



Connections

Your SMHC Newsletter

November 2021

Land Acknowledgement

For hundreds of years the people of Treaty 7 region have been building communities on the land known as Moh'kinsstis. The Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations) and Métis Nation of Alberta, Region 3 have been the protectors of this land. They have made their homes here, shared their stories here, educated their youth and continued their traditions here. Sarcee Meadows is honoured to continue this tradition of creating inclusive communities and to celebrate this territory we now call home.

BOARD OF DIRECTORS REPORT:

Hello from your Board of Directors! We would like to thank all members for your participation in last month's Members Meeting. Strong communities are built on informed and engaged residents, and we are grateful for your input.

Thank you also for your respect as we opened the meeting with our first land acknowledgment. Making a land acknowledgment is a small but important first step towards reconciliation between the indigenous communities who lived here for over ten thousand years before European contact, and the settler communities that displaced and disrupted their ways of life. We intend for this to be a starting point from which Sarcee Meadows can build a more conscientious and open community.

To further that goal, the Board of Directors has moved to form a task force dedicated to improving the cultural diversity in SMHC's Board of Directors and committees – keep your eyes open for more information on that to come and contact the office if you are interested in joining! We welcome and encourage members of all backgrounds to join.

Finally, as the weather turns colder, we would like to remind members to turn off your external water taps before the snow arrives!

Thank you all, and we'll see you in December!

Respectfully submitted by Megan Jovie on behalf of the Board of Directors.



GENERAL MANAGER'S REPORT:

I hope that everyone had a great Thanksgiving and a spooky Halloween. As we move into November a day that is important to me is coming up. Two of my great Grandfathers fought in World War II. One of them was part of the Canadian Scottish Regiment who were part of the forces who fought in the Battle of Normandy. My other great Grandfather was a chef in the Navy on the HMCS St. Laurent. One of my most prized gifts from him, especially being a hobby cook, is his knife steel that he was given when he joined the Navy. This is a bit of a long way of saying that November 11, Remembrance Day, holds a special part for my family and we will be taking that day to remember those who sacrificed so that we can build great communities that are inclusive and welcoming.

With the transition to November, Grounds Guys are also transitioning to their winter service. I was excited to see how great a job they did last weekend with the snow and ensuring our sidewalks were cleaned and safe. All the Yellow Bins are now filled so please feel free to use the mix if you need it.

As we all know, the cost of construction and construction products continues to rise. Recognizing this, the Board of Directors approved the recommendation from the Finance Committee that the maximum allowable to be borrowed under the Time Payment be increased to \$5,000. The other requirements under the program, including repayment timeline, have all remained the same. If you have any questions about the Time Payment Program or would like to take advantage of it to do a property improvement, please contact either Mike or me.

The Funding Task Force and the Board of Directors continue to move forward on the planning for the capital project. The next step that we are taking will be to issue a Request for Proposal (RFP) for a project management firm. We are looking for a project management company to assist us further in the planning stage, investigating grants and financing along with the actual construction phase once we have received approval from membership. If you would like to see the RFP, it will be posted on our website, or you can reach out to me, and I will send you one. And if you know a company that would be a great fit for us, please let me know.

As part of that we will be scheduling a Town Hall at the end of November to discuss the retrofit project further and to answer questions that you may have. Please keep an eye out for the invitation which will be coming in the next week or so.

I know that this may not reach you before Diwali ends but for those of you that do celebrate, I would like to wish you a Diwali that brings happiness prosperity and joy to you and all your family.

Thank you,

Jon Jackson
General Manager

FROM THE TEAM AT B50:

Buildium: The BUILDIUM App is available! For your convenience download the app to your phone or device and submit inquiries and work orders from anywhere! Just simply search 'Buildium' in the app store, select the 'Resident Center' version of the app, and login with your email address and password. If you need assistance, please email paula@sarceemeadows.coop or call Paula 403-246-2746 ext. 101.



Mice: Mice are looking for a warm place to stay. Don't let that be your house! We have bait at the office and shop. You can get traps from stores like Canadian Tire or Lowes. If you do see evidence of mice around your house act quickly because the mice population will get larger. It is member responsibility to report any pest issues.

Holiday Closures: Please note that the B50 Office and Shop will be closed on Thursday November 11th, 2021 in honour of Remembrance Day.

