



Connections

Your SMHC Newsletter

June 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:

Summer is fast approaching, but your Board of Directors has a few odds and ends to wrap up before we bask in some hard-earned sunshine. Now that Victoria Day weekend is behind us and the appropriate notices have gone out, feel free to turn on those outside taps if you haven't already done so. Thankfully(?), we've been spared the 30-degree-plus days that hit us hard last spring. If your lawn seems like it was getting a bit high, Grounds Guys will have already cut it by the time you get around to reading this, as their mowing season commences on June 1st.

It's also that time of year when our General Manager, the Board, the chairs of all Committees, and our entire Finance Committee give our Budget for the 2022-2023 financial year a good examination and endorse it for presentation to our Membership. This will take place on Thursday, June 23rd at 7pm. Once again, this will be a hybrid meeting. If you are selecting the online option, please be sure to arrive no later than 6:45pm so we can ensure your attendance. Our Membership's examination and vote on this Budget is one of the most important actions that we collectively take every year, so make sure your voice and your vote is heard.

A few other important dates this month includes Father's Day, which will be celebrated on Sunday, June 19th. Shoutout to all fathers, grandfathers, and as many "greats" as you wish to add on! Two days later, on Tuesday, June 21st, we acknowledge the unique heritage, diverse cultures, and outstanding achievements of our Indigenous neighbours both near (see our Land Acknowledgement above) and far on National Indigenous Peoples Day.

Finally, we'd like to recognize the coming conclusion of another school year and those who are graduating. Whether it's at the end of daycare, kindergarten, elementary, junior high, senior high, or even university (back in April, mostly), you're all moving on to higher, bigger, and better aspirations, and we wish you well as you close this chapter in your lives and take these next strong steps forward.

Enjoy your time off this summer, everybody, wherever you go, whatever you do, and whoever you do it with!!



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

GENERAL MANAGER'S REPORT:

As Neighbour Day approaches, with it being June 18th this year, I wanted to take a minute to say how great it is to work with such a diverse and supportive community. Whether it be the great work done by the Women's Circle, the incredible turnout at the Food Tuck Event last summer, or watching the kids from all backgrounds on the basketball court play together this truly is a welcoming community where everyone is accepted.

I hosted my first coffee with the GM on Tuesday June 7th. A group of members and I spent over an hour discussing the retrofit and I was able to answer a lot of their questions. I believe the members who attended found it valuable and informative. I hope to see each of you at one of the upcoming ones. This is your opportunity in a small group to learn more about the project and to ask me questions directly. Here is the upcoming schedule.

Monday June 13th at 6pm

Tuesday June 21st at 1pm

Tuesday July 5th at 6pm

Tuesday July 12th at 1pm

Tuesday July 19th at 1pm

Tuesday July 26th at 6pm

With the planning for the retrofit project ongoing, we continue to make progress. We have struck a design sub-committee to develop and present recommendations to membership on how our community will look after the retrofit is completed. Part of the work they will be doing is to answer the following questions.

- How should we approach the design elements for the retrofit – i.e., one colour for every unit, different colours for each section
- How will we incorporate the colour of cement boards which will replace the stucco/siding to the shingles to the doors to the windows etc.
- How could we use colour to improve the wayfinding for our community?

The sub-committee is comprised of the following members.

Sinead Forsythe
Nazneen Kouser
Astrid Deslandes

Haseena Sultana
Mike Cooper
Krystal Dafoe

We have also begun discussions with the City of Calgary regarding the permits that will be required. The head of building approvals for the City is bringing together a group from their team to advise us and assist us throughout this process which will be a large undertaking. We will require separate permits for each block throughout our community. These will include permits for construction, plumbing, and electrical. By engaging the City now, we will hopefully ensure the process goes smoothly and is completed in a timely manner.

Our grant applications are progressing nicely. We are just about ready to submit the applications to both Canadian Mortgage and Housing Corporation's (CMHC) National Housing Co-Investment Fund and the Federation of Canadian Municipalities (FCM) Green Municipal Fund. We should receive an answer from CMHC within a couple of months and FCM within six months. Our application for the Low Carbon Challenge is due at the beginning of July and work continues on it.

As you know the Property Enhancement Committee has been working on a recommendation for Decks and Deck Covers as part of the retrofit. They have finalized their recommendation and it will be

presented to the Board of Directors at their June meeting. Assuming the Board endorses this recommendation, it will then be presented to Membership at the July 6th meeting. I and the Property Enhancement Committee truly understand the importance of this and believe that each of you will be pleased with the recommendation that is ultimately presented to you.

Thank you!

Jon Jackson
General Manager

FROM THE TEAM AT B50:

Office Hours: The office is 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 July 1st, 2022 for Canada Day.**

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.**

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:

HVAC:

- Please do not run your summer fan 24/7; the best times to run the fan is mornings and evenings. Also please keep up on regular filter maintenance if you're going to run the fan.

