



Connections

Your SMHC Newsletter

April 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:

Happy Spring, everyone! I hope you all are enjoying the long evenings, sunshine, and the scattering of new green grass as much as I am (and that you've stocked up on those allergy meds!). This April please join the Board in wishing our neighbours a happy Easter, Passover, and Ramadan!

We invite you to join us on Saturday, April 30th at 10am for the Members' Meeting; for the first time in a long while we are fortunate enough to be able to hold a hybrid meeting, with those members that wish to attend in person gathering at Grace Lutheran Church (3610 Sarcee Road SW). We look forward to seeing some of your faces again! Those that would prefer to attend virtually will receive a Zoom link ahead of the meeting date. Your participation in members' meetings is vital in preserving the democratic values of co-operative living and is deeply appreciated.

We will also be gathering for the Big Budget Meeting on May 18th! More details to follow in next month's newsletter.

See you all out there!

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



GENERAL MANAGER'S REPORT:

As Ramadan approached this year, knowing a number of our members practice Islam, I wanted to better understand the holiest month in the Islamic calendar. With it having begun with the appearance of the crescent moon on Friday, it is a period of introspection, communal prayer in the mosque, and reading of the Qur'ān.

Islam has five pillars, Declaration of Faith (Shahada), Prayer (Salah), Almsgiving (Zakat), Fasting (Sawm), and Pilgrimage (Hajj) and Ramadan is a reflection of these pillars. Tradition states that it was during Ramadan, on the Night of Power that God revealed to the Prophet Muhammad the Qur'ān.

As part of Ramadan, Muslims practice restraint (Sawm). This goes beyond fasting which most of us probably are aware of, and extends to refraining from all immoral behavior, including impure or unkind thoughts.

Each day after the sunset prayer, Muslims gather in their homes or mosques to break their fast with a meal called ifṭār. It is a time of family and community and coming together in a collective to celebrate and reflect. I am proud to have Muslims as part of our community and would like to wish every one of them رمضان مبارك

We are also fast approaching Easter and I know our Entertainment & Social Events Committee is excited at the return of their Easter Scavenger Hunt. More details are being distributed and I hope you join in this tradition.

With Easter approaching that also means we are beginning to see the signs of spring. That also means that it is time to clean the parking lots of all the debris built up over the winter and paint the lines. A notice has gone out and we remind all of you that it is a member obligation to move your vehicle for the day your lot is to be cleaned.

Finally, a reminder that our next Member's Meeting is scheduled for Saturday April 30th at 10am. It will be a hybrid meeting and you will have your choice to participate in person at Grace Lutheran Church or through Zoom. As part of the meeting, we will be providing further update on the Building Envelope Retrofit Capital Project as well as discussing the project management company we have engaged to assist us through the project.

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.**

Office Hours: The office is once again open for our regular business hours of 8:30 am to 4:30 pm. The office staff is continuing a rotation of some days in the office and some days working from home. However, they will continue to be reachable by phone or email wherever they are located. **Please note, the shop and office will be closed on Friday April 15th, 2022 for Good Friday.**

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.

◆ Committee Reports ◆

NEWSLETTER COMMITTEE:

“April showers bring May flowers.” Our Spring weather has been great, but we are really in need of some moisture to get our gardens ready. Gardeners, if you have any tips or ideas to share with our members (how to get rid of all the lawn weeds, garden pests or what you find grows really well in your flower gardens) we would like to hear from you.

There is a **Spot the Bunny Contest** in this month’s issue of Connections so be sure to check out the “Contest” section just before the “Just for Fun” section for all the details.

Happy Easter everyone!



ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

The Easter Hunt is back! This might be a different kind of hunt than in past years, but it is still a great opportunity to get out outside, explore our beautiful property, and snag some Easter Treats, all in a safe a physically distant way. More information on the **Easter Scavenger Hunt** has already gone out in a flyer and can also be found on the back page of this newsletter!

We are happy to announce that the **Annual Lawn Sale** is making a return this year as well! This will be held on **Saturday June 4th, 2022**. The committee is still working out some of the finer details on this so watch for more info coming soon!

We are cautiously optimistic and looking towards the summer and hopefully the return of some other traditional events. We continue to keep member safety and comfort levels regarding COVID at the forefront of all our planning. We will adapt as needed should restriction levels change but we are certainly looking forward to maybe having some Stampede fun again or to the possibility of filling our park with yummy food trucks again. Stay tuned!!

