



# Connections

Your SMHC Newsletter

December 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'kingsstis. 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**

Oh, the weather outside is not so frightful yet as the winter solstice draws closer. Will we get a “White Christmas”???

The Board encourages members to submit their name for one of the three upcoming Board of Director positions. The nomination form can be sent to the office and kindly note the deadline submission date of 4:00pm on December 28<sup>th</sup>, 2023. Thanks to the Elections Committee for all the work they have done. Elections for the Board of Director positions will be held at our AGM on January 31<sup>st</sup>, 2024.

For your information, the Retrofit construction project has started, and we wanted to remind members and their families that if any sidewalk(s) or specific area is fenced or taped off, please, do not enter the area for your own safety and protection.

As well, just some advance warning that when the abatement process begins on a unit, which is the removal of the existing stucco, members cannot open any of their windows.

Our fully certified Hazardous Abatement contractor will be air monitoring the work area continuously ensuring your safety. Again, we cannot stress enough that it is mandatory that your windows remain closed during the removal abatement process. Members will receive notification from the office when this hazardous work affects your unit directly. Should you have any questions or concerns, contact the General Manager, Jon Jackson, the Maintenance Manager, Mike Read, or the Assistant Maintenance Manager, Jon Van Camp.

Well, as this year ends and the New Year begins we wish one and all a “Happy Holidays”.

*Respectfully submitted by Helen Serrurier on behalf of the Board of Directors*



## GENERAL MANAGER'S REPORT

As I'm sitting here writing this, the snow outside continues to fall. While we have had a very good fall and early winter, the snow is now here. Hopefully, it stays throughout the entire holiday season.

Construction is going full speed ahead on buildings 41 and 44. While I know this is going to cause inconveniences, I would ask for your patience. We continue to work with CANA and our sub-trades on parking but some days we may need to use spaces. If you come home and your parking space is occupied by a construction vehicle, please call me and we will have it moved right away.

I would also ask you to please continue to avoid the construction zones. We are doing our best to keep the construction fencing up but there may be times when it is open. Please do not enter a construction zone as they are not safe.

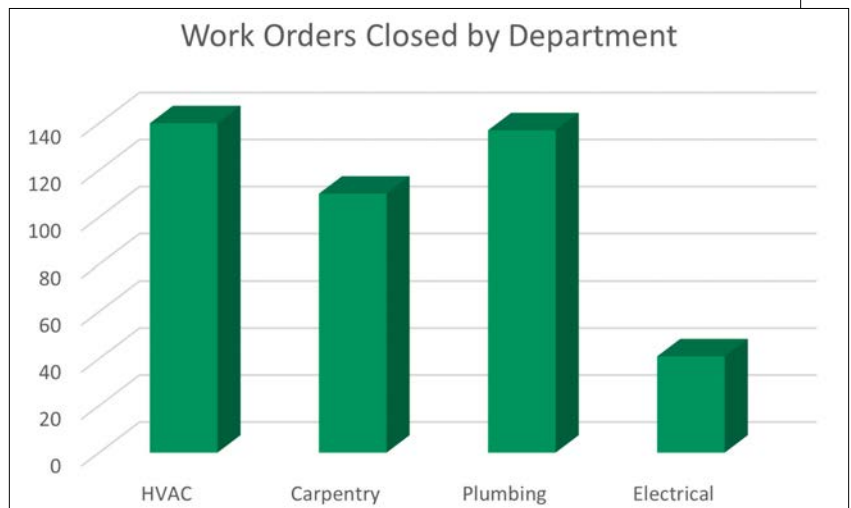
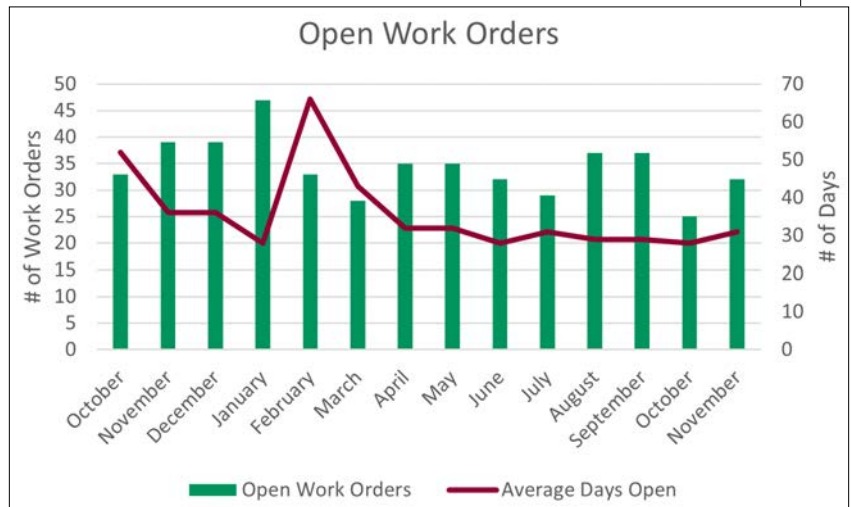
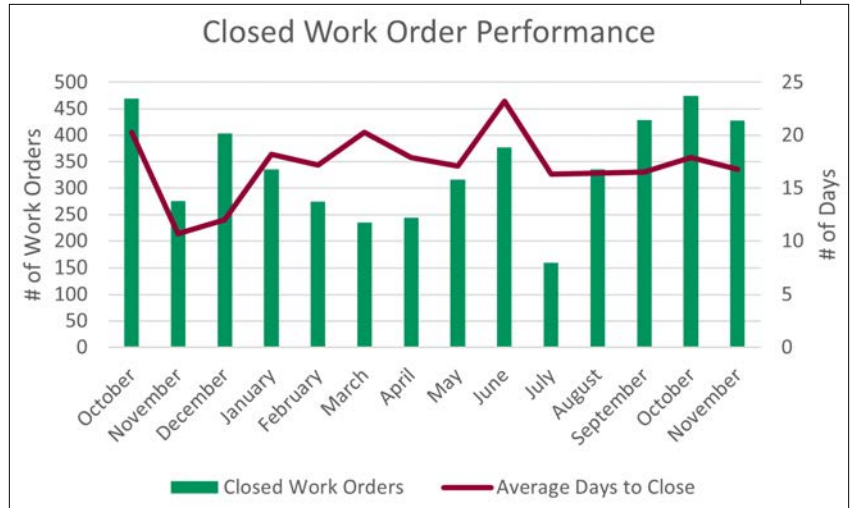
Last month, the Board of Directors approved entering into a new 3-year agreement with ENMAX for our electricity needs. Thank you to both the Finance and Property Maintenance Committees for assisting in this competitive RFP. While our rate did increase as expected, we managed to secure a rate that is much lower than the current market rates. Our new rate is \$0.085 per kWh which is up from \$0.053 per kWh. In comparison the current residential rate from ENMAX is \$0.123 per kWh. While this is a 62.3% increase, the regular market increased by almost 70%. The rate also falls below what had been budgeted for 2023/2024 (we had budgeted \$0.0898 per kWh).

