

Connections

Your SMHC Newsletter

February 2023

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BOARD OF DIRECTORS REPORT

February is ♥ heart month ...

Heartfelt thanks to all the members who attended the hybrid January Annual General Meeting.

Marie Forrester and her elections team, Barb and Rita, ran another successful election process...thanks for all your great work.

The Board is pleased to announce the names of the newly elected Board of Directors: Krystal Dafoe, Azhar Manzoor, and re-elected Jeremy Hart.

We welcome you!

Thanks to Joanne Mick and Louay Farag for their outstanding contribution while serving on the Board and wish you well in all your future endeavours. You will be missed!

Happy Valentines Day ♥ to all members and do something you enjoy with your loved ones on Family Day!

Black History month is a time to reflect and learn about black Canadians who made a mark in our Canadian heritage.

Submitted by Helen on behalf of the Board of Directors ♥♥

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.

GENERAL MANAGER'S REPORT

Thank you to everyone who attended the AGM two weeks ago. It was our largest Member turnout not only for an AGM but for any Member's Meeting. Congratulations to our new Board Members, Krystal Dafoe and Azhar Manzoor, and to Jeremy Hart who is returning as our Treasurer.

I also would like to thank our departing Board Members, Joanne Mick and Louay Farag. It has been a pleasure working with both of you for the last two years. Your commitment to our Members and community helped ensure Sarcee Meadows continues as a thriving community.

I'm not going to talk much about the retrofit as a more detailed update will be provided next week. Our request for proposal for construction management is in market and closes Friday February 22nd. From there a group of members will evaluate the responses and select a company to join our project team.

We have also issued the request for proposals for the new auditor. This has been sent to ten different accounting firms and responses are due February 24th. A member of the Finance cCommittee along with Cathy and I will review the responses and provide a recommendation to you at the April Member's Meeting.

Over the last week, each of you will have received a gift card from Rona. These have been sent to each of you by Rona as a thank you for our purchasing the fridges through them and for your patience with some of the logistical challenges that occurred with the delivery. These cards are for \$25 and can only be used at Rona stores (they cannot be used at Lowe's). If you have no need for the card, please consider giving it to the office as we can use them for materials and supplies for the maintenance team.

A couple of members have asked us about Members moving to new units that are larger than the Best Use of Space policy would allow. The Board of Directors did receive and have approved a few exemptions for Members to the Best Use of Space Policy.

We recently have upgraded three of the admin computers. Rather than recycle the old computers we would like to offer them to members who may be looking for one. They are just the computer, keyboard, and mouse. We do not have monitors for them as we did not upgrade them. They have a fresh version of Windows 10 installed on them. If you are interested in one of them, please email me or drop by the office before 4:30pm on Friday February 17th. We will then draw three members names and give them one of the computers.

COFFEE WITH THE GM

Do you still have questions on the Retrofit Project? Or any other topic? Good news, the Coffee with the GM sessions are back!

These sessions are held at B50 and begin at 6:00 pm. The next session dates are as follows:

- Tuesday, February 21, 2023
- Tuesday, March 7, 2023

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. **The shop and office will be closed on Monday February 20, 2023 for Family Day.**

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®

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.

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.

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.

Lost Mail: We often get mail delivered to the office that has missing or incomplete unit numbers. As much as possible we endeavor to get these mail items to you once we identify the correct unit. However, we are not always successful. It is important that you ensure that all entities you deal with have your correct and complete address. It is always important that you notify the office of all residents living in your unit. This is necessary for various reasons, but if mail comes in with a missing unit and a name we cannot identify, these items are marked “Return to Sender” and put back in the mail adding further delays in getting these items to you.

TIPS FROM THE MAINTENANCE TEAM

Maintenance Supervisor: Do you know how to shut down your water in an emergency? If not, call the office and arrange for someone to come by and locate the shut off for you so that you are aware.

General: Remember to check your weather stripping and threshold seals for wear and call the office if you can feel a draft.

Plumbing: When placing a work order please be descriptive with details e.g., does your faucet have one handle or two? Bathroom sink or kitchen sink? This will help determine what we need to bring with us to do the repair.

Carpentry: If your cabinet doors are loose, call in a work order. Leaving them may cause damage, which you could be charged for.

Cabinetry: Please be mindful of cleaning up after your pets, particularly if they have pooped on the sidewalks. This can be a problem for both our Maintenance Team and our members if they step in it while out and about in the co-op!

Electrical: If you have had a breaker trip more than twice it will likely need replacing as they get weaker each time. Please call in a work order for this.

HVAC: Notify office if your furnace servicing has been scheduled and you have a Humidifier, that way we know we will be servicing the humidifier as well.

If you will be away from your home for an extended period in the winter months do not turn your furnace off! Setting your thermostat in the range of 15°C to 18 °C will ensure that pipes don't freeze while you are away.

Committee Reports

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE:

Follow up to the quiz on Garbage-Mixed Recycling-Compost: Another Look at What Goes Where

For those that submitted an entry, thank you for your participation (all 4 of you). Congratulations to the winners of a gift card from London Drugs – Connie Fowle, Laurie Griffin, and Tony Hill. For the rest of you, we hope that you at least looked at the quiz and thought about each item. We also hope that you reviewed and kept the information pamphlet, ***How to Use Your Carts***, that we requested from the City and had distributed to every household.

***You have the information you need,
so now we ask you (again) to use it.***

Here are some items that we want to emphasize:

- Large bags, filled with paper, cardboard, plastic, etc. NO, NO! Recycle loose items only, nothing bagged. Bagged items will end up in the landfill.
- Boxes, cardboard – flatten if you can to leave more room for other items.
- Wood products, such as boards, drawers, etc. - are Garbage.
- Refundable cans, bottles, cartons – please bag and give to a neighbor to return for refund if you don't want to or are unable to return them yourself. We are trying to discourage bottle-pickers from going through our bins.
- Metal items, other than tin cans – are Garbage.
- Large branches – leave out for our arborist to take away. Small branches, less than 4 feet long, can be placed in the Compost bins.
- Kitty Litter – double bag in compostable bags and place in Compost.

***Let's all do our part to use our bins wisely
and with attention to detail.***

Education, Involvement and Awards Committee

CSI (CO-OP SENIORS INTERESTS) COMMITTEE

Our committee recently held their first meeting of 2023. We welcomed back our committee members to begin a new year of discussions on issues that affect our Seniors living in Sarcee Meadows. We all agreed that the Senior's Holiday Social Tea held on December 4, 2022 was a wonderful event and all those who attended enjoyed visiting with friends and neighbors whom they had not seen for a few years due to the 'nasty Covid-19'. The treats were delicious and the fun and laughter was great to see and hear! You may look forward to attending another Senior's Social this year. So, stay tuned! We are planning something!!

