



Connections

Your SMHC Newsletter

January 2022

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 DIRECTOR'S REPORT:

On behalf of the SMHC Board of Directors, I would like to extend New Year's greetings to all our members and wish you all health, happiness, and prosperity in the coming year.

2021 came with its own challenges ... thankfully, we welcomed our new general manager, Jon Jackson, who was able to manage everything in stride. Jon's initiation into co-operative housing management included such things as the implementation of a new work order tracking system, an RFP for groundskeeping, the selection of a new auditor, capital project preparations, unanticipated infrastructure repair costs and the operational challenges presented by that unrelenting covid, just to mention a few.

Our Annual General Meeting is scheduled for January 26th and as previous meetings were, this one will again be online; along with the presentation of our audited financial statements, there will be an election for the four vacant board positions. Please watch for your meeting link.

As mentioned in previous newsletters, we are still short of volunteer members on some of our committees ... in particular, Finance and Personnel are under-represented. If you are interested or want more information about serving on a committee, speak to one of the Board members or call the office. Serving on a committee is a great way to learn about housing co-ops and fulfill some of the member responsibilities. Do consider it!

The recent weeks have been extremely cold, and we sure do appreciate the landscapers keeping our sidewalks clear of ice and snow. It's very rewarding to see some of our members/seniors still out strolling without the fear of slipping or falling. If you see a neighbour struggling with anything, please do consider lending a helping hand.

Stay healthy and safe as we move along in 2022 with hope for our future and encouragement for one another!

Regards,

Elaine Paczkoski, on behalf of the SMHC Board of Directors.

GENERAL MANAGER'S REPORT:

Happy New Year to each and every one of you! I hope that you had an amazing holiday season and have been able to stay warm though this cold we have been experiencing. This cold has definitely put a crimp in my skiing, but I am hoping to get out a bunch coming up.

A reminder that the Big Bin is here until January 20th. We would ask that you do not try and put items in the bin yourself but put them beside it, or if the yard is closed beside the fence. This will help ensure your safety and allow us to maximize the number of items that are placed in it.

We are also asking for your help with the garbage bins in our parking lots. First please remember to compost as much as you can. This keeps food scraps and other compostable items out of the garbage which can be picked by birds or other animals. Also, if you see the lid of the garbage bin closed and are able to do so, please open it. This helps our members who are unable to lift the lids.

It has been a snowy start to our winter. While we haven't received a large snowfall yet, we have received several modest ones that require the cleaning of the sidewalks and steps. I know there have been a couple of minor hiccups in this on the part of Ground Guys but overall, I would like to commend them for the work they are doing. Especially given the conditions that they have had to work in. As always if you have any concerns, please reach out to me so that I am aware.

Our Annual General Meeting is scheduled for January 26th at 7pm and I hope to see all of you participating. Once again unfortunately it will be virtual through Zoom. Expect to see the meeting package in the next week or so. We have engaged GetQuorum again to assist us with the meeting and election.

The RFP for a Project Management Company to assist with the Building Envelope Capital Project closed in December. We have received some tremendous submissions and they are currently being reviewed by the Task Force with a goal of presenting a recommendation to the Board in February.

ReNu Engineering is currently working on the evaluation and costing for a "Deep Energy Retrofit" and we expect to receive the results of their work in February. From there the Task Force will review the alternatives, conduct a cost benefit analysis, and present their recommendation to the Board. The Board will then review them and work towards presenting to Membership the recommendation for approval in the late spring.

Thank you,

Jon Jackson
General Manager

FROM THE TEAM AT 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.

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.

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.

TIPS FROM THE MAINTENANCE TEAM:

Mechanical Department: If your furnace is not working, first check to see if the thermostat numbers are moving up and down when the buttons are pressed. If not, shut off the switch on the thermostat and turn it back on again. If the furnace is still not working, please call the Emergency Maintenance line.

Plumbing Department: If your hose is still attached to your lawn service there is a strong possibility that the line will now be frozen and if so, will need replacing at a member charge. It is important that any hoses still attached be removed as soon as possible, but otherwise do not attempt to use the lawn service until spring. If we get any unseasonably warm temperatures watch for any leaks from the lawn service, both in the basement and outside.

Electrical Department: If you have had a breaker trip more than twice it will likely need replacing as they get weaker each time. Please call in a work order for this.

General Maintenance: If you are noticing a cold draft around your door, please call in a work order to have your weather stripping replaced.

Carpentry Department: With the cold weather the windows will really be frosted up these days. It is possible that some of the really bad windows may have been taken out to be cleaned and did not get put back in properly which can exacerbate the problem. If you have slider windows check to make sure they are properly in place.

Lock Smith Department: With the cold weather you may notice that your doors are shifting and may fit a little tighter. When it warms up they will move back to their old positions.

