



CONNECTIONS

Your SMHC Newsletter

December 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 the Board of Directors. We would like to thank all the members who attended the Town Hall about the building retrofit project. We believe these sessions will keep the members informed and included as we move forward with the project. If you have any questions, please don't hesitate to contact Jon Jackson at the office or meet him Mondays at noon outside B50 for a stroll through our beautiful community so he can address any questions you might have.

Board elections are coming up with four positions open on the board. If you would like to be more involved with Sarcee Meadows drop your nomination off at B50 or email it to the office by December 22, 2021. The Board of Directors is built on informed and engaged volunteers and we encourage all members to come out and support Sarcee Meadows.

“Volunteers are not paid, not because they are worthless, but because they are priceless!”

Sarcee Meadows has several committees dedicated to improving our community, but they can't do it alone! Several committees are looking for fresh faces with new ideas such as the upcoming “Light Up the Meadows” light display scavenger hunt organized by the Entertainment and Social Events Committee. Members interested in showing off their light displays should contact the office by December 10th to get an ornament to add to their display and have their unit added to the scavenger hunt list. Lights will be on display December 12-18th for everyone to enjoy and scavenger hunt participants to find and record the picture on the ornament on the list provided by the office. Show your support for Sarcee Meadows by getting involved and joining a committee. For more information about committees and how to join, please contact janine@sarceemeadows.coop or phone 403-246-2746 Ext. 102

As we move forward with improving the cultural diversity on SMHC's Board of Directors and committees, we would like to invite you to join you to join a task force aimed at improving the cultural diversity in SMHC's Board of Directors and committees. Stay tuned for more information or contact the office!

With the New Year fast approaching, we know everyone is thinking about their resolutions and goals for 2022. We would like to thank the maintenance team for all their hard work in 2021 with the implementation of Buildium and meeting the goal of reducing the average completion time of work orders.

Finally, we would like to wish all our members a safe and happy holiday season.

Respectfully submitted by Jesse Harris on behalf of the SMHC Board of Directors.



GENERAL MANAGER'S REPORT:

Well, it appears that winter is once again here. I have heard a few concerns raised about the type and amount of ice melt that Ground Guys are using on our sidewalks. First please know that a "Pet Friendly" ice melt is being used. It is the same product we have used in previous years. In regard to the amount, we have discussed this with Ground Guys, and they have reduced the amount they are laying.

I want to thank again everyone that attended the Town Hall on the Building Envelope Retrofit Capital Project. I hope the information we provided and the questions we answered have helped you better understand the necessity of this project. If you have other questions or would like further information, please give me a call, or join me Mondays at Noon at B50 for my walk. We can have a discussion about the project one on one and I can show you examples of the issues we are facing.

As well, if anyone would like a copy of the Building Envelope Condition Assessment that was completed by JRS Engineering please let me know and I will provide you one.

Unfortunately, over the last few of weeks we have had a number of members pass away. My condolences to their family and friends. It is always a very difficult time when that happens. If you are faced with this difficult situation, please let us know as soon as possible so that we can begin processing the Housing Charge Life Insurance on your behalf. This is a policy that helps cover housing charges in the short-term.

Finally, I would like to wish all our members a Merry Christmas, Happy Hanukkah, and Happy Holidays. This time of year is so special for me, from gathering with family, to tracking Santa on NORAD, to having sausage rolls Christmas morning (and no that is the one thing I don't share... they're mine and I'm going to eat them all) to seeing the joy on my kids face when they come down Christmas morning. I hope that this time of year holds great memories and great times for each and every one of you.

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.



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.

City of Calgary Noise Exemption for Clearing Snow:

Many people rely on motorized equipment to clear snow, including City crews. Noise restrictions for using such equipment are lifted for 48 hours after a snowfall ends to clear walkways for safety and accessibility. This means anyone is allowed to operate a motorized snow clearing device (including leaf and snow blowers) – at any time of day/night – during that 48-hour window to remove snow and ice. Outside of that window, night use is not permitted.

Happy Holidays!

SMHC Office Hours & Holiday Closures

Monday, December 20, 2021 - 8:30 to 4:30 (Office open 8:30 - 12:00)

Tuesday, December 21, 2021 - 8:30 to 4:30 (Office closed to the public.)

