

Connections

Your SMHC Newsletter

October 2022

BOARD OF DIRECTORS REPORT:

We hope that everyone had a great summer and are enjoying the fall colours. It is a blessing to be able to enjoy fall colors in our meadows!! Your Board is back to its monthly meeting routine after taking the summer off.

For those celebrating, Happy Thanksgiving and Happy Halloween. It is always lovely to see the little ones dressed in the most creative costumes! October brings in a sense of gratitude for all the harvest and a positive energy.

We hope that everyone took some time to think and reflect on the National day for Truth and Reconciliation on September 30th. For those of us who were able to attend the Pokaiks Commemorative Walk & IndigiTRAILS – Remembering Our Children, it was a learning experience to say the least.

A reminder to please turn your lawn service water off by October 15th. Members can request a work order if needed.

We hope that you were able to join in the member town hall meeting for the retrofit project on October 1st, 2022. Thank you to those who attended either in-person or online.

A friendly reminder for members who have not yet attended any meetings in 2022, October is your chance to attend the meeting to meet your obligation of attending one Members Meeting per year. We look forward to seeing you all at the Members Meeting on Tuesday October 18th, 2022.

Respectfully submitted by Musu Dadi 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:

I hope that everyone had a great summer and got to enjoy the fantastic weather we continue to have. My summer was extremely busy, but I managed to get away for a week, taking my kids houseboating in the Shuswap. We had an incredible time and got to see the incredible flying of the BC Wildfire Service. Watching six water bomber planes in precision fight a fire was amazing. These pilots are so impressive, and their commitment is inspiring.

As the weather turns, Ground Guys have begun their fall clean-up around our community. I would like to thank them for the outstanding job they did this summer maintaining our greenspaces. Our community continues to look great due to their efforts.

With the change in weather also brings year-end for Sarcee Meadows. A reminder to everyone that as of November 1st our housing charges will be increasing. To accommodate the rollover to the new financial year the housing charges will come out on November 2nd for those on automatic withdrawal.

| Housing Charge Increase | | | |
|-------------------------|-----------|-----------|--------|
| % Increase in Expenses | 4.8% | | |
| | 2021-2022 | 2022-2023 | Change |
| 2 Bedroom | \$929 | \$974 | \$45 |
| 3S Bedroom | \$959 | \$1,005 | \$46 |
| 3L Bedroom | \$982 | \$1,029 | \$47 |
| 4 Bedroom | \$1,006 | \$1,054 | \$48 |

We are also working on our submission to CMHC to adjust their housing charge assistance contribution. As part of that we have the opportunity to request additional households to be added to the program. If you are paying more than 30% of your household income in housing charges, please reach out to either Cathy or me. Now is the time that we can add households to their program.

A couple of times this summer we have had spills occur in our parking lots. If you spill something (oil, paint etc.) please contact the office as soon as possible so that we can ensure it is cleaned up properly.

We are anticipating receiving the first shipment of the white fridges the week of October 24th. We will be receiving about 50 units per week. We will be contacting the members who will be receiving the first shipment next week to coordinate and then the following members as we receive them. The stainless-steel ones

will begin arriving the middle to end of November.

I continue to schedule Coffee with the GM as we have been having great turn-out. Please note there will not be one on October 18th as that is the date of the Member's Meeting. Here are the upcoming ones.

- **Tuesday November 1st at 6pm**
- **Tuesday November 15th at 6pm**

I hope everyone has a great Thanksgiving. If you need a GREAT Yorkshire Pudding recipe, please let me know.



Finally keep an eye out for the announcement from the Entertainment Committee about their plans for celebrating Halloween this year.

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 Monday October 10th, for Thanksgiving.

New Housing Charges: Just a reminder that the member approved housing charge increases for the 2022/2023 financial year will begin on November 1st, 2022. The new amounts will be as follows:

- **Two Bedroom** **\$974**
- **Small Three Bedroom** **\$1005**
- **Large Three Bedroom** **\$1029**
- **Four Bedroom** **\$1054**

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.

TIPS FROM THE MAINTENANCE TEAM:

HVAC: Check furnace filters regularly. Try not to run your summer fan on cold days. Check for water around your furnace as condensate pumps might leak. If you have a finished basement you might want to invest in a water alarm.

Carpentry: Please wipe up any spills on counters and cabinets right away and do not leave any standing water as it can cause swelling and mould.

General Maintenance: When you need repair work done in your unit please call in a work order or place it through the Buildium app. If you stop to tell us while we are doing another job we may forget what you need.

Plumbing: Do not paint the copper water lines or the ABS pipes in the basement or under the sinks. The paint will interfere with the pipes ability to expand or contract properly.

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.

Maintenance Supervisor: As part of the Retrofit Project you will be seeing a number of people out and about on the property investigating and gathering information on our units. They will be identifiable by their hard hats and/or high-vis vests. If direct access to your unit is required you will be notified ahead of time. But don't be alarmed if you see people looking into your yards.

PLEASE KEEP THE WILDLIFE WILD!

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

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

For more information visit the City of Calgary's "Wildlife and You" website here:

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

You may view the above noted bylaw here:

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



Committee Reports

CSI (CO-OP SENIORS INTEREST) COMMITTEE

After a two-year hiatus the CSI Committee (CO-OP SENIORS INTEREST) is happy to be back together planning for the future of our committee and looking for ways to support our seniors.

First off **Happy National Seniors Day** to all of our amazing seniors. National Seniors Day was October 1st. This is an occasion for all Canadians to join in celebrating older adults across Canada. Here in SMHC we are so proud to acknowledge the lifelong contributions seniors have made and continue to make to their families, communities and society. Recognizing and supporting our seniors doesn't start and stop on October 1st. I hope that you all continue to support our seniors by simply picking up the phone and calling a senior to say Hi (phone numbers are in our SMHC directory), run errands for a senior, help with some outdoor chores, or take a walk together.

Here is a tidbit you might find interesting. Aging in place is alive and well in SMHC thanks to all of the loving and caring members looking out for each other. We have 1011 residents in total in 380 units. Janine pulled the numbers for members aged 65 and above and they are as follows:

- 65+ = 248 people = 25% of all residents in SMHC are our beloved seniors
- 65+ = 186 units = 49% of all units have at least one person in that age group

Our Seniors' Holiday Social/Tea is fast approaching.

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 November 1st 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.

