

Your SMHC Newsletter

Connections

June 2023

Important Notice



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.
B50, 4221 Sarcee Rd. S.W., Calgary, Alberta T3E 6V9
Tel. (403) 246-2746 Ext. 105

To: All Members
From: Jon Jackson
cc:
Date: June 13, 2023
Re: June 22nd Meeting Clarification

I have been approached by several members asking about the meeting scheduled for June 22nd. That meeting is strictly to approve next year's operating budget and housing charges. There will be no vote regarding the retrofit.

The reason for this is twofold; first, due to the importance of both topics they require their own meetings to ensure Membership can properly review and make decisions on both. To try and do both in one meeting would do a disservice to Membership and the topics.

Secondly, we still do not have the letter of intent from CMHC. I do have a meeting scheduled for today, June 13, where I hope to receive it. As soon as we receive the LOI we will schedule the meeting to present to Membership the final retrofit budget, work plan, and impact to housing charges so that Membership can consider it.

If you have any questions or would like additional information please get in contact with me.

Thank you,
Jon Jackson
General Manager

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 HAPPY
 Father's
 Day

Land Acknowledgement

For hundreds of years the people of Treaty 7 region have been building communities on the land known as Moh'kinsstis. The Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations) and Métis Nation of Alberta, Region 3 have been the protectors of this land. They have made their homes here, shared their stories here, educated their youth and continued their traditions here.

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

BOARD OF DIRECTORS REPORT

Summer beckons to us! It's been a great spring so far. Grounds Guys are getting caught up on our lawns and landscaping, the gardens at the community hall (and in our co-op) are taking shape rather quickly, and our budget for the next fiscal year has been thought out and vetted. We'll be gathering the Membership together on Thursday, June 22nd at Grace Lutheran to ask for your final approval to proceed with implementation of this budget for 2023-2024.

Note: As of the submission of this report, there has been some back-and-forth between SMHC and CMHC regarding the retrofit. Our General Manager will be providing an update that should have arrived in your mail by the time you read this. While there is finally a sense of progress to this, until we receive the written pledge of funding for our retrofit project, we will not proceed. Once the paperwork is in our hands, we will set a date and place for a Members Meeting to seek approval from you to borrow funds and begin construction.

As many of you have heard by now, a decades-long pillar of our community has passed on. Arlene Floyd served Sarcee Meadows in duty, kindness, honesty, and love from the day we were blessed by her presence. It is our understanding that Kathy

Aubichon is seeking recollections, remembrances, and a fuller picture of the depth with which she touched our Membership. If you have a comment, a memory, or an awesome story to share, feel free to contact Kathy.

Sunday, June 18th is Father's Day. We wish to acknowledge the hard work and dedication to family that our fathers provide to us day in and day out. A few days later, on June 21st, we acknowledge our neighbours and the land we inhabit on National Indigenous Peoples Day.

Finally, as your Board and Committees approach summer break, we would like to recognize and congratulate our children and grandchildren who are finishing their first, current, or last year of school. Your education is a precious resource to yourselves and everyone around you, and we appreciate the time and effort you put in towards your studies. This thanks, naturally, extends to our teachers and our parents who help guide our students down the path of knowledge to realize ever-greater understanding of themselves and the world around them.

Have an awesome summer, everybody!

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



GENERAL MANAGER'S REPORT

Patio and deck season is upon us. The weather this spring has been great, although we have already had some really hot days.

I know there has been frustration with Grounds Guys and the lawn cutting this spring. Please know we are working very closely with them to increase the quality of their work and ensure we are meeting all of your expectations. If you have any areas that are not up to expectation, please reach out to Mike or me. We will ensure they are resolved as quickly as possible.

Our Request for Proposal (RFP) for garbage, recycling and compost management services closed on May 19th. We received seven submissions.

- T&T Disposals
- E360 Solutions
- City of Calgary
- GFL
- BluPlanet
- Waste Connections
- WM

A committee comprised of Al Wright, Oliver Hadrys, Azhar Manzoor, Mike, and I are currently reviewing and scoring the responses. We will then create a shortlist and schedule interviews. Our recommendation will be brought to the Board at the June meeting for review. The new contract would begin September 1, 2023. Thank you to Al, Oliver, and Azhar for volunteering their time to review all the proposals and helping to develop the recommendation to the Board.

Over the last few weeks, you may have seen work being done on the main gardens throughout the community. I would like to welcome Maddie Reimer to the team. Maddie will be working part-time with us through the summer to take care of our gardens, ensuring they are maintained and can be enjoyed by all our members. She will be joined by Natalie Bardos towards the end of June. Both Maddie and Natalie have been living in Sarcee Meadows for over 10 years.

I have been asked by some people about the grants. They have been told that we have lost all the grants. I want to stress to everyone this is

absolutely not true. Here is their current status:

- **CMHC** – verbal agreement and should have the Letter of Intent (LOI) shortly. The one remaining item regarding the credit report has been resolved. I have a meeting with them Monday morning.
- **Province** – written confirmation and contract should be received this week. They had hoped to get us the contract prior to the election but were unable to and as a result could not provide it to us during the election for legal reasons.
- **FCM Green Municipal Fund** – still undergoing internal review.
- **City of Calgary** – written confirmation that they will be waiving the building permit fees. It will be a cheque exchange where we pay them up front and then they reimburse them through a contribution to the project.

If you have any questions, are unsure of something, would like something further clarified, or would just like to discuss the retrofit please come and see me. I am working very hard to ensure we are providing membership with timely and informative information, but I may miss some things you want to know. If that happens, please come and see me.

When I sent out the update on the changes to the Housing Charge Assistance program, I missed including one key element. While CMHC has increased the electricity surcharge, at their last meeting, the SMHC Board of Directors decided to offset 50% of that increase from the Internal Housing Charge Assistance Reserve. This will mean on average an additional \$100 per month in assistance for our members most in need.

As we head into the summer, I am giving my smoker a workout. I've already smoked ribs, pork butt and a brisket. This summer I want to try my hand at home made sausage. If any of you have some great recipes for homemade sausage, please share them with me. Love cooking, especially BBQing.

Have a great summer!

Thank you,
Jon Jackson, General Manager

FROM THE TEAM AT B50

Ground Guys Lawn Cutting Schedule:

Regular lawn cutting has started and The Grounds Guys team will be following a four day a week cutting schedule from Tuesday to Friday. **Please check the list carefully to ensure that your yard is clear on your scheduled day.** This includes kids toys, lawn furniture, and most importantly, pet waste!

This year's schedule is as follows:

- **Day 1 - Tuesday: K, J, and part of H (H511-H563)**
- **Day 2 - Wednesdays: Remainder of H (H481 - H563) G, F, and E**
- **Day 3 - Thursdays: C and D**
- **Day 4 - Fridays: L, A, and B**

(Please note that there was a misprint in the May issue of Connections as it should have read that Tuesdays would include the units from **H511 - H563**, not H551-H563!)

If you notice any issues or areas that need extra attention, please notify the office and The Grounds Guys will get there within a day or two.

Bicycle and Pedestrian Safety: With summer approaching more people are getting outside playing in the playgrounds, taking a walk with or without pets, or riding their bikes.

While our many sidewalks in Sarcee Meadows make for some great bike riding, this is also an opportunity for families to discuss bicycle safety. Recently there have been an alarming number of neighbourhood kids spotted on their bikes while not wearing their helmets. Please remember that in the City of Calgary the law (Sections 111(1) to 112(7)) states that no person who is less than 18-years-old shall operate or ride as a passenger on a bicycle unless that person is properly wearing a safety helmet.

