



Connections

Your SMHC Newsletter

March 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:

Your new Board of Directors has been settling in nicely. We've been busier than usual due to some things coming together, but our latest additions have been handling the load with enthusiasm and an eye for being prepared. Again, we thank them for stepping forward and helping out our co-operative in such a fundamental way.

If you've already fallen short with those New Year's resolutions, the beginning of March brings the start of the Christian period of Lent. Though this message may be getting to you well into the month, feel free to observe this period if you are so inclined and carry it through until the middle of April (dates vary depending on your denomination) or beyond. For our Muslim Members, the evening of Saturday, April 2nd marks the beginning of Ramadan. Since the April newsletter won't show up until after this date, we wish you *Ramadan Mubarak* in advance.

While it is still February at the time of this writing, it is obvious that March 2022 is coming in like a lamb. Considering how mild this winter has been overall, I (almost) hope this means a cooler and wetter spring for us as we could really use the moisture. Speaking of spring, it arrives on the morning of Sunday, March 20th this year. Our first harbinger of the seasons' change comes the week before that when we move our clocks ahead an hour on Sunday, March 13th. In-between comes St. Patrick's Day, so maybe we'll have some green in the grass to go with the green in our clothes. Even if you do see some green in those lawns, resist the urge to turn on your outside tap as we've got a ways to go before we get into working on those gardens.

Speaking of the green (and white!), a huge thank you to the tireless efforts of the staff at The Grounds Guys. Their year-round dedication to our individual and collective spaces is much appreciated. While this winter has been milder than usual, the snow has come hard and heavy when it decides to show up. We've all heard the sounds of snow being blown off our front steps and ice being chipped away, and I've always winced a little for them when the white stuff starts falling again right after they've finished spending the day cleaning up. Again, thanks for all that you do for us!

Respectfully submitted by Jeremy Hart on behalf of the SMHC Board of Directors



GENERAL MANAGER'S REPORT:

I was going to talk about how great it is to be starting to see the signs of spring but then I remembered that March is typically the snowiest month of the year (on average 22.7 cm in March). Instead, I'm going to use this space to show my appreciation to Ground Guys for the work they have done all winter. Even in the worst of conditions they have been working hard to make our community safe.

It is exciting to let all of you know that we have selected a Project Management Company to work with us on the Building Envelope Capital Project. WSP by far had the best proposal for services through our RFP process and their knowledge and expertise will be extremely valuable as we start working towards the design phase of the project. The team from WSP will be joining our April members meeting to be introduced and to talk a little bit about how they will assist us through the process.

We continue to receive notices of skunk sightings in our community. We continue to work with Poulin's to address this, but we would remind each of you to not approach them and to please ensure you are not leaving garbage or compost in or around your units. The less access they have to food the more likely they will move on.

We have also begun our budgeting process for 2022-2023. Each of our committee chairs have been sent a request to consider their budget requests for the upcoming year. We will be working towards bringing the budget to you for our June Members Meeting.

Please join us in welcoming our new Journeyman Carpenter, Jonathon Van Camp, who joined the Maintenance Team at the beginning of March.

Lastly a reminder that B50 is now once again open for Committee meetings. We have the capability to host hybrid meetings at B50 so any committee member who chooses to, can join the meeting virtually.

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.

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:

Maintenance Supervisor:

- Tempting though it may be, do not turn your outside lawn service taps on yet! We still have many days ahead with the potential for below zero temperatures which will cause the tap and/or pipes to freeze.

Plumbing:

- Please don't use CLR or any other abrasive cleaners to clean any of the taps in your unit. It causes the chrome to turn a dull blackish colour and ruins the finish.

Locksmith:

- If your door handles and locks start acting up, please call in a work order right away. Yes, even in winter! Letting it go on or "waiting until spring" can create a bigger issue and more costly repairs.

General Maintenance:

- Please don't hang towels or clothing on the bedroom or bathroom doors. They are not sturdy enough to support the weight of the clothing.
- Don't "stuff" your closet too full as this can knock the closet door off the track or break the closet door. Be careful not to lean on the closet doors either as this can also result in damage to the doors or the tracks.