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE:

Honours and Awards – Update

The Education, Involvement and Awards Committee received applications for all three funds – Seniors Assistance, Medical Assistance, and Education.

Successful applicants have received their funds.

The budget for Honours and Awards has been approved for 2023.

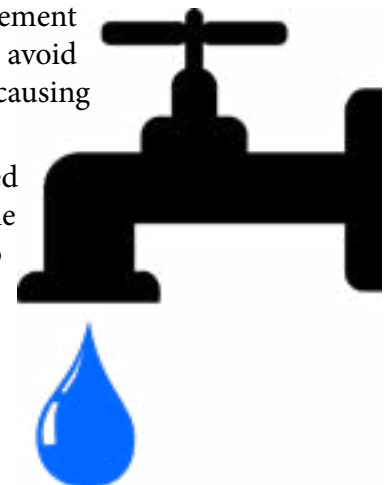
Thank you all for your participation.



PROPERTY ENHANCEMENT COMMITTEE:

Outside taps should be drained and turned off inside the unit's basement before Oct.15, 2022 to avoid them from freezing up and causing damage.

Hoses should be disconnected too and stored away from the unit as they too can freeze up and cause damage.



ENTERTAINMENT & SOCIAL EVENTS

COMMITTEE:

Wow, what a fantastic and event-filled summer we had this year! A great big THANK YOU goes out to everyone who joined us at our various events.

We were very happy to finally welcome the return of the annual Stampede Breakfast in July after a two-year hiatus. It was great to see so many friends and neighbours having a stompin' good time!

In August we had another exciting event as YYC Food Trucks filled our playground once again for one delicious and tasty afternoon. Again, it was great to see everyone out and enjoying the food, the music, and the sunshine! Speaking of music, our thanks go out to Randy McCharles and Valerie King for volunteering their time to provide us with the tunes! Thank you also to our fabulous Henna Tattoo artists who volunteered their time and their skills for the afternoon as well!

September brought us the return of another long-missed event with the Fall Fling Volunteer Appreciation Dinner! Thank you to all the volunteers and guests who joined us for a great dinner and Tune Trivia competition. We are already looking forward to next year when we celebrate all the active volunteers for 2022!



Now that the season of ghosts and ghouls is upon us we are busy preparing for the return of our annual **Halloween Event at B50 on October 31st, 2022!** Full details will be delivered to your mailboxes and inboxes shortly, but be sure to include B50 on your Trick or Treating Route!

NEWSLETTER COMMITTEE:

In this edition we have included some articles and items that we hope you will find interesting and informative. We welcome your comments regarding the items we prepare for the Newsletter. We try to come up with items and articles that we think will be of interest to all members, but we could use your help. Please take a few minutes and send us any articles or items you would like to include in the Newsletter, ideas you have for articles that we can prepare, contest ideas, or how about sending us some of your favourite family recipes. Anything you can send to us to include in future editions of the Newsletter will be greatly appreciated. Thank you!



Have a great Thanksgiving holiday and have a fun time at Halloween.

Block Leader Needed: We are in need of a new Block Leader who will deliver the newsletter packages to the Block Reps who serve sections J and K. If you would like to take on this role please contact Janine at the office - 403-246-2746 Ext. 102 or janine@sarceemeadows.coop

Riddle Contest: We have a new contest idea for you this month! Put on your thinking caps and answer the fall themed riddles below. Entries with the most correct answers will be entered into a draw for 1 of 3 \$25.00 gift cards. Entries can be dropped off at the office or emailed to janine@sarceemeadows.coop. This contest is open to all ages.

RIDDLE CONTEST ENTRY FORM

1. I appear once in summer and twice in autumn, but never in winter. What am I?

Your Answer:

2. I represent 8 but listed as 10, I have shortened days until time changes again. What am I?

Your Answer:

3. I'm tall when I'm young, short when I'm old, and every Halloween I stand inside Jack-o-lanterns. What am I?

Your Answer:

4. What breaks and never falls, and what falls and never breaks?

Your Answer:

Name:

Unit #

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.

Heather Belle Millar

September 8, 1953 – September 8, 2022



We are heartbroken to announce the death of our mother, Heather Belle Millar (née McDowell), on Thursday, September 8, 2022. She held a special place in the hearts of so many people, and she will be deeply missed.

Heather was predeceased by her husband Bruce, in 2013.

Those precious to Heather in life include her love, Brian Johnson; her children Erin (Ryan Demeter), Nathan (Stefanie); her grandchildren Grady and Finnegan; her sister Colleen Milton, and Colleen's husband Doug, who Heather thought the absolute world of. She enjoyed the time she had to connect with her nephews and nieces, Ben, Eric, Jodie, Michael, Nissa, Nicole and Matthew.

We want to acknowledge the significant impact this incredible woman had on those around her, and suffice to say, she had a big, generous heart that held her family from afar close, and forged bonds with many bonus children of all ages. She had forever connections with co-workers from

Foster's, White's, and Deloitte; folks that we got to know as well, some in person, and some through the stories she told us.

We have also had the privilege to get to know the Johnson family over the past 8 years, and we know Mom held each of you in her heart. We look forward to continuing to grow our chosen family connections in the years to come.

Deadlines prevent us from detailing each relationship Mom had, family and friend. Please know that as we wrote, we held you close, and we look forward to connecting with you in the coming days.

Heather read every book ever written – we are not kidding. She could read a book a day if she wanted to; sleep be damned. Her love for reading was contagious, and you can find many pictures of her cuddled up to one of her grandchildren, sharing a storybook. She was a photographer, she loved knitting and crocheting as well as gardening with an expert's green thumb. She had a creative gift for floral design and took great joy in creating a space she loved to live in. She loved color; any shade of green but particularly a bright green – think Kermit the Frog.

We have fond memories travelling with Mom on vacations through British Columbia, snorkelling in the Shuswap and Okanagan lakes looking for ice cream money floating on the bottom. She loved camping and hiking in the beautiful mountains of Kananaskis, and spent many hours with her loved ones, a fishing hook in the water. Heather and Brian had just returned from a cross-country trip with Doug and Colleen, which saw them cover 12,000 kilometers from Calgary to Nova Scotia. There, and back again.

Thinker and writer Adam Grant wrote, when someone is “grieving, a powerful way to show you care is to ask about

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the person they lost. It gives them a chance to express their love, honor their loved one's legacy, and reconnect with the joy they felt together." So, we ask you to join us for the Celebration of Mom's Life. It will be held at Foster's Garden Chapel, 3220 – 4 Street N.W., Calgary (across from Queen's Park Cemetery) on Thursday, September 15, 2022 at 2:00 p.m.

