

Connections

Your SMHC Newsletter

April 2023

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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

As the end of Lent approaches for some Members, it is time to celebrate Easter. This year, it falls on either April 9th or 16th (depending on your denomination). Seems like a lot of the kids are just coming off of Spring Break to follow it up almost immediately with a four-day weekend. To all who observe, we wish you a Happy Easter! ✚

Best wishes to our Members or non-Member residents who are studying in the post-secondary system. For many of you, April is the end of the Winter semester. For some of you, this may represent the end of your program of study. To all, we wish good luck and good results on papers, final exams, theses, dissertations, and other forms of high evaluation.

Old Man Winter is still fighting to keep hold of us, but you can already tell that his strength is sapped and his punches don't hold the power they once did. As we enjoy some nicer weather, we do remind you that it is still too early to turn on those outside taps. Normally, we hold off on giving the green light until sometime in May. Of interesting note, part of our construction plan would mean the end of this practice. Once your house is retrofitted, the outside tap valve will be able to stay open year-round without freezing and risking our pipes.

Speaking of the retrofit, it's time for the Membership to, once again, approve going to the next level of this project. This is the biggest step yet: the request to begin construction. This vote will take place at our regularly-scheduled Membership meeting on Tuesday, April 18th. **Please note that this meeting will be starting at 6:30pm instead of 7:00pm.** This means registration will be open at 6:00pm. Please join us in person or virtually and have your say about this crucial decision.

Finally, a few days after the Members meeting, and many days of quiet reflection and fasting, the month of Ramadan will come to an end with the observance of Eid al-Fitr on either April 21st or 22nd (depending on the crescent moon's sighting). To all of our Members who observe, we say: Eid Mubarak! ☪

Respectfully submitted by Jeremy Hart on behalf of the Board of Directors

GENERAL MANAGER'S REPORT

Chag Sameach! Ramadan Mubarak! And Happy Easter! I hope that everyone, regardless of what you are celebrating, has a joyous time spent with friends and family.

Are you a teenager who lives in Sarcee Meadows, or do you have a teenager living with you? Are you looking for a part-time job this summer and enjoy being outside? We are looking for two teenagers who would like to take on the maintenance and upkeep of our gardens. Specifically, you would be responsible for maintaining the gardens at the entrance to the B Parking lot, the gardens out front of B50, Marla's Garden, and the garden at the entrance to the F parking lot.

Working under the supervision of Tom Hawkes (our arborist), you will be responsible for prepping the gardens and making them ready for spring planting, weeding and maintaining throughout the summer, and in the fall prepping them for the fall.

The role will begin in May and run through mid to late September. Averaging 15- 20 hours a week throughout the period. Salary for the role will be \$15/hour.

If you are interested, please send me a copy of your resume at jon@sarceemeadows.coop or drop it off at B50.

Over the last few months, we have seen an increase in the issues related to garbage and recycling. I would ask each of you to please do not put larger items beside the bins. Keep these till the Big Bin arrives in May. We bring the Big Bin in three times a year as a service to members to allow them to dispose of large items. If something does not fit in the parking lot bins, please don't just leave it beside them. Also, when you are recycling boxes, please break them down first. By all of us working together we will ensure our community remains a great one for everyone.

On a similar note, a reminder that Members are not to use the Visitor Parking stalls. As you all know visitor parking is very limited and we need to ensure these are available for people who are visiting our community. If you have a guest who is staying for a few days, please pick up a Visitor Parking Permit from the office.

As a sure sign of spring we are planning our parking lot sweeping for April. While a formal notice will be coming out shortly we are planning to complete the sweeping the week of April 17th. Please ensure your vehicle is out of the parking lot prior to starting.

Thank you, Jon Jackson

FROM THE TEAM AT B50

Visitor Parking Issues and Rental Stalls: The office is receiving a large number of parking complaints regarding members and non-member residents of Sarcee Meadows using the **visitor parking stalls**.

A reminder to everyone who currently resides at Sarcee Meadows, that the parking policy states: **“MEMBERS AND NON-MEMBER RESIDENTS WILL PARK VEHICLES IN THEIR UNIT STALL OR RENTAL STALL ONLY.”**

If you are in need of an additional parking stall please contact the office to join the Rental Parking Stall Waitlist. On the other hand, if you currently have a rental stall that you are no longer using, please consider relinquishing it back to us so that another member benefit from it.

Responsible Pet Ownership: While pets are welcome in Sarcee Meadows, a reminder that all members and residents are expected to follow City of Calgary Responsible Pet Ownership Bylaws.

Based on recent calls to the office a specific area of concern is dogs being off leash, as SMHC is **not** designated as an Off Leash Area. Additional concerns are that some members/residents are not cleaning up after their dogs, especially while walking their dogs in our common areas. The City Bylaws state:

Keeping Animals under Control

11. (1) The Owner of an Animal must ensure that the Owner’s Animal is not Running at Large.

(3) Unless a visible sign indicates that the area has been designated as an Off Leash Area an Owner must keep the Owner’s dog on a Leash.

Removing Excrement

19. If an Animal defecates on any public or private property other than the property of its Owner, the Owner must remove such feces immediately.

Our Property Enhancement Committee is currently working on updates to SMHC’s Pet Policy. These updates will be heavily based on the City of Calgary Responsible Pet Ownership Bylaws as these bylaws are in place for the care and safety of all animals, their owners, and other members of the public. As such, if members or residents know of a bylaw infraction and would like to report it, please call 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary).

Updating Unit Information: A reminder that it is imperative that all changes to your member and/or unit information must be provided to the office to keep our records up to date. This includes contact information and communication preferences, vehicle license plate numbers, all pets, all residents, and emergency contact info.

If you have not registered ALL of your vehicle license plate numbers with the office, please do so as soon as possible. This is a requirement of Members and if it is discovered that there are vehicles associated with your unit that are not registered, the office will be issuing fines.

The same applies to people living or no longer living in your unit; all residents (members and non-members) must be registered with the office or fines will be issued.

