



Connections

Your SMHC Newsletter

May 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:

Spring has finally sprung, and flowers will soon be blooming!!

Ground Guys Landscaping are doing their Spring cleanup of our grounds. "Thank you members" that moved their vehicles for the cleaning of our parking lots.

"Thanks" to members that attended the April hybrid membership meeting. Just a tidbit to share is that more members attended virtually than in-person.

At that meeting there was a broad informative presentation by Kim Gould from WSP, Project Manager for the retrofit project, which will be sent to members by our General Manager.

A friendly reminder for those members who have yet to attend at least one members meeting, there is no longer a blanket exemption for members due to COVID. So, what that means is members who have not yet attended a meeting in 2022 must attend either the June or October meeting to meet your obligation to attend one members meeting per year.

The June members meeting will focus on the budget and approval of our housing charge for the 2022-2023 financial year. The Big Budget meeting with Committee Chairs, Finance Committee and the Board is scheduled for May 18, 2022, where the GM will present the budget plan for consideration.

Please do not turn on your exterior water taps until the office informs the members it is safe to do so. This avoids potentially any costly repairs to the water lines and tap.

Wishing our members a most blessed Eid.

"No language can express the power and beauty and heroism of a mother's love." — Edwin Chapin, an American preacher.

Happy Mother's Day!

Respectfully submitted by Helen Serrurier on behalf of the Board of Directors

happy
mother's day!

GENERAL MANAGER'S REPORT:

Spring appears to finally be here, and I hope everyone has had the chance to get out and enjoy it. As part of spring's arrival, Ground Guys is transitioning from winter service to summer. Over the next few weeks, they will be doing the spring clean-up which will include power raking all the common areas, removing the litter, and prepping the main garden beds.

Thank you to everyone for moving their cars out of the lots to allow for their cleaning and painting. Your consideration made the process much easier and effective this year. Next year, we will liaise with the City of Calgary Roads Department to ensure we are not scheduling our parking lot cleaning at the same time as they are doing street sweeping in our neighbourhood.

Earlier this week, we circulated an update on the Building Envelope Retrofit Capital Project. I would encourage all of you to please read through it. While there is a lot of information, it is valuable and will help you better understand where we are at in the process and the next steps. I ask all of you if you have any questions or would like more information to please call me. This is an extremely important project that will set Sarcee Meadows up for the next fifty years.

We are deep in the process of developing next year's budget. The Big Budget meeting for the Board, Finance Committee and Committee Chairs takes place on May 18th. Once it has been reviewed by that group, we will be bringing it to the full membership in June.

Thank you!

Jon Jackson
General Manager

FROM THE TEAM AT B50:

Big Bin: The Big Bin will be here from **May 19th to June 6th, 2022**. Please place your items outside the bin and Maintenance Staff will put it in the Bin. Do not dispose of propane tanks, oil-based paint, tires, other hazardous material, appliances, or electronics. (Please also see information on our Annual Lawn Sale and on Rutland Park's Community Clean Up further in this newsletter. Both events are being held on Saturday, June 4th, 2022.)

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 Monday May 23rd, 2022 for Victoria 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.



PLEASE KEEP THE WILDLIFE WILD!

It has come to our attention once again that we may have members feeding the squirrels and/or other wildlife around Sarcee Meadows. An excerpt from a recent letter from a concerned member:

“I would like to report an infestation of squirrels around my unit. I have lived here for many years, and this is the worst I have ever seen. Squirrels galore! They do present a huge problem for me as they continuously dig my flower/veggie beds hiding and then retrieving their nuts causing damage. Also eating bulbs, flowers, rearranging seeds, etc. I have tried to chase the squirrels away, but they are extremely persistent. I have recently noticed they seemed to be coming from one direction. I followed their track and came across an area with lots and lots of peanuts spread under the trees (as per attached 2 photos). I have visited the area several times in the past 2 weeks and there always seems to be a new supply of nuts. I do not know who puts these peanuts out.”



Please do not feed any of the wildlife in the area! This can include squirrels, gophers, skunks, rabbits, coyotes, bobcats, and so on. Not only does this behaviour pose a risk to the animals when they become dependant on the food being left out, it also increases the chances of damage to member units and property such as gardens, sheds, etc.

Bylaw Number 47M2021, being a Bylaw of The City of Calgary, respecting the Regulation, Licensing and Control of Animals in The City of Calgary states: “**25. (5) A Person must not feed or lure Wildlife in the City.**” Further to this, Schedule “C” of this same bylaw lists a Specified Penalty of \$300.00 for feeding or luring of wildlife!