Please remind your kids to slow down and watch out for other residents, pets, and even local wildlife! This is especially important along the Fire Lane with the risk of collisions between vehicles and bikes. There are also many other sidewalks, yards, common areas, and the main park bordering the Fire Lane which can cause unexpected collisions between speeding bikes and pedestrians.

We would like everyone to stay safe out there!

Office Hours: Office hours are Monday to Friday, 8:30 am to 4:30 pm. The office staff can always be reached by phone or email whether in the office or working at home. **The shop and office will be closed on Friday June 30th, 2023 in lieu of Canada Day.**

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

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

Did you KNOW?? You can download the BUILDIUM app to your device? Make sure it is the resident one!

Questions??? Email: paula@sarceemeadows.coop

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

Fire Lane Safety: Speaking of the Fire Lane, we'd like to remind everyone that the sole purpose of the Fire Lane is to allow access for Emergency Vehicles such as fire trucks and ambulances. Even when the gates in B are up or the chain in F is down, the Fire Lane is not to be used for driving through, parking, or loading/unloading items to your yard or unit. Nobody wants to see a situation where emergency medical personnel couldn't reach a resident because the Fire Lane was blocked by a vehicle.

The proximity of the Fire Lane to our central park can also increase the chances of our neighbourhood children getting hurt when the Fire Lane is being used inappropriately by non-emergency vehicles or by kids riding too fast on their bikes, as noted above.

Again, these reminders are important for the safety of all our residents.

Committee Reports

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

The committee has had inquiries from members who are either experiencing language difficulties with SMHC written materials or who would like a better understanding of the workings of the Sarcee Meadows Housing Cooperative.

As a result, our committee is looking into providing assistance to those concerned members.



Be sure to read your Newsletter in the Fall to see what we came up with. If you yourself have suggestions we would welcome them. Please drop them off at B50, addressed to the Education Involvement, & Awards Committee. We look forward to hearing from you.

NEWSLETTER COMMITTEE

Summer is almost here and everything is starting to look nice and green. This month we celebrate Father's Day so to all the great dads out there, enjoy your special day!

Our May issue of Connections had a Coloring Contest and while we only received 5 entries in total, they were all fantastic entries. In fact they were so fantastic that we decided that they were all winners! Each winner will receive a prize of a \$20.00 gift certificate. Congratulations to Emery, Joy, Kahlan, Lukas and Mac!

We have included some articles we have prepared for you and would appreciate receiving any articles, recipes or ideas you have that we can include in the upcoming newsletters.

We will have a newsletter for you in July, including an exciting Photo Contest, and then we will take a couple of months off for a summer break.



Have a safe and fun Canada Day weekend!

PROPERTY ENHANCEMENT COMMITTEE

If you have items that are corrosive, flammable, poisonous or explosive, they are considered household hazardous waste and don't belong in our waste bins or compost containers. In Calgary, you can dispose of these items at household hazardous waste drop-off locations (residential use only). Our closest is the Lincoln Park Fire Station No. 20 at 2800 Peacekeepers Way S.W.



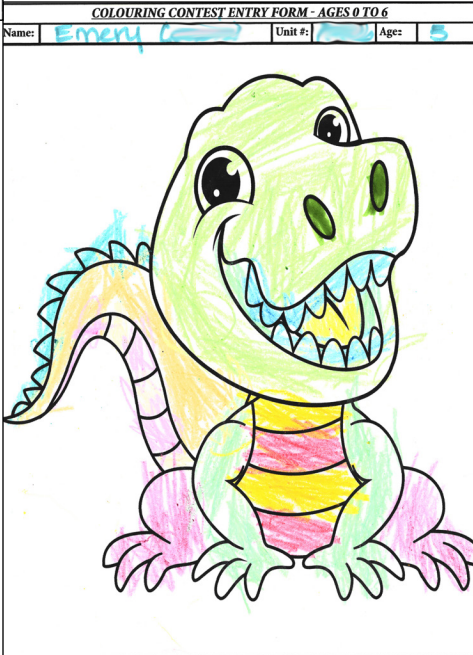
We have a private Facebook page for members of Sarcee Meadows. If you want to get involved in plant sharing, go on to Facebook and search Sarcee Meadows Plant Sharing, (or click here: <https://www.facebook.com/groups/488905573095630/>) and request for approval to join the group.

Youth Writing Opportunity: Are you a resident of Sarcee Meadows and 25 or younger? Do you have an interest in journalism or communications? Would you like practical hands-on experience writing? Consider becoming a contributing, freelancing columnist for "Connections", our Sarcee Meadows' monthly newsletter. Each month you will participate as a freelancing writer in the Newsletter Committee to help build the editorial content.

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



COLOURING **CONTEST** **WINNERS!**



GOVERNMENTAL ELECTION INFORMATION COMMITTEE

(Former Lobbying Committee)

By the time you read this report, Alberta will have the newly elected government, under the UCP leadership of Danielle Smith.

The Governmental Election Information Committee (GEIC) represented SMHC during the election process.

Between April – May 17, 2023 we contacted several electoral candidates from Currie constituency, to gather information about their background and asked how their platforms addressed support to cooperative housing and importance of affordable housing in our province.

Committee members were able to have “face to face” conversations with NDP candidate Janet Eremenko, UCP candidate Nicholas Milliken, and received written statements from Danielle Smith and Rachel Notley.

Other parties like Alberta Party, Alberta Liberal Party, Solidarity Movement of Alberta, and Green Party of Alberta were also represented in Currie Constituency.

The outcomes of research about candidates, their background, and platforms, have been summarized and presented in a brochure format.

With the outstanding cooperation of SMHC office staff and area delivery volunteers, the brochure was distributed electronically and in hard copies to all SMHC members on May 18-19.

The GEIC hope that the information provided to you was helpful in your voting process.

Our committee suspended the operations immediately after elections, and it will be reactivated again, when the next government election is called.

Additionally, as per the spring of 2023, proposed by the committee and with the Board of Director’s approval the GEIC:

- Updated the Job Description for clearer understanding of committee members’ duties.
- Changed the committee’s name to better reflect the committee’s role (from Lobbying Committee into Governmental Election Information Committee)
- Implemented a Standing Agenda to facilitate more content and time efficient meetings and allow for easier minutes taken.
- Until now, after each election, this committee was disbanded and prior a new election, the recruitment process was initiated to form a new committee.
- With the Board’s approval, from now on, the GEIC will remain active at all times, but our work will only be performed when each government election would be announced.

Those interested in joining the committee in the future, please contact Janine Bell at janine@sarceemeadows.coop or call at 403,246-2746 ext.102.

With best wishes of a safe and enjoyable summer,
the Governmental Election Information Committee



ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Don't forget to check out the **Annual SMHC Lawn Sale on Saturday June 17, 2023 from 9:00 am to 4:00 pm!**

Haven't decided yet if you want to sell your wares? Don't worry there is still time! Just let the office know ASAP if you plan to stay at your unit so that we can place signage and list your unit number. Or you can just head out to the streets (40th Ave, 44th Ave, or Sarcee Road) on the day as those areas will have signage already.

Good luck with your sales or your treasure hunting and above all, have fun!

Be sure to mark your calendars for our upcoming summer events!



Stampede Breakfast on Saturday July 15, 2023 from 9am to 11am:

Come on down to B50 to enjoy some Stampede food and fun with your neighbours! We will be serving up the traditional

pancakes and sausages, including both halal and vegetarian alternatives for the sausages.

