 5th, the Maintenance Team returned to full Work Order Service. I would ask for your patience as we work through the backlog. When our Maintenance Team has to enter your unit to perform service, they will be wearing a mask for your safety and theirs. If you are visiting the office, masking is now optional.

The Funding Task Force has held meetings as we continue to work on the Building Envelope Retrofit. We are currently working on an RFP for a Project Manager to assist us with the project. The initial role of the Project Manager will be to help us identify funding opportunities that make sense for us, both grants and debt financing. They will also help us determine the staging of the work that will need to be completed based on our financing. Once we have your approval on the plan, they will then oversee the project. We will provide you a much more detailed update on this work at our October Member's Meeting.

The Funding Task Force is comprised of the following people:

Helen Serrurier, Past Chair	Jeremy Hart, Treasurer
Chris Severson-Baker, Vice Chair	Joanne Mick, Director
Al Wright, Chair Property Maintenance	Wayne McAdam, Chair Property Enhancement
John Preston, Member at Large	Mike Cooper, Member at Large
Shelley Kaye, Member at Large	Mike Read, Maintenance Supervisor
Jon Jackson, General Manager	

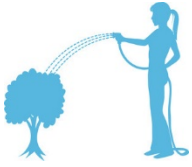
Finally, as we enter the summer months just a quick reminder about watering your lawns. Remember that most lawns only need one inch of water per week. When you water your lawn, please do it early in the morning and ensure you are getting even coverage over your entire lawn.

I hope all of you have a great summer. I am looking forward to one full of camping with my kids, lots of campfires and s'mores.

Thank you,

Jon Jackson
General Manager

FROM THE TEAM AT B50:



Watering Trees: One of the greatest assets SMHC has on our property is our vast number of beautiful trees, both in member yards and in many common areas. Our Arborist, Tom Hawkes, is asking for our assistance in ensuring that all these trees get plenty of water especially during the hot summer months. So, when you are out watering your lawns, please remember to also give all the trees around you some water as well.

Holiday Closures: Please note that the B50 Office and Shop will be closed on Monday, August 2nd, 2021 for Heritage Day as well as on Monday, September 6th, 2021 for Labour Day.

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.

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.

◆Committee Reports◆

EDUCATION AND INVOLVEMENT COMMITTEE:

After our successful first Joint Meeting of Committee Chairpersons in Nov. 2019, we were all anxious to meet again to continue the conversation. Sadly, that did not happen in 2020 (and we all know why!) We finally did meet up on May 20th via Zoom, with 11 committees and 1 task force in attendance. While the “vibe” was not there as it is in an in-person meeting, we were grateful for the chance to refresh some ideas to enhance the operation of our committees.

The following committees have indicated a desire for new members:

- Education and Involvement – 1
- Finance – 1 to 2
- Grievance – 1 to 2
- Membership – 1
- Personnel – 1
- Property Maintenance – 1 to 2



If you would like to learn more about one of these committees, please think about it over the summer then consider visiting that committee in the Fall (most committees don't meet in July or August). Contact Janine in B50 for more information.

We wish everyone a happy, healthy, and active summer. Enjoy!

Most folks are about as happy as they make up their minds to be.

Abraham Lincoln

FINANCIAL STATEMENTS:

<u>Sarcee Meadows Housing Co-operative Ltd.</u>			
<u>Financial Statements - Summary</u>			
<u>as at May 31, 2021</u>			
<u>Balance Sheet</u>			
<u>Assets</u>			
Funds on Deposit	\$ 5,001,701.00		
Other Assets	\$ 1,452,172.00		
TOTAL ASSETS		\$ 6,453,873.00	
<u>Liabilities - current</u>			
Long Term Liabilities	\$ 883,685.00		
Total Liabilities		\$ 883,685.00	
<u>Reserve funds</u>			
Housing Charge Assistance (incl CMHC Funds)	\$ 475,053.00		
Replacement Reserves	\$ 3,741,568.00		
Total Reserves		\$ 4,216,621.00	
Retained earnings + current deficit		\$ 1,353,567.00	
Total Liabilities, Reserves, Member Equity		\$ 6,453,873.00	
<u>Income Statement (for 7 months - November 1, 2020 to May 31, 2021)</u>			
	Actual	Budget	% of Budget
Revenue from Housing Charges	\$ 2,484,137.00	\$ 4,266,052.00	58%
All other income	\$ 88,907.89	\$ 163,340.00	54%
Total Revenue	\$ 2,573,044.89	\$ 4,429,392.00	58%
<u>Expenses</u>			
Total Insurance & Property Taxes	\$ 297,972.27	\$ 496,000.00	60%
Total Utilities	\$ 531,072.90	\$ 989,004.00	54%
Total Routine Maintenance Costs	\$ 284,590.31	\$ 551,250.00	52%
Total Personnel and Payroll Costs	\$ 509,261.35	\$ 935,840.00	54%
Total Administration Costs	\$ 49,498.09	\$ 78,852.00	63%
Total Democratic Functioning	\$ 67,040.59	\$ 143,000.00	47%
Housing Charge Assistance	\$ 116,662.00	\$ 200,000.00	58%
Total Reserve Savings	\$ 605,662.00	\$ 1,035,384.00	58%
Total Expenses	\$ 2,461,759.51	\$ 4,429,330.00	56%
Net income for eight months	\$ 111,285.38	\$ 62.00	