Office Hours: The office is open for our regular business hours of 8:30 am to 4:30 pm. The office staff is continuing a rotation of some days in the office and some days working from home. However, they will continue to be reachable by phone or email wherever they are located. **The shop and office will be closed on Friday April 7th, 2023 for Good Friday and on Monday May 22nd, 2023 for Victoria Day.**

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

Did you KNOW?? You can download the BUILDIUM app to your device? Make sure it is the resident one! Questions??? Email: paula@sarceemeadows.coop

Need a new link? Email Paula for a password reset link OR - Go directly to the website and request one yourself!

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

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

Committee Reports

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

It's Funding Season!

Be sure to check out all the funds available to assist SMHC members.

- Medical Assistance Fund
- Education Fund
- Seniors Assistance Fund

The forms appear at the end of this newsletter, will be repeated in the May issue of Connections, or can be picked up at the office. **Deadline for applications is May 31, 2023.**

NEWSLETTER COMMITTEE

Spring is here and soon all the snow and ice will be gone. No doubt we will get some more snow in the weeks ahead, so just be careful when you are out walking to avoid slipping on the icy sidewalks and parking lots.

We have included some articles we have written for you as well as some other items you may be interested in. Your input is always welcome whether it be in the form of an idea for an article, something you have written, a recipe or your comments regarding the contents of the Newsletter.

Have a Happy Easter!

Delivery person needed: We are in need of a Block Rep to deliver to a small route in K. This is for a section of seven units, however only two units are currently receiving paper delivery. Please contact the office if you would like to take this route.



Are you a resident of Sarcee Meadows and 25 or younger? Do you have an interest in journalism or communications? Would you like practical hands-on experience writing? Consider becoming a contributing, freelancing columnist for "Connections", our Sarcee Meadows' monthly newsletter. Each month you will

participate as a freelancing writer in the Newsletter Committee to help build the editorial content.

You will be asked to contribute one story per issue, ideally focusing on Youth & Children. Highlighting such topics as academic, sports, or personal achievements, memories from interesting travels, volunteer achievements, and other topics that would recognize or encourage participation of our youth and children in the community. Topics that would appeal to our younger members and residents. This is a fantastic opportunity for you to build your portfolio in writing. If you are interested, please contact Janine at 403-246-2746, Ext. 102 or e-mail: janine@sarceemeadows.coop.

CO-OP SENIORS ISSUES (CSI)

Well, Spring for 2023 has arrived in Sarcee Meadows, along with warmer temperatures and melting snow, and the sounds of the arrival of the birds whose songs can now be heard amongst the call of the Crow and the cries of the Magpie. The tap, tap, tap of the Northern Flicker can also be heard on the walls of the Units and on the chimneys. (Note! Keep an eye on these 'guys' as they can do some damage to the outside walls as they 'drill' for holes). The melting snow running across the sidewalks can hide patches of hidden ice. Be very careful as you walk on the pathways of Sarcee Meadows.

Spring is always a time of new beginnings. Sweep out the old and bring in the new. With that in mind, watch for Sarcee Meadow's announcements in the coming months for news on the Big Bin, Yard sales, Rutland Park's Community Clean-up, etc. where you can dispose of some of the 'stuff' you are sweeping out. Therefore, hang onto your items for disposal and please do not put them in the parking lot big bins.

At the March meeting of the CSI (Co-op Seniors Interest Committee) we discussed joining with the Entertainment Committee as they make plans for the summer Barbecue this year. Watch the Newsletter for



Continued from page 4

updates on this as we plan a 'special Senior's section' at this Summer event and plan on joining in the fun and frivolity. We also discussed having other Senior gatherings throughout the year to visit with and enjoy the company of our senior friends. Our next meeting is Wednesday, April 12, 2023 at 1:00 PM at B50. We are always looking for new members to join us and bring your ideas to this committee. We look forward to seeing new faces around the table. Come join us for coffee and friendship.

April also brings another Sarcee Meadows Members Meeting. This meeting is an especially important one for all members of Sarcee Meadows Housing Co-op to attend. This meeting will be the last vote members will have on the Building Retrofit Project. It is an important meeting for the future of Sarcee Meadows. Please plan on attending. The Meeting is at Grace Lutheran Church on April 18, 2023. Registration begins at 6:00 pm and the meeting begins at 6:30 pm.

The Holy Month of Ramadan has begun, and we wish all our Islamic friends and neighbors a Blessed and Happy Ramadan.

Happy Easter everyone! Enjoy your gatherings with family and friends as we welcome Spring with a spirit of renewal. Happy spring!!

GOVERNMENTAL ELECTION INFORMATION COMMITTEE

(Former Lobbying Committee)

On May 29, 2023, Albertans will vote again to choose a new provincial government.

On behalf of Sarcee Meadows Housing Cooperative, the Governmental Election Information Committee (GEIC) has been called to action.

Members serving on this committee are:

- Astrid DesLandes – Chair
- Board Liaison: Azhar Manzoor
- Nathan Holt
- Dionne Hemsley
- Jeff Buckingham
- Slawa Gruszczynska

The GEIC will:

- Contact candidates for provincial election, who represent Currie Constituency
- Gather information about their background and contact information

- Learn how they address issues of affordable and sustainable housing in their platforms
- Provide awareness of SMHC to all candidates.
- Inform Board of Directors about committee's work
- Publish a brochure and distribute to the membership with information that will help with the decision making process while going to the voting polls.

Update: At the first Committee meeting, the members became familiar with each other and very quickly demonstrated enthusiasm to work together, and get things done.

Individual portfolios have been identified and tasks have been assigned, to ensure efficient workload.

Many thanks to Azhar Manzoor, for joining us as the Board Liaison.

We are looking forward to welcoming you at our next meeting.

All Committee meetings are facilitated on the ZOOM platform to accommodate everybody's busy schedules, and at the same time to allow to contribute to our beautiful Sarcee Meadows community.

In the next report, the GEIC Committee will inform about further progress of our work.