HVAC:

- Our furnaces are equipped with a condensate pump which is the large black box installed somewhere near the furnace; the exact location can vary from one unit to another. Be sure to regularly check the condensate pump for signs of water overflowing or leaking as this can be a sign that the pump is failing. If you see this happening, please call in a work order as soon as possible.

Carpentry:

- To avoid potential water damage be sure to wipe up any spills right away and do not let water sit on the countertops or around the cabinets.

Electrical:

- Any indication of dimming lights, flickering lights, a sizzling sound, or a burning odor will require immediate attention! Call in a work order right away if you notice these issues.

◆ Committee Reports ◆



ELECTIONS COMMITTEE:

UP AND RUNNING!

Congratulations and thank you's go out to the candidates, **Musu Dadi, Kelly Edwards, and Chris Severson-Baker** – three-year terms – and to **Louay Farag** – one year term - who were elected to these positions on our Board of Directors at this year's January, 2022, Annual General Membership Meeting.

Congratulations as well to **Alim Mohammed**, who also stood as a candidate. It was a very tight race, with five very qualified people wanting to serve. We all are very fortunate to have these members in our midst.

We're also extending our gratitude to **Elaine Paczkoski and Megan Justason** – one year and three-year terms – for successfully completing their commitment and to **Jesse Harris, Jeremy Hart, Megan Jovie, Helen Serrurier and Joanne Mick** for their continuing engagement. Much important decision-making and lots of hard work were the norm during this last session in office for all of our Board of Directors, but they carried on so very positively and actively on our behalf.

MUCH gratitude for your excellent service and dedication!

Many thanks go out as well to **the membership** who carefully considered and registered their votes, to the volunteer scrutineer, **Wendy Thomson**, who helped with the advance count, to **GetQuorum** and to **our office staff** for their professional and cheerful support in the mandated process.

Not wasting any time ... this newly convened board has already met three times in February, to reorganize, accept committee responsibilities and familiarize themselves with bylaws, policies, and procedures as well as to work on normal business.

They are looking forward to doing much good work in their appointed terms.
Elections Committee –

Rita Carlson, Barb Nehring and Marie Forester

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.



FINANCIAL STATEMENTS:

<u>Sarcee Meadows Housing Co-operative Ltd.</u>			
<u>Financial Statements - Summary</u>			
<u>as at January 31, 2022</u>			
<u>Balance Sheet</u>			
<u>Assets</u>			
Funds on Deposit	\$ 5,237,515.93		
Other Assets	\$ 1,833,658.20		
TOTAL ASSETS		\$ 7,071,174.13	
<u>Liabilities - current</u>			
Long Term Liabilities	\$ 875,558.01		
Total Liabilities		\$ 875,558.01	
<u>Reserve funds</u>			
Housing Charge Assistance (incl CMHC Funds)	\$ 430,687.00		
Replacement Reserves	\$ 4,271,777.30		
Total Reserves		\$ 4,702,464.30	
Retained earnings + current deficit		\$ 1,493,151.82	
Total Liabilities, Reserves, Member Equity		\$ 7,071,174.13	
<u>Income Statement (for 3 months - November 1, 2021 to January 31, 2022)</u>			
	Actual	Budget	% of Budget
Revenue from Housing Charges	\$ 1,109,754.00	\$ 4,445,452.00	25%
All other income	\$ 42,642.12	\$ 159,690.00	27%
Total Revenue	\$ 1,152,396.12	\$ 4,605,142.00	25%
<u>Expenses</u>			
Total Insurance & Property Taxes	\$ 116,303.35	\$ 515,016.09	23%
Total Utilities	\$ 261,516.52	\$ 974,362.98	27%
Total Routine Maintenance Costs	\$ 137,320.62	\$ 594,616.00	23%
Total Personnel and Payroll Costs	\$ 204,810.24	\$ 874,217.15	23%
Total Administration Costs	\$ 33,373.59	\$ 93,346.00	36%
Total Democratic Functioning	\$ 34,499.37	\$ 154,554.00	22%
Housing Charge Assistance	\$ 500.00	\$ 200,000.00	0%
Total Reserve Savings	\$ 298,845.99	\$ 1,195,384.00	25%
Total Expenses	\$ 1,087,169.68	\$ 4,601,496.22	24%
Net income for eight months	\$ 65,226.44	\$ 3,645.78	

NEWSLETTER COMMITTEE:

March has arrived with a blast of winter weather but now we can look forward to the arrival of the first day of Spring, Daylight Savings Time, and St. Patrick's Day. We also welcome the removal of most of the COVID restrictions and need to respect those people who choose to still wear a mask.

