

Your SMHC Newsletter

Connections

November 2022

BOARD OF DIRECTORS REPORT:

With winter weather now roaring in we do hope you were able to say goodbye to fall with a great Halloween! It was great to see so many of you at the return of our Annual Halloween Event at B50 and hope to see even more of you next year!

As we look to Remembrance Day on November 11th, and as we should every day, we remember those who volunteered, sacrificed, served, fought, and died, for our freedom. We thank you, and we salute you as we salute those who made the ultimate sacrifice for our freedom. We will never forget. We will remember you.

Outside water taps should have been turned off long before now. If they have not been turned off they are likely frozen now. Please do not try to turn the off now. At the very least be sure to remove the hose to avoid water back siphoning into the unit when the hose thaws.

Just a reminder that Housing Charges increased as of November 1st, 2022. As always, if your housing charges are more than 30% of your total household income please contact Jon or Cathy in the office to discuss our Housing Charge Assistance program.

Our next **Retrofit Members Meeting** will take place on Wednesday **Novemebr 30th, 2022** at Grace Lutheran Church and over Zoom. Call to order will be at 7:00pm. This is also the final opportunity to fulfill your member obligation of attending one meeting in a calendar year. If you have not yet attended a meeting this year be sure to mark this date on your calendar!

We'd like to take a moment to thank all of our volunteers and members who have contributed their time to the various aspects of the Building Envelope Retrofit Project. Whether through joining one of the committees, task forces, or sub-committees, attending one of the Coffee with the GM Sessions, or attending the Retrofit Members Meetings your involvement and engagement is greatly appreciated!



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:

So, winter definitely came roaring in. After what was a great fall, we are now deep into snow, ice and freezing temperatures. I know that with the first snow fall over the last week Ground Guys struggled to get the walks cleared properly. We have been discussing this with them and they increased the number of their team on site. Moving forward I believe they will be back to their normal outstanding work.

The yellow bins in the parking lot have been filled with a sand/gravel mixture. Please feel free to use this as needed. We also have ice melt at the office if you need it. Please bring a container to put it in when you come.

I also want to make you aware that Shahid Naqi, our auditor, has retired and sold his practice to C&E LLP. At their October meeting, the Board of Directors appointed C&E LLP auditors on an emergency basis to complete this year's audit. C&E LLP have retained all of Shahid's team so we will have the same group working on the audit this year. In the New Year, we will conduct an RFP for a new auditor and bring that recommendation to Membership at the spring meeting. Unfortunately, it will not be possible to have the RFP completed in time for the AGM.

We are just about done delivery of the new fridges. Coordinating with Rona for the delivery of 380 fridges has been a daunting task. Thank you to everyone for being accommodating for the deliveries. While there was some hiccups that were beyond our control overall, I believe that it went relatively well. I would like to thank Janine for managing the schedule and ensuring the notice of deliveries went out to you with as much notice as we could provide. Also, a big thank you to Jon and Jeff who assisted the delivery team with taking off doors and coordinating on site on some of the coldest days so far. Without their efforts this task would have been even more difficult.

It is our understanding that the fridges that have been delivered so far now have the correct swing for each individual unit. If for some reason your fridge still opens the wrong way, please put a request in Buildium and we will get it changed.

A more complete update on the retrofit will be sent

out next week but wanted to provide you a short one now. The Design Committee continues to work with RJC Engineers and Ace Architecture to develop the recommendations they will bring to the November Members meeting. It is great to see such a diverse group of members engaging on this process and I believe their recommendations will excite all of you. We are also finalizing our selection for Hazardous Material Consultant. This group will be responsible for developing the plan to remediate the asbestos that our stucco and drywall compound contains.

My next Coffee with the GM will be on November 15th at 6:00pm. These meetings hosted at B50 are your opportunity to sit down with me in a smaller group and ask me questions about the retrofit or anything else to do with Sarcee Meadows. I look forward to seeing you there.

As you may be aware Peter has had to step away from the delivery services role on a temporary basis. Thank you to the Members who expressed interest in taking on this work. We should be announcing who will be providing this service in the next week.

Finally, as most of you probably know, I love to cook and especially love exploring new styles of cuisine with my kids. My son loves Indian cuisine and I have been trying different recipes with him. If anyone has a great recipe for Samosas or Dal Makhani, I would appreciate you sharing. My son is starting to enjoy cooking as much as I do, and I would love to make these dishes with him.

Thank you,

Jon Jackson

General Manager



FROM THE TEAM AT B50:

Office Hours: The office is open for our regular business hours of 8:30 am to 4:30 pm. The office staff is continuing a rotation of some days in the office and some days working from home. However, they will continue to be reachable by phone or email wherever they are located. Please note, the shop and office will be closed on Friday November 11th, 2022 for Remembrance Day.

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

E-Transfers: We can accept e-transfers as a safe, no contact method for paying your housing charges, rental stall fees, or any other invoices in a timely manner. E-transfers can be sent to cathy@sarceemeadows.coop – please contact Cathy for more information.

TELUS Fiber Optic: As part of the installation process for fiber optic services the TELUS technician will require access to the main panel located in the shop at B50. To ensure that your setup of fiber optic services is successful and smooth please book the TELUS technician's appointment during our business hours of 8:30-4:30, Monday to Friday. Any other service calls from TELUS that are not related to fiber optic services do not require access to B50.