We would love to see you, hear your memories of Mom, and reconnect with our joy together.

In lieu of flowers, please consider making a donation to the Bruce Millar Memorial Scholarship, which is managed by the Calgary Performing Arts Festival, please contact Mike Jewitt at mikej@cpafestival.ca for more information.

Dignity Memorial

<https://www.dignitymemorial.com/obituaries/calgary-ab/heather-millar-10920568>

Carl E. Graham

April 7, 1938 – June 9, 2022

Carl passed away peacefully on June 9, 2022 at the age of 84 years.

"We have been here, in Sarcee Meadows, since 1980. Carl loved his yard and kept his umbrella tree well maintained.

I want to thank all the friends and neighbours for all the cards and help in Sarcee Meadows at this time.

It's a great place to live!

Thanks again,

Eveline Graham and Family"



Thomas A. Grossart

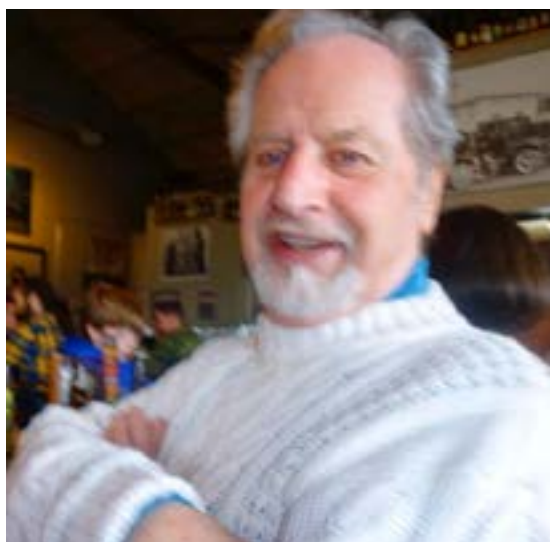
March 21, 1935 - August 14, 2022

Family in Ontario and neighbours in "C" are saddened to notify membership about the passing of long time resident, Tom Grossart.

Tom and his wife Ruby [predeceased] emigrated from Scotland as a young couple and made their home in Calgary.

They enjoyed long careers, much travel, visitors from Scotland and their beloved cats.

We are grateful for the many good times and kindnesses they shared with us.



Housing Co-Operatives Support Aging in Place

Residents enjoy affordable costs and strong sense of community

Author of the article: [Nadia Moharib](#)

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When newlyweds Betty and Bob Jensen chose their first home, it was some new thing called a housing co-operative.

“My mother had seen an article in the newspaper and said there was a meeting and you kids should go,” Betty Jensen says. “So, we kids went and we were fascinated by the whole concept.”

Decades later, the couple who met over a game of marbles in elementary school are still living where it all began. Now, a few children and grandchildren later, they are happily aging in place.

More than 85 per cent of seniors would prefer to age in place, which means remaining in their homes and communities, according to the 2016 Canadian Census.

But many are not set up with access to health and social supports required to make that happen in a way where seniors are independent, yet safe.

Co-op housing opportunities found across Canada, although not designed to be cradle to grave, have by default often catered to seniors who want to stay put.

Sarcee Meadows Housing Co-operative, for instance, appears to be a comfortable place for residents once they become seniors, with 46 per cent of its members over age 65.

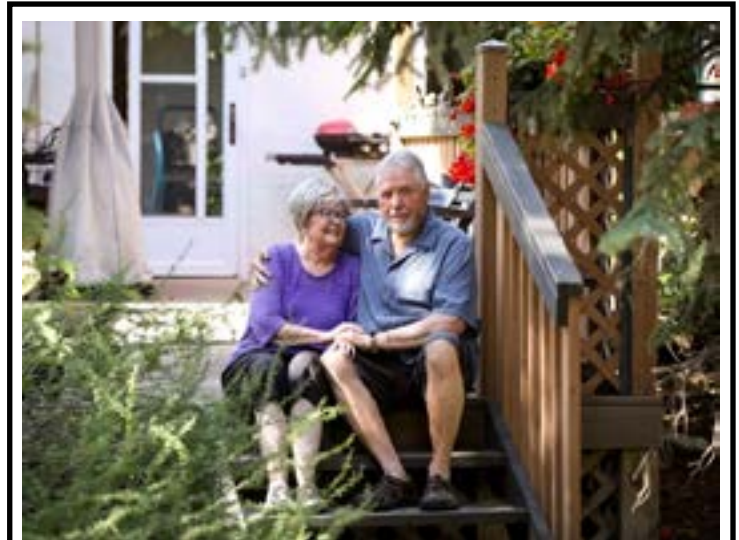
Jensen says living in the 380-unit co-op, which sits on 14.1 hectares of land, is a perfect balance between privacy and a way of life that sees people look out for one another.

As her children grew up, the tight-knit neighbourhood of community-focused residents shared childcare. When someone is ill, people help out.

Now, as the couple faces age-related challenges, they feel supported rather than that awful sense of isolation many seniors grapple with when they can least endure it.

“You can always benefit from knowing neighbours who care about you,” Jensen says.

With co-operative housing, members buy shares, pay a monthly housing charge that provides the revenue required to run the co-op — an entity that adheres to a number of principles, including commitment to community and democratic decision-making.



Betty and Bob Jensen, who met in Grade 1 while playing marbles, have been living in their home as part of the Sarcee Meadows Housing Co-operative for more than 50 years. CHRISTINA RYAN

Brenda Davies, executive director with Southern Alberta Co-operative Housing, says groups nationwide have made it an official priority for nearly two decades to find better ways to accommodate aging in place, with some retrofitting buildings and doing upgrades such as railings, stairlifts and specialized bathtub installations to meet the needs of seniors.

“I like to think we are ahead of the game,” Davies says. Recently, the federal government committed about \$15 billion to building housing co-operatives in Canada to add additional units that, Davies says, will bolster the amount of affordable and available housing to allow seniors to age in place.

“People like to stay. That is the beautiful part — as you age through time, they’ve planted those trees and done landscaping and made it a home they love so they don’t want to leave,” she says. “It is very important they can age in place.”

“I really believe housing co-operatives are the answer for seniors,” she adds. “It’s an entire community taking care of each other.”