PROPERTY ENHANCEMENT COMMITTEE:

- Please do not turn on your outside tap until after the May long weekend.
- Please make sure your down spouts are down and clear of any debris.
- Skunks have been spotted in Sarcee Meadows Housing Co-op again. Please do not leave food out for them, including putting your compost bags outside unprotected.



FINANCIAL STATEMENTS:

<u>Sarcee Meadows Housing Co-operative Ltd.</u>			
<u>Financial Statements - Summary</u>			
<u>as at February 28, 2022</u>			
<u>Balance Sheet</u>			
<u>Assets</u>			
Funds on Deposit	\$	5,338,277.57	
Other Assets	\$	1,812,649.95	
TOTAL ASSETS			\$ 7,150,927.52
<u>Liabilities - current</u>			
Long Term Liabilities	\$	960,374.08	
Total Liabilities			\$ 960,374.08
<u>Reserve funds</u>			
Housing Charge Assistance (incl CMHC Funds)	\$	326,786.00	
Replacement Reserves	\$	4,356,290.81	
Total Reserves			\$ 4,683,076.81
Retained earnings + current deficit			\$ 1,507,476.63
Total Liabilities, Reserves, Member Equity			\$ 7,150,927.52
<u>Income Statement (for 4 months - November 1, 2021 to February 28, 2022)</u>			
		Actual	Budget
			% of Budget
Revenue from Housing Charges	\$	1,478,682.00	\$ 4,445,452.00
All other income	\$	51,634.78	\$ 159,690.00
Total Revenue	\$	1,530,316.78	\$ 4,605,142.00
<u>Expenses</u>			
Total Insurance & Property Taxes	\$	158,012.27	\$ 515,016.09
Total Utilities	\$	363,450.55	\$ 974,362.98
Total Routine Maintenance Costs	\$	173,563.96	\$ 594,616.00
Total Personnel and Payroll Costs	\$	275,932.53	\$ 874,217.15
Total Administration Costs	\$	38,962.95	\$ 93,346.00
Total Democratic Functioning	\$	42,381.95	\$ 154,554.00
Total Reserve Savings	\$	398,461.32	\$ 1,195,384.00
Total Expenses	\$	1,450,765.53	\$ 4,401,496.22
Net income for eight months	\$	79,551.25	\$ 203,645.78

◆Community◆

Calgary's Bird!

The City of Calgary, in partnership with Nature Canada and Bird Friendly Calgary, needs your help in picking an official bird for YYC. Did you know that Calgary is home to over 200 bird species? Some live here year-round, while others just visit while migrating. Now they're choosing a bird to represent our city, raise awareness about how important urban wildlife and biodiversity is, and to celebrate Calgary's birds!

How did they pick the top five?

Bird Friendly Calgary reached out to all Treaty 7 nations, Metis Region 3 and birding/nature groups to help narrow the list of candidates down to five great choices:

- Black-capped Chickadee
- Black-billed Magpie
- Northern Flicker
- Red-breasted Nuthatch
- Blue Jay

Check out <https://engage.calgary.ca/calgarysbird> for more information and to vote for Calgary's Bird!



Knox Café Returns!

Great news – the Café at Knox is back! We are pleased to welcome everyone back to Knox Church for fellowship and music. As always coffee, tea, and pre-packaged snacks are served. Hope to see you soon!

The new hours are 10:30 am to 12:00 pm every Thursday.

Also: **Gentle Yoga is back at Knox**

Thursdays – 9:30 am to 10:30 am

Drop-in fee \$5.00 per class – no need to pre-register. See you!

Many thanks, Isabell Reznik



◆ 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.

Marla's Garden – Blue Globe

Thank you to a person or a family that took the time and shared their talent to restore the beautiful Blue Globe in the Fairies Garden part of “Marla’s Gardens”. What beautiful work has been done, and it looks even better than before!

Such a gesture restores the belief that in the end the good prevails over bad actions.

Often while walking around our Sarcee Meadows, I witness very persistent acts of vandalism taking place. Someone with a vengeance keeps destroying or taking the garden decorations not only from “Marla’s Gardens” but from member’s yards as well. It is difficult to understand such action.