Maintenance Supervisor: Please do not leave your front entry door open in the winter while it is cold. It creates too much moisture from the warm air hitting extreme cold and can freeze your door shut! This causes a safety hazard for yourself with the possibility of not being able to get out.

Also, during extreme cold temperatures the door rams on the storm doors do not work properly causing the doors to slam shut. Please be careful that the door does not slam on a person or pet, and it is a good idea to manually assist the door allowing it to close more softly.



◆Committee Reports◆

ELECTIONS COMMITTEE:



UPDATE – Candidates for [three] 3-year terms and for [one] 1 year term positions.

Sending out sincere thank-yous to our five nominees for the 2022 Board of Directors Elections:

Chris Severson-Baker
Kelly Edwards
Musu Dadi
Louay Farag
Alim Mohammed

They will be on the electronic ballot at our Annual General Meeting, Wednesday January 26th, 2022 and on the advanced voting ballot for members unable to participate virtually.

Again, this year, we are really looking forward to your attending and participating in the SMHC election process!

Elections Committee



NEWSLETTER COMMITTEE:

Happy New Year! Hope you all had a great holiday and enjoyed your time together with family and friends.

Thank you to everyone who entered the Spot the Snowmen Contest! Of all the entries we had 3 winners who got the correct answer of 93 snowmen, they are: Jenn Minnema, Judy Silzer, and Laurie Griffin. Each winner will receive a \$25.00 gift card. Congratulations!



We are still looking for a couple of volunteers for the Newsletter Committee and some of the other committees are also looking for volunteers. Please consider giving a little of your time every month to help us out. Volunteers are needed for the committees to function, so give us a call.

Until next month ... keep warm and stay safe!

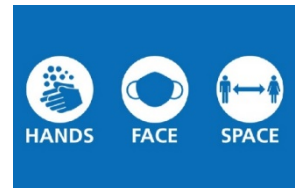
ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:



We are sending a great big THANK YOU to everyone that participated in the Light up the Meadows event, whether it was by creating a beautiful light display or by diligently hunting down all the ornaments in the Scavenger Hunt. Congratulations to the winners by random draw: Dayna & Asher Cubid & Family for the Scavenger Hunt and Juliana Polyak for the Display Unit Participants. Each received a goodie bag full of sweet, chocolaty treats just in time for the Holidays! With such fabulous feedback we are already looking forward to doing Lighting up the Meadows in 2022 and have some great ideas on how to make this event even better!

We are also busy with preliminary planning on other events for 2022. Next up will be Easter in just a few months. We are excited to be considering another go at your own pace scavenger hunt idea that will give our families a chance to get out and do some “hunting” but also keep everyone safe and physically distant from each other. Watch for more information on this in the next couple of months.

Other events being considered are Volunteer Appreciation, hopefully bringing back our annual Lawn Sale, and looking forward to some sort of summer events. As always, the Entertainment & Social Events Committee is dedicated to ensuring that the health and safety of all our members and residents is at the heart of all our event planning. We will continue to monitor all guidelines related to the pandemic and plan our events accordingly.



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.



◆ Education & Awareness ◆

Dementia / Alzheimer's Disease:

Respectfully submitted by Wendy Thomson

Dementia describes a group of symptoms that are caused by disorders affecting the brain. About 750,000 Canadians are living with dementia. More than 75,000 are diagnosed with this disease every year with approximately 10% being under the age of 65.

There are more than a dozen types of dementia with Alzheimer's Disease being the most common type. Alzheimer's affects most areas of the brain as it progresses. Early detection is important so that steps can be taken to slow and mitigate the effects of the disease through lifestyle changes.

All information for this article comes directly from the June 2021 Reader's Digest magazine in which they published an article entitled "Dementia Warning Signs". The article includes excellent information on all the various types of dementia. The article advises that there are 13 signs that you should be assessed for dementia:

1. Your personality changes.
2. You see things that aren't there.
3. You struggle with vocabulary.
4. Your vision is patchy.
5. You find it difficult to keep focused.
6. You forget where you've put things.
7. You're suddenly bad with money.
8. You're emotionally flat.
9. You're not moving as well as usual.
10. You've become insensitive.
11. You no longer grasp concepts you once did.
12. You're more anxious.
13. You get lost more often.

As we age most of us will have occasions where we forget things, don't move as well as we used to, and so on. If you find that these instances are happening more frequently then it is time to get some help. People often associate dementia with memory loss but in many cases, this is not the first sign. The first step in getting a diagnosis would be to talk to your family physician. Your doctor can determine if further steps need to be taken.

The full Reader's Digest article can be found here: <https://www.readersdigest.ca/health/conditions/early-signs-of-dementia/>. January is Alzheimer's Awareness Month. For more information visit the Alzheimer Society website here: <https://alzheimer.ca/en/take-action/change-minds/alzheimers-awareness-month>

To lighten things up, a joke from Red Skelton – "There are three signs of old age: loss of memory ... I forget the other two."

