



Connections

Your SMHC Newsletter

March 2024

TABLE OF CONTENTS

GOVERNANCE & MANAGEMENT REPORTS..... 2

BOARD OF DIRECTORS' REPORT 2

GENERAL MANAGER'S REPORT..... 3

WORK ORDER PERFORMANCE..... 3

FROM THE TEAM AT B50 4

PARKING ISSUES5

COMMITTEE REPORTS.....6

OUR RETROFIT – TIPS, SUGGESTIONS & EXPERIENCES 6

CSI COMMITTEE 7

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE.... 7

NEWSLETTER COMMITTEE 7

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE 7

FINANCE COMMITTEE - FINANCIAL STATEMENTS ... 8

EDUCATION & AWARENESS9

ALL ABOUT ST. PATRICK'S DAY! 9

WORLD WATER DAY MARCH 22ND10

PENGUINS10

HUMAN INTERESTS 12

JOY & THE MOONLIGHT - A SHORT STORY..... 12

COMMUNITY NEWS 14

CALGARY CURRIE..... 14

A MESSAGE FROM CALGARY MLA JANET EREMENKO 14

CITY OF CALGARY 15

IS YOUR HOME AND PROPERTY CLIMATE READY?15

RUTLAND PARK COMMUNITY ASSOCIATION..... 16

BOARD POSITIONS AVAILABLE..... 16

MEALS ON WHEELS..... 16

VOLUNTEERS NEEDED 16

SACHA / TELUS PARTNERSHIP..... 17

CHF CANADA.....18

SAIT..... 19

JUST FOR FUN! 21

RECIPES 21

SHORTBREAD COOKIES..... 21

CLASSIFIEDS22

CALENDAR.....24

CONTACT INFORMATION.....25

OFFICE AND SHOP CONTACTS.....25

COMMITTEE CONTACTS 2024-2025..... 26

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

Your new Board of Directors has been settling into their new positions and liaison roles nicely. As opposed to the previous couple of sessions, the new Board year is starting off at a calmer pace that will allow our newest Directors to adjust to the role without too many sudden surges of activity. We thank them again for stepping forward and helping out our co-operative in such a fundamental way.

With the retrofit well in stride and the construction crews getting their routines down, we expect the pace to pick up as the weather improves and the ground becomes easier to excavate for installing our new decks. We ask Members again to appreciate the handiwork from a distance and not to enter the construction zones. This is especially true of our kids, as the more adventurous among them might see the ladders and scaffolding as fun to climb (yikes!). We would also like to thank Members for their understanding and patience towards our staff (regular and contract) and the retrofit workers. They are doing their best to help us work through the transformation of Sarcee Meadows and are deserving of calm and rational responses instead of charged and emotional reactions.



We hope those practicing Christian Members who are observing the season of Lent are finding insight and peace through their sacrifice. Good Friday is on March 29th this year, followed by Easter on the 31st. For our Muslim Members, the evening of Sunday, March 10th marks the beginning of Ramadan and a focus on fasting, reflection, prayer, and community. We wish you Ramadan Mubarak.



With the prevalence of El Niño over the course of this winter, it was expected that March would come in like a lamb and then just continue being lamblike (lamby? lambish?) straight through into spring. How wrong we were! It is -20 as I write this, and the city is still digging out from the 18 centimetres of



snow we received a couple of days ago. Perhaps this year, tradition will defy the weather patterns and we'll see spring having to push winter out rather than simply stepping into the void it leaves behind. The arrival of spring is at 9:06pm on Tuesday, March 19th. St. Patrick's Day and the "wearing o' the green" is on the preceding Sunday (though I suspect some observers will celebrate a day...or two...or both earlier). Speaking of green, it is time again to remind Members that the changing of seasons does not include a similarly timed turning on of our outside taps. Calgary is one of those cities where spring seems to take its sweet time in arriving, so hold off on opening those basement valves until our General Manager gives us the go-ahead.

Finally, with this latest cascade of the white stuff, I want to again thank everybody with The Grounds Guys for their tireless and timeless efforts at keeping our walks (and occasionally parking lots) clear of ice and snow. It takes a certain determination and patience to clear a path through the maze of sidewalks in our neighbourhood as the snow is still falling, especially when that work carries through the day and into the night. The older among us remember the work that came with clearing our walks in the winter. To do that 380 times over and throw in every inch of sidewalk we share is a Herculean task...and I respect both the amount of effort that must take and the attention to detail they provide given the tight timelines they face. THANK YOU!

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



GENERAL MANAGER'S REPORT

With Sunday being the beginning of Ramadan, I would like to wish our members who observe Ramadan Mubarak.

Earlier this week I sent out a Retrofit Update. If for some reason you didn't get it, please let me know and I will send you a copy. As of today, we have six buildings under construction and work is progressing at a much faster pace. If you haven't had a chance yet, walk by building 41 or 44 to see how the buildings will look with the Hardie Board installed.

Last month we let you know about a change to the window installation that requires the removal of the trim inside. As the cost to re-install the trim was not included in the budget, we have made the decision to hire another carpenter to do this work. For us to do the work will be less expensive than having CANA do it.

Please join me in welcoming Will Guenter to our team. Will has over 15 years' experience as a finish carpenter and in cabinetry. He will be a valuable addition to our team.

Once again, we want to remind you please do not put vinegar and baking soda down your drains. When water is added to this mix, the baking soda separates and solidifies, clogging your drain even worse than it was to begin with. If you find your drain not flowing properly, please put in a work order and we will come and fix it.