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

Did you KNOW?? You can download the BUILDIUM app to your device? Make sure it is the resident one! Questions??? Email: paula@sarceemeadows.coop
Need a new link? Email Paula for a password reset link OR - Go directly to the website and request one yourself!



Buildium®

TIPS FROM THE MAINTENANCE TEAM

Maintenance Supervisor: When it is cold please leave your entry door closed. Allowing the heat from the indoors to hit the storm door, with its thin glass, will cause icing and could freeze your storm door shut so that you cannot exit your home. This has happened several times in SMHC.

General: When the temperature drops and gets really cold out, the storm door ram becomes frozen and swings shut faster than normal, so watch your ankles.

General: Please don't leave your front door open in cold weather and be sure to close the windows on your storm door and as this can lead to frosting on the inside of your door.

Plumbing: If you did not turn off your outside lawn service water taps they are likely frozen. Be sure to at least remove the hose now to avoid water back-siphoning into the unit when the hose thaws again.

Carpentry: Be sure that your storm door completely closes behind you when entering or exiting your unit. The wind can easily catch an open storm door and cause some serious damage. This is also a good idea to avoid build up of snow between the doors.

Carpentry: 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: 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.

Locksmith: If your door handles and locks start acting up, please call in a work order right away. Letting it go on too long can create a bigger issue and more costly repairs.

HVAC: With the colder temperatures now here the furnaces will be running more frequently. Please stay on top of checking your filters on a regular basis and changing them at least every other month if not more often. Filters are available for free at B50.

HVAC: If your digital thermostat is not working switch it to "off" and then back to heat to reset it. If this does not work or the temperature is not reaching where you've set it, put in a work order right away.

Committee Reports

ELECTIONS COMMITTEE



YOU DO!

You DO have talents you want to share...

You DO have ideas that will ensure and enhance Sarcee Meadows' growth...

You DO have time for a monthly meeting...

You DO have the resources [training, childcare, light supper] available...

You DO have a desire to work with other congenial people...

You DO have a wish to broaden your skills and resume...

You Do have the nomination form in your mailbox...

AND.....

You DO know where this is going!!!!!!

So, please, DO, DO, DO.....

GET YOUR APPLICATION

FOR THE BOARD OF DIRECTORS

IN TODAY!

[or at the latest in Dec.]

We sure DO appreciate it!

Elections Committee 2023

NEWSLETTER COMMITTEE

Hi everyone. Hope you enjoyed the Thanksgiving Day holiday and now we start getting everything ready for Christmas. Hard to believe it is that time again!

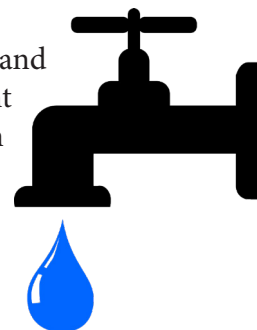
Congratulations to the following winners of the Riddle contest: Faseeha Farah Naz, Umer Abbas, and Hamza Dadi. Each will receive a prize of a \$25.00 gift certificate. The answers to the riddles are:

- I appear once in summer and twice in autumn, but never in winter. What am I? **The letter U**
- I represent 8 but listed as 10, I have shortened days until time changes again. What am I? **October**
- I'm tall when I'm young, I'm short when I'm old, and every Halloween I stand up inside Jack-o-lanterns. What am I? **A candle**
- What breaks and never falls, and what falls and never breaks? **Day Breaks & Night Falls**

We have included some articles for you and look forward to any comments you may have or any suggestions you have for future articles. With Christmas approaching, how about sending some ideas on what to make with the leftover turkey from Christmas dinner or share with us your recipe for a side dish or dessert that you make for dinner.

PROPERTY ENHANCEMENT COMMITTEE

Your outside taps were to be drained and turned off inside your unit's basement by Oct.15, 2022 to avoid them from freezing up and causing damage. If you haven't done it by now, why not?!



FINANCE COMMITTEE

Please check out the SMHC Financial Statements, as of September 30th, 2022, on the following page.

Sarcee Meadows Housing Co-operative Ltd.
Financial Statements - Summary
as at September 30, 2022

Balance Sheet

Assets

Funds on Deposit	\$5,963,660.38	
Other Assets	\$1,492,851.14	
TOTAL ASSETS		\$7,456,511.52

Liabilities - current

Long Term Liabilities	\$895,484.24	
Total Liabilities		\$895,484.24

Reserve funds

Housing Charge Assistance (incl CMHC Funds)	\$394,654.89	
Replacement Reserves	\$4,584,784.87	
Total Reserves		\$4,979,439.76

Retained earnings + current deficit	\$1,581,587.52	
Total Liabilities, Reserves, Member Equity		\$7,456,511.52

Income Statement (for 11 months - November 1, 2021 to September 30, 2022)

	Actual	Budget	% of Budget
Revenue from Housing Charges	\$4,068,274.00	\$4,445,452.00	92%
All other income	\$178,314.73	\$159,690.00	112%
Total Revenue	\$4,246,588.73	\$4,605,142.00	92%