We are planning the next contest as well as working on articles and items of interest to include in the Newsletter. If you have any articles or items that you want to include in the Newsletter for our Members, please send them to us.

Happy St. Patrick's Day!

Block Leader Needed!

The Block Leaders are responsible for delivering packages of newsletters to the individual Block Reps who then distribute the newsletters to the members on their route. The role of Block Leader for the D & E area will be available to a new volunteer beginning with the April issue of Connections. The deliveries for this area include 9 packages being delivered to 6 units once a month. Please contact the office if you are interested in joining the Block Leader team.



ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:



As announced in the last "Connections" newsletter we are hoping to return to an Easter Hunt this year. There will be a scavenger hunt with an Easter theme and treats for all participants. Details will be provided in the next edition of "Connections" and event flyers.

We still require more feedback on the question "**If we were to bring back the Lawn Sale would there be enough participation to go ahead?**" Thank you to those who have responded so far! We are looking at setting the lawn sale up a little differently this year and would also like feedback on what you think would make this event more appealing to members. 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. While currently the restrictions have been lifted the committee will continue to be fluid with our planning, to make all our members feel safe and included. 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.

PROPERTY ENHANCEMENT COMMITTEE:

- Please do not turn on your outside tap until after the May long weekend.
- The maintenance staff will be also submitting tips to the newsletter from now on. Be sure to check these out.



◆ 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.

Where is Kelly/Poppi?

Respectfully submitted by Betty Jensen

Looking for the former owner of Face II Hair Salon in Glamorgan Shopping Centre?

I took Bob to Poppi's new location for his usual haircut and beard trim. It was great to see her and as always, she did a fabulous job!

She now works at:

Siroccos Salon

436 – 1919 Sirocco Drive SW

Across from Sunterra Plaza, next to Pizza Hut.

To book an appointment phone or text Poppi at (403) 813-9011

Special service:

You can arrange to have Poppi come to your home if it is hard for you to go to the salon.



First Day of Spring:

Respectfully submitted by Megan Jovie

Sunday, March 20th is the first official day of spring! Though the winter is always difficult, we are almost through the worst of it, and soon the days will be longer than the nights again. As the weather warms and we all begin to emerge from our houses, we can look forward to seeing our neighbours faces again and enjoying the sunshine together.

The following poem, "Worm Moon" by Mary Oliver, is taken from her collection *Twelve Moons*, and celebrates the hopeful thawing of the beginning of spring. March's full moon, appearing this year on the 18th, is often referred to as the 'worm moon', as this is the time when the earth begins to thaw, and earthworms appear again.

"Worm Moon"

1

In March the earth remembers its own name.
Everywhere the plates of snow are cracking.
The rivers begin to sing. In the sky
the winter stars are sliding away; new stars
appear as, later, small blades of grain
will shine in the dark fields.



And the name of every place
is *joyful*.

2

The season of curiosity is everlasting
and the hour for adventure never ends,
but tonight
even the men who walked upon the moon
are lying content
by open windows
where the winds are sweeping over the fields,
over water,
over the naked earth,
into villages, and lonely country houses, and the vast cities

3

because it is spring;
because once more the moon and the earth are eloping -
a love match that will bring forth fantastic children
who will learn to stand, walk, and finally run
 over the surface of earth;
who will believe, for years,
that everything is possible.