Finally, I would like to wish everyone a spectacular holiday season. Whether you are spending it with family or friends, enjoy the time together.

Thank you,

Jon Jackson  
General Manager

### Work Order Performance



## **FROM THE TEAM AT B50**

**Holiday Closures:** Through the rest of December and the first week of, January the Shop and Office will be observing the following hours and Holiday closures:

- December 11<sup>th</sup> – 15<sup>th</sup>, 2023 Open regular hours of 8:30 am – 4:30 pm.
- December 18<sup>th</sup> – 20<sup>th</sup>, 2023 Open regular hours of 8:30 am – 4:30 pm.
- **December 21<sup>st</sup>, 2023** **Closed at 12:30 pm.**
- **December 22<sup>nd</sup>, 2023** **Closed in lieu of Christmas Eve**
- **December 25<sup>th</sup>, 2023** **Closed for Christmas Day**
- **December 26<sup>th</sup>, 2023** **Closed for Boxing Day**
- December 27<sup>th</sup>, 2023 Open regular hours of 8:30 am – 4:30 pm
- December 28<sup>th</sup>, 2023 Open regular hours of 8:30 am – 4:30 pm
- **December 29<sup>th</sup>, 2023** **Closed at 12:00 pm in lieu of New Year's Eve**
- **January 1<sup>st</sup>, 2024** **Closed for New Year's Day**
- January 2<sup>nd</sup> – 5<sup>th</sup>, 2023 Open regular hours of 8:30 am – 4:30 pm

**Be a Snow Angel:** While we have been fortunate to have some fantastic snow-free days, the bigger snowfalls have finally arrived. As always, The Grounds Guys crew will be on site working hard and as fast as they can to keep our sidewalks clear of snow and ice. From both SMHC and The Ground Guys, we thank you for your patience as they work through our 35-acre property and try to keep up with each snowfall.

We'd also like to thank our many neighbourhood "Snow Angels" that are willing to pitch in as well! Whether it is to get an early jump on your sidewalk or you are lending a hand to mobility challenged neighbours, these acts of kindness and compassion in our community don't go unnoticed and are greatly appreciated by everyone.

There are other ways that one can be a Snow Angel this winter. To stay safe on the roads it is important to fully clear the snow from your vehicles before you head out and be mindful that clearing snow from member parking/rental stalls is a member responsibility.

If you see a neighbour struggling with clearing their vehicle or parking stall or know someone who might have a tough time with this, please consider being a Snow Angel and helping them out when you can.

