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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.

Sarcée Meadows is honoured to continue this tradition of creating inclusive communities and to celebrate this territory we now call home.

## **BOARD OF DIRECTORS' REPORT**

Dear Members,

We hope you are enjoying the mild winter we are having this year. However, with the ups and downs of this unpredictable weather, we are hoping for a summer without forest fires.

We would like to congratulate the new Board members, Wendy Wilson and Rebecca Breland, as well as the returning Board member, Megan Jovie. We also extend our gratitude to those who have retired from their terms, Helen Serrurier and special thanks to Joanne Mick.

Following the AGM the Board held its annual Orientation and Reorganization Meeting which includes the election of the Executive Officers and Committee Liaison assignments. With that, here are the new roles for the 2024 - 2025 Board of Directors:

<b><u>Executive Officers</u></b>	
Chairperson:	Krystal Dafoe
Vice Chairperson:	Kelly Edwards
Treasurer:	Jeremy Hart
Corporate Secretary:	Megan Jovie
<b><u>Committee Liaisons</u></b>	
Co-op Seniors Interests:	Musu Dadi
Education, Involvement, & Awards:	Kelly Edwards
Entertainment & Social Events:	Rebecca Breland
Finance:	Jeremy Hart
Membership:	Wendy Wilson
Newsletter:	Megan Jovie
Governance & HR:	Rebecca Breland
Property Maintenance:	Azhar Manzoor
Bylaw Review Task Force:	Kelly Edwards
Retrofit Task Force:	Wendy Wilson
<b><u>Other Roles</u></b>	
PIPA Officer:	Jon Jackson
Board PIPA Assistant:	Kelly Edwards
SACHA Liaison:	Chris Severson-Baker
Rutland Park Liaison:	Jeremy Hart

Happy Valentine's Day and Happy Family Day!

If you have little ones in the family take this opportunity to enjoy Family Day with your loved ones through various activities offered throughout the city.

A friendly reminder to everyone to stay away from the construction site. While it may be tempting to observe as the first building is near completion, it is important for safety reasons to keep a safe distance.

Lastly, let's remember to show kindness to the construction and grounds keeping teams.

*Respectfully submitted by Musu Dadi on behalf of the SMHC Board of Directors*



## **GENERAL MANAGER'S REPORT**

Thank you to everyone who attended our AGM last week. It was great to see a lot of you and thank you to all the members who put their name forward as nominees for the Board of Directors. Congratulations to Megan Jovie, Rebecca Breland, and Wendy Wilson on being elected.

Thank you as well to Helen Serrurier for her time on the Board. Helen your contribution to the Board was incredible. You helped lead the vision for the retrofit and without your time, knowledge, and guidance we wouldn't be watching our community transform before our eyes.

With the ongoing wintry weather, Ground Guys continues to work diligently to keep our sidewalks and paths clear. If you come across a location that has ice or is slippery, please call the office and we will have it addressed right away.

With construction beginning in Zone 1, we are turning our attention to Zone 2 and member's sheds in this Zone. As we have indicated we are moving sheds, when possible, to make room



for the construction work to be completed. In some instances, the shed will not survive being moved and in these cases, we are working with the members to demo them. If you are in Zone 2 (Buildings 57, 59, 60, 61, 63, and 65) please look for an email from me in early March letting you know when we will be working on your shed.

Jon, Graham, and Jeff have been doing a great job on the sheds. To date we have moved almost 30 sheds successfully. They are taking the utmost care in moving these sheds and not one has been damaged.

Building 41 is starting to have the Hardie Board installed! This will continue through the week and Building 44 shouldn't be far behind. I would like to thank the members in Building 41 for their patience and for being so accommodating. With this being the first building to be worked on, we have had to enter their units much more than anticipated as we tested and confirmed design elements. To each of you, thank you!

Continued from page 3

We are also starting to issue invoices for the deck covers and storm doors. As a reminder you have to pay for your deck cover and storm door 60 days prior to the start of construction in your zone. This is to ensure the materials are ordered and delivered in time for the work.

I also sent an updated schedule last week. Please note this schedule continues to be modified and updated as we progress further into the work. The start date listed is the date that CANA will arrive to start taking the trim off your windows. This allows them to accurately measure the window. Once this work is done about two weeks later, they will begin selective demolition which is the removal of decks and deck covers.

