



# Connections

*Your SMHC Newsletter*

*October 2021*

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

Greetings from your Board of Directors. We hope this finds you and yours safe and well.

With the summer ending the board is back on our monthly meeting routine.

Things were busy over the summer, as you may have noticed. Big thanks to Jon and Mike for getting urgent work done. Also relentless are our committees.

Thank you for the work you all do. Our committees do need extra hands. Think of what might interest you. A meeting a month is the commitment, and you will be surprised how much you can help. Give me or Janine a call. We can help you with more details about the committees to see how you be able to help.

The fall is a time of reflection for many of us. Thanksgiving forces us to appreciate all of the positive things in our lives. The lovely weather is the icing on the cake this year. We wish you all a happy Thanksgiving.

We look forward to seeing you all at the Members Meeting on Saturday October 23<sup>rd</sup>, 2021 at 10:00 am.

*Respectfully submitted by Joanne Mick on behalf of the Board of Directors.*

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

Did you know our name "Sarcee" is believed to have originated from a Siksikáí'powahsin (Blackfoot language) word meaning boldness and hardiness? The Sarcee people call themselves Tsuut'ina (also Tsuu T'ina and Tsúùt'ínà), translated literally as "many people" or "everyone" (in the Nation). This was something I learnt leading up to the National Truth and Reconciliation Day as part of my on-going journey of education and understanding.

I have had a few members approach me to ask why the office was open on National Truth and Reconciliation Day. I wanted to take a few minutes to answer that question.

Both the Personnel Committee and the Board of Directors had a long in-depth discussion on how we as a community could best respect the Truth and Reconciliation Commission's 94 Calls to Action. The Commission's Mandate is "Promote awareness and public education of Canadians about the Indian Residential Schools system and its impact." To that end the Personnel Committee and the Board of Directors made the decision that we can do more than provide a day off; we need to educate, bring our community together and share experiences.

To that end, I have reached out to Elders with the Tsuut'ina Nation to ask for their assistance in creating programs that will help achieve these goals for both our staff and our members. We will also be working with Elders to create a land acknowledgement for Sarcee Meadows. The Personnel Committee and the Board of Directors have clearly stated we have an obligation to do more for Reconciliation and it needs to be lasting. Our community is more than just neighbours to the Tsuut'ina Nation, we share a history and our name.

I believe the path the Personnel Committee and the Board of Directors have asked us to travel will strengthen our understanding of the history of our land and the people who graciously share it with us. I look forward to sharing more information with each of you as these programs are created.

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## **Water main repair**

Most of you probably noticed the work that was being done in the park through the end of the summer. A number of years ago, a leak developed in one of our three water mains that provide water to all of Sarcee Meadows. At the time, the line was shut off and we relied on the other two water mains. Over time, this leak started causing more and more issues, so the decision was made to repair it.

After requesting competitive quotes, Remi Mechanical was selected to complete this work. Once the water main was repaired, we conducted pressure and leak testing on the line. During this testing it was discovered that the shut off valve on one of the feeder lines at the east end of the park was leaking. Repairs were completed on this as well.

I am happy to report now that all three water main lines are working properly. Over the next year, we are going to begin a "locate and test" program for each feeder line shut-off valves. With almost 200 of these valves, it is a major undertaking. However, it is one that we feel is imperative to ensure the long-term sustainability of our water system.



**Old Water Main**



**Newly Installed Water Main**



**New Feeder Line**

## Employee COVID-19 Protocols:

To help further protect our members and staff, the Board has implemented COVID protocols for the staff. Effective Monday October 11<sup>th</sup>, all staff will be required to either provide a weekly negative COVID test or have at least one dose of the vaccination. By November 15<sup>th</sup>, any staff choosing vaccination must have both doses. We have been approved for the Alberta Government's Rapid Testing Kit program. This program provides free test kits to organizations that implement a program such as ours. This will ensure that any staff who choose testing will not bear any cost, nor will Sarcee Meadows.