Carpentry:

- When using Buildium (or email) to submit a work order please include photos of the issue. This will save a lot of time by having a better idea of what is needed to do the job.
-

PARKING ISSUES:

We have been receiving several complaints and concerns about improper parking by members, non-member residents, and visitors throughout the Sarcee Meadows property. A copy of the Parking Policy, as approved by the members of SMHC is included here. The Parkin Policy and Procedures can also be found in the Member Handbook, found online here: <http://sarceemeadows.coop/members/member-resources/member-handbook>

However, a few simple reminders can make parking less of an issue for everyone:

- Members and non-member residents cannot park in the visitor stalls and will be subject to warnings and/or fines when reported. If you live here in SMHC, please leave the visitor parking stalls open for actual visitors.
- The curbs around the garbage islands, boulevards, and entry driveways are considered as Fire Lanes and as such they are No Parking zones. Be sure to park in your unit or rental stall only and ensure that visitors to your unit do not park in these areas either. This ensures that the normal flow of traffic is not obstructed, especially for emergency vehicles when necessary.



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Housing Policy

Subject: **Parking Policy**
Original Date of Approval: November 14, 1985
Approved By: The Membership
Date of Amendment or Replacement: 1998 policy rescinded in February 2002 and replaced with the following policy. Amended: April 2016. Amended: June 2016. Amended: October 2019

PARKING COMPLAINTS WILL ONLY BE DEALT WITH WHEN PROPERLY SUBMITTED AS PER THE PROCEDURES.

VIOLATIONS TO THE POLICY WILL BE DETERMINED AT THE DISCRETION OF THE PROPERTY ENHANCEMENT COMMITTEE AND THE BOARD OF DIRECTORS. MEMBERS HAVE THE RIGHT TO APPEAL.

1. Members and non-member residents will park vehicles, including motorcycles, in their unit stall or rental stall only.
2. Unlicensed, derelict, or inoperable vehicles shall not be stored or parked within the co-operative.
Complaints regarding derelict vehicles will be judged on a case by case basis by the Property Enhancement Committee.
3. Parking in stall will normally be limited to vehicles a maximum of 18 feet in length / 8 feet in width.
4. Trailers that fit as noted above are allowed to be parked within the co-operative.
5. Nothing will be parked in a manner that will block the normal flow of traffic in the parking and sidewalk areas, or that will cause any damage to other vehicles.
6. A maximum of two vehicles that can fit as above, are allowed.
7. Motorcycles must not be parked side by side with other cars, trucks, or trailers within the stall. They must only be parked at the front of the stall, in between the car, truck, or trailer and the parking block.
8. Members requesting a rental stall must apply at the office.

◆Committee Reports◆

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE:

Benefits of Volunteering

1. Volunteering helps you retain and sharpen old skills. Sometimes job duties change, and you may no longer be doing things you used to do and liked. Volunteering is a perfect venue for keeping those skills sharp and current.
2. Volunteering demonstrates workplace skills that can be documented in a resume.



Wishing you a joyful summer and please consider joining one of our committees – we always need more volunteers.

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Welcome Back! With the lifting of Covid protocols the committee is excited to plan a summer of activities for the enjoyment of all members, young and old.

We hope that everyone enjoyed the return of the Lawn Sale and had a great day. Aside from a few light sprinkles, the weather held and with great participation I think we could say it was a success.



We are planning our Annual **Stampede Breakfast** on July 16th as well as a return to our **Food Truck Celebration** on August 6th. As we are still fine tuning the details further information will be provided once it is available.

Save these dates and come out to enjoy some good food and great company with your neighbours!

NEWSLETTER COMMITTEE:

Summer is almost here and soon school will be out and your long-awaited vacations will begin. Congratulations to this year's grads. We wish you all the best in your future endeavors.



To all the terrific dads out there, Happy Father's Day! We hope you enjoy your special day.

We are still getting some great feedback from members who appreciate the addition of our awareness articles and other education items. Thank you for sharing with us letting us know that these articles continue to be of help to our members! We have included some more awareness articles and other articles of interest for you this month. If there is ever a topic that you would like to see included, please let us know and we will be happy to research it for you. Or better yet, we will happily take your submissions if you would like to share about an important topic in your own words!

We wish you all a safe and Happy Canada Day on July 1st!

PROPERTY ENHANCEMENT COMMITTEE:

- Please make sure your down spouts are down and clear of any debris.
 - Spring is here; please slow down in the parking lots. There are kids around.
-

◆Community Events◆



June 18, 2022 at the RPCA Skateshack from 12:00 until 3:00 pm

We hope to see a lot of you out there for this free event!