4

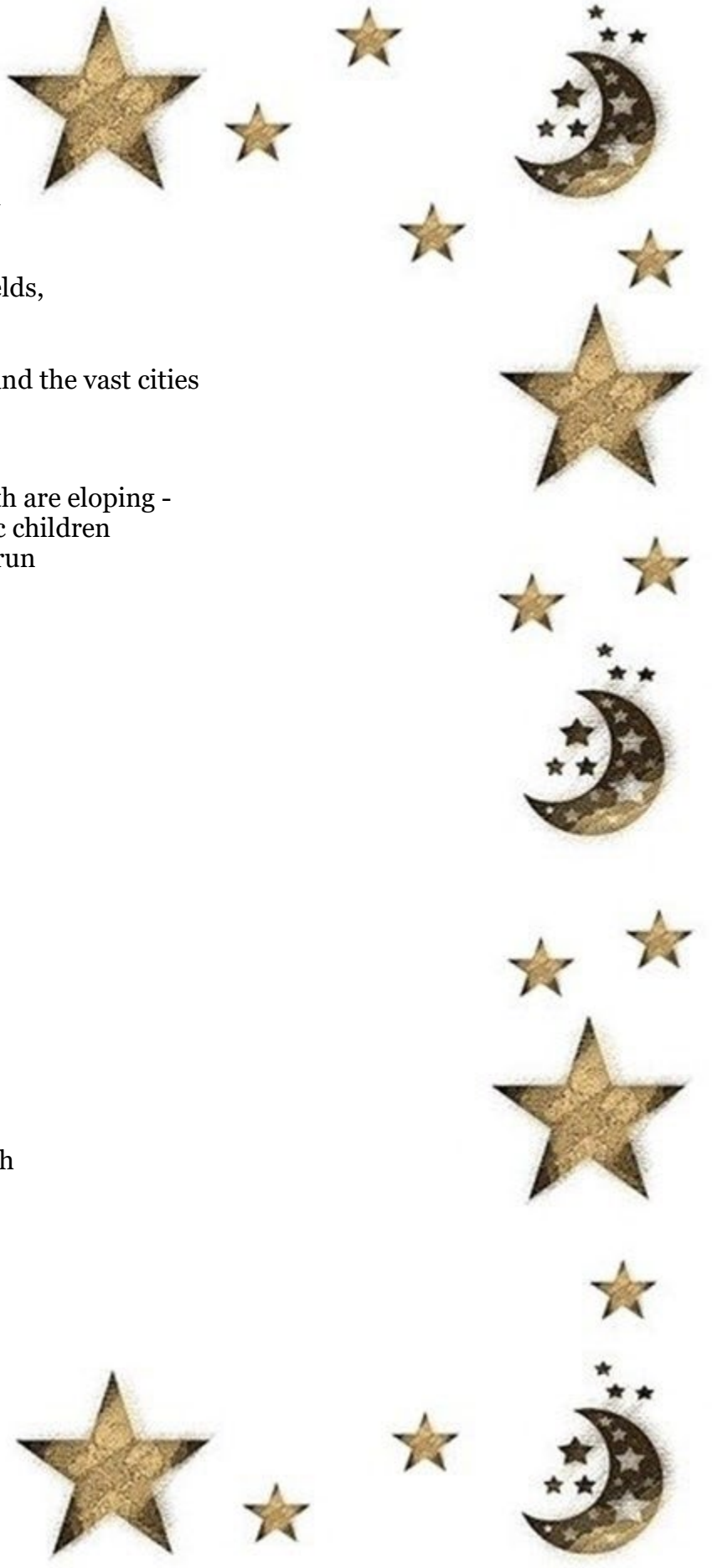
Born of clay,
how shall a man be holy;
born of water,
how shall a man visit the stars;
born of the seasons,
how shall a man live forever?

5

Soon
the child of the red-spotted newt, the eft,
will enter his life from the tiny egg.
On his delicate legs
he will run through the valleys of moss
down to the leaf mold by the streams,
where lately white snow lay upon the earth
like a deep and lustrous blanket
of moon-fire,

6

and probably
everything
is possible.



◆ Education & Awareness ◆

Music Therapy Awareness Month

Respectfully submitted by Jenn Jenkinson

March is Music Therapy Awareness Month in Canada. Music therapy is used with individuals of various ages, abilities, and musical backgrounds in clinical, educational, community and private practice settings. The lists below are just some examples of medical conditions, living conditions and goal areas that might lead to someone accessing music therapy.