Expenses

Total Insurance & Property Taxes	\$443,587.71	\$515,016.09	86%
Total Utilities	\$930,636.91	\$974,362.98	96%
Total Routine Maintenance Costs	\$551,777.88	\$594,616.00	93%
Total Personnel and Payroll Costs	\$837,486.13	\$874,217.15	96%
Total Administration Costs	\$93,754.94	\$93,346.00	100%
Total Democratic Functioning	\$139,914.47	\$154,554.00	91%
Housing Charge Assistance	\$-	\$200,000.00	0%
Total Reserve Savings	\$1,095,768.55	\$1,195,384.00	92%
Total Expenses	\$4,092,926.59	\$4,601,496.22	89%

Net income for eight months	\$153,662.14	\$3,645.78	
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EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

In July, I fell and hurt my ankle therefore had trouble watering my yard and other issues. Thanks to family, neighbours, and friends for stepping in when asked to help me. What I am trying to say is as stubborn as I am and independent as I like to be I have realized over the past couple of years that I need to ask for help more often. I am encouraging everyone to ask for help whether it is family, friends, neighbours, etc.

With the retrofit starting in the spring, I hope you will all ask for help with issues that are your responsibilities. I am encouraging you all to attend any retrofit meeting and to read all emails, etc. that pertain to the project. Member engagement is an important aspect of the project going forward. By attending meetings, reading all information, and volunteering on one of the committees involved in this project, you will have the correct information in order to make an informed decision when voting.

Respectfully submitted by Arlene Floyd – H532

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Thank you to everyone who came out to join us on Halloween! It was great to be back to an in-person event this year after a two-year hiatus. We are already looking ahead to next year and considering ways to improve this event such as a costume contest or a haunted house. If you have any ideas or suggestions we'd love to hear them! We'd also appreciate help in the way of building or donating extra decorations to set up a haunted house.

We are also looking ahead to our other 2023 events and are excited to see how we can continue to entertain all our members and residents. Again, we'd love to hear your suggestions! The Entertainment & Social Events Committee usually meets on the first Thursday of every month. Feel free to drop by to give us your ideas or consider joining this committee altogether.

CSI COMMITTEE (CO-OP SENIORS INTEREST)

Remembrance Day: Many of our SMHC members, past and present, have been in the Military or have friends and family that have been. On Remembrance Day and always we are so very grateful for your service. Canada would not be the amazing country it is without your service and dedication. We honour the heroes that have gone before us and fought for our freedom; as well for our Veteran's that are still with us today! Thank you for your service and for giving us our freedom!!

If you are looking for a charity to donate to please remember the Veteran's Food Bank and Veteran's Thrift Store

<https://linktr.ee/veteransassociationfoodbank>

<https://veteransassociationfoodbank.ca/more-ways-to-give>

Our Seniors' Holiday Social/Tea is fast approaching: (Please see flyer in this newsletter) Members 65 and over please be sure to mark your calendars and save the date.

Sunday December 4th from 2pm-4pm we will have a come and go Social/Tea at the B50 office. Come and join fellow SMHC members for good conversation and tasty treats. If we get a good turnout, we will look at having these Social's/Tea more often throughout the year in

2023 and beyond. If mobility issues are stopping you from attending, please reach out to the office and we will help get you to the event.

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





Senior's Holiday Social/Tea

Sunday December 4th

2:00pm-4:00pm (Come and Go)

B50 Office lunchroom

SMHC members 65 and over please be sure to mark your calendars and save the date. We will have a come and go Social/Tea at the B50 office. Come and join fellow SMHC members for good conversation and tasty treats. If mobility issues are stopping you from attending, please reach out to the office and we will help get you to the event.



Hosted by your SMHC Co-op Seniors Interest committee (CSI)



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.

Steve Wouterse March 5, 1933 - September 29, 2022:

Steve Wouterse, born in Amersfoort, Holland on March 5, 1933, passed away peacefully on September 29, 2022 at the age of 89. Steve is survived by his wife Nellie of 65 years, children Martin and Marya, grandchildren Amanda, Stephanie, and Steven, and great grandchild Mardy. Steve immigrated to Canada in 1959 with Nellie and a two-year-old son and spent most of his life in Canada working in the oil industry with short stints to the Middle East and Europe. He loved spending time with his family, especially the grandchildren. We will miss him.



To commemorate November 11th, 2022

Interview With Al Wright, retired Sergeant in the Canadian Armed Forces, proud member of SMHC

Date: October 20, 2022

Disclaimer: Al Wright was asked to share only the information that he was comfortable with.

Questions have been designed by Slawa Gruszczynska from the Newsletter Committee. The entire content of the interview was written by Al and submitted to the newsletter verbatim.

Thank you to Al and his wife Dorothy for inviting me to their home to conduct the interview, and for an outstanding hospitality.

Q: What inspired you or lead you to become part of military service?

I started out in Air Cadets at 13 years old which gave me a taste of the military on a smaller scale. I also had numerous relatives who served in the military during WW1 & 2 and also during Peacekeeping Operations. Consequently, this led me to be able to serve my country, so I enlisted in the Canadian Armed Forces at 18 years old.

Q: When were you actively involved in the service and in what capacity?

I served in the Canadian Armed Forces as a Cook and served from July 1973 – June 1996 and Retired as a Sergeant.

Q: Did your service take place in Canada or elsewhere?

The majority of my service was in Canada, having been posted to Calgary AB, Shilo MB, Edmonton AB, and returning to Calgary. I also did a 6 Month tour in Cyprus in 1978 and a 6 Month tour in CFS Alert in 1985 -1986.

Q: What events were the most difficult and impactful on you during your service?