Summer Family BBQ on Saturday August 19, 2023 from 12pm to 4pm:

This year we are returning to our good old-fashioned family fair style BBQ with hot dogs & hamburgers (again, halal and vegetarian options will be included), popcorn, maybe sno cones and/or cotton candy and more! There will also be bouncy houses and other fun activities for everyone! Hope to see you there!



Call Out for Volunteers!

The Entertainment & Social Events Committee will be in need of some extra volunteer assistance for both of our upcoming Summer Events.

We'll be looking for 5-10 volunteers for the Stampede Breakfast and possibly 15-20 volunteers for the Summer Family BBQ.

Further details on our Call Out for Volunteers will be in the next newsletter and/or a separate flyer



in the coming weeks. You can also contact Janine at any time at 403-246-2746 Ext. 102 or janine@sarceemeadows.coop if you'd like to help out at either of these events.

CO-OP SENIORS ISSUES (CSI)

♥♥ Seniors are young at heart and have so much to offer and give to our SMHC community. ♥♥

The CSI Committee members plan to have a table at the SMHC August 19 Barbecue, so watch for more information in the upcoming summer newsletter. All are welcomed to drop in and chat with us over a cup of tea.

Our committee is currently looking for members and if you are 55 years young or more and want to get out and join a committee, we may be it. If interested, you can drop in on one or two meetings without making a commitment to join long term. Our next CSI committee meeting is Wednesday June 14.



For information on seniors activities in our area the June Calendars for Bowcliff Seniors Community (<https://bowcliffseniors.wildapricot.org/>) and the Good Companions Club (<https://www.gc50plus.org/>) are included in the "Community News" section of this issue of Connections. The Glamorgan Community Association Seniors Corner (<https://www.myglamorgan.ca/>) meets 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. Phone 403.246.8218 for more information.

Sadly, we lost Arlene Floyd at the end of May. We are deeply saddened, and our thoughts and prayers are with her family and friends. She was one of a kind!

Have a wonderful Summer!!!

SMHC Multi Family Lawn Sale

**Saturday June 17, 2023
9:00 am to 4:00 pm**



Location: Along Sarcee Road, 40th Ave, 44th Ave, and many other units throughout Sarcee Meadows as listed.

(Please refer to the Lawn Sale Guidelines in the member handbook. This can be found on our website at: <http://sarceemeadows.coop/members/member-resources/member-handbook>)

Additional Lawn Sales at Unit Locations

Access From:	40 Avenue	Sarcee Road	44 Avenue	37 Street
	K623 (K Lot)	B51 (B Lot)		F411 (F Lot)
	K672 (K Lot)	B123 (B Lot)		
	K682 (K Lot)	C212 (C Lot)		
	L744 (L Lot)			

Community News

RUTLAND PARK COMMUNITY ASSOCIATION

Telus Spark Campership Opportunity

Summer School Holidays are fast approaching and as you make your summer plans, consider this exciting option!

Telus Spark Science Centre is offering one child in our community an opportunity to spend an exciting week at their Centre at no cost. Unfortunately, only one child from the community can be selected so please read the following details carefully.

Details are as follows:

- Campership opportunities are available for children aged 5 to 12
- Weeklong, Monday to Friday summer camps run each week from July 3 to August 21.
- The Campership is available on a first-come first-served basis so I'll need to forward a name ASAP. Please email me 4 to 7 sentences why your child would love to participate in this campership opportunity. Please include the age of your child. secretary@rutlandparkcommunity.com
- This is an extremely popular program and fills up quickly so the deadline for submissions to me is by noon, Friday, June 16th.
- If your child is selected, you will need to transport your child to Spark and pick them up at the end of the day for the full week.
- Each child must bring their own lunch and snacks.

If you are interested in this campership opportunity for your child, please get your comments to me by noon this Friday, June 16th. Email: secretary@rutlandparkcommunity.com

Karen Wesley

Secretary, Rutland Park Community Association

More information about the Summer Camps can be found here:

<https://www.sparkscience.ca/for-kids/camps/summer-camps-2023>



Neighbour Day and 50th Anniversary Rutland Park

JUNE 17TH, 2023 (SATURDAY)

12:00PM - 3:00PM

RUTLAND PARK COMMUNITY SKATE SHACK AND PARK

**ALL RESIDENTS OF
RUTLAND PARK, CURRIE
AND LINCOLN PARK
ARE WELCOME**



- **BBQ - Hotdogs and Hamburgers - Drinks and Snacks**
- **Bouncy Castles**
- **Games**
- **Sidewalk Chalk Drawing**
- **Rutland Park - 50 Year Anniversary Celebration with a Cake Cutting and Coffee**

FUNDED BY THE RPCA

ORGANIZED BY:



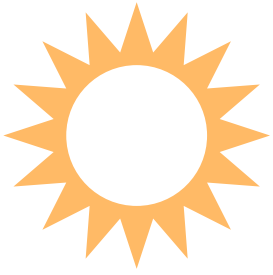
**RE/MAX
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Independently Owned and Operated

**DANNY GREENE
RE/MAX FIRST
MV REAL ESTATE GROUP**

DANNY@CALGARYSAGENT.COM

403-605-6625


RutlandPark
COMMUNITY ASSOCIATION



Rutland Park Community Clean Up

Saturday June 24th, 2023

9:00 - 1:30



SERVICES ON SITE

- Household waste - City of Calgary
- Metal & wood - Performance Waste
- E-cycle - Shanked Computer Recycling
- Clothing, electronics, household items - Calgary Drop In Centre
- Free Store
- Tires - OK Tire Richmond Rd
- Used bikes or parts - Bicycles for Humanity
- Bottle drive and collection - Girl Guides



Good Neighbor Service

Seniors or those in need that require assistance with pick up of items from their Rutland Park residence for disposal or recycling.

Volunteers required to make this a successful day
To volunteer or request Good Neighbor Service please contact Sue :
gsleach@telusplanet.net

Unable to Accept

- Paint
- Glass
- Batteries
- Household chemicals
- Any type of refrigerant
- Propane tanks
- Railway Ties
- Sod or soil

More details will be available on the RPCA website www.rutlandparkcommunity.com
Community Memberships will be available at the entrance