The Blue Globe was one of few decorations left intact at Marla’s Gardens. Shining and bringing color and joy even in the wintertime. Almost like a little lighthouse.

One day, a couple of weeks ago, the globe also ended up being vandalized.

And then one day, just this week, The Blue Globe was resurrected and more beautiful than before. The glass beads give such an enhanced presence of this garden feature. Thank you so much to the artist(s) for your gift of restoring the globe and your wonderful community spirit.

Slawa Gruszczynska



Women's Circle Youth Initiative

Respectfully submitted by Musu Dadi

The Women’s Circle would like to thank the youth namely: Abdur Shaik, Ahyan Mohammed, Juju Dadi, Tristan Miller, and Zaid Syed for dedicating their time for garbage/recycling pick up from some of our members once a week. This initiative has been going on for over 6 weeks now and the youth have taken the responsibility diligently. They show up on time and pick up the garbage from the members’ front door. The members who receive this service are very appreciative and thankful. The purpose of this was to not only help our seniors and members with mobility issues but to also instill responsibility in our youth, form friendships and a sense of community. In the youths' own words, Ahyan Mohammed says “Helping members do their basic day-to-day chores like throwing out the garbage for example can be very humbling”. Betty Jensen mentioned that “I am also really enjoying the few minutes’ chat with Tristan each week when he comes to our place. He’s a very cheery guy and takes his task seriously.” Please see the pictures of the youth involved in this initiative below!

Seeing the success of this initiative we would like to expand it outside of the Women’s Circle. If you are a youth (16-99 years of age!) living with us and would like to volunteer with this initiative or if you are a member who would be interested in this service please reach out to Janine at the office, Musu at (587) 892-8292 or musuadadi@gmail.com, or Kathy at (403) 629-0400 or kaubicho@shaw.ca and we will do our best to pair you up with a volunteer as soon as we can.

This initiative will run until June 2022 and will be back in September 2022 with the months of July and August off.

I hope you enjoyed reading about this update on the Women's Circle. The Women's Circle as we know are a group of women living in SMHC with a kind heart that thrives on beautiful smiles from our members and community at large!

If you have an idea or initiative that we should consider, please reach out to us. Thank you for reading!



My Typical Ramadan Day

Respectfully submitted by Meraj Fatima

My family and I have been waiting for a restriction-free Ramadan and it is going to be very special this year. I will give you a glimpse of what it is going to look like. For us Ramadan starts with a lot of preparation both spiritually and physically, we pray for a blessed Ramadan before it starts. The house gets decorated, and kids thoroughly enjoy this. We have the Ramadan banner up with other decorations such as advent calendar, days until Eid al-Fitr etc. Ramadan by definition is the worship of one God with the intention of refraining from food and drink from dawn to dusk. Ramadan can be 29 or 30 days depending on the moon as we follow the lunar calendar. Eid al-Fitr is the day of celebration after Ramadan.

My family and I eat our pre-dawn meal together. We prefer to eat yogurt, dates, lots of water, and leftover food. We try and incorporate different food groups. This morning meal is called suhoor. After this meal we offer our first prayer of the day called Fajr. This prayer is the first one out of the five we pray every day. The prayers take about 5 to 10 minutes. Then I normally take a quick nap before getting ready for work. Ramadan is the time of year when I increase my prayers, connect with God

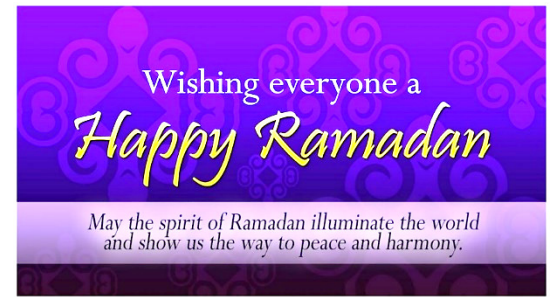
more than usual and of course think of the less fortunate people often. Ramadan not only provides self-improvement but also teaches me self-control, to be humble, quit bad habits, and be patient. Our family also gives zakat in this month. Zakat is a type of charity that you give to the poor once every lunar year. It is 2.5% of each adult's savings

Sunset meal is called iftar and is the favorite part of my day! We break our fast with dates and water. We share food with family, friends, and neighbors. The spread feels like a feast and my favorite is to eat pakoras and samosa. Each family makes different dishes and we have found a few that we like as a family for this meal. This meal is followed by the sunset prayer which is number 4 prayer of the day. Last prayer of the day is followed by special Ramadan prayers called Taraweeh prayers which are only prayed in Ramadan. Our family tries and goes to the mosque as much as we can. Kids are exempted from fasting and mine enjoy the vibe of being at the mosque. Fasting is exempted for kids, elderly, sick and travelers.

