

Connections

Your SMHC Newsletter

December 2022

BOARD OF DIRECTORS REPORT:

It has been an unusual autumn for weather. While some days found it in themselves to rival summer itself (the tree outside my window still has leaves on it), the inevitable north wind has taken firm hold and brought with it a wondrous white blanket. It's the perfect backdrop for walking around the co-op and looking at the different displays that our Members have put up for the enjoyment of all.

While these winter conditions tend to slow things down, work continues unabated on our upcoming retrofit of Sarcee Meadows. By now, our Membership has made a decision on how we want our co-op to look and function in 2023 and beyond. A lot of work went into presenting this information for your consideration and the Board would once again like to thank those Members who were involved in developing these plans on both the design and monetary fronts. These economically volatile times have made for uncertainty in what lies ahead, but your Board is confident that, with your approval, the work done via this retrofit will benefit all of us both today and in the decades to come.

Our AGM is coming up in January, and with that AGM also comes the election of three of our Members to the Board of Directors. We ask that you consider putting your name forward because we are at our most formidable with a diverse range of viewpoints and expertise. The discussion around the Board table is always both lively and thought-provoking. It also gives Members who serve the opportunity to see the nuts and bolts of how a multimillion-dollar corporation is run.

In addition to the celebrations of Hannukah, Kwanzaa, and Christmas in the latter part of the month, December is a time for contemplation and reflection of the year that has been. Most kids celebrate their holiday break from school and it's the end of semester for our post-secondary institutions. We hope this time of year finds you all well, and that you find the space necessary to enjoy the company of those close to you.

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.

Finally, with 2022 coming to an end, the Board would like to extend its gratitude to the staff of Sarcee Meadows. We see the work you put in at the office and in the shop and even as volunteers in our community. Your tireless efforts are VERY much appreciated by both the Board and the wider Membership. Thank you so much for everything that you do for us!

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



GENERAL MANAGER'S REPORT:

I have really enjoyed walking through our community and seeing all the holiday displays throughout. As some of you may guess this is my favourite time of year. Seeing the lights and decorations everywhere, getting ready for ski season really makes it wonderful.

Thank you to everyone who participated in the special members meeting to discuss the design for the retrofit and the updated budget. We continue to show how great of a community we have through our participation and dialogue together.

I know it is pretty early to start talking about Christmas tree disposal, but we will remind you a few more times over the holidays. If you have a real tree, please ensure that when you are ready to dispose of it, that you place it by the garbage bins in your parking lot. Do not put it in the bin as Tom will be collecting them for recycling. Please ensure all of the decorations and tinsel are removed beforehand.

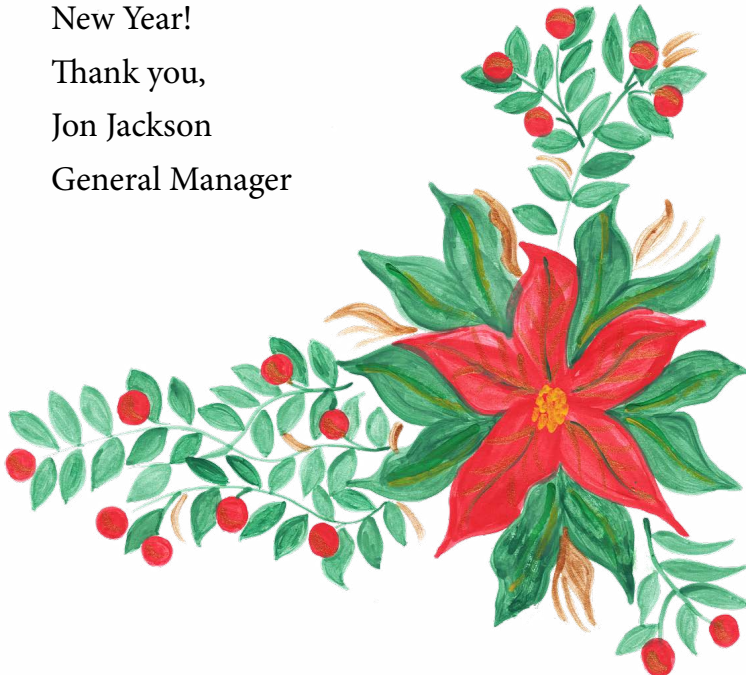
Another early heads up is for the Big Bin. It will be arriving on January 5th. And just a reminder that if you are putting boxes in the recycling bin, please break them down first to ensure there is room for others to put their boxes in.

I would like to wish each and every one of you all the best in the Holiday Season and a very Happy New Year!

Thank you,

Jon Jackson

General Manager



FROM THE TEAM AT B50:



Office Hours: Regular office hours are Monday to Friday from 8:30 am to 4:30 pm. While the office staff continues working a combination of in office days and work from home days they are still reachable by phone or email wherever they are located.