For more information visit the City of Calgary’s “Wildlife and You” website here:

<https://www.calgary.ca/csps/parks/planning-and-operations/wildlife-and-you.html>

You may view the above noted bylaw here:

<https://publicaccess.calgary.ca/lldm01/exccpa?func=ccpa.general&msgID=ZTeTscAyKAB&msgAction=Download>



TIPS FROM THE MAINTENANCE TEAM:

Maintenance Supervisor:

- Please do not throw your refundable items into the recycling, it attracts bottle pickers to the recycling, and we don't want a repeat of last year with different groups fighting over them. Help keep the community safe by returning them or bringing them down to the office to be donated.

Plumbing:

- Call in work orders right away if your taps are leaking and/or if the handles are loose and wiggly to prevent having to replace them prematurely.

General Maintenance:

- When throwing garbage out please check that you are using the correct bins and ensure the garbage makes it into the bin, not beside it.

HVAC:

- If you run your summer fan, please be sure to keep up on regular filter changes. Filters are available at the office.

Carpentry:

- When using Buildium (or email) to submit a work order it can be very helpful to upload or attach a photo of the problem. This will save a lot of time by having a better idea of what is needed to do the job.

◆Committee Reports◆

NEWSLETTER COMMITTEE:

Happy Mother's Day to all the terrific moms out there. Hope you enjoyed your day and spent some time with your family.

Thank you to everyone who entered the Spot the Bunnies Contest. Out of all the entries we only had to people with the correct guess of 59 bunnies. Our winners are Lesley Sedor and Laurie Griffin. They will both receive a prize of a \$25.00 gift certificate. Congratulations!

We have been receiving some positive feedback on the monthly awareness articles and other articles we have been preparing. Thank you for your comments! If there are any topics you would like us to write about or if there is something you would like to see included in the Newsletter, please let us know. We also welcome articles from our members if there is an awareness topic that you would like to share with our members.

The Victoria Day Long Weekend is almost here and many of you will be heading out for the first camping trip of the season, while others may choose to get some gardening done or just enjoy some outdoor activities. Whatever you do, have fun!

PROPERTY ENHANCEMENT COMMITTEE:

- Please do not turn on your outside tap until after the May long weekend.
- Please make sure your down spouts are down and clear of any debris.
- Spring is here, please slow down in the parking lots. There are kids around.
- Let the Calgary Police and the office know about any prowlers that are spotted in your yard or your neighbour's yard. Call 911 to report a prowling in progress or call 403-266-1234 to report it if discovered after the fact.
- Do not put beverage recycling in the garbage/recycling bins. Let the Calgary Police and the office know about any prowlers spotted in the garbage/recycling bins.



EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE:

You may be wondering ... the Awards program in Sarcee Meadows hasn't been around for a while but now it's back and it has a new look! A huge thank you goes out to the volunteers who kept the program going since its inception in 1989.

After consulting with, and receiving the blessings of the former Honours and Awards Committee, the Education, Involvement and Awards Committee reviewed and renamed three awards:

- The former Sheila Elliott Endowment Fund is now the **Sarcee Meadows Medical Assistance Fund**.
- The Gerry Coates Memorial Fund is now the **Sarcee Meadows Education Fund**.
- The Humanitarian Award has been removed and replaced with the **Sarcee Meadows Seniors Assistance Fund**.

We encourage members to review the information on each award, which can be found at the back of this newsletter, and we look forward to receiving your applications. Please note that the deadline to apply for any award is **May 31st, 2022**.

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Thank you to everyone who participated in the Easter Scavenger Hunt! We had lots of great feedback and are already looking forward to seeing how we can evolve this event for next year!

Our next event is the **Annual Lawn Sale**. This will be held on **Saturday June 4th, 2022 from 9:00 am to 4:00 pm**. This year we welcome participants to set up their tables wherever it is most convenient for you – we are expanding to include the use of 40th Ave and 44th Ave in addition to Sarcee Road. Or you can set up right in your own yard! **Please register with the office by Wednesday May 25th if you plan to set up in your own yard** so that we can ensure that your location is properly advertised for others to find you. Another exciting change for this year is that there is **no entry fee!** As we will be exploring alternate means of advertising this event without a cost to SMHC that means there is no cost for you either! Who doesn't want a little extra cash in their pocket?! Please see the flyer in this newsletter and being delivered shortly for all the details.