Winter is still with us and the days of snow and ice have not gone away despite the pleasant temperatures. The Grounds Guys are doing a great job of keeping the sidewalks safe but, you still need to be very careful out there. Ice melt is available at the office for your use on icy spots.

Did you know? Seniors who are facing, or have mobility issues and are unable to attend the General Members' Meetings should consider writing a letter to the Board of Directors and asking for an exemption to attending the meetings. This way you do not lose your Member in Good Standing status. The next General Member's Meeting will be in April 2023. The exact date is yet to be determined. Watch for updates!

Reminder! The Building Retrofit Project can have some confusing issues. Your questions on this, or any question at all as they pertain to Sarcee Meadows, can be answered by attending one or more of Jon's Coffee with the General Manager sessions. The next Coffee dates are February 21 and March 7 / 2023 at 6:00 PM at B50. See you there!!

Well, February is here and March and spring cannot be too far behind so we can look forward to seeing and hearing the first spring birds. In the meantime, Happy Valentine's Day and Happy Family Day everyone. Enjoy the day!!

NEWSLETTER COMMITTEE:

January, for the most part, has been fairly good temperature-wise, allowing so many of us to get outside and enjoy the many winter activities available to us. Let's see what February has in store for us!

In this issue we have included some awareness articles as well as some other articles we hope you will enjoy reading. Please send us your ideas for articles and if you are interested in joining a Committee this year, please consider becoming a volunteer on the Newsletter Committee. We would be happy to have you join us!

Happy Valentine's Day and Happy Family Day!



ENTERTAINMENT & SOCIAL EVENTS

COMMITTEE:

As we look forward to a new year full of fun activities, the first item on the Agenda is Easter! This year, we will host an Easter Egg Hunt on Saturday, April 8th, 2023. Keep an eye out for the Easter Bunny, who will make a special appearance! More information on this spectacular event is to come.



We have also begun planning for the Volunteer Appreciation Dinner. In celebration of the hard work all our volunteers have put in during 2022, we are planning a dinner in May or June. There will be more information on this event in the future.



The fun does not stop there! Although there has not been a date set yet, we are planning on having our Annual Lawn Sale. We have lively summer plans, with our Stampede breakfast happening on July 15th and a Summer BBQ on August 19th. Planning further into the year, we also plan to have our Halloween event on October 31st. We sincerely hope you enjoyed the events last year and are excited to provide even more fun in the new year!



ELECTIONS COMMITTEE:

READY TO GO!

Congratulations and thank-yous go out to the candidates, Krystal Dafoe, Jeremy Hart and Azhar Manzoor who were elected to three year terms on the SMHC Board of Directors at our Annual General Meeting, 2023.

Congratulations as well to Attila Bardos, who also stood as a candidate. It was a very tight race, with four very qualified people wanting to serve. We are very fortunate to have these members in our midst!

We're also extending our appreciation to Louay Farag, Joanne Mick and Jeremy Hart for successfully completing their terms of office ... with Honors!!! Best wishes as well to Chris Severson-Baker, Musu Dadi, Kelly Edwards, Jessie Harris, Megan Jovie, and Helen Serrurier for their continuing service. Much important decision making and lots of hard work were the norm during this last session in office for all of our Directors but they carried on so very positively and actively on our behalf.

Many thanks as well to the membership who carefully considered and registered their votes. We had a record turnout for an Annual General Meeting! Thanks too, to our volunteer scrutineers at the church hall and to GetQuorum for taking us through the process on-line.

As always, much gratitude to our Office staff for their professional and cheerful support in the mandated process.

Not wasting any time ... this newly elected board is meeting to reorganize, accept committee responsibilities and familiarize themselves with our bylaws, policies and procedures.

They are looking forward to doing much good work in their appointed terms. We know that everyone wishes them all good luck and success.

Elections Committee

Rita Carlson, Barb Nehring, Marie Forester



Community News

RUTLAND PARK COMMUNITY ASSOCIATION

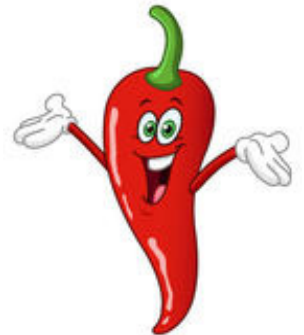


Rutland Park, Currie and Lincoln Park Chili Cook-off!

Think you have what it takes to win the coveted RPCA Chili Championship? Then put your Chili up to the test! Bring in a crock pot full of your finest (dress it up a little too if you want) and pit it against your fellow neighbour in the year's foremost culinary cook off!

Saturday, February 25th, 2023
3:00 to 5:00 pm

Show off your cooking skills!
Challenge your friends to submit a chili too!
Bring your family and friends!
Win Prizes!
Have Fun!



Prizes for best overall chilli, spiciest, vegetarian and original presentation.

If you are not the cooking type, bring your empty tummy and an open mind and help judge this year's contenders.

Make sure to drop off your entry off by 2:45, judging will begin at 3:00 pm and end at 4:30 pm. Winners will be announced around 4:45.

Admission is free with chili submission OR \$2.00 per person (including children over 5)

Refreshments will be provided.

Please visit the Rutland Park Community Association Facebook page for more details or email socialevents@rutlandparkcommunity.com.

**Event is open to all Rutland Park Community Association members and their friends and family. Memberships can be purchased at www.rutlandparkcommunity.com. (Individual \$5 per year/ family \$15 per year)*

Winter Education Event

Saturday, March 4, 2023

ONLINE via Zoom
9:45 AM - 3:00 PM



MORNING WORKSHOPS 10 AM - NOON

Board Course Part 1 with Susan Clayton (This is part 1 of a 2-part workshop)

This workshop focuses on the Board's role in Management and Governance. It is a great way to introduce board members to their position or to inform potential candidates of what is involved. It also serves as a great refresher for those who have been around for a while and will provide practical ideas to help boards, members and staff work effectively together.

Whether you currently serve on a committee or want to get involved and learn more about how the board functions, this session is a stepping stone for future involvement on the board. Core management standards will be reviewed and the following topics will be discussed:

- What is Good Management
- What is Sound Management
- The role of the Board
- Useful Tools
- Legal Obligations
- Succession

Comm'UNITY' - Creating Greater Communities Through Respect and Cooperation with Dani Driusso

This workshop will address skills of communication, compassion and respect in your communities. The goal of this workshop is to strengthen the relationships of the people you share space with. We will look at how you can see your own role in your community and how you can participate in building spaces of respect. The skills of this workshop will be transferable to every area of your life beyond the co-op.