The Board believes that this protocol provides the best balance between respecting the right of the individual while also helping ensure the safest environment for you, our members, and our staff. We would still ask that when you are at the office, or a maintenance team member is in your unit that you wear a mask and maintain physical distancing.

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## Happy Thanksgiving:

I am so excited about Thanksgiving this year. To celebrate with my kids is something I enjoy more than anything. It also gives me the opportunity to break out my Great-Grandmother's Yorkshire pudding recipe... and yes in my house Yorkshire Pudding is served with Turkey. For those of you who love them as much as I do, I thought I would share her recipe.

### ***Ingredients:***

1 cup of flour  
1 1/2 tsp salt  
4 eggs  
2 cups of 2% milk  
1/2 cup of water

Lard – yes, lard!!! This is not a healthy dish. 😊

### ***Preparation:***

1. First thing in the morning, run the dry ingredients through a fine mesh strainer into a bowl. In a second bowl mix together the wet ingredients, minus the lard.
2. Slowly pour the wet ingredients into the dry and mix using a whisk.
3. Cover with a tea towel and leave on your counter. Every time you walk by the bowl give it a mix (at least once an hour).
4. An hour before dinner put a teaspoon of lard into each cup of a muffin tin. This mix will make 10-12 medium sized puddings.
5. Put the muffin tin in the oven and crank it up as hot as it goes (mine goes to 550). Leave it in the oven for about 15 minutes.
6. Transfer the mix into a pouring jug. This makes it easier. Very carefully take the muffin tin out of the oven – IT WILL BE VERY HOT!
7. Carefully and quickly pour the batter mix into each cup. Use a spoon to catch any drips as you move from cup to cup. Try not to get any drips between the cup moulds. This will help them become bigger.
8. Put the muffin tray in the oven. Turn it down to 450 and let it bake for 40 minutes or until fluffy and brown. Do NOT open the oven during this time.
9. Remove from the oven and serve immediately with the rest of your turkey dinner. For me this means drowning them in gravy.

I hope each of you have a great Thanksgiving. I would love to hear about your family traditions and recipes you share for holidays. If you have a dish you think I need to try, please email it to me at [jon@sarceemeadows.coop](mailto:jon@sarceemeadows.coop). And for me the secret to a really moist turkey is twofold – brine it for at least 12 hours AND lots and lots of butter.

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

**Modified Office Hours:** Just a reminder that with the current provincial restrictions in place the Office is only open for members from **8:30 am to 12:00 pm** on **Mondays, Wednesdays, and Fridays**. While they work from home the Office Team can still be reached via phone or email during our standard hours of Monday to Friday, 8:30 am to 4:30 pm.

**Holiday Closures:** Please note that the B50 Office and Shop will be closed on Monday, October 11<sup>th</sup>, 2021 to celebrate the Thanksgiving holiday.

The B50 Shop will also be closed to members on Friday, October 29<sup>th</sup>, 2021 while the Maintenance Team takes care of their yearly inventory count. The Office will still be open from 8:30 am to 12:00 pm that day and the Office Team can be reached via phone or email during that time.

**Furnace Filters:** With cooler weather approaching we will all be using our furnaces more often. Please remember to change your furnace filter at least every three months or more often as needed. As always filters are available for pick up at B50.

**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 TELUS technician's 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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### **EDUCATION & INVOLVEMENT COMMITTEE:**

**Exciting news for our committee** – Honours & Awards has now joined forces with Education & Involvement. We feel this will be a good fit as both committees recognize members' needs and promote commitment. Because of Covid, awards have been set aside for a while but will be returning in 2022. Stay tuned for more info...

**Fall is a call for us all** to get back into the swing of things. We encourage all members to continue to participate in co-op life. Say hi to your neighbors, pick up that piece of litter on the sidewalk, read your Connections newsletter - and **please consider volunteering** on a committee, if you are able. We NEED and VALUE your input! If you think something is not right in our co-op, help make it better!