Sarcee Meadows general manager Jon Jackson says community commitment holds co-operatives together, something that is particularly important for more vulnerable residents.

“Affordability is another great way for those wanting to age in place,” he says. “No member pays more than 30 per cent of their income on housing.”

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Jensen says she and her husband are comfortably aging in the only home they have known as a couple.

Over the years, living at Sarcee Meadows meant a higher disposable income and the freedom it afforded compared with being tethered to a mortgage on a single-family home.

Currently, their monthly payment is \$982 for a semi-detached, three-bedroom home. Their only payment is for cable and phone and any repairs or replacements required inside or outside are taken care of by the collective.

For the Jensens, a lot of their love of living in a co-operative boils down to what lured them there, a community they lean on — more important, perhaps, as they grow older.

Co-operative connection

Housing co-operatives began in Canada in the 1930s and in Calgary in the 1960s, offering affordability for residents who are multicultural, multi-generational and mixed income. There are currently:

- 2,203 co-ops in Canada representing 91,552 households with 250,000 individuals;
- 21 in southern Alberta, 18 of those in Calgary representing 1,289 households;
- Waiting lists to apply for co-op housing typically start at about two years.

Source – Southern Alberta Co-operative Housing Association
Housing Co-Operatives Support Aging in Place (2022, August 28) The Calgary Herald – August 28, 2022

https://calgaryherald.com/special-sections/encore-lifestyles/housing-co-operatives-support-aging-in-place?fbclid=IwAR1qPgvdQBN-hHL0Sdypqu_Q06BfgMNMLimhvVu1LQQU0gSg7g2lrv8xUuE

Enough is Enough

Margaret Sadler - Editor-in-Chief, *news&views*,
nveditor@arta.net

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Christians pray
“Give us this day... ”
enough
for today.

Jews sing
Dayenu,

“It would have been enough.”
Just one of God’s saving acts —
enough.

Muslims remark
Alhamdulillah,
“Praise and thanks be to God,”
grateful for simple
daily life,
Begin and act in His name, they say.
“This will suffice.”

Pause
and give thanks
for the gift of enough.

In Japan, at mealtimes,
hear Itadakimasu
“We receive,”
gratitude woven in,
back to the farmer,
to everything
that made this meal possible.

Pause
and give thanks
for the gift of enough.

We crave more,
even while some know
the earth can’t support
“more” without end.

As we age,
we need less,
acquire less,
having collected about us
all we need
and more
of what we want.

Still we buy.
Old tech works;
surely new tech is better?
So we buy.
But a phone is a phone
even when it’s not a camera.

Pause
and give thanks
for the gift of enough.

“Enough is Enough” From the Editor (Summer 2022)
news&views The Magazine of the Alberta Retired Teachers Association

<https://www.arta.net/wp-content/uploads/2018/06/2022-summer-newsviews.pdf>

Donations - Co-operatives helping Co-operatives

Submitted by Kathy Aubichon on behalf of the Women's Circle

Every Wednesday Debbie Miller and I from the Women's Circle pick-up baked goods donated to us by the Richmond Calgary Co-op and bring it to the Mustard Seed. The homeless people are so happy to receive these food items.

As the cold weather is fast approaching, effective immediately we will be delivering the below items to the Mustard Seed. If you have any of these items that you would like to donate please feel free to drop them at my unit H482 and we will get them to the Mustard Seed for you.

- Calgary Co-op baked goods
- non-perishable food items
- toiletries
- mitts, gloves, toques, scarves and socks

All other donations such as clothing, coats, boots, shoes etc can be donated **by you directly** to places like WINS (Women in Need) and other similar organizations. Please do not bring these items to the office or my unit as we just don't have the bandwidth to do this any more.

Thank you so much to everyone that has made these deliveries to the Mustard Seed and Awo Taan Women's Shelter in the past and to all of our wonderful SMHC members that have contributed so much over the years. Together we are making a difference.



2022 Young Leader Award for Alberta

Submitted by Kathy Aubichon

I wanted to share with you the good news that one of our Women's Circle and former SMHC member's sons, Fawaz Saleem, has won the 2022 Young Leader Award for Alberta. Congratulations Reshma to your son and your whole family.

Taken from the CBC Radio website - Fawaz has contributed to meaningful change in the Muslim student community through the establishment of the Muslim Student Advisory Committee and as the president of the Muslim Students' Affiliation of Mount Royal University. Through the Youth Leadership Academy of Canada, he nurtured communication and leadership skills and developed an empowered confidence and personal growth. He developed a 4-week youth leadership program, which encourages youth to think deeply about the ideas of diversity, inclusion and belonging. Fawaz also advocates for diversity by spreading awareness of

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the underrepresented population of men in nursing as the President of the Mount Royal University Men in Nursing club.

Yesterday Fawaz did a live interview on CBC Radio. Fawaz is a third year Nursing student at Mount Royal University. When asked why he wanted to become a nurse he said "...I like people, I like medicine, maybe nursing is for me. Nursing isn't just treating the illness but also treating the needs of the patient. It's about patient care, it's about holistic care, mental status, spiritual health, social health and physical health." Heading up the Muslim Student Advisory Committee Fawaz helps to represent Muslim students in their schools and communities. He found Muslim students were underrepresented and when things happened in the media that affect them the students didn't have a place to go to talk about it. He asked himself "...How can we help Muslim students in their schools, in their environment, in their communities." Fawaz and some friends came up with a plan and now there are six Muslim youth clubs in Calgary. Fawaz was asked "Why is it so important to volunteer and do all of the work that you are doing." He said his belief is you take care of other people's stresses and God will take care of yours. Fawaz gives so much credit to his parents for bringing he and his family to Canada and giving them a good life. He is also thankful to his grandparents for all of their love and encouragements. One of his favorite quotes is "Be the Change You want to See in the World. Fawaz thought maybe he can create some change.

Congratulations Fawaz on being recognized and winning the Young Leader Award for Alberta which is given to outstanding newcomers who have made a difference in their communities.

I personally am so proud of Fawaz for winning this well-deserved Award and recognition. When we fed the homeless in downtown Calgary, Reshma was always there with her family giving back to the homeless community. Reshma thank you for instilling such important values in your children. Sarcee Meadows has so many youths that are becoming amazing leaders right in front of our eyes.



Photo provided courtesy of the Saleem Family.