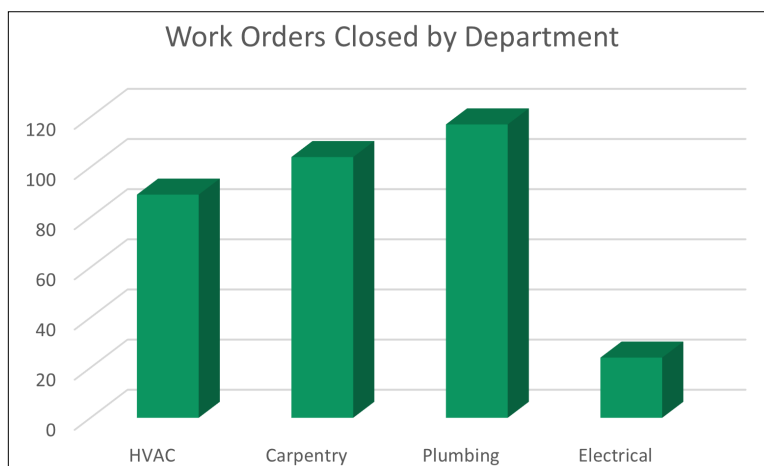
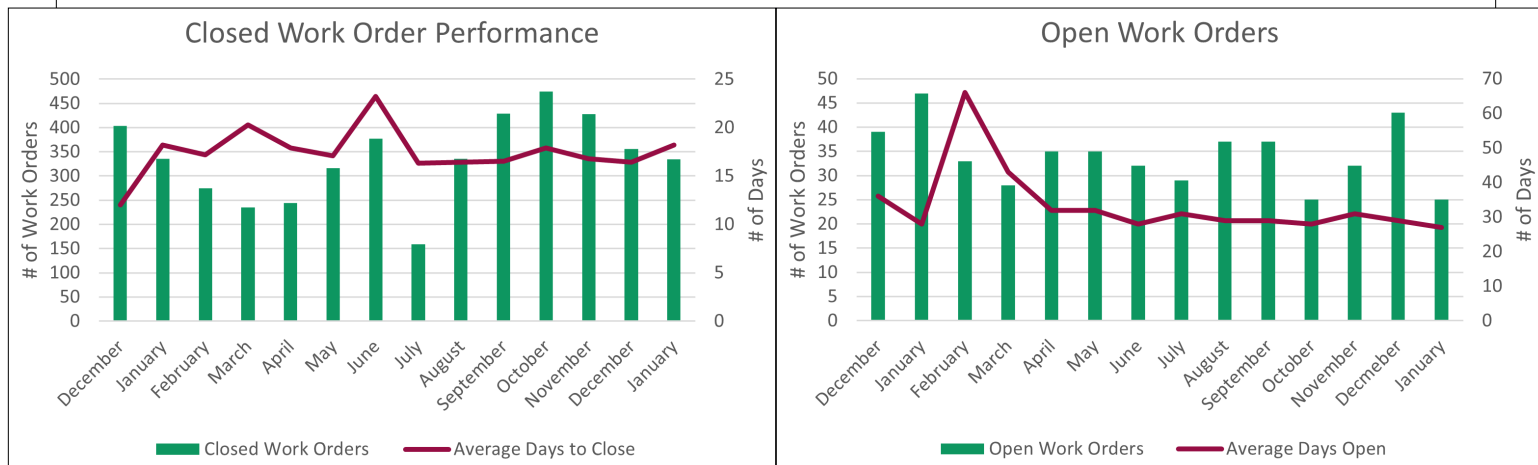
As always if you have any questions or would like more information about the project, please give me a call.

Thank you,

Jon Jackson  
General Manager



### **Work Order Performance**





## **FROM THE TEAM AT B50**

**Office Hours:** Office hours are Monday to Friday, 8:30 am to 4:30 pm. Office staff can be reached by phone or email wherever they are working from. **The shop and office will be closed on Monday, February 19<sup>th</sup>, 2024 for Family Day.**

**Responsible Pet Ownership:** An important reminder that for the safety of your pets, your neighbours, and your neighbours' pets, SMHC members/residents are expected to follow the City of Calgary's Responsible Pet Ownership (RPO) Bylaws at all times.

We continue to have issues, both here in Sarcee Meadows and in the surrounding Rutland Park area, with **off leash dogs and roaming cats** as well as **owners not cleaning up after their pets**. Both of these issues are infractions to the City's RPO Bylaws as follows:

### **Keeping Animals under Control**

**11. (1) The Owner of an Animal must ensure that the Owner's Animal is not Running at Large. (Fine of up to \$150)**

**(3) Unless a visible sign indicates that the area has been designated as an Off Leash Area an Owner must keep the Owner's dog on a Leash. (Fine of up to \$100)**

### **Removing Excrement**

**19. If an Animal defecates on any public or private property other than the property of its Owner, the Owner must remove such feces immediately. (Fine of up to \$500)**

Our SMHC property is **not** an Off Leash Area, nor are there any other designated Off Leash Areas in Rutland Park at all. However, we are fortunate to have a nearby Off Leash Area for dogs in Glamorgan, just across 37<sup>th</sup> Street from H section. Within Sarcee Meadows, **all pets must be confined or on a leash at all times while outside your unit.**

And **please**, show some respect to all our SMHC members, residents, employees, contractors, and anyone else who passes through here ... **and clean up your pet's feces immediately, especially from all public or common areas!**

Please report these or any other RPO Bylaw infractions, by calling 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary).

**Water Damage:** While water is an essential component of life, it can be very destructive to the various materials in your home. It doesn't take a whole lot of water to cause damage, meaning it can ruin a home quite a bit faster than one might think. Within the first 24 hours of a leak or flood, mold development, damage to floors, walls, cabinets, and even structural issues can occur. The same is true for water spills or accidents caused by people/pets that are not cleaned up right away.

Water damage leads to all kinds of related consequences. Aside from the water damage to building materials, appliances, fixtures, and furniture as it sits and pools, mold thrives with water damage, and is a particular concern when the moisture hides behind walls and in other difficult-to-reach areas. Even worse, depending on where the water came from, water damage can lead to health concerns, as sitting water often features all manner of germs and bacteria.

Even what may appear to be a harmless small leak or spill can be problematic as water spreads rapidly and absorbs into floors, walls, cabinets and more. If left too long the cost to repair the water damage could be hefty to both SMHC and to individual members.

### **Please keep these points in mind:**

- **It is of utmost importance that any water leaking into your unit, whether from bathroom or kitchen taps, toilets, windows, appliances, pipes, lawn service taps, etc., be reported by calling in a work order right away.**
- **It is also of utmost importance that any water that has accidentally overflowed from sinks, toilets, or bathtubs or has been spilled or splashed by residents and pets be wiped or dried up immediately.**
- **The repair costs for any member-caused water damage in a unit will be charged back to the member.**

This refers to damage caused by spills and overflowed water that does not get cleaned up right away. However, this can also include damage caused by negligence in reporting leaks, floods, and other water issues that require maintenance work.

