

Your SMHC Newsletter

Connections

January 2023

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BOARD OF DIRECTORS REPORT:

Welcome to 2023! We hope that everyone has had a chance over the holidays to rest, and that you are heading into the new year rejuvenated and ready to face whatever it brings. This will be a year of exciting and important work in Sarcee Meadows, and we are grateful for the support and confidence membership continues to show in our collective efforts to maintain and improve our community. We look forward to seeing all of you at our Annual General Meeting on Wednesday January 25th at 7:00pm, so we can welcome new directors to the board and continue the work that will preserve our neighbourhood.

As winter weather continues to freeze and thaw us, we'd like to remind everyone that it is not necessary to leave your car plugged in 24/7; if you are driving infrequently, plugging in your vehicle 90 minutes before starting the engine will be sufficient! Conserving power helps reduce energy costs for the community at large, and helps stretch your housing costs further.

Happy new year, and we'll see you all on the 25th!

Respectfully submitted by Megan Jovie on behalf of the SMHC 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

To: Membership
From: Jon Jackson
cc:
Date: January 4, 2023
Re: Retrofit Update – Low Carbon Challenge

This morning we were notified that we were not successful in our application to the Low Carbon Economy Challenge. Here is a short blurb from their notice.

Under the Champions 2022 intake, we received 325 formal proposals accounting for \$1.6 billion in federal funding requested. While the standard of applications we saw was excellent, our mandate to allocate up to \$249 million in the current intake meant that our team was able to select 14% of formal proposals submitted.

We had applied for \$6,513,003 from this program.

While this will obviously impact the funding for the project there are some other changes that have occurred that will lessen the impact of this.

- CMHC has increased their grant amount from \$5,692,973 to \$9,121,912
- CMHC has decreased their interest rate from 2.71% to 2.57%

Financing Analysis:

Cost of Project	\$46,002,000
Reserve Fund Contribution	\$ 3,000,000
CMHC	\$ 9,121,912
FCM	<u>\$ 3,400,000</u>
Total to be financed	\$30,480,088

Debt Financing:

After projected savings for Reserve Fund Contribution (\$80.00/month) and decrease in cost of utilities (\$24.00/month) here is what the monthly debt carrying cost will be. We had told you at the December meeting \$188.80

- 30 year amortization \$214.60 (increase of \$25.80/month)

Next Steps:

Not receiving the Low Carbon Challenge removes the deadline to finish construction by March 31, 2025. This allows us some breathing room. After discussion with the Board, we have decided to pause issuing the RFP for Construction Management. This will allow us to continue to evaluate the cost of the project and seek out additional funding for it. Our goal will be to target issuing the RFP in April with a target of beginning construction in June.

As you know, while the Provincial Government does have an affordable housing program it is very limited and focused on new builds. This slight delay in the project will allow us to continue discussions with the NDP in hopes that they win the provincial election in the Spring. The NDP has already committed that if elected "An Alberta NDP Government will restart the most aggressive affordable housing construction program Alberta has ever seen. From early discussions with Ms. Notley she is very supportive of our project and would look to commit funding to our project.

While extremely disappointing, not receiving this grant allows us more flexibility to continue to secure increased funding for our project.

Thank you,
Jon Jackson

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 6:30pm. The next session dates are as follows:

- Tuesday, January 24, 2023
- Tuesday, February 7, 2023
- 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.

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: 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:



AN UPDATE

Thanks to all who followed our Election notices this fall and then thought about becoming a candidate for the SMHC Board.

We are all fortunate to have willing members who responded by sending in their application papers.

Sending out sincere thank-you's to our four nominees for [three] 3-year terms on the 2023 Board of Directors:

Attila Bardos

Azhar Manzoor

Jeremy Hart

Krystal Dafoe

They will be on both the in-person and the electronic ballot at our Annual General Meeting, Wednesday January 25th, 2023.

Again, this year, we are really looking forward to your attendance and participation in the SMHC election process!

Elections Committee 2023



NEWSLETTER COMMITTEE:

We hope you all had a wonderful holiday and were able to spend time with family and friends. Now we get ready for the changes we are about to see in 2023!



In this edition, we have included some articles that we hope you will enjoy reading. We welcome your comments and ideas for future articles to share with our members. Stay tuned for upcoming contests we will be including for this year.