BE ACTIVE
BE CREATIVE
BE STRONG
BE ME

AGES
12-14



AGES
9-11



JULY 17-21
AUGUST 14-18

AGES
6-8



JULY 10-14
JULY 31-AUG 4

GIRL'S
SUMMER
DAY
CAMP

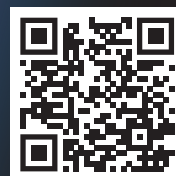
\$200/
WEEK

9AM-4PM*

*some before and after care available

JULY 4-7
AUGUST 8-11

403-930-2700



REGISTER AT WWW.SALVATIONARMYCALGARY.ORG

BEAM
EMPOWERING GIRLS TO SHINE

THE SALVATION ARMY
FAMILY RESOURCE CENTRE
1731 29TH STREET SW








Giving Hope Today



JUNE 2023 CALENDAR – GOOD COMPANIONS 50 PLUS

PLEASE CALL 403-249-6991 TO MAKE YOUR RESERVATION FOR ALL IN-PERSON PROGRAMS. SPACE IS LIMITED.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2609 – 19 AVE SW GC50PLUS.ORG			1 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE) 1:00 BIRTHDAY LUNCHEON	2 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 1:00 POOL & SHUFFLEBOARD 1:30 RHYTHM KATS	3  7:00 PUB NIGHT
4	5 10:00 CRIB & CARDS 11:00 MONDAY MELODIES (ONLINE) 1:30 HEART & SOUL SINGERS	6 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	7 1:00 WALKING CLUB CARBURN PARK – NORTH LAGOON	8 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE) 1:00 SENIORS WEEK LUNCHEON	9 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 1:00 POOL & SHUFFLEBOARD 1:30 RHYTHM KATS	10
11	12 10:00 CRIB & CARDS 11:00 MONDAY MELODIES (ONLINE) 1:30 HEART & SOUL SINGERS	13 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	14 1:00 WALKING CLUB STANLEY PARK, SENATOR PATRICK BURNS PARK	15 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE) 4:30 SOCIAL SUPPER & DANCE	16 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 1:00 POOL & SHUFFLEBOARD 1:30 RHYTHM KATS	17  2:00 GARDEN CONCERT EHTHREHN SAX QUARTET
18	19 10:00 CRIB & CARDS 11:00 MONDAY MELODIES (ONLINE) 1:30 HEART & SOUL SINGERS	20 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	21 REFLEXOLOGY HEARING CARE CLINIC 1:00 WALKING CLUB SOUTH GLENMORE	22 9:30 BRIDGE 9:30 DAY TRIP – PLAY PICKLEBALL! 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE)	23 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 1:00 POOL & SHUFFLEBOARD 1:30 RHYTHM KATS KAFE	24 
25 	26 10:00 CRIB & CARDS 11:00 MONDAY MELODIES (ONLINE) 1:30 HEART & SOUL SINGERS	27 9:30 BRIDGE 10:00 GARDEN GAMES 11:00 ACTIVE AGING YOGA (ONLINE AND IN-PERSON) 12:30 BINGO	28 1:00 WALKING CLUB BEBO GROVE	29 9:30 BRIDGE 10:00 FLOOR CURLING 11:00 MINDFULNESS & MEDITATION (ONLINE) 1:00 STAMPEDE LUNCHEON	30 10:00 CANASTA 11:00 TAI CHI WITH QIGONG (ONLINE) 1:00 POOL & SHUFFLEBOARD	 FOR COMMUNITY. FOREVER

SPRING Programs



Please stay up to date on classes and their start dates through our e-mail updates, website and

ART	DAY	TIME	Proposed Dates	\$	Drop-in \$
Watercolour Class (Requires min 8 full reg. to run)	Mon.	12:30-3:00	April 17-June 12 (8 sessions)	\$148 members \$170 non-memb	\$20 members \$25 non-memb.
Mixed Media Art (Requires min 8 full reg. to run)	Thurs.	9:30-11:30	April 20-June 8 (8 sessions)	\$125 members \$136 non-memb	\$18 members \$23 non-memb.
EXERCISE	DAY	TIME	Proposed Dates	\$	Drop-in \$
Tai Chi (Requires min 6 full reg. to run)	Wed.	2:30-3:30	May 10-June 28 (8 sessions)	\$76members \$84 non-memb	\$10 members \$13 non-memb
Gymmy Gentle Fit. (Requires min 7 full reg. to run)	Fri.	9:30-10:30	April 14-June 23 (10 sessions)	\$98 members \$105 non-memb	\$12 members \$15 non-memb.
KEYBOARDS	DAY	TIME	DATE	\$	Drop-in \$
Intermediate	Thurs.	130-2:30	May 11—June 1 (4 sessions)	\$75 members \$82 non-memb	Not available (Requires min 7 full reg. to run)

Drop-In Programs

BRIDGE	DAY	TIME	DROP-IN \$
Party Bridge	Tuesdays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
Duplicate Bridge	Fridays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
GAMES			
Hand & Foot	Mondays	12:30 –3:00	\$3
Bingo	Wednesdays	1:15– 3:15	\$3
Drop-in Crib	Thursdays	12:30-3:00	\$3
OTHER			
Harmonica Tableau	Wednesday	9:30-11:30	\$3
Lunch* MUST RSVP	Wednesdays	12:00 –1:00	Memb.—\$12, Non-Memb.—\$14
“Crafts & Coffee”	Tuesdays	9:30-12:00	\$3
Convo & Learning Café	Fridays	10:00-12:00	FREE!
Hand & Paper Crafters	Thursday	12:00-2:00	\$3

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	9 Greek Seniors 1230 Hand & Foot 1230 Watercolour	9 Greek Seniors 9 Crafts & Coffee 930 Walking Club 1230 Party Bridge	9 Greek Seniors 930 Harmonicas 12 Lunch 115 Bingo 230 Tai Chi	9 Greek Seniors 930 Mixed Media Art 12 Drop-in Hand & Paper Crafters 1230 Drop-in Crib 130 Keyboards – last class	9 Greek Seniors 9:30 Gymmy 10 Learning Café Eden Brook 1230 Duplicate Bridge GROWING SMILES ORDERS <i>Arrive!</i>	
4	5	6	7	8	9	10
	9 Greek Seniors 1230 Hand & Foot 1230 Watercolour	9 Greek Seniors 9 Crafts & Coffee 930 Walking Club 1230 Party Bridge	9 Greek Seniors 930 Harmonicas 12Lunch 115 Bingo 230 Tai Chi	9 Greek Seniors 930 Mixed Media Art – last class 12 Drop-in Hand & Paper Crafters 1230 Drop-in Crib	9 Greek Seniors 9:30 Gymmy 10 Convo Café 1230 Duplicate Bridge	
11	12	13	14	15	16	17
Bowling Stones Tourney 1pm	9 Greek Seniors 1230 Hand & Foot 1230 Watercolour - Last Class	9 Greek Seniors 9 Crafts & Coffee 930 Walking Club 1230 Party Bridge	9 Greek Seniors 930 Harmonicas 12 Lunch 1:15 Bingo 230 Tai Chi	9 Greek Seniors 12 Drop-in Hand & Paper Crafters 1230 Drop-in Crib	9 Greek Seniors 9:30 Gymmy 10 Learning Café Conflict Resolution 1230 Duplicate Bridge Western Social 	
18	19	20	21	22	23	24
	9 Greek Seniors 1230 Hand & Foot	9 Greek Seniors 9 Crafts & Coffee 930 Walking Club 1230 Party Bridge	9 Greek Seniors 930 Harmonicas 12 Lunch 115 Bingo 230 Tai Chi– last class	9 Greek Seniors 12 Drop-in Hand & Paper Crafters 1230 Drop-in Crib	9 Greek Seniors 9:30 Gymmy – last class 10 Convo Café 1230 Duplicate Bridge	Garage & Trunk Sale 10-2
25	26	27	28	29	30	
	9 Greek Seniors 1230 Hand & Foot	9 Greek Seniors 9 Crafts & Coffee 930 Walking Club 1230 Party Bridge	9 Greek Seniors 930 Harmonicas 12 Canada Day Lunch 115 Bingo 	9 Greek Seniors 12 Drop-in Hand & Paper Crafters 1230 Drop-in Crib	9 Greek Seniors 1230 Duplicate Bridge	

Free!

WEEKLY DROP-IN

PLAY GROUP

AT THE COMMUNITY HUB @ KNOX
3704 37 ST SW

ALL AGES
WELCOME!

THURSDAYS, 10:45-NOON

We have toys and a big hall for
your little one(s) to enjoy!

For more info contact
ces@knoxcalgary.ca

Thursdays at The HUB



Gentle Yoga

Thursdays @9:30AM-10:30AM

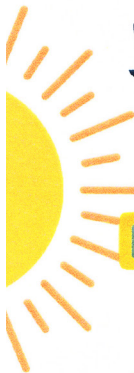
Led by a certified yoga instructor. All experience levels are welcomed. The first time is free, and after it is \$7 for each entry.