The most difficult experience in my career was doing the 6 Month tour in Alert from Aug 1985 – Feb 1986. Being away from my young family at Christmas was probably the toughest to handle in my career.

The most impactful of my career was being the Chief Cook for 1 Field Ambulance in Calgary, I was able to affect change in how the patients in the field were fed and treated from a food service perspective. The majority of it was doing dietary meals that were appetising and appealing.

Q: Would you do it again?

I would definitely do it again, with no hesitation. It was the best time of my life. It was also where I met my wife Dorthy, and we were blessed with 3 sons. I would not change a thing.

Q: What positive memories you would like to share from that time?

The positive moments of my career were numerous, including, doing formal dinners for the Queen, Lady Patricia Brabourne, 3 Prime Ministers and numerous senior Officers of the CAF. Most notably Pope John Paul II on his visit to Edmonton. I was also the Chief Cook for the Formal Dinner for the 100th Anniversary of the Calgary General Hospital before it was demolished. I could go on and on but those are the big highlights.

Q: Is there a message you would like to pass on to younger generations who may consider cadets or military service in years to come?

If you decide to join Cadets (Air, Sea, or Army) the Militia or even the Regular Force it may not seem like it at the beginning with all of the training that is involved in military structure and discipline, but it will turn out to be a very rewarding, memorable and fulfilling career.

Q: Any additional comments you would like to add?

It would be very encouraging for everyone to remember those Men & Women who paid the ultimate price in order that we are able to enjoy the freedoms that we have today. I am also extremely proud to have served in the CAF and for me Remembrance Day is 365 days a year remembering men & women who I served with that are no longer here. Thank you for letting me share some of my Military experiences.



Thank you:

On behalf of the SMHC's Newsletter Committee, very sincere thank you to Al Wright for agreeing to share your memories and thoughts with the members of our coop.

To commemorate November 11th, 2022

Interview With Harley Swift – Cadet – Living With his Family at SMHC

Date. October 25, 2022

Disclaimer:

Harley Swift was asked to share only the information that he was comfortable with.

Questions have been designed by Slawa Gruszczynska from the Newsletter Committee. Questions were sent to Harley's Mom in advance of the interview, to allow Harley to think about the answers. The interview was conducted in his Mom's Jacquie MacDonald presence.

Harley Swift is 13 years old. He lives with his mother, siblings, and extended family in SMHC.

Q: Harley, why did you decide to become a cadet? Family background, friends' influence, or teacher's impact? Other?

I tried several activities in my earlier age like athletic pursuits. But I found them too competitive or a bit too aggressive. At the same time, I enjoyed hiking, camping, nature walks.

I had the opportunity to listen to stories from my grandpa, granduncles and other family members and friends about their journeys as cadets or service in military. At some point, my mom and dad suggested that perhaps I could try the Cadet program. I decided to try it.

Q: When did you join the Cadet program?

In October of 2021. (online)

Q: What kind of a cadet are you? What service are you in?

I am part of Royal Canadian Army Cadets (RCAC), with the Regiment 2137 Calgary Highlander Cadet Corps

Q: What were the beginnings like?

At first, it was not a very exciting experience. I started exploring the program during the Covid time when all activities were only offered online. But I decided to continue and be patient until the Covid restrictions would be lifted and try the real action. I think I made the right decision.

Q: Tell us about the face-to-face action after the Covid restrictions have been lifted?

The Regiment's base is the historic Mewata building in downtown Calgary. The first person to person activity took place in March of this year. At the first meeting, there were introductions of senior officers and cadets of all ages, so we would know each other personally, rather than only on the screen.

We received uniforms. I like my uniform very much and I am proud of it.

We were introduced to the MRE- Meal Ready to Eat. Each one of cadets received a meal in a kit like form that can be consumed cold, or it can be heated. It is packaged in such a way that it can be portable and used in the field. This exercise was enjoyable and good experience. And then we exercised drills. The drills became part of each day of the program.

The last day of the program in June, before the summer break, was the most eventful as Cadets received promotions. When I started the Cadet program in October of 2021, I had the rank of Cadet. At the event in June, I received a promotion to the rank of a Corporal. I was very proud to receive this promotion. But I also understood that it came with more responsibilities.

Q: Did you know what the service as a cadet meant before you joined Cadets?

No, but it has been a gradual discovery.

Q: Did you have a role model to follow?

Not yet, but few senior Cadets' performance allows me to follow a good example.

Q: What activities do you enjoy the most, while in service?

Field trips. A very educational and opportunity to know each other in my team and learn the true meaning of

Cadets service. For example, the trip to Nose Hill Park, where we played a Geo Caching game. It gave us a chance to learn how to work together and support each other, share the information for the best final results, and pay attention to the detailed instructions.

Last weekend, on October 21-23, my Regiment went for an overnight camp. It was my very first experience sleeping in the tent while snow was on the ground.

Q: Would you like to share some of the fun experiences from the last weekend's trip?

There were some adventures taking place off course. On the way to the camp destination, the bus driver missed the turn. Therefore, we arrived at the site late and we did not have a chance to set up tents. It was dark. We slept in the Barracks instead. It was so hot in our rooms!!!! I think it was at least 30 degrees plus!!!!