Education & Awareness

World Smile Day – October 7, 2022

Respectfully submitted by Jenn Jenkinson



Forty-nine years ago, in 1963, a commercial artist in Worcester, Massachusetts named Harvey Ball invented the original smiley face icon that has since become a worldwide symbol of happiness, good cheer and good will.

Over the years Mr. Ball became increasingly concerned about the commercialization of his innocent, thoughtful little symbol and that concern blossomed into the thought that a new day should be established devoted to smiles and kind thoughts and deeds throughout the world. In 1999 Harvey Ball declared the first Friday in October should be set aside as World Smile Day.

After Harvey's passing in 2001, a foundation was created in his honour and so the tradition of World Smile Day has continued with the support and sponsorship of Harvey Ball World Smile Foundation. This year the foundation asks everyone to join the celebration of World Smile Day and: **Do an Act of Kindness, Make One Person Smile**

Smiling is contagious, we have all seen that when one person in a group smiles the rest start to also. It's hard not to smile when encountering a small child or baby, but it's also wonderful when that child or infant responds with a smile or grin of their own.

Crosby Stills and Nash wrote in their song Wooden Ships, "If you smile at me, I will understand, 'Cause that is something everybody everywhere does in the same language."

Did you know that putting a smile on your face before speaking actually changes the tone and timbre of your voice? That is something I learned from years of customer service in office settings where often your initial contact with a client is by telephone. If you smile as you pick up the call and greet the customer, they can literally hear it in your voice, a good start on an interaction. Never underestimate the power of a smile; to make someone's day, to calm a situation, to convey trust and concern, to simply improve your own mood.

So, Celebrate World Smile Day and take the Celebration

with you throughout the coming year. See what a difference a Smile can make!

Do an Act of Kindness, Make One Person Smile



National Fire Prevention Week **October 9 – 15, 2022, is observed in both** **Canada and the U.S.A.**

Respectfully submitted by Sonya Nadon

"Fire Won't Wait, Plan Your Escape" and "Not Every Hero Wears a Cape" seem a bit simple but they truly are the backbone to this campaign. The National Fire Prevention Association (NFPA) plans this week to educate the public about the hazards that can cause fire accidents as well as correct safety procedures should a fire occur in your home while you are present.

In recent years the "escape time" from a usual house fire has dropped from 17 minutes down to 2 minutes. This is an important fact for us to be aware of as we live closely here in Sarcee Meadows.

Some of the basic tips for fire prevention safety within a home are:

- Ensure electrical appliances do not have any damaged or frayed cords and do not overload a circuit by plugging in too many items at once
- Ensure smoke detectors are installed and working
- Ensure you have working fire extinguishers on each level of your home – especially in the kitchen
- Ensure you have an evacuation plan and perform regular fire drills

These are only a few of the many steps that can be taken to ensure you and your loved ones remain safe in your home or can evacuate safely should you find yourself in a fire accident situation.

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The City of Calgary has many great resources to assist you with creating a fire safety plan and evacuation plan for your home. These can be found by going online to Calgary.ca, by calling 311, or by contacting your local fire station to see what type of educational materials they may have available.



Please take a few moments to be prepared and to keep yourself and others safe.

Some information for this article was obtained from NFPA.org and Calgary.ca

National Angel Food Cake Day – October 10

Respectfully submitted by Sonya Nadon

The history of the Angel Food Cake goes back to the latter part of the 19th century but there is no one agreed upon point of origin. The recipe was first published in 1878 and several cake molds were also unearthed in Pennsylvania Dutch country, so they are most commonly referred to as the originators.

The cake was commonly known as the food of Angels in Heaven due to its airy, light texture and that is how it became known as Angel Food Cake. Rather than traditional icing, this cake is usually topped with fresh fruit, fruit sauces or glazes or even whipped cream.

Angel Food cake is completely fat free and is a great option for anyone who is diabetic or watching their calorie intake. It provides a delicious, sweet taste with very few of the harmful effects of most cakes.

The cake contains no butter, oil or chemical agents such as baking soda or yeast, is baked in an ungreased tube pan allowing the batter to evenly spread into the sides of the pan well rising higher.

Although the ingredient list is quite small the cake can often be difficult to make by hand as well as time consuming. It requires precision in beating the egg whites, gently folding in the remaining ingredients, baking to the right finish, and properly inverting the pan until completely cooled. Homemade Angel Food Cake is most certainly worth the effort but thankfully, there are now great boxed mixes readily available that are very tasty. Give this cake a try.

The best way to celebrate National Angel Food Cake Day is to enjoy this fluffy, delicious, guilt-free confection with a friend. Add some fruit and cream to make it even better!

Best Angel Food Cake

Ingredients

- 1¼ cups egg whites (about 9 large)
- 1½ cups sugar, divided
- 1 cup cake flour
- 1¼ teaspoons cream of tartar
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- ¼ teaspoon salt

Directions

1. Place egg whites in a large bowl; let stand at room temperature 30 minutes. Sift ½ cup sugar and flour together twice; set aside.
2. Place oven rack in the lowest position. Preheat oven to 350°. Add cream of tartar, extracts and salt to egg whites; beat on medium speed until soft peaks form. Gradually add remaining sugar, about 2 tablespoons at a time, beating on high until stiff peaks form. Gradually fold in flour mixture, about 1/2 cup at a time.
3. Gently spoon into an ungreased 10-in. tube pan. Cut through batter with a knife to remove air pockets. Bake until lightly browned and entire top appears dry, 35-40 minutes. Immediately invert pan; cool completely, about 1 hour.
4. Run a knife around side and center tube of pan. Remove cake to a serving plate.

Best Angel Food Cake from Taste of Home <https://www.tasteofhome.com/recipes/best-angel-food-cake/>



World Mental Health Day October 10th

Respectfully submitted by Wendy Thomson.

Mental Health is a term we are hearing mentioned a lot these days. The number of people requiring help with mental health issues has increased significantly over the last two years as a result of COVID-19.

Mental health includes our emotional, psychological and social well-being. It also helps determine how we handle stress, relate to others and make healthy choices.

The exact cause of mental disorders is not known, but research suggests that a combination of factors including heredity, biology, psychological trauma and environmental stress may be involved.

Five signs of mental health disorders include long lasting sadness or irritability, extremely high and low moods, excessive fear, worry or anxiety, social withdrawal and dramatic changes in eating and sleeping habits.