Modified Office Hours: 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.

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 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.

TIPS FROM THE MAINTENANCE TEAM:

Plumbing Department: Remove hoses off the lawn service and drain lawn services before they freeze.

Electrical Department: Do not leave electrical cords plugged into the car outlet in parking lots when car is not plugged in.

Carpentry Department: Do not leave windows open in the winter or the cold air mixing with the warm air will create moisture and mold shortly after.

General Maintenance: Do not prop your storm doors open and leave them that way. If a wind gust come through the complex and catches the door it will damage the door and frame. You can be charged for the repair if this happens.

Lock Smith Department: During weather shifts and changes our doors shift as well and may have a problem with jamming or not latching properly, if this happens for more than a couple of days call a work order in.

Maintenance Supervisor: With winter approaching a reminder that we do have ice melt at the shop, please call ahead with the pandemic. Use ice melt sparingly as it can cause damage to our concrete sidewalks if used excessively. If you see and icy areas, please call it in or use Buildium to create a work order. Also, there is a sand pickle mix in the yellow bins to use for slippery sections on side walks and parking lots. This pickle mix does contain salt so use it sparingly.

Appliance Department: Too much food in your fridge will stop your fridge from operating correctly by means of improper circulation. Keep your food away from the back of the upper shelf where the coldest air enters the refrigerator as it may freeze your food.

Mechanical Department: Check your furnace filter! If it is dirty change it. Dirty filters stop the furnace from running efficiently and can cause damage to you furnace. Humidifier pads needs to be replaced every year. When replacing batteries in the thermostat please turn the switch on the thermostat to off and then back on to make it function again.

◆ Committee Reports ◆

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 22nd, 2021**



EDUCATION & INVOLVEMENT COMMITTEE:

*VOLUNTEERS ARE NOT PAID,
NOT BECAUSE THEY ARE WORTHLESS,
BUT BECAUSE THEY ARE PRICELESS!*



Did you know that the previous members of the Honours & Awards Committee have spent decades on this committee? – When you see them, please say “Thank you.”

Those members Are Audrey Templeton, Betty Jean Coates, Isabel Reznik, Mary Stenhouse and Laurie Altio.

NEWSLETTER COMMITTEE:

What a beautiful fall we have had! Members have had time to clean up their gardens and yards and now we can think about Christmas lights and decorations.

As you are making those hand-made crafts and baking your holiday treats take a minute to send your recipes into us to share with all members.

Regardless of how busy and hectic things get remember to take some time to spend with your family and friends.

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:



Help your friends and neighbours bring back the light this winter by "Lighting up the Meadows"!

Members are encouraged to participate either by creating a light display for your neighbours to enjoy, or you can engage in the scavenger hunt trying to find some hidden items amongst the displays from December 12th to the 18th.

Prizes for both aspects will be announced and given out on December 21st, 2021.

So, bundle up, charge your phone, grab a friend, and explore what makes our community bright. For more information, please reach out to the office or watch for more information in upcoming newsletters and announcements.

PROPERTY ENHANCEMENT COMMITTEE:

- Last reminder for units to turn off their outside taps. They should have been turned off back at the Thanksgiving weekend.
 - If you have not watered your trees, please do so before turning off your water.
 - A big bin schedule will be posted soon, along with some rules because some members have been abusing this privilege.
 - There is sand in the yellow bins.
-

PROPERTY MAINTENANCE COMMITTEE:

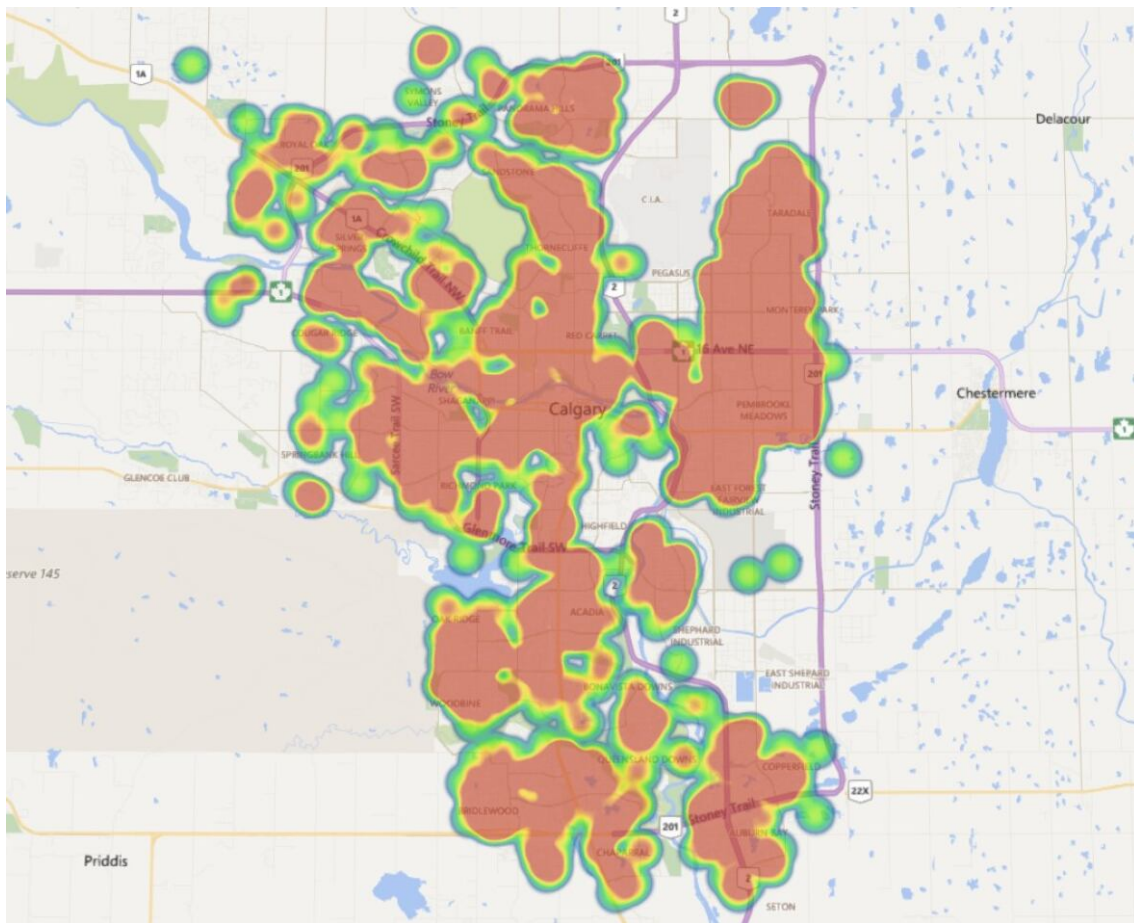
Please turn off your Lawn Service as the temperatures are dipping below 0, if you need help with this, please call the office.

◆ Education ◆

NOVEMBER IS FAMILY VIOLENCE AWARENESS MONTH

Respectfully submitted by Jenn Jenkinson

Family Violence is never easy to talk about for many reasons; victims are often either too ashamed of what is happening to them or frightened of the consequences if they speak out. None of us likes to think or imagine that this sort of thing could happen to us, or to someone in our family, or our part of town, or of our standing in the community. But the fact is that it does and can happen literally everywhere or anywhere. This is a “heat map” of our City of Calgary showing where the incidences of family violence have occurred, it’s a very sobering illustration of how widespread the problem has become.



Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic violence can happen to anyone of any race, age, sexual orientation, economic class, immigration status, religion, or gender. It can happen to couples that are married, living together, or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Does the Person You Love:

- Threaten to hurt you or other people you care about?
- Hit, kick, punch, push, choke or use physical force against you?
- Criticize or blame you for everything that goes wrong?
- Humiliate you in front of other people?
- Control your access to money?
- Control the decision-making in your relationship?
- Control your time and actions?
- Put you down, call you names, make you feel like you're crazy?
- Destroy your property or abuse your pets?
- Threaten to hurt you or commit suicide if you leave?
- Force or coerce you to have sex when you don't want to?

If you've answered "yes" to any of these questions, you may be in an abusive relationship. You are not alone; many people just like you are dealing with violence at home. You didn't cause the violence and no one has the right to hurt you. If you would like to talk with someone, free and confidential help is just a phone call away.