***We will be serving hotdogs, chips and beverages.
Danny Greene will be coordinating the event and will be
looking for volunteers, activity ideas, and donations to make
the event even more fun.***

***Please contact him at
danny@dannygreene.ca
to let him know if you can help in any way.***

***Weather permitting, we would also like to host an artisan and
business fair as part of our Neighbour Day. We would be offering
a free table for artisans who are up-to-date members in our
community (membership is only \$5). We will also be making
available tables for business materials for up-to-date
members—space for business cards, pamphlets, etc (4
businesses per table). This portion of the event is weather
permitting as there is insufficient room to do everything inside.***

***Please contact Jill Smolkin if you are interested
in an artisan table or section of a business table
smolkinj@gmail.com***



INTUITIVE PERSPECTIVE



Shel Minnema

Intuitive Consultant for Life Change
&
Crystal Energy Healer

Sunday, June 26, 2022
Sunday, July 17, 2022
Sunday, August 14, 2022

1:00 PM – 3:00 PM
Doors open at 12:30 PM
Rutland Park Community Association
3130 40 Ave SW

In an intimate group setting, Shel Minnema will offer healing messages designed to help empower you to rise above and to clear what no longer serves you.

Cost is \$40 at the door. Cash Only. Space is limited.

To secure your spot, call or text 403-660-2045

Masks are optional. Please be respectful of those who choose to mask as well as those who choose not to mask.

Wellness Fair

Saturday, July 30, 2022

10:00 a.m. to 5:00 p.m.

Rutland Park Community Association

3130 40 Ave SW

****Cash Only Services****

In an intimate setting, wellness services and products will be offered through various vendors including:

- ❖ Psychic/Card Readings
 - ❖ Crystal Healer
 - ❖ Chair Massage
 - ❖ Arts and Crafts
 - ❖ Henna Tattoos
 - ❖ Juicing
- ❖ The River Dragonfly
 - ❖ Jewellery

And more!!

◆ 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.

Leonard Lock – Our Deepest Condolences:

Submitted by Kathy Aubichon

It is with great sadness that on behalf of Len's daughter Tracey, I let you know of the passing of our beloved Leonard Lock.

Leonard and his wife Marion moved into Sarcee Meadows September 1971. He served on the Board of Directors on and off from 1985 to 1998. Len was so involved in the community at Sarcee Meadows & truly loved his time there and the friends he made over the years.

Fellow members of Sarcee Meadows had this to say about him.

- "Len was a beautiful, fair, honest man that treated everyone with dignity & respect & loved his community and everyone he met!!"
- "Wonderful man. He was always ready to help. His heart was in Sarcee Meadows. He was a firm believer in co-op principles."

- “Len was such a special man. His quiet but strong leadership and co-operative spirit truly helped make Sarcee Meadows the unique community it is today.”
- “We have such gratitude to Len for being a pioneer. The place we so fondly call home wouldn't have been possible without the generous efforts of people like him.”
- “Len was very dedicated to not only his family but to the SMHC community.”



Leonard (Len) Lock

**September 23, 1939 – Montreal, Quebec
May 5, 2022 – Calgary, Alberta**

Leonard Charles Lock, beloved husband of Marion Lock (nee Myles), of Calgary, AB passed away on Thursday, May 5, 2022 at the age of 82 years.

Len is survived by his children, Brian Lock, Tracey (Jeff) Rundle and James (Carol) Lock; his grandchildren, Meagan Rundle (David Stagg) and Jordan Rundle. Len is also survived by his brother Arthur (Diane) Lock, as well as numerous nieces, nephews, cousins, and friends. Len was predeceased by his wife Marion, and his son Bruce Lock.

A Funeral Service will be held at McInnis & Holloway (Park Memorial, 5008 Elbow Drive SW, Calgary, AB) on Tuesday, June 7, 2022 at 10:00 a.m. Reception to follow in the Hospitality Centre at the Funeral Home. Condolences, memories, and photos may be shared and viewed here.

The family would like to thank the staff at AgeCare Seton for the exceptional care through Len’s final years, as well as the staff at Foothills Hospital for their warmth and compassion.

In living memory of Leonard Lock, a tree will be planted in the Ann & Sandy Cross Conservation Area by McInnis & Holloway Funeral Homes, Park Memorial, 5008 Elbow Drive SW, Calgary, AB T2S 2L5, Telephone: 403-243-8200.

Link to Obituary: <https://mhfh.com/tribute/details/36406/Leonard-Len-Lock/obituary.html#content-start>

Happy Birthday Bernice Pomeroy – 100 Looks Great on You!

Submitted by Kathy Aubichon

Bernice celebrated her 100th birthday in April surrounded by her family and a few close friends. What an incredible milestone. She is an inspiration to so many of us. Bernice has called SMHC home since 1979 (43 years). She loves it here and can’t imagine calling anywhere else home.