Wednesday, December 22, 2021 - 8:30 to 4:30 (Office open 8:30 - 12:00)

Thursday, December 23, 2021 - 8:30 to 4:30 (Office closed to the public.)

Friday, December 24, 2021 - SHOP AND OFFICE CLOSED

Monday, December 27, 2021 - SHOP AND OFFICE CLOSED

Tuesday, December 28, 2021 - SHOP AND OFFICE CLOSED

Wednesday, December 29, 2021 - 8:30 to 4:30 (Office open 8:30 - 12:00)

Thursday, December 31, 2021 - 8:30 to 4:30 (Office closed to the public.)

Friday, December 31, 2021 - 8:30 to 12:00 (Office open 8:30 - 12:00)

Monday, January 3, 2022 - SHOP AND OFFICE CLOSED





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:

Are you aware?

As a senior do you know your responsibility when you move out? Does your family know?

Would you be interested in our committee holding an information session? If the answer is yes, please let us or the office know.

Thank you.

NEWSLETTER COMMITTEE:



Happy Holidays everyone! If you haven't had a chance to walk around and see all the outdoor decorations and displays, take a few minutes to do so. There are really some beautiful displays.

You may have noticed more than a few snowmen throughout this issue, this is all part of our **Spot the Snowmen Contest!** Check out the contest entry page for more details!

If you are interested in joining the Newsletter Committee, please contact us. We are looking for a couple of volunteers and would be happy have you join us.

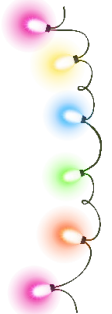
From the Newsletter Committee we wish all of you a very Merry Christmas and a Happy New Year!

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

By the time you read this we hope you have had a chance to view all the amazing light displays as part of our "Light up the Meadows" scavenger hunt, or plan on checking them out soon!

Members are encouraged to engage in the scavenger hunt trying to find some hidden items amongst the displays from December 12th to the 18th. Prizes will be announced and given out on December 21st, 2021.

So, bundle up, grab a warm beverage, and explore what makes our community bright. For more information, please reach out to the office or check out the details on our website or Facebook.



PROPERTY ENHANCEMENT COMMITTEE:

- Ice melt is available at B50.
- The yellow boxes have a mixture of sand and pickle mix.
- You should only use either the ice melt or the sand, not both.
- If your garden hose is still outside and wasn't drained in the fall, it will be an issue come spring.
- If your outside water tap was not shut off in the fall, it will be an issue come spring.

FINANCE COMMITTEE:

URGENT – We are in need of members to join the Finance committee. The committee consists of a maximum of nine members who are not directors except for the Treasurer plus the Financial Service Co-ordinator and the General Manager are consider part of the nine members of this committee. Therefore, we should have six members of Sarcee Meadows on this important committee.

*** As per the policy that a member can only serve for five years then must take a year off before returning, we have lost one member and will lose another in February due to this policy. We also have

had one member not able to attend due to a job situation. We are in need of TWO VOLUNTEERS NOW and Two more Volunteers in New Year.

*** PLEASE JOIN US NOW as we are starting a new fiscal year. We will assign a member of this committee to help you understand why this committee is necessary to the running of the CO-OP. We will supply you with the CHF booklet document on how to read financials.

*** Remembering what John Fitzgerald Kennedy said, “Ask not what your country can do for you but what can you do for your country.” **Substitute country for Co-op.**

Contact Janine in the office to let her know you are interested. She in turn will contact one of the members so they can introduce you to the process of being on the committee.

FINANCIAL STATEMENTS:

Sarcee Meadows Housing Co-operative Ltd.				
Financial Statements - Summary				
as at October 31, 2021				
Balance Sheet				
Assets				
Funds on Deposit	\$	5,267,989.64		
Other Assets	\$	1,453,099.38		
TOTAL ASSETS			\$ 6,721,089.02	
Liabilities - current				
Long Term Liabilities	\$	872,620.70		
Total Liabilities			\$ 872,620.70	
Reserve funds				
Housing Charge Assistance (incl CMHC Funds)	\$	398,480.00		
Replacement Reserves	\$	4,043,536.04		
Total Reserves			\$ 4,442,016.04	
Retained earnings + current deficit			\$ 1,406,452.28	
Total Liabilities, Reserves, Member Equity			\$ 6,721,089.02	
Income Statement (for 12 months - November 1, 2020 to October 31, 2021)				
		Actual	Budget	% of Budget
Revenue from Housing Charges	\$	4,258,205.00	\$ 4,266,052.00	100%
All other income	\$	175,300.25	\$ 163,340.00	107%
Total Revenue	\$	4,433,505.25	\$ 4,429,392.00	100%
Expenses				
Total Insurance & Property Taxes	\$	500,290.41	\$ 518,500.00	96%
Total Utilities	\$	904,556.73	\$ 989,004.00	91%
Total Routine Maintenance Costs	\$	652,094.42	\$ 531,250.00	123%
Total Personnel and Payroll Costs	\$	836,514.67	\$ 935,840.00	89%
Total Administration Costs	\$	93,807.96	\$ 76,352.00	123%
Total Democratic Functioning	\$	118,838.31	\$ 143,000.00	83%
Housing Charge Assistance	\$	120,236.00	\$ 200,000.00	60%
Total Reserve Savings	\$	1,038,277.00	\$ 1,035,384.00	100%
Total Expenses	\$	4,264,615.50	\$ 4,429,330.00	96%
Net income for eight months	\$	168,889.75	\$ 62.00	



Spot the Snowmen Contest:

Seeing a lot of snowmen in this issue? That's because we are celebrating all things snowmen, snowwomen, snow-children, and snow-families! Whether they are festive or plain, have buttons for eye or eyes made out of coal, who doesn't love snowmen?! Check out every page very carefully and count how many snowmen you can find. Fill out this entry form with your guess and turn it into the office. The closest guesses will be entered into a draw to win one of three \$25.00 Gift Cards. **Deadline for entries is Tuesday January 4th, 2022.**

Name: _____

Unit Number: _____

How many snowmen did you find? _____

◆Education & Awareness◆

BULLYING:

Respectfully submitted by Slawa Gruszczynska

Bullying, as defined by the National Centre against Bullying in Canada, states that "Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending themselves."

Either physically or emotionally, and can happen while at school, in the workplace, in the community, at home or online.

Those bullying often have more social or physical "power". While those targeted have difficulty stopping the behavior.

Bullying is very prominent not only among children, but adults as well. It occurs at any age and in any environment. It is a global phenomenon that takes place wherever human beings are interacting in groups.

It is difficult to understand, that in the 21st century, when people are striving for higher education, professional excellence, with the race of science in nanotechnology, biotechnology, and computer

technology, such a toxic behavior like Bullying is significantly jeopardizing healthy and inclusive interaction among people.

Bullying can lead to suicides, depression, unemployment, family breakup, and homelessness. It can delay a professional development or progress in education.

The good news is, that bullying can be stopped.

There are several organizations who can help with suggestions and solutions:

- ❖ Bullying Canada – “Giving bullied kids a brighter future” – 1-877-352-4497
Inquiries@BullyingCanada.ca
- ❖ Bullying Helpline: 1-888-456-2323 to get help anonymously in more than 170 languages or find other supports
- ❖ Bullying Helpline Chat; to get help anonymously in English
- ❖ www.alberta.ca/bullying-awareness-week.aspx

If you or your child have ever felt intimidated, ridiculed, or targeted by another person, stand up to the Bully. Ask for advice if you don't know how.

Prevention is easier than intervention.

INTERNATIONAL VOLUNTEER DAY – DECEMBER 5TH, 2021

Respectfully submitted by Sonya Nadon

In December 1985, the UN General Assembly invited Governments to annually observe December 5th as International Volunteer Day (resolution 40/212 of 17 December 1985). They urged everyone to take measures to heighten awareness of the important contribution of volunteer service.

This day is now marked around the world in over 80 countries.

Almost everyone understands the importance that volunteering provides to the people or communities that are being served. However, not everyone understands the benefits that the Volunteer actually receives through their service.

- Helps you connect with others and make new friends
- Improved physical and mental well-being, often reducing stress and anxiety
- Increased self-confidence and providing a sense of purpose
- Provides the opportunity to try new experiences
- Makes you Happy
- It is an all-inclusive activity – no matter what barriers you may face; poor mobility, lack of transportation, income related concerns or any other reasons you can think of, there is **always** a way you can volunteer

The **ONLY** requirements for volunteering are **Passion, Positivity**, and a little **Free Time**.

