

Connections

Your SMHC Newsletter

April 2024

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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

We seem to be having one of those years where winter just keeps coming back for one last gasp. You see green in the grass and insects on the fly ... only to have it return to a frozen sheet of white in a matter of hours. Those of us who've lived in Calgary for a decade or more can tell newer Members that some seasons just refuse to leave without a struggle. Soon that struggle will end, though, and we'll cautiously put away the gloves, scarves, and heavy coats. Then, and only then, will the annual rite of parking lot cleaning commence (keep an eye out for the notice). Similarly, while it's tempting to turn on that outside tap, we ask our Members to hold off until the office gives the green light.

With the inevitable spring will come the final completion of the retrofit on the earliest buildings. It's been a long process of getting the materials and processing right so that future buildings can be completed more efficiently in terms of time, money, and workers. All that was needed was enough warm weather to thaw the ground and allow the final installation of new decks, lights, doorbells, and doors. We look forward to the crews hitting their stride and working their way through these hotter and sunnier days... and to those earliest buildings enjoying their new decks and the company of admiring passers-by.

April will also bring one of our regularly scheduled Members meetings. Among the matters for discussion will be an amendment to our First Year Requirements Policy and a presentation by our Property Maintenance Committee regarding the proper safeguarding and care of our newly retrofitted units. This will happen on Tuesday, April 16th. This meeting will be starting 30 minutes earlier than usual, so in-person registration will begin at 6pm with Call to Order happening at 6:30.

Depending on when this newsletter reaches you, we hope our Christian Members enjoyed Easter, our Muslim Members have or had a Blessed Eid, and that some of you got out in the early afternoon of the 8th with eye protection to see the moon take a "bite" out of the sun from the solar eclipse that our eastern friends and family were dazzled by. Finally, as the winter semester winds down in most post-secondary institutions, we send our good wishes to those students who are wrapping up term papers, final exams, and even entire programs for some. It is our hope that the efforts you have put into your studies have allowed you to make new friends, discover new passions, and eventually find careers that are both gainful and meaningful to you. Congratulations on completing this part of your academic journey!

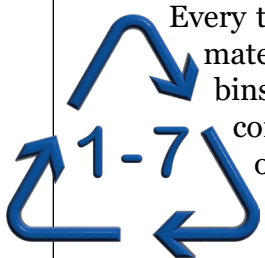
Respectfully submitted by Jeremy Hart on behalf of the Board of Directors



GENERAL MANAGER'S REPORT

Well, I hope everyone enjoyed spring while it was here, and now back to our regularly scheduled winter ... it seems that it is going to be here for a while longer.

I once again need to ask every member's assistance with recycling. Over the last number of months, we have seen increasingly more non-recyclable materials being put into the Mixed Recycling bins. This includes black garbage bags, food waste, and other materials.



Every time someone puts non-recyclable materials into the Mixed Recycling bins, Sarcee Meadows is charged a contamination fee. This increases our costs and going forward we will have to budget for this which is going to increase housing charges.

Please, everyone, ensure you only put items with the recycle symbol into the recycling bins. Help us control costs for every member of Sarcee Meadows.

As you can imagine, construction continues to pick up speed. As of today, we have 13 buildings under construction. A full update, along with an updated schedule will be coming out next week.

With all the work being done, especially through the demo phase, we are seeing nails and other debris on the paths and parking lots. While CANA is doing a sweep every day in areas where demo is being done it is difficult to ensure everything is picked up. Some nails are aluminum which the magnetic sweeper won't pick up. I would ask Members, every time they go to their car, to please do a quick walk around it to see if there are any nails on the ground. This will help us avoid any flat tires from nails.

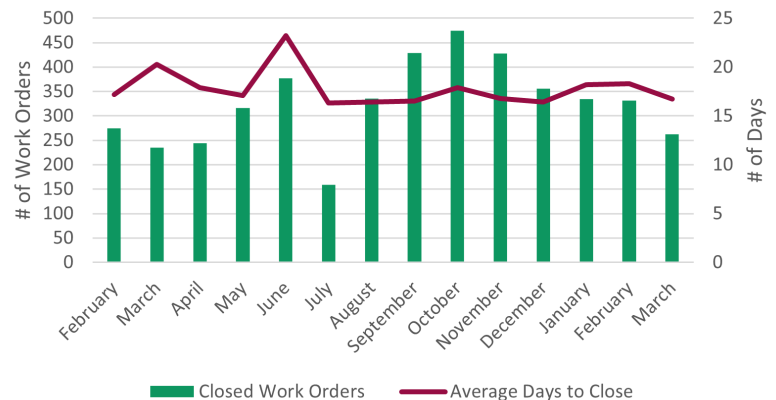
And to the Members who have been doing this throughout the parking lots and sidewalks THANK YOU! You are a prime example of living in a co-op.