The Newsletter Committee will always be happy to welcome new members if you are considering joining a committee in 2023!

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE:

Thank You

Have you have been on the receiving end of some kindness lately? A neighbor looked after your mail while you were away, or helped you in the garden? Why not come down to the B50 office and pick one of our thank you cards (free of charge). Let your neighbor know that their effort is appreciated.

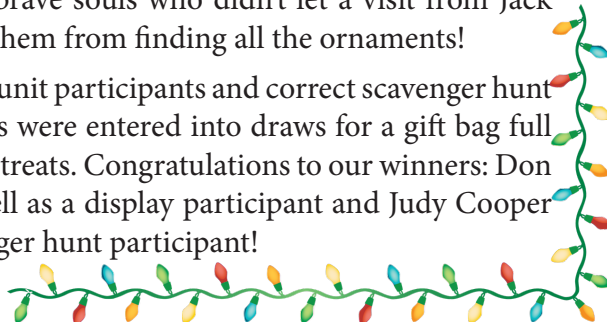


We are fortunate to live in Sarcee Meadows community so let us celebrate those who make it even more enjoyable to do so.

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:

Thank you to everyone who faced December's extreme cold for the Light Up The Meadows Scavenger Hunt! There were lots of beautiful light displays to be seen and a few brave souls who didn't let a visit from Jack Frost stop them from finding all the ornaments!

All display unit participants and correct scavenger hunt participants were entered into draws for a gift bag full of holidays treats. Congratulations to our winners: Don & Metje Bell as a display participant and Judy Cooper as a scavenger hunt participant!



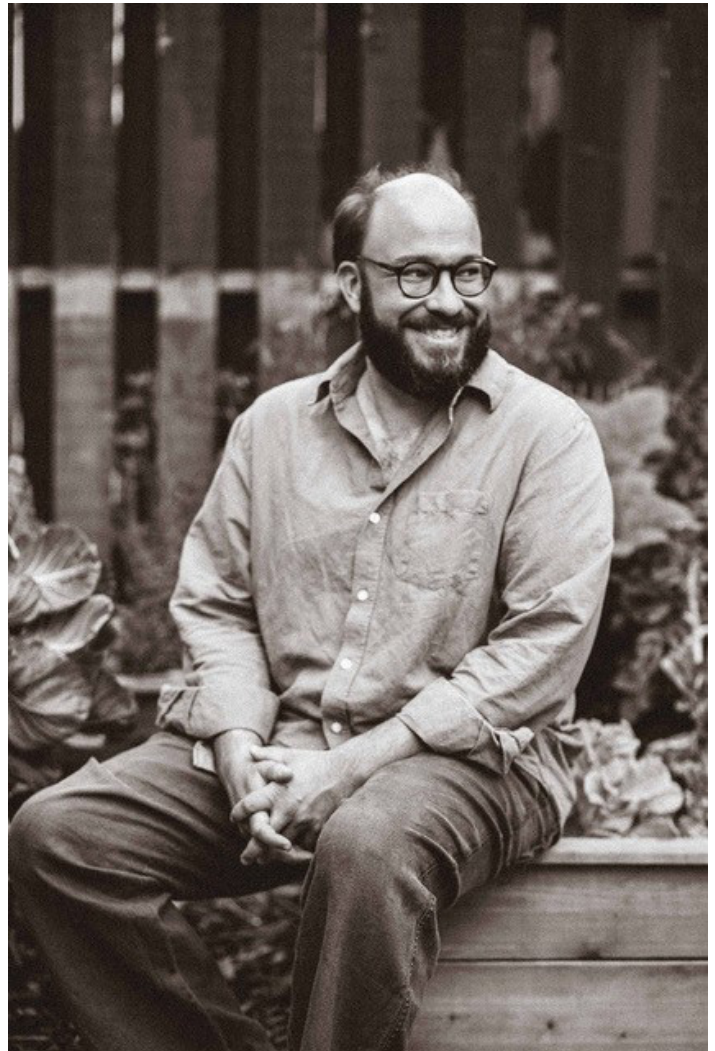
Human Interests

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.