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# Committee Reports

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## **ELECTIONS COMMITTEE**

Congratulations and thank-yous go out to the three of six candidates who were elected to our Board of Directors at this year's January, 31<sup>st</sup>, 2024, Annual General Meeting.

We are very fortunate to have for 3-year terms – Rebecca Breland, Wendy Wilson, and returning director Megan Jovie.

Many thanks as well to Attila Bardos, Abdurazak Mohamed, and Belal Ali Mohamed who also stood for election.

After reading their nomination statements in the meeting package, it was gratifying to learn how much living in Sarcee Meadows means to them and their families, how at this point in their lives it was a good time to be serving as a director, and how they each could bring such a variety of skills and ideas to the [board] table.

Additionally, it was encouraging and heart-warming to see that we have a great mix of new, mid, and longtime SMHC dwellers ready to use their Co-operative experience to help make sound decisions. As one, they were open to exploring new suggestions, honouring cherished traditions, and embracing the principals of working together for the common good.

Many thanks go as well to the Membership who carefully considered and registered their votes, the volunteer scrutineers who helped with the count, and our office staff

for their professional support in the mandated process.

To the six remaining members of the Sarcee Meadows Board of Directors, MUCH gratitude for your excellent service and dedication! To Helen Serrurier, please accept our additional thanks as you retire from giving your valuable skills during your term. Thank you as well to Jesse Harris for his time, although cut short, and thank you to Joanne Mick, for your willingness to fill the remainder of this vacant position when called upon.

Not wasting any time, our new and still serving Directors will meet soon to reorganize, accept committee responsibilities, and familiarize themselves with our bylaws, policies, and procedures.

On our behalf, they are looking forward to doing much good work in their elected terms!





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

### **Did You Know ...**

**that you , as a member, are responsible for your unit?  
(Food for thought.)**

*Respectfully submitted by your Education, Involvement & Awards Committee*

## **CSI COMMITTEE**

Newsflash!

News from our friends in Glamorgan Community that the Seniors Corner 2024 is going strong. The February gathering welcomed "The Wicked Pitch of the West" and a good time was enjoyed by all.

As usual Glamorgan welcomes us to attend the monthly Seniors Corner. The next one will be held on Tuesday March 5<sup>th</sup>, 2024, from 1:00 pm to 3:00 pm at the Glamorgan Community Hall. Lunch will be served and usually there is entertainment as well as topics of educational nature. The cost is only \$10.00. If you would like to attend, please phone our CSI Contact, Connie Fowle at 403-249-6805 or email Connie at [connie.fowle@telus.net](mailto:connie.fowle@telus.net) so she can put you on the guest list.

Also, our first CSI regular meeting is February 14<sup>th</sup>, 2024 at B50 from 1:00 pm to 3:00 pm. We'd love to see you there!



## **NEWSLETTER COMMITTEE**

We are finally done with the deep freeze and it is nice to get outdoors and enjoy the warmer weather!

This month we have included some informative articles and recipes for your reading enjoyment. We welcome any ideas you may have for articles that we can prepare for our members.

This month we celebrate both Valentine's Day and Family Day. If the weather is warm enough, take some time on Family Day to get outdoors and enjoy some fun activities with your family.



## **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE**

Despite the persisting winter weather, spring is just around the corner! This year the arrival of spring also has an early Easter right on its heels which means a visit from the Easter Bunny and our **Annual Easter Egg Hunt!**

This will be on **Saturday March 30<sup>th</sup>, 2024** at **10:30 am** for the younger kids and **11:00 am** for the older kids. Please note that this is an earlier than usual start time for the older kids. Watch for a flyer with all the details!



## **OUR RETROFIT – TIPS, SUGGESTIONS & EXPERIENCES**

Good Day to all SMHC Members. After our announcement last month about a Member Driven column to help us all to navigate through the ins & outs or the ups & downs of our retrofit, we wanted to give everyone a better view of the column we have designed for you. So here goes:

### **What Tips, Suggestions & Experiences Is:**

- A place to gather ideas and input from those folks who've already gone through the Retrofit.
- All members are free to submit their experiences, helpful hints, and suggestions.
- The editing volunteers from both Education & Involvement and Newsletter Committees will review all submissions and combine or paraphrase where duplication of comments occur.
- We will be printing a selection of these comments in each edition of Connections.
- If you have special praise for the various trades that are completing this important work on our behalf, please feel free to share.

### **What this Member Forum is NOT:**

- This is NOT a place to air complaints you may have related to the construction work itself.
- Also, NOT a place to complain about Parking or other issues related to the project.

If you have any of the above issues, these must be brought to the attention of either Jon Jackson or Mike Read directly so that they may address them on your behalf with the contractors, as appropriate to do so.

In order to facilitate a Member Driven Forum, we have created a new email which is accessible only to the Volunteer committee members who will make up the editorial team for the Tips, Suggestions & Experiences Column.

We will be doing some interviews with folks that are willing and whose units have gone through the process, which we hope will give insights to everyone as to what to expect. If you wish to share your thoughts and insights in this way, please send a note, including your contact details, to our dedicated email listed below.