Resource contacts in Calgary

Calgary Distress Centre – 403-266-HELP (4357)

Calgary Women's Emergency Shelter – 403-234-SAFE (7233)

YWCA Domestic Violence Crisis Line – 403-266-0707

Kids Help Phone – 1-800-688-6868

ConnecTeen Crisis Line – 1-403-264-TEEN (8336)

Kerby Centre-Elder Abuse Resources – 403-705-320

These are great starting places if you or someone you know is in an abusive family situation and feels trapped. In the case of an emergency or immediate risk of physical harm PLEASE CALL 911.



NOVEMBER 20TH: TRANSGENDER DAY OF REMEMBRANCE

Respectfully submitted by Megan Jovie

Transgender Day of Remembrance (TDOR) is observed yearly on November 20th and seeks to honour the memory of transgender people whose lives have been lost as a result of transphobic violence. TDOR was started as a vigil in 1999 by transgender advocate Gwendolyn Ann Smith following the murder of a woman, Rita Hester, in 1998.

In Canada, approximately 75 000 people identify as transgender – though the threat of violence and social ostracization against openly transgender individuals means that true numbers are impossible to verify and are likely significantly higher. Statistics Canada reports that transgender individuals are significantly more likely than cisgender (non-transgender) individuals to experience violent hate crimes, poor mental health, and to contemplate suicide in their lifetimes. According to the Human Rights Campaign, at least 42 transgender or gender non-conforming people have been killed in the United States in 2021 (a list of victims can be found [here](#)).

In honour of their memories, community members can lend support to local transgender-focused charities, such as [Skipping Stone](#) and the [Trans Equality Society of Alberta](#). More information on how to be a respectful and effective trans ally can be found through [GLAAD](#).

Information and statistics found at the following places:

<https://www.glaad.org/tdor>

<https://www150.statcan.gc.ca/n1/pub/85-002-x/2020001/article/00009-eng.htm>

<https://www.hrc.org/resources/fatal-violence-against-the-transgender-and-gender-non-conforming-community-in-2021>

MOVEMBER

Respectfully submitted by Sonya Nadon

“Movember is the leading charity changing the face of men’s health on a global scale, focusing on mental health and suicide prevention, prostate cancer, and testicular cancer. The charity raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier, and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world. In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. The charity’s vision is to have an everlasting impact on the face of men’s health.”

1 in 9 Canadian Men Will Be Diagnosed with Prostate Cancer in Their Lifetime

Testicular Cancer Strikes Early. It’s The Most Common Cancer in Young Canadian Men

Globally, On Average, 1 Man Dies by Suicide Every Minute of Every Day

(Information provided by the <https://ca.movember.com/> website)

The entire month of November is used to raise awareness for this amazing movement. There are many fundraising efforts both locally and globally that need your support.

Please check out <https://ca.movember.com/> to find out about the wonderful work being done and how you can make a difference.

Men are dying too young, and we need to save lives!

DIABETES AWARENESS MONTH:

Respectfully submitted by Janine Bell

November is Diabetes Awareness Month across the globe. This year, 2021, is special as it is the 100th anniversary of the revolutionary and life-saving discovery of insulin. While the discovery of insulin 100 years ago was a game-changer, it is not a cure. We can't wait another 100 years to End Diabetes so the time for action is now. Visit <https://www.diabetes.ca/en-CA/campaigns/november-is-diabetes-awareness-month> for more information on how you can take action to help End Diabetes

End the Myths & Misinformation

Despite popular belief, diabetes is not caused by eating too much sugar and people don't "give themselves" diabetes. Popular media often depicts disease and people with diabetes in an inaccurate and harmful light.

There are several different reasons why someone may develop diabetes. The cause of diabetes depends on your genes, family history, ethnic background, and other factors such as the environment and your health. It also depends on the type of diabetes you have.

There is no common cause that fits every type of diabetes. The reason why someone will develop type 1 diabetes is very different from the reasons why another person will develop type 2 diabetes.

Type 1 Diabetes

Type 1 diabetes is called an autoimmune disease, because the body's system for fighting infection, your immune system, attacks and destroys the cells in your pancreas that make insulin. As a result, the body is left without insulin.

Researchers think that your genes or the environment may be responsible for triggering type 1 diabetes. TrialNet is a study that is working to determine the causes of type 1 diabetes and possible ways to prevent it.