Happy Ramadan, Happy Passover, and Happy Easter to all.

Submitted by: Slawa Gruszczynska

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

We hope you were able to join us for the return of our Annual Easter Egg Hunt and that all our SMHC kids had a fantastic time hunting up those eggs!

Our next event is the Annual Lawn Sale on Saturday June 17, 2023 from 9:00am to 4:00pm. Once again there will be no entry fee and we welcome participants to set up wherever it is most convenient for you.

This includes your own yard or on any of our side streets i.e., Sarcee Road, 44 Ave, or 40 Ave. Please do not set up directly on 37 Street! However, yards just off 37 Street with parking lot access are okay.



Again, we will be asking that you register at the office if you plan to participate, and where, so that we can ensure your location is properly advertised for others to find you. More details to come soon!

Community News

15
APRIL
BETWEEN
9:00AM - 2:00PM

CENTRAL MEMORIAL MUSIC PROGRAM

BOTTLE DRIVE

Save Your Empties



Please save your cans and bottles and drop them off at Bay 3 at Central Memorial High School on April 15th, 2023.

We will also be out in the community collecting bottles and cans as well as gently used clothing, linens and books for our clothing drive!

Support the Central Memorial Music Parents Association and donate your empty bottles and cans in order to raise money for many wonderful opportunities for our music program. This includes travel, festivals, professional clinicians, purchasing instruments and more!

PLEASE TAPE THIS FLYER TO YOUR DOOR FOR CLOTHING OR BOTTLE PICK UP!
FOR MORE INFORMATION CONTACT US VIA EMAIL AT
FUNDRAISING@CMMPA.COM OR CALL
KRISTA WILSON AT 403-875-7271



CENTRAL MEMORIAL MUSIC PROGRAM

CLOTHING *Drive*

SATURDAY APRIL 15

9:00 AM - 2:00 PM

CLEAN OUT YOUR CLOSET FOR THE CENTRAL MEMORIAL PARENT ASSOCIATION

We will be collecting gently used clothing, linens and books in order to raise money for many wonderful opportunities for our music program. These include travel, festivals, professional clinicians, purchasing instruments and more! Please save your items and drop them off at Bay 3 at Central Memorial High School on April 15th, 2023 between 9am-2pm. We will also be collecting items from around the community at the same time that we are collecting bottles for our bottle drive on April 15th.

We are collecting Clothes -
Men, Women, Kids, Coats, Shoes,
Scarves, Handbags, Wallets, Fashion
Accessories, Ties, Belts & Backpacks

Household Textiles - Bedding,
Comforters, Blankets, Sheets, Towels,
Linien, Tablecloths, Curtains & Pillows

Please gather clothes and household
textiles in bags. All Items must be
clean and in good condition.

Made with PosterMyWall.com

**PLEASE TAPE THIS FLYER TO YOUR DOOR FOR CLOTHING OR BOTTLE PICK UP!
FOR MORE INFORMATION CONTACT US VIA EMAIL AT
FUNDRAISING@CMMPA.COM OR CALL
KRISTA WILSON AT 403-875-7271**

Education & Awareness

EASTER TRADITIONS AND FOODS FROM AROUND THE WORLD

Respectfully submitted by Wendy Thomson

Easter is a holiday celebrated around the world. Easter traditions vary but many of these traditions are religious rituals that Christian-based faiths use to celebrate the resurrection of Jesus, including some of the more spiritual celebrations like Holy Week and Lent.

I thought I would share with you a sample of a few of the countries around the world and their Easter traditions.

In New Zealand and parts of Australia, hot-cross buns are an Easter favourite and in Australia they also include eating chocolate Easter bilbies (a rabbit-eared bandicoot). Rabbits are considered more of a pest than a pet in Australia. Rabbit-Free Australia launched a campaign to replace the Easter bunny with the Easter bilbies.

In Greece, those who celebrate Easter through the Orthodox church, use a singular shade: red, to dye eggs. These eggs are doubly symbolic since eggs are used to represent rebirth and the colour red for Jesus' blood, making the triumphant return of the son of God.

In Northeastern European communities it's common to kick off a two-day celebration that begins on Sunday by starting a bonfire. These fires are called Easter Fires, and they were originally set up to help chase the darkness of winter away. On Easter Monday, in Haux, France the residents crack more than 4,500 eggs into a gigantic pan to create an Easter omelet that feeds over 1,000 people. I would like to see that being created!

Easter foods vary from country to country so here are some examples.

America: Ham seems to be the favourite meat consumed. Years ago before there was refrigeration, pigs were slaughtered in the Fall, cured during the winter months and were ready to be eaten in the Spring, just in time for Easter.

Argentina: A pie-like dish called "torta pascualina" is prepared. This savory pie is

filled with ricotta, hard boiled eggs, spinach, artichokes and parsley.

Mexico: "Capirotada" is a dessert served on Good Friday. It is usually made from bololla (a bread similar to a baguette), which has been soaked in mulled syrup made from sugar.

Spain: Doughnut-like desserts called "Rosquillas de Semana Santa", or "Easter Doughnuts", are made with fermented flour instead of yeast. They taste more like a cake than a doughnut and are usually prepared with a dusting of sugar on top.

Brazil: "Pacoca de amendoim" is a sweet and salty candy made from ground peanuts, salt, sugar, and sometimes cassava flour.

Ecuador: "Favor fanesca", is a hearty soup that consists of a variety of grains and beans as well as bacalao, which is a dry salted cod. The soup ingredients may include fava beans, squash, corn, rice, garlic, onions, peas and milk.

Italy: People in Naples region eat a cross between pizza and pie at Easter. "Pizza chiena", means filled pizza in the Neapolitan dialect. The pizza is usually filled with a variety of cured meats and cheeses.

Where available, I imagine that chocolate is one of, if not the most favoured sweet treat during Easter. So, whatever food or treats you eat during the holiday enjoy it all!



