

Connections

Your SMHC Newsletter

November 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

As the colder temperatures set in, we hope you had a fantastic fall, filled with things to be thankful for. We extend our gratitude to our members who attended our Membership meeting in October.

November is a significant month, marking Remembrance Day and the excitement of the upcoming holiday season. On this Remembrance Day, let's remember and honor those who served on the front lines, ensuring the freedom we enjoy today. We are deeply thankful for their sacrifice.

We want to remind everyone about our exciting "Light Up the Meadows" event happening during the holidays. For more information and to participate, please refer to the Entertainment & Social Event Committee's report in this issue.

As winter approaches, it's essential to turn off our outside taps. If you need assistance with this, don't hesitate to submit a work order.

Looking ahead, November is an excellent time to start planning for our January Annual General Meeting and to consider giving back to our community. Board Elections are on the horizon, and we encourage you to think about running for the Board of Directors. Volunteering in our community is not only fulfilling but also offers valuable opportunities for learning and personal growth.

We'd like to inform you that the Property Maintenance and Property Enhancement committees are being amalgamated into one committee keeping the Property Maintenance Committee title with Azhar Manzoor as the new Board Liaison. Additionally, after having to say goodbye to Jesse Harris, Joanne Mick has accepted an appointment to the Board and Krystal Dafoe is now serving as our Vice Chair for the Board until the reorganization meeting in February.

As winter settles in, we wish everyone a safe season and hope for stability and safety in the world.

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



GENERAL MANAGER'S REPORT

We have officially begun the Retrofit. Thank you to every Member who has been involved in planning the project, who has asked questions, offered insight, or attended our meetings. Earlier this week, CANA began the process with the assembly of the construction offices. Beginning next week, we will start selective demolition on Buildings 44 & 41.

While I will have a full update, including the updated schedule for each unit, next week I wanted to pass along a couple of notes regarding the retrofit today.

During construction, workers will be present around the units Monday to Friday from 7:30 am to 4:30 pm daily. Longer times may occasionally be required to deal with an unforeseen issue such as making weatherproof or safe for the night. While no workers will be parking on site, there may be times where we need to work with individual members to use their parking space. In each case we will work with the Member to provide alternative parking arrangements.

We also need to ask every Member to respect the safety protocols during construction. Active construction zones will be fenced off and signs will be displayed. Please do not enter a construction zone as this could be unsafe for both you and the workers.

After thorough research and discussions over the last several months, the Property Maintenance Committee is recommending two additions to the list of acceptable Home Improvements. Effective immediately, any member may install a bidet toilet seat in either their main floor or upstairs bathroom. The Property Maintenance Committee has selected a specific model of bidet seat that can be used in Sarcee Meadows. If you are interested in having one installed, please submit a Home Improvement Request and we will work with you on this.



The Property Maintenance Committee is also recommending the conversion of bathtubs to showers in our units. This approval is limited to Members who require this for accessibility or health reasons. We will be working with the Residential Access Modification Program (RAMP) through the province, who can help fund this conversion, so documentation will be required showing the need based on either accessibility or health. If you would like to discuss this further, please contact Mike Read or Jon Van Camp.

Most of you will by now have seen the new lids on the garbage and recycling bins. These were installed so that the lids could be closed and then easily opened by Members. By having our bins closed it helps prevent birds or other animals from getting into the bins and strewing the contents all over. We need Members help when putting garbage in the bins. When possible, please try to push the garbage or recycling to the sides of the bin so we don't end up with a pyramid in the middle of the bin. A little bit of time and care will help other Members and help ensure the areas around the bins don't end up with materials strewn all over.

We also need every Member to be aware of what they are putting in the recycling bins. When non-recyclable materials are put in the recycling bins Sarcee Meadows is charged a "Contamination Fee." This increases our costs and could result

in higher housing charges as a result. If you are unsure what bin to dispose something in, please contact the office and we will help you.

I hope everyone enjoyed Halloween and you got your share of chocolate! We are heading into my favourite time of year, Christmas! I am looking forward to walking Sarcee Meadows and seeing all the Christmas lights on the units.

