



# Connections

**Your SMHC Newsletter**

**Summer 2022**

---

**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.*

---

**BOARD OF DIRECTORS REPORT:**

Summer is finally here! Safe travels to everyone going away, and we look forward to seeing everyone else out in the sunshine in the coming months.

We would like to thank members for attending both the meetings last month, and for passing the proposed budget. We would like to remind you that if increasing housing charges are going to cause a financial burden on your household, you can apply for the Housing Charge Assistance program to subsidize your charges; more information and an application form can be found on page 199 of the [Digital Members' Handbook](#).

As our evenings get warmer and longer, please keep in mind that fire pits in Sarcee Meadows are subject to all City of Calgary bylaws and rules, and fines for violations range from \$500 to \$5000; for more information, click [here](#).

We hope everyone has a restful summer and look forward to speaking with you again in the fall!

*Respectfully submitted by Megan Jovie on behalf of the SMHC Board of Directors*

---



---

**GENERAL MANAGER'S REPORT:**

First, I would like to thank everyone that attended the meeting on the Building Envelope Retrofit, both in person and online. This is an incredibly important project, and it was exciting to see the amount of engagement from everyone.

I also want to apologize for the technical difficulties we had. You have my assurances that we are investigating what caused the issues and are working to rectify them for future meetings. I understand the frustration and I hope you know I was just as frustrated in not being able to resolve it.

As discussed at the meeting, I will be continuing my Coffee with the GM meetings. These are your opportunity to sit down with me in a less formal setting and in a smaller group to ask questions – not just about the retrofit but anything you might want to know about Sarcee Meadows. Here is the upcoming schedule and I hope to see you at one of them. All of them take place at B50.

July 12 at 1pm

July 19 at 6pm

August 2 at 6pm

As long as members continue to attend these, I will continue to host them. If those times don't work for you, please reach out to me and I'll be happy to meet with you at a time that does work.

Tom will begin work on the hedges next week. This includes trimming and shaping them.

I also want to thank you for your patience with the Ground Guys as we have been dealing with the large amount of rain we have had through the spring and the start of summer. As you know rain greatly impacts our ability to cut the grass – we can't use the large mower as much due to weight on wet grass, as well it is much more difficult to do a good thorough job. Hopefully, we are past the rainy season, and it will make it that much easier for Ground Guys to do our weekly cutting. The schedule is the same as last year:

Tuesday	A, B, L
Wednesday	C, D
Thursday	E, F, G
Friday	H, J, K

I hope everyone has a great summer and I look forward to seeing you at our Stampede Breakfast on July 16<sup>th</sup> and the Food Truck event on August 6<sup>th</sup>.

Thank you!

Jon Jackson  
General Manager

---

**FROM THE TEAM AT B50:**

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

**Playground:** Reminder to all members: The playground behind B50 is there for the enjoyment of ALL members of ALL ages. Please be respectful of everyone using this area.

**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 August 1<sup>st</sup>, 2022 for Heritage Day, Monday September 5<sup>th</sup>, 2022 for Labour Day, and Monday October 10<sup>th</sup>, for Thanksgiving.**

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

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

---

### **TIPS FROM THE MAINTENANCE TEAM:**

#### **HVAC:**

- Please do not run your summer fan 24/7; the best times to run the fan is mornings and evenings. Also please keep up on regular filter maintenance if you're going to run the fan.

#### **Carpentry:**

- When using Buildium (or email) to submit a work order please include photos of the issue. This will save a lot of time by having a better idea of what is needed to do the job.
- Be mindful of the cabinets when boiling water or cooking with a method that produces a lot of steam. Keep steamy pots and kettles on the front burners of the stove and release the steam away from the cabinets. Electric kettles and other steamy appliances such as Instant Pots should not be used directly under the cabinets and, again, be sure to direct the steam away from the cabinets.

#### **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.

#### **General Maintenance:**

- Check the date on your smoke detectors and carbon monoxide detectors and report if they have passed their expiry date. If expired, new detectors will be installed.