There is emphasis on reading Quran this month because it was in Ramadan that arch angel Gabriel came to Prophet Muhammad (peace and blessings be upon him) with the first verses of Quran our holy book. The Quran mentions that "O you who believe. Fasting is prescribed to you as it was prescribed to those before you, that you may learn self-restraint" (Chapter 2: verse 183). We believe that the Quran is the last testament and different Prophets were given different books including Abraham, David, Moses, and Jesus, peace be upon them all.

The end of Ramadan marks the beginning of the day of Eid al-Fitr. On the day of Eid al-Fitr, we come together as family, friends, and community to celebrate. We meet for mid-morning prayers and see a whole lot of people and a feast follows. Kids and I love getting henna done the day before Eid al-Fitr. Gifts are given and delicious meals are prepared and enjoyed by everyone.

I hope you enjoyed learning about Ramadan and Eid al-Fitr with me. Thank you for reading.



◆Education & Awareness◆

Parkinson's Disease:

Respectfully submitted by Wendy Thomson.

Parkinson's Disease is a brain disorder that leads to shaking, stiffness and difficulty with walking, balance, and coordination.

Ten million people worldwide are living with Parkinson's disease. Incidence of Parkinson's disease increases with age, but an estimated four percent of people are diagnosed before age fifty.

Ten early signs of Parkinson's disease are: tremors, small handwriting, loss of smell, trouble sleeping, trouble moving or walking, constipation, a soft low voice, masked face, dizziness, or fainting, stooping, or hunching over.

A diagnosis would be made by a family physician and many people will seek an additional opinion from a neurologist.

There is no standard treatment for Parkinson's Disease, as treatment for each person is based on his or her symptoms. Treatment may include medication, surgical therapy, and lifestyle modifications.

April is Daffodil Month

Respectfully submitted by Sonya Nadon

The Canadian Cancer Society (CCS) has chosen April as Cancer Awareness Month throughout the nation. It is, however, more affectionately known as Daffodil Month.

History states that, in 1956, volunteers organizing a fundraising tea in Toronto decided to decorate the tables with Daffodils. They also handed these flowers out to local restaurants throughout that year. Once recipients started to inquire about how they could donate to the cause an idea was born and the rest, as they say, is history.

The first Daffodil Days, in 1957, raised \$1200.00 simply by volunteers selling these flowers whenever and wherever they could. In recent years the Daffodil campaign has raised over 40 million dollars annually. The purpose of the CCS and its fundraising goals is to improve the quality of life for people living with cancer, fund research, raise awareness, and most importantly to provide hope for eradication of all types of cancer.

The reasons for choosing the Daffodil are simple. It is one of the first flowers to bloom in spring after surviving the long cold winter. It is said to symbolize strength, awakening, optimism and joy. It is also a symbol of sunshine, rebirth and hope. The Daffodil comes in varying colors, but it is the bright and cheerful yellow blooms that are most recognized.

It is this need of the CCS to provide hope and the symbolism of the Daffodil that have made this such an impactful and successful campaign for over 6 decades.