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

SAVE THE DATE!

As we slowly dip our toes back into the social gathering pool, we are excited to announce our plan for some summer fun!

We will be hosting **YYC Food Trucks** on Sunday, August 22nd, 2021 between 1:00 and 4:00 pm.

Come out and enjoy a great selection of foods with your neighbours in a safe outdoor environment.



Watch for more details in the coming weeks

LOBBYING COMMITTEE

Lobbying Committee (LC) is an ad hoc team called to action only when any level of government election is coming up. Municipal general election will take place on October 18, 2021. Deadline for candidates to submit their nominations is September 20, 2021.

At the March Board meeting, the motion was passed to activate the LC.

The Committee is composed of 5 volunteers, Board Liaison and GM. Our mandate is to provide members with information about political candidates for Ward 8, and their platforms related to cooperative housing, and to educate candidates about cooperative housing.

The first meeting of LC took place on June 08. Portfolios for Mayor's, Councilors, and Trustee's candidates have been voluntarily assigned. Chair of LC is Astrid Deslandes, who originally was a founder of this committee.

All our meetings and work are done virtually but efficiently. Committee members will actively work with candidates. Final outcomes of our work and information to the membership will be gradually tabulated and the summary will be sent to the members at the beginning of October.

Respectfully submitted, on behalf of the Lobbying Committee, by Slawa Gruszczynska - H 511

PROPERTY ENHANCEMENT COMMITTEE:

- Yard inspections will be happening in August.
 - Please water the trees in the common areas near your unit.
 - Make sure your down spouts are always down.
 - Violations of the city's fire pit bylaws should be handled by calling 311 not contacting the office.
 - There is a crew cleaning out gutters and fixing drains and downspouts.
-

NEWSLETTER COMMITTEE:

We have a couple of winners in the "Come Fly with Me Art Contest"; each winner will receive a \$25.00 Gift Card! Congratulations go out to McQuina Peters of F412 in the 9-17 age group and to Vanessa Pearson of H544 in the 18 and over age group! No entries were received in the 0-8 age group. We are happy to include pictures of their beautiful artwork on the next two pages.

Please continue to send in any items you may have to be included in upcoming newsletters. Committee Volunteers will be taking a summer break, so we expect to send out the next newsletter in October.

Have a wonderful and safe summer!





◆Co-op News◆



Co-operative Housing Federation of Canada
Fédération de l'habitation coopérative du Canada

April 1, 2021

Kathy Aubichon
H 482 4020 37 Street SW
Calgary, AB T3E 3C4

Dear Kathy,

On behalf of the Co-operative Housing Champion Award committee, please accept my congratulations for being selected as one of this year's runner-ups!

This newly named award honours someone whose presence, efforts and community spirit have helped make their co-op and neighbourhood a better place to live. Kathy, you have done all of the above and so much more – the housing co-op sector wouldn't be where it is today without members like yourself who go above and beyond.

We absolutely loved reading what your nominators wrote about you, and we couldn't agree more. You lift up the spirits of all those who know you, and you've brought your community together through the Women's Circle, potlucks, birthday celebrations and community volunteer initiatives. Friendships have blossomed because of you. You are a true leader who would do more for other people than for yourself, and you've helped to develop leadership among children, youth and those new to Canada. You've raised the profile of co-op housing, and continue to inspire so many with your everyday actions.

Thank you Kathy, for all that you've done and continue to do for your co-op and wider community. You are one of my most favourite people, and I'm so looking forward to celebrating you at our Virtual Annual Meeting in June. We will be acknowledging yourself and the other runner-up with a few words before showing the award recipient video. This will take place in our Virtual AGM waiting room, scheduled for Sunday June 13th at 1:30 – 2:00 p.m. Eastern Time. I hope you can tune in!