One day in 1943 Bernice and 4 of her girlfriends were hanging out together. They said to themselves “gee life is pretty boring; we need some excitement in our lives.” The next day, at the age of 21, she and her girlfriends decided to enlist in the Navy, and they served for three and a half years for the duration of World War 2. Bernice said this was the absolute best time of her life. She was the Secretary to the Officer in Charge in anti-submarine. Pretty darn amazing stuff. She speaks about her time in the Navy with the biggest smile on her face.

Bernice has had such a full and wonderful life. She loves playing cribbage, the color purple, and all things lemon. If you ever are feeling down, pick up the phone and call Bernice, she will have you laughing in no time. The sound of her laughter is wonderful to hear. One of her favorite things to do was to go to Las Vegas with her very dear friend Anne Lawton. These two ladies were the best of friends for many years. Bernice shared with me her secret to a long life was a small drink of vodka every day and a positive attitude. One of her favorite sayings is “Never go around with a frown” and “this too shall pass.”

Bernice looks forward every night to a phone call from her son-in-law Peter. She speaks so highly of her neighbors Dorthy and Al Wright who are always a phone call away if she needs anything at all and the Campbell's, her other neighbors, who are always so helpful. She thoroughly enjoys life in SMHC. Bernice was on the Membership committee for several years and loved the process of meeting new and potential members.

Bernice has many great stories to share. I encourage all of you to pick up the phone any time after noon and give her a quick call. She will have you laughing in no time.

Jason Kenney had this to say about Bernice – “I can only imagine the incredible memories you have made throughout your life and the many achievements you have to celebrate – particularly as an adventurer who enlisted in the Navy during the Second World War! I am deeply grateful for your service and contributions to our province.”

Cheers to many more wonderful years ahead my very dear friend!





BUCKINGHAM PALACE
PALAIS DE BUCKINGHAM

Mrs. Bernice Comero

I am delighted to hear that you are celebrating your one hundredth birthday. I send you my warmest congratulations on this happy occasion and good wishes for an enjoyable day.

Elizabeth R.

Congratulatory Messages from Her Majesty The Queen

Her Majesty The Queen personally approved this message, which was specially designed for the transmission of Her Majesty's best wishes to Canadians. The photograph was taken during The Queen's Royal Tour, from June 28 to July 6, 2010; Her Majesty visited Halifax, Ottawa, Winnipeg, Toronto and Waterloo.

Message de félicitations de Sa Majesté la Reine

Sa Majesté la Reine a personnellement approuvé l'utilisation de ce message pour transmettre ses meilleurs vœux aux Canadiens. La photo a été prise durant la Tournée royale de la Reine qui s'est déroulée du 28 juin au 6 juillet 2010; Sa Majesté avait alors visité Halifax, Ottawa, Winnipeg, Toronto et Waterloo.



© Her Majesty The Queen in Right of Canada represented by the Office of the Secretary to the Governor General (2011)
 © Sa Majesté la Reine du chef du Canada représentée par le Bureau du secrétaire du gouverneur général (2011)

◆ Education & Awareness ◆

June is Cataracts Awareness Month:

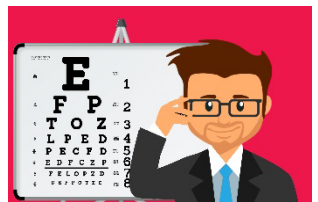
Respectfully submitted by Wendy Thomson

Cataracts are caused by a build-up of protein in the eye causing the lens of the eye to develop cloudy patches over time. These patches usually grow bigger causing blurry, misty vision. Cataracts are mainly age-related but can be the result of a medical condition or a medical injury.

This is an extremely common disease and is easily treatable. Surgery is the only way to treat cataracts, although surgery may not be needed right away. If caught in the early stages, you might be able to get by for a while with stronger prescription lenses.

If you are experiencing blurry or misty vision which is impairing your vision, (for example, when driving or reading), then you should consult with your eye doctor. Your optometrist can examine your eyes to determine if you have cataracts. Your optometrist will then decide if a change in your prescription lenses is sufficient for the time being or may refer you to a surgeon.

It is important to have regular eye exams, especially as we age, so that cataracts and other eye diseases can be diagnosed.



June is Pride Month:

Respectfully submitted by Megan Jovie

What is it, exactly, that we are so proud of? I am bisexual, and a member of the queer community, and while I can't speak for all of us, I'll tell you what Pride is for me.

The truth is that it is difficult and scary to look at yourself and see something that doesn't seem to fit in the world you were born into; to look at the world around you and understand that there is a path in front of you that you are expected to take, but that it's not right for you. It would be easier, much easier, if you only wanted the things people expected you to want! To choose to reject that expectation of you is to willingly subject yourself to the scorn, fear, or hatred of those who don't understand you. To come out of the closet is not only a statement of who you love, but a commitment to yourself, to take the difficult but fulfilling path over the easy one.

