

Connections

Your SMHC Newsletter

May 2023

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Land Acknowledgement

For hundreds of years the people of Treaty 7 region have been building communities on the land known as Moh'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

Hope members are enjoying our beautiful warm Spring weather. Friendly reminder not to turn on your outside tap(s) just yet even though we are experiencing above average temperatures. Yes, the grass is getting green but please let Mother Nature water our lawns until we can turn on the taps.

Currently Jon and the staff are working on the budget for financial year 2023-2024. The plan will be presented at the Big Budget Meeting with the Board and Committee Chairs to be held on Wednesday May 17, 2023, location to be determined. The proposed budget will then be presented to membership for your approval at the June 22, 2023 Members Meeting.

Happy Mother's Day and Happy Victoria Day!

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



GENERAL MANAGER'S REPORT

What a first week of May we have had. I hope that all of you have managed to enjoy some of this great weather. The Grounds Guys continue to work on the spring clean-up and as outlined further in From the Team at B50, will begin cutting the grass at the beginning of June.

Thank you to everyone who expressed interest in the part-time gardening roles. We are currently interviewing and will be making a decision next week. These roles will help us ensure that our gardens are well maintained and available for all members to enjoy.

We continue to finalize the plan for the retrofit. I know it is disappointing that the May meeting has to be delayed but we are working very closely with CMHC to get the final paperwork. We will be rescheduling the meeting as soon as we have all the documentation from CMHC.

In the meantime, you will begin to see more people from CANA and other tradespeople on site. CANA is preparing to tender the work to the trades and will be hosting site walk-throughs.

We have also issued our Request for Proposal (RFP) for Waste, Recycling and Compost Management. The RFP was sent to eight different companies and on May 4th we hosted a site visit. The RFP closes on May 19th, and we will review and provide a recommendation to the Board of Directors at their June meeting. The new agreement will begin September 1st, 2023.

Thank you to Al Wright, Oliver Hadrys, and Azhar Manzoor for agreeing to participate in the review process and help develop a recommendation for the Board of Directors.

Finally, as all of you know we are in the middle of an Election Campaign. I encourage all of you to educate yourselves about the candidates and more importantly to vote on May 29th. The Governmental Elections Information Committee is working hard to collect and share information about the candidates so please keep an eye out for their information.

Thank you,

Jon Jackson, General Manager

FROM THE TEAM AT B50

Bicycle and Pedestrian Safety: With the great weather lately it is great to see everyone getting out and about, from kids in the playgrounds, residents out for a stroll or walking their dogs, and kids/teens out on 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!

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 to fast on their bikes, as noted above.

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

Big Bin: The Big Bin is arriving on Thursday May 18th and will stay until Wednesday May 31st. This is a chance to dispose of larger items that don't fit in the regular bins. Please leave your items next to the big bin inside the yard so that our team can pack the bin with maximum efficiency. When dropping items off after hours, please be sure not to block the yard gates.

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 Monday May 22nd, 2023 for Victoria Day.**

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

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

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

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

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

THE GROUNDS GUYS:

Spring Clean-up: The team from The Grounds Guys are hard at work doing the spring clean-up throughout Sarcee Meadows. They are trying to tackle the worst areas first, including areas where the first snowfalls of winter ended the fall clean-up too early. All areas will get a thorough spring clean before the regular lawn cutting schedule begins.

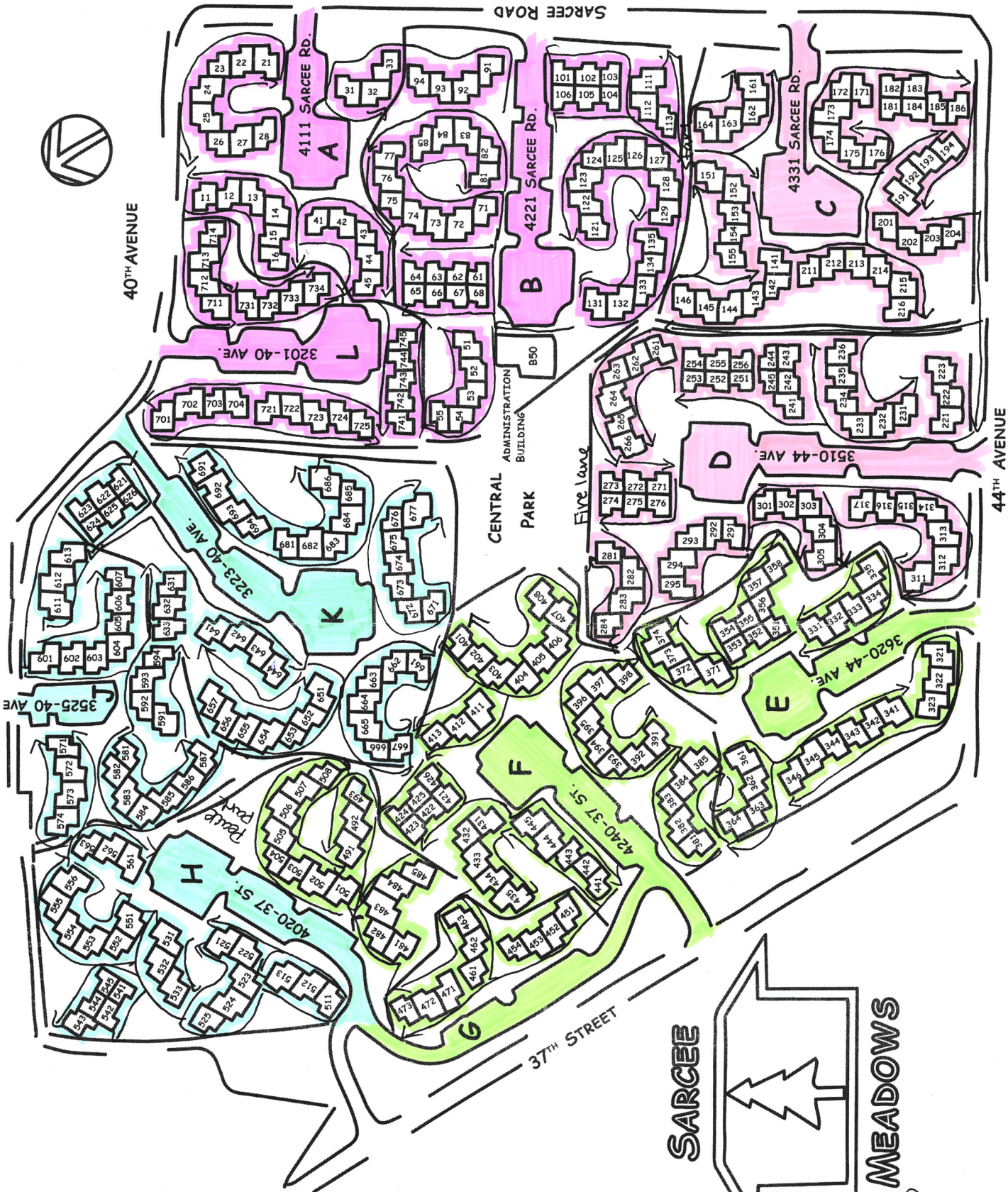
Lawn Cutting: Regular lawn cutting will not start until the beginning of June as many studies have shown that the “No Mow May” conservation initiative can increase abundance and diversity of wildlife in our yards, especially pollinators. Allowing more flowers to bloom, yes, even the dandelions, will offer bees and other pollinators more floral resources at a critical time in their lifecycle. However, Ground Guys acknowledges that some areas tend to grow faster and may need cutting sooner. If you see an area that might need cutting prior to June 1st, please notify the office and The Grounds Guys team will check it out. The same applies to any concerns you may have throughout the season. If you notice any area that needs extra attention, please let us know and The Grounds Guys will get there within a day or two.

