

# Connections

Your SMHC Newsletter

October 2023

## ***Bullying in SMHC***

The Newsletter Committee has received a request from the Grievance and Resolution Committee to include information in this issue of Connections regarding bullying. We have therefore prepared an educational article further on in this newsletter. However, at this time we would like to start off by providing the information sent by the Grievance and Resolution Committee, including SMHC's Member approved Park Rules on the next page.

### ***A message from the Grievance and Resolution Committee:***

**"It has come to the attention of the Grievance and Resolution Committee that there have been repeated issues of bullying and discriminatory behaviour in our playgrounds causing members to feel unsafe and unwelcome. We ask that you take a look at the rules posted and speak with members of your household to ensure we are all being inclusive and respectful while using these shared spaces."**

### ***An Excerpt From the Respectful Workplace Policy:***

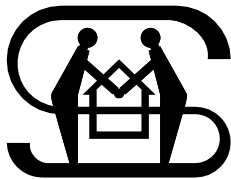
**"Sarcee Meadows Housing Co-operative (SMHC) is committed to providing a safe and respectful workplace [and/or community] in which the dignity of each individual is respected. A respectful workplace [and/or community] is one that is free of inappropriate behaviour, where members and employees are entitled to be free of discrimination, harassment, and violence.**

**SMHC will make every reasonable effort to ensure that none of its members and employees are subject to acts of discrimination, harassment, or violence. It will therefore not tolerate any incidents of discrimination, harassment, or violence. Corrective action, which includes discipline up to and including termination of employment for just cause or termination of membership as per SMHC bylaws, will be taken to address breaches of this policy."**

### **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.*



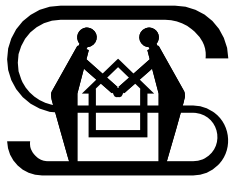
## SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

### Housing Policy

**Subject:** **Playground Rules**  
**Original Date of Approval:** April 30, 2002  
**Approved By:** The Membership  
**Date of Amendment or Replacement:** October 2018

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- All members have the right and responsibility to supervise and enforce the playground rules.
- No animals within 10 feet of the perimeter of the rubber crumb.
- No urinating, spitting or foul language.
- No excessive roughness.
- No jumping off the top of the equipment.
- No glass whatsoever or litter at the playground.
- Above all, **respect** yourself, others, the playground, and property, or your right to use the playground will be revoked.



## SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

### Operations Policy

**Subject:** **Enforcement of Playground Rules Procedures**  
**Date Of Original Approval:** May 2002  
**Approved By:** Board of Directors  
**Date of Amendment or Replacement:** September 2008

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1. It is the responsibility of the member to make certain that their child/ren and their child/ren's friends, who are invited to play in the park, are aware of the playground rules.
2. If a member observes activity that is unsafe or harmful to the children, they are expected to act to do what they can to stop the behaviour.
3. Members are reminded that it is not the responsibility of the Property Maintenance Committee or Staff to parent their children. If problems occur, parents are expected to be available to deal with their own children.
4. Complaints may be forwarded to the Grievance and Resolution Committee to deal with.

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## **BOARD OF DIRECTORS' REPORT**

A lot of beetles and wasps (and even the odd mosquito?) are still out and about ... but we know the shorter days and frostier nights are well on their way. The summer was warm (if a bit smoky), and summer vacation is already starting to feel like a distant memory. Before the s\*\*w starts flying (not ready to think the word yet), we'd like to remind our Members to give the trees in their vicinity a decent watering (subject to current municipal water restrictions) before the ground freezes. And speaking of freezing, it's that time of year to be shutting off your outdoor taps so the pipe doesn't burst when we hit the first of our inevitable cold snaps. Also, be on the lookout for mice who might be trying to sneak inside and find a warm place for the w\*\*\*\*r.

We have had a higher-than-usual number of **Members Meetings** this year due to our (still impending at time of writing) Retrofit Project. Despite the myriad of presentations, Q&A sessions, and crucial votes on the project, the regular business of Sarcee Meadows goes on and requires your input. We will be having our normal quarterly meeting on **Saturday, October 28<sup>th</sup>**. In-person registration will commence at 9:30 am, online access begins at 9:45 am, and the meeting will be called to order at 10:00 am. **If you have yet to attend a meeting this year, this will be your last chance (barring an unexpected addition) to fulfill your Membership requirement of attending at least one meeting per calendar year.**

Finally, Thanksgiving is just around the corner (or may even be done by the time you're reading this). We hope everyone has much to be grateful for this year. With Turkey Day coming and going, an evening full of costumed kids on a quest for candy will be upon us in no time. Keep an eye out for these youngsters on Tuesday October 31<sup>st</sup>. The Entertainment and Social Events Committee will be camped out next to (or perhaps inside of - depending on the weather) B50 that evening with Halloween treats, the hots (dogs and chocolate), and a way to warm up if there is a bit of bite in the breeze. Stop by and take a breather in the midst of your sugary hunt.