We continue to work hard on planning additional summer events so stay tuned for all the exciting details when they are available!



LAWN SALE!

Saturday June 4th, 2022

9:00 am - 4:00 pm

**Along Sarcee Road, 40th Ave, 44th Ave, and
various units throughout Sarcee Meadows**

Entry fee – FREE!

**(Please refer to the Lawn Sale Guidelines included regarding table set up and
space size.)**

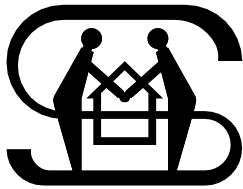
**“It’s better than eBay – see it, touch it, pay, and take
it away today!”**

Please NOTE:

**If you plan to set up a table, we ask that you register with the office with your
planned location (either with your Unit # if using your own yard or with
whichever street you will be setting up on) by Wednesday May 25th, 2022.**

**This is just to ensure that we place signage appropriately so that plenty of
bargain hunters can find you and all your wares!**





SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Guidelines

Subject: Lawn Sales - Guidelines
Original Date of Approval: April 28, 1994
Approved By: The Board of Directors
Date of Amendment or Replacement: March 7, 1996, March 2022

In accordance with their job description, it will be the responsibility of the *Entertainment and Social Events Committee* to organize lawn sales.

Guidelines for lawn sales include, but are not limited to, the following:

1. In so far as possible, one [1] lawn sale will be held annually in SMHC in either the spring or the fall. The date and time frame will be approved in consultation with the General Manager.
2. Advertising for the lawn sale will consist of internal flyers for the members offering them the opportunity to participate. A copy of these guidelines will be attached to the internal flyer. All means of advertising to the public will be considered including free sources as well as local newspapers. If possible, signs will be posted within the community: i.e., the window of local stores, large signs installed on the boulevards, etc.
3. Sarcee Meadows will not provide tables; participants are responsible for their own set-up.
4. Each participant will be requested to pay an amount to be established in consultation with the General Manager to offset advertising costs, if any.
5. A space will consist of three [3] meters [approximately 10 ft.] in width.
6. Non-members who wish to have a space, must be sponsored by a member: i.e., provide the unit number of a member who is willing to be responsible.
7. The committee will assign a committee member who will be responsible to collect the cost of a space and record the unit of participants or the sponsor's unit number. This will ensure that should the information be required after the lawn sale records will have been kept.
8. All participants will be responsible to ensure that their space is cleaned up and that no damage has occurred to any of Sarcee Meadow's property. If there is damage, or a mess left, the member or sponsor member will be held responsible.

◆Community◆

Salvation Army:

Pickleball
Mondays 12 - 3PM
\$10/person
Multi-play pass discount available

GET IN THE GAME

The Salvation Army
Family Resource Centre
1731 29th Street SW Calgary
403-930-2700

Stay and Play

Let your little ones run, explore and play in our open gym space.

*open to kids 5 and under

The Salvation Army
Family Resource Centre
1731 29th Street SW
403-970-2900

Thursdays 9AM - Noon
\$10 per family

Giving Hope Today

Rutland Park Community Association:

RPCA COMMUNITY CLEAN UP

Saturday June 4th, 2022

9:00 am – 1:30 pm

Located at the RPCA Community Hall parking lot

Each year the City of Calgary Waste and Recycling Services and Community Standards partner up with community associations to help residents get rid of unwanted household items and property waste. This event saves residents a trip to the land fill for items that do not fit in their waste and recycling carts. This service is free to all Calgarians. There will be 3 packer trucks on site for the day.

Please note that the City is no longer sending Organic trucks to these events.

Some of the many services that will be on site. Watch for updates to this list on the RPCA website.

- City Of Calgary - Garbage Packer truck
- Shankel Computer Recycling/ Alberta Recycling - last year we raised \$252 for the community as part of their grant program.
- Free Store-drop off and/or select items for donations - free of charge.
- DropIn Centre- looking for household and personal hygiene items
- OK Tire Richmond Road – tires with or without rims
- Performance Waste Management - Metal and Wood Recycling
- Glendale Scouts 101 Bottle Drive

We are NOT able to accept the following items:

- home appliances, paint, household chemicals and hazardous waste, glass (e.g. glass window panes or table tops), propane tanks, batteries, liquids, railroad ties, sod , paper shredding , concrete