Cutting Schedule: Once regular lawn cutting begins The Grounds Guys team will be following a four day a week cutting schedule from Tuesday to Friday. **Please check the list below carefully and 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	Tuesdays
K, J, and part of H (H551 – H563)	
Day 2	Wednesdays
Remainder of H (H481 – H508), G, F, and E	
Day 3	Thursdays:
C and D	
Day 4	Fridays
L, A, and B	

You can also check out the map on the following page for a visual representation of the schedule. It is important to note that they have revamped their schedule and workflow from previous years so your regular cutting day from last year may not be the same for this year.



SARCEE

MEADOWS

- Day one - K, J, half of H
- Day two - last of H, G, F and E
- Day three - C, and D
- Day four - A, B

Committee Reports

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

Funding Season - Last Chance!

Be sure to check out all the funds available to assist SMHC members.

- Medical Assistance Fund
- Education Fund
- Seniors Assistance Fund



The forms are attached at the end of this newsletter or can be picked up at the office. **Deadline for applications is May 31, 2023.**

PROPERTY ENHANCEMENT COMMITTEE

We feel that many members require a re-education of the compost bins, the garbage and recycling containers.

- Boxes need to be broken down or flattened before going into the recycling container.
- Food does not go into the recycling containers; it goes into the compost bins as does yard waste.
- Furniture and oversized items do not go into the garbage containers and shouldn't be left beside them.

Furniture and oversized items need to go into the Big Bin at B50 when it is here - usually three times a year.



NEWSLETTER COMMITTEE

We wish all of the mothers everywhere a very happy Mother's Day. This is your special day and gives your family a chance to thank you for all you do for them.

This month we have a contest for you so be sure to check out all the details to the right! → → → → →

We have many new articles that we have written, and also look forward to receiving any articles you may want to include in the newsletter or your ideas for future articles.

Those of you who like to go camping are probably getting things ready for the Victoria Day weekend.

Whatever you decide to do, have a great time!

Delivery person needed: We have two more Block Rep delivery routes available, this time in B section. One is for a section of thirteen units, with six units currently receiving paper delivery. The other is for a section of twelve units, with seven units currently receiving paper delivery. Please contact the office if you would like to take one of these routes.

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!

Our colouring contest is back! Near the end of this issue of Connections are four Colouring Contest entry forms for ages 0-6, ages 7-11, ages 12-15, and ages 16-105! Get your creative juices flowing, colour the pages however you wish, and submit them to the office for a chance to win a \$25 gift card. There is one prize for each age group.

Deadline for entries is June 3rd, 2023! Extra entry forms can be picked up from the office if your household has multiple people in one age group, or if you receive your newsletter by email.



CO-OP SENIORS ISSUES (CSI)

Greetings Co-op Seniors Members. The days are marching on, and here it is May already. The days are warming up with warm Spring sunshine. The grass and trees are getting greener, plants that have been asleep all winter are bursting forth with spring blooms and of course the sounds of the many birds that return to Sarcee Meadows every spring can be heard daily. May is also the beginning of lots of spring activities in and around Sarcee Meadows. The Seniors interests committee is always looking for new members with new ideas to come and join us. A reminder that our **next meeting** is on **Wednesday, May 10, 2023 at 1:00 pm B50**. We hope to see a new face or two then. We are currently making plans for a 'special Seniors section in conjunction with the Summer Barbecue planned for August by the Entertainment Committee.



May is also the month in which we honor a very special person in our lives and that is **Our Mothers**. So, a very, very **Happy Mother's Day** to every mother and grandmother living in Sarcee Meadows and to the mothers and grandmothers who live a distance away from us. May this be a Special Day for you all.