Work Order Performance

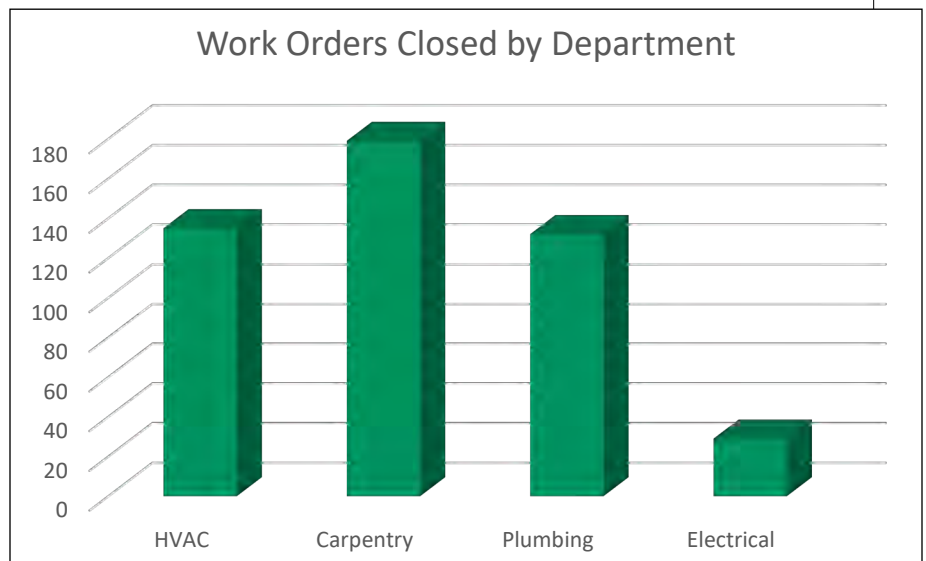
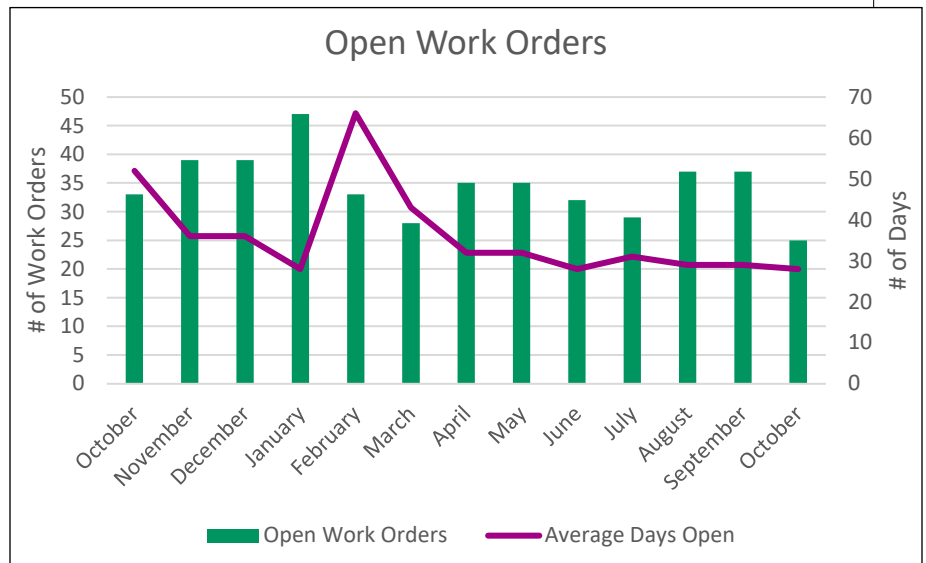
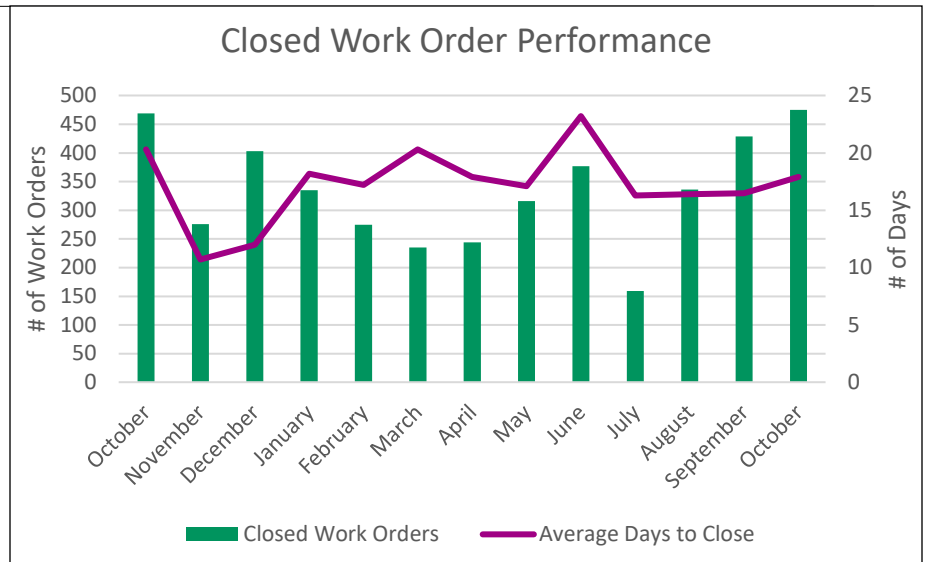
Beginning this month, we will include in the newsletter a summary of work order performance over the last month. The goal of this is to show the performance we are achieving in our Maintenance Team.