• Developmental Disabilities	• Emotional Traumas
• Geriatric Care	• Mental Health Difficulties
• Pain Control	• Palliative Care
• Personal Growth	• Physical Disabilities
• Speech and Language Impairments	• Substance Abuse
• Teens at Risk	• Victims of Abuse
• Visual Impairments	• Critical Care

I personally witnessed the effect that music therapy can have on Alzheimer's patients when visiting my mother, who I lost to the disease in 2002. A whole group of patients in the wing were being treated to a concert featuring the big band sounds of the 1940's and a transformation occurred as the patients' eyes lit up their feet started to tap, and some even rose to dance to the precious remembered melodies. It was a magically moment indeed.

The old saying is that "Music tames the savage beast." I'm not sure about that but what I do know is that music is a universal language; every culture has some sort of rhythmic and musical heritage that draws them together. Music Therapy puts to practical use the skills of musicians to bring new life, new engagement, and new hope to people facing many struggles of health be it physical, emotional, or mental.

You can learn more about Music Therapy from the Canadian Association of Music Therapists.

<https://www.musictherapy.ca/about-camt-music-therapy/about-music-therapy/>

Music Therapy Awareness Month
Le mois de sensibilisation à la musicothérapie

Look for/Recherchez le:



*Certified Music Therapist
Musicothérapeute certifiée



Canadian Association of Music Therapists
Association canadienne des musicothérapeutes
www.musictherapy.ca

This Kidney Health Month, Be Risk Aware

From <https://kidney.ca/>, respectfully submitted by Janine Bell

What you don't know could hurt you. Kidney disease can progress without much indication that anything is wrong, leaving many people unaware they have they have diminished kidney function until life-saving treatment is necessary.

March is Kidney Health Month. As spring approaches, it's a great time for Canadians to think about setting new health goals that include a nod to their kidneys.

"People don't often think about their kidneys, not as often as they think about every heartbeat or every breath," said Sylvie Charbonneau, volunteer National President of The Kidney Foundation. "The work these small but mighty organs do to clean toxins from the body and keep hormones balanced, among other functions, is vital to overall good health."

One in 10 Canadians has kidney disease and the number of people diagnosed annually continues to rise, particularly with high incidence rates of diabetes and high blood pressure. Over 52,000 people are being treated with life-saving dialysis treatments and nearly 18,000 are living with a kidney transplant, the optimal treatment.

"Armed with the right knowledge, kidney disease can be prevented or slowed significantly," said Elizabeth Myles, National Executive Director of The Kidney Foundation of Canada. "People can spend a few minutes with our risk awareness quiz. It helps people understand the risk factors for kidney disease. The quiz wraps up by providing information that people can take to their healthcare providers to spark discussion on any further testing that may be needed to check kidney health."

There is a misconception that kidney disease only affects an older demographic. In fact, more than 46% of those living with kidney disease are under 65. Find out Why Kidney Disease Should Matter to You. (Diagram on next page.)

Internationally, World Kidney Day is March 10. Under the banner of Kidney Health for All, kidney foundations around the world are calling for healthcare workers, health policy makers and communities to come together to "bridge the knowledge gap to better kidney care." The Kidney Foundation helps to bridge the gap by providing educational materials, advocating for equitable access to high-quality kidney healthcare and transplant, and by bringing communities and professional disciplines together to build an optimal support network for those impacted by kidney disease.

Coping with kidney disease, a chronic illness, is challenging. The Kidney Foundation is a trusted resource for high-quality educational material and provides peer support, webinars, an annual virtual forum, kidney nutritional and diet website, and emergency financial resources to ease the burden.

Kidney Foundation Risk Awareness Quiz:

<https://kidney.ca/Kidney-Health/Newly-Diagnosed/Risk-Factors/Are-You-at-Risk>

Kidney Walks

Every year, some 15,000 volunteers and participants participate in Kidney Walks in communities throughout the country to raise awareness and funds for those affected by kidney disease. Patients, caregivers, medical professionals, family members, and other caring and compassionate individuals participate in the Kidney Foundation's cornerstone fundraising event to help support innovative and ground-breaking research projects and to offer crucial programs and services to the thousands of people living with kidney disease.