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



## **GENERAL MANAGER'S REPORT**

With the weather turning and as we leave summer behind with the leaves falling, I hope everyone had a great summer. I know that over the next month you are going to hear this a hundred times but please remember to turn off your outside tap. If you have any challenges doing it, please put a work order in and we will help.

As some of you may be aware, Mike Read has begun to think about retirement. Having been with us for almost twenty years he has been the backbone of the Maintenance Team. Working closely with him over the last two and half years has shown me the amount of dedication he has to Sarcee Meadows and every one of you.

Over the last few months, Mike and I have been having a number of discussions about succession planning and what will be next for the Maintenance Manager position. I am excited to announce that effective November 1<sup>st</sup>, Jon Van Camp will be taking on the role of Assistant Maintenance Manager. Our goal is to use the next couple of years to train Jon and further develop his knowledge of Sarcee Meadows working with Mike so that he can assume the manager role upon Mike's retirement.

Jon is a journeyman carpenter who joined Sarcee Meadows just over a year ago. In the year that he has been with us he has gained the respect of the Maintenance Team, helped streamline processes in our operations and developed a strong relationship with our members.

Jon has asked me to pass this along to you; "I am honoured that I was chosen to take on this new role. It has been a pleasure to work with the team and to get to know and serve the membership of Sarcee. I look forward to the future here and the continued opportunity to be of service."

Please join me in congratulating Jon on this promotion and know how excited I am to see him take a leadership role with us.

Next month we will be launching a new dashboard for our Maintenance Team. This dashboard which will be included each month in the newsletter will inform our members about the Team's performance. Mike, Jon, and I have been working to develop it but would also like to ask you what information you would like to see in the dashboard. The goal is to elevate our reporting to Membership providing information to you that is relevant.

Finally, I have been asked by a few Members to pass along a request. As we head into the winter months where you may be letting your car run in the morning to warm it up, could you please park nose-in to your spot. This prevents exhaust fumes from entering units through the air intakes. It is a small thing but can make a big difference to your fellow Members.

I hope everyone has a great Thanksgiving! I am excited to be celebrating this weekend with my children, Natalie, and her children.

Thank you,

Jon Jackson  
General Manager



## **FROM THE TEAM AT B50**

**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, October 9<sup>th</sup>, 2023 for Thanksgiving.**

**The shop and office will also be closed to the public on Monday, October 31<sup>st</sup>, 2023 to conduct our annual Inventory.**

On this day please drop off any papers or forms using the night deposit. The office will still be available and monitoring phone calls and emails.

**Annual Information Forms & Keeping Your Unit Info Up to Date:** We are currently working on a new, more streamlined process for the Annual Information Forms which will be easier on both members and staff.

In the meantime it is imperative that any changes to your member and/or unit information be provided to the office as soon as possible to keep our records up to date. This includes contact information and communication preferences, vehicle license plate numbers, all pets, all residents, and emergency contact info.

If you have not registered ALL of your vehicle license plate numbers with the office, please do so as soon as possible. This is a requirement of Members and if it is discovered that there are vehicles associated with your unit that are not registered, the office will be issuing fines.

The same applies to all pets and residents living, or no longer living in your unit; all residents (members and non-members) must be registered with the office or fines will be issued.

**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](mailto:cathy@sarceemeadows.coop) – please contact Cathy for more information.

**New Housing Charges:** Just a reminder that we rollover to the 2023/2024 financial year on November 1<sup>st</sup>, 2023. With that this is also the beginning of the new, member approved housing charge increases.

**The new housing charge amounts will be as follows:**

- **Two Bedroom \$1014**
- **Small Three Bedroom \$1046**
- **Large Three Bedroom \$1071**
- **Four Bedroom \$1097**

Please note that for November only, **all cheque deposits and automated withdrawals for both housing charges and rental stall fees will be on November 2<sup>nd</sup>, 2023.** Other payments i.e., Time Payment Plan payments, invoiced charges, etc. will be on November 5<sup>th</sup> as usual.

**TELUS Fibre Optic:** As part of the installation process for fibre optic services the TELUS technician will require access to the main panel located in the shop at B50. **To ensure that your setup of fibre 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 fibre optic services do not require access to B50.

**Buildium:** Save this link as a FAVOURITE in your browser for easy access:

<https://smhc.managebuilding.com/Resident/public/home>

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

Questions??? Email: [paula@sarceemeadows.coop](mailto:paula@sarceemeadows.coop)

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



## **What Not to Flush Down Toilets, Sinks and Drains**

From the City of Calgary <https://www.calgary.ca/water/wastewater/sinks-drains-toilets-stormwater.html>

The only things that are okay to flush down the toilet are pee, poo, and toilet paper.

Anything else can lead to sewer back-ups and blockages in the system.

### **Keep these items out of your toilets, sink and drains:**

Protect your home and our wastewater system against costly repairs by keeping these items out of your toilet, sinks and drains.

#### **Wipes, paper towel and facial tissue:**

- Wipes that claim to be flushable aren't. Flushable wipes retain their shape and strength, and don't break down in pipes.
- Paper towel, facial tissue (Kleenex) and serviettes also don't break down like toilet paper and will block your pipes.
- Bag wipes, paper towel and any items used as a toilet paper and put in your [garbage]. They do not belong in your [compost] or [recycling] bins.