Over the last month you will see we have closed 475 work orders which is the highest we have achieved this year, while maintaining our average number of days to close. The slight increase we saw in average days to close is resulting from our continued efforts to clear the backlog of kitchen replacement that was caused by supply issues – our previous supplier closed operations after being back ordered for a number of months and our new supplier experienced some delays as we were onboarded.

We are also at our lowest number of open work orders for the year.

If you have any questions about this information please contact me, Mike or Jon V.

Thank you,
Jon Jackson
General Manager



FROM THE TEAM AT B50

Office Hours & Closures: Our 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, November 13th, 2023 in lieu of Remembrance Day.

New Mail Carrier: Most of our members and residents have probably noticed by now that our area has a new Canada Post Mail Carrier. While he is doing a great job so far, there are ways that we can help him out while he learns the area.

First, please ensure that every possible person or entity that could potentially send you mail has your complete and correct mailing address with the proper unit number. This includes all companies, organizations, banks, employers, agencies from all levels of government, clubs, charities, societies, magazine and catalogue subscriptions, friends and family, and so on.

Second, it is very important that you inform the office immediately of any new residents in your unit, especially if they might also be getting mail delivered to them.

Every day the office can get a pile of mail with missing, incorrect, or incomplete unit numbers. When we are lucky enough to find the name of the addressee as a member or resident in our database we can add the missing details for our mail carrier to deliver on the next business day. However, when we can't find the name or don't know of a new resident, these items are marked "Return to Sender". Either way these are delays in you or your residents receiving potentially important mail in a timely manner.



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

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

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

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

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

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

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

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

Committee Reports

CO-OP SENIORS INTERESTS

The CSI Committee of Sarcee Meadows recently held their November meeting. Time is certainly marching on. Summer has come and gone. Fall with all its' gorgeous colors this year is now over. And although we are still eating a bit of left over Hallowe'en treats, that festivity is over for another year as well. November 11th, 2023 is another incredibly special day, and that is Remembrance Day. A special time to remember all the Veterans who fought in two Great Wars and in Peace Keeping Missions. Let us not forget them and to pray for Peace all over the World.

The month of December will bring many gatherings of family and friends. One of those gatherings is happening right here in

Sarcee Meadows on December 3rd, 2023 from 2:00 pm to 4:00 pm in B50. This is our Annual Senior's Holiday Social for all the seniors in Sarcee Meadows. It is a come and go social complete with goodies and beverages, lots of laughs, and good conversations as we gather together with our many friends and neighbours. Please plan on joining us all for this fun event. Check out the Flyer in this issue of the newsletter for more info.

We hope to see you all there!!

Also, of note in Sarcee Meadows will be the beginning of the Building Retrofit. Please watch for information coming from the Office in this regard and pay close attention to where the construction work is being done to avoid these areas as much as possible for your safety.

Take care, everyone!

EDUCATION, INVOLVEMENT, AND AWARDS

The Education, Involvement, and Awards Committee would like to acknowledge a member who displayed their kindness and co-operative spirit in assisting a fellow SMHC member in setting up a recycling system. This is the co-operative spirit at its finest; neighbour helping neighbour to make us all stronger together.

We also want to let you know that we are giving consideration to rebooting the Random Acts of Kindness Program. Stay tuned for more on this in the New Year. A little kindness goes an extraordinarily long way.

*Respectfully submitted by Jenn Jenkinson,
On behalf of the Education, Involvement, and
Awards Committee*

NEWSLETTER COMMITTEE

Hello everyone. We hope you had a great Thanksgiving and now it's time to get everything ready for the Christmas season.

This month we welcomed our new Youth Writer, Theresa B.; we are looking forward to working with her (and her Mom, Colleen, too) in the coming issues of Connections! Look for Theresa's first article further in this issue.

New members are always welcome so let us know if you would be interested in joining the Newsletter Committee. As always, we have some great articles this month that we hope you will enjoy reading.

On Remembrance Day, November 11th, we hope you were able to take some time to recall what this day means to all of us!