I would like to thank **EVERY** volunteer out there for your service and encourage you to share your experiences with someone who doesn't yet volunteer.

I would also like to encourage those that do not yet volunteer to seriously consider it. Your time commitment can be whatever works for you – large or small. It just takes one small step to begin a journey which can be fulfilling for a lifetime.

On December 5th, 2021 mark the day by reaching out to a volunteer you know and saying thank you or better yet, join a committee right here at Sarcee Meadows and start your Volunteerism.

We at Sarcee Meadows have known for 50 plus years the importance and benefits of volunteering as it is the fabric that unites our community. I guess you could say we were ahead of our time!



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.

BOXING DAY:

Respectfully submitted by Sonya Nadon

December 26th is known by most people in Canada as Boxing Day (le Lendemain de Noel to our Francophone family) and is associated primarily with a day off work and great deals at the shopping mall!

While this may be true, I was asked by a co-worker what this holiday was all about, and I truly had no idea. After an informal survey of a few friends, family, and clients in my office I discovered that I was not alone in my ignorance. I decided to find the answers and thought it may be fun to share them with everyone.

There are several theories about the origins and meaning of the day. The most consistent of these is that the holiday originated in Great Britain. The purpose was to present gifts of money, food, clothes or other valuable items to servants, tradespeople, and the poor. These gifts were presented in a special Christmas Box along with permission for the employees to take the day off. Boxing Day is still celebrated in a few former British Colonies, each having their own interpretation of the celebration.

Canada, while still quite enthused with the shopping aspect of the day, also celebrates in a more private manner. Boxing Day has become the unofficial day to celebrate with friends. It is also a way to feel included in the festive mood and to celebrate for those Canadians that do not observe Christmas. It is not unusual to be invited to brunch or any number of other social gatherings on this day.

Britain, Australia, and New Zealand call it Boxing Day and celebrate it as a day for sports. Soccer, Rugby, and Cricket are the more popular sports either played or watched on this day.

The Bahamas use Boxing Day as the start of Junkanoo, a weeklong festival lasting until New Year's Day. It is believed that during the time of slavery this was the one day that people were given a break from their forced labour and allowed to celebrate African traditions. Today, the Junkanoo festival includes elaborate costumes, parades, street parties and music.

The Irish celebrate the same date, December 26th, but it is called St. Stephen's Day or Wren Day. The tradition here is that people dress up in straw costumes and parade a fake bird on top of a decorated pole. The legend is that the Wren is said to have betrayed Irish soldiers in olden times. To avoid bad luck, homes and businesses give out money and treats to the costumed people. Some parts of Newfoundland and Labrador still celebrate the traditional Wren Day.

I think that with our Cultural Mosaic and the "loose" interpretations of Boxing Day that in Canada we could call this our Universal Holiday? No matter what race, religion, or belief system you choose to follow everyone can celebrate Boxing Day! Maybe just one small step towards a more tolerant and inclusive society? Just a thought to ponder.

I hope I was able to inform and entertain a few of you with these fun facts.



◆Obituaries◆

The following obituaries and memorial announcements are printed by request of and/or with permission from the surviving family members. These SMHC members, and all who have passed before, will be fondly remembered and our condolences go out to all our families who have experienced the loss of a loved one.



Janice Irene Goode

<https://www.tributearchive.com/obituaries/23292470/janice-irene-goode>

July 21, 1948 - November 27, 2021

Janice Irene Goode, 73, of Calgary, peacefully passed away on Saturday, November 27, 2021, surrounded by family, after a long battle with different health complications.

Jan was born on July 21, 1948, to Dorothy and James Hickling in the bustling city of Swift Current, Saskatchewan. After high school, Janice pursued a rewarding career in the medical field working as a Nurse, Nurse's aide, and finally as a Clerk. In 1970, she met Al Goode on a blind date in Calgary and was happily married in October 1971. Jan and Al went on to have 2 kids, Sean and Stacey, and 9 grandchildren.

Janice always had a love for sports. She was an avid lover of softball, baseball, and curling. Jan played both softball and curling, and always cheered on her favourite curling teams and her Toronto Blue Jays. More than anything Jan loved her husband, children, and grandchildren unconditionally.

