

Connections

Your SMHC Newsletter

March 2023

Important Notice

Door Colour and Deck Cover Selection Sessions:

When: Friday, March 17th, 2023 from 6:00pm to 8:00pm

Saturday, March 18th, 2023 from 10:00am to Noon

Where: Rutland Park Sports Building (Skate Shack)

- **As part of the Retrofit we are hosting these two sessions to give members the opportunity to choose the colour for your door(s) and make your selections regarding the deck cover(s).**
- **Samples of the cement board siding and the door colour options will be on hand for you to review prior to making your selection.**
- **Alternatively, if you would like to see these samples before the sessions we currently have them on hand at the office.**
- **This is also an opportunity to ask specific questions about your unit and outline any exterior accessibility requirements you may have.**

We will have a list of the unit siding colours on hand in case you haven't already checked what colour your unit will be. You can also contact the office for this information ahead of time.

Doors: The door colour you choose will be applied to the exterior facing side of the entry door only, and in the case of 3 and 4 bedroom units will be the same colour for both the front and back doors. The interior side of the entry door will be white.

Decks and Deck Covers: Each unit will receive both a front and back deck, except two bedrooms which will only have one. In addition, each member will have the following choices regarding deck covers:

- No cover on either deck.
- One (1) cover on either the front or back deck at SMHC's expense.
- Purchase a second cover for \$2400.00 at the member's expense. This can be paid in two \$1200.00 installments as follows:
 - For units in Year One the first payment will be due on June 1, 2023. The second payment will be due on November 1, 2023.
 - For units in Year Two the first payment will be due on March 1, 2024. The second payment will be due on August 1, 2024.

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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

Happy March everyone! We've almost made it through the winter, and the days are getting longer again. This month we wish you a happy St. Patrick's Day on March 17th – don't forget to wear green! – and Ramadan Mubarak to those who observe. This year Ramadan begins March 22nd and ends April 21st; our Members' Meeting on April 18th will be scheduled a little earlier than normal at 6:30pm to allow members who observe to be home by sunset.

Finally, we would like to acknowledge the passing of Peter Reynolds, and send our deepest condolences to his family. Peter was the internal mail carrier at SHMC for many years, and will be greatly missed. A Celebration of Life will be held at Rutland Park Community Association Hall on March 24th from 2:00pm – 4:00pm; all who knew Peter and his family are welcome to attend.

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



GENERAL MANAGER'S REPORT

Well, this has been a long winter with snow that never seems to end. I guess the only good thing, if you are a skier, is the mountains have been great for skiing in the second half of the year. I was happy to get away with Natalie and her two kids and spend a week skiing at Fairmont Hot Springs and Panorama. What a day to be at Panorama, we got 15 cm of fresh powder.

The Design Committee has been continuing their tireless work with RJC and ACE Architects to finalize the design for our units. They have moved into some of the finer details including mailbox style, unit numbering and others. For the unit number they have decided the numbers will be vertical and the size will be increased from the current 5 inches to 6 inches increasing their visibility.

A number of you have asked about the locks that will be going on the new doors. The doors will have a lock on the handle and the deadbolt. I had previously told some of you that there would only be a deadbolt lock but after hearing from a number of members it has been changed to include a lock on the handle. For each unit the handle lock and deadbolt on both the front and the back doors will have the same key. PLEASE NOTE – every unit will have a different key to ensure security.

Speaking of the Doors, they have also finalized a selection for the door. The majority of the glass in the door will be frosted. The small strip running vertically will be clear allowing members to see who is at the front. The back doors will be solid and not have any glass. Both the front and back doors will also have a Storm / Screen Door and these will have clear glass and the ability to open.

Next week, on Friday and Saturday, we will be hosting two events at the **Sports Building (Skate Shack) at Rutland Park Community Centre**. This will be your opportunity to come and pick the colour for your door. We will have samples of the cement board siding and the door colour options on hand for you to review prior to making your selection.

It will also be your opportunity make your choices regarding the deck covers and to ask specific questions about your unit and outline any exterior accessibility requirements you may have. We look forward to seeing you all on one of those days.

Door Colour and Deck Cover Selection Sessions:

Friday March 17th 6pm to 8pm

Saturday March 18th 10am to Noon

I have also received a few requests from members to change their unit's colour. As you can imagine, the Design Committee along with RJC and ACE have spent a lot of time developing the design for our community including how the units will be coloured. This has been done very strategically and as a result we will not be making any changes based on member requests.

We are also working hard on finalizing the recommendation for Construction Management for the Board. Our goal is to bring this recommendation to them for their March board meeting and then to introduce them to Membership at the April 18th Members Meeting. At this meeting we will be asking for member approval to begin construction.

Thank you, Jon Jackson



Office & Committee Reports

FROM THE TEAM AT B50

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

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

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

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



Buildium®

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

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

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

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

As we approach spring, exciting events are quickly approaching! The first on our list is the Easter egg hunt happening on April 8th, 2023 where you will see the Easter Bunny hopping around! For more information on this spectacular event, check out the flyer on the next page for more details!



Another sensational event on the horizon is the Annual Lawn Sale, which will take place on Saturday, June 17th, 2023! We will once again be looking for members to sign up ahead of time, so keep an eye out for more information on that.