EARTH DAY - APRIL 22, 2023

Respectfully submitted by Janine Bell, from the www.earthday.org Earth Day Action Toolkit

ABOUT EARTH DAY

Every April 22nd, stakeholders of all backgrounds come together to advance sustainability and climate action in commemoration of Earth Day.

Our world needs transformation. It's time for the people of the world to hold governments and the private sector accountable for their role in our environmental crisis while also calling for bold, creative, and innovative solutions. This will require action at all levels, from business and investment

to city and national government.

That's where you come in: as an individual, you yield real power for change through your influence as a consumer, a voter, and a community member.

Don't underestimate your power. When your voice and actions are united with millions of others around the world, we can create an inclusive and impactful movement that is impossible to ignore.

Throughout April, we commemorate Earth Month with marches, rallies, volunteer events, and more. United together, we'll drive a year of energy, enthusiasm, and commitment to a sustainable and equitable future for our planet.



2023 THEME INVEST IN OUR PLANET

This year, we rally behind the theme “Invest In Our Planet”, which highlights the importance of dedicating our time, resources, and energy to solving climate change and other environmental issues. Investing in our planet is necessary to protect it and the best way to pave a path towards a prosperous future.

When we Invest In Our Planet together, we are supporting healthy, happy, and wealthy communities worldwide.

Visit EARTHDAY.ORG to learn more and sign up for updates on our work.





Gardening

Gerald Filipski

Companions — Keeping Peace in the Garden

When one speaks of harmony in gardening, one's thoughts turn to colour matching or planning aesthetically pleasing landscapes with plants chosen carefully to fit the planting scheme. But there is another harmony when it comes to plants — companion planting.

According to Wikipedia, “Companion planting in gardening and agriculture is the planting of different crops in proximity for any of a number of different reasons, including pest control, pollination, providing habitat for beneficial insects, maximizing use of space, and to otherwise increase crop productivity.”

Some advantages include a particular plant added to supply needed nutrients to the soil (e.g., legumes add nitrogen) or perhaps they may distract pests and/or lure beneficial insects. Others may protect delicate plants from the sun and wind (e.g., cabbages with cucumbers). Companion gardening has a long history and how plants interact is still not well understood. The bottom line has always been that certain plants can help other plants.

Does companion gardening have a scientific basis? While there has been some investigation in this area, most information comes directly from gardeners. Their experience has been spread by word of mouth for centuries, and that is the basis of companion gardening.

Companion gardening is very much an organic means of controlling pests as well as increasing the vigour of plants by planting other plants close by.

Chemical controls are not used in this method of gardening.

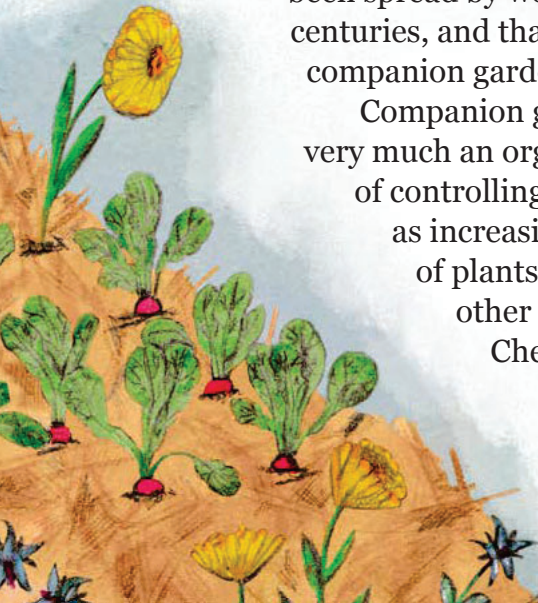
Types of Companion Gardening

Trap cropping — A neighbouring crop may be selected because it is more attractive to pests and distracts them from the main crop. For years, commercial farmers have been planting collard greens around cabbage crops to lure away the diamondback moth. The moth is attracted to the collards, leaving the cabbages alone. Another example is using buttercrunch lettuce to lure white cabbage butterflies away from cabbages. Using this method, one plant is sacrificed for another.

Nitrogen fixation — Legumes, such as peas, beans, and clover, can convert atmospheric nitrogen for their own use and to benefit neighbouring plants. Forage legumes, for example, are commonly seeded with grasses to reduce the need for nitrogen fertilizer. Likewise, beans are often planted with corn.

Natural pest repellent — Some plants give off chemicals from roots or aerial parts that repel pests and protect neighbouring plants. The African marigold, for example, releases thiophene — a nematode repellent — making it a good companion for several garden crops and reputedly attracting hoverflies, which prey upon aphids.

Spatial relationships — Tall-growing, sun-loving plants may share space with lower-growing, shade-tolerant species, resulting in higher total yields. A good example of these relationships is growing cabbages with some cucumber plants nearby. By the time you plant cucumber seeds, the cabbages will have a good start. When hot days come, the cucumber vines can “hide” from the hot, wilting sun under the cabbage leaves.



Common Companion Plantings

Basil with tomatoes — Said to improve the flavour and growth of tomatoes. Bees love it; aphids and white flies hate it. The added benefit is that basil tastes great when mixed with tomatoes in a salad. I once interviewed an Italian gentleman who grew the largest tomato plants I had ever seen. In between the rows of tomatoes were rows of basil. When I asked him why he had all the basil, he winked at me and said, “Tomatoes have a love affair with basil.”

Beans with corn, cucumbers, beets, and cabbages — Beans enrich the soil and corn, cukes, beets, and cabbages are all heavy feeders.

Dill with lettuce, cabbage, cucumbers, and onions — Said to improve the growth and flavour of cabbage. Lettuce grows well next to it, but keep it away from carrots. The carrots will be smaller.

Garlic with roses — Repels aphids.

Marigolds — Excellent reputation as a pest deterrent, so plant freely throughout the garden.

Mint with cabbage and tomatoes — Repels white cabbage moths, rodents, ants, flea beetles, and aphids. Improves health of cabbage and tomatoes. Plant in containers as this plant is invasive.