Thank you,

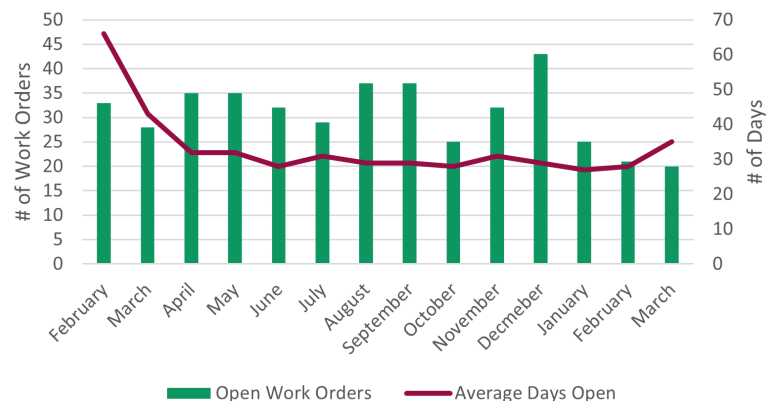
Jon Jackson
General Manager

Work Order Performance

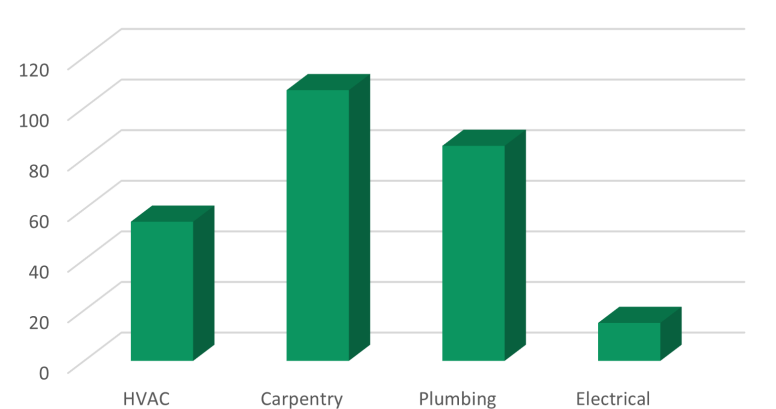
Closed Work Order Performance



Open Work Orders



Work Orders Closed by Department



FROM THE TEAM AT B50

Office Hours: Office hours are Monday to Friday, 8:30 am to 4:30 pm. Office staff can be reached by phone or email wherever they are working from.

Construction Area Safety: With the Retrofit upon us it is important to be careful of trip hazards and to watch for nails and other debris around your vehicles.

The lighting can be very poor in some areas at night where lights have had to be taken down. Even though safeguards have been put in place by CANA, some hazards can still exist.



Dryer Lint: Just a friendly reminder to clean your dryer's lint filter on a regular basis, usually after each load of laundry. When there is too much lint in the filter the dryer will not work properly and will not dry the laundry. Dryer lint is also highly flammable and allowing it to build up creates a risk of starting a fire. On most SMHC dryers the lint filter is usually located on the right hand side, just below the timer dial.

Transfer of Membership: Did you know that our SMHC Bylaws include some conditions that allow you to transfer your membership in Sarcee Meadows to a family member if you plan on moving out or in the event of your passing? The following excerpt is from **Section 3.0 Membership:**

3.9 Transfer of membership

A membership in SMHC can be transferred under the following conditions:

[a] General

A transfer of a member interest is valid only if it is approved by the Board of Directors and meets all requirements of SMHC's articles, bylaws, and policies.

[b] Family share purchase

A member may apply to the Board of Directors to transfer his or her shares to an immediate family member. The application must meet all criteria as set out in the family share purchase policy and be approved by the Board of Directors.

[c] Death of a member

- (i) When there is more than one member in a housing unit, and one member dies, the remaining members retain their membership and occupancy rights.
- (ii) A member may nominate a person to whom that member's shares may be transferred on death as outlined in the death of a member policy. When any such transfer is made, the new shareholder must comply with all SMHC policies and bylaws before being approved as a member.

Be sure to check out the Family Share Purchase Policy and Procedures and the Death of a Member Policy and Procedures in the Membership section of your Handbook for more information.

Committee Reports



OUR RETROFIT

Tips, Suggestions & Experiences

March has been a quiet month for responses and feedback in the Our Retrofit Email inbox.