May brings the arrival of the 'Big Bin' to Sarcee Meadows for disposal of large unwanted items accumulating in our homes. Watch for a notice about this. A **Lawn Sale** is also being planned for June 17, 2023 so you can plan to gather items for this event as well. It just so happens that June 17, 2023 is also **NEIGHBOR DAY!** Our Good Neighbors at **Rutland Park** are planning a special celebration for this event, especially since it is also the date of their **50th Anniversary**. Doesn't June 17 sound like a very exciting day!! A reminder: Sarcee Meadows residents are members of Rutland Park Community Association so you can feel free to wander about the Meadows and Rutland Park on that day and have a great time visiting or participating in the Lawn Sale or enjoying time with our neighbors in Rutland Park. Mark your calendar for these special events.

Take care everyone and enjoy the Spring!

GOVERNMENTAL ELECTION INFORMATION COMMITTEE

(Former Lobbying Committee)

It's official! The Alberta Provincial Elected will be taking place May 29, 2023. The Governmental Election Information Committee (GEIC) met for the second time on April 19. Calgary-Currie candidates Janet Eremenko (NDP) and Nicholas Millikin (UCP) were sent letters asking specific questions regarding their stance on affordable and sustainable housing.

Information obtained from their responses will be utilized in the creation of the brochure that will be distributed to all members. The hopes is that the brochure will assist in your decision-making when voting at the polls.

If you are interested in joining our committee we would be happy to welcome new faces! All Committee meetings are facilitated on the ZOOM platform to accommodate everybody's busy schedules, and at the same time to allow to contribute to our beautiful Sarcee Meadows community.



ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

The Annual SMHC Lawn Sale is coming up on Saturday June 17, 2023, which just happens to be the City of Calgary's 10th Annual Neighbour Day! What a great way to get out and visit your neighbours and maybe pick up a few new treasures!

Once again there will be no entry fee and we welcome participants to set up wherever it is most convenient for you. This includes your own yard or on any of our side streets i.e., Sarcee Road, 44 Ave, or 40 Ave. Please do not set up directly on 37 Street! However, yards just off 37 Street with parking lot access are okay.



Please contact the office by Wednesday June 15th to register your participation and indicate where you will be setting up. We want to ensure that all units and street locations are properly advertised for others to find you.

Check out the flyer in this issue for more details!

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 units
throughout Sarcee Meadows***

Entry Fee – FREE!

*(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>)*

Please NOTE:

If you plan to set up a table, please contact the office by Wednesday June 15th to register your participation and indicate where you will be setting up (Unit # or Street Name). We want to ensure that all units and street locations are properly advertised for others to find you.

This is just to ensure that we place signage appropriately so that plenty of bargain hunters can find you and all your wares!

Community News

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

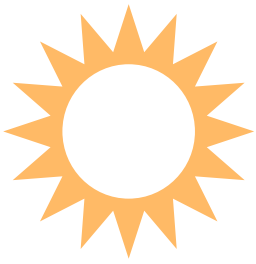
BEAM

EMPOWERING GIRLS TO SHINE

THE SALVATION ARMY
FAMILY RESOURCE CENTRE
1731 29TH STREET SW



Giving Hope Today



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



Visit calgary.ca/cleanups for more information. Did you know you can access any clean up event in the city

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.



AUDREY TEMPLETON (BLENDER)

February 17, 1944 – April 6, 2023

It is with much sadness that we announce the passing of Audrey Templeton on April 6, 2023, at the age of 79.

Audrey and Barrie moved to Sarcee Meadows as original members in April 1972. She soon became involved - learning, volunteering, and actively promoting the concepts of co-operative living. That process turned into her employment for many years until her retirement.

She truly was an advocate of a lifestyle she believed in. She was the calm, steady soul in her co-operative work- wearing many hats over the years. She was loved and respected by those who had the opportunity to work and play with her.

Mobility and health issues prevented her from being as involved in later years, but she loved her community and the friends she made.

She will truly be missed.

Audrey is survived by her husband Barrie, daughters Susan (Gord), Gillian (Aaron), son Mark (Catherine), 6 grandchildren and 3 great grandchildren and her sister Lois (Dalton).

A celebration of life will be announced at a later date.

In addition, the Calgary Herald Obituary may be viewed here: <https://calgaryherald.remembering.ca/obituary/audrey-templeton-1087496444>

REMEMBERING AUDREY TEMPLETON

Respectfully submitted by Kathy Aubichon

I asked some of our long-time members here in Sarcee Meadows to share their thoughts and feelings about Audrey Templeton. Audrey's legacy will live on for years to come. Rest in Peace dear friend.

Carol Davis: I was so fortunate to meet Audrey shortly after move in to SMHC so many years ago. She really did get involved right away and stayed that way for all these years until health issues became challenging. Audrey was one of our coop educators at AHEAD when I was executive director and I remember well all the challenges we faced in those years both developing new coops and doing some management assistance with a few already built. Her calm demeanour was such a blessing. Outside work we were friends and enjoyed several travel adventures - she even stayed calm when I drove us the wrong way down one-way streets in old Montreal in a huge Lincoln Town Car!! What fun we had.

RIP dear Audrey.

Continued from page 11

Betty Jensen: One thing I loved about Audrey is that she was always there when she was needed, whether within our co-op, in the broader neighbourhood or wider co-op community or when we personally needed her. I was with our son Dave when he was told he would need a heart transplant. It was devastating news. After he and I talked this over a bit, I really needed to have someone with me, to help me cope with this news. My husband Bob was out of town. I phoned Audrey where she was working at SACHA's office and asked her to come to the hospital. She came right away and stayed with me and supported me until I was able to return to be with Dave. Audrey was our 'family and friends' contact person two years later when our family was with Dave in Edmonton for his heart transplant. When I phoned her with the first update, she was sitting by her phone and answered immediately. It was a miracle she was there because she and her family had been out camping but she had tripped on the trailer stairs and broken her ankle so they had returned to Calgary. So, there she was when I phoned her! She faithfully made many many phone calls throughout our 13-day time in Edmonton to keep folks updated about how Dave and our family was doing. The day we brought Dave home from the hospital, we were greeted with some toilet-papered trees and welcome home signs that had been made by Audrey's daughter Gillian and some other neighbour kids. And in our fridge was a lovely dinner provided by Audrey and a nearby neighbour! Audrey was always a good listener and would quietly size up a situation with a co-op group we were consulting with or when teaching a course together. She would know just when to interject her words of wisdom or clarify any issue that came up. She was a great team player. I feel blessed to have had dear Audrey as a wonderful friend and co-op colleague for more than 50 years. I will miss her calm and joyful presence in my life.