ENTERTAINMENT & SOCIAL EVENTS COMMITTEE



Thank you to all those that came out to have some Halloween fun with us! While it may have been a quieter night for some, the weather was great, the hot chocolate was toasty, the tunes were monster-mashing, the hot dogs were tasty, and there was candy, chocolate, and chips-a-plenty handed out to those who did wander on by!



Before we move on to the many celebrations in the upcoming Holiday Season, it is important that we take some time on Remembrance Day to honour and all those who have sacrificed, served, fought, and died for our freedom along with the many more who continue to do so day after day all over the world. We will remember them.



Light Up The Meadows!

- To bring some cheer and add some beautiful colours and lights to our dark winter nights we are happy bring the “Light Up the Meadows” Scavenger Hunt back for another year!
- For those who love to light up your homes for us all to enjoy, you can pick up a new Scavenger Hunt ornament from B50 during office hours starting December 1st up to December 8th. Please be sure to add your ornament to your light display by December 10th.
- For those who prefer the thrill ... or maybe chill ... of the hunt, the Scavenger Hunt entry forms and list of units will be available after December 8th. Starting December 10th and until December 20th you can spend an evening or two strolling the neighbourhood, enjoying the lights, and keeping an eagle eye out for those Scavenger Hunt ornaments.
- All Scavenger Hunt entry forms must be dropped off at the office or in the night deposit box by December 20th. On December 21st, the forms with the most correct answers will be entered into a one prize draw and all units that picked up an ornament and participated as a display unit will be entered into a separate prize draw.

Happy lighting and happy hunting!



ELECTIONS COMMITTEE



... LOOKING BACK ... MOVING FORWARD ...

Thinking of becoming a Director on the new
SMHC Board of Directors in 2024?



Individually, our current board wrote 9 Great Reasons to join!

- D** – Decisions made at the board table were hard, but always thought through and hopefully for everyone’s best.
- I** – Investing in our community to ensure we have safe, energy efficient homes for generations to come.
- R** – Roller-coaster of learning with lots of personal growth.
- E** – Enlightening and Exciting Experience to serve the Eclectic members.
- C** – Co-operative Principles along with our Mission Statement kept the board mindful of the overall purpose of our SMHC.
- T** – A Tremendous and Treasured Time, Thinking and Talking with Talented Table-mates.
- O** – Oh, my goodness – so meaningful!
- R** – Respect, Reputation, Relationships, Reliable and Resolve
- S** – Simply a Superb Cooperative learning experience. – Sad it is ending Soon!

Please bring in or email your application to B50 by 4:00PM, December 28th, 2023

Thank you, Elections Committee



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.



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

NOTICE of

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

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

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

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

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

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

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

Your Voice is important - Looking Forward to Your Participation!

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

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

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

Thursday December 28th, 2023

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

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

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.
APPLICATION FOR THE POSITION OF
DIRECTORS OF SMHC

NAME: _____ **UNIT#** _____

To help our members determine their voting choices, please tell us a little about yourself and your reason for wanting to serve on the SMHC board of directors.

I verify that, as per Sarcee Meadows Housing Cooperative Ltd. Bylaws Sections 8.3 and 8.11, I am eligible to serve on the SMHC Board of Directors.

I accept the nomination for Director of Sarcee Meadows Housing Co-operative and have read and understood the Code of Business Conduct and Ethics Policy. (Copy is available from B50)

If elected, I will provide a Police Information Check and will sign the Code of Business Conduct and Ethics Policy of Sarcee Meadows Housing Co-operative Ltd.

Signature

Date

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.

About Myself 😊

By Theresa Britton

Hello! My name is Theresa. I'm 10 years old and I am a 5th Grade student at St. Andrew school.

3 years ago, when I was 7, I developed an interest in writing stories. I love creating things, so writing a story makes me feel so untied from the other things in life. It helps me relax too.

When I was 8, I realized I also was interested in art. I love to write stories and draw illustrations for it. A year ago, I did art classes. It was a very fun way to draw with other people and learn different techniques.

I love sports! My favorite sports are fencing, soccer, hockey, and badminton. I started doing fencing classes 6 weeks ago, and I just received my white badge. Now, I am working on receiving my yellow badge.

I also love music! Music is a way for me to create things I enjoy, too. I do piano classes. I'm trying to get very skilled at piano so I can create beautiful songs.

My family does a themed Halloween display each year. We also create a lot of our own props. It's a family effort, but we all love doing this for the community.