#### **Bathroom items:**

Dispose of these items in your garbage:

- Sanitary pads, tampons, and applicators
- Diapers, wet wipes, rags, bandages
- Dental floss
- Cotton swabs, condoms, cosmetics

#### **Hair:**

Hair build-up in our treatment plants can result in equipment being shut down for manual cleaning. Compost hair in your [compost] bin, or it can also go in your garbage.

#### **Fats, oils, and grease (FOG):**

Fats, oils, and grease can build up in your pipes, restricting flow and leading to blockages in the system.

- Always wipe pans and scrape dishes before rinsing them.
- Put up to two litres of cooking oil, fats, sauces, drippings, and grease in our [red] carts for composting.
- Solidify grease by letting it cool down. Mix oil with paper towel and put in a certified compostable bag to go in our [red] carts.

## **Household hazardous waste:**

Cleaners, disinfectant, chemicals and paint thinners are considered household hazardous waste and should be taken to a [household hazardous waste drop-off locations](#) for safe disposal.

These include:

- Bleach and ammonia
- Clean solvents and spot removers
- Disinfectants
- Hot tub and swimming pool chemicals
- Oven cleaners
- Septic tank cleaners
- Alkyd, latex, and oil-based paints
- Lacquers, stains, and varnishes
- Paint thinners, strippers, and solvents
- Petroleum-based products such as motor oil and gasoline

## **Recycling and Garbage Disposal**

The image below is an unfortunate example of what **not to do** when disposing of your recycling materials. This bin was not pick up because it is contaminated with non-recyclable materials that belong in the garbage. Plus, materials sticking out like this interferes with the ability to dump the bin

The new lids are designed so that only the smaller and lighter opening needs to be used for most items. However, the whole lid can still be lifted if needed for larger items. Please ensure that all lids are able to be closed properly and remain closed when not in use. If the bins are too full to fit your items please use a bin in another lot or wait until the bins have been emptied.

Let's all work together to keep the bins functional for everyone and to dispose of items correctly.





# Committee Reports



## CO-OP SENIORS INTERESTS

My-my where has summer gone? Hopefully, you all had a good one and managed to do some fun things. CSI continued to meet during summer, even though many of our committees took a well-deserved break.

On July 27th, we met at Marla's Garden for our first ever Pop-up lunch. We welcomed a few of our committee members and friends. We enjoyed good conversations, shared stories, and the beautiful serenity of this special place. This is definitely an event we would like to host again in the future.

On August 19th at our annual Family BBQ the seniors were welcomed to a special tent. A good time was enjoyed by all. Special thanks to the Entertainment group for including us in this special way.

At our August 9th CSI Committee meeting we continued to explore ideas for the retirees/seniors in Sarcee Meadows. Loretta Brown from the Glamorgan Seniors Corner invited us to attend their monthly event at the community hall. The September event featured lunch and a presentation by Doug Coates on Calgary History. A few of us did attend and it was excellent. Keep your eye on the future Connections issue for news on the upcoming "Corner" events.

As a point of information – our friends in Glamorgan host the "Seniors Corner" on the first Tuesday of the month from 1pm to 3pm. This event consists of lunch and entertainment. The cost is \$10 per person and no community membership is required. Our contact person for Sarcee Meadows is Connie Fowle, [connie.fowle@telus.net](mailto:connie.fowle@telus.net) or 403-249-6805. The next date for this event is Tuesday November 7th from 1pm to



3pm. Please call or email Connie by November 1st if you plan to attend.

On a final note – a date has been set for our Annual Holiday Social event so circle your calendars. It takes place on Sunday December 3rd from 2pm to 4pm at B50. Please plan to be there. This event is for gents and ladies 60 plus. You will find a flyer in this Connections as well as the November Connections with more details.

That's all for now!

## EDUCATION, INVOLVEMENT, & AWARDS


Happy Autumn from the Education, Involvement and Awards Committee! We hope that you all had a good summer.

Five members received a little financial boost in July when they picked up their funding from our three awards – the Medical Assistance, Seniors Assistance, and Education Funds. These awards are available to all members and we encourage you to make use of them. Watch for details in Spring 2024. Please note that a new rule will be in place – a member may only receive funding once in a 3-year period.

We are thrilled to announce two additions to our committee! More heads = more thoughts = more action. We are excited to develop new ways to inform and involve ALL members. These are trying times and we need to stay positive and work together to move our co-operative forward.

As always, we extend an invitation to you to join our happy little group. If you would like to sit in on a meeting, please contact Janine in the office for more information.

Do you have questions or ideas to share – feel free to email our Board liaison, Krystal Dafoe at [kdafoe@outlook.com](mailto:kdafoe@outlook.com). She will share your thoughts with the committee.





## **ENTERTAINMENT & SOCIAL EVENTS COMMITTEE**

Happy Fall, y'all! Looking back on our fantastic summer events, we are delighted everyone had a great time at the Summer Family BBQ! The Nemo inflatable was an immense hit, and we were so glad to see community members of all ages enjoying the summer festivities! We even had Donald and Daisy Duck pop by for a visit!