#### **Plumbing:**

- When placing a work order in Buildium please be more descriptive with details e.g., does your faucet have one handle or two? Where is the Faucet located? This will help determine what we need to bring with us to do the repair.

#### **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:**

- With holidays upon us you may have to wait a little longer for employees to get back to you when you request work orders. However, if you feel it is really important or you need a quick answer, please say so and we will do our best to get back to you.
-

---

---

# **◆Committee Reports◆**

---

## **EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE:**

### **Who's a good co-op member?**

Being a good co-op member doesn't always mean serving on a committee or the Board. Every member of Sarcee Meadows Housing Co-operative participates in ways they might not even realize.

- I attend one or more membership meetings per calendar year, in-person or online
- I participate in membership meetings by voting when I am asked to do so, and if I have an opinion or question about an issue, I speak up
- I read all printed or emailed materials that the Co-op delivers to members. If I don't understand something that I have read, I ask another member or a staff member
- I ensure that any information that is asked of me is provided to the office upon request
- I follow up on information that I have requested from the office
- I keep my unit up to standards, both inside and outside, as outlined in my member handbook
- I practice good basic maintenance every day – to prevent major problems. This means – toilet paper only down toilets, and no oil or grease down any drains, ever
- I show consideration and respect for my fellow Co-op members
- I show respect for SMHC property
- I have a co-operative attitude
- I am open to sharing outdoor resources, such as water or electrical outlets, with my neighbors

If you ever want to do more, just ask – leave a note for our committee or talk to Janine at B50. We are always happy to hear from our members.

***Thanks for doing your part in every way you can!***

Education, Involvement and Awards Committee

---

## **NEWSLETTER COMMITTEE:**

Yahoo! It is Stampede time and now you can finally get out and attend the parade, a Stampede breakfast or go down to the Stampede grounds.

We have included some awareness articles and other items for you and encourage you to send us your ideas for articles or items that you would like to see included in the Newsletter. Your participation and feedback are greatly appreciated!



The Committee members are taking a break for the summer so the next Newsletter will be published in October. Have a wonderful summer, whatever your plans may be!

---

---

### **PROPERTY ENHANCEMENT COMMITTEE:**

Speed limit signage at the parking lot entrances will soon be back in place. Please obey the speed limit as we have children at play.

The Property Enhancement Committee wishes all our members a nice summer!

---



### **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE:**

**Stampede Breakfast:** Stampede is now upon us, and we are ready for the return of our annual Stampede Breakfast! This will be held on **Saturday July 16<sup>th</sup>, 2022** from **9:00am to 11:00am** beside B50. We will be serving up pancakes, sausages, coffee, and juice and will even have some halal chicken wieners and vegetable-based wieners as an alternative to the sausages. We will be keeping covid safety in mind and are working to reduce any high contact areas. Come and join us for this free breakfast!

We also welcome additional volunteers for this event! Please contact Janine at 403-246-2746 Ext. 102 or at [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) if you would like to lend a hand.



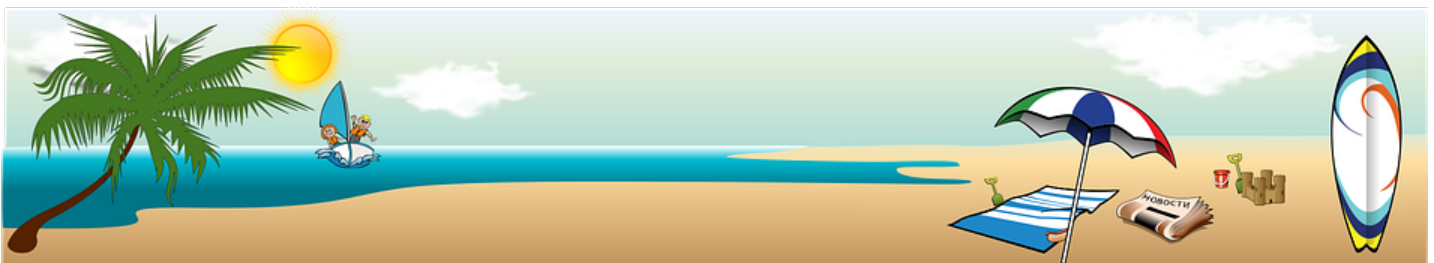
**Food Truck Event:** Later in the summer we are looking forward to another Food Truck Event with YYC Food Trucks on **Saturday August 6<sup>th</sup>, 2022** from **1:00pm to 4:00pm**. We are excited to welcome back The Curryer and Neon Taco. New this year is 'Berta Burger and of course we will have Family Dough for dessert. This will be like last year's event in that we will be giving out 300 pairs of tickets, one for a meal and one for a dessert. Each of the meal trucks will accept 100 tickets and then will be open to cash sales after that. We are working with YYC Food Trucks to reduce some of the line up issues we had last year as well. Watch for flyers with all the details to come soon!