I was recently invited to be a Youth Writing in the Sarcee Meadows Newsletter. I am very thrilled to have this opportunity to share my writing with my neighborhood. Keep an eye out for my future articles!

• Theresa



MY TRIP TO THE HOLY LAND

Respectfully submitted by Musu Dadi

Last month, I fulfilled a lifelong dream of visiting Jordan, Jerusalem, Mecca, and Madina for pilgrimage. I had been praying to go to these sacred places for as long as I can remember. My time in Jerusalem was spiritually awakening but also filled with a different level of trauma. I am thankful for my therapist; I don't know how I would have been able to process it.

The challenges began with the border experience, what the GPS indicated would take less than 2 hours ended up taking 8 hours. I was separated from my husband. From the border to our hotel, we encountered multiple checkpoints where IDF soldiers would enter our bus. Despite these difficulties, we were blessed to pray in the almost empty mosque four out of five times, visit the Church of the Sepulchre, go to Mt of Temptation, and explore the old city with a tour guide. Whether one is allowed to enter the Al-Aqsa Mosque or not is at the mercy of the IDF soldiers. To go from our hotel to the mosque, what should take a quick 10-minute walk would take us more than 45 minutes with checkpoints and oftentimes humiliation such as being called “Muslims are all pigs, to go die in Gaza” to being intimidated and provoked. The time we were not allowed in, we were pointed at with guns and told something so vile, I refuse to write it down. We were not allowed to visit the Church of Nativity, nor were we allowed to visit the Tomb of Abraham (peace be upon him). This was my experience as a tourist but to witness Palestinian Muslims and Christians living five minutes away and not being able to visit their holy site was more than painful. The walls, the electric fencing, the rigorous checkpoints were incredibly painful and inhumane.

After returning back and taking each day slowly, I have been more than grateful to be living in a peaceful country like ours. So much to be thankful for. I remind myself again not to stereotype and paint everyone from one community with the same paintbrush, and who would know that better than me. I continue to have friends from different faith groups including Judaism and Christianity and I cherish those friendships even more after coming back, we all go back to father Abraham (Peace be upon him). When I get flashbacks I remind myself that this is not about one religion versus another but rather about the land, which unfortunately humans have been doing for far too long.

My experience has emphasized that we humans unfortunately keep repeating history, we remain silent when it's uncomfortable, we let a genocide unfold and perhaps condemn it a few hundred years later. Just like everyone, I too am learning about the history of that region more with sources other than the media outlets. I went in with a desire to pray without knowing much about the history and I came out thirsty for more knowledge. Just like everyone, I too am praying for a world where we humans can coexist peacefully. We all know too well that violence is not the answer.



Events



Christmas
CRAFT MARKET
NOVEMBER 18 10 - 4
3343-49 ST ALC-CALGARY.CA

Abundant Life Church is hosting a Craft Market with all church proceeds to benefit Next Step Ministries (nextstepministries.ca).



CRIB TOURNAMENT
Saturday, December 9
4:00pm to 7:00pm
Main Hall
\$30 Per Team
NO SINGLES
Bar Will Be Open!
Call (403)246-8218 or email info@myglamorgan.ca to register



PUB NIGHT
Saturday, December 9
7pm in the Main Hall

NEW!
Kids under 18 welcome until 9:00pm

Large Drink Selection
Snacks
Pizza \$5 for 2 slices
We accept cash, credit and debit



Senior's Holiday Social

Sunday December 3rd

2:00pm-4:00pm (Come and Go)

B50 Office lunchroom

SMHC members 60 and over please be sure to mark your calendars and save the date. We will have a come and go Social at the B50 office. Come and join fellow SMHC members for good conversation and tasty treats. Ladies and gents are both welcome. If mobility issues are stopping you from attending, please reach out to the office and we will help get you to the event.

Hosted by your SMHC Co-op Seniors Interest committee (CSI)



The SMHC Entertainment & Social Events Committee
presents

Light Up the Meadows

December 10th - December 20th

**Bundle up and enjoy the beautiful light displays created by your neighbors!
Lights will be on display for the Scavenger Hunt from 5:00pm to 10:00pm from
December 10th to December 20th.**

How do I participate?

To Light Up The Meadows

- Contact the office by 4:30pm on December 8th to have your display added to the Scavenger Hunt list and be entered to win a prize!
- Pick up your Scavenger Hunt ornament from the office from December 1st to December 8th.
- Add your ornament somewhere in your light display in a place that is secure and where it can be seen.
- **Light up the Meadows!**

(Please be sure to visit the units within the designated hours of 5:00pm to 10:00pm from December 10th to December 20th).