With the warm days and freezing temperatures overnight, we are going to be seeing potential ice buildup throughout the community. While Ground Guys will be working hard to limit this, if you see any ice buildup, please either call the office or put a work order in Buildium. Keeping our community safe for our members is our biggest priority.

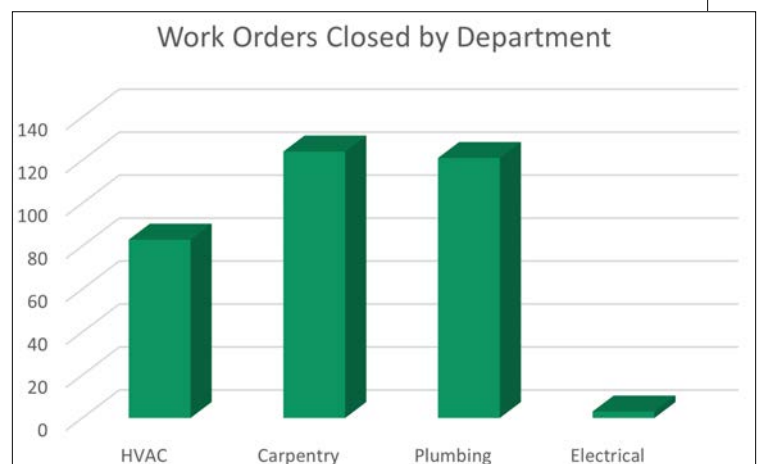
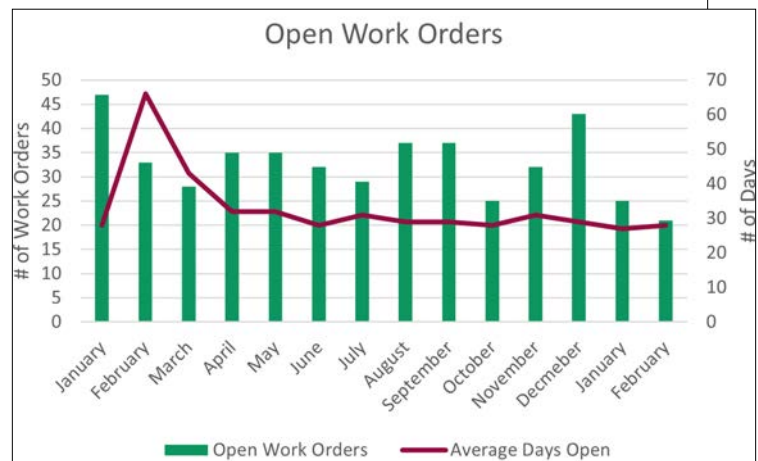
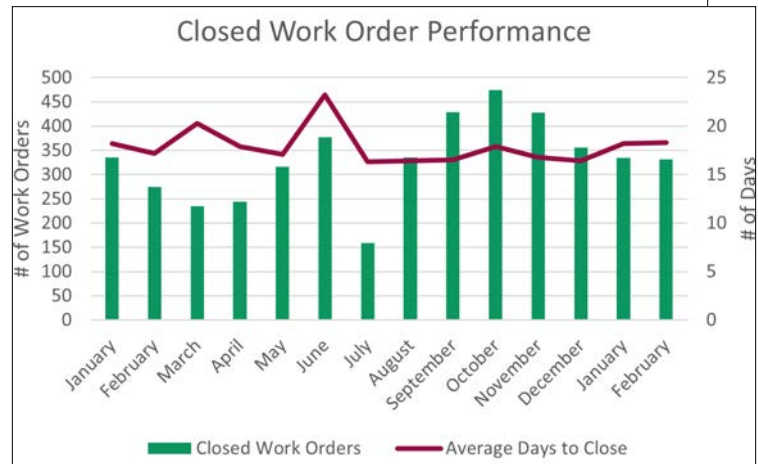
With spring showing signs... maybe... hopefully... please do not turn on your outside taps yet. Temperatures are still dropping below zero overnight and could cause it to freeze.

For our practicing Christian members, have a happy Easter!

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 Friday, March 29th, 2024 for Good Friday.**

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 37th 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.

Parking Issues



We are continuing to experience many challenges in regard to parking all around Sarcee Meadows. Misuse of visitor parking, being accommodating to work vehicles or equipment, unregistered member licence plates, and so on are still just a

few of the ongoing concerns. However, this month we are focusing on illegal and/or hazardous parking problems in our neighbourhood.

Improper Angle Parking:

Members/residents living on 40th Avenue side of Sarcee Meadows are likely familiar with the unique three-way intersection of 40th Ave, Kerrydale Road, and the alleyway from 40th Ave to 36th Ave and how its odd shape has led to many years of improper and unsafe angle parking in this corner. It should be noted that under the City of Calgary's parking bylaws ***"Angle parking is only permitted in cul-de-sacs in designated zones where signage is installed and roadway stall markings are painted on the roadway."***

Because this area is not a cul-de-sac and has not been designated as an angle parking zone, we are asking our members and residents to **please stop angle parking at the intersection of Kerrydale and 40th Ave**. With higher traffic volume on these roads, new vehicle models getting wider, and now construction work in the area this corner is becoming increasingly more dangerous for vehicles to drive through, for pedestrians to walk through, and for the improperly parked vehicles. Not only that, whenever Calgary Parking Authority comes through, these vehicles could be facing tickets of up to **\$68.00** for ***"Stopping or Parking within an Intersection."***

Crosswalks:

Speaking of Calgary Parking Authority and parking tickets, just a friendly reminder that it is also illegal to park in or to close to crosswalks and . ***"Stopping or Parking too near Marked Crosswalk"*** is also grounds for a parking ticket of up to **\$68.00**.