We are very excited about these events plus more events to come, and cannot wait to see you there!

NEWSLETTER COMMITTEE

This month we can look forward to the arrival of Daylight Savings Time, St. Patrick's Day, Spring and Ramadan.

We have included a few articles for you in this edition, including articles on St. Patrick's Day and Ramadan, as well as reports from the other Committees. If you are interested in joining the Newsletter Committee please let us know. We would be pleased to have you join us.



Happy St. Patrick's Day!



YOU'RE INVITED TO SMHC'S

EASTER EGG HUNT

SATURDAY APRIL 8, 2023

**KIDS AGED 1 TO 6
LITTLE PLAYGROUND
(IN E SECTION)
11:00 AM SHARP**

**KIDS AGED 7 TO 13
CENTRAL PARK PLAYGROUND
(BEHIND B50)
1:00 PM SHARP**

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE:

As a member of Sarcee Meadows, I have rights and I have obligations. But what are they?

My rights:

Occupy a housing unit
in SMHC until I cease
to be a member

Allow other persons
to occupy my unit
subject to SMHC approval

Quiet use and enjoyment
of my unit and
outdoor areas

Access to
SMHC services

Participate in
SMHC affairs

Access to and use of
SMHC common spaces

One vote per unit
at members meetings

Treated with respect
and dignity

Kept informed of
SMHC activities

Have the opportunity
to support human
development through
personal growth

Affordable and
quality housing

Sound management by the
Board of Directors

Live without fear of
discrimination
of any kind

My obligations:

Participate in decisions about SMHC through committees and members meetings

Comply with all SMHC procedures, policies and by-laws and ensure that non-member residents in my unit also comply

Attend at least one members meeting annually unless I have an approved exemption

Interact co-operatively with other SMHC members

Meet all financial obligations in accordance with SMHC policies

Ensure that I or other persons in my unit do not disrupt other members lives through loud noise or other offensive behaviours

Maintain my housing unit as described in SMHC's procedures, policies and by-laws.

Maintain a fully paid up shares account with SMHC

Drawing created by Education, Involvement and Awards Committee
Source: SMHC By-laws, Section 3.7 and 3.8

CO-OP SENIORS ISSUES (CSI)

Here are a few excerpts from the **Unison at Kerby Centre – Services and Housing Directory 2023** that we thought would be useful to our senior members. The full Services and Housing Directory can be found here: <https://unisonalberta.com/wp-content/uploads/2023/01/Unison-Calgary-Housing-and-Services-Directory-2023.pdf> or visit their website at <https://unisonalberta.com/>.

WHAT TO DO WHEN YOU TURN 65?

6-10 MONTHS BEFORE

- Apply for Canada Pension Plan (CPP)
- Apply for Old Age Security (OAS)
- Apply for Guaranteed Income Supplement (GIS)
Call: 1-800-277-9914 for application status

3 MONTHS BEFORE

- Apply for Alberta Seniors Financial Assistance Program. Automatically registers you in the following programs if you are eligible for them:
 - Alberta Seniors Benefits — a cash assistance for low-income earners
 - Dental and Optical Assistance
 - Special Needs Assistance (SNA). Call: 1-877-644-9992 for application status.
- Blue Cross : Send “Proof of Age Declaration Form” to Alberta Health and Wellness for Basic Blue Cross Premium coverage or take Proof of Age/Alberta Health Care Card/Canadian Birth Certificate to any authorized Registry.
Call: 403-234-9666

AFTER TURNING 65

- Apply for Calgary Transit Seniors Bus Pass
- Call: 403-262-1000
- Calgary Public Library Card
- All Library memberships are now free
- Apply for Fair Entry Program (If eligible)
- Call: 311

AT ANY TIME AFTER AGE 18 PLEASE CONSIDER

- Writing your will
- Preparing a Personal Directive
- Preparing/Assigning Enduring Power of Attorney

UnisonAlberta.com



HOME CARE DONE DIFFERENTLY Our Care Team is here for you 24/7

- Proudly serving Calgarians since 2008
- Companionship, personal care, housekeeping, meal prep, transportation and more
- Customized care plans to suit each family's needs



CONTACT US FOR A FREE CARING CONSULT

403-454-1399

WWW.NURSENEXTDOOR.COM



SERVICE CANADA

Service Canada provides Canadian seniors with a single point of access to a wide range of government services and benefits.

THE CANADA PENSION PLAN (CPP)

CPP provides contributors and their families with partial replacement of earnings in the case of retirement, disability or death. It is a monthly payment for someone at least 60 years old who has worked and made valid contributions to the CPP. The pension amount depends on how much and for how long they contributed to the CPP and at what age they want their pension to start. Starting the CPP retirement pension at age 60 for example, will decrease their pension amount by 7.2% per year up to a maximum reduction of 36%.

canada.ca/en/services/benefits/publicpensions/cpp

Call: 1-800-277-9914

ELIGIBILITY

To be eligible you must:

- have worked in Canada and made at least one valid contribution to the Canada Pension Plan (CPP)
- (earnings above \$3,500 per year);
- -be 60 years old or older.

UNDER 65 YEARS OLD

If you continue working, receive your CPP retirement pension and are under 65 years old, you must continue to contribute to the CPP. Your contributions will go toward post-retirement benefits and will increase your retirement income.