Note: nearest hazardous wastes drop off is at the Lincoln Park Fire Station 20

GOOD NEIGHBOURS SENIORS SERVICE

Seniors who require assistance with the pickup of items from their home for disposal or re-cycling please contact Sue

VOLUNTEERS

We need 50 volunteers for the day. Please contact Sue if you can help out in one of these roles:

- own a truck to provide pick up services for seniors
- unloader at city trucks and metal bin (heavy lifting required)
- Greeters and Traffic control
- Free store
- Food support for volunteers
- Pick up collected tires at end of day to deliver to OK Tire

Community Memberships will be available on site

Please contact Sue Helland if you have any questions or would like to volunteer
403-249-5900 or gsleach@telusplanet.net


Please note that participants will be required to follow all active provincial and local public health measures during Community Clean Up events. For more information visit <https://www.alberta.ca/covid-19-public-health-actions.aspx>

For information on other City of Calgary Clean Up events go to: to www.calgary.ca/cleanup

Saturday June 4, 2022
Rutland Park Community Association
9 am to 2 pm


ELECTRONICS ROUNDUP

HELP DIVERT E-WASTE FROM
LANDFILLS AND RAISE \$\$\$
FOR YOUR COMMUNITY



| SCREENS LARGER THAN 30" | SCREENS SMALLER THAN 30" | FAXES, PRINTERS COPIERS | LAPTOPS + TABLET COMPUTERS |
|-------------------------|--------------------------|----------------------------|----------------------------|
| LARGE TVS + COMPUTERS | SMALL TVS + COMPUTERS | SMALL OFFICE EQUIPMENT | LAPTOPS + TABLET COMPUTERS |
| \$10/ITEM | \$4/ITEM | \$4/ITEM | \$1/ITEM |

NEW THIS YEAR PLUS GENERATE **\$300 PER TON** ON ELIGIBLE E-PILOT MATERIAL COLLECTED



REDUCING OUR FOOTPRINT, BIT BY BIT. SHANKS COMPUTER RECYCLING IS AN AUDITED AND APPROVED RECYCLER WITH THE ALBERTA RECYCLING MANAGEMENT AUTHORITY. WE RECEIVE FINANCIAL INCENTIVES FROM THE ALBERTA GOVERNMENT-RUN PROGRAM THAT ASSIST US IN RECOVERING AND RECYCLING THESE ELECTRONICS.

Alberta recycling
MANAGING WASTE RESPONSIBLY

◆Human Interest◆

This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/or Personal Milestones such as Births, Birthdays, Weddings, Anniversaries and Obituaries. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements, or any other tidbits that you would like to share! Submissions can be emailed to janine@sarceemeadows.coop or dropped off at the office to the attention of the Newsletter Committee.

Submissions to this section are the opinion of the author[s] and do not reflect the opinions of the Board of Directors or the members of Sarcee Meadows Housing Co-operative Ltd.

Marla's Garden – Enchanted!

Now it is official. Marla's Garden has a real Fairy!

In the SE corner of the Garden, for quite some time, a vandalised ceramic mushroom was scattered on the ground.

The other day, a surprise!

A beautiful, restored mushroom showed up. It is standing there, in its original glory, or even more beautiful than at first when someone donated it to the garden.

Thank you, dear Fairy, for bringing such a joy and beauty to Marla's Garden.

Thank you for restoring the Blue Globe and now the Mushroom.

Thank you for bringing hope, that good things will prevail.

What a magnificent gift to the community in Meadows.

Slawa Gruszczynska

◆Education & Awareness◆

GLAUCOMA:

Respectfully submitted by Wendy Thomson

Glaucoma is a group of eye diseases that cause progressive damage to the optic nerve at the point where it leaves the eye to carry visual information to the brain. If left untreated, most types of Glaucoma progress without warning or obvious symptoms to the patient towards gradually worsening visual damage and could eventually lead to blindness.

Glaucoma is the second most common cause of blindness worldwide, the third most common in Europe and the USA. It is estimated that there are 78 million individuals living with Glaucoma.

There are several types of Glaucoma. Some forms of Glaucoma occur at birth (congenital) and some others during infancy and childhood (juvenile). In most cases, Glaucoma appears after the fourth decade of life and its frequency may increase with age. It is important that you have routine eye checks to determine if you have Glaucoma. For most people living with Glaucoma, treatment can prevent further damage.

Asian Heritage Month:

Respectfully submitted by Slawa Gruszczynska from <https://www.canada.ca/en/canadian-heritage/campaigns/asian-heritage-month/about.html>

May is Asian Heritage Month in Canada, a time to reflect on and recognize the many contributions that Canadians of Asian heritage have made and continue to make to Canada.