Please note the following shop and office holiday closures for December and January:

- **Friday Dec. 23, 2022 - Closed**
- **Monday Dec. 26, 2022 - Closed**
- **Tuesday Dec. 27, 2022 - Closed**
- **Wednesday Dec. 28, 2022 - Regular Hours**
- **Thursday Dec. 29, 2022 - Regular Hours**
- **Friday Dec. 30, 2022 - Closed at Noon**
- **Monday Jan. 2, 2023 - Closed**
- **Tuesday Jan. 3, 2023 - Regular Hours**

Christmas Tree Disposal: As noted in Jon's GM Report, after Christmas our arborist, Tom, will be collecting real Christmas trees for organic recycling. Please leave your real trees on the garbage bin islands in a way that does not impede other garbage and recycling collection and they will be picked up on January 9th, 2023.

Rental Parking Stalls: We continue to have a long list of members on the waiting list for a rental parking stall. If you have a rental stall that you are no longer using, please consider relinquishing it back to us so that another member benefit from it.

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.

Buildium: Save this link as a FAVOURITE in your browser for easy access: <https://smhc.managebuilding.com/Resident/public/home>

Did you KNOW?? You can download the BUILDIUM app to your device? Make sure it is the resident one!

Questions??? Email: paula@sarceemeadows.coop

Need a new link? Email Paula for a password reset link OR - Go directly to the website and request one yourself!



Buildium®

TIPS FROM THE MAINTENANCE TEAM

Maintenance Supervisor: Please do not leave your front entry door open in the winter while it is cold. It creates too much moisture from the warm air hitting extreme cold and can freeze your door shut! This causes a safety hazard for yourself with the possibility of not being able to get out.

General: Remember to check your Smoke Detectors and CO Detectors. Let the office know if the detectors are expired or have reached "end of life".

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.

Carpentry: With the cold weather the windows will really be frosted up these days. If you have slider windows check to make sure they are properly in place.

Cabinetry: When putting in a work order for closet doors please let us know which type of doors they are i.e. metal, wood, etc. The different styles require different parts when they need work.

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.

Locksmith: With the cold weather you may notice that your doors are shifting and may fit a little tighter. When it warms up they will move back to their old positions.

HVAC: Stay on top of changing your furnace filters. Keep an eye on your condensate pump and watch for signs of failure. i.e. water on the floor around your furnace.



Committee Reports

ELECTIONS COMMITTEE

WHO'S INTERESTED IN GETTING "ON BOARD"?



WANTED 3 candidates, for 3, three-year positions, at January, 2023 Election for SMHC Board of Directors



NEEDED to help steer our Cooperative through planned and welcomed retrofit as well as normal business



LOOKING for your participation, collaboration, engagement, service, contribution and support



BRING or **SEND** your application to B50, now, or by the Thursday, December 22nd deadline



LOOKING FORWARD TO SEEING YOU - ON BOARD!

Thank you!

Elections Committee

NEWSLETTER COMMITTEE

It is almost that time of year again as we all finish decorating, shopping, wrapping gifts and baking. Soon you will be finished and can enjoy spending time with family and friends.

Take a few minutes now to relax and read the items, articles and reports included in this edition. We would like to hear from you, so when you are setting up your calendar for next year, how about making a note to send an item, article, recipe or any ideas you may have to us. Or if you are someone who makes New Year's resolutions, how about including one to get in touch with us at some point during the year. We would really appreciate hearing from you.

We wish everyone a Merry Christmas and all the very best in the New Year!

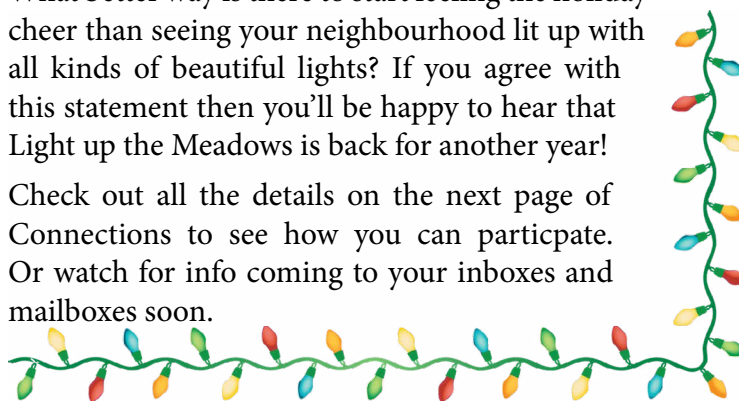
PROPERTY ENHANCEMENT COMMITTEE

- The yellow boxes now have gravel in them.
- Don't forget to unplug your block heaters and extension cords when leaving your parking stall.
- Be a snow angel and help out neighbours on snow days.
- Please consider using a timer with your Christmas lights to avoid having them on all night.

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

What better way is there to start feeling the holiday cheer than seeing your neighbourhood lit up with all kinds of beautiful lights? If you agree with this statement then you'll be happy to hear that Light up the Meadows is back for another year!

Check out all the details on the next page of Connections to see how you can participate. Or watch for info coming to your inboxes and mailboxes soon.