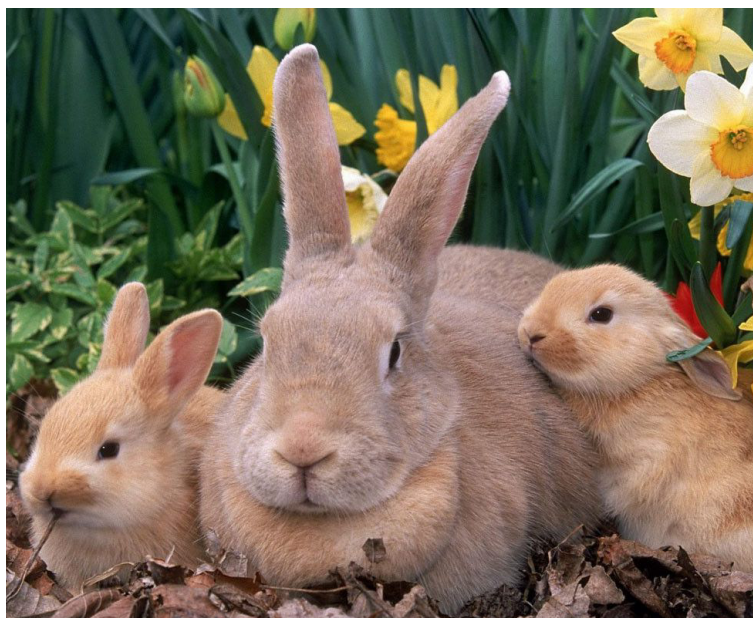
The modern campaign allows support in various ways - buying fresh cut blooms, wearing a lapel pin, buying a virtual flower, volunteering with any of the fundraising efforts or offering support and hope to someone who is fighting cancer.

Please help keep Hope alive!

If you would like to find more information, please visit:

<https://cancer.ca/en/ways-to-give/daffodil>

Some information gathered from the Canadian Cancer Society website
<https://cancer.ca/en/>



Earth Day – April 22nd, 2022

From <https://www.earthday.org/earth-day-2022-action-toolkit/>

Everyone accounted for, and everyone accountable

#InvestInOurPlanet

EARTHDAY.ORG, the global organizer of Earth Day, announced that the theme for Earth Day 2022 will be “Invest in Our Planet.” Earth Day 2022 is focused on accelerating solutions to combat our greatest threat, climate change, and to activate everyone – governments, citizens, and businesses – to do their part. **Everyone accounted for, and everyone accountable.**

The Earth Day 2022 theme is focused on engaging the more than 1 billion people, governments, institutions, and businesses who participate in Earth Day to recognize our collective responsibility and to help accelerate the transition to an equitable, prosperous green economy for all. The goal of EDO’s campaign is to push aside the barriers erected by the ancient, dirty fossil fuel economy and their co-conspirators – old technologies of centuries past – and redirect attention to creating a 21st century economy that brings back the health of our planet, protects our species, and provides opportunities for all. EARTHDAY.ORG’s campaign is focused on reframing the conversation, accelerating action, and bringing us together to understand that **this is within our reach** if we work together.

Invest In Our Planet. What Will You Do?

For more information on Earth Day 2022, the official theme, updates, and how to get involved, please visit: <https://www.earthday.org/earth-day-2022/>



National Volunteer Week – April 24 - 30, 2022

Respectfully submitted by Jenn Jenkinson

Every April Canada celebrates National Volunteer Week as time to both celebrate all the amazing volunteers in communities all across the country and to highlight the amazing and often life-changing experiences that come with becoming a volunteer.

The theme for this year's Volunteer Week is **“Volunteering Is Empathy In Action”**.

Calgary has a great reputation for Volunteerism, and events that have put our city on the world stage have a large component of volunteers whose dedication makes that recognition possible. The 1988 Winter Olympics, often touted as one of the best Olympics Games in modern history, was run almost entirely on a force of dedicated volunteers.

Volunteerism holds great value for all who volunteer not just those whom the volunteers are supporting with their energy, faith and enthusiasm. The satisfaction of seeing smiles on the faces of folks you help feed at a soup kitchen, the joy of seeing children's eyes light up when you read to them, the rush of getting caught up in the crowd's exuberance at a music festival; any and all of these things alone can often motivate a volunteer to continue with their efforts.

But being a volunteer definitely is an enriching activity for anyone, any age, any time. As a volunteer you often learn new skills which can, in turn, be applied in other areas of your life. Volunteers also quickly discover that being involved offers growth experiences that they may never have received elsewhere; perhaps public speaking opportunities, organizational & leadership skills, or the exposure to a specific occupation or skill set that will go on to enhance their lives in ways they never imagined. Oh, and another little bonus, volunteerism looks great on your resume.