Cafe at Knox

Thursdays @10:30AM-12:00 PM

Complimentary coffee, tea and treats, with occasional live music for all to enjoy and meet one and another.



Play Groups

Thursdays @10:45 AM-12:00 PM

Free drop-in play group for parents and children of all ages to come and enjoy our large hall with a variety of toys!



Volunteer Sandwich Making

Thursdays @12:00 PM- 1:00 PM

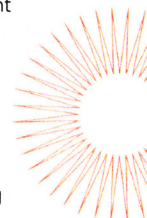
Volunteers gather and work together in a fun environment to make sandwiches for the Avenue 15 Youth Shelter.



Rughooking, Kitting & More

Thursdays @11:30PM-3:30PM

Free group for anyone to come and work on your crafting project of choice!



All above activities take place at Knox Presbyterian Church, 3704 37 St SW

Human Interests

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

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

OBITUARY OF ARLENE FLOYD

June 5, 1949 - Winnipeg, Manitoba

May 26, 2023 - Calgary, Alberta



Sandra Arlene Floyd of Calgary, AB passed away peacefully, exactly in the way she wanted after a short battle with cancer on Friday, May 26, 2023 at the age of 73 years.

When asked “What’s the first thing you’d want to do when you get to the other side?”, Arlene said, “Play Scrabble with Mom, play golf with Rick & Dad, and make Perogies with the Baba’s”.

Arlene was born in Winnipeg, MB, Canada on June 5, 1949, to Alf and Angie Pike, the fifth child and baby of the family (until her younger sister Daryl came along six years later and usurped her title - the one and only time Daryl got the upper hand on her). Over the years, Arlene lived in Winnipeg, New York, Los Angeles and Phoenix while her

father coached hockey for numerous pro/minor hockey teams. She almost made Los Angeles home to pursue a nursing degree at UCLA, but decided to follow her heart and head north to Calgary where she eventually planted roots and started a family.

Mom was a stay-at-home parent for most of our early childhood, before returning to the workforce as a bookkeeper for numerous local businesses. But it was her years and years of dedicated volunteer work that she was most passionate about and will be remembered for. In the 39 years she lived in Sarcee Meadows Housing Co-op, Arlene was involved in almost every single committee there was, including being on the Board of Directors in all roles for many years. She was always that special someone to call on for second opinions, or a review of the financials or when another committee was formed, and they needed a chairperson.

She was also lovingly referred to as “The Whistler” where her piercing whistle could be heard clear across the complex, a signal to all kids it was time to go home for supper. She spent almost every spring and summer on the baseball diamonds, driving kids to and from practices, scorekeeping at the games or even as a coach for a season or two. Arlene also coached all three of her kids and several other teens in YBC Bowling, where she would constantly be heard yelling down the lanes “Three C’s!!” (That’s Concentration, Consistency and Confidence). But her biggest accomplishment and best role in life was as our Mom. Nothing ever made her more happy than when someone would compliment her on her skills as a Mother. And she was an amazing Mom. Her front door was always open to any kid, her fridge was always stocked, and she was always willing to listen to anyone who needed advice or a shoulder to lean on.

Arlene is survived by her three children, Derek (Nikki), Kelly, & Michael (Danita). Each of her children claim to be her favorite child, but she would never confirm or deny their claims. She was blessed with five grandchildren: Caiden, Keira, Mariska, Paige & Emersyn, all who brought so much joy and laughter to her life. She is also survived by her brother Rick, and sisters, Susan, Linda and Daryl; as well as several nieces and nephews and cousins. Arlene was predeceased by her parents, Alf and Angie Pike, her sister Carolee Austin and her second husband, Rick Floyd.

Please join Arlene's family for an Open House Celebration of Life on Friday, June 30, 2023 at the Marda Loop Community Hall (3130 - 16th Street SW, Calgary AB) from 11:00 a.m. to 3:00 p.m. Come raise a glass and share stories to remember our Mom. Condolences, memories, and photos can also be shared and viewed here.

If friends so desire, memorial tributes may be made directly in Arlene's name to the Canadian Cancer Society, 200 – 325 Manning Rd. N.E., Calgary, AB T2E 2P5 Telephone: (403) 205-3966, email donorservices@cancer.ab.ca, to the Calgary Humane Society, 4455 – 110th Avenue S.E., Calgary, AB T2C 2T7, Telephone: (403)205-4455, www.calgaryhumane.ca, or to the Women In Need Society, 134 – 71 Avenue Fisher Park S.E., Calgary, AB T2H 2H8 Telephone: (403) 255-7514.

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

From McInnis & Holloway <https://mhfh.com/tribute/details/42859/Arlene-Floyd/obituary.html>



LETTER TO THE EDITOR

Respectively submitted by Kathy Aubichon

Hi everybody, after much consideration, after 9 years of serving SMHC via the Women's Circle, it is time for me to leave this group and pursue new adventures that don't keep me so busy, like curling up in the backyard and reading a good book.

Arlene Floyd's final words to me were "Take care of yourself and Mark and for God's sake woman get some rest." So that's what I am going to do. 😊

It has been a real pleasure getting to know so many wonderful members in our SMHC and beyond. I leave the Women's Circle after 9 years with many wonderful memories of our Cultural Day, Seniors Birthday's during covid, Earth Day cleanup, feeding the homeless and so much more. I have done everything that I set out to do with this Women's Circle and more.

I can't thank the SMHC community enough for all of your love, support and kindness of not only me but all of the Women's Circle.

To the Women's Circle, wherever your future path takes you, I will be cheering you on. And our friendship will endure, as all true friendships do.

Cheers to you all, Kathy



BERNICE POMEROY'S BIRTHDAY CELEBRATED WITH ROYALTY

Respectfully submitted by Kathy Aubichon

Happy 101st Birthday Bernice Pomeroy from King Charles, Queen Camilla and the whole Sarcee Meadows family. To us you are the real Queen. Cheers to an amazing lady that we can all be proud to call friend.



Education & Awareness

CITY OF CALGARY NOISE **BYLAWS**

From the City of Calgary Website <https://www.calgary.ca/bylaws/noise.html>

In Calgary, all residents have the right to not be disturbed by noise. Sound is restricted to certain levels during the daytime and at night.

All residents have the responsibility not to make noise that disturbs others and adhere to all bylaws related to noise. These include:

- Between 10 p.m. and 7 a.m. Monday to Saturday and 10pm to 9am on Sunday and holidays, you may not operate:
 - A hand lawn mower
 - A motorized garden tool
 - A power tool outside of any building or structure
 - A model aircraft driven by an internal combustion engine of any kind
 - A snow clearing device powered by an engine of any kind (snow clearing devices are exempt during the 48 hour period following a snowfall)
 - A leaf blowing device
 - A sport ramp
- Tips for reducing sport ramp noise can be found on our [Sport Ramps Tips page](#).
- You may not operate an outdoor speaker system within 150 metres of a residential development between 10 p.m. and 7 a.m. Monday through Sunday (Exception: During the Calgary Stampede, restrictions are in effect between midnight and 7 a.m.)
- This is not intended to prohibit construction activities such as framing and interior work; however power tools mentioned above may not be used outside at night.
- Additional noise restrictions can be found in the [Community Standards Bylaw](#).

The fine for noise over the allowable limit is

\$250. The fine for outdoor concert noise/outdoor speakers exceeding the allowable limit is \$500.