**Volunteer Appreciation Dinner:** Lastly, if you were one of our fabulous volunteers who served our SMHC community in 2021, please mark your calendars for **Saturday September 17<sup>th</sup>, 2022** as this will be the date for the Volunteer Appreciation Dinner! We are happy to bring this event back after a two-year hiatus so watch for invites and all the details to come out closer to the event date. Again, covid safety protocols will be of utmost importance for this event as well.

**Dietary Restrictions:** We have recently been discussing ways that we can accommodate all dietary restrictions during events that include food, but we need your help to do this. If you are a person that has specific dietary needs (i.e., gluten, dairy, or other allergies, vegan or vegetarian, halal, kosher, etc.) we would like to have a conversation with you on how we can help you feel welcomed and included in our events. This will be a learning process for everyone, and it may not be as easy an endeavor as we hope it will be, especially with so few volunteers on hand. However, we are committed to working with our members as best as we can to find solutions that work for everyone.

Have a great summer and we hope to see you at any of these exciting events!

---

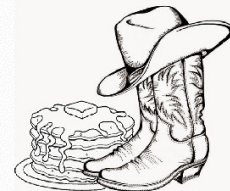


# WANTED

The SMHC  
Entertainment & Social Events  
Committee WANTS YOU  
to join us as we celebrate the return  
of the annual  
STAMPEDE BREAKFAST!



Saturday, July 16, 2022  
at B50



Breakfast will be served from  
9:00 am to 11:00 am

Come enjoy a traditional pancake breakfast with  
your family, friends, and neighbours.

Tables, chairs, and canopies will be provided.

Bring your umbrella if it is raining, this event will happen  
rain or shine.

---

---

## ◆Community Events◆

---

### **DDRC Stampede Breakfast:**

Yahoo! The annual Stampede Breakfast is a great chance to enjoy some free pancakes and good company. This free event is hosted to thank Calgarians for their support, and to provide members of the community an opportunity to meet some of the individuals we support. We hold this event annually on the Thursday of Stampede week in July.

- When? **July 14, 2022** from **8:00am to 11:00am** – Rain or shine.
  - Where? **4646 Sarcee Rd SW**, Calgary, AB T3E 7B8 (additional parking is available at MRU)
  - What to Bring? Wear your best Stampede gear and come prepared to have fun! Breakfast includes pancakes, sausages, and coffee or juice. All donations are welcome!
  - Entrance Fee? **Free!**
- 

## *Wellness Fair*

Saturday, July 30, 2022

10:00 a.m. to 5:00 p.m.

Rutland Park Community Association

3130 40 Ave SW

**\*\*Cash Only Services\*\***

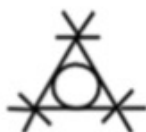
In an intimate setting, wellness services and products will be offered through various vendors including:

- ❖ Psychic/Card Readings
  - ❖ Crystal Healer
  - ❖ Chair Massage
  - ❖ Arts and Crafts
  - ❖ Henna Tattoos
  - ❖ Juicing
- ❖ The River Dragonfly
  - ❖ Jewellery

And more!!