Susan McConell: I am very sorry to hear of this profound loss. ♥

Maria Brogowski: I first met Audrey in the office of Ramsay Heights when I came to apply for a unit. She "converted" me to cooperative living. She was very helpful when I started working for Ramsay.

I will miss her very much.

Louise Hodder: Audrey was always a gracious lady; I loved her calmness & gentleness always greeted everyone with a smile & so happy to see you!! When Clay & I decided to join Sarcee Meadow's way back in 1983 it was Audrey that invited us into the fold, she was so happy that we were submitting our application & that we would be part of the Sarcee Meadow's family!! Thank you, Audrey for being that wonderful person!!

Rest in Peace sweet Audrey your work here on earth is done!!

You will be missed!

Me - Kathy Aubichon: Audrey leaves behind a legacy here in SMHC and in Co-ops near and far. Audrey celebrated her 79th birthday in February. She and her husband Barrie moved into SMHC in the very beginning in 1972. She was an active volunteer from that time on. Over the years she has had many committee involvements as well as serving on the Board of Directors. Audrey was one of the leaders who became active with AHEAD - the Resource Group that developed five of Calgary's housing co-ops and assisted in Management in several more. She was one of the founding members of SACHA and worked for SACHA for many years before her retirement. Audrey was an educator for housing co-ops teaching many courses for CHFC/SACHA, including a most memorable assignment to teach in Latvia! Her calm and caring approach to problems was greatly admired by many. Despite health issues, Audrey has always been an active member, a good neighbour and a great friend to so many. She will be sadly missed.



PHILIP STEPHEN BUCKINGHAM

December 26, 1934 - April 14, 2023

It is with profound sadness that, with permission of the family, I announce the passing of Mr. Phillip Buckingham. Phil, 88, passed away peacefully on Friday, April 14, 2023 after a sudden illness. There are many words to describe Phil. Funny, smart, witty, caring, generous, charitable ... but most of all he was a true blue Newfoundlander and lived life to it's fullest. His family and friends meant everything to him. Phil and his wife Carolyn have been members of SMHC since 1974 (49 years).

You can click on this link to take you to the details of Phil's obituary from McInnis & Holloway:

<https://mhfh.com/tribute/details/42429/Philip-Buckingham/obituary.html#tribute-start>

Below is an interview that Slawa did with Carolyn and Phil for our 50th Anniversary Newsletter. For those of you that don't know Phil and Carolyn it will give you an idea of what a beautiful family they are.

Carolyn, you are in our thoughts and prayers. If you need anything at all please don't hesitate to reach out to us. If anyone would like to drop off a card or note you can do so at H525 or email Carolyn Buckingham car.buck@shaw.ca

Sending love and hugs, Kathy (Aubichon)

Carolyn and Phillip Buckingham

Interview by Slawa Gruszczynska

Born and raised in Newfoundland, Canada Carolyn and Phillip Buckingham, along with their three young toddlers, set off on the most amazing adventure! Between 1971 and 1973 the young family sailed on a Russian liner to Europe where they began exploring 17 different countries - camping along the way. By 1974 their oldest child, Jeff, was ready for Kindergarten so the family returned to Canada and joined the SMHC family. They initially moved into "K" and as their family grew to include 5 children they moved into a 4 bedroom unit in "H" where they still reside today.

Carolyn was keen to volunteer and immediately joined the Membership Committee at SMHC. As her family grew she needed more time to focus on them and her full time position as a nurse at the Foothills Hospital so stepped away from the committee.

Phil was working in Sales & Marketing and was very involved with the Separate School Board, as all 5 children would attend Catholic school. He would become one of the key people involved in establishing the French Immersion System in Calgary schools.

In 2005 Carolyn retired from nursing and began to pursue her dream of visual arts. She is an accomplished painter and now has time to spend with her large family. Her volunteer spirit which was awakened here at SMHC has continued as well. She volunteered with Samaritan's Purse and travelled to New Orleans to help with the clean-up and rebuilding following Hurricane Katrina.

Thank you to Carolyn and Phillip for sharing their story and for spreading the value of cooperation and community both locally and globally.



Carolyn and Phillip Buckingham (front row) pictured with their children and grandchildren.

THE SOUP BOLER

Who doesn't love a hearty bowl of soup? And it's even better when you don't have to make it yourself! Check out The Soup Boler as a great option to have tasty soups delivered right to your door. Great for busy families on the go or when you just don't feel like cooking a big meal!

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

It's time for
Soup!



Visit thesoupboler.ca
Free delivery within Calgary & Area



www.facebook.com/thesoupboler

Education & Awareness

MAY DAY

Respectfully submitted by Megan Jovie

May 1st is International Workers' Day, also known as May Day, an event focused on solidarity amongst labourers and educating the public on workers' rights. It began in 1886, when the Federation of Organized Trades and Labor Unions held a protest in an effort to establish a standard 8-hour workday and end the inhumane treatment of lower-class workers. More than 300 000 workers across United States joined the protest and walked out of their workplaces on a general strike. 2 days into the strike, on May 3rd, the police in Chicago became violent in their disbursement of the crowds, and an additional demonstration was planned for the following day at the famous Haymarket, to protest police brutality. As this demonstration on May 4th was peacefully winding down, a never-identified individual threw a bomb into the crowd, inciting a riot that killed at least 7 police officers and 8 civilians, and injured dozens more.