Kidney Walks are held across the country from west to east, starting with British Columbia, Alberta and Saskatchewan's Kidney Walks in June, and Ontario, Atlantic Canada, Quebec, and Manitoba in the Fall.

<https://kidneywalk.ca/>

WHY
KIDNEY DISEASE
SHOULD MATTER TO YOU

1 in 10

CANADIANS HAVE
KIDNEY DISEASE.¹



**AND NUMBERS
ARE ON THE RISE.***

46%



OF NEW KIDNEY DISEASE
PATIENTS ARE **UNDER 65**.*

OF THE 4 MILLION CANADIANS
WITH KIDNEY DISEASE, MORE THAN

52,000

ARE BEING TREATED FOR
KIDNEY FAILURE SYMPTOMS²



KIDNEYS ARE **VITAL
ORGANS** THAT ARE
REQUIRED FOR
SURVIVAL AND
QUALITY OF LIFE.



SYMPTOMS MAY NOT DEVELOP
UNTIL **PERMANENT DAMAGE**
HAS OCCURRED.

IN 2019,

**KIDNEY DISEASE
WAS THE
10TH LEADING
CAUSE OF DEATH
IN CANADA.**³



3/4 OF ALL DIALYSIS PATIENTS
RECEIVE **IN-CENTRE TREATMENT**.²

THERE IS
NO CURE
FOR KIDNEY
DISEASE.



OUT OF POCKET
COSTS FOR KIDNEY
DISEASE TREATMENT
CAN BE **12.5%** OF A
PATIENT'S INCOME.⁴

STAY ON TOP OF YOUR **KIDNEY HEALTH**.

Know your risk for kidney disease and learn what you can do to help treat kidney failure with our **10-minute risk awareness quiz** at www.kidney.ca/risk.



*Excludes Quebec

Sources: Canadian Institute for Health Information. *Annual Statistics on Organ Replacement in Canada: Dialysis, Transplantation and Donation, 2011 to 2020* Ottawa, ON: CIHI; 2021. <https://www.cihi.ca/en/organ-replacement-in-canada-corr-annual-statistics-2020>
1 Manns, Braden et al. "The Financial Impact of Advanced Kidney Disease on Canada Pension Plan and Private Disability Insurance Costs" *Canadian Journal of Kidney Health and Disease* vol. 4 2054358117703986. 17 Apr. 2017. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5406196/> 2 Canadian Institute for Health Information. *Annual Statistics on Organ Replacement in Canada: Dialysis, Transplantation and Donation, 2011 to 2020* Ottawa, ON: CIHI; 2021. <https://www.cihi.ca/en/organ-replacement-in-canada-corr-annual-statistics>, supplemented with data collected by the Quebec Branch of The Kidney Foundation of Canada as provided by renal units. 3 Statistics Canada. Table 13-10-0394-01 Leading causes of death, total population, by age group, <https://www150.statcan.gc.ca/t1/tb1/en/tv.action?pid=1310039401> 4 The Burden of Out-of-Pocket Costs for Canadians with Kidney Failure. 2018 Report. https://kidney.ca/KFOC/media/images/PDFs/3-2-1-NAT-Burden_of_Out-of-Pocket_Costs.pdf

World Down Syndrome Day – March 21st

Respectfully submitted by Sonya Nadon

What is Down Syndrome?

Trisomy 21 (Down Syndrome) is a naturally occurring chromosomal arrangement that has always been present in humans. These arrangements are present across all racial, gender and socioeconomic demographics and do not occur in any greater numbers in any one particular population. Statistics state that 1 in every 800 live births will result in Down Syndrome. People living with Down Syndrome can have varying degrees of intellectual and physical disabilities and associated medical issues. Many people with Down Syndrome successfully graduate from school, hold down full-time jobs, and live independently within the community.

An initiative to raise global awareness and support for those with Down Syndrome, along with highlighting the vital role they play in our communities, was backed by the United Nations in 2012. This brought forth the creation of World Down Syndrome Day on March 21st each year.

This date was chosen with great significance. Down Syndrome is the result of a Triplication of the 21st Chromosome - hence the 21st day of the 3rd month.

Celebrations in 2022 are focusing on acceptance of our differences and inclusion for everyone. They are asking everyone to wear socks, in all shapes, sizes, colours and designs, which are unique to them. When someone asks about your unique socks you can tell them all about the wonderful people living with Down Syndrome!