In The Scavenger Hunt

- Contact the office or check our website after December 8th for a list of participating units and an entry form.
- Make your favorite warm beverage, bundle up, grab your list, your family and friends, and find the picture on the ornament at each participating unit.
- To win a prize submit your completed entry form to the office by the end of day on December 20th.
- **Enjoy the Lights in the Meadows!**

(Please be sure your lights are on within the designated hours of 5:00pm to 10:00pm from December 10th to December 20th).



Southern Alberta Co-operative Housing Association

110 – 2526 Battleford Avenue SW Calgary, AB T3E 7J4 P (403) 233-0969 F (403) 237-9181

Board of Directors' Workshop City-Wide Board Course Getting Management and Governance Right



SATURDAY, NOVEMBER 25, 2023

9:00 a.m. - 4:00 p.m.

**Sunnyhill Housing Co-op to host at Calgary Curling Club
720 - 3 Street SW**

The workshop explores the board's role in Governance and Management and is a great way to:

- Introduce new board members to the range of directors' responsibilities and available tools for governing.
- Inform members and potential candidates for the board of how governance and management form a successful team. It can be a stepping stone for future involvement on the board.
- Offer a review of the different responsibilities of directors and management and is an opportunity for serving directors to share insights on how boards, members and staff can work effectively together.

We will discuss how your co-op can get the desired results from:

- Providing good Governance
- Ensuring sound Management
- Developing financial Literacy
- Understanding the board's legal Obligations

COST: 125.00 for members 190.00 non-members

To register for the course, email Susan Clayton <farmer@ucalgary.ca>

(Snacks and beverages will be supplied, please provide for your own lunch. The Curling Club has a restaurant.)

We require a minimum number of ten people to hold the workshop. There is also limited space so please register early. Workshop fees are not refundable unless the workshop has to be cancelled due to insufficient registrations. If the person registered cannot attend their workshop, they or their co-op should find someone else to attend in their place.

Visit us at www.sacha-coop.ca

Parent & Tots Weekly Drop In Program



Are you the parent of a tot and are looking to meet other parents in your community?

Join our NEW

Parent & Tot Program

Tuesdays 9:30am to 11:30am

In the Seminar Room

Drop In

\$3/parent includes coffee

SENIORS FITNESS

JOIN LOUISE

for a fitness class designed specifically for seniors! Using a variety of tools, we will work on strengthening major muscle groups and joints from the comfort and safety of a chair. Footwork and grip strength are also part of the program and, of course, balance.

Beginning October 10, 2023, the class is offered on **Tuesdays** each week. Doors open at **10:30am**, the class starts at 10:45am and runs to 11:30am. Pricing is \$10/class.

Email, text or call Louise with questions or to register:

lgourdine@hotmail.ca

(403) 701-5494



Louise is a member of FitnessAlberta and is certified to instruct classes in water and on land. She specializes in gentle seated fitness for older adults and people with chronic conditions.

Education & Awareness

NATIONAL CHILD DAY – NOVEMBER 20, 2023

Respectfully submitted by Jenn Jenkinson

In Canada, we recognize National Child Day on November 20 each year. The date was chosen as Canada's Day to celebrate children because the United Nations Convention on the Rights of the Child (UNCRC) was adopted on November 20, 1989. Canada officially signed onto this UNCRC in 1991, making a commitment that all children are treated with dignity and respect and have opportunity to reach their full potential.

The commitment covered three main points that must be included for Canadian children:

- Providing children opportunities to have a voice (speak out & be heard)
- Protecting children from harm
- Ensuring children's basic needs are met

Celebrating National Child Day seeks to recognize children as active members of the community around them, also that they can and should be able to meaningfully contribute to decisions that affect their lives.

Caregivers, educators, and parents are encouraged on National Child Day to teach children about their rights and encourage them to speak up, to be involved in community and to be their best selves. These positive messages to our youth will not only improve their health and well-being but going forward help to ensure that our new generation will be engaged in their community and the world around them.

This is the 30th Year of Canada celebrating National Child Day and theme this year is #EveryChildEveryRight because every child in Canada should be able to experience all of their rights.

The more we recognize that our children, all of our children, are our future, the more we will seek to encourage and empower them to be and do their best for themselves and for our country. Children may make up just about a quarter of our population, but they are 100% of our future.



CHRISTMAS TRADITIONS AND CUSTOMS

Respectfully submitted by Wendy Thomson

As we get everything ready for Christmas I wanted to share with you some of the information I found regarding the various customs and traditions celebrated around the world.