"The whole purpose of education is to turn mirrors into windows."
—Sydney J. Harris

AFTERNOON WORKSHOPS 1 - 3 PM

Risk Management: How to Help Keep Your Co-op Safe with Owen Carnahan

Preventable damages to a building can be expensive to repair and can have a negative effect on the sustainability of a co-op.

What starts off as a small problem, can soon escalate into a catastrophe. Equip your co-op with the knowledge it needs to become aware of the common risks around their units in order to help it avoid costly and complicated insurance claims.

Learn what risk management means for co-ops, how you can help make co-ops and members safer by identifying and fixing risks, and how the co-op can even save some money on insurance premiums.

Board Course Part 2 with Susan Clayton (This is Part 2 of a 2-part workshop)

A continuation from the morning session, Board Course Part 1.

Everything you Need to Know About Your Co-ops Finances with Della Brown

This workshop will provide you with knowledge in three key areas of doing business as housing co-operatives. First, you will learn the importance of monitoring your monthly financial health.

The next portion of this workshop will then focus on what happens as your co-op's financial year-end approaches and how important key information is for your yearly audit.

Thirdly, programs that are offered to our members with Connect First will be discussed.



Co-operative Housing Federation of Canada
Fédération de l'habitation coopérative du Canada



DANIDRIUSSO Dani Driusso is an author, speaker and educator who has worked in various industries teaching confidence, leadership and communication skills for 8+ years. Dani has worked with youth and emerging leaders in various capacities to build these skills through process based theatre. She also works with individuals to develop skills of intentional leadership through non-profit environments, corporate environments and entrepreneurial spaces. The perspective she brings to this work is through a trauma aware and informed lens that helps bring nuance to spaces where there is diverse lived experience. Her approach is fun, educational and digestible.



DELLA BROWN has been working with SACHA as a Financial Advisor and bookkeeper for over ten years. Della has worked in finances and business management for over 30 years. She provides bookkeeping and financial knowledge for numerous housing co-operatives as well as other industries. Della was an active member in a large housing co-op for 14 years.



OWEN CARNAHAN is currently the Risk Management Co-ordinator for CHF Canada's Risk Management program in partnership with The Co-operators Insurance. Owen has worked for CHF Canada for the past four years helping to administer the Risk Management Program for our members, and he has ten years of experience in adjusting insurance claims under homeowners and commercial property policies. Owen has Bachelor of Arts in Economics and has completed a certificate in Risk Management.



SUSAN CLAYTON is a consultant specializing in not-for-profit board education and especially enjoys working with SACHA. She has a strong background in co-op housing policy and procedures. Susan has been a housing co-op member for more than 30 years.

Registration Information

ABOUT THE EVENT

The 2023 Winter Education Event is taking place online via Zoom. All attendees will be required to register for the event through an online link and attendance to the event will be virtual. Access to the internet from a laptop, desktop computer or mobile device will be required to register and attend. In case you do not have access to the internet from your home, here are some alternative options:

- The office at your co-operative
- Any Calgary Public Library location
- Through a friend, neighbour or relative

FEES

Contact your co-op's office or Board to review their policy on funding and the registration process. Most co-ops have an education budget that allows the co-op to pay for member training and education. Your co-op will submit the registrations to SACHA. Individual members can pay for their own registration, if their co-op does not have funds available. Payment will be requested via invoice after the event.

- Members of SACHA (per person) \$75 + GST
- Members of SACHA who are 35 and under (per person) \$37.50 + GST
- Non-SACHA members (per person) \$100 + GST

CANCELLATIONS & REFUNDS

Workshop fees are not refundable unless the workshop has to be cancelled due to insufficient registrations. If the person registered cannot attend their workshop, they or their co-op should find someone else to attend in their place.

HOW TO REGISTER

1. Go to this Zoom link online:
<https://us02web.zoom.us/meeting/register/tZYucuGhrT4uG9eDuiBAZg1w-bs3n9sLleoZ>
2. Complete the registration information.
3. Select one workshop in the Morning Workshop time slot.
4. Select one workshop in the Afternoon Workshop time slot.
5. Receive a notification from Zoom with the meeting link.

PLEASE NOTE

- The registration deadline is **March 1st, 2023**
- The Board Course is a full day workshop split into two sessions, attendees who register for this workshop will need to attend both Part 1 and Part 2.
- A separate registration form is required for each person attending
- The registration link can also be accessed on SACHA's [website](#) and [Facebook page](#).
- Ensure to sign into the meeting event in case you experience technical difficulties
- Contact SACHA via email or phone with any questions

ACCESS 2 CARDS FOR PEOPLE WITH PERMANENT DISABILITIES

Respectfully submitted by Kathy Aubichon

The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at hundreds of participating entertainments, cultural and recreational venues across Canada.

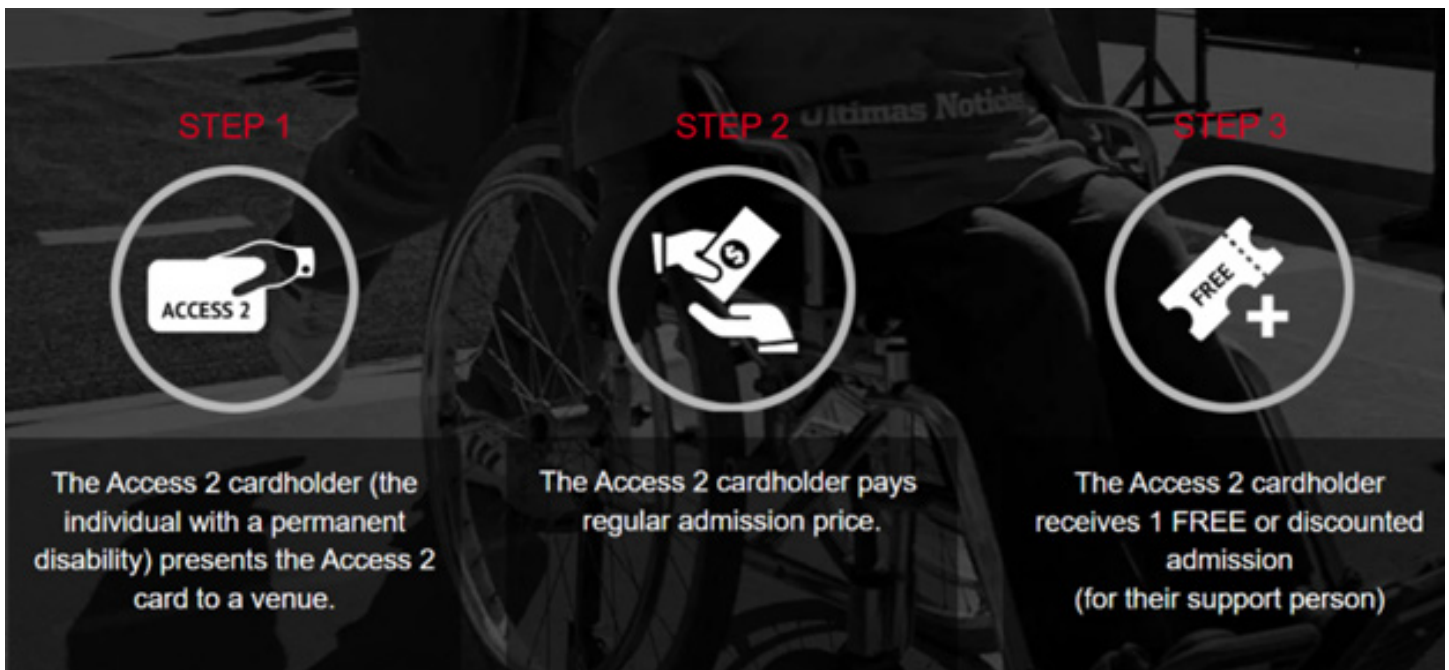
A support person is an adult who accompanies a person with a permanent disability to assist with services that are not provided by the employees at the participating venue, such as assistance with eating, administering medication, communication and use of the facilities.