DAVID DICK ~ 1979 - 2022

On November 15, 2022, David G. Dick of Calgary, died suddenly and tragically at the age of 43. David was born the only child of Yolanda Dick and Gordon Dick in Salt Lake, Utah. He is survived by his beloved soulmate Erin Dick-Jensen who grew up in Sarcee Meadows. David was an associate professor of Philosophy and Fellow of the Canadian Centre for Advanced Leadership in Business in the Haskayne School of Business at the University of Calgary, where he was a beloved teacher. David was known for his quick wit, tempered by a judicious sense of tact, and his ready laugh. He loved living in Sarcee Meadows the last three years of his life, and loved introducing himself to and visiting with other co-op members. He would always say Sarcee Meadows was the safest, happiest place he ever lived in. He loved helping Erin with her garden at D256 and watching all the creatures that roam our beautiful co-op, he would sit at the window and enjoy his morning breakfast and coffee and watch for the woodpeckers and the bluejays. He was so excited about the new parcel project for Sarcee Meadows and supported it wholeheartedly as he had hoped to live out a long life here.



IT'S TIME TO SAY GOODBYE

Dear Members:

I have now lived in Sarcee Meadows for nearly 52 years. 52 years ago, I could not have imagined the impact that this housing co-op would have on my life. I went from a shy "Girl Friday" to a leader in the co-operative housing movement in Canada. I was blessed to meet and work with so many people across this country and indeed in several other countries around the world. Who could have imagined it all. I always considered myself fortunate to live in a close-knit caring community. I never thought I would ever leave.

Sometimes life surprises us and we don't get to choose what tomorrow brings. Since June I have suffered through still undiagnosed medical issues which have greatly impacted my mobility. As a result, I made the decision to move to a senior's apartment which will better suit my needs. I feel fortunate that my new home is still close to this community. As of February 1st, my new home will be in Robertson House – 3712 – 37 Street SW.

Because of my involvement in SMHC for so many years I did not want to just disappear without a goodbye. That's the purpose of this letter.

As it turns out my friends Kathy Aubichon and Mary Stenhouse plus my daughter Shannon feel that a social event is in order and they are planning a drop in tea for me at Rutland Park Community Hall on March 5th from 2 to 4 pm. So, if you want to come by for a visit and some goodies please plan to attend.

It sounds like SMHC will be entering another new phase and I wish you well as you continue down the road of providing good quality housing to a wide range of incomes and family types. Good luck in your endeavors.

Carol Davis, K626 (until February)





**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**

Education & Awareness

CHINESE NEW YEAR

Respectfully submitted by Wendy Thomson.

Chinese New Year is a festival that celebrates the beginning of a new year on the traditional lunisolar and solar Chinese calendar. Chinese New Year, also known as Lunar New Year or Spring Festival, is the most important festival in China and a major event in some other East Asian countries. Chinese New Year is on Sunday, January 22, 2023 and is recognized as the Year of the Rabbit, specifically, Water Rabbit.

Celebrations for Chinese New Year traditionally last for 16 days, starting from Chinese New Year's Eve to the Lantern Festival. The first 7 days from January 21st to January 27th, are a public holiday.

Regional customs and traditions vary widely but share the same theme: seeing out the old year and welcoming in the luck and prosperity of a new year. The main Chinese New Year activities include: putting up decorations, offering sacrifices to ancestors, eating reunion dinner with family on New Year's Eve, giving red envelopes and other gifts, firecrackers and fireworks and watching lion and dragon races.

Red is the main color for the festival, as red is believed to be an auspicious color for the Lunar New Year, denoting prosperity and energy - which ward off evil spirits and negativity. Red lanterns hang on the street's red couplets and New Year's pictures are pasted on doors.

Seven Lucky Foods to eat during Chinese New Year are: fish, dumplings, spring rolls, Tangyuan (sweet rice balls), Good Fortune fruit, Niango (glutinous rice cake) and Longevity Noodles.

The most famous traditional greeting for Chinese New Year is the Cantonese kung hei fat choi, literally, happiness and prosperity. In Mandarin that's gongxi facaia.

新年快樂
Happy Chinese New Year

INTERNATIONAL DAY OF EDUCATION – JANUARY 24, 2023

Respectfully submitted by Jenn Jenkinson

Education is the key to the future. You've heard the old saying, "If you give a man a fish, you feed him for a day; if you teach him how to fish, you feed him for a lifetime." Education is a human right and a public good.