Fire Lanes:

Whether on public roads or on private property, a Fire Lane (or Emergency Access Lane) is a path of egress reserved for emergency access. The primary purpose of a Fire Lane is to allow a continuous path of travel for emergency personnel and their equipment from any point of a building or structure. A secondary benefit of a Fire Lane is to improve both pedestrian safety and traffic circulation.

Here in Sarcee Meadows when we speak of Fire Lanes we are not just referring to the lane that runs between B and F parking lots. "Fire Lane" also refers to the areas around the garbage/recycling bins as well as the boulevards in each parking lot. All of these Fire Lane areas are marked with yellow curbs and/or "No Parking - Fire Lane" signage. It is important that these areas are kept clear in the event of emergency requiring police, fire, or emergency medical services.

As per Calgary Parking Authority, ***"Stopping or Parking in a Manner that Obstructs Access by Emergency Personnel to the Site of an Incident"*** can get you a ticket of up to **\$203.00**. As per Sarcee Meadows' Parking Policy and Procedures, violations/complaints including the following points range from being issued a written warning up to a \$150.00 fine.

- ***"Members and non-member residents will park vehicles, including motorcycles, in their unit stall or rental stall only."***
- ***"Nothing will be parked in a manner that will block the normal flow of traffic in the parking and sidewalk areas, or that will cause any damage to other vehicles."***



Committee Reports

OUR RETROFIT – TIPS, SUGGESTIONS & EXPERIENCES

Send your comments, hints and questions to: RetrofitSMHC@gmail.com

We are very pleased to share our very first Helpful Hints submission this month. A big thank you for these great suggestions goes out to Betti McLellan, a great list filled with what to expect and good ideas. #10 is the best thought of all!

Retrofit Discoveries (just a few I discovered)

1. Ear plugs, there will be times that you wish you had them.
2. Wake up time around seven to be up and dressed before workers arrive.
3. Darkness - You will need lights on in the daytime in your house.
4. Plants - Plants don't like the darkness, they want to see the sun. Some might die.
5. House Contents - in the middle of the floor until windows and doors are in. (3

feet from work area)

6. Privacy - there will be very little until work is finished.
7. Bedroom Blind - Make sure your curtain is closed on Sat. (Just in case)
8. Depression - You can't see out so you might feel alone.
9. Housework - Take a vacation from housework until your unit is finished.
10. Smile because you will have a nice new house when finished!

Submitted by Betti McLellan from - F 411

And here's one more important tip we received ...

Temporary House Numbers - When the old exterior siding and other components are being removed this also includes your house numbers. You will want to grab some paper and markers to put up some temporary house numbers until the new numbers are installed nearer to the end of the work on your building.





CSI COMMITTEE

The CSI Committee met for a re-organizational meeting and look ahead to 2024 on February 14th at B50.

First off, many thanks to Helen Serrurier our

departing committee board liaison. Helen you are a gem. Thanks so much for your kindness and help to us. You will be missed, but please come by for a visit when you can.

We are very pleased to welcome Musu Dadi – our new committee board liaison and we look forward, very much, to working with her.

This past month we also welcomed a new member – May Bell. Great to have a new face and fresh new ideas.

The year ahead looks good for our committee – as we continue to navigate these challenging times. Please keep your eyes out for future CSI events. We plan to meet again on Wednesday April 10th at B50 at 1pm. You are welcome to attend. If you have any ideas or concerns, please let Janine Bell know, she will pass it on to the committee.

Take care – Happy Easter – we will talk soon.

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

Don't forget to mark your calendars for the **Annual Easter Egg Hunt!**

This will be on **Saturday March 30th, 2024 at 10:30 am in the Tot Lot for the younger kids** and at **11:00 am in Central Park 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!

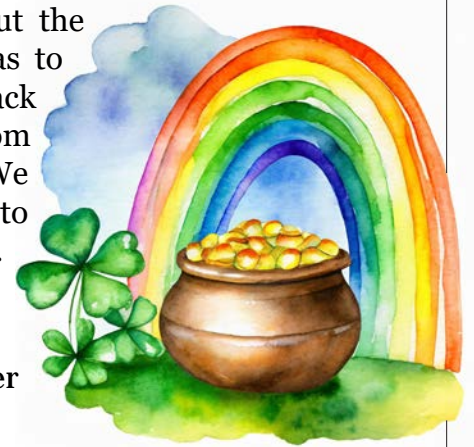


NEWSLETTER COMMITTEE

Spring is in the air! Remember this is also the month when we move our clocks ahead one hour for Daylight Savings Time.

We have included some recipes in this issue for you as well as some articles we have written. It is great to see the new column on "Our Retrofit - Tips, Suggestions & Experiences." What a good way to relay information from members to members about the Retrofit as well as to receive feedback and questions from our members. We look forward to hearing from you.

Happy St. Patrick's Day and have a great Easter weekend.



EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

DID YOU KNOW that each unit has one vote at Sarcee Meadows Housing Cooperative?