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**ELECTIONS COMMITTEE:**

***Yes, it's that time of year again, to consider that,***

**WE NEED ...**

**YOU and YOU and YOU and YOU,**

**BECAUSE ...**

**of the 4 upcoming vacant seats on the  
2022 SMHC Board of Directors**



**and BECAUSE ...**

**YOU have the skills!**

**YOU have the ideas!**

**YOU have the time!**

**And YOU have both the DESIRE to work with others and the  
WISH to**

**broaden your skills – to support the future of SMHC!**

Please fill in Nomination Form and email/drop off to the office [B50] by  
Wednesday, December 22<sup>nd</sup>, 2021



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

Although we in the Entertainment & Social Events Committee do love to see the ghosts, princesses, and pirates on Halloween, because of Covid we will be unable to do our usual event. This year we will be doing the same thing we did last year and will be delivering goodie bags to children (15 and under) in SMHC for Halloween. We all hope you enjoy the treats and have a safe October.

We as a committee are looking forward to the time that we can all celebrate as a community group once again. We still meet regularly over video conference and plan events or recognition that we hope the community enjoys. This year in lieu of a Volunteer Appreciation Dinner, due to Covid, we will again be sending out gift cards to all our volunteers. A big thank you for all you do!

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### **FINANCE COMMITTEE:**

#### **The Finance Committee needs your HELP.**

We are looking for a few members with financial background **OR** an interest in learning more about SMHC financial workings.

You can:

- learn new skills or
- enhance existing ones,
- expand your network,
- update your resume,
- and possibly explore new career opportunities.

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.

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### **LOBBYING COMMITTEE**

#### **Sarcee Meadows Housing Cooperative Ltd. Municipal Elections Lobbying Committee (MELC) October 2021**

#### **Overview of Committee activity**

The City of Calgary's Municipal Election will take place on Monday, October 18<sup>th</sup>, 2021.

The January 2012 job description of Sarcee Meadows Housing Cooperative's Lobbying Committee was amended in March of 2021 to form an ad hoc "Municipal Elections Lobbying Committee" (MELC). This committee has been meeting biweekly, virtually, since early June, 2021.

The MELC is comprised of the following volunteers: Astrid Deslandes (C175), Juleta Severson-Baker (H483), Slawa Gruszczynska (H511), and Jeff Buckingham (H525). Additionally, Board Liaison Chris Severson Baker (H483) is part of our team.

The MELC reached out to each of the candidates competing at the Mayoral, Councilor, and School Board trustee levels of governance in Ward 8, asking for their respective platform positions as well as their positions on Affordable Housing.

A letter of invitation was composed with three questions relevant to cooperative housing and addressed personally to each of the Candidates. The efforts of MELC after each meeting have been recorded in official meeting minutes. The respective responses from each candidate have been captured in a shared google spreadsheet and tracking document. In terms of numbers, the committee engaged with 30

Mayoral Candidates, 9 Candidates for Councilors for Ward 8, 5 CBE school Trustee Candidates, and one Calgary Catholic Trustee Candidate. The responses from candidates are being put into a newsletter format for the members to read.

In communication with the Board of Directors, this special newsletter will be disseminated to the Sarcee Meadows membership a week before the election for your consideration, to help you make an informed decision about how to vote.

Respectfully submitted by:

Jeff Buckingham

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### **NEWSLETTER COMMITTEE:**

Hope everyone enjoyed our beautiful summer and was able to enjoy the outdoors!

We look forward to receiving any articles of interest, stories, or any items you would like to include in the newsletter for our members. With the holidays fast approaching please send us your craft projects and recipes for dishes or desserts you prepare for your family.

Wishing you all a happy and safe Thanksgiving and a fun time for everyone celebrating Halloween!

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### **The Newsletter Committee Wants YOU!!**

As a committee we are always looking at ways to entertain and inform while remaining relevant in today's world. We are striving for inclusion and understanding within our own community as well as within the community at large.

In addition to our regular features, we are going to be focusing on 2 or 3 special days each month that are nationally recognized. We need a few more members to help us take on this newest challenge.

This is where YOU come in.