In Norway, Christmas means hiding your mops and brooms - not because people don't want to clean, but because Norwegians are a little superstitious and want to prevent evil spirits who return to earth that night, from stealing the brooms and going on joyrides in the Christmas sky.

In Austria, a ghoulish creature called "Krampus", the evil accomplice of St. Nicholas, is said to wander the streets looking for badly behaved children. This happens during the month of December.

In Ukraine, the Ukrainians use decorations that mimic the formation of spiders' webs. They shimmer with dew and are used in place of the usual baubles, tinsel, and stars.

In Poland and Ukraine, they say the right time to open presents is "written in the stars". The youngest child watches the evening sky and waits for the first star to appear. That's the signal the opening of presents can begin. On an overcast night, I guess someone will just decide when it's time to open presents.

In South Africa it's the creepy crawlies that local children look forward to. Fried caterpillars are one of the more unusual Christmas festivities. The Pine Tree Emperor

Moth, or Christmas caterpillar, is used and is covered in very festive hues - giving all who swallow one a little luck in the coming year.

Germany's age-old legend of the Christmas pickle is said to have derived from an effort to encourage children to take time to appreciate the ornaments on a Christmas tree rather than rushing to open gifts. It is a tradition in Germany to hide a pickle ornament as the last decoration placed on

the tree. Carefully hidden among the branches, the ornament is said to bring good fortune, as well as an extra gift from St. Nicholas to the first child who finds it on Christmas Day.

In Japan, people flock to the nearest Kentucky Fried Chicken to eat "Kurisumasu ni wa Kentakkii", also known as "Kentucky for Christmas". This tradition goes back to a marketing campaign in 1974 and to this day KFC records the highest sales volume each year on Christmas Eve.

In Slovakia and parts of Ukraine, Christmas Pudding, in all flavours and consistencies, not only warms the heart, but it can also predict the future. The oldest male of the family takes a spoonful of loks pudding and throws it at the ceiling. The more pudding sticks, the more luck you will have.

In Caracas, Venezuela people don't just walk to mass on Christmas Eve, they roller skate. Parts of the city are even blocked off so everyone can safely skate to church.

In Italy forget Santa and December 25th as all the action takes place on the eve of January 5th. According to folklore, an old woman named Belfana visits all the children and fills their stockings and leaves presents if they have been good. Belfana is said to enter through the chimney and leave treats for the children who live there - typically wine and local delicacies.

I hope you enjoyed reading about some of the traditions and customs celebrated in some of the countries and cities around the world. Who knows, maybe you would like to make a new tradition in your home - say, fried caterpillars?



Just For Fun!

Apple Crisp

Respectfully Submitted by Margaret Van der Meer

Ingredients:

Filling:

- 6 Apples, sliced thin
- ½ Cup Sugar
- 1 Tsp. Cinnamon

Topping:

- ½ Cup Flour
- 1 Cup Oatmeal
- ¼ Cup Brown Sugar
- ½ Cup Margarine or Butter, melted
- 1½ Tsp. Cinnamon

Steps:

1. Preheat oven to 350°F.
2. Grease a casserole dish.
3. Mix sugar, cinnamon, and sliced apples, place in dish.
4. In a separate bowl mix flour, oatmeal, brown sugar, and melted margarine or butter and pour over apples.
5. Bake in 350°F oven for 1 hour.



Chow Mein Cookies

Respectfully Submitted by Margaret Van der Meer

Ingredients:

- 1 Cup Chow Mein Noodles
- 2 Pkgs Chocolate Chips
- 1 Cup Nuts, broken up

Steps:

1. Melt chocolate chips in a pan.
2. Mix in noodles and nuts.
3. Drop by spoonful onto parchment paper.
4. Let cool and then refrigerate.
5. Place in container.



Classifieds

Disclaimer: Any ads placed in this newsletter are not to be considered as an endorsement by Sarcee Meadows Housing Co-operative Ltd. but are for information only.