Lastly, when clearing snow from vehicles, out of

parking stalls, or from anywhere else you choose to clear the snow, keeping the following tips in mind will also make you a Snow Angel:

- The best place for your cleared snow is to move it to any grassy areas or to the base of nearby trees as the extra moisture will be beneficial when the snow melts.
- Please don't create extra work for other residents or our contractors by leaving your cleared snow in behind other vehicles, in other parking stalls, in the main drive path of the parking lots, or in any area that has already been cleared.
- Please be aware of your surroundings when you are out clearing snow, for two important reasons:
  - To keep yourself safe by staying clear of any loud equipment/vehicles regardless of whether they are for snow removal, construction, waste removal, etc. The equipment operator may not be able to hear you or know that you are nearby.
  - To keep other residents safe by not inadvertently hitting them with snow or with your shovel as they are passing by or when they are also clearing snow around you.



**Winter Furnace Care:** With winter on its way in and bringing us colder temperatures outside, most of us will be increasing the temperatures inside to stay cozy and warm.

With the increased furnace usage, it is important that you check your furnace filters on a regular basis and be sure to change them at least every 2 to 3 months, or more often if needed.

As always, filters are available for pick up at B50 for no charge. A reminder as well that the old, used filters are not recyclable and need to be disposed of in the proper garbage bin, not the recycling bins.

Lastly, any issues or problems with the furnaces and/or thermostats need to be called in or have a work order placed in Buildium immediately. This will help to avoid small issues turning into big issues requiring an emergency call. We do not want anyone to have to spend any amount of time without heat this winter, even temporarily.

**Community Garbage Cans:** We are fortunate that our little community has many green spaces to enjoy and miles of sidewalks to stroll through for a little exercise or just to get a breath of fresh air. In an effort to keep these areas clean there are a number of small garbage cans throughout the complex

These are great for disposing of empty Slurpee cups or snack wrappers after a trip to 7-11 Or empty coffee cups after getting your daily dose of caffeine at Starbucks. They are also handy for disposing of pet waste while walking your dog, if you haven't switched to compostable bags yet.

However, these small garbage cans are **not meant** to be used for household garbage. They really aren't designed for large quantities or for big items. When they get overstuffed with inappropriate garbage items there is no more room for the type of waste they were intended for. Plus, the bags can break and cause more of a mess to be cleaned up.

**Please be sure that only the appropriately labeled blue garbage bins are being used to dispose of all household garbage and larger garbage items.**

**Happy Saint Nicholas Day!**

**Happy Bodhi Day!**

**Chag urim sameach! May your Hanukkah be filled with unexpected blessings!**

**From cold and dark to warmth and light, happy Winter Solstice!**

**Merry Yuletide!**

**Merry Pancha Ganapati!**

**Merry Christmas! Blessings to you and your family!**

**Heri za Kwanzaa! Wishing you the most beautiful fruits of the harvest!**

**Wishing you a Happy Holiday season and a peaceful New Year!**

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# Committee Reports

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## **CO-OP SENIORS INTERESTS**

Season's greetings from your CSI Committee. Our committee wishes each and every one of you our blessings and good wishes as we all approach the New Year.

This past Sunday – December 3<sup>rd</sup>, CSI hosted our Seniors Holiday Social. We were so pleased to welcome guests from throughout the complex. This is one of our signature events of the year and the committee enjoys preparing for it. Many thanks to Kathy, our chair, as well as all committee members Connie, Hilda, Isabell, Kathleen, Margaret, and Helen, our Board Liaison, who make this

event a success. Special thanks to Helen and Hilda for doing the shopping and to Janine, our Staff Liaison – who always makes sure “the ducks are in a row” as one might say.

Our small but mighty committee has met this year with renewed energy. We continue to address seniors/retiree's concerns as well as bring social opportunities to the forefront.

- For now – we take a well-deserved break but will return on February 14<sup>th</sup>, 2024 at B50 at 1pm. We always welcome guests or even new committee members.

Happy Trails

## **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE**

We have been busy getting ready for our Light Up the Meadows Scavenger Hunt! With the display unit ornaments flying out the door we should have a nice long list of spectacular light displays for you to check out throughout the SMHC neighbourhood!

**Remember to drop your Scavenger Hunt Forms off at the office by the end of the day on Wednesday December 20<sup>th</sup>, 2023 to be in for the prize draw!**

All of us on the Entertainment & Social Events Committee would like to wish all our SMHC neighbours a joyous holiday season with your family and friends. And of course, have a Happy New Year, too!



## **NEWSLETTER COMMITTEE**

Ho-ho-ho, and away we go! Time to finish the final shopping, wrapping gifts, decorating and perhaps replacing some of the baking treats that have already been eaten (I can remember doing that!).

We have some new articles that we hope you will enjoy reading. As part of your Christmas baking you may have tried the yummy Apple Crisp and Chow Mein Cookie recipes that were included in the last issue, or maybe you'll try the Candy Corn recipe in this issue. Please send us any family favourite recipes that can be shared and enjoyed by the members.

From the Newsletter Committee, we wish you all a Merry Christmas and all the very best in the New Year!