UNESCO estimates that 258 million children and youth in the world still do not attend school at all and 617 million children and adolescents cannot read and do basic math. These very basic life skills should be made available to all children everywhere offering a way out of poverty and a brighter future for the children, but also education provides the tools for development and peace on a global scale.

My personal experience with the amazing value of education took place a number of years ago in southern Mexico. In the company of a local guide, who has since become a very dear friend, I and several friends journeyed about two hours up into the Sierra Madre Mountains to visit a tiny village called Tierra Blanca Coruzel perched literally on the mountainside. The people of Tierra Blanca lived simple subsistence lives depending mostly on the fruit, vegetables and other sustenance that their mountain home provided, but those who had travelled down as far as the nearest larger town to find work or to trade good found they wanted something better for their children. As a result with some guidance, they put together a rudimentary schoolhouse and the Mexican government, in a program designed to help educate children, sent newly graduated teachers to them to teach the children. When we first visited I was humbled by the warm welcome and the generosity of these folks. A few of the mothers were making the children a small lunch of boiled rice and goat's milk and we were also given a cup of the food to share; humbling indeed to realize they share when they have so little. We had taken some small gifts with us for the children; boxes of pencil crayons and recorders and there was far more enthusiasm for these small treats than I've seen from some children presented with a new iPad.

Continued on page 9

Continued from page 8

The biggest hurdle for families and their children in very remote and rural settings in Mexico is that of language. Most people up in those mountains speak mainly the indigenous tongues of Zapotec and if they want to move down to jobs in the towns below, they need a basic education in Spanish with basic mathematics and some English also in the program.

We are very privileged here in Canada to have a public education system that extends basic skill sets to all children. Sometimes we forget how lucky we are.

International Day of Education is a great time to thank your children's teachers for the great job they are doing, to consider taking some classes yourself as one can never stop learning, or to look for opportunities to support school projects, be they in Mexico or Africa or anywhere at all. Education opens doors to opportunity and windows to the world.





BELL LET'S TALK DAY - JANUARY 25, 2023

In 2023 Bell Let's Talk Day is Wednesday, January 25.

Since 2011, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues, inspire one another to take action, and help create a Canada where everyone can access the mental health support they need. But it is clear more needs to be done.

Let's change this. Take action on Bell Let's Talk Day and all year long!

This year's Bell Let's Talk Day campaign highlights ways we can all create meaningful change and take action by doing one or more of the following:

- Choose a mental health organization to learn about or support
- Help a friend struggling with their mental health by learning how to support them
- Ask about how your school, workplace or community is creating change for mental health
- Nurture your own well-being by practicing and learning mental health strategies
- Get involved in a mental health initiative or organize an event to support mental health
- Engage in conversations about mental health to fight stigma

Share your actions using #BellLetsTalk and help inspire others to join the movement to create positive change.

We are proud to come together, take action, and help create change for mental health in Canada so that Canadians can access the mental health and addiction supports they need to flourish.





































You can find resources, learn more about some of the organizations providing mental health supports and services throughout Canada and download the Bell Let's Talk toolkit to begin your own conversation about mental health and create positive change at home, school or in the workplace.

Please join us this Bell Let's Talk Day by showing your support for all those who live with mental illness and those taking action to help them.

Self-Care Activity

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

Challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

 <p>Cook a healthy meal</p> 	 <p>Head out on a nature walk or hike</p> 	<p>Write a letter/email to an old friend</p> 	 <p>Head to bed early</p> 	<p>Practice mindfulness</p> 
<p>Enjoy a quiet moment over a cup of tea or coffee</p> 	<p>Write a positive affirmation and recite it in the mirror</p> 	<p>Connect with your community</p> 	<p>Discover a new author or musician</p> 	 <p>Stretch or practice yoga</p> 
 <p>Discover a new podcast</p> 	<p>Talk to a loved one about your feelings</p> 		<p>Put on your dancing shoes</p> 	<p>Make a vision or mood board</p> 
 <p>Paint or draw</p> 	<p>Set a goal</p> 	<p>Have a good laugh</p> 	<p>Write in a journal</p> 	 <p>Create a gratitude list</p> 
 <p>Do a crossword or jigsaw puzzle</p> 	<p>Take a warm bath or shower</p> 	 <p>Practice deep breathing</p> 	 <p>Make a to-do list</p> 	<p>Cuddle a pet or look at a cute photo of one online</p>  

Join in to help create positive change.