That is one very important aspect of what makes cooperative living so very different from being "just a renter." Outside management or building owners or landlords, DO NOT make these choices, WE DO. At SMHC when we cast our votes, we are literally deciding matters that impact not just each and every household now but impact the health and well-being of the cooperative and its 380 homes into the future. This is our cooperative and each vote matters. When voting, always keep in mind what is in the best interests of the co-op as a whole.

A Message from the Education, Involvement & Awards Committee



FINANCE COMMITTEE - FINANCIAL STATEMENTS

Sarcee Meadows Housing Co-operative Ltd.

Financial Statements - Summary

as at January 31, 2024

Balance Sheet

Assets

Funds on Deposit	\$ 4,089,360.87	
Other Assets	\$ 1,258,721.49	
TOTAL ASSETS		<u><u>\$ 5,348,082.36</u></u>

Liabilities - current

Long Term Liabilities	\$ 856,078.99	
Total Liabilities		\$ 856,078.99

Reserve funds

Housing Charge Assistance (incl CMHC Funds)	\$ 263,012.50	
Replacement Reserves	\$ 2,635,431.32	
Retrofit Reserves	\$ 45,577.91	
Total Reserves		<u><u>\$ 2,944,021.73</u></u>

Retained earnings + current deficit		<u><u>\$ 1,547,981.64</u></u>
Total Liabilities, Reserves, Member Equity		<u><u>\$ 5,348,082.36</u></u>

Income Statement (for 3 months - November 1, 2023 to January 31, 2024)

	<u>Actual</u>	<u>Budget</u>	<u>% of Budget</u>
Revenue from Housing Charges	\$ 1,207,725.00	\$ 4,846,944.00	25%
All other income	\$ 117,008.70	\$ 115,840.00	101%
Total Revenue	<u><u>\$ 1,324,733.70</u></u>	<u><u>\$ 4,962,784.00</u></u>	<u><u>27%</u></u>

Expenses

Total Insurance & Property Taxes	\$ 139,905.86	\$ 620,200.00	23%
Total Utilities	\$ 354,636.30	\$ 1,280,418.00	28%
Total Routine Maintenance Costs	\$ 228,427.22	\$ 629,450.00	36%
Total Personnel and Payroll Costs	\$ 246,944.25	\$ 955,513.89	26%
Total Administration Costs	\$ 56,812.43	\$ 94,350.00	60%
Total Democratic Functioning	\$ 37,852.15	\$ 151,854.00	25%
Total Reserve Savings	\$ 210,500.07	\$ 1,165,000.00	18%
Total Expenses	<u><u>\$ 1,275,078.28</u></u>	<u><u>\$ 4,896,785.89</u></u>	<u><u>26%</u></u>

Net income for eight months	\$ 49,655.42	\$ 65,998.11
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Education & Awareness

All About St. Patrick's Day!

By Theresa B

St. Patrick's Day occurs every March 17th. It is an Irish event, yet it is celebrated around the world. There are many things about it, like wearing green and fairy-like creatures known as leprechauns, so here are some facts about the holiday!

Why March the 17th? March 17th is the death date of Saint Patrick, who is the patron Saint of Ireland. He was alive in the 5th Century, and during that time he brought Christianity to Ireland.

Wearing Green: Green is the traditional color of St. Patrick's Day. This color is normally worn on this day and is used to protect yourself against pinching. Legend says that if you pinch someone on St. Patrick's Day and that person is wearing green, you are cursed with bad luck.

Leprechauns: Leprechauns are an Irish legend. They are little creatures that go around to Irish houses every St. Patrick's day. These mischievous little folks are known to hide their pots of gold at the ends of rainbows, and one of them is even in a cereal commercial. Some Irish people set up Leprechaun traps, in hope to catch one. If you do catch one, they are said to give three wishes!

Symbols of St. Patrick's Day: St. Patrick's day has some symbols that represent the holiday. Things like rainbows, pots of gold, leprechauns, and clovers (which you will see at the house G451) are all signs of St. Patrick's Day. All of these are signs of luck, especially if you find a four leafed clover, which is roughly one in ten thousand chances.

These are some fun facts about St. Patty's Day. If you celebrate this day, I hope you have lots of fun, and maybe you'll catch a leprechaun!

Please keep an eye out for my future articles.

-Theresa



WORLD WATER DAY **MARCH 22ND**

From Green Calgary's "Green Leaflet" e-newsletter.
[Subscribe here.](#)

"Water is essential" is an understatement. About 55-60% of the human body is comprised of water, yet it can only go 3 days without water. Water takes up 71% of earth's surface area.

Even though this information is common knowledge it is easy to forget that water is a finite resource. When we turn on the taps in our homes and offices, as long as the utility bill is paid water

THE GREEN LEAFLET

**green
calgary**
Improving Life Through
Sustainability

seems to be guaranteed.

The 2023 water restrictions, and potential restrictions this coming spring and summer remind us that we need to protect our aquatic ecosystems.

World Water Day is a chance to educate ourselves on water conservation resources, and become an active participant in the fight to preserve and protect our watershed.



PENGUINS

Respectfully submitted by Wendy Thomson

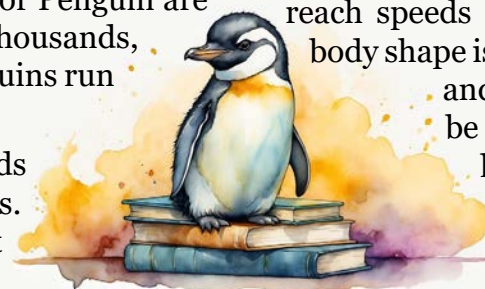
I saw "The Penguin Walk" on television in January and decided to see what I could find out about penguins.