## INTUITIVE PERSPECTIVE



**Shel Minnema**

Intuitive Consultant for Life Change

&

Crystal Energy Healer

**Sunday, August 14, 2022**

**1:00 PM – 3:00 PM**

**Doors open at 12:30 PM**

**Rutland Park Community Association**

**3130 40 Ave SW**

In an intimate group setting, Shel Minnema will offer healing messages designed to help empower you to rise above and to clear what no longer serves you.

**Cost is \$40 at the door. Cash Only. Space is limited.**

To secure your spot, call or text 403-660-2045

Masks are optional. Please be respectful of those who choose to mask as well as those who choose not to mask.

---

---

## **◆Human Interest◆**

*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](mailto: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.*

---

### **Open Letter to Members:**

Each June since 1973, Canadians have been gathering for Pride Month to celebrate the progress made towards equality and to fight for progress not yet made. This year, millions of Canadians and the international community join in the celebration – and in the fight for the rights of LGBTQ2+ people everywhere. For us, the fight for a better world for the LGBTQ2+ community starts at home.

This being said, it is with great sadness that we report that we had our pride flag removed from the front of my yard this weekend (June 4-5). We believe this is a violation of our freedoms and right to expression. It has flown there for the last several weeks in support and advocacy of our LGBTQ2+ community, friends, and neighbors. To us, it says that we are a safe place. We have always thought that we lived in a diverse and inclusive community. Living in Sarcee Meadows for the past 45 years we have never had such a disrespectful action taken. We have always had a supportive community. To whoever removed our Pride flag we would ask that it be returned, or placed in our mailbox, and there will be no questions asked. If you wish to open a dialogue that is also an option. We in Sarcee Meadows and the world should be open to allowing all to be their authentic selves

With sadness,

Daryl, Lesley, and Luke Sedor – K682

---

---

## **◆Education & Awareness◆**

### **Membership Meeting Attendance Obligations:**

In accordance with SMHC Bylaw 3.8 [b], *a member at SMHC has the following obligations: to attend at least one members' meeting annually, unless an exemption is approved by the Board of Directors.*

Through 2020 and 2021 the SMHC Board of Directors granted a temporary exemption to all members due to the COVID-19 pandemic. However, for 2022 that exemption has now been lifted since we can now hold hybrid members meetings giving members the option of attending in person or online.

If you have not yet attended a Members Meeting this year, be sure to mark your calendars for Tuesday October 18<sup>th</sup>, 2022 at 7:00 pm and Saturday November 19<sup>th</sup>, 2022 at 10:00 am as these are the last two meetings for 2022. If you have any questions or concerns or are not sure if you have attended a meeting this year, give the office a call and they can check the records for you. They can also explain your options if you find yourself in a position of no longer being able to attend Members Meetings.

---

---

## **The Calgary Stampede:**

*Respectfully submitted by Slawa Gruszczynska*

*Excerpts from Wikipedia, found here: [https://en.wikipedia.org/wiki/Calgary\\_Stampede](https://en.wikipedia.org/wiki/Calgary_Stampede)*

The **Calgary Stampede** is an annual rodeo, exhibition, and festival held every July in Calgary, Alberta, Canada. The ten-day event, which bills itself as "The Greatest Outdoor Show on Earth", attracts over one million visitors per year and features one of the world's largest rodeos, a parade, midway, stage shows, concerts, agricultural competitions, chuckwagon racing, and First Nations exhibitions. In 2008, the Calgary Stampede was inducted into the ProRodeo Hall of Fame.

The event's roots are traced to 1886 when the Calgary and District Agricultural Society held its first fair. In 1912, American promoter Guy Weadick organized his first rodeo and festival, known as the Stampede. He returned to Calgary in 1919 to organize the Victory Stampede in honour of soldiers returning from World War I. Weadick's festival became an annual event in 1923 when it merged with the Calgary Industrial Exhibition to create the **Calgary Exhibition and Stampede**.

Organized by thousands of volunteers and supported by civic leaders, the Calgary Stampede has grown into one of the world's richest rodeos, one of Canada's largest festivals, and a significant tourist attraction for the city. Rodeo and chuckwagon racing events are televised across Canada.