The world we live in is full to the brim of these expectations; unspoken rules for how we should behave, what we should look like, what we should care about and want. It can be easy to take those rules as gospel, as simply the way the world is: Men are masculine, strong, confident, and they are attracted to feminine women. Women are feminine, small, emotional, and they are attracted to masculine men. To be successful means to work as hard as you can until you have a lot of money. A family is two parents and children. There are men and there are women, and everyone is either one or the other.



In my experience, the realization that one of these rules was false – that I could fall in love with someone of any gender, not just a man – opened my eyes to the truth of the rest of them: that they were social conventions, not laws of physics. They were just the rules people expected the world to run by; they were just expectations, and I had the power to discard the ones that didn't

serve me and keep the ones that did. I married a man, and I hope to have children with him one day, but our family will never look like a traditional nuclear family; it will always contain people that aren't related to us by blood, and those relationships will be just as important as the ones that are. I'm a theatre artist, but honestly, I'm not interested in being famous or on Broadway, as long as I can make work I care about and feed my family. Many people would probably like me to lose weight, but I like the way I look, and I don't care to shape my life around their aesthetic preferences. I'm proud that I came to this place of self-love and -care in a world that would much prefer I dislike myself.

Realizing that the world isn't as easily categorized as you always believed, or that there is no script to follow can be disorienting because it means you understand so much less than you thought you did – but it can also be incredibly freeing! There is a real joy in looking at your life and your choices and knowing that you chose every part of it purposefully, for yourself, because it was what you truly wanted. There is a great relief in realizing that if people don't like the choices you make, you can choose to stop chasing their approval, and the world will keep spinning.

This, I think, is part of why there is such a strong bond of community among queer people; on a surface level we might seem very different from each other. But we have all, in some form, undergone this journey of self-discovery and that fosters care and camaraderie.

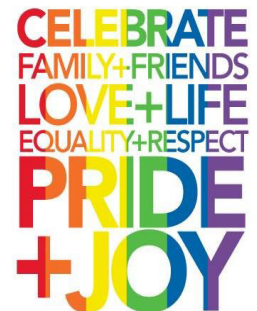
This is all to say, I hope that during this year's Pride that each and every person in this community can feel the same joy of self-discovery that I do, the joy of valuing yourself enough to ask what you really want, then chasing it.

Why Pride?

Respectfully submitted by Jenn Jenkinson

June is Pride Month in Canada. That simple statement for some folks is a life-changing and liberating reality in their lives and most decidedly a reason to celebrate.

But why the choice of the word Pride at all for a celebration for the many people are part of the LGBTQIA2S+ community. The thesaurus lists a variety of antonyms for Pride; here are just a few: Shame, Disgrace, Pain, Sadness, Timidity and Depression. These are the feelings that many faced daily when they were unable to conform to a rigid vision of what people should be and how they should live. People whose identity and sense of self did not fit in to the neat formula of husband, wife, 2.3 kids and a house in suburbia were isolated, ridiculed, denied employment or housing and in some cases physically assaulted simply for being themselves.



So, Pride is exactly the perfect term in the 21st Century for a celebration around the newly won respect and equality of opportunity and expression for people who are at last finally free to come out into the light without the fear, the pain, the shame that was once their daily lives. LGBTQIA2S+ folk are able to be themselves openly, to live in a household with 2 Dads or 2 Moms or a myriad of combinations redefining family, to socialize more openly and safely than ever before, to share their unconventional family structures proudly and to, above all, be their own true selves without fear and shame dogging their every moment.

I'm almost 69 years old and grew up in a time when life was not easy for those among us that were different, when they were rejected by family and often brutalized merely for being themselves. However, in my early 20's my personal circumstances of an escape from a traditional marriage that was its own kind of brutal, demeaning, and shameful hell, I found myself rescued by being drawn into a community which grew in and around one of our city's early gay bars/discotheques. This was my first experience with the community, and I absolutely blossomed with all the acceptance, respect and positivity that were given freely by the community. I remember being so completely amazed that people, who were themselves persecuted, isolated and disrespected, could be so open, respectful, and

accepting as I grew to love myself again be it on the dance floor or helping out with the organization of events as the community was slowly growing and making positive strides to the kind of freedoms and pride that we are now realizing. I owe the positive, creative, and happy person I have grown into over the years in a large part to the support of that community of gay, lesbian, transsexual folk that took me in and believed in me and gave me the strength to be me.

So Happy Pride Month all, celebrate yourselves by being the best, truest you that you are!!

If you are interested in learning more or increasing your awareness of the issues faced by the LGBTQIA2S+ community here are some local links to organizations that can help:

Calgary Pride: <https://www.calgarypride.ca/>

Calgary Pride is the organization that brings together the LGBTQIA2S+ for numerous events all over the City as Pride is not just a parade so much more is involved in bridging the understanding gaps and making Calgary an inclusive community.