The email is RetrofitSMHC@gmail.com and we welcome any hints, suggestions, experiences you'd like to share with our community. If you don't have or use electronic mail, feel free to drop your feedback into the office either during business hours or via the night deposit box. Just put your comments in an envelope and write Our Retrofit on the outside, it will be delivered to the editing team for the column.

The Our Retrofit column also lends itself very well to the role of a central communication board. Do you perhaps need help taking down pictures or re-situating some of your belongings prior to the construction teams arriving at your building? We'd be happy to let folks know your name and unit number so help can be arranged neighbour to neighbour. Conversely, if you have some time and availability and would like to offer your aid to neighbours who are struggling, let's bridge the gap and get folks together.

We will leave you with a few pictures of what our buildings are going to look like as the project progresses. Yes, it's quite different from our rather subdued and dated look we've all become comfortable with, but SMHC is moving into the future and our buildings are dressing up to boldly make that move. One incredibly positive thing about the bold lines and colour schemes is that individual units will be easier to identify to friends, delivery personnel, or others that may be paying you a call.

The Our Retrofit feature is a joint project of the Newsletter Committee and the Education, Involvement, & Awards Committee.

EDUCATION, INVOLVEMENT, & AWARDS COMMITTEE

Do you know...?

What is our co-operative's purpose, our reason for being? What drives the decisions that our co-op makes? Quite simply, it is this - our mission statement, which is part of our Bylaws.

“To ensure the development of a member-driven, nonprofit housing co-operative that provides quality and affordable housing and related services within an inclusive, safe and secure, diverse, and caring community.”

This is what defines us – let's all continue to work together and keep our co-op strong.

***Strength to people - life to visions
Co-operative ventures work!***

ENTERTAINMENT & SOCIAL EVENTS COMMITTEE

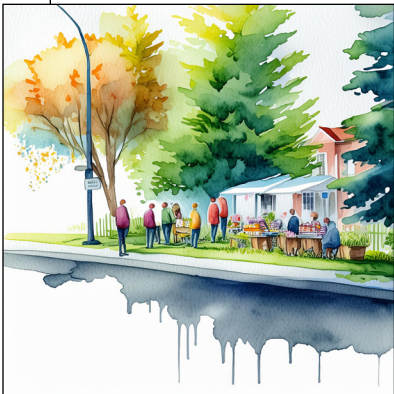
Thank you to everyone who came out to enjoy our Easter Egg Hunt! We hope you had a wonderful time and brought home plenty of chocolate treats. We're already working on some new ideas for year.

Despite Old Man Winter refusing to loosen his grasp, we are looking ahead to the eventual warmer days that will bring us to our spring and summer events. Some events like our Stampede Breakfast and the Summer BBQ will certainly have a number of interesting logistics to solve when it comes to working around the Retrofit!

But even before we get to those events we are focusing first on the Annual Lawn Sale. We are tentatively planning

the Lawn Sale for mid-June and have decided to continue with the new format of allowing members to set up at their units or anywhere along Sarcee Road, 44th Avenue, or 40th Avenue. Watch for more details to come!

Call-out for Volunteers: We received feedback last year that some members have felt deterred from setting up on the streets, or even from taking part in the Lawn Sale at all, due to a lack of mobility or help. In the spirit of cooperation, we are putting out a call for extra volunteers who are willing to aid other members in moving and/or setting up their Lawn Sale wares at their chosen locations. We are also looking for volunteers that could check on all our would-be salespeople throughout the day, deliver water, or offer to watch a table to allow bathroom breaks, especially for someone on their own. Call the office or email janine@sarceemeadows.coop if you would like to help with this.



NEWSLETTER COMMITTEE

Spring is here and that means warm days and more snow events like the one we have just had. Hope you had a great Easter holiday and were able to get out for some outdoor activities.

Articles and recipes are included for you in this issue along with some great photos. Members have commented on how much they like the new format of the newsletter and all the pictures that are included. Janine Bell is a member of the newsletter committee, and every month she formats the

newsletter and provides the wonderful photographs and illustrations. She spends a lot of time putting the information together and searching for just the right photos. Thank you for doing such a great job Janine!

We received some helpful tips and suggestions on the Retrofit for last month's issue, so let's keep them coming in!



Flower Power - Were you a part of the Hippie Movement?

Dear Members,

We have a remarkably interesting opportunity for you!

The production team behind the very prominent ARTA (Alberta Retired Teachers' Association) magazine "news&views" is looking for someone who was involved in and remembers the era of "Flower Power" and the Hippie Movement. They wish to design their next issue of "news&views" magazine around this theme.

Their Editor-in-Chief Margaret Sadler asked if perhaps we have one or two members with such an inspiring background, who would be interested in being interviewed over the phone.