However, as summer has ended, it is now time to get excited for our Fall events! Let's all get into the spirit this Halloween, decorate your houses and keep your lights on if you are handing out candy.

Our lights will be on at the office as we will hand out candy, hot dogs and hot chocolate from **5:30pm to 8:30pm on October 31<sup>st</sup>**. We hope to see everyone in costume and ready for a treat on Halloween!

## **NEWSLETTER COMMITTEE**

Hello everyone. Hope you had a great summer and enjoyed your vacation time. Fall is here and it's time to get our yards cleaned up for winter and start planning for the holidays.

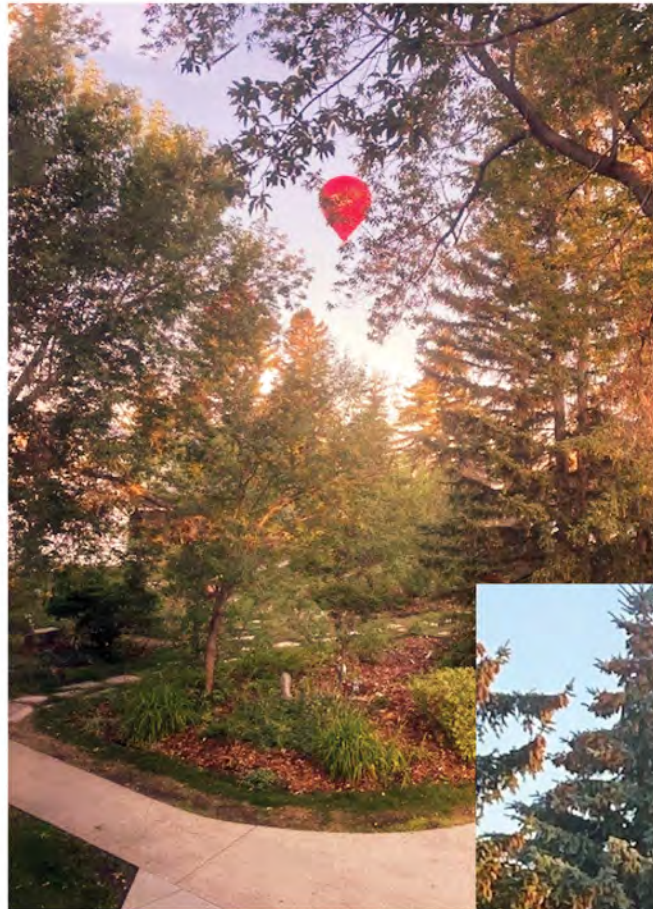
We have prepared some informative articles for you and hope you will find them interesting.

The winners of the Capture the Meadows Photo Contest are: Elizabeth Polyak, Metje Bell, and Eugene Bartczak. You can check out their fantastic photos on the next two pages. Each winner will receive a \$25.00 gift certificate. Congratulations!

Have a Happy Thanksgiving and to all the kids out there, have a great time on Halloween.







**"Now" Photos:**  
 Left top, left bottom, and  
 middle photos from Eugene  
 Bartzcak.

**"Now" Photos:**  
 Right top and right bottom  
 photos from Metje Bell.



**"Then" Photos:**  
 Next page, all photos from  
 Elizabeth Polyak.









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# Human Interests

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

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

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## **FUN SUMMER-TIME MOMENT**

*Respectfully submitted by Juju Dadi*

This August me and my family had the privilege of meeting esteemed author Esi Edugyan and her family. Meeting Esi was a dream come true. I had heard so many stories of her and about her winning the Scotiabank Giller Prize, so finally getting to meet in person was a core memory I will cherish forever. Esi is a kind and caring woman whose humility touched me. I enjoyed listening to her stories about living in Sarcee Meadows and going to Calaway Park! I have just recently read her book *Washington Black* which is now one of my new favourite books! Every time I open it, I love to see Esi's autograph in my book. When I brought my book to school, my teacher and I had a good conversation about the book and how great of an author Esi is. Her book really put into perspective the cruelty and racism that used to happen, it also captured the true meaning of friendship.

*Respectfully Submitted by Kathy Aubichon*

Sarcee Meadows has so many wonderful and talented members. It was great fun spending time with one such member recently. I, together with some other SMHC members, had the opportunity to sit down with Kweku and his family including his son Kofi and his daughter Esi Edugyan and her family. It was such a privilege to meet Esi for a conversation about living in Sarcee Meadows as a young girl and about her success as a published author of multiple novels. Esi is such an inspiration to many of our youth here in SMHC.

Esi is a two-time Scotiabank Giller Prize Winner. First in 2011 for her novel *Half-Blood Blues* and then again in 2018 for *Washington Black*. Her book *Washington Black* is being made into a 9-episode TV mini-series adaptation which is in production as we speak. Esi showed us pictures and videos of when she was on set. It was so exciting to see and hear about her experience. Three-time Emmy





winner Sterling K. Brown from the TV series “This is Us” will star in and executive produce and Esi will co-produce. How cool is that!! I can’t wait to watch the mini-series.