There are 18 species of penguins that live almost exclusively in the southern Hemisphere, with only one species, the "Galapagos" Penguin, found north of the equator. Total populations of some species such as the Emperor Penguin are estimated in the hundreds of thousands, but most species of smaller penguins run into the millions.

Penguins are flightless birds with flippers instead of wings. They vary in size and weight

depending on the species. Their height ranges from 15 inches to 3.5 feet and their weight from 2 pounds to 88 pounds. Emperor penguins are the largest species, with an average height of 45 inches tall and can weigh up to 88 pounds. The blue penguin is the smallest of the penguins with adults averaging 10 to 12 inches in length and weighing between 2.2 and 3.3 pounds.

Penguin bodies are adapted for swimming and diving in the water with some species able to reach speeds up to 15 miles per hour. Their body shape is fusiform (tapered at both ends) and streamlined allowing them to be expert swimmers. They have a large head, short neck, and an elongated body. Their tails are short, stiff, and wedge-shaped.



The penguin's feather pattern makes it look like it is wearing a tuxedo. The pattern is a form of camouflage called counter shadowing with a black body and white belly. This coloring helps camouflage the bird in water as it searches for prey. Their color and pattern vary by species with coloring being rare and limited to red or yellow.

The principal enemies of penguins at sea are the leopard seal and killer whale (Orca). Seals also take penguins near Australia, New Zealand, and other subantarctic regions.

The type of food eaten varies with the species, geographic region, and the time of year. Smaller southern penguins feed primarily upon krill, squid, cuttlefish, and smaller fish may form a substantial fraction of their diets. The total weight of food consumed by a large penguin colony can exceed several tons per day.

The majority of species breed only once a year in the spring or summer. Upon arrival at the colony each bird returns to the nest that it left the following year. I think it is amazing that they are able to find the nest and at the same time rejoin its mate of the previous year. Following egg laying the female departs for the sea to feed and returns to relieve her mate after about 12 to 20 days. Incubation of the egg is performed by both sexes in all species except the Emperor penguin, in which the incubation is done exclusively by the mate.

The incubation period extends all through the height of the Antarctic winter.



After hatching, the chick joins 100 or more of its contemporaries in a nursery group or "creche", sometimes guarded by a few adults. During the creche stage the fuzzy down that has covered the chick since hatching is replaced by a coat of short, stiff feathers. Once the molt is complete the juvenile leaves the colony to seek its own food at sea.

Penguins are highly vulnerable to changes in climate and ocean temperatures, including recent global warming. Penguins are also sensitive to depletion of local fish by humans.

If you would like to take a look at some King penguins, check out the habitat at The Wilder Institute/Calgary Zoo. The Penguin Walk, which includes 14 penguins, takes place from January 15th to mid-March at 10:30 in the morning. The walk will depend upon the desire of the penguins to walk as well as the weather. The walk will be cancelled if the temperature warms up to 5 degrees Celsius, drops to below minus 25 degrees Celsius, or the winds are too strong. If you don't get a chance to see the walk this year, mark it in your calendar for next year.

In the meantime, if you visit the zoo, be sure to check out the penguins in their habitat.



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.

Also published on "East of the Web" (<https://www.eastoftheweb.com/short-stories/UBooks/JoyMoon1402.shtml>), reprinted with permission from the Author

JOY & THE MOONLIGHT - A SHORT STORY

The cozy brick bungalow stood on a short lane of similarly modest houses with a small mostly overgrown park at the far end and an intersection leading to Darlington High Street. A warm glow seeped through the flowery curtains of the front room on this March evening, giving the bungalow a homey and snug feeling to any passersby that happened along the lane.

In the kitchen towards the back of the house, an older gent was standing at the sink washing up the few dishes from the supper he'd just prepared for himself and his wife. Despite his greying hair and the wrinkles round his eyes and mouth which betrayed his age, James maintained an upright military posture and worked diligently to tidy up after their meal.

In the sitting room his wife of 52 years was comfortable in an overstuffed easy chair drawn up near the low-burning fire, a pair of knitting needles click-clacking away as she worked a big ball of thick green yarn. She looked up as James entered the room, her eyes betraying a trace of confusion before the recognition kicked in.

"Oh there you are Jim, I thought we'd lost ye." She said with a small smile teasing the corners of her lips.

"Oh Aye, Marg, thought you'd lost me did you?" James replied with a mischievous grin. "I was just finishing the washing up, my love. And now it's off to the pub we go!"

"It's going to the pub is it then?" she replied, "You are spoiling me, what a treat."

James chuckled as he helped her up from the

easy chair and gently assisted her into a heavy woollen sweater. As they went down the short hallway to the front door of their little home, he reached for his cap from a peg on the wall perching it quite jauntily onto his thinning grey hair. Taking Marg's arm, they set off down the lane toward the High Street where they'd been regulars at the White Hart Pub for close to 55 years.

When James opened the heavy wooden door at the White Hart, their senses were assailed by smells of ale and overly rich pub food. Marg looked up at Jim, a question in her eyes and on her lips, "Are we having some dinner then?"

He patted her gently on the shoulder and steered her towards a small table close by the large open fireplace that dominated one wall of the room. "No love, we just finished dinner." He reminded her softly, "We'll just have ourselves a pint and bit of a chatter, don't you know."

Once James was sure that Marg was securely settled, he made his way across the room to the bar.