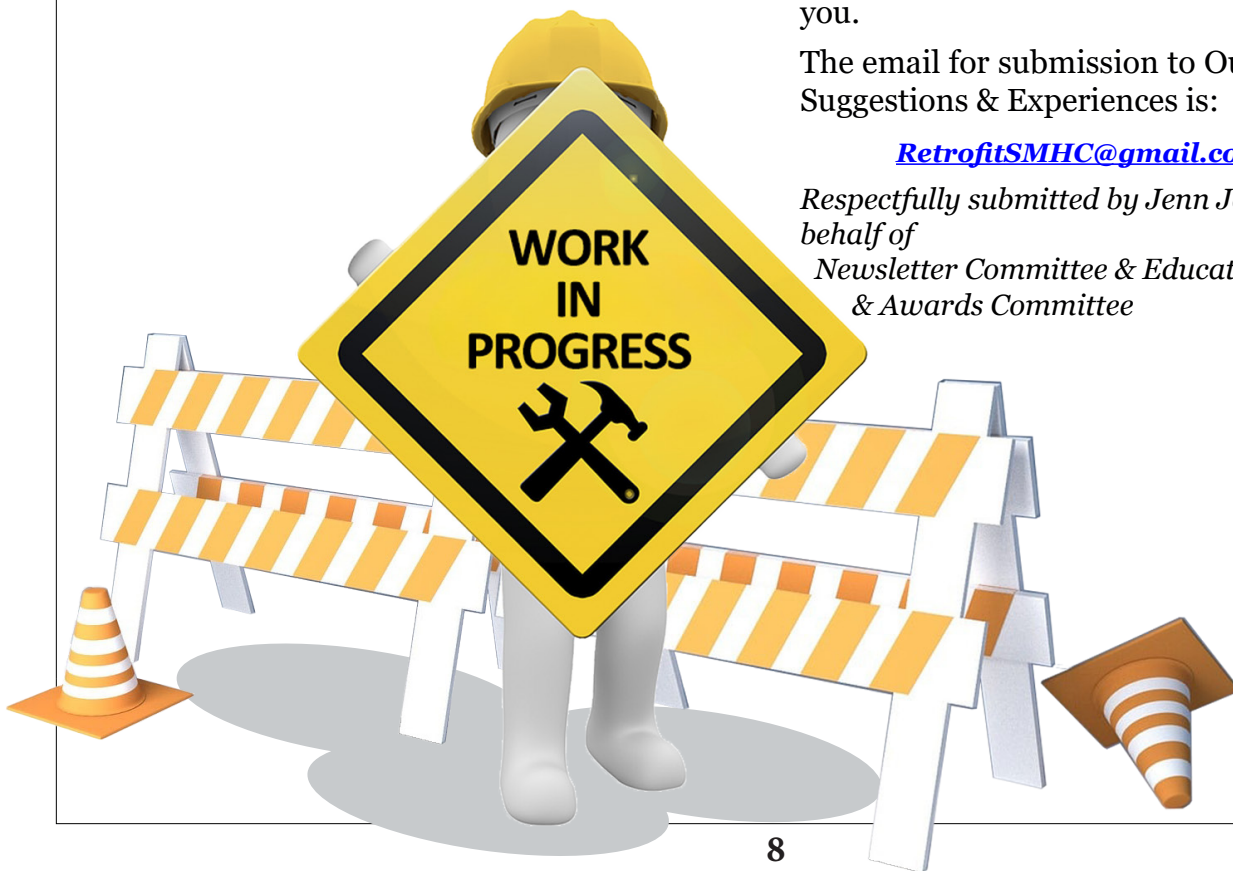
We want to assure everyone that your comments, interviews, and helpful hints can be placed in the newsletter anonymously if you prefer. Just let us know when you send them in, or we interview you.

The email for submission to Our Retrofit – Tips, Suggestions & Experiences is:

**[RetrofitSMHC@gmail.com](mailto:RetrofitSMHC@gmail.com)**

*Respectfully submitted by Jenn Jenkinson, on behalf of*

*Newsletter Committee & Education, Involvement & Awards Committee*





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# Human Interests

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*This section is a great place for you to share with your neighbours and your community. We welcome any submissions that may celebrate Personal Accomplishments and/or Personal Milestones such as Births, Birthdays, Weddings, Anniversaries and Obituaries. It is also a great way to send out Thank You Messages, notes of praise on a job well done, announcements, Letters to the Editor, or any other tidbits that you would like to share! Submissions can be emailed to [janine@sarceemeadows.coop](mailto:janine@sarceemeadows.coop) or dropped off at the office to the attention of the Newsletter Committee. Submissions to this section are the opinion of the author[s] and do not reflect the opinions of the Board of Directors or the members of Sarcee Meadows Housing Co-operative Ltd.*

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## **SMART DOG**

*Respectfully submitted by Slawa Gruszczynska*

This is a true story. It took place few years ago in our neighbourhood.

For over 8 years, one of my friends Lynn and her dog Tana use to drive with me and my dog Diesel to dog parks a few times a week.

The dogs really liked each other. Dog parks were an excellent platform to have exercise, fresh air, and to meet other dogs and people.

One day in September, after a very happy adventure at the dog park, I dropped off Lynn and Tana to their home and after returning to the house I started performing usual evening duties. The daylight was gone, and fall's shorter days were quickly approaching.

I will never know to this day, what prompted me to peek through the small window by the main entrance to the house. To my surprise, I saw Tana standing outside by the door, anxiously looking up. I opened the door expecting my friend Lynn to be with the dog.

Strange ... Tana didn't have a leash on, and Lynn was nowhere to be seen. Lynn would never leave Tana without a leash, unless we were at the dog park. And Tana would not leave Lynn's side while on a dog walk.

Tana refused to come into the house. She was just waiting for me on the outside. Normally she would bolt into the house at first opportunity to visit with Diesel, but not this time.