Calgary's national and international identity is tied to the event. It is known as the "Stampede City", carries the informal nickname of "Cowtown", and the local Canadian Football League team is called the Stampeders. The city takes on a party atmosphere during Stampede: office buildings and storefronts are painted in cowboy themes, residents don western wear, and events held across the city include hundreds of pancake breakfasts and barbecues.

### **History**

The Calgary and District Agricultural Society was formed in 1884 to promote the town and encourage farmers and ranchers from eastern Canada to move west. The society held its first fair two years later, attracting a quarter of the town's 2,000 residents. By 1889, it had acquired land on the banks of the Elbow River to host the exhibitions, but crop failures, poor weather, and a declining economy resulted in the society ceasing operations in 1895. The land passed briefly to future Prime Minister R. B. Bennett who sold it to the city. The area was called Victoria Park, after Queen Victoria, and the newly formed Western Pacific Exhibition Company hosted its first agricultural and industrial fair in 1899.

The exhibition grew annually, and in 1908 the Government of Canada announced that Calgary would host the federally funded Dominion Exhibition that year. Seeking to take advantage of the opportunity to promote itself, the city spent C\$145,000 to build six new pavilions and a racetrack. It held a lavish parade as well as rodeo, horse racing, and trick roping competitions as part of the event. The exhibition was a success, drawing 100,000 people to the fairgrounds over seven days despite an economic recession that afflicted the city of 25,000.

At least seven movies were filmed at the Stampede by 1950. The most profitable, the 1925 silent film *The Calgary Stampede*, used footage from the rodeo and exposed people across North America to the event. Hollywood stars and foreign dignitaries were attracted to the Stampede; Bob Hope and Bing Crosby each served as parade marshals during the 1950s, while Queen Elizabeth II and Prince Philip made their first of two visits to the event as part of their 1959 tour of Canada. The Queen also opened the 1973 Stampede.

### **Flooding**

Severe flooding in Calgary two weeks before the July 5 opening of the 2013 Stampede caused significant damage to the grounds. Stampede officials promised, however, that the event would be staged as planned. Some of the main events, and all concerts, scheduled for the Saddledome were cancelled due to flood damage to the facility, while other events were relocated to other locations.

## COVID-19 pandemic

On April 23, the 2020 Stampede was cancelled for the first time in almost a century due to the COVID-19 pandemic. Community-oriented events held in compliance with Alberta public health orders were organized on the original dates of the Stampede, including pop-up drive-throughs offering pancakes and midway food staples, and maintaining the event's fireworks show. The cancellation made a significant economic impact, as recent editions had contributed \$540 million to the province's economy.

## Parade



The parade serves as the official opening of the Stampede and begins shortly before 9 a.m. on the first Friday of the event. Each year features a different parade marshal, chosen to reflect the public's interests at that time. Politicians, athletes, actors and other dignitaries have all served as marshals. The event features dozens of marching bands, over 150 floats and hundreds of horses with entrants from around the world and combines western themes with modern ones. Cowboys, First Nations dancers and members of the Royal Canadian Mounted Police in their red serges are joined by clowns, bands, politicians and business leaders. The first Stampede parade, held in 1912, was

attended by 75,000 people, greater than the city's population at the time. As many as 350,000 people attended the parade in 2009, while the presence of Prince William and Catherine, Duke and Duchess of Cambridge, at the 2011 parade as part of their tour of Canada increased attendance to a record estimate of 425,000.

The parade was downsized and closed to the public in 2021 due to the COVID-19 pandemic.

## Rodeo

The rodeo is the heart of the Calgary Stampede. It is one of the largest, and the most famous event of its kind in the world. With a prize of \$100,000 to the winner of each major discipline and \$1,000,000 total on championship day alone, it also offers the richest payout. Cowboys consider performing in front of over 20,000 fans daily to be the highlight of the rodeo season.

There are six major disciplines – bull riding, barrel racing, steer wrestling, tie down roping, saddle bronc and bareback riding – and four novice events – junior steer riding, novice bareback, novice saddle bronc and wild pony racing.