Esi made her picture book debut on August 29th. *Garden of Lost Socks* is a whimsical children’s book about friendship, curiosity and the magic of community. That sounds like a familiar community to me. 😊 Never did I imagine my grandson Sage would read a book written by the daughter of a close friend of mine. It was so fun watching

Sage read *Garden of Lost Socks* to Kweku and recording the experience for Esi to enjoy. Thank you, Esi, for the beautiful message you left for Sage in his copy of your book. We will treasure it always.

### **KINDNESS GROWS**



As a person who grew up in the turbulent yet innocent 60’s this particular quote really resonates with me. I have held on to those innocent and hopeful dreams for my world and my species throughout my lifetime. Sometimes it may seem like the small steps we take, the small thing we do, amount to very little when the world around us seems to need so very much. But they do make a difference. As this quote suggests one act of kindness makes a difference

which encourages the birth and growth of new acts of kindness.

I read a story just recently about someone who decided to “pay it forward” at a fast-food drive through. The person behind who was treated to a free order also “paid it forward” and this chain of small kindnesses literally continued for over one hundred links. From one small act sprang another hundred: a hopeful moment indeed.

You really never know when even the simplest act of kindness will make a monumental difference in someone’s life. So never stop to over think the urge to simply be a good person, go ahead and hold that door open for the person behind you, smile and say “good morning” as you pass someone on a footpath, ask your elderly neighbour if they need help carrying in their groceries and always try to respond in a positive manner even when you experience negativity. It’s amazing how many potential conflicts can be averted with positivity and patience.

**Be Human, Be Kind because after all we are all Humankind!!**

**Let’s forge a chain of kindness and humanity that will stretch around the world!**

**Jenn Jenkinson**



*Celebrating the life of*  
*Audrey Templeton*



February 17, 1944 -  
April 6, 2023

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Celebration of Life

October 14, 2023 | at 2:00pm

October 14th, 2023 | 2 PM | Glamorgan Community Hall  
4207 - 41 Avenue SW Calgary Ab



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# ***Upcoming Events***

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## **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

# TRICK OR TREAT

HOT DOGS  
HOT CHOCOLATE

TUESDAY,  
OCTOBER 31ST  
5:30PM-8:30PM

CANDY, COSTUMES  
& FUN!

COME TO B50 FOR A SNACK AND A WARMUP  
ON HALLOWEEN NIGHT!

WE'LL BE OUTSIDE BESIDE THE OFFICE IF WEATHER  
PERMITS OR INSIDE IF IT DOES NOT.

SEE YOU  
THERE!



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# Education & Awareness

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## **BULLYING**

*Respectfully submitted by Wendy Thomson*

Bullying is everywhere and can affect any age group from children, teens, and adults. Most often bullying happens to children and teens but can also occur in the workplace. The more we know about bullying the better equipped we will be in dealing with bullies and in providing support for those being bullied.

Children and teens are most often the victims of bullying. Alberta Education defines bullying as a conscious, willful, deliberate, repeated, and hostile activity marked by an imbalance of power, intent to harm and/or threat of violence. It can be verbal, social, physical, or cyber-bullying. Bullying is not a normal part of growing up and does not build character.

Bullying can happen anywhere in the school including hallways, classrooms, washrooms, online or text, and outside during recess. Bullying comes in many forms, including:

- Physical bullying is when bullies hurt their targets physically. This might be in the form of shoving, tripping, punching, or hitting.
- Verbal bullying is taunting or teasing someone.
- Psychological bullying is gossip about or excluding people to make them feel bad about themselves.
- Cyber bullying where bullies use the internet and social media and say things they may not say in person.

Bullying might make fun of people for many things, including:

- Appearance (how someone looks).
- Behaviour (how someone acts).
- Race, culture, or religion.
- Social status (whether someone is popular).
- Sexual identity (like being gay, lesbian, or transgender).

Bullies often pick on people repeatedly making them feel afraid, stressed, and depressed, anxious, have thoughts about suicide or hurting themselves, have trouble with schoolwork, have problems with mood, energy levels, sleep, and appetite.

Bullying is typically ongoing and not isolated behaviour. It is important to address bullying behaviour early on as it can be easier to control the earlier it is detected.

In many cases younger children may tell their parents about being bullied at which time a teacher or the principal should be informed. As parents you may be able to resolve the issue yourselves or perhaps a meeting with the parents and school representatives will be needed.

Teens may not want to share what is happening to them with their parents as they may be ashamed or embarrassed about what is being said about them. Let your teenage children know that if they can't talk to you then they may want to talk to a trusted friend, teacher, or guidance counsellor. Help is also available by contacting:

- Kids Help Phone at 1-800-668-6868
- Bullying Hotline at 1-888-456-2323.