I called Diesel back into the house from the backyard, asked him to stay home, and grabbed a spare leash for Tana. I locked the house and

followed a much-stressed dog.

While following her, I dialled Lynn's phone number to get in touch and to find out why Tana was at my door alone. There was no answer.

I was swiftly following Tana. She very clearly was taking me back to her house. I kept calling Lynn's cell phone without a success.

What could have happened? It was dark outside. I tried to scout the area while walking to see if I could see Lynn somewhere? If she were looking for Tana, why would she not answer the phone? Maybe the battery was low? Or accidentally the ringer was off?

By now, I was approaching Lynn's house, and two things happened at the same time. To my



relief, Lynn's groggy voice answered the phone.

"Lynn, what is going on? Why were you not answering the phone? Are you okay?"

"I am looking for Tana", she said, "But I cannot find her".

And at the same time, I saw Lynn emerging from behind the house walking unsteadily.

Tana leaped toward Lynn with such a joy. She was jumping and barking with joy. And Lynn was so happy to see her dog.

"Lynn, what happened?"

This is what happened:

After returning home from our walk at the dog park, Lynn decided to water her beautiful flowers in the outside planters around the house. Tana followed her. It was getting dark. Suddenly, Lynn tripped over the water hose. Fell and hit her head on the concrete. She passed out.

Tana understood, that her Mom was in trouble. She decided to call for help. Tana ran from 29<sup>th</sup> street all the way to 37<sup>th</sup> street where my home is, to call for help.

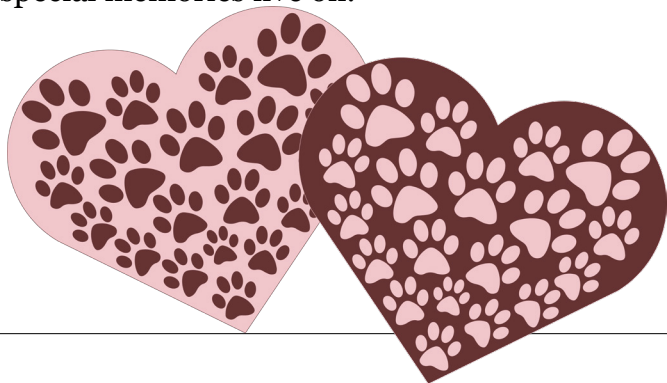
And what an amazing coincidence, that I just happened to peek through the window at that time, when Tana was by the door. It was not a coincidence. Even if she had barked, I would not have heard her. I had the TV on, making supper, talking to my daughter, talking over the phone, totally oblivious to the world.

Lynn was okay, and all ended well.

But, what a great example of dogs' outstanding intelligence!

All dogs are very smart. If they are loved, treated with respect and affection, they thrive and are amazing companions.

Tana and Diesel are no longer with us, but those special memories live on.



## Dog Love



**Humans who love dogs can be  
tagged as a different breed.**

**They stand at the cusp of an ocean.**

**Reach inward and open their hearts**

**Allow the waves to come, to crash,  
aware that the tide will recede.**

**The sun will set sooner.**

**Night will come.**

**But when it does,**

**stars will shine down**

**in a million pieces,**

**unleashing sparkling remnants**

**of a journey well-lived.**

**Once upon a dog, I gave my heart  
and my soul grew richer for it.**

**Angie Weiland-Crosby**



# All About Fencing!

By Theresa B

Fencing is a very fun sport that involves balance and strategy. I do fencing classes every week for about an hour. Right now, I am working on achieving my orange badge.

## Badges

Fencing has what we call badges, which is kind of like a belt in Karate. Every 6 weeks or longer, you earn a badge for your hard work. These are the badge colors in order: White, Yellow, Orange, Green, Blue, Red, and finally Black.

## History

Fencing is thousands of years old. It started through ancient civilizations using swordplay to defend themselves, duel, military training and even more reasons. No one exactly knows what date fencing started on. In the 19<sup>th</sup> century, fencing became a more organized sport, where rules were applied to it and equipment was made for it. The sport was included in one of the first Olympics, which was actually in 1896.

## Skills in Fencing

Fencing's basic position is En Garde, which means "On Guard" in French. To do this position, you have to bend your knees while keeping your feet in an L shape. Then you put your unarmed hand in the air behind you and hold your sword in your dominant hand. To move forward, you step forward with your front foot then back foot, keeping your feet in the L position.

Overall, fencing is very fun. I think any kid who wants to try a new sport should try fencing! I fence with Calgary Fencing and recommend contacting them if you want to try fencing for yourself. That's all for now, please keep an eye out for my future articles!

Theresa



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# Education & Awareness

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## **INTERNATIONAL BOOK GIVING DAY – FEBRUARY 14, 2024**

*Respectfully submitted by Jenn Jenkinson.*

Though International Book Giving Day has only been around as an awareness day since 2013, it captured my heart & soul right away. The decision to have this awareness day fall on Valentine's Day is quite intentional because the day is about two things: the love of books and the love of our fellow human beings.

This day encourages and reminds us to share the gift of reading with those around us, especially the children. Whether the books given are new or used matters not, the aim is to spread the gifts of reading and knowledge to all those around us. So even if buying new books doesn't work for you right now, donating the previously read and loved books that are gathering dust on a bookshelf at home just might. They would make great additions to the "little libraries" that are springing up around our neighbourhoods or possibly donate to organizations that promote literacy in our children by supplying books to children. Two in Calgary are:

- Books for Kids <https://tepf.ca/tepf-books-for-kids/>
- Book Bank <https://www.littleredreading.house/book-bank/>

Books open our eyes, educate our minds, stimulate our imaginations, and bring us all a clearer understanding of the world around us and life's myriad possibilities. Open a book and you Open your mind.