Wolf Thunder Fitness

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

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

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

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 #55 10001 Brookpark Blvd. SW
 Calgary Alberta
canadiangolden@gmail.com 403-640-7965

Dog Training & Mobile Grooming - Tyler Breland

Email: fenrirdogtrainingandgrooming@gmail.com
 Location: Calgary, Alberta
 Phone: 587-226-1758
 @fenrirdogtrainingandgrooming
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



Knitted Dish Cloths for Sale:

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



Knife Sharpening:

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

House Cleaning:

- 2 Bedroom \$90
 - Small 3 Bedroom \$100
 - Large 3 Bedroom \$110
 - 4 Bedroom \$120
- Includes all cleaning supplies, vacuuming, mopping, bathrooms cleaned, all counter tops wiped, and cleaned, light dusting. This service can be done weekly, biweekly, or monthly. Police clearance, and or references available upon request. For more information, please contact Monika #403-920-0920





Fox Painting Ltd:

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

Painting or Staining:

Need to refresh your space? One room or every room? Fences and decks stained or painted? Reasonable prices – 35 years’ experience. Call Peter (C212) Sraightline Painting 403-998-3959



Healing Intentions:

Energy/Crystal Healing
Psychic/Mediumship
Card Readings
Crystal Grids

Personalized Crystal Kits
Book a Party
Organizational Assistant – organize your space to help energize the flow of your home and life. Shelly 403-660-2045 – References upon request

Pharmacy Assistance:

Dear neighbours,
My name is Shereen Elsayad, and I live in F396. I am currently the Alberta College of Pharmacy councillor for District 5. Throughout my almost 20 years of practice as a pharmacist, Certified diabetes educator, certified for travel health(immunization), and currently working on my certification in hypertension management, I have built valuable and lasting relationships with my patients (especially seniors), and I became well aware of all their struggles. I finally decided to start my own pharmacy and to start some unique services for my own neighbours tailored to their needs.
Have you ever had any problem with drug coverage that you didn’t know what to do or how to deal with? Have you ever struggled to pay for your medications because it’s not pay day yet? Do you need someone to stop by and pick up your prescription and deliver to your door (no charge for

American Styles Painting LLC:

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



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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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 12	13 SHOP & OFFICE CLOSED IN LIEU OF REMEMBRANCE DAY	14	15	16	17	18
19	20 FINANCE COMMITTEE @ 6:00	21	22	23	24	25
26	27	28	29	30 BOARD OF DIRECTORS @ 6:30 PM	DECEMBER 1	2
3 SENIOR'S HOLIDAY SOCIAL @ B50 2:00PM - 4:00PM	4 NEWSLETTER @ 7:00	5	6 PROPERTY MAINTENANCE @ 7:00	7 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	8 DEADLINE TO PICK UP LIGHT UP THE MEADOWS ORNAMENT	9
10	11	12	13	14 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	15	16
17	18 FINANCE COMMITTEE @ 6:00 PM	19	20 DEADLINE FOR LIGHT UP THE MEADOWS SCAVENGER HUNT FORMS	21 BOARD OF DIRECTORS @ 6:30 PM	22 SHOP & OFFICE CLOSED IN LIEU OF CHRISTMAS EVE	23
24	25 SHOP & OFFICE CLOSED FOR CHRISTMAS DAY	26 SHOP & OFFICE CLOSED FOR BOXING DAY	27	28 DEADLINE FOR BOARD OF DIRECTOR APPLICATION FORMS	29 SHOP & OFFICE CLOSED AT NOON IN LIEU OF NEW YEAR'S EVE	30
31	JANUARY 1	2 NEWSLETTER @ 7:00	3 PROPERTY MAINTENANCE @ 7:00	4 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	5	6
7	8	9	10	11 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	12	13
14	15 FINANCE COMMITTEE @ 6:00	16	17	18	19	20

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 - Assitant Maintenance Manager - Jon V.

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

- Graham 201
- Brad 202
- Eric 203
- Josh 205
- Al 206
- Jeff 207



After Hours Emergency Maintenance:

In the event of an emergency maintenance situation after hours please call the Emergency Maintenance Cell Phone at: **403-813-2783**

After Hours Emergencies refer to:

- **Furnace trouble in inclement weather**
- **Water leaks that cannot be controlled**
- **Gas leaks**
- **Sewer back-ups**

COMMITTEE CONTACTS 2023-2024

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

Chair: Kathy Aubichon
Board Liaison: Helen Serrurier

Elections

Chair: Marie Forester

Finance

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

Governmental Elections Information

Chair: Astrid Deslandes
Board Liaison: Azhar Manzoor

Membership

Chair: Annalise Schwaiger
Board Liaison: Helen Serrurier

Property Maintenance

Chair: Al Wright
Board Liaison: Azhar Manzoor

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Chris Severson-Baker

Education, Involvement, & Awards

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

Entertainment and Social Events

Chair: Abby Way
Board Liaison: Musu Dadi

Governance & HR

Personnel Liaison: Krystal Dafoe

Grievance & Resolution

Chair: Kaitlin Adair

Newsletter

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

Funding Task Force

Board Liaison: Azhar Manzoor

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