Risk factors for type 1 diabetes

Only 10% of people with diabetes have type 1 (insulin-dependent) diabetes. Having a parent or sibling with type 1 diabetes slightly increases your risk of having type 1. Researchers suspect that our genes and our environment play a role, but studies are still under way.

Type 2 Diabetes

Type 2 diabetes is much more common than type 1 diabetes. Type 2 diabetes is caused by several factors including obesity, ethnic background, a family history of type 2 diabetes and other environmental factors. You are more likely to develop type 2 diabetes if you are not physically active and are overweight or obese.

Type 2 diabetes is the result of not enough insulin being made in the pancreas, and insulin resistance when the body isn't able to use the insulin it makes. When this happens, glucose (sugar) in your blood is not able to enter the cells where it should get used for energy.

Risk factors for type 2 diabetes

You can have type 2 diabetes without any obvious warning signs or symptoms. If you think you might be at risk for developing diabetes, don't ignore these risk factors. The earlier you're diagnosed, the sooner you can take action to stay well—now and in the future.

Some diabetes risk factors can be managed or reduced, while other factors may be beyond your control. For example, you have a greater risk of developing type 2 diabetes if you are over the age of 40 or if you have a parent, brother, or sister with diabetes. Your ethnic background is also a factor: being of African, Arab, Asian, Hispanic, Indigenous, or South Asian descent can increase your risk of living with type 2 diabetes.

Having any of the following conditions increases your chances of developing diabetes:

- high blood pressure
- high levels of cholesterol or other fats in the blood
- a high BMI or are overweight (especially if that weight is mostly carried around the tummy)
- prediabetes (impaired glucose tolerance or impaired fasting glucose)
- Polycystic Ovary Syndrome (PCOS)
- psychiatric disorders (schizophrenia, depression, bipolar disorder)
- obstructive sleep apnea
- darkened patches of skin called acanthosis nigricans

Lastly, if you have been prescribed a glucocorticoid medication by a doctor, you will also have an increased risk.

Gestational Diabetes

Gestational diabetes occurs during pregnancy and is caused by the hormone changes of pregnancy. A woman's genes, diet and exercise habits may also be responsible. In gestational diabetes, the pancreas can't make enough insulin.

Like type 2 diabetes, women who are overweight or obese may already have insulin resistance when they become pregnant. Having a family history of diabetes makes it more likely that a woman will develop gestational diabetes.

Risks for gestational diabetes

Gestational diabetes is a temporary condition that occurs during pregnancy. Three to 20 per cent of pregnant women develop gestational diabetes, depending on their risk factors.

All pregnant women should be screened for gestational diabetes between 24 to 28 weeks of pregnancy. Women who are at high risk for type 2 diabetes should be screened before 20 weeks of pregnancy.

You're more likely to develop gestational diabetes if you:

- are 35 years of age or older
- are from a high-risk group (African, Arab, Asian, Hispanic, Indigenous, or South Asian descent)
- use corticosteroid medication
- gave birth to a baby that weighed more than four kilograms (nine pounds)
- are overweight or obese (BMI of 30kg/m² or higher before pregnancy)
- have prediabetes
- had gestational diabetes in a previous pregnancy
- have a parent, brother or sister with type 2 diabetes
- have polycystic ovary syndrome (PCOS) or acanthosis nigricans (darkened patches of skin)

Having gestational diabetes may increase the risk of developing type 2 diabetes for both mother and child.

Get Tested

Anyone over the age of 40 should be tested for diabetes every three years. If you have one or more risk factors, you should be tested earlier and more frequently.

If you already have type 2 diabetes, your children, brothers, and sisters are at risk. Urge them to be tested for diabetes.

All information obtained from <https://www.diabetes.ca/>, please visit for more information.

◆ Letter to the Editor ◆

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.

Letter to the Editor

Submitted by Kathy Aubichon

Halloween has come and gone but we would be remiss if we didn't acknowledge the incredible decorations done by Colleen and Dallas, and their children Christian & Theresa, and fur baby Flame in unit G451. About a week or two after they started putting out their decorations my grandson and I stopped by to check them out. I asked Colleen how she was doing. She said she just spent three days icing her back. She was in a great deal of pain from reaching to hang decorations and crawling under things but that was not going to stop her. Colleen said, "So many people have stopped by and gotten startled by the jumping spider 😊 I even had a little boy who lives a couple streets over deliver me a beautiful hand made thank you card ❤️ I love seeing all the kids, young and old, smile."