65 YEARS OLD AND OLDER

If you continue working, receive your CPP retirement pension and are 65 years old or older, you can choose whether to continue contributing to the CPP. If you choose to continue contributing, your CPP contributions will go toward post-retirement benefits and will increase your retirement income.

Your pension amount depends on how much and for how long you contributed to the CPP and at what age you want your pension to start.

HOW TO APPLY

OPTION 1

Apply online through My Service Canada Account (MSCA).

If you do not already have a MSCA, you will need to request a personal access code (PAC). A PAC is your key to accessing Service Canada's secure online services.

OPTION 2

Complete, sign and mail the Application for Canada Pension Plan Retirement Pension (ISP1000) to Service Canada.

CHILD-REARING PROVISION

If you stopped working or worked less in order to raise your children while they were under the age of 7, you could use the child-rearing provision to increase your CPP benefit. To request this, complete Section 11A of the CPP Retirement application form (ISP1000)

SURVIVOR'S PENSION

CPP survivor's pension is paid to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor.

canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension

Call: 1-800-277-9914

OLD AGE SECURITY (OAS)

The OAS pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security

Call: 1-800-277-9914

OLD AGE SECURITY (OAS) ALLOWANCE

A monthly payment for someone aged 60 to 64 whose spouse or common-law partner is receiving the OAS pension and is eligible for the Guaranteed Income Supplement.

OAS Allowance for the Survivor – a monthly payment for someone aged 60 to 64 whose spouse or common-law partner has died, who has not remarried or entered into a new common-law relationship and whose annual income is below the eligible threshold.

THE GUARANTEED INCOME SUPPLEMENT (GIS)

GIS provides a monthly non-taxable benefit to OAS pension recipients whose annual income (or in the case of a couple, a combined income) from the previous year is below the eligible threshold. and are living in Canada.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement

Call: 1-800-277-9914

DIRECTORY OF SERVICES

GUARANTEED INCOME SUPPLEMENT (GIS)

- The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security pension recipients who have low income and are living in Canada. You qualify for the GIS if you meet all of the following conditions:
 - You are receiving an Old Age Security pension.
 - Your annual income (or in the case of a couple, your combined income) is less than the maximum annual threshold.
- Using your income information from your Federal Income Tax and Benefit Return, your eligibility for the GIS will be reviewed every year. If you still qualify, your benefit will automatically be renewed. In July, you will receive a letter telling you one of the following:
 - Your benefit will be renewed.
 - Your benefit will be stopped.
 - Your income information is required.
- If you do not receive a letter from Service Canada informing you that you were selected for OAS/GIS automatic enrolment, you must submit a GIS application. If you are already receiving the OAS pension and wish to be considered for GIS, you must submit an application.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement

ALLOWANCE

- A monthly benefit for low-income seniors (age 60-64) whose spouse is eligible for Old Age Security and Guaranteed Income Supplement. 10 years in Canada required.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance

ALLOWANCE FOR THE SURVIVOR

- The Allowance is paid to the spouse or common-law partner of a senior receiving the Guaranteed Income Supplement. You may qualify for the Allowance if you meet all of the following conditions:
 - You are aged 60 to 64.
 - Your spouse or common-law partner receives an Old Age Security pension and is eligible for the Guaranteed Income Supplement.
 - You are a Canadian citizen or a legal resident.
 - You reside in Canada and have resided in Canada for at least 10 years since the age of 18.

- Your and your spouse or common-law partner's annual combined income from the previous year is less than the maximum allowable annual threshold.
- The Allowance for the Survivor is available to widowed spouses or surviving common-law partners who have little or no other income and who are between the ages of 60 and 64. You may qualify for the Allowance for the Survivor if you meet all of the following conditions:
 - You are aged 60 to 64 (includes the month of your 65th birthday).
 - You are a Canadian citizen or a legal resident.
 - You reside in Canada and have resided in Canada for at least 10 years since the age of 18.
 - Your spouse or common-law partner has died and you have not remarried or entered into a common-law relationship.
 - Your annual income is less than the maximum annual threshold.
- People who may be eligible for the Allowance or Allowance for the Survivor should apply six to 11 months before their 60th birthday. It may be applied for any time between ages 60 and 64 and can continue until the age of 65. To continue receiving the Allowance or Allowance for the Survivor, you must file an income tax return by April 30 each year. If you continue to be eligible, your Allowance or Allowance for the Survivor will automatically be renewed. If you do not file your return, you must complete a Statement of Income form.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor

CANADA PENSION PLAN (CPP)

- Benefits are paid to those persons who have contributed to the plan through employment. An application must be submitted in order to receive a benefit after the age of 60 years. A person cannot contribute to CPP after the age of 70. The Canada Pension Plan benefits include:
 - Retirement pension: You may be eligible for a retirement pension if you worked and have made at least one valid contribution to the CPP. The pension may start at age 65, as early as the month following your 60th birthday, at a reduced rate, or as late as age 70 at an increased rate.
 - Post-retirement benefit: - If you continue to work while receiving your CPP retirement pension, and are under the age of 70, you can continue to

participate in the CPP. Your CPP contributions will go toward post-retirement benefits, which will increase your retirement income.