Local support for Down Syndrome awareness will see the Calgary Tower lit up in the awareness colours of Blue and Yellow

For more information: <https://upsdowns.org/> - Ups and Downs - Calgary Down Syndrome Association

Some information gathered from the Down Syndrome International website: <https://www.ds-int.org/>

International Day for the Elimination of Racial Discrimination – March 21

Respectfully submitted by Slawa Gruszczynska

Throughout the year, the world celebrates numerous international days and weeks that commemorate global issues or celebrate achievements of humanity.

At each of these occasions, there is an opportunity to learn, educate and celebrate.

Recognized by The United Nations since 1966, International Day for the Elimination of Racial Discrimination takes place on March 21.

“Canada was one of the first countries to support the UN declaration and in 1989, the Government of Canada launched its annual March 21 Campaign.”

Worldwide, March 21 is observed annually, to commemorate the day the police in Sharpeville, South Africa, opened fire and killed 69 people at the peaceful demonstration against apartheid in 1960.

The definition of Apartheid in South Africa says:” a policy that governed relations between South Africa’s white minority and non-white majority for much of the latter half of the 20th century, sanctioning racial segregation and political discrimination against nonwhites.”

(<https://www.britannica.com/topic/apartheid>)

Since then, an international framework for fighting racism has been built and it is guided by the International Convention on the Elimination of Racial Discrimination.

Each year, the United Nations campaign selects a different theme for March 21.

In 2021, the theme was “Youth Standing Up Against Racism”. More information can be found at <https://www.un.org/>. The goal for 2021 was to stand up against racial prejudice and intolerant attitudes. Unfortunately, I was not able to find the theme for the year 2022.

Another organization that extends the UN’s work is UNESCO: United Nations Educational, Scientific and Cultural Organization established on November 16, 1945.

“UNESCO has been on the forefront of the fight against racism since its creation in 1945.

In 1978, it adopted the Declaration on Race and Racial Prejudice which reaffirms that “All human beings belong to a single species and are descended from a common stock. They are born equal in dignity and rights and all an integral part of humanity”.

The organization has more than 50 field offices around the world and its headquarters are located in Paris.

“UNESCO’s mission is to contribute to the building of a culture of peace, the eradication of poverty, sustainable development and intercultural dialogue through education, the sciences, culture, communication and information.”

Through respectful dialogue among civilizations, cultures and people, UNESCO promotes and supports fight against Racial Prejudice.

Anyone, who believes in their mission, can join UNESCO organization (<https://en.unesco.org/>) and do something against racism.

Here in Alberta, in 1966, the legislation created an Administrator who could appoint, through the Minister, a Board of Enquiry to investigate human rights nature of complaints.

In consequence, in 1972, the Individual’s Rights Protection Act (IRPA) created the Alberta Human Rights Commission. (AHRC)

The Vision of AHRC is a vibrant and inclusive Alberta where the rich diversity of people is celebrated and respected, and where everyone has the opportunity to fully participate in society, free of discrimination.

To find more information about the history and actions of the Commission, please follow: <https://albertahumanrights.ab.ca/media room/Pages/December 8 2017 acting chief message.aspx>

(Many thanks to Alberta Human Rights Commission’s Grant and Program Administrator for providing this information.)

Racial Discrimination is not the only pandemic raging around the world right now.

COVID- 19 races through the globe” claiming lives and causing racial divisions.”

COVID- 19 pandemic prevents the United Nations, UNESCO, Alberta Human Right Commission, and thousands of other groups to actively gather globally for dialogs and reach out with more energy to form alliances to prevent further Racial Discrimination.

That is why right now more than ever, such meaningful initiatives as The Women’s Circle in Sarcee Meadows Housing Cooperative (SMHC) plays a significant role in increasing harmony among the membership, neighbours, and friends, and prevents racism and discrimination.

The Women’s Circle movement, started in 2015 in Sarcee Meadows, has been enthusiastically supported by our COOP’s Administration and the Governance.