Filing a complaint

[How to file a complaint and what happens to it](#)

To report a bylaw violation please choose one of the following options:

- If the noise is caused by a criminal activity, call the Calgary Police Service at 403-266-1234 or if it is related to an emergency, dial 911.
- If the noise is not caused by criminal activity, call 311

THE FIRST PRIDE WAS A RIOT

Respectfully submitted by Megan Jovie

The Stonewall Inn was a gay bar in Greenwich Village in New York City, and it was a safe haven and a place of community gathering for open and closeted queer people in an extremely restrictive and dangerous time. In the 1960's and earlier, same-sex relations (including activities such as holding hands, kissing, or dancing with someone of the same sex) were illegal, along with wearing clothes that were considered 'non-gender appropriate'. Violence against people perceived to be queer and/or trans was common and widely ignored by mainstream culture. Gay bars were common gathering spaces for queer people, and as a result were often shut down by the New York State Liquor Authority, who would revoke the business' liquor licenses for serving 'disorderly' patrons. As a result of legal authorities being so discriminatory, such businesses were vulnerable to other, less legal, power structures – by 1969, when the famous riot took place, most of the gay bars in Greenwich village were owned by the Genovese crime family.

While the laws allowing the state to revoke gay bars' liquor licenses were overturned in 1966,

Continued on page 23

other activities perceived as perverse by the wider public (such as same-sex dancing) remained illegal, and police would frequently raid The Stonewall Inn and other gay bars, roughing up and arresting patrons and staff. Typically, the owners of the bar would get a tip when the police were on their way, thanks to a hefty bribe, but in the early morning of June 28th 1969, there was no warning, and no time to clear the dance floor or change clothes.

Police stormed in, beat patrons, and forced individuals they suspected of dressing in non-gender appropriate clothing to strip in the washrooms to prove their sex. They arrested 13 people, including staff and patrons. The crowd outside, fed up with the constant harassment and abuse, did not disperse, but became increasingly agitated as they witnessed the mistreatment of their friends. A police officer hit a lesbian woman over the head as he forced her into the police van, and she called out to the crowd to take action. Onlookers began throwing anything they could get their hands on, including pennies, bottles, and cobblestones, and within minutes the unrest had evolved into a riot. The police barricaded themselves inside the building with a few prisoners and a writer for The Village Voice, a counter-cultural weekly newspaper, and the mafia owners of the bar attempted to set it on fire. The fire department doused the flames and the crowd dispersed, but protests involving thousands of people continued for five days, spurred on by the account of events published in The Village Voice

that week.

On the one-year anniversary of the riots, thousands of protestors marched from the Stonewall Inn to Central Park in America's first Gay Pride Parade (then called Christopher Street Liberation Day). The official chant as they marched was "Say it loud, Gay is proud!". The Stonewall Uprising, though not the first queer political action, was a galvanizing force for queer political activism, and led to the formation of dozens of gay rights organizations, many of which still exist today, including the Gay Liberation Front, the Human Rights Campaign, GLAAD, and PFLAG. In 2016 the Stonewall Inn and surrounding streets and parks were designated a national monument for their role in pushing human rights forward in the United States.

<https://www.history.com/topics/gay-rights/the-stonewall-riots>

WORLD ELDER ABUSE DAY IS **JUNE 15.**

Respectfully Submitted by Wendy Thomson

Elder abuse can take many different forms: physical, sexual, emotional, neglect, financial and abandonment.

Elder abuse frequently goes unreported. The World Health Organization says anywhere between 1 and 10 percent of seniors are affected. According to the National Council for Aging Care, only 1 in 24 cases are actually reported. This means we are talking about thousands of Canadian and American seniors being abused each year.

The definition of elder abuse in Alberta is - causes physical, emotional or psychological harm; involves the misappropriation or misuse of money or other personal possessions or personal or real property; subjects an individual to non-consensual sexual contact, activity or behaviour; fails to provide the necessities of life.

Not all seniors are able to communicate incidents of abuse so it's important that those close to them watch for warning signs such as:

- unexplained bruises, marks, broken bones or abrasions that could be indicative of physical abuse;



- sudden changes in financial situation, withdrawal from previously enjoyed activities, sudden changes in alertness or unusual depression;
- poor hygiene, bedsores, unusual weight loss or unattended medical needs; and
- belittling, threats or frequent arguments between patient and caregiver.

If you suspect or know that an elderly person is being abused, please look into getting them the help they need. Many abused elders are not able to call someone for help as they may not have access to a telephone, or in many cases, they may have Dementia or Alzheimers and are not aware of, or remember being abused. Many times we don't want to get involved and will look the other way assuming someone else will take care of it. There comes a time when we need to get involved and contact the appropriate person or organization for assistance. Who knows, your involvement may help an abused elder get the help they need and possibly even save a life.

For assistance contact:

Canadian Network for the Prevention of Elder Abuse (CNPEA). (<https://cnpea.ca/en/>) The website features information and links to resources to get help if you or someone you know is experiencing abuse or neglect as an older adult.

In Calgary call The Elder Abuse Resources Line at 403-705-3250.

Protection for Persons in Care Alberta Seniors at 1-888-357-9339.

Calgary Police Service non-emergency line 403-266-1234. If there is an immediate threat call 911.

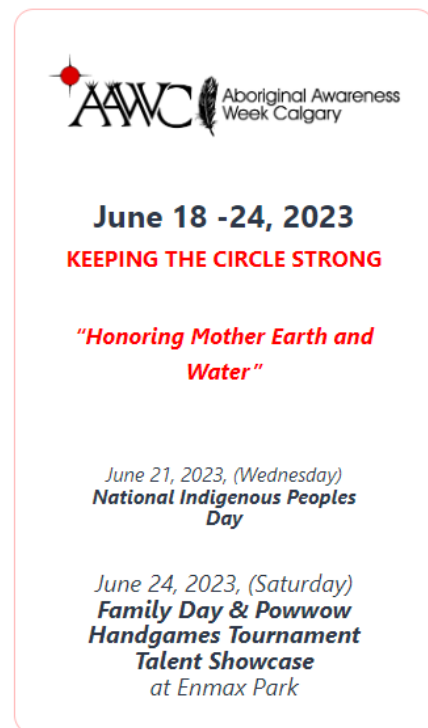


OKI, TANSI, DANIT'ADA, ABA-WATH-TECH, PAARUTIT, HELLO!

Respectfully submitted by Slawa Gruszczynska from <https://www.aawc.ca/>

The Aboriginal Awareness Week Calgary theme for 2023 “KEEPING THE CIRCLE STRONG – “Honoring Mother Earth and water” reflects the pride that our First Nations, Métis and Inuit communities take in their rich heritage, traditions, and cultures through being the caretakers of Mother Earth and water the giver of life.

Our Elders and traditional teachings encourage us to acknowledge our resilience in “Keeping



the Circle Strong” for generations and we will continue to do so for generations to come. This theme expresses how our traditional way of life by honoring Mother Earth and water the givers of life encourage us to live a life that will inspire and produce healthy future generations. In “Keeping the Circle Strong” we honor the past, present and future of our communities and continue to walk in the footsteps of our grandfathers and grandmothers. Join us in this celebration.