Children have been learning from home the last two years as going to school has not always been an option for them. This has resulted in feelings of isolation, depression and anxiety and eating disorders such as anorexia and bulimia.

Many adults are now working away from home which for many means having to deal with work related stress and trying to manage their home lives.

So, the question is, how do we cope with everything? There is no single treatment that works for everyone. Individuals can choose the treatment or treatments that work for them. Treatment may include psychotherapy, medication, hospitalization, support groups, complementary and alternative medicine, self help plan or peer support.

Talking about stress can be one of the biggest factors in helping to find answers to alleviate stress. Simply telling someone we feel stressed or overwhelmed provides a base for them to know that we are struggling and may need support. Others find they can get relief from stress by going for a walk, exercising, painting or working on a hobby or craft.

There is help available for you if you find that nothing you try is working. There are many centers and associations that can provide you with the help you need. Don't hesitate or be afraid to reach out and ask for help if needed. If you do not know where to start or who to call, please call 211 for assistance.

Pregnancy and Infant Loss Remembrance Day - October 15th

Respectfully submitted by Janine Bell

Back in 2008, my husband Keith and I were excited to learn that we were expecting our first child, due to born just before Christmas. Sadly, our excitement was short lived and soon turned to panic and fear as our son, Dylan William Bell, arrived much too early on August 18th. In addition to being extremely premature, our Dylan was also born with a Diaphragmatic Hernia which prevented his lungs and heart from developing properly.

With these great odds stacked against him, the doctors expected that Dylan would be with us for less than 24 hours. Instead, Dylan showed us that he was a fighter who blessed us with 18 beautiful days of parenthood. In the end though the odds proved to be insurmountable and Dylan passed away in our loving arms on September 4th. In the blink of an eye the excitement and anticipation of a Christmas baby was gone even before the first snowflake fell.

Not a day goes by that Dylan isn't loved and remembered by Keith and me, but it is usually a silent remembrance. Some family and close friends may honour Dylan's memory with us when his birthday and/or the anniversary of his passing approaches. But quite often the memory of our love and loss is shared only between us; it is rarely talked about outside of our circle of family and friends.

I am sharing the memory of our Dylan not in search of sympathy for our family but in an effort to provide sympathy and understanding to others. It is my hope that in breaking my own silence that perhaps I can be a beacon of light and hope to other families who have experienced a similar loss and want to break their silence too. As Pregnancy and Infant Loss Remembrance Day approaches I want others in our community to know that I am here for you, I see you, I know and feel your pain, and I will remember your beloved lost child with you should you choose to share their memory with me.

For advice on how to support bereaved parents please visit <http://www.october15.ca/>.

For more information on Pregnancy and Infant Loss Remembrance Day please see the excerpt below from Wikipedia.



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From Wikipedia:

Pregnancy and Infant Loss Remembrance Day is an annual day of remembrance observed on October 15 for pregnancy loss and infant death, which includes miscarriage, stillbirth, SIDS, ectopic pregnancy, termination for medical reasons, and the death of a newborn. Pregnancy and infant loss is a common experience that has historically been complicated by broadly applied social and cultural taboos to stay silent, a condition that the World Health Organization advocates reversing in favor of open expression. A growing number of public figures have come out in support of open expression, with many leading by example through the disclosure of their personal experiences of pregnancy loss and infant death.

Pregnancy and Infant Loss Remembrance Day is observed in locations including Canada, United States, Australia, Ireland, and the United Kingdom. Recognition of the holiday has grown since the early 2000s. The day of remembrance includes candle-lighting vigils and a Wave of Light, a worldwide lighting of buildings and monuments.

Pregnancy and Infant Loss Remembrance Day serves to promote greater awareness and support for the estimated 1 in 4 individuals and families whose lives are irrevocably altered by the death of their children during pregnancy, at birth, and in infancy. Experiences of loss vary for each individual and family unit; common effects include depression, anxiety, changes in relationships, development of unhealthy coping mechanisms, and Post Traumatic Stress Disorder (PTSD). These effects are often underestimated, misunderstood, or overlooked by health care professionals, friends, and family members, especially when concerning pregnancy loss related bereavement and subsequent grief.

Advocates believe that formalized day of observation increases public awareness and promotes greater research and understanding to aide in the creation and establishment of programs, resources, and services to support and provide assistance to survivors of baby loss and their families, enabling them to overcome their trauma and integrate their bereavement into their life in a healthy manner.

In 2017, the World Health Organization (WHO) reported that there were 4.1 million deaths of infants that were less than one year old. WHO estimated an annual occurrence of 2.6 million stillbirths and between 17 and 22 percent of pregnancies that result in

miscarriage. A growing number of public figures have disclosed their personal experiences of pregnancy loss and infant death including Nicole Kidman, Whitney Houston, Gweneth Paltrow, Ali Wong, Michelle Obama, Chrissy Tiegan, John Legend, Meghan Duchess of Sussex, and Mark Zuckerberg.

Individual citizens have worked with their representatives to introduce legislation at the municipal, state, provincial and national levels of government in an effort to have October 15 recognized as Pregnancy and Infant Loss Remembrance Day. As of March 2021, the day has been formally recognized in the United States, Canada, and Australia while the United Kingdom observes October 15 as part of their Baby Loss Awareness Week.

International Pregnancy and Infant Loss Remembrance Day

International Pregnancy and Infant Loss Remembrance Day is observed in several localities but is not universally recognized. Individuals, families, and organizations from around the world continue to promote greater public awareness of the prevalence of baby loss and the intense grief that often accompanies the experience. The number of locations that officially observe October 15 as Pregnancy and Infant Loss Remembrance Day has grown since the early 2000s.

The official awareness colors of the cause are pink and blue and are used for the campaign's awareness ribbon.

Wave of Light

Founded in 2003, the Wave of Light invites baby loss families, friends, loved ones and supporting organizations from around the world to join in honor and remembrance on October 15 at 7:00 pm in all time zones. Beginning in the first time zone, illuminations and candles remain lit for a period of at least one hour, with the next time zone lighting in its turn, moving westward as the Wave of Light circumnavigates the globe. Buildings, landmarks, monuments, and venues are illuminated while individuals, families, friends, and supporting organizations participate in lighting candles in remembrance.