Lastly, we always love to give public recognition to co-operators who are doing great things in their communities. If you are open to potentially having your story shared on CHF Canada's website or social media, please contact lpepper@chfcanda.coop

Once again, congratulations Kathy!

Co-operatively,

A handwritten signature in cursive script that reads "Cynthia Mitchell".

Cynthia Mitchell, Program Manager, Membership & Events

311-225 rue Metcalfe St, Ottawa, ON K2P 1P9

Phone: 613 230 2201 | Toll-Free: 1 800 465 2752 | www.chfcanda.coop | www.fhcc.coop

◆Community News◆



Richmond Green Going to Council July 26

The Richmond Green LOC Application is going to Council on July 26. This application will allow for 580,000 sq ft of development on the corner of Sarcee Road and 33 Ave SW, approximately **100 townhomes, 250 multi-residential units and 25,000 sq ft of commercial**, to replace 2 well used ball diamonds. **A high-density development in this location will not only restrict park access but will have a major traffic impact on the surrounding communities.**

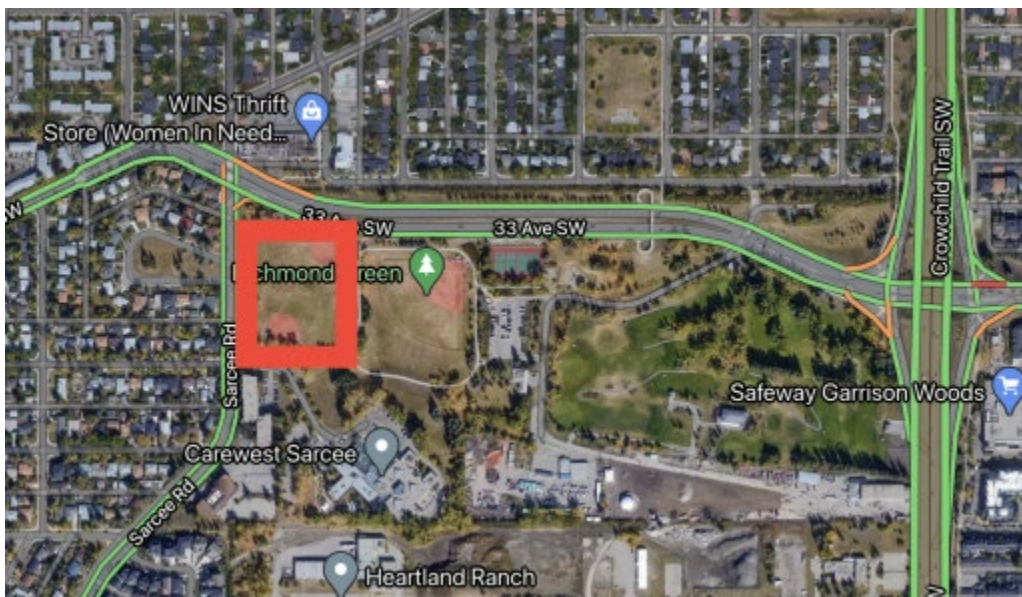
Most of the remaining land has been allocated for water reservoir needs. **The ball diamonds are the ONLY significant chunk of land that is unencumbered.**

The sales proceeds will predominantly be used to remediate the contaminated Roads Depot Land. NO other real upgrades are anticipated out of an almost 9.5-million-dollar project.

This is a regional park. The sale of any of it is a reduction in S-R land for recreational use. **What happens here sets a dangerous precedent for ALL of our other parks.**

Please consider attending the online Council Meeting on July 26 as well as 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 July 19 at 11:00 am.** To speak, please email publicsubmissions@calgary.ca

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





RPCA MEN'S COFFEE BREAK

Join us every Tuesday from 9:30am to 10:30am at the newly renovated Skate Shack for coffee, snacks and great conversation.

Come alone or bring a friend, the more the merrier. Open to men of all ages 18 +

Coffee and condiments are provided. From time to time we will request \$5 from everyone to purchase coffee and condiments. You may want to bring your own mug.

We bring the chairs out from the hall so you don't need to bring one.

Any changes, cancellations, etc. to the scheduled event will be posted on the RPCA Facebook page on the Monday prior.


Rutland Park Community Assn Hall
We sit on the patio on the west side.

For more information contact:

Randy Senft -
rgsenft@gmail.com



WHAT'S NEW @

 Knox
Presbyterian
Church



GENTLE YOGA

Returns Tuesday August 3 for 4 Tuesdays.
9 a.m.