Access 2 Card holder pays regular admission price and then receives 1 free or discounted admission for their support person at Cineplex movie theatres, Landmark movie theatres, Calgary Philharmonic Orchestra, Calgary Zoo, Heritage Park, Calaway Park and more all across Canada.

The Access 2 card costs only \$20 for 3-years, or \$30 for 5-years and will be valid at all participating venues during that time.

For more information check out this link:

<https://access2card.ca/future-card-holders/>



access2card@easterseals.ca

Office: +1 416 932 8382

Toll Free: +1 877 376 6362

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.

OBITUARY

When a great man dies for years the light he leaves behind him, lies on the paths of men. - Henry Wadsworth Longfellow.

Our family is tremendously sad to announce the passing of our father Richard (Dick) Faraway.

Richard passed away peacefully and was surrounded by love. Richard and his late wife Joan, have been a part of the Sarcee Meadows community for over 50 years.

We were one of the very first families to call this beautiful community our home.

It was the summer of 1971 and with great excitement and anticipation Richard was to move his family of five into a wonderful brand new housing community. My dad was very interested in belonging to a co-operative and fully believed in the model of working together to build a community. He was excited to finally settle his family in a reliable and comfortable community, especially after staying temporarily at the Happy Valley campground while we were waiting for our new home to be completed.

Richard and Joan had to camp with five children, one being myself, then only 2 years old. Needless to say they were really looking forward to having running water and electricity which funny enough they didn't have for the first few weeks. It turns out at the final hour there had been an electrical transformer glitch resulting in no electricity. They had water but no hot water.

My dad would tell the story of our new neighbors, Tommy and Trisha Serediuk, using our camp stove in the backyard to heat up baby bottles for their youngest son Robert.

Richard was an integral part of our community from its very beginnings. He was our first maintenance supervisor. He also, held a long standing spot on our properties board. Following that he served on the Sarcee Meadows board of directors from 1990 - 1996

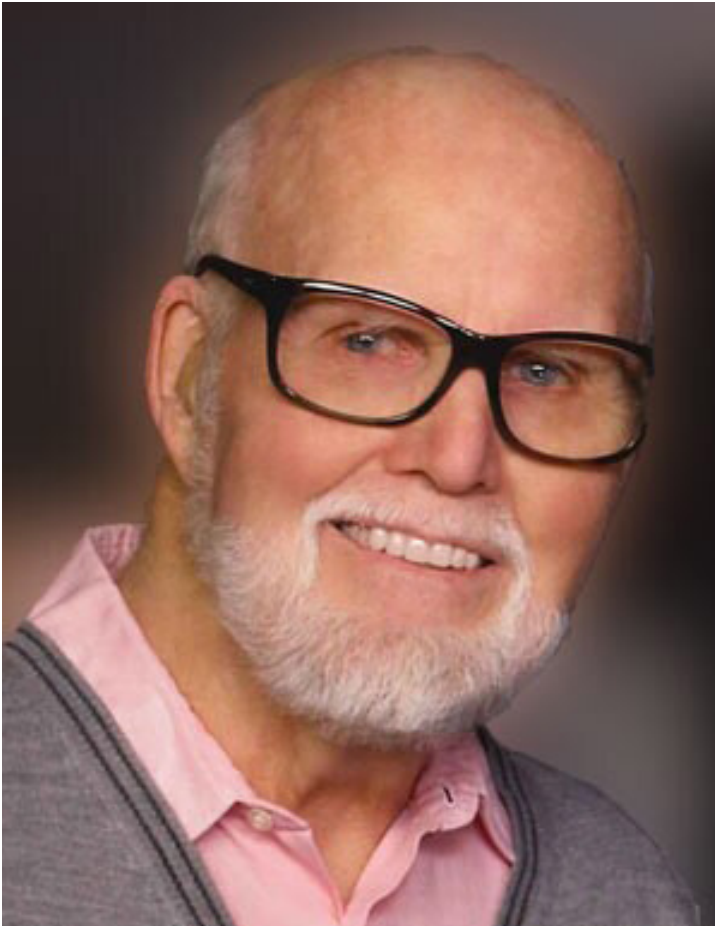
As we say farewell to a good man, and an upstanding citizen in our community, I would like to thank you from the Faraway family for embracing him and always making him feel like he was home here.

For anyone that would like to view his funeral service or send condolences to our family, they can reach out to Sara at baref00ten@hotmail.com



RICHARD FARRAWAY(DICK)

November 20, 1927 - December 29, 2022



Richard Farraway passed away peacefully at home, at the age of 95 years old.

Richard will be dearly missed by his four children, Jo-Ann Newall (John), Kris Farraway, David Farraway (Krista) and Sara-Lynn Farraway (Paul) ; Six grandchildren, Jason, Karly, Kyle, Stevie-Lynn, Zachary and Samuel; twelve great-grandchildren; his brother Tom Farraway (Mary); and a large extended family. He was predeceased by his wife Joan in 2021; daughter Nancy Huntley in 2017; and six siblings Irene, Mary, Elsie, Alice, Keith and Jean.

