



Connections

Your SMHC Newsletter

February 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 DIRECTORS REPORT:

FEBRUARY IS HEART MONTH ... ❤️❤️

Happy Valentines Day to all!

Balzac Billy told us on Groundhog Day, February 2nd, that we will have six more weeks of winter. Many folks are so ready for Spring and rejuvenation.

You, the member, play an important role in the success of SMHC Community. Thank you to the members that voted in advance and those that took the time to attend our virtual January Annual General Meeting and elect four Board Directors. You also voted on the November 1, 2020 to October 31, 2021 financial audited statements and appointed our auditor for this fiscal year. Democracy is a right not a privilege and thank you for your voice.

Breaking News ... Congratulations to our newly elected board members ... re-elected Kelly Edwards and Chris Severson-Baker to a three-year term. Welcome Musu Dadi elected to three years and Louay Farag elected to a one-year term. Following the Board Reorganization meeting we have one small change to the executive officers in that Musu Dadi has stepped into the role of Corporate Secretary; Kelly Edwards, Chris Severson-Baker, and Jeremy Hart will continue to serve in the roles of Chairperson, Vice Chairperson, and Treasurer respectively. We look forward to working with the newly elected Board members.

However, we also lost Megan Justason and Elaine Paczkoski whose Board terms ended. We warmly thank you for your outstanding contribution in your respective roles while serving. You will be sadly missed and hope in the next election, you again choose to put your name forward.

The Board of Directors sincerely acknowledges the work efforts of Marie Forrester and the Elections Committee team for their diligence and work ethics in overseeing the entire beginning to end process. THANK YOU!

We could not have held the AGM without the guidance and support from the office staff, so thanks Jon, Janine, and Paula for organizing and getting the packages sent out to our members. Organizing this event involves a lot of co-ordinated teamwork.

A big shout-out to The Ground Guys for clearing ice and snow from the parking areas!

There are many events in February such as Black History Month, Valentine's Day, Alberta Heart and Stroke Fund raising and Family Day. Take the time to contribute to learning something new, donating to help charities, or celebrating with your loved ones.

People make up a caring community so give back when and where you can to our wonderful Community.

❤️ VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY HAVE THE HEART. ❤️

(Elizabeth Andrew)

Respectfully submitted by Helen Serrurier on behalf of my fellow Board Members

GENERAL MANAGER'S REPORT:

Thank you to each and every one of you who attended the AGM. The AGM is an important part of the governance of Saree Meadows, and I was excited to see so many in attendance and how engaged each of you were.

I also want to say thank you to Elaine and Megan as they leave the Board with their terms ending. Volunteering is the lifeblood of co-operatives, and I am grateful for the time and energy you brought. Your thoughts, advice, and careful consideration at the Board table and in committee meetings were incredibly valuable so thank you!

To Kelly and Chris, thank you for continuing to step up and volunteer as directors. And to Musu and Louay congratulations for being elected to the Board of Directors. I look forward to working with each of you and the other Board members in the upcoming year.

With the Provincial Government announcing their staged opening plans on February 8th, we are in the process of planning for our team. As part of Phase 2 of the provincial plan the mandatory work from home mandate is being lifted. This is currently scheduled for March 1st, pending hospitalization numbers. Prior to March 1st we will share with everyone our re-opening plan and how we will continue to work with our members to ensure theirs and the teams health and safety.

Over the last few days several of you may have received a notice from a Blue Mountain Investment Corp or similar company, inquiring about purchasing your unit. I have contacted them, explained our community, and requested that they stop soliciting in our community.

Earlier this week, a Christmas Tree was found by one of the compost bins. Unfortunately, due to the size of the tree it did not fit in the bin and wasn't able to be removed as part of the regular pick-up. Mike and I will discuss with T&T a plan for next year around Christmas trees so that those of you who chose real trees have a safe and easy means of disposing them. We will provide this information in the fall prior to the season beginning.