Learn more at bell.ca/letstalk



MAURITIUS ISLAND – CULTURAL HARMONY

Respectively submitted by Slawa Gruszczynska

Several years ago, I came across of a documentary entitled “Mauritius: Celebrating Differences.” What interesting information! I frequently used this documentary while conducting workshops on Diversity and Inclusion as an example that harmony among cultures and religions is achievable and beautiful.

Mauritius Island is a country located in the Indian Ocean, off the eastern coast of Africa and Madagascar. The capital is Port Louis. Present demographics of population are estimated at 1,308,000

The island is volcanic in origin and almost entirely surrounded by coral reefs. Volcanic ashes allow the soil to be incredibly fertile. Sugarcane plantations are the source of the sugar industry. Mauritius has a strong transportation infrastructure, and telecommunications that allow for a high standard for the country’s information and communications technology industries. Economically important manufacturing also includes textiles, food processing, metal products, chemical products, and fishing.

Despite the fact that Mauritius country is located on an island, unemployment is almost non-existent. From 1968 Mauritians chose to be an independent country, economically sustainable, entrepreneurial, and hard working.

Their maritime subtropical climate, with fairly balanced temperatures throughout the year, allows fruit and vegetables to grow well and to secure self-sufficiency for the local population. The beauty of the island is breathtaking. Please explore the internet to enjoy several images available.

The geographical location and the climate of Mauritius Island dictated an incredible diversity of nationalities who reside the island: mainly Mauritians of Indian, African, Chinese and French origins. In consequence, several diverse religions are practiced like Hindu, Roman Catholic, Muslim, Buddhism, and others.

The main languages spoken are English, French, Mauritian Creole (spoken by 90 % of population is considered to be the native language of the country) and Bhojpuri. There is no official language.

The ethnic and religious diversity of Mauritius Island opens the opportunity to celebrate many holidays and festivals throughout the year like the Hindu celebration

of Diwali; the Muslim Eid al-Fitr at the end of Ramadan; Catholic holidays of All Saints Day, Christmas, and Easter; Chinese Spring Festival; and the Tamil holiday of Thaipoosam Cavadee in January or February.

Some of the national holidays include Abolition of Slavery Day on February 1, Republic Day on March 12, and Labour Day on May 1.

Mauritius became an independent country in 1968. The diverse populations of Mauritius had to make a decision to find way to live in harmony in order to secure peaceful coexistence and a democratic political system.

Since its independence, the country has developed a social welfare system that provides free basic health services for all. Primary and secondary education is free. Illiteracy has been completely eradicated. Young people travel to France, India, and UK to obtain additional education. The country does not maintain a military force. Only a small paramilitary force is in place that includes a coast guard unit.

I continue to be fascinated by Mauritius. Now and then, I come across of individuals and families from Mauritius, living in Calgary. I try to discreetly carry a conversation to learn, why someone from such a paradise would choose to immigrate to Canada, Calgary.

Most Mauritians reply that they felt a bit claustrophobic on such a small Island and decided to move out for a while. I offered my contact information so I could keep in touch with these individuals and confirm if their journey in Canada has been longer term or just a test. Unfortunately, none of these Mauritians /Calgarians reached out to reconnect with me and I did not want to impose by asking for their contact information.

However, what a beautiful and attractive place to consider emigrating to??