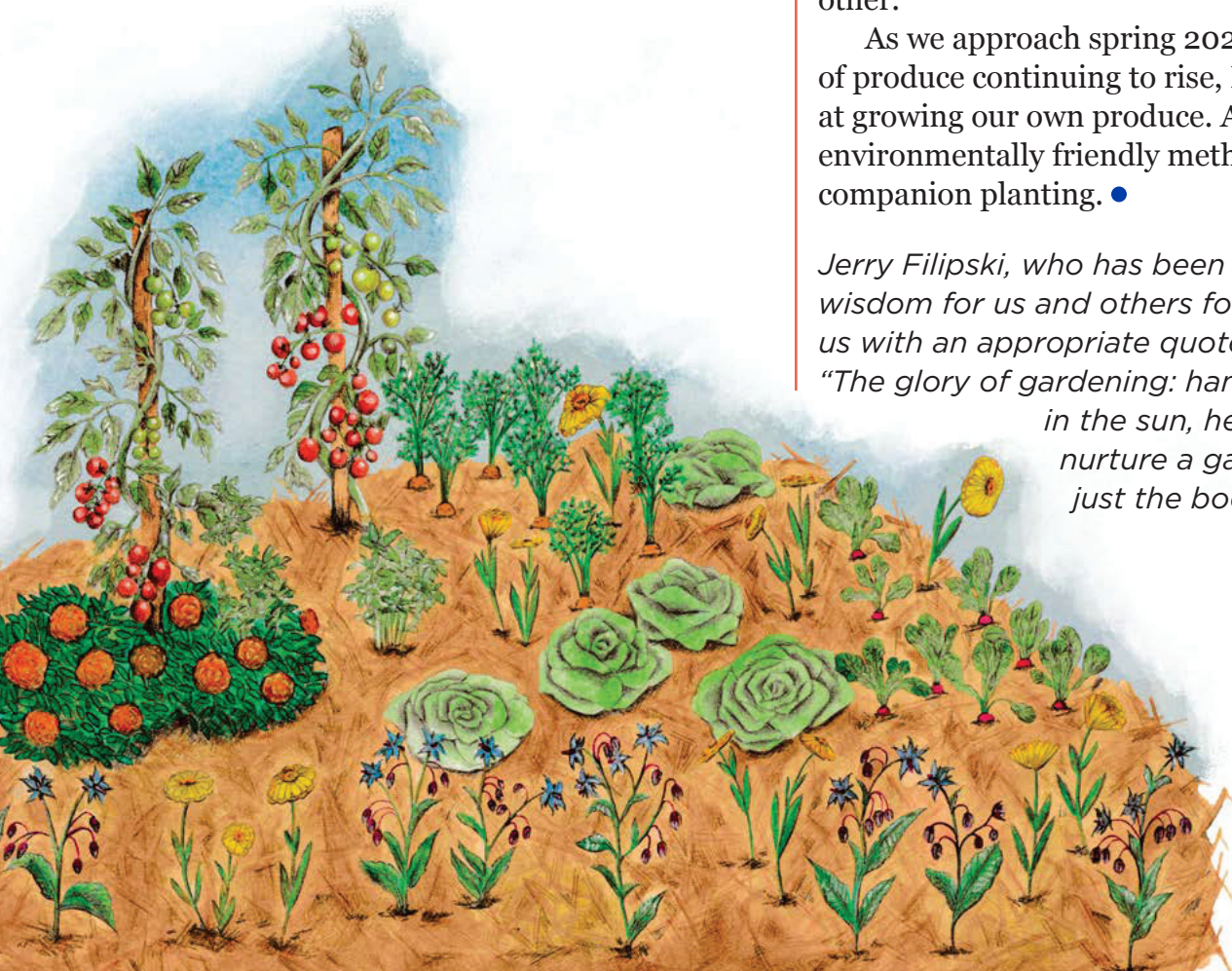
Nasturtiums — Plant as a barrier around cabbage, tomatoes, fruit trees, and cucumbers. Good plant for trapping certain pests such as aphids. Deters whiteflies and cucumber beetles.

An excellent website offers a planting guide for beginners starting with companion plantings: heeman.ca/garden-guides/companion-planting.

My grandfather often talked about harmony in the garden and how certain plants should not be planted in proximity to “keep the peace,” while other plants should be planted close together to “help each other.”

As we approach spring 2023 and with the price of produce continuing to rise, I suggest we look at growing our own produce. An organically and environmentally friendly method of gardening is companion planting. ●

Jerry Filipski, who has been writing garden wisdom for us and others for many years, leaves us with an appropriate quote from Alfred Austin, “The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body but the soul.”



“Companions - Keeping Peace in the Garden” Gardening (Spring 2023)

news&views The Magazine of the Alberta Retired Teachers Association

<https://www.arta.net/wp-content/uploads/2018/06/2023-spring-newsviews-digital.pdf>

BREAK AND ENTER PREVENTION TIPS

There are actions you can take to help deter thieves from breaking into your home.

- Lock all windows and doors – even when you are at home.
- Keep valuables (purses, car keys, wallets) away from the front door. Do not leave your spare keys in an obvious spot.
- Close your blinds to prevent people from looking inside your home.
- Install motion-activated or timed lights (smart light bulbs).
- Have secure, lockable basement windows.
- Trim the shrubbery in front of your residence.
- Post a contact list on fridge (name, renter/owner, phone number, email).
- Create a nightly routine for your household (for example, make sure the last person to bed checks that the windows, doors and vehicle(s) are locked).
- Update your alarm company with your contact information.
- Lock your gates.
- Do not leave ladders out.
- If you are outside doing yard maintenance, make sure your doors and windows are closed and locked, and valuables are stored out of sight.
- If you live in an apartment building, do not let anyone into the building that you don't know. If you see anyone concerning in your vestibule, call police.
- Alarm systems can provide a great deterrent; however, police need evidence of the offender to locate and charge them. Consider installing security and/or doorbell cameras.
- Record serial numbers of electronic items and photograph all valuables. This aids police and you in identifying your property.