I hope each of you has a great Valentines, gets to spend time with family and friends on Family Day, and breaks out your best pink shirt on Feb 23rd showing you stand up to bullying. As a dad of three I know how important this is and will be proudly rocking a pink shirt.

Thank you,

Jon Jackson
General Manager

FROM THE TEAM AT B50:

E-Transfers: We can accept e-transfers as a safe, no contact method for paying your housing charges, rental stall fees, or any other invoices in a timely manner. **E-transfers can be sent to cathy@sarceemeadows.coop – please contact Cathy for more information.**

Modified Office Hours: As noted, we won't see any changes to the current modified hours until Stage 2 begins. The Office remains open to members from **8:30 am to 12:00 pm on Mondays, Wednesdays, and Fridays.** 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.

TELUS Fiber Optic: As part of the installation process for fiber optic 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 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:

- When placing a work order in Buildium please be more descriptive with details e.g., does your faucet have one handle or two? Where is the Faucet located? This will help determine what we need to bring with us to do the repair.
- The best overall dish soap to use when hand-washing dishes is Dawn Platinum Dishwashing Liquid because of its excellent ability to cut through grease.

Maintenance Supervisor:

- Do you know how to shut down your water in an emergency? If not, call the office and arrange for someone to come by and locate the shut off for you so that you are aware.

Carpentry:

- If your cabinet doors are loose, call in a work order. Leaving them may cause damage, which you could be charged for.

HVAC:

- Notify office if your furnace servicing has been scheduled and you have a Humidifier, that way we know we will be servicing the humidifier as well.
- If you will be away from your home for an extended period in the winter months do not turn your furnace off! Setting your thermostat in the range of 15°C to 18 °C will ensure that pipes don't freeze while you are away.

General Maintenance:

- Clean the grill on the bottom of the fans in your bathrooms. Using the bristle attachment from your vacuum cleaner works very well.
- Check the date on the bottom of your smoke detectors and report if they have passed their expiry date. If expired, new smoke detectors will be installed.

Tips for Cleaning Wood Laminate Floors:

- Do not use steam cleaners or wet mops, which may cause irreparable damage to your floor.
- Use a damp cloth to blot up spills as soon as they happen. Never allow liquids to stand on your floor.
- For tough spots, such as oil, paint, markers, lipstick, ink, or tar, use acetone/nail polish remover on a clean white cloth. Then wipe the area with a damp cloth to remove any remaining residue.
- Sweep, dust, or vacuum the floor regularly with the hard floor attachment (not the beater bar) to prevent accumulation of dirt and grit that can scratch or dull the floor finish.
- Periodically clean the floor with cleaning products made specifically for laminate floor care.
- Do not wash or wet mop the floor with soap, water, oil-soap detergent, or any other liquid cleaning product. This could cause swelling, warping, delamination, and joint-line separation, and void the warranty.
- Avoid using steel wool, abrasive cleaners, or strong ammoniated or chlorinated type cleaners.
- Do not use any type of buffing or polishing machine on your laminate floors.
- For spots such as candle wax or chewing gum, harden the spot with ice and then gently scrape with a plastic scraper, such as a credit card. Be careful not to scratch the flooring surface. Wipe clean with a damp cloth.

◆ Committee Reports ◆

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

As we look forward to a new year of activities the first item on the agenda is Easter. This year we are going to return to an Easter Hunt – with a twist. There is going to be a scavenger hunt, similar to the Christmas one, but with an Easter theme and treats for all participants. Please watch for details in coming editions of “Connections”.



The next agenda item requires some feedback from you please. **If we were to bring back the Lawn Sale would there be enough participation to go ahead?** If you are interested in participating, please let Janine know at janine@sarceemeadows.coop or by calling 403-246-2746, Ext. 102. Once we have an idea on interested numbers we can plan accordingly.

As we have been doing over the last two years our planning has been focused on ways to socialize while respecting the restrictions around COVID. Just as these restrictions have been ever changing the committee has also been fluid with our planning. We will continue to strive for the best balance between member enjoyment and safety. We always try to find a backup plan for any of our events.