Calgary Queer Arts Society: <http://www.calgaryqueerartsociety.com/>

Calgary Queer Arts Society is dedicated to giving voice to the stories of those in the community and through the sharing of those stories in many artistic genres bring understanding and respect to all.

Pride at Work Canada: <http://prideatwork.ca/>

Through dialogue, education and thoughtful leadership, Pride at Work Canada empowers employers to build workplaces that celebrate all employees regardless of gender expression, gender identity and sexual orientation.

Trans Equality Society of Alberta: <http://www.tesaonline.org/>

TESA is a non-profit which promotes and advocates for the transsexual community in Alberta

Pflag Canada: <http://www.pflagcanada.ca/en/index.html>

Pflag Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S children. Their site also has a large listing of many more organizations which can provide assistance, education, and resources not only to LGBTQIA2S+ people but to their families who may need more clarity.

Skipping Stone: <https://www.skippingstone.ca/>

Provides empowerment and assistance to trans and gender diverse individuals by connecting them with the resources and programs that will support their specific needs.



June is National Indigenous History Month

Respectfully submitted by Slawa Gruszczyńska



Excerpt from The Government of Canada website, found here:

<https://www.rcaanc-cirnac.gc.ca/eng/1466616436543/1534874922512>

In June, we commemorate National Indigenous History Month. During this month, take time to recognize the rich history, heritage, resilience and diversity of First Nations, Inuit, and Métis Peoples across Canada.

Excerpt from The Canadian Encyclopedia (reprinted with permission), found here:

<https://www.thecanadianencyclopedia.ca/en/collection/aboriginal-peoples>

Indigenous Peoples

Indigenous Peoples are the original inhabitants of the land that is now Canada. Inuit and First Nations history extends well before the arrival of Europeans in Canada, while Métis emerged as a distinct culture after intermarriage between European settlers and First Nations people. Indigenous people were essential to the development of early Canada, but suffered massive population declines due to the arrival of European disease. In addition, though they were often military allies, they faced persecution at the hands of colonial governments in the form of displacement, starvation, land seizure and cultural genocide through residential schools and destructive legislation. Indigenous people live throughout Canada and continue to strive to reinvigorate traditional culture and ways of life.



Excerpt from *The Canadian Encyclopedia* (reprinted with permission), found here: <https://www.thecanadianencyclopedia.ca/en/article/indigenous-oral-histories-and-primary-sources>

Indigenous Oral Histories and Primary Sources

Article by Caroleen Molenaar

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Oral histories play an integral role in Indigenous cultures. They transmit important histories, stories, and teachings to new generations. Oral histories — a type of primary source — let Indigenous peoples teach about their own cultures in their own words. Other types of primary sources, such as artifacts from historical Indigenous communities, also transmit knowledge about Indigenous histories and ways of life. Academics, researchers, and museum curators use such sources to highlight Indigenous perspectives.



Indigenous Oral History

An Indigenous elder shares a story with others.

(Courtesy William E. Weiss, Buffalo Bill Historical Center/The Art Archive)

What is Oral History?

The Oral History Association defines oral history as a “method of gathering, preserving and interpreting the voices and memories of people, communities, and participants in past events.” It is one of the oldest ways of retelling historical events.

For Indigenous peoples in Canada — comprised of First Nations, Inuit, and Métis peoples — oral histories play an integral role in their respective cultures. Sometimes also referred to as “oral traditions,” oral histories have been the vital method of passing down stories, histories, spiritual lessons or teachings, songs, poems, prayers, and ways of survival for thousands of years.

Indigenous Peoples and Oral History

In many Indigenous communities, certain respected individuals, such as elders or hereditary chiefs, have been given the responsibility of sharing and maintaining oral histories. They may also contextualize oral histories, depending on the type of message the listening audience needs to receive. This way of transmitting oral histories has been crucial to Indigenous cultures on an intergenerational level, as elders pass on vital information to younger people.

In some cases, oral histories can only be told at certain times and places, and by certain people to select audiences. For example, among the Mowachaht and Kwakwaka’wakw, as well as some other communities with hereditary leaders, the chiefs retain special privileges, including the rights to certain oral histories and cultural customs. In some Plains Indigenous communities, certain stories were only told during the winter because of the belief that spirits sleep at that time of the year and therefore will

not hear a story that may anger them. (See also Religion and Spirituality of Indigenous Peoples in Canada.)

Colonization and Reclaiming Oral Histories

Indigenous oral histories have been threatened by colonization. For years, erroneous Western beliefs that the written word is more trustworthy than oral histories have threatened and damaged traditional ways of passing down knowledge. Colonial legislation aimed at assimilating Indigenous peoples has also been destructive. Policies such as the Indian Act and residential schools forbade the transmission of various oral traditions and customs. These actions have caused trauma to, and had lasting consequences for, Indigenous peoples. Today, Indigenous communities continue to reclaim oral histories and traditions that have been lost or threatened by colonization.