Pregnancy and Infant Loss Remembrance Day. (2022, September 11). In Wikipedia. https://en.wikipedia.org/wiki/Pregnancy_and_Infant_Loss_Remembrance_Day

The Hidden History of Halloween:

Respectfully submitted by Megan Jovie

Halloween might seem a simple and goofy holiday, but its history is an intriguing glimpse into how colonialism and religious discord affected culture at large, and how traditions were forced to adapt, combine, and travel across the world to survive to our modern day.

Though it now looks very different from its ancient origins, Halloween is likely one of the oldest ongoing traditions in the world. It traces all the way back to the ancient Celtic festival of Samhain (pronounced sow-in), and through a great deal of adaptation and interaction with other religious traditions, grew into the holiday we celebrate today.

Though little is known for certain about Samhain, it is thought to be over 2 500 years old, and was celebrated in what is now Ireland. What we do know about the festival comes from written accounts of Celtic priests (known as druids), who recorded the pre-Christian history of their people. Samhain is thought to have been a celebration of the Celtic new year; it signified the end of the harvest season and the beginning of winter, and included communal gatherings for feasts and drinking, stocking up supplies for winter, and slaughtering cattle (the bones of which would be burned in enormous 'bone fires' – likely the origin for our modern term 'bonfire!'). Samhain was also closely associated with death and the afterlife; it was believed that the veil between the worlds of the living and the dead was at its thinnest, and thus the dead could return to walk the earth. Departed loved ones were expected and welcomed, and favored food and drink would be laid out for the spirits returning home. However, the spirit of one who had been wronged during their life could also appear, along with other mischievous spirits like elves, fairies and pixies; thus, living celebrants might darken their faces with ash or wear masks to conceal themselves. When a living person recognized the spirit of a dead loved one, they could reveal themselves, but would otherwise remain unnoticed to other, more dangerous, spirits.

In the 8th Century, Pope Gregory III, in a colonial effort to convert and 'redeem' the pagan Celts, completely transformed Samhain celebrations by moving the Catholic holiday All Hallows' Day (which honoured all saints not otherwise celebrated) from May 13th to November 1st. October 31st became All Hallows' Eve, a sombre occasion for vigil, fasting, and prayer in anticipation of the day ahead. Though it had lost

its festive celebration, All Hallows' Eve retained Samhain's association with death and spirits, and its tradition of lighting bonfires (now in celebration of Christian heroes).

By the 16th century, All Hallows' Eve had established a practice of 'souling' – a tradition wherein the poor members of a community would knock on doors and offer prayers in return for a sweet pastry known as 'soul-cake'. The prayers would be offered for deceased family members, and revolved around the Catholic belief in purgatory, where a soul would linger in torment unless elevated to heaven by the prayers of the living. During the Reformation, a period in the 1500s during which the Western Church split into the opposed religious movements of Protestantism and the Roman Catholic Church, protestants carried on the tradition of souling, but discarded the concept of purgatory and instead prayed for living members of the households.

The Reformation was a tumultuous time, where both religious movements fought for power and control of Europe, causing a great deal of social and political unrest. On November 5th 1605, the Protestant King of England survived a failed assassination attempt by a group of dissident Catholics, lead by a man named Guy Fawkes. The day became memorialized by protestant British Citizens as a triumph over Catholicism, and November 5th, Guy Fawkes Day, became a yearly occasion for expressing anti-Catholic sentiment through sermons and vandalism. Unpopular Catholic figures like the pope might be hanged in effigy as celebrants drank and lit bonfires, while children might go house to house, disguised and pushing effigies of Guy Fawkes in wheelbarrows, threatening vandalism to Catholic businesses or households if not given money or treats. Guy Fawkes Day was also celebrated for a time in North America, when it was brought to New England in the 1630s by Puritans, who would not celebrate any holidays that could be associated with paganism (such as Christmas and Easter) but retained Guy Fawkes Day as a celebration of their supposed moral superiority to Catholics.

All Hallows' Eve finally made its way to North America around 1845, when the displacement of Irish people,



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now primarily Catholic, brought an influx of new traditions. The practice of souling had continued but had combined with other Irish folk traditions – specifically, the practice of carving Jack O’ Lanterns. Jack O’ Lanterns were associated with the folk tale figure of Stingy Jack, a clever drunk or con man who had managed to fool the devil into barring him from hell, but who, being a sinner, could not enter heaven. His spirit was said to wander the earth on All Hallows’ Eve, carrying a small lantern carved from a turnip, which held a burning ember from hell, to light his way. Celebrants would carry turnip lanterns carved with faces as they souled, to protect them from spirits like Stingy Jack. When Irish immigrants arrived in North America, they brought these traditions with them, but quickly traded the turnip for the easier-to-carve pumpkin.

Though Guy Fawkes Day had not been widely celebrated in North America since the American Revolution, many aspects of the holiday, such as socially sanctioned vandalism and mischief (now indiscriminate rather than targeting Catholics) remained, and became attached to other October holidays, such as All Hallows’ Eve. Thus, we have all of the basic components of modern Halloween in place: costumes, the practice of going door to door for sweets, mischief and vandalism, Jack O’ Lanterns, and an association with death, spirits, and other paranormal entities. Over time, All Hallows’ Eve was shortened to Halloween, and the various religious associations with the holiday fell away.

The first known appearance of the phrase ‘trick or treat’ in print is actually from Alberta! The traditions of souling and vandalism had combined over many years into the practice of children threatening vandalism and accepting candy in return for leaving homeowners in peace; in 1927 it was reported on and named by a newspaper in a very small town called Blackie (just east of High River).

The Halloween of our day is typically seen as secular, wholesome fun, primarily for children, but it is a fascinating illustration of the tumultuous and dangerous cultural, political and religious landscapes of Europe and North America over thousands of years. The cultural tug-o-war over autumnal celebrations gave us the Halloween we celebrate today; as we light our Jack O’ Lanterns and don costumes for trick or treating, let’s appreciate the nuance and complexity that brought it all together!

<https://www.worldhistory.org/Samhain/>

<https://www.worldhistory.org/article/1456/history-of-halloween/>

<https://en.wikipedia.org/wiki/Reformation>



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:

Queen Size Headboard (L75.5XH27XW9)
Stained and finished headboard with two cupboards and 3 stained glass windows. Needs support for underneath (currently on cinderblocks).
Asking \$40.00 OBO, available immediately for pickup
Call Irene @ 403-242-1934 or stop by to take a look @ B103 Sarcee Rd.



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.

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?