LIGHT UP THE MEADOWS

Light Display Scavenger Hunt

December 15th, 2022 - December 21st, 2022

Bundle up and enjoy the beautiful light displays created by your neighbors! Lights will be on display for the Scavenger Hunt from 5:00pm to 10:00pm from December 15th to December 21st.

How do I participate?

To Light Up The Meadows

- * Contact the office before December 14th to have your display added to the scavenger hunt list and be entered to win a sweet treat!
- * Pick up a scavenger hunt ornament from the office and add your ornament to your display in a place that is secure and where it can be seen.
- * **Light up the Meadows!**
(Please be sure your lights are on within the designated hours of 5:00pm to 10:00pm from December 15th to December 21st.)

In The Scavenger Hunt

- * Contact the office after December 14th for a list of participating units and an entry form.
- * Make your favorite warm beverage and bundle up!
- * Take your list and your family and friends and find the picture on the ornament at each participating unit
- * **Enjoy the Lights in the Meadows!**
- * To win a sweet treat submit your completed entry form to the office no later than 12:00pm (noon) on December 22nd.
(Please be sure to visit the units within the designated hours of 5:00pm to 10:00pm from December 15th to December 21st.)

Prize draws for both Light Display Participants and Scavenger Hunt Entries will take place in the afternoon on December 22nd, 2022. Prizes will delivered that afternoon as well.

EDUCATION, INVOLVEMENT & AWARDS COMMITTEE

TAKE THE QUIZ AND WIN A GIFT CARD!

Garbage-Mixed Recycling-Compost:

Another Look at What Goes Where

Mark G for garbage, MR for mixed recycling, or C for Compost.

Submit this form to B50 by December 31st, 2022 for a chance to win a gift card.

- _____ **Large bags, filled with paper, cardboard, plastic, etc.**
- _____ **Diapers, used**
- _____ **Boxes, cardboard**
- _____ **Packaging material** like firm foam and styrofoam
- _____ **Foam containers** used for food
- _____ **Wood products**, such as boards, drawers, etc.
- _____ **Furnace filters**
- _____ **Refundable cans, bottles, cartons**
- _____ **Metal items**, other than tin cans
- _____ **Plastic bags, non-stretchy**, eg. chip bags, frozen vegetable or fruit bags
- _____ **Glass, clear**
- _____ **Glass, colored**
- _____ **Weeds**
- _____ **Large branches**

YOUR NAME: _____

UNIT NUMBER _____

Submit this form to B50 by December 31st for a chance to win a gift card. Limit one entry per unit.

CSI COMMITTEE (CO-OP SENIORS INTERESTS)

Seniors' Holiday Social/Tea: The CSI Committee would like to thank all of the members of SMHC that came out on Sunday December 4th and joined us for delicious food and great conversation. It was so nice to see senior members of our Co-op reunite and once again enjoy wonderful time spent with each other. We hope to have another Seniors Social / Tea in the Spring. A reminder that our CSI events are open to all members of SMHC 65 and over. Men and women are always more than welcome to join in on the fun.

We wish you all a very Merry Christmas and a Happy New Year. To all of our members of SMHC may this coming year bring you good health, happiness, patience, kindness and prosperity. May all of your travels this holiday season find you making beautiful memories.

In memory of all of those members that we lost this past year, you and your families are in our thoughts as we reflect back on this year. Sarcee Meadows is one big family. I couldn't imagine living anywhere else.

Come join our CSI Committee meetings: Our next committee meeting is Tuesday February 7th, at 1pm-2pm in the B50 office lunchroom. We would love to have you come and join us as a member or a guest at our meeting. We are always open to new ideas on how we can better support our seniors.



Human Interests

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, Letters to the Editor, 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.

SHIP OF DREAMS

A Short Story

The rain, though light, was steady and the unrelieved grey of the sky was very oppressive. The city was hunkered down under the weather like a great brooding beast. The few people that were on the streets were hurrying to their destinations with umbrellas hiding them from the wet skies; even the car horns and traffic noises were muted, dulled by the damp.

One lady strolled much slower than the rest, seemingly oblivious to the weather. Nina carried no umbrella but was content to let the light rain soak her short cropped brunette hair and trickle down her neck. She was a medium built lady, only about five feet three inches tall and was just past her thirtieth year. As she walked down the street, she paused often to study the contents of shop windows her blue grey eyes reflected in their glassy surface.

The street she was on in the downtown heart of the harbour city was full of shops from clothing and record shops to gift shops and candy stores. Normally this street was bustling with shoppers, but the rain had kept most folk indoors. A jewelry store caught her eye, so she pulled open the door and went in from the rain. The clerk looked up relieved to have a customer to finally break the monotony of a very slow day.

"Welcome," she said. "Isn't the weather awful?"

"Actually, I like the rain." Nina said smiling. Her eyes were on all the displays around her, delighting in the sparkle of pretty gems and the shine from the highly polished precious metals. Jewelry was a certain passion of hers especially unique pieces made by craftsmen who still held to the simpler methods of ancient smiths.