The following two nights, with relief, we enjoyed sleeping in the tents. Very high-quality arctic sleeping bags have been provided to keep us warm. We shared stories and had a very good sleep. And we ate MRE (Meal Ready to Eat). Part of this package was a really hard bread. We choose to call it a "bullet proof bread".

During such field trips we learn how to use a compass, maps, and GPS.

Q: Do you have opportunities to interact with experienced soldiers or veterans?

For now, online through ZOOM. But with time, I am sure we will meet several of these heroes personally.

Q: Would you recommend the Cadets program to your friends?

Definitely yes. And I already did.

During the Open House at Mewata, one of my friends attended it with his parents. After receiving the information and listening to my stories, he chose to join the Cadets.

Q: What else you would like to share with SMHC members about Cadets service that everybody should know about?

Cadet Corps are divided into Army, Navy, and Air Regiments, to accommodate youth interests and future opportunities to serve Canada.

Recruited cadets come from variety of culturally diverse and interfaith backgrounds. It is a very comfortable environment.

Respectfully submitted by:

Corporal Harley Swift with the support of his Mom Jacquie MacDonald.



Education & Awareness

France's Juno Beach - Canada Helps to Buy the Land

Respectfully submitted by Slawa Gruszczynska

The site in France where the Battle of Normandy took place and where on June 6th, 1944 the D-Day took place, is a sacred place.



This Photo by Unknown Author is licensed under CC BY-SA

Approximately 5,500 Canadian soldiers were killed in the Battle of Normandy and 381 died on D-Day.

Total of 45,000 soldiers from Canada lost their lives during the WWII.

To commemorate these events and

recognize Canadian soldiers' sacrifice that liberated Western Europe from Nazi Germany, 20 years ago The Juno Beach Centre was built.

Over three years ago a legal battle was initiated with a French developer Foncim who planned to build condominiums on the land immediately adjacent to the historical, privately own museum.

Canadian and French officials chose to strongly oppose this development with determination. Such a special site should be cherished and forever commemorated.

To secure this very special land from any further wrong-doing, the Canadian government, together with Courseulles-sur-Mer, the local town in the vicinity of Juno Beach, decided to buy back the land from Foncim developer.

Canada contributed 4 million Dollars toward this cause.

The Juno Beach Centre Association thanked Canadian and French officials for helping to protect such a special legacy for many generations to come.

(Above information extracted from BBC News on October 09.2022.)

AGEISM:

Respectfully submitted by Wendy Thomson

A while ago I picked up a copy of the Alberta Prime Times newspaper and saw an article entitled "Ageism in healthcare: how to recognise and combat the problem".

I was not familiar with the term Ageism, but it turns out to be a form of discrimination against people based on their age. The article dealt with the healthcare system but can include those who are young or old and appears to be a more significant issue for older members of society. Today Ageism also describes bias against young people and specific age groups.

Within healthcare, for example, a person's age, rather than their overall health status can influence medical decisions about diagnostic tests or treatments provided to an older person. Resources and treatment options may be withheld from an older person that wouldn't be withheld from a younger person.

Ageism not only affects how patients are viewed, but can have a significant impact on their health, well-being, and involvement within the community. Ageism can also be associated with a shorter lifespan, increased risk of violence and abuse against older people and can even cost society billions of dollars.

Ageism within the workforce occurs frequently and is manifested when, for example, a person's age, rather than their experience and abilities, influences hiring decisions.

Ageism is the most tolerated form of social prejudice in Canada. There is no single solution to this problem in the healthcare system or in the workplace. As with any form of discrimination, I believe that education is a priority and as seniors we need to be proactive whenever possible.



World Hello Day - November 21, 2022

November 21, 2022 is the 50th annual World Hello Day. Anyone can participate in World Hello Day simply by greeting ten people. This demonstrates the importance of personal communication for preserving peace. World Hello Day was begun in response to the conflict between Egypt and Israel in the Fall of 1973. Since then, World Hello Day has been observed by people in 180 countries. People around the world use the occasion of World Hello Day as an opportunity to express their concern for world peace. Beginning with a simple greeting on World Hello Day, their activities send a message to leaders, encouraging them to use communication rather than force to settle conflicts. As a global event World Hello Day joins local participation in a global expression of peace. The World Hello Day web site address is <http://www.worldhelloday.org>. 31 winners of the Nobel Peace Prize are among the people who have realized World Hello Day's value as an instrument for preserving peace and as an occasion that makes it possible for anyone in the world to contribute to the process of creating peace. Brian McCormack, a Ph.D. graduate of Arizona State University, and Michael McCormack, a graduate of Harvard University, work together to promote this annual global event.



Can Dogs/Cats Get High? The Dangerous Effects of Marijuana on Dogs/Cats

Respectfully submitted by Kathy Aubichon

A member of SMHC found out the hard way that the answer to this question is yes. Within 45 minutes of returning home after taking her dog for a walk in SMHC, this could happen anywhere, she noticed her dog couldn't sit or stand and was groggy and wet herself. She noticed that her dog was sluggish and couldn't stand on its on. She took her dog to the vet and they ran a toxicology test. To her surprise the vet found traces of marijuana in her dog. They treated her dog and after a \$300 vet bill sent her dog home to recover. The vet said incidents of marijuana exposure in dogs/cats are occurring on a very frequent basis. In thinking back, she remembered seeing her dog sniffing at the ground and before she had the chance to get the item of it's mouth the dog swallowed whatever it was.