Richard was born and raised in Hamilton, Ontario. After grade 8, during World War II Richard left school to work and support his family. At age 19, he began serving his mission in Great Britain for the Church of Jesus Christ of Latter-day Saints. He returned to Canada and began working in the Royal Canadian Air Force, where tests indicated his education was beyond high school, in spite of his leaving school at a young age. In May of 1953, while stationed in Montreal, he met Joan Petrie and fell in love. After a brief courtship, they were married and began many adventures together. Richard's time in the RCAF took the family to Germany, Vancouver, Ontario, Cold Lake, AB and finally to Calgary where the family settled in Sarcee Meadows for over 50 years. Richard spent 15 years with

the Canada Post and in addition held positions on the Sarcee Meadows board of directors and the Credit union board. Richard loved a good game of cribbage, family picnics and watching his Hamilton Tiger Cats play. Richard will be remembered as a loving husband, father, grandfather, great grandfather and a well-respected High Priest in his church. Richard was a kind and loving man and would go to any lengths for his family, he will be sorely missed.





Dear Carol Davis,

On behalf of the over 900 members of CHF Canada, please accept my heartfelt thanks for all that you have done for co-op housing over your five decades living, working and volunteering in the sector.

You are one of the original trailblazers of the Canadian co-op housing movement, helping to further the sector on a local, national and international level. It is truly an honour to write this letter of thanks to you, a living co-op housing legend.

Your legacy will be felt by many, for many more years to come. At a local level, your beloved home co-op has benefited from your guidance, dedication and hard work since it opened its doors. Several housing co-ops in Calgary and the local federation itself were developed in part due to your steadfast work. You brought this local development experience to a national level, volunteering on CHF Canada's Board during a very exciting time of co-op housing growth. Perhaps most profoundly, your impact and legacy extends internationally, through your work with Rooftops Canada.

At every level, you have given so much of yourself to the co-op housing movement. It's beautiful and inspiring to know that co-op housing has had such an impact on your life in return.

Thank you Carol, for making co-operative housing your life's work. It is safe to say the co-op housing movement wouldn't be where it is today without dedicated members like yourself.

All the very best in your new home. You are always welcome to attend a CHF Canada AGM if you ever miss your cross Canada co-op family!

Co-operatively,

A handwritten signature in cursive script that reads "Cynthia Mitchell".

Cynthia Mitchell
Program Manager, Membership & Events



**CAROL DAVIS THANK YOU / FAREWELL
PARTY INVITATION**

You're Invited to Celebrate with Us!

Come and Go Tea / Social

**Hosted by Mary Stenhouse, Kathy Aubichon and Carol's daughter
Shannon Telford**

**Our Carol Davis, after 52 years of living in SMHC and making
Co-operative Housing her life's work, is leaving us in February**

Sunday, March 5th

Drop-in 2pm – 4pm

Rutland Park Community Hall

**For more information contact: Kathy Aubichon,
kaubicho@shaw.ca, 403-629-0400**

A TREASURE OF TWO – A SHORT STORY

The sun was just starting to peek over the rocky elevations of the eastern side of Santa Cruz Bay as I made my way at a relaxed pace down the street towards the beach for my morning walk. The small harbour to my left already had numerous empty slips as fishing charters had left earlier taking enthusiasts out to hook the big fish. But there were still plenty of boats rocking gently on their moorings and I enjoyed the rattling, jingling sound of wind through the rigging. Across the road at the craft and souvenir market, shopkeepers were getting ready for the day, pulling racks of merchandise out, opening their doors and happily calling out to one another.

As I made my way down towards the beach, I found myself caught up in the joyful mood of the many hard-working Mexicans that I encountered and I happily returned their greetings of “Hola” and “Buenos Dias” with my own smiles and greetings. I arrived on the beach from in between two buildings close to where the large cruise ship dock reached out down the length of the bay. The dock was an imposing sight even empty like this morning, but when a cruise ship of twelve or fourteen stories tall languished alongside it dominated the view.

Once on the sand, I quickly shed my flip flips and started to walk parallel to the incoming waves. I loved walking there in the morning when the heat wasn’t too intense and when the incoming waves often rose to tickle my toes and ankles with their salt water fingers. On one side the ocean lapped at my bare toes and on the other, serving staff bustled about their beach restaurants arranging tables and chairs and opening umbrellas.

As I strolled along the sand I kept my eyes moving between the sand in front of me and the view to either side. As I was scanning the sand, I caught sight of a bright metallic glint some six feet ahead of me. A few more short steps brought me to the spot and I smiled in wonder at the antique looking yet bright and shiny key as its golden finish caught the rays of the morning sun. I bent down and quickly scooped it up holding it in the palm of my hand to examine it more closely. The key was intricate in design with fancy swirled patterns in each loop on the tri-lobed top. The artifact was in amazingly pristine condition for something that had been languishing in the salt water. But more strange still was the way I felt drawn to it, eagerly running down pathways in my mind as to what it may open, to whom did it belong, why was it lost here.

Pondering all that and more, I turned away from the water, trudging upslope through the dry sand barely looking where I was going as my eyes seemed fixed on my new treasure. I became aware of someone close beside me, matching me stride for stride up the beach. We both turned our eyes to each other at the same moment; he smiled and proffered both hands towards me, holding a small chest between them. The chest was decorated with the same tri-lobed pattern as the key I was clutching and was about five inches wide, eight inches long with a depth between five or six inches. “Hola,” he said, “It seems we have this treasure in common.”

I was speechless for a moment, but indicated a nearby table and stepped towards it. As we were getting settled, I tried to take the measure of this man with such lovely grey-green eyes, salt & pepper hair and a winning smile. He was somewhat taller than me, but I would have guessed only about five feet nine at the most and deeply tanned. I sensed his eyes assessing me also and I felt a blush suffuse my skin, not used to such a close encounter with someone I’d barely met.

He placed the chest on the table between us and nodded to the key I was still clutching tight. I found my voice and at the same time held the key aloft so he could clearly see its tri-lobed top. “It would seem you are correct, the key is a match by pattern to the chest for certain. Of course the final test would be if it opens the lock.” I smiled, and then quickly added, “I’m Margie by the way.”

“Mucho Gusto, Margie,” he said with a grin. “I’m Ben, a fellow fan of morning walks along the water’s edge. I’ve seen you the last couple of mornings.”

“I do love the beach in the mornings and watching Santa Cruz wake up.” I replied. “So would you like to try my key?”

He turned the little chest towards me, saying, “No, you found the key, go ahead and give it a try.”

I fitted the key carefully into the little lock and gently turned it, grinning with anticipation as the lock sprang open. I gave the chest a small turn so we would both have a clear view of what lay inside, then Ben reached out and slowly

Continued from page 17

opened the lid. What lay within made me gasp with delight and at that moment one of the Mexican servers from the beach restaurant where we had seated ourselves arrived between Ben and I, menus in hand and a big smile.

“Hola, Buenos Dias.” He said, “Would you like coffee this morning? And menus for breakfast.”

Ben answered for us both, something I would normally have objected to being my fiercely independent self, but somehow this morning I didn’t mind at all. “Si, two coffees, por favor, señor.” The server smiled warmly, left the menus and went off to get our coffees.