My favourite quote about books comes from Carl Sagan, Astronomer & Science Communicator. He certainly understood something that I have believed since I discovered the joy of reading as a child.

"What an astonishing thing a book is. It's a flat object made from a tree with flexible parts on

which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is proof that humans are capable of working magic."



## **POLAR BEARS**

*Respectfully submitted by Wendy Thomson*

The Polar Bear is the largest species of bear and land carnivore in the world, and the Arctic's top predator. They are a powerful symbol of strength and endurance in the Arctic. The polar bear's Latin name, "Ursus Maritimus", means "sea bear".

I have never thought much about polar bears and assumed the majority lived in the Arctic. Such is not the case. It turns out that the majority of polar bears live in Churchill, Manitoba and hence Churchill is often referred to as the "polar bear capital of the world". There are thirteen populations of polar bears totalling roughly 25,000 in number. Canada is home to approximately 17,000 polar bears with 15,000 of that amount living in Churchill, Manitoba.

Adult males can weigh 300-800kg (660-1,760lbs). The female adult on hind legs stands



1.8-2.4m and the male adult, at shoulder height is 1.3m.

Polar bears are considered talented swimmers and can sustain a pace of 6 miles per hour by paddling with their front paws and holding their hind legs like a rudder. They have a thick layer of body fat and a water repellent coat that insulates them from the cold and water.

Some additional facts:

- 40kph is the polar bear's top speed,
- 42 razor sharp teeth with jagged back teeth and canines larger than grizzly bear teeth,
- 30cm wide paws (the size of a dinner plate) that helps the bear trek across treacherous ice and deep snow,
- 3 eyelids - the third helps protect the bear's eyes from the elements,
- 4 inches of fat under the bear's skin to keep it warm,
- has black skin,
- has transparent fur, and
- has a blue tongue.

Polar bears rely heavily on sea ice for travelling, hunting, resting, mating, and in some areas, maternal dens. They spend over fifty percent of their time hunting for food. Their diet consists of ringed and bearded seals because they need large amounts of fat to survive.

Churchill, Manitoba sits on the western shore of the Hudson Bay and polar bears will swim ashore in the late summer when the ice melts and depart when it freezes over. Until then, there are bears wandering into town and there is always the risk of encounters with human beings. They feast on beluga carcasses found on the rock shorelines and they have been seen hunting geese.

The polar bear habitats are becoming endangered largely due to climate change. A 2022 study determined that the Arctic has been warming 4 times faster than the rest of the planet since 1979. A 2016 study found that between 1979 and 2014, the length of the ice-free period in the western Hudson Bay increased by 9 days per decade. The Polar bears are also subject to threats from toxic pollution in the environment,

lethal response to human-polar bear conflicts, impacts from industrial development such as oil spills and overhunting of some subpopulations. This can result in an increasing number of polar bears spending longer periods in the open water season along Arctic coastlines. Here their powerful sense of smell attracts them to human communities.

February 27<sup>th</sup> is recognized as International Polar Bear Day. That may be a good day to visit The Wilder Institute/Calgary Zoo where a polar bear habitat has recently been added. It includes expansive tree-filled grassy meadows, rock features, several pools ranging in depth from 3 to 5 meters, a wading stream, and an unobscured view of the horizon. In addition, 2 male polar bears have arrived from Assiniboine Park Zoo, named Baffin (6 years old) and Siku (7 years old). For further information about The Wilder Institute/Calgary Zoo go to [www.calgaryzoo.com/wildcanada/](http://www.calgaryzoo.com/wildcanada/).



## **HAPPY LEAP YEAR!**

*Respectfully submitted by Megan Jovie*

In honour of the rarest date in our calendar, please enjoy these fun facts:

- Though the standard Gregorian calendar measures a year as 365 days, it actually takes the Earth 365.242189 days — or 365 days, 5 hours, 48 minutes and 45 seconds – to circle the sun. If we didn't add a day to our calendar every 4 years, we would lose almost 6 hours a year, and after a century our calendar would be off by around 24 days.
- It's not actually every 4 years – to qualify, the year must meet 3 criteria; the year must be evenly divisible by 4. However, if the year is evenly divisible by 100, it is not a leap year, unless it is also evenly divisible by 400, in which case it is a leap year. This means that while the year 2000 was a leap year, the years 1800 and 1900 were not leap years.
- The first leap year was created by Julius Caesar around 46 BCE, though the math was tweaked to our existing system over 1500 years later when the Gregorian calendar was introduced. However, the ancient Roman calendar had its own system that added an

entire leap month every few years to stay in sync with the seasons.

- The chances of being born on a leap day are 1 in 1,461.
- There are many superstitions and traditions surrounding leap years and marriage; while not uncommon now, European traditions and laws from as early as the 1600s permitted women to propose to their sweethearts only on February 29<sup>th</sup>. Many Greek couples avoid getting married on February 29<sup>th</sup>, considering it bad luck that could doom their marriage. Some Europeans and Americans even write off entire leap years as bad luck!



## **CITY OF CALGARY - FAIR ENTRY**

### **What is Fair Entry?**

Fair Entry is an application process for City and partner subsidized programs and services. This process will assess your income eligibility, Calgary residency and age, in certain circumstances, for multiple City and partner subsidy programs with one application.