Cannabis for dogs/cats works similarly to the way it does in humans. This means that a dog/cat that consumes marijuana could experience lack of coordination, sleepiness, dilated pupils, increased heart rate, dilated pupils, or an increased startle reflex. Depending on the dose, dogs/cats and marijuana can be a deadly combination.

In an article written September 2022, by [Veronica Higgs, DVM](#) it states with the increased accessibility of marijuana for medical and recreational purposes, the Pet Poison Helpline reports a 448% increase in cases involving dogs and cats ingesting marijuana or marijuana products.

Even though some studies have shown that marijuana can aid humans with certain health conditions, it is not safe for cats/dogs to ingest it in any form or to inhale second hand marijuana smoke.

Below are links to articles on this topic.

Effects of marijuana on dogs

<https://www.petmd.com/dog/conditions/toxicity/can-dogs-get-high-dangerous-effects-marijuana-dogs>

Effects of marijuana on cats

<https://www.petmd.com/cat/general-health/marijuana-bad-cats>

Please be responsible and dispose of your butts in a container rather than tossing it to the ground.

Is Marijuana Bad for Cats?

Written by: [Veronica Higgs, DVM](#)

PUBLISHED: SEPTEMBER 30, 2022

With the increased accessibility of marijuana for medical and recreational purposes, the Pet Poison Helpline reports a 448% increase in cases involving dogs and cats ingesting marijuana or marijuana products.

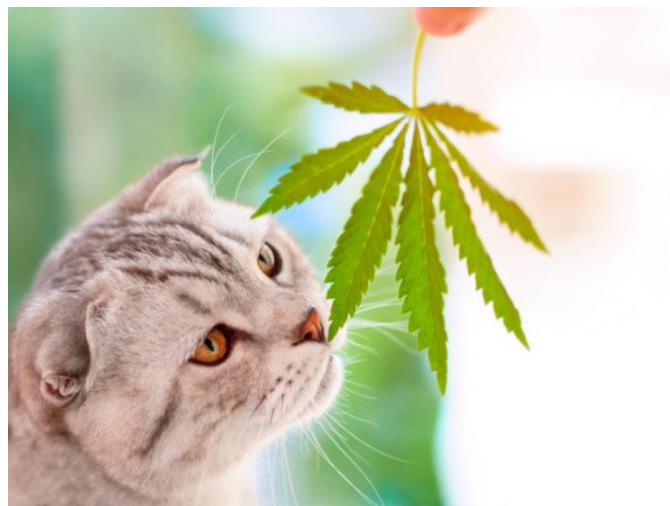
Even though some studies have shown that marijuana can aid humans with certain health conditions, it is not safe for cats to ingest it in any form or to inhale secondhand marijuana smoke.

To better understand marijuana products and concerns in cats, it helps to understand the terminology:

Marijuana: Marijuana is a drug that's composed of the leaves and flowers of plants in the genus Cannabis. While marijuana contains both THC and CBD, it has a higher concentration of THC.

Cannabis: While sometimes used interchangeably with the term marijuana, cannabis refers to the plant genus. There are three species of plants within the cannabis genus. Ranked in order of THC content, they are *C. indica*, *C. sativa*, and *C. ruderalis*.

THC: THC is the abbreviation and commonly used term for tetrahydrocannabinol. It is the main psychoactive compound of cannabis and one of over 100 compounds called cannabinoids that are found in the plant. THC is responsible for the "high" feeling associated with marijuana.



CBD: CBD is the abbreviation and commonly used term for cannabidiol. It is a popular herbal drug widely promoted for claims of various therapeutic benefits, but it does not have the same “high” feeling or addictive properties as THC. It is another one of the cannabinoids found in cannabis plants.

Hemp: Hemp is derived from varieties of *C. sativa* that contain lower concentrations of THC and higher concentrations of CBD.

Do Cats Have Cannabinoid Receptors?

Cannabinoids are compounds found in cannabis plants. The most notable and intoxicating cannabinoid is THC. Cannabinoid receptors respond to certain cannabinoids to certain degrees. Cats have cannabinoid receptors just like humans. In fact, there are two cannabinoid receptors (CB1 and CB2) found in all mammals (humans, cats, dogs), birds, reptiles, and fish.

CB1 receptors are known to be psychoactive (affecting the mind and neurologic processes) and can be found in the brain, fat, liver, and muscles. Dogs and cats have been shown to have a higher number of the CB1 receptors in the brain compared to humans. CB1 receptors are responsible for affecting the mind, alerting the mood, and the overall “high” feeling of marijuana. THC has a higher affinity for CB1 receptors, so marijuana often affects dogs and cats more than humans.

CB2 receptors play a strong role in immune function, and anti-inflammatory functions are mostly located in immune cells. CBD has a higher affinity for CB2 receptors, which is why humans and pets do not experience the same toxic effects with CBD as with THC.

How Does Marijuana Affect Cats?

Marijuana acts on the cannabinoid receptors (mainly CB1) to alter the brain’s chemistry to typically stimulate the pleasure zones, giving a “chill” or happy feeling, in people; however, in cats this can be a terrifying experience full of [fear and paranoia](#).

THC is very lipid (fat) soluble, meaning it is stored in the body’s fatty tissues and can be slowly released into the bloodstream. THC is metabolized mostly by the liver and excreted in feces and urine. However, due to lipid solubility, it can take up to 5 days after exposure for 80-90% of the marijuana to be eliminated.