Outside Indigenous communities and cultures, the use of oral histories serves as a way to decolonize Canadian history. This means reinserting Indigenous narratives that historically have been overlooked or ignored. It also involves acknowledging the damaging effects of colonization on Indigenous peoples. Increasingly, academics, historians and museum curators are using and highlighting oral histories to provide first-hand accounts and knowledge about Indigenous ways of life and perspectives. Various museum policies and programs, including the report of the Task Force Report on Museums and First Peoples — Turning the Page: Forging New Partnerships between Museums and First Peoples (1992) — have encouraged being inclusive of Indigenous perspectives. Similarly, the call to become more inclusive of oral histories has been acknowledged by the 1996 report of the Royal Commission on Aboriginal Peoples and the 2015 Truth and Reconciliation Commission’s Honouring the Truth, Reconciling for the Future report. In recent years, some museums have also made efforts to return Indigenous artifacts to their respective communities as a means of reconciliation. (See also Repatriation of Artifacts.)

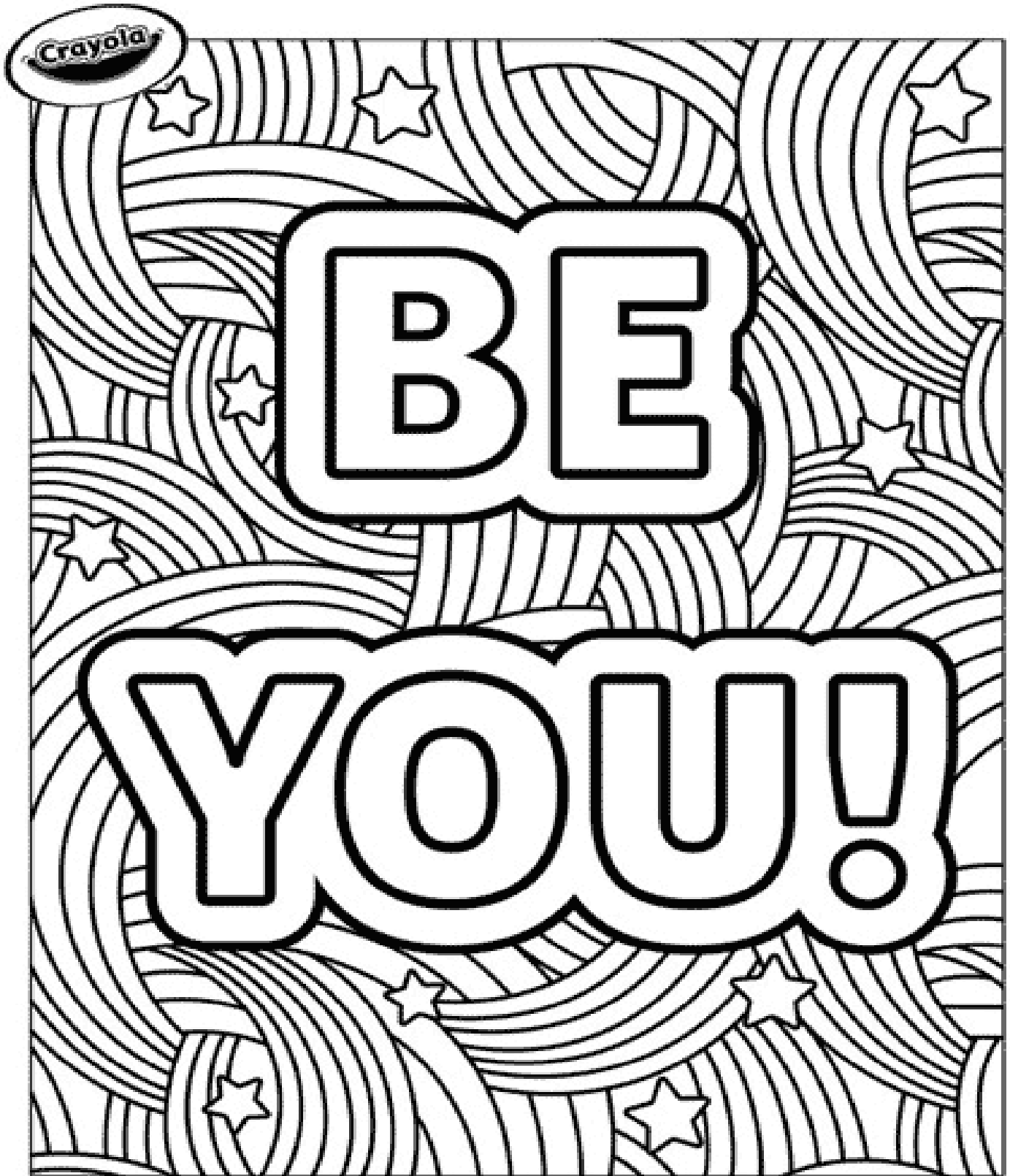
Primary Sources in Indigenous Research

In addition to oral histories, other types of primary sources, such as historical clothing, weapons, accessories, and other artifacts, can also work to decolonize Canadian history. Instead of relying solely on information about artifacts from their collectors (presumably of European descent), researchers can glean important information about Indigenous history from the artifacts themselves. For example, an analysis of a pair of Indigenous-made moccasins, which can include examining the materials, beadwork (if applicable) and construction of the footwear, can identify the Indigenous community to which it belongs, as well as the approximate date the moccasins were made. This is known as material culture research, and it allows researchers to learn more about the relationship between people and their belongings. Material culture research can be applied to a variety of objects and can uncover new details about Indigenous histories, cultures, and ways of life.

Information found in Euro-Canadian historical documents, such as the records, notebooks, diaries, letters or photographs of missionaries and settlers, can also be useful in understanding the past. As in any situation, however, the points of view of the sources’ creators need to be taken into account, as many of these sources were created by colonial government employees or potential supporters of colonization.



◆ Just for Fun! ◆



Chicken, Nectarine and Avocado Salad

<https://www.tasteofhome.com/recipes/chicken-nectarine-and-avocado-salad/>

“This salad is really summery and comes together very quickly. Using granola adds crunch and makes it different. I've tried using various types of granolas, and our favorites have been those that aren't overly sweet but have lots of nuts.”

Ingredients

- 6 ounces fresh baby spinach (about 8 cups)
- 2 medium nectarines, thinly sliced
- 2 cups cubed cooked chicken
- 1 cup crumbled feta cheese
- ½ cup poppy seed salad dressing
- 1 medium ripe avocado, peeled and sliced