## **JACK-O'-LANTERN CARVING TIPS**

*Respectfully submitted by Megan Jovie*

I carve pumpkins with my friends every year – it's one of my favourite Hallowe'en traditions, and I like to think I've gotten pretty good at it! I've compiled some tips that I've discovered over the years for a great Jack-O'-Lantern, and included some pictures of one of my favourites, including the image I used as a reference (a screenshot from the Cartoon Network miniseries *Over the Garden Wall* – another favourite autumn tradition of mine!).

- When cutting all the way through the pumpkin, a small, serrated knife will get the job done much better than a smooth paring knife and will be easier to control; just make sure the tip is sharp enough to punch through the tough exterior.
- When cutting off the top to scoop out the inside, make sure to cut a wide enough hole to give yourself manoeuvring room, and cut at an angle, with the tip of the knife pointing inward. You want the hole to be shaped like a wide funnel; this makes the lid easy to remove, and well supported when you place it back on top.
- Follow a guideline! If you are making a traditional Jack-O'-Lantern face, draw it first with a marker and cut on the outside of the line. If you are looking to do something more complicated, like a movie monster, print out a reference picture on normal paper, cut off excess blank space, and then tape it to your pumpkin. Then, with a sharp knife or skewer, punch small holes through the paper into the pumpkin, following the line of your reference image. Once you have marked all your lines, you can remove the paper and follow your puncture marks (like connect the dots). You'll be surprised how easily you can do a complicated image!
- If you accidentally cut or break a thin portion of shell, don't worry! You can secure fragile pieces of your image with toothpicks or bamboo skewers.
- You can shave away portions of the skin and shell of your pumpkin to get gradations of light; anywhere you cut fully through will shine bright light, while shaving down to a thin wall of pumpkin shell will show a more muted light.
- Finally, don't forget to roast your seeds! Put them in a large bowl of water and swirl around to remove most of the pumpkin flesh, then rinse well in a colander. Dry them as thoroughly as possible, then toss in butter and seasonings; for a savoury flavour, I use salt, pepper, garlic powder, chili powder and paprika. For a sweet flavour, I use brown sugar and cinnamon. Then, spread the seeds in a single layer on a baking sheet and bake in a 300°F oven until golden brown, about 45 minutes.

Happy carving!



## **WINTER IS COMING!**

*Provided by the Calgary Emergency Management Agency (CEMA)*

Winter can be a time for family fun, but what happens when it's not? Knowing the risks ahead of time will help keep you and your family safe this winter.

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice and high winds. They can last a few hours or several days, knocking out heat, power and communication services. These storms can also place seniors, young children and sick individuals at greater risk.

Here are some ways to prepare for a winter storm ahead of time:

- Know the risks. Include your kids in the discussion and use it as a way to talk about emergencies, how you will communicate with each another about your whereabouts and how to evacuate the house, if needed.



- Winterize your home.
- Pay attention to weather reports and warnings from Environment Canada. Sign up for Alert Ready for notifications.
- Gather supplies in case you need to stay home in a power outage. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency kit for your car: include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Make sure to always keep your gas tank full!

For more information on how to prepare for other emergencies? Visit [calgary.ca/getready](https://calgary.ca/getready) to learn more.

## **PICKLEBALL**

*Respectfully submitted by Wendy Thomson.*

Pickleball is a paddle sport played using a perforated plastic ball over a tennis-type net on a badminton-size court. In the US Pickleball has been dubbed the "fastest growing sport in the country" and is increasing in popularity here in Canada.

Pickleball can be played by anyone, at any age, including players with disabilities. It is an excellent form of exercise because it is easily adaptable to any skill level. Also, it is easier on the body, especially the hips and knees, than tennis and other racquet sports. It is a great way to meet new people because of the way matches can be set up.

Pickleball is played with a flat paddle as opposed to a stringed racquet as used in tennis or badminton. The original paddles were made out

of wood, but today's versions come in various sizes and thickness levels to accommodate your style of play. The paddle cannot exceed 17 inches.

The ball used for Pickleball is plastic and perforated, with anywhere from 26 to 40 holes. The ball is usually 2.87 to 2.97 inches in diameter and the ball must be a single color.

The sport also requires a 3-foot-long net that is hung at a height of 34 inches in the center. You need a court space as well which should be about 44 feet long and 20 feet wide. Some of the tennis courts have been setup to play either tennis or Pickleball. However, if a tennis court is not set up for Pickleball, then it should be used by tennis players only.

Pickleball can be played in singles or doubles. You must serve the ball underhand with a paddle and ball below your waist. You serve diagonally cross-court and when serving you must keep



your feet from touching the court and sideline area and keep one foot behind the baseline. There's a two-bounce rule meaning that each side has to let the ball bounce once before returning.

Although this sport is less demanding than tennis or racquetball, as with any physical activity, injuries can occur. The most common injuries in the sport are strains, sprains and fractures in the wrists and lower legs. Information provided recently indicates that injuries in this sport are increasing in those participants 65 and older. For older participants, this sport can take

a toll on knees especially if players have arthritis in the joints or trouble with their balance. You may want to check with your doctor if you have any concerns about playing this sport. Also, remember that injuries can occur as a result of overuse of a particular body part, improper technique, improper equipment, or lack of a proper warm-up. I think it is important that you play with people who are at the same skill level as you which may result in less physical injuries.