Bell Let's Talk Day – January 26th, 2022

Respectfully submitted by Sonya Nadon

In September 2010 Bell media began a new conversation about mental health in Canada. At that time statistics showed that there was an urgent need for action. Bell invited Canadians from all walks of life, well known personalities, sports heroes, and everyday people, to participate in an open discussion offering new ideas and hope for those who struggle.

To build on the discussion Bell “put their money where their mouth is” and set up the campaign which provides funding for much needed programs. On this day, Bell will donate 5 cents for every text, wireless and long-distance call, as well as any social media post using #BellLet'sTalk.

The biggest hurdle for those that are struggling is the Stigma associated with mental illness. This day and the overall campaign are the driving force to promote awareness and understanding in hope of reducing this stigma. Talking is an important first step to lasting change.

5 simple ways to end the stigma and start a conversation are:

- Language Matters – be aware of the words you choose – they can both harm and heal.
- Educate Yourself – know the facts and myths about mental illness.
- Be Kind – simple acts of kindness and letting someone know you are there for them can open up the conversation
- Listen and Ask – listen when people are talking about their concerns and ask if you can help them.
- Talk About It – most people with mental health issues can and do recover just by talking about it.

Since its inception, Bell Let's Talk Day, has partnered with more than 1300 organizations who have supported 4,578,467 Canadians with access to mental health services.

Some of the many available programs nationally are:

- For Children and Youth
Kids help phone, jack.org and Strongest Families Institute
- For Adults
Canadian Mental Health Association, Mood Disorders Society of Canada and The Centre for Addiction and Mental Health
- For Seniors
Canadian Coalition for Seniors Mental Health, Mental Health Commission of Canada
- Culturally Specific Resources
Multicultural Mental Health Resource Centre, Black Youth Helpline, Hope for Wellness
- For Families and Caregivers
Be There by Jack.org,
- Resources available directly in Calgary include:
Canadian Mental Health Association (CMHA) - 403-297-1700
Distress Centre - 403-266-4357
Addiction Helpline - 1-866-332-2322
Mental Health Helpline - 1-877-303-2642
Crisis Mental Health support also available at Sheldon M. Chumir Health Centre (in the beltline) and the South Calgary Health Centre (in the far south by Shawnessy/Sundance).
Access Mental Health Information Resource - 403-943-1500
Calgary Communities Against Sexual Abuse - www.calgarycasa.com
JB Music Therapy - www.jbmusictherapy.com

Regardless of your concerns there are a number of options that you can reach to for help. Please ask for help if you need it. However, as with any health concern, if you are in need of urgent care, please call 911.

Mental Health affects everyone.

Be kind.

Be supportive.

Be open to honest discussions.

Listen.



Bell
Let's Talk

International Holocaust Remembrance Day - January 27th

Respectfully submitted by Slawa Gruszczyńska

Since 2005, each year on January 27, the world commemorates The International Holocaust Remembrance Day, designated on November 1, 2005, by the United Nations General Assembly by resolution 60/7.

This day not only commemorates the anniversary of liberation of Auschwitz-Birkenau concentration camp. A killing centre for six million of Jewish victims of Holocaust, and millions of other victims of Nazism murdered throughout the period of Second World War in Europe.

This resolution also supports education about Holocaust, speaks against further genocide and religious intolerance throughout the world.

Although Auschwitz extermination camp is the most known, German occupied Territories in Europe during 1942-1945 were the sites of numerous Nazi concentration, extermination, and other camps.

Thanks to access to the internet today, a very detailed information about Holocaust can be available on various websites. By simply typing in Google the word “Holocaust” or “Concentration Camps,” a person can have access to its history, maps, statistics, and a list of several other commemoration ceremonies observed around the world – often connected to events from Holocaust.

Each year, here in our city, the Calgary Jewish Federation commemorates the International Holocaust Remembrance Day – in Hebrew correspond to **Yom Ha Shoah**.

On April 8, 2021, the Yom Ha Shoah tribute was presented in front of the Jewish Cultural Centre, by the monument dedicated to Holocaust.

Very well produced video documented this moving ceremony.

For your convenience, please find the link to the video: https://youtu.be/zp6OWK_oERA

Hopefully, the New Year will bring more peace to the world through increased education, compassion, and harmony among people.

◆ 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.

Hopes for 2022

Respectfully submitted by Jenn Jenkinson

December 31, 2021 – Here we are folks on the brink of another New Year. For so many people there are so many varied reasons to be joyful and hopeful for a New Year. The poor folks in BC that have been visited with floods, fires and an ongoing retinue of natural disasters are still shaking their collective heads and murmuring "What next?" We hear in Alberta experienced some of the highest temperatures and drought conditions we have ever seen in recent history and have now been plunged into a deep freeze that doesn't seem to want to let go of us.