"Can I help you find anything?" The clerk asked. Nina shook her head but smiled reassuringly at the younger woman. She slowly started to scan the display cases with a practiced eye. Her eyes were caught up by a unique piece in one of the displays and she found herself drawn to it. It was a silver brooch studded with tiny sapphires. The brooch was like a picture showing a large sailing ship coming out of a fog bank, so the whole was not yet visible. The sapphires made a line along the hull of the ship marking its rail. Nina thought it one of the most beautiful pieces she had ever seen. She felt there was such a dreamlike quality to its design.

"This piece is beautiful," she told the clerk, "It has a story in it, I can tell."

The clerk stood alongside her at the display with a surprised expression on her face. Her fingers traced lightly over the glass of the display case. "Now where did that come from?" She said, almost to herself. "It is a pretty piece. But I don't remember seeing it before." She turned to Nina with a smile, "Can I take it out for you, miss?"

"Yes, please." The clerk fumbled with the key dangling from a string on her wrist and opened the front of the display. As she gently grasped the brooch a piece of paper slid from beneath it. She placed the brooch on the counter in front of Nina and scooped up the neatly folded paper. Nina reached out to the brooch and ran her fingertips across the relief picture which was sculpted there. She felt some strange connection to the piece as

though longing to sail on the mist shrouded ship. She shivered as the thought ran through her mind.

The clerk had carefully unfolded the piece of paper and was reading its contents. Her sharp intake of breath broke Nina's reverie.

"Oh no," she said, looking up at Nina with a sympathetic expression. "I'm afraid, Miss, that the piece is already sold."

Nina stared blankly at the younger woman, her hand still tracing the lines of the piece before her.

"What do you mean already sold?" She asked quizzically, "Didn't you just say that the piece was unfamiliar to you?"

"I did," the clerk replied, "but this note here says it was already purchased and is being held for pick up by a customer named Nina Travers. I'm awfully sorry."

Nina's fingers involuntarily snapped back away from the brooch as though they had been burnt. Her mind was racing, and she stared in shock at the clerk. She shook her head in disbelief.

"But... but I am Nina Travers." She stammered in surprise, "Though I've never been in your shop before. I just don't understand. Who ordered it.... who bought it?"

The clerk smiled knowingly at Nina. "There's no purchaser's name or details on this note, Miss. It must be a gift from someone special, your boyfriend perhaps? You were so drawn to the piece; he obviously knows you very well indeed." She laughed softly then continued in a more businesslike tone. "I will require your identification to verify that you are Nina and then I'll be happy to wrap it up for you dear."

Nina was still totally baffled and, though she reached in her bag to produce the requested identification, she did so almost unconsciously. Even after the clerk had verified her identity, wrapped the brooch and given it to Nina, she still had not uttered a word as her mind raced through the possibilities. Who could have left this beautiful piece for her? She mumbled her thanks and left the store onto a street now bright with clear blue skies and sunshine.

Sunshine so bright and warm that all trace of the rain was gone. Nina found that fact most incomprehensible. It was as though days had gone by while she was in the little jewelry shop, not just minutes. It seemed that the day was full of odd occurrences and central to that was the brooch clutched tightly in her right hand. She suddenly realized that the bright sun was not the only thing different since she had entered the small jewellery shop.

The motorized growling of traffic had been replaced by the gentler clip clop of horse's hooves striking the cobblestones as they pulled an assortment of wagons, carts, and carriages along the street. Her eyes grew wide as the scene before her truly registered on her baffled consciousness. Street urchins in tattered rags were huddled in a nearby doorway. Around her people in costumes from a bygone era moved about their business: the men in ruffled shirts, long frock coats and britches, the women in fussy and frilly long gowns of fine fabrics laden with crinolines and topped with fancy bonnets. Nina was more confused than ever and shook her head as though that might clear it. Her own clothing had been transformed to a full length hooded black cloak which covered a beautiful heavy satin silver blue gown.

She spun around quickly to the door from which she had just emerged and stared uncomprehending at a blank brick wall. The tiny jewelry shop had disappeared. Her mind reeling and a slight stagger in her step, she moved down the road. Her feet followed naturally the slope of the road as it dipped towards the harbour.

Nina's head was swiveling every which way trying to make some sense out of her surroundings. As she gazed frantically around for an answer, the sound of wind through the rigging and a gentle masculine voice spoke to her of love and promises, but the sounds came from deep in her mind like a memory nearly forgotten. A ragged old beggar clutched at her sleeve bringing her out of her dream-state to the waking dream she now walked through, and she screamed. Tearing her arm away, she ran headlong down the street barely focusing

on anything around her.

As she approached the harbour side, the street became busier with heavy wagon traffic, carrying the goods from the schooners anchored in the waters before her. ‘Schooners’, her mind seized on that one word, ‘like the one on her brooch’. She stopped quite suddenly and stared at the harbour. There were four different tall ships at anchor there and numerous smaller wooden boats ferrying goods back and forth from them. But the usual fleet of private motor yachts and sleek modern fibreglass sailboats were nowhere to be seen. Gone too were the dockside fuel depots and trendy harbour view cafes to which she was accustomed.