We here at Sarcee Meadows are quite literally the definition of how volunteerism can enhance life. Our cooperative runs on volunteers. Our committees are filled with folks that may have joined with little to no experience in a given area, but a heaping helping of enthusiasm. So, here's to all the volunteers, no matter to what capacity, to what organization or what time you've been able to give. You all give of yourselves and promote community, harmony, empathy and peace – Precious Gifts Indeed!



The following article is reprinted with permission from the Spring 2011 edition of the Alberta Retired Teachers' Association new&views Magazine - <https://www.arta.net/news-events/arta-news-views-magazine/>

From Our Partners

Laurie Bauer, CAIB | Business Development Manager, TW Insurance Brokers



Alberta Auto Insurance Changes

As of January 1, 2022, all automobile policies in Alberta include mandatory coverage for Direct Compensation Property Damage (DCPD) according to the recently actioned Bill 41: *The Insurance (Enhancing Driver Affordability and Care) Amendment Act*. This coverage makes claiming damages to your vehicle faster and easier, as you will now deal with your insurance company directly, regardless of fault.

What Does This Mean?

There is no action required by auto insurance policyholders as DCPD coverage is a change to the way that vehicle damage claims are handled in Alberta.

If you are involved in an accident where you are not at fault, your insurance company will pay for the repairs to your vehicle. This will result in a fairer and more customer service-oriented approach to claims. Damages will be repaired faster and without delays or complications that can arise when dealing with another driver's insurance company.

Damages to Me and My Vehicle

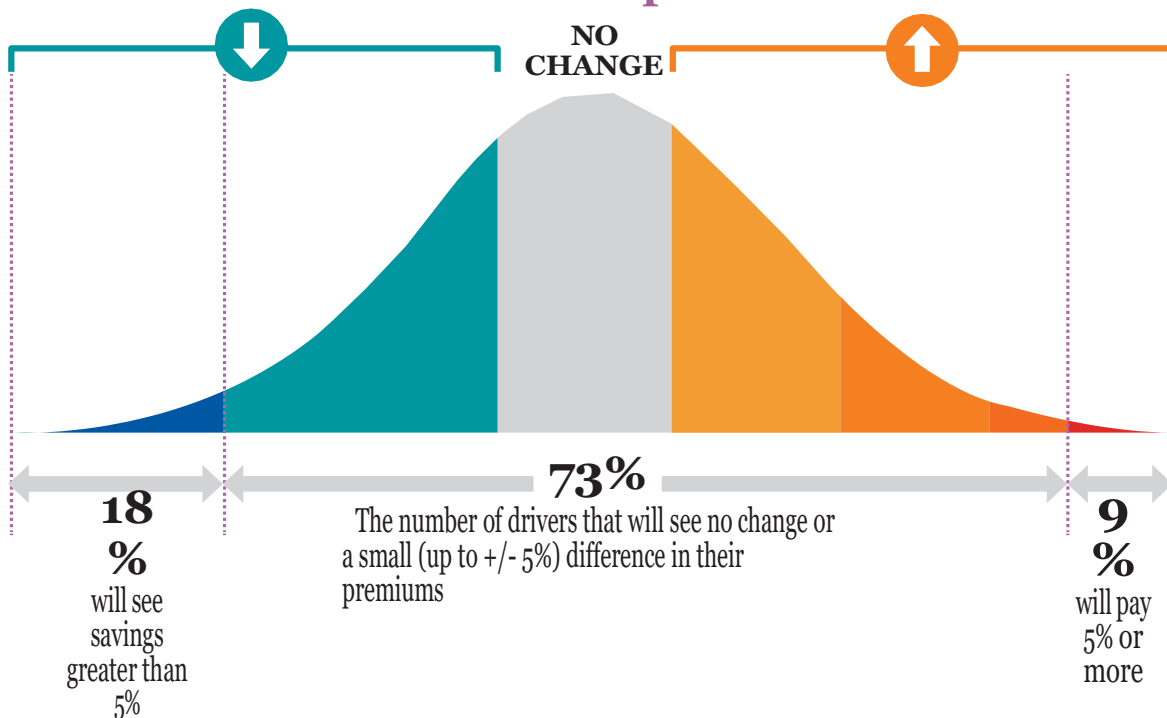
Regardless of fault, there is no change to the process of claiming for injuries sustained in a motor vehicle accident.

DCPD streamlines the claims process for consumers as claims are now processed by your insurance provider.