I want to send a big thank you to Colleen, Dallas, and their kids for always going above and beyond in your decorations throughout the year but especially at Halloween. You truly bring out the community spirit and bring us altogether and put a smile on so many faces. Thank you for your hard work and dedication. Cheers!!!

There were lots of other units decorated this year as well. Thank you to everyone for their community spirit. Sarcee Meadows was sure looking Spooktacular!!!!





◆ **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.

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Women's Circle invited to Co-host the October CHF Canada Sharing Circle

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

We are really excited to share some awesome news with everyone. Yet again our Women's Circle has made some waves. Kathy and I were invited to co-host the October CHF Canada Sharing Circle. We presented on Inclusion and Diversity; Building bridges and living diversity; How to cultivate a sense of inclusion and belonging in your Co-op. Staff including managers from Co-ops across Canada tuned in to hear our story of the Women's Circle; how we got started and how we got to where we are today.

Sixty-one people were registered from Co-ops across Canada. Our discussion included our first Women's Circle event in 2015. It was our hijab event. Members from SMHC and our greater

community were invited to come and learn why the ladies of the Muslim faith wear the hijab. Lots of great questions were asked and many myths and barriers came down that day. We spoke about the work our Women's Circle do in our community. Everything from baking, gardening, Earth Day clean up, birthdays and anniversary celebrations for our seniors during covid, feeding the homeless and so much more. The group in attendance walked away with a lot of great ideas that they can put into practice at their own Co-ops.

I truly believe the reason we keep being asked to share our story is thanks in part to how engaged we are not only in our community but what we are doing for the greater good. Our Co-op is very special in so many ways. A man from one of the Co-ops told us that he was brought to tears as he watched our Women's Circle video.

During our presentation Musu and I asked the following poll questions. We are hoping after our presentation the number of Co-ops with a Women's Circle will go up from 4%. Many Co-ops want to have a Women's Circle, but they just don't know how to get started. I hope we gave them some tools and ideas to get started.

Poll questions and results:

Do you feel a sense of belonging/inclusiveness in your co-op?

- 65% said yes

Do you believe racism exists in your co-op?

- 85% said yes

Does your co-op have a version of a Women's Circle?

- 4% said yes

CHF Canada is making a \$300 donation directly to Awo Taan Healing Lodge Women's shelter to thank Kathy and I for cohosting the Sharing Circle. We couldn't have felt prouder when they made this announcement at the end of our presentation.

We want to thank each and everyone of our Women's Circle members and SMHC members for making our circle so complete.



Grateful:

Respectfully submitted by Slawa Gruszczynska

In Canada, the month of November marks such special days as Remembrance Day, All Souls Day and Veteran's Day.

At that time, we take the opportunity to remember and cherish millions of veterans and recognize their sacrifice.

For many members here at Sarcee Meadows it is also a journey of mourning for multiple close relatives, friends, and neighbors.

The grief recovery is not an orderly road of emotions. And it cannot be captured within a specific time frame. There are no shortcuts to grieving. When the loved one is gone, there is a feeling as part of you is gone. Ripped away. There is an experience of many emotions at once. Vulnerability, shock, seeking peace and solitude, guilt, hurt and hundreds of other feelings changing from day to day. No matter how long and tangled the grieving process is, we go through it at our own time and pace.

The important thing to remember is that our loved ones want us to live. Even when they are gone, they love us as we loved them. They deserve to be remembered. Their legacy and contributions to humanity need not to be forgotten. Wherever we go, they will always be with us in spirit.