On a more personal level, I lost my baby sister to a particularly aggressive cancer which raced through her body faster than appointments for tests and finally an appointment 3 weeks in the future for chemo could possibly have kept pace with as health services were being otherwise taxed to the limit. Ann's husband Stevie and I were both at her side at the moment of her passing, both with a hand on her shoulders speaking gently and lovingly to her as she left us and, in that moment, the two of us reached out our free hands to clasp them over her. As heart rending as that moment was it was also deeply healing as two individuals who could be said to have had a non-relationship formerly found common ground and respect for each other in the shared grief of the loss of one so dear. There was a lesson there; in shared hurt we find new strength and new hope.

So here we are approaching 2022 with hope, maybe; with trepidation, for a lot of folks probably, with a myriad of other emotions including relief that we personally have made it through another year, fear for what our futures both personally and collectively may hold in store.

It is my hope that this New Year's Eve and on into 2022, we all can become a little kinder to one another, a little more aware of how every one of us on this beautiful planet are interconnected and that we all can make a difference for either good or bad that will have effects on us all. Take time as the New Year dawns to consider that, though your tiny contributions may seem to have little effect on others, the ripples that move out from your center touch everyone and everything around you. My wish for 2022 is that we all try to make our ripples count for kindness, for togetherness, for hope and for love in the coming year.

Happy New Year to Everyone! Be mindful of your ripples!



Kudos to The Grounds Guys!!!!!!

On behalf of the SMHC Newsletter Committee, we say thank you to all the staff from The Grounds Guys team, for keeping our sidewalks in such fantastic shape during this surprisingly tough winter.

Despite the persistent brutal cold for several days now and frequent snow falls, you are working with determination and professionalism.

Thank you for being friendly and so polite with all our members. Thank you to all the Girls and Guys for the outstanding job!

In this New Year, we wish you a safe, healthy, and enjoyable year ahead.

Respectfully submitted, on behalf of the Newsletter Committee, by Slawa Gruszczynska

◆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.

Computer Help

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!◆

WINTER DRINKS RECIPES:

With the cold temperatures outside who isn't looking for some yummy ways to warm up? The collection of recipes below, and many other delicious warm beverage ideas, can be found on the BBC Good Food website here: <https://www.bbcgoodfood.com/recipes/collection/winter-drinks-recipes>

Homemade Hot Chocolate

Ingredients

- 250ml milk of your choice
- 1 tbsp cocoa
- 1-2 tbsp soft light brown sugar
- 25g dark or plain chocolate, finely chopped, plus a grating to serve
- 1 tbsp whipped cream or squirty cream

Method

STEP 1: Heat the milk, cocoa, sugar and chocolate in a small pan over a medium heat until steaming and the chocolate has melted. Whisk to dissolve the cocoa.

STEP 2: Pour into a mug, then add the cream to float on top. Grate over a little more chocolate to serve.



Gingerbread Latte

Ingredients

- 1½ tsp ground ginger, plus extra to serve
- ½ tsp cinnamon
- ¼ tsp ground nutmeg plus extra to serve
- 2 tbsp soft brown sugar
- ½ tsp vanilla extract
- 600ml whole milk
- 2 shots hot espresso (optional)
- whipped cream and mini gingerbread men, to serve



Method

STEP 1: In a bowl, mix together the spices, sugar and vanilla extract. Heat 100ml of the milk in a pan with the spice and sugar mix, whisking until the sugar has dissolved. Whisk in the remaining milk in additions until incorporated, then heat through until steaming.

STEP 2: Put a shot of espresso in each glass (if using) and top up with the spiced milk. Top with whipped cream, extra spices, and a mini gingerbread man.

Hot Apple Pie Punch

Ingredients

- 1 ½ tsp ground cinnamon
- a good pinch ground cloves
- ½ whole grated nutmeg
- 2l apple juice
- 2 tsp vanilla extract
- 6 scoops vanilla ice cream
- dark rum (optional)

Method

STEP 1: Put the cinnamon, ground cloves, nutmeg, apple juice and vanilla extract in a large saucepan. Bring to a gentle simmer.

STEP 2: When the apple juice has warmed through, add the vanilla ice cream and whisk vigorously with a balloon whisk until melted and combined with the hot apple juice – the ice cream should make a frothy top on the juice.

STEP 3: Pour a splash of dark rum into the bottom of the adults' cups and top up with the hot punch. Garnish with Apple crisps.



Honey And Lemon Tea

Ingredients

- 2-3 tsp honey
- ¼ lemon, juiced, plus 1 slice

Method

STEP 1: Mix the honey and lemon juice in the bottom of a cup while you boil the kettle. Pour over the hot water, add the lemon slice and stir well to combine. Add another teaspoon of honey if you prefer it sweeter.





**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