The overall key messages are:

- Empowering the next generation of First Nations, Métis and Inuit peoples to reclaim

Continued from page 24

and instill pride, cultural knowledge and education in our communities by being positive role models

- Moving forward as a nation to reclaim our identity and legacy through language and culture.
- Encouraging our community to walk a path of respect, reconciliation, honor, and courage, with thoughts of generations to come.
- Keeping the circle strong with our traditions, songs, dances and languages

Aboriginal Awareness Week Calgary

AAWC 2023



Aboriginal Awareness Week Calgary

National Indigenous Family Day & POWWOW



When: June 24, 2023 (Saturday)
9:00am to 6:00pm

Where: Enmax Park, (New Indian Village)
Calgary Stampede Grounds

FREE ADMISSION
(open to public)

9:00am - Site Opens
9:30am - **FREE** Pancake Caravan Breakfast
10:00am - Children's Corner till 1:00pm
- Traditional Pow Wow Registration till 11:30am
12:00pm - Grand Entry
1:00pm - Traditional Pow Wow
- Talent Showcase
- Hand Games Tournament
1:30pm - **FREE** Barbecue
5:30pm - Closing Ceremonies
6:00pm - Site Closes

Feature Attractions

- Indigenous Arts & Crafts Market (9am-5pm)
- Exhibitions of Inuit and Metis (9am-5pm)
- Children's Corner (10am-1pm)
- POW WOW (1pm-5:30pm)
- Handgame Tournament (1pm-4:30pm)
- Talent Showcase (1pm-4pm)



Supported by



Aboriginal Awareness Week Calgary (AAWC) 2023 Circle Team



www.aawc.ca

GLOBAL BEATLES DAY – JUNE 25, 2023

Respectfully submitted by Jenn Jenkinson

A single quote from the novel “Timequake” by Kurt Vonnegut says it so well.

“I say in speeches that a plausible mission of artists is to make people appreciate being alive at least a little bit. I am then asked if I know of any artists who pulled that off. I reply, ‘The Beatles did’.”

Global Beatles Day was founded in 2009 as a way to both honour and celebrate the magic that was The Beatles, both together and as individuals. Their gifts to the world were more than just their music as they both collectively and separately promoted love, peace, truth and the expansion of human consciousness in so many ways.

The Beatles brought the world together with a song and that is why June 25th was chosen for the celebration of Global Beatles Day. It was on June 25, 1967, during the Summer of Love that The Beatles first performed their tune “All You Need is Love” on the BBC program Our World. The program was broadcast to 26 countries via Satellite and was view by 400 million people.

How do you celebrate Global Beatles Day?

Simple, I’ve already supplied the earworm, with All You Need is Love playing in your mind go out and spread some love, some peace, some simple yet priceless caring for others. Volunteer for something, help someone to carry a heavy load, smile and say hello to a stranger; the list could go on and on but I’ll leave it to you on how to open your heart. “There’s nothing you can do that can’t be done, nothing you can sing that can’t be sung --- All you need is Love, Love, Love is all you need.”

If you need a few more earworms for inspiration, try these:

- Let It Be – “Whisper words of wisdom, Let it Be”
- Imagine – “Imagine all the People, Living life in Peace”
- Give Me Love – “Give me love, give me love, give me peace on Earth”
- Silly Love Songs – “Some people want to fill the world with silly love songs, and what’s wrong with that, I’d like to know”

One thing that I am very sure of, this world of ours could do with a heaping helping of love. So I hope this musical and lighter hearted piece has you inspired, not just to Celebrate Global Beatles Day but to spread that love in your heart around every day and at every opportunity.

All You Need Is Love!

All
YOU NEED
is ♥
Love



EID AL-ADHA

Respectfully submitted by Farhath Siddiqui

It is the second of the two biggest festivals for Muslims all around the world. The first is Eid al-Fitr (marks the end of Ramadan) and Eid Al-Adha marks the culmination of the Hajj (annual pilgrimage) and to commemorate Prophet Abraham's devotion to God and his obedience to sacrifice his son Ishmael.

The five basic pillars of Islam are.

- Testimony of faith
- Five daily prayers
- Fasting in the month of Ramadan
- Charity
- Hajj (Pilgrimage)

Hajj is obligatory, once in a lifetime, for those who can afford it financially. And for those who are physically and mentally capable to take the journey to Mecca. Hajj is performed in the 12th month of Islamic lunar calendar (Zul-Hajj). It is one of the highest forms of worship (submission to God). The rite of hajj originated from the Prophet Abraham and was restored by Prophet Mohammed (peace be upon them). Millions of Muslims perform Hajj each year (2.5 million expected in 2023). The pilgrimage to Mecca compels the pilgrims to break down the racial, economic, and social barriers and invites them to practice patience, self-restraint, and piety (God consciousness). The pilgrims wear simple white garments (Ihram) that strip away the distinctions of class and culture, acknowledging the sacredness and sanctity of God's House (Kaaba) and its surroundings. The specific rituals begin on the 9th day of Zul-hajj where every pilgrim starts the worship with praising God Almighty, then circumambulates the Kaaba seven times. Next going seven times between the hillocks of Mount Safa and Marwa. After this all the pilgrims stand in the plains of Arafat which is few kilometers away from Kaaba and ask God for what they wish and for His forgiveness. The end of Hajj is marked by the sacrifice of an animal on the 10th of Zul-Hajj. This celebration(act) is to commemorate Prophet Abraham's readiness to sacrifice his son Ishmael. His submission to the command of God (test) was most beloved and at the very point of sacrifice God replaced Ismael with a ram. Therefore Eid Al-Adha is a festival of sacrifice. In Quran chapter 22:37 God says, Their flesh and their blood reach not God, but the devotion from you reacheth Him.

The Eid Al-Adha celebration (for those on pilgrimage or not on pilgrimage) lasts for three days. People who are not in pilgrimage wear new clothes, gather for the special Eid congregational prayer, greet each other. Those who can afford to sacrifice an animal will do it and the meat of the sacrificial animal is divided into three equal parts, one for you and your family, one for the extended family and friends, and one for the unprivileged or needy. The obligatory acts of worship keeps the remembrance of God Alive and reminds all Muslims that from God we come and to God we will all return.



Just for Fun!

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

A fun activity for kids and grandkids alike! 😊

Respectfully submitted by Kathy Aubichon from <https://primaryplayground.net/scavenger-hunts/>

RAINBOW SCAVENGER HUNT

primary playground

- 
-  Find something red.
 -  Find something yellow.
 -  Find something orange.
 -  Find something green.
 -  Find something blue.
 -  Find something purple.
 -  Name a fruit that is red.
 -  Name an animal that is yellow.
 -  Name a vegetable that is orange.
 -  Name a plant that is green.
 -  Name a flower that is purple.
 -  Name something outside that is blue.



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.

ITEMS FOR SALE ON JUNE 17 2023

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

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

Leather Lounge Chair - Brown / Dining set and 4 chairs / Women's set of golf clubs and 2 golf carts, one brand new / Large storage cupboard, white, it can be used for a TV stand and numerous storage areas / Long shelf and a bookshelf / Brand new carry on suitcase,

misc. luggage / Small electric fireplace / Large wall mirror - Bird of Paradise / Exstensive collectables (xmas ones first edition, of Marilyn Kinsella, Elvis Presley, James Dean etc.) / Air conditioner / Prints by Marilyn Kinsella, Edith Cavell / Camping Equipment / Wheel Blocks for trailer / Best Offers on Misc. items / VHS recording tapes brand new and VHS machine Misc. VHS Tapes / Numerous DVDs / Electrical tools and Accessories / Barbecue / Lawn Mower / Outdoor Table and 2 Chairs / Camping Dishes Varied / Wood different sizes (Lumber Plywood) Best offers accepted All items as is.

Ken Ranchuk

Super Scoopers

Kody: 403-510-4139

Facebook: superscoopers

Email: calgarysuperscoopers@gmail.com

Services:

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



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



Knife Sharpening:

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.

Knitted Dish Cloths for Sale:

Assorted colours and patterns.

\$2.00 each or 3 for \$5.00.