This riot set off a wave of brutal protest repression, culminating in the arrest and conviction of 8 men charged with anarchist violence. This trial is now considered to have been deeply sensationalist and biased, and all 8 men were sentenced with the death penalty or a lifetime in prison, despite a complete lack of hard evidence. By the time the sentence was appealed and overturned 6 years later, 4 of the men had been executed by the state, and 1 had taken his own life. These men became known as 'The Haymarket Martyrs', and a few years later, in 1890, a coalition of European labour unions organized a demonstration in honour of their memories. This demonstration included hundreds of thousands of attendees, all protesting in solidarity for dignity and fair working conditions. May Day is now recognized in over 60 countries worldwide.

<https://www.history.com/topics/holidays/history-of-may-day>

<https://www.thecanadianencyclopedia.ca/en/article/international-workers-day-may-day>

CINCO DE MAYO - CELEBRATION ON MAY 5TH YEARLY

Respectfully submitted by Jenn Jenkinson

Cinco de Mayo is often a celebration which seems to take hold of people all across North America, not just in Mexico, as it's a fine time for imbibing in a few shots of tequila and much laughter and merriment. Often, I come across people who hold the misconception that Cinco de Mayo is Mexican Independence Day. It is not, Mexican Independence Day is celebrated on September 16 annually celebrating the Mexican declaration of war against the Spanish colonial government in 1810.



Cinco de Mayo isn't widely celebrated in Mexico as it commemorates a single battle which took place in 1867 called the Battle of Puebla. The battle was against French forces who were attempting to secure a foothold in Mexico which at the time was struggling with both internal strife and financial ruin. The country, under President Benito Juarez, had defaulted on loans from several European powers and France was one of those countries determined to recoup the losses. The Mexican forces were bolstered in their efforts to fend off the French by aid from their American neighbours as so many Mexicans now called the Border States, which were formerly part of Mexico, their home. The French were defeated in this battle and although it was not considered a major victory in the conflict with France it was a symbolic victory which inspired the Mexicans to overcome their French invaders.

The celebration of Cinco de Mayo in Mexico is largely confined to the State of Puebla

Continued from page 15

where the battle took place, it is not a nationally recognized holiday and for most Mexicans it's just another day. In the United States, Cinco de Mayo has become a celebration of Mexican culture & heritage especially in those areas that have a large and active Mexican-American population. Today, Cinco de Mayo, is celebrated with parades, mariachi music, Mexican folk dancing and, of course, plenty of food including tacos and mole poblano.

Here in Canada, many of us recognize Cinco de Mayo on our calendars also. Some may do so simply as another reason for a party, as what Canadian doesn't enjoy a fiesta? But others, who are regular travelers to Mexico or even snowbirds who spend their winters there, have grown love and appreciate the



Mexican people, the food, the culture, the music and the spirit of family and togetherness they have experienced in Mexico. I will likely make some tacos on May 5 again this year in honour of the many wonderful amigos and amigos I have come to know there, who have willingly shared their hospitality, their customs, their recipes, and their hearts with me along the way. To my Mexican Familia – “Te Saludo” (I salute you)

MOTHER'S DAY

Respectfully submitted by Slawa Gruszczynska

In Canada, we will celebrate Mother's Day on May 14.

It is not a statutory holiday, but one of the most celebrated occasions around the world. Most, out of over 50 countries, celebrate Mother's Day in May.

In the USA, it is the busiest phone day of the year, with over 122.5 million calls. And over 120 million of cards are exchanged.

In Canada and other countries, flowers and chocolates and jewellery sales are busting the business owners. Restaurants are booked in advance weeks prior to this popular day.

Millions of mothers are recognized for their social, professional, cultural contributions not only to their families, but society.

Flowers and cards bring joy to Mom's hearts and lift their spirits.

However, there are other ways of celebrating Mother's Day that have no monetary value, but deeply embedded currency of love. Creating precious and long lasting, fuzzy feelings.

Moms cherish homemade cards and drawings displayed with pride on the fridge.

Coming home from work, they are surprised by dinner prepared by Dad and children.

They are presented with a basket of cooking baked by a child in secret at the neighbour's house next door.

A virtuoso concert performed on a recorder, rehearsed by a 6-year-old, while only two weeks in the program.

A bouquet of flowers made of paper, richly decorated with sparkles.

Many attics and trunks or shoe boxes are carefully guarding such treasures for years. Once discovered, they are a source of revived memories, storytelling times and often inspiration for many books and poetry written today.

Let's hope, that Mothers around the world have reasons to smile.

Mother will always be the Mother.

A stylized green cursive word "Mom" with a pink flower and green leaves.

CYSTIC FIBROSIS AWARENESS MONTH

Respectfully submitted by Wendy Thomson

Cystic Fibrosis (CF) is an inherited disorder that causes severe damage to the lungs, digestive system, and other organs in the body. CF affects the cell that produces mucus, sweat and digestive juices. These secreted fluids are normally thin and slippery, but in people with CF, a defective gene causes secretions to become sticky and thick. Instead of acting as lubricants, the secretions plug up tubes, ducts, and passageways, especially in the lungs and pancreas.

As a result of newborn screening, CF can be diagnosed within the first month of life before symptoms develop. Some people may not experience symptoms until their teenage years or until they become an adult. Those people diagnosed when they are an adult usually have milder disease and likely have atypical symptoms.

To get CF you have to inherit a mutated copy of the gene from both of your parents. If you inherit only one copy you won't have the symptoms but will be a carrier of the disease. That means there is a chance that you could pass it on to your children.

Respiratory signs and symptoms

CF clogs the tubes that carry air in and out of your lungs. Because of the thick and sticky mucus signs and symptoms may include: a persistent cough that produces thick mucus, wheezing, exercise intolerance, repeated lung infections, inflamed nasal passages or a stuffy nose and recurrent sinusitis. Treatment includes therapies and medications, such as antibiotics, anti-inflammatory medication, bronchodilators, mucus thinners and CFTR modulators. Physical therapy includes breathing exercises designed to push air between layers of mucus and your chest wall. They make it easier to cough up the gunk and ease blocked airways.