\$20 for the program.

To register call 403-242-1808 or

e-mail Ty at ces@knoxcalgary.ca.

12 spots are open

CHALK A BLOCK OF HOPE

We invite you to take some time and
share your sidewalk chalk art and
messages of hope on the sidewalks
around the building.
Let's brighten everyone's summer!!!



SUNDAY SERVICES (ALSO ONLINE)

10:30 a.m. Sunday Morning in person

Also available online.

For in person registration for in person or for the
link for online contact:

Contact office@knoxcalgary.ca

or

call 403-242-1808

Knox Binding Threads is our newsletter to share life stories & community events, if you would like to
contribute e-mail ces@knoxcalgary.ca or call 403-242-1808

◆Human Interest◆

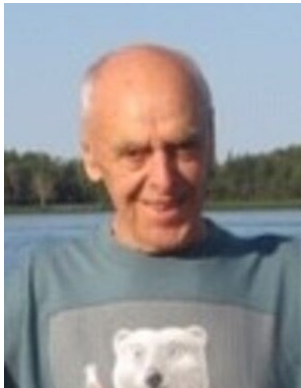
This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/or Personal Milestones such as Births, Birthdays, Weddings, Anniversaries and Obituaries. It is also a great way to send out Thank You Messages, 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.

Obituary:

Peter Batiuk

<https://calgaryherald.remembering.ca/obituary/peter-batiuk-1082746238>



We are saddened to announce the passing of Peter Batiuk, age 84, with his wife and children at his side in hospital.

Peter was married to his loving wife Carol for over 56 years. He leaves behind two children (Tracy and Trevor), one grandchild (Ridley), plus numerous nieces and nephews, many of whom reside in or around Kenora, Ontario.

Peter proudly served in the Canadian Armed Forces (PPCLI) for 27 years, taking him overseas on peace keeping missions in Cyprus with postings in Winnipeg, Edmonton, Nova Scotia, and Calgary, where he retired as a Master Warrant Officer in 1982. During his service he was awarded a United Nations Medal (Cyprus), a Canadian Forces' Decoration and Clasp and a Queen's Commendation for saving two soldiers lives by throwing a live hand grenade over a wall with less than four seconds to spare. With his strong work ethic, he could not sit around and took up a second career as a caretaker with the Calgary School Board for 20 years and enjoyed reading to the kids on a volunteer basis.

Peter was a very friendly, helpful, and generous man who loved to tell stories, strike up conversations with strangers and took great joy in making others laugh.

At his request, there will be no funeral service. A small family celebration of life will take place at a later date. In lieu of flowers, we know Peter would appreciate supporting fellow veterans with a donation to the Calgary Veterans Food Bank. <https://theveteransfoodbankofcalgary.ca/>

Seniors Birthday Celebrations

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

We were able to get out and celebrate 4 seniors' birthdays / anniversaries in June. We always enjoy it when the children of the Women's Circle are able to join in on the fun. Nothing beats the smiles on the faces of our seniors.

We started surprising our seniors with a birthday/anniversary visit in April of 2020. Covid came along and put a damper on birthday/anniversary celebrations for so many and we wanted to help rectify that. Over the past 17 months members of the Women's Circle delivered birthday/anniversary surprise visits to 112 of our seniors. We are so sorry that we didn't reach more of you but due to the Privacy Act the office couldn't provide us with any personal information, so we relied on our seniors reaching out to us and word of mouth.

The Alberta Government announced that on July 1st all or most of the restrictions will be lifted and things will be getting back to “normal”. Our Women’s Circle decided as a group that it was time to put an end to the visits for birthdays and anniversaries. It was a hard decision to make as we have really enjoyed seeing the beautiful smiles that we were greeted with each time we arrived at your door. We have come away from these 17 months with newfound and lasting friendships. It has been a real honour to spend a few minutes of your special day with you.

The Women’s Circle isn’t going anywhere. You will continue to see us around the community offering our help when and where it is needed. By now you have my phone number 403-629-0400 and email kaubicho@shaw.ca If there is ever anything that any of our seniors need, please don’t hesitate to reach out and we will do our best to help.

Pictured below is part of our 2021 birthday celebration crew. Thank you to this group and to those not in this picture for all of your help spreading joy to some of our seniors that celebrated a birthday / anniversary.

I hope that you have enjoyed the pictures and bios we have shared over the past months. This brings to a conclusion the last of the pictures that I will be sharing on behalf of the Women’s Circle.