Jan is survived and remembered by her husband, Al Goode; daughter, Stacey Goode; son, Sean Goode; grandchildren, Jordan (Maddison), Tayler (Samara), and Olivia, as well as grandchildren, Ryan, Curian, Anthony, Kylie, Matthew, and Koaltin; brother, Gary Hickling; sister, Judy Canning; and aunt, Shirley Cleveland. Jan was predeceased by her parents, James and Dorothy Hickling, and nephew, Jimmy Canning.

In lieu of flowers, please consider a donation in Jan's memory to Canadian Diabetes Association. (<https://www.diabetes.ca/>)

Due to COVID-19 restrictions, the family has chosen to postpone Janice's Celebration of Life until further notice. To view and share photos, condolences, and memories of Jan, please visit www.choicememorial.com.

To send flowers to the family or plant a tree in memory of Janice Irene Goode please visit our Tribute Store. (<https://choice-memorial-cremation-funeral-services.tributestore.com/?oId=23292470&source=ta2&taph=2>)



Randall (Randy) Senft

<https://www.arbormemorial.ca/edenbrook/obituaries/randall-randy-senft/75070>

December 27, 1946 – November 28, 2021

Randall George Senft passed into the loving arms of his Lord and Saviour, Jesus Christ in the early morning hours of Sunday, November 28th, 2021. He died peacefully in his sleep after a 2-year battle with cancer, a month prior to his 75th birthday. This was not his first bout with cancer as Randy had previously fought and beaten a lymphoma diagnosis beginning in 2015.

He is survived by his loving wife of 53 years, Sharon Lynn Senft; Their children, Shawn (Kristen), Shauna (Brad) Martin and Steve (Arielle); 4 Grandchildren; Gabriel, Lindsay, Megan, and Kendra. His brothers Jim (Johanna), Rick (Janet), and David (Bev). Other family members; Larry and Pat Taylor, Laura and John Higgins, and Michelle Slade, along with many cousins, nieces, and nephews. He is predeceased by his Father, Rudolph Wilhelm Senft, and Mother, Joyce Evelyn Senft.

In keeping with Randy's wishes, cremation has taken place and a private Celebration of Life will be held on his 75th birthday.

Krystyna Bartczak

With great sorrow, SMHC would also like to announce that Krystyna Bartczak passed away on Friday, November 26, 2021.



◆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.

Christmas Decorations:

Ho! Ho! Ho! Merry Christmas! No room for a tree? Need a gift for a teacher, coach, family member, friend, or senior in your life? This is the perfect solution! Each basket is uniquely decorated with battery powered lights throughout. Prices range from \$25-\$50 based on size with MANY options available. Jar candles and tealights in festive scents like eggnog, frost, and cozy flannel are available ranging from \$5.00-\$30.00

Come down to Central Discount House, located at 200-9737 Macleod Trail SW, December 10-12 for a peak and a smell! Want to shop closer to home? Contact Annalise 587-892-2702 or Karen 403-850-8261 to pick a few out in Sarcee Meadows.



I have recently completed a Network Systems Administrator diploma and am offering assistance with computers. I can help with a wide range of issues including basic things like computer and printer setup and troubleshooting, installing, and uninstalling programs, and showing you how to use your device. For more information and rates please contact Jesse 403-710-8480.

Exotic Pet Sitting:

Need a vacation but struggling to find someone to watch your scaly friends? I can help! Willing to check in on your unique pets while you are away. Experience with reptiles small and large. Please contact annalise1989@hotmail.com to discuss.



For Sale:

205/55/16 - \$50.00 each (or best offer.)
Can be seen at F411 or phone and leave a message.
403-240-1775

Childcare:

Looking for childcare? Well-established (January/2008) Day Home in S.W. (Glamorgan/Rutland Park) offering a clean & safe environment for your child to play & learn in. Daily outdoor time & healthy snacks/lunch provided. For more information, please email Kristine at romaindomain@shaw.ca

Knitted Dish Cloths for Sale:

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

Call Tricia: 403-242-0048



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 #55 10001 Brookpark Blvd. SW
Calgary Alberta
canadiangolden@gmail.com 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

Knife Sharpening

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.



House Cleaning

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

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



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



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 Healing

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.