### **How does Fair Entry help?**

- You may qualify for, and learn about, City of Calgary and partner programs and services.
- You only have to demonstrate your income situation and provide proof of your current Calgary residential address once annually if you are accessing any program other than the Seniors Services Home Maintenance (SSHM) program. Refer to the Fair Entry: SSHM Information Guide for further details pertaining to that program.

- Translators are available at each site if English is not your preferred language.

### **How do I give you my application?**

- **Mail** your application to:  
The City of Calgary, Fair Entry #8064, P.O. Box 2100 Station M Calgary, AB T2P 2M5;
- **Fax** your application to: 403-268-2596;
- **Apply Online** at [Calgary.ca/fairentry](http://Calgary.ca/fairentry);
- **Apply In-person** at the following locations:  
Municipal Building  
800 Macleod Trail S.E., 3<sup>rd</sup> Floor  
Monday - Friday, 8 a.m. to 6 p.m.  
Village Square Branch, Calgary Public Library  
2623 56 Street N.E.  
Monday - Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 6 p.m.  
Saturday 9 a.m. to 5 p.m.



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# Community News

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## ***THE SOUP BOLER***

With our local groundhog, Balzac Billy, predicting 6 more weeks of winter now is a great time to stock up on delicious hearty soups and have them delivered right to your door!

**Member Testimonial:** "I have been getting soup delivered free from The Soup Boler. It is delicious and an excellent price, currently \$12/litre. I highly recommend his soups. I suggested that the owner/chef send me a small ad if he was interested in putting it in our newsletter. He was very pleased to be asked!" - Betty J.



***Time for  
SOUP!***

**Now available in 1/2  
Litre sizes!**

Visit [thesoupboler.ca](http://thesoupboler.ca) to  
place your order!

Free delivery within  
Calgary and Area





## **SAIT WINTER OPEN HOUSE**

SAIT's [Winter Open House](#) is on March 9<sup>th</sup>, 2024, from 10 am to 3 pm at SAIT's main campus: 1301-16 Avenue NW, Calgary.

The free event will have information for newcomers and their families who want to start or change their careers, upgrade their existing skills, or quickly gain a Canadian credential. Your clients can speak to career counsellors about their goals, connect directly with our schools and join information sessions and guided tours. They will also find information about funding options and advisors ready to help them with their application.

Beyond Open House, if your clients are interested in learning more about SAIT, they can attend [an information session](#) or request a campus tour by [emailing our team](#).



**ATTEND THE SAIT OPEN HOUSE**

**Saturday, March 9 – 10 am to 3 pm**

### **Find your pathway forward.**

91% of SAIT graduates get a job within a year of graduating thanks to the in-demand skills taught in their program.

At Open House, you can discuss your future with academic experts and advisors, explore the innovative programs we offer, hear from our industry-trained instructors and tour our modern facilities.

From English language training, micro-credentials and 12-week bootcamps to certificates, diplomas and degrees, come experience our programs and career options at the SAIT Open House.

Discover why SAIT students learn a better way.

### **REGISTER TODAY**



[SAIT.ca/OpenHouse](https://SAIT.ca/OpenHouse)

**SAIT** Southern Alberta  
Institute  
of Technology

## **FUNDAMENTALS OF ENGINEERING EXAM PREPARATION**

**Are you planning to write the Fundamentals of Engineering exam as part of your licensing process with APEGA? We are here to support you in preparing for the FE.**

Our [no-cost FE Exam study group](#) will start in February, and we invite you to join us in this group to gain the motivation and support you need to succeed.

**What you get by joining this exam prep study group:**

- Weekly facilitated sessions with an expert facilitator, plus problem-solving sessions with your peers
- A supportive and interactive environment.
- Demonstrated solutions to FE exam-style questions.

- Access to online supplemental learning materials.
- Quizzes designed to simulate FE-type questions that will help you:
- Analyze the correct problem structure and solution path.
- Utilize the FE guide to locate equations for solutions.
- Solve problems accurately.

**[FE Exam Preparation Study Group Details](#)**

**Dates:** February 24 – June 22, 2024 (Saturdays)

**Time:** 9:00 am – 1:00 pm

**Delivery:** In person

To determine your eligibility please call **403-770-5155** or **1-877-297-2553** or email [directions@bowvalleycollege.ca](mailto:directions@bowvalleycollege.ca) to schedule an appointment. **If you have friends who may be interested, please share this information with them.**

## **GLAMORGAN COMMUNITY ASSOCIATION**

*Seniors Corner March 5<sup>th</sup>, 2024 - The first Tuesday of every month. 1:00 to 3:00pm in the Main Hall. Cost is \$10 per person and includes a light lunch, refreshments and entertainment.*

## **CRIB TOURNAMENT**

**Saturday, March 23**

**4:00pm to 7:00pm**

**Main Hall**

**\$30 Per Team**

**NO SINGLES**

**Bar Will Be Open!**

**Call (403)246-8218 or email [info@myglamorgan.ca](mailto:info@myglamorgan.ca) to register**

## **PUB NIGHT**

**Saturday, March 23**

**7pm in the Main Hall**



**NEW!**

Kids under 18 welcome  
until 9:00pm

Large Drink Selection  
Snacks

Pizza \$5 for 2 slices

We accept cash, credit and debit

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# Just For Fun!

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## **Foil Wrapped Steak Dinner**

*Respectfully submitted by Isabell Reznik*

### **Ingredients:**

- 1½ lb chuck or round steak
- 1 envelope onion soup mix
- 3 medium carrots, quartered
- 2 stalks celery, chopped
- 2 or 3 medium potatoes, chopped
- 2 tbsp butter
- ½ tsp salt

### **Steps:**

1. Preheat oven to 450° F.
2. Tear off a piece of foil about 2 feet by 18 inches.
3. Place meat in center of foil and sprinkle with onion soup mix.
4. Cover meat with prepared vegetables. Dot with butter and season with salt to taste.
5. Fold foil very securely to hold all juices in.
6. Place on baking sheet and bake in hot oven for 1 to 1 ½ hours.