It is important to note that catnip and marijuana are not similar in the way they work on cats. While cats under the [influence of catnip](#) can experience similar euphoric feelings denoted to humans when they consume marijuana, these two substances are not the same, and do not work the same in the cat’s body or brain. Catnip is considered more of a pheromone, and cats cannot overdose from catnip. Marijuana is very different and can be dangerous due to THC toxicity.

Is Marijuana Toxic to Cats?

Yes, marijuana is toxic to cats. However, the exact toxic dose is unknown. While the ASPCA reports marijuana toxicity is more common in dogs, cats make up about 3% of the marijuana toxicity cases. But this just means there is more information regarding marijuana toxicity in dogs, and much less research and data regarding cats. However, we do know that marijuana, particularly from the effects of THC, is toxic (but rarely lethal) to cats.

The good news is that in most situations, cats can fully recover from marijuana toxicity with no long-term effects. But not all people and pets will experience the same level of toxicity. Differences in ages, health status, and body size, as well as complications such as aspiration pneumonia, seizures, or existing heart problems, can affect an individual’s toxicity and ability to recover. Therefore, have your cat examined immediately by a veterinarian if you think they have ingested marijuana.

Cats typically have a more discerning palate than dogs, and they can become intoxicated by marijuana by ingesting cannabis or any other THC-containing product. Cats can also be exposed to secondhand smoke when they are in the same room as humans who are smoking marijuana. Even small amounts of THC-containing products can cause clinical signs and toxicity in cats, as they are smaller and have more CB1 receptors compared to humans.

Signs of Marijuana Toxicity in Cats

Clinical signs of marijuana toxicity are primarily neurological. They can start in as little as half an hour and last for several hours or even days. The possible clinical signs in cats include:

- Loss of coordination
- Dilated pupils
- Depression/[lethargy](#)
- Slow heart rate
- Low body temperature (which can become dangerously low)
- Vocalization or agitation
- Excessive [drooling](#)/[vomiting](#)/[diarrhea](#)
- Dribbling urine or loss of control of urination
- Seizures
- Coma

If you notice any of these signs or believe your pet may have gotten into marijuana or a marijuana product, take them immediately to your local veterinarian or veterinary emergency hospital. Give your vet a specific description of the method of exposure (such as ingestion or aerosol), specific product (such as dried plant or edible), and any previous medical issues (such as heart disease or pancreatitis) for your cat.

Marijuana Products That Are Toxic to Cats

Some examples of marijuana products on the market that can be toxic to cats include:

Edibles: Edibles are food items containing marijuana. These can often be more toxic, as they tend to contain a higher level of THC than the plant itself and can pose a higher risk for poisoning pets. Another consideration when cats ingest edibles is to treat for any secondary toxicities. For example, if a cat eats chocolate pot brownies, they will also need treatment for chocolate toxicity.

Plant: THC is found in the leaves and flowering parts of the marijuana plants. A cat can become intoxicated from ingesting live plants, dried weed products, or marijuana cigarettes.

Cannabutter: Cannabutter is butter that has been infused with cannabis and may be used in homemade edibles. This form of marijuana toxicity poses an added risk of [pancreatitis](#) due to the high fat content of butter.

THC Vape Oil: THC vape oil is a type of cannabis extract made into a liquid for use in a vape, or electronic cigarette. Like edibles, vape oils tend to contain a higher concentration of THC and therefore can pose a higher risk to pets. Additionally, while unlikely, if the cat ingests the cartridge, there is a risk for [foreign body obstruction](#).

Concentrates: Cannabis concentrate is a broad category referring to all products that have been extracted from the plant and are often used interchangeably with extracts. Concentrates may refer to products produced with commercial equipment or prepared in a home setting through dry processing, dry ice processing, water-based processing, combining heat and pressure, and using flammable and nonflammable solutes. Again, as the name implies, concentrates will likely be a concentrated form of THC and therefore increase its toxicity potential.

Tinctures: Tinctures of cannabis are most often an alcoholic cannabis concentrate. With these products, in addition to the concerns of concentrated THC, cats could also experience side effects from alcohol ingestion.

What to Do If Your Cat Is Exposed to Marijuana

Even if you don't think your pet had access to marijuana or marijuana products, it should be on the list of possible causes if your cat shows the clinical signs and these products are in the household.

There is no need to feel nervous or embarrassed. Your vet is simply trying to gather information to help your pet. Diagnosis of marijuana exposure is typically through a combination of history and clinical signs. Since human drug tests for marijuana do not work well on dogs, and there is no data regarding their efficacy in cats, your vet is relying on you and your information to help make a diagnosis for your pet.

Treatment for Marijuana Toxicity in Cats

The veterinarian may induce vomiting if your cat ingested marijuana very recently and they are not yet showing any signs. They may also give the cat activated charcoal to bind any additional toxin.

There is no antidote for marijuana ingestion, so treatment is largely supportive care until the effects of the drug wear off. This may involve IV fluids to keep your cat hydrated, as well as anti-nausea medication, temperature support, and confinement to a quiet, comfortable place. A newer treatment called intralipid therapy may be recommended to help pull the THC out of the fatty tissues faster and shorten the clinical signs.