As always, your feedback is greatly appreciated, and we thank you for your support.

FINANCE COMMITTEE:



URGENT – We need members to join the Finance Committee. The committee consists of a maximum of nine members who are not directors as well as the Treasurer, the Financial Services Co-ordinator, and the General Manager.

*** As per the policy that a member can only serve for five years then must take a year off before returning, we have lost a couple of members. We currently have only three acting members leaving plenty of room for more members to join us.

*** 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.

NEWSLETTER COMMITTEE:

Hope you have had a chance during these milder winter days to get outside and enjoy some outdoor activities. Thank goodness for the Chinooks!

There are still a couple of committees, including the Newsletter Committee, looking for volunteers. In order to get the job done, volunteers are needed. So please let us know if you can help us out.

Have a great Valentine’s Day!

PROPERTY ENHANCEMENT COMMITTEE:

- Please remove the snow around your vehicle so the ice doesn't build up between them, work together with the persons that park on each side of you.
- Please be careful when removing the snow from around the parking electrical connection. For safety reasons, contact the office if you need the snow removed from around a parking electrical connection.
- As you know we are struggling with the ice on our sidewalks. We want to ensure everyone that is not from a lack of effort on Ground Guys part. They have been on site every day since the beginning of the season clearing snow and laying down pickle mix. Unfortunately, the conditions are perfect for creating ice and very tough to control right now. With the snow accumulation being high around our community that snow is melting during the day flowing over sidewalks and holding in puddles where drainage is an issue. Then when the temperature falls overnight that water freezes creating the treacherous conditions. Please be patient as Grounds Guys continues to work on this. If you discover an area of sidewalk they haven't gotten to yet and it is icy, consider putting down some pickle mix from one of the yellow bins in the parking lots. This will assist everyone.
- Ground Guys have also begun clearing the snow from the visitors parking stalls and will ensure that the parking blocks remain clear of snow. They are also sanding all the parking lots to help with traction



◆ Education & Awareness ◆

February is Heart Month:

Until March 11th, 2022 CP Rail is partnering with The Heart and Stroke Foundation by matching donations, 2 for 1, until their gift of \$200,000 is reached. Your donation is DOUBLED thanks to CP!

“Help rally the best scientific minds around critical heart and brain issues, many on the verge of significant breakthroughs. In the fight against heart disease and stroke, every beat counts.”

Please give now and double your impact. Visit <https://www.heartandstroke.ca/> for more information.

Happy Chinese New Year:

Respectfully submitted by Sonya Nadon

Chinese New Year begins Tuesday, February 1, 2022 and thus begins The Year of The Tiger.

This date changes every year but normally falls between January 21st and February 20th. The determination is made based on the Chinese Lunar Calendar, and is a new moon day, usually the second after the winter solstice.

Celebrations typically last for 16 days from Chinese New Year's Eve to the Lantern Festival, falling this year on February 15, 2022.

In China, the Lunar New Year is a public holiday and observed for seven days. Most offices, banks, factories, and non-essential services will close during this time. The schools close for four weeks and most migrant workers will leave their jobs to travel home to spend time with family.

In the western world, one of the most visible and “popular” aspects of Chinese New Year is the Chinese Zodiac Animal and the accompanying Chinese Horoscope.

People born in a year of the Tiger are predicted to be brave, competitive, unpredictable, and confident. They will experience their zodiac birth sign in 2022, which unfortunately, is considered bad luck. Their career luck will not be too bad as long as they continue to work hard - even having the chance for a big promotion. Fortunately, it is also believed that you can ward off this misfortune by wearing red underwear and socks, wearing pig-related elements, getting married or making a baby.

Some previous years of the Tiger are: 1938, 1950, 1962, 1974, 1986, 1998 and 2010. If you want to find your Zodiac Animal or learn more about your Chinese Horoscope there are several sites available on the internet. This can be quite interesting and entertaining.