Just a reminder the Newsletter Committee is eagerly awaiting your submissions to showcase your special occasions so please be sure to submit pictures and/or stories to janine@sarceemeadows.coop



Louise Hodder – celebrated her 74th birthday last month. Louise has called SMHC home since 1984. She has served on the Board of Directors, grievance committee, membership, CSI, as well as the personnel committee. “Sarcee Meadows has taught me so much as a volunteer. At one time I was a shy (surprise, eh?) individual that could not speak in a group. Well, I’m here to tell you that I served as Sarcee Meadows Board Chair & chaired our members meeting, then spoke to a large group of Co-op members at the AGM in London Ontario. I’ve always said if I can do it anyone can do it. Living in Sarcee Meadows has been beautiful, I wouldn’t trade it for the world!! Thank you everyone for making my Birthday extra special!”





Kathleen Isaac – celebrated her 69th birthday last month. Kathleen and her husband Bob have called SMHC home since 1975. Kathleen enjoyed working at Glamorgan Bakery for 6 years prior to retiring. She enjoys reading and doing word puzzles. Kathleen loves to volunteer and enjoys delivering the SMHC Connections newsletter.

Lynn Saunders – celebrated her 72nd birthday last month. Lynn moved into SMHC in 1972. She was on the Honors and Awards committee for over 10 years. Lynn raised two daughters in Sarcee Meadows Kym and Stacey Trowell.



Ian McInnes – celebrated his 73rd birthday last month. Ian and his wife Maureen have called SMHC home since 1973. Ian is a retired military guy who became a letter carrier with the Calgary Post Office upon retirement. Many of our members will recognize him as he delivered the mail to Sarcee Members for many years. Ian is an avid golfer and golfs most Sundays. He enters a competition each July that is held in Penticton, BC. He and his wife Maureen have two grown daughters and two wonderful grandsons of which they are very proud.



Kindness Grows:

As a person who grew up in the turbulent yet innocent 60's this particular quote really resonates with me. I have held on to those innocent and hopeful dreams for my world and my species throughout my lifetime. Sometimes it may seem like the small steps we take, the small thing we do, amount to very little when the world around us seems to need so very much. But they do make a difference. As this quote suggests one act of kindness makes a difference which encourages the birth and growth of new acts of kindness.

I read a story just recently about someone who decided to "pay it forward" at a fast-food drive through. The person behind who was treated to a free order also "paid it forward" and this chain of small kindnesses literally continued for over one hundred links. From one small act sprang another hundred: a hopeful moment indeed.

You really never know when even the simplest act of kindness will make a monumental difference in someone's life. So never stop to overthink the urge to simply be a good person, go ahead and hold that door open for the person behind you, smile and say "good morning" as you pass someone on a footpath, ask your elderly neighbour if they need help carrying in their groceries and always try to respond in a positive manner even when you experience negativity. It's amazing how many potential conflicts can be averted with positivity and patience.

Be Human, Be Kind because after all we are all Humankind!!

Let's forge a chain of kindness and humanity that will stretch around the world!

Jenn Jenkinson

Heat Wave Water Initiative for the Homeless

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

When we saw the below headline the Women's Circle jumped into action and started a Heat Wave Water Initiative for the homeless community of Calgary.

“Scorching heat breaks record in Calgary as local shelters work to support unhoused Calgarians - Calgary's unhoused population is particularly at risk of heat-related illness during the heatwave, as many camp outdoors during the summer months and are outside all day and night.”

I sent out the call for help and within 24 hours our Women's Circle members had donated 1300 bottles of water, within 72 hours we had 2019 bottles

34 cases of 24 bottles were delivered to the Mustard Seed and 50 cases of 24 were delivered to the homeless outreach group Be the Change.

In addition to the water, we also donated 40 reusable water bottles, 47 baseball caps and lots of food.

Thank you so much to everyone that responded so quickly to the needs of the homeless community. And thank you to the boys and others that helped us load all the water into vehicles for delivery.

I just want to take this opportunity to thank our Women's Circle and our SMHC community as a whole. The past 16 months have been trying to say the least. The Covid-19 pandemic came upon us and tried to knock us down, but we didn't let it succeed. As a group of women and our families and as a community we came together and celebrated our seniors' birthdays/anniversaries, we fed the homeless, we gave the vulnerable citizens of Calgary water when they were in a crisis and so much more. Everything that we accomplished these past 16 months is a result of all of us working together to make a difference. I couldn't be prouder to be a part of the Women's Circle and to call Sarcee Meadows home.