Digestive signs and symptoms

The thick mucus can also block tubes that carry digestive enzymes from your pancreas to your small intestine. Without these digestive enzymes your intestines aren't able to completely absorb the nutrients in the foods you eat. This can cause trouble with bowel movements or frequent greasy stools.

Over the last two decades there has been a big improvement in survival rates for people with CF. People with CF are living to a median age of 50.9 years in Canada compared to 40.6 years in the U.S., according to research published in the Annals of Internal Medicine. Dr. Anne Stephenson, a respirologist and CF researchers at St. Michael's Hospital identified three factors that seem to account for the differences in survival rates between the two countries. They are: number of lung transplants, health insurance status, and diet. CF is progressive and requires daily care, but people with CF are usually able to attend school and work.

CF requires consistent regular follow-up with your doctor. There is no cure for CF, but research is ongoing to find a cure. At this time researchers are continuing to find ways to ease symptoms, reduce complications and improve life.

Check out <https://www.cysticfibrosis.ca/blog/its-cystic-fibrosis-awareness-month-2/> for more information.

NATIONAL CYSTIC FIBROSIS AWARENESS MONTH



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/>

SPRING SCAVENGER HUNT

- 🌸 Find a yellow flower.
- 🌸 Find 3 different shaped leaves.
- 🌸 Find something that is red.
- 🌸 Find a spider web.
- 🌸 Find something that flies.
- 🌸 Name 2 things you see in the sky.
- 🌸 Find something that is long.
- 🌸 Find something that grows that is green.
- 🌸 Find 2 birds.
- 🌸 Find some water.
- 🌸 Find something purple.
- 🌸 Find something that crawls.

primary  playground



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.

FREE:

- 15 cubic inch freezer in working condition.
- Couch, Chair and Rocker Chair

Please call Eveline at 403-246-8688 if interested.



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

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 / Extensive 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.

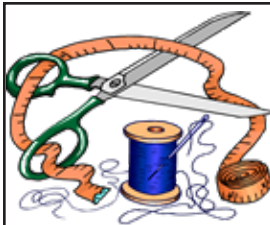
Ken Ranchuk

Knitted Dish Cloths for Sale:

Assorted colours and patterns.

\$2.00 each or 3 for \$5.00.

Call Tricia: 403-242-0048



Moments Fashion Solutions:

Need Alterations?

Italian Leather Products

Baby Boots

Contact Marzena

403-397-3779

www.momentsfashion.com

Super Scoopers

Kody: 403-510-4139

Facebook: superscoopers

Email: calgarysuperscoopers@gmail.com

Services:

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



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

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



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.



Marie Blain RN

canadiangolden@gmail.com

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



Fox Painting Ltd:

Interior and exterior applications, wood finishing. Staining, Spray painting. Surface preparation,

including scraping, sanding, caulking, masking as well as minor drywall repairs. Experience with enamels, epoxies, latex, stain, and varnishes.

Applications by roller, brush, and spray gun.

Residential and Commercial. Contact Derek

Adamski for a quote – Office Phone – 403-

203-4044, Cellphone – 403-616-7044, Email

derekadamski@shaw.ca

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
MAY 7	8	9	10 CSI COMMITTEE @ 1:00 PM PROPERTY ENHANCEMENT @ 7:00 PM	11 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 PM MEMBERSHIP @ 7:00 PM	12	13
14	15 FINANCE COMMITTEE @ 6:00 PM	16	17 BIG BUDGET MEETING @ 6:00 PM	18	19	20
21	22	23	24	25	26	27
28	29	30	31 ENTERTAINMENT & SOCIAL EVENTS @ 7:00 PM	JUNE 1 BOARD OF DIRECTORS @ 6:30 PM	2	3
4	5 NEWSLETTER @ 7:00 PM	6	7 PROPERTY MAINTENANCE @ 7:00 PM	8 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 PM MEMBERSHIP @ 7:00 PM	9	10
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