- Do you like to research information?
- Do you like to write informative articles or creative stories?
- Do you have great ideas but are not comfortable with your writing skills?
- Do you like to visit with fellow members and contribute to our community?
- Do you like the feeling of accomplishment for a job well done?

If you can answer yes to even one of these questions, we would like to invite you to sit in on a meeting with the hope you will want to join our amazing committee. We work together as a team so one person does not have to be able to do everything.

Please consider joining us. Contact Janine today via email at [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or by calling 403-246-2746 Ext. 102 to get started.

Thank you.

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### **PROPERTY ENHANCEMENT COMMITTEE:**

- Thanksgiving weekend should be the latest that units turn off their outside taps.
  - A big bin schedule will be posted soon, along with some rules because some members have been abusing this privilege
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# ◆Community News◆

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## CITY OF CALGARY MUNICIPAL ELECTION:

October 18<sup>th</sup>, 2021 is Election Day where we will be voting to elect our mayor, councillor, and school board trustees. We will also be voting on reintroducing fluoride to the water system, the senate election, the Government of Canada's commitment to equalization payments, and year-round Daylight-Saving Time. For more information go to [electionscalgary.ca](https://electionscalgary.ca) or contact 311.

### **Advance Voting Station (October 4 – 10, 2021)**

Glamorgan Community Association  
4207 41 Ave SW

### **Election Day Voting Station (Monday October 18, 2021)**

Bishop Carroll High School  
4624 Richard Road SW

Sarcee Meadows Housing Co-operative (SMHC) falls into Ward 8 and all sections of SMHC will vote at the voting stations noted above.

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## GLAMORGAN COMMUNITY ASSOCIATION:



Decorate the trunk of your car and  
come by for some outdoor  
***Halloween Fun!!***

Registration open until October 22  
Call (403)246-8218 or email  
[info@myglamorgan.ca](mailto:info@myglamorgan.ca)

Please join us for the  
Glamorgan Community  
Association

## **Halloween Trunk or Treat!!**

Saturday  
October  
30

Parking & Set Up  
4pm to 5pm  
Trunk or Treat  
5pm to 7pm

Membership required. Must be purchased in advance.  
[www.myglamorgan.ca](http://www.myglamorgan.ca)

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# ◆Education◆

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## **Canadian Autism Awareness Month**

*Respectfully submitted by Slawa Gruszczynska*

### **Few bits of information for SMHC “Connections” Newsletters’ Readership**

Since 1993, Canadians have marked October as Autism Awareness Month.

USA and the rest of the world choose to mark April instead.

At that time, we focus on providing opportunities to increase understanding and inclusion of people with autism and fostering their universal support.

What is Autism?

Autism, or Autism Spectrum Disorder (ASD), is a complex lifelong developmental condition involving persistent challenges with social communication and behavioral aspects.

In according to the information provided by Autism Edmonton, 1 in every 68 eight years- old children is identified as having Autism Spectrum Disorder (ASD).

Autism exists all over the world.

For those who wish to learn more about Autism Spectrum Disorder, Autism Calgary ([autismcalgary.com/educational-presentations/#](http://autismcalgary.com/educational-presentations/#)) offers schools and community groups a very rich diaspora of presentations on a voluntary donation basis.

Such presentations include the following topics:

- The lived experience of ASD
- Not underestimating a person with ASD
- How to relate to people with ASD
- And several other topics available

Autism Calgary supports families and caregivers through such programs as Family Resource Centre, Autism Calgary’s Covid -19 online Resources List. Facilitates support groups and family activities.

Although there is no cure for autism spectrum disorder, intensive, early treatment can make a big difference in the lives of many children.

In concert with motto that it takes a village to bring up a child, society at large need to be aware of what autism is and be able to embrace it.

*The above written information has been compiled from websites of:*

[autismcalgary.com](http://autismcalgary.com) and [autismedmonton.org](http://autismedmonton.org)



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## **Breast Cancer Awareness Month**

*Respectfully submitted by Megan Jovie*

October is Breast Cancer Awareness Month! Breast cancer is the most common form of cancer found in Canadian women (and can be found in men as well, though it is less common) – approximately 1 in 8 women are expected to develop breast cancer during their lifetimes. Detecting cancer early greatly increases a patient's chances of surviving; if you are a woman 50 years old or older, remember to book a screening mammogram every 2 to 3 years!