# *Light Up the Meadows*

*December 11th - December 20th*

## Scavenger Hunt Checklist and Entry Form

Visit each unit on the list, look for the ornament, and tell us what picture is on the ornament. Be sure to return your completed form to the office by the end of the day on Wednesday, December 20, 2023, to win a sweet prize!

<b>Unit #</b>	<b>What is the picture?</b>	<b>Unit #</b>	<b>What is the picture?</b>
<b>A 27</b>		<b>F435</b>	
<b>A 43</b>		<b>G451</b>	
<b>B 73</b>		<b>H511</b>	
<b>B 74</b>		<b>H562</b>	
<b>B106</b>		<b>J572</b>	
<b>B121</b>		<b>J591</b>	
<b>C152</b>		<b>J593</b>	
<b>C174</b>		<b>K624</b>	
<b>C215</b>		<b>K626</b>	
<b>D223</b>		<b>K653</b>	
<b>E343</b>		<b>K672</b>	
<b>E364</b>		<b>K686</b>	
<b>F381</b>		<b>L701</b>	
		<b>L721</b>	
<b><u>YOUR NAME</u></b>		<b><u>YOUR UNIT #</u></b>	



**ELECTIONS COMMITTEE**



**BRING OR EMAIL YOUR APPLICATION  
FOR THE SMHC BOARD OF DIRECTORS 2024  
TO B50  
BY  
THURSDAY, DECEMBER 28, 4:00PM**

**PLEASE SHARE YOUR GIFTS**



- GIFT OF YOUR ENERGY**
- GIFT OF YOUR IDEAS**
- GIFT OF YOUR FORWARD THINKING**
- GIFT OF YOUR ACTIVE LISTENING**
- GIFT OF YOUR COOPERATIVE SHARING**
- GIFT OF YOUR PROBLEM SOLVING**
- GIFT OF YOUR TIME**
- GIFT OF YOUR DETERMINATION**
- GIFT OF YOUR PERSONAL SKILLS**



**ANY QUESTIONS? PLEASE CONTACT ELECTIONS COMMITTEE ANY TIME!**



**SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.**



**You! Are Key to The Success of Our Co-operative!**

**NOTICE of**

**UPCOMING ELECTION for THREE (3) UNFILLED POSITIONS  
on SARCEE MEADOWS BOARD of DIRECTORS**

As a result of the normal rotation of our Board, there will be – THREE (3) – three-year terms opening at the Board table.

Elections will be held at our Annual General Meeting on Wednesday January 31<sup>st</sup>, 2024.

**WE NEED SMHC MEMBERS TO COME FORWARD AND SERVE!!!**

Serving a board term is a great way to gain some valuable experience, new skills, and a chance to make a difference.

Please consider this OPPORTUNITY and allow your name to stand for a board position.

For Sarcee Meadows – Diversity is a Fact ... Inclusion is a Choice – please, choose to be a candidate. All of our Members possess a wealth of background knowledge and experiences that are valuable to our Co-operative. **EVERYONE** is always needed to continue building our housing cooperative into all that it can be.

**Your Voice is important - Looking Forward to Your Participation!**

You are eligible to run for one of these positions if:

- You are a registered shareholder.
- You are a member in good standing.
- You are 18 or over.

**We encourage you to file your Application as soon as possible, and email it to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or drop it off at the office (B50) – Submit by Deadline:**

**Thursday December 28<sup>th</sup>, 2023**

If you have any questions, please phone or email the Elections Committee or the office.

For complete information on the position of SMHC director, please read your copy of Sarcee Meadows Housing Co-operative Ltd. By-laws - Page 16. (8.1 to 8.16) Board of Directors, (9.1 to 9.8) Board Meetings (10.1 to 10.6) Officers and Duties.





# Community News



## CHRISTMAS 2023 AT THE NATION 23

Celebrating Indigenous Artists and Performers,  
Local Artists, and Small Business

### DECEMBER 15, 16, 17

HOSTED BY SEVEN CHIEFS SPORTSPLEX & CHIEF JIM STARLIGHT CENTER  
IN PARTNERSHIP WITH TAZA  TAZA

**Tickets to Christmas on the Nation will be available at the door on  
December 15, 16, and 17.**

**FREE PARKING IS AVAILABLE AT THE 7 CHIEFS SPORTSPLEX.**

#### Event Details:

<b>Friday, December 15<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• The market opens at 11 am, and closes at 7 pm</li> <li>• Learn how to make your own Indigenous ornament 12 pm – 4 pm (Small additional fee)</li> <li>• Visit with Santa and other holiday characters</li> <li>• Tsuut'ina dance performances 1 pm, 3 pm, 5 pm</li> </ul>
<b>Saturday, December 16<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• The market opens at 11 am, and closes at 7 pm</li> <li>• Learn how to make your own Indigenous ornament 12 pm – 4 pm (Small additional fee)</li> <li>• Visit with Santa and other holiday characters</li> <li>• Tsuut'ina dance performances 1 pm, 3 pm, 5 pm</li> </ul>
<b>Sunday, December 17<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• The market opens at 11 am, and closes at 4 pm</li> <li>• Learn how to make your own Indigenous ornament 12 pm – 3 pm (Small additional fee)</li> <li>• Visit with Santa</li> <li>• Tsuut'ina dance performance at 1 pm</li> <li>• Armond Duck Chief performance at 2 pm</li> </ul>
<b>Cost</b>	\$8/person, 12 and under are free.
<b>Location</b>	Seven Chiefs Sportsplex and Chief Jim Starlight Centre 19 Bullhead Road, Tsuut'ina Nation.