For a list of rules, I went into Google and searched for Pickleball. This site will also give you access to locations for drop in recreational Pickleball. Also, you may want to check with the Calgary Pickleball Club for further information.

If you are interested in learning a new indoor or outdoor sport and want to meet some new people this may be the sport for you!



## **ISLAMIC HISTORY MONTH CANADA**

*Respectfully submitted by Farhath Siddiqui*

Did you know that the October Month is celebrated as the Islamic History Month in Canada. In 2007 the Parliament of Canada proclaimed October as IHMC and since then every year many provinces recognize and celebrate it.

**Why do we celebrate Heritage Month?** Recognizing and celebrating the heritage of any culture promotes understanding between people, brings inclusion, respect, and harmony in a society.

Islamic Heritage Month aims to celebrate and share the rich Muslim heritage and its contributions from the past centuries, up until the present day. The golden age of Islamic history extends from 6CE to 14CE until the Renaissance era. Many historians say in the field of arts, science, literature, poetry, music, calligraphy, astronomy, medicine, mathematics and in many other disciplines, Muslims contributed as inventors and discoverers, which later generations had developed and progressed them to what we see in the present world.

<https://www.canada.ca/en/canadian-heritage/news/2023/09/statement-by-minister-khera-on-canadian-islamic-history-month.html>

### **Some of the greatest inventions in history in the field of Medicine:**

*Al-Zahrawi* – He created 200+ surgical instruments used for surgery. He has written 1500 pages Encyclopedia of Surgery; his outstanding contribution was the discovery of Catgut to stitch wounds.

*Ibn Nafis* – Wrote the first manuscript on Pulmonary Circulation.

### **In the field of Astronomy:**

*Al-Farghani* – Known as Alfraganus in the West. His famous book is "The compendium of the Almagest,



Treatise on the Astrolabe."

*Al-Zarqali* – Creator of the famous "Toledo Tables".

**In the field of Mathematics:**

*Al-Khwarizimi* – He was the founder of Algebra and Trigonometry, popularly known as "Father of Algebra".

*Ibn Al-Haitham* – Was the first physicist who proved human eyes see an object through the reflection of light. Based on this he was the first to build the Pin-hole camera.

*Abbas Ibn-Firnas* - In 9CE he designed a winged costume resembling a bird and with multiple attempts of flying, he had many failures and success and was an inspiration to Leonardo DaVinci and many others.

*Al-Jazari* – In 1206 he made the famous "Elephant Clock". He was an Engineer who revolutionized the rotatory motion to linear motion leading to the development of internal combustion engines.

*Discovery of Coffee* – Coffee was first brewed in Yemen in 9CE, it was discovered by a Muslim shepherd in Ethiopia which then spread to Egypt, Yemen, middle east and to Europe in 16CE. Muslims used to consume it to stay up late night for the night prayers.

There is a big list of Muslim inventions and discoveries of the past. ("1001 Inventions" book by editor Salim T.S)

<https://youtu.be/JZDe9DCx7Wk>

**In the spirit of Islamic History Month Canada, I would like to share the History of Muslims in Canada.**

The first recorded Muslims in Canada were documented in 1854.

Mahommah Baqraaqua contributed to literature & history by narrating his story as a 'west African slave' -1850s.

Muslim labourers from Syria, Lebanon, Albania, former Yugoslavia, Mongolia were brought to build the Canadian Pacific Railway -1880's.

Bedouin Ferran (Peter Baker) travelled to NW territories and worked as fur trader. He published 'Memoirs of an Arab' The story of a free trader in Northern Canada. He contributed to literature and politics -1976

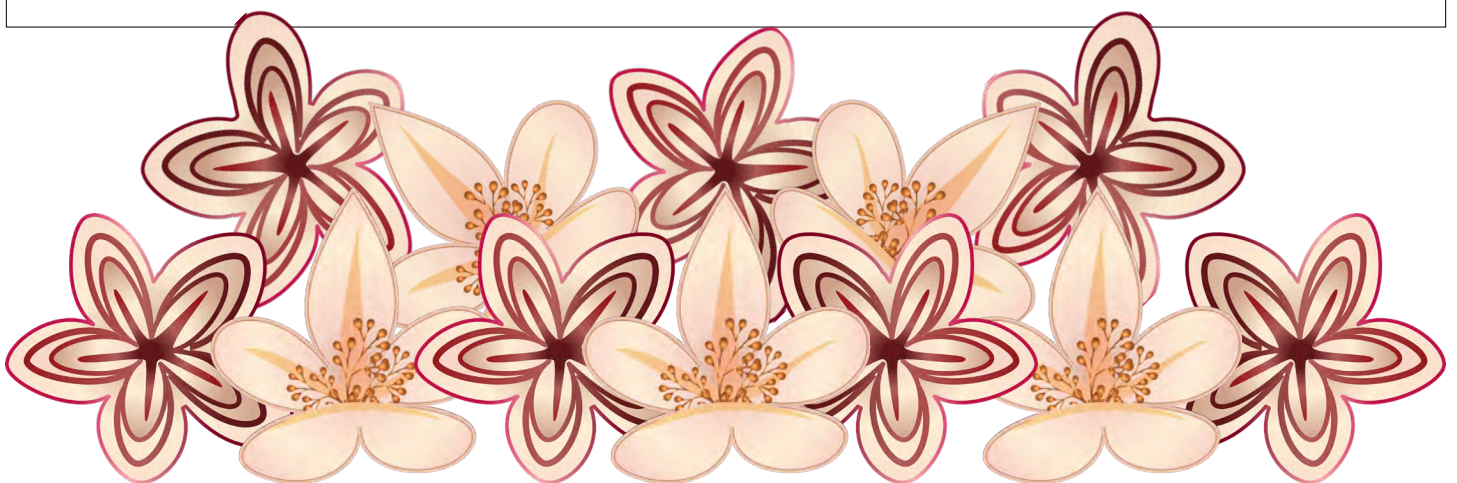
Early Muslim settlements can be seen in Alberta, Ontario, Quebec -1934