Based on the information, their production team would write the story. But our member would be very welcome to write as well. The story would be part of the Summer Issue of their magazine.

For those interested, the deadline is April 20th, 2024 or sooner.

Please contact me, Slawa, at 403-686-1417 or slawa_g@shaw.ca.

The Newsletter Committee has a very friendly partnership with the "news&views" magazine published by ARTA. A few of their articles have been printed in our Connections for your enjoyment, including "The Practice of Hope: How to Cultivate Hope for the Future" in this issue.

I am looking forward to hearing from you.

Thank you,

Slawa Gruszczyńska
Newsletter Committee
"Connections"

The Convenience of Email Communications

Dear Members,

If you currently have an email address in place but you have not had a chance to share it with the B50 staff, please do so. And for your benefit, consider allowing email communications from SMHC..

With the Retrofit process in full swing, essential information from Jon Jackson is frequently sent to members and doing so over email is for your convenience with short timelines.

The construction process is of such a nature that a variety of developments cannot be predicted but allow the members to be informed about any changes swiftly. To be informed quickly, it means that we can cooperate faster and make the amazing Retrofit as productive and safe as possible.

Delivery of hard copies to those without an email address on file or who have indicated a preference for paper, cannot always guarantee that the members will receive the information as quickly as email.

Electronic distribution of our Connections Newsletter is much faster and convenient for everyone as well.

Thank you for your kind cooperation,

Slawa Gruszczyńska
Newsletter Committee
"Connections"



Education & Awareness

RAMADAN REFLECTIONS

Respectfully submitted by Farhath Siddiqui

Ramadan is a very important month in the life of a Muslim. It is the fourth pillar among the five pillars of Islam i.e. the testimony of faith, prayers, paying Alms, (zakat) fasting in the month of Ramadan, and pilgrimage to Mecca.

Ramadan this year started on March 11th, 2024, and will finish either on the 9th or 10th of April 2024, depending on the moon sighting. (Sighting the Crescent of next month).

Why do Muslims long for Ramadan? Like every passing minute Ramadan too comes and goes every year. Some of the people who witnessed it last year are unfortunately not able to witness it this year, so this is one of the reasons Muslims want to do their best. No one is guaranteed an eternal life. Ramadan is a month of rigorous training to build a connection with their creator, as told in the holy book Quran. Ramadan serves to bring piety within an individual.

A month of training in keeping yourself away from food and drink from sunrise to sunset makes you realize and be thankful for all the blessings you have. It allows every individual to empathize with those who are less fortunate.

A month of fasting gives an opportunity for an individual to reinforce and strengthen the inherent goodness that every human has, which includes withholding oneself from lying, cheating, abusing, getting angry, misusing, fighting, and arguing. If these traits are not refrained from while fasting that person's fasting becomes null and void.

A month of fasting brings self-control to a person. The one who is lethargic, impatient, and not sympathetic will strive to fulfill their obligations and will try to control and channel their emotions. The one who is not sympathetic will put the effort to

mend the broken ties of kinship and relationships and will try to forgive other's mistakes because by doing this they know that they will be highly rewarded by the Creator. This act is compulsory to get the fast accepted.

A month's fasting builds time management skills in a person. No Muslim will mess up with the timings of closing and opening of the fast except as per the religious guidelines i.e. sunrise to sunset be it anywhere in the world. Similarly, the set timings of day and night prayers will enable them to get rid off laziness and procrastination.

A Muslim is encouraged to give extra donations on top of 2.5% of alms-giving from their wealth. These donations can be in the form of money or food to

help the less fortunate. A Muslim tries to maximize their capacity to fulfill these reward obligations. A month of training rejuvenates the spirit of goodness that keeps them motivated for the rest of the year.

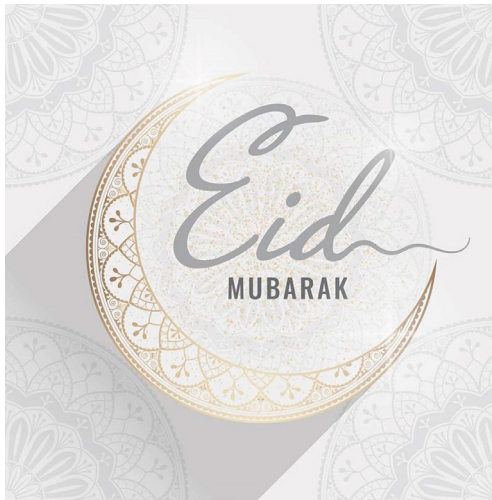
Ramadan is a month of spirituality, A month that trains a person to shed off their weaknesses, strengthen their inner self, improve their skills, become empathetic and helpful to the less fortunate and needy,

to give up their ego's of 'me, myself and I', it encourages to mend their ties of kinship and broken relationships to become useful to the communities at large and to love and respect young and elderly.