- **Disability Benefit:** A monthly benefit payable to persons who have contributed for a required period of time, who are disabled and are age 65 and under. A disability is defined as either a mental or physical condition that is both severe and prolonged and which prevents a person from working. A benefit is also available for the dependent children of the disabled contributor. The 18- to 25-year-old children of a disabled contributor may receive a benefit if they are in full-time attendance in school. - **Survivor Benefit:** A monthly benefit paid to the surviving spouse or common-law partner of a deceased contributor. A monthly benefit is also available to the dependent children of a deceased contributor. The 18- to 25-year-old children of a deceased contributor may be eligible for a benefit if they are in full-time attendance in school.

canada.ca/en/services/benefits/publicpensions/cpp

- **Death Benefit:** A one-time payment made to the estate of a contributor, next-of-kin or individual who pays for the funeral.

canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit

PENSIONS — PROVINCIAL

See also *Seniors' Health Benefits*, page 38.

ALBERTA SENIORS

P: 1-877-644-9992
 Mail: Box 3100 Edmonton AB T5J 4W3
seniors.alberta.ca

- Contact Alberta Seniors for assistance to complete government assistance forms.

SENIORS INFORMATION LINE

P: 1-877-644-9992
 F: 1-780-422-5954

INCOME SUPPORT PROGRAMS

- The Government of Alberta offers the following financial assistance programs for seniors:
 - Alberta Seniors Benefit
 - Special Needs Assistance for Seniors
 - Dental and Optical Assistance for Seniors
 - Seniors Home Adaptation and Repair Program
 - Seniors Property Tax Deferral Program

- You should receive a Seniors Financial Assistance application package in the mail six months before your 65th birthday. If you do not, apply online at sfa.alberta.ca , or call the Alberta Supports Contact Centre at 1-877-644-9992.
- **General eligibility:** You are eligible to apply for the seniors financial assistance programs, if you:
 - are 65 years of age or older
 - have lived in Alberta for at least three months immediately before applying
 - are a Canadian citizen, or have been admitted into Canada for permanent residence (landed or sponsored immigrant).

ALBERTA SENIORS BENEFIT

- The Alberta Seniors Benefit program provides a monthly income supplement to federal income sources including Old Age Security (OAS) and Guaranteed Income Supplement (GIS).
- Eligibility for a benefit is determined by:
 - The type of accommodation you live in
 - Your marital/cohabitation status
 - Your income (combined with your spouse/partner's income if applicable)
 - Receiving the federal OAS pension (i.e., having lived in Canada for 10 years)

alberta.ca/alberta-seniors-benefit

SPECIAL NEEDS ASSISTANCE FOR SENIORS

- The Special Needs Assistance for Seniors program provides seniors with low income financial assistance toward a range of expenses including appliances and specific health and personal supports. To be considered for the Special Needs Assistance for Seniors program, you must have completed the Seniors Financial Assistance application form. You may then send the Special Needs Assistance for Seniors program a receipt or estimate for the expense requested. A single senior with a total annual income of \$29,630 or less, or a senior couple with a total combined annual income of \$48,120 or less may receive assistance.

alberta.ca/seniors-special-needs-assistance



Community News

SERVUS CREDIT UNION

We shared over \$60 million with our members this year—does your bank share with you?



FIND OUT HOW MUCH YOU CAN EARN!

Unlike your bank, when we profit, you do too. Through the Servus Profit Share[®] program, your members at Sarcee Meadows Housing Cooperative can earn cash simply by doing their daily banking, loans, mortgages, investments, and more with Servus. Scan the QR code above and see how much you can earn!



Choose one of three banking plans and enjoy free monthly banking for one year (up to \$300 in savings).

Servus Mastercard[®] BONUS**



Activate a World Elite[®] Mastercard and receive up to 25,000 bonus points (\$250 value)

Activate a Gold Mastercard and receive up to 5,000 bonus points (\$50 value)

Spend \$2,000 in the first 90 days to be eligible.

Loan offer

Ask about our 5-year personal loan with a special rate.

Home and Auto offer

Ask how Servus Credit Union members can save up to 25%* on home insurance when they bundle home and auto policies through Servus Insurance Services – Home and Auto.

For more details contact
westspring19@servus.ca 825-509.7450



*Terms and conditions apply. Offer subject to change without notice. See branch for details.

**This exclusive is available for organizations/groups that are approved by Servus Credit Union. A credit check and income qualifications will be required to complete the application. You will receive the bonus sign up Circle Rewards points upon first use of your card. These points will appear on your first monthly statement. Spend bonus points appear within 30 days of qualifying spend amount. To take advantage of this offer, you need to become a member of Servus Credit Union and provide proof of association with the eligible organization/group.

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Human Interests

This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/or Personal Milestones such as Births, Birthdays, Weddings, Anniversaries and Obituaries. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements, Letters to the Editor, or any other tidbits that you would like to share! Submissions can be emailed to janine@sarceemeadows.coop or dropped off at the office to the attention of the Newsletter Committee.

Submissions to this section are the opinion of the author[s] and do not reflect the opinions of the Board of Directors or the members of Sarcee Meadows Housing Co-operative Ltd.



PETER GRANT REYNOLDS

January 31, 1946 – Ottawa, Ontario

February 14, 2023 – Calgary, Alberta

It is with great sadness that the family announces the passing of Peter Grant Reynolds at the Foothills Hospital February 14, 2023, age 77 years.