Asian Heritage Month has been celebrated since the 1990s. In December 2001, the Senate of Canada adopted a motion proposed by Senator Vivienne Poy to officially designate May as Asian Heritage Month in Canada. In May 2002, the Government of Canada signed an official declaration to announce May as Asian Heritage Month.

Official Declaration of Asian Heritage Month

Diversity represents one of Canada's greatest strengths, and we strive to ensure that all Canadians have the opportunity to reach their full potential and participate in Canada's civic life.

Over the last two centuries, immigrants have journeyed to Canada from East Asia, Southern Asia, Western, Central and Southeast Asia, bringing our society a rich cultural heritage representing many languages, ethnicities, and religious traditions.

The people of this diverse, vibrant, and growing community have contributed to every aspect of life in Canada — from the arts and science to sport, business, and government.

Asian Heritage Month offers all Canadians an opportunity to learn more about the history of Canadians of Asian heritage and to celebrate their contributions to the growth and prosperity of Canada.

Thereby, we declare May as Asian Heritage Month in Canada.



May is Melanoma Skin Cancer Awareness Month:

Respectfully submitted by Janine Bell

Did you know that skin cancer is the most common of all cancer? There are more new cases of skin cancer each year than the number of breast, prostate, lung, and colon cancers **combined**! As May marks both Melanoma Awareness Month and the beginning of summer weather, it is imperative that communities across Canada be reminded of the importance of sun safety at this time of year.

What Is Skin Cancer?

Skin cancer is the out-of-control growth of abnormal cells in the epidermis, the outermost skin layer, caused by unrepaired DNA damage that triggers mutations. These mutations lead the skin cells to multiply rapidly and form malignant tumors. The main types of skin cancer are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), melanoma and Merkel cell carcinoma (MCC).

What Causes Skin Cancer?

The two main causes of skin cancer are the sun's harmful ultraviolet (UV) rays and the use of UV tanning beds. The good news is that if skin cancer is caught early, your dermatologist can treat it with little or no scarring and high odds of eliminating it entirely. Often, the doctor may even detect the growth at a precancerous stage before it has become a full-blown skin cancer or penetrated below the surface of the skin.

Skin Cancer Facts:

- In 2016, about 6,800 Canadians were diagnosed with melanoma and 1,200 will die from it. Fortunately, early detection can improve treatment and survival.
- One in every three cancers diagnosed worldwide is skin cancer, 80-90% of which are caused by ultraviolet (UV) radiation.
- Over 80,000 cases of skin cancer are diagnosed in Canada each year, more than 5,000 of these are melanoma, the deadliest form of skin cancer.
- When detected early, the 5-year survival rate for melanoma is 99 percent.
- Canadians born in the 1990s have 2-3 times higher risk of getting skin cancer in their lifetimes (1 in 6 people) than those born in the 1960s (1 in 20).
- Melanoma is the third most common form of cancer in Canadian women ages 15-29.
- It is estimated that in 2022:
 - 9,000 Canadians will be diagnosed with melanoma skin cancer.
 - 1,200 Canadians will die from melanoma skin cancer.
 - 4,900 men will be diagnosed with melanoma skin cancer and 770 will die from it.
 - 4,000 women will be diagnosed with melanoma skin cancer and 440 will die from it.

Please visit any of the below websites for more information as all were used for this article:

Canadian Skin Cancer Foundation: <https://www.canadianskincancerfoundation.com/>

Save Your Skin Foundation (Canada): <https://saveyourskin.ca/>

Skin Cancer Foundation (US): <https://www.skincancer.org/>

Canadian Cancer Society (Melanoma Skin Cancer Statistics):

<https://cancer.ca/en/cancer-information/cancer-types/skin-melanoma/statistics>

Be Sun Smart

Myths and Facts

MYTH: The sun can't hurt you if it's cloudy.

FACT: Clouds do not offer complete protection from sun exposure. Up to 80% of the sun's rays can penetrate light clouds, so be sure to apply sunscreen.

MYTH: I don't need to drink until I am thirsty.

FACT: Thirst is a sign that your body is already dehydrated. Drink water regularly throughout the day, particularly if you are outside in the sun and/or enjoying physical activity.

MYTH: Any hat or pair of sunglasses will protect me from the sun.