Her eyes were drawn to the brooch which she had unwrapped from its tissue covering. She examined it carefully, starting to feel a deep memory returning. There was something familiar about this Ship of Dreams. She looked from the brooch to the harbour and her eyes were now drawn to one of the four schooners there. It was, in fact, the ship of her brooch. Its sleek lines were identical in every detail and the name painted boldly in bright blue across her transom was *Satin’s Dream*. Nina felt a sudden surge of recognition and a lump rose in her throat. A male voice behind her spoke softly but none the less startlingly.

“Ah Lady *Satin*, there ye be, my lovely.” The owner of the voice was tall and muscular with piercing blue eyes and a handsome though weathered face. His long blonde hair cascaded over shoulders wrapped in a cloak. The rest of his garb was that of a sea captain. He winked boldly at Nina when she turned to face him, and she saw her answers in the blue depths of his eyes. “I thought perhaps I had lost my lady forever in the sea of time,” he continued. “But I can see that our beacon has brought ye sailing smoothly home.” He gently took the brooch from her hand, pinning it to the cloak which covered her own silvery blue gown.

“My good Rogue Pirate,” she said softly. “Your Lady Lost is now thankfully found.”

“Time be a fluid element, my lady,” he explained softly. “Not unlike the great seas on which we make our home. Do you recall that last great storm, that night when sea and sky and the very fabric of time collided in a horrific cataclysm?”

“Rogue, good Sir,” she answered, “It comes back to me now as I see your face before me. You reached for me and I for you, but our hands merely passed through one another like the vapours from a marsh. It was a ‘time-storm’ then?”

A time-storm indeed, my love,” he answered. “Some of the lads had seen what befell us both as our hands met but did not touch. They were afeared of the storm and cowered below decks. But I held fast to the helm till the worst had passed.”

She smiled gratefully up at him and reached to gently touch his weathered cheek. “Thank you, good Sir.” She murmured, but then questioned again. “But Rogue, the beacon, how came it into the tale?”

He gently pulled her aside from the traffic on the street and they found an alcove in the wall of a brick warehouse near the pier. Only then, did he speak again. “The brooch, my beacon, has been with *Satin’s Dream* since her launch. The piece is attuned to the ship and its masters. You, my lovely, are Mistress of *Satin’s Dream*. Even through the maelstrom of time, this beacon can seek you out and bring you home.”

“Then truly, my good Rogue Pirate, I am doubly blessed to be in the protection of both you and *Satin’s Dream*.” She told him and her head swiveled back to the sleek-lined schooner in the bay. “She awaits, Sir, ‘tis time we went aboard.”

The Rogue inclined his head, taking one of her slim hands in both his large ones and gently brushing it with his lips. Sliding a protective arm around her, he led the way down the dock, where a rowboat from the schooner *Satin’s Dream* lay waiting to take her mistress back where she belonged.

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FUN CRIB DAY

Where: Unit C172 - Sarcee Meadows

When: Every Wednesday from 1pm-4pm

Who: Everyone is welcome; Young & 01~ Male & Female

Why: The goal is to have fun and friendly competition. It is a great way to meet folks in the neighbourhood and make new friends!

How: Contact Don Gellatly at (403) 813-5682 to book your seat at the table.

RULES

- Standard Cribbage rules, 100pt scoring system.
- \$2 per entry. \$5 paid to 1st place, \$2 to 2nd, \$1 to progressive pot 28-29
- 3 players needed to start a game, plus host. Guarantee 2 sessions.
- If there is a waiting list of three players, they move in and play 2 sessions. The first group goes to the top of the list.

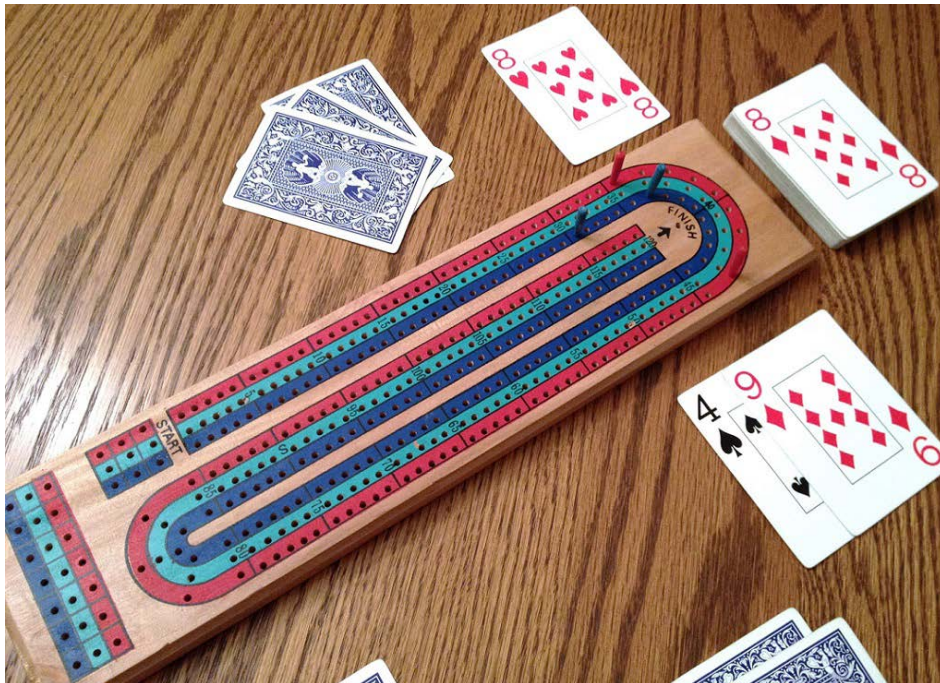
Please let the host know by Monday if you can't make it.