Thomas, the barkeep, who'd been behind the bar almost as long as Jim & Marg had been coming in to the White Hart gave him a grin and shouted good-naturedly, "Will it be the usual for you Jimmy and the Missus, of course?"

"Aye lad, it will." James replied. He pulled his wallet out and carefully counted out a couple of bills and some coins that would cover the cost and a bit extra for the barkeep. Thomas placed a pair of glasses in front of James, a shandy for Marg and a pint of Guinness for him. "Thank you kindly young Tom," he told him with a wink, "You're the best of a bad lot, you are!"

James returned to the table where Marg smiled up at him as he set the shandy down in front of her and then slid into a chair right next to her with his Guinness. Marg placed both her small hands carefully around the glass of beer and lemon-lime soda and brought it to her lips slowly. Her hands trembled ever so slightly. Her eyes surrounded by the deep lines, wrinkles and folds of skin that only the hard work of a lifetime could produce, still twinkled with happiness as the bubbles tickled her tongue. They sat in companionable silence for a while, enjoying the warmth from the crackling fire and watching the other patrons, some playing darts, others just chattering in small groups.

James took a long pull from his Guinness then slid his arm protectively round his beloved wife. He leaned over and planted a little kiss on her cheek. She slowly placed her glass down before turning towards him with a puzzled look in her eyes. "Jimmy what time is it?"

James made a show of pushing back his sleeve to reveal his gold watch received 11 years before at his retirement dinner. "It's just gone eight love, we can stay for another if you like." He told her.

She pondered that for some time, James watched as her face seemed to alternate between puzzlement, sadness and a twinkle of pure joy. Finally she sighed, snuggled her head against his broad chest and softly said, "I love you James Wilkinson, we've had a good run, haven't we, luv?"

"Aye that we have Mrs. Wilkinson, that we have indeed." He replied.

She straightened up a little, her face turned

up to look into his eyes. He could see her smiling even as tears trickled down her cheeks, sparkling in the light from the fire.

"James, I think we should come to the pub often, we have to drive to the seaside and walk on the beach, we have to watch the sunrise and watch the sunset. Promise me, Jimmy boy that we'll be nothing but happy and share nothing but joy from now till the end, promise me."

James took a deep breath, pushed aside his now empty Guinness glass, took both her hands in his, then he spoke from his heart. "My beautiful girl, my special Margaret, of course I can promise you this and anything else your heart desires."

He helped her up and as they strolled towards the door, he turned to give Thomas a quick wave. As they stepped through the door, James told her, "We start tonight my darling, strolling under the stars. Look upwards, how beautiful they are!"

They made their way slowly homeward arm in arm, stopping every now and then to simply look up at the millions of stars winking above them, each time they stopped they shared a soft kiss before strolling onward. As they stopped again just before the front gate of their tidy little home, James took his wife in a warm and well-remembered embrace. He guided her in a slow and gentle waltz as overhead the bright slice of a crescent moon winked down at them. He softly started to hum the notes of Moonlight Serenade, she smiled up at him and started to sing, "I stand at your gate and the song that I sing is of moonlight..."

His heart was just a little lighter as he walked her into the house that evening.

© 2024 – Jenn Jenkinson



Community News

CALGARY CURRIE

A Message from Calgary MLA Janet Eremenko

Dear Members of Sarcee Meadows Housing Cooperative,

Alberta's Budget 2024-25 has been tabled, and there is no better way to gauge a government's priorities than by seeing what they fund. It's challenging to follow what's a new commitment of funding, a re-announcement of something old, and when the money actually flows out. Equally difficult is keeping track of whether there's a net increase to the system, or if it simply moves money from one program to another, benefiting one while cutting another. And take note, funding that fails to keep up with inflation and population increases equates to cuts.

November's fiscal update reported a stunning \$5.5 billion surplus. We know these surplus figures shift wildly with the ebb and flow of oil prices. So, when times are good will we make the critical investments to our public systems that keep us healthy, housed and educated? These investments help us shine in the peak times and sustain us in the low ones.

We have a severe shortage of healthcare workers: will the government meaningfully invest in hiring doctors and nurses to improve the system?

We sit dead last in per student funding in the entire country and classrooms in our public schools are overcrowded: will there be money to hire teachers and educational assistants and build new schools?

We are in a housing crisis and struggling to get construction on new homes started: will there be new investments in affordable housing?

We have had the highest tuition increases in all of Canada: will funding to post-secondary institutions be restored and increased?

Rent, utilities and car insurance rates are skyrocketing: will the province take any measures to prevent those shocks?

In addition, Calgary-Currie residents talk to me about the unhoused in their communities, safe public transit, small business worries and retirement security, especially protecting their CPP.

As budget deliberations begin, I welcome your ideas and feedback.

Looking forward to hearing from you!

**Janet
Eremenko**
MLA FOR CALGARY-CURRIE

403.246.4794

Calgary.Currie@assembly.ab.ca





Is your home and property climate ready?

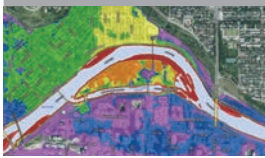
Protect your home from flood and heavy rain



River flooding and heavy rain events are happening more often with climate change. Most homes are at risk of flooding, not only those near the river. Flooding can be caused by higher river levels and/or heavy rainfall, and can lead to water spreading rapidly over land, seeping through the ground and into basements, overflowing from stormwater drains, or sewage backing up through basement drains, sinks, and toilets. This resource highlights some of the top actions that Calgarians can take to protect their homes and properties from flood impacts.