- 1 cup granola with fruit and nuts



Directions

1. In a large bowl, combine spinach, nectarines, chicken, and feta.
2. Drizzle with dressing; toss to coat.
3. Top with avocado and granola. Serve immediately.

◆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:

Bedroom Suite	\$100
4 Pcs. Computer Desk	\$50
6 Drawer Chest and Desk (Oak)	\$35
Exercise Bike	\$25
4 Pcs. Girl's Bdrm. Suite (French Provincial)	\$100
Organ (Galanti – New was \$900)	\$200
7 Pcs. Dining Room Suite (Oak)	\$700
Patio table, 4 Chairs & Covers, & Umbrella	\$75
5 Oak Bookshelves	\$15 each
Wooden Bench (Storage)	\$25

Call 403-686-2855 Unit # H561

Gardens by Ewa

Weeding, sowing, dividing old perennials, creating new flower beds, organizing compost bins, and other odd jobs in your garden.

No job is too small. Reasonable rates. I live in Sarcee Meadows and can be reached at:

(403) 993-7415

Childcare:

Looking for childcare? Well-established (January/2008) Day Home in S.W.

(Glamorgan/Rutland Park)

offering a clean & safe environment for your child to play & learn in. Daily outdoor time & healthy snacks/lunch provided. For more information, please email Kristine at romaindomain@shaw.ca



Knitted Dish Cloths for Sale:

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

Call Tricia: 403-242-0048



House Numbers for your Front or Back Door:



I can 3D print house letters and numbers for your front door or your backyard. Letters are 5 inches high, and numbers are 4 inches high. They come in black or white, your choice, and I charge \$5.00 for each letter or number. All are

made of plastic and come with 2 pre-drilled holes for mounting.

Contact Peter at 403 615-0290

Fox Painting Ltd - Interior and

exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial. Contact Derek Adamski for a quote – Office Phone – 403-203-4044, Cellphone – 403-616-7044, Email derekadamski@shaw.ca



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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



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

Pet Sitters for Dogs & Cats



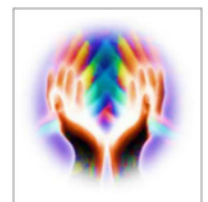
Willing to pet sit at our unit for short term trips when you can't take your loving pet with you. Sorry no birds as I have allergies.

Daily rate \$25

Shelly 403-660-2045 – References available upon request as I have done this for 4 years.

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Psychic/Mediumship
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Crystal Grids
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Organizational Assistant – organize your space to help energize the flow of your home and life.

Shelly 403-660-2045 – References upon request

Painting or Staining

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

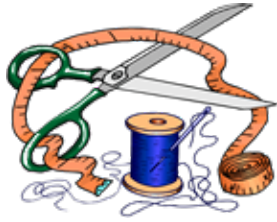
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Moments Fashion Solutions



Need Alterations?

Italian Leather Products

Baby Boots

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www.momentsfashion.com

Computer Help:

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

Exotic Pet Sitting:

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



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



**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