Please find your own spare if forced to cancel last minute.

Please respect each other, no rough language or harassment.

Hope to see lots of people. Come and have a fun afternoon!

Don Gellatly



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Education & Awareness

Christmas Carols - “The 12 Days of Christmas” & “White Christmas”

Respectfully submitted by Wendy Thomson.

I wanted to find out who wrote these two famous Christmas carols and thought I would share what I found out with you.

The “12 Days of Christmas” references the 12 days following Christmas, also known as Twelvetide in Christianity. The period begins with the birth of Christ on December 25 and ends with the coming of the three Wisemen on January 6, also known as Epiphany or Three Kings Day. The weeks before Christmas are known as Advent - hence, the creation of Advent calendars.

The first appearance of the song was in an English Children’s book “Mirth With-out Mischief” which was published in 1780. Most historians believe that the Christmas carol started out as a “memory-and-forfeit” game in 1800’s England. In 1909 Frederic Austin was known to popularize the arrangement of the song we know today.

The lyrics for the song are: A Partridge in a Pear Tree, 2 Turtle Doves, 3 French Hens, 4 Calling Birds, 5 Golden Rings, 6 Geese A-laying, 7 Swans A-swimming, 8 Maids A-milking, 9 Ladies Dancing, 10 Lords A-leaping, 11 Pipers Piping, and 12 Drummers Drumming.

Here is a fun fact about the “12 Days of Christmas” tune. Since 1984 PNC Bank has been tracking the price of each gift mentioned in the song. The PNC Bank Price Index uses current market rates to calculate the

cost of each gift and if you gave someone every gift mentioned in the song it would cost you approximately \$41,205.58. Partly, this is because swans are very expensive (\$1,875.00 each).

“White Christmas” was written by Irving Berlin, a Russian-born immigrant who, interestingly enough, did not celebrate Christmas as he was Jewish. Berlin’s three-week old son had died on Christmas Day in 1928, so every year on December 25, he and his wife visited their baby’s grave. The kind of deep secret of the song may be that he was responding in some way to his melancholy about the loss of his son.

The song “White Christmas” was written by Berlin for the musical film “Holiday Inn” released in 1942. Accounts vary as to when Berlin wrote the song, but one story suggests that he wrote it in 1940. The first public appearance of the song was by Bing Crosby on his NBC radio show “The Kraft Music Hall” on Christmas Day, 1941.

Bing Crosby sang this song in the films “White Christmas” and “Holiday Inn” and over the years “White Christmas” has been sung by many with the version sung by Bing Crosby being the world’s best-selling single.

I have no doubt these carols will continue to be sung for many years to come.



Image designed by Freepik



The Best Light Show of the Year!

Respectfully submitted by Megan Jovie

The Geminids meteor shower is considered to be one of earth's most spectacular and reliable annual meteor showers! It has already begun, and lasts from around December 4th to 20th, but this year its peak will be on the night of December 13th - 14th. Under perfect conditions (a clear sky and new moon), up to 120 meteors will be visible per hour! Though the moon conditions are not perfect this year, with a nearly full waning gibbous, with clear skies it is likely we will still see around 30 - 40 meteors per hour.

The shower is named Geminids after the constellation, Gemini, since it appears to originate from there from our perspective on the earth. The constellation is not actually the source for the shower, but it is a useful tool for casual viewers to locate the best viewing space. The shower actually comes from an asteroid called 3200 Phaethon, which orbits the sun, and completes an orbit about once every 1.4 years. As it orbits, it leaves behind small bits and pieces of itself that flake off as it travels through space, which hang suspended in the vacuum of space. Then, every December, as the earth orbits the sun, we pass through this trail of discarded asteroid pieces, which strike our atmosphere and light up the night sky.

The shower will be visible all over the world, and is best viewed at night or in the pre-dawn hours, starting around 9 or 10pm. For the best viewing, find an area well away from the light pollution of the city, and lie down on your back with your feet facing south. It can take around 30 minutes for your eyes to adjust fully to the dark, so be sure to wear warm clothes and bring blankets!