Check out calgary.ca/climatereadyhome and calgary.ca/floodinfo to learn about more actions that will make your home resilient to hazards that are getting worse due to climate change.

Basic home protection actions (\$0)



Understand your river flood risk by reviewing Calgary's flood maps.

Visit maps.calgary.ca/riverflooding



Clear leaves and debris from your eavestroughs to reduce excessive rainwater from running down the sides of your house and seeping into your basement.



Review your insurance policy annually and learn about your eligibility for flood and/or water damage insurance.



If you have a sump pump and/or backflow prevention device, check they are working and clean them every spring.



Park vehicles on higher ground during periods of flood risk or heavy rain, if in underground parking or low-lying area.

Complete simple upgrades (under \$250)



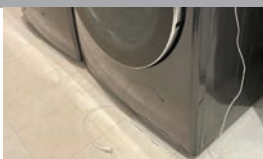
If you have window wells, install protective covers to prevent rain from collecting (ensure fire safety requirements are met).



Extend downspouts and sump discharge pipes onto lawn or green surface, away from your neighbour's home.



Protect your belongings and hazardous materials in watertight containers or store in above grade locations.



Install and maintain water alarms to detect the presence of water in locations where water should not be; e.g., near your washing machine.



Seal cracks in foundation walls and basement floors. Ask for products at your local hardware store.

Complete more complex upgrades (over \$250)

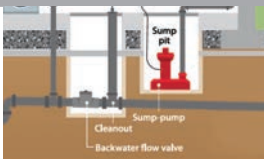


Install window wells so the tops sit 10-15 cm above ground and upgrade to water resistant windows.



Upgrade your landscaping: rain gardens, proper lot grading, earth berms can all reduce your flood risk.

Learn more at calgary.ca/YardSmart



Install and maintain a backflow prevention device on your sewer pipe to help protect your home from sewage backups.



Install and maintain a sump pump with a backup power supply, and/or consider adding a backup or second pump, battery or generator.



Elevate your utilities (e.g., furnace, hot water tank) by installing them on a raised platform or building a utility room on a higher floor.

For more information on disaster preparedness and creating an emergency action plan, visit calgary.ca/getready

Prepared in partnership with:



RUTLAND PARK COMMUNITY ASSOCIATION

Board Positions Available

The Rutland Park Community Association is looking for some key volunteers. Two positions are open in anyone would like to join the Board.

The Secretary takes minutes at the monthly meeting (second Tuesday of each month), responds to Board emails, files information with the Corporate Registry and updates documents in the shared drive.

The Infrastructure director works with the Hall Manager and the Custodian to oversee repairs and maintenance to the Hall and the Skateshack. The director brings issues to the Board's attention and arranges for contractors to do the work.

If you are interested in either of these roles, please reach out to the president (Craig) by emailing president@rutlandparkcommunity.com Thank-you for your time.



Calgary Meals on Wheels

We need your help!

If you can lend as little as 2 hours of your time delivering meals from 10:30 am-1pm, you can make a difference!

We are currently looking for meal delivery volunteers for:

- Regular, reoccurring home delivery
- Downtown drivers & couriers
- Volunteers with flexible schedules to fill in when needed

Give us a call or visit our website for more information: mealsonwheels.com

SACHA / TELUS PARTNERSHIP

Just a reminder that SACHA (Southern Alberta Cooperative Housing Association) is still in partnership with TELUS to offer Internet and Optik TV services at a 40% discount.

To ensure that your setup of fibre optic services is smooth be sure to book the TELUS technician's appointment during our business hours of 8:30-4:30, Monday to Friday so that the technician can access the main panel located in the shop at B50.

Helpful Tip: If your home phone services is also with TELUS, sometimes adding new services or changing from copper lines to fibre lines requires a "reset" so to speak. This can cause a temporary disruption to your voice mail and you may lose saved voice mail messages.



We've got
your back.

SACHA has partnered with
TELUS to provide building
residents exclusive rates
on Home Services when
they sign up with TELUS.



Whether you're a new or existing TELUS customer,
sign up with no term and **save 40%** each month
on any Optik TV® and Internet product.¹

If you are an existing TELUS customer go to telus.com/mdulead.
If you are a new TELUS customer call **1-866-667-9749**.



Harnessing the power of technology, you can see a local doctor from your smart phone 7 days a week. Download the Babylon by TELUS Health app.²
Learn more at telus.com/babylon



Applications are now open for 2024 awards, grants and scholarships!

Each year, CHF Canada celebrates accomplishments of co-op communities with awards, supports co-op-driven special projects with grants, and offers scholarships to support development and training of co-op members and staff.

Please check out these awards to see which are applicable to you or your co-op and apply by the listed deadlines.

Greener Co-op Microgrants

A Greener Co-op Microgrant can help your co-op improve environmental sustainability, reduce your climate impact, and make your co-op more resilient to climate change. CHF Canada will fund small projects from \$1,000 to a limit of \$5,000. [Learn more and apply by March 18 at 12pm ET.](#)

[Apply](#)

Award for Co-operative Achievement

The Award for Co-operative Achievement celebrates an inspiring program or project by a CHF Canada member co-op that creates a lasting legacy. This award is given out every two years and showcases why housing co-ops are remarkable places to live. Do you have a success story to share?