FACT: To protect your eyes and skin wear sunglasses that provide 100% UVA/UVB protection. Choose a hat that has a wide brim and/or a flap at the back to cover your ears and neck.

MYTH: I can put sunscreen on and go out into the sun, or water, right away.

FACT: It takes at least 30 minutes after applying sunscreen before the active ingredients soak into your skin. Sunscreen should be reapplied every two hours or immediately after swimming, toweling off or sweating a lot.

MYTH: A high SPF sunscreen is all you need for sun protection.

FACT: Wearing a high SPF sunscreen does not mean you are completely protected against sun damage. For good coverage, seek out shade and wear sunscreen as well as protective clothing.

The 5S's of Summer Safety



save your skin
FOUNDATION



TANNING
IS OUT

Canadian
Cancer
Society
BRITISH COLUMBIA AND YUKON

island health

◆Just for Fun!◆



◆Classifieds◆

Disclaimer: Any ads placed in this newsletter are not to be considered as an endorsement by Sarcee Meadows Housing Co-operative Ltd. but are for information only.

FREE!

ATTENTION FOR THOSE WHO SEW!

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

Carolyn Buckingham

H525

Please phone 403 242 0560 for a suitable time.

WANTED

ROOM AND BOARD NEEDED INTERNATIONAL HIGH SCHOOL STUDENT SIX WEEKS - JUNE TO MID-JULY

Eighteen-year-old lad from Munich Germany. He will be taking English language courses in Calgary. He has heard much about Calgary and can't wait to come and see it for himself. His parents are supporting this trip and he has a contact in Calgary that is known to his parents.

If you are interested in providing reasonably priced accommodation for this student, please contact Ben Preston at 403-354-1982

For Sale:

Oversized heavy duty office chair.
Dark Grey in, "like new condition".
Paid \$450.00, asking \$150.00 or best offer.
Contact me – Kelly Edwards @ 403-605-7743.



FOOT CARE

Therapeutic Foot care by RN includes:

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

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

Childcare:

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

(Glamorgan/Rutland Park)

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



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.



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.



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

House Cleaning

- 2 Bedroom \$90
- Large 3 Bedroom \$110
- Small 3 Bedroom \$100
- 4 Bedroom \$120

Includes all cleaning supplies, vacuuming, mopping, bathrooms cleaned, all countertops wiped, and cleaned, light dusting. This service can be done weekly, biweekly, or monthly.

Police clearance, and or references available upon request. For more information, please contact Monika #403-920-0920



Pet Sitters for Dogs & Cats

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

Daily rate \$25

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

Healing Intentions

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

Organizational Assistant – organize your space to help energize the flow of your home and life.

Shelly 403-660-2045 – References upon request



Painting or Staining

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

Reasonable prices – 35 years' experience.

Call Peter (C212) Sraightline Painting
403-998-3959

Moments Fashion Solutions



Need Alterations?

Italian Leather Products

Baby Boots

Contact Marzena - 403-397-3779

www.momentsfashion.com

Dear neighbors,

My name is Shereen Elsayad, and I live in F396. I am currently the Alberta College of Pharmacy councillor for District 5. Throughout my almost 20 years of practice as a pharmacist, Certified diabetes educator, certified for travel health(immunization), and currently working on my certification in hypertension management, I have built valuable and lasting relationships with my patients (especially seniors), and I became well aware of all their struggles. I finally decided to start my own pharmacy and to start some unique services for my own neighbors tailored to their needs.

- Have you ever had any problem with drug coverage that you didn't know what to do or how to deal with?
- Have you ever struggled to pay for your medications because it's not pay day yet?
- Do you need someone to stop by and pick up your prescription and deliver to your door (no charge for delivery)?
- Do you need to get a vaccine like shingles vaccine or pneumonia vaccine, but you cannot afford to pay it all at once?
- Do you want me to check your blood pressure or maybe you would like to rent a BP monitor for a week or 2 to monitor your blood pressure?
- Do you need refills, but you can't get hold of your doctor?
- Do you have any questions or confused about your medications, blood work or your health in general?
- Did you ever need to go to the pharmacy or the doctor's office only to get a medication injected?

If you answer yes to any of the above questions, please do not hesitate to call me. You don't have to transfer your prescriptions to my pharmacy if you don't want to. Just let me help you with what you need.

I am your neighbor, and I am only one phone call away at Revive Pharmacy 403-764-8020 or through my home number listed in the SMHC Directory.

Regards, Shereen



Connections

Your SMHC Newsletter

May 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.

**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