We wish everyone celebrating Chinese New Year a healthy, happy, and prosperous year! “Xinnian hao”!



新年快乐
HAPPY
CHINESE
NEW YEAR
YEAR OF THE TIGER

Black History Month – Part 1

Respectfully submitted by Megan Jovie

Every February we take time to celebrate the contributions and achievements of Black Canadians who have helped to shape Canada’s heritage and identity, and whose contributions have historically been overlooked by the population at large. Black History Month began in North America in 1926, nearly a century after slavery was abolished in Canada in 1834. A Black historian named Carter G Woodson proposed setting aside time to honour the accomplishments of Black Americans and to heighten the awareness of Black history; at the time, he called this Negro History Week. In the early 1970’s, this celebration became known as Black History Week, and was then expanded to a month long in 1976. Black History Month was first officially recognized by the House of Commons of Canada in December of 1995; the motion was introduced by the honourable Jean Augustine, the first Black woman elected to parliament in Canada, and carried unanimously.

For 2022, the official theme for Black History Month is “February and Forever: Celebrating Black History Today and Every Day” and focuses on recognizing the daily contributions the Black Canadians make to Canada.

With that in mind, we would like to highlight the achievements of a celebrated Ghanaian-Canadian writer: SMHC’s own Esi Edugyan; while she now lives in Victoria, BC, Esi grew up as a neighbour to many of us in Sarcee Meadows, and her father, Kweku, and brother, Kofi, continue to share this community with us.

Esi has published three novels, *The Second Life of Samuel Tyne* (2004), *Half-Blood Blues* (2011), and *Washington Black* (2018), as well as a non-fiction memorial lecture titled *Dreaming of Elsewhere: Observations on Home* (2014). Her work has been shortlisted for many prestigious literary awards, including the Andrew Carnegie Medal for Excellence in Fiction, the International Dublin Literary

Award, and the Governor General's Literary Award for Fiction. She won the Scotiabank Giller Prize in 2011 for *Half-Blood Blues* and in 2018 for *Washington Black*; she is one of only three writers to have received the award twice since it was established in 1994. Her most recent novel, *Washington Black*, is in the process of being adapted into a nine-episode limited television series for Hulu and is being executive produced by Sterling K Brown and Selwyn Seyfu Hinds.

If you are interested in learning more about Black history in Canada, you may find these websites useful:

- **The anti-slavery movement in Canada:**

<https://www.bac-lac.gc.ca/eng/discover/immigration/history-ethnic-cultural/anti-slavery-movement/Pages/default.aspx>

- **The life of Mary Ann Shadd Cary, an abolitionist:**

<https://www.bac-lac.gc.ca/eng/discover/immigration/history-ethnic-cultural/under-northern-star/Pages/mary-ann-shadd-cary.aspx>

- **An annotated guide to Black history in Canada:**

<https://www.thecanadianencyclopedia.ca/en/collection/black-history-in-canada>

Other references for this article:

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month/about.html>

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>

<https://literature.britishcouncil.org/writer/esi-edugyan>

<https://www.goodreads.com/book/show/38140077-washington-black>

<https://www.spoilertv.com/2022/02/washington-black-tom-ellis-joins-cast.html>



Black History Month – Part 2:

Respectfully submitted by Kweku Edugyan



As we celebrate Black History month this year, we pause to remember some of the heroes at the forefront for the fight for independence across Africa. Here they are in pictures, from top left to bottom right:

Dr. Kwame Nkrumah of Ghana

Sekou Toure of Guinea

Dr. Nnamdi Azikiwe of Nigeria

Jomo Kenyata of Kenya

Dr. Hastings Banda of Malawi

Kenneth Kaunda of Zambia

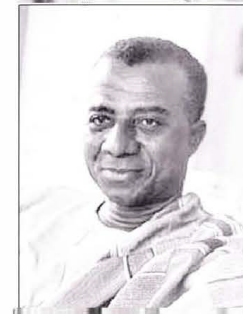
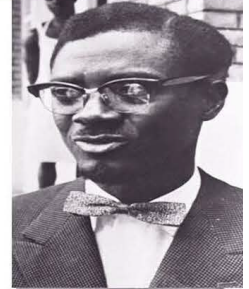
Patrice Lumumba of Congo