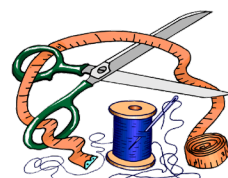
Shelly 403-660-2045 – References upon request



Moments Fashion Solutions

- Need Alterations?
- Italian Leather Products
- Baby Boots

Contact Marzena - 403-397-3779
www.momentsfashion.com



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 through my home number listed in the SMHC Directory.

Regards, Shereen

◆Just for Fun!◆

Paper Snowman Luminaries in 3 Minutes:

<https://craftsbyamanda.com/paper-snowman-luminaries-3-minutes>

Supplies

- 1 sheet of white copy/printer paper
- Black and orange markers crayons or colored pencils
- Tape
- Scissors
- LED tea light candle

Instructions

1. You can use plain printer or copy paper, or if you have drawing paper or construction paper, that works too! I used markers, but crayons and colored pencils will do the job as well.
2. Fold paper in half lengthwise. Open up and cut along the crease. You can get two luminaries from one sheet of paper.
3. Use the markers to draw a snowman face in the center of the paper.
4. Make as many as you like! Try different mouths and noses for variations.
5. Tape the two ends of the paper together to form a cylinder. Place an LED tea light on the table and set your paper luminary over the top of the tea light. Done!



Expert Tips & FAQs

Push the LED tea light to the front of the luminary so that it's just about touching the paper. LED tea lights are not nearly as bright as a real candle, so getting them closer to the paper will help the light shine through.

This recipe was recently published in the Heritage Park Newsletter. To subscribe to their email newsletter, visit: <https://www.heritagepark.ca/newsletter-signup>