[Submit your application by April 1.](#)

[Apply](#)

Management Scholarships

This scholarship promotes the continuous development of excellence in co-operative housing management in Canada. It is awarded to individuals working in co-op housing management. The program of study must be relevant to improving the business skills of property managers, including but not limited to building asset management, finance and administration. [Deadline to apply for the first round of scholarships is April 1.](#)

[Apply](#)

Diversity Scholarships

Are you a new or returning student living in a co-op in the Atlantic provinces, Southwestern Ontario or Manitoba? Are you actively involved in making positive contributions to your community? You could be eligible for a scholarship for your post-secondary studies - up to \$2,000 for the first year, and \$1,000 for subsequent years. Members of all ages are welcome to apply! [Submit your application by April 30 and please help spread the word to students in your co-op!](#)

CHF Canada works with regional federations to offer Diversity Scholarships to help emerging co-op leaders pursue post-secondary studies. If you live outside of a region listed above, apply for a scholarship with your [regional federation.](#)

[Apply](#)

CHF Canada, Suite 311, 225 Metcalfe St., Ottawa ON K2P 1P9
www.chfcanada.coop | info@chfcanada.coop
Toll-Free: 1.800.465.2752

SAIT SUMMER CAMPS

DO SOMETHING DIFFERENT.



We set out to be different from most day camps — we involve Sait instructors and industry professionals in our program development and delivery, giving campers the chance to engage in activities that inspire and embrace their interests and create opportunities for insight, creativity and career exploration. **Camp experiences include: trades, technology, business, science, and more.**

We take pride in our camp model as well as our reputation for delivering fun, educational camps that engage youth and encourage them to tap into their potential. Our camp leaders are trained to keep your child's physical safety in mind and our camp culture is based on the principles of **inclusion, mutual respect and teamwork.**

Camps are available for youth in **grades 4-12**, with engaging opportunities for all youth across this age range.



SCAN THE QR FOR MORE INFORMATION

-  403-210-5650
-  @SAITyouth
-  @SSC.SAIT

SAIT SUMMER CAMPS

BURSARY PROGRAM.



SAIT Camps offers a unique blend of programs to students entering grades 4-12. Known for its non-traditional offerings, and hands on learning environment students are able to explore their passions in a variety of different fields including: trades, technology, business, and STEM.

SAIT recognizes that **financial challenges** can impact a child's ability to explore their interests in any of these fields. Sait has bursaries available to families based on financial need. **One bursary will cover the cost of participating in a one-week summer camp per child, plus the cost of the hot lunch program. Families who have multiple children are able to apply for one bursary per child.**



SCAN THE QR FOR MORE
INFORMATION

-  403-210-5650
-  @SAITYouth
-  @SSC.SAIT

Just For Fun!

Shortbread Cookies

Ingredients:

- 1 Cup Butter
- ¼ Cup Brown Sugar
- 2 Cups Flour

Directions:

1. Cream first two ingredients together, then add the flour and knead well.
2. Roll dough into small balls and flatten with a fork on an ungreased baking sheet.
3. Bake at 350°F for 10 minutes until light brown.



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.

For Sale:

I have some clothes for sale. New dress suits plus other clothes. Never worn, lost weight.
Call Irene - 403-242-1934



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

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

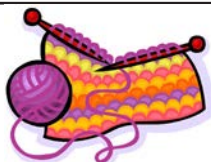


Childcare:

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

Knitted Dish Cloths for Sale:

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



For Sale:

Samsung 55" OLED Smart TV
4K / HDR 32x / OTS / Game Mode
Bought in November 2022 for \$3500, asking \$2200.
Call Ashael Jarvis (K685) 587-625-2174

Dog Training & Mobile Grooming - Tyler Breland

Email: fenrirtrainingandgrooming@gmail.com
Location: Calgary, Alberta
Phone: 587-226-1758
@fenrirtrainingandgrooming
www.facebook.com/FenrirDogTrainingandGrooming



Super Scoopers

Kody: 403-510-4139
Facebook: superscoopers
Email: 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
#55 10001 Brookpark Blvd. SW
Calgary Alberta
canadiangolden@gmail.com 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

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:

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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
MARCH 10	11	12	13	14 EDUCATION, INVOLVEMENT, AWARDS @ 6:30	15	16
17	18 FINANCE COMMITTEE @ 6:00	19	20	21	22	23
24	25	26	27	28 BOARD OF DIRECTORS @ 6:30 PM	29	30
31	APRIL 1 NEWSLETTER @ 7:00	2	3 PROPERTY MAINTENANCE @ 5:00	4 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	5	6
7	8	9 MEMBERSHIP @ 7:00	10 COOP SENIORS INTERESTS @ 1:30PM	11 EDUCATION, INVOLVEMENT, AWARDS @ 6:30	12	13
14	15 FINANCE COMMITTEE @ 6:00	16 MEMBERS MEETING @ 7:00 @ GRACE LUTHERAN/ ZOOM	17	18	19	20
21	22	23	24	25 BOARD OF DIRECTORS @ 6:30 PM	26	27
28	29	30	MAY 1 BOARD OF DIRECTORS @ 6:30 PM	2 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	3	4
5	6 NEWSLETTER @ 7:00	7	8	9 EDUCATION, INVOLVEMENT, AWARDS @ 6:30	10	11
12	13	14 MEMBERSHIP @ 7:00	15	16	17	18

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 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

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Kelly Edwards

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

Retrofit Task Force

Board Liaison: Wendy Wilson

Committees can be contacted through Janine Bell by emailing janine@sarceemeadows.coop or calling 403-246-2746 Ext. 102.