Hey Neighbour!  
Are you looking for a good cause to donate your  
holiday recycling to?

The A. E. Cross Band has a  
solution! We're collecting returnables in  
support of our program.

On Saturday, January 13th 2024 drop  
your bottles at the A.E. Cross School parking lot  
(3445 - 37 Street SW) between 11am and 1pm.

Thanks for supporting the A.E. Cross Music  
Program!



*December 4<sup>th</sup>, 2023*

**YOUR VOICE IN THE LEGISLATURE**

Hello and Happy December!

I'm excited to be wrapping up the Fall session of the Legislature and returning to Calgary for the rest of the year. I hope you and your loved ones are staying warm and preparing for a wonderful break over the holidays and I wish you all the best as we turn over to 2024. I also hope to run into some of you at events over the next few weeks before I'm back in Edmonton in mid-February!

I continue to raise your concerns to the government while I'm in the Legislature. Tabling documents is one effective way to do it. I can use your emails to add opinions to the public record on a certain topic. As an example, you may recall the story back from the summer of the clinic that was planning to introduce a member fee for preferential access to a doctor. It was a Calgary-Currie resident who first drew our attention to it and NDP MLA Gurinder Brar to introduce Bill 201: a private member's bill that would've banned those fees for good. During the debate, I tabled the original email, along with those of two other constituents about two more clinics that used member fees. Just like that, their concerns are heard, and their perspectives are added to the conversation.

So, I encourage all of you to send emails to my office so we can know what's on your mind. From pensions, to housing costs, to the healthcare reorganization, to coal mining in our parks, we would love to hear from all of you. We're just one quick email away: [calgary.currie@assembly.ab.ca](mailto:calgary.currie@assembly.ab.ca).

Once again, have an amazing holiday season and I'll see you in the new year!

**Janet Eremenko**  
**MLA, Calgary-Currie**



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# Education & Awareness

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## **PREPARING FOR AN EMERGENCY AS A PERSON WITH A DISABILITY**

*Provided by the Calgary Emergency Management Agency (CEMA)*

December 1<sup>st</sup> is Persons with Disabilities Day. While disasters and emergencies impact everyone, persons with disabilities or those with special needs are often placed in a more vulnerable situation due to a reliance on medication, electricity, or a support person. Emergency preparedness planning for someone living with a disability like vision loss, hearing loss, reduced mobility, or additional medical needs may involve more specific planning. This includes:

- A list of medications including name, dose, frequency, and the name of the prescribing doctor.
- Written information about how to administer your medications, what equipment you use, allergies, and your emergency medical contacts.
- Supply of food items appropriate to your dietary restrictions.
- At least a three-day supply of medication and medical supplies. Make sure to replace the supplies before they expire and ask your pharmacist the best way to store them.
- Extra MedicAlert® identification.
- Backup power options like batteries or a generator for any life support or essential medical devices.

**Identify your network:** When preparing for an emergency, be sure to self-identify who your support persons are in advanced to trusted neighbours, and/or building management. This includes name and contact information. You should also be prepared to provide clear

and concise instructions to emergency services personnel and others who may be assisting you in an emergency. If you have difficulty speaking, consider having this information available on a printed card(s).

**Make an emergency action plan:** Having an emergency action plan will ensure that you and your family members know what to do and who to call. Make sure to consult your doctor and health care team for any advice they can provide to your plan in the event of an emergency.

**Identify and communicate your needs:** Teach those who may need to support you, such as a co-worker or caregiver, how to operate all necessary equipment and let people know which evacuation technique you prefer. You should also label all equipment and attach laminated instructions about how they are used.

**Make and evacuation plan:** Locate escape routes, emergency exits and safe places such as muster points or emergency assembly area. If you live in an apartment, ask the management to identify and mark accessible exits and access to areas designated for emergency shelter, or safe rooms. Learn about your building's evacuation procedures and plans for alerting and evacuating those with sensory or mobility disabilities.





DECEMBER 10  
INTERNATIONAL HUMAN RIGHTS DAY



**WORLD HUMAN RIGHTS DAY –**  
**DECEMBER 10<sup>TH</sup>, 2023**

*Respectfully submitted by Jenn Jenkinson*

This year will be the 75<sup>th</sup> Anniversary of the Universal Declaration of Human Rights. The core ambition of the Declaration was to form a blueprint of sorts for Human Rights at the International, National and Local levels worldwide. In essence, it is an agreement among nations that these rights should be extended to all human beings.