Hanukkah

Respectfully submitted by Slawa Gruszczynska

Hanukkah is an eight day Jewish festival, also known as the festival of lights. The reason for Hanukkah is based on the story of the Maccabees battle with Greeks. It is told that one pure bottle of olive oil lasted for eight days in the Holy Temple in Jerusalem. It should have lasted only for the first day. (www.wincalendar.com/ca/hanukkah) This phenomenon is considered a miracle.

Maccabees was a priestly family leading a Jewish revolt that begun in 168 B.C. against Hellenism and Syrian rule and reigning over Palestine from 142 B.C to 63 B.C. (www.google.com/search?q=maccabees)

This year, Hanukkah begins at sunset on Sunday, December 18, 2022 and ends at sunset on Monday, December 26, 2022. On each day one candle is lit each night for eight nights on Menorah (an eight branched candelabra).

In Calgary, during the Hanukkah celebrations, one prominent Menorah is set up at the entrance to Heritage Park and one at the Municipal Building, where traditionally the Jewish community and Calgarians gather to celebrate the start of Hanukkah.

In memory of joyful occasion several families display Menorah in their windows with lit candles.

Each day, while one of the eight candles are lit, several traditional foods are enjoyed around the table with family and friends. Millions of sufganiyot (jelly donuts) are eaten in Israel and around the globe, as well as potato pancakes (Latkes) and Fudge Cakes. Kosher wine is shared as well.

Gifts for children are exchanged and traditional songs are enjoyed. The most popular song is called Maoz Zur, 'The Rock of our Salvation'. (www.wincalendar.com/ca/Hanukkah)

One of the most popular games played during this Jewish holiday of lights, is the Dreidel game. Dreidel is a wooden spinning top, four sided. On each side there is a letter from Hebrew alphabet written and it stands for Nun, Gimel, Hay and Pay – which stands for Nais Gadol Hayah Poh – “a Great miracle happened here”. (www.wincalendar.com/ca/Hanukkah)

For the past 34 years, Calgary Jewish community celebrates annual Menorah lighting at City Hall. Leaders from three levels of governments, Calgarians and visitors are invited to initiate this joyful celebration.

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.

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



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



Fox Painting Ltd:

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding,



caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial. Contact Derek Adamski for a quote – Office Phone – 403-203-4044, Cellphone – 403-616-7044, Email derekadamski@shaw.ca

Knife Sharpening:

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.



House Cleaning:

- 2 Bedroom \$90
- 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

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

American Styles Painting LLC:

Professional Painting Services

Gramoz Halili

Interior/exterior Painting

Commercial & Residential

Phone (403) 909-4223

gramozhalili@hotmail.co.uk

**Moments Fashion Solutions:**

Need Alterations?

Italian Leather Products

Baby Boots

Contact Marzena

403-397-3779

www.momentsfashion.com



Happy Holidays

Pharmacy Assistance:

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?

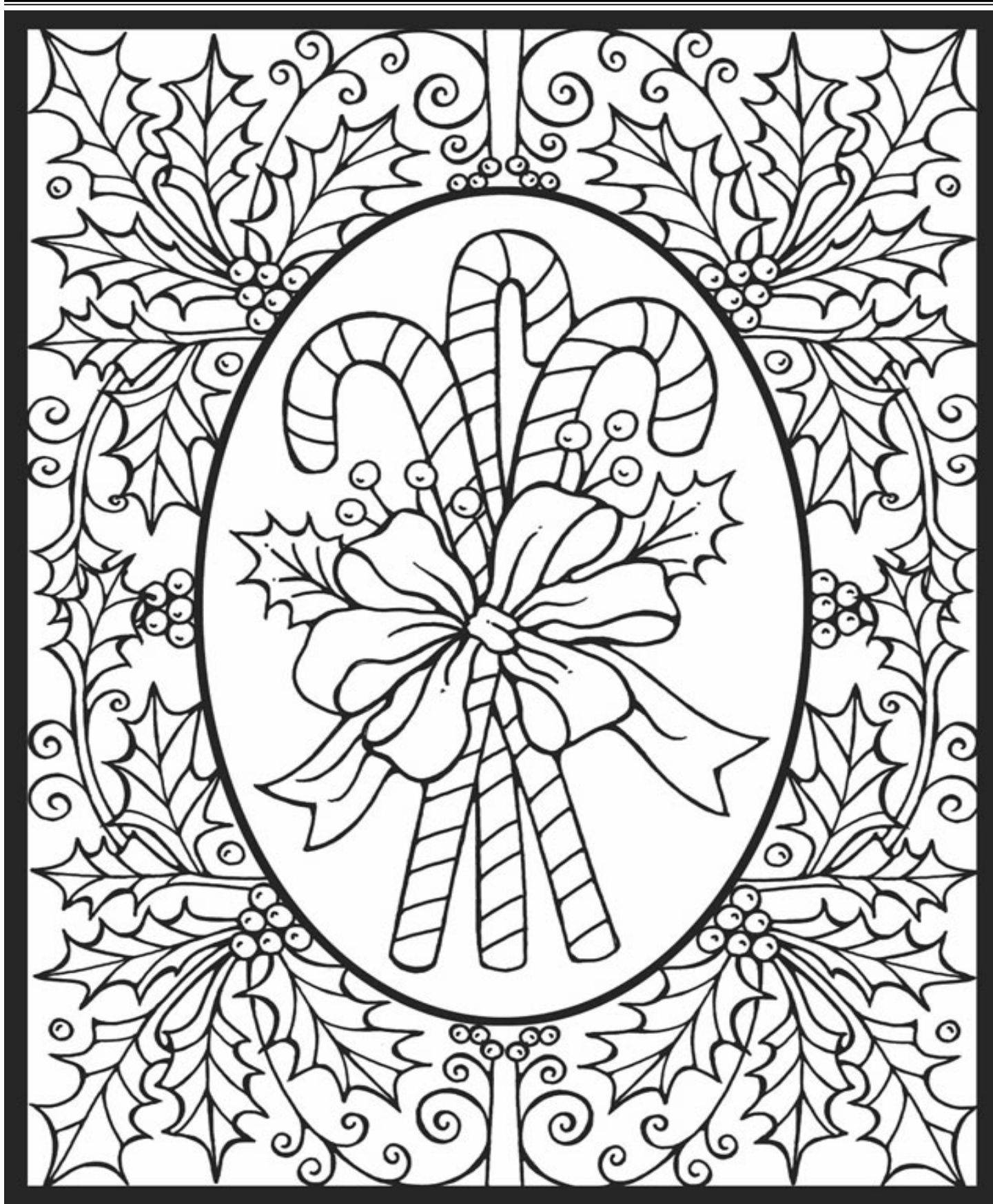
Did you ever need to go to the pharmacy or the doctor's office only to get a medication injected?