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



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

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@sarceameadows.coop

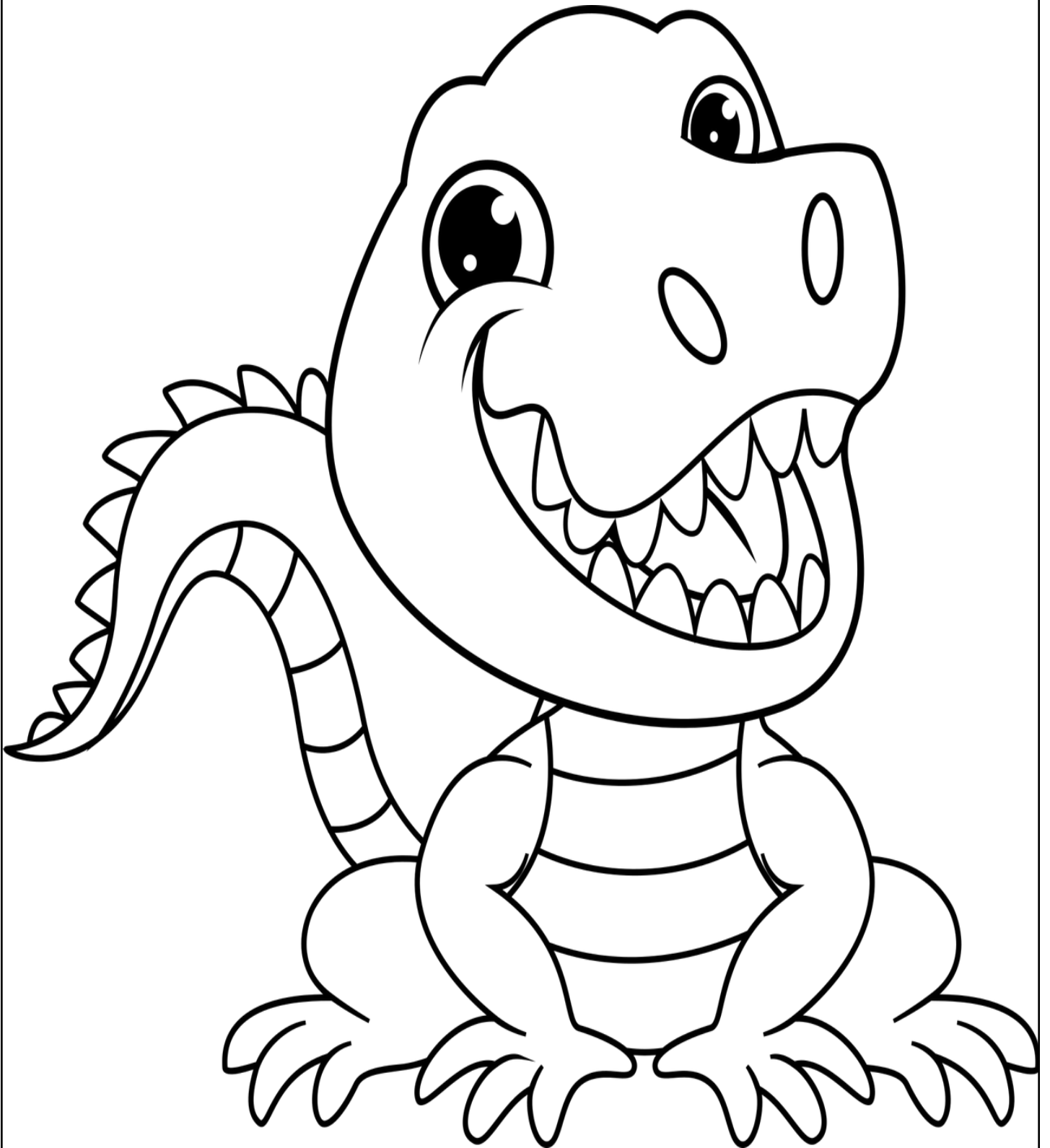


COLOURING CONTEST ENTRY FORM - AGES 0 TO 6

Name:

Unit #:

Age:

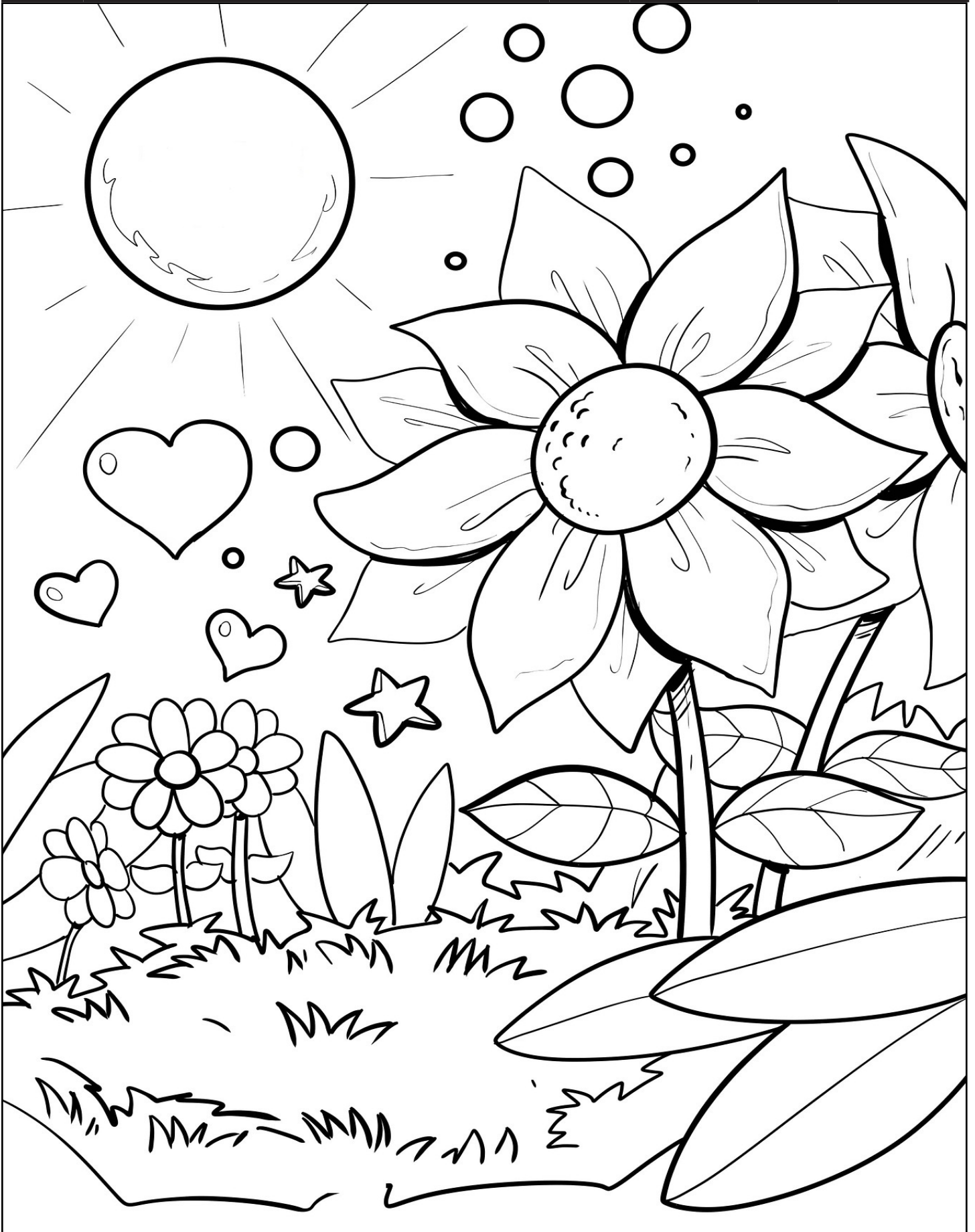


COLOURING CONTEST ENTRY FORM - AGES 7 TO 11

Name:

Unit #:

Age:



COLOURING CONTEST ENTRY FORM - AGES 12 TO 15

Name:

Unit #:

Age:



COLOURING CONTEST ENTRY FORM - AGES 16 TO 105

Name:

Unit #:

Age:



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

FUNDING OPPORTUNITY

Sarcee Meadows Education Fund

The Board of Directors established a MEMORIAL FUND in memory of Gerry Coates who died in October of 1986 after undergoing a kidney transplant. He had served on the Board and Committees for several years.