## **Tuna Cheese Melts**

*Respectfully submitted by Margaret Van der Meer*

### **Ingredients:**

- 6 oz can of tuna
- ¼ cup mayonnaise
- ¼ cup finely chopped celery
- 1 green onion, finely chopped
- 1 tsp lemon juice
- 4 slices of bread
- 8 thin tomato slices
- Salt and pepper to taste
- 4 oz shredded cheese

### **Steps:**

1. In bowl mix tuna, mayonnaise, celery, onion, and lemon juice.
2. Spread mix on bread, top with tomatoes, season with salt and pepper, and add cheese.
3. Place on baking sheet and broil until cheese melts, about 3 minutes.
4. In a separate bowl, mix all ingredients for sauce and pour over meatballs.
5. Bake for 1 hour uncovered.
6. Serve over rice.

## **Sweet and Sour Meatballs**

*Respectfully submitted by Margaret Van der Meer*

### **Ingredients – Meatballs:**

- 1 lb ground beef
- 1 egg
- Salt and pepper to taste

### **Ingredients – Sauce:**

- ¾ cup of ketchup
- ½ cup brown sugar
- 2 tbsp vinegar
- ½ cup water
- 1 can crushed pineapple

### **Steps:**

1. Preheat oven to 350° F.
2. Mix ground beef, egg, salt, and pepper together and form into meatballs.
3. Arrange meatballs in a single layer in a lightly greased 9x13 baking dish.



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# Classifieds

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**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.

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## **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)

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

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



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

Email:

[fenrirdogtrainingandgrooming@gmail.com](mailto:fenrirdogtrainingandgrooming@gmail.com)

Location: Calgary, Alberta

Phone: 587-226-1758

📧 @fenrirdogtrainingandgrooming

🌐 [www.facebook.com/FenrirDogTrainingandGrooming](https://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



## **Knife Sharpening:**

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.

## **Foot Care:**

Therapeutic Foot care by RN includes:

Assessment, Nail Care, Skin Care, Callous Reduction, Education.

Services provided in your home.

For appointment phone:

403-640-7965.



Heel to Toe  
Footcare

Marie Blain RN

[canadiangolden@gmail.com](mailto:canadiangolden@gmail.com)

#55 10001 Brookpark Blvd. SW

Calgary Alberta

403-640-7965





### **Fox Painting Ltd:**

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation, including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes. Applications by roller, brush, and spray gun. Residential and Commercial. Contact Derek Adamski for a quote. Office Phone – 403-203-4044 Cellphone – 403-616-7044 Email [derekadamski@shaw.ca](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>FEBRUARY 11</b>	<b>12</b>	<b>13</b>	<b>14</b> <i>COOP SENIORS INTERESTS @ 1:30PM</i>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> <i>SHOP AND OFFICE CLOSED FOR FAMILY DAY</i>	<b>20</b> <i>FINANCE COMMITTEE @ 6:00</i>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <i>BOARD OF DIRECTORS @ 6:30 PM</i>	<b>MARCH 1</b>	<b>2</b>
<b>3</b>	<b>4</b> <i>NEWSLETTER @ 7:00</i>	<b>5</b>	<b>6</b> <i>PROPERTY MAINTENANCE @ 5:00</i>	<b>7</b> <i>ENTERTAINMENT &amp; SOCIAL EVENTS @ 7:00</i>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <i>EDUCATION, INVOLVEMENT, AWARDS @ 6:30</i>  <i>MEMBERSHIP @ 7:00</i>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> <i>FINANCE COMMITTEE @ 6:00</i>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <i>BOARD OF DIRECTORS @ 6:30 PM</i>	<b>29</b>	<b>30</b>
<b>31</b>	<b>APRIL 1</b> <i>NEWSLETTER @ 7:00</i>	<b>2</b>	<b>3</b> <i>PROPERTY MAINTENANCE @ 5:00</i>	<b>4</b> <i>ENTERTAINMENT &amp; SOCIAL EVENTS @ 7:00</i>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <i>EDUCATION, INVOLVEMENT, AWARDS @ 6:30</i>  <i>MEMBERSHIP @ 7:00</i>	<b>12</b>	<b>13</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
- 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 2024-2025**

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

Chair: Kathy Aubichon  
Board Liaison: Musu Dadi

### **Elections**

Chair: Marie Forester

### **Finance**

Chair: Christine Langford  
Board Liaison: Jeremy Hart

### **Governmental Elections Information**

Chair: Astrid Deslandes  
Board Liaison: Azhar Manzoor

### **Membership**

Chair: VACANT  
Board Liaison: Wendy Wilson

### **Property Maintenance**

Chair: Al Wright  
Board Liaison: Azhar Manzoor

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

Chair: Judy Silzer & Garry Sluiter  
Board Liaison: Kelly Edwards

### **Entertainment and Social Events**

Chair: Abby Way  
Board Liaison: Rebecca Breland

### **Governance & HR**

Chairperson: Rebecca Breland

### **Grievance & Resolution**

Chair: Kaitlin Adair

### **Newsletter**

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

## **Temporary Committees & Task Forces**

### **Bylaw Review Task Force**

Board Liaison: Kelly Edwards

### **Retrofit Task Force**

Board Liaison: Wendy Wilson

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