Peter is survived by Sally (nee Stirton), his cherished wife of 55 years, his son Michael (Vicky) and his grandchildren Brayden and Michaela. Dear son of the late Howard and Norah Reynolds (nee Maunders). Peter is also survived by his brothers Tony Reynolds (Rachel) of Comox, BC and Barrie Reynolds (Rita) of Scarborough, ON, brother-in-law Edward (Ted) Stirton (Deb) of Okotoks, AB, and Audrey Stirton of St. Albert, AB. Peter will be greatly missed by his many nieces and nephews.

Peter was predeceased by his brother Michael (Katherine).

Peter worked for many years as an ENG Editor for CBC. He retired in 2000 and kept in touch with some of his former coworkers. Never one to be idle, Peter began working for Lee Valley where he shared his love of woodworking by instructing scroll saw classes. After leaving Lee Valley, Peter delivered internal mail for his Coop, Sarcee Meadows, where he and his beloved wife lived for 51 years. It was not uncommon for members to be met with a smiling face or short chat while Peter walked his route. In his last summer of delivering mail, Peter displayed his youthful vigor, smiling ear to ear, while scooting around the complex delivering mail on his new electric scooter.

Peter had a wonderful sense of humour and those who knew him can recollect many stories of fun and laughs they had together. He had an insatiable thirst for knowledge. He was an avid woodworker and photographer. He kept up to date with all the new fad gadgets and was known as a gadget guy to many. Proving you are never too old to learn, he acquired his drone pilot's license at the age of 73 to enable him to fly his drone, as well as learning how to make things with his 3D printer.

A Celebration of Peter's Life will be held at the Rutland Park Community Association Hall on March 24, 2023, from 2:00 p.m. to 4:00 p.m. All those who knew Peter and his family are welcome to attend. Condolences, memories, and photos can also be shared and viewed here.

As expressions of sympathy, memorial donations to the Diabetes Foundation, 220, 6223 – 2nd Street S.E., Calgary, AB T2H 1J5 Telephone: (403) 266-0620, ext. 1112, www.diabetes.ca would be appreciated by the family.

In living memory of Peter Reynolds, a tree will be planted in the Ann & Sandy Cross Conservation Area by McInnis & Holloway Funeral Homes, Park Memorial, 5008 Elbow Drive SW, Calgary, AB T2S 2L5, Telephone: 403-243-8200.

Peter was loved by so many members of SMHC. Sally Reynolds and her family would like to invite all members of SMHC to the Celebration of Peter's Life on Friday March 24th from 2pm to 4pm. This will be a come and go reception so everyone that would like to come can stop by to remember Peter with Sally and her family.

CAROL DAVIS THANK YOU / FAREWELL
TEA

Respectfully submitted by Kathy Aubichon

On behalf of Mary Stenhouse, Shannon Telford (Carol's Daughter) and myself we would like to thank each and everyone of you that braved the cold weather on March 5th and joined us in a Celebration of our dear friend Carol Davis. We had approximately 100 people come and go. It was wonderful to see so many friends and neighbors gather together to enjoy good conversation, yummy treats and coffee. After over 50 years living at SMHC, Carol has now moved into her new apartment and is loving it.

Thank you to the many volunteers that came out and lent a helping hand, we made a great team. Everyone from the youth that made the balloon trees and Sumera who made the table top balloon decoration, to those that helped to set up and decorate the hall, to those that stayed to help clean up the hall and everyone in between. Everything turned out so nicely. Thank you to the many women who baked desserts/samosas/snacks. We had enough yummy food to feed all of Sarcee Meadows. Thank you to Shannon for putting together the beautiful flower table centerpieces.

Carol, once again Thank you for everything that you have done for SMHC and Co-ops all across Canada and beyond these past 52 years. Your legacy will live on for years. We will miss your presence in SMHC but we are comforted knowing that you are right up the street at Robertson House and look forward to continued visits with you.



Education & Awareness

ST. PATRICK'S DAY - MARCH 17

Respectfully submitted by Wendy Thomson

St. Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on March 17th, the traditional death date of Saint Patrick, the foremost patron Saint of Ireland. St. Patrick was instrumental in bringing the Roman Catholic beliefs to Ireland and in subsequent years, St. Patrick's Day became a day to commemorate Catholicism in Ireland.

In Ireland, many Irish have observed this day as a religious holiday for over 1,000 years. Irish families would traditionally attend church in the morning and celebrate in the afternoon. When Irish immigrants brought St. Patrick's Day traditions to the U.S. the day evolved into a secular celebration of Irish culture.

The theme for St. Patrick's Day is Irish and the colour green, so drinks, food and parties are all centred around this. Four-leafed clovers, or Shamrocks are the symbols of the day. Other symbols include anything green, orange and white, pots of gold, and leprechauns.

Parades are the heartbeat of St. Patrick's Day festivities in America. Today the world's biggest St. Patrick's Day celebration is the annual parade in New York City, where more than two million spectators line the parade route, all claiming to be Irish, at least for the day.

Parades and parties are held in many countries and local pubs and bars hold celebrations serving green beer. Irish food is abundant at parties and families enjoy the traditional meal of corned beef and cabbage, in addition to soda bread; beef and guinness pie; Irish potato champ, also known as cally or pandy; Irish stew; Irish potato soup; and colcannon, a dish of mashed potatoes mixed with kale or cabbage. Lets not forget the endless supply of green beer, whiskey and Irish coffee.