Our GM Jon had this to say “I continue to be inspired by this group. Each and every one of you is truly amazing in your commitment to making not just Sarcee Meadows but our entire community a better more compassionate place. I am honoured to part of this community.”







Coming to Canada

As you can see, I originally wrote and published this piece in April 2017. I thought it would be fun to share it this summer as on August 2nd we will be celebrating Heritage Day. I think it's fitting to remember that with the exception of our Indigenous neighbours, we have all at some point come to Canada from somewhere else. That amazing diversity of people is our strength as a nation. "Diversity: The art of thinking independently together." – Malcolm Forbes

April 22, 1957 – April 22, 2017

Sixty years ago, I arrived along with Dad and Mum and my older brother Graham at McCall Field which was already boldly calling itself Calgary's International Airport. Commercial flight was in its infancy still and most immigrants still made the journey by ship. But my father, a RAF veteran of World War II, had a deep and abiding love for and faith in airplanes.

So, we had set off from our home in Stockton-On-Tees, in North Yorkshire, England to journey to our new home in the wild west of Canada. First by train to Manchester, then by airplane in stages: Dublin, Ireland; Reykjavik, Iceland, 1st Canadian landfall at Gander, NFLD. From there we hopped to Toronto and finally, after a short visit with my father's cousin, we made the long haul to Calgary.

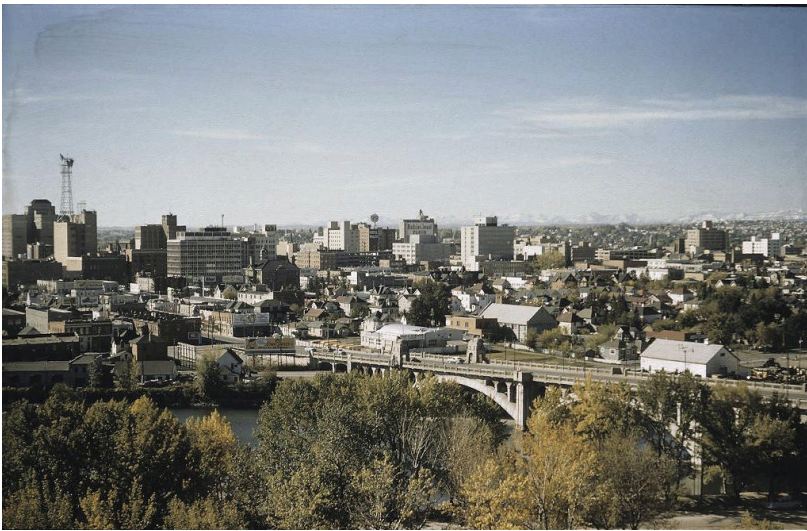
Those early days were often a blur of new sights and sounds and even the day-to-day things took on a new meaning amidst the learning curve of new currency, local slang and, despite the fact that we were English, the Canadian version of the mother tongue found ways to challenge.

My father had explained the currency to my Mum, going over the dollar and then the coins it broke down into: cents, nickels, dimes, and quarters. So, imagine my mother's surprise and consternation when the milk man delivered two quarts of milk to the door and wanted "2 bits" for it. "Two bits o' what?" Mum exclaimed, completely confused. All was well once she learned that 2 bits was slang for a quarter. Brother Graham had his own minor cultural roadblock when his teacher asked the class to draw a walk around a house. Graham came home telling Mum and Dad that he thought his teacher was daft. "You can take a walk around a house, but you can't draw one. I could draw a path around a house." He didn't realize that in Canada a path was referred to as a sidewalk which was often shortened to simply a walk.

All in all, though, as a family we embraced this new wilder and wide-open countryside that had become our new home. A favourite activity on summer evenings found us all piling into the family car for a run around some of the countryside surrounding Calgary with a stop in either Cochrane or Okotoks for ice cream. We made many fond memories in Canada and grew up to love and appreciate life in such a wonderful land.

So, Calgary has been my home for all but 3 ½ years of my current sojourn here on earth. I've seen so many changes, some good, some not so much. Calgary has grown exponentially since those early days and has become a world hub with the sporting fame of the Olympics and the draw of the spectacular Rocky Mountains to the west. Our culture has also grown along with the influx of so many diverse people from worldwide. Music, theatre, art, and other cultural pursuits are to be found all over Calgary seven days a week now.

Yes, there are downsides to growth, but ultimately Calgary is a vibrant city and holds a special place in my heart, Calgary is home. Thanks for a great first 60 Years Cowtown!! What's next??



City of Calgary Archives CalA PA-294-73

◆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.