The end of Ramadan is celebrated as EID to rejoice in the accomplishment that an individual has put in for a month to better himself/ herself.

'EID MUBARAK'

PS: As I have lost my dad this year the reflection I have personally is that the teachings have been passed unto me to fulfill my obligation as a human being. No matter how good my parents were, their sacrifices will not make me pious. Rather, I have to fulfill my own obligations.



The History of Chocolate

By Theresa B.



Have you ever bitten into a delicious chocolate and wondered, “How did this tasty cocoa become a thing?” Well, you're about to find out!

Chocolate has been around for a very long time, and surprisingly, used to be quite bitter. In Central America, people known as the Mayans and Aztecs discovered something extremely unique: cacao beans! These beans grew on trees, where they had to be cracked in order to receive the tiny chocolate chip shaped nibs. They turned these nibs into bittersweet drinks. These drinks were nothing like the chocolate we have today, but it was the start of chocolate.

Later on in the 16th century, Christopher Columbus and other explorers came to Central America, and discovered the yummy drink. They took more drinks back to Europe with them, and that was where chocolate gained popularity, since many people in Europe favoured the drink. But, the Europeans thought the drink was too bitter, so they added sugar to the liquid.

As time passed, people invented machines that could harvest the beans from the trees faster and faster, and better than it was before. They developed machines that could roast the chocolate, and ground the chocolate, and process the chocolate into yummy chocolate pastries. More and more people were able to taste the incredible cocoa!

Today, we have many chocolate treats, like chocolate bars, cakes, candies and hot chocolate! These pastries are shared with a worldwide love for chocolate! So, in short, chocolate began as a bittersweet drink in Central America, and now it is one of the tastiest things in the whole world!

That's all for now! Keep an eye out for my future articles!

– Theresa (a lover of chocolate)



INTERNATIONAL GUIDE DOG DAY – APRIL 24, 2024

Respectfully submitted by Jenn Jenkinson

The International Federation of Guide Dogs Association was established on Wednesday April 26, 1989. The Federation brings together 95 Guide Dog Organizations from 34 countries worldwide and facilitates a sharing of knowledge and experience amongst the member agencies and assists new member agencies in designing and improving the quality of their operations. The focus ultimately is to improve the lives of people who are blind or have low vision by providing more independent and safe mobility through guide dogs.

To recognize and celebrate the efforts of this organization, the last Wednesday of April has been set up as International Guide Dog Day. It is a day to recognize the immeasurable value a guide dog brings to people who are blind or have low vision in improving the quality of their daily lives.

In Canada, the CNIB (Canadian National Institute for the Blind) celebrates International Guide Dog Day by introducing its Graduation Class of the Year who have all completed their training. Becoming a guide dog requires two years of intensive training and support which starts in puppyhood. The dogs learn how to socialize, be obedient, navigate a wide range of obstacles and, most importantly, guide someone who is blind or partially sighted. Graduation for these well-trained animals takes place once they have been successfully matched with a blind or partially sighted partner and together the two have mastered the training necessary to allow them to work confidently together.

You can support the CNIB Guide Dog organization by making donations or even volunteering. They are always looking for volunteers to care for the pups in their first year of training. There are four different roles one can play in the training/development of new guide dogs: Puppy Raiser, Puppy Starter, Puppy Finisher & Boarder. Here's a link to the page that describes these opportunities.

Also attached is a link if you would like to donate to this very worthwhile cause.

<https://www.cnib.ca/en/volunteer-cnib-guide-dogs?region=on>

<https://cnib.donorportal.ca/Donation/Donation.aspx?F=1841&T=GENER&L=en-CA&G=345&NFP=1>



AUTISM SPECTRUM DISORDER (ASD)

Respectfully submitted by Wendy Thomson

Every year World Autism Awareness Month is recognized during the month of April.

Autism Spectrum Disorder (ASD) is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave. ASD can be diagnosed at any age. It is described as "developmental disorder" because symptoms generally appear in the first two years of life. No exact causes are known for ASD, but risk factors are thought to be genetic and environmental. Both genetic and environmental

risk factors appear to affect early brain development and their relation to the potential risk of developing ASD.

Because ASD varies widely in symptoms and severity making a diagnosis may be difficult. Symptoms in your child may include:

Doesn't respond with a smile or happy expression by 6 months.

- Doesn't babble or coo by 12 months.
- Doesn't gesture - such as point or wave by 14 months.
- Doesn't say single words by 16 months.
- Doesn't play "make-believe" or pretend by 18 months.