We can all agree this is not a perfect world and there are still grave human rights injustices which we witness daily if not directly then certainly on the evening news. Just as war, conflicts and insecurity increase the incidence of human rights violations, societies that respect human rights experience less violence and insecurity. They are more inclusive, more peaceful, and more resilient to change. Quite literally, protecting everyone's human rights is the best starting point for preventing crises & conflicts and for building peace.

So, what can one individual do in defense of human rights when all around us we see such division, anger, and the ignorance of others' rights? While it seems like a drop in the bucket, one individual can and should model respect for human rights at every opportunity. It may be something as simple as reaching out to that new immigrant family next door, helping them feel more welcomed. Or you may wish to step out of your comfort zone and take the time to learn about a culture different than your own. It's amazing how the firsthand knowledge of what others are concerned about, their challenges, their fears, their successes, and their joys will

bring both to a new respect for one another.

In short, it's the small things that you can consciously do that will bring human rights to the forefront and that will ultimately contribute to a more peaceful world. Individual actions of welcoming, accepting, and respecting are ultimately what will lead to a peaceful world where all humans share in those Declared Rights.

So, on this World Human Rights Day take time to think about all the freedoms we enjoy without even thinking about it and be grateful for them.

**DECEMBER IS SEASONAL**  
**AFFECTIVE DISORDER**  
**AWARENESS MONTH**

*Respectfully submitted by Megan Jovie*

Seasonal Affective Disorder (SAD) is a type of depression related to a change in seasons, typically beginning in fall and resolving in spring. Like other forms of depression, it can make you feel listless or restless, with very low energy. It often presents with a lack of interest in activities you typically enjoy, a tendency to oversleep, and difficulty concentrating, along with mood symptoms like sadness, irritability, and anxiety. If those are symptoms you notice in yourself, it's probably worth talking to your doctor about! Like other forms of depression, SAD can be effectively treated with a variety of medications or therapy treatments. In the meantime, here are some tips for managing those winter blues.

- **Spend as much time in the sun as possible.** SAD is likely primarily caused by reduced sunlight in the winter months; sunlight sets our circadian rhythms (which regulates natural energy and sleep cycles) and stimulates vitamin D production (which, among other things, is thought to regulate mood). If you aren't able to spend time outside due to the weather or other factors, even opening the blinds in your house can make a big difference.
- **Keep a regular sleep schedule.** It can be hard to get out of bed when you're struggling

*Continued on page 16*

Continued from page 15

with low energy, but oversleeping or irregular sleep can disrupt the levels of melatonin in your body, making you more tired during the day and more restless at night.

- **Move your body.** Physical activity, even something as simple as a daily walk, reduces stress and boosts mood. It can also help to regulate your sleep, as burning energy during the day can make it easier to fall asleep at night.
- **Plan engaging activities that you enjoy.** If you're like me, it's far too easy to fall into a cycle of passive activities like watching TV in your downtime; when you're tired, it feels much easier to sit and watch something. But doing a hobby that engages your brain and/or body, like knitting, painting, or building something, will help to break you out of your listlessness, properly relax, and improve your mood.
- **Spend time with your loved ones.** The impulse to self-isolate when you're feeling low can be very powerful, but it only magnifies depressive feelings. If you find yourself spending a lot of time alone, try scheduling activities or events ahead of time. Even an hour of coffee or tea with a friend can do wonders for your mental state.

Seasonal Affective Disorder can be very destructive, but it doesn't have to be; start here, and talk to your doctor if you're struggling! It is possible to make things easier, and to enjoy winter.



## **NEW YEAR'S TRADITIONS AND RESOLUTIONS**

*Respectfully submitted by Wendy Thomson*

The New Year's resolution is thought to have begun in ancient Babylon more than 4,000 years ago in an attempt to appease their gods. A new year for Babylonians started in mid-March, after planting their crops. During this time, they held "Akitu", a 12-day religious festival to reaffirm their loyalty to the existing king or bring on a new one. They also went before their gods with promises to pay off the debts and return borrowed objects. They believed that by keeping their promises, the gods would grant them favours in the New Year. If promises were not kept they believed that they would not get the favours of the pagan gods.

There are many resolutions made around the world on New Year's including losing weight, quitting smoking, exercising more, and so on. Many are successful and achieve their goals while many are unsuccessful for various reasons. A number of things need to be considered before making resolutions, including being mentally prepared for the change, limiting resolutions to a manageable amount, being specific about your goals, etc. I believe the most important factor is that you are making the resolution because it is something you want and are ready to do. This is bound to increase your success rather than setting a resolution based on someone's suggestion or as a bet. You can do it, but make sure you do it for yourself!