Julius Nyerere of Tanzania

Nelson Mandela of South Africa

Sylvanus Olympio of Togo

Kwame Nkrumah of Ghana became the First President of Ghana when Ghana won independence from Britain in 1957. His administration funded industrial and energy projects, developed a strong national education system in Ghana and promoted African culture and consciousness in Ghana and throughout Africa.



In 1968 Kweku Edugyan emigrated from Ghana to go to school in California. He later moved to Edmonton with his wife Nancy and son Kofi to complete his Masters degree. With the addition of two more children, Abena and Esi, Kweku and his family eventually settled in Sarcee Meadows in 1994. Sadly, Nancy passed away only a few years later. While Abena and Esi both now live in BC, Kweku and Kofi continue to be members and great neighbours to this day.

Pink Shirt Day - February 23rd, 2022

Respectfully submitted by Janine Bell

Our readers may recall that our December 2021 issue of Connections included an article on Bullying. As well we had an excellent presentation on Diversity & Inclusion during our last Members Meeting in October of 2021. With “Pink Shirt Day” coming up in the month of February the Newsletter Committee would like to further expand on these topics.



All information for this article is taken directly from the official CKNW Kids' Fund Pink Shirt Day website at <https://www.pinkshirtday.ca/>. Please visit for more information on how you can get involved and support Pink Shirt Day.

“Our Story

Now a movement celebrated across the globe, Pink Shirt Day has humble beginnings. Inspired by an act of kindness in small-town Nova Scotia, CKNW Kids' Fund, working with partners Boys & Girls Clubs and 980 CKNW, was inspired to raise funds to support anti-bullying programs. Here is a snippet of an article detailing the original incident:

“David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt] ...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. ‘I learned that two people can come up with an idea, run with it, and it can do wonders,’ says Mr. Price, 17, who organized the pink protest. ‘Finally, someone stood up for a weaker kid.’ So, Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops. They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. ‘It looked like a huge weight was lifted off his shoulders,’ Mr. Price recalled. The bullies were never heard from again.”

— GLOBE & MAIL

After David and Travis’ act of kindness in 2007, CKNW was inspired to help other youth affected by bullying, with many staff members wearing pink shirts and collecting funds to support Boys and Girls Clubs. Since then, the idea has only grown each year, with worldwide support and participation. Countries across the globe are now organizing anti-bullying fundraisers of their own, including Japan, New Zealand, China, Panama, and numerous others. In fact, last year alone, people in almost 180 countries shared their support of Pink Shirt Day through social media posts and donations.

Pink Shirt Day falls on the last Wednesday of February every year; join us next Pink Shirt Day on February 23rd, 2022 in our mission to create a more kind, inclusive world by raising awareness and funds for anti-bullying initiatives.”

“Get Involved

While bullying affects so many people physically, emotionally, and mentally, we know there are many students, parents, schools, and community members that want to know what they can do to help. Every contribution, whether it’s joining us in wearing pink on the last Wednesday of February to show you’re taking a stand, or making an effort to practice kindness and acceptance, or even giving a donation or fundraising for programs that make a difference, can change a life.

Take a stand against bullying and be an advocate for kindness and inclusivity by wearing our Pink Shirt Day merchandise. Official Pink Shirt Day merchandise will be available to purchase online until the end of March; we encourage you wear these tees to help spread awareness for our cause not only throughout February, but for the remainder of the year. Net-proceeds from sales go directly to helping children in British Columbia and Western Canada build healthy self-esteem with themselves and their peers.”

“What Is Bullying?”

Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized. In addition to any physical trauma incurred, bullying can result in serious emotional problems, including anxiety, low self-esteem, or depression.

Types Of Bullying

- Physical bullying: using physical force or aggression against another person (e.g., hitting)
- Verbal bullying: using words to verbally attack someone (e.g., name-calling)
- Social/relational bullying: trying to hurt someone through excluding them, spreading rumours, or ignoring them (e.g., gossiping)
- Cyberbullying: using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages).

Bullying Vs Harassment

Bullying and harassment are similar, yet different:

- Harassment is similar to bullying because someone hurts another person through cruel, offensive, and insulting behaviours.
- Harassment is different from bullying in that it is a form of discrimination.

What Is Discrimination?

Discrimination is treating someone differently or poorly based on certain characteristics or differences. Bullying turns into harassment when the behaviour goes against Canada’s Human Rights Laws and focuses on treating people differently because of:

- Age
- Race (skin colour, facial features)
- Ethnicity (culture, where they live, how they live, how they dress)
- Religion (religious beliefs)
- Sexual orientation and gender identity (if they are gay, lesbian, bisexual, transgender, or heterosexual)
- Family status (if they are from a single parent family, adopted family, stepfamily, foster family, non-biological gay, or lesbian parent family)
- Marital status (if they are single, legally married, common-law spouse, widowed, or divorced)
- Physical and mental disability (if they have a mental illness, learning disability, use a wheelchair)”

Resources

Kids Help Phone: 1-800-668-6868

Bullying Helpline: 1-888-456-2323 to get help anonymously in more than 170 languages

Rare Disease Day – Monday, February 28th, 2022

Respectfully submitted by Sonya Nadon

One in 12 Canadians has a rare disorder. The impact is widely felt as approximately 3 million Canadians and their families deal with a debilitating disease that severely impacts their lives.

As the name suggests the diseases are rare, affecting fewer than 1 in 2000 people, and therefore mostly unheard of. There is little or no government funding available, difficulty accessing knowledgeable medical professionals, hard to find and/or expensive treatments and no community support for patients and their families.

The largest advocate in Canada for this group is CORD - Canadian Organization for Rare Diseases. CORD provides a strong voice for change in both health policies and systems. They encourage development of support models as well as working with all levels of government and community to further aid research, diagnosis, and treatment for all rare disorders in Canada.

The rare disease community works tirelessly year-round to raise awareness for this little-known cause and has chosen February 28th each year as the day for International Recognition.

I hope this brief overview has been informative and that it may resonate with someone who wants to continue to spread the word.

Information for this article was gathered from the website: <https://www.rarediseaseday.org/>



◆ ***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.

Chicken and Pork Bones, Garlic, and Spices are Dangerous!

Dearest members,

Your hearts and minds are very kind, and especially during winter, several of you have the most commendable intentions to feed birds and animals at large, so they would not be hungry.

However, unintentionally these actions may cause a completely opposite effect, death of animals or birds.

Cooked or raw chicken and pork bones when chewed break into very sharp pieces that can perforate an animal's intestines and will cause death or a very painful and expensive surgical intervention.

Birds and other animals very eagerly will eat spicy rice, or any spicy meals thrown into the outside but spices like pepper, curry, are not part of their natural diet and are poisonous. This includes garlic which can be poisonous to cats and dogs as well.

These well intended actions can cause the suffering and death of birds and other animals.

Please kindly compost the leftovers and ensure the lids on the compost bins are closed. Please do not throw leftovers outside.

Thank you,

Respectfully submitted 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.

For Sale:

Lazy boy coffee table.
Glass top 40" diameter.
Height 18".
Asking \$100.00
Call or text Arsène @ (587) 573-3293



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



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.

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

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.



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



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
- 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

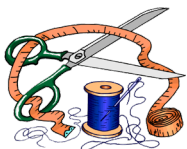
Energy/Crystal Healing
Psychic/Mediumship
Card Readings
Crystal Grids
Personalized Crystal Kits
Book a Party



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



It's your lucky day.