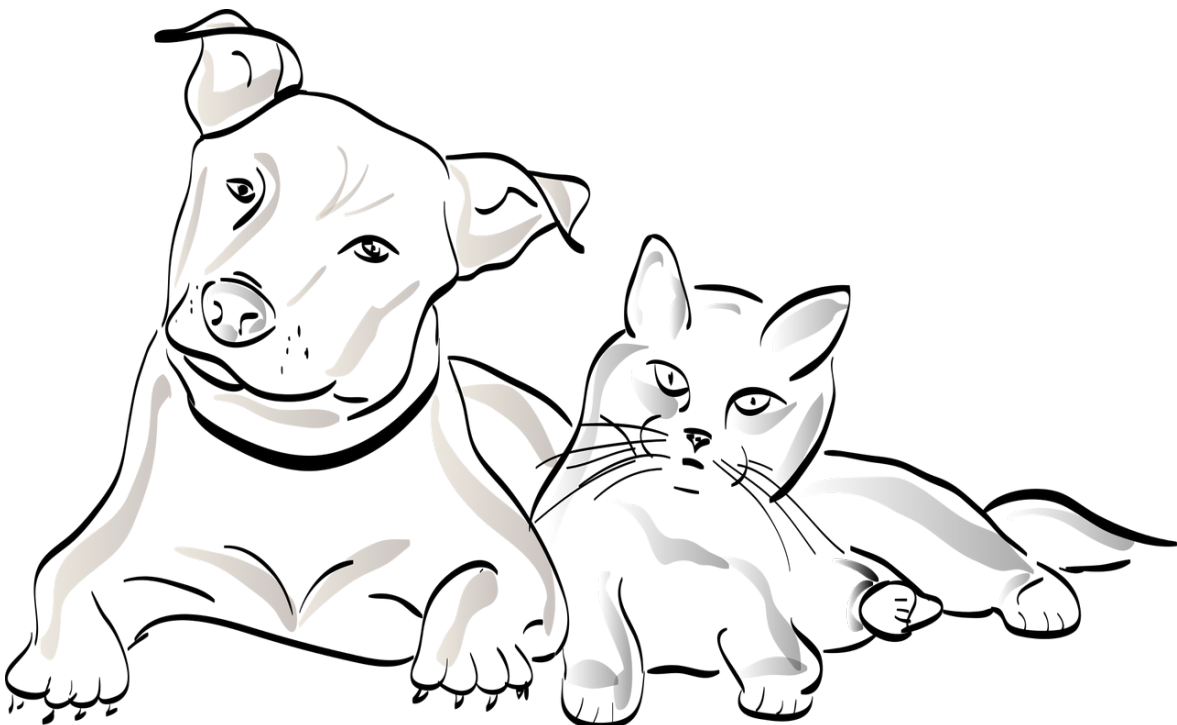
Most cats recover from marijuana exposure and do not have any long-term complications. However, do not forget to consider any secondary toxicities such as alcohol or chocolate ingestion.

Prevention is key, so never allow your cat to eat or inhale marijuana or marijuana-containing products. Store cannabis products with THC safely out of reach and do not expose your cat to any secondhand marijuana smoke.

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Featured Image: iStockphoto.com/Alexsandr_Kravstov



Classifieds

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



For Sale:

Instant Pot - \$50.00
Please call Sharon at 403-246-1397

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



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

FOOT CARE:

Therapeutic Foot care by RN includes:

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

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



Pet Sitters for Dogs & Cats:

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

Daily rate \$25

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



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.

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Moments Fashion Solutions:

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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!

Corn Flake Potatoes

This is an awesome make ahead dish that is great on Christmas morning. You can throw it in to bake while opening stockings!

Ingredients:

- 1 package (1kg) hashbrowns
- 1 500ml container of sour cream
- 1 can cream of chicken soup
- 1 bunch green onions, chopped
- 1 cup grated cheese (small grater)
- 3/4 cup milk

Directions:

- Run hashbrowns under warm water, let drain.
- In separate bowl mix soup, sour cream, and onions, add milk, cheese, and hashbrowns.
- Mix thoroughly and place into 9x13 pan.
- Crumble corn flakes or chips over top.
- Bake at 350°F for 1 hour.



Nuts & Fluff

This is a great Christmas treat and it keeps well so you've always got snacks on hand for unexpected company or to give to friends along with other baking.

Ingredients:

- 6 cups popped corn (about 1/2 cup unpopped)
- 6 cups Post Shreddies Cereal
- 1 cup salted peanuts
- 1/2 cup **each** butter or margarine and Kraft Smooth Peanut Butter
- 1 package (250g) large marshmallows

Directions:

- Toss together popped corn, cereal, and peanuts. Set aside.
- Melt butter and peanut butter in a large microwavable bowl on medium-high for 1 minute. Add marshmallows and microwave 1 minute longer or until marshmallows puff.
- Stir in cereal mixture until well coated.
- Pour into two greased 15x10 inch pans. Bake at 250°F, 10 minutes. Cool.
- Break into small pieces. Store in an airtight container. Makes about 16 cups.



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 2021 – 2022:

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

Chair: Kathy Aubichon (Acting)

Board Liaison: Helen Serrurier

Education, Involvement, & Awards

Chair: Arlene Floyd & Garry Sluiter

Board Liaison: Musu Dadi

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Sonya Nadon

Board Liaison: Jesse Harris

Environment

Chair: Russ Chandler

Board Liaison: Chris Severs0n-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