On New Year's Eve many traditions and customs are observed around the world. Some examples are:

In Japan, just before midnight on New Year's Eve the Japanese eat soba noodles. The Toshikoshi soba, which translates to a "year-crossing", buckwheat noodle dish, has lots of symbolism. The long noodle denotes crossing from one year to the next. Since it's an easily cut noodle, it signifies a letting go of the past year's regrets, a cutting off, if you will, before the fresh start the new year brings.

In Spain, with 12 seconds remaining until the

*Continued on page 17*



*Continued from page 16*

New Year, people eat 12 green grapes to bring good luck in the coming year. It's thought to be bad luck if you can't eat all the grapes by the final midnight chime.

In Italy, a New Year's Eve dinner usually features lentils, as their coin-like shape symbolizes luck and prosperity.

In Columbia, on the last night of the year, three potatoes - one peeled, one unpeeled, and one half-peeled - are placed under the beds. At midnight people pull out the first potato they touch. Peeled means they'll have financial problems, unpeeled indicates abundance, and half-peeled means somewhere in between.

In Ireland, the Irish people have a tradition of banging bread against the walls of their houses on New Year's Eve. The idea is that bad luck and evil spirits are chased away, and good luck is invited in. Also, the Irish believe that if you put a sprig of mistletoe (or holly or ivy) under your pillow on December 31<sup>st</sup>, you will dream of your future partner.

In Brazil, particular foods are eaten to invite good luck for the coming year. Seven is the lucky number on New Year's Eve, so seven pomegranate seeds are eaten to keep the purse full, and seven grapes to ensure abundance in all areas of life. Some also jump seven waves in the ocean and

make seven wishes for the new year as they leap.

In Denmark, people go around breaking dishware on the doorsteps of their friends and family. The more shards there are in front of your home the next day, the luckier and more well liked you are. Another tradition observed is that people will stand on their chairs and "leap" into January at midnight to bring good luck and banish bad spirits.

In Ecuador, the bad parts of the old year are turned into effigies and burned. People make sawdust filled dummies out of politicians, pop-culture figures, and other characters, and then burn them at midnight as a sort of cleansing ritual. For extra good luck, participants try to jump over the flames 12 times, once for every month. (Do you think that would work for us? If only it were that easy, I would certainly be willing to adopt a new tradition!)

Sing "Auld Lang Syne". Auld Lang Syne is often credited to Scottish poet Robert Burns who sent it to the Scots Musical Museum in 1788. But the writer himself admits that he didn't write the lyrics; he was just the first to transcribe an old folk song. If you really want to impress the other members of your party, learn the other verses (there are 10 in total).

HAPPY NEW YEAR!!!!





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# Just For Fun!

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## Easy Candy Popcorn

*Respectfully submitted by Margaret Van der Meer*

### Ingredients:

- 2 Cups White Sugar
- ½ Cup Water
- 1 Tbsp. Butter
- 1 Tsp. Red Food Colouring
- ¼ Tsp. Salt
- 26 Cups Popped Popcorn (about 1 ⅓ Cup unpopped kernels)

### Steps:

1. Mix the sugar, water, and butter in a medium pot and bring to a boil over medium-high heat.
2. Reduce the heat to medium and boil, stirring constantly, for 3 minutes.
3. Stir in food coloring and salt and then pour over popcorn in a large bowl, stirring until well covered.
4. Spread on baking sheets lined with wax paper and let dry for 1-2 hours until no longer sticky.
5. Enjoy!

Note: For multiple colours, divide popcorn into 2 or 3 bowls. After boiling, divide sugar mixture into 2 or 3 bowls and mix in only ½ tsp. of each colour of food colouring into each bowl before stirring into the popcorn.







# 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.



## **Wolf Thunder Fitness**

- Affordable personal training. Some options as low as \$20 per session.  
 - I have been in the industry for over 16 years and have worked with ALL levels of fitness. Anyone from the teenage athlete, to stroke survivors, to the senior who just wants to keep moving.

- Certified personal trainer.
  - Private session and partner/group options available.
  - I offer in person or virtual options where I can train you from anywhere.
  - Right here in Sarcee Meadows. I'll come to you, or you come to me!
- Call or text me at 587-216-5643  
 Email at [pearson.vanessa@gmail.com](mailto:pearson.vanessa@gmail.com)

## **Gardens by Ewa:**

Weeding, sowing, dividing old perennials, creating new flower beds, organizing compost bins, and other odd jobs in your garden. No job is too small. Reasonable rates. I live in Sarcee Meadows and can be reached at: (403) 993-7415



## **Childcare:**

Looking for childcare? Well-established (January/2008) Day Home in S.W. (Glamorgan/Rutland Park) offering a clean & safe environment for your child to play & learn in. Daily outdoor time & healthy snacks/lunch provided. For more information, please email Kristine at

[romaindomain@shaw.ca](mailto:romaindomain@shaw.ca)