SACHA is partnering with TELUS to provide building residents exclusive rates on Home Services.

Whether you're a new or existing TELUS customer, sign up with no term and **save 40%** each month on any Optik TV[®] and Internet product.¹

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If you're a new TELUS customer, please call **1-866-667-9749**.



The doctor will see you now.

TELUS Health MyCare™ (formerly Babylon by TELUS Health) is a free-to-download mobile app that allows you to see a doctor, right from your phone. If you don't have a family doctor, you can connect with a local, provincially licensed doctor at a time that works for you, even on evenings or weekends,² at no cost to you.³

Download and register today.

1 Offer available until December 31, 2022 and is available to new and existing residential customers in partnered multi-dwelling unit buildings. Offers are subject to change without notice. Regular prices apply at the end of the promotional period. Offer can only be renewed for residents of partnered buildings. The Essentials is required for all Optik TV subscriptions. TELUS reserves the right to modify channel lineups and regular pricing without notice. HDTV-input-equipped television required to watch HD. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. The 40% discount applies to the current regular price of Optik TV and TELUS Internet for up to 12 months. Discount does not apply to any hardware charges, administration and access fees, Internet add-on service charges or one-time charge offers (including, but not limited to Netflix, Video On Demand, Pay Per View and premium sports plans). Existing customers must pay any applicable early termination fees if they are currently in a service agreement. TELUS Home Phone service terms apply, visit telus.com/serviceterms for details. Taxes and 911 service charges are extra. Calling features available in most areas. Prices may vary by area. Some restrictions apply, visit telus.com/homephone for details. 2 79% of users are able to see a doctor on the same day. Daily appointments are available during: 8am - 10pm (PST) on weekdays and 8am - 6pm (PST) on weekends in British Columbia. 9am - 10pm (MST) on weekdays and 9am - 7pm (MST) on weekends in Alberta. 3 Doctor consultations are available at no cost for AB and BC residents who are covered under the Alberta Health Care Insurance Plan (AHCIP) or Medical Services Plan (MSP). The application uses internet data (Wi-Fi or mobile), overage charges may apply with your respective provider. TELUS, the TELUS logo, TELUS PureFibre and telus.com are trademarks of TELUS Corporation, used under license. All rights reserved. © 2021 TELUS. 21-1006-01

◆ *Just for Fun!* ◆

Moist Red Velvet Cupcakes:

<https://www.allrecipes.com/recipe/105768/moist-red-velvet-cupcakes/>

“Little versions of classic red velvet cake! Frost with cream cheese frosting or white frosting.”

Ingredients:

- 1/2 cup butter
- 1 1/2 cups white sugar
- 2 eggs
- 1 cup buttermilk
- 1 fluid ounce red food coloring
- 1 teaspoon vanilla extract
- 1 1/2 teaspoons baking soda
- 1 tablespoon distilled white vinegar
- 2 cups all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon salt