Gerry believed in co-operation. He also believed in family and community. Even though he had serious medical problems and very little extra time, he became involved in our co-operative and was a very active volunteer until his death in 1986. Gerry experienced personal growth from his involvement in Sarcee Meadows, and served as an inspiration to others for meeting challenges and achieving goals.

This fund offers a challenge and is designed to assist a family or an individual member of Sarcee Meadows who aspire to attain a personal goal. The goal should be in the area of - but is not limited to:

- Education (e.g. post-secondary, continuing, etc.)
- Athletics
- Fine Arts
- Personal Growth

Criteria is based on commitment and a need to accomplish the goal. Total amount of funds will be determined on a yearly basis. You will be called for an interview if your application is short listed.

Any member of Sarcee Meadows is eligible. A family may apply to assist their child in any of the above areas.

Applicants are to apply in writing, giving information pertinent to your request. If possible, state the amount of funding required, what it is for, past history regarding education, etc. -

To:

**Sarcee Meadows Education Fund
Education, Involvement and Awards Committee, B 50**

If you have any questions prior to submitting your letter of application, please contact Janine in the office and she will forward any queries to the Education, Involvement and Awards Committee.

APPLICATION DEADLINE IS MAY 31, 2023

May 31, 2023

Sarcee Meadows Education Fund
APPLICATION

Date: _____

NAME: _____ UNIT NUMBER: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Amount of funding required: \$ _____

Signature: _____

This application/nomination will be held in the strictest confidence.
A member of the Committee may contact you for additional information.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope OR
submit by email to Janine at janine@sarceemeadows.coop

APPLICATION deadline May 31, 2023

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Sarcee Meadows Medical Assistance Fund

To all families of school age children, kindergarten through grade 12

An endowment fund was originally established by the late Sheila Elliott prior to her passing. Her wish was to assist young families with school age children who face financial hardships while raising a family. The Board of Directors approved continuing this fund on behalf of Sheila. The amount awarded will be determined on a yearly basis.

Sheila was a nurse, teacher, and longtime member of Sarcee Meadows and knew all the many challenges faced when providing the necessities or little extras that arise when raising children.

The Education, Involvement and Awards Committee annually solicits nominations and applications for consideration and will select the applicant that best meets the criteria for need that Sheila set out.

The selection criteria are based on family need in the following areas:

- **Financial need**
- **Basic needs in regards to medical issues**, which include, but are not limited to, eyeglasses and dental care.

If you are a family in need or know a family who could use some assistance, please fill out the Nomination/Application form on the other side and return to the office on or before **May 31, 2023**.

May 31, 2023

Sarcee Meadows Medical Assistance Fund
NOMINATION - APPLICATION

Date: _____

NAME: _____

UNIT NUMBER: _____

NUMBER OF CHILDREN IN FAMILY: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Signature: _____

If nominating someone, please provide your own telephone numbers.

TELEPHONE NUMBER(S): _____ (H) _____ (C) _____

This application/nomination will be held in the strictest confidence.
A member of the Committee may contact you for additional information.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope OR
Submit by email to Janine at janine@sarceemeadows.coop

APPLICATION deadline May 31, 2023

May 31, 2023

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

FUNDING OPPORTUNITY

Sarcee Meadows Seniors Assistance Fund

Sarcee Meadows has an aging population. As senior members age, medical and other issues may present themselves. While a variety of assistance is available beyond the confines of Sarcee Meadows, our co-operative would like to assist where we can.

In recognition of challenges facing seniors in Sarcee Meadows, this fund has been established to supplement other means of support currently available in the broader community. **Please note that this fund is not intended to address payment of housing charges. Assistance in that area is currently available to members who qualify for subsidy.**

This fund is designed to assist an individual member of Sarcee Meadows with costs solely associated with medical needs, which include, but are not limited to:

- hearing aids
- prescriptions
- physio or rehab treatments
- additional hospital costs

Total amount of funds will be determined on a yearly basis. The applicant will be contacted if the application is short listed.

Any member of Sarcee Meadows over the age of 65 is eligible.

Applicants are to apply in writing, giving information pertinent to your request. If possible, state the amount of funding required and what it is for. Please use the Nomination/Application form on the other side and return it to the office.

To:

**Sarcee Meadows Senior Assistance Fund
Education, Involvement and Awards Committee, B 50**

If you have any questions prior to submitting your letter of application, please contact Janine in the office and she will forward any queries to the Education, Involvement and Awards Committee.

APPLICATION DEADLINE IS MAY 31, 2023

May 31, 2023

Sarcee Meadows Seniors Assistance Fund
NOMINATION – APPLICATION

Date: _____

NAME: _____

UNIT NUMBER: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Signature: _____

If nominating someone, please provide your own telephone numbers.

TELEPHONE NUMBER(S): (H) _____ (C) _____

This application/nomination will be held in the strictest confidence.

A member of the Committee may contact you for additional information.

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope OR

Submit by email to Janine at janine@sarceemeadows.coop

APPLICATION deadline May 31, 2023

May 31, 2023