I had barely taken my eyes off the now open little chest during this interruption. Inside, nestled in beautiful golden coloured satin were a pair of wooden carved birds, their bodies and outstretched wings painted in bright eye-catching colours of swirling lines and dots that followed the lines of their feathered wings and rounded bodies. These were well-known Oaxacan Mexico folk art pieces called alebrijes.

I looked up from the chest to meet Ben’s eyes. “They’re birds, alebrijes. I love alebrijes, collect at least one more new animal every time I visit.”

He smiled broadly as he gently lifted one of the two out of its nest; I cupped the other gently in my hands as beneath them, still in the chest we saw a single sheet of folded pale blue paper. Ben picked up the paper, scanned it briefly, he then read aloud.

“You two have found we two. We, who have travelled many days and many miles together keeping each other safe. We have found you even as you have found us and each other. Take heed of the birds that fly free, that fly together in safety. The birds are your beacon, your shining symbol that those who know well how to fly free can also unite and travel this life together.”

Ben looked up at me as he finished reading the cryptic yet surprisingly entirely clear message that accompanied the birds. He handed me the sheet of paper and, as I scanned what was written there, my heart overruled my logical head for a change, a feeling of well-being seeping deep into my soul. Ben grinned as he watched my expression change to one of calm deep contentment.

“Let’s order some breakfast and get to know each other as our new feathered friends suggest.”

I sighed, smiled up at Ben, nodding in agreement. “Breakfast sounds like a perfect start.”

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**SOMETHING FUNNY FOR VALENTINE'S
DAY (WRITTEN BY KIDS)**

**1. HOW DO YOU DECIDE WHO TO
MARRY?**

-You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming.

-- Alan, age 10

-No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

-- Kristen, age 10

**2. WHAT IS THE RIGHT AGE TO GET
MARRIED?**

Twenty-three is the best age because you know the person FOREVER by then.

-- Camille, age 10

**3. HOW CAN A STRANGER TELL IF TWO
PEOPLE ARE MARRIED?**

You might have to guess, based on whether they seem to be yelling at the same kids.

-- Derrick, age 8

**4. WHAT DO YOU THINK YOUR MUM
AND DAD HAVE IN COMMON?**

Both don't want any more kids.

-- Lori, age 8

**5. WHAT DO MOST PEOPLE DO ON A
DATE?**

-Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.

-- Lynnette, age 8 (isn't she a treasure)

-On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date.

-- Martin, age 10

6. WHEN IS IT OKAY TO KISS SOMEONE?

-When they're rich.

-- Pam, age 7

-The law says you have to be eighteen, so I wouldn't want to mess with that.

-- Curt, age 7

-The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do.

-- Howard, age 8

**7. IS IT BETTER TO BE SINGLE OR
MARRIED?**

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

-- Anita, age 9 (bless you child)

**8. HOW WOULD THE WORLD BE
DIFFERENT IF PEOPLE DIDN'T GET
MARRIED?**

There sure would be a lot of kids to explain, wouldn't there?

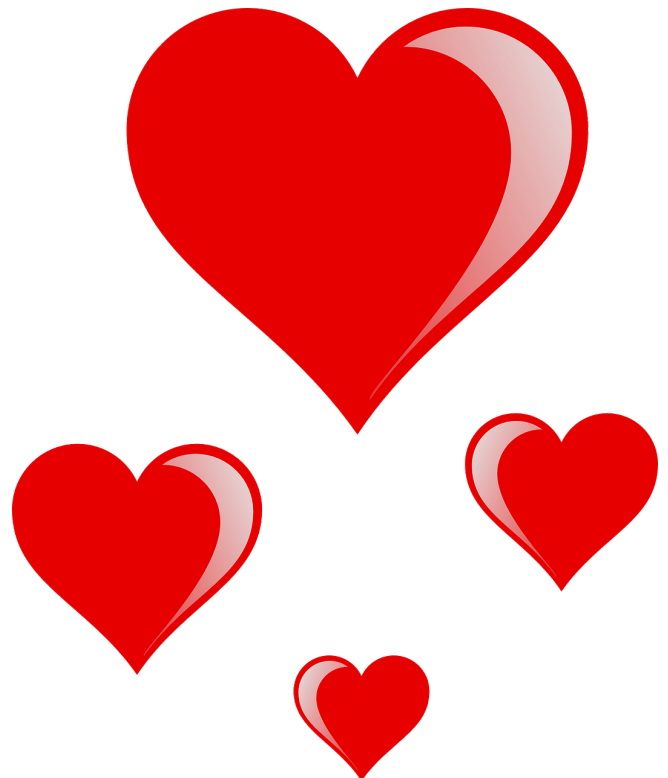
-- Kelvin, age 8

And the #1 Favorite is.....

**9. HOW WOULD YOU MAKE A MARRIAGE
WORK?**

Tell your wife that she looks pretty, even if she looks like a dump truck.

-- Ricky, age 10



Education & Awareness

WORLD HIJAB DAY

Respectfully submitted by Farhath Siddiqui

Did you know that every year since 2013, February 1st has been recognized as “World Hijab Day”? It was started by a New York Muslim woman named Nazma Khan, who had faced lot of bullying and was ridiculed by different names such as “Batman”, and “Ninja” during her high school years. That continued through her university years and further as she had to face those derogatory comments and discriminations. Unable to explain her pain and agony towards the discrimination, she started the whole movement of Hijab Day through social networking. The idea was to foster religious tolerance and understanding the importance of hijab for both non-Muslim women and Non-hijabi Muslim women.



You may now wonder what hijab is and why Muslim women wear it? Hijab is an Arabic word from the root letters ha-ja-ba which means to cover. The headscarf (hijab) is used to cover the hair and body. Whereas the Burqa and Niqab are the covering of entire body including the face. For many Muslim women, the hijab is worn out of a desire to fulfill the commandments of God. Hijab is an obligation as mentioned in the Quran in Chapter 24:31.

Many hijabi (hijab-wearing) women mention reasons for wearing the headscarf; as defined hijab is to hide the beauty(bodily) and preserve her modesty. A modestly dressed woman is free from societal standards that constantly objectify and sexualize her. Hijab is more than a religious symbol for a Muslim woman, since it represents her submission to her creator and faith.

Well, one may wonder, is the hijab only for women? Do men wear hijab too? God command is to embody modesty in dress and character, and this is for every Muslim, including men. While men are not obligated to cover their bodies, they too have specific requirements of dress and behaviour that must be dignified and modest. Both men and women must work on themselves

and each other to maintain the decorum in the society.