- **If you are found 100 per cent not at-fault for an accident:**

Any vehicle repairs and required loss of use coverage (rental car, taxi, etc.) will be paid for through your DCPD coverage.

How DCPD Will Impact Premiums



- **If you are found 100 per cent at-fault for an accident:**

If you have collision coverage, repairs to your vehicle will be paid through this coverage, subject to your deductible. If you don't have collision coverage, you will have to cover any costs for damage to your own vehicle out of pocket.

- **If you are found fifty per cent at-fault:** If you have collision coverage, fifty per cent of the vehicle repairs will be paid through your DCPD coverage, and fifty per cent of the damages will be paid through your collision coverage. You will be responsible for fifty per cent of your collision deductible.

How Will This Affect My Premium?

The expectation of this legislative change is that it will assist in steadying insurance premiums in the long run by aligning them with the costs associated with repairs for a vehicle. Generally, owners of less expensive vehicles that cost less to repair will end up paying less for their insurance. Similarly, owners of more expensive vehicles that cost more to repair may pay more.

Approximately fifty-five per cent of all policyholders will see either no change or a reduction in premium due to this update. The graphic on page 48 outlines the expected premium effect for all automobile insurance holders in Alberta.

Get the Help You Need

A qualified broker will answer any questions that you may have about the introduction of DCPD coverage and your insurance.●

◆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.

FREE!

Large dark green carpeted Cat Condo, 60" by 28"
CALL 403-242-5038

FREE!

ATTENTION FOR THOSE WHO SEW!

I have a fairly large selection of fabric pieces, of various sizes – of cottons, synthetics, knits, drapery & home décor pieces for give away. Come & see. Help yourself.

Carolyn Buckingham

H525

Please phone 403 242 0560 for a suitable time.

For Sale:

Women's red 10 speed bike, next to new, includes helmet, pump, lock, travel bag and gel seat. \$75
CALL 403-242-5038

For Sale:

Oversized heavy duty office chair.
Dark Grey in, "like new condition".
Paid \$450.00. asking \$200.00.
Contact me – Kelly Edwards @ 403-605-7743.





Heel to Toe
Footcare

Marie Blain RN #55 10001 Brookpark Blvd. SW
canadiangolden@gmail.com Calgary Alberta
403-640-7965

FOOT CARE

Therapeutic Foot care by RN includes:

Assessment, Nail Care, Skin Care, Callous Reduction, Education.

Services provided in your home. For appointment phone 403-640-7965

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

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.



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.

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

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

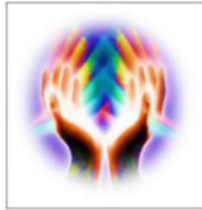
Willing to pet sit at our unit for short term trips when you can't take your loving pet with you. Sorry no birds as I have allergies.

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



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

Painting or Staining

Need to refresh your space? One room or every room? Fences and decks stained or painted?



Reasonable prices – 35 years' experience.

Call Peter (C212) Sraightline Painting

403-998-3959



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



◆Contest◆

Spot the Bunnies Contest:

Bunnies, bunnies, and more bunnies! What would Easter be without a visit from the Easter Bunny? Or two or ten or maybe 100 Easter bunnies! Check out every page of this issue of Connections very carefully and count how many bunnies 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 two \$25.00 Gift Cards. **Deadline for entries is Monday May 2nd, 2022.**

Name: _____

Unit Number: _____

How many bunnies did you find? _____

◆Just for Fun!◆

Natural Ways of Dyeing Easter Eggs - Good for One Dozen of Hard-Boiled Eggs

What you need:

- 1 dozen hard cooked eggs (white & brown) at room temperature.
- 1 tablespoon white vinegar per cup of strained dye liquid
- vegetable or grapeseed oil
- 4 cups dye liquid made from any of the following:
 - 1 cup chopped purple cabbage per cup of water — makes blue on white eggs, green on brown eggs
 - 1 cup red onion skins per cup of water — makes lavender or red eggs
 - 1 cup yellow onion skins per cup of water— makes orange on white eggs, rusty red on brown eggs



- 1 cup shredded beets per cup of water— makes pink on white eggs, maroon on brown eggs
- 2 tablespoons ground turmeric per cup of water — makes yellow eggs
- 1 bag Red Zinger tea per cup of water— makes lavender eggs

Pour the amount of water you need for the dye you're making into a saucepan – follow the ratios given above for each ingredient to make more or less dye.