## **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  
[canadiangolden@gmail.com](mailto:canadiangolden@gmail.com) 403-640-7965

## **Dog Training & Mobile Grooming - Tyler Breland**

Email: [fenrirtrainingandgrooming@gmail.com](mailto:fenrirtrainingandgrooming@gmail.com)  
 Location: Calgary, Alberta  
 Phone: 587-226-1758  
 @fenrirtrainingandgrooming  
[www.facebook.com/FenrirDogTrainingandGrooming](http://www.facebook.com/FenrirDogTrainingandGrooming)



## **Super Scoopers**

Kody: 403-510-4139  
 Facebook: superscoopers  
 Email: [calgarysuperscoopers@gmail.com](mailto:calgarysuperscoopers@gmail.com)  
 Services:

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



## **Knitted Dish Cloths for Sale:**

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



## **Knife Sharpening:**



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

## **House Cleaning:**

- 2 Bedroom \$90
- Small 3 Bedroom \$100
- Large 3 Bedroom \$110
- 4 Bedroom \$120



Includes all cleaning supplies, vacuuming, mopping, bathrooms cleaned, all counter tops 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





**Fox Painting Ltd:**

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

**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

**Pharmacy Assistance:**

Dear neighbours,  
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 neighbours 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

**American Styles Painting LLC:**

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



**Peter’s Car Detailing**

Complete Interior Detailing	Complete Exterior Detailing
• Windows	• Wash and dry
• Dash	• Polish wheels and tires
• Door panels	
• Vacuum upholstery and rugs	
\$150.00	\$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.



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 neighbour, 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

**Disclaimer: Committee and Board Meeting dates and/or times may be subject to change without public notice.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DECEMBER 10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> FINANCE COMMITTEE @ 6:00 PM	<b>19</b>	<b>20</b> <u>LAST DAY TO DROP OFF SCAVENGER HUNT FORMS</u> BOARD OF DIRECTORS @ 6:30 PM	<b>21</b> SHOP & OFFICE CLOSED AT 12:30PM	<b>22</b> SHOP & OFFICE CLOSED IN LIEU OF CHRISTMAS EVE	<b>23</b>
<b>24</b>	<b>25</b> SHOP & OFFICE CLOSED FOR CHRISTMAS DAY	<b>26</b> SHOP & OFFICE CLOSED FOR BOXING DAY	<b>27</b>	<b>28</b> <u>LAST DAY TO DROP OFF BOARD OF DIRECTORS APPLICATION FORMS</u>	<b>29</b> SHOP & OFFICE CLOSED AT NOON IN LIEU OF NEW YEAR'S EVE	<b>30</b>
<b>31</b>	<b>JANUARY 1</b> SHOP & OFFICE CLOSED FOR NEW YEAR'S DAY	<b>2</b> NEWSLETTER @ 7:00	<b>3</b> PROPERTY MAINTENANCE @ 5:00	<b>4</b> ENTERTAINMENT & SOCIAL EVENTS @ 7:00	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> FINANCE COMMITTEE @ 6:00	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> BOARD OF DIRECTORS @ 6:30 PM	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> ANNUAL GENERAL MEETING @ GRACE LUTHERAN & ZOOM CALL TO ORDER @ 7:00PM	<b>FEBRUARY 1</b> ENTERTAINMENT & SOCIAL EVENTS @ 7:00	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> NEWSLETTER @ 7:00	<b>6</b>	<b>7</b> PROPERTY MAINTENANCE @ 5:00	<b>8</b> EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	<b>9</b>	<b>10</b>



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# *Contact Information*

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## **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 or 103 – Property Services & Office Coordinator – Paula
- 102 – Committee and Volunteer Coordinator – Janine
- 104 – Financial Services Coordinator – Cathy
- 105 – General Manager – Jon J.
- 108 – Maintenance Manager – Mike
- 209 - Assistant Maintenance Manager – Jon V.

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

### **Elections**

Chair: Marie Forester

### **Finance**

Chair: Christine Langford  
Board Liaison: Jeremy Hart (Treasurer)

### **Governmental Elections Information**

Chair: Astrid Deslandes  
Board Liaison: Azhar Manzoor

### **Membership**

Chair: Annalise Harris  
Board Liaison: Helen Serrurier

### **Property Maintenance**

Chair: Al Wright  
Board Liaison: Azhar Manzoor

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

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

Board Liaison: Chris Severson-Baker

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

Chair: Judy Silzer & Garry Sluiter  
Board Liaison: Krystal Dafoe

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

Chair: Abby Way  
Board Liaison: Musu Dadi

#### **Governance & HR**

Personnel Liaison: Krystal Dafoe

#### **Grievance & Resolution**

Chair: Kaitlin Adair

#### **Newsletter**

Chair: Wendy Thomson & Margaret Van der Meer  
Board Liaison: Megan Jovie

#### **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](mailto:janine@sarceemeadows.coop)