## First Nations Participation

During each Stampede, the five nations of the Treaty 7—the Tsuu T'ina, Piikani, Stoney, Kainai and Siksika—create a camp on the bank of the Elbow River in the southern section of Stampede Park, originally known as the Indian Village, but renamed Elbow River Camp in 2018. They erect tipis, organize pow wows, offer arts and crafts, and re-enact elements of their traditional lifestyle. Each year, an Indian Princess is selected from one of the five nations to represent the Treaty 7 as part of the Stampede's royalty. The village is among the Stampede's most popular attractions.

During the 2018 Stampede, it was announced that the name of the area would be changed to reflect "reconciliation and increased understanding of Indigenous peoples as modern and strong and resilient"; after a voting process among the camps, it was announced on the final day of the Stampede that the Indian Village would be renamed "Elbow River Camp".

---

## **Backyard Barbeque Grills**

*Respectfully submitted by Wendy Thomson.*

Barbeque season is here and for many barbequing is something you enjoy doing all year long. Grilling is a popular way to enjoy the nice summer weather. Grill fires can start easily and spread quickly when a gas or charcoal grill is placed too close to any fire hazard. Here are some recommended safety tips to follow to keep you, your family, home, and those around you safe.



- Only use the grill outside.
- Place your grill away from your home. It is recommended that your grill be at least 10 feet from your home or other structures.
- Keep decorations away from your grill.
- Make sure that your grill is located on a flat, level surface.
- Check your grill for leaks.
- Always clean your grill after use. If you are using charcoal briquettes in your barbeque let the coals cool completely and remove them the next day.
- Never leave your barbeque unattended while in use.
- Wear appropriate clothing.
- Keep a spray bottle filled with water close at hand.
- Always have a fire extinguisher close by.

---

## **August 1<sup>st</sup> - Emancipation Day**

*Respectfully submitted by Megan Jovie*

This year will be Canada's second official Emancipation Day; on March 24, 2021, the House of Commons voted unanimously to officially designate August 1<sup>st</sup> – the day in 1834 that the *Slavery Abolition Act* came into effect across the British Empire – as Emancipation Day.

Despite its image as a place of refuge for enslaved peoples during the days of the Underground Railroad, Canada has a dark history of slavery; Quebec historian Marcel Trudel estimates that between 1671 and 1831, there were approximately 4 200 enslaved people in the area of Canada then known as Nouvelle France (which extends from modern-day Newfoundland to the prairies, and from Hudson Bay to the Gulf of Mexico). Initially approximately two thirds of these enslaved people were Indigenous, and one third were of African descent, though as more of the area was settled, it is estimated that an additional 3 000 men women and children of African descent were brought into Canada as slaves and eventually outnumbered Indigenous enslaved people.

In 1793, Upper Canada (which included modern-day Southern Ontario and parts of Northern Ontario on the watersheds of the Ottawa River and Lakes Huron and Superior) passed an act that granted the gradual abolition of slavery, and as a result any enslaved person that entered the province was declared free, though many remained enslaved in the rest of the country. This is what allowed for the development of the Underground Railroad, through which over 30 000 enslaved Black Americans were able to escape to freedom. Forty years passed before the *Slavery Abolition Act* ended slavery in the British Empire on August 1<sup>st</sup>, 1834 and began the process of freeing over 800 000 enslaved Africans and their descendants in the Caribbean, Africa, South America, and Canada.

As a result, each August 1st Canadians are invited to reflect, educate, and engage in the ongoing fight against anti-Black racism and discrimination.

For more information on the history of slavery in Canada, you can visit the website for the Canadian Museum for Human Rights at <https://humanrights.ca/story/the-story-of-slavery-in-canadian-history>.

---

## **International Literacy Day – September 8, 2022**

*Respectfully submitted by Jenn Jenkinson*

In the year 1967, UNESCO, The United Nations Educational, Scientific & Cultural Organization created International Literacy Day in an effort to combat illiteracy. Just as the old adage says, “if you give a man a fish he will eat for a day, if you show him how to fish he will eat for a lifetime; the same is true for literacy, as once a person can read and write whole worlds of opportunity are opened for them that would have remained closed without the proper skills.