The leprechaun is a diminutive supernatural being in Irish folklore, classed by some as a type of solitary fairy. They are usually depicted as little bearded men, wearing a coat and hat, who partake in mischief. In later times, they have been depicted as shoe-makers, who have a hidden pot of gold at the end of the rainbow.

The leprechaun story says capturing these small creatures will secure a wee bit of luck in addition to three wishes. With this in mind, they have become associated with the "luck if the Irish", which is one of the reasons they remain so popular today.

According to Irish folklore, leprechauns wore green, and if anyone else wore the colour that individual would be invisible to leprechauns. Leprechauns are ornery sorts who like to pinch anyone they see. Therefore, by wearing green clothing, a person is sure to avoid a painful pinch.

Have a happy St. Patrick's Day and be sure to wear something green!



INTERNATIONAL DAY OF FORESTS – MARCH 21

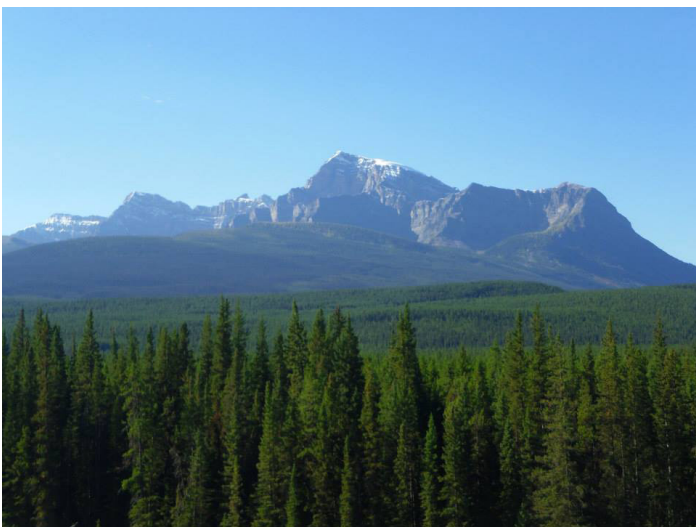
Respectfully submitted by Jenn Jenkinson



Sierra Madre Mountain Forest, Southern Mexico - Jenn Jenkinson

International Day of Forests for this year is March 21, 2023 and this year's theme is Forests and Health. The day was set aside by the United Nations to both celebrate and raise awareness worldwide of all types of forests.

The forests of our world play so many roles in our day to day life that it is impossible to list them all. Every time you write in a notebook, build a house, or even drink a glass of water you have made a connection with a forest. But forests also provide a service so vital that it affects literally every breath you take. Through a process called photosynthesis, leaves pull in carbon dioxide and water and use the energy of the sun to convert this into chemical compounds such as sugars that feed the tree. But as a by-product of that chemical reaction oxygen is produced and released by the tree. Our forests quite literally keep us alive!



Rocky Mountain Forest in Banff National Park, Canada - Jenn Jenkinson

Did You Know?

Forests are home to about 80% of the world's terrestrial biodiversity, with more than 60,000 tree species.

About 1.6 million people worldwide depend directly on forests for food, shelter, energy, medicines and income.

The world is losing 10 million hectares of forest each year, that's an alarming rate and translates to about the size of Iceland. We must do more to conserve the forests and trees we have, including the use and expansion of urban forestry.

Canada

How much forest does Canada have? We rank third in the world for forested land with over 362 million hectares of forest. Canada's forests have seen less than a half of 1% of deforestation over the past thirty years which is a clear indicator that we have seen wise forest management employed in our country. Our forests provide home and shelter to many of our diverse species of wildlife; they are also havens of respite from the everyday for campers, hikers and other outdoor adventurers.



Rocky Mountain Forest in Kananaskis, Alberta, Canada - Jenn Jenkinson

Celebrating Forests

- Plant a tree or take part in a tree planting function
- Share your concern regarding the protection and sustainability of our forests
- Share your photos of forest hikes or camping trips to show everyone you value forests
- Weather permitting plan a hike in a local forest

Above all Celebrate the trees that quite literally are the "lungs of the earth".

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION - MARCH 21

Guided by the [International Convention on the Elimination of All Forms of Racial Discrimination](#), the International Day for the Elimination of Racial Discrimination recognizes that the injustices and prejudices fueled by racial discrimination take place every day. Observed annually on March 21, it commemorates the day police in Sharpeville, South Africa, opened fire and killed 69 people at a peaceful demonstration against apartheid “pass laws” in 1960.

In Canada, this date is an opportunity to reflect on the fact that while progress has been made, Indigenous Peoples, racialized communities and religious minorities in Canada continue to face racism and discrimination every day. It is also a day to re-commit our efforts to combat all forms of racial discrimination, injustice, systemic racism and hate to ensure a world where everyone is respected, safe, and has equitable access to contribute meaningfully to all aspects of society.

Find more information on the [International Day for the Elimination of Racial Discrimination](#).