Call Tricia: 403-242-0048



Childcare:

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

FOOT CARE:

Therapeutic Foot care by RN includes:
Assessment, Nail Care, Skin Care, Callous
Reduction, Education.

Services provided
in your home.

For appointment
phone:

403-640-7965.



Marie Blain RN

canadiangolden@gmail.com

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

House Cleaning:

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



Includes all cleaning supplies,
vacuuming, mopping, bathrooms
cleaned, all countertops wiped, and
cleaned, light dusting. This service
can be done weekly, biweekly, or
monthly.

Police clearance, and or references available upon
request. For more information, please contact
Monika #403-920-0920



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

American Styles Painting LLC:

Professional Painting Services

Gramoz Halili

Interior/exterior Painting

Commercial & Residential

Phone (403) 909-4223

gramozhalili@hotmail.co.uk



Painting or Staining:

Need to refresh your space? One room or every
room? Fences and decks stained or painted?

Reasonable prices – 35 years' experience.

Call Peter (C212) Sraightline Painting

403-998-3959



Healing Intentions:

Energy/Crystal Healing

Psychic/Mediumship

Card Readings

Crystal Grids

Personalized Crystal Kits

Book a Party

Organizational Assistant – organize your space to
help energize the flow of your home and life.

Shelly 403-660-2045 – References upon request

Peter's Car Detailing

Complete Interior Detailing

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

\$150.00

Complete Exterior Detailing

- Wash and dry
- Polish wheels and tires

\$50.00

Contact Peter at 403-998-3959

Sarcee Meadows #C212

Estimates Available

Pet Sitters for Dogs & Cats:

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

Daily rate \$25

Shelly 403-660-2045 – References
available upon request as I have done
this for 4 years.



Pharmacy Assistance:

Dear neighbors,

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

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

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

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

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

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

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

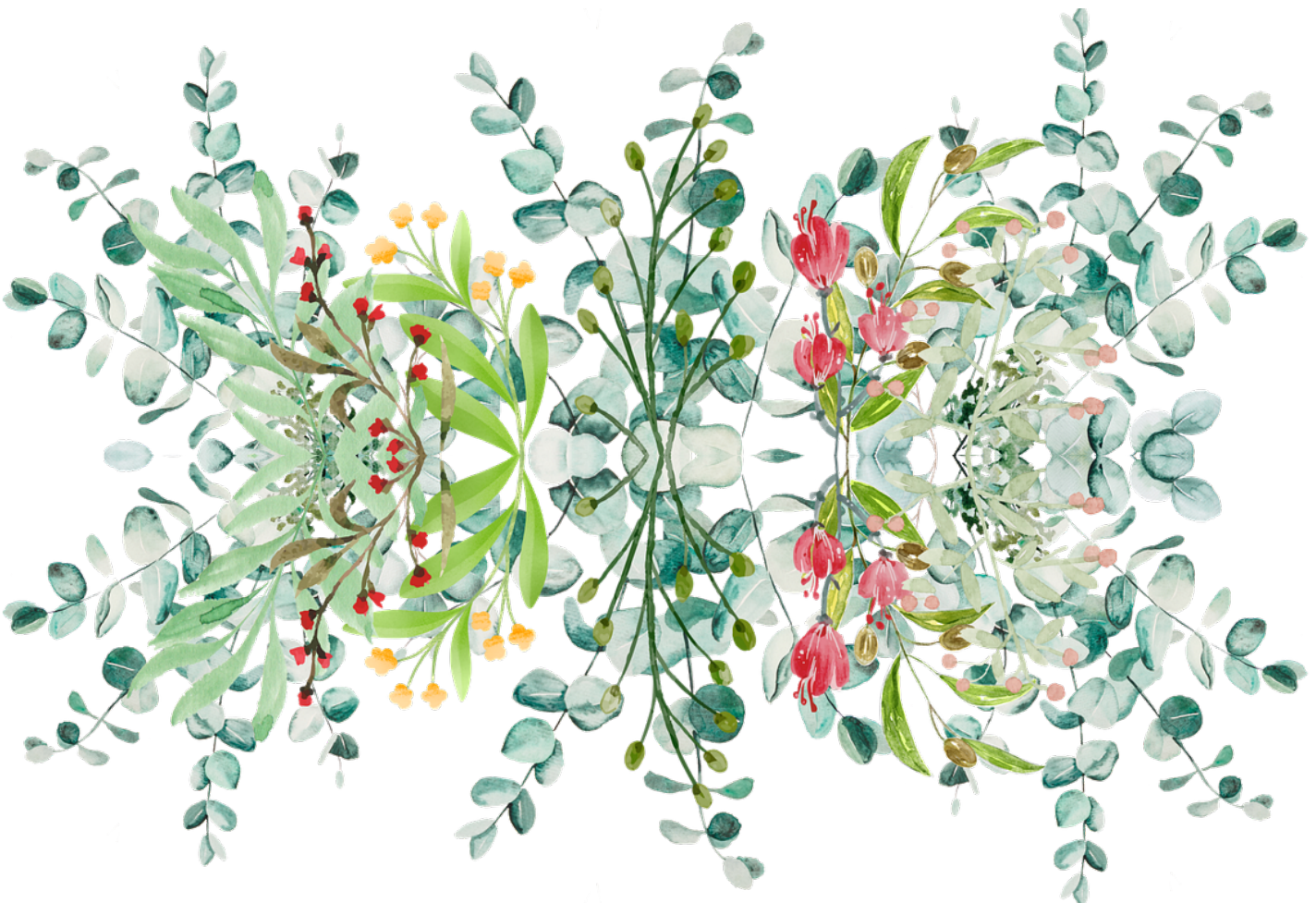
Do you have any questions or confused about your medications, blood work or your health in general?

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

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

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

Regards, Shereen



Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 11	12	13	14 CSI COMMITTEE @ 1:00 PM PROPERTY ENHANCEMENT @ 7:00 PM	15	16	17
18	19 FINANCE COMMITTEE @ 6:00 PM	20	21	22 MEMBERS MEETING @ GRACE LUTHERAN @ 7:00	23	24
25	26	27	28	29 BOARD OF DIRECTORS @ 6:30 PM	30 SHOP & OFFICE CLOSED IN LIEU OF CANADA DAY	JULY 1
2	3 NEWSLETTER @ 7:00	4	5	6 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	7	8
9	10	11	12	13	14	15 STAMPEDE BREAKFAST @ B50 9:00AM - 11:00AM
16	17	18	19	20	21	22
21	24	25	26	27	28	29
30	31	AUGUST 1	2	3	4	5
6	7 SHOP & OFFICE CLOSED FOR HERITAGE DAY	8	9	10	11	12
13	14	15	16	17	18	19 SUMMER FAMILY BBQ 12:00PM - 4:00PM

Contact Information

OFFICE AND SHOP CONTACTS

OFFICE AND SHOP HOURS

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

Office and Shop are closed Saturday and Sunday

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

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

Extensions:

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

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

- Graham 201
- Brad 202
- Eric 203
- Josh 205
- Al 206
- Jeff 207
- Jon v. 209



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)

Grievance & Resolution

Chair: Mikayla Foucault

Newsletter

Chair: Wendy Thomson & Margaret Van der Meer

Board Liaison: Megan Jovie

Property Maintenance

Chair: Al Wright

Board Liaison: Jesse Harris

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

Governmental Elections Information

Chair: Astrid Deslandes

Board Liaison: Azhar Manzoor

Membership

Chair: Annalise Schwaiger

Board Liaison: Helen Serrurier

Property Enhancement (plus Parking and Security)

Chair: Wayne McAdam

Board Liaison: Jesse Harris

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