Vacation

If you are heading on vacation or going camping:

- Arrange for a house sitter to watch your house/ property while you are away. Make sure your

house sitter has contact information for you and other homeowners (name, phone number and email).

- Arrange for someone to pick up your mail and packages. Mail and packages piling up over days or weeks will look like no one is home.
- Have someone shovel your walkway and/or driveway in the winter, mow your lawn in the summer, and put your garbage bins in and out (even if they are empty).
- Ask your neighbour to park their vehicle in your driveway while you are gone.
- Lock your gates.
- Do not leave ladders out.
- Put your lights on timers – both interior and exterior (smart light bulb).
- Do not advertise your vacation plans on social media platforms.
- Do not put your address on your luggage tags. Your name, phone number and email will be sufficient for someone to contact you in the event of lost or delayed luggage.



Just for Fun!

Got a great recipe you'd like to share with your neighbours? Any fun activities or crafts you, your kids, or your grandkids enjoy? See a fantastic colouring page or mind boggling puzzle lately? We welcome any suggestions or submissions that you think would make a great addition to the "Just for Fun!" section! Just send them to the Newsletter Committee through Janine at the office - janine@sarceemeadows.coop

A fun activity for kids and grandkids alike! 😊

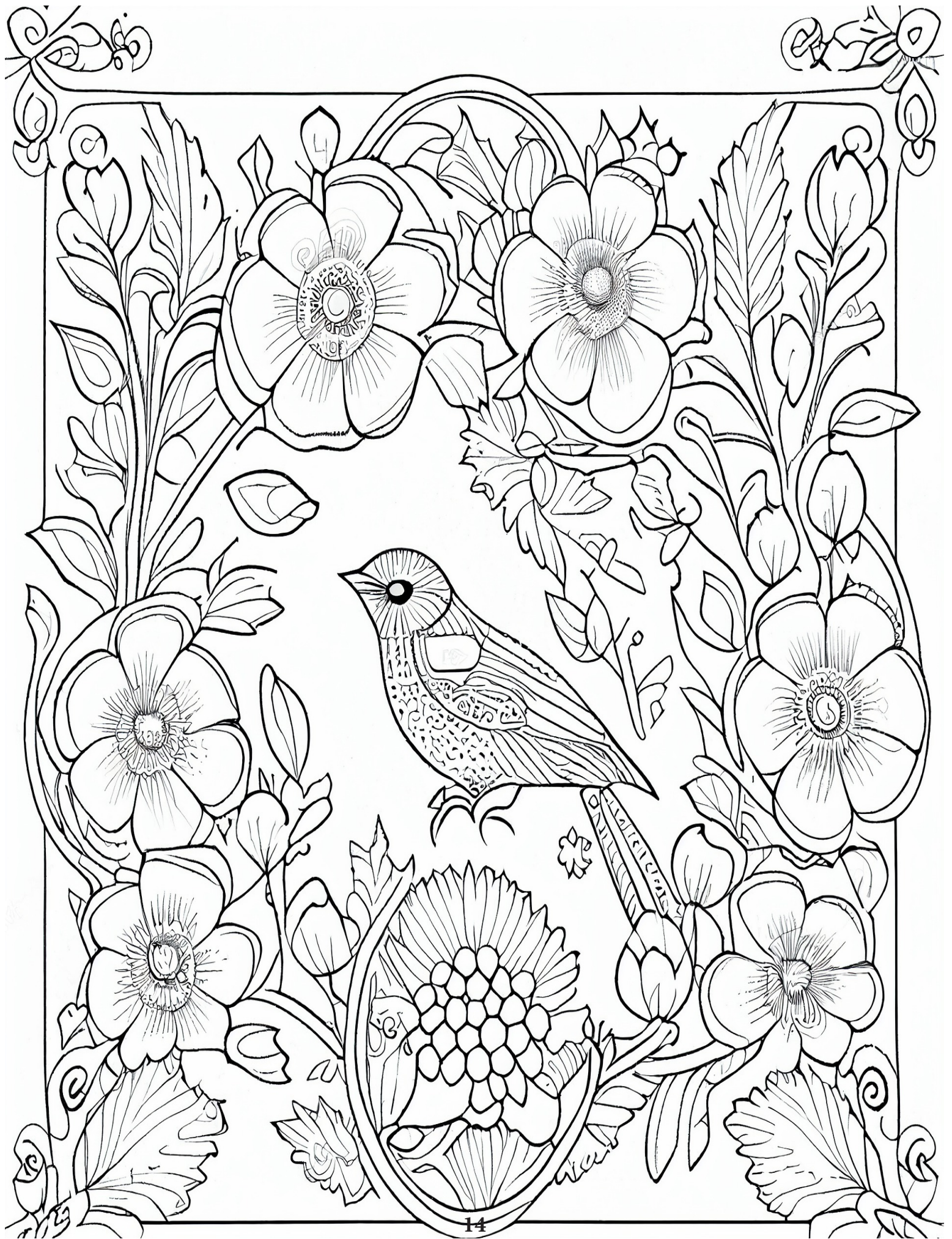
Respectfully submitted by Kathy Aubichon

INDOOR SCAVENGER HUNT

primary  playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.





Classifieds

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

FREE:

- 15 cubic inch freezer in working condition.
- Couch, Chair and Rocker Chair

Please call Eveline at 403-246-8688 if interested.



Home Fitness - For Sale:

Two 12 pound dumbbells. \$25.00 for the set.
(approx. retail value \$25.00 each)
Contact Judy (403) 686-0544

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

ITEMS FOR SALE ON JUNE 17 2023

Seniors downsizing on June 17, 2023 at the SMHC lawn sale. There are an excessive amounts of items for sale also some best offers on Trailer items and CONSTRUCTION MATERIALS.