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!



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

Grievance & Resolution

Chair: Mikayla Foucault

Education, Involvement, & Awards

Chair: Arlene Floyd & Garry Sluiter

Board Liaison: Musu Dadi

Membership

Chair: Annalise Schwaiger

Board Liaison: Helen Serrurier

Elections

Chair: Marie Forester

Newsletter

Chair: Wendy Thomson & Margaret Van der Meer

Board Liaison: Megan Jovie

Entertainment and Social Events

Chair: Sonya Nadon

Board Liaison: Jesse Harris

Personnel

Chair: Karen Schwaiger

Board Liaison: Joanne Mick

Environment

Chair: Russ Chandler

Board Liaison: Chris Severs0n-Baker

Property Maintenance

Chair: Al Wright

Board Liaison: Jesse Harris

Finance

Chair: Christine Langford

Board Liaison: Jeremy Hart (Treasurer)

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

Lobbying Committee

Chair: Astrid Deslandes

Funding Task Force

Board Liaison: Helen Serrurier

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing janine@sar-ceemeadows.coop





SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.



You! Are Key to The Success of Our Co-operative!
NOTICE of
UPCOMING ELECTION for THREE (3) UNFILLED POSITIONS
on SARCEE MEADOWS BOARD of DIRECTORS

As a result of the normal rotation of our Board, there will be -THREE (3) – three-year terms opening at the Board table.

Elections will be held at our Annual General Meeting on Wednesday January 25th, 2023.

WE NEED SMHC MEMBERS TO COME FORWARD AND SERVE!!!

Serving a board term is a great way to gain some valuable experience, new skills, and a chance to make a difference.

Please consider this OPPORTUNITY and allow your name to stand for a board position.

For Sarcee Meadows - Diversity is a Fact ... Inclusion is a Choice – please, choose to be a candidate. All our Members possess a wealth of background knowledge and experiences that are valuable to our Co-operative. **EVERYONE** is always needed to continue building our housing cooperative into all that it can be.

Your Voice is important - Looking Forward to Your Participation!

You are eligible to run for one of these positions if:

- You are a registered shareholder
- You are a member in good standing
- You are 18 or over.

We encourage you to file your Application as soon as possible, and email it to janine@sarceemeadows.coop or drop it off at the office (B50) – Submit by Deadline:

Thursday, December 22nd, 2022

If you have any questions, please phone or email the Elections Committee or the office.

For complete information on the position of SMHC director, please read your copy of Sarcee Meadows Housing Co-operative Ltd. By-laws - Page 16. (8.1 to 8.16) Board of Directors, (9.1 to 9.8) Board Meetings (10.1 to 10.6) Officers and Duties.

**SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.
APPLICATION FOR THE POSITION OF
DIRECTORS OF SMHC**

NAME

UNIT #

To help our members determine their voting choices, please tell us a little about yourself and your reason for wanting to serve on the SMHC board of directors.

I verify that, as per Sarcee Meadows Housing Cooperative Ltd. Bylaws Sections 8.3 and 8.11, I am eligible to serve on the SMHC Board of Directors.

I accept the nomination for Director of Sarcee Meadows Housing Co-operative and have read and understood the Ethical Conduct Agreement. (Copy is available from B50)

If elected, I will provide a Police Information Check and will sign the Ethical Conduct Agreement for Directors of Sarcee Meadows Housing Co-operative Ltd.

SIGNATURE

DATE