The importance of the basic human right to literacy is celebrated on September 8<sup>th</sup> each year to emphasize the value of reading, writing and comprehension skills and the great advantages literacy brings to our societies, families, and the world at large. It is estimated that worldwide there are as many as 750 million adults who cannot read. No nation is spared as even in developed nations like Canada there are adults who are functionally illiterate; a fact that holds them back from employment or advancement and which in many cases can trap them in poverty and even homelessness.

So how do we as individuals make a difference? There are many possibilities even locally,

- Volunteer to teach reading and writing in a community or library setting
- Parents should read to their children from the earliest age to encourage a love of reading
- Volunteer at a school to either read to young children or to assist children who need extra help in mastering the skills
- Share the gift of reading by exchanging books with others or using local “little libraries” to drop off books you have read so others may enjoy them also

And if you want to make a difference on a global scale, become involved with any of the organizations like The Rotary Club or Lions Club that are actively sponsoring the building of schools in remote parts of the world where children have previously never experienced the joy of learning. Yes, teach them to fish and they are fed, but teach them to read and to write and suddenly they can accomplish great things. Books open eyes and minds to endless and exciting possibilities.

I am going to end with my favourite quote from Carl Sagan, who clearly loved books and all they can give us.

“What an astonishing thing a book is. It's a flat object made from a tree with flexible parts on which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is proof that humans are capable of working magic.”



---

---

## ◆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:**

Patio table and 4 chairs with cushions & an umbrella with base which tilts. Used but not very much so in very good condition.

Call Jenn at 403-242-0250 – Asking \$250 for 10 pieces.



---

### **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](mailto:romaindomain@shaw.ca)



### **FOR SALE:**

Bedroom Suite	\$100
4 Pcs. Computer Desk	\$50
6 Drawer Chest and Desk (Oak)	\$35
Exercise Bike	\$25
4 Pcs. Girl's Bdrm. Suite (French Provincial)	\$100
Organ (Galanti – New was \$900)	\$200
7 Pcs. Dining Room Suite (Oak)	\$700
Patio table, 4 Chairs & Covers, & Umbrella	\$75
5 Oak Bookshelves	\$15 each
Wooden Bench (Storage)	\$25

Call 403-686-2855 Unit # H561

---

### **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](mailto: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
- Large 3 Bedroom \$110
- Small 3 Bedroom \$100
- 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](mailto:gramozhalili@hotmail.co.uk)

## **Moments Fashion Solutions**



Need Alterations?

Italian Leather Products

Baby Boots

Contact Marzena - 403-397-3779

[www.momentsfashion.com](http://www.momentsfashion.com)

## **Computer Help:**

I have recently completed a Network Systems Administrator diploma and am offering assistance with computers. I can help with a wide range of issues including basic things like computer and printer setup and troubleshooting, installing, and uninstalling programs, and showing you how to use your device. For more information and rates please contact Jesse 403-710-8480.

## **Exotic Pet Sitting:**

Need a vacation but struggling to find someone to watch your scaly friends? I can help! Willing to check in on your unique pets while you are away. Experience with reptiles small and large. Please contact [annalise1989@hotmail.com](mailto:annalise1989@hotmail.com) to discuss.



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!*◆

---

### **Vegetarian Stuffed Mushrooms:**

<https://www.aheadofthyme.com/2015/12/stuffed-mushrooms/>

#### **INGREDIENTS**

- 24 large cremini mushrooms (brown mushrooms)
- 1 cup breadcrumbs
- 1/2 cup Parmigiano Reggiano, freshly grated
- 2 cloves garlic, minced
- 1 tablespoon fresh parsley, finely chopped (plus more for garnish)
- 1 teaspoon olive oil
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

#### **INSTRUCTIONS:**

1. Preheat oven to 350 F. Line a large half sheet baking pan with parchment paper and set aside.
2. Wipe the mushrooms clean with a paper towel and remove the stems. Reserve half of the mushroom stems and finely chop them. Set aside.