- Doesn't say two-word phrases by 24 months.
- Loses language skills or social skills at any age.

Problems with social interaction, communication and behaviour can lead to:

- Problems in school with successful learning
- Employment difficulties
- Inability to live independently.
- Social isolation
- Stress within the family.
- Victimization and being bullied.

We all know that not all children develop at the same rate. If you suspect that your child may not be developing as quickly as they should be, speak to your family physician to determine if further testing or treatment is recommended.

People may not show signs of autism until they become an adult. Some of the common signs of ASD in adults are:

- Finding it hard to understand what others are thinking or feeling.
- Getting very anxious about social situations
- Finding it hard to make friends or preferring to be on your own.
- Seeming blunt, rude, or not interested in others without meaning to
- Finding it hard to say how you feel.

It is possible for adults with ASD to go undiagnosed. The first step in getting a diagnosis is to speak to your doctor who may ask you questions, have you complete one or more evaluations, and observe your behaviour, speech and how you interact with them.

It's long been known that a subset of ASD patients will show extraordinary gifts in mental acuity and computation. Savant syndrome is a rare condition in which persons with various developmental disorders, including ASD, have an amazing ability and talent. The condition can be congenital (generic or inborn), or can be acquired later in childhood, or even as adults.

Mathematical, artistic, musical, spatial, and mechanical abilities are most common. Most savants have a single skill, but some have been reported to have more than one.

People with "high-functioning autism" have less obvious symptoms and appear to do well in school and have fewer problems communicating. Given the chance, there are countless jobs, not just in technology, at which they can excel.

"Low-functioning autism" refers to those people who have a more challenging time with social, learning or communicating. They may need help with everyday tasks and in some cases aren't able to live alone.

As with any disorder, the sooner an evaluation is made, the sooner treatment can begin.





The Practice of Hope: How to Cultivate Hope for the Future

Ronna Jevne

There is no shortage of uncertainty in today's world. Ongoing wars, climate change, pandemics, homelessness, and the rising cost of living seem so far outside of our control. In our personal lives, uncertainties arise from health concerns, financial instability, difficult friendships, or privilege, all of which have the potential to deplete our hope.

But we have a choice: we can live in fear, or from a place of hope. Life will be very different depending on your choice. Hopeful people are proven to be happier, more productive, more creative, more goal oriented, and better able to manage life's stressors. But how do we become more hopeful?

First, let's clarify what hope is. Hope can be differentiated from other related concepts such as desire, wishing, resilience, coping, faith, or courage. And although there is a clear consensus about the value of hope, there are variations in the definition of hope.

My personal definition is that hope is a small voice in our heart that says "yes" to life. If nurtured and strengthened, it pulls us forward in life. It allows us to envision a future in which we are willing to participate. If that voice is silenced, hope wanes or dies.

Hope includes what we feel, what we believe, how we behave, and what has meaning for us. In addition, hope is about possibility, not probability. Probability can be low, but hope encompasses possibility as an option.

Two other features are unique to hope. Firstly, hope is often connected to our senses; secondly, hope has a goodness factor — which is to say, hope doesn't generate from ill will.

Practising Hope

Research has confirmed that hope can be learned and, with practice, can become our default response to life circumstances. A *practice of hope* is the intentional use of strategies to cultivate this outlook in your own life. Obviously, one size does not fit all; what is hopeful for one person may not be for another. That being said, here are some general tips to get you on the right track.

Remove obvious threats to hope

If you have a chronic condition, do what you can to comply with behaviours that help you heal. If you are in an unhealthy relationship, recognize what is and is not within your control. Perhaps seek outside help to achieve a perspective. Consider watching less news.

Know your hope story

Each of us has a *hoping self*, crafted from the events and relationships experienced throughout our lives. Imagine telling someone the story of how your hope has developed, been depleted, or strengthened over your lifetime.

Use hope language

Avoid “ain’t it awful” conversations that leave you feeling hopeless.

Use language that implies a future.

“When I get through this —”

or

“I haven’t mastered that *yet* —.”

Prepare a hope kit

In a container no larger than a shoe box, put in items that trigger your hope.

They may be real or metaphorical.

For example, you may put in a huge eraser to erase your mistakes, or a special candle to “light up your life.”

Hope mentors

Who modelled hope for you?

It may be Grandma, Terry Fox, a student you taught, a colleague you admire, or a character in a novel. What about them inspires you? How might you imitate them?

Associate with hopeful people

You know who they are. They are the ones saying, “why not?” rather than “no, tried that once.” Actually talk to each other about what is hopeful.

Hope rituals

For memorable events in our life, we have one-time rituals. To renew our hope, we use recurring rituals. For someone faith based, it may be a daily devotion. For those inclined to fresh air and fitness, it may mean a morning run. For another, it may be journaling regularly.