Unfortunately, Muslim women have been portrayed as veiled, secluded, and oppressed since centuries due to ignorance. Ironically, Muslim hijabi women of today and throughout history have created incredible legacies from as early as 7th century, Aisha the wife of Prophet Muhammad was a critical voice of scholarship to women. Fatima Al-Fihri was a leader in the 9th century who funded and built the world's first University. Nana Asma'u in the 19th century was a prolific poet and leader. Ibtihaaj Mohammed was the winner of 2016 Olympics for fencing for women. It is important for us to understand the role of hijab in society and why many Muslim women wear it due to their own choices. World Hijab Day not only celebrates the hijab and it's meaning, but more importantly it helps promote understanding and tolerance for our different beliefs and customs.



GROUNDHOG DAY

Respectfully submitted by Megan Jovie

On Thursday February 2nd 2023, a groundhog named Punxsutawney Phil disappointed tens of thousands of onlookers by seeing his shadow and predicting another 6 weeks of winter. While that doesn't seem too remarkable to us living up here in Calgary – 6 weeks feels optimistic to predict the end of winter in Alberta! – there might be hope yet; Phil's track record is less than stellar, with only a 40% accuracy rate over the last decade.

Groundhog Day, while likely not taken seriously by many people outside of its home, is a fun holiday with an interesting history. Here are some fun facts you might not know about our only holiday that revolves around a rodent!

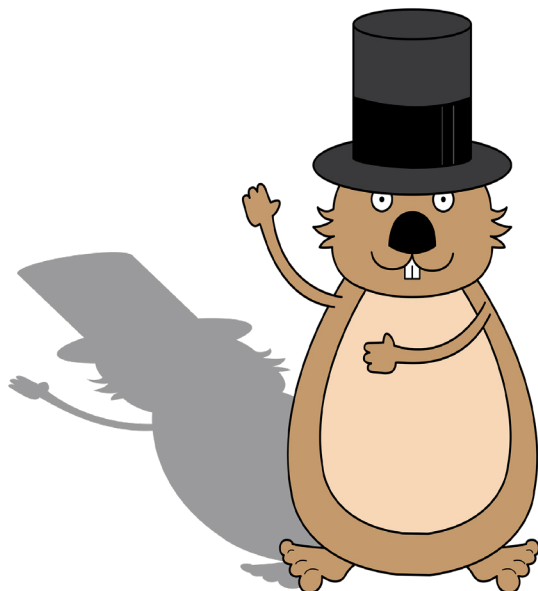
Though the name ‘Groundhog Day’ is thought to have been coined in 1887, the origins of the holiday are ancient; in pre-Christian Europe, the Celts celebrated the festival Imbolc, which marked the beginning of

spring and was likely tied to the breeding cycle of sheep. When Christianity spread through Europe, Imbolc was folded into Candlemas, a feast that celebrates the presentation of Jesus at Jerusalem. Traditional beliefs suggest that a sunny Candlemas foretells 40 more days of cold and snow. In Germany, celebrants would only declare the day adequately sunny if small animals like badgers could see their shadows. When Pennsylvania was colonized by mostly German immigrants, the myth evolved to include groundhogs, which are native to the area.

The Groundhog Club (a group of business men and groundhog hunters) in the town of Punxsutawney in Pennsylvania began marketing Groundhog Day in 1887 in an attempt to draw tourists to the area – this was very successful, as the town is usually home to around 6000 people, but regularly sees crowds of tens of thousands in early February.

Though groundhogs typically only live around 6 years in the wild or up to 14 years in captivity, the Inner Circle of the Groundhog Club, who organize the event every year, maintain that they have been speaking to the same groundhog since 1887. Punxsutawney holds another event called the Groundhog Picnic every summer, where Phil is supposedly fed an 'elixir of life' that magically extends his life another 7 years. Phil's unlucky 'wife', Phyllis, is not offered the same elixir.

Groundhog Day is also something of a historical pageant in Punxsutawney; every year, the Inner Circle don tuxedos and top hats, and conduct the ceremony in a traditional Pennsylvania Dutch dialect (though they apparently also speak to Phil in 'Groundhogese'!).



BLACK CANADIANS

From The Canadian Encyclopedia - reprinted with permission.

Article by Tabitha de Bruin, Published Online: February 19, 2013, Last Edited: July 27, 2021

<http://www.thecanadianencyclopedia.ca/en/article/black-canadians>

Black Canadians, or African Canadians, are people of African or Caribbean ancestry who live in Canada. According to the 2016 Canadian census, 1.2 million Canadians (3.5 per cent of the population) identified as being Black.

This is a summary of Black history in Canada. For more detailed information, please see our articles on Black History in Canada until 1900, Black History in Canada: 1900-1960 and Black History in Canada: 1960 to Present.

See also African Canadians and Caribbean Canadians.

Black History in Canada until the 1900s

Black people have lived in what is now Canada since the 1600s. The earliest Black inhabitants in Canada were enslaved. (See Marie-Joseph Angélique.) By 1759, when British forces conquered New France, over 1,000 enslaved people of African origin had been brought to what is now Canada. Following the American Revolution (1775–83), white Loyalists fled the United States and settled in the Atlantic provinces and what would become Lower Canada [Quebec] and Upper Canada [Ontario]. They brought about 2,000 enslaved Black people with them. At the same time, approximately 3,500 free Black persons emigrated from the US and settled in what became Nova Scotia and New Brunswick. They had won their freedom due to their support for Britain during the American Revolution. (See Black Loyalists in British North America.)

Enslaved and free Black people also fought on the British side in the War of 1812. (See The Coloured Corps: Black Canadians and the War of 1812 and Richard Pierpoint.) Between 1813 and 1816, over 2,000 Black refugees fled from the United States and eventually settled in Nova Scotia and New Brunswick. There they faced hostility, segregation and low-paying jobs. In 1792, almost 1,200 Black Loyalists sailed from Halifax to West Africa, where they founded the new settlement of Freetown in Sierra Leone. (See also The Arrival of Black Loyalists in Nova Scotia; Africville.)

In 1793, Upper Canada passed the Act to Limit Slavery in Upper Canada. The Act did not free any enslaved people but prohibited the importation of enslaved

Continued on page 22

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persons into the province. Enslavement was abolished in most British colonies, including Canada, in 1834.

In 1850, the United States passed the Fugitive Slave Act, which stated that Refugees from enslavement living in the Northern states could be returned to enslavement in the South once captured. Between 1850 and 1860, an estimated 15,000 to 20,000 African Americans settled in Canada. Some fled on their own, while others travelled with help from the Underground Railroad. Most settled in Upper Canada. With the end of slavery in 1865, many of them returned to the US to rejoin their families. Despite the end of enslavement, Black Americans faced continuing legal, social and economic inequalities in the United States. This led some to migrate to Canada in search of a better life. In the west, about 800 free Black people emigrated from California to Vancouver Island in 1858–60. A group of about 1,000 Black people moved from Oklahoma to the prairies, particularly Alberta, in 1909–11.