From the Government of Canada website: <https://www.canada.ca/en/canadian-heritage/campaigns/federal-anti-racism-secretariat/international-day-elimination-racial-discrimination.html>



INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION



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TRANSGENDER DAY OF VISIBILITY - MARCH 31

Respectfully submitted by Megan Jovie

March 31st is Transgender Day of Visibility, an international event dedicated to celebrating the resilience and success of transgender members of our communities. While Transgender Day of Remembrance (TDOR) on November 20th is a day for mourning those lost to transphobic violence and suicide, Transgender

Day of Visibility (TDOV) is a time for acknowledging and celebrating those that are still with us in the face of overwhelming social and legal discrimination.

There are many ways you can celebrate TDOV! Keep your eyes open for events you'd be interested in joining, read a memoir by a trans activist, research terms you're unfamiliar with, or donate to trans-led non-profit organizations.

If you're a reader, I recommend *Sorted* by Jackson Bird and *Redefining Realness* by Janet Mock, two fantastically honest memoirs about growing up transgender, the path to transition, and navigating life as an out trans person. If you like poetry, I recommend any collection by Andrea Gibson, an American non-binary poet (though *Lord of the Butterflies* contains my favourite poem of theirs, 'Your Life').

If you find yourself confused or overwhelmed by the language associated with gender and/or sexuality, [this page](#) is a great resource for learning definitions of terms commonly used by LGBTQ+ people and activists.

If you have a few dollars to spare and would like to donate to a worthy cause, [Skipping Stone](#) is an excellent Calgary-based organization that offers support to trans people of all ages by offering classes, support groups, counselling, and assistance navigating the healthcare system. It also has a great set of resources creating inclusive spaces and using pronouns correctly and respectfully.

Ultimately, Transgender Day of Visibility is about uplifting and affirming members of our community; however you choose to do that is up to you! As long as you move through the world with respect, an open mind, and a willingness to learn, you can't do wrong.



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OPTIMISM

Respectfully submitted by Slawa Gruszczynska

Optimism is a positive mental attitude that sees new things as opportunities, transitions as improvements, pitfalls as setbacks, and challenges as learning experiences.

Optimistic people have the ability to see the good in any situation. Even if something doesn't go as planned. Optimists will look for ways to do better next time.

How often do we hear the saying that "when one door closes, another door opens"? This motto encourages us to search for other ways to solve the problem and life situation i.e., job loss, a broken relationship, a move out notice, or having to leave the city or country.

Optimistic attitudes are something we need to work on. It is true that some people are naturally optimistic. However, optimism needs to be continuously cultivated and worked on.

How? The process of enhancing optimism could be compared to mountain climbing or training for a better athletic form. One step at a time and nonstop. Daily and systematically. And please, don't rush. This is about your personal development. This is not a competition.

It takes an ongoing mental and emotional awareness to explore and improve to become or stay optimistic.

Suggested are some very simple steps, necessary to start a good day on a positive note:

- Before going to bed in the evening, write down one or two small and simple actions or chores you need to complete the next day. Don't think it – ink it!
- Before getting up, read your note and think how you will achieve one or two of those tasks recorded the night before. Try to start with small steps, to gradually gain a sense of achievement.
- Cross out completed tasks and celebrate. Be proud of yourself. Keep this system as an ongoing habit and become increasingly ambitious.
- To boost a positive energy, it is important to keep a lot of daylight in your living space or office. Do not cover the windows with rags but use sheers instead or a nice looking curtains. They can be purchased at a thrift store for a few dollars. Nothing fancy, but happy and good looking.
- For positive thinking and good health, it is important to expose the top of your head and your eyes to the daylight. These are your solar panels which energise your entire biological system.
- Keep your living quarters clean and free of clutter. Unnecessary stuff around your home or workplace gathers a negative energy, causes people to be sick often and does not encourage you to clean the place. It takes up space and prevents a person from being in a good mood at any time. This includes basements, sheds, backyards, paper files, or any other space around you.
- Recycle, shred, throw away, give away, sell, or donate.
- An important component of being or becoming optimistic is to sincerely smile. Not all the time, obviously, but often. Don't be afraid. You won't get wrinkles. And if someone doesn't have a smile, give them one of yours.
- When we start thinking in a positive way, we attract positive energy and things start happening on a brighter side.
- When in an optimist mood, we can solve problems easier or sometimes they just go away.
- Optimism can help to adjust more easily to other cultures and customs. A smile or a positive facial expression is an international language. Even over the phone a person sounds more positive when cheerful or smiling.

Optimism can help to better understand another person or help to solve an understanding.

Optimism brings endless benefits to people's lives. And it doesn't have negative side effects. It only brings good in us.

(Most of the content derives from personal experience and few statements have been taken from <https://enlightio.com/why-is-optimism-important-benefits>)

RAMADAN

Respectfully submitted by Farhath Siddiqui

What is Ramadan?

Ramadan is the ninth month of the Hijri calendar (Lunar calendar). The Lunar calendar is 10-12 days shorter than the solar calendar. Therefore, Ramadan is 10-12 days earlier each year. Ramadan 2023 is expected to start from March 23; depends on the moonsighting! Muslims all over the world eagerly wait to witness this month.

Why is Ramadan very important?

God say's in chapter 2:184" The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So, whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you; and perhaps you will be grateful."