Have a vision for yourself

Write a statement about the future in which you would like to participate. Don’t worry about setting goals that seem out of reach.

It was Robert Browning who said, “Ah, but a man’s reach should exceed his grasp or what’s heaven for.”

Use your senses

What sounds or music give you hope?

What smells trigger memories of hope? What textures are soothing?

What foods are associated with good feelings? What images do you associate with hope?

Practise, practise, practise

What will you adopt as your practice of hope? ●

Do a hope collage

Ask yourself, “What gives me hope?” Gather your own or magazine photographs and create a visual representation of hope.

Ronna Jevne, ARTA member, professor emeritus of psychology (University of Alberta), writer, photographer, presenter, pilgrim.

Community News

RUTLAND PARK COMMUNITY ASSOCIATION

Board Positions Available

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

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

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

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



Calgary Meals on Wheels

We need your help!

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

We are currently looking for meal delivery volunteers for:

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

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

Just For Fun!

Shipwreck

Ingredients:

- 2 cups raw potato, sliced
- 1 tsp salt
- 1 cup raw rice
- 2 cups ground beef
- 1 tsp salt & 1/2 tsp pepper
- 1 cup frozen vegetables
- 1 cup diced onion
- 1 cup tomato soup
- 1 cup water

Directions:

1. Place ingredients in casserole dish in the order given above.
2. Cover and bake at 325°F for 2 hours.



*“Reach high,
for stars lie hidden in
your soul.*

*Dream deep,
for every dream
precedes the goal.”*

- Pamela Starr

*“Only as high as I
reach can I grow.*

*Only as far as I seek
can I go.*

*Only as deep as I look
can I see.*

*Only as much as I
dream can I be.”*

- Karen Raven



© ActivityVillage.co.uk

Classifieds

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

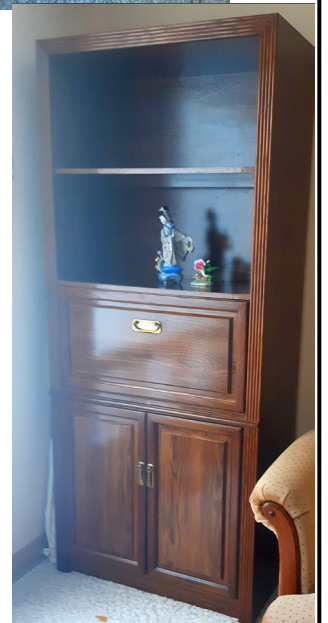
For Sale! (See pictures below.):

- Dining table - \$70
- Coffee table - \$30
- Side table - \$20
- Unit with 3 shelves and 3 drawers - \$50
- Unit with buffet, display shelves and shelving with doors - \$50

For Free! (Not pictured.):

- 2 sofas - 2 seater and 3 seater for free from pet free and smoke free home.
- Double bed - mattress and frame

Contact Izabela by email at gqhealing@gmail.com or by phone at +1 34747 56265.



For Sale:

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

For Sale:

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

Wolf Thunder Fitness

- Affordable personal training. Some options as low as \$20 per session.
- I have been in the industry for over 16 years and have worked with ALL levels of fitness. Anyone from the teenage athlete, to stroke survivors, to the senior who just wants to keep moving.
- Certified personal trainer.
- Private session and partner/group options available.
- I offer in person or virtual options where I can train you from anywhere. Right here in Sarcee Meadows. I'll come to you, or you come to me!



Call or text me at 587-216-5643

Email at pearson.vanessa@gmail.com

Dog Training & Mobile Grooming - Tyler Breland

Email: fenrirdogtrainingandgrooming@gmail.com

Location: Calgary, Alberta

Phone: 587-226-1758

Instagram: [@fenrirdogtrainingandgrooming](https://www.instagram.com/fenrirdogtrainingandgrooming)

Facebook: www.facebook.com/FenrirDogTrainingandGrooming

**Super Scoopers**

Kody: 403-510-4139

Facebook: superscoopers

Email: calgarysuperscoopers@gmail.com

Services:

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

**Knife Sharpening:**

\$5.00 per knife

Bill (D251) 403-875-4096

Make sure that your knives are up to the task.

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.



Heel to Toe
Footcare

Marie Blain RN

canadiangolden@gmail.com

#55 10001 Brookpark Blvd, SW

Calgary Alberta

403-640-7965

American Styles Painting LLC:

Professional Painting Services

Gramoz Halili

Interior/exterior Painting

Commercial & Residential

Phone (403) 909-4223

gramozhalili@hotmail.co.uk**Painting or Staining:**

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

Reasonable prices – 35 years' experience.