Let’s not forget. Members of SMHC are leaders and we show the way. The ripple effect of our actions is reaching out toward the residential areas of Calgary. It is recognised and supported by Canada Housing Federation and internationally. We need to be proud of our unity and work harder toward greater understanding, while celebrating March 21.

◆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:

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



For Sale:

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



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



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

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
- 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



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) Straightline 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

◆ Just for Fun! ◆

Irish Cocktail Cupcakes

<https://www.allrecipes.com/recipe/270364/irish-cocktail-cupcakes/>

If you've ever had a shot of Irish whiskey and Irish cream dropped in a glass of Guinness®, this it in dessert form. The best cupcake ever.

Ingredients (Cupcakes)

- 1 cup Irish stout beer (such as Guinness®)
- 9 tablespoons unsalted butter, cut into 1-inch pieces
- 2 cups dark brown sugar
- ¾ cup unsweetened cocoa powder
- ¾ cup sour cream
- 2 eggs
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 2 ½ teaspoons baking soda

Ingredients (Frosting)

- 1 stick unsalted butter, at room temperature
- 2 tablespoons Irish cream liqueur (such as Baileys®), or more to taste
- 2 teaspoons Irish whiskey (such as Jameson®), or to taste
- 3 cups confectioners' sugar

Directions

Step 1: Preheat the oven to 350 degrees F (175 degrees C). Line a muffin tin with paper liners.

Step 2: Combine stout beer and butter in a large saucepan over low heat. Heat until butter melts, about 5 minutes. Remove from heat and whisk in brown sugar and cocoa.



Step 3: Whisk sour cream, eggs, and vanilla extract in a bowl; pour into the saucepan and mix until a smooth batter forms.

Step 4: Stir flour and baking soda together. Fold into the batter. Divide batter evenly among the prepared muffin cups.

Step 5: Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 25 minutes. Leave in the tin for 10 minutes, then transfer to a wire rack to cool completely.

Step 6: Make frosting while the cupcakes cool. Place butter in a large mixing bowl and beat with an electric mixer on medium-high speed for 2 to 3 minutes. Mix in Irish cream and whiskey on low speed. Gradually spoon in confectioners' sugar, mixing on low speed until frosting is smooth and creamy.

Step 7: Spread frosting over cupcakes.

Pot-O-Gold Popcorn Bites:

<https://littlecooksreadingbooks.com/st-patricks-day-snacks/>

These popcorn balls (bites) make fun St. Patrick's Day Snacks or holiday treat! Don't forget the rainbow candy tape so you can make your caramel popcorn balls the pot of gold at the end of the rainbow!

Ingredients

- 1 Cup uncooked popcorn kernels
- 1 ¼ Cup butter
- 1 ¼ Cup honey
- ¾ Teaspoon salt
- 2 Teaspoons vanilla
- Cooking spray (for hands and pan)
- AirHeads Xtreme Rainbow Candy Tape (optional, for decorating)

Instructions

1. Preheat oven to 325 degrees.
2. Pop popcorn in an air popper and set aside.
3. In a saucepan over medium heat, add butter, honey, and salt. Stir until butter has melted. Then, increase heat and gently boil mixture for 1 minute, stirring constantly. Remove from heat and stir in vanilla.
4. Pour honey mixture into a large baking pan coated with cooking spray. Gradually add popped popcorn to the mixture in the baking pan, stirring to coat as you go. Repeat the process until all popcorn is added to the baking pan and covered with the honey mixture.
5. Bake popcorn for around 25 minutes, stirring every 5 minutes, until all of the popcorn is a golden-brown color—taking care not to let it overcook.
6. Remove popcorn from oven and let it sit for 5 minutes. Grease hands with cooking spray and work quickly to roll popcorn mixture into small, bite-size popcorn balls. Place each popcorn bite on wax paper to cool.
7. After cooling, fill a small bowl with popcorn bites and add rainbow candy tape.

Notes

Pouring the honey mixture into the pan first and then adding the popcorn will help reduce the popcorn from “shrinking” (which happens when you pour hot liquid directly over the popcorn all at once).

The popcorn bites can be stored for up to 2 weeks in an airtight container.

We used black salsa containers for our “pot” because they looked like a black cauldron, or a pot!





**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 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: 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