Fasting which is an act of worship was made compulsory by God during this month, thus making this month spiritually very blessed and rewarding. The

objective of fasting is to become more God-Conscious, meaning leading a life that is caring for oneself, God and the other creations as ordered by God.

Who can Fast?

Anyone (male / female) who has attained the puberty has to Fast unless he/she is sick, travelling, pregnant, or nursing and can postpone it until they are able to make up the missed Fasts. There are some exceptions for those who are long-term ill, they can give charity (feeding) to a poor person as compensation of 30days.

What are the benefits of Fasting?

Fasting brings an opportunity of self reflection, discipline, and inner and outer consciousness of the creator through self-purification. Since it is a collective act done by all the Muslims around the globe it brings a sense of community. Fasting gives the experience of hunger and thirst making people more empathetic and charitable towards less privileged. A Muslim strives not to leave any opportunity of doing good. Along with

the spiritual cleansing the physical body also gets detoxed (from 14-16 hrs of Fasting). The body and the soul getting cleansed yearly from all the unhealthy desires and giving us another chance to live a truthful life.

What is Ramadan routine?

Typically, in Ramadan the morning meal is taken right before the dawn followed by Morning prayers. There is no intake of any solid or liquid foods until dusk. The Fast is broken right after sunset preferably with dates and water. Muslims are encouraged to share their meals with family, friends and the needy. Nights of Ramadan are very important as all Muslims collectively attend the night prayer in which Quran is recited (which lasts 30-90 minutes). This is a sunnah (prophetic tradition) followed all over the world.

What is Eid?

The end of the Ramadan is marked by the moonsighting of the following month. Depending on the moon Ramadan could be 29 or 30days. Celebration is basically to thank God for giving them the opportunity to Fast and get the benefits of it in both the worlds.

A special monetary or food charity is a must to be given to the needy on behalf of every Fasting person in the household. Then the Eid special prayers are offered after the sunrise in large congregation, which marks the celebration. Traditional food, new clothes, giving gifts, decorations, get-togethers, visiting family and friends all brings the added joy!

HAPPY RAMADAN 2023.

I would like to share a Trivia tagged with a gift card organized by ICNASISTERS CANADA. Give it a try!

<https://icnasistersca.org/projects/ramadan-resources/>



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.

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

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.

Heel to Toe
Footcare

Marie Blain RN #55 10001 Brookpark Blvd. SW
Calgary Alberta 403-640-7965
canadiangolden@gmail.com



Fox Painting Ltd:

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial. Contact Derek Adamski for a quote – Office Phone – 403-203-4044, Cellphone – 403-616-7044, Email derekadamski@shaw.ca

Knife Sharpening:

\$5.00 per knife
Bill (D251) 403-875-4096
Make sure that your knives are up to the task.



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

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

Knitted Dish Cloths for Sale:

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



Pet Sitters for Dogs & Cats:

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



Daily rate \$25
Shelly 403-660-2045 – References available upon request as I have done this for 4 years.



Healing Intentions:

Energy/Crystal Healing
Psychic/Mediumship
Card Readings
Crystal Grids
Personalized Crystal Kits

Book a Party
Organizational Assistant – organize your space to help energize the flow of your home and life.
Shelly 403-660-2045 – References upon request

Painting or Staining:

Need to refresh your space? One room or every room? Fences and decks stained or painted? Reasonable prices – 35 years' experience.
Call Peter (C212) Sraightline Painting
403-998-3959



American Styles Painting LLC:

Professional Painting Services
Gramoz Halili
Interior/exterior Painting
Commercial & Residential
Phone (403) 909-4223
gramozhalili@hotmail.co.uk



Moments Fashion Solutions:

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

www.momentsfashion.com

Pharmacy Assistance:

Dear neighbors,

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

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

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

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

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

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

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

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

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

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

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

Regards, Shereen

Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 12	13	14	15	16	17	18
19	20 FINANCE COMMITTEE @ 6:00 PM	21	22	23	24	25
26	27	28	29 BOARD OF DIRECTORS @ 6:00 PM	30	31	APRIL 1
2	3 NEWSLETTER @ 6:30 PM	4 CSI COMMITTEE @ 1:00 PM	5 PROPERTY MAINTENANCE @ 7:00 PM	6 ENTERTAINMENT & SOCIAL EVENTS @ 6:30 PM	7 SHOP & OFFICE CLOSED FOR GOOD FRIDAY	8 EASTER EGG HUNT! SEE FLYER FOR DETAILS
9	10	11	12 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 BOARD OF DIRECTORS @ 6:30 PM	27	28	29

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**

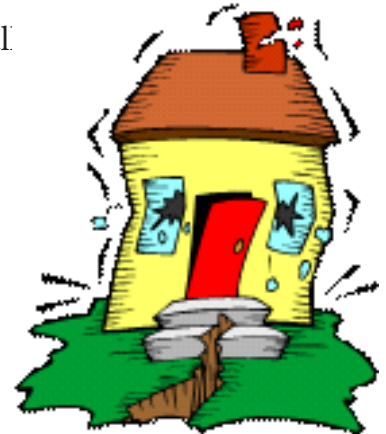
OFFICE FAX NO: **403-240-4333**

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 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 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)

Grievance & Resolution

Chair: Mikayla Foucault

Lobbying Committee

Chair: Astrid Deslandes

Board Liaison: VACANT

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