Alicia Suskin Ostriker is a decorated American poet, who has written, among many other topics, on her experience as a survivor of breast cancer. The following poem is part one of a twelve-part piece called "The Mastectomy Poems" from her collection *The Crack in Everything*.

### **1. The Bridge**

You never think it will happen to you,  
What happens every day to other women.  
Then as you sit paging a magazine,  
Its beauties lying idly in your lap,  
Waiting to be routinely waved good-bye  
Until next year, the mammogram technician  
Says *Sorry, we need to do this again*,  
And you have already become a statistic,  
Citizen of a country where the air,  
Water, your estrogen, have just saluted  
Their target cells, planted their Judas kiss  
Inside the Jerusalem of the breast.  
*Here on the film what looks like specks of dust  
Is calcium deposits.*  
Go put your clothes on in a shabby booth  
Whose curtain reaches halfway to the floor.  
Try saying *fear*. Now feel  
Your tongue as it cleaves to the roof of your mouth.  
Technicalities over, medical articles read,  
Decisions made, the Buick's wheels  
Nose across Jersey toward the hospital  
As if on monorail. Elizabeth  
Exhales her poisons, Newark Airport spreads  
Her wings—the planes take off over the marsh—  
A husband's hand plays with a ring.  
Some snowflakes whip across the lanes of cars  
Slowed for the tollbooth, and two smoky gulls  
Veer by the steel parabolas.  
Given a choice of tunnel or bridge  
Into Manhattan, the granite crust  
On its black platter of rivers, we prefer  
Elevation to depth, vista to crawling.

*Statistics gathered from the following websites:*

<https://www.canada.ca/en/public-health/services/chronic-diseases/cancer/breast-cancer.html>

<https://www.canada.ca/en/health-canada/services/health-risks-safety/radiation/medical/mammography.html>



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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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### **What exactly does it mean to be Human?**

HUMAN, we are all human right? But what exactly does that mean? Certainly, when we were growing up, we learned some varied definitions some strictly scientific, like the species *Homo sapiens*; or we were told that we humans were the dominant species on the planet, which to superficial appearance would certainly appear to be true. Some look to the facts of evolutionary theory to explain how humans came to be, others are firm believers in a divine intervention that dropped us here on this beautiful and precious blue planet. Having lived well into my 7<sup>th</sup> decade on Earth, I have a tendency to look at humans as a combination of the varied definitions but also as the infamous “None of the Above”.

Humans do indeed occupy a unique place in the orders of life on earth, but I don’t believe that uniqueness makes us the top dog in the way we may wish or believe. We have the ability, far more than any other species, to alter and manipulate our environment but does that give us mastery? I think not as one only needs to look around at manmade destruction of the very environment that supports all life on earth to agree that we may be able to alter the earth, but we have not been the prudent stewards of our world that our intellectual superiority should have made us. So perhaps the creatures that have adapted to survive in the environment they find themselves in may indeed outlive those humans who have adapted not themselves but the environment: Food for thought.

My personal thoughts on what it is to be human revolve more around the communicative, social, and emotional facets of who we are as a species. Each of us as individuals has seemingly little effect on how the species as a whole gets through life. But is that necessarily so? We have organized ourselves into groups across the planet; countries, provinces, states, cities, villages, and even smaller collectives of perhaps just one or two families living a tinier, simpler life. Through all that organization there are many distinctions. Certainly, our politics and our interactions would lead one to believe that we perhaps are not the same species as we are territorial, warlike and harbour such deep seated mistrust and hatred for those of other social groupings than our own. But we are, as DNA science clearly indicates, all the same species. A group of ants or bees or lions or whales can work together to accomplish the common goals of survival, yet humans seem to find this too challenging.