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

**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?

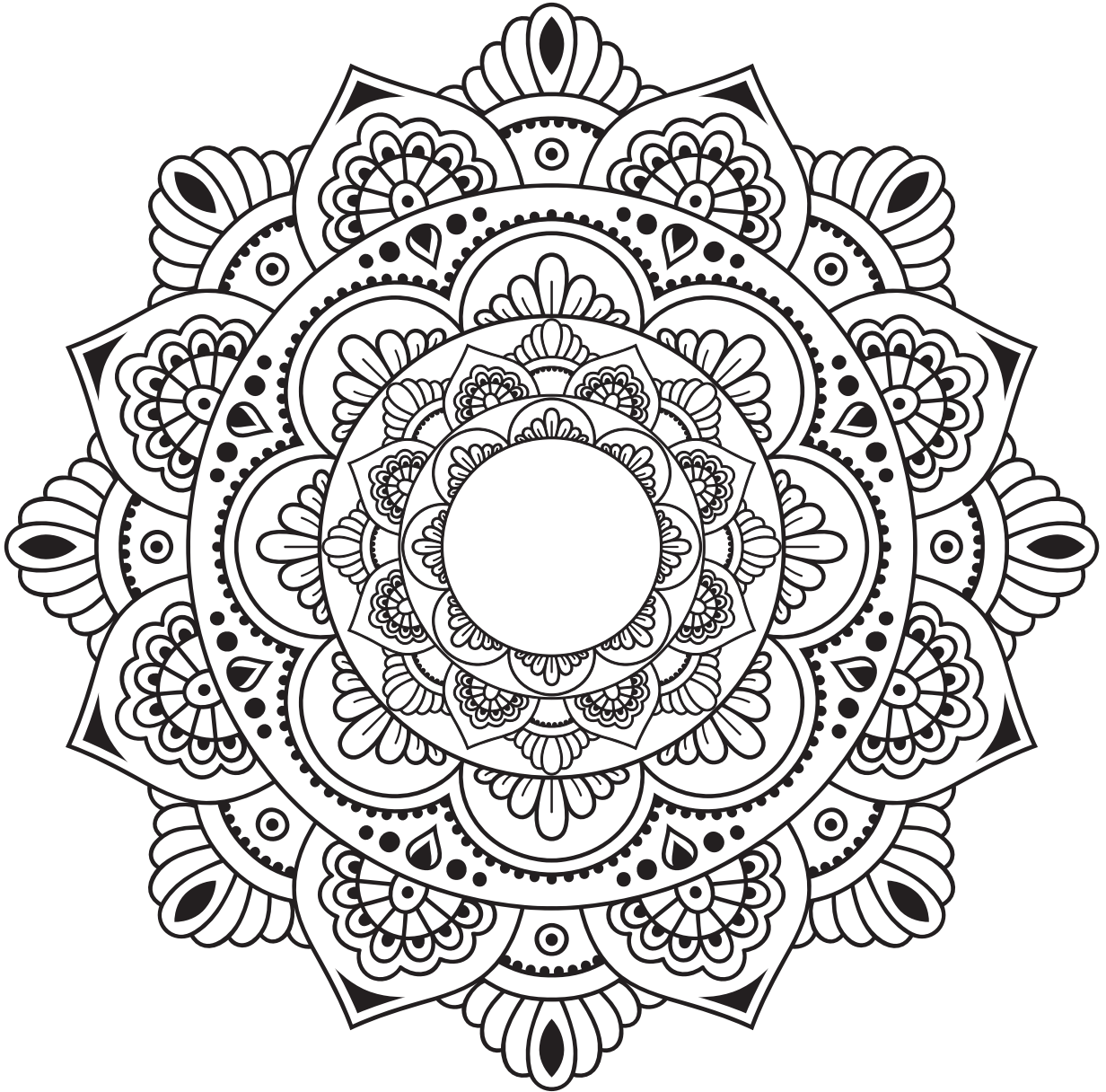
Did you ever need to go to the pharmacy or the doctor's office only to get a medication injected?

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!