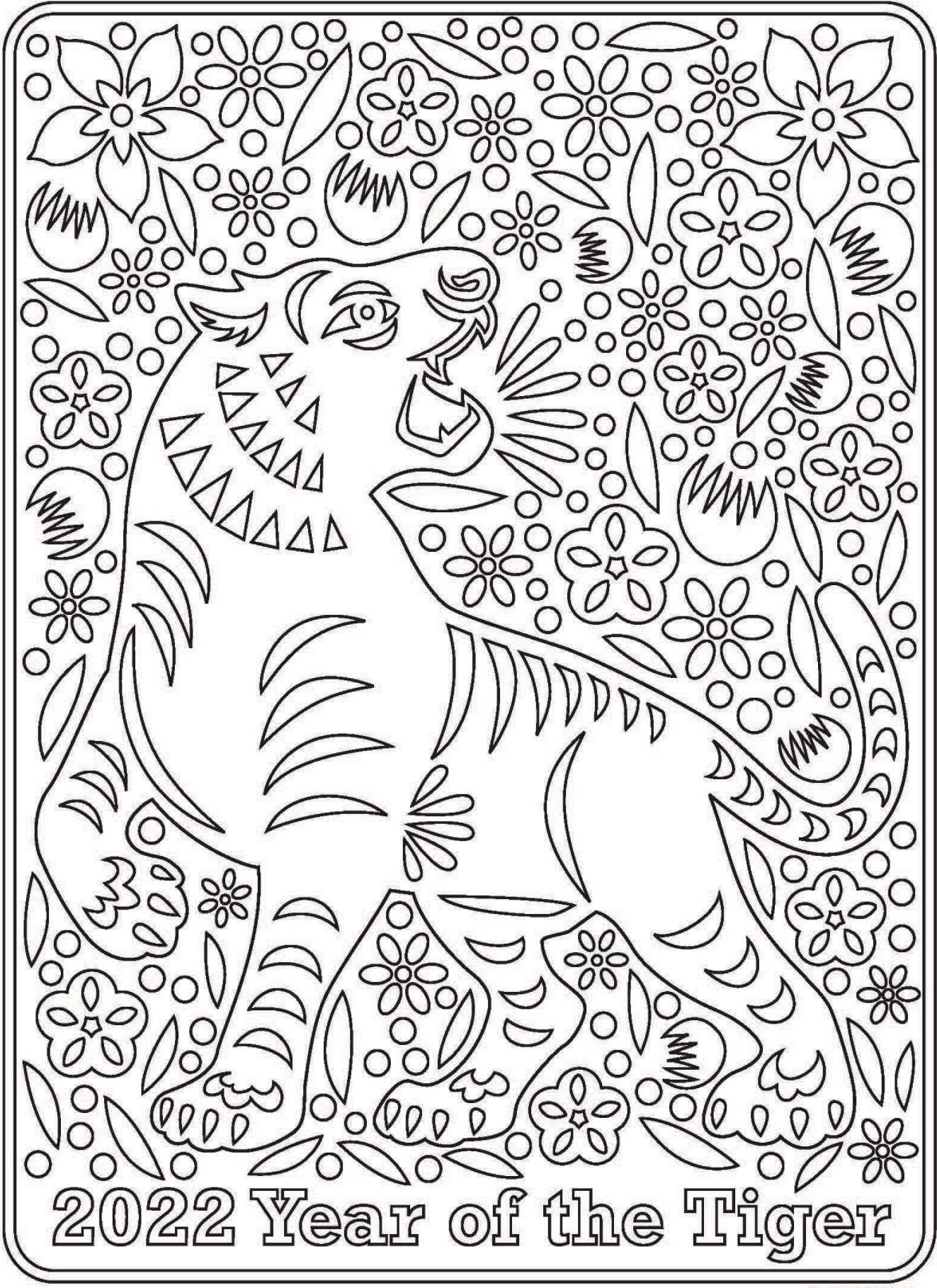
Directions:

Step 1: Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with 20 paper baking cups.

Step 2: In a large bowl, beat the butter and sugar with an electric mixer until light and fluffy. Mix in the eggs, buttermilk, red food coloring and vanilla. Stir in the baking soda and vinegar. Combine the flour, cocoa powder, and salt; stir into the batter just until blended. Spoon the batter into the prepared cups, dividing evenly.

Step 3: Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter and frost with desired frosting.





2022 Year of the Tiger

**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: Musu Dadi

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: Annalise Schwaiger

Board Liaison: Helen Serrurier

Newsletter

Chair: Wendy Thomson

Board Liaison: Megan Jovie

Personnel

Chair: VACANT

Board Liaison: Elaine Paczkoski

Property Maintenance

Chair: Al Wright

Board Liaison: Jesse Harris

Property Enhancement (includes Parking and Security)

Chair: Wayne McAdam

Board Liaison: Louay Farag

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Joanne Mick

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