See also Black History in Canada until 1900.

Black History in Canada: 1900s–1960s

Black people faced discrimination in Canada in housing, employment and access to public services. Many restaurants, hotels, and theatres refused to admit or serve Black Canadians. (See Racial Segregation of Black People in Canada.) In 1910, Canada passed immigration legislation that extended the government's powers to prohibit and deport immigrants. This included anyone considered "unsuited to the climate or requirements of Canada." (See also Order-in-Council P.C. 1911-1324 — the Proposed Ban on Black Immigration to Canada.) For the first half of the 20th century, therefore, few Black people emigrated to Canada.

Many Black Americans moved to Canada's major cities like Montreal, Toronto, Winnipeg and Vancouver. There, a large number worked in Canada's railway industry as train porters. From the 1920s onward, Montreal became an important capital for jazz music. Famous Black Canadian musicians of the period include Oscar Peterson, Daisy Peterson Sweeney, Oliver Jones and Joe Sealy. (See also Rockhead's Paradise.)

Black Canadians participated in both world wars despite racist restrictions. The Black community pressured the Canadian government to let them serve. This notably led to the creation of the No. 2 Construction Battalion during the First World War.

See also Black History in Canada: 1900-1960.



Robert Jamerson and Columbus Bowen

Members of the No. 2 Construction Battalion during the First World War. Photo circa 1916-1918, Amber Valley, Alberta.

(courtesy City of Edmonton Archives/ea-223-92_141)

Black History in Canada: 1960s until Today

In 1967, Canadian immigration policy changed. Immigrants were assessed in terms of education, skills and employment prospects, regardless of race, ethnicity or nationality. Since the 1960s, many qualified immigrants from the Caribbean and Africa have settled in Canada. (See Caribbean Canadians; African Canadians.) According to 2016 census figures, most recent Black immigrants come from Haiti, Nigeria, Jamaica, Cameroon and the Democratic Republic of the Congo. According to Statistics Canada, there were about 1.2 million Black people living in Canada in 2016. Black Canadians formed about 3.5 per cent of the total population.

Racial discrimination has been illegal in Canada for many years. (See Racism, Rights Revolution in Canada, Canadian Charter of Rights and Freedoms.) However, many people argue that systemic racism continues. Also known as institutional racism, it is a form of racism shown through practice (rather than policy) in social and political institutions. This includes practices

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like racial profiling and police carding as well as under-representation in Parliament and in senior business positions. Statistically, Black Canadians are more likely to be unemployed and have a lower average income than other Canadians. They are also more likely than any other racialized minority to be the victim of hate crimes. Black Canadians and their allies continue to challenge racism and inequity in Canada (see Anti-Black Racism in Canada) through legal challenges, social media campaigns, protests and movements like Black Lives Matter. (See Anti-Racism Education in Canada.)

See also *Black History in Canada: 1960 to Present*.

SEASONAL AFFECTIVE DISORDER **(SAD)**

Respectfully submitted by Wendy Thomson.

Seasonal Affective Disorder (SAD) is a form of depression that primarily affects people during the fall and winter months. Triggered by a change in season and less daylight, SAD is more than just feeling blue or lacking energy on cold, winter days. It involves persistent, pervasive symptoms of depression.

Those symptoms may include feeling sad, angry or easily irritable most of the day, nearly every day; lack of interest in social activities once enjoyed; difficulty concentrating; persistent tiredness; lack of energy; and in some cases feeling that life isn't worth living or having suicidal thoughts.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

The specific cause of SAD remains unknown. Some factors that may come into play are:

Your Biological Clock. The reduced level of sunlight in fall and winter may cause winter-onset SAD.

Serotonin Levels. A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin, which may trigger depression.

Melatonin Levels. The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and moods.

It's normal to have some days when you feel down. But if you feel down for days at a time and can't get motivated to do activities you normally enjoy, talk to your healthcare provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

Good news though. Because this condition is seasonal, symptoms will begin to fade as daylight lengthens in the spring. Less commonly, people with the opposite pattern have symptoms that begin in the spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

SAD Risk Factors

Most At-Risk Groups

-  SAD is diagnosed four times more often in women than in men.
-  Those who live farthest from the equator. SAD is more common in areas far north or south of the equator.
-  People with a family history of SAD or other types of depression.
-  People with clinical depression and bipolar disorder.
-  Younger adults.

Image from <https://www.psych.com/seasonal-affective-disorder>

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:

Built in dishwasher in good condition.
Call Robin at (403) 249-8755 after 2:30 pm.

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



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.



For Sale:

Cannon Multifunction Printer, 1 year old, needs black ink. Asking \$40.00

Call 403-242-1934 (B103)



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

Knitted Dish Cloths for Sale:

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

Call Tricia: 403-242-0048

**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

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

Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 12	13 <i>FINANCE COMMITTEE @ 6:00 PM</i>	14	15	16	17	18
19	20	21	22 <i>BOARD OF DIRECTORS @ 6:30 PM</i>	23	24	25
26	27	28	MARCH 1 <i>PROPERTY MAINTENANCE @ 7:00 PM</i>	2 <i>ENTERTAINMENT & SOCIAL EVENTS @ 7:00 PM</i>	3	4
5	6 <i>NEWSLETTER @ 7:00 PM</i>	7 <i>CSI COMMITTEE @ 1:00 PM</i>	8 <i>PROPERTY ENHANCEMENT @ 7:00 PM</i>	9 <i>EDUCATION, INVOLVEMENT, AWARDS @ 6:30 PM MEMBERSHIP @ 7:00 PM</i>	10	11
12	13	14	15	16	17	18
19	20 <i>FINANCE COMMITTEE @ 6:00 PM</i>	21	22	23	24	25
26	27	28	29 <i>BOARD OF DIRECTORS @ 6:30 PM</i>	30	31	

Contact Information

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 2023-2024

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

Chair: Kathy Aubichon

Board Liaison: Helen Serrurier

Education, Involvement, & Awards

Chair: Arlene Floyd & Garry Sluiter

Board Liaison: Krystal Dafoe

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Sonya Nadon

Board Liaison: Musu Dadi

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: Krystal Dafoe

Property Maintenance

Chair: Al Wright

Board Liaison: Jesse Harris

Property Enhancement (plus Parking and Security)

Chair: Wayne McAdam

Board Liaison: Jesse Harris

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Chris Severson-Baker

Funding Task Force

Board Liaison: Azhar Manzoor

Lobbying Committee

Chair: Astrid Deslandes

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