3. Transfer the mushroom caps, cavity side up, onto the lined baking sheet and set aside. In a large mixing bowl, combine remaining ingredients (breadcrumbs, Parmesan cheese, garlic, parsley, olive oil, onion powder, Italian seasoning, salt, and pepper). Add in the chopped stems. Stir to combine. You could also combine the ingredients in a food processor and pulse mix to combine. In this case, you wouldn't have to chop up the stems or parsley as finely because the food processor will do it for you.
4. Carefully scoop the mixture into mushroom caps.
5. Bake for 20 minutes, or until the top of the mixture starts to turn golden brown.
6. Serve warm with a sprinkle of chopped parsley on top. For added flavor, drizzle some olive oil on top, if desired.

#### NOTES:

- Easy scooping: To make the process cleaner and easier, consider scooping all your mixture into a zip-top bag. Cut a large hole in the corner and pipe the filling into your stuffed mushrooms.
- Make ahead instructions: If you want to bake these stuffed mushroom caps in bulk for a party, consider prepping a day ahead. Assemble the mushrooms and store the uncooked stuffed mushrooms in an airtight container and place in the refrigerator for up to one day. When you are ready to cook them, simply pop them into the preheated oven and bake as directed.
- How to store: Allow the vegetarian stuffed mushrooms to cool to room temperature first, then transfer to an airtight container and store in the fridge for up to 4-5 days.
- How to reheat: Reheat cold stuffed mushrooms in a 375F oven for 10-15 minutes. To prevent mushrooms from drying out, cover or wrap them in aluminum foil.

---

#### ***Sirloin Steak with Garlic Butter***

<https://www.allrecipes.com/recipe/14554/sirloin-steak-with-garlic-butter/>

This sirloin steak recipe is served with very garlicky butter that makes this steak melt-in-your-mouth wonderful! I have never tasted any other steak that came even close to this recipe. If you are having steak, don't skimp on flavor to save a few calories.

#### **Ingredients**

- 1/2 cup butter
- 4 cloves garlic, minced
- 2 teaspoons garlic powder
- 4 pounds beef top sirloin steaks
- salt and pepper to taste

#### **Directions**

1. Preheat an outdoor grill for high heat and lightly oil the grate.
2. Melt butter in a small saucepan over medium-low heat; stir in minced garlic and garlic powder. Set aside.
3. Season both sides of each steak with salt and pepper.
4. Place steaks on preheated grill and cook 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C) for medium doneness.
5. Transfer steaks to warmed plates; brush the tops liberally with garlic butter and allow to rest for 2 to 3 minutes before serving.





---

**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

#### **Education, Involvement, & Awards**

Chair: Arlene Floyd & Garry Sluiter

Board Liaison: Musu Dadi

#### **Elections**

Chair: Marie Forester

#### **Entertainment and Social Events**

Chair: Sonya Nadon

Board Liaison: Jesse Harris

#### **Environment**

Chair: Russ Chandler

Board Liaison: Chris Severson-Baker

#### **Finance**

Chair: Christine Langford

Board Liaison: Jeremy Hart (Treasurer)

#### **Grievance & Resolution**

Chair: Mikayla Foucault

#### **Membership**

Chair: Annalise Schwaiger

Board Liaison: Helen Serrurier

#### **Newsletter**

Chair: Wendy Thomson & Margaret Van der Meer

Board Liaison: Megan Jovie

#### **Personnel**

Chair: Karen Schwaiger

Board Liaison: Joanne Mick

#### **Property Maintenance**

Chair: Al Wright

Board Liaison: Jesse Harris

#### **Property Enhancement** (includes Parking and Security)

Chair: Wayne McAdam

Board Liaison: Louay Farag

### **Temporary Committees & Task Forces**

#### **Bylaw Review Task Force**

Board Liaison: Joanne Mick

#### **Funding Task Force**

Board Liaison: Helen Serrurier

#### **Lobbying Committee**

Chair: Astrid Deslandes

Committees can be contacted by calling the office at 403-246-2746 Ext. 102 or emailing [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop)