Practice mindfulness with the Bell Let's Talk mandala

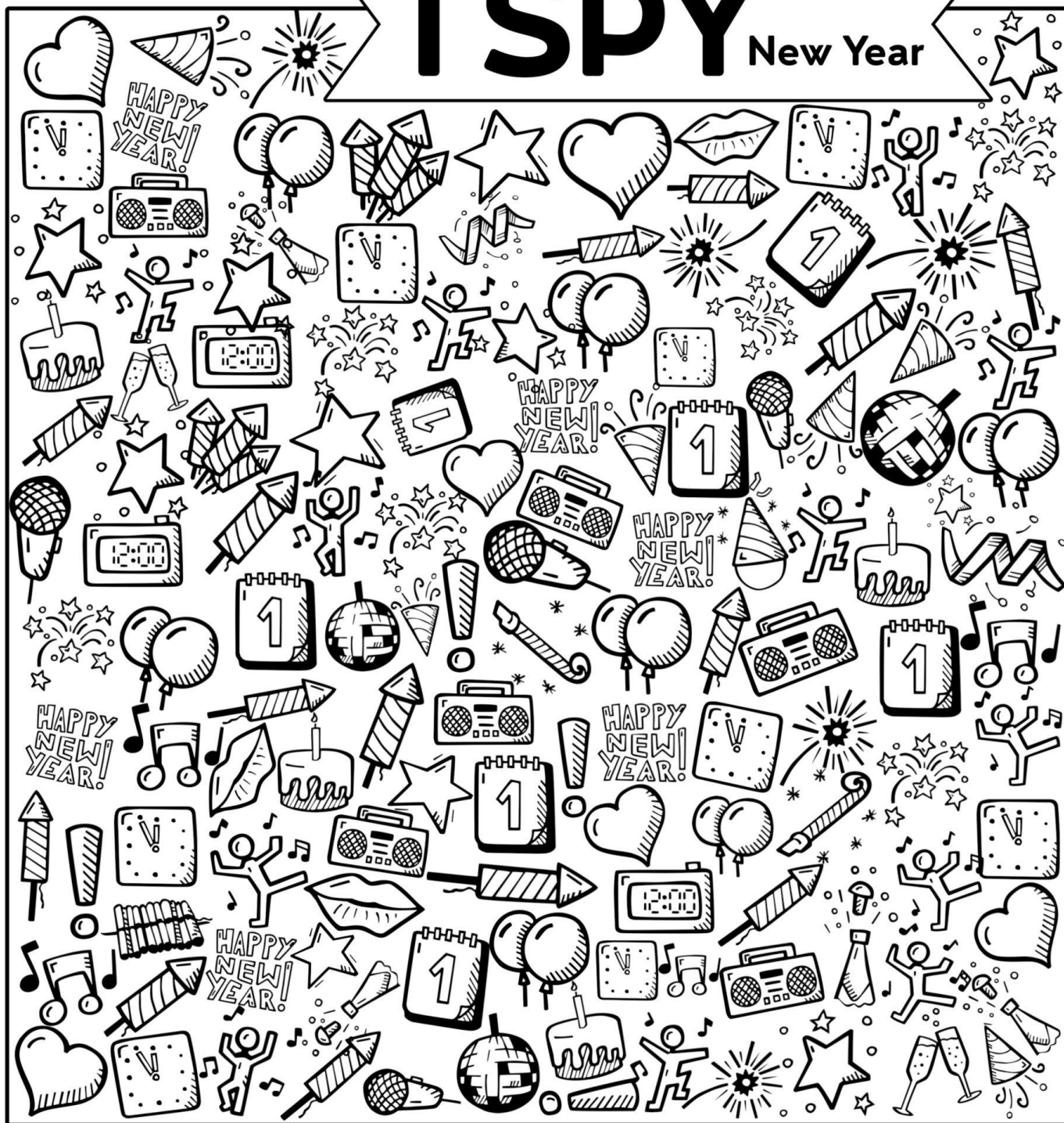
Bell Let's Talk has designed a mandala that you can print out and colour in. Many mental health professionals recommend colouring as an effective way to practice mindfulness.

Mandala, meaning "sacred circle" in Sanskrit, is a circular art form often containing geometric and repeating designs. Similar to meditation, it focuses your attention on the present moment and away from worries and stress.

Share your creation on social media using [#BellLetsTalk](#)

Let's create positive change.

I SPY New Year



Contact Information

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 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 2022-2023

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

Chair: Kathy Aubichon (Acting)

Board Liaison: Helen Serrurier

Education, Involvement, & Awards

Chair: Arlene Floyd & Garry Sluiter

Board Liaison: Musu Dadi

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Sonya Nadon

Board Liaison: Jesse Harris

Environment

Chair: Russ Chandler

Board Liaison: Chris Severson-Baker

Finance

Chair: Christine Langford

Board Liaison: Jeremy Hart (Treasurer)

Grievance & Resolution

Chair: Mikayla Foucault

Membership

Chair: Annalise Schwaiger

Board Liaison: Helen Serrurier

Newsletter

Chair: Wendy Thomson & Margaret Van der Meer

Board Liaison: Megan Jovie

Personnel

Chair: Karen Schwaiger

Board Liaison: Joanne Mick

Property Maintenance

Chair: Al Wright

Board Liaison: Jesse Harris

Property Enhancement (includes Parking and Security)

Chair: Wayne McAdam

Board Liaison: Louay Farag

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Joanne Mick

Funding Task Force

Board Liaison: Helen Serrurier

Lobbying Committee

Chair: Astrid Deslandes

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