WHIPPED SHORTBREAD

Ingredients

175 g soft butter

175 g flour

40 g icing sugar

40 g cornstarch

1/2 tsp vanilla



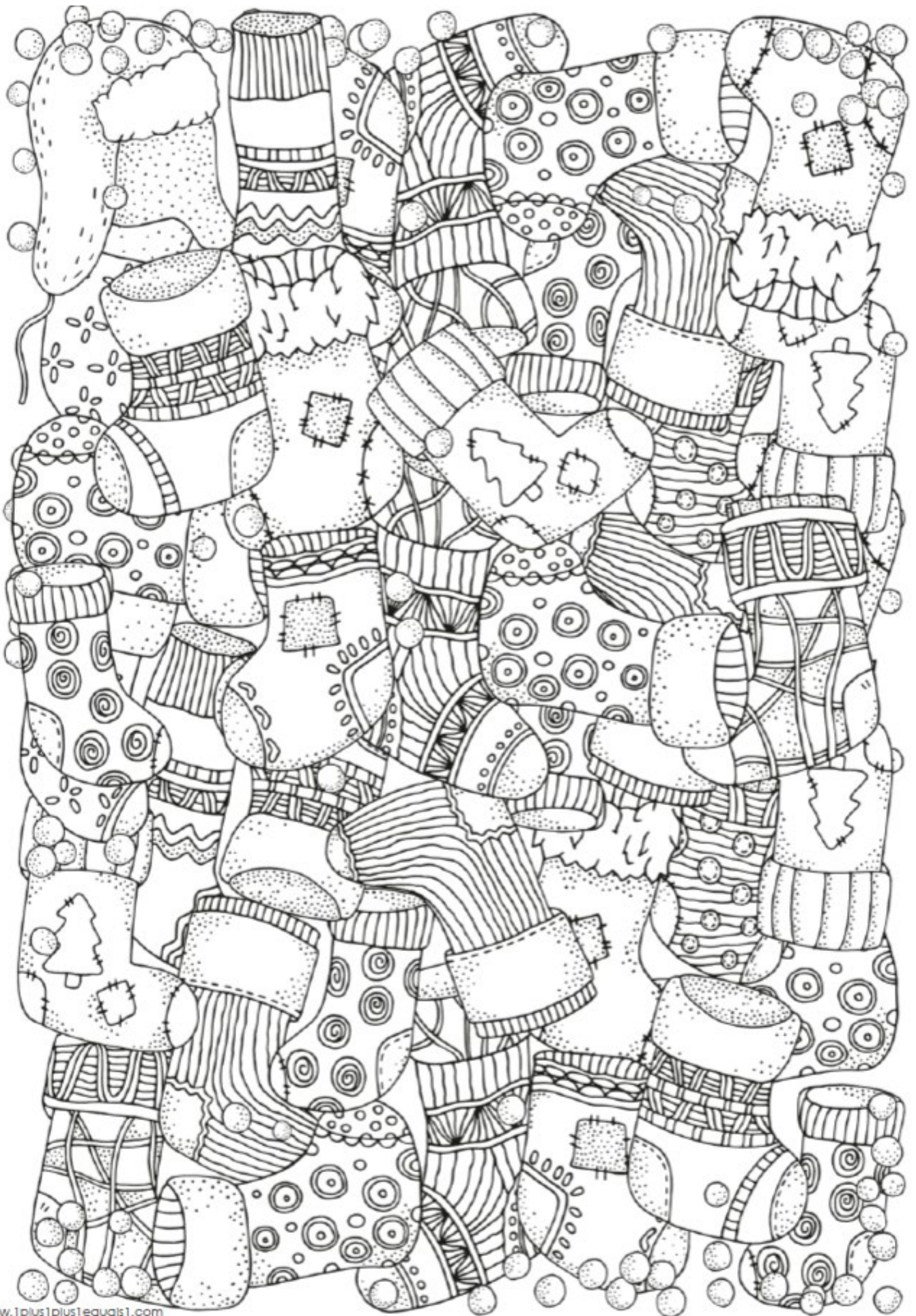
Method

Whip butter and sugar until pale and fluffy. Add vanilla and mix. Sift flour and cornstarch on top of butter. Mix until smooth.

Pipe. Chill so it holds its shape. Bake at 350° F for 12 minutes.

"My wife would make these shortbreads when we lived in Panama. We both worked at an all-inclusive resort and she would make these on "European" night. Every Christmas she makes them and shares with the family." - Tobias Larcher, Executive Chef of Heritage Park





**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 (includes Honours & Awards)

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

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

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Elaine Paczkoski

Funding Task Force

Board Liaison: Helen Serrurier

Lobbying Committee

Chair: Astrid Deslandes

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing janine@sarceemeadows.coop



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.



You! Are Key to The Success of Our Co-operative!

NOTICE of

**UPCOMING ELECTION for FOUR (4) POSITIONS
on SARCEE MEADOWS BOARD of DIRECTORS**

As a result of the normal rotation of our Board, there will be -THREE (3) – three-year terms,
and ONE (1) – one-year term -opening at the Board table.

Elections will be held at our Annual General Meeting January 26, 2022

WE NEED SMHC MEMBERS TO COME FORWARD AND SERVE!!!

Serving a board term is a great way to gain some valuable experience, new skills, and a chance to make a difference.

Please consider this OPPORTUNITY and allow your name to stand for a board position.

For Sarcee Meadows - Diversity is a Fact ... Inclusion is a Choice – please, choose to be a candidate. All our Members possess a wealth of background knowledge and experiences that are valuable to our Co-operative. **EVERYONE** is always needed to continue building our housing cooperative into all that it can be.

Your Voice is important - Looking Forward to Your Participation!

You are eligible to run for one of these positions if:

- You are a registered shareholder
- You are a member in good standing
- You are 18 or over.

We encourage you to file your Application as soon as possible, and email it to janine@sarceemeadows.coop or drop it off at the office (B50) – Submit by Deadline:

Wednesday, December 22nd, 2021

If you have any questions, please phone or email the Elections Committee or the office.

For complete information on the position of SMHC director, please read your copy of Sarcee Meadows Housing Co-operative Ltd. By-laws - Page 16. (8.1 to 8.16) Board of Directors, (9.1 to 9.8) Board Meetings (10.1 to 10.6) Officers and Duties.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.
APPLICATION FOR THE POSITION OF
DIRECTORS OF SMHC

NAME: _____ **UNIT#** _____

To help our members determine their voting choices, please tell us a little about yourself and your reason for wanting to serve on the SMHC board of directors.

I verify that, as per Sarcee Meadows Housing Cooperative Ltd. Bylaws Sections 8.3 and 8.11, I am eligible to serve on the SMHC Board of Directors.

I accept the nomination for Director of Sarcee Meadows Housing Co-operative and have read and understood the Ethical Conduct Agreement. (Copy is available from B50)

If elected, I will provide a Police Information Check and will sign the Ethical Conduct Agreement for Directors of Sarcee Meadows Housing Co-operative Ltd.

Signature

Date