Despite the overwhelming feeling of loss, I am so grateful:

- ❖ Grateful for being part of Sarcee Meadows community
- ❖ Grateful for being able to keep my privacy while not feeling lonely
- ❖ Grateful for happy voices of children and their laughter like sounds of music
- ❖ Grateful for being able to chat with sisters, brothers, and aunties at the central park
- ❖ Grateful for the opportunity to donate meaningfully through Women's Circle initiatives – thank you Kathy and Musu
- ❖ Grateful for being able to support our Co-op through participation in Committees to keep my mind focused, and helping rather than feeling helpless
- ❖ Grateful for so many virtual hugs, good wishes, and smiles
- ❖ Grateful for Heart and Hands, Marla, who so generously contributed to our village. They will not be forgotten
- ❖ Grateful for other symbols commemorating our loved ones like benches, planted trees, planted gardens by individual units, memories shared.
- ❖ Grateful for many other gifts and kindness we share here in our Meadows.
- ❖ Grateful for the GriefShare Program offered by Bethany Chapel, so helpful to offer encouragement and support to anyone who needs it, and no matter what the spiritual belief is.



◆ 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.

Estate Sale and Gigantic Estate Craft Sale

When: Saturday November 13th, 2021, Sunday November 14th, 2021, Saturday November 20th, 2021, and Sunday November 21st, 2021 from 10:00 AM - 4:00 PM.

Masks are mandatory and you must show vaccine passport and photo ID.

Location: J601 3525 40th Avenue SW

Please do not attend IF you have a fever, cough, sore throat, runny nose, or shortness of breath OR if you have been in close contact of a person who tested positive for Covid-19.

To ensure appropriate social distancing we will control the number of people to enter the Estate and Craft Sale and ask people to wait outside, or in their vehicle. Thank you.

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

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



Knitted Dish Cloths for Sale:

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

Call Tricia: 403-242-0048



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



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

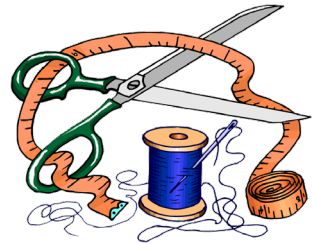
Organizational Assistant – organize your space to help energize the flow of your home and
life.

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



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! ◆

Fingerprint Poppy Flower Craft for Kids

<https://www.craftymorning.com/fingerprint-poppy-flower-craft-kids/>

- You will need red/black/green/yellow paint, white paper, and 2 paintbrushes.
- Start by having your kids dip their thumbs into red paint and making a circle shape with their prints. Doing 4-5 thumbprints per poppy looks best!
- After the red paint has dried some, have them dip their pointer finger in black paint and dab the middle of each flower.
- Take a small paintbrush and put a dot of yellow paint in the middle of each flower. Then have them paint skinny green stems.
- The last step is to take a bigger paintbrush and have them make a ton of "X's" at the bottom to make grass! That's it!



Pumpkin Bread Ring with Maple Cream Cheese Filling

<https://tasty.co/recipe/pumpkin-bread-ring-with-maple-cream-cheese-filling>

Ingredients:

MAPLE CREAM CHEESE FILLING

- 8 oz vegan cream cheese (225 g), softened
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 4 tablespoons pure maple syrup

PUMPKIN BREAD

- 2 ½ cups all-purpose flour (310 g)
- 1 cup brown sugar (220 g)
- 1 teaspoon cinnamon
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 16 oz unsweetened pumpkin puree (450 g)
- ¾ cup vegetable oil (180 g)
- ¼ cup water (60 mL)
- 2 teaspoons vanilla extract
- non-stick cooking spray, for greasing



Preparation

1. Preheat the oven to 350°F (180°C).
2. Make the maple cream cheese filling: In a medium bowl, combine the cream cheese, lemon juice, vanilla, and maple syrup. Stir until smooth and creamy. Set aside.
3. Make the pumpkin cake: Sift the flour into a large bowl and add the brown sugar, cinnamon, allspice, nutmeg, ginger, cloves, baking soda, baking powder, and salt. Whisk to combine.
4. In a medium bowl, combine the pumpkin puree, vegetable oil, water, and vanilla. Whisk well.
5. Gradually add the wet ingredients to the dry ingredients, folding with a rubber spatula just until combined. Do not overmix the batter.
6. Generously grease a bundt pan with non-stick spray.
7. Add 3 cups (675 G) of pumpkin batter to the pan and spread evenly. Then, scoop the cream cheese filling over the batter, making a ring. Top with the remaining batter and spread to cover the filling.
8. Bake for 45 minutes, until a toothpick inserted into the cake comes out clean.
9. Remove the cake from the oven and let cool for 15 minutes before inverting to remove from the pan.
10. Slice and serve.
11. Enjoy!



**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