Add the dye matter (purple cabbage, onion skins, etc.) and bring the water to a boil. Turn the heat down to low and simmer, covered, for 15 to 30 minutes. The dye is ready when it reaches a hue a few shades darker than you want for your egg. Drip a little dye onto a white dish to check the color. When the dye is as dark as you like, remove the pan from the heat and let the dye cool to room temperature.

Pour the cooled dye through a fine-mesh strainer into another saucepan.

Stir the vinegar into the dye — use 1 tablespoon of vinegar per cup of strained liquid.

Arrange the room-temperature eggs in single layer in a baking dish or other container and carefully pour the cooled dye over them. Make sure the eggs are completely submerged.

Transfer the eggs in the dye to the refrigerator and chill until the desired color is reached. Carefully dry the eggs, and then massage in a little oil to each one. Polish with a paper towel. Store the eggs in the refrigerator until it is time to eat (or hide) them.

Easy Veggie Samosas:

<https://www.allrecipes.com/recipe/17717/easy-veggie-samosas/>

Quick vegetarian samosas with a curried garbanzo bean filling. You can adjust the amount of curry paste according to your taste.

Ingredients:

- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 3 (19 ounce) cans garbanzo beans, drained
- 2 tablespoons curry paste
- ½ cup apple juice
- 3 sheets frozen puff pastry, thawed
- ¼ cup all-purpose flour for dusting

Directions:

Step 1: Preheat oven to 350 degrees F (175 degrees C).

Step 2: Heat oil in a large skillet over medium-high heat. Sauté onion until browned, about 5 minutes. Reduce heat and add garbanzo beans. Mix curry paste with apple juice until smooth, then add to skillet. Simmer mixture 10 minutes, stirring occasionally and adding more apple juice or water as needed to keep mixture moist.

Step 3: Cut each sheet of pastry into 3 equal-size rectangles, then cut each rectangle in half. (You will have 18 pieces total.) Dust a clean, flat surface lightly with flour, and roll each piece of pastry until it is double in size. Dust pastry with flour as needed, to prevent it from sticking to rolling pin. Spoon an equal amount of filling into center of each pastry square. Fold in half and press edges to seal. Place on nonstick baking sheets.

Step 4: Bake in preheated oven for 25 minutes, until golden brown.





**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 2021 – 2022:

C.S.I. (Co-op Seniors Interests)

Chair: Kathy Aubichon (Acting)
Board Liaison: Helen Serrurier

Education, Involvement, & 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: Christine Langford
Board Liaison: Jeremy Hart (Treasurer)

Grievance & Resolution

Chair: Mikayla Foucault

Membership

Chair: Annalise Schwaiger
Board Liaison: Helen Serrurier

Newsletter

Chair: Wendy Thomson & Margaret Van der Meer
Board Liaison: Megan Jovie

Personnel

Chair: Karen Schwaiger
Board Liaison: Joanne Mick

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





THE SMHC ENTERTAINMENT &
SOCIAL EVENTS COMMITTEE
PRESENTS

An Easter Scavenger Hunt

Get out and explore the SMHC community
over the Easter Weekend!

**APRIL 15-17
CENTRAL PARK
TOT LOT PARK
SENIORS' GARDEN**

Join us for a different kind of Easter Hunt!
Turn in your completed scavenger hunt sheet at
the office for an Easter Treat Bag!

The hunt is on.

JOIN OUR EASTER CELEBRATION!



Beginning in the morning of Friday, April 15th, and ending in the evening of Sunday, April 17th special Easter images will be scattered throughout these key areas of SMHC:

- Central Park
- Tot Lot Park (E)
- Seniors Garden (H)

Grab your friends and family, search these areas, and tell us below how many of each Easter image you can find!

Beginning on Monday, April 18th you can bring your completed form into the B50 office (during office hours) and exchange it for an Easter Treat Bag!

There are only 200 Treat Bags available so get your forms in early! One treat bag per completed form - extra forms can be picked up from the office.



Name: _____ Unit #: _____

How Many?	Eggs	Bunnies	Chicks
Central Park			
Tot Lot Park (E)			
Seniors Garden (H)			