For Sale:

PANDIGITAL Photo Frame - **\$15.00**

- frame size – 8 1/2” by 10”; image size – 5” by 6 1/2”

ION EZ Vinyl/Tape Converter - **\$20.00**

- transfer songs from your old LPs to your computer

Call Judy at (403) 686-0544

Free:

Electric Lift Recliner Chair, brown, almost like new.

Call Al Redford – 403-252-9504

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 to claim!

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.

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



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



Heel to Toe
Footcare

Marie Blain RN
canadiangolden@gmail.com

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

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

House Cleaning

- 2 Bedroom \$90
- Large 3 Bedroom \$110
- Small 3 Bedroom \$100
- 4 Bedroom \$120

Includes all cleaning supplies, vacuuming, mopping, bathrooms cleaned, all countertops wiped, and cleaned, light dusting. This service can be done weekly, biweekly, or monthly. Police clearance, and or references available upon request. For more information, please contact Monika #403-920-0920



Knitted Dish Cloths for Sale:

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

Call Tricia: 403-242-0048

Pet Sitters for Dogs & Cats

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

Daily rate \$25

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



Healing Intentions

Energy/Crystal Healings

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

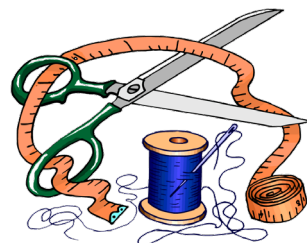
Card Readings

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

◆Just for Fun!◆

CO-OP POTLUCK RECIPE BOOK

This year, as part of their AGM, CHF Canada collected recipes from housing co-op members across Canada and put them together in their Co-op Potluck Recipe Book. A few recipes from some of our SMHC members are included here while the full collection of recipes can be found at the following link:

<https://fhcc.coop/wp-content/uploads/2021/06/Co-op-Futures-Recipe-Book-FINAL.pdf>

Watermelon Salad with Feta and Basil

Submitted by: Slawa Gruszczynska, Sarcee Meadows Housing Co-op, Calgary, AB

Ingredients:

- 3 1/2 pounds seedless watermelon (rind removed), cut into 1-inch cubes (6 cups)
- 1/2 cup fresh basil leaves, cut into thin strips
- 4 ounces feta cheese, broken into large pieces (about 1 cup)
- 2 tablespoons fresh lime juice (optional)
- Coarse salt and ground pepper (optional)



Instructions:

In a large bowl, combine watermelon, lime juice, and half the basil, season with salt and pepper. Toss to combine. Divide among four plates, scatter crumbled feta cheese and remaining basil on top.

Chicken Kabab on the Stick

Submitted by: Reshma Saleem, Sarcee Meadows Housing Co-op, Calgary, AB

Ingredients:

- Minced Chicken 1 lbs.
- Garlic and ginger paste 1 tsp
- Paprika powder 1/2 tsp
- Turmeric powder 1/4 tsp
- Coriander powder 1/2 tsp
- Cumin powder 1/2 tsp
- Black pepper 1/4 tsp
- Salt to taste
- Cilantro Chopped 1/4 cup
- Green pepper chopped long optional just to garnish.
- Ice cream sticks as needed
- Oil to shallow fry



Cooking Instructions:

- To the Chicken mince mix all the ingredients except the green pepper.
- Make a round ball of the mince mixture and put it on the stick.
- Flatten it out on the stick just like the picture above.
- Put a green pepper on each kabab
- Shallow fry it and enjoy.

Rose Flavoured Milk

Submitted by: Musu Dadi, Sarcee Meadows Housing Co-op, Calgary, AB

Ingredients

- 2 cups milk
- 4 tbsp rooh afza syrup (Rose syrup can be purchased at East Indian and Pakistani grocery stores)
- 4 tbsp vanilla ice cream
- Condensed milk to sweeten it up (as per your taste)

Instructions

- Mix it all up in a blender, add ice cubes to make colder, if desired. Serve chilled on a nice sunny day!



When do you go at
red and stop at green?



When you're eating
a watermelon!!!

momsvstheboys.com



Q: What do you call a dog on the beach in the
summer?

A: A hot dog!



JuicyQuotes.com | THE BEST JOKES TO SHARE

Q: Why does a seagull fly
over the sea?
Because if it flew over
the bay, it would be a
baygull.



Summer ice cream word search!