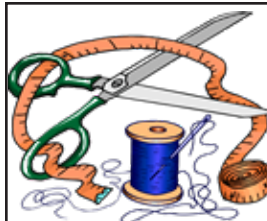
YOU CAN CHECK ITEMS at K672 322340 AVE SW CALGARY CALL 403-249-9032

Leather Lounge Chair - Brown / Dining set and 4 chairs / Women's set of golf clubs and 2 golf carts, one brand new / Large storage cupboard, white, it can be used for a TV stand and numerous storage areas / Long shelf and a bookshelf / Brand new carry on suitcase, misc. luggage / Small electric fireplace / Large wall mirror - Bird of Paradise / Extensive collectables (xmas ones first edition, of Marilyn Kinsella, Elvis Presley, James Dean etc.) / Air conditioner / Prints by Marilyn Kinsella, Edith Cavell / Camping Equipment / Wheel Blocks for trailer / Best Offers on Misc. items / VHS recording tapes brand new and VHS machine Misc. VHS Tapes / Numerous DVDs / Electrical tools and Accessories / Barbecue / Lawn Mower / Outdoor Table and 2 Chairs / Camping Dishes Varied / Wood different sizes (Lumber Plywood) Best offers accepted All items as is.

Ken Ranchuk

Knitted Dish Cloths for Sale:

Assorted colours and patterns.
\$2.00 each or 3 for \$5.00.
Call Tricia: 403-242-0048



Moments Fashion Solutions:

Need Alterations?
Italian Leather Products
Baby Boots
Contact Marzena
403-397-3779

www.momentsfashion.com

Super Scoopers

Kody: 403-510-4139

Facebook: superscoopers

Email: calgarysuperscoopers@gmail.com

Services:

- Weekly
- Biweekly
- Monthly
- Spring clean up
- Residential and Commercial



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

American Styles Painting LLC:

Professional Painting Services

Gramoz Halili

Interior/exterior Painting

Commercial & Residential

Phone (403) 909-4223

gramozhalili@hotmail.co.uk



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



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



Knife Sharpening:

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.

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.



Marie Blain RN

canadiangolden@gmail.com

#55 10001 Brookpark Blvd. SW
Calgary Alberta
403-640-7965



Fox Painting Ltd:

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation,

including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes.

Applications by roller, brush, and spray gun.

Residential and Commercial. Contact Derek

Adamski for a quote – Office Phone – 403-

203-4044, Cellphone – 403-616-7044, Email

derekadamski@shaw.ca

Peter's Car Detailing

Complete Interior Detailing

- Windows
- Dash
- Door panels
- Vacuum upholstery and rugs

\$150.00

Complete Exterior Detailing

- Wash and dry
- Polish wheels and tires

\$50.00

Contact Peter at 403-998-3959

Sarcee Meadows #C212

Estimates Available

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.



Pharmacy Assistance:

Dear neighbors,

My name is Shereen Elsayad, and I live in F396. I am currently the Alberta College of Pharmacy councillor for District 5. Throughout my almost 20 years of practice as a pharmacist, Certified diabetes educator, certified for travel health(immunization), and currently working on my certification in hypertension management, I have built valuable and lasting relationships with my patients (especially seniors), and I became well aware of all their struggles. I finally decided to start my own pharmacy and to start some unique services for my own neighbors tailored to their needs.

Have you ever had any problem with drug coverage that you didn't know what to do or how to deal with?

Have you ever struggled to pay for your medications because it's not pay day yet?

Do you need someone to stop by and pick up your prescription and deliver to your door (no charge for delivery)?

Do you need to get a vaccine like shingles vaccine or pneumonia vaccine, but you cannot afford to pay it all at once?

Do you want me to check your blood pressure or maybe you would like to rent a BP monitor for a week or 2 to monitor your blood pressure?

Do you need refills, but you can't get hold of your doctor?

Do you have any questions or confused about your medications, blood work or your health in general?

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

If you answer yes to any of the above questions, please do not hesitate to call me. You don't have to transfer your prescriptions to my pharmacy if you don't want to. Just let me help you with what you need.

I am your neighbor, and I am only one phone call away at Revive Pharmacy 403-764-8020 or through my home number listed in the SMHC Directory.

Regards, Shereen



Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 9	10	11	12 CSI COMMITTEE @ 1:00 PM PROPERTY ENHANCEMENT @ 7:00 PM	13 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 PM MEMBERSHIP @ 7:00 PM	14	15
16	17 FINANCE COMMITTEE @ 6:00 PM	18 MEMBERS MEETING @ 6:30 PM VIA ZOOM & @ GRACE LUTHERAN	19	20	21	22
23	24	25	26	27 BOARD OF DIRECTORS @ 6:30 PM	28	29
30	MAY 1 NEWSLETTER @ 6:30 PM	2	3 PROPERTY MAINTENANCE @ 7:00 PM	4 ENTERTAINMENT & SOCIAL EVENTS @ 7:00 PM	5	6
7	8	9	10 CSI COMMITTEE @ 1:00 PM PROPERTY ENHANCEMENT @ 7:00 PM	11 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 PM MEMBERSHIP @ 7:00 PM	12	13
14	15 FINANCE COMMITTEE @ 6:00 PM	16	17	18	19	20
21	22 SHOP AND OFFICE CLOSED FOR VICTORIA DAY	23	24	25	26	27

Contact Information

OFFICE AND SHOP CONTACTS

OFFICE AND SHOP HOURS

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

Office and Shop are closed Saturday and Sunday

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

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

Extensions:

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

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

- Graham 201
- Brad 202
- Eric 203
- Josh 205
- Al 206
- Jeff 207



After Hours Emergency Maintenance:

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

After Hours Emergencies refer to:

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

COMMITTEE CONTACTS 2023-2024

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

Chair: Kathy Aubichon

Board Liaison: Helen Serrurier

Education, Involvement, & Awards

Chair: Judy Silzer

Board Liaison: Krystal Dafoe

Elections

Chair: Marie Forester

Entertainment and Social Events

Chair: Abby Way

Board Liaison: Musu Dadi

Finance

Chair: Christine Langford

Board Liaison: Jeremy Hart (Treasurer)