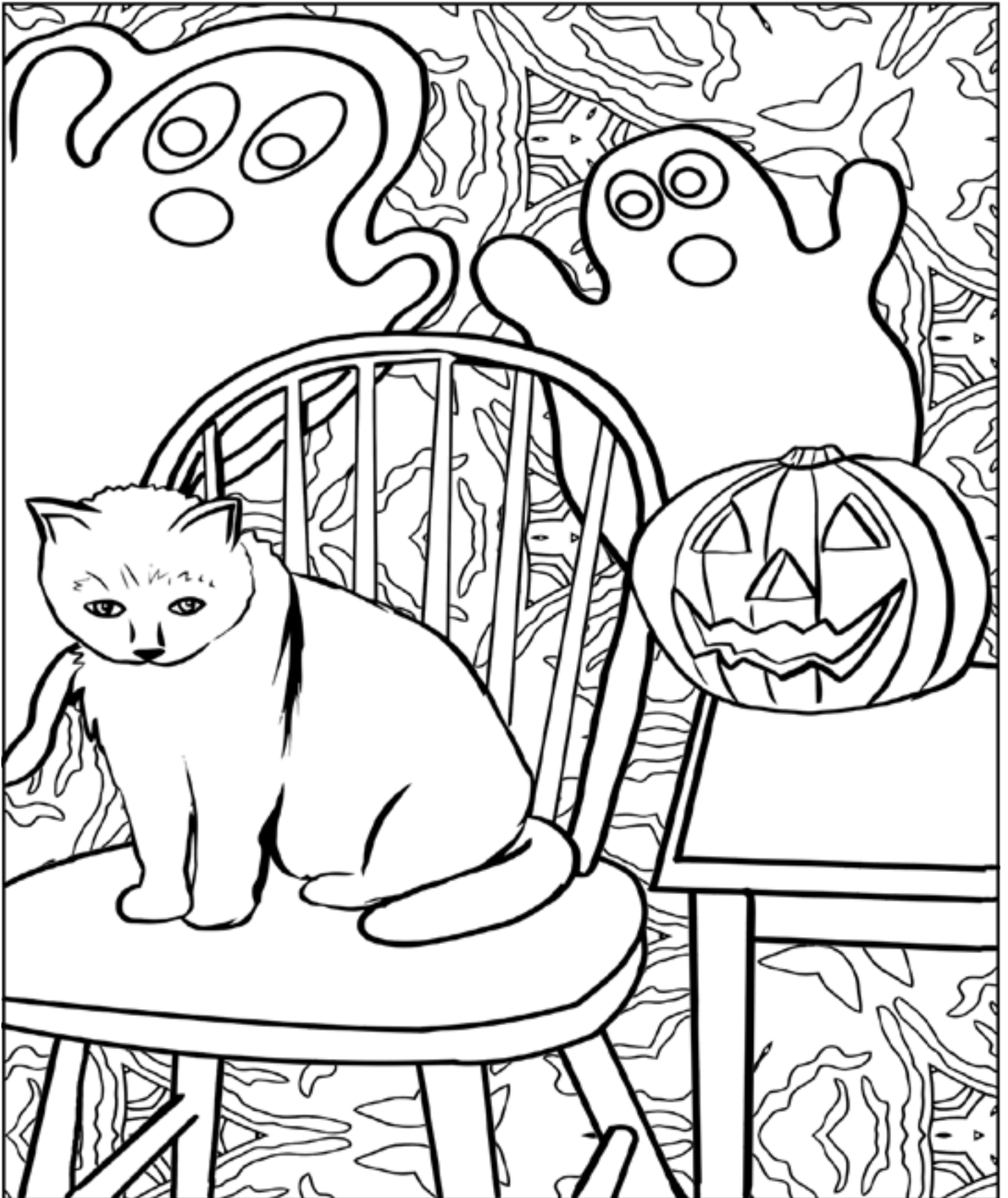
Did you ever need to go to the pharmacy or the doctor's office only to get a medication injected?

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!



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

OFFICE AND SHOP CONTACTS

OFFICE AND SHOP HOURS

Monday to Friday - 8:30 am to 4:30 pm (shop closed over the lunch hour)

Office and Shop are closed Saturday and Sunday

OFFICE PHONE NUMBER: **403-246-2746**

OFFICE FAX NO: **403-240-4333**

Extensions:

- 101 – Property Services & Office Coordinator – Paula
- 102 – Committee and Volunteer Coordinator – Janine
- 104 – Financial Services Coordinator – Cathy
- 105 – General Manager – Jon
- 108 – Maintenance Supervisor – Mike

Employees in the maintenance department have voice mail only. Please call the appropriate extension and leave a message, they will call you back.

- Graham 201
- Brad 202
- Eric 203
- David 204
- Josh 205
- Al 206
- Jeff 207
- Dean 208



After Hours Emergency Maintenance:

In the event of an emergency maintenance situation after hours please call the Emergency Maintenance Cell Phone at: **403-813-2783**

After Hours Emergencies refer to:

- **Furnace trouble in inclement weather**
- **Water leaks that cannot be controlled**
- **Gas leaks**
- **Sewer back-ups**

COMMITTEE CONTACTS 2021 – 2022:

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

Chair: Kathy Aubichon (Acting)

Board Liaison: Helen Serrurier

Grievance & Resolution

Chair: Mikayla Foucault

Education, Involvement, & Awards

Chair: Arlene Floyd & Garry Sluiter

Board Liaison: Musu Dadi

Membership

Chair: Annalise Schwaiger

Board Liaison: Helen Serrurier

Elections

Chair: Marie Forester

Newsletter

Chair: Wendy Thomson & Margaret Van der Meer

Board Liaison: Megan Jovie

Entertainment and Social Events

Chair: Sonya Nadon

Board Liaison: Jesse Harris

Personnel

Chair: Karen Schwaiger

Board Liaison: Joanne Mick

Environment

Chair: Russ Chandler

Board Liaison: Chris Severson-Baker

Property Maintenance

Chair: Al Wright

Board Liaison: Jesse Harris

Finance

Chair: Christine Langford

Board Liaison: Jeremy Hart (Treasurer)

Property Enhancement (includes Parking and Security)

Chair: Wayne McAdam

Board Liaison: Louay Farag

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Joanne Mick

Lobbying Committee

Chair: Astrid Deslandes

Funding Task Force

Board Liaison: Helen Serrurier

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