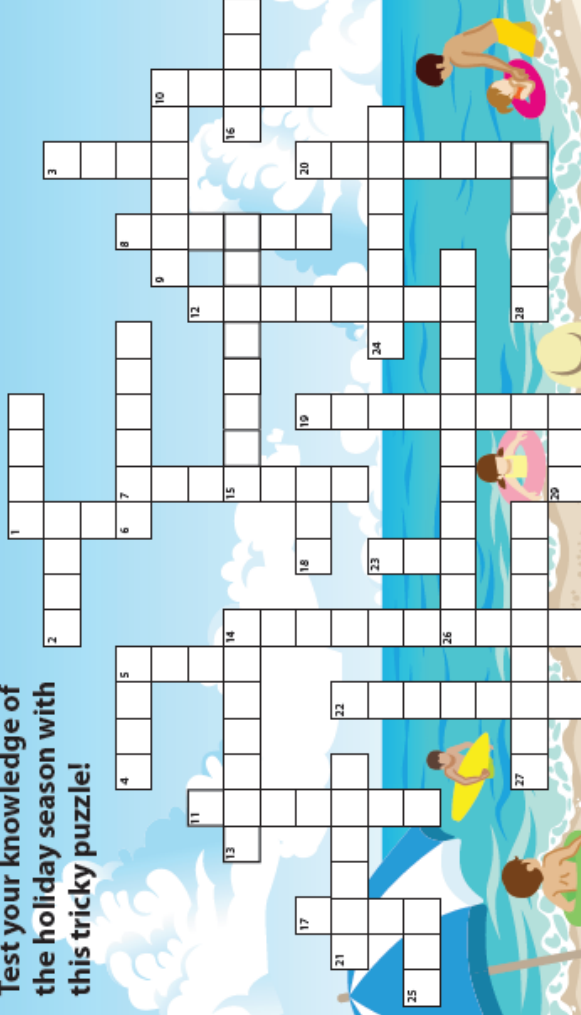
C R W N N K X B C B B B O V N T X N X V C U V K E
J O P X L E D E A R U M E N D N R I D A E W B E K
G Q F O K L A V O A F O U L I V M R B Y T K E D
C H F F Z E G U T Z E Q U P S M I A E G L C T E P
R X N S E E I E X W D M Q J Q R M W R U G A V S E
S V U W M E R C L W H E F T E E Y Z N V L P K M R
X V W A C S E U A V T A P J L P M C O R E C N Q
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H N B A G N W Z B Z D O N I Z A C I P J X C S E U
M O N Z H P Y C M T O J O L X T V I O Q G F H Q K
Z A O G N A M B H D Z T J L N E I M C B B D P I N
B C H E R R Y G G O V R N A V J E X X E X I T L O
T V I Q Q M B V A N E G U M D T C H L A M E A T B L
E S X Y B U B P J J K Z F U S V I S L G M E A F E K
N I K P M U P J K Z F U S V I S L G M E A F E K
T X O S M F B Z R C L Y R Q N A L X Y X B I J I T
P U U H O H K G S Y K X Z O I V N O N I H Q I N T
T A N X V I H L P Y Q Y S G G T N G P F K D C W Y
O B M O Q H Q S G P I Q M Q G H C R T G A Q G Z O W
Z X F Z C S U K U G L V Z P T Z F Z W O E A P R T
Q C S Q O O W A B L D Z F X V L E F O Q U N D B X
M V N M B Q C V V L O D W Q E D N V H S J C N I V

Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla

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SUMMER CROSSWORD

Test your knowledge of the holiday season with this tricky puzzle!



ACROSS
1 Go sailing on one of these (4)
2 Month in the middle of the year (4)
4 It moves sideways along the beach (4)
6 Mussels and oysters have these (6)
9 Fill this with sand at the beach (6)
13 Eyewear to stop water getting in (7)
15 Summer treat that comes in a cone (3, 5)
16 Something you do in water (4)
18 Body of salt water, smaller than an ocean (3)
21 Lunch in the park (6)
24 Sleeping in a tent (7)

DOWN
1 You see these buzzing about (4)
3 Creatures hide in these when the tide goes out ____ POOL (4)
5 The colour of summery skies (4)
7 Time off school (7)
8 Season before autumn (6)
10 Use this to get dry at the beach (5)
11 A person visiting a place on holiday (7)
12 Summery drink made from sour yellow fruit (8)
14 Cool eye protectors (10)
17 Toy flown at the end of a string on windy days (4)
19 What some people wear to go in the sea (8)
20 Footwear for warm weather (7)
22 Smell these in gardens (7)
23 The Earth circles this star (3)



Doodle Art Alley ©

**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 – Property Services & Office Coordinator – Paula
- 102 – Committee and Volunteer Coordinator – Janine
- 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: 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