The issues are simple but, of course, difficult to correct. But like the kinds of evolutionary changes that allowed animal species to adapt and survive, momentous change takes two things: Time and Patience. If we could all start by acknowledging and teaching two simple principals, then being “Human” will see us through the next millennia. First, be kind, in each and every interaction choose the path of kindness. This doesn’t equate to weakness as some may think, it takes a very strong individual to remain kind and gentle in the face of meanness, anger, and hatred. And second, be empathetic, look outside yourself and try to see through another’s eyes, walk in another’s shoes. Empathy is a vital part of a functioning and healthy society; it means that none will be left behind or lost on the path forwards. Modelling these two traits may well be hard for many and the rewards will take time and patience to realize. But sort of like that old shampoo commercial “She told two friends and they told two friends...” it will grow to produce a world where we do indeed care for even the least of our members and offer them the protection of the whole! HumanKind – Be Both, Human & Kind.

Jenn Jenkinson • Author – Dreamer – Humanist • <https://lwnvcj.wixsite.com/writer---dreamer>

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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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### **Car for Sale:**

2010 Hyundai Elantra for sale. Black, mileage 136,698 km.  
Set of spare wheels with winter tires included. Needs minor body repair and new battery.  
Asking price \$900 or best offer.  
Call Michael at (403) 698-9100 or (403) 992-6559



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### **For Sale:**

Girls size 4 skates, like new. - \$5.00  
Little Tikes kitchen with 2 yellow Little Tikes chairs and dishes - \$15.00  
Little Tikes doll highchair - \$5.00  
Little Tikes ride on airplane for toddlers - \$10.00  
Assortment of Bradford Exchange Collector Plates - \$15.00 per plate or best offer

- "A Teddy Bear Picnic". In frame.
- "Moments of Tenderness" by Sandra Kack (Little girl with kittens. In original box.)
- "Along an English Lane" by W.L. George (English cottage. In a glass covered frame.)

Please call 403-686-2698

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### **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

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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**



**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)



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

Psychic/Mediumship

Card Readings

Crystal Grids

Personalized Crystal Kits

Book a Party

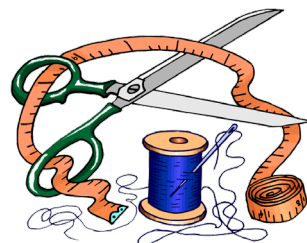
Organizational Assistant – organize your space to help energize the flow of your home and life.

Shelly 403-660-2045 – References upon request

### **Moments Fashion Solutions**

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779 [www.momentsfashion.com](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?

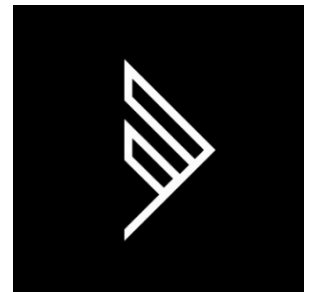
- I offer both training sessions in a gym AND safely from your home via virtual training. No equipment needed but is an asset if you have any!
- Can be both private and/or group sessions. I can train you with your significant other, family or even friends ANYWHERE in the world! So, you don't even have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

# 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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## ◆Just for Fun!◆

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### Homemade Apple Cider

<https://www.delish.com/cooking/recipe-ideas/a28224491/homemade-apple-cider-drink-recipe/>

#### INGREDIENTS

- 10 large apples, quartered
- 1 orange, halved
- 4 cinnamon sticks
- 1 tsp. cloves
- 1 tsp. whole allspice
- 1 whole nutmeg
- 1/2 cup packed brown sugar

#### DIRECTIONS

1. In a large stockpot over medium heat, add apples, oranges, spices, and brown sugar. Cover with water by at least 2". Bring to a boil, then reduce heat and simmer, covered, 2 hours.
2. Remove orange halves, then use a potato masher or wooden spoon to mash apples. Return to a simmer and let simmer uncovered for 1 hour more.
3. Strain through a fine mesh strainer, pressing on solids with a wooden spoon to squeeze all juices out. Discard solids.
4. Serve apple cider warm.





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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 – 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**

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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)