Call Peter (C212) Sraightline Painting

403-998-3959

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

Contact Peter at 403-998-3959

Sarcee Meadows #C212

Estimates Available

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

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

Pet Sitters for Dogs & Cats:

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

Daily rate \$25

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

**Pharmacy Assistance:**

Dear 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

Disclaimer: Committee and Board Meeting dates and/or times may be subject to change without public notice.

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

Contact Information

OFFICE AND SHOP CONTACTS

OFFICE AND SHOP HOURS

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

Office and Shop are closed Saturday and Sunday

OFFICE PHONE NUMBER: 403-246-2746

OFFICE FAX NO: 403-240-4333

Extensions:

- 101 or 103 – Property Services & Office Coordinator – Paula
- 102 – Committee and Volunteer Coordinator – Janine
- 104 – Financial Services Coordinator – Cathy
- 105 – General Manager – Jon J.
- 108 – Maintenance Manager – Mike
- 209 - Assistant Maintenance Manager – Jon V.

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

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



After Hours Emergency Maintenance:

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

After Hours Emergencies refer to:

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

COMMITTEE CONTACTS 2024-2025

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

Chair: Kathy Aubichon
Board Liaison: Musu Dadi

Elections

Chair: Marie Forester

Finance

Chair: Christine Langford
Board Liaison: Jeremy Hart

Governmental Elections Information

Chair: Astrid Deslandes
Board Liaison: Azhar Manzoor

Membership

Chair: VACANT
Board Liaison: Wendy Wilson

Property Maintenance

Chair: Al Wright
Board Liaison: Azhar Manzoor

Temporary Committees & Task Forces

Bylaw Review Task Force

Board Liaison: Kelly Edwards

Education, Involvement, & Awards

Chair: Judy Silzer & Garry Sluiter
Board Liaison: Kelly Edwards

Entertainment and Social Events

Chair: Abby Way
Board Liaison: Rebecca Breland

Governance & HR

Chairperson: Rebecca Breland

Grievance & Resolution

Chair: Kaitlin Adair

Newsletter

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

Retrofit Task Force

Board Liaison: Wendy Wilson

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



SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

FUNDING OPPORTUNITY

Sarcee Meadows Education Fund

****** Note the change to eligibility highlighted in Bold.***

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

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

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

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

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

Any member of Sarcee Meadows is eligible to receive funding once only in a three-year period. A family may apply to assist their child in any of the above areas.

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

To:

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

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

APPLICATION DEADLINE IS MAY 31, 2024

May 31, 2024

Sarcee Meadows Education Fund

APPLICATION

Date: _____

NAME: _____

UNIT NUMBER: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Amount of funding required: \$ _____

Signature: _____

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

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

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

APPLICATION deadline May 31, 2024

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Sarcee Meadows Medical Assistance Fund

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

***** *Note the change to eligibility highlighted in Bold***

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

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

The Education, Involvement and Awards Committee annually solicits nominations and applications for consideration and will select the applicant that best meets the criteria for need that Sheila set out. **Note that an applicant is eligible to receive funding once only in a three-year period.**

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

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

If you are a family in need or know a family who could use some assistance, please fill out the Nomination/Application form and return to the office to the attention of:

**Sarcee Meadows Medical Assistance Fund
Education, Involvement and Awards Committee**

APPLICATION DEADLINE IS MAY 31, 2024

Sarcee Meadows Medical Assistance Fund
NOMINATION - APPLICATION

Date: _____

NAME: _____

UNIT NUMBER: _____

NUMBER OF CHILDREN IN FAMILY: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Signature: _____

If nominating someone, please provide your own telephone numbers.

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

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

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

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

APPLICATION deadline May 31, 2024

May 31, 2024

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

FUNDING OPPORTUNITY

Sarcee Meadows Seniors Assistance Fund

****** Note the change to eligibility highlighted in Bold***

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

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

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

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

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

Any member of Sarcee Meadows over the age of 65 is eligible to receive funding once only in a three-year period.

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

To:

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

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

APPLICATION DEADLINE IS MAY 31, 2023

Sarcee Meadows Seniors Assistance Fund

NOMINATION – APPLICATION

Date: _____

NAME: _____

UNIT NUMBER: _____

SPECIFIC NEED: Please provide information pertinent to your request.

Signature: _____

If nominating someone, please provide your own telephone numbers.

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

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

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

SARCEE MEADOWS HOUSING CO-OPERATIVE LTD.

Return this form to B 50 in a sealed envelope OR

Submit by email to Janine at janine@sarceemeadows.coop

APPLICATION deadline May 31, 2024