First Canadian Mosque built in Edmonton, by Hilwi Hamdon (700 Muslims were there in the country then)-1938.

The Islamic studies program at McGill University was inaugurated -1952

(Taken from; <https://www.islamichistorymonth.ca/muslims-in-canada>)

Muslim communities have significantly contributed to building multiculturalism in Canada. There are many Muslim philanthropists, intellectuals, academicians, Doctors, Engineers, and Artists from the past and present and they should be recognized and applauded. In our own city we have Muslims figures, Mike Shaik is a renowned philanthropist and Nahid Nenshi who was our former Mayor!



# 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.

## **Super Scoopers**

Kody: 403-510-4139  
Facebook: superscoopers  
Email: calgarysuperscoopers@gmail.com  
Services:  
- Weekly  
- Biweekly  
- Monthly  
- Spring clean up  
- Residential and Commercial



## **Knife Sharpening:**

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

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

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



## **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.



## **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.



## **Dog Training & Mobile Grooming**

### **Tyler Breland**

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



## **Gardens by Ewa:**

Weeding, sowing, dividing old perennials, creating new flower beds, organizing compost bins, and other odd jobs in your garden.  
No job is too small. Reasonable rates.  
I live in Sarcee Meadows and can be reached at: (403) 993-7415



## **Childcare:**



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

## **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](mailto:derekadamski@shaw.ca)

### **American Styles Painting LLC:**

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

### **Peter's Car Detailing**

Complete Interior Detailing	Complete Exterior Detailing
• Windows	• Wash and dry
• Dash	• Polish wheels and tires
• Door panels	
• Vacuum upholstery and rugs	

\$150.00	\$50.00
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Contact Peter at 403-998-3959  
Sarcee Meadows #C212  
Estimates Available



### **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 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
OCTOBER 8	9 SHOP & OFFICE CLOSED FOR THANKSGIVING	10	11	12 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	13	14
15	16 FINANCE COMMITTEE @ 6:00 PM	17	18	19	20	21
22	23	24	25	26 BOARD OF DIRECTORS @ 6:30 PM	27	28 MEMBERS MEETING @ 10:00AM @ GRACE LUTHERAN
29	30	31 SHOP & OFFICE CLOSED TO PUBLIC FOR INVENTORY HALLOWEEN FUN AT B50! 5:30 - 8:30	NOVEMBER 1 PROPERTY MAINTENANCE @ 7:00	2 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	3	4
5	6 NEWSLETTER @ 7:00	7	8 CSI COMMITTEE @ 1:00	9 EDUCATION, INVOLVEMENT, AWARDS @ 6:30 MEMBERSHIP @ 7:00	10	11
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 2:00 - 4:00	4 NEWSLETTER @ 7:00	5	6 PROPERTY MAINTENANCE @ 7:00	7 ENTERTAINMENT & SOCIAL EVENTS @ 7:00	8	9

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# ***Contact Information***

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## **OFFICE AND SHOP CONTACTS**

### **OFFICE AND SHOP HOURS**

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

Office and Shop are closed Saturday and Sunday

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

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

### **Extensions:**

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

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

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



### **After Hours Emergency Maintenance:**

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

### **After Hours Emergencies refer to:**

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



## **COMMITTEE CONTACTS 2023-2024**

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

Chair: Kathy Aubichon

Board Liaison: Helen Serrurier

### **Elections**

Chair: Marie Forester

### **Finance**

Chair: Christine Langford

Board Liaison: Jeremy Hart (Treasurer)

### **Governmental Elections Information**

Chair: Astrid Deslandes

Board Liaison: Azhar Manzoor

### **Membership**

Chair: Annalise Schwaiger

Board Liaison: Helen Serrurier

### **Property Enhancement**

Chair: VACANT

Board Liaison: VACANT

### **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

### **Property Maintenance**

Chair: Al Wright

Board Liaison: VACANT

## **Temporary Committees & Task Forces**

### **Bylaw Review Task Force**

Board Liaison: Chris Severson-Baker

### **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](mailto:janine@sarceemeadows.coop)