Governmental Elections Information

Chair: Astrid Deslandes

Board Liaison: Azhar Manzoor

Grievance & Resolution

Chair: Mikayla Foucault

Membership

Chair: Annalise Schwaiger

Board Liaison: Helen Serrurier

Newsletter

Chair: Wendy Thomson & Margaret Van der Meer

Board Liaison: Megan Jovie

Personnel

Chair: Karen Schwaiger

Board Liaison: Krystal Dafoe

Property Maintenance

Chair: Al Wright

Board Liaison: Jesse Harris

Property Enhancement (plus Parking and Security)

Chair: Wayne McAdam

Board Liaison: Jesse Harris

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Chris Severson-Baker

Funding Task Force

Board Liaison: Azhar Manzoor

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



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

FUNDING OPPORTUNITY

Sarcee Meadows Education Fund

The Board of Directors established a MEMORIAL FUND in memory of Gerry Coates who died in October of 1986 after undergoing a kidney transplant. He had served on the Board and Committees for several years.

Gerry believed in co-operation. He also believed in family and community. Even though he had serious medical problems and very little extra time, he became involved in our co-operative and was a very active volunteer until his death in 1986. Gerry experienced personal growth from his involvement in Sarcee Meadows, and served as an inspiration to others for meeting challenges and achieving goals.

This fund offers a challenge and is designed to assist a family or an individual member of Sarcee Meadows who aspire to attain a personal goal. The goal should be in the area of - but is not limited to:

- Education (e.g. post-secondary, continuing, etc.)
- Athletics
- Fine Arts
- Personal Growth

Criteria is based on commitment and a need to accomplish the goal. Total amount of funds will be determined on a yearly basis. You will be called for an interview if your application is short listed.

Any member of Sarcee Meadows is eligible. A family may apply to assist their child in any of the above areas.

Applicants are to apply in writing, giving information pertinent to your request. If possible, state the amount of funding required, what it is for, past history regarding education, etc. -

To:

**Sarcee Meadows Education Fund
Education, Involvement and Awards Committee, B 50**

If you have any questions prior to submitting your letter of application, please contact Janine in the office and she will forward any queries to the Education, Involvement and Awards Committee.

APPLICATION DEADLINE IS MAY 31, 2023

May 31, 2023

Sarcee Meadows Education Fund
APPLICATION

Date: _____

NAME: _____ UNIT NUMBER: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Amount of funding required: \$ _____

Signature: _____

This application/nomination will be held in the strictest confidence.
A member of the Committee may contact you for additional information.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope OR
submit by email to Janine at janine@sarceemeadows.coop

APPLICATION deadline May 31, 2023

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Sarcee Meadows Medical Assistance Fund

To all families of school age children, kindergarten through grade 12

An endowment fund was originally established by the late Sheila Elliott prior to her passing. Her wish was to assist young families with school age children who face financial hardships while raising a family. The Board of Directors approved continuing this fund on behalf of Sheila. The amount awarded will be determined on a yearly basis.

Sheila was a nurse, teacher, and longtime member of Sarcee Meadows and knew all the many challenges faced when providing the necessities or little extras that arise when raising children.

The Education, Involvement and Awards Committee annually solicits nominations and applications for consideration and will select the applicant that best meets the criteria for need that Sheila set out.

The selection criteria are based on family need in the following areas:

- **Financial need**
- **Basic needs in regards to medical issues**, which include, but are not limited to, eyeglasses and dental care.

If you are a family in need or know a family who could use some assistance, please fill out the Nomination/Application form on the other side and return to the office on or before **May 31, 2023**.

May 31, 2023

Sarcee Meadows Medical Assistance Fund
NOMINATION - APPLICATION

Date: _____

NAME: _____

UNIT NUMBER: _____

NUMBER OF CHILDREN IN FAMILY: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Signature: _____

If nominating someone, please provide your own telephone numbers.

TELEPHONE NUMBER(S): _____ (H) _____ (C) _____

This application/nomination will be held in the strictest confidence.
A member of the Committee may contact you for additional information.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope OR
Submit by email to Janine at janine@sarceemeadows.coop

APPLICATION deadline May 31, 2023

May 31, 2023

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

FUNDING OPPORTUNITY

Sarcee Meadows Seniors Assistance Fund

Sarcee Meadows has an aging population. As senior members age, medical and other issues may present themselves. While a variety of assistance is available beyond the confines of Sarcee Meadows, our co-operative would like to assist where we can.

In recognition of challenges facing seniors in Sarcee Meadows, this fund has been established to supplement other means of support currently available in the broader community. **Please note that this fund is not intended to address payment of housing charges. Assistance in that area is currently available to members who qualify for subsidy.**

This fund is designed to assist an individual member of Sarcee Meadows with costs solely associated with medical needs, which include, but are not limited to:

- hearing aids
- prescriptions
- physio or rehab treatments
- additional hospital costs

Total amount of funds will be determined on a yearly basis. The applicant will be contacted if the application is short listed.

Any member of Sarcee Meadows over the age of 65 is eligible.

Applicants are to apply in writing, giving information pertinent to your request. If possible, state the amount of funding required and what it is for. Please use the Nomination/Application form on the other side and return it to the office.

To:

**Sarcee Meadows Senior Assistance Fund
Education, Involvement and Awards Committee, B 50**

If you have any questions prior to submitting your letter of application, please contact Janine in the office and she will forward any queries to the Education, Involvement and Awards Committee.

APPLICATION DEADLINE IS MAY 31, 2023

May 31, 2023

Sarcee Meadows Seniors Assistance Fund
NOMINATION – APPLICATION

Date: _____

NAME: _____

UNIT NUMBER: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Signature: _____

If nominating someone, please provide your own telephone numbers.

TELEPHONE NUMBER(S): (H) _____ (C) _____

This application/nomination will be held in the strictest confidence.
A member of the Committee may contact you for additional information.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope OR

Submit by email to Janine at janine@sarceemeadows.coop

APPLICATION deadline May 31, 2023

May